



WESTERN SYDNEY
ACADEMY OF SPORT

2020/21

TRIATHLON PROGRAM



TRIATHLON
NEW SOUTH WALES



Western Sydney Academy of Sport

The Western Sydney Academy of Sport is an independent non-profit organisation, incorporated in June 2004. The Academy's Board of Directors features prominent business, sporting and community representatives.

The role of the Academy is to provide quality development opportunities for talented young athletes living within the Academy's official geographic catchment including the following LGAs:

- Blacktown
- Blue Mountains
- Cumberland
- Fairfield
- Hawkesbury
- The Hills
- Parramatta
- Penrith

The Academy's programs focus on high standards of individual performance, achievement, and excellence. The Academy works in collaboration with the recognised State Sporting Organisations, the NSW Institute of Sport, and all levels of sports administration to ensure its programs provide relevant and valuable opportunities within an integrated pathway for our athletes. The Academy's development programs have established benchmarks in standards and value in the officially recognised development pathway for talented athletes.

Since its establishment, over 2,700 talented young sports people have completed Scholarships with the Academy across a large range of sports disciplines. The Academy takes considerable pride from the progression of many of its athletes to the more elite levels of sport – examples being:

- Paige Hadley & Kim Ravailion – Aus. Diamonds Netball Squad
- Jessica Fox (Slalom Kayak/Canoe) – World Champion (K1), 2016 Rio and 2012 London Olympian & Bronze/Silver Medallist
- Ian Borrows (Canoe Slalom) – 2016 RIO Olympian
- Amanda Spratt (Cycling) – 2012 London Olympian
- Moses Leota, Matt Eisenhuth, Bryce Cartwright, John Asiata, Jerome Luai – current NRL players
- Taylah Tsitsikronis & Rachel Lack – Australian Softball Squad

Snapshot of the 2020/21 Programs

- Over 200 talented athletes aged between 13 and 18 residing and competing across the western Sydney region.
- Technical – skill development and educational seminars across 10 fully endorsed and integrated sports programs – AFL Girls, AFL Juniors, Cycling, Golf, Lone Star, Netball, Netball Umpiring, Rowing, Softball and Triathlon.
- Significant annual events including Academy Games, Inter-Academy Tournaments, Athlete Dinner and Civic Receptions.
- High quality educational content including nutrition, sports psychology, cyber safety & social media, injury prevention & management and anti-doping (ASADA) as a part of the Your Local Club Athlete Education Program.





Educational Development

Drugs in Sport

Nutrition

Cyber Safety

Injury Prevention & Management

Sports Psychology

Resilience & Bullying

Personal Development

Council civic reception opportunities

Athlete award ceremonies

Recognition opportunities with local MP's

Interview opportunities with local media

Parliamentary Reception opportunity

Woolworths Scholarship opportunity

During the 2019/20 period, over 200 Academy athletes undertook a combined total of 450 hours of technical development through high quality coaching resources – as well as a combined total of 90 hours of educational development. Athletes will participate in residential camps and compete in inter-State and intra-State tournaments. Athletes will also feature in a number of significant stakeholder events throughout the 12-month period.

Academy Athlete Dinner

A glamorous annual Awards night – attended by 300 guests – with special guests and announcements of major athlete award winners.

Mayoral Receptions

Civic receptions hosted by the Mayors of western Sydney Councils, recognising the achievements of those local athletes representing their communities through their performances in the Academy's programs.

The Academy Games

Academy athletes in select sports participate in high quality competition over a three-day carnival involving athletes from all other Regional Academies across NSW. The Games will be held in the Hunter Region in 2021.



2020/21 Triathlon Program

Head Coach

James Sweeney has been involved in the sport of triathlon for 24 years and has been coaching for the last 16 years. James has been involved at various levels with junior athlete development and coaching including coaching the WSAS triathlon program since 2018. He has produced high performing athletes in many areas of the sport including junior athletes, age group world champions, Para triathlon world champions and professional triathletes. As an accredited Triathlon Australia Performance coach, he brings knowledge and experience to our program and to the athletes involved.



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Program Partners

The Western Sydney Academy of Sport and Triathlon NSW are the principal program partners. These organisations have worked collaboratively to develop and implement the 2020/21 program.



Program Timelines

Online Nominations:

August 2020

Nominations will open on 1 August 2020 via the Academy website (www.wsas.com.au/nominations) and will remain open until 23 August 2020.

Athlete Selection:

August 2020

After nominations have closed selection trials will be conducted and the coaching staff and Triathlon NSW staff will make athlete selections to be inducted into the 2020/21 squad.

Academy Program Start:

September 2020

Once the squad has been inducted, training sessions and education sessions will commence in accordance with the program schedule.

Program Content

In collaboration with our partners, specific program content has been designed to match the core curriculum components for players aspiring to higher levels. These include:

- Strength & conditioning
- Technical training
- Educational seminars
- Personal development opportunities

All athletes are expected to have a 100% attendance rate at all program activities.

Athletes will be required to communicate with the Head Coach and Assistant Coach regularly via their Team App group, email or telephone to provide updates of activity and performances.



Program Objectives

The Academy's Triathlon Program has been developed, and will be implemented, in close consultation and collaboration with Triathlon Australia and Triathlon NSW. The Program provides an essential and highly relevant step in the development pathway of young triathletes from across the western Sydney Region – with the ultimate goal of preparing these talented young athletes for progression to higher levels of individual performance and achievement – specifically the Triathlon NSW Emerging Talent Squad.

TRIATHLON NEW SOUTH WALES		TNSW DEVELOPMENT PATHWAY				
PROGRAM	AGE*	SPORT SPECIALISATION	CAMPS / CLINICS	RACING	COACHING	COMPETITION FOCUS
REGIONAL ACADEMY OF SPORT PROGRAMS / REST OF STATE TALENT ACADEMY	13 - 17	NO 'DO TRIATHLON, DON'T BE A TRIATHLETE'	SKILLS CLINICS/ RACE CAMPS	REGIONAL AND STATE	CLUB TRAINING GROUPS AND SPORTS SPECIFIC	SKILL DEVELOPMENT FUN / FRIENDS FALL IN LOVE WITH SPORT
EMERGING TALENT SQUAD	16 - 19	YES (WITH RELEVANT COMPLIMENTARY SPORTING EXPOSURE)	TRAINING AND RACING CAMPS	STATE AND NATIONAL	DTE	SKILL DEVELOPMENT/ TECHNICAL EXECUTION/ TACTICAL EXPOSURE
U23 DEVELOPMENT SQUAD	18 - 23	YES	TRAINING AND RACING CAMPS	NATIONAL AND INTERNATIONAL	DTE AND DPE	MULTI FACETED EXPOSURE UNDER STRESS/ FATIGUE OR PERFORMANCE

*AS AT 31 DECEMBER IN THE YEAR OF QUALIFYING WORLD CHAMPIONSHIP. DTE - DAILY TRAINING ENVIRONMENT DPE - DAILY PERFORMANCE ENVIRONMENT

In selecting the athletes that will hold Scholarships under the Western Sydney Academy Program, the Program partners are seeking to lay the foundations for the development and emergence of quality athletes that will progress to the highest level of participation in the sport. With the Program content featuring skills and technical development opportunities, athlete education, sports science and fitness elements, the Program is a comprehensive introduction to what will be required at the elite levels of the sport.

Benefits

The focus of the Academy's program is individual athlete development – with the key areas of results and achievement being:

- Technical skills – practice methods, race preparation
- Strength and conditioning – methods and techniques – testing and monitoring
- Knowledge – Anti-Doping, Psychology, Nutrition
- Personal development – media skills, public speaking, social media

Each athlete participating in the Academy Triathlon Program has the opportunity to gain significant practical and theoretical benefit from their involvement. In addition, athletes will receive several material benefits in recognition of their talent and potential in terms of further development in the sport:

- Academy athlete uniform apparel
- Ability to nominate for the annual Woolworths Athlete Scholarships
- 15% reduced rate on services provided by Sydney West Sports Medicine (massage excluded)
- Attendance at the Academy's events including Athlete Dinner & Council Receptions



Eligibility

To be eligible to apply to trial for a position in the 2019/20 Triathlon squad, athletes must be:

- Born between 2004 – 2008;
- Committed to progressing to a higher representation within the sport of triathlon;
- A current financial member of Triathlon Australia;
- Currently residing in the local government area (LGA) of Blacktown, Blue Mountains, Fairfield, Hawkesbury, City of Parramatta, Penrith or The Hills.

Program Communications

Team App

All athletes and staff will communicate directly through the Academy's Team App – this is secure information share and communication portal attached to the Academy's web site and can only be accessed by the approved group members. All program communications, information, learning opportunities will be directed through the Team App and athletes are expected to use this method daily.

Academy Website

The Academy's dedicated website www.wsas.com.au has been designed as a portal of information for our athletes and interested parties – providing up to date information on all the Academy's activities, initiatives and opportunities. The Academy website attracts over 1,000 visits on a monthly basis! Feature stories and associated branding for Academy partners can be incorporated into the website.

Social Media

The Academy has joined the social media revolution with pages on Facebook, Instagram, Linked In & Twitter. Join Us! Athletes are encouraged to provide the Academy with any updates on performances and representation so that we can promote your achievements.

WSAS e-News

A regular e-Newsletter will be distributed to all athletes by the Academy monthly.

Contact Details

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