



North Coast Academy of Sport

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TRIATHLON DEVELOPMENT PROGRAM

Spend an exciting and informative weekend training with elite athletes under the guidance of Professional Level 3 Triathlon Coach and ex pro triathlete, Grant Giles. Grant will be conducting a training weekend for young triathletes looking to take the next step with their training and improve their knowledge and skills in the sport of triathlon. The Program is an endorsed NCAS activity.

Helping out over the course of the weekend will be some of Grant's elite athletes who he currently coaches as part of the Aeromax Team. This will be a great opportunity to gain invaluable information and feedback in your sport. There will also be other supporting modules delivered over the course of the weekend.

When/Where

Saturday 16th & Sunday 17th August

The 2 day Camp will be based at Lennox Head. Athletes will be required to find their own accommodation for the Saturday night. Less expensive options in Lennox include:

- Sport & Recreation Lake Ainsworth - <http://www.dsr.nsw.gov.au/lakeainsworth/>
- Lake Ainsworth Caravan Units – http://www.northcoastholidayparks.com.au/our_parks/lake_ainsworth_holiday_park/

Cost

\$120.00/per individual which includes: NCAS polo, snacks/lunch for both days, transfer between training venues, and Athlete injury insurance.

Eligibility & How To Register

Eligibility to attend:

- Be turning 12-19yrs old in 2014.
- Committed to progressing to higher representation within the sport of triathlon.
- Reside within the North Coast Region within the defined Local Government boundaries of the following Council areas: Tweed, Byron, Lismore, Ballina, Kyogle, Richmond Rover, Clarence Valley, Coffs Harbour, Bellingen, Nambucca, Kempsey and Port Macquarie-Hastings.

- Complete the 2 attached documents: [Skill Level Questionnaire & Athlete Application Form](#) and return these forms to the NCAS office before Monday 11th August 2014. Preferred email address to send forms is programs@ncas.org.au or via fax (02) 6620 370.
- The Academy will confirm your position in the Development Weekend via email immediately after registrations close on Monday 11th August.

This is a great opportunity for young and the more experienced triathletes to attend a quality camp.



North Coast Academy of Sport

ATHLETE APPLICATION FORM



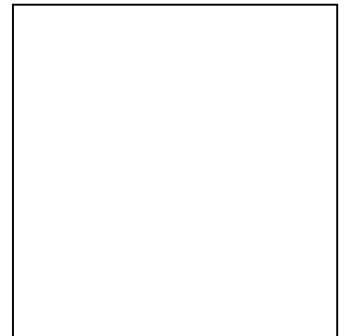
2014 Triathlon Program



Instructions to Triathlon athletes wishing to be eligible for the 2014 program

1. Complete all sections by using either your computer or writing neatly with a black pen
2. Attach copies of any relevant race results to this application form.
3. Return this completed form to NCAS office by **5pm Monday 11th August**

Return the completed application form to:
 North Coast Academy of Sport – Triathlon program
 PO Box 157, LISMORE NSW 2480
 Fax: (02) 6620 3707
 Email: programs@ncas.org.au



Applicant Details

First Name	
Family Name	
Email (athlete)	
Street Address	
Town	
Postcode	
Date of Birth	
Gender	
Home Phone	
Mobile Phone (athlete)	
Email (parent / guardian)	
Parent/Guardian's Name (1)	
Above Persons Contact ph no.	
Parent/Guardian's Name (2)	
Above Persons Contact ph no.	
Other Emergency Contact Person & Contact Number	
ATSI-Diverse Background (Optional):	
Are you of Aboriginal, Torres Strait Island or other culturally diverse background?	Yes / No

Competitive Triathlon/Sports History - only existing triathletes to complete this section

PLEASE SUMMARISE YOUR TOP FIVE RACE PERFORMANCES OVER THE LAST 12 MONTHS. Include event date, age and gender division, distance, time, placing etc:

1	
2	
3	
4	
5	
Triathlon club name	
Coach's name and contact details (phone, email)	

General Sports History - all applicants to answer this section

SUMMARY OF BEST PERFORMANCES & REPRESENTATION IN ANY SPORT. Include sport and team, age group, competition, event distance, result, ranking, times etc:

Club/Grade	
Association	
Country /Regional	
State	
National	

What are your triathlon goals for the next 12 months (be specific):

1	
2	
3	

List what you or your coach would say are your specific strengths as a triathlete / athlete:

1	
2	
3	

If selected what are you hoping to get out of this program and where do you hope it will take you in your athletic career

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Athlete Declaration

The information I have provided is accurate and correct:

SIGNED BY ATHLETE: _____ DATE: _____

Parental/Guardian Consent

I give my consent for my child to apply to trial for the NCAS Triathlon Program:

SIGNED BY PARENT/GUARDIAN: _____ DATE: _____



Skill Level Questionnaire:

How long have you been involved in training for Triathlon or multisports?

Volumes: How many sessions a week do you currently do?

- Swim-
- Bike-
- Run-

What have been your longest sessions this last month time wise (ie) 60mins – 2hours?

- Swim-
- Bike-
- Run-

Bike:

- Do you currently ride consistently? _____
- If so how many times per week? _____
- Do you have experience riding in a group situation? _____
- Do you ride with clip less pedals and bike shoes? _____
- Do you have a specific race road bike? _____
- If not what are you riding? _____
- Have you had any skill coaching on the bike? _____

Current Fitness:

RATE CURRENT FITNESS 1 WORST – 10 BEST:

1 2 3 4 5 6 7 8 9 10
No Exercise Light Training Regular Training Race

Do you currently have any injuries?

Do you swim in a squad?

Do you run with a squad?

Is there any reason that you could not complete 2 days of consistent training across the 3 disciplines of Triathlon?