



BRITISH
TRIATHLON

Next Generation Handbook



TRIATHLON
ENGLAND



TRIATHLON
SCOTLAND



WELSH
TRIATHLON
CYMRU



Foreword

Hi everyone

While I look back on my days in what was then the British Olympic Talent Squad with fond memories it wasn't all easy and plain sailing! I started Triathlon at the age of 16 and was fast-tracked into the squad with little (or no!) triathlon experience. At points this meant that camps, in particular, were challenging and I found sessions tough and difficult. This helped me to learn a lot about myself and the sport and was instrumental to me falling in love with Triathlon. The experiences I had with the staff and athletes really started to cement who I am as an athlete and person and laid the foundations for my success today. I think it's fair to say that I wouldn't be here now without having been a member of that programme.

If you are lucky enough to be selected I hope that the programme has as big an influence on you as it did me!

Best of luck

GTB

Olympic & World Champion



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Section 1

About Next

Generation

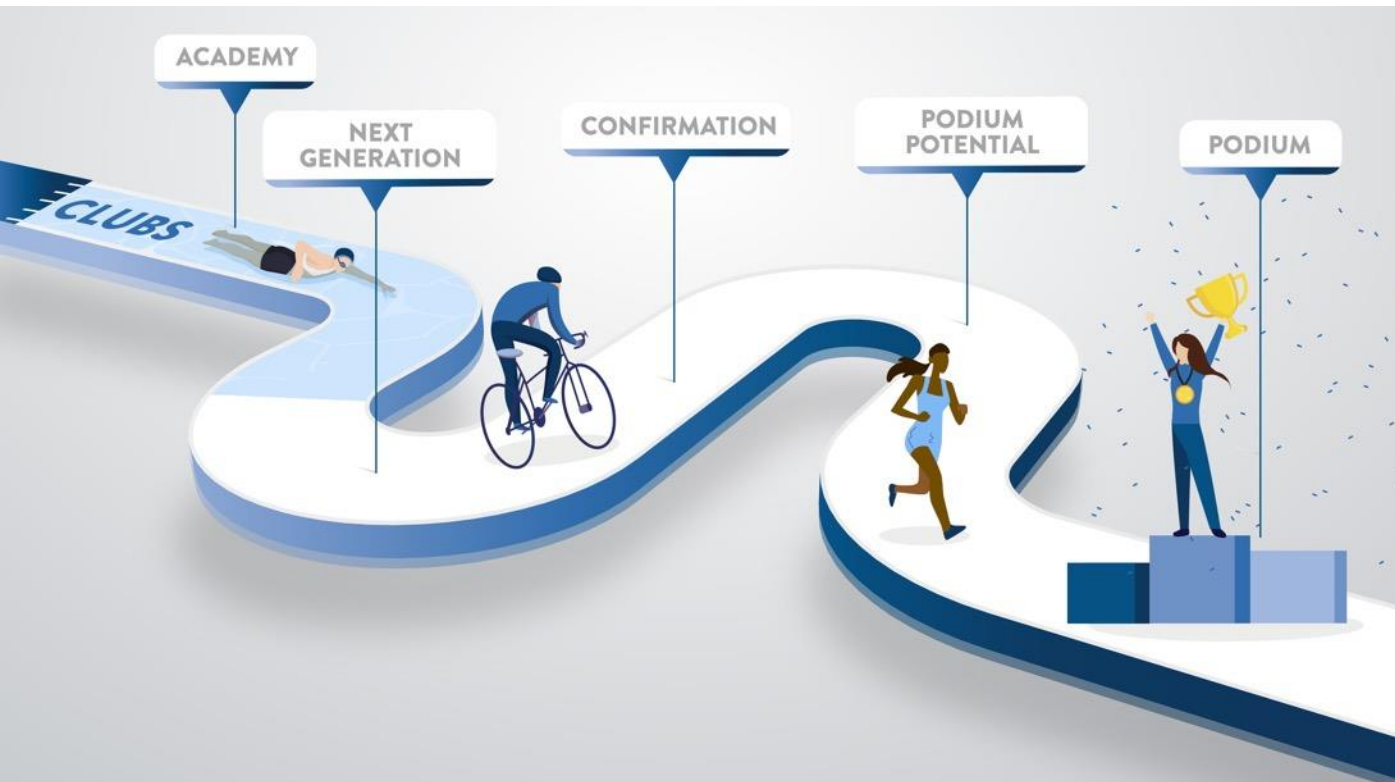
Working Together

British Triathlon has a strong history of developing successful young athletes who step through the Pathway to senior success. While each Home Nation is funded separately through the Academy and Next Generation stages of the Pathway we all work very closely and share the same development philosophies. We also work together to deliver all competition, selection policies and other guidance e.g., anti-doping, mental health, safeguarding and welfare. Sections one and three of this handbook as well as a lot of information on our website reflect this and are written collaboratively.

Along with separate funding, variation in geography and population size between each Home Nation mean that there are also some differences in how we operate and select at Academy and Next Generation. These differences are explained by each Home Nation separately in section two.



The Pathway



1. Academy is our first step and is about exposing athletes to performance triathlon. There are 12 Academies across Britain: 1 in Scotland, 1 in Wales and 10 in England.
2. Next Generation squads contain the best developing triathletes of each Home Nation. At this stage athletes are exploring the basics of triathlon performance.
3. Confirmation is the first step into the UK Sport funded World Class Programme. Athletes are looking to confirm their potential for the highest levels of the sport by exploring and enhancing the necessary skills, abilities and behaviours.
4. Podium Potential is the final developmental stage of the Pathway where athletes enhance and begin to excel in high performance triathlon.
5. Podium itself is where our very best athletes reside – athletes who excel at world level through medal delivery at the Olympic Games.



The Athlete Development Framework

The ADF is our sport leading development framework designed around a set of principles that align with our core values on talent development and coaching practice. Importantly it focuses on developing more than just swim, bike and run. We want to create independent learners and problem solvers, athletes capable of consistently making the right decisions at the right time no matter the level of expectation. The ADF is split into 6 pillars each of which has a key role to play in the development journey. For more on the ADF and its pillars please see [here](#).

In the same way it takes a number of years to acquire the physical standards needed for Olympic triathlon success, it will take a similar amount of time to develop the key pillars. As such, the framework is introduced at Academy, the first selective step on our Pathway, and remains a constant focus of development throughout the Pathway journey to the Podium programme.

The pillars are not by any means designed to replace triathlon training – they are triathlon training. Triathlon is a physical sport and there is no shortcut past innumerate hours of physical work; we are simply broadening our focus of development to incorporate the whole triathlete and person. In so doing we are equipping our young athletes to not only be better people but also excel in the highly competitive world of elite triathlon.

Purpose and Aims

Developing athletes who have the skills and abilities to achieve at the very highest levels of the sport is the ultimate goal of the Performance Pathway and this doesn't change from one stage of the Pathway to the next.

Where Academies are about exposing athletes to Performance Triathlon and taking a first step on the Pathway, Next Generation is about exploring performance triathlon at a deeper level. Very much aligned to the ADF the biggest single change from Academy is the focus on individual bespoke athlete support.

Our philosophies on striving to create positive, challenging and add value environments for our athletes both at home and in camp and competition do not change from Academy to Next Generation. In addition we work even more closely with parents and the athletes home support network.



Who is Next Generation aimed at?

Next Generation is primarily aimed at Youth B and Junior age athletes (17-19 yrs old in the year of competition), outside of this there is flexibility for exceptional younger athletes to be selected onto the programme and this will almost always be limited to final year Youth A athletes (16 yrs old). Next Generation programmes are in the main home based (i.e. not based full time at a BTF recognised training centre) so similarly there is also the opportunity to include older non-centre based (U23) athletes providing they can demonstrate they remain on a pathway toward the World Class Programme.¹

Athletes at this age and stage can step forward very quickly and in recognition of this there is the opportunity to invite athletes performing well inside of selection standards, who are not squad members, to Programme activity on a camp by camp basis.

It is expected that athletes will spend between two and four years at this stage of the Pathway.

¹Scottish centre based athletes can still be included in Next Gen Squads due to a slightly different structure and funding model





Next Generation Objectives

All pathway stages are working towards Whole Athlete Development. This is defined as developing well-rounded athletes who not only have the physical capacities for the sport but also have the problem solving and independent learning skills to make the right decisions to support both their athletic and personal development and progression in sport and life.

In working toward whole athlete development all Next Generation Programmes will;

- Ensure a home training environment that meets the long-term developmental needs of an athlete at this stage of the Pathway¹
- Ensure all athletes have individual development plans to meet their needs¹
- Provide world leading camp and competition experiences that drive learning
- Ensure and facilitate a dual career focus¹
- Ensure and facilitate an individual post 18 transition plan¹
- Expose athletes to the next stage of the Performance Pathway
- Expose athletes to and allow them to explore basic Sports Science and Sports Medicine support
- Support athletes at domestic (British Super Series) and international events (ETU Cups or similar)
- Continue to work with and support parents

¹All planning and training support is done in complete collaboration with the athletes existing home networks



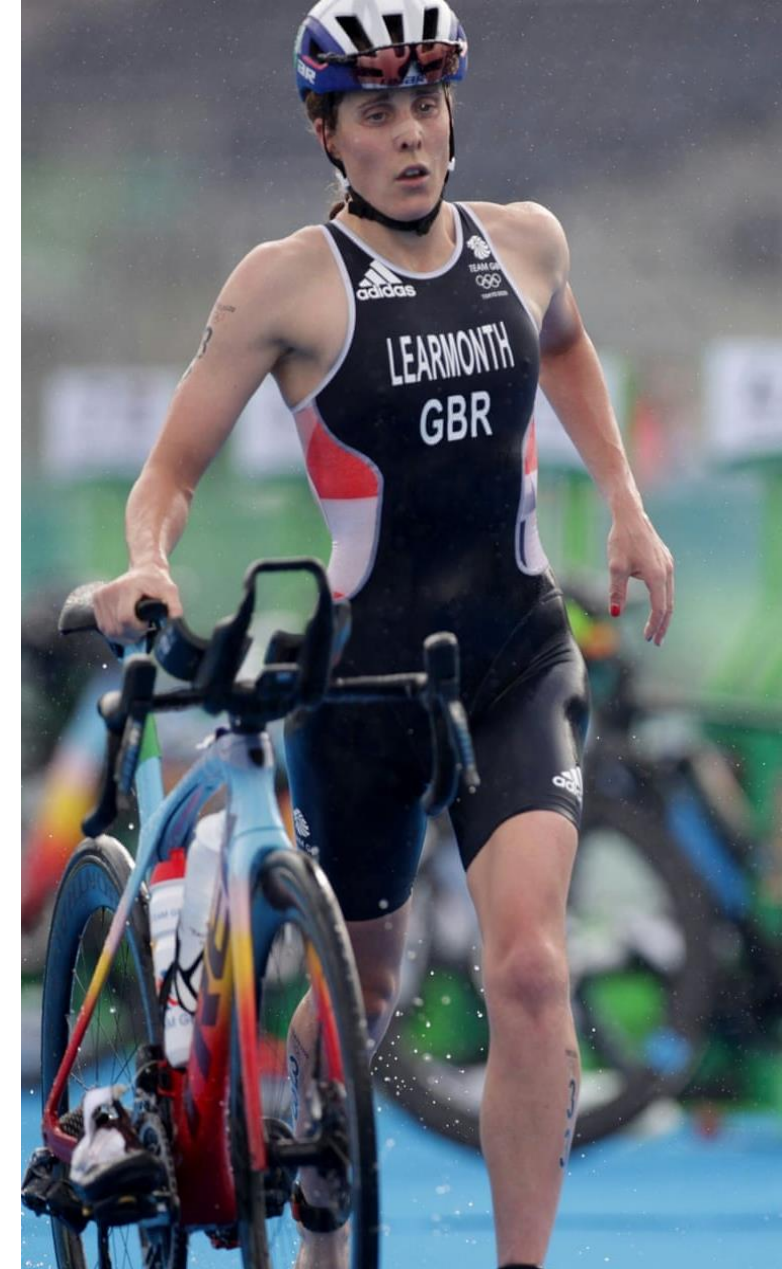
What we offer you

Athletes invited to join a Next Generation programme will benefit from;

- Expert regular coach support in your home environment¹
- Collaborative training and development plans to support your progression¹
- World leading camp and competition experiences, surrounded by the best athletes at your age and stage delivered in collaboration with all 3 Home Nations and the World Class Programme²
- Regular exposure to leading National Training Centres, their coaches, athletes and training environments²
- Proactive facilitation and communication with your current and future place of learning and/or employer supporting both your dual career balance and post 18 transition
- Exposure to expert Sports Science and Sports Medicine support aligned to the WCP and Home Nation Institutes
- Home Nation training and racing kit²

¹If already working with a triathlon coach or single discipline coaches the Programme will collaboratively work you and them

²Where and when possible the cost of training camps, competitions, associated activities or training/racing kit is subsidised by Home Nations, however, you will almost certainly be required to make some financial contribution. If meeting any programme costs is ever a barrier please contact your relevant Home Nation Programme to discuss this and please also see section 9 of this handbook.



Engaging with Next Generation

Next Generation camp and competition experiences have been a key part of over 75% of our current World Class Programme's journey, they are key milestones and integral to athletic development at this level of the pathway. Given the impact Next Generation activity has on your athletic development we have no doubt athletes will want to engage fully in the programme. The space and time to study is made available on all camps and competitions and athletes should proactively discuss their study needs with staff prior to any Home Nation activity.

The environment created on camp or in competition is critical to success and it is the responsibility of all attendees, staff and athletes, to contribute positively in this regard. A key principle we operate by at Next Generation and World Class Programme level is that athletes actively contribute and give more to an environment or group activity than they take out i.e. 'you have to put something on the table before you can take anything off'. This might look like positively encouraging others, positively contributing to all group tasks, not always relying on others to speak up, operating with control and at the right intensities in sessions, arriving on time and with the proper equipment for all sessions, etc.



Balancing Dual Career Commitments

We are yet to experience an athlete at this age and stage of the Pathway who has been a true professional e.g. supporting themselves fully by earning a living from the sport; this is allied with the fact that numerous athletes in our pathway have serious academic aspirations.

As such athletes at this age and stage of the Pathway are always going to need to successfully manage the dual career balance, in this case that being balancing triathlon with academic study, or balancing triathlon with some type of work, be that full or part-time. This challenge is not just experienced at one stage either but almost without exception, and especially for those choosing to study at University, it is evident across three stages - Next Generation, Confirmation and Podium Potential. Simply put athletes who reach the higher levels of the Pathway learn to become experts in managing this balance at one, two or three of these stages on a consistent basis year on year.

So, successfully managing this balance at the Next Generation stage of the Pathway will mean achieving both your sporting and academic/employment goals consistently year on year. This will mean training and racing properly and attending the key camps and competitions while also doing well in your exams or achieving in your job. This is not easy and is absolutely a balancing act throughout each year. It does not mean dropping one or other of your objectives in favour of a singular focus at different points each year, this is not sustainable in the long term and will lead to you underachieving across both. What it will mean is, with the support of your Next Generation Coach along with your home network, planning ahead and having high levels of organisation and communication. This will include between you (the athlete), the programme, your home coaches, parents and your place of learning or employer. We also endeavour, wherever possible, to schedule camps and competition experiences during school/academic holidays.





Section 2

Next Generation operations and selections



TRIATHLON
ENGLAND

England Next Generation

Operations and selection



Location & Operation

The England Next Generation (ENG) Programme is split into three super regions, the North, Midlands and South with each super region having it's own dedicated full time ENG Athlete Lead. Activity is run both within a super region and nationally; within region activity includes regular home visits by the Athlete Lead, mini-camps and/or training days, normally run at the World Class Programme (WCP) training centre within the relevant region, and IRD's which are delivered in conjunction with Academies in that super region. Nationally we run 3 main camps annually – winter, easter and summer – these form part of the World Class Programme National Camp strategy, and are aligned with the other Home Nations and the WCP. We also run an annual programme induction or launch weekend in October or November, after selections have taken place. As part of their post 18 transition plan athletes will also have facilitated visits to the other aligned training centres across Britain



Staffing

The ENG programme has five key members of staff they are;

Blair Cartmell – ENG Athlete Lead South - responsible for supporting and developing athletes in the South

Blair has been involved in the sport for since the early 2000's as an athlete first, within the Scottish programme and then a Coach. Blair began his coaching career in Stirling and through a 7 year period was Head Coach at the Commonwealth Games, led the Stirling High Performance Centre and the Scottish Next Gen Programme. More recently, before taking on his ENG role, Blair has coached at the Bath Centre as well as working with a few leading long distance athletes including George Goodwin.

Steve Lloyd – ENG Athlete Lead Midlands - responsible for supporting and developing athletes in the Midlands

Steve has been coaching Triathlon for 20 years and during this period has successfully run his own coaching business Absolute Triathlon – his focus always being on working with younger athletes. Steve has led the West Midlands Regional Academy since 2006 with great success. More recently he has worked to build a high performance programme based at Nottingham University.

Jordan Hull – ENG Athlete Lead North - responsible for supporting and developing athletes in the North

Jordan comes from a swim background and began competing in triathlon at the age of 10. A member of North East Academy he was a regular feature at the front of British Super Series races leading to ENG selection. He was member and Captain of the ENG programme alongside some key current World Class athletes, Alex Yee, Ben Dijkstra, Olivia Mathias and Kate Waugh. Jordan studied Sports Science while training at the Leeds Triathlon Centre. Prior to his appointment with ENG he spent two years working in the World Class Paratriathlon Programme as a training guide

Staffing

Katie Parrish – Pathway Co-ordinator – responsible for ENG operation and logistics

Katie studied both PE & Geography as well as a Masters in Sports Management at Loughborough Uni. As an elite Lacrosse player she has a background in high performance sport with a wide ranging set of experiences including being vice chair of the Loughborough University Sport Senate and leading the University Lacrosse team.

Dan Salcedo – Olympic Pathway Manager – responsible for leading the British Olympic Pathway and managing ENG

Dan has been involved in triathlon as an athlete and coach since the late 80's and has worked in the World Class Programme since it's inception in the late 90's. He has had two separate stints at British Triathlon firstly as a coach from 1999 to 2008 leading both the Loughborough Centre as well as being Head Coach at the Beijing Olympics and then latterly, since 2014, as the Olympic Pathway Manager. He has also worked in number of other sports including GB Boxing, British Diving as well as with the English Institute of Sport.

Selection

Selections take place every year in September and the selection policy can be found [here](#) under Junior Selection Policies. While the programme is mainly designed to cater for athletes in years 11 to 13 at school it can also support athletes who remain on a Pathway to the World Class Programme but choose not to go to a British Triathlon recognised centre as well as also supporting Talent Transfer athletes with an outstanding single discipline ability.





Athlete Funding & Support Programmes



Sports Aid

SportsAid helps young athletes to overcome the financial obstacles they face in their bid to become the next generation of Olympians, Paralympians and world champions.

All athletes selected onto the ENG Programme are nominated and grants are generally £500 each lasting for one year. Awards are dependent on the availability of SportsAid funding and as such some nominated athletes may not receive an award. If this is the case, and assuming they're selected for the following year, such athletes are wherever possible prioritised for the following year.

Backing the Best

Backing the best (BTB), in partnership with SportsAid, supports talented athletes who have significant potential to be selected to represent GB, but are experiencing significant financial hardship that is a barrier to succeeding in their sport.

To be nominated for this award, athletes must meet a criteria that demonstrates that due to their family financial situation, they may not reach their potential without it. The awards are worth up to £5,000 that can be used to cover the costs of travel, accommodation and medical bills.

Any ENG athletes that meet the criteria, set out in December, will be nominated for the award. The funds are then distributed quarterly to the athletes and the athletes must provide a spending plan to demonstrate how they intend to use the funds.





Scotland Next Generation

Operations and selection



Location and Operation

The Scotland Next Generation Programme is structured slightly differently but fully aligned with the other Home Nations Programmes.

Activity includes regular home visits by the Next Generation Lead Coach, mini-camps and/or training days, normally run at the National Triathlon Centre or in conjunction with Academy Squad in venues across Scotland making the most of the Scottish environment and IRD's which are delivered in conjunction with Academies and the National Triathlon Centre

In conjunction with the other Home Nations athletes can access 3 main camps a year – winter, easter and summer – these form part of the World Class Programme National Camp strategy, and are delivered in conjunction with the other Home Nations and the WCP.

In Scotland, we run an annual programme which includes an induction after selections have taken place, and a combined off road camp with the National Triathlon Centre in October.

As part of their post 18 transition plan athletes will also have facilitated visits to the other aligned training centres across Britain.

Athletes on Next Generation also get access to training in the National Triathlon Centre, this might be on a regular or less regular basis e.g. during school holidays, and support at British Super Series events.





Staffing

Marc Austin – Triathlon Scotland Next Generation Lead Coach - responsible for supporting and developing athletes on Scottish Next Generation programme.

Marc has been involved in the sport since 2005, enjoying success at World and Junior level, and medaling at Commonwealth Games in 2018. Having had to retire due to medical reasons in 2019, Marc is now back supporting the pathway in Scotland with a dual role of National Triathlon Centre Support and Next Generation coach

Craigie-Lee Paterson – Pathway Coordinator – responsible for Triathlon Scotland Next Generation administration, operations and logistics.

In a previous life Craigie-Lee was a Librarian working in various educational establishments. She has volunteered in sport for a long time starting with the London Youth Games and most recently as a coach with Perth Eagles Wheelchair Sports Club.

Fiona Lothian – Triathlon Scotland Head of Performance Pathways – responsible for leading and managing athletes on Scottish Next Generation programme.

Fiona has been involved in triathlon since the late 80s and returned to Triathlon Scotland in May 2015. Fiona has represented Scotland at hockey and was a professional duathlete from 1995-2000. After retiring from duathlon, she coached the Triathlon Scotland Youth Squad and was Performance Manager of British Weightlifting from 2007-2012.



Selection

Selections take place every year in September and the selection policy can be found [here](#)

Selection is based on results in the British Super Series events.

While the programme is mainly designed for athletes with Youth B (aged 17 in the year of competition) and Junior athletes (aged 18 or 19 in the year of competition). The programme also has the facility to support older athletes, who are on a trajectory towards the World Class Programme or Commonwealth Games selection.

All athletes will be required to submit a verified 400m swim and a 3k or 5k time each year prior to selections

The programme would expect to select and support between 4 and 8 athletes annually





Athlete Funding & Support Programmes

SportsAid Scotland

[SportsAid Scotland](#) is a charity that provides financial assistance in the form of grant awards to talented sporting youngsters in the 12 – 22 year age range and to disability athletes up to the age 45 who are already competing at national level in their age group and have the potential to represent Scotland at senior level. The finance given is to help the athletes with their travel and training costs, and will hopefully assist them in becoming Scotland's future sporting stars. Triathlon Scotland are asked by Sports Aid Scotland to nominate up to 4 athletes each year

Team Scotland Award Scheme

Awards are initially granted for one year, with a commitment in principle for a further two years of support subject to progress against agreed goals. Athletes are nominated by Triathlon Scotland on a yearly basis. The policy is based on an athletes potential to represent Team Scotland in Triathlon within the next two Commonwealth Games cycles and to be considered athletes must have made a European or Worlds Championship Team at Youth, Junior or U23 level.

Winning Students

Winning Students scholarships provide financial assistance and are awarded annually. The scholarships are available to athletes who are full-time or part-time students at college or university. Triathletes and para triathletes must be based in, and train in Scotland, and be a member of either the Triathlon Scotland Performance Squads or have reached the equivalent standard in a Home Nations Programme. At the moment it is not confirmed whether scholarships will be available for 2023-24, please check here for [updates](#)

University of Stirling International Scholarships

To be considered for a scholarship, applicants must hold – or be in the process of applying for – a place on an undergraduate or postgraduate degree programme at the University of Stirling. Students must also meet the sport-specific qualification criteria. Athletes not currently receiving a University of Stirling International Scholarship who wish to be considered should contact Stirling University's [David Bond](#)



Next Generation Cymru

Operations and selection



Location & Operation

The Next Generation Cymru (NGC) programme caters for athletes aged 15 and over. The support provided varies depending on an athletes age and location.

Youth and Junior athletes are supported predominantly through the [Welsh Triathlon Academy programme](#) via camps (4 x per year) and coach support but can access additional support from our practitioners in Cardiff. Additionally, they are invited onto the Home Nation winter and summer camps alongside the English and Scottish Next Generation athletes.

U23 and senior athletes are supported either through our [National Triathlon Performance Centre Wales \(NTPCW\)](#) or via remote programme support from the Performance Head Coach. As with the Youth and Junior athletes, additional support is available from our practitioners in Cardiff.



Staffing

The NGC programme has two key members of staff:

Luke Watson - Performance Head Coach

Responsible for leading and the delivery of the National Triathlon Performance Centre Wales (NTPCW) in Cardiff and supporting and developing Welsh U23 and Senior NGC athletes.

Luke was a member of one of the original Welsh Triathlon Talent Squads back in 2006/7, before heading off to Loughborough University, where he trained and studied degrees in Chemical Engineering and subsequently Sports Coaching. As an athlete he competed individually for Great Britain at two World University Triathlon Championships, and as a guide for visually-impaired athletes in Paratriathlon at a number of World and European Championships. He began coaching full-time in Loughborough after retiring in 2014, and worked across the Olympic and Paralympic programmes, as well as leading the East Midlands Regional Academy, before moving down to Cardiff to set up the NTPCW in January 2017.

Vicky Johnston – Pathway Head Coach

Responsible for leading and the delivery of the Welsh Triathlon Academy (WTA) and supporting and developing Welsh Youth and Junior NGC athletes.

Vicky was a member of the North West England Regional Academy back in 2008/09 after moving to triathlon from a modern Pentathlon background. Vicky then went on to Loughborough University to study Sport and Exercise Science whilst training within the High Performance Programme before getting involved with coaching at local triathlon clubs, swim schools and with the Loughborough Uni AU squad. In 2017, Vicky moved to Cardiff to train within NTPCW and made the move to full time coaching with Welsh Triathlon in 2018.



Selection

Selections take place every September and the selection policies can be found [here](#).

Athletes will be selected for a 24-month period, subject to continuing to meet the conditions of selection. This is to allow athletes and coaches the time to focus on long-term development, without the pressure of an annual selection process. The Panel may choose to make exceptions to this at their discretion, whereby athletes may be selected for a 12-month period.

The programme is designed to cater for youth, junior, U23 and senior athletes, across both Olympic and Paralympic programmes, who have demonstrated that they could have the long-term potential to step up the Performance Pathway and achieve at world level and/or represent Wales at the next Commonwealth Games.





Section 3

Next Generation

advice and guidance



Safeguarding & Welfare

We work hard to create environments for all Pathway athletes that are fun, engaging and support you to be better. To achieve this, you should always feel safe, be treated with respect whilst taking part in Next Generation programme activity, while similarly also showing respect to others.

If you are at all worried about that way you, or any other athletes in your environment, are being treated by others please speak to an adult that you trust. This could be a parent, your coach or the Next Generation Welfare Officer, who will be identified when you are inducted into the Programme. If a situation is more serious, the Home Nation Welfare Officer or the BTF Safeguarding Manager may also be contacted via [**concern@britishtriathlon.org**](mailto:concern@britishtriathlon.org) .

If there is not an adult that you feel comfortable talking to or trust in the environment, please call Childline on 0800 11 11 or visit [**Childline's Website**](#). If you believe you are in immediate danger from an adult or other young person, please contact the Police on 999.

BTF have created a resource for young triathletes to refer to in order to help you identify what behaviours are not appropriate, how to treat others and who to contact if you feel unsafe In any way. The resource can be found [**here**](#):

BTF have also created a young person's resource to help you stay safe online. It can be found [**here**](#):





Pathway Mental Health Care Referral Process



It is very normal (and healthy) for humans to experience a whole range of emotions in daily life. It is important to be aware of how you might spot the difference between normal, functional emotions and a mental health problem. Mental health problems are characterised by symptoms (including but not limited to things such as low mood; feelings of anxiety; dampened emotions) that last longer than two weeks and that are having a significant impact on daily life (including but not limited to things such as significant change in sleep patterns; change in eating behaviours; withdrawal from social situations).

If you have concerns about your mental health, we would recommend that you speak to an adult you trust such as a parent, coach, or a relevant Welfare Officer. If you need further support, then they may suggest that you visit your GP to explore further help.

Young Minds [website](#) is a useful resource to help you identify your feelings, give you tips to cope and to reach out for further support if you need it.

Mind [website](#) is a similarly useful resource

If you find yourself in an emergency struggling with your mental health, dial 999.

British Triathlon works with UKAD and World Triathlon to promote clean sport and the values of the UKAD's 100% Me programme. All athletes at Next Generation level will be provided with regular anti-doping education appropriate to their age and stage of performance development via their Home Nation Programme.

Everything you need to know on anti-doping including prohibited lists, the use of and how to check medications along with testing procedures along with a lot of other useful information can be found [here](#) on the British Triathlon Clean Sport pages. And/or you can download UKAD's Clean Sport app for [apple](#) or [android](#). We'd also recommend getting the Global DRO [app](#) to check any medication you are required to take.

Athletes under 18 can be subject to a Doping Control (tested) without parental consent. It is recommended that all athletes take a representative to Doping Control with them. If an under 18 athlete does not take a representative with them, then two Doping Control Officers/Chaperones will be present during the procedures and process. Athletes at this age and stage of the Pathway who are taking medically prescribed but prohibited medication are not required to let us or UKAD know, instead they are able to apply for a retroactive TUE (temporary use exemption) if tested. Athletes can use the [TUE wizard](#) to see what type of exemption is needed.

Reporting any concerns about antidoping in triathlon can be done via our website [here](#) or you can go directly to

UKAD's site [here](#). Or alternatively you can get in touch with us via cleansport@britishtriathlon.org

If you would like to speak to someone about anti-doping at British Triathlon please contact your relevant Home Nation Programme.



International Racing

International racing plays an important part in the development journey of future world leading athletes and there are 2 main opportunities - Junior and Youth European and World Championships AND Europe Triathlon Junior Cups

Junior & Youth European & World Championships

These events provided some of our current World leading athletes with their first taste of International racing. Whilst they provide some great experiences and for many Youths and Juniors are a key focus it must be remembered that it is still possible to become a leading senior athlete without being selected to race at this level at this age. Please also note that European and British Youth and Junior age groups do not precisely align.

Athletes are eligible for selection to World Triathlon (WT) and Europe Triathlon (ET) Youth and Junior events at the following ages:

- Youth athletes aged 15/16/17 at the end of that year of competition
- Junior athletes aged 16¹/17/18/19 at the end of that year of competition

¹ Whilst 16 year olds can race over sprint distance in Europe it is very unusual for British Triathlon to select them to race at this level as they compete over Super Sprint distances in the UK and do not normally have the physical maturity or conditioning to compete with the world's best over the longer sprint distance.

International Racing

British Triathlon supports teams in the following events:

Youth – European Youth Championships

Junior – European & World Championships in Triathlon and also multi-sport championships e.g. Duathlon, Aquathlon, Cross Tri, etc¹

Selection policies for these events can be found [here](#)

¹European and World Junior Triathlon Championships are fully funded by the World Class Programme where as Multisport is self funded

ET Junior Cups

A stepping stone between Super Series and International Championship events Junior Cups are spread throughout the season and all over Europe. They provide excellent experiential development opportunities for athletes of an appropriate standard. The Junior Gateway events in May and at the end of the season (August/September) are the entry point into ET Cups. The selection policy can be found [here](#)





World Triathlon Health Check

All Junior/Youth athletes competing internationally in WT/ET events are required to complete a Pre-Participation Evaluation (PPE). Failure to do so will result in you not being able to be selected and entered for any WT/ET event. Such evaluations operate across many different sports to better identify athletes at risk from electrical or structural heart abnormalities that may have serious repercussions when the heart is under stress during training and racing. Details of how to complete the PPE can be found [here](#). A PPE lasts for 2 years at which point a re-test is required.

The PPE is basically split into two parts, part one being the cardiac screen and part two is the medical sign off. CRY (Cardiac Risk in the Young) conduct cardiac screening nationwide and for most athletes this is the easiest, most accessible and cost effective screening option. To complete part two you will need an appropriately qualified Doctor to read your screen results and sign it off. There are significant medico-legal responsibilities at sign off and some GP's have the necessary training/experience and some don't. Sign off therefore can be difficult and expensive to complete if your GP isn't qualified as a private consultation is often the only option. To support this process and reduce the expense and logistical difficulties British Triathlon offers CRY screening and medical sign off at much reduced costs biennially at the Performance Assessments weekend and all Home Nation athletes are prioritised and encouraged to make use of this.

At Next Generation we expect all athletes to engage very regularly with their nominated Next Gen Coach or Athlete Lead, this enables you to ensure you have a purely bespoke and individualised programme, that is not only regularly adjusted to suit your needs but also works in collaboration with the home coaches/clubs you have/belong to. As such and because you will have very regular access to a coach and because individual training needs will vary greatly we have chosen not to include a lot of material in this handbook related to training, other than some overarching principles below that our coaches will work within. Instead we encourage you to be curious and ensure, as per the first bullet below, that you take greater interest in what you are doing and why.

- Athletes should look to develop their ownership of their triathlon journey through this stage. This includes the decision making process (Informed Choice), helping to build an understanding of what they're doing in training (Intelligent Training) and be guided by their support teams in taking steps to build towards them taking some level of ownership of their overall programme (Learning to Lead)
- Swimming should still be the priority discipline in terms of weekly volume/training hours and athletes would be expected to swim above 8 hours per week (unless swimming already at a high National/British level)
- In terms of priority focus (not necessarily volume) running should follow next and all athletes should have access to age/stage appropriate sessions on a weekly basis along with completing the supporting aerobic background work (easy/steady running). Run volumes should increase very steadily through this period of development as the aerobic workload increases.
- Cycling volumes should increase through this stage and be at/close to swimming volumes in the final year at this level, but this should not detract from swimming, and then running being the main focuses. Like in the other disciplines supporting aerobic work is critical on the bike to develop a broad physiological profile.



Project 18

Deciding what to do when you leave school or college at 18 is a big decision and for many of you will lead to significant changes. This specifically designed resource, that can be found [here](#), is designed to help support the decision making process and hopefully start to think about how to better prepare for the transitions that happen around it. It also contains a lot of other useful relevant information.

This transition we believe is key in our pathway and as such we want to do all we can to support our athletes through it. Understanding the following, as well as taking some time to familiarise yourself with Project 18, might help.

- Athletes do not need to go to a training centre nor study for a degree – while this is the most common route some athletes do chose to base themselves at home (or elsewhere) with success – see former 2x World Champion Helen Jenkins reflect on this [here](#)
- If a training centre is the right option there are 8 centres aligned to British Triathlon – see exploring options [here](#) to learn more





Project 18 (continued)

- While all centres are aligned to Universities you don't have to study to train at a centre
- Not many young people between the ages of 16-19 really know what they want to do and this is OK
- We don't always get our post 18 choices right
- Results at the end of college or school don't always go to plan – listen to Olympic Champion Alex Yee and WCP athlete Ben Dijkstra reflect on their experiences [here](#)
- Taking a year or more out at this point to consider options or to have a greater focus on training might be a good solution
- If choosing to study you don't have to do this full time – for many courses there is a lot of flexibility re part time study or splitting years – see [here](#)



Life after Next Generation

While working towards the Olympic dream and with that selection to the World Class Programme should very much be the target of all athletes on the Home Nation Next Generation Programmes the programme is looking to achieve more than this.

The World Class Programme aside there are 3 main exit routes for Next Gen athletes

1. Continuing to race within the Olympic formats
2. Long distance racing
3. Retiring from the sport or moving onto another sport.

Continuing to race within the Olympic formats

This is the most common choice that ENG athletes make, success in our sport comes relatively late and it is not common for junior athletes to move directly into the World Class programme. It is important to remember that athletes do not need to be members of a British Triathlon pathway programme to be selected into any of the events that World Triathlon operate and most athletes who race internationally are not members of the WCP. While most athletes will choose to base themselves at a British Triathlon funded or endorsed Training Centre but it is important to understand that some athletes may also choose to locate themselves elsewhere. In most cases athletes choosing to base themselves at home are still eligible to be named on Next Gen Programmes, assuming they have met the selection criteria

Long Distance Racing

Triathlon, mainly through long distance racing, offers athletes the option of a professional sporting career. While truly succeeding in being a professional athlete in the sport is a real challenge there are numerous events operated by Challenge, Ironman and the PTO that have professional fields and offer prize money, while World Triathlon also run some longer Championship events too. There is also a professional series in Cross Tri (Xterra).

The costs of living and racing as a 'pro' athlete, however, should not be underestimated and there are some useful video interviews [here](#) with athletes who talk candidly about the challenges they face in supporting themselves to train and race full time. Also any athlete wanting to get a 'pro' start in any middle or long distance events will need to meet British Triathlon's Long Distance Professional/Elite Criteria which is found [here](#).

Retiring from the sport or moving onto another sport

Our focus on whole athlete development we believe means that, through your time on the Programme, not only do you acquire and build great transferable skills (see next page) but you also have a set of unrivalled positive experiences too. As such we would encourage you to remember that whenever the time comes to move on from the Programme and whether you choose to remain in the sport or not, your skills, knowledge and experiences learnt from your experiences in this Pathway as an international athlete may well open doors to you that may have otherwise stayed closed.

If you are interested in potentially transferring to a different sport or want to find out more about coaching and/or working in sports administration/sports science or any other related avenues within Triathlon or another sport please speak to programme coaches and/or staff who can help support your enquiries.

Transferable skills

In line with the Athlete Development Framework (ADF) and our philosophy of Whole Athlete Development we work to support athletes with exploring, enhancing and eventually excelling in following skills that will transfer across many walks of life and in most cases will set you apart, as many employers value the below, if and when you choose to move on from the sport.

Goal setting and planning – setting and being able to meet targets while simultaneously having a plan and being adaptable

Independence – being self sufficient and used to taking responsibility for yourself and your training

Decision making – our focus on Informed Choice supports you with an ability to seek information out, problem solve and make key decisions

Leadership – Learning to Lead gives you an exposure, in small doses, to leadership from a relatively young age and with it the chance to work on and develop great leadership skills and behaviours for your age and stage of development.

Time management – managing a dual career balance in a sport like triathlon that requires significant hours of training alongside a lot of academic and/or paid work is an excellent way to develop your time management skills.

Commitment – having an ability to commit and work hard to achieve success in the longer term

Dealing with pressure – A focus on Intelligent Racing and One Day One Race means performing and thinking clearly under pressure, managing expectations and developing the ability to deliver when it matters most.

Performance Development – Receiving and acting upon constructive feedback to improve performance inline with set targets

Resilience – the ability to overcome setbacks and recover quickly from difficulties in your path

Teamworking – used to working collaboratively within and leading team/squad environments on set tasks/challenges for success

Communication – an ability to get on with and communicate well with people of all backgrounds across a wide age range i.e., coaches, staff members and other athletes from all over the UK and other nations

Learning, reflection and self awareness – constantly being in environments where learning is expected and being required to reflect on this, both individually and in groups, and evidence whole athlete/person development.

