



**North Coast Academy of Sport**  
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## NCAS 2016 TRIATHLON PROGRAM

Dear Athlete and Family,

### About The Program

North Coast Academy of Sport (NCAS) is seeking existing and potential athletes for our 2016 Triathlon Program.

This NCAS program is fully supported and endorsed by Triathlon Australia and Triathlon NSW and is designed to offer training and competition support to athletes residing in the North Coast region. Applications are open to all athletes residing within the North Coast boundaries, however, please understand that all camps will be based between Coffs Harbour and Port Macquarie and therefore a large amount of travel may be involved depending on your location.

Squad numbers are limited, and selections of applicants will be based on the athletes past performance at any triathlon, cycling, running, swimming, or similar events within the last 12 months. Applicants must be a member of a triathlon club or be prepared to join one upon successfully gaining a position in the squad.

### About The Coach

Michael Maher will again be the NCAS Triathlon Head Coach. Michael has been coaching Triathlon since 2002 from Port Macquarie and has been a Level 2 Triathlon Australia High Performance Coach since 2008; he is also a certified *Austswim* Teacher of Swimming, has a Certificate IV in Health and Fitness, and has a Combined Bachelor of Arts/Education. Michael has helped many individuals succeed in the sport of triathlon since becoming a coach, from beginners through to elite athletes. His coaching philosophy is grounded upon consistency and specificity in training; and realistic programming based upon biological age, training age, capacity to train, capacity to recover, health status, structure of physique, and physiology of each individual.

Whilst participating in the 2015/2016 NCAS Triathlon Program, two of ten athletes (both new to the sport) were selected to represent NSW at the School Sports Australia National Triathlon Championships at Hervey Bay. Most other athletes have been persistent in placing between 1<sup>st</sup> and 5<sup>th</sup> place at all races entered.

### Eligibility

To be eligible for selection athletes must meet the following criteria:

- Athletes must reside on the North Coast (Tweed Heads to Laurieton and west to the foothills of the Great Dividing Range).
- Be aged or turning 13 – 19 years old this year.
- Be a member or willing to join a triathlon club upon selection
- Demonstrate that you currently are or intend to compete in triathlon events.
- Have or be willing to obtain a road bike (preferred) or mountain bike with an Australian Standards approved helmet; running shoes, water bottle and swim gear
- Be able to commit to all planned NCAS program events
- Complete and submit an application form to NCAS by **04/07/16**

\*Consideration will be given to athletes with individual sport prowess at single discipline sports such as athletics, surf lifesaving or swimming and will be considered as Talent Transfer athletes.

*NB: Triathlon results to be considered must be recorded at TNSW, TA or ITU sanctioned events where performances are officially recognised and must be achieved within the twelve months prior to entry into the NCAS.*

## Program Dates

The program will involve regular weekly squad training, training camps and event camps for selected athletes. Athletes who are accepted into the program are expected to attend all program dates:

Event	Date	Location
Training Camp 1 – Fundamentals	Sat 23 <sup>rd</sup> & Sun 24 <sup>th</sup> July 2016	TBC (Port Macquarie or Coffs Harbour)
Training Camp 2 – Building Skills	Sat 10 <sup>th</sup> & Sun 11 <sup>th</sup> Sept 2016	TBC (Port Macquarie or Coffs Harbour)
Training Camp 3 – Race Preparation	Sat 19 <sup>th</sup> November 2016	TBC (Port Macquarie or Coffs Harbour)
Regional Athlete & Coaches Education (RACE) Seminar	November 26 <sup>th</sup> -27 <sup>th</sup> 2016	Coffs Harbour
2017 Academy Awards	June 2017	TBA
2017 Academy Games	April 2017	Central Coast

## Program Costs and Inclusions

The program fee for 2016 is \$500.00 (including GST), which covers the following items:

- Squad polo shirt and triathlon racing suit
- Professional and elite level coaching during three NCAS training camps
- Camp expenses including meals and accommodation
- Athlete injury, death and permanent disability insurance
- Entry to RACE weekend
- Entry to NCAS 2017 Academy Awards recognising achievements of athletes from the 2016/17 programs
- NCAS administration levy

Costs to be covered by athletes:

- Travel to and from training camps, RACE weekend and Academy Awards. NCAS encourages athletes to organise car-pooling to share the travel cost/time.
- Academy Games levy (if attending) which will be due March 2017 and is expected to cost approximately \$400 (TBC)

As well as attending all camps, squad members must commit to aiming for selection to a higher level of program and attending events of the Head Coach's recommendation if possible. Athletes must also commit themselves to a structured home-based training program.

## NCAS Application Method and Deadline

NCAS applications must be submitted using the attached application form and returned to the NCAS office **no later than 5pm Monday 4<sup>th</sup> July 2016.**

Email (preferred): [programs@ncas.org.au](mailto:programs@ncas.org.au)

Fax: (02) 6620 3707

Post: PO Box 157, Lismore NSW 2480

## Notifications

All applicants will be sent letters by mail as to the success of their application usually within two weeks of the application closing date.

Selected athletes will be asked to complete a contract requiring acceptable attendance, behaviour and attitude, as set down by the North Coast Academy of Sport.

## More Information

If you require more information about the NCAS Triathlon program visit [www.ncas.org.au](http://www.ncas.org.au) or phone the NCAS office on (02) 6620 3073.

Thank You and Best Wishes,



**John Kincade**

Executive Director- North Coast Academy of Sport

# North Coast Academy of Sport

## ATHLETE APPLICATION FORM



### 2016 Triathlon Program



#### Instructions to Triathlon athletes wishing to be eligible for the 2016 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 4<sup>th</sup> July 2016**

Return the completed application form to:

Email: [programs@ncas.org.au](mailto:programs@ncas.org.au)

North Coast Academy of Sport – Triathlon program

PO Box 157, LISMORE NSW 2480

Fax: (02) 6620 3707

#### 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

**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 participated in Triathlon, and each individual sport?**

Triathlon	Years	Months
Swim	Years	Months
Bike	Years	Months
Run	Years	Months

**Please fill in the below table with a typical training week.** In each box write the amount of time you would usually train (as per example). If any of the sessions are a squad training session, please place an 'S' alongside the time.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<i>EXAMPLE</i>	<i>30mins</i>	<i>Rest</i>	<i>1hr 45min</i>	<i>1hr 15min (S)</i>	<i>Rest</i>	<i>2hrs</i>	<i>1hr 30mins</i>
Swim							
Bike							
Run							
Strength							
Recovery							

**What has been your longest training session, for each sport, in the last month?**

Swim	hrs	mins
Bike	hrs	mins
Run	hrs	mins

**Insert your best timed effort in the below boxes.**

500m Swim	mins
10km Bike	mins
5km Run	mins

**Please tick YES or NO to the questions below.**

	YES	NO
Are you competent riding in a group situation?		
Do you ride with bike cleats and bike shoes?		
Do you have a specific road or triathlon bike?		
Have you had previous skill coaching related to swimming?		
Have you had previous skill coaching related to cycling?		
Have you had previous skill coaching related to running?		
Do you have any injuries? (If yes please identify below)		
Is there any reason you could not complete 2 days of consistent training at the camps? (If yes please identify below)		

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