

Triathlon CANADA



PERFORMANCE CENTRES

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INTRODUCTION

Triathlon Canada Performance Centres are high quality Daily Performance Environments (DPE) with the ability to develop Gold Medal Profile pathway athletes into world class podium athletes. .

The quality of the athletes being developed is the standard by which a Performance Centre is assessed. A World Leading Daily Performance Environment delivering potential Gold Medal Profile athletes must be maintained consistently, year in and year out, to earn and retain a Performance Centre designation.

POLICY STATEMENT

All programs dedicated to the pursuit of the Triathlon Canada Gold Medal Profile through ***The Talent Project*** initiatives are encouraged to strive for this designation. This policy reflects the integrated approach of the Talent Project by combining three of the key elements required for a successful talent development system; athletes, coaches and competitions.

The ability of a program to achieve long term international excellence as measured against the Triathlon Canada Gold Medal Profile, and to greatly enhance the *Daily Performance Environment* (DPE) are critical characteristics for Performance Centre designation.

The Talent Project athletes and coaches are the intended beneficiaries of the Performance Centre program as part of the Triathlon Canada Athlete Development initiatives.

High Performance Director along with the Athlete Development Director and National High Performance Coach make all final selections for the Performance Centre program.

ELIGIBILITY PROCESS

The eligibility criteria, deadlines, and conditions for programs who wish to earn for the Performance Centre designation are outlined within this policy document.

Programs must submit an expression of interest in earning their Performance Centre status by meeting all current eligibility requirements. Programs are subject to announced and unannounced performance reviews at any time and place; in training, in competition, at training camps, etc.

The number of programs receiving Performance Centre designation in any given year is limited only by the quality of applications.

OVERALL CRITERIA

A Performance Centre will form part of a networked system of centres of excellence tasked with improving athlete and coach development as well as competition opportunities.

Final acceptance is based upon meeting the following objectives:

1. Consistently improving the *Daily Performance Environment* relative to the GMP,
2. Consistently improving athlete performance standards relative to the GMP,
3. Consistently developing individual athlete competition experience relative to the GMP,
4. Consistently striving to develop a positive overall *World Leading Daily Performance Environment*, and
5. Consistently demonstrating potential to contribute to podium performances through commitment to the sport of triathlon.

The full Performance Centre application is contained in the ***Expression of Interest Form*** (see appended Expression of Interest form).

FINANCES

Performance centres are expected to be financially self-sustaining and operating on a balanced budget.

Recognition as a Triathlon Canada Performance Centres identifies high quality programs to athletes, parents, PSO, schools, etc. With Triathlon Canada recognition, there are opportunities made available to the Performance Centre, some of which can generate additional revenue streams.

These possible opportunities include;

- Event internships (i.e. World Championships, PACTO, World Cup or WTS events),
- DPE internships (i.e. winter camps, testing and evaluation sessions, RisingStars initiatives, etc.),
- Performance stream coaching education professional development (i.e. High Performance and Development debriefs, seminars and workshops),
- Coaching education assignments in the Triathlon Canada Performance and Sport streams,
- Triathlon Canada and PSO leadership roles.

PERFORMANCE CENTRE GRADING

There are three grades of Performance Centres, each reflecting an increased level of excellence.



A single star centre is a program that meets the minimum requirements and is best described as a **Provincial Development Centre** supporting athletes within the region. It consistently offers a superior DPE and features youth or junior athletes and who are on the Gold Medal Profile trajectory.



A two star centre is a program of excellence that exceeds the minimum requirements and is best described as a two star **Triathlon Canada Performance Centre** where athletes will be drawn from local athletes as well as athletes from across Canada to attend. It consistently offers a superior DPE and features athletes who are either at the Gold Medal Profile level or well established on the Gold Medal Profile trajectory.



A three star centre is an exceptional World Leading DPE. A three star **Triathlon Canada National Performance Centre** is an essential investment for athletes defining the Gold Medal Profile.

Expression of Interest

Programs seeking Triathlon Canada Performance Centre recognition must submit an Expression of interest using the Appended form.

Once accepted, coaches must submit an Individual Performance Plan (IPP) for each athlete listed in the Athlete section of the form. The Triathlon Canada IPP Excel workbook template is available electronically from Triathlon Canada.

Appendix 1 | Expression of Interest Form

COACHING		
Name:		
Full Address:		
Phone:	mobile	
	other	
Website:		
Facebook page:		
Twitter:		
Email:		
Qualifications ¹		
NCCP No.		
Affiliated Club/Training Squad Name:		
Current Employment/Main Income Source:		
Details on coaching fees:		
Best Three Coaching Results:		
2014		
2013		
2012		
other		
Ability to Travel with Athletes:		

¹ List all qualifications including NCCP or equivalent training in all sports, First Aid, University degrees, experience, etc. Please include official course list and transcripts of grades where applicable. A list of skills and technical training should also be included.

DAILY PERFORMANCE ENVIRONMENT	
Swimming Venue(s) (Pool & Open Water):	
No. of Coached Sessions per week	
Cycling Venue(s) (Road/Track/CX/Racing):	
No. of Coached Sessions per week	
Running Venue(s) (Road/Track/Trails/Racing):	
No. of Coached Sessions per week	
S & C Access/Venue:	
No. of Coached Sessions per week	
SSSM access (names and qualifications)	
Sport MD	
Physio	
Massage	
S&C	
Bike mechanic	
Physiologist	
Nutritionist	
Mental Performance	
other	

DAILY PERFORMANCE ENVIRONMENT CAMPS	
Camp 1	
Focus	
When	
Where	
Camp 2	
Focus	
When	
Where	
Camp 3	
Focus	
When	
Where	
Camp 4	
Focus	
When	
Where	

LOCATION		
Location of Main Training Venue/Base		
Nearest international airport (location and distance)		
Cost of living estimates		
Approximate 1 bedroom apartment rent		
Approximate vacancy rate		
Closest high school location and distance		
Sport Schools?		
Closest post-secondary (i.e. FISU eligible ²) locations and distances		
Entrance requirements		
Cost of tuition		
Access to relevant competition- triathlon, swim, bike and run		
Triathlons	Domestic	
	International	
Swim	Pool and open water	
Bike	Criterium and road races	
Run	Track, road and xc	

² FISU Eligible institutions include universities, community and technical colleges, CEGEP, etc.

ATHLETES			
Total No. of Squad Athletes:	male		
	female		
Current Athletes:			
National and Development Team OR National Level ³	male	Junior	
		U23	
		Senior	
	female	Junior	
		U23	
		Senior	
Provincial Level ⁴	male	Junior	
		U23	
		Senior	
	female	Junior	
		U23	
		Senior	
Regional Level ⁵	male	Junior	
		U23	
		Senior	
	female	Junior	
		U23	
		Senior	
Others	male		
	female		

³ Athletes achieving 95% of age graded GMP swim standard and 90% of age graded GMP run standard

⁴ Athletes achieving 90% of age graded GMP swim standard and 85% of age graded GMP run standard

⁵ Athletes achieving 80% of age graded GMP swim and run standards

AFFILIATIONS	
National Programs:	
Provincial Programs:	
Canadian Sport Institute Affiliation:	
Local and Regional Triathlon Clubs:	
Local and Regional Track Clubs:	
Local and Regional Cross-Country Clubs:	
Local and Regional Swim Clubs:	
Local and Regional Cycling Clubs:	
Other sports programs:	
High School Sports Programs:	
Coaching network⁶	
Coaches you are mentoring	
Coach education involvement	
Professional colleagues	
Coaching peers	
other	

⁶ List all coaches and sports professionals with whom you network- mentoring, coach education, colleagues, peers, etc.

INVESTMENT

If successful in becoming a recognised PPC indicate where you would prioritise additional funds that may come from PC investment:

OTHER COMMENTS**Any other information/comments to assist with our initial assessment:**

RESOURCES: TRIATHLON CANADA DOCUMENTS

- I. Triathlon Canada Gold Medal Profile
- II. Triathlon Canada Individual Performance Plan template (Excel Workbook)