

**JUNIOR DEVELOPMENT PROGRAMME**  
**FOR**  
**GUNNEDAH CYCLING & TRIATHLON CLUB**

*“To introduce and educate children and young adults into the sport of Cycling & Triathlon, addressing the skills and requirements of cycling, swimming, running, strength training, flexibility, transitions and personal management using a club coaching structure.”*

**Coaching Structure:**

- (1) HEAD TRIATHLON AND CYCLING COACH – John Hickey
- (2) ASSISTANT TRIATHLON AND CYCLING COACH – Tammy White
- (3) JUNIOR DEVELOPMENT TRIATHLON AND CYCLING COACH– Mick Ludlow
- (4) SPECIALIST TRACK CYCLING COACHING – Robert Carlyon
- (5) SPECIALISED SWIM COACH – Pat McAdams
- (6) FILL IN COACHES – Jody Law, Sarah Hickey and Andrew Formann
- (7) SPECIALISED TRANSITION COACH – Donna Hickey

All coaches, with the exception of the transition coach will be required to have a minimum Level 1 Coaching standard or equivalent.

## **COACHES ROLE:**

### **(1) HEAD COACH:**

- a) Co-ordinate coaching staff;
- b) Set overall programme structure;
- c) Supervise coaching standard;
- d) Recruit new coaches;
- e) Recruit new triathletes
- f) Report to the committee on coaching matters;
- g) Liaise with council, i.e. grounds, pool use, road training routes, etc;
- h) Write or organise publicity reports for newspapers and television;
- i) To develop a working relationship with state and national development coaches;
- j) To coach the group to a high standard with the aim to get athletes to perform at state and national level being mindful of athletes ages and individual training strengths and weaknesses.
- k) To coach individuals to accept other coaches at higher levels.

## **(2) ASSISTANT TRIATHLON AND CYCLING COACH:**

- a) Organise main sessions when required by the head coach;
- b) Organise other coaches when required by the head coach;
- c) Check for weaknesses in the coaching programme and report to the head coach;
- d) Liaise with athletes in their needs and wants;
- e) Generally assist the head coach at all times;
- f) Support publicly the head coach's role in the club and region;
- g) Learn the pathways that exist for children in the sport of triathlon;
- h) Develop working relationships with other coaches locally and regionally, as well as at state and national level.

### **(3) JUNIOR DEVELOPMENT TRIATHLON AND CYCLING:**

- a) Recruit juniors to triathlon;
- b) Record members' names that are actively involved in being coached;
- c) Work closely with head and assistant coaches;
- d) Learn to coach triathletes from sub-junior to senior levels;
- e) To develop relationships with state and national development coaches;
- f) To understand the pathways available for the development of children in triathlon;
- g) Liaise with schools to create and organise a sub-committee of parents to encourage triathlon in schools.

#### **(4) SPEACIALISED TRACK CYCLING COACH:**

- a) Work closely with athletes to get the best results on track for each individual athlete;
- b) Work closely with the head coach in the development process of junior athletes;
- c) Understand the pathways for junior athletes in both cycling and triathlon;
- d) Communicate effectively to the head coach about the skill and health level of each athlete;
- e) Help educate other coaches on the skills required for track cycling;
- f) Maintain a working relationship with state and national development coaches and officials;
- g) Understand that skill and safety are the main priorities of the track programme.

## **(5) SPECIALISED SWIM COACH:**

- a) Coach Triathletes to reach high swim standards;
- b) Understand Triathletes are not only swimming but may be tired from overall workload;
- c) Understand Triathletes may miss some sessions due to other training and triathlon competition;
- d) To establish and maintain a working relationship with the head coach of triathlon;
- e) To inform the head coach of any problems athletes may have physically or emotionally.

**(6) FILL-IN COACHES:**

- a) To stay informed of where the programme is at overall;
- b) To coach on a regular basis to keep all skills up to date;
- c) To inform the head coach of availability to coach at times other than when needed;
- d) To understand the pathways of the sport of triathlon;
- e) To work closely with the head coach.

**(7) SPECIALISED TRANSITION COACH:**

- a) To be available to coach a session following two weeks notice;
- b) To consider safety a main priority at all times;
- c) Understand the skill level of each athlete and communicate this level to the head coach;
- d) Be prepared to work one on one with less developed junior athletes;
- e) To know the rules of transition and educate athletes on these rules.

## **DEVELOPMENT PROGRAMME:**

- (1) The project of junior development will at all times revolve around the club coaching structure with its pathways to regional, state and national coaching structures;
- (2) The program will therefore revolve around the weekly programs of the head coach and the Gunnedah Clubs race days;
- (3) These programmes will evolve or change depending on region, state or national requirements of coaching or racing programmes;
- (4) The availability of coaches at regular sessions is the predetermining factor to the pattern or programming of training;
- (5) The National Coaching Guidelines will establish maximum levels of workload for each age group;
- (6) Each coach will have a copy of the National Guidelines of Workload;
- (7) Coaching will take place twice per day Monday to Thursday, unless racing on Sunday, in which case Saturday becomes a rest day and Friday a training day.

*There will be regular time slots of 5:30am Saturday and 6:30am Sunday unless otherwise notified.*

**TRAINING TIMES:**

**Monday** - 5:30am *Swimming*  
5:30pm *Running & Boxing*

**Tuesday** - 5:45am *Cycling*  
6:00pm *Running*

**Wednesday** - 5:30am *Swimming*  
6:00pm *Weights & Core*

**Thursday** - 5:45am *Cycling*  
6:00pm *Running*

**Friday** - *REST*  
*VARIED*

**Saturday** - 5:30am *See Coach*

**Sunday** - 6:30am *Long Ride or Run*

## COACHING EMPHASIS:

- (1) Develop skill and technique at all times.
- (2) Aim for 'adult athletes', i.e. thinking long term and future.
- (3) Build athletes for higher levels of competition;
  - \* Regional
  - \* State
  - \* National.
- (4) Introduce athletes to state and national coaching pathways, including exposure to other coaches at this level.
- (5) Concentrate on all round abilities as athletes, not just to become the best swimmer, cyclist or runner. If an athlete as an adult becomes a swimmer, cyclist or runner, a background in triathlons will be of benefit anyway.

E.g. Lance Armstrong – Cyclist

Craig Mottram – Runner
- (6) Teach athletes to organise their own gear and handle their own food requirements at competition.
- (7) Don't over emphasis lactic tolerance or long and slow sessions at a young age.
- (8) Expose athletes to competitions in their age group as soon as possible
- (9) Expose athletes to adult competition at young ages providing its safe and fun
- (10) Under- train rather than over -train.

## **RECRUITMENT:**

- (1)** Continue to create and promote programmes that involve children.
- (2)** Continue to create and promote competitions that involve children of all ages and abilities.
- (3)** Go to school sports carnivals and talk to endurance athletes or good all rounders.
- (4)** Talk to school teachers about sending children with potential to training.
- (5)** Encourage athletes to bring friends to social outings, race days and training.
- (6)** Consistently produce stories and photographs for newspaper and television.
- (7)** Make sure bikes are available for beginners.
- (8)** Don't make competitions at local level too expensive or too complicated.
- (9)** As soon as possible have children pay their yearly subscription fee, 30 days max.

## **ATHLETE REQUIREMENT HANDOUT:**

- (1) Pay \$10.00 fee to join Gunnedah Cycling & Triathlon Club.
- (2) Respect the coaches.
- (3) Respect other athletes.
- (4) Be grateful to your parents for the opportunity.
- (5) Be grateful to the club and it's directors for the use of its facilities and equipment including any bikes or bike gear.
- (6) Appreciate the use of community owned facilities and the shire council for the maintenance of these facilities.
- (7) Go to bed early.
- (8) To eat sensible healthy food and to train to the best of your ability.
- (9) Work diligently at school or your sporting career will be short lived.
- (10) Learn to enjoy training and competition and make friends with other competitors.

Athlete and Parent must agree to the terms and conditions of this agreement by signing this document and retaining a copy.

Athlete signature

Parent Signature