November 2016

Junior development squad

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**SCHEDULE OF FEES**

**INCLUSIVE OF 10% GST**

- INITIAL TRAINING PLAN (UP TO 3 MONTHS) **$126.00**
- SUBSEQUENT TRAINING PLANS (UP TO 3 MONTHS) **$60.00**
- CYCLE POSITION WITH REPORT **$92.00**
- STRENGTH AND CONDITIONING PLAN (1 SEASON) **$77.00**
- ERGOMETER TESTING (UP TO 1 HOUR) **$71.00**
- PERSONAL PRACTICAL TUITION (PER 1 1/2 HOUR) **$99.00**
- 5 or more PERSONAL TUITION SESSIONS **$66.00 ea.**

Under 18’s qualify for a **20% discount**

Enquire about a package deal, special prices apply if you book a combination of services. Email me at coach@tonymelcer.com.au to customize a package for you, or even a group.
Hi Michael

Following yesterday’s conversation, this is a discussion paper about the manner in which Victor Cycles could help with sponsorship of the Junior Development Squad. Plainly, we will have to discuss what is feasible to ensure that both parties are happy with the return as this would represent a substantial commitment from Victor Cycles.

1. OBJECTIVE

*Create opportunities which are mutually beneficial.
*Offer squad members the support of a “home base” for cycling equipment, accessories and clothing.
*Add value to squad membership thereby encouraging loyalty.

2. STRATEGY

Offer a range of benefits from Victor Cycles which could be split into two levels:

Level One

Requires a signed agreement from each participant agreeing to support Victor Cycles 100% for all cycling and running footwear needs.

Benefits:

*10% discount off bikes, parts and accessories.
*12.5% discount off running shoes and clothing.
*15% off servicing labour costs.
*Priority service scheduling.
*One free $65 service per year (including drive train strip and clean, spoke re-tension).
*Free pre race bicycle tune up (gears, tyres etc).
*Free access to hire equipment (as available) eg wheels, bike bags.
*Access to bulk purchase deals organised with the squad on items such as Heart Rate Monitors, tyres etc.
*Free mobile servicing facility (Victor Cycles van) at major events.
*Participation in points based incentive programme (attached).

**Level Two**

Available to all other squad members regardless of the support given to Victor Cycles.

Benefits:

*10% off bikes, parts and accessories.
*10% off running shoes and clothing.
*10% off servicing labour costs.
*One free $55 service per year.
*Pre race bicycle tune up on a priority but paid basis.
*Access to bulk purchase deals organised with the squad on items such as Heart Rate Monitors, tyres etc.
*Access on a paid basis to mobile servicing facility at major events.
*Victor Cycles would appreciate the opportunity to have its logo if possible on the squad jerseys.

3. **Next Steps**

1) Discuss with TQ – including manner in which Victor Cycles would be recognized and linked with the squad.
2) Present to squad members/parents.
3) Recruit and sign up level one squad members.
4) Issue benefits and Incentive Programme summary sheets to members.
ATTACHMENT

JUNIOR DEVELOPMENT SQUAD

INCENTIVE PROGRAMME – EXAMPLE ONLY

The concept is that athletes achieving places in nominated events earn points. Each point equals $1.00 which can be spent at Victor Cycles.

<table>
<thead>
<tr>
<th>Place achieved in age group</th>
<th>1st</th>
<th>2nd</th>
<th>3rd</th>
<th>4th</th>
<th>5th</th>
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<tr>
<td>Major Events Only</td>
<td>50</td>
<td>30</td>
<td>20</td>
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<tr>
<td>Points earned</td>
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<td>Other events</td>
<td>25</td>
<td>20</td>
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</table>

Plainly, Victor Cycles needs to discuss this package with TQ to ensure that benefits don’t all flow one way.

We currently service many of Australia’s elite triathletes’ bicycles and are very aware of their requirements. We are committed to becoming more involved in the sport and want to establish a relationship which is strong and sustainable.

I look forward to discussing this with you further.

Regards

BYRON HUMPHRIES
Proprietor – Victor Cycles
Dear

Thank you for your application to be part of our State Junior Development Squad for the coming season.

As usual, the standard was very high and the selectors again opted to limit membership to those juniors who had national level triathlon achievements to their credit.

Please note that state team opportunities for this season (eg National Junior Sprint at Coffs Harbor, Feb.23 and Australian Schools in Queensland, April 15-16) are still open to you and details will be contained in future editions of the Ultimate Challenge magazine.

In the meantime, we encourage you to continue your training and develop further the talent you have.

The new season commences with Raby Bay (Oct.13) and Bribie Island (Oct.20) with our All-Schools championships set for October to December.

Yours sincerely

Brian Chapman
DEVELOPMENT OFFICER
JUNIOR DEVELOPMENT SQUAD 2002-03

Peter Gajda ✓
Tim George ✓
Scott McMillan ✓
Matt Dobinson ✓
Joshua Maeder ✓
Stephen O’Brien ✓
Aaron Schadel ✓
Joshua Amberger ✓
Matt Daley- Reserve? ✓

Marce Singleton ✓
Tamara Hammermeister ✓
Jessica Large ✓
Anita Daley ✓
Sarah Fiedler ✓
Ilana Boon ✓
Jasmine Webber- Reserve? ✓

Jordana Wellings? ✗
Marcella Stockell? ✓
Application for
2002-2003 Queensland Junior Development Squad

Name:______________________________________________
Address:____________________________________________

State:_________________________Postcode:_________________
Home phone number:__________________Work:_________________
Date of birth:______________________________Sex:_____
Triathlon Australia Licence Number: ________________________________
Coach Contact:__________________________________________________________________________

Selection Races
Please tick and complete information required for the events you entered:
   State Olympic Distance Mooloolaba 21 April 2002.
   Category______ Place______ Time___________
   State Sprint Titles Wynnum 10 March 2002.
   Category______ Place______ Time___________
   State Short Course Titles Southport 17 February 2002.
   Category______ Place______ Time___________
   Category______ Place______ Time___________
   State Club/Junior Sprint Titles Redcliffe 5 May 2002.
   Category______ Place______ Time___________

List TA Tour races and complete information required
   Event________________________ Category______ Place______ Time___________
   Event________________________ Category______ Place______ Time___________

List other national and state performances this season
   Event________________________ Category______ Place______ Time___________
   Event________________________ Category______ Place______ Time___________

Note: 1. Applicants must be aged 13 to 19 years on December 31st 2003.

Mail or fax applications to:
Junior Selection Panel
1.13 Sports House Phone: 07 3369 9600
Cnr Caxton & Castlemaine Sts Fax: 07 3369 9400
MILTON QLD 4064

DEADLINE FOR APPLICATIONS MAY 31ST
JUNIOR DEVELOPMENT SQUAD INFORMATION MEETING - RECORD OF DISCUSSION
on April 28, 7-9pm at Sports House.

1. AUSTRALIAN JUNIOR TEAM SELECTION & NATIONALS (MOOLOOLABA)
   * A Junior Elite Team of five males and five females will be
     selected after Mooloolaba. To race the national junior elite
     triathlon, you need a pro licence, be age eligible at 1/1/99
     and adhere to uniform restrictions (viz. St George Squad, QAS,
     FILA Dev.Squad uniforms or "clean" uniform). This team will be
     funded by TA. Queenslanders trying out are:-

     Courtney Atkinson
     Geln Barltrop
     Tom Barr
     Kate Boyd
     Chris Boyle
     Sally Carter
     Renee Cummings
     Natalie Dellow
     David Dellow
     Melissa Godfrey
     Matt Isbister
     Nicholas Johns
     Michael Macann
     Luke McKenzie
     Jacob Newell
     Alicia McQueen
     Ryan Palazzi
     Natasha Perry
     Steve Rankine
     Reece Rackley
     Brad Tarbottone (Ex-SA)

   * A non-funded, junior "age" team of 12 males and 12 females
     will also be selected for a non-drafting world junior
     championship in Montreal. Age is at Sept.11, 1999.

2. The Queensland Academy of Sport Squad is undergoing an annual
   review. Current members are Marc Lees, Levi Maxwell, Courtney
   Annabel Luxford, Josie Loane, Melissa Godfrey and Leanda Cave.
   Those selected are viewed as being the level just below the
   national OAP (Olympic) Squad with the potential to make an
   Australian senior team in two years and achieve World Cup podium
   finishes. Performance is considered paramount.
   Benefits include funding for equipment, training, travel and
   physio/massage. Selected junior elite triathletes have also
   undergone testing with the QAS.

3. FILA Junior Development Squad and State U/16 & U/20 Team for
   Australian Sprint Championships.

   * Extensive discussion took place with regard to selection
     policies which covered:-

   .../
a. Have no selection races. Base it on TQ Rankings for
1998/99, performances from Sept. to Dec. 1999 (IF within
10% of winner) and expression of availability.
b. Nominate four races with competitors' best two performances
to be considered. These races would be different for
U16s and U20s.
c. How to account for differing race quality?
d. How will Olympic distance specialists be rated against
sprint specialists?
e. Would Time Trials (3 different legs) play a role?

* It was pointed out that Noosa was Nov. 7 and the first national
selection race was Nov. 28, so it may be too busy a period to
start adding Trials for squads. There seemed general agreement
also that more could be done during the Off-season for a
squad selected in May rather than November. Selection could
be based on:-

a. Nationals at Mooloolaba.
b. National Sprint Championship in Canberra.
c. Other outstanding performances this season.
d. Two wildcards for emerging triathletes to be added in
   November.
e. Proof of fitness.

* This Squad would again exclude St George and QAS athletes
and be 12-20 in number (to include the 6 males and females
projected for the National U16 and U20 Sprint trip).

* Nominations will be called for a coach to accompany the
State Team to the National Sprint. (To be an advisor/guide).

* Care needs to be taken in the development of U16 sprint
triathletes to U20 olympic distance triathletes.

* Proposed Squad program to include a camp, information sessions
and a trip. North Qld need plenty of advance notice to
organise discount travel.

4. Other matters raised:-

a. Scheduling of TQ's Junior Committee meetings is 10am the
last Thursday of month (which suits the four current members).
Calls for a night meeting have been received from two parents,
but there still needs to be another three to justify a new
time. Darren Smith indicated he could attend nights.

b. The President reiterated the need for Squad members to adhere
to Code of Conduct provisions at ALL events.

c. Funding assistance for Queensland's Schools Team. This team
is not under TQ's control and funding should be pursued
through the school system. TQ funds its own U16 and U20 teams.

d. The need for more draft-legal races for juniors next season.
New guidelines are in place and Race Directors will be asked.

e. Amberely Duathlon will incorporate junior elite AND age group.
f. Need for seminar notices in magazine to post-date mag.delivery.
g. A regular junior newsletter is proposed.
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<tr>
<th>Date</th>
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<th>Location</th>
<th>Distance</th>
<th>Contact</th>
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<td>T. Beaumont</td>
<td>(07)1281234</td>
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<td>D. Ray</td>
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<td>Dec 7</td>
<td>Bribie Is. Triathlon</td>
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<td>Queensland Half Ironman Triathlon</td>
<td>Robina</td>
<td>1.9/90/21</td>
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<td>14</td>
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<td>(07)33910650</td>
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<td>Riva’s Hayley Lewis Tri Tour</td>
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<td>Peter Brett</td>
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12 January 1999

Michael Sanderson
Technical Coordinator
Triathlon Queensland

All Coaches
Triathlon Queensland

Dear Coach

Just a short note to bring you up to date. Several issues have arisen and need amendments before the next season starts, so a little bit of feedback as per your thoughts would be greatly appreciated.

Junior Development Squad:

This squad was picked under short notice but after requests of applications. Unfortunately it had to be picked before selection of the team to go to the National Sprint titles and before the final selection events and Wyong.

Consequently there ended up being two squads with only six people the same in each squad. My feelings are that there be no selection races, start the season off with the juniors on the points systems as per State medals, invite applications from all interested, then make our selection from their performance from the start of the season to final date being end of October.

The selected team being the Junior Development Squad will also be the same team that will be invited to go to the Nationals next year.
Junior Camp:

Whilst this year's camp went very well and the feedback from parents and Juniors alike were in the plus, we feel that there was room for a lot more attendees, and probably the timing was not what it should have been.

I would like some ideas as to when camps should be held, and how many in a year. Bear in mind that the camp is developmental as well as training, so the aim is to educate the new or beginners, and not meant to encroach on any coach's ability or methods.

Finally:

Through this year and next there will be several overseas athletes coming to train in Qld. Whilst these athletes might be registered overseas and even have an ITU licence, the issue here is that they are not covered by insurance, so at events that they enter they will have to take out at least a One Day Permit. But, to be fair to them, and to ensure that they are also covered by training insurance they should take out a TQ licence. This is not a push to increase membership but an honest effort to ensure that we do the best we can by these athletes.

Any other queries, please don't hesitate to call me. I look forward to hearing your opinions in the near future.

Yours truly,

Michael Sanderson
Triathlon Queensland.
TO: Triathlon, Australia
FROM: Secretary
RE: ALLOCATION OF INVITATIONS TO OVERSEAS RACES
DATE: 12 Sept. 1996

As a result of concerns expressed by our Junior Development Committee, TQ requests TA to explain what criteria has been used to send various juniors to international races over the last few months.

As well, can TA explain why Junior National Team members have been overlooked for such valuable international competition opportunities prior to their World Championships?

Yours sincerely

[Signature]

B R Chapman
SECRETARY

Financially assisted by the Queensland Government through the Queensland Sports Development Scheme

Department of Tourism, Sport and Youth
TO: Junior Committee and Coaches
FROM: Brian Chapman
DEVELOPMENT OFFICER
RE: SELECTION POLICY FOR STATE U/20 & 16 TEAM
DATE: 29 Jan 1999

With the results from the Nationals to hand, it is timely to assess the effectiveness of our existing selection policy which involved:

a. Two Trials over the sprint distance
b. Consideration of applications where sickness/injury affected Trials performance or other race commitments caused absence from the Trials.

UNDER 16 BOYS

The National result shows:-
2nd(DQ) Berghofer
2nd  Ginnivan
3rd  Matthews

Selection Policy:-Berghofer won both Trials
Ginnivan came second in both Trials
Matthews (3rd in one Trial) given preference over Moore (3rd in other Trial) because of superior national-class performance.

Conclusion--POLICY CORRECT

UNDER 16 GIRLS

The National result shows:-
1st  Trims
4th  Fitzgerald
7th  Myerscough
11th Schadel

Selection Policy:-Myerscough won both Trials
Schadel 2nd & 3rd in each Trial
Trims given narrow preference over Lauren Harris (2nd in a Trial) because performance affected by recovery from tonsils operation and proven (6th) at National Schools.
Fitzgerald not selected because she did neither Trial, did not apply and had no other significant result.

Conclusion--POLICY CORRECT
UNDER 20 MEN

The National result shows:- 3rd McKenzie (Inel.--St George Squad)
4th Macann
8th Boyle
9th Rankine
11th Newell
22nd Palazzii
34th Dellow
DNF Watt (mechanical)

Selection Policy:- It was considered that Dellow, Newell and Boyle
(absent from Trials due to National Selection Race commitments/preparations) were superior to the
winner of the Trials, Watt and Rankine.
Only Boyle could be said to have justified this
stance (based on the eventual results).
If we'd used Trial results, the team would've
been Watt, Rankine and either Macann or Lincoln
Stewart. Boyle would've missed out;
However we would've got Rankine and maybe Macann
right (beat Stewart in Trial #1).

Conclusion--WE SHOULD'VE GIVEN MORE WEIGHT TO
THE TRIAL RESULTS.

NB With respect to the minority who jumped up and down to get their
way (the "Squeaky Wheel" syndrome), I would defy them to
select that Under 20 Men's Team with any consistent accuracy
especially over the shorter courses. The fact is we had a limit
of THREE PLACES! By insisting on Macann, you had to include
Watt (beat him in the Trial!). That left ONE PLACE out of Rankine,
Stewart, Boyle, Newell and Dellow......clearly an impossibility
to pick. It should be noted that Rankine flew all the way from
Cairns for the second Trial, WON IT UNDER THE PROPOSED NATIONAL
FORMAT (DRAFT-LEGAL) and was NOT selected! When told that we
considered Dellow, Newell and Boyle superior, he accepted
the verdict humbly--DID NOT JUMP UP AND DOWN.
Likewise Stewart approached me the week before the Nationals
and pointed out his 4th and 2nd in both Trials was the most
consistent of any of the contenders and that he felt he'd met
the criteria best. Again it was explained we considered Dellow,
Newell and Dellow superior and he accepted this respectfully--
DID NOT JUMP UP AND DOWN.

Recommendation--Because of the wealth of talent
that exists in the Under 20, we should select
the Trial winners automatically and then weigh
up the others for the third spot. That way, we
miss the Boyles/Newells/Dellows, but pick up
the specialist sprinters such as Macann.

UNDER 20 WOMEN

The National result shows:- 1st Luxford (Inel.--St George/QAS)
2nd Loane (Inel.--St George/QAS)
8th Perry
9th Boyd
12th Godfrey (Inel.--QAS)

Selection Policy:- Perry won a Trial, so she was obvious.
Mcqueen was second to Luxford in the other
Trial and was a proven national performer.
Boyd was selected under the "discredited"
Dellow/Newell/Boyle option as being superior to
Carter and Keding (next Trial finishers).
As it turned out, Mcqueen did not go. Carter probably should've been added (beat Perry in the first Trial!), but I assume budgetary constraints came into play when Macann and Watt were added to the junior men's team.

Conclusion—POLICY CORRECT

Brian Chapman
Junior Development-Development "Squad".
Triathlon Queensland.

Objective:
To promote and develop the best juniors to acceptance level for QAS/National
Team/International Representation.

Strategy:
Select the “best 20” (but not limited to) juniors and provide as much information,
opportunities and funding as the budget and program allows.

Program:
- Selection panel, minimum of four; drawn from the Junior Development Committee,
  Triathlon Queensland Executive and Club Representatives.
- Selection Policy, as per attached.
- Incorporate the “squad” in any activity the Association organises ie clinics, camps
  and seminars etc.
- Liaise with the QAS to incorporate members of the “squad” in acceptable activities
  of the QAS Squad ie. field testing, seminars etc.
- Invite “squad” members to attend QAS camps, costs of the camp to be met by the
  athlete.
- Provide uniform/s and/or associated apparel that the Association obtains either
  by sponsorship or donation.
- Have the “squad” represent the State through events and promotions.
- Selection of a Junior Development Race Team to contest the National Sprint Titles,
  the Selection Policy as per attached.
- Continual monitoring of progress within the “squad” and potential members who
  show progress during the season by the Committee.

“Squad” terminology open for change dependent upon circumstances and sponsorship.
Selection Policy – “Squad”.

A. Eligibility

- To be eligible, athletes must be 13 to 19 years of age with the age determination date as the 1st October of the forthcoming season.
- Athletes must be members of Triathlon Queensland.
- There are specific rules laid down by the ITU regarding eligibility when competing for a country. Rules regarding nationality and citizenship are based on the conditions laid down in the charter of the International Olympic Committee. The requirements for athletes to be members of the “squad” are as per these rules.

B. Selection Criteria

- That all potential members be in good standing with Triathlon Queensland.
- That the selection will be on performance based on past results.
- Events used for consideration are:
  3. Australian Championships Mooloolaba Junior & Junior Elite.
- Due consideration will be given to gender equity but not restrictive.
- Selection committee reserves the right to add “wild-cards” to give consideration to dedication, consistency and potential. Injury, illness, mechanical factors or other relevant factors that prevented competition in the above events will be taken into consideration.
- Athletes to be able to demonstrate a willingness and ability to fill and/or complete a role that may enhance the TQ Junior Development Program.

C. Applications

- All Athletes selected by the Committee will be offered a position in the “squad”.
- Acceptances will only be taken if the athletes complete and sign the agreement forms and the conditions form.
- Athletes must demonstrate compliance to the agreement through the season.

D. Announcement of the “Squad”

- The members of the “squad” will be announced at the Noosa Triathlon Weekend, November, 1999.
Triathlon Queensland Inc.

a member of

Triathlon Australia

Affiliated with the Queensland Olympic Council
and the Sports Federation of Queensland

Selection Policy – Junior Development Race Team
1999/00 National Sprint Titles – Wollongong 13/2/00.

A. Eligibility

- To be eligible, must be 13 to 19 years of age, with the determination date being 1st
  October, 1999.
- Up to 12 members can be selected. Gender equity will be a priority but not a limiting
  factor.
- Age equity will be determined at selection dependant on age categories available at
  the National Event.
- To be eligible, athletes must have competed at either the State Sprint Titles at
  Coolangatta, or the National Tour Event at Perth, both on the 5th December, 1999.
- There are specific rules laid down by the ITU regarding eligibility when competing
  for a country. Rules regarding nationality and citizenship are based on the conditions
  laid down in the charter of the International Olympic Committee. The requirements
  for athletes to be members of the team are as per these rules.

B. Selection Criteria

- The results of the following two events will only be used:
- The winners of the U/20 and U/16 categories at the State Sprint event will be
  automatically selected.
- Two other selections will be available for each category, the selection can be made
  using results from both Coolangatta and Perth. Results must be within 10% of the
  winners time.
- 4 (four) wild-cards can be used at the discretion of the committee.
- Where injury, illness, mechanical factors, misadventure or other relevant factors
  prevent completion/competition of the selection event/s, an athlete may make verbal
  representation to the committee through the TQ office within 48 hours of the event.
  This is to be followed by written representation to be received by the TQ office 7
  working days after the event.
- A reserve may be picked for each category and will be announced with the main
  team.

If U/16 is contested in 15, 14, 13 year ages,
The state winners will normally be selected.

Supporting Sport
& Recreation

TRIATHLON
AUSTRALIA
C. Applications

- All athletes who wish to be in the team must apply in writing to this office within 7 working days from the 5th December, 1999.
- Applications should be sent to:
  Selection Panel
  Triathlon Queensland
  1.13 Sports House
  Cnr Caxton & Castlemaine Streets
  MILTON Q 4064

D. Funding

- Limited funding will be available to assist in travel expenses. Accepted athletes will be advised of the contribution that Triathlon Queensland will provide, dependant on fundraising and sponsorship achieved.

E. Athlete Agreement

- All members of the team will be required to sign an athlete agreement.
- Any member not willing to sign the agreement will be replaced in the team.

F. Announcement of the Team

- The team will be announced 28th December, 1999.
TO: Executive Members
    J.Alcorn
    D.Smith
    B.Terry

FROM: Brian Chapman
      DEVELOPMENT OFFICER

RE: TO-FILA JUNIOR DEVELOPMENT SQUAD SELECTION POLICY (Draft #1)

DATE: June 17, 1999

The Junior Committee has identified a first list of squad prospects using the following criteria:

1. Squad of 12 members
2. Likely to be State Team for Australian U/16 & U/20 Sprint title in 2000.
6. Placegetters at the two State Junior Team Selection Trials and a third sprint race at Wynnum last season.
7. Where an individual had achieved twice or more in the above events, they were short-listed.
8. Where an individual achieved once but was considered outstanding, they were added (M.Isbister).
9. J.Russ and L.Harris were added as most-likely first or second-choice U/16 prospects.

Discussion at Executive level and further consideration indicates:

1. A squad of up to 20 could be accommodated.
2. The Squad does not need to relate to the likely makeup of the State Team to contest the 2000 Australian U/16 & U/20 Sprint.
3. The Squad should in fact contain the "best" of our juniors.
4. Mooloolaba should be considered.
5. Criteria 5 & 6 (above) are invalid because 1997 is too long ago and State/Trials results are of questionable quality.
6. The mechanism of 7 (above) is invalid because it assumes national and state-level performances are of equal value.

...
7. The Parents Meeting suggested a criteria of:

- National performance (Canberra & Mooloolaba)
- Outstanding performances
- Two wildcards (after Noosa)

I am open to suggestions from you all. Perhaps we should go with all National medalists (including Schools), then add other OUTSTANDING performers of last season to establish a Draft #2 Squad.

Your input is sought on this Selection Policy by this Wednesday June 23 (bearing in mind our next Junior Committee meets June 24).

Hoping to hear from you,

Regards

Brian Chapman

---

1. T.O. Pennu [rice] please section 98/99 Season
2. Mooloolaba
3. National Schools medallist

1999 season - Current fish, membership remains to June 99
Since Team Selection Dec 98 step, incorporating others into grind, No restrictions I don't think is required.

2000 season - Draft 2 Title 3/200 at Wollongong - Team to be selected from above squad I.E. Should be best of the best - performance base (on what?)
MEMO

TO: Brian Chapman & Junior Development Committee
FROM: Rachel Phillips
DATE: Tuesday, 22 June 1999

RE: Draft Selection Policy

Junior Development Squad what is it?
Before you can write a selection policy I believe we need to define what the Junior Development Squad is. What is the aim of the squad, what are the objectives, what strategies are in place to achieve the objectives?

Junior Development Squad Vs Triathlon Queensland Sprint Team
If the above task is beyond the amount of man-hours we have available and we cannot offer more than a uniform and a trip to the Australian Sprint Championships, then maybe it should be just a Triathlon Queensland Sprint Team.

This would be a shame, considering we have the resources of the QAS and Darren Smith to assist us.

Should we cut the number of team members to travel to Aust.Sprint and spend more time and money on development activities (compulsory camps, seminars, exercise testing, etc). We are spending money on the athletes and providing uniforms I think it is reasonable to ask that they attend a minimum number of activities. As it aids there development

Selection Policy
I am not really experienced enough in this area yet, however I like the idea of 2 wildcards. These can be given out at a latter stage, does not need to be allocated when team is announced. Allows for juniors who have not achieved the results in the previous season or early season, but are really on the move.

Regards Rachel
TO: FILA SQUAD MEMBERS
FROM: Brian Chapman
DEVELOPMENT OFFICER
RE: QUEENSLAND ACADEMY OF SPORT TRAINING SESSIONS THIS SATURDAY & SUNDAY MORNING, CURRUMBIN, 7am
DATE: 7 Nov.1999

As some of you may already know, QAS Triathlon Manager Darren Smith has issued an open invitation to FILA Squad members to attend two morning training sessions this weekend as part of his larger Academy Camp.

Details are:

Saturday 13 Nov.

7-10am Transition Training Session. Meet at Currumbin Sands (Units), 955 Gold Coast Highway, Currumbin for ride to Lake Hugh Muntz. There will be filming of swim, bike, run transitions.

Sunday 14 Nov.

7am Group ride of 2-3 hours through Tallebudgera and Currumbin Valleys. Meet outside units at 7am.

To assist him with preparations, please phone Darren Smith (0755 204308 or 0411 226243) if you WILL be attending one or both sessions ASAP.

Regards

Brian Chapman
TO: Michael Sanderson
FROM: Brian Chapman
RS: JUNIOR F-1 NOMINATIONS TO BE INVITED TO DEC 18 EVENT
DATE: 26 Oct 1999

At last night's Junior Committee meeting, the following names were recommended (basically the same as you, Ron and myself came up with at previous meeting):

Jacob Newell (QAS)
Luke McKenzie (QAS)
Michael MacCann
Steven Rankine
Chris Boyle
Glenn Barltrop
Mark Lowrey
Reece Rackley
(All experienced at draft-legal)
Plus 2
from

Luke Ginnivan
Matt Isbister
Garry Whitelaw
Paul Berghofer
Peter Donnelly
&
Any other names B.Chapman can come up with
--Lincoln Stewart
--CARL GUSTAFSON

Melissa Codfrey
Melissa Trims
Alicia McQueen
Natasha Perry
Kate Boyd
Rebecca Myerscough
Natalie Dellow
Brooke Farley

Plus 2

Kim Mizzi (NQ)

AMBER SCOTT?
15 November 1999

Michael Sanderson
State Technical Coordinator
Triathlon Queensland

To All State Technical Officials

Dear Official

The aftermath of Noosa has brought to light some points that need to be addressed. As part of Triathlon Queensland’s strive for professionalism and setting of standards, we need to be aware of our position as Technical Officials and as representatives of Triathlon Queensland.

The following points should be followed:

- Uniforms – whilst there are some new officials still without shirts (awaiting new supply from TA), most officials are equipped. The requirement for your presentation at events are that you attired with (1) Clean and ironed uniform shirt, (2) Black dress shorts, not stubbies ie. side pockets and front zip, (black trousers/skirts optional) and (3) joggers and short socks.
- Identification – name tags supplied must be worn, if you have none please contact me.
- Transition Check In – In line with the recent changes for helmets checks and consistent with the cycle checks already in place, we are required to do visual inspections only, under no circumstances do you do any physical checks. The procedure is (A) all competitors wishing to enter must first be registered and numbered, (B) wear their helmet, fastened, (C) visually check the cycle for the usual items ie. brakes, plugs, compliance with specifications etc. (D) visually check the helmet, fitting correctly, no loose chin strap, no cracks in the hard shell, cover in one piece. If in doubt you will ask them to remove the helmet for an inside inspection, any problems will be referred to the Race Referee.
- Be pro-active – do not stand in one spot and watch events as they unfold, move around and be active in getting athletes to follow the rules before they break them, be firm but not loud or obtrusive, help keep gear out of the way. We have a good reputation in this area, compared to other States that seem to wait for a violation then report it, we aim to prevent breaches and help our athletes finish without any hazzles.
TO: Rachel
FROM: Brian
RE: FILA SQUAD -- AUSTRALIAN CHAMPIONSHIP PLACING
DATE: 26 Oct 1999

As agreed by the TQ Executive, the 1998 members were carried over to this year's squad if they had shown form. They are:

Steve Rankine (9th, Australian U/20 Sprint)
Chris Boyle (8th, Australian U/20 Sprint)
Michael MacCann (4th, Australian U/20 Sprint)
Kate Boyd (6th, Australian U/20 Schools)
Alicia McQueen (4th Junior at Noosa, 3 Pro placings at USM)
Rebecca Myerscough (Gold, Australian U/16 Schools)
Natasha Perry (8th, Australian U/20 Sprint)

The remainder were selected on their performance at one of three Australian Championships:

Luke Ginnivan (Gold, Australian U/16 Schools)(Silver, U16 Sp)
Glenn Barltrop (Gold, Australian U/20 schools)
Melissa Trims (Gold, Australian U/16 Sprint)(6th, Schools)
Alan Moran (Silver, Australian U/16 Schools)
Jayden Russ (Bronze, Australian U/14 Schools)
Matt Isbister (Bronze, Australian U/20 Schools)
Paul Matthews (Bronze, Australian U/16 Sprint)(5th, Schools)
Kara Fitzgerald (4th, Australian U/16 Sprint)
Natalie Dellow (5th, Australian U/20 Schools)
Jess Browning (8th, Australian U/14 Schools)
Kim Mizzi (8th, Australian U/20 Schools)

At this stage, we had 11 men (including Jacob Newell before he was elevated to QAS) and 8 women. The President directed that another female be added in the interests of equity. Viz:

Amber Scott (9th, Australian U/14 Schools)

With Newell's elevation to QAS, a place became free which the Junior Committee allocated to Paul Berghofer (DQ'd at National Junior Sprint after placing highly).
Dear [Name],

17 Sept. 1999

You have been identified as a candidate for the 1999-2000 Triathlon Queensland FILA Junior Development Squad.

Those accepting selection to the Squad will receive FILA gear (see attached Order Form) and priority invitation to special camps and/or clinics over the next nine months.

There is also potential involvement in Queensland Academy of Sport activities and possible access to testing.

The hope is to announce the final Squad of 20 at the Noosa-FILA Expo on Saturday Nov. 6.

Up to another four Squad members will be added after the Queensland Sprint Championships and State Team Trials at Tweed Heads on Dec. 5.

It is anticipated that the State Junior Team for the Australian Sprint Championship in Wollongong on Feb. 13, 2000, will come from this Squad as well as the bulk of the 10 junior men and 10 junior women to race in the One Summer Formula-1 Junior Triathlon at Southport on Saturday, Dec. 18.

If you are aged 16 to 19 years, your attention is drawn to the various selection races scheduled to pick the Australian Team for the World Junior Championships in Perth next April.

Please fill in the attached form indicating whether you wish to be part of the FILA Squad and return to TQ by this Friday, Sept. 24.

All the best for the forthcoming season,

Brian Chapman
DEVELOPMENT OFFICER

Supporting Sport & Recreation
Triathlon Queensland Inc.

a member of

Triathlon Australia

Affiliated with the Queensland Olympic Council and the Sports Federation of Queensland

JUNIOR DEVELOPMENT SQUAD AGREEMENT

BETWEEN

TRIATHLON QUEENSLAND and RECIPIENT ATHLETES

As a recipient of the Junior Development sponsorship, it is expected that you will read and follow the Terms of Agreement in an effort to make the most of this sponsorship.

AGREEMENT

1. I will use the clothing supplied (shoes not compulsory) at all State and National events for the whole of the period ending 30 June 2000.

2. I will attend all Triathlon Queensland seminars, clinics and other activities that are made available to me.

3. I will represent Triathlon Queensland and Triathlon Australia in a professional manner while in receipt of the sponsorship.

4. I have read the Triathlon Queensland Conditions of Sponsorship.

I, ____________________, have read and agree to the above conditions as a recipient athlete of the Triathlon Queensland sponsorship.

Signed ____________________

Date ____________________

Parent/Guardian ____________
(Must be signed if athlete is under 18)

** This form needs to be sent back with the attached Acceptance and Order Form.
Triathlon Queensland Inc.

a member of

Triathlon Australia

Affiliated with the Queensland Olympic Council
and the Sports Federation of Queensland

FILA SQUAD

ACCEPTANCE and ORDER FORM

(Please return to TQ-FILA Squad at the above address by Sept. 24).

NAME

ADDRESS

PHONE

E-MAIL (If applicable)

COACH'S NAME

ADDRESS

PHONE

E-MAIL

ARE YOU ACCEPTING YOUR INVITATION TO THE SQUAD? __________

If YES, please fill in the following sizes:-

    Shoe Size __________
    T-Shirt/Polo Shirt Size __________
    Shorts Size __________
    Size for Long Pants __________
    Race Singlet Size __________
    Swim Togs Size __________

NB. * Your coach's and personal e-mail contact are also for the
    use of the QAS Triathlon Manager who may invite you to QAS
    activities and/or testing.

* The above sizing request is for TQ records and does not
    guarantee that all items will be available from FILA.

* If you have left school and are available for paid school
    clinics, please also indicate.
Junior Development Squad

Conditions of Sponsorship

I understand that as a member of the Triathlon Queensland Junior Development Squad;

1. I am bound by the Triathlon Australia (TA) Doping Policy and will consult the Australian Sports Drug Agency handbook and or ASDA Hotline (1-800-020506) should I be in any doubt concerning any medication/substance. In addition I am aware that as a member of the squad I may be drug tested at sanctioned events and outside of competition.

2. I am aware that, certain Beta-2-agonist drugs, for example Salbutamol, Terbutaline and Salmeterol (Ventolin, Respinil, Bricanyl and Serevent) and inhaled Corticosteroids (Pulmicort, Becloforte, Becotide and Flixotide) used by asthma sufferers, are prohibited substances under the International Olympic Committee (IOC) Medical Code.

3. I am aware that, Beta-2-agonist drugs may be permitted if used in the form of an inhaler, for prescribed therapeutic purposes by a suitable qualified sports physician or respiratory physician. But any other mode of ingestion or application of Beta-2-agonist are strictly not permitted.

4. I am aware that as a Triathlon Australia licence holder I am responsible for notifying the Triathlon Queensland (TQ) Medical Officer of any asthmatic condition that I may presently have.

5. I am responsible for advising the TQ Medical Officer for any change in medication and/or dosage, and failure to do so may result in a positive drug test.

6. I am responsible for advising the TQ office of any change of address and extended stays outside Australia. I am also responsible for keeping myself aware of all changes to the TA/IOC prohibited classes of substances and prohibited methods.

7. I agree to use the best of my endeavours to compete in National and State events and make myself available for National selection.

8. I must abide by all Triathlon Australia/International Triathlon Union Race Competition Rules.

9. I agree that the information that I have provided for licensing and TQ database may be disclosed on occasions to the Australian Institute of Sport, Australian Sports Commission, Queensland Academy of Sport and the Australian Sports Drug Agency. I also understand that information of a biographical nature including my name, date of birth, results, career highlights and interests may be released to the media in response to general requests.
10. I agree to acknowledge/mention Triathlon Queensland, Triathlon Australia and Fila as sponsors/supporters at any media/public promotion and/or presentation.

11. I agree to accept victory and defeat with dignity and grace and promote fair play where possible. I also agree to treat all other athletes, officials and coaches with appropriate courtesy and sensitivity, and not bring the sport or sports officials into disrepute.

12. I understand that should I not comply with one or more of the above conditions, that my membership to the Junior Development Squad may be revoked by Triathlon Queensland.

Signature of Applicant ________________________________

Date _____________________

Parent/Guardian ________________________________

(Must be signed if athlete under 18)
TO: Michael Sanderson
FROM: Brian Chapman
RE: THOUGHTS ON STATE TEAM TO NATIONAL SPRINT

The results of our two designated Trials show:

**Bribie**

<table>
<thead>
<tr>
<th>13-15 BOYS</th>
<th>Raby Bay (21km-plus bike)</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. P. Berghofer</td>
<td>P. Berghofer</td>
</tr>
<tr>
<td>57.01</td>
<td>60.13</td>
</tr>
<tr>
<td>2. L. Ginnivan</td>
<td>S. Glenn (Vic)</td>
</tr>
<tr>
<td>58.30</td>
<td>60.18</td>
</tr>
<tr>
<td>3. B. Moore</td>
<td>L. Ginnivan</td>
</tr>
<tr>
<td>59.54</td>
<td>60.49</td>
</tr>
<tr>
<td></td>
<td>P. Matthews</td>
</tr>
<tr>
<td></td>
<td>Await D. Ray info.</td>
</tr>
</tbody>
</table>

Comment: Berghofer and Ginnivan seem clear-cut. Unless you have received written applications from someone who is exceptional and obviously better, the third spot seems between Moore and Matthews. I need to disqualify myself from the decision because I coach Matthews' running. However in his favour:

a. He's a proven national-class performer -- 5th at National School Tri last year, won the World U/16 Aquathon and won Australian U/16 steeplechase last week.

b. If he finished closer than Moore did to Ginnivan (1min 24secs), he probably deserves the nod (D. Ray knows).

c. Paul has also submitted an application for consideration (based on club times), so has indicated interest.

d. Matthews beat Moore on Sunday, so has better current form.

He also was 2nd to Ginnivan at State U/16 Short Course.

**13-15 GIRLS**

<table>
<thead>
<tr>
<th>1. R. Myerscough</th>
<th>64.40</th>
<th>1. R. Myerscough</th>
<th>66.53 (Draft Legal)</th>
</tr>
</thead>
<tbody>
<tr>
<td>2. C. Schadel</td>
<td>67.19</td>
<td>2. E. Moloney</td>
<td>79.38</td>
</tr>
<tr>
<td>3. A. Lee</td>
<td>68.14</td>
<td>3. C. Schadel</td>
<td>80.15</td>
</tr>
<tr>
<td>4. M. Trims</td>
<td>68.44</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Comment: Myerscough obvious. Maybe Schadel for 2 good races and Harris for winning Sunday, but I'm easy either way.
BRIBIE

16-19 BOYS

1. C. Watt 54.11
2. M. MacCann 54.21
3. R. Rackley 54.27
4. L. Stewart 54.59 (open)
5. G. Barltop 55.07

16-19 GIRLS

1. A. Luxford 61.30
2. A. McQueen 62.18
3. S. Carter 63.12
4. N. Perry 65.13 (Open)

RABY BAY

16-19

1. S. Rankine 58.22
2. L. Stewart 58.42
3. R. Davies 59.54 (non-draft)
4. C. Stuart 59.59 (non-draft)
5. C. Gustafson 60.08 (non-draft)

Comment:—This is impossible, but based on the Trial results I suppose Watt and Rankine should be in. The next best Trialist is Lincoln Stewart!

But what about MacCann, Dellow, Barr, Boyle and Newell? Maybe this can be solved by saying that if they haven’t applied in writing (as per last Ultimate Challenge, p.14), we can only assume they’re not interested.

OVERALL COMMENT

If you just cannot separate people for a third place on the team, can I suggest you just name four to that age group. I realise we’ve said 4 X 3, but I don’t think we need to be bound by that if both kids deserve to go or are too even to split.

SUPPLEMENTARY SQUAD

Can I suggest inviting the following Mooloolaba Superkidz helpers to accompany the State Team at full cost LESS $150 (their share of what we raised last season)?

Leah Bloxidge
Tye Bonar
Sally Carter (unless selected)
David & Natalie Dellow (Unless selected)
Luke & Megan Ginnivan (Unless selected)
Lauren Harris (Unless selected)
Britt Keding (Unless selected)
Mark Lowrey
Michael MacCann (Unless selected)
Alicia McQueen (Unless selected)
Rebecca Myerscough (Unless selected)
Brad Sanderson
Melissa Trims (unless selected)

Luke McKenzie and Annabel Luxford also assisted, but I assume they will be looked after by St George (?). Same with Josie Loane.
Alex White and Melissa Smith families also helped but their kids seem inactive this season so don’t worry.
Hi Michael and Kevin,

Just following up on issues discussed yesterday, as well as some further suggestions:

1/ Junior Development Squad:
   Source race uniform, poloshirt, training shirt and shorts for squad. Look at obtaining a unique design/pattern for race gear and have QLD printed on backside and front chest. Shirts embroidered/printed with TQ logo.

Further, source sponsorship for the squad in order to fully fund athletes to National Sprint Champs, as well as conduct 1-2 local camps, inviting regional athletes and coaches.

2/ Coaching Course:
   Look at obtaining specialists to discuss topics - suggested people:

   Nutrition - Ben Desbrow: 3232 7918
   Swimming - Stephan Widmar: 0413 619 656 or phone Queensland Swimming
   Cycling - Glenn Wilson: 3841 1939 or 0412 226 205
   Triathlon - Apart from Brendan and Mossy, Bill Daveron: 5501 5952 or 0409 588 650
   Physiology - myself or QAS physiology student
   Miscellaneous - Jackie Gallagher: she should be free of charge (part of her national role)

* None of these people would charge more than $100/hr (I think), and a few would be significantly cheaper.

Bill is also willing to sell his Level 1 presentation...I will look at it...not sure how much it is and may be a little premature if there is going to a review of the course.

27/09/01
> 3/ Sponsorship:
> Easier said than done, I know, but if we can attract $10,000-$20,000 we can
> set-up a good junior development squad, as well as improve the coach
> education system.
> 
> Finally, can I also make a suggestion regarding the TQ Junior Development
> Squad for 2002/2003. With the restructure of the national program
> (including state institutes/academies of sports (SIS/SAS)), the focus for
> development will be between the ages of 18 and 22 (ie. QAS and AIS
> scholarships will be aimed at this age group). Therefore, it may be wise to
> have the TQ JDS squad aimed at 13-17 years...allowing the QAS/AIS to pick up
> anyone 18 years and older. You may have an exclusion clause stating that
> exceptional athletes aged 18-19 will be considered if they have <18months
> triathlon experience. The TQ JDS squad is predominantly an underpinning
> program to the QAS/AIS - if athletes are not good enough to make the
> QAS/AIS
> by this age, they are probably not worth developing - harsh but true! See
> attachment for National Elite Athlete Support pathway.
>
> Regards
> Shaun
> 
> 27/09/01
Brian Chapman

From: Michael Sanderson <admin@triathlonqld.com.au>
To: Brian Chapman <brian@triathlonqld.com.au>
Sent: Tuesday, 9 October 2001 3:39 AM
Subject: Fw: JD SQUAD INPUT

Michael Sanderson
Administrator
Triathlon Queensland

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----- Original Message ----- 
From: Kim
To: Michael Sanderson
Sent: Friday, October 05, 2001 4:23 AM
Subject: Re: JD SQUAD INPUT

Michael is it possible to get a bike shop involved in assisting these athletes, Victor Cycles is keen to get into helping out triathletes. As Byron from there can't help out with QAS Talent Search due to sponsorship by RAD Cycles if you don't as yet have anything they could be keen. They may offer a servicing deal and mechanical support at key races with a willingness to help run and conduct maintenance clinics. They may even assist with providing race wheels for major races.

More about what kids should get, well I think it would be great to offer them a high level training camp over Christmas Holidays where experts are on hand to offer advice and assistance (Maybe join up with a camp with the Talent Search Squad). Possibility of running some simple scientific testing at this time also.

I definitely think they should have some kind of race gear that should be worn at races where possible. Their individual sponsors could then be placed on this. Maybe a track suit too, so if they do go away to Nationals they feel like part of a team.

Michael at our Talent Search meeting last Thursday Shaun suggested that up at Noosa when the TQ JD Squad is presented kits etc that the Talent JD group could also be done at the same time. What are the chances of this???

Chelsea or Shaun may talk to you about this too. We are thinking of getting the squad up to Noosa to go to the EXPO and watch the Bolt and Bike Crit and hopefully stay on to watch the tri on Sunday ????

Hope that the Allschoools went well on Sunday. Any idea as to where the All Schools Tri may be held???? Will it be on the same date as initially proposed ??? Met East and North were going to use it as a trial for Sate Schools Champs but if it is changed we will need to know as all correspondence to schools re regional trials will have to go out by Friday or the following Monday.

Kim Beckinsale

------ Original Message ------
From: Michael Sanderson <admin@triathlonqld.com.au>
To: Phill Watt <pwatt@seralessapparel.com.au>; Miriam Werner <miriam@todds.com.au>; Terry Moran <tezza_m@optusnet.com.au>; SCGS Tri Club <sacowell@bigpond.com.au>; Sally

8/10/01
Michael Sanderson  
Administrator  
Triathlon Queensland  

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--- Original Message ---  
From: Brian Chapman  
To: admin@triathlonqld.com.au  
Sent: Thursday, October 04, 2001 5:44 AM  
Subject: JD SQUAD INPUT  

To Junior Committee Members  
I have been asked to produce the following information by this Monday afternoon with a view to sourcing sponsorship for our Junior Development Squad this season:  
1. Aims and objectives  
2. Previous achievements  
3. Funding needed and for what  
4. What can a sponsor get out of supporting this JD Squad?  

I'm keen to get your feedback on items 3 and 4. In the past we have provided:  
a. $600 worth of FILA gear (FILA is gone now).  
b. A $100 trip to the Australian Junior Sprint, including travel, accommodation and ground transport, if the Squad member shows good form.  
c. Preferential invitation to F-1 Junior GP race  
d. Access to some QAS testing, seminars and services.  

Can you think of any other items, programs or services we could provide that would enhance our JD Squad? Some people have said "What do Squad members really get out of it?" Please indicate what you think they should get that is not listed above? Please also indicate ways in which we can reward a sponsor for becoming involved.  

Since I need to submit a proposal by this Monday 5pm, please phone/fax any ideas to me at 0755361174 this weekend or to TQ Office this Monday morning.  
Thanks,  
Brian Chapman
Michael Sanderson
Administrator
Triathlon Queensland

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----- Original Message -----
From: Jeremy Scriven
To: admin@triathlonqld.com.au
Sent: Sunday, October 07, 2001 3:36 AM
Subject: JD SQUAD INPUT

Comments from our club members, which may not necessarily be what you were asking for:
1.0 It is discouraging to receive notice of nominations after closing date.
2.0 The 2000 squad was listed in the latest U.C. Magazine as the 2000-2001 squad. This is a bit
confusing but is it correct or will it change?
3.0 The more Juniors that can be sponsored to selected races, the better for the sport.
4.0 Sponsor's "returns" should be viewed longer term than just one season and the exposure will be
generated through individuals, clubs and their contacts over a period of time.
5.0 It's only through constant promotion and exposure of our Junior triathletes to the media and public that
will convince potential sponsors of the benefits of supporting a JD squad.

On behalf of the SCGS Club, I hope the above comments are useful.
Regards,
Jeremy Scriven
(President, SCGS Tri Club)
To: Secretary
Triathlon Queensland

Re: 1. 16 Year Old / Olympic Distance
2. Allocation of Invitations for Overseas Races.

Dear Brian,

Thank you for your enquiries (dated 12 Sept, 1996) re the above two points. The first point I will refer to the next Board meeting while the second point I will answer immediately.

2. Allocation of Invitations for Overseas Races.
This task has been completed by myself, the High Performance Manager and therefore if criticism is due, it should be directed at me.

There were three invitations for Juniors to compete in Japan in the last 3 months.

Invitation 1 (Shodo Is) Belinda Cheney, Peter Robertson.
This was offered to the current Junior Australian Champions. Joanne King had already left for Canada and therefore her position went to the next person, being Belinda.

Invitation 2 (Tokyo Bay) Nicola Hoyle, Paul O'Brien.
Again offered to the next two Junior finishers from the Australian Championships.

Invitation 3 (Nakayama) Tyrone Easterbrook, Kionni Britt.
This invitation was originally sent to Triathlon Australia with the date of the race being 27 August.

This was 2 days after the World Championships and therefore, in my opinion negated any of the Junior TWC team being invited.

I made the decision to invite Tyrone Easterbrook as he was first reserve to the Junior A team and was unlucky to miss out on team selection. I was then looking for a suitable junior female to take the other place.

The next couple of days a fax came through from Japan indicating that it was typing error and the date of the race was 27 JULY, not August and could they have a name...
in the next day. I had already invited Tyrone and I was not going to take the trip away from him at that stage.

I couldn’t ask any Junior A females as they were departing early August for Canada.

I could have asked one of our Junior B females, but a few of them had already lost school time through the camp we had held at the AIS in late June plus were going to lose another week in August when they were away at the Worlds.

I had one day to make a decision on who to go. Not enough time to canvas all States. I decided to go with a junior girl, Kionni Britt from Qld, selected from the Casio 2000 squad for her attitude and keenness at the Mooloolaba camp.

I can see that people may have been upset with the decision and I can understand their concern. But the circumstances were difficult at the time.

In future, I will try and select from Australian Championship results as I have tried to do previously.

Rob Pickard  
High Performance Manager
Dear David

In refer to your query concerning drafting for juniors at the Mooloolaba event.

I informed all 97 Tour race directors on the 2nd December 1996 of the impending problems associated with new ITU junior drafting legislation (days after the ITU announcement).

In my correspondence, I advised that TA intended to conduct drafting events for Juniors at both Devonport and Mooloolaba. In addition, I highlighted that the junior category could not be staged along with the elite wave (see attached correspondence).

I have since been informed that Tony Fowler was no longer the race director and that Garth Prowd is now the race director.

However, please note that as indicated in my correspondence of 2 December and subsequent representations to the TA Board, that I recognise the timing of the ITU announcement is a major concern for me and my associated race directors in staging junior events in which the TA national selectors can appropriately selected an Australian Junior Team.

Regards

Tim
TO: TA Tour Race Directors
FROM: Tim Wilson
National Executive Director
DATE: 2 December 1996
RE: New Junior Categories

Dear Race Directors

1. Recent decisions by the International Triathlon Union (ITU) executive board at meeting in Cancun Mexico will have an immediate impact on Tour events staging junior categories.

Junior A (19-18) and Junior B (17-16) categories have been combined and are to be known as ‘Junior’ for the 1997 Triathlon World Championships (TWC) in Perth. In addition, drafting is to be introduced into the Junior category for the TWC in Perth.

This new development will create a problem for us all. Although it is too late for Elwood and Canberra, I hope I can do something for Devonport and Mooloolaba. That is to introduce drafting for juniors. Unfortunately, juniors cannot be sent off with the elite because of the selection status of the event.

2. Recent determination by the TA Board will also allow those athletes 16 years on race day to race in the junior category. In addition, at junior selection races, juniors will follow the same rule as the elite category in regards to the wetsuit rule. In the past juniors followed the higher water temp age group rule, where if wetsuits were banned for age groups it also applied to the junior category.

Any queries please contact me.

Regards

Tim
Tim,

The Technical Delegate of the Mooloolaba Race has informed me (via Paul Binnie) of a potential problem.

During discussions with Tony Fowler it was mentioned by the Race Director that he had no knowledge of any plans of a Junior-only Draft Legal Race associated with the Mooloolaba Nationals. Furthermore he cannot see the possibility of adding another, separate race to the program (given council and police pressure) to accommodate the requirement of a separate race for this group.

The Technical Panel of the Race and the T.A. Technical Committee will not support a Junior Wave being incorporated into the Senior race or any other section of the existing race, if the Junior section is to be Draft Legal.

Please advise the Committee of the current status of the junior race.

Regards

David
<table>
<thead>
<tr>
<th>WEEK</th>
<th>SWIM</th>
<th>Cycle</th>
<th>Run PM</th>
<th>RECOVERY</th>
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<tbody>
<tr>
<td><strong>6</strong></td>
<td>SWIM</td>
<td>Cycle</td>
<td>Run PM</td>
<td>RECOVERY</td>
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<tr>
<td>Mon 20</td>
<td>SWIM AM</td>
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<td>EASY</td>
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<tr>
<td>Tue 21</td>
<td>AM: 4km easy</td>
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<td>EASY</td>
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<tr>
<td>Wed 22</td>
<td>PM: 4km steady</td>
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<td>EASY</td>
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<tr>
<td>Thu 23</td>
<td>SWIM AM</td>
<td>PM: 6 x 200M, @ 90%, 200 rec</td>
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<td>MEDIUM</td>
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<tr>
<td>Fri 24</td>
<td>GPS Swim Camp</td>
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<td>MEDIUM</td>
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<td>Sat 25</td>
<td>SWIM AM</td>
<td>PM: 50 min easy winder</td>
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<td>EASY</td>
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<tr>
<td>Sun 26</td>
<td>New Challenge TRI Redland 400/124</td>
<td>PM: Easy Cycle 20km</td>
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<td>HARD</td>
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<tr>
<td><strong>5</strong></td>
<td>SWIM</td>
<td>Cycle</td>
<td>Run</td>
<td>STRONG</td>
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<tr>
<td>Mon 27</td>
<td>SWIM AM</td>
<td>Run Recovery Easy 2km</td>
<td></td>
<td>EASY</td>
</tr>
<tr>
<td>Tue 28</td>
<td>SWIM easy PM</td>
<td>AM: 4km J x 3km, 3km rec</td>
<td></td>
<td>HARD</td>
</tr>
<tr>
<td>Wed 1</td>
<td>Windermere &amp; Pool TRANSITIONS: 2 Sets, Swim 100M / Cycle 2km</td>
<td></td>
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<td>EASY</td>
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<tr>
<td>Thu 2</td>
<td>SWIM AM - relay</td>
<td>Parrhik Hills</td>
<td></td>
<td>MEDIUM</td>
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<tr>
<td>Fri 3</td>
<td>GPS Swim Camp</td>
<td>AM: 10km TT Lakeside</td>
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<tr>
<td>Sat 4</td>
<td>AM: 5km long Mod</td>
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<td>EASY</td>
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<tr>
<td>Sun 5</td>
<td>SWIM PM</td>
<td>QMRC 10km Race</td>
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<td>HARD</td>
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<td><strong>4</strong></td>
<td>SWIM</td>
<td>Cycle</td>
<td>Run PM</td>
<td>STRONG</td>
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<tr>
<td>Mon 6</td>
<td>SWIM AM</td>
<td>Run Recovery Easy 2km</td>
<td></td>
<td>EASY</td>
</tr>
<tr>
<td>Tue 7</td>
<td>SWIM easy PM</td>
<td>AM: 4km Long Hill reps 6 x 2min</td>
<td></td>
<td>HARD</td>
</tr>
<tr>
<td>Wed 8</td>
<td>PM: Easy 3km Sprinting</td>
<td>AM: Run Recovery 5km or OFF</td>
<td></td>
<td>EASY</td>
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<tr>
<td>Thu 9</td>
<td>SWIM AM - relay</td>
<td>6 x 400M, 200 rec</td>
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<td>HARD</td>
</tr>
<tr>
<td>Fri 10</td>
<td>CASINO PARTY</td>
<td>AM: Easy 3km Sprinting</td>
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<td>MEDIUM</td>
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<tr>
<td>Sat 11</td>
<td>GPS Swim Camp</td>
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<td>HARD</td>
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<tr>
<td>Sun 12</td>
<td>SWIM easy PM</td>
<td>30 to 50km Steady effort</td>
<td></td>
<td>MEDIUM</td>
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<tr>
<td><strong>3</strong></td>
<td>SWIM</td>
<td>Cycle</td>
<td>Run PM</td>
<td>STRONG</td>
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<tr>
<td>Mon 13</td>
<td>SWIM AM</td>
<td>Run Recovery Easy 2km</td>
<td></td>
<td>EASY</td>
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<tr>
<td>Tue 14</td>
<td>SWIM easy PM</td>
<td>AM: 4km J x 3km, 3km rec</td>
<td></td>
<td>HARD</td>
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<tr>
<td>Wed 15</td>
<td>PM: Easy 3km Sprinting</td>
<td>AM: Run Recovery 5km or OFF</td>
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<td>EASY</td>
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<tr>
<td>Thu 16</td>
<td>2 Sets of 10 min</td>
<td>Short Hills</td>
<td></td>
<td>HARD</td>
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<tr>
<td>Fri 17</td>
<td>SWIM</td>
<td>One Leg Drills 3 min</td>
<td></td>
<td>MEDIUM</td>
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<tr>
<td>Sat 18</td>
<td>SWIM PM</td>
<td>Transition: Cycle Run 90% (INDOORDOPIFFLY)</td>
<td></td>
<td>MEDIUM</td>
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<tr>
<td>Sun 19</td>
<td>Easy 10km</td>
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<td><strong>2</strong></td>
<td>SWIM</td>
<td>Cycle</td>
<td>Run PM</td>
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<td>Mon 20</td>
<td>SWIM AM</td>
<td>Run Recovery Easy 2km</td>
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<td>Tue 21</td>
<td>AM: 4km J x 3km, 3km rec</td>
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<td>HARD</td>
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<tr>
<td>Wed 22</td>
<td>SWIM AM</td>
<td>AM: 3km Strength easy</td>
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<td>EASY</td>
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<td>Thu 23</td>
<td>SWIM AM</td>
<td>PM: Lakeside Race</td>
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<td>Fri 24</td>
<td>SWIM AM</td>
<td>AM: 5km Steady effort</td>
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<td>MEDIUM</td>
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<td>Sat 25</td>
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<td>Qld Sprint TRI Champs Island of Pines (race conservatively finish strong)</td>
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<td>SWIM</td>
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<td>Mon 27</td>
<td>SWIM AM</td>
<td>Run Recovery Easy 2km</td>
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<tr>
<td>Tue 28</td>
<td>AM: 3km POWER J x 3km</td>
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<td>HARD</td>
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<tr>
<td>Wed 29</td>
<td>SWIM PM</td>
<td>Cross Country Schools Race</td>
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<td>EASY</td>
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<tr>
<td>Thu 30</td>
<td>PM: Club</td>
<td>3 x 600M @ 60 to 90% max rec</td>
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<td>HARD</td>
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<tr>
<td>Fri 31</td>
<td>SWIM AM</td>
<td>PM: 3km Steady easy</td>
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<td>EASY</td>
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<td>Sat 1</td>
<td>TRANSITION: 3 sets, Cycle 1km / Run 400M @ 90% (INDOORDOPIFFLY)</td>
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<td>HARD</td>
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<td>Sun 2</td>
<td>SWIM PM</td>
<td>AM: Easy Cycle 2km finish strong</td>
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<td>SWIM</td>
<td>Cycle</td>
<td>Run PM</td>
<td>PEAKING</td>
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<td>Mon 3</td>
<td>Easy SWIM</td>
<td>Run Easy 5km with strides</td>
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<td>EASY</td>
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<td>Tue 4</td>
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<td>Easy Cycle over Course</td>
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<td>EASY</td>
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<tr>
<td>Wed 5</td>
<td>AUST SCHOOLS TRI CHAMPS</td>
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<td>Thu 6</td>
<td>AUST SCHOOLS TRI CHAMPS Relay</td>
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<td>3 x 1km max rec</td>
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<td>Tue 11</td>
<td>Swim Cycle</td>
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<td>Cycle Run</td>
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<td>20km</td>
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<td>Spinning @ 100+ c/m</td>
<td>windtrainer</td>
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<td>40Km</td>
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<td>Fri 14</td>
<td>Cycle Run</td>
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Windtrainer
JUNIOR DEVELOPMENT SQUAD

Triathlon Queensland is proud to announce the 1999 Junior Development Squad:

Male-
- Michael Macann
- Steve Rankine
- David Dellow
- Tom Barr
- Chris Boyle
- Jacob Newell

Female-
- Kate Boyd
- Alicia McQueen
- Sally Carter
- Rebecca Myerscough
- Natasha Perry
- Caroline Cooksley

The development squad will be sponsored by Fila and Triathlon Queensland.

10 athletes are on a standby list waiting for inclusion as the development squad move up through to QAS and National squads.

These 10 are:
- Glenn Bartrop
- Nicholas Johns
- Reece Rackley
- Cameron Watt
- Cassie Percival
- Renee Cummings
- Natalie Dellow
- Britt Keding
- Tracey McDonald
- Melissa Trims

Congratulations to those athletes selected as well as in order to select the Team to represent Triathlon Queensland at the National Sprint Titles in Canberra.
JUNIOR NEWS UPDATE - MARCH 1999

1. WYNNUM (FISHERMAN'S ISLAND) TRIATHLON, MARCH 28
   * If you are 16-19 years at the date of the Worlds (Sept.4,1999) consider doing the 1.5/40/10 event. The reason is that there is now a new Junior 16-19 (non-drafting) age group division at the Worlds and Australia is allowed to select 12 junior men and 12 junior women (as well as five for the Junior elite race). Obviously the Mooloolaba Nationals will be the main event the selectors will consider but, in case you have injury, illness or mechanical problems there, it would be good to have a back-up performance over the distance to put to the selectors. WYNNUM IS YOUR LAST CHANCE TO IMPRESS.
   * If you are under 16 or looking for a shorter race, the Summer Fun Triathlon, also on March 28, is excellent. Juniors won this event last year, so be in it.

2. AIMING FOR THE STATE 13-15 and 16-19 YEAR TEAMS TO CONTEST THE AUSTRALIAN SPRINT NEXT JANUARY, 2000?
   * Parents and families who assisted with event marshalling last year had their son/daughter's expenses to Canberra cut down to $150 which is excellent value. It's a tough team to make (3 boys and 3 girls in each age group), but if you think you're a chance, please phone TQ today or tomorrow to offer your services as a helper on March 28. That money (and more) saved by TQ will be pooled for next season's State Junior Team.

3. DO YOU ATTEND A METRO WEST ZONE HIGH SCHOOL?
   * If yes, please keep Monday April 12 free for a mini-triathlon at West Moreton Anglican College, Karrabin. It will be conducted at lunchtime as part of a Teacher Course on Triathlon to show how such events can be easily organised within a school. (You will find this will be a pupil-free day at your school). Check with the TQ Office on April 8 for final details.

4. JUNIOR RAFFLE. Stay tuned for a Junior Committee fund-raising raffle which has a holiday and a Custom Wetsuit Design prize.

5. JUNIOR TRAINING "DAY CAMP" AT NUDGEE COLLEGE, JUNE 5-6

EXPRESSION OF INTEREST

If you thought the Brad Beven-Melanie Mitchell-Brendan Terry camp was good, then DO NOT MISS THIS ONE. Top coaches, top triathletes, great activities. Only $30!

NAME........................................ADDRESS

(Return to TQ quickly to reserve your place and receive details).
# Proposed Budget for Junior Camp

(Based on 80 attending) – Max. is 100

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<thead>
<tr>
<th>Item</th>
<th>Per Person</th>
<th>Notes</th>
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<tr>
<td>Accommodation</td>
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<td>Food</td>
<td>4.00</td>
<td>(Much donated)</td>
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<tr>
<td>Tee-shirt</td>
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<td>($500 sponsor)</td>
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<td>(one-way?)</td>
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<td>Bus hire</td>
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<td>(Expenses, equip.)</td>
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<td>(Incl. airfare, accom)</td>
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<tr>
<td>– B. Beven</td>
<td>15.00</td>
<td>(Est.)</td>
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<td>– E. Carney</td>
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<td>Certificate</td>
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**Total: $69.50 PP**

If you can cover printing of form, distribution via magazine and Junior mailer? M&M to cover insurance.

If you have already paid $300 accommodation deposit.

Franklin's $500
government subsidy
TO: Brendan Terry
FROM: Brian Chapman
DEVELOPMENT OFFICER
RE: DRAFT JUNIOR CAMP PROPOSAL, CURRIMUNDI, FRI.Nov.27-SUN.NOV.29
DATE: 3 Sept. 1998

PERSONNEL

Brendan Terry --- Camp leader and activity coordinator
(Present throughout, though can be relieved
if other important commitment that weekend)

Junior Committee --- Catering (Heather & daughter, Ron, Viv)

Brian Chapman --- As needed (can take A.T. run session)

Michael Sanderson (Sax player) --- As needed (can take rules & etiquette
session).

Guest pro's --- Brad Beven, Mici Andronicus & Emma Carney
have been invited through their management
with a Sept.17 deadline to TQ Office
if available. Your idea of a direct
approach to Emma is great. Next biggest
male name after Beven? (not requiring
airfare).

SUGGESTED ACTIVITIES/SESSIONS

1. Open Water Swim Session (Ocean and/or lake) concentrating on
   trouble-free starts, positioning at turns, etc.
   * Could bring in Linda Halfweeg or SLS coach?

2. A.T. run session (half-set) on Saturday am. I could take it if
   you like.

3. Bicycle and/or wind-trainer session. One session could be an
   easy group ride up to Aquathon on Sunday am, then a longer
   harder return ride in ability groups.

4. Transition session (could also be observed by a pro).

5. Participation in Mooloolaba Aquathon on Sunday morning. Maybe
   campers could be videoed coming out, transitioning and heading
   off on run OR finishing run. Footage could be analysed for
   style correction later in day. * Could bring in video person.

6. One hour session on rules and etiquette (Mike S).

7. Q & A with guest pro's (two separate sessions possibly combined
   with practical session, so pro's can give advice).

8. Bike set-up and positioning (The hope is that the kids could
   go away with new info about setup specific to their current need).

9. Motivation session on Saturday night for Aquathon. Could include
   St.George video and 1991 Worlds video.

THEME "Train with the Best/Learn from the Best".

MARKET We've booked Section A (capacity 104) closest to beach.
   Could send camp application to 500-strong mailing list(schools

MEALS? Fri 8pm(supper); Sat.9am(Breakfast),11am(Morn.Tea),1pm(Lunch,
   3pm (Aft.Tea), 6pm (Dinner), 9pm (supper); Sun.5.30am
   (Pre-race light breakfast),12 noon(BBQ lunch),4pm (Aft.Tea).

BUDGET Accom ($5.70 pp/pn--Min.$592; free for caterers, staff).
   Meals ($15 trying to do it cheap, so $20-25?).
   TQ can print application, pay mailout; MHH insurance free.
   Entry fee to Moo.Aquathon ($20?)
   Expenses of B.Terry, guest pro's, bike setter upper?
TRIATHLON QUEENSLAND
JUNIOR DEVELOPMENT PLAN

JUNIOR DEVELOPMENT PLAN Outline:

1. Major Programs
2. Major Recommendations
3. Rationale and Objectives
4. Timeframe of Tasks and Activities
5. Schedule of Activities/Clinics
6. Budget and Resources
7. Performance Criteria
8. Specific Projects

METHODODOLOGY:

PLAN:
PROGRAM:
PROJECT:
INITIATIVES:

PRIORITIES:

1. Junior Races
2. School Lecture Series
3. Junior Newsletter
4. Target 2000 Squads
1. Major PROGRAMS to Do:
   
   Including Projects and Initiatives

1.1 Schools Participation Program

1.1.1 Triathlon Education Project 'Video'
1.1.2 Write manual on race org.(School Competition Project)
1.1.3 Get schools to have Triathlon Champs (High School)
1.1.4 Qld Schools DUATHLON Champs - November ?
1.1.5 Qld Schools AQUATHON Champs - end of January
1.1.6 Regional Competitions in first year then Zone and school champs
1.1.7 Aussie Sport Kids Series (5 events) for Primary Schools
   - Sue McCracken Milton S.S. (Primary Competition)
   - Jacqui Smith re Ironkids (ph 870 0292)
1.1.8 Set up School Clubs Project
1.1.9 Contact Teachers who are TQ registered
1.1.10 Lecture series through schools (North and South Qld)
   - With Local Clubs Coaches
   - With high Profile Seniors and Juniors.
1.1.11 Hand out posters at Schools with prizes. (signed copies)
1.1.12 Club Brochures on back of TQ rego forms (distribute at schools)
1.1.13 Curriculum Development - Lesson Plans

1.2 Junior Licensing Program

1.2.1 Monthly prizes to Juniors who are registered
   - junior athlete of the month and random draws.
1.2.2 'I am a Triathlete' - Junior Merchandising Gear
1.2.3 at least twice yearly Junior Camps (one at Novotel/state champs?)
1.2.4 Qld Junior Grand Prix Series - Triathlon and Duathlon
1.2.5 Junior clinic series for Races and Clubs (North and South Qld)
   - with high Profile seniors and Juniors.
1.2.6 establish phone register of Coaches and TQ Clubs etc.
   - need coaches survey
1.2.7 Establish Junior Races at Major Events

1.3 Sponsorship/Funding Program

   - create sponsorship proposal
   - establish targets - Apple Computer, Coles, Sports Specific etc.
   - sport-specific sponsors
   - make application to Aussie Sport, Active Girls and government.

1.4 Queensland Target 2000 Junior Talent Squad
1.4.1 High Performance initiatives, QAS Support ?
1.4.2 National Talent Search Program
1.4.3 State Team Preparation (camp)
2. **Major Recommendations:**

2.1 Drop Junior Licensing fees on sliding Scale
   - U14 $20
   - U16 $25
   - U18 $30
   - U20 $35

2.2 Pursue the Involvement of Licensed Triathletes and Clubs.

2.3 Cooperate with Schools
   - prevent a clash between Qld Schools and National Junior Champs.

2.4 Integrate School, Club and Equity development.

2.5 Determine scope of Activities based on level of Sponsorship.

2.6 Allow School-based Clubs to get Special Affiliation
   - with links to Local Clubs

2.7 North and South Queensland Championships

2.8 Get new names for age divisions not J1, J2.

2.9 Organise a Junior Triathlon Series
   - for Fundraising of JD Programs
   - to increase competitive opportunities for current triathletes
   - to attract new juniors to triathlons
   - get involvement of local clubs (3 for each race)
   - give licenced members incentives to bring their friends
   - Similar to active girls series
   - Have Teams at $5 each and normal fee $10?
3. Rationale and Objectives:

For the targets of the Plan to be achieved, there are three goals which need to be central to all areas of the Plan. They are:

INCREASED PARTICIPATION
INCREASED JUNIOR AFFILIATIONS
IMPROVED HIGH PERFORMANCE

The purpose of the plan is to direct the efforts of the JDO and JDC to achieve these goals. Participation by Juniors is the primary goal to be reflected by an increased numbers of licensed Junior Triathletes. By achieving greater participation, more talented young people will be available to the Sport. Improved performance will be a factor of this increased participation and better servicing of targeted Juniors.

Central to the plan's success is the focus on increasing the opportunities and exposure of young people to Triathlons. The Plan calls for more competitions, championships, camps, clinics, lectures, promotional materials, contact with role models, newsletters and videos to be created. The opportunities to talented Juniors re Squads and funding must be expanded at the same time. This will be achieved by gaining adequate sponsorship and implementing the Triathlon Queensland Junior Development Plan.
4. Timeframe of Tasks and Activities:

4.1 Create a 2 Year JUNIOR DEVELOPMENT Plan
   4.1.1 2 Month Initial Research phase
   - Interview significant people to establish JD profile.
     - Junior Development Committee Members
     - TQ Committee Members
     - The North Queensland JDO
     - The TQ Coaching Development Officer
     - Clubs president/secretary and Coaches
     - Employees of TQ
     - TA Development Officers and Administrators
     - Schools Triathlon Committee
     - Affiliated and Non-aligned Coaches
     - QAS
     - Qld Dept of Sport, BCC Sport and Rec.
     - current TA & TQ Sponsors (re why they sponsored)
   4.1.2 Research National Junior Sports Policy
   4.1.3 Update TQ Development Plan re Juniors

4.2 Prepare Lectures/Clinics Materials and Organisation
   - Schools
   - Regions (Darling Downs, Nth Coast, South Coast, Brisbane, West Qld)

4.3 Prepare Camps Outline, Resources, Schedule and Organisation

4.4 Constantly Liase with TQ Committee, JDC, CDO and Nth Qld JD/CDO

4.5 Monthly Activity Report to Meetings:
   - attend Junior Development Committee Meetings
   - attend TQ Committee Meetings
   - attend TQ Coaches Meeting

4.6 2 Page section of Ultimate Challenge - with Junior News/Profiles

4.7 Junior Newsletter with extra training tips to be distributed to all schools and clubs. (Possibly monthly rather than bi-monthly)

4.8 * Promote Rules and code of conduct to Juniors and their parents

4.9 Create a Video of Clinics to send to remote areas.

4.10 Create Schools Triathlons Race Organisation Kit.
5. Activity Schedule:

MARCH: Conduct Interviews
Update TQ Development Plan
Contact Schools and Clubs re demand for triathlon clinics and bookings

APRIL: Present first draft of Plan and Projects Plans to TQ & JD Committees
TA Junior Clinic 19-22 April

MAY: Finalise plan and Projects Plans
Present final draft of Plan and Projects Plans to TQ Committee
Contact Secondary Schools Coordinator re Duathlon Champs

JUNE: Set Dates for Schools Clinics
- have merchandising and promotional materials ready for distribution
Finalise Sponsorship by end June

JULY: Select Queensland Target 2000 Junior Talent Squads
Junior Camp to Coincide with Schools Holidays?

AUG: Prepare Schools Race Organisation Kit.
Begin Club Clinics and update
Begin School Clinics

SEPT: Six Month update of Development Plan and Projects Plans

OCT: Noosa 'Tri Schools Teams Championships?
Noosa 'Tri Saturday Junior Races

NOV: Junior Camp to Coincide with Old Schools Duathlon Champs?

DEC: Finalise Application to Government for Funding

1996
JAN: Review past year of activity - successes and failures
Junior Camp to Coincide with Old Schools Triathlon Champs

FEB: Present Review Report to TQ Committee

MARCH: Update Development Plan and Projects Plans
New Initiatives Planning

APRIL: Finalise Sponsorship for next financial year
Junior Camp to Coincide with Schools Holidays

MAY: Promote and secure Schools Duathlons and Aquathons

JUNE: Six Month update of Development Plan and Projects Plans
Regional Schools Duathlon Champs

JULY: Junior Camp to Coincide with Qld Schools Duathlon Champs

AUG: Qld Schools Aquathon Champs

SEPT: Qld Schools Aquathon Champs

OCT: Qld Schools Aquathon Champs

NOV: Qld Schools Aquathon Champs

DEC: Qld Schools Aquathon Champs
6. Budget and Resources:

6.1 Funding of projects initially sought through sponsorship.
User pays as secondary funding
Then other Funding Alternatives
and Government/T/TA/TQ Assistance

6.2 Utilise resources of Schools and education department.

6.3 HUMAN RESOURCES:
Start Sourcing Motivated and Capable People to get involved
Seek the advice and help of TQ Junior Development Committee
Delegate some tasks to JDC and Parents.

6.4 JDO has Mac LCIII and Laserprinter to produce brochures etc.

6.5 Contact can be made at most times: 870 5687 fax and phone

6.6 PROJECTED BUDGET:

Remuneration Contract                 $13,000/annum for 17 hours /week
Possible Projected Total cost of Clinics/projects + $7000
Estimated Total Expenses               = $20,000

Minimum Revenue Goal (not Sponsorship) = $10,000

6.7 OUTLINE OF SPONSORSHIP PROPOSAL:
Product Sponsorship
Cash Sponsorship
Program or Project Sponsorship

6.8 OUTLINE OF FUNDING ALTERNATIVES:
Junior Race Organisation
Merchandising
Raffles etc
7. Performance Criteria:

7.1 - target of 2000 Junior licences by the 2000 Olympics
7.2 - target double the entries of this years schools triathlon champs (to 280).
7.3 - target 200 Junior registrations in first year, 300 in second year.
7.4 - target of successful Schools Duathlon Champs (200 entries)
7.5 - target of at least six new Junior races to be added to Junior Grand Prix Series
7.6 - target of 20 Junior clinics at schools, clubs and races
7.7 - target to win 1996 National Schools Triathlon Champs combined points trophy
   - have 3 Winners and 8 Medalists
7.8 - target to have 4 Medalists in 1996 TA National Junior Triathlon Champs
   and 12 top 8 placings.

7.9 SUCCESS ANALYSIS:
7.9.1 What has succeeded
7.9.2 What has not succeeded
7.9.3 What could have been done better
7.9.4 Missed opportunities

* Set Targets for each Major Project
8. Specific Projects:

8.1 TARGET 2000 Squads
   a. Junior Elite Squad (J2)
   b. Junior Development Squad (J1)
   c. Pre-Junior Primary Squad

8.1.1 Work Out Squad Members and Selection Criteria
   - Start with top 10 with Additions and continuous selection
   - Selections by JDO with input from JDC

8.1.2 Set Benefits of Squads and Eligibility
8.1.3 Decide on Members Travel Funding (Rebates)
8.1.4 Advise of Sponsorship Proposal Preparation
8.1.5 Target 2000 CAMP

8.2 TALENT IDENTIFICATION Project

8.2.1 Schools
8.2.2 Other Sports
8.2.3 Junior Races
8.2.4 QAS Junior Search Project

8.3 Schools COMPETITION Project

8.3.1 PRIMARY
8.3.2 SECONDARY
8.3.3 CHAMPS: Regionals, Duathlons, Aquathons
8.3.4 MANUALS to Organise Races

8.4 SCHOOL SEMINAR SERIES Project

8.4.1 Contact Schools
8.4.2 Create Seminar Materials
8.4.3 Create Promotional Materials
8.4.4 Distribute Information. eg. Entry Forms

8.5 SCHOOL CLUBS Project

8.5.1 With Links to Local Clubs

8.6 TRIATHLON EDUCATION VIDEO Project

8.6.1 For Remote Club/Schools
8.6.2 Seek Government Funding
8.6.3 Evaluate Grand Prix Video
Queensland Target 2000 Junior Squads

3 LEVELS:
A. Junior Elite Squad (J2)
B. Junior Development Squad (J1)
C. Pre-Junior Primary Squad

SELECTIONS:
1. By Selection of Junior Development Officer
2. By Recommendation of Junior Development Committee
3. By Nomination of Individuals

SELECTION CRITERIA:
All Squads:
Must be a licensed member of Triathlon Queensland.
Must be a member of an affiliated Triathlon Club.

C Squad 'Target 2008'
by nomination and participation in 50% of Races

B Squad 'Target 2004'
All members of Qld Team to Nationals are eligible
Must show potential to make Qld team to National Schools Champs
Selected from results at nominated races or Qld Schools Champs

A Squad 'Target 2000'
A Squad must be J2 Age 16 to 19 years
must show potential to place in top 10 at National Champs

BENEFITS OF SQUAD MEMBERSHIP:
Material Incentives
Target 2000 CAMP, State Team Preparation
Support to Members Coaches
Advice for Sponsorship Proposal Preparation
Members Travel Funding (Rebates)
High Performance initiatives, QAS Support
Talent Identification
- Schools
- Other Sports
- Junior Races
- QAS National Talent Search Project
* QAS - Talent Search meeting, Friday 24 May.

* QAS - Talent Search List of athletes to nominate for selection. Draft letter to be sent inviting them to Junior Camp.

* Organising Junior Development Camp for Mackay July 4-6 '96

* Sponsorship proposal to Endura for Junior Development Camps. Endura have accepted and will supply T-Shirts and water bottles to all kids for 7 Junior Camps.

* Correspondence with Christy Bryant re: University project; Creating a Junior Promotional video covering Duathlons, Triathlons and Aquathons. She is to get back to me with final proposal. (decided against project).

* Phone: A. Charlton re: suitable ages and distances for up coming triathlon. Could 10 year olds do the same distance as older juniors (250 / 6 / 2)?
RESULTS
Mooloolaba Triathlon
April 23rd
1500M/40km/10km
Men U20
1. Craig Walton 1:20:04
2. Chris Hill 1:23:49
Women U20
1. Erin Phillip 1:24:19
2. Beinda Cherry 1:26:25
3. Vivian Pott 1:27:11

The Casio Target 2000 J2 Camp ended with the participants competing in the Mooloolaba triathlon. While World Junior Triathlon Champion Ben Brightie was second in the Men's Craig Walton was only 1:15 behind placing fourth overall. Queenslander Chris Hill and Vivian Pott strengthened their positions in the Australian team for the World Champs by placing second and third respectively in the junior category.

Gold Coast Duathlon, Carrara
July 30th
3km/18km/3km
Men U10
1. Tom O'Shea 38:04
2. Jodie Lomas 38:59
Women U10
1. Mary Williams 40:12
2. Natalie Dellow 41:23

The first Gold Coast Duathlon attracted many first-time juniors as well as many of our most talented junior triathletes. The two short Under 13 and Under 11 races in particular received a lot of attention with large enthusiastic fields in both. The race was a great way for novice triathletes to learn about the sport. The last duathlon of the series will be on 28th September.

Redcliffe Duathlon, Scarborough
July 23rd and August 13th
This junior duathlon race series has seen an increase in numbers from the previous year and has helped the Redcliffe Triathlon club raise its profile amongst prospective junior triathletes. The last race of the series on 28th of September will see the last time the Under 11 and Under 13 race and will draw to a close. This means it is a championship points race and medals will be awarded to placers. So get licensed!

JOIN A Club
Get Licensed
call 07 3371 7811
Join our nearest club!
COMPETITION WIN!

PROFILES

Clare Carney
Clare is the current World Junior Triathlon Champion. She comes from a swimming background and did not even start swimming or cycling until she was 18! She is seen below placing fourth at Mooloolaba this year. Her major goals are again the World Championships after competing in a series of races in Europe. Clare was Guest speaker along with Ben Bright at the Mooloolaba Junior Clinic.

JUNIOR-NEWS

BP Junior Triathlon Changes Date to October 8th
Because of a clash with the Old Sprint Distance Triathlon the BP Junior Triathlon will be changing its date to the weekend before on October 8th. You can pick up entry forms from your club or at races.
1995 Scott Tinley Clinic and Seminar at Noosa
The Noosa Triathlon is conducting a Scott Tinley 2 day training Clinic and 1 Day Seminar on the Wednesday Thursday and Friday before the race. This is a great opportunity to learn from the best about how to reach your potential. It costs only $250 for the Clinic and Seminar or $50 for just the Friday Seminar. Details on Noosa entry form. Frontline Events is offering two free Clinic packs to licensed junior triathletes. Details in this newsletter.
Courtney Atkinson Gets MLC Scholarship
Courtney Atkinson is one of the few Queenslanders to receive an MLC Junior Scholarship for 1995. It is Australia's most prestigious Junior Sports Award. Congratulations to Courtney for his many achievements in the last year that helped him win the scholarship.
Queenland Coaching Development Officer and Cadbury Elite Junior Squad Manager Duncan Inkster has been appointed Junior Team Manager for the World Champs in Mexico in November. He recently went down to the AIS to test the junior team and feels there is the potential for our juniors to improve even more.
Qld Academy of Sport Tri Program?
Triathlon Australia is currently negotiating with the Qld Academy of Sport to set up triathlon as a QAS Sport. These Triathletes have been recognised by the QAS with Scholarships by making it into the top 10 in the World rankings, and Triathlon is a sport targeted in the QAS 'National Talent Search Project'. So much more benefits will exist for all Qld Triathletes if it is accepted as a QAS core Sport. It is most likely to be set up at the Gold Coast within Griffith University. We will keep you posted.

Get Licensed!
It costs the same to become a licensed triathlete as it costs to go in one race. But there are many more great benefits and opportunities besides the $5 discount to enter races. Only licensed triathletes are eligible to compete for Queensland and Australian championship medals.
Other Benefits exclusive to TQ licensed members:
1. 24 hour Accident Insurance Cover
2. Qld Target 2000 Squad and Tours
3. Casino Target 2000 Camps
4. Grand Prix Junior Exhibition Race
5. Dave Scott Clinic at Noosa TRI
6. Qld Season Points Scoring Awards
7. The Ultimate Challenge magazine

Triathlon Queensland can continue to offer you even greater benefits if more triathletes are licensed. Help us by being licensed and promoting licensing.

1995 Junior Licensing Fees:
Under 14 $20
Under 16 $25
Under 18 $32
Under 20 $40

Last year there were 23 clubs (47%) who had licensed Juniors. While 148 Juniors were licensed in Qld there were only six clubs that had eight or more junior members. They were Sunshine Coast, Queensland Coaching Development Officer and Cadbury Elite Junior Squad Manager Duncan Inkster has been appointed Junior Team Manager for the World Champs in Mexico in November. He recently went down to the AIS to test the junior team and feels there is the potential for our juniors to improve even more.
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Courtney Atkinson is one of the few Queenslanders to receive an MLC Junior Scholarship for 1995. It is Australia's most prestigious Junior Sports Award. Congratulations to Courtney for his many achievements in the last year that helped him win the scholarship.
Queenland Coaching Development Officer and Cadbury Elite Junior Squad Manager Duncan Inkster has been appointed Junior Team Manager for the World Champs in Mexico in November. He recently went down to the AIS to test the junior team and feels there is the potential for our juniors to improve even more.
Qld Academy of Sport Tri Program?
Triathlon Australia is currently negotiating with the Qld Academy of Sport to set up triathlon as a QAS Sport. These Triathletes have been recognised by the QAS with Scholarships by making it into the top 10 in the World rankings, and Triathlon is a sport targeted in the QAS 'National Talent Search Project'. So much more benefits will exist for all Qld Triathletes if it is accepted as a QAS core Sport. It is most likely to be set up at the Gold Coast within Griffith University. We will keep you posted.

Get Licensed!
It costs the same to become a licensed triathlete as it costs to go in one race. But there are many more great benefits and opportunities besides the $5 discount to enter races. Only licensed triathletes are eligible to compete for Queensland and Australian championship medals.
Other Benefits exclusive to TQ licensed members:
1. 24 hour Accident Insurance Cover
2. Qld Target 2000 Squad and Tours
3. Casino Target 2000 Camps
4. Grand Prix Junior Exhibition Race
5. Dave Scott Clinic at Noosa TRI
6. Qld Season Points Scoring Awards
7. The Ultimate Challenge magazine

Triathlon Queensland can continue to offer you even greater benefits if more triathletes are licensed. Help us by being licensed and promoting licensing.

1995 Junior Licensing Fees:
Under 14 $20
Under 16 $25
Under 18 $32
Under 20 $40

Last year there were 23 clubs (47%) who had licensed Juniors. While 148 Juniors were licensed in Qld there were only six clubs that had eight or more junior members. They were Sunshine Coast, Queensland Coaching Development Officer and Cadbury Elite Junior Squad Manager Duncan Inkster has been appointed Junior Team Manager for the World Champs in Mexico in November. He recently went down to the AIS to test the junior team and feels there is the potential for our juniors to improve even more.
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Train

Transition Training

While many triathletes may be competent at swimming, cycling and running they struggle when they are forced to put it all together in a race. It is not enough to simply train to be better at each of the three disciplines you must also train to achieve better transitions.

Transition training involves two different aspects: technique and conditioning. 'Training to achieve better technique means that you become faster at changing gear from the swim to the cycle and from the cycle to the run. By doing much of this can be achieved through simple practice until what you have to do becomes routine.
Triathlon Queensland Inc.

a member of

Triathlon Australia

Affiliated with the Queensland Olympic Council
and the Sports Federation of Queensland

TO: Triathlon Queensland Juniors, Parents and Coaches
FROM: Triathlon Queensland
RE: Invitation to Junior Clinic and Parent/Coach Seminar by Jackie Gallagher
DATE: 26 March 2001

You are invited to attend the following events featuring AIS Junior Coach and former World Champion Jackie Gallagher.

**JUNIOR TRIATHLON CLINIC** at The University of Queensland Track and Pool (St Lucia) on Wednesday 25 April (Anzac Day), 12 noon to 5pm.

This will be a practical session for juniors with sessions in the pool, on the road cycling and the track. Some transition work will also be included.

Report to the track grandstand by 12 noon.
30 places available, so book a place soon. Send $10 to:
Triathlon Queensland
1.13 Sports House
Cnr Caxton & Castlemaine Sts
Milton Qld 4064

**PARENT AND COACH SEMINAR** at Sports House on Wednesday evening, 25 April, 7 to 9pm.

This will feature a presentation by Jackie Gallagher including advice on how to train and develop youngsters from under 10s through to under 20's. She will also describe pathways for juniors to reach the AIS, Australian selection and a pro career. There will be ample question and answer opportunities.

Limited numbers, so book your place with Triathlon Queensland. Admission free.
## TRIATHLON AUSTRALIA JUNIOR RACE DISTANCES

<table>
<thead>
<tr>
<th>AGE GROUP</th>
<th>SWIM</th>
<th>BIKE</th>
<th>RUN</th>
<th>COMMENT</th>
<th>RELAY (one leg of distance stated)</th>
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<tbody>
<tr>
<td>Under 7</td>
<td>50m</td>
<td>500m</td>
<td>100m</td>
<td>Compulsory/Novelty Event</td>
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<tr>
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<td>100m</td>
<td>3km</td>
<td>500m</td>
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<td>8yo</td>
<td>100m</td>
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<td>300/10/2</td>
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<tr>
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<tr>
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<td>750/20/5</td>
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<tr>
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<td>5km</td>
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<td>1.5/40/10</td>
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<td>10km</td>
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<td>1.9/90/21.1</td>
</tr>
<tr>
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<td>90km</td>
<td>21.1km</td>
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<td>20yo+</td>
<td>3.8km</td>
<td>180km</td>
<td>42.2km</td>
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<td></td>
</tr>
</tbody>
</table>

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It's used to do Olympic distance, now can't even do sprint distance. Come on! What a joke—now watch our standards at 18-22yrs fall away because we crappily deny them the aerobic base/habits/discipline/attitude they need to be endurance champs as adults.
Hi There

QAS Talent Search - the idea was to get all those children already tested in other QAS sports through their talent search and ask the top 5% to consider triathlons, and ask them to do an aquathlon to do further testing and timing. TQ has offered to help and hopefully this will lead to a yearly operation. At the moment it is for a one season trial. 360 juniors have been invited by QAS, no reference to already registered or competing triathletes, simply based on QAS's database of previously tested juniors.

After the aquathlon, the numbers will be dramatically reduced to about 50, then over a period of 3 months down to 10/12.

QAS will appoint a part time coach for this talent search - TQ will, with sponsorship assistance from RAD Cyclery, provide bicycles for the 10/12 juniors finally selected. The bikes will be basic road cycles and the provision of them is seen as TQ's assistance to the QAS program.

This is also seen as an introductionary program where we will promote TQ and Triathlons through the course of testing. It was not intended, nor designed to assist or promote those juniors already in the sport.

I trust that this clarifies the idea behind the QAS program and proposal.

Regards
Michael Sanderson

-----Original Message-----
From: SC Tri Club <triathlon@optusnet.com.au>
To: TQ <tq@gil.com.au>
Date: Monday, 30 July 2001 20:40
Subject: RE: Monday Meeting - Attention Brian

Attention Brian

Sorry intended to send apologies before meeting - but I've been really sick.

Sunshine Coast happy to run Aquathlon in October - Rob Crick negotiating with Twin Waters this week - otherwise we do have other ideas for sights. But can you send us the appropriate sanctioning documents so we know what we have to do to get it TQ registered?

QAS talent search - could you please be good enough to send me the criteria for selection and eligibility as we seem to have a few parents jumping up and down here!! (TQ or not TQ licenses - in or not already in Triathlon????) I do not want to even talk to them until I know what it is all about.

Also I would certainly have like to help on the day - but considering how I feel just now I think it will be too much - sorry I'll definately having a fluvax next year.

-----Original Message-----
From: TQ [mailto:tq@gil.com.au]
Sent: Friday, 27 July 2001 11:45 AM
To: Jenny Alcorn; Kim Beckinsale; Kevin Dellow; jo kriel; Julia Boyle; Margaret Luxford; Noel McQueen; Peter McKenzie; Sally Dommett; Ian Berghofer; Marianne Groves; Cathy Myerscough; Terry Moran; Miriam Werner; Phil Watt
Subject: Monday Meeting

Junior Development Committee

You are reminded that the July meeting of the JDC will be conducted at Sports House, this Monday, 30th July at 7.00pm.
JUNIOR COMPETITION AND TRAINING

1999 NSW INSTITUTE OF SPORT (NSWIS) PROGRAM

This program focuses on the development of junior elite triathletes in NSW and is directed by Head Coach Brian Drew, assisted by Associate Coaches Maureen Cummings, Justin Drew, Gary Flaxman and Eric Hunter.

There are 12 positions available for selection in the NSWIS Squad. For the Gold Squad, one male and one female are selected from the Under 23 1998 World Championships and 1998 Australian Championship results. Plus TriNSW members of the 1998/99 St George Junior Elite squad.

The silver and bronze squad members are selected from Race 1 (8/11/98) Triathlon NSW Sprint Series at Kurnell and Race 2 (20/12/98) of the St George Bank Series, the Tacoma Trail, Wyong.

TRIATHLON NSW JUNIOR DEVELOPMENT SQUAD

The Junior Development Squad is designed to prepare our talented young juniors for elite competition and training. Selection for the Squad will take place at Races 1 and 2 of the Triathlon NSW Sprint Series at Kurnell.

NSW ALL SCHOOLS CHAMPIONSHIPS

The NSW All Schools Championships, which is also the selection race for the National All Schools Championships, takes place on Monday 13 March (Relays) at the fabulous Panath Regatta Centre.

Close to 1,000 school age competitors will take part in these Championships. The events are designed for both novice and elite competitors and geared to give girls and boys an equally friendly and enjoyable racing experience.

The setting is magnificent and there is a strong emphasis on safety with a vehicle free course.

Although a State team is selected from those entering in the event, the main reason for the carnival is to enable students of all schools to compete in safety, and in the true spirit of the sport.

The organisers are also delighted to be able to host the National All Schools Championships on 12-16 April, also at the Panath Regatta Centre.

Entries are available from your school sport organiser or Mr Graham Horviv on (02) 4325 2048, or write to NSW All Schools Triathlon, PO Box 1414, Gosford NSW 2250.

1998/99 TRIATHLON NSW JUNIOR SERIES (IN CONJUNCTION WITH THE TRIATHLON NSW SPRINT SERIES, KURNELL)

The course at Kurnell is ideal for beginners and young triathletes so Triathlon NSW has set up an official junior series with four junior age categories: 12-13, 14-15, 16-17 and 18-19 years. Pointscore and overall series winners will be recognised in each of the above categories. Please note, selection for the NSWIS and Triathlon NSW Junior Development are as per Triathlon Australia policy, 12-15 and 16-19 years.

TNSW JUNIOR AQUATHON SERIES RACES

Aquathlons are an easy and safe way of introducing juniors to the sport of triathlon, so Triathlon NSW is running a five race Junior Aquathon Series in conjunction with the NSW State Cup Series and the NSW Club Championships. Entry is free, and each event involves a 300m swim and 3km run. There are four age categories: 12-13, 14-15, 16-17 and 18-19 years. The Series will be great fun so please encourage as many youngsters as possible to participate.

For further information on Junior Development and Racing please contact Rob Pickard, Triathlon NSW Coaching/Junior Development Officer on (02) 44223866. For entry forms please contact the Triathlon NSW office on (02) 9518 7766.

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28 Feb 99

NSW Junior Triathlon Championships, HMAS Creswell, Jervis Bay, U-16 – 5300m C12k R3k & U-20 – 750m C20k R5k

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NSW JUNIOR CALENDAR 1998/99

<table>
<thead>
<tr>
<th>DATE</th>
<th>EVENT</th>
</tr>
</thead>
<tbody>
<tr>
<td>8 Nov 98</td>
<td>Race 1, Triathlon NSW Sprint Series, Kurnell - S500m C20k R5k NSWIS &amp; TNSW selection race</td>
</tr>
<tr>
<td>6 Dec 98</td>
<td>Race 2 Triathlon NSW Sprint Series, Kurnell - S500m C20k R5k TNSW selection race</td>
</tr>
<tr>
<td>20 Dec 98</td>
<td>St George Bank Selection Race, Wyong, S1.5k C40k R5k</td>
</tr>
<tr>
<td>1999 World Championship Junior Team &amp; St George Junior Elite Team Selection</td>
<td></td>
</tr>
<tr>
<td>10 Jan 99</td>
<td>Race 1 Triathlon NSW Aquathon Series, Wollongong - S300m R3k</td>
</tr>
<tr>
<td>17 Jan 99</td>
<td>Race 3 Triathlon NSW Sprint Series, Kurnell - S500m C20k R5k</td>
</tr>
<tr>
<td>31 Jan 99</td>
<td>Hunter Triathlon Series Race 1, North Lakes Murgara 02 43251265</td>
</tr>
<tr>
<td>7 Feb 99</td>
<td>Race 2 Triathlon NSW Aquathon Series, Nowra - S300m R3k</td>
</tr>
<tr>
<td>7 Feb 99</td>
<td>Race 4 Triathlon NSW Sprint Series, Kurnell - S500m C20k R5k</td>
</tr>
<tr>
<td>14 Feb 99</td>
<td>Hunter Junior Triathlon Series Race 2, Singleton 02 65733364</td>
</tr>
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<td>28 Feb 99</td>
<td>Race 4 Triathlon NSW Sprint Series, Kurnell - S500m C20k R5k</td>
</tr>
<tr>
<td>6 Mar 99</td>
<td>Race 3 Triathlon NSW Aquathon Series, Wyong - S300m R3k</td>
</tr>
<tr>
<td>14 Mar 99</td>
<td>Race 5 Triathlon NSW Sprint Series, Kurnell - S500m C20k R5k</td>
</tr>
<tr>
<td>10 Apr 99</td>
<td>Colff Harbour Life Education Super Kids Triathlon/Duathlon - Various distance/ages 02 66533732</td>
</tr>
<tr>
<td>1 Apr 99</td>
<td>Colff Harbour Life Education Triathlon - Various distance/ages 02 66533732</td>
</tr>
<tr>
<td>1 Apr 99</td>
<td>Race 4 Triathlon NSW Aquathon Series, Bells Beach - S300 R3k</td>
</tr>
<tr>
<td>4 Apr 99</td>
<td>Race 6 Triathlon NSW Sprint Series, Kurnell - S500m C20k R5k</td>
</tr>
<tr>
<td>20 Apr 99</td>
<td>Race 5 Triathlon NSW Aquathon, Nelson Bay - S300 R3k</td>
</tr>
</tbody>
</table>
INFORMATION SHEET

JUNIORS

Races - Local
- Schools, regional, States and Australian Championship
- TQ / TA North Queensland Championships?
  Want to create one. Wins come down to compete at St Championships.
- State Team to going to Australian Sprint Championship

National Representation
- World Championships, 3 male 3 female fully funded in 18-19 years as of 1st January in the year of the champion
  Distance 1.5 /40 / 10 this year, next year 750/20/5 for 1 Manchester, Wellington, Cleveland - USA, Perth, Switz

Camp / Development Squads
- State based, aim 2 per year in both FNQ and SEQ, look progressive assessment.
- "Casino" for promising Juniors, held once per year and in Australia over a 3 day period. Includes testing in swim, musculo-skeletal assessment, as well as lectures and pre training, nutrition and other related subjects.

National Junior Elite Squad
- 6 male and 6 female are selected based on the previous season
- They receive race uniforms, tracksuits, casio watches, he travel to 2 national selection races including the Nationa
- AIS camp 1 week for advanced training, testing and training

Talent Identification / Development
- Swimming is the hardest skill to learn, followed by running and finally cycling.
- Nationally it is felt that our juniors should concentration initially on developing the skills and fitness of swimming. Along with this, develop the skills of running through drills and low kilometre, building this up progressively.
- Statistics show that in National Championships that no Junior has placed who was more than 60 seconds behind the leading swimmer and 80% of winners were in the first 3 out of the water.
- Cycling does require technical skills, namely the ability to pedal smoothly and efficiently. As strength improves with maturity so will the athletes ability to produce greater power. Strength in cycling is easily developed through the correct use of hills and strength work, in a relatively short time as shown by the Carney sister rise into the triathlon ranks. Within 1 year they are 2 of the best female cyclists in triathlon, however the same can not be said of their swimming.

Aquathons
- It is because of this fact that there will be a national push for the increase in Junior Aquathons, and a greater emphasis on developing the areas highlighted above.
- Generally speaking we can say that those juniors that excel in Aquathons will excel in triathlon as they will be with the leaders out of the water and have the necessary running ability to win, given a relatively short time on bike training.
- The final point to this is that elite skill acquisition is through correction repetition practice, not 1 or 2 but thousands of repetitions many hours. If juniors are training for 3-5 hours on the bike and 2-3 hours running then they will not be able to develop elite swimming skills, they would be able to maintain skill and in the worse cases of swimmers they will improve.
DATE: 18 July 2001

TO: Aggression Multi Sport - Garry Kruck & Gary Robertson
     Intraining Running & Tri Club - John Drysdale & Joanne Kriel
     Ipswich Tri Club - Craig Rule
     Pine Rivers Tri Club
     David Ray
     Redcliffe Tri Club - Ken Adriaansen & Mary Jackson
     Sunshine Coast Grammar School Tri Club - Marriane Groves
     Sunshine Coast Tri Club
     Surfers Paradise Tri Club - Jenny Alcorn

RE: REGIONAL JUNIOR NOVICE CLUB SERIES. "Just for Juniors"

Thank you to your clubs for expressing an interest in conducting these new entry-level events during September-December (as per Junior Working Party, Recommendation #1). Triathlon Queensland hopes your club will be rewarded with a growth in membership and a higher profile in local schools and community as a result. The following schedule is submitted for your consideration (weekend mornings preferable):

Aug 12 Gold Coast Junior Duathlon Trial, Lake Hugh Muntz, (Surfers Paradise) + phone #
Sep 8 Gold Coast Junior Triathlon Trial, Lake Hugh Muntz (Surfers Paradise)
Sep 9 Aggression Multi-Sport Duathlon (Garry Kruck / Gary Robertson)
Oct TBA Twin Waters Junior Challenge Aquathlon (Sunshine Coast Tri Club)
Oct 6 All Schools Duathlon, Lakeside
Nov 10 All Schools Triathlon, Lakeside
Dec TBA Lakeside Junior Challenge Triathlon (Pine Rivers Tri Club)
TBA Intraining Mini-Triathlon (John Drysdale)
TBA Ipswich Mini-Triathlon (Craig Rule)

Dates to avoid would be September 2 (Goodwill Games), September 16 (State Duathlon), October 28 and November 4 (Noosa).

Triathlon Queensland can provide:
1. Some give away items
2. A list of juniors in your area
3. Free insurance (up to U/16) IP event is sanctioned
4. A generic entry form for your local distribution

Note that Intraining Tri Club and USM may be able to provide bike racks on request. Clubs are urged to keep any entry fees as low as possible. Please confirm your date with Brian Chapman on 5536 1174 or 0421 337 343 by Wednesday 25 July. Thanking you.

Kind Regards,
Brian Chapman
North-side Junior Challenge Series 2001-2002

[Encompassing the 3 junior State Championships]

Joint initiative between Sunshine Coast, Pine Rivers & Redcliffe Tri Clubs.

Series content - 3 novice & club events leading to the 3 State Championship Events

This is a first draft, but hopefully can act as a skeleton, for further refinement.

**Provisional outline**

**Mission** - To stage safe junior events that encompass

- Child friendly, non intimidating environment
- Range of abilities and catering for competitors with varying equipment
- Promote team and club involvement with stress on participation
- Foster good sportsmanship & knowledge of rules
- Offer value for money

Ultimately developing an environment for long-term involvement of children in the sport and also allowing the talents (with respect to running events) from different clubs to be shared and passed on to others interested in learning.

**Outline**

Three inter-club 'challenge' events, one of each discipline leading up to State Championships that the Clubs will tendered for by the group of clubs and to be run at the same venues. The "Challenge" events will be based on individual performances of age group teams and overall club points on the day. The objective of this is to foster team spirit in our sport not just individual talent and hard work.

**Provisional Season Schedule**

<table>
<thead>
<tr>
<th>Junior Challenge Duathlon</th>
<th>Redcliffe</th>
<th>July 2001</th>
</tr>
</thead>
<tbody>
<tr>
<td>State Duathlon</td>
<td>Redcliffe</td>
<td>Sept 2001</td>
</tr>
</tbody>
</table>

| Junior Challenge Aquathlon | Twin Waters | Oct 2001 |
| State Aquathlon           | Twin Waters | Dec 2001 |
| Junior Challenge Triathlon | Lakeville | Feb 2002 |
| State Triathlon           | Lakeville | April 2002 |

**Age Groups** - As TA but perhaps also I very young age group and novice grouping or single year age groups as in All Schools. Also perhaps relay type events to promote team spirit.

**Definition of Novice** - needs discussion - ? Review of no. of events previously done and equipment to be used. Eg first race and BMX & Mountain bikes & swimming ability needs to be considered

**Sanctioning** - Junior Development Status

**Equipment** - shared by clubs

**Timing** - Sunshine Coast Computer and or hand - timers

**Public Liability** - needs investigating - entry fee may need nominal club membership component as discussed at last meeting at TO

**Distances** - discuss with Miles Browning

**Course requirements**

- Closed roads
- "In & out" easily navigated transition
- Left turn only on cycle course
- No tight turn-around
- One event finishes before next starts
- Well marshalled - may call on parent help on the day
- Lead and tailing bikes on all cycle and run courses

**Administration** - one club will need to take on the admin. of entries and final results

**Entry fee** - to be kept to a minimum but should ensure

- It covers club membership if required
- Covers running costs
- Hopefully there will be a small surplus which can be used for purchases of improvements for the next year

**Long-term objective** - 3 year initial long-term plan with annual review for improvements. Ultimate aim to provide a growth environment in junior triathlon, to foster continuing involvement of a junior in the sport.

**Why clubs should take on State Races**

- Not financially viable for Race Directors
- Clubs have done it in the past
- Parents & coaches know what they want for their kids
- Promote pooling of resources and skills between clubs and passing on of these skills to others
- Parents are great on the day volunteers
From: Garry Kruck <aggressionmultisport@hotmail.com>
To: info@triathlonqld.com.au <info@triathlonqld.com.au>
Date: Monday, 11 June 2001 11:16
Subject: Re: Junior Events etc

Michael, It is our clubs intent to run 4 x Duathlons and 3 x Triathlons this year. We are prepared to run a Juniors only event with your assistance and have a safe venue which I will discuss with you at an appropriate time, (secret location).... any way Hopefully We will have 2 Representatives along at this meeting or I will attend myself. Hope to hear from you soon. Oh can you help out with racking of any sort, as we are still awaiting approval for funding. Our first event is on the 22/7/01. I wanted to give David Ray a break if that was possible, I was wondering if TQ had any of their own.
Regards
Garry Kruck
Aggression Multi-sport Racing Club
PS. Our new web address is www.amtri.homestead.com so I will redirect the old site to it till the next issue of your mag. How did we fare points wise with the inclusion of Ross Lewis's points, as they all went to Cyco's? .. do they publish results of age group standings for the Qld champs? AND IF SO Where would they be? Thanks again. Garry

>From: "Triathlon Queensland" <tq@gjl.com.au>
>Reply-To: "Triathlon Queensland" <info@triathlonqld.com.au>
>To: "Redcliffe Tri Club" <ken_adriaansen@qld.qld.gov.au>,
>"Gladstone Tri" <kph105@hotmail.com>, "Ken Adriaansen"
>"Ken-Adriaansen@qbuild.qld.gov.au", "Redcliffe Tri Club"
>"jackos@bit.net.au", "Aggression Multi Sport Racing Club"
>"aggressionmultisport@hotmail.com", "Bodyworks Triathlon Club"
>"bodywacked@hotmail.com", "Broadwater Tri Club"
>"chris@broadwatertriclub.qld.ms", "Cairns Crocs Triathlon Club"
>"npn@ig.com.au", "Cairns Runners & Triathlon Club"
>"info@roadrunners.org.au", "Clayfield Triathlon Club"
>"brenter@gjl.com.au", "Cycloical" <shop@cycloical.com.au>,
>"East Coast Cycos" <tannerdv@uq.net.au>, "Emerald Triathletes"
>"npyoung@maxspeed.net.au", "Far North Coast Tri Club"
>"phil_ros@usa.net", "Frenchville Triathlon Club"
>"gq.dickson@cqu.edu.au", "H30 Triathlon Club"
>"Andrew.Zuch@premiers.qld.gov.au", "Hervey Bay Tri Club"
>"allandon@net-lynx.net", "In Training Running and Tri Club"
>"intraining_running@triathlon.mail.com", "Ipswich Triathlon"
>"Club" <ipstri@hypermax.net.au>, "Mackay Triathlon Club"
>"johnboy@easynet.net.au", "Middlemount Triathlon Club"
>"GLEN.WALKER@CAPCOAL.COM.AU", "Moura Maddogs"
>"townsend@dcnet.net.au", "Noosa Triathletes Inc."
>"achesons@ncbnet.com.au", "NRG Multisport"
>"nrgmultisport@iprimus.com.au", "Pine Rivers Triathlon Club"
>"kdellow@hotkey.net.au", "RAD Club" <skegg@quicknet.com.au>
>"Run Inn Triathlon Club" <uninn@powerup.com.au>, "SCGS Triathlon"
>"Club" <scrvn@cust.caloundra.net>, "Scram Racing Club"
>"mb@istudyonline.net", "Star Light Tristars" <irvines@tpgi.com.au>,
>"Sunshine Coast Tri Club M. Jones" <jonesmj@launch.net.au>,
>"Surfers Paradise Triathlon Club" <trijen@onthenet.com.au>,
>"Toowoomba Triathlon Club" <trving@one.net.au>, "Townsville"
>"Triathlon Club" <vivien@ultra.net.au>, "Tweed Valley Triathletes"
>"gmmatt@norex.com.au", "Twin Towns Tri Club"
>"cannibai@coolgold.com.au", "Gary Robertson"
PARTICIPANT'S AGREEMENT
WARNING: This is a legal document that affects your rights.

(1) I acknowledge that competitive duathlon involves the real risk of serious injury or even death from various causes including over exertion, equipment failure, dehydration, accidents with other competitors, spectators or road users, course or weather conditions and other causes
(2) I understand that I should not compete in this event unless I have trained appropriately and my physical condition has been verified by a medical practitioner
(3) I accept all risks necessarily flowing from my participation which could result in loss of life or permanent injury. Accordingly, I release all persons or corporations associated directly or indirectly with the conduct of the event from all claims demands and proceedings arising out of my participation and I hereby indemnify them against all liability (including liability for their negligence and the negligence of others) for all injury, loss or damage arising out of or connected with my participation in this event. This release shall extend to and include Aggression Multi-Sport Inc., Triathlon Australia Inc., Triathlon Queensland Inc. and their respective directors, partners, managers, officers, agents, contractors, employees and volunteers including medical and paramedical personnel appointed for the event, the owners, licensees and occupiers of land upon which the event or any part of it is conducted, any statutory body or local authority having control over any land upon which the event or any part of it is conducted or which is involved directly or indirectly with the event in any manner whatsoever and promoters, sponsors and event organisers. This release and indemnity continues forever and binds my heirs, executors, personal representative and assigns
(4) I consent to receiving any medical treatment, including ambulance transportation, that the event organisers think desirable during or after the event
(5) I consent to event organisers using my name, image and likeness before, during and after the event for event promotional broadcasting or reporting purposes in any media
(6) I understand that compulsory insurance cover effected for participants in this event may not cover me for all injury, loss or damage sustained by me
(7) Safety precautions undertaken by organisers (such as course supervision, race safety briefings, bicycle and helmet safety checks) are a service to me and other competitors but are not a guarantee of safety
(8) I am fully responsible for the security of my personal possessions at the event
(9) I agree to comply with the event officials. I have listed below my medical or physical conditions from which I suffer that might affect my performance or be relevant if medical treatment is needed
(10) I agree to abide by all race rules and directions issued by Triathlon Australia and the event organiser
(11) Event organisers may change the event format, course or other race conditions at their discretion. If that occurs, this agreement applies to the changed conditions
(12) If the event is cancelled due to flood, cyclone, torrential rains or other "acts of God" conditions, I understand that entry fee will not be refunded. (14) I hereby certify that a) I am eighteen (18) years of age or older and b) permission for my participation has been granted by my parent/guardian & duly signed below. As a parent/guardian of a competitor under 18, I agree to the above for myself and on behalf of my child. I indemnify all people & corporations associated with the conduct of the event on the terms referred to. I/we have read this document and understand its contents.

Aggression Multi-Sport Inc., stands for Aggression Multi-Sport Racing Club Inc.

RACES, REGULATIONS & REQUESTS

Triathlon Australia race rules apply
Sanctioned by

- It is the responsibility of each competitor to be familiar with the course.
- Helmets must be worn at all times and bicycle must be in motion at all times.
- Competitors must obey all directions & instructions given by event officials &保利.
- Driving another cycle or vehicle is not permitted. Time penalties for offenders.
- Please wear an alternate side to maintain space between cycles.
- Outside assistance may lead to disqualification.
- No radios/telephones/computers etc must be used during event.
- The spirit of friendly competition should prevail throughout each of the events.
- Any unprofessional conduct will be grounds for disqualification.
ENTRY FORM

Surname
First Name
Date of Birth
Team Name
Runner 1
Cyclist
Runner 2

WINTER DUATHLON SERIES 2001-2002
4 RACE SERIES 2 x DOUBLE SPRINTS

VENUE: MAGNESIUM DR CRESTMEAD.
TIME: 8.00am Start.
Points for each category. 1st 10, 2nd 8, 3rd 6, 4th 4, 5th 2.

RACE DAY SCHEDULE
6.30am Race Set up Team
7am Registration & race set up
7.45am Race Briefing
8am Race 1 Starts. Each race starts as the last finishes.
Presentations & BBQ after last competitor finishes.

Entry Deadlines Friday before race day.
Entries payable to Garry Kruck or PO BOX 221
Springwood 4127.
Late entries on race day add $3.00
Only Financial Aggression Multi-sport members can compete.
Random Draw Prizes and medals for 1st, 2nd, 3rd place.
Series points count towards end of year Championships.

PAYMENT TYPE: CASH □ □ CHEQUE □
SENIOR: $10.00 JUNIOR: $5.00
Name
Signature: ____________________________  Parent/Guardian

3891 9033

PLANET CYCLES LOGANHOME

SPONSOR'S

PLANET CYCLES
OPTUS WORLD
LOGANHOME
HOT BODIES
PERSONAL FITNESS
BIG RIVER TIMBER FLOORS
JOHN McKENNY NATURAPATH
GARRY KRUCK MASSAGE THERAPIST

RACE ENTERED:
RACE 1: 22/7/01
RACE 2: 5/8/01 – DOUBLE SPRINT
RACE 3: 26/8/01
RACE 4: 9/9/01 – DOUBLE SPRINT
Hi Brian

I have forwarded this for your information and consideration. When you add the two emails together, you can see where USM/Donna is coming from and I believe she has a point as regards to their offer re equipment. I was there at the meeting and the offer was conditional. I know your opinions regarding USM, we need to get past this and work with them as well as the clubs. Along with David Ray and Phil Hungerford, they are the only people who have offered and took the time to work with the working party to come up with a program for the clubs, TQ and Directors.

I have a feeling that you are negative towards the concept, whilst I appreciate that in the past you have tried many times to go forward and have been knocked back/down etc. we still have to be positive otherwise why be here in this position in the first place.

Talk to me, what is your opinion and ideas.
Sincerely
Michael

----- Original Message -----
From: United Sports Marketing Donna <usmdonna@optusnet.com.au>
To: TQ <tq@gil.com.au>
Date: Tuesday, 24 July 2001 9:26
Subject: Re: Update on Juniors

Hi Michael

Thanks for reply and update - most appreciated. No have not heard from Brian, agreed we did offer in our meetings and happy to do so where and how we can but Brian should double check these things before extending offers to Clubs - if the Clubs then come back and approach us at and we say under certain conditions etc, it makes us look bad because this was not clearly outlined in the first place. Conditions would include , ie. they pick up and drop back to our office - allowing for transport/manpower - we have had instances of lending our manpower to load/unload as well as our trailers!, payment for loss of any equipment, subject to availability etc - believe it is Brian's responsibility to check that the offer still stands before sending something out to Clubs - would only take an email or phone call. Furthermore his letter distribution list did not even include us! We greatly appreciate you including us on the email list.

I appreciate Brian putting some outlines in place re dates and venues but careful consideration needs to be given to things such as two Aquathlions in one month in the same area.

Donna C.

----- Original Message -----  
From: TQ
To: United Sports Marketing Donna
Cc: Brian Chapman
Sent: Tuesday, July 24, 2001 9:14 AM
Subject: Re: Update on Juniors

Hi Donna

I don't know where everyone is going with this. Apart from the working party minutes, the letter from Brian was a compilation of information given to him by various clubs over the past two or so weeks. It was not meant to be a declaration and I should have worded my email differently.

Basically, as a result of the working party (which you were at), some clubs either by themselves or jointly as per Redcliffe/SCTC, came up with some ideas for some events to be run by themselves. The original idea from SCTC sent to TQ for feedback was in turn cut as the expected support from TQ more than what was offered at the working party. The response has sent them quiet but they are still working with Redcliffe for a club series.

Brian, realising that there could be a situation where clubs would be working against each other has tried to compile the events under consideration and have them sent out to the clubs involved so that it would be refined etc.

I enlarged the mailing list to include as many people that might have an input into this as per also the working parties contributors.
Other responses have also asked where, why, and how? It goes to show that all things should be transparent and open.
Brian has probably sent you his response but the answer to your question 1. is that you offered several times at the working party and it seems that it could be taken out of context and constraints as at the time of offering.
No other responses have been forthcoming.
Regards
Michael

-----Original Message-----
From: United Sports Marketing Donna <usmdonna@optusnet.com.au>
To: Triathlon Qld <admin@triahtlonqld.com.au>
Date: Monday, 23 July 2001 19:01
Subject: Fw: Update on Juniors

Michael

what kind of response did you get to this from the clubs?

Donna C.

----- Original Message ----- 
From: United Sports Marketing Donna 
To: TQ 
Sent: Wednesday, July 18, 2001 4:19 PM 
Subject: Re: Update on Juniors 

Michael

1. has the use of our racks been discussed by Brian with anyone from our office?

2. October - Aquathlon by Sunshine Coast Club I see as a conflict with the Qld Champs - two aquathlons on the Sunshine Coast in one month?

3. Dates to avoid should also include any State Series dates as well

4. would have been nice of Brian to include USM in the distribution list of his letter!

Donna C.

----- Original Message ----- 
From: TQ 
To: Ken Adriaansen ; Aggression Multi Sport Racing Club ; Brett and Mary Jackson ; David Ray ; Donna Croft ; Gary Robertson ; Ipswich Triathlon Club ; Jenny Alcorn ; jo kriel ; Kevin Dellow ; Kim Beckinsale ; Louise Schofield ; Margaret Luxford ; Marianne Groves ; Michael Barrett ; Mr Timothy James Hughes ; Nick Croft ; Phil Hungerford ; SCGS Triathlon Club ; Sunshine Coast Tri Club M. Jones 
Sent: Wednesday, July 18, 2001 3:34 PM 
Subject: Update on Juniors 

Hello All 
The attached documents relate to the final working party decisions, supported by the TQ executive as well as subsequent planning for events at club and all schools level.
Regards
Michael Sanderson behalf Brian Chapman.

IMPORTANT NOTICE: CONFIDENTIALITY AND LEGAL PRIVILEGE

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Junior Introduction, Participation and Development Program:

Step 1:
Introduction/Participation events for novices, beginners and participation for all age groups from 5 years to 15 years old. Events not to be opened to 16 years and older.

These events to be conducted by Clubs either individually or jointly. These will be designed to be low key, emphasising fun and participation with a slight introduction to rules and requirements for safety.

The distances will be constrained by the small courses available but will not exceed the maximum distances as set down by the medical guidelines (mindful that these guidelines are under review).

These events will be operated under the sanctioning guidelines of TQ but with TQ’s assistance. Also insurance and sanctioning fees will be waived under the “junior development” policy.

Club events, policy and procedures for these junior events to be set up by the clubs and made available for adoption by other clubs affiliated with TQ and also in remote areas to assist their own development as well as the juniors in their areas.

Step 2.
Triathlon Queensland to continue to operate the All-Schools events as a combined step 1 event as well as a step up in event conditions, size and rules. This is a natural progression in the sport and should be a target for those juniors wishing to race under a more competitive situation.

As with the club events, these are opened to all juniors, licensed or not, and eligible to win medals as placers/etal.

The All-Schools would still only be three events, Duathlon, Aquathlon and Triathlon; but would be a viable alternative to existing events conducted for juniors by outside events such as the Bribie Is. series, the Look Series etc.

In all, this step is the prelude to the State Championship events.

Step 3.
State Championship events, opened to all competitors but only licensed juniors eligible for State Championship Medals and Status as well as points for the State Series.

**These events are targeted at juniors 15 and under and with the categories as established by TQ.** *(U/10, 10-11, 12, 13, 14, 15).* **TA categories are for Sprint and Aquathlon Titles, 13, 14, 15, 16-17, etc.**

**There is to be one Aquathlon, one Duathlon and then a series of three regional events; North Qld, Central Qld and South Qld Triathlon Championships, to be finished with a State Triathlon Championships.**

The points for the series would be for each of the Aquathlon and Duathlon and one regional Triathlon (can only be for their own region) and finally the State Triathlon. Minimum of two events to score points and the best out of three events for the series.

The State Championship series for these junior divisions to have low entry fees and be available either on their own or with another event dependent upon the tenders made.
Memo from Sunshine Coast & Redcliffe Clubs

RE Junior Series 2001 – 2002

<table>
<thead>
<tr>
<th>Plan</th>
<th>Clubs to Run 4 State Races series but 5th last race not part of series</th>
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<tbody>
<tr>
<td>Timing</td>
<td>September</td>
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<tr>
<td></td>
<td>Duathlon</td>
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<td>Redcliffe</td>
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<td>?part of Noosa or ? Broadwater's</td>
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<td>January</td>
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<td>Triathlon</td>
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<td>? Pine Rivers, Aggression or perhaps part of Stanthorpe to allow participation of kids from Toowoomba etc.</td>
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<td>Triathlon</td>
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<td>Sunshine Coast (or Sat before Harvey Bay)</td>
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<td>May</td>
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<td>Triathlon</td>
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<td>Grande Finals as this year part of State champions</td>
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<th>TQ Cover</th>
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<td>TQ medals</td>
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| Aim cost | $15 per person per race (no extra for one day permit) aim to make $5 profit per head |

| Sponsor covers | Finishing medals in return for? Naming rights |

| Entry fees cover | Cost of venue |
|                  | Cost of equipment transport |
|                  | Timing |
|                  | And others |

| Profit | Ideal – Top five TQ in each age group become SE Queensland Junior Tri Team and go to a training camp on the Sunshine Coast same weekend as Mooloolaba – subsidize camp with profits – 3 or 4 races of four count to points Perhaps Tim Hughes would like to try to get sponsorship to get some of his North Queensland Champions down for that weekends to |

| Age groups | Under 10s  |
|           | 10-12, 13-15 |
Hi all,

Jackie G has dobbed you all in as contacts who might be able to offer a little advice and information to your Adelaide tri-counter-parts in relation to Junior Development type seminars.

I am arranging our second ever Junior Development seminar and wondered what each of you has done in the past, what has worked best, what has created the best return for the Juniors and the sport?

We are currently looking at offering presentations relating to nutrition, physio, bike mechanics/set-up, recovery, plus a parents - coaches session....I don't want to bore the kids and we'd like to offer something over and above the usual.......any suggestions?

We will also offer a female focussed seminar - women only, have any of you done this in your state? What were the issues, did it work? Any contacts?

I would appreciate any feedback as soon as possible....our first seminar is one month away!

Thanks,

Amanda Allen
(for Triathlon SA)

Marketing and Promotions Officer, BikeSouth
Transport SA,
ph (08) 8343 2627
fax (08) 8343 2708
mob: 0401 124 287
e-mail: amanda.allen@transport.sa.gov.au
PO Box 1, Walkerville, SA 5081
TO: Amanda Allen  
FROM: Brian Chapman  
DEVELOPMENT OFFICER  
RE: JUNIOR DEVELOPMENT (SEMINARS)  
DATE: July 3, 2002

Better late than never, Amanda, but I assume your commitment is ongoing so I'll still provide you with what's worked for us. Which is:

1. "A TRAINING DAY WITH JACKIE GALLAGHER, EX-WORLD CHAMP"  
Jackie took a group of 30 invited juniors through a day-long practical session of Swim, bike, run and transition. We charged $10 and it was very successful.

2. "TRAINING FOR JUNIORS" SEMINAR  
We had Jackie Gallagher, Shaun Stephens (Queensland Academy of Sport Tri Manager) and Miles Browning (Our TA Medical Committee rep and top coach) Co-chair a night-time seminar of interested (and some invited) parents, coaches And club reps on this always interesting and controversial topic.

3. "CYCLING SKILLS CLINIC WITH TONY MELCER"  
We set this up for our 20-person Junior Development Squad and 16-member State Junior team. We charged $15 to cover Melcer who is a Level 3 cycling coach and was excellent, for 5 hours of hands-on skills work.

4. BRAD BEVEN & MELANIE MITCHELL LIVE-IN CAMP  
This was a couple of years ago, but it proved popular because the juniors do want to hear what the stars do and to meet them. We charged at least $50 from memory And the athletes' fees were high but we broke even.

5. TALENT SEARCH DAY  
Coordinated with Queensland Academy of Sport, we invited the top 10 school-aged (12-16yrs) cross-country runners and swimmers along with some junior bike riders to what was basically a day of time trials, tests and a mini-triathlon. More than 150 responded to the invitation (names via school results).

6. WOMEN-ONLY SEMINAR  
We are fortunate to have a very good and articulate age group triathlete, Kim Beckinsale, who gave an excellent presentation to a meeting of women triathletes On training, nutrition, women's business, etc.

The other things we do which may be of interest:  
a. We conduct, via clubs and minor race directors, our State All-Schools Triathlon,
Duathlon and Aquathlon Championships with fields of 300, 120 and 300 respectively. Our licensed juniors are the nucleus of the attendance but we also send the entry forms to schools. We raise about $5000 all up.

b. We use the $5000 to subsidise a 16-person state team of 13-19 year olds to Contest the Australian Sprint Championships each January. The cheap trip is a great incentive as we charge them only $100 to go to Melbourne (Coffs Harbour Next season will be even cheaper).

c. We award state championship medals to U/10, 10-11, 12, 13, 14, 15, 16-17 and 18-19 year age groups in our two state duathlon, one state aquathlon and two state triathlon championships each season. As well juniors are eligible for state individual pointscore awards and contribute to interclub pointscores.

d. Each year we name a 20-strong junior development squad which receives sponsor Clothing/equipment, some clinics/seminars and the above trip.

e. I visit schools with a trailer-load of 16 wind-trainers and 8 mountain bikes to Conduct mini-tri’s during PE lessons.

Brian Chapman
JUNIOR CAMP

1st - 2nd July 2000
at
NUDGEE COLLEGE
(day camp only)
9am to 5pm

$20 fee per day

3 Training Sessions per day

Triathlon Queensland's Junior Development Committee invites Juniors 8 - 19 years to attend its mid-year camp on Saturday - Sunday, 1st - 2nd July at NUDGEE College.

This is your chance

✓ Train under some of Australia's top coaches
✓ Run on Nudgee's state-of-the-art synthetic track
✓ Cycle on technically-challenging, but traffic-light roads at the college
✓ Swim in one of Queensland's best school pools
✓ Mix with a couple of national or international triathletes & question them about their training & racing
✓ Learn about self-massage & your bike set-up

NOTE: ✤ Day camp only (No overnight accommodation)
      ✤ You need all your triathlon gear, including bike, helmet, swimming togs, towel & change of clothes
      ✤ Campers to bring their own lunch & snacks, head gear & sunscreen

Enrolment Form

Name: ___________________________________ Phone: ________________________________

Address: ____________________________________________________________

Any medical conditions: ___________________________________________________

Mail (with $20 per day) to: Triathlon Queensland, 1.13 Sportshouse, Cnr Caxton & Castlemaine Sts, Milton Q 4064

** DEADLINE 21st JUNE **
FYI

Nick

----Original Message----
From: Nick Croft <nickcroft@bigpond.com>
To: Rob Crick <rerick@vtown.com.au>
Date: Monday, 8 October 2001 8:01
Subject: Saturday

>Hi Rob,
>
>Hope all is well and things are shaping up for a successful clinic on the weekend.
>
>I have drafted up a schedule that we may loosely follow. The SCGS Club are going to set up a tent as will I'd imagine the Sunshine Coast club.
>
The TQ Trailer with bikes windtrainers and Chappo will be there also.
>Brenton Koch has called me and has heaps of windtrainers so we could set those up at pool side for use with juniors and adults who want to have a go.
>
>Here is the draft program -
>
>2pm Welcome & Introduction - done by TQ
>
>Explaining the purpose of the day and run briefly through the afternoons program
>
>2.15pm - Interview with elite - Nick Marland & age grouper? - about the sport and experiences - etc
>
>2.30pm - Kids transition demo - using experienced juniors from your squad and SCGS - using Chappo, yourself and Brenton as assistants etc go through the skills and high light the rules of the transition area - mount / dismount zones, racking, helmets, tips and tricks etc
>
>As this is happening - do a small clinic + Q&A for any adults attending who are new to the sport - conducted by myself - if needed
>
>3pm - Bike maintenance and explanation about the bike, going through sizing, gears, cadence, set up on windtrainer (maybe having kids and adults sitting

11/10/01
> on windtrainers and using the gears and learning how to spin etc - carried
> out by your choice of bike shop or has been shown interest by Gary Baker of
> Spin City (let me know who you want go with)
> 
> > 3.30 - bike skills (for all kids) and any adults - out side - using witches
> > hats doing slaloms, turns, figure 8's etc
> >
> > 4pm mini aquathlon for all ages over your preferred course using pool swim
> /
> > and run in the park over different distances etc.
> >
> > Any other comments or ideas welcomed
> >
> > Regards
> >
> > Nick
> >
> >
TO: Yvonne Blumel
FROM: Brian Chapman
RE: Input into working party document
DATE: 14 March 2001

Many thanks for your detailed submission to the Working Party into junior competition next year.

Though your obvious enthusiasm for encouraging the youngsters is shared, your recommendation for Triathlon Queensland to add an under 8 years state title was not adopted because:

1. It was felt the focus for under 8's should be on participation and novices rather than extrinsic rewards for the best ones.

2. Triathlon Queensland's Junior Policy follows closely the Australian Sports Commission guidelines which has 10 years as the lower age limit for state titles. We do not stop the younger ones from taking part and if they are able enough to take a medal, good on them.

Please note the All-Schools Championships already offer three chances annually for under 8's to win State medals in a mass participation environment.

Kind regards,

Brian Chapman
Development Officer
Special Considerations when Coaching Junior Triathletes:

by Steve Manning
Triathlon Qld Junior Development Officer
66 High St. TOOWONG 4066
ph. 07 33717811, fax. 07 3870 5687

OUTLINE:

1. INTRODUCTION

2. GOALS OF COACHING JUNIORS:

3. DIFFERENCES BETWEEN CHILDREN AND ADULTS:

4. DIFFERENT STAGES OF JUNIOR ATHLETES

5. HOW TO COACH JUNIORS
   Making Training Fun

6. SPECIAL CONSIDERATIONS FOR FEMALE ADOLESCENTS

APPENDIX:

1. Lecture Notes
2. Junior Newsletter
3. School Clinic Outline
4. Sample Junior Programs
5. Junior Development Plan (on request)
1. INTRODUCTION:

Children's sporting participation has the capacity to teach children many things:

The value of a healthy lifestyle for life not just while a child;
Social skills and the ability to interact and work with others;
Self discipline; Confidence and self esteem;
How to cope with success and failure; Sportsmanship;
and the Enjoyment of their own physical competence.

The coach is the main person who is responsible for helping the child achieve these benefits from their sporting participation. Children who are not coached properly run the risk of getting the opposite of all these positive things from their participation. As a coach you must make sure that the long term welfare of the children you coach is considered above all other goals you have for their sporting participation and competition.

Juniors are not little adults. They should not be coached to get the best short term results but instead should follow a program aimed to achieve the best results when they have reached maturity. Late developers should be shown that if they keep on enjoying the sport that they will eventually catch up to the early developers and possibly even surpass them. Late developers should understand that their success will not always come so easy. There should be rewards for all children at each stage of their development regardless of their individual ability or commitment.

Coaching can be a form of child abuse. As a coach you must make sure that you are assisting the children to achieve their goals not forcing them to achieve your goals. Most children will not achieve elite success so you should coach them at their individual level of ability. The coach should be seeking to identify the exceptionally talented junior and help them to achieve their potential, but they should realise that very few will ever make it. Do not overload the talented athlete at an early age or you risk their burnout and dropout from the sport.

Most coaches start coaching with juniors or novice athletes. You should learn the skill to coach better athletes as your juniors improve and require better coaching. Do not be afraid to experiment as variety is a vital ingredient in keeping juniors interested. You can develop your own individual style while finding out what coaching theories and techniques you believe in and which you think do not work. Do not stop learning because you will lose the athletes that have progressed beyond you. Most importantly do not harass or embarass a child who lacks commitment and does not want to train or compete. Encourage them to reach their goals, praise them for the training they do and keep them enjoying their participation.
2. GOALS OF COACHING JUNIORS:
While there are many worthwhile goals of coaching juniors the priority of these goals will differ between coaches and for different children.

   1. Inspire them to be involved in sport for their whole lives.
   2. Give them the opportunity to achieve enjoyment at PARTICIPATION.
   3. Teach them the skills of the sport and nurture their development.
   4. Teach them the joy of continued personal improvement more than winning.
   5. Help foster their self esteem by reaching realistic goals.
   6. Educate their parents in how to support and interact with their children.
   7. Protect them from competitive anxiety and stress.
   8. Protect them from physical harm and overtraining.
   9. Help them fulfill their individual potential and identify talented children.
  10. Teach them life skills, eg discipline, planning and control.

3. DIFFERENCES BETWEEN CHILDREN AND ADULTS
Children are different to adults in a number of significant ways which affects the level and type of training and competition appropriate to them. If you treat children the same as adults they will not be able to handle the amount of training an adult can. Making juniors do the same type of training as adults but at lower quantities will also not work because some types of training are dangerous to developing athletes. Most importantly if a child reaches their ultimate potential at a young age they will not be performing as well as they would have at a later age. It is generally considered that athletes have about an eight year life span at the top. It is far better for this to be between twenty and twenty eight then twelve and twenty. Some of the major differences you should recognise are:

   1. Children have less strength than adults.
   2. Children have less patience, concentration, anticipation and reasoning capacity.
   3. Children often have poor coordination while growing.
   4. Childrens balance and centre of gravity is different to an adults.
   5. Children have poor heat regulation capacities
   6. Children have a high relative stroke volume vs Cardiac Output.
      (bigger heart, smaller lungs, higher heartrate)
   7. Children get injured more easily than adults.
   8. Children are susceptible to growth injuries with no cure but patience.
   9. Children have a lower lactate dispersal and tolerance.
  10. Children have less experience of success and failure.

4. DIFFERENT STAGES OF JUNIOR ATHLETES:
As a coach you must establish appropriate training loads, frequency and intensity for a variety of different athletes at different levels of development. You must also set realistic goals at appropriate events based on their capacity to cope with the stress of competition. There are three different considerations when establishing the developmental level of a junior athlete.

1. CRONOMICAL AGE - This is the most widely used factor in identifying what is appropriate for a particular child. While a child's age can be often the least successful criteria for evaluation it is important when considering peer group identity and self esteem. Children removed from their peers, for giftedness or not, will more often lose their enjoyment from participation.

2. PHYSIOLOGICAL MATURITY - Some early developers can be twice the size of the late developers at an early age. By the end of adolescence this is leveled out and in fact there is evidence to suggest that late developers have a strength and endurance edge by the time they reach full maturity. Sizes and growth rates differ and this can affect skills as much as power. Many late developers give up sporting participation because
they cannot compete with their giant counterparts, while many early developers are unable to cope with no longer winning against opponents who they had defeated easily. The QAS will soon be conducting the most widespread demographic study ever completed in Australia. This 'National Talent Search Project' may encounter problems because of the ages they are targeting (13 to 15 years), and the testing protocols. While it is identifying the top 2 percent of children on a variety of different tests there is no consideration of physical maturity or psychological compatibility. Despite this there will be many more school children exposed to the world of sport and triathlon.

3. **PSYCHOLOGICAL MATURITY** - Commitment dedication and focus are three of the most important factors in an elite athletes success. Many people have the necessary physical talent to succeed but lack the drive to win. These things are basically internal to each athlete and are not under much influence by the coach. While a coach can motivate an athlete to desire success they have little control over how they respond when the going gets tough.

   Children are constantly changing what they want to be when they grow up. One day it will be a fireman and the next it will be an astronaut. It is a mistake to try to force them into committing to sport before they are ready. It is a good idea to have separate sessions for children and adults because you can not possibly service both their needs at the same time. Criticising a child because they are not serious enough or because they are playing up will make that child stop enjoying the activity and quit. A coach should understand that a child cannot focus during a long repetitive session and must design training sessions with variety and fun.

**FOUR STAGES OF JUNIOR DEVELOPMENT:**

**Stage 1**

Age 7 to 12 years  
**INTRODUCTION**  
Primary Age  
This stage is vital to their future participation and must be enjoyed.  
- focus on participation not winning  
- focus on teaching proper technique and skills  
- high fun component with games and relays  
- short easy competitions (lead up to Queensland Championships)  
- teach rules of competition  
- install sense of fairplay and sportsmanship  
- keep variety, encourage other sports and activities  
- training twice per week with a race  
- No Endurance or Lactate Sessions.

**Stage 2**

Age 12 to 17 years  
**TRAINING**  
High School Age  
At this stage achievement begins to take on a more important role.  
- set competitive goals (National Championships)  
- begin scheduling and programming  
- begin endurance and interval training  
- program periodisation and peaking  
- have progressive increase in training load  
- aim for technical mastery  
- identify talented individuals

**Stage 3**

Age 15 to 19 years  
**DEDICATION**  
Post Adolescence  
At this stage many children will make the commitment to specialise.  
- must attain physical and emotional maturity before beginning this stage  
- specialisation to particular sport and sacrifice for goals  
- usually begins after high school has been completed  
- serious training and commitment to programs begins to find limits  
- goal of World Junior Champs for elite  
- or goal of lifetime participation and recreation for most

**Stage 4**

Age 18 to 22 years  
**TRANSITION**  
Transition to Senior
5. **HOW TO COACH JUNIORS: Making Training Fun.**

   Particularly at the Introductory level training must be fun. Juniors must learn to value the mere participation in triathlons so that however they go in the future and whatever they achieve they will still want to do it for the joy of it. A familiar scenario for many juniors is that they train too hard too early, then no longer improve and finally drop out of training and competition. The enjoyment of participating was not strong enough compared to the sacrifice and effort of training particularly when results are no longer coming. If a coach pushes a child beyond their limits and sets unrealistically high goals then frustration and boredom will takeover.

   The easiest way to create this joy of participation is to start at a young age making training fun. Some of the techniques you can use are:

1. Having games at the end of each training session
2. Having modified competitions in training
   - for example handicap races
3. Using relays as a frequent way of structuring a session
4. Having camps, social events, hiking and excursions.
5. Traveling to competitions as a group
6. Enhancing the image of being a participant
7. Downplaying the importance of competition.

6. **SPECIAL CONSIDERATIONS FOR FEMALE ADOLESCENTS:**

   Female adolescents have a number of special problems that they may encounter. For some females the changes that occur at adolescence mean that they can no longer compete at the level they were at no matter what they do. Some females may try to delay or prevent these changes so that they can continue to be competitive. The 'female athlete triad' explains a complex of problems which can affect performance and be a long term and permanent health risk. While these three problems can exist independently and in varied severity they are often seen to interact together.

   The first of these is amenorea or delayed menarche. Adolescents generally will experience fluctuating menstrual cycles unless they are on some type of hormone treatment. This should stabilise and a complete lack of a period should not last for more than three months. Heavy training may have a significant impact on menstrual regularity. In some instances menstruation is not achieved until post adolescence. This delayed menarche and amenorea is an indication that other problems may exist.

   The second problem in the triad is an eating disorder. These are very difficult to identify and even harder to fix. Each girl is different. Not all thin athletes have eating disorders and not all healthy looking girls are free of some type of eating disorder. You must watch for danger signals mostly with regards to their reasoning about how they eat and why. You should be careful about what you say about their appearance because a coach can trigger an eating disorder with a thoughtless comment.

   The third part of the triad is osteoporosis or low bone density. This can not be identified except by a difficult medical test. One sign of this is frequent stress fractures. Bone density is established somewhere between the ages of fifteen and twenty five. After this time it is no longer built up but gradually decreases. If a high level of bone density is not achieved by the mid twenties then serious long term problems will be unavoidable.

   Sexism is entrenched in society but can be particularly prevalent in sport. In Triathlons girls are often competing beside boys. Boys are generally more aggressive and competitive and may try to pull down the girls self esteem to remove their threat. You may need to offer extra emotional support to girls you coach and you should make sure that the boys you coach gain the necessary respect and acceptance of girls participating in sport on their own terms.
Queensland Target 2000 Junior Squads

3 LEVELS:
A. Junior Elite Squad (J2)
B. Junior Development Squad (J1)
C. Pre-Junior Primary Squad

SELECTIONS:
1. By Selection of Junior Development Officer
2. By Recommendation of Junior Development Committee
3. By Nomination of Individuals

SELECTION CRITERIA:
All Squads:
Must be a licensed member of Triathlon Queensland.

C Squad 'Target 2008'
by nomination and participation in 50% of Races

B Squad 'Target 2004'
All members of Qld Team to Nationals are eligible
Must show potential to make Qld team to National Schools Champs
Selected from results at nominated races or Qld Schools Champs

A Squad 'Target 2000'
A Squad must be 12 Age 16 to 19 years
must show potential to place in top 10 at National Champs

BENEFITS OF SQUAD MEMBERSHIP:
Cascading level of incentives
Target 2000 CAMP, State Team Preparation
Support to Members Coaches
Advice for Sponsorship Proposal Preparation
Certificates for Championships placings and Squad Memberships
Members Travel Funding to Aust. Champs (Rebates)
High Performance initiatives, QAS Support
Talent Identification
- Schools
- Other Sports
- Junior Races
- QAS National Talent Search Project

NEW AGE GROUPS?
30 June 1998

ATT:  Brian Chapman
Triathlon Queensland
1.1.3 Sports House
Caxton & Castlemaine Streets
MILTON QLD 4064

Dear Brian

Please find enclosed copies of everything from the 1998 Underwater World Superkidz Triathlon for your reference.

Following our Committee Debriefing Meeting, it has been suggested that the Committee would like to set up a sub committee specifically for the Superkidz Triathlon. There were a few concerns regarding the safety and setup of this year’s event and they believe they would like to have greater control over these aspects as there was some negative feedback on the event which the Committee feels reflects poorly on the main event.

We would however, still like to have Triathlon Queensland involved with the event as the Committee and USM both believe that they would like to contribute to the Junior Development Program so perhaps we can look at some options such as using TQ marshals as the volunteer club (club donation paid); a certain donation from each entry or a special junior bursary.

I would personally like to thank you for your work on the event and look forward to the opportunity to work with both yourself and TQ on next year’s event on Saturday 17 April, 1999!

Kind regards

DONNA MURRAY
MARKETING DIRECTOR

CC: Mooloolaba Triathlon Committee
OUTSIDE INTERESTS

"HAPPY YOUNG TRIATHLETE COMPETITORS"
Cameron Cole, Michael Crothers, Jonathan Crothers, Melanie McKinless and Emily Champness.

OUR FLYING ADMINISTRATOR

RUN "FOREST" RUN

Oceanman Surf Series representatives: Steve Pullen, Brad Stokes, Kirsty Ireland, Stacey Bowley & Denby Stokes.
Mooloolaba gears up for 'grand final' triathlon

The sixth annual Mooloolaba Triathlon will be staged on Sunday May 10. It will once again be the final race of the St George Triathlon Australia Tour and the Australian Triathlon Championships.

Held over the Olympic triathlon distance of 1.5km swim, 40km cycle and 10km run, the event features an age group race, teams race and separate multi-lap race for the elite men and women.

Close to 2000 competitors will take part in the race which has quickly become known as the “grand final”.

The first entry received when early entry forms went out was from current world champion, Emma Carney.

With male counterpart, Chris McCormack also confirmed to compete, this will be the first time both male and female world champions have started at the Mooloolaba event.

The Underwater World Superkidz Triathlon, which was initiated at last year's Mooloolaba event, has created huge interest among the younger triathlon set with organisers expecting 500 entries for the race this year.

Held at The Wharf complex, directly opposite the main race site, it is aimed at eight to 10 year olds racing over a 100m swim, 2km cycle and 1km and 11-14 year olds who will contest the 200m swim, 4km cycle and 2km run. There will be great product prizes for each age group and two fantastic Trek Mountain Bikes as major random draw prizes. Prizes will be presented to the kids by the top senior triathlon stars. Entries will be mailed to all 1997 competitors and inquiries should be directed to United Sports Marketing on 5449 0711.
Triathlon newcomers aiming to have some serious fun in Mooloolaba event

It might be seen by some as a “fun event” but dozens of the Sunshine Coast’s budding triathlon stars are already in training for next month’s Superkidz Triathlon.

Organised in conjunction with the Mooloolaba Triathlon, more than 120 eight-to-14 year-olds are expected to take on the Mooloolaba Wharf circuit on May 9.

Buderim Amateur Swimming Club coach Brian Seidler said his squad members could not wait to hit the water. “The kids take it very seriously. It’s a great way to introduce them to the sport,” he said.

Entrants in the eight-to-10 years division will compete over a 100m swim, 2km ride and 1km run course, which will be doubled for the 11-14 years competitors. The Mooloolaba Triathlon, which doubles as the Australian Championship, will be held the following day from 7am.
Huge field lines up for Mooloolaba triathlon

MORE than 1000 competitors will put their body on the line and endure the pain and the agony tomorrow for a chance at glory.

The Mooloolaba Triathlon kicked off today with the Superkidz races, but tomorrow the adults blast off from Mooloolaba in their quest to be the best.

This key race is one of only two Australia events where competitors can gain Olympic ITU qualifying points. The other is the Noosa Triathlon.

For a comprehensive post-race analysis and list of results see Monday's Daily.

As for the Superkidz, the international triathletes of tomorrow, check out the Sunshine Coast Sunday tomorrow for results and action shots.
Young tri athletes run at fame

TODAY'S world champions will be on hand to watch the pretenders to their thrones show what they are made of in this afternoon's Superkidz Triathlon at the Mooloolaba Wharf.

Held for the first time last year, the triathlon has been expanded this year to a field of more than 350 eight to 14-year-olds.

Competitors aged between eight and 10 will compete over a course comprising a 100m swim in the Mooloolah River, a 2km cycle around the Wharf complex and 200m run.

Those aged between 11 and 14 will have twice as far to go.

Trophies will be awarded to the fastest senior boy and girl, while prizes will go to the winners of the junior events.

The races begin at 3pm at the Wharf.

All proceeds from the event will be put back into Triathlon Queensland's junior development program.
Triathlon's young guns

YOUNG Cassie Powell of Buderim (above right) pours on the pedal power in the Superkidz division of the 1998 Mooloolaba Triathlon yesterday.

About 350 children aged from eight to 14 years contested the junior division at The Wharf (see page 81).

Another 1600 adults will start at Mooloolaba this morning in divisions for teams, amateur and professional competitors.

See Sport page 84 for race previews and Focus for a four-page colour race souvenir.

There is even space for autographs.
TRI, TRI, TRI AGAIN: Jackie Holt, who came down from Maryborough to compete in the Superkidz Triathlon race yesterday, works through the pain.
Kids tri their best

BERRINBA: Students at Berrinba East State School showed they could match it with the country's top junior triathletes at the recent SuperKids Triathlon in Mooloolaba on the Sunshine Coast.

The school sent a team of 11 to the championship, the highest number of any Queensland State school, and were rewarded with a string of commendable results.

PE teacher Chris Bransdon said he put the feelers out for students interested in forming a triathlon club early this year and was overwhelmed by the response.

The squad was culled to 11 and they trained twice a day.

The team comprised 10 girls and one boy, with the youngest member eight and the oldest 11.

At the event, entrants in the eight to 10 years section raced over a 100m swim, 2km cycle and 1km run course, while the 11-14 years contested a 200m swim, 4km cycle and 2km run.

Team members were: Jade Hogan, Samantha Chandler, Natalie Parks, Matthew Reynolds, Kate Romy, Alyce Worsman, Cara McKeen, Hayley Sedgwick, Thalia Riddle, Crystal Dance and Janelle Ward.
New triathletes show they are SuperKidz.

BERRINBA: Students at Berrinba East State School showed they could match it with the country's top junior triathletes at the recent SuperKidz Triathlon in Mooloolaba.

The school sent a team of 11 athletes to the championship, the highest number of any Queensland State school, and were rewarded with a string of commendable results.

Physical education teacher Chris Brandon said he put the feelers out for students interested in forming a triathlon club earlier this year and had been overwhelmed by the response.

The squad was culled to 11 team members and athletes trained twice a day in preparation for the championship.

The team included 10 girls and one boy, with the youngest member eight and the oldest 11.

At the Mooloolaba event, entrants in the eight to 10 years raced over a 100m swim, 2km cycle and 1km run course, while the 11-14 years contested a 300m swim, 4km cycle and 2km run.

"None of the kids had done a triathlon before but after doing the SuperKidz event they are very keen to do another one," Brandon said.

"It was great to see them all finish and enjoy it so much."

Unfortunately for the team, the triathlon season does not resume until September, but Brandon said all members were still training a couple of times a week.

Team members were: Jade Hogan, Samantha Chandler, Natalie Parks, Mathew Reynolds, Kate Romey, Alyce Worsman, Cara McKerithan, Hayley Sedgwick, Thalia Riddle, Crystal Dance and Janelle Ward.
GET IN TRAINING FOR

Underwater World
Sunshine Coast

SuperKidz
Triathlon

Major Random Draw Prizes
2 x Trek Mountain Bikes valued at $450 each
Courtesy of Tri-Noosa

Saturday, 9 May 1998

Underwater World, Mooloolaba, Sunshine Coast

- 100M Swim • 2KM Cycle • 1KM Run 8-10 years
- 200M Swim • 4KM Cycle • 2KM Run 11-14 years

★ Safe course around the Underwater World / The Wharf Complex
★ Entry only $15 including race kit
★ Prizes for 1st, 2nd & 3rd in each age category as well as great random draw prizes and a trophy for school with the most entries
★ Limited field, entries close Monday 4 May.

Entry Forms available at local sports stores,
Sunshine Coast Daily & Underwater World

For further information contact United Sports Marketing
on 0754 490 711

*Event Proceeds to Triathlon Queensland Junior Development Program*
Don't forget the 'Friday's Carbo Party on Saturday night at 6.30pm. Only $12 for a great all you can eat pasta and salad buffet while watching all the St George Triathlon Australia Tour action on the big screen! Tickets available from the Information Booth at the Expo on Saturday.

Watch the best junior triathletes test their skills on an exciting course around Underwater World on Saturday from 3pm in the Underwater World Superkidz Triathlon. Entry forms available from the Mooloolaba Triathlon Office.

Don't miss the opportunity to learn from Triathlon Australia's leading coach at the FREE Triathlon Training Seminar on Saturday in the Tower Room at The Wharf. Two sessions - 2pm and 4pm.

Triathlon Australia's Care for Tri Kids will offer free Child Care facilities on site in a special supervised facility on the morning of the race. For bookings contact Care for Tri Kids Co-Ordinator on (02) 6257 2230.

* Catch all the updates on the race at the new Mooloolaba Triathlon internet site: www.mooloolaba.triathlon.com.au. The site will feature updates on race day as well as post all the results from Sunday afternoon.

* Make sure you don't miss the FILA 'Swim, Ride and Run Expo' on Saturday in the big tent at The Wharf from 9am - 5pm. A great chance to pick up some end of season bargains as well as see what's new for next season!!

* Check out the great FILA Mooloolaba Triathlon Merchandise! You can pre-order by contacting the Mooloolaba Triathlon office to make sure you get exactly what you want in your size! Pre-ordered merchandise will be available from the FILA Expo Booth on Saturday. A full range of race and tour merchandise will also be available from FILA throughout the weekend.

* Make sure you hang onto your "Friday's Flyer" which is enclosed with your Race Acceptance. This will entitle you to a FREE XXXX beer at the Triathlon Australia 'End of Tour' Party on Sunday afternoon at Friday's. The overall St George Triathlon Australia Tour Champions will be announced at the Party and there will be a big screen with all the tour action and live entertainment. What a way to finish the season!!

* Make sure you get your copy of the Sunshine Coast Daily on Monday 11th May after the race which will feature a copy of all the race results!

EVENT CO-ORDINATORS:
UNITED SPORTS MARKETING
PO BOX 1345, NOOSA QLD 4567
Phone: 0754 490 711, Fax: 0754 490 828
Email: usmsport@ozemail.com.au
**SEAFM**

**EVENT:** 1998 Underwater World Superkidz Triathlon  
**COMMENCE:** Monday 30 March, 1998  
**LENGTH:** 30 seconds  
**SCHEDULE:** As per Trisha's arrangement

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<th>MUSIC BACKGROUND</th>
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| Leave it up to production | Don’t miss out on the Underwater World Superkidz Triathlon  
|                         | part of the Mooloolaba Triathlon Festival. Held on Saturday 9 May  
|                         | it is open to 8 - 14 year olds over a safe course around Underwater World and The Wharf at Mooloolaba.  
|                         | Entry is only $15 with great prizes including two mountain bikes with all event proceeds to Triathlon Queensland’s Junior Development Program.  
|                         | Get your entry form now from your local sporting store, club or school or at Underwater World.  
|                         | Proudly supported by Tri Noosa, WINTV, the Sunshine Coast Daily and SEAFM. |
SATURDAY 9 MAY 1998
UNDERWATER WORLD
MOOLOOLABA
SUNSHINE COAST
(Entry forms may be photocopied)

- 100M SWIM • 2KM CYCLE • 1KM RUN 8-10 YEARS
- 200M SWIM • 4KM CYCLE • 2KM RUN 11-14 YEARS

NAME ____________________________ First name ____________________________ Surname ____________________________

ADDRESS ____________________________ ____________________________________________

SUBURB ____________________________ STATE ____________________________ CODE _______

D.O.B. ____________________________ SEX M / F (circle) ____________________________ CATEGORY _______

SCHOOL ____________________________ TELEPHONE ____________________________

ENTRY FEE _____ @ $15 $ _______

RACE T-SHIRT _____ @ $20 SIZE (Please circle) 10 12 14 16 $ _______

TOTAL ENCLOSED $ _______

PARTICIPANT’S AGREEMENT - PLEASE READ CAREFULLY BEFORE SIGNING THE ACKNOWLEDGMENT, WAIVER AND RELEASE FROM LIABILITY AND POTENTIAL CLAIMS BASED ON NEGLIGENCE OR OTHER CLAIMED MISCONDUCT

I acknowledge that competitive triathlon involves the real risk of serious injury or even death from various causes including over exertion, equipment failure, dehydration, accidents with other competitors or road users, course or weather conditions and other causes. I understand that I should not compete in this event unless I have trained appropriately and my physical condition has been verified by a medical practitioner. By competing, I accept all risks necessarily flowing from my participation which could result in loss of life or permanent injury. Accordingly, I release all persons or corporations associated directly or indirectly with the conduct of the event from all claims, demands and proceedings arising out of my participation and hereby indemnify them against all liability (including liability for their negligence and the negligence of others) for all injury, loss or damage arising out of or connected with my participation in this event. This release shall extend to and include the Mooloolaba Triathlon Committee, United Sports Marketing, Triathlon Queensland Inc and their respective Directors, partners, managers, officers, agents, contractors, employees and volunteers including medical and paramedical personnel appointed for the event, the owners, licensees and occupiers of land upon which the event or any part of it is conducted, any statutory body or local authority having control over any land upon which the event or any part of it is conducted or which is involved directly or indirectly with the event in any manner whatsoever and promoters, sponsors and event organisers. This release and indemnity continues forever and binds my heirs, executors, personal representatives and assigns. I consent to receiving any medical treatment that the event organisers think desirable during or after the event. I consent to event organisers using my name, image and likeness before, during or after the event for event promotion, broadcasting or reporting purposes in any media. I understand that compulsory insurance is affected for participants in this event and shall not cover me for all injury, loss or damage sustained by me. Safety precautions undertaken by organisers (such as course supervision, race safety briefings, bicycle and helmet safety checks) are a service to me and other competitors but are not a guarantee of safety. I am fully responsible for the security of my personal possessions at the event. My registration is not transferable to other people. If the event is cancelled, my registration fee is non-refundable. I have attached to my entry form a list of my medical or physical condition from which I suffer that might affect my performance or be relevant if medical treatment is needed. I agree to abide by all race rules and directions issued by Triathlon Australia Inc and the event organiser. I acknowledge that by reason of circumstances beyond the control of the event directors, it may become necessary or desirable to change the format of the event and if that occurs, I consent to the changes and I agree that each and every of the conditions herein set out shall apply to that changed event. If the event is cancelled due to flood, cyclone, torrential rain or other "acts of God" conditions, I understand that my entry fee will not be refunded. I hereby certify that permission for my participation in the Mooloolaba Triathlon has been granted by my Parent/guardian and duly signed below. I/we have read this document and we understand its contents.

PARENT/GUARDIAN SIGNATURE ____________________________
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EVENT SANCTIONED BY TRIATHLON QUEENSLAND

TIMETABLE:

1.00 - 2.30PM  REGISTRATION AND NUMBERING
2.45PM  RACE BRIEFING
3.00PM  RACE START
4.45PM  PRESENTATIONS

RACE ACCEPTANCE:  A RACE ACCEPTANCE WILL BE MAILED TO ALL COMPETITORS ON WEDNESDAY 29 APRIL TO ALL ENTRIES RECEIVED BEFORE THIS DATE

REGISTRATION:  ALL COMPETITORS MUST REGISTER BEFORE THE BRIEFING

VENUE:  THE EVENT IS HELD AROUND UNDERWATER WORLD / THE WHARF COMPLEX

ENTRY FEE:  $15 PER INDIVIDUAL - ALL AGES PAYABLE BY CHEQUE OR MONEY ORDER TO MOOLOOLABA TRIATHLON. ALL PROCEEDS TO TRIATHLON QUEENSLAND JUNIOR DEVELOPMENT PROGRAM

ENTRIES CLOSE MONDAY 4 MAY. NO RACE DAY ENTRIES

RACE MERCHANDISE:  A SPECIAL UNDERWATER WORLD SUPERKIDZ TRIATHLON LONG SLEEVE T-SHIRT AVAILABLE FOR ONLY $20.

PRIZES:  EACH ENTRANT WILL RECEIVE A RACE KIT, INCLUDING SWIM CAP, BACKPACK AND WATER BOTTLE. PRIZES FOR 1ST, 2ND AND 3RD IN EACH CATEGORY AND RANDOM DRAW PRIZES. * TROPHY FOR THE SCHOOL WITH THE MOST ENTRIES & OVERALL FASTEST SENIOR BOY & GIRL PLUS SPECIAL PRIZES FOR FASTEST LOCAL JUNIOR BOY & GIRL

MAJOR RANDOM DRAW PRIZES:

- TWO "TREK 800" 21 SPEED MOUNTAIN BIKES - ONE FOR ALL MALE COMPETITORS AND ONE FOR ALL FEMALE COMPETITORS TO BE WON!! COURTESY OF TRI-NOOSA - Bikes are valued at $450 each!!

POST ENTRY TO:  "SUPERKIDZ TRIATHLON" - PO BOX 1345, NOOSA Q 4567

INFORMATION:  UNITED SPORTS MARKETING  PHONE: 0754 490 711  FAX: 0754 490 828  EMAIL: usmsport@ozemail.com.au
From: SCGS Tri Club <triathlon@optusnet.com.au>
To: Triathlon Qld <TriathlonQueensland@uq.net.au>
Subject: Lots of stuff!!!
Date: Monday, 20 March 2000 21:42

Rachel - enclosed is an e-mail from the British Tri Assoc. which reached them in a round about way!! Anyway I would like to table the idea at the next Junior meeting, which I intend to attend. Also......... Do you have a copy of the entry form for the Aquathlon - if so can you try mailing to me? Is there any other sponsors which TQ have engaged, as I am about to start an Aquathlon page on our Website. We are writing an article about the club in the hope that it will be published in the next Ultimate. Am I right in thinking that we are the first "Junior" TQ affiliated club? Can you also get Michael to let me know if he needs me for Sunday at Mooloolaba. I sent an e-mail but did not get a reply? I also noted that I would not be available for the Noosa Corporate as it was on the same day as the Aquathlon

Original Message ----- From: Paul <mailto:paulbuxton@britishtriathlon.co.uk> To: triathlon@optusnet.com.au <mailto:triathlon@optusnet.com.au> Sent: Friday, March 17, 2000 9:45 PM Subject: Pen Pals etc

Hi Marianne. Steve Trew has passed on your message for my response as Young Persons Officer for the British Triathlon Association. I am really keen to pursue your idea of pen pals as I feel it would be a great way of cross fertilising ideas and information. The structure of triathlon for young people in this country has grown up in the last few years and still remains small relative to Australia. The biggest area of development is within clubs and I have endless battles to get our current adult only clubs to start up junior sections. The problem with our sport is the amazing amount of opportunity to participate as an adult which means less volunteers. We are getting over this but the process will take some time. My suggestion is therefore that rather than linking with just one of our clubs it may be better for us to advertise the initiative nation-wide. We have a BTA membership for 8 year olds upwards that includes a regular newsletter. This newsletter may be a good way for people to find out about the initiative. I am not sure how you would envisage taking things from there. Is it easy to work through your web site and match children of suitable age groups? We have also just established our website and could perhaps work through that. If you could let me know your ideas on how this may work I can promote this no problems. It may also be useful if this carried over the coaches. I am not sure if your coaches would be receptive to this but I am sure that many of our coaches would appreciate the opportunity to share ideas on coaching young people. I look forward to hearing from you soon. Paul Buxton BTA Young Persons Officer Tel: 01530 414234 E-mail: paulbuxton@britishtriathlon.co.uk <mailto:paulbuxton@britishtriathlon.co.uk>
13 December 1999

Beth Davies
One Summer Community Events

Dear Beth

The following is the list of juniors invited, and accepted, to participate in the event on the 18 December.

I have provided a copy of your itinerary re your letter dated 3 December to all the athletes and have stressed how important timing is.

Males
Jacob Newell
Michael Macann
Steve Rankine
Chris Boyle
Glen Bartrop
Mark Lowrey
Reece Rackley
Matt Isbister
Carl Gustafson
Lincoln Stewart

Females
Melissa Godfrey
Alicia McQueen
Natasha Perry
Kate Boyd
Natalie Dellow
Brooke Farley
Nicki Egyed
Tracey McDonald
Jacqueline McKenzie
Nicola Boyle

I trust that all will go well and that the juniors conduct themselves worthy of selection.

Regards

Michael Sanderson
State Coaching Coordinator.