

2011 – 2020

ATHLETE HIGH PERFORMANCE MANAGEMENT

The primary goal of the High Performance Program is to win a medal at the Olympic Games. The secondary goal is to prepare our athletes to be possible medal winners at the 2016 and 2020 Olympic Games and to otherwise excel on the international scene. To assist athletes (subject to funding), 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 become or continue membership of the program.

1. **2012 Olympic Medal Squad**

(a) Qualification criteria

- Top 10 ITU World Championships Series ranking as at 31 December
- Top 5 placing at a ITU World Championships Series event in the preceding year
- TSA/HPM discretionary selection

(b) Mandatory participation

- Full medical and psychological testing and evaluation (bi-annual)
- Extensive laboratory testing and training camp with feedback (bi-annual)
- Daily training and recovery monitoring and reporting
- 1 x Competition Training Camp (5/7 days) (annual)
- SA National Triathlon Championships
- ATU African Continental Triathlon Championships
- Annual rest period, as agreed between HPM, athlete and coach. The rest period to be determined at commencement of contract period.

(c) Funding

- Coach's fee-, Medical fee-, Physiotherapy fee-, Psychology fee contribution (dependant on funding availability).
- ATU Africa Continental Triathlon Championships (T & A)
- SA National Triathlon Championships (T&A contribution)
- 6 ITU World Championships Series or ITU World Cup or Continental Cup races per year (T & A)
- ITU World Championship Series Final (T & A)

- Specific competition and funding events for 2011 – 2020 to be determined by HPM in discussion with the athlete and coach
- The exact amount of Travel and Accommodation (T&A) and other contributions, will be determined by the HPM and TSA EXCOM
- Should the format of ITU events (World Cup/World Championship Series) change, the HPM in consultation with athlete and coach will determine the status/required races
- If available, financial incentives which are performance related, will be added by the HPM
- The athlete must at inclusion on the High Performance program, submit a 4 year competition/performance plan. The athlete must annually submit a detailed report on the preceding year as well as a detailed revised future competition/performance plan
- The athlete must submit a race report within 7 days post an event to the HPM
- If the athlete is included on the SASCOC OPEX program, OPEX funding will accrue to the athlete. In such event, in discussion with the HPM and the athlete the TSA funding can be reallocated to avoid duplication of spending.

2. Performance Squad

(a) Qualification criteria

- Top 3 South African finishers at the African Continental Triathlon Championships overall and within 5% (male) and 8% (female) of best South African time, in the preceding year
- 2 x Top 50% field finish at a ITU World Cup event in the preceding year
- Top SA finisher at a ATU Continental Cup (standard distance) in the preceding year
- Top 2 South African finishers at the African Continental Triathlon Championships U/23 provided the athletes are a top 5 male and top 3 female finishers overall and within 5% (male) and 8% (female) of best South African time, in the preceding year
- TSA/HPM discretionary selection
- Time based selection for triathlon (both disciplines):
 - Swim time (1500m swimming pool, non wetsuit) 18m00 (m); 19h00 (f)
 - Run time (5000m tartan track) 15m15 (m); 17m15 (f)

(b) Mandatory participation

- Full medical, psychological testing and evaluation (annual)
- Extensive laboratory testing and training camp with feedback (bi-annual)
- Daily training and recovery monitoring and reporting
- 1 x Competition Training Camp (5/7 days) (annual)
- SA National Triathlon Championships
- ATU African Continental Triathlon Championships
- Annual rest period, as agreed between HPM, athlete and coach. The rest period to be determined at commencement of contract period.

(c)Funding

- Coach's fee, Medical, Physiotherapy, Psychology fee contribution (subject to available funding)
 - SA Nationals (T&A contribution)
 - ATU Africa Continental Triathlon Championships (T & A)
 - 2x ATU African Continental Triathlon Cups (T & A) (including 1x in SA)
 - 2x ITU World Championship Series/World Cup races, subject to event qualification (T & A)
 - ITU World Championship Series Final, subject to qualification/ selection
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- Specific competition and funding events to be determined by HPM in discussion with the athlete and coach
 - 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 (in discussion with athlete and coach) will determine the status/required races
 - If available, financial incentives which are performance related, will be added by the HPM
 - Athletes included in this group will primarily be in the age bracket 18 – 25.
 - The athlete must at inclusion on the High Performance program, submit a 4 year competition/performance plan. The athlete must annually submit a detailed report on the preceding year as well as a detailed revised competition/performance plan
 - Athletes must submit a race report within 7 days post event
 - Based on merit, TSA may limit the number of athletes in this group to 10.
 - Athletes in this group will not all receive equal financial funding.
 - Athletes with a realistic chance to qualify for participation at the upcoming Olympic Games may receive added funding.

3. Advancement Squad

(a)Qualification criteria

- Top 3 SA finishers at SA Triathlon Championships Senior and within 5% (male) and 8% (female) of top SA time
- Top 3 SA finishers at SA Triathlon Championships U/23 and within 5% (male) and 8% (female) of top SA time
- Top 3 SA finishers at SA Triathlon Championships (16 – 19) and within 5% (male) and 8% (female) of top SA time
- Top 3 SA finishers at Africa Triathlon Championships Senior and within 5% (male) and 8% (female) of top SA time
- Top 3 SA finishers at Africa Triathlon Championships U/23 and within 5% (male) and 8% (female) of top SA time
- Top 3 SA finishers at Africa Triathlon Championships (16 -19) and within 5% (male) and 8% (female) of top SA time
- Top 2 SA finishers at SA Duathlon Championships Senior and within 5% (male) and 8% (female) of top SA time

- Top 2 SA finishers at SA Duathlon Championships U/23 and within 5% (male) and 8% (female) of top SA time
- Top 2 SA finishers at SA Duathlon Championships (16 -19) and within 5% (male) and 8% (female) of top SA time
- Top 2 SA athletes (overall) at SA Tri and Duathlon Age Group Championships, subject to merit
- Top 2 SA athletes (overall) at SA Long Distance Triathlon Championships
- Top 2 SA athletes (overall) at SA Cross Triathlon Championships
- 3 para-triathlon athletes, subject to merit
- 4 male and 4 female sprint distance athletes, subject to merit
- TSA/HPM discretionary selection
- Time based selection for triathlon (both disciplines):
 - Swim time 16-19 (400m swimming pool, non wetsuit) 4m55 (m); 5h15 (f)
 - Swim time 20-24 (1500m swimming pool, non wetsuit) 19m00 (m); 20h00 (f)
 - Run time 16-19 (3000m tartan track) 9m45 (m); 10m30 (f)
 - Run time 20-24 (5000m tartan track) 16m30 (m); 18m30(f)

(b)Mandatory participation

- Full medical testing and evaluation (annual)
- 1 x Testing Training Camp (4/5 days) (annual)
- 1 x Skills Development Training Camp (5/7 days) (annual)
- SA National Championships (discipline specific)
- ATU African Continental Triathlon Championships (in SA)
- ATU African Continental Triathlon Cup (in SA)
- Annual rest period, as agreed between HPM, athlete and coach. The rest period to be determined at commencement of contract period.

(c) Subsidised funding

Subject to funding available, the events considered include:

- SA National Championships (discipline specific) (T & A)
 - ATU Africa Continental Triathlon Championships (in SA) (T & A)
 - ATU African Continental Triathlon Cup (in SA) (T & A)
 - Continental Cup races as determined by the HPM (T&A)
 - Any other race determined by the HPM and athlete's coach to be in the interest of the athlete
 - Multisport athletes – races as determined by the HPM and the athlete
 - Athletes in this group will not all receive equal financial funding.
- The exact amount of travel and accommodation (T&A) and other contributions (if any), to be determined by the HPM and EXCOM
 - Athletes included in this group will be in the age bracket 16 – 24 with the exception of the multi-sport athletes.
 - Athletes must at inclusion on the program submit a 2 year competition/performance plan. The athlete must annually submit a detailed

report on the preceding year as well as a detailed future competition/performance plan

- Athletes must submit a race report within 7 days post an event
- Funding will only be for the discipline for which the athlete was selected
- Based on merit and funding, TSA may exclude an athlete that may otherwise qualify for inclusion

4. General

- Athletes must regularly report to the HPM. Dates for camps will be determined HPM.
- Travel and accommodation funding for local (SA) events, shall be a fixed amount for all athletes, irrespective of actual travel and accommodation costs.
- 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 the requirements of WADA and Drug Free Sport in South Africa.
- Athletes will be required to be involved in social upliftment programs.
- Athletes will commit to the program by contract.
- Subject to good reason and at the discretion of the HPM or TSA, athletes may be exempt from participating in the “Mandatory participation” events.
- In addition to the above supported squad members, the HPM can extend invitations to other athletes to attend training - and testing camps.