



2008 Triathlon Australia (Draft Legal) Endorsement Procedure.

The following endorsement application is to be completed by **ALL** triathletes intending to compete in Triathlon Australia/STTA sanctioned ITU Junior or “Open” draft legal races who do not hold a professional draft legal race licence.

The endorsement procedure has two criteria: **Automatic** or **Demonstrated**.

- **Automatic Endorsement:** any athlete that has previously competed in the National ITU Junior series or Open race will be automatically endorsed. **NOTE:** The application form still needs to be completed by the athlete and then forwarded to the State Development Program Coordinator for final approval.
- **Demonstrated Endorsement:** any athlete that has not previously raced in a National ITU Junior event is required to complete the application form and have their bike handling skills/knowledge approved **by NCAS Level 2 Triathlon Coach or NCAS Level 1 Cycling Coach** before submission to State Junior Development Program Coordinator or TA for final approval.

The athlete must demonstrate practical knowledge and understanding on the following checklist:

- The concept of overlapping wheels, understand and appreciate that a slight direction change or gust of wind could easily cause athletes to touch wheels and fall.
- Underlapping wheels through corners and the potential dangers.
- Hand position in a bunch, sitting on a wheel whilst having hands on Aerobars reduces reaction time and is not advised.
- Cornering lines, judging whether athlete can pedal around the whole corner or whether it is necessary to lift inside pedal up, cease pedalling and judging when pedal cycles can recommence.
- Reading the bunches reaction to the terrain, understanding when “concertina” and “whiplash” effects occur in the bunch.
- Paceline strategies, ability to peel off and retreat on correct side according to conditions.
- “Swapping Turns” or “Rolling Through”, understand the role of pace and retreat lines and anticipating reactions needed by athlete.

As a guide athletes should:

- Be predictable with all actions. Maintain a steady straight line and avoid braking or changing direction suddenly. Remember that there are riders following closely from behind.
- Point out and call out any road hazards ahead. These include potholes, drain grates, stray animals, opening car doors, sticks or stones, parked cars, etc.
- Not overlap wheels. A slight direction change or gust of wind could easily cause athletes to touch wheels and fall.
- When climbing hills, avoid following a wheel too closely. Many riders often lose their momentum when rising out of the saddle on a hill, which can cause a sudden deceleration. This can often catch a rider who is following too closely, resulting in a fall from a wheel touch.
- Not panic if you brush shoulders, hands or bars with another rider. Try to stay relaxed in your upper body to absorb any bumps. This is a part of racing in close bunches and is quite safe provided riders do not panic, brake or change direction.

Applying Athlete Details

Name:

Address:

Contact Phone Number:

Contact Email Address:

Date of Birth:

Age as of December 31, 2008:

Triathlon Australia Licence Number:

AUTOMATIC ENDORSEMENT

List which draft legal races you have raced: _____

or

DEMONSTRATED ENDORSEMENT

My endorsing coach is: _____

I am fully aware of the practical knowledge and awareness required to ride in a pack and have the necessary skills to compete at national draft legal level.

Athlete Signature: _____ Date: _____

Endorsing Coach Details

Name:

Address:

Contact Phone Number:

Contact Email Address:

Coaching Accreditation: Sport:

Level:

Expiry:

NCAS Registration Number:

I have personally witnessed the above triathlete demonstrate the above skill competencies and I am fully satisfied they meet the requirements to compete at a national/state draft legal level. By signing this document, I understand my coaching responsibilities as stated in the coach’s code of ethics in particular section 5, 7 and 11.

Coach Signature: _____ Date: _____

State Development Program Coordinator Details

STTA:

Name:

Contact Phone:

Contact Email:

Please circle one of the following.

AUTOMATIC ENDORSEMENT (Raced the previous year ATS)

DEMONSTRATED ENDORSEMENT (First year in ATS)

I am satisfied the above triathlete has meet the criteria for being an endorsed athlete and has the necessary skills to race at a national/state draft legal level.

STTA Rep. Signature: _____ Date: _____