



APPENDIX 2

triathlonscotland Selection day outline

Date:- Sunday 15th August

Venue:- University of Stirling

How to be part of the selection day:-

Method 1- all current triathlonscotland athletes in Development, talent focus and talent identification group will be expected to attend.

Method 2 – Athletes not currently on the triathlonscotland squads will be contacted and invited to attend the selection day based on performances from a variety of events. The priority of which is as follows a] GB youth/ junior series races including National Aquathlon championships at Hyde Park b] Scottish junior / youth events e.g. Bishopbriggs c] Hetton Lyons triathlon (July 17th) d] Scottish Aquathlon series. You will be required to fill out an application form in order to gather necessary information which will help to make an informed decision.

Method 3 – Athletes who are currently performing at national standard in single discipline sports relevant to triathlon but who lack the necessary race results listed at method 2, can be invited following an application to National Performance Development Coach (coach@triathlonscotland.org) or Director of Performance (performance@triathlonscotland.org) listing performance standards in their current sport.

Method 4 – If you have not been contacted by Tuesday July 27th 2010, yet feel that you would like to be part of the selection day then you can submit an application form (see appendix 5) to National Performance Development Coach (coach@triathlonscotland.org) or Director of Performance (performance@triathlonscotland.org)

How will you be invited?

A member of the triathlonscotland performance team (Chris Volley, Blair Cartmell or Stephen Moffat) will contact you via email or letter, prior to Tuesday July 27th 2010.

What will the selection day consist of?

There are three main sections of the selection day-

1] physical assessments

2] mindset tasks

3] short interview (athletes under 18yrs old will need a parent to attend the interview – NB: questions will be aimed at athlete not parent)

How will you be assessed?

Assessment will be continuous throughout the day and vary between obvious formal assessment and informal observations. There will be a number of coaches and staff who work on the triathlonscotland performance programme who will be carrying out the assessment.

How will you be notified of our decision?

Athletes will be notified of the Selection decision by 5pm on Saturday 21st August in writing from a member of the triathlonscotland performance team (Chris Volley, Blair Cartmell or Stephen Moffat).