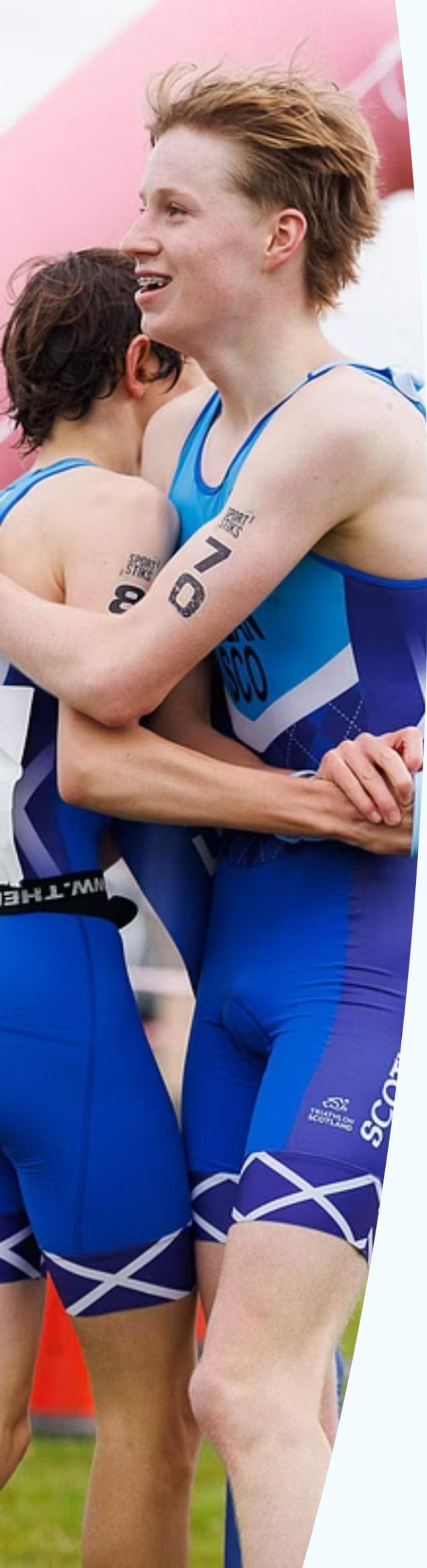




TRIATHLON SCOTLAND

Academy and Academy Gold Application

Our pathway is built around positive and engaging development experiences, long-term athlete development, and the creation of challenging yet supportive environments that allow athletes to thrive.

Selection decisions will consider an athlete's overall profile, including personal qualities, commitment, experiences, competencies, performance indicators, and long-term development potential. Selection is not based solely on results or points but on a holistic assessment of an athlete's readiness and future potential within the sport.

Triathlon Scotland operates an open and transparent performance pathway. Not gaining selection to a programme at any stage does **not** exclude an athlete from future programme activity or progression within the pathway. Athlete development is rarely linear, and progression can occur at different rates.

Triathlon Scotland will endeavour to create guest opportunities within programme activity where appropriate, allowing athletes to access training and development experiences relevant to their age, stage and needs.

Academy

The Academy is the first step on the performance pathway for aspiring young triathletes.

This programme is designed to be open and inclusive, providing opportunities for athletes who demonstrate ambition and a desire to pursue triathlon at a performance level. The focus at this stage is on building strong foundations across technical, tactical, physical and behavioural competencies.

Support may include:

Development Camps and Training Days

Appropriate development camps and training days

Stretch Days

Training opportunities within a higher performance environment (Academy Gold)

Coaching Support

Coaching support and guidance

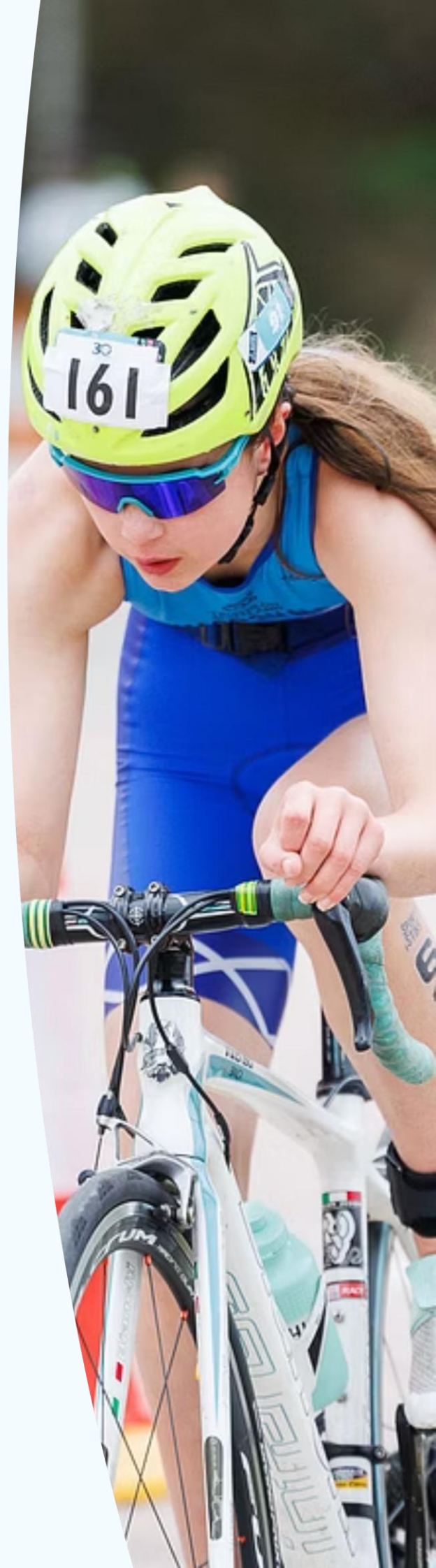
Competition Support

Support at appropriate level competition. British Super Series Races, UK School Games, Youth Commonwealth Games (Malta 2027)

Knowledge and Skills

Opportunities to develop knowledge, skills and behaviours in physical preparation, nutrition, performance lifestyle and psychology

The emphasis at Academy level is on learning, skill development and creating positive training behaviours that support long-term progression.





Academy Gold

Academy Gold represents a step up in both performance level and commitment.

This programme is aimed at athletes who demonstrate the potential and ambition to progress towards British Triathlon WCP programmes and ultimately represent Great Britain and Scotland at major championships.

Athletes at this level are expected to show increased commitment to training, performance behaviours and personal accountability, alongside stronger evidence of performance progression.

Support may include:

Performance Camps

Performance-focused training camps and development days

Stretch Days

Training opportunities within a higher performance environment (National Triathlon Centre)

1-to-1 Coaching

Individualised 1-to-1 coaching support

Competition Support

Support at appropriate level competition. British Super Series Races, UK School Games, Youth Commonwealth Games (Malta 2027) and European Junior Cup races.

Knowledge and Skills

Opportunities to develop knowledge, skills and behaviours in physical preparation, nutrition, performance lifestyle and psychology

The focus at Academy Gold is on accelerating development and preparing athletes for higher-performance environments.

Athletes at Academy Gold level may also apply for the British Triathlon British Academy programme. Athletes successfully selected for the British Academy will automatically be included within the Triathlon Scotland Academy Gold programme. Individualised programmes will be developed in collaboration between British Triathlon and Triathlon Scotland to ensure aligned and appropriate support for the athlete's ongoing development.

[British Academy Selection Policy](#)

What We Value

Triathlon Scotland's performance programmes are designed to help each athlete become the best they can be. For some Academy athletes, that may mean standing on an Olympic podium; for others, it may mean achieving a top-five finish at the British Championships. Success will look different for every athlete.

Fundamental to athlete progression is the development of key behaviours and personal qualities that support long-term success in performance sport. Attributes for long-term success include;

Commitment

Focused and consistent engagement in training and competition

Coachability

Ability to listen, learn and be fully present; not being afraid to fail

Resilience

Grit, determination and consistency; valuing routine over motivation

Reflection

Self-awareness, openness and humility to learn and improve

Organisation

Good habits, high standards and accountability

Independence

Taking ownership of your journey and driving your own development

Fun and Enjoyment

Maintaining a positive mindset focused on self-improvement rather than comparison





Experiences

Triathlon is a demanding sport that requires commitment across all three disciplines. We recognise that many developing athletes also compete in individual disciplines, particularly at younger ages, and we encourage this as part of their development.

As athletes move through the pathway, the expectation to commit to a triathlon-focused training and competition programme will increase. The experiences outlined below are not exhaustive, but they provide an indication of the types of opportunities and experiences that successful Triathlon Scotland Academy athletes are likely to engage in.

Academy

- Experience of regular multisport competition in Scotland
- Experience of single discipline competition (swimming and running)
- Experience of some British Triathlon Super Series races
- Experience of regular and consistent weekly training
- Experience of developing fundamental movement patterns (squat, hinge, press, pull)
- Safe and confident bike handling skills
- Exposure to training and racing environments appropriate to development stage

Academy Gold

- Regular experience of racing in the British Triathlon Super Series
- Experience of high-level single discipline competition (swimming and running)
- Experience of some European level racing
- Experience of commitment to a structured training week
- Experience of quality body weight or loaded gym work
- Experience of dynamic mass start bike racing
- Ability to train and compete consistently in higher-performance environments



Performance Standards and Skills

Selection decisions will consider a combination of current performance data, behavioural and technical competencies, and future development trajectory.

This may include:

- Triathlon race performances
- Swim and run benchmark points
- Single-discipline performances
- Dynamic racing skills
- Rate of improvement
- Training age and development trajectory

Academy: Race Results

At Academy level, athletes should be aiming to compete for podium positions at Scottish-level events, while beginning to race in the British Triathlon Super Series to gain valuable experience and support their long-term development.

Academy Gold: Race Results

At Academy Gold level, athletes should be targeting regular top ten finishes in their respective age categories at British Triathlon Super Series events, while also being considered for selection to British Triathlon European and World Championship teams.



Swim and Run Benchmark Standards

Academy

310 points

Academy Gold

340 points

Triathlon is a late-maturation sport, and Triathlon Scotland aims to operate as open and inclusive a programme as possible. However, we recognise that progression within the sport requires a minimum level of swim and run competency.

We also understand that athletes training across multiple disciplines may face challenges relating to facility access, coaching availability and time-on-task within each discipline.

Athletes who do not yet meet the minimum benchmark points may still be considered for selection if they demonstrate a clear "super strength" in either swimming or running, alongside a strong commitment to developing their weaker discipline towards the required standard within the programme year. A super strength would be considered to be around 185 points in either the swim or the run discipline and athletes would need to be close to the minimum standard in their weaker discipline (120 point). Athletes who have any questions regarding swim/run points should email performancepathway@triathlonscotland.org

Points Calculator

The British Triathlon points calculator below will allow you to input your age as of 31 December, and your swim and run times, which will generate your total points.

British Triathlon swim/ run points calculator

Note:

- Swim is in a 25m pool from a dive start
- Run is on a 400m track

Points table

Evidence of swim and run times must be provided by either adding a link to the competition results or video evidence either in the application form or via email to performancepathway@triathlonscotland.org

Eligibility

Pre-requisites

- Athletes must apply to be considered
- Athletes must hold a Triathlon Scotland membership in good standing
- Athletes must be eligible to represent Great Britain

Pathway-Specific Eligibility

Academy

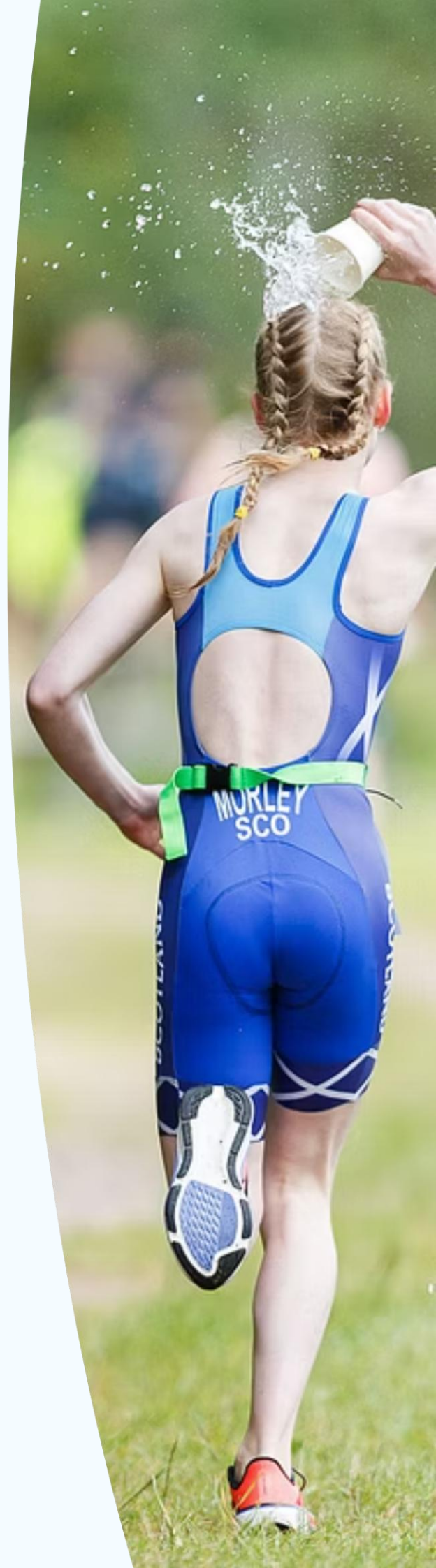
- Minimum age for entry is 14 years old by 31 December 2026
- Maximum age for entry is 16 years old by 31 December 2026*
- Athletes must demonstrate how they meet the outlined programme standards

*Athletes older than 16 years old may be considered for Academy on a case-by-case basis relative to their time in the sport and development trajectory.

Academy Gold

- Minimum age for entry is 15 years old by 31 December 2026*
- Maximum age for entry is 18 years old by 31 December 2026
- Athletes must demonstrate how they meet the outlined programme standards

*Athletes younger than 15 years old may be considered for Academy Gold on a case-by-case basis taking into account their individual athlete needs.



Application & Selection

Application Window: 1 June – 6 August 2026

The application form can be accessed below

Triathlon Scotland Academy Application Form

1

Confirmation Day Invitation

Athletes will be invited to a confirmation day at Knockburn Loch on **16 August 2026**. A Spond sign-up link for this day will be sent out on **7 August 2026**. Academy Gold athletes based at the National Triathlon Centre will not be required to attend this day but are welcome if they wish.

2

Confirmation Day

The confirmation day will provide an opportunity for athletes and coaches to assess whether the programme is the right fit for the athlete's current stage of development and future ambitions. Winter camp dates, venues and attendance expectations will also be communicated at this time.

3

Selection Meetings

Athlete selection meetings will take place in late August, with final selections communicated on **1 September 2026**.

4

Programme Dates

The Academy programme will run from **1st October 2026** to **30th September 2027**

If athletes or parents/guardians have any questions on the selection standards or the process please don't hesitate to contact performancepathway@triathlonscotland.org

