



The AZTEC Jersey Triathlon Academy forms part of the foundations of the triathlon talent pathway in Great Britain. The Academy is led by a team of coaches who work closely with the British Triathlon Federation to deliver a program of support to talented young triathletes. They provide the required support to allow triathletes to progress further up the talent pathway and potentially become national and internationally recognised triathletes.

On Wednesday 7th September 2016 and Sunday 11th September, the AZTEC Jersey Triathlon Academy will hold selection trials for the 2016-17 season. A run time trial will take place on the 7th at FB fields and swim time trial at Haute Vallee on the 11th.

Applications and invitations to attend the selection trials:

Athletes who will be aged 13-19 years of age in 2016 can submit an application form for the Academy. Applications will be considered and those athletes whose performance standards in swimming and running meet or exceed the minimum levels required will be invited to attend the selection trials. Successful candidates will be invited to join the Academy for the 2016 -17 season and benefit from:

- *Academy training days throughout the year*
- *The opportunity to attend Academy Training Camps – typically once a month*
- *First class coaching and guidance in key areas such as Strength and Conditioning, Nutrition, Pool and Open Water Swimming, Running, Equipment Selection, Group Bike Riding, Race Planning and Mental Preparation*
- *Support between Academy meetings through a Training Peaks account to ensure that weekly training is appropriate an effective training plan is in place*
- *Academy kit*

If you are interested you will need to complete an application form, available from fintan@juniorjerseytri.com

The cut-off date for submission of applications is **5pm, Friday 2nd September 2016** so please email the completed application form to fintan@juniorjerseytri.com

Guidance on the performance standards required:

For athletes, parents and guardians who are new to Triathlon performance standards and the AZTEC Jersey Triathlon Academy selection process, the following guidance might be helpful:

The minimum standards required for the AZTEC Jersey Triathlon Academy are first of all determined by the British Triathlon Federation Talent ID tables and then may be uplifted or down graded depending on the standards of the athletes.

The Triathlon Jersey standards are derived from the English records for swimming and running by gender and by age. There are four levels, Bronze, Silver, Gold and Gold Plus. Points are awarded according to the swim and run times achieved by the athlete and the combined total determines the athlete's performance level.



Applicants will be expected to achieve Bronze level status but the number of triathletes will be limited to 12 athletes. The standard will be reviewed at the end of every season and as well as new applicants, current members will need to re-apply.

As a guide the minimum-bronze standards for swim and run are as follows although please note that a stronger swim and weaker run time (and vice versa) may enable you to achieve the bronze standard required for academy entry:

| Female | Swim | Run |
|-------------------|-------------|------------|
| 13 years old | 2.44.6 | 5.58.8 |
| 14 years old | 2.43.0 | 5.52.5 |
| 15 years old | 2.39.4 | 5.49.0 |
| 16 years old | 2.39.4 | 5.40.6 |
| 17 years old | 5.29.1 | 12.10.8 |
| 18 -19 years old | 5.27.2 | 11.43.5 |
| Male | | |
| 13 years old | 2.37.9 | 5.42.3 |
| 14 years old | 2.34.0 | 5.21.9 |
| 15 years old | 2.30.7 | 5.16.6 |
| 16 years old | 2.28.5 | 5.08.3 |
| 17 years old | 5.06.7 | 10.53.7 |
| 18 - 19 years old | 5.04.7 | 10.20.4 |

13-16 years old: 200m swim/1500m run - **17-19 years old:** 400m swim / 3000m run

Selection trials timetable:

Date: Wednesday 7th September 2016 *Venue:* FB Fields 6pm

and Sunday 11th September 2016 *Venue:* Haute Vallee school swimming pool – 10.15am

Athlete interviews (parents invited): 12 noon – 1pm, 11th Sept 2016 – Haute Vallee School

Academy Dates

If successful at the trials and invited to join the Academy, athletes are expected to attend all Academy days on the following dates: (further dates for 2017 to be confirmed):

- 9 October 2016
- 13 November 2016
- 11 December 2016
- 15 January 2017

If you have any questions about the selection trials, please contact Fintan Kennedy (Development and Performance Pathway Officer) fintan@juniorjerseytri.com