

Performance Review



February 2021 update

3 months on from the November update and progress is being made in several areas.

Recommendation 4

Whilst the quality and accessibility of the facilities within the performance programme are described as 'excellent' it is recommended that the partnership with University of Stirling and Triathlon Scotland is reviewed in order to maximise support services and ensure that as many athletes as possible have access to the right support and avoid duplication.

We are currently reviewing the partnership agreement with the University of Stirling to ensure that both Triathlon Scotland and the University of Stirling are aligned and that a plan is in place for developing the centre to fit within the new British Triathlon Centre structure.

On the ground there are some changes that have already been implemented for example all University Performance Squad are in the High Performance Centre for Strength and Conditioning at the same time with both the University and Scottish Institute of Sport coach present.

Recommendation 6

Triathlon Scotland should play a leadership role in the development of coaches within the sport and should influence/collaborate with independent coaches that operate out with the programme.

In October 2020 Giles Lomax started as the Triathlon Scotland Coach Developer and part of his remit is working with coaches who are supporting athletes across the Performance Pathway, this is the first time these coaches will have had in-situ support to help with their own personal development.

In November 2020 Fergus Roberts started as the Triathlon Scotland coaching Futures coach which is a 2-year apprenticeship fully funded by sportScotland that supports recently retired elite athlete transition into a coaching role.

The online Coaching Community sessions have delivered 2 sessions with a performance pathway focus allowing all coaches to be able to find out more and ask questions regarding the pathway.

In addition, we are currently developing the Performance Strategy and restructuring the squads to align with the changes at British Triathlon World Class Performance level and ensure

parity across the Home Nations. Work in being done with British Triathlon and the other Home Nations to develop Scotland specific resources for both Academy and Home Nations Next Generation Squads for both Paratriathlon and Triathlon.