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Junior triathlon in schools

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2 June, 1997

Mr T. Wilson
National Executive Director
Triathlon Australia
Box 10
DEAKIN WEST ACT 2600

AUSTRALIAN SCHOOLS' SPORTS COUNCIL TRIATHLON CHAMPIONSHIPS
GEELONG, VICTORIA 1997

Dear Tim,

The 1997 Australian Schools' Sports Councils Triathlon Championships held at Geelong from Monday 14th to Friday 18th April were a complete success.

The main purpose of this letter is to officially thank you on behalf of the Victorian Secondary Schools' Sports Association General Committee and myself as the Convener, for your Sponsorship of the Championships. The financial assistance and merchandise was greatly appreciated and it helped towards the running of a successful Championships.

Your Organisation certainly gained some valuable exposure in the Geelong and surrounding area, not to mention amongst the competitors and officials from other States and Territories. Triathlon Australia's presence was a great incentive for students and was appreciated, not only by me, but by all concerned.

Enclosed is a copy of the results and report to the ASSC Conference.

Please extend our thanks to Triathlon Australia for supporting our hosting of the ASSC Triathlon Championships by providing sponsorship. We certainly realise the predicament that organisations are in and appreciate their support.

Yours sincerely,

Luke Soulos
School Sport Officer

VICTORIAN SCHOOL SPORT UNIT
Mr K Hose
GPS Sports Secretary
c/-St Josephs College
Sandgate Road
NUDGEE

Dear Mr Hose

Triathlon Queensland would like GPS schools to consider adopting Triathlon as a GPS sport.

Among many reasons, the following are paramount:

1. As a new Olympic 2000 sport in which Australia leads the world, Triathlon is attracting more and more interest and involvement among young people.

2. Research into participation rates at the existing Queensland Secondary Schools Triathlon Championship (est.1990) reveals that (RON) % are from private schools and many of these are GPS schools.
   High achievers such as Atkinson and Cooke (TSS), MaCann, Lowrey, Stretton, Convery and White (Nudgee), Andersen and Morton (Terrace), Russ and Harradine (ACGS) and Bauer (BSHS) are already well-established in the sport and would ensure a top quality GPS event could be mounted.
   As well, the large BBGS contingent which regularly contests the team and individual categories at some higher profile triathlons reflects a potentially large GPS participation base. Add Ipswich Grammar, which won the 1997 State Triathlon Team Championship, and you have the recipe for a highly successful event.
   This is more particularly so because there are some prominent triathletes among GPS school staff (eg. Brett Newton, first Australian at the Hawaii Ironman 1997).

3. A single GPS Triathlon race could be conveniently slotted in after GPS swimming and before (or early in) the cross-country season. With students already fit or training in swimming and running, a GPS Triathlon would prove an ideal cross-over activity. Alternatively it could be scheduled after senior school exams in the final term where there may be the need for a late-year activity.

DRAFT June 1998

RON/VIV, Please amend etc. and get back to me so the office can issue to you. RON, bc
4. There is potential for Triathlon to be incorporated into:
   a. Physical Education programs. Lesson plans can be provided.
   b. Elective programs. Accredited coaches can be hired by schools and Nudgee student Mark Lowrey has already developed a program and draft course that could be adopted or modified by all schools.
   c. Year 11-12 Sports Studies Program. The planning and conduct of a major event such as a triathlon would be a most challenging and worthy project for those students. If open to the public, it could also represent a significant input into school fund-raising programs.
   d. Visitor clinics. Professional triathletes or accredited coaches are available to visit schools.

5. Any number of venues, including Marist and Nudgee, would be suitable with the incorporation of a pool swim and a traffic-free cycle course. Triathlon Queensland can arrange a free personal accident and injury insurance and public liability insurance cover.

TQ asks that this proposal be submitted at the next appropriate meeting of Heads or Sportsmasters. As well we seek your advice on how we can enhance the likelihood of it being favourably considered.

Yours sincerely

Jo Miers
STATE ADMINISTRATOR
ATTENTION: HEADMASTER/PHYSICAL EDUCATION DPT

DEAR SIR/MADAM,

MY NAME IS JENNY ALCORN, I AM A FULL TIME TRIATHLON COACH. THE REASON I AM WRITING TO YOU IS BECAUSE OVER THE LAST 6 MONTHS I HAVE RECEIVED MANY ENQUIRIES FROM 7 TO 14 YEAR OLD STUDENTS SHOWING KEEN INTEREST IN THE SPORT OF TRIATHLON, DUATHLON AND AQUATHON.

TRIATHLON IS NOW AN OLYMPIC SPORT AND ONE OF THE FASTEST GROWING SPORTS IN AUSTRALIA. TRIATHLON IS A MULTISPORT ACTIVITY, ALLOWING THE ATHLETE TO HAVE THE VARIETY OF THREE DISCIPLINES, SWIM, BIKE AND RUN. THREE SPORTS MOST YOUNG CHILDREN PERFORM IN THEIR EVERYDAY GOLD COAST LIFESTYLE.

THE DEMAND HAS BEEN SO GREAT, AND THE IDEA OF BETTER HEALTH, FITNESS, FUN AND SOCIAL ACTIVITY FOR KIDS HAS DRAWN ME TO ORGANISE A TRAINING AND EDUCATION SESSION ONCE A WEEK FOR THOSE CHILDREN THAT ARE INTERESTED.

I WOULD BE HAPPY TO COME TO YOUR SCHOOL AND TALK ABOUT THE PROGRAM AT YOUR REQUEST. I WOULD ALSO GREATLY APPRECIATE IT IF YOU COULD PUT A COPY OF MY ATTACHED FLYER IN YOUR NEXT NEWS LETTER TO ADVISE YOUR STUDENTS OF THE OPPORTUNITY TO JOIN IN THE FUN OF TRIATHLON.

I LOOK FORWARD TO YOUR REPLY.

KIND REGARDS

JENNY ALCORN
COACH S.P.T.C.
KIDS TRIATHLON SURVEY

NAME:---------------------------------------------------------------

ADDRESS:---------------------------------------------------------------------

PHONE:---------------------------MOBILE-------------------------------

D.O.B------------------------AGE-------M/F----EMAIL---------------------

WHICH DAYS WOULD SUITE YOUR CHILD FOR TRAINING? YOUR PREFERENCE. NUMBER 1 TO 3

MON-------TUE-------WED------THUR-------FRI-------SAT-------

TIME: 3.30PM--------OR 4PM--------(X)

IS YOUR CHILD CURRENTLY INVOLVED IN ANOTHER SPORT WITH TRAINING IN THE AFTERNOON?

SWIMMING--------ATHLETICS--------CYCLING--------

TEAM SPORT--------OTHER-------------------------

WOULD YOUR CHILD BE INTERESTED IN ANOTHER SESSION PER WEEK?

SWIMMING ONLY-------- RUNNING ONLY--------(X)

WOULD YOUR CHILD LIKE A CLUB UNIFORM? Y/N

WOULD YOUR CHILD LIKE TO PARTICIPATE IN A CLUB RACE ONCE A MONTH? Y/N. TRIATHLON Y/N AQUATION Y/N DUATHLON Y/N

WOULD ONE PARENT BE AVAILABLE TO HELP MARSHAL? FOR TRAINING SESSIONS Y/N. CLUB RACES Y/N

COMMENTS: ----------------------------------------------
Schools Triathlon Clinics

'An Introduction to Triathlon'

by Steve Manning Triathlon Queensland Junior Development Officer

1. What is the Triathlon:
   - SWIMMING - drafting allowed
   - CYCLING - no drafting
   - RUNNING - transitions
   The Aquathlon
   The Duathlon

2. How to Succeed at Triathlons:
   - be good at all three disciplines
   - an endurance sport

3. Training for the Triathlon and Programming:
   1. SWIMMING - 3 times per week
   2. CYCLING - speed sessions, long cycles and technique
   3. RUNNING - low mileage with quality
   4. TRANSITIONS - race simulation and frequent racing

4. Sample Programs:

<table>
<thead>
<tr>
<th>Day</th>
<th>AM</th>
<th>PM</th>
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<tbody>
<tr>
<td>Mon</td>
<td>Swim</td>
<td>Easy Run</td>
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<tr>
<td>Tue</td>
<td>Cycle Speed Session</td>
<td></td>
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<tr>
<td>Wed</td>
<td>Swim (strong set)</td>
<td>Run Speed</td>
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<tr>
<td>Thur</td>
<td></td>
<td>Cycle Technique (WT)</td>
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<tr>
<td>Fri</td>
<td>Swim</td>
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</tr>
<tr>
<td>Sat</td>
<td>Transition Session</td>
<td></td>
</tr>
<tr>
<td>Sun</td>
<td>Race or Long Run or Long Cycle</td>
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</tbody>
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5. Racing the Triathlon:
   1. Tactics and Pacing
   2. Different Types of Events
   3. Race Rules - drafting and safety

6. How to Become a Triathlete:
   1. Finding a Club and a Coach.
   2. Get Licensed!
   3. Start Racing - Local Races
      - Schools Champs
      - Triathlon Qld Champs
      - Representing Australia

7. Practical Presentation by Local Club COACH:
Hi Brian,

How are you? Hope all your kids are going great during x country trials. Brian I have just started 1 session per week Kids triathlon training session. I have sent a covering letter and Flyer to all the schools in the Gold Coast region giving them information about the session and also a survey to see if it is feasible to have two kids training sessions per week or if a specific day other than Tuesday would be better so it does not clash with most kids that have running training on Tuesdays. Unfortunately I did not get much response from the schools and found it is better if I actually get Parents of kids interested from each school to pass the information to the headmaster or PE teacher. In my letter I advised the schools that I would be happy to attend the school to give them more personal information on the S.P.T.C Junior Development program. I have limited the ages to 7 to 14 year olds as I am concerned about the kids biking on the road and at this point the kids are riding on a grassed area, which has been ok so far as most of the kids have bmx bikes or mountain bikes and we are using the new pool at Pizzy park for the swim.

I am intending to hold 1 kids, Triathlon Training Race Session per month, not officially a race as we do not have the resources or sponsorship to actually hold an event with prizes and official results, but more what I call transition training to prepare the kids for racing in the Weetbix kids races. At this point I am intending to start them one in September, October & November and possibly a Duathlon in August. Tentative dates I have set, pending not clashing with the race calendar for Kids is

- August 5th Duathlon
- September 8th (Sat) Triathlon
- October 14th Triathlon
- November 18th Triathlon

and possibly an Aquathlon in December depending on when the State Aquathon champs are being held. These club training events will all be held at Lake Hugh Muntz, Mermaid Waters.

I am very interested in helping Junior Development on the Gold Coast, unfortunately I'm not in a position where I can come up to Brisbane for Junior Development meetings but I'm certainly willing to help out down here wherever possible. I would greatly appreciate if you could continue to keep me updated with Junior Development issues.
Brian would it be possible to have a list of Gold Coast kids that are currently competing in Kids races, most of the kids I come across say they do not ever get enough information regarding kids races. I think that the majority of kids that do not get the information are the ones that do not currently belong to TQ or a Triathlon club. It is obviously my goal to get hold of the kids, get them to Join the club and encourage them to Join TQ so they will have access to all the information. So if you would be able to get a list of kids names and telephone numbers from probably from USM, David Bay and Brian Upton that would greatly help increase my chances of getting a Junior development squad up and running before the 2001/02 season. I feel if this request came from Triathlon Queensland, my chances of getting some names may be better. I would also like to add that I do not want to run kids races as I prefer to leave that up to the more experienced race directors and I only want to increase kids participation for the race directors.

Could you please pass this information to the Junior Development Committee meeting to advise them of what I will be doing with Junior Development this year. I have also sent a copy of this email to Michael.

The other request I have, is it possible to get a copy from the Clubs that have been successful in getting government grants of their applications they have submitted, it would certainly help my Junior Development program if it could be aided with government funding and lessen the financial burden on the parents.

Kind regards

Jenny Alcorn
Coach S.P.T.C.
Hi Michael,

How are you? Long time no see. Michael I have just started 1 session per week Kids triathlon training session. I have sent a covering letter and Flyer to all the schools in the Gold Coast region giving them information about the session and also a survey to see if it is feasible to have two kids training sessions per week. Unfortunately I did not get much response from the schools and found it is better if I actually get Parents of kids interested from each school to pass the information to the headmaster or PE teacher. In my letter I advised the schools that I would be happy to attend the school to give them more personal information on the S.P.T.C Junior Development program. I have limited the ages to 7 to 14 year olds as I am concerned about the kids biking on the road and at this point the kids are riding on a grassed area, which has been ok so far as most of the kids have bmx bikes or mountain bikes and we are using the new pool at Pizzy park for the swim.

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Kind regards

Jenny Alcorn
Coach S.P.T.C.