



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

(Selection Criteria & Standards for Athletes & Coaches)

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To the Kind Attention of Asia Triathlon Member NFs

Dear Presidents, Secretary Generals, & NF Representatives,

World Triathlon & Asia Triathlon in collaboration with Olympic Council of Asia are happy to invite to the 2024 Kampar OCA – World Triathlon - Asia Triathlon Youth Development Camp. Which will be alongside the [2024 Asia Triathlon Junior Cup Kampar](#). This camp will specifically focus on pre- & post-event skills and activities.

Introduction:

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.

On the other hand, 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.

Target Audience:

- **Coaches:** Preferably 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. Coaches must actively login to their profiles on World Triathlon Knowledge & Education HUB.
- **Athletes:** Athletes aged between 15-17 YO, who have participated at least in 1 official national championship (results shall be provided). Moreover, athletes shall meet the selection standards which are provided later in this document. Coaches must actively login to their profiles on World Triathlon Knowledge & Education HUB.

National Federations Roles & Responsibilities:

- Nominate 1 male & 1 female athlete and 1 coach who are actively working with their NFs and are in good standings.
- Nominated candidates are advised to have good command in English (reading, writing & speaking).
- Attending NFs must be in good standings with Asia Triathlon (AST) & World Triathlon (TRI).
- NFs must make sure that the nominated athletes and coaches fulfill the selection standards and criteria.
- NFs may not replace male athletes with female athletes or vice versa. Each member NF can send 1 male athlete, 1 female athlete, and 1 coach.
- NFs must submit the application forms on time. Failing to meet the deadline may result in not being selected for the camp.
- Athletes who are younger than 16 YO must submit the signed parental consent form (mandatory).

What will be provided for camp participants:

- Return flights for 1 male athlete, 1 female athlete, and 1 coach.
- Accommodation on full board basis for 1 male and 1 female athlete, and 1 coach.(TWN shared rooms from the same gender).
- Airport transportation from Kuala Lumpur Int. Airport to Kampar and vice versa.
- World Triathlon Head Coaches.
- Access to World Triathlon Education & Knowledge HUB.
- Access to training facilities.
- Accommodation will be covered from 09 – 18 July 2024 for camp participants.

Equipment Required:

- **Coaches:**
 - Stopwatch.
 - Notebook (paper) with pen/pencil.
 - Tablet or laptop computer (preferably).
 - Waterproof camera (not mandatory).
 - Measure tape.

- **Athletes:**
 - Swim: Pull buoy, fins, 2 pairs of goggles, swim cap, paddles.
 - Bike: Bike, helmet (no cracked helmets), bike shoes, pump, spare tubes, tyre levers.
 - Run: 2 pairs of running shoes (one with elastic laces), sunscreen, hat, sunglasses.

Generic Schedule:

- 09 Jul 2024 (all day): Arrival at Kuala Lumpur Int. Airport. (Transport will not be provided if candidates land in a different airport).
- 10-12 Jul 2024: Pre-event camp (practical & theoretical).
- 13-14 Jul 2024: Race (Sprint distance (16+ YO) & Super Sprint distance)
- 15-17 Jul 2024: Post-event camp (practical & theoretical).
- 17 Jul (evening) – 18 Jul (all day) 2024: Departure for all candidates.
- **Detailed daily schedule will be shared later.**

Athletes who will take part in the camp are preferred but not limited to have the following criteria (tolerance is +5 to 10sec):

Distance	Swim				Run			
	50m		400m		60m	1000m		3000m
Youth Male	00:32	00:36	04:45	05:30	<00:10	03:10	03:40	≈12:00
Youth Female	00:34	00:38	04:55	05:40	<00:10	03:40	04:10	≈13:00