



## 2009 Triathlon Australia (Draft Legal) Endorsement Procedure

### Procedures for ITU Junior Athletes

The following endorsement application is to be completed by **ALL** triathletes intending to compete in Triathlon Australia/STTA sanctioned ITU Junior, “Open” draft legal races **or the Senior Division of the School Sport Australia Championships**, who do not hold a professional draft legal race licence. Athletes must be a minimum of 16 years in 2009 to apply for endorsement.

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

- **Automatic Endorsement:** any athlete who 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 your state association 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.
  - **Please Note: Individual states may have “approved endorsement assessors” that must be used for this application. Please contact your respective state association for more information.**
  - **This form only needs to be completed once per race season.**

# The athlete must demonstrate practical knowledge and understanding of the skills on the attached checklist.

## 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 & 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, 2009: \_\_\_\_\_

Triathlon Australia Licence Number: \_\_\_\_\_

Coach: \_\_\_\_\_ Coach's Contact Phone: \_\_\_\_\_

## **AUTOMATIC ENDORSEMENT**

List which draft legal races you have raced:

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**DEMONSTRATED ENDORSEMENT**

My Assessor 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: \_\_\_\_\_

**Assessor's Details**

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Contact Phone Number: \_\_\_\_\_

Contact Email Address: \_\_\_\_\_

Coaching Accreditation: Level: \_\_\_\_\_

Expiry: \_\_\_\_\_

NCAS Registration Number: \_\_\_\_\_

Delivers and Assessors Course Date: \_\_\_\_\_

- I have personally witnessed the above triathlete demonstrate the skill competencies and I am fully satisfied they meet the requirements to compete at a national/state draft legal level.
- I have completed and attached the competency checklist.
- 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.

Assessor's Signature: \_\_\_\_\_ Date: \_\_\_\_\_

**STTA OFFICE USE**

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.

Please circle one of the following:

**AUTOMATIC ENDORSEMENT** (Raced the previous year ATS)

**DEMONSTRATED ENDORSEMENT** (First year in ATS)

State Junior Head Coach Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Name: \_\_\_\_\_

STTA Rep. Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Name: \_\_\_\_\_

<b>Bike</b>	<b>Competent</b>	<b>Not Yet Competent</b>	<b>Further Evidence Required</b>
<b>BASIC BIKE HANDLING</b>			
CLIPPING SHOES IN AND OUT			
MOUNT			
DISMOUNT			
BALANCE			
PEDALLING			
CADENCE RANCE			
SLOW RIDING			
RIDE A STRAIGHT LINE			
LOOK BEHIND WHILST RIDE A STRAIGHT LINE			
LOOK OVER SHOULDER			
LOOK UNDER SEAT			
LOOK UNDER RIGHT ELBOW			
GETTING OUT OF SADDLE AND SITTING BACK			
1 HANDED RIDING			
NO HANDED RIDING DRILL FOR BALANCE			
RIDING IN DROPS			
DRINKING WHILE RIDING WITH 1 HAND			
SLALOMS			
DODGING AN OBSTACLE			
JUMPING OBSTACLE			
RIDING OVER ROUGH SURFACES			
TURN 180 DEGREES IN 2.5 METRES			
CORNERING			
<b>GEARS</b>			
CHANGE GEARS			
GEAR SELECTION			
<b>BRAKING</b>			
FAST BRAKING			
FEATHERING BRAKES			
PRECISION BRAKING			
BRAKING ON LOOSE SURFACES			
<b>CLIMBING &amp; DESCENDING</b>			
SEATED CLIMBING			
OUT OF SADDLE CLIMBING			
DESCENDING			
CORNERING WHILST DESCENDING			
<b>RIDING WITH OTHER RIDERS</b>			
PAIRS RIDING			
SITTING A WHEEL			
CORNERING IN A GROUP			
PACELINE RIDING			
TAKING TURN IN A PACELINE			
SCANNING			
POINT OUT HAZARDS			
ROLL THRU SMOOTHLY			