

Macarthur Triathlon Club Junior Triathlon Program

The Macarthur Triathlon Club is based at the Macquarie Fields Swimming Centre in South West Sydney. We have a first class triathlon venue here with the swim centre with 25 metre (indoor heated) and 50 metre (outdoor) pools and immediately adjacent dedicated 1km asphalt sealed bike track and run paths. We think it is one of the best local club triathlon venues in the country.

The Macarthur Triathlon Club is a family club with a strong junior focus. We have a proud junior triathlete history with many high achieving athletes including Erin Densham (U23 world champion and Olympic bronze medalist) and Natalie Van Coevorden (current Australian representative on the elite ITU world circuit) progressing through our junior ranks.

We recognise how fabulous the sport of triathlon is for development of junior sporting capabilities, fitness, flexibility and coordination. There are very few sports that can rival triathlon in this regard.

The Macarthur Triathlon Club has active junior development and coaching programs for juniors of all ages and abilities. We also have a 3 day annual Mac Tri Junior coaching camp in January, to date conducted at the Sydney Academy of Sport and Recreation at Narrabeen.

Our junior programs are conducted in a fully supportive, friendly, safe and fun environment. Our programs are conducted by dedicated and highly qualified coaches.

We have three junior programs that accommodate juniors of different ages and abilities. These programs are effectively part of the national junior triathlon development framework. High performing triathletes that progress through the recognised pathway have the opportunity to try for state and national junior development and performance triathlon squads and to ultimately represent state and country. Macarthur Triathlon Club programs include:

Mac Tri TRYstars – for juniors (aged 7 to 12) who are new to triathlon and/or who wish to develop technique and skills. The main program is generally conducted in September/ October each year with some additional supporting coaching sessions during the summer season.

Triathlon Australia advises in regard to the TRYstars program that:

TRYstars is the only "first touch" National junior sport participation program in Australia which addresses all FUNdamental movement skills, i.e. agility, balance, coordination, speed, running, jumping, gliding, buoyancy, throwing, catching, kicking and hitting. FUNdamental movement skills are required for kids to develop basic movement literacy successfully, which will then encourage their successful participation in any sport. Kids with these experiences are far more likely to enjoy successful, lifelong participation in a range of sports and in active recreational pursuits.

Mac Tri Juniors – for juniors (aged 11 to 17) who have basic triathlon skills who wish to improve skills and race capabilities. The Mac Tri Juniors program links with the SWSAS program with regular coaching and training sessions/opportunities throughout the summer season.

South West Sydney Academy of Sport (SWSAS) Triathlon Program – for juniors of high school age (generally 12 to 18) who have strong triathlon skills and capabilities (or who have excelled in one or more of the three disciplines that make up triathlon ie swim, bike, run). Entry to the SWSAS triathlon program is by application. The program runs for 8 months from September to April spanning the summer season.

Most juniors just love to race. We conduct club races regularly with various junior events of varying distances. Our club triathlon (swim/bike/run) series spans the summer season from October through to March. Our duathlon (run/bike/run) series spans the winter season from April through to September. Many of our juniors also race in external races around the state and around Australia.

Importantly we acknowledge that junior development at Mac Tri is as much about developing triathlon skills as it is about assisting the juniors to develop life skills. The Macarthur Triathlon Club **Junior Motto** is

**Be Safe
Have Fun
Develop Skills
Go Hard**

Our **Values** are

- **RESPECT** – for others including family and friends, team mates, competitors, officials, volunteers and importantly respect for ourselves;
- **SPORTSMANSHIP** – congratulate fellow competitors, wish them good luck or help them overcome disappointment;
- **HEALTH** – take pride in maintaining a healthy active lifestyle;
- **ENJOYMENT** – don't forget to have fun along the way especially with family, friends and team mates;
- **BELONGING** – be proud to be part of family, club and team;
- **DEDICATION** – we acknowledge that it takes discipline and commitment to achieve our goals;
- **ACHIEVEMENT** – recognising the hard work and sacrifices required to achieve and reflecting on and enjoying success when it comes along;
- **BALANCE** – finding the right balance in a busy lifestyle, knowing our priorities and knowing what is important, with family and school always top priorities.

For further information or general enquiry please contact Guy Creber, Macarthur Triathlon Club Junior Development Coach on mobile 0417 086 645 or Email gcreber@bigpond.com.