

Triathlon Ontario Development Program

In order for Triathlon Ontario to meet these objectives, a provincial strategy must be developed that will encourage and engage athletes, parents, club officials and coaches across the Province to put ONTARIO FIRST. These key strategies include:

Strategy One – Coaching Development

Strategy Two – Performance Standards, Tracking and Talent I.D.

Strategy Three – Training Environments

Strategy Four – Racing Environments

By implementing these strategies and taking the steps needed we can ensure that Ontario athletes, coaches and clubs are engaged and included at all levels of the development pyramid. The success of our sport and our athletes depends not on one, two or three coaches or programs, but on all stakeholders working collaboratively and collectively to create a Provincial program that provides coach development opportunities, high performance training environments and an easily understood and accessible pathway from introduction of the sport to National and International level competition.

In every sport in every country development programs encourage and develop regional teams and programs to enable athletes, parents and coaches to identify and promote talented individuals through the Athlete Development Pyramid. The use and implementation of this model is used in our National Development Strategy and Triathlon Ontario's development program will include it as a cornerstone of our Provincial Development Program.

Athlete Development Pyramid



Strategy One

Coaching Development

It is important that we recognize that every athlete should have access to dedicated coaches and that coaches play an important role in athlete development. It is also important that professional development opportunities are made available to coaches who are interested in developing their skills and knowledge. It is equally important that we realize that athlete/coach relationships are the foundation of developing world class athletes and it is unreasonable to assume that every athlete is best served by one specific coach or program.

Incorporate professional development opportunities for coaches who are interested in mentoring with Provincial and or National coaches at various camps, clinics and races.

- Maintain the role of a Provincial Coach position
- Build coaching curriculum/resources, and outreach to programs to coaches and clubs
- Identification of key regional/local coaches active in Youth and Junior ranks and offer support
- Provide professional development/mentoring opportunities for regional/local coaches at provincial camps and clinics, provincial race series, international camps, other key events
- Identification and development of curriculum, resources and continuing education for HP coaches

Strategy Two

Performance Standards, Tracking and Talent I.D

In developing this program we must not only be able to identify talent but also support and develop talented athletes. Part of this development is to test and track the current group of High Performance athletes. Consistent testing and evaluation allows us to set baselines for identification as athletes move through the system, just as we will have information to compare older athletes to National and International levels, we will be creating a Provincial system to track and identify young athletes across the Province.

Testing protocols are an important tool in order to assess areas of development that are not just outcome driven (racing), but focus more on the process of development. By implementing testing protocols we are not only able to track progress but also to compare results and progress against the Gold Medal profile benchmarks (physical, mental, tactical, technical). This feedback becomes critical to both the athlete and coach helping to identify personal strengths and limiters that can be used to adjust the Annual Training Plan (ATP) accordingly.

In order to be an effective tool our Provincial performance standards must:

- Be aligned with the Triathlon Canada's standards
- Be aligned with International Trends
- Be consistent over time to identify and track athletes
- Be clear and transparent
- Provide regional opportunities for athlete functional movement screens, fitness testing and information seminars
- Monitor race and training results from training days, camps and race series to I.D. potential talent.

Performance standards will include the swim and run standards currently used by Triathlon Ontario and race performances in draft legal events including, Junior National Series and National Series standings, Ontario Youth Cup and Quebec Cup events.

Strategy Three

Training Environments

Creating performance based training environments is important in developing high performance athletes. A centralized training centre is an important central part of our Provincial strategy but cannot be considered the only location for development and advanced training and professional development opportunities. This mind set is neither practical nor feasible and Triathlon Ontario recognizes that we must do a better job helping coaches and clubs where we can by providing information and support to enhance the programs and daily training environment of these athletes. We also recognize that creating programs that allow more athletes to access high quality training groups and more contact with Provincial and National Level Coaches and athletes is also imperative.

- Increased contact time between Provincial Coach and identified athletes
- Increased collaboration between Provincial Coaches and clubs
- More effective distribution and integration of performance services
- More Provincial training groups and opportunities (camps, clinics, training days, etc)
- Increased access to performance based training environments – develop more Youth/Junior focused clubs
- Stronger relationships between athletes and coaches through more interaction

Creating the right environments across the province will help Triathlon Ontario attract and retain more athletes while we provide increased access to these environments for coaches and athletes.

Strategy Four

Racing Environments-

As important as talent ID is in developing a healthy high performance program it is only the first step. Talent must be developed with appropriate opportunities and support for athletes to train and race. The competition environment needs to be as competitive and challenging as the training environment. Currently Ontario has very few events that can be considered quality development opportunities. In order to properly prepare Ontario athletes to not only be the best in the country but to also be internationally competitive we need to implement programs that offer Ontario athletes opportunities to train and compete in more international events.

- International training camps/clinics
- Targeted race support at International races (primarily Eastern USAT Junior events)
- Support for National Race series attendance
- Expansion of provincial race series/Youth Cup

Providing Ontario athletes with more opportunities to race draft legal events and high level training environments that simulate race situations will allow further skill development for draft legal racing.

Conclusion

A successful Provincial Development Program is the cornerstone to developing the sport of triathlon in Ontario at the High Performance Level, and showcasing the draft legal and competitive side of the sport. Key pieces to the development of this program include:

- Training days (ages 11-15)
- Development days (ages 15-20)
- Development Camps
- Provincial Race Series
- Ontario Summer Games Program
- Canada Summer Games Program
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By working together as a single group we can develop a system that is the envy of the country. Ontario has a history of excellence in the sport of triathlon and as the sport grows in complexity and competitiveness, Ontario coaches, clubs and athletes must work together in order to prepare all our athletes for the success they work so hard to achieve.