



2006 Melbourne Commonwealth Games Future Athletes Program

TRIATHLON PERFORMANCE SESSION APPLICATION FORM

ABOUT THE PROGRAM

The 'Future Athletes Program' is an initiative of the Victorian Government designed to introduce secondary school age students competing in representative school events to a wider developmental pathway in their sport. During 2005 the Victorian Institute of Sport, in conjunction with the 16 Commonwealth Games sports associations, will conduct sport specific performance sessions providing:

- Technical tips from leading coaches
- Training advice from a State or National representative athlete
- Valuable information on Sports Nutrition, Training and Injury Prevention
- Skill practice and assessment
- Information on how to take the 'next step' in sporting development

Sessions scheduled from 10:00am until 3:30pm, and are free of charge to participants.

ELIGIBILITY and SELECTION to ATTEND a TRIATHLON PERFORMANCE SESSION

All Victorian Secondary School students who meet the selection criteria may enrol in a Triathlon sport performance session. Selection criteria have been developed in consultation with Triathlon Victoria to assist athletes in taking the 'next step' in their sporting development. Session places are limited and applications will be accepted only until each session is full. Applications can close early should sufficient applications be received.

To be eligible to attend a 'Future Athlete' Triathlon Performance Session:

- Students must submit a signed application form to the VIS prior to the scheduled performance session.
- Applicants must be at least 11 years of age and currently enrolled in a Victorian Secondary School (both government and non-government school students are eligible).
- Any athlete who finishes within 25% of the winners time at the designated selection races (see over for list of selection races)
- Athletes who fall outside the 25% margin, but who demonstrate the ability to finish within 10% of the combined swim/run times of the winner are also eligible.
- Athletes who are injured or unable to attend a selection race must provide further documentation from a coach or PE teacher, highlighting their aptitude for Triathlon.
- Students may attend only one 'Future Athletes Program' Triathlon performance session.
- Athletes invited to attend further VIS screening or selection programs must be willing to progress to the next level in the Triathlon development pathway.

SCHEDULED TRIATHLON PERFORMANCE SESSIONS

- **GIPPSLAND** Moe Newborough Sports Centre – Saturday 4th February 2006
- **MELBOURNE** Victorian Institute of Sport – Saturday 11th February 2006
- **GEELONG** Geelong Grammar School - Saturday 25th February 2006

FUTURE ATHLETES PROGRAM TRIATHLON PERFORMANCE SESSION APPLICATION FORM

Complete and mail or fax this form to:
 Future Athletes Program – Triathlon Performance Session
 Victorian Institute of Sport
 P.O. Box 12608 A'Beckett Street
 Melbourne VIC 8006
 Fax 9425-0100

Enquiries, please e-mail future.athletes@vis.org.au or phone 9425-0030

Student's First Name:

Surname:

Gender: M / F Height (cm): Weight (kgs): Date of Birth

Name of Secondary School attending:

Name of PE / Sport Contact at school:

Triathlon Coach / Club (if applicable):

Selection race attended (please tick):

- January 8th 2006 - VSSSA Selection Race Elwood 750/20/5
- January 11th 2006 - Splash and Dash. Brighton Baths 500/5/500 or 250/2.5/250
- January 15th 2006 - Bairnsdale Triathlon. 200/22/5.5 or 200/8.5/2.7
- January 15th 2006 - Echuca Moama Triathlon 600/21.5/5.5 or 300/10/2.5
- January 15th 2006 - Gatorade Series Sandringham 750/20/5 or 250/8/2.5

Result at selection race:

Discipline	Swim	Cycle	Run
Distance			
Your Time			

Performance session applied for (please circle)

GIPPSLAND	MELBOURNE	GEELONG
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Home Address:

Suburb: Post Code:

Phone Number: Emergency Number:

E-mail Contact: _____

Parent/Athlete consent to attend performance session:

I (Name of Parent / Guardian) _____
 hereby give permission for my son/daughter to undertake Triathlon instruction at the Future Athletes Program sport performance session.

 Signature of Parent or Guardian

All applicants will be notified by mail about the status of their application

