



# **2024 Kampar OCA – World Triathlon - Asia Triathlon Youth Development Camp**

## **(Pre-Event & Post-Event Camp Curriculum)**

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## Table of contents

Introduction	3
Overview	3
Target Audience	4
Coaches	4
Athletes	4
Learning Outcomes	4
Coaches KPI's	4
Athletes KPI's	4
Supporting Resources	7
Eligibility	7
Athletes	7
Coaches	7
Coaches' roles and responsibilities	8
Ratio coach/athletes	9
Selection process	9
Selection Panel	9
Parental consent	9
Timeline for enrolment	9
Equipment required	9
Facilities requirements	10
Pre-Camp activities	11
Schedule	12

## Introduction (Pre-Event)

The result of the race will be determined by each competitor's ability to start the race in a mentally and emotionally prepared state, with adequate fuel, in the best physical condition and underpinned by the athlete's understanding of how to race the particular course well.

The World Triathlon Pre-event Camp was created with the specific purpose of giving participants up-to-date knowledge on pre-race preparation, race course analysis, pre-competition nutrition, mental preparation, the goal-setting process and specifically preparing an athlete to race a course well.

The primary objective of the camp is to give coaches and athletes the knowledge, resources, and skills they need to correctly build their race strategy and plan, create their nutrition strategy, work on their mental preparation, and create the most effective pre-race routine.

## Introduction (Post-Event)

A post-race analysis is crucial to assess your performance, identify what worked and what didn't, where your strengths lie, and what limiters need to be adjusted.

The World Triathlon Post-Event Development Camp was created with the specific purpose of giving participants up-to-date knowledge on post-race analysis, performance analysis, post-competition nutrition, recovery, goal-setting review and reflective thinking.

The main goal of the camp is to provide coaches and athletes with the information, tools, and expertise they need to properly analyse their race performance and then use this knowledge to develop a better understanding of how to race with an improved level of understanding of all the factors required to consistently race better. This is done by looking at various metrics after a race and performing quantitative and qualitative analyses of the data obtained from that race.

## Overview (Pre-Event)

The camp's curriculum is built on the idea of offering in-depth background reading, useful resources, and practical tools. The most recent academic studies in sport serve as the foundation for all of the content. In order for participants to increase their knowledge in each topic, additional readings and practical tasks have been suggested in each book.

The following sections provide an overview of the program's content:

- Race course analysis, with a focus on developing a successful race plan
- Travelling Athlete
- Nutrition
- Sleep
- Rules, Ranking and Qualification Criteria

- Training and Tapering
- [Anti-doping](#)
- Mental preparation
- Pre-race routine
- Goal setting
- Reflective thinking

## Overview (Post-Event)

The following sections provide an overview of the program's content:

- Recovery strategies
- Identifying areas of improvement
- The travelling athlete
- Race results analysis
- Equipment
- Rules, Ranking and Qualification Criteria
- Race reflections and analysis
- Goal setting, analysis and review
- Nutrition
- Sleep
- Reflective thinking

## Target Audience

### Coaches

World Triathlon Level 1 and Level 2 Certified Coaches and ACEP accredited coaches, or Coaches with academic/sport certification in coaching - World Triathlon will check these cases one by one and work with the Continental Confederation and the respective National

Federation to define a pathway for these coaches to be integrated with the World Triathlon Coaches Pathway.

## Athletes

Youth athletes (Age 15-17 years)

## Learning Outcomes (Pre-Event)

There are many significant learning goals included in the program. In order to accomplish simultaneous practice-based development, coaches are encouraged to closely work with their athletes during the camp. Participants in the camp are expected to be able to design, oversee, and implement a program to improve their pre-race routines and specific race preparation. Coaches and athletes need to be aware of all the aspects affecting the particular requirements of the competition in order to develop a long-term strategy that will maximise the athletes' capacity to plan, analyse, and prepare effectively for a certain race. They must also be able to identify the athletes' strengths and weaknesses and address them using the sections of the course where they excel, they will have an advantage over their rivals and minimise any time losses that may come from their weaknesses. They must also learn how to develop goals that are both objective and practical.

After completing this camp, coaches and athletes should be able to:

## Coaches KPI's (Pre-Event)

- Provide positive and encouraging support to the athletes before an event.
- Be prepared to be challenged on tactics and race approach.
- Manage and set realistic goals and expectations.
- Be well-versed in nutritional tactics for training and performance.
- Review a decision, good or bad, learn and move on (plan/do/review) in a constructive way.
- Bring their own ideas to coach/facilitator discussions.
- Seek to engage their coaching and support team.
- Actively go through a process of training, race evaluation and reviewing.

## Athletes KPI's (Pre-Event)

- Engage with the coaching team.
- Be prepared and open to trying to develop different tactics.
- Request information and be confident making decisions.
- Not be afraid to make mistakes and then learn from them.
- Be persistent, focused, and eager for your race.
- Trying your hardest.
- Exploring different race strategies and tactics

- Increasing understanding of your own and your opponents' strengths, the demands of the course and maximising them for personal or team advantage.
- Make better nutrition choices.
- Plan and prepare their recovery nutrition and hydration.
- Possess a thorough awareness of the physical preparation, nutrition, sleep, and recovery procedures required for your optimum performance.

## Learning Outcomes (Post-Event)

There are many significant learning goals included in the program. In order to accomplish simultaneous practice-based development, coaches are encouraged to closely work with their athletes during the camp. Participants in the camp are expected to be able to design, oversee, and implement a program to improve their post-race routines, race analysis and recovery.

Athletes and coaches must be aware of every factor influencing a specific performance in a competition considering both internal and external influences. They must learn how to create goals that are both realistic and objective, as well as how to recognize the athletes' strengths and flaws.

Athletes and coaches also need to attend with an open mind and be prepared to be challenged by other athletes and coaches, because there is always more than one way to win a race. Race analysis can divide opinions.

After completing this camp, coaches and athletes should be able to:

## Coaches KPI's (Post-Event)

- Provide positive and encouraging support to the athletes after an event.
- Assess and evaluate athletes' pre-race goals and expectations.
- Be well-versed in nutritional tactics for post-race recovery.
- Review a decision, good or bad, learn and move on (plan/do/review) in a constructive way.
- Bring their own ideas to coach/facilitator discussions.
- Seek to engage their coaching and support team.
- Actively engage in a training, post-race evaluation, and reviewing process.
- To be prepared to be challenged on racing approach/opinions.

## Athletes KPI's (Post-Event)

- Engage with the coaching team.
- Possess the capacity to evaluate and comprehend information, analyse it, and make conclusions with confidence.
- Take control of their athletic and personal growth.
- Not be afraid to make mistakes and then learn from them.
- Analyse and assess your race strategies and tactics.
- Increase your understanding of your strengths and weaknesses.
- Be able to analyse and understand the race course's demands.
- Make better nutrition choices.

- Plan and prepare recovery nutrition and hydration.
- Possess a thorough awareness of the physical preparation, nutrition, sleep, and recovery procedures required for your optimum performance.
- Be prepared to be provided with advice from various coaches and athletes and taking on the advice with an open mind rather than criticism.

## Supporting Resources

The content is supported by the [World Triathlon Education & Knowledge Hub](#), which contains all the information (written) required to establish a successful athlete development program. Also, a section called "tools and resources" can be found within the framework. World Triathlon has developed documents, apps (under construction) and spreadsheets from the written content to support the process of athlete development during the practical sessions. With all the content provided, coaches should be able to develop their coaching knowledge and skills and establish a tailored athlete skill development program.

For more details, please contact World Triathlon Development at [development@triathlon.org](mailto:development@triathlon.org).

## Eligibility

The following criteria must be met in order to register for the camp. NFs must send a coach along with the athletes.

## Athletes

- Youth Athletes (15-17 yrs)

Youth athletes who sign up for the camp **MUST** have competed in at least one national championship. The registration form must be submitted with the race results or linked to the webpage with the results.

## Coaches

Coaches attending the camp are required to fulfil one of the following criteria:

- Coaches have successfully completed and revalidated their World Triathlon Level 1 or Level 2 Certification each year.
- They have been certified from one of the World Triathlon Accredited Coach Education Programs (ACEP).
- They have a Higher Education Accreditation in coaching, sport science or exercise physiology.

Note: World Triathlon may propose or suggest a coach to join the camp.

## Coaches' roles and responsibilities

The following responsibilities and commitments are expected of coaches attending the camp:

- Be open-minded and ready to learn.
- Be ready to work in a team environment.
- Respect everyone's opinions.
- Promote the execution of safe and correct practice.
- Be professional and accept responsibility for your actions.
- Make a commitment to providing a quality service to the participants.
- Contribute to the development of the sport in your country
- Plan the delivery of the camp sessions so they meet the needs of the group and objectives outlined.
- Recognise and accept when it is appropriate to refer a participant to another coach.
- Practice in an open and transparent fashion that encourages others to contribute to or learn from your knowledge and experience.
- Engage in self-analysis and reflection to identify your personal development needs.
- Seek on-going development opportunities to refine your coaching skills and update your knowledge.
- Avoid taking on any responsibilities for which you are not prepared or competent.
- Make sure you accurately reflect the degree of training or accreditation you possess.
- Be familiar with [World Triathlon's Safeguarding Policy](#) and handle this as a priority.



## Ratio coach/athletes

The coach-to-athletes ratio needs to allow coaches to effectively coach, assist, and develop all the camp participants efficiently and equally.

The following coaching ratios specify a maximum ratio that will guarantee a secure and effective coaching session. However, if the coach feels competent and confident handling a different ratio within the suggestions, certain adjustments can be made.

The recommended ratio coach for a Pre-event camp is 1:3

## Selection process

To be eligible for selection to the World Triathlon Development Camp athletes must:

- Be an active member in good standing with your NF.
- Fill and submit the application 8 weeks prior to the camp.
- Be registered for the race by their respective NF by the application deadline.

## Selection Panel

Composition of the Selection Panel:

- Continental Coordinator / Representative
- Camp Facilitator(s) - (Head coach)
- World Triathlon Development Representative

## Parental consent

(only the Parents of an Athlete **under sixteen (16) years old** need to fill out the consent).

Link to the file:

<https://docs.google.com/document/d/1Q5fcFg08J1V0XX4zUpekMJYzCgKAbE/edit>

## Timeline for enrolment

Application:	eight (8) weeks prior to the camp
Selection:	seven (7) weeks prior to the camp
Selection announcement to NFs:	six (6) weeks prior to the camp

## Equipment required

Athletes are required to bring all relevant equipment and clothing for training.

- Swim: Pull buoy, fins, 2 pairs of goggles, swim cap, paddles
- Bike: Bike, helmet (no cracked helmets), bike shoes, pump, spare tubes, tyre levers. Not mandatory but desirable a heart rate monitor and a power meter device.
- Run: 2 pairs of running shoes (one with elastic laces), sunscreen, hat, sunglasses

Coaches are required to bring all relevant equipment and clothing for training.

- Stopwatch
- Notebook (paper) with pen/pencil
- Tablet or laptop computer (preferably)
- Waterproof camera (not mandatory)

## Facilities requirements

- 25m swimming pool
- Parking lot or a safe area to practise bike handling skills
- Running track
- Gym
- Smart trainers with power meters

## Pre-Camp activities

Readings	Task
Travelling athlete	Decisions when travelling Choices when packing
Nutrition	Nutrition activities
Sleep	Track your hours of sleep the week before travelling to the camp
The process of Goal setting	Pre-race objectives
Race analysis	Race analysis task
Antidoping	<a href="#">Youth Athlete Anti-Doping Education 2022</a> <a href="#">International Athletes Anti-Doping Education 2022</a>
Mental Preparation	