

Welsh Triathlon Development and Talent Squad Selection Criteria



Welsh Triathlon's Performance Program aims to develop Welsh athletes to their full potential, providing a gateway onto the British Triathlon Performance Pathway. The ultimate aim is for Welsh athletes to be a part of Olympic and Commonwealth Games teams that are capable of winning medals.

The Welsh Triathlon Academy is the vehicle by which the most talented, identified athletes in Wales will be developed. The Academy will operate as a unit with two distinct squads; the Development Squad for athletes identified as having significant potential (typically aged 14-16 years) and a Talent Squad for athletes identified as having significant potential and race proven ability (typically aged 17-19 years).

Selection Criteria and guideline performance standards

Talent Squad	Development Squad
Minimum British Triathlon Gold Standard (340 points with no more than 180 from one individual event)	Minimum British Triathlon Silver Standard (310 points with no more than 170 from one individual event)
The point's calculator can be accessed here .	
<i>Male</i> Minimum two top 8 performances in British National level events <i>Female</i> Minimum two top 5 performances in British National level events	

- Athletes outside of this standard, either through lack of training history or triathlon exposure but showing a very strong commitment to both triathlon and to high performance may be included at the sole discretion of the Welsh Triathlon Performance Board.
- Competition results can be used in place of performance standards in initial assessment periods, but the emphasis will be placed on personal performance growth.
- Academy athletes may fall short of these standards from time to time. In such cases, consideration will be given to other factors including their commitment, biological & social factors.

While the objective criteria stated will be used as the guide to squad selection, the Welsh Triathlon board maintains the discretion to look at factors outside of these in squad selection due to the complex nature of high performance sport. Regular monitoring of individual athlete development is crucial to a performance environment

The guideline age bands for Academy athletes are:

- 14-16yrs Development Squad (Youth and 1styr Junior)
- 16-19yrs Talent Squad (Junior)
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These age bands are applicable under most circumstances, however consideration may be given to athletes outside of these age ranges; especially those who exceed the above criteria.

Eligibility

- Welsh Triathlon Member
- Eligible to represent Wales at Commonwealth Games*
*Born in Wales, Welsh Parent or 5 years residency in Wales.

Selection Process

Squad membership is reviewed annually in September and October each year. Potential squad members are required to complete the Welsh Academy Application form available on the WT Website. The application form includes details of race results, times achieved, current training, current goals and a statement from a coach. Athletes are expected to show commitment to the sport, progression over the year, potential for further improvement and competition performance.

New applicants for the Olympic Talent Squad for 2011-12 should complete and return the application form to Rich Brady richbrady@welshtriathlon.org by 3rd October 2011. The application form can be downloaded from the performance section of the WT website www.welshtriathlon.org. The best athletes will be invited to an assessment day on 5th November 2011 and those who show the required ability and potential will be offered a place.

Each assessment day will include a swim and run time trial, a bike skills assessment and a brief interview. Athletes should prepare for the assessment day as part of their 'normal training' and bring any documentation with them.

The program will commence each year with an intensive training camp, in December before Christmas, during the school holidays

Commitment required:

- Attend a minimum of 8 Welsh Academy sessions per year
- Sign Welsh Academy Athlete Agreement
- Report back to WPDC on program
- Complete training diary
- Complete annual planning documents and review regularly
- Maintain annual WT membership in good standing
- Be Drug Free
- Report injuries and illnesses to WPDC in timely manner
- Commit to regular training program