

SUMMARY

In accordance with Triathlon Canada's Long Term Athlete Development (LTAD) Model, this protocol has been developed to address the rare occasion when an adolescent athlete displays the skills, capacities and physical maturity to compete in Junior draft-legal triathlons at the age of 15 years*. Chronological age, while a convenient method for delineating competitive categories, may not always serve the best interests of developing athletes. Therefore, this protocol has been developed to address those athletes whose ongoing development would be best served by 'racing up' in Junior draft-legal events.

In order to determine the readiness of a 15 year-old athlete to compete in Junior draft-legal events, the athlete and their coach must first obtain the endorsement of their Provincial Governing Body (PGB) for Triathlon. The endorsed petition will then be assessed by a panel of NCCP-certified triathlon coaches, according to the following criteria:

- **Mastery** – the athlete must demonstrate technical, tactical and performance mastery.
- **Physical Maturation** – the athlete must be post-PHV.
- **Performance Standards** – the athlete must meet swim and run performance standards.
- **Developmental Value** – it must be demonstrated that 'racing up' will benefit the development of the athlete.
- **Draft-Legal Certified** – the athlete must be draft-legal certified to ensure the safety of the athlete and other junior competitors.

It is in the interests of all potential applicants that the standards be robust and rigorously applied. It is therefore expected that few petitions will receive PGB endorsement, and fewer still will be approved by the review panel. The review panel will seriously consider the readiness of the athlete to race in Junior draft-legal events, and must be satisfied that such opportunities would serve to further the development of the athlete. For those applicants who are approved, racing will be limited to domestic Junior draft-legal competitions, and athletes will not be eligible for selection to junior teams.

*defined as 15 years old as of Dec 31st of the current racing year, as per ITU rules.

PROTOCOL TO ALLOW 15 YEAR-OLD ATHLETES TO COMPETE IN JUNIOR DRAFT-LEGAL EVENTS

Triathlon Canada recognizes that grouping adolescent athletes according to chronological age may not always serve the developmental needs of certain individuals. In accordance with the Long Term Athlete Development (LTAD) model, Triathlon Canada has therefore developed a protocol to allow certain 15 year old* athletes to 'race up' in Junior draft-legal races. Applicants seeking consideration for this exemption will be required to demonstrate that they possess the capacities, skills and physical maturity to compete in Junior draft legal events, and furthermore that such opportunities would positively contribute to their continuing athletic development.

*defined as 15 years old as of Dec 31st of the current racing year, as per ITU rules.

PETITION

The primary triathlon coach of the athlete will submit a petition in writing to the Coaching Director of their Provincial Triathlon Governing Body (PGB). The provincial Coaching Director will review the petition based on the criteria outlined in this document, and recommend the application to the Triathlon Canada National Coaching and LTAD Committee, if he/she deems the petition to have merit. In the event that a PGB does not have a designated Coaching Director, the Executive Director, or President of the PGB shall receive the petition for review and possible recommendation to the Triathlon Canada National Coaching and LTAD Committee. The petition should include the following:

- Name, contact information, and proof of NCCP certification of the triathlon coach.
- Signature of at least one of the athlete's parents in support of the petition.
- Brief letter of endorsement from PGB.
- All relevant performance and development information as required by the criteria outlined in this document.

See application form attached

EVALUATION

The petition will be evaluated by three certified NCCP Triathlon coaches, selected by the Chair of the National Coaching and LTAD committee. After reviewing the documentation, a simple two-thirds majority vote amongst the designated coaches will determine whether the petition is accepted or denied. The coach who submits the petition is not eligible to act as one of the three coaches designated to evaluate the request.

CRITERIA

The following criteria will be considered in the evaluation of the petition:

1. **Mastery:** In order to be considered for approval to race in Junior draft-legal races, the coach must clearly demonstrate that the athlete has mastered their current context:
 - a) *Competitive Mastery.* Athletes must complete a minimum of two (2) sanctioned Kids of Steel® Triathlons as a 15 year-old, before submitting a petition to compete in Junior draft-legal races. It must be clearly demonstrated that the athlete is winning races against his/her peers in a dominant fashion. Furthermore, particular attention

will be given to the degree to which the athlete is out-performing his/her peers in the swim and run segments of the triathlon.

- b) *Technical Mastery*. The coach must attest that the athlete has achieved a level of technical proficiency in swimming, cycling, running and transition that exceeds the skill level of the athlete’s competitors.
2. **Physical Maturation:** It must be clearly demonstrated that the athlete has already experienced his/her adolescent growth spurt (i.e. the athlete must be post-Peak Height Velocity).
 3. **Performance Standards:** In recognition of the importance of swim and run performance to future success in draft legal triathlon, the athlete must provide certified results demonstrating that they have finished within 5% of established Junior “World Standards” for swim and run, according to Triathlon Canada’s Normative Performance Standards. Athletes and coaches should also note that specific performance standards for U15 (males) and U14 (females) are currently in development, and may be employed in the future as a replacement for the current “+5% standard” outlined here.

The following are the swim and run Junior “World Standards” and “+5% standards” required of successful applicants:

Females

SWIM			RUN		
DISTANCE	WORLD STANDARD	+5%	DISTANCE	WORLD STANDARD	+5%
400m	4:56	5:11	3000m	10:12	10:43
800m	10:08	10:38	5000m	17:40	18:32
1500m	19:30	20:29	10K Not Accepted		

Males

SWIM			RUN		
DISTANCE	WORLD STANDARD	+5%	DISTANCE	WORLD STANDARD	+5%
400m	4:40	4:54	3000m	9:00	9:27
800m	9:36	10:05	5000m	15:40	16:27
1500m	18:30	19:25	10K Not Accepted		

Coaches and athletes are invited to review Triathlon Canada’s LTAD document for information regarding the Normative Performance Standards:

<http://triathloncanada.com/rtecontent/document/LTADBooklet.pdf>

4. **Development Value:** The coach must clearly articulate the development value for the athlete in allowing him/her to compete in Junior draft-legal triathlons. Specifically, the coach must demonstrate a thorough understanding of the athlete’s current skills and fitness, their readiness to compete in draft-legal events, and indicate how such a progression would serve the long-term development of the athlete.
5. **Draft Legal Certification:** The athlete must be approved for draft-legal racing by their Triathlon Provincial Governing Body.

REVIEW PROCESS

1. The coach will submit the petition electronically to the Provincial Governing Body for review by the provincial Coaching Director, Executive Director, or President, as outlined previously.
2. The petition will then be recommended to Triathlon Canada (info@triathloncanada.com), attention "Chair of the National Coaching and LTAD Committee" with PGB endorsement.
3. The Chair of the National Coaching and LTAD Committee will nominate three NCCP Certified Triathlon Coaches, to act as a review panel, and review the petition in a timely fashion. The review panel will consider all criteria, and make an informed and professional decision in the best interests of the continued development of the athlete.
4. The review panel will provide their decision to the Chair of the National Coaching and LTAD Committee, including a summary of reasons in the event that the petition is declined.
5. The Chair of the National Coaching and LTAD committee, upon receipt of the review panel's decision, will inform the athlete's coach of the approval or denial of the petition.
6. If approved, the Chair of the National Coaching and LTAD committee will provide the athlete with a letter authorizing Race Directors to accept the registration of the underage athlete in a draft-legal Junior race event. The athlete will carry this letter to all junior draft-legal events for the remainder of current race season. This notice will be copied to the PGB, and the Chair of the Technical Committee.
7. The Chair of the Technical Committee will advise race directors and all PGBs that the athlete is eligible for Junior draft-legal racing.
8. The athlete's PGB will co-ordinate with the athlete's family to ensure that the athlete is properly insured to compete in Junior draft-legal events.

Successful applicants will be eligible to compete in all subsequent domestic Junior draft-legal events, and will also be eligible to receive any and all awards as a result of their performances at individual Provincial and National Junior draft-legal competitions, including the Junior National Championships. Successful applicants will **not** be eligible for the following:

- Triathlon Canada Junior Series Ranking
- Triathlon Canada Junior Series Awards
- Selection to any Junior Team (i.e. Provincial, Canada Games, World Championships, etc.)
- Junior draft-legal events outside of Canada (i.e. USAT, PATCO, ITU, etc.)



Protocol Application for 15 Year-Old Athletes to Compete in Junior Draft-Legal Events

To: Provincial Director of Coaching

(Provincial Governing Body Name) _____

(Address) _____

Date: _____

Name of Athlete: _____

Address: _____

Contact Email: _____

Contact Phone number: _____

Parental Consent: I consent to my child being permitted to race in Junior draft-legal events if his/her coach's application for this exception is approved by the Provincial Governing Body and Triathlon Canada.

X _____ *(signature)*

Parent Name _____

Name of Coach: _____

Address: _____

Contact Email: _____

Contact Phone number: _____

Coaches NCCP Certification Record

Coach's Submission (*Must address the following points. Please attach any relevant documentation i.e. ytp etc.*)

- **Mastery** – the athlete must demonstrate technical, tactical and performance mastery.
 - **Physical Maturation** – the athlete must be post-PHV.
 - **Performance Standards** – the athlete must meet swim and run performance standards.
 - **Developmental Value** – it must be demonstrated that 'racing up' will benefit the development of the athlete.
 - **Draft-Legal Certified** – the athlete must be draft-legal certified to ensure the safety of the athlete and other junior competitors.
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Provincial Director of Coaching Recommendation

Comments: _____

Recommended or Declined

X
Provincial Coaching Director Signature
Name: _____

Forward to attention of:

Triathlon Canada, Director Coaching & LTAD Programs

**704 - 1185 Eglinton Ave. E.
Toronto, Ontario, Canada M3C 3C6
Telephone/Téléphone: 416-426-7180
FAX/Télécopieur: 416-426-7294
Email/Courriel: Info@TriathlonCanada.com**

Director Coaching & LTAD Programs

Comments: _____

Approved or Declined

X
Triathlon Canada Director, Coaching & LTAD Programs Signature
Name: _____