



Academy and Academy Affiliate Programme Criteria

2024-25

V 1.0

24 January 2024

Academy and Academy Affiliate Summary

At this stage of the pathway, we aim to expose athletes to performance triathlon through:

- Positive and engaging triathlon experiences that add value to build a love of training and the sport (Training as Play)
- Exposure to the basic skills, knowledge, performance behaviours and physical standards required to succeed in performance triathlon
- Engaging and educating parents

The Academy is not designed to replace the home training environment. The goal is to create a positive, challenging and inspiring environment to help aid and guide Whole Athlete Development in line with the 6 Pillars of the British Triathlon Athlete Development Framework. This is achieved through experiences that add value to that which the athlete can access in their home training environment.

Minimum age for entry to this level is 14 years old by 31st December 2024

Maximum age for entry to this level is 18 years old by 31st December 2024

Affiliates are athletes who are invited to some (normally single or half day sessions), but not all, sessions, while Academy members are able to attend all sessions including overnight camps. All athletes are invited to online sessions.

Academy Criteria

To be considered for entry to the Academy, an athlete must achieve the following:

1. Have a 340 or above points score calculated using the swim/run 'points matrix' (available on the Triathlon Scotland National Squads Home Page) or using the points calculator.

NB: Evidenced performances achieved since 1 January 2024 that have been performed at official events, trials or clearly videoed showing the complete effort.

2. Have experience in all 3 disciplines of swim, bike and run
3. Finished at least one multisport (aquathlon/duathlon/triathlon) event in the past 4 months (1 April 2024 - 31 July 2024),

Academy Affiliate Criteria

To be considered as an Academy Affiliate, an athlete must achieve the following:

1. Have a 310 or above points score calculated using the swim/run 'points matrix' (available on the Triathlon Scotland National Squads Home Page) or using the points calculator.

NB: Evidenced performances achieved since 1 January 2024 that have been performed at official events, trials or clearly videoed showing the complete effort.

2. Aim to be *strong* in 1 or 2 of the 3 disciplines of swim/bike/run and could be new to another.

If offered membership an athlete could remain part of the Triathlon Scotland Academy or as an Academy Affiliate for normally up to 3 years as long as they are progressing in line with the BTF Athlete Development Framework. Beyond that athletes are expected to have met the Next Generation standards or will be re-directed to other opportunities within the sport.

Points matrix distances

Age end 2024	Swim distance	Run distance	Race Category 2025
14	200m	1500m	1st Year Youth A
15	200m	1500m	2nd Year Youth A
16	400m	3000m	Youth B
17	400m	3000m	Junior
18	400m	3000m	Junior

Note:

1. Swim is in a 25m pool and from a dive start
2. Run is on a 400m track
3. Points will be calculated by date of birth not age making it fairer for those born later in the year. To help you estimate your points the difference between an 01/01 and 30/12 birthday is about 3 points in each of swim and run.

e.g.

Name	Gender	Date of Birth	Swim time	Swim points
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Athlete A	male	01/01/2009	2:15	174
Athlete B	male	01/12/2009	2:15	177

This accounts for Athlete B being 11 months younger than Athlete A.

Application Process

Athletes wishing to apply for the Triathlon Scotland Academy or Academy Affiliate membership must register their application via Entry Central (entries will open on **1 June 2024** and close on **28 July 2024**)

Applications will require athletes to evidence swimming and running standards over the distances in the Points Matrix distances table above.

Athletes can either submit verified times or attend the Academy Trials Day (**11 August 2024**) where they will have the opportunity to complete a Swim and Run Time Trial. If athletes have a verified time, they do not need to attend the trials day, but they may want to do so in order to better their time. The Trials Day will also be an opportunity to ask questions and find out more about the Academy. Normally athletes would be expected to score 290+ points to be invited to trials.

Selection process

Athletes achieving 310+ points will be invited to a selection day **17 August 2024**. Please note any athletes achieving 310+ points using verified times in their application will be automatically invited. Those with a lower score will not find out till the end of the trials whether they get an invitation to the selection day.

The selection day will involve:

- Bike handling skills
- Open water swimming
- A 1:1 meeting with an Academy Coach for all returning athletes and for all new athletes scoring 340+ points
- Group sessions with an Academy Coach for all athletes scoring 310+ points

This is a more detailed look at the athletes' abilities and behaviours across several elements relevant to the ADF as well as their physical and technical capabilities.

Behaviours include but are not limited to; commitment, passion, engagement, hard work, fascination, can do attitude, a willingness to accept and enjoy challenge & adversity and making a positive contribution to the environment.

Selections will be announced following this day, and all athletes will be given feedback and signposting to the next stage of their triathlon journey.

There will be opportunities for athletes to move from Academy Affiliate to Academy Squad throughout the year if they meet the Academy criteria.

NB Athletes selected for IRC who are also eligible for Academy selection should attend the IRC training day on the 19 August which will be at the same venue and there will be overlap with the selection process.

Current Triathlon Scotland Academy / Affiliate athletes re-applying

Current Triathlon Scotland Academy athletes are required to re-apply on an annual basis, this can be achieved by following the application process detailed above and they are expected to meet the entry standards relevant to their age.

Academy Support

- Training camps, single days & weekends through winter September-April
- Intelligent Race Days March-September supporting race skills
- Online group training sessions (e.g. online turbo/mobility sessions)
- Online group education sessions
- Support with goal setting and training focus

The dates of the camps will be confirmed as soon as the key cross-country and swim meet dates are confirmed to avoid clashes where possible.

Academy athletes are expected to attend all camps, unless otherwise discussed with Academy coaching team. If an athlete has been unable to attend 3 or more of the winter camps, then their place on the Academy will be reviewed as it would be deemed that they are not ready to engage fully with the programme of activity required for progression and they may be better suited as an Academy Affiliate.

Academy Affiliate Program of Activity

- Opportunity to attend academy affiliate camps September-April (these will be run in conjunction with the Academy Squad)
- Opportunity to attend selected Intelligent Race Days April-September supporting race skills
- Online group training sessions (e.g. online turbo/mobility sessions)
- Online group education sessions
- Signposting to activities to support your development

We would encourage Academy Affiliates to attend as many of the opportunities above as they can but the minimum requirement is to attend at least 2 affiliate days per year.

Who to contact?

For more information regarding the TS Academy please contact [Craigie-Lee Paterson](#) (Triathlon Scotland Performance Coordinator).

Further reading:

[ADF Booklet](#)

[British Triathlon Academy Booklet](#)

Frequently asked questions:

Which age category column do I use?

Use the age you will be on the 31st December of the year the trial takes place. For example: if you were 14 on 6th July 2024 you would refer to the 14-year-old age category on the points matrix sheet.

How can I submit evidence of times that I have achieved?

We want to make the evidencing process as easy as possible, but we also recognise the importance of having the submitted evidence verified. Because of this we will only accept evidence that meets the following criteria: -

- Results of any event that are displayed on either [British Athletics Power of 10](#) or [British Swimming](#)
- An official time trial set up by your club that is verified by a coach
- You can get someone to video the complete time trial taking place and supply that video evidence with your application. It would need to follow the athlete for the duration of their effort

The Annual Academy Time Trial Day gives an opportunity to get verified times by Triathlon Scotland coaches.

What if I am ill or injured and unable to complete the selection day trials?

If injury or illness stops you from competing at the trials then you would be assessed on other evidence you can provide. You would need to notify Triathlon Scotland coaches of your reason for absence and complete the Time Trials later when you are fit to do so.

Can I attend the time trial day if I'm not applying for the Academy / Academy Affiliate?

Yes, you can attend the trials even if you are not applying for the Academy / Academy Affiliates, however we will set a minimum standard of an estimated 290+ points which will be displayed on the entry details on Entry Central.

What is the minimum standard required to be considered for the Academy and Academy Affiliate?

The minimum points total are:

- 310 points Academy Affiliate
- 340 points Academy

What is the capacity of the Academy?

As we have changed the structure to Academy and Academy Affiliate there are no maximum numbers for 2024-25