

2009 – 2012

ATHLETE HIGH PERFORMANCE MANAGEMENT

The primary goal of the High Performance Program is to win a medal at the 2012 Olympic Games. The secondary goal is to prepare our athletes on the international scene to be possible medal winner at 2016 and 2020 Olympic Games. To assist athletes, TSA will appoint a full time High Performance Manager to oversee the program in close engagement with the athletes and their respective coaches, on a “nose in hands out” basis.

An athlete must annually comply with one or more of the qualification criteria to continue membership of the program.

1. 2012 Olympic Medal Squad

(a) Qualification criteria

- Top 10 ITU World Championships Series ranking as at 31 December 2009, 2010
- Top 5 placing ITU World Championships Series event (2009, 2010, 2011)
- TSA/HPM selection
- Swim time (1500m swimming pool, non wetsuit) 17m30 (m); 18h30 (f)
- Run time (5000m tartan track) 14m30 (m); 16m20 (f)

(b) Mandatory participation

Full medical testing and evaluation (bi-annual)
Extensive laboratory testing (bi-annual)
1 x Testing Training Camp (4/5 days) (annual)
1 x Competition Training Camp (5/7 days) (annual)
SA National Triathlon Championships (2010, 2011, 2012)
ATU African Triathlon Championships (2010, 2011, 2012)

(c) Funding

- Coach's fee contribution (provided coach is SA based)
- Physiotherapy, psychology fee contribution
- ATU Africa Triathlon Championships (2010, 2011, 2012) (T & A)
- 2 x World Championships Series events (2010) (T & A)
- 3 x ITU World Cup (2010) events (T & A)
- 4 x World Championships Series events (2011) (T & A)
- 4 x ITU World Cup (2011) (T & A)

- * Events for 2012 to be determined by HPM in discussion with the athlete
- * The exact amount of Travel and Accommodation (T&A) and other contributions, to be determined by the HPM
- * Should the format of ITU events (World Cup/World Championship Series) change, the HPM will determine the status/required races
- * Financial incentives, performance related, will be added by the HPM for 2011 and 2012
- * Athlete must at inclusion submit a 4 year competition/performance plan
- * Athlete must annually submit a competition/performance plan

2. Performance Squad

(a) Qualification criteria

- Top 3 African Triathlon Championships (2009, 2010, 2011) (SA athlete overall)
- Top 60% field finish, ITU World Cup event (2009, 2010, 2011)
- 2 x Top 3 finish, ATU Continental Cup (2009, 2010, 2011) (SA athlete overall)
- U/23 Africa Triathlon Champion (2009, 2010, 2011) (top 5 finisher overall - SA)
- TSA/HPM selection
- Swim time (1500m swimming pool, non wetsuit) 18m30 (m); 19h30 (f)
- Run time (5000m tartan track) 15m45 (m); 17m45 (f)

(b)Mandatory participation

Full medical testing and evaluation (annual)

Extensive laboratory testing (annual)

1 x Testing Training Camp (4/5 days) (annual)

1 x Competition Training Camp (5/7 days) (annual)

SA National Triathlon Championships (2010, 2011, 2012)

ATU All African Triathlon Championships (2010, 2011, 2012)

ATU African Triathlon Cup (2009, 2010, 2011, 2012) (x 2, SA plus one)

(c)Funding

- Coach's fee contribution (provided coach is SA based)
- Physiotherapy, psychology fee contribution
- ATU Africa Triathlon Championships (2010, 2011, 2012) (T & A)
- ATU African Triathlon Cup (2010, 2011, 2012) (T & A) (x2, in SA plus one)
- ITU World Cup races * (2010, 2011, 2012) (T & A)

* Events to be determined by HPM in discussion with the athlete

* The exact amount of Travel and Accommodation (T&A) and other contributions, to be determined by the HPM

* Should the format of ITU events (World Cup/World Championship Series) change, the HPM will determine the status/required races

* Financial incentives, performance related, will be added by the HPM for 2011 and 2012

* The athletes included in this group will primarily be in the age bracket 18 – 25.

* Athlete must at inclusion submit a 4 year competition/performance plan

* Athlete must annually submit a competition/performance plan

* Based on merit, TSA may limit the number of athletes in this group, not to exceed 10.

3. Advancement Squad

(a)Qualification criteria

- Top 3 SA Triathlon Championships (16 – 19) (2009, 2010, 2011)(SA)
- Top 3 SA Triathlon Championships (U/23)(2009, 2010, 2011)(SA)
- Top 3 Africa Triathlon Championships (16 -19) (2009, 2010, 2011)(SA)
- Top 3 Africa Triathlon Championships (U/23)(2009, 2010, 2011)(SA)
- Top 2 SA Duathlon Championships (16 -19)(2009, 2010, 2011)(SA)
- Top 2 SA Duathlon Championships (20 -24)(2009, 2010, 2011)(SA)
- TSA/HPM selection
- Swim time 16-19 (400m swimming pool, non wetsuit) 4m55 (m); 5h15 (f)
- Swim time 20-24 (800m swimming pool, non wetsuit)10m40 (m); 11h15 (f)
- Run time 16-19 (3000m tartan track) 9m45 (m); 10m30 (f)
- Run time 20-24 (5000m tartan track) 16m40 (m); 18m45(f)

(b)Mandatory participation

Full medical testing and evaluation (annual)

Standard laboratory testing (annual)

1 x Testing Training Camp (4/5 days) (annual)

1 x Competition Training Camp (5/7 days) (annual)

SA National Triathlon Championships (2010, 2011, 2012)

ATU African Triathlon Championships (2010, 2011, 2012)

ATU African Triathlon Cup (2010, 2011, 2012) (in SA)

(c)Funding

- ATU Africa Triathlon Championships (2010, 2011, 2012) (T & A)
- ATU African Triathlon Cup (SA) (2010, 2011, 2012) (T & A)
- ITU World Cup races to be determined *(2010, 2011, 2012) (T&A)

* Additional (or replacement) funded events may be added by HPM in discussion with the athlete

* The exact amount of Travel and Accommodation (T&A) and other contributions (if any), to be determined by the HPM

* The athletes included in this group will primarily be in the age bracket 16 – 24.

* Athletes must at inclusion submit a 4 year competition/performance plan

* Athletes must annually submit a competition/performance plan

* Based on merit, TSA may limit the number of athletes in this group, not to exceed 16.

4. General

- Athletes must regularly report to the HPM. An electronic reporting and communication process will be implemented.
- Training Camps for all athletes will take place simultaneously.
- Travel and accommodation funding for local (SA) events, shall be a fixed amount for all athletes, irrespective of actual travel and accommodation costs.
- TSA intend to appoint 2 Assistant Performance Managers (part time) to assist the HPM and athletes.
- TSA will continue to fund a SA Junior team (16 – 19) from time to time for international participation and camps.
- Athletes must at all times remain in good standing with TSA, comply with all reasonable TSA requirements (including TSA sponsorship and exposure requests) and consent to submit to all requirements of WADA and Drug Free Sport in South Africa.
- Athletes will be required to be involved in social upliftment programmes.
- Athletes will commit to the program by contract.