



LONG TERM ATHLETE DEVELOPMENT



BERMUDA TRIATHLON ASSOCIATION
WWW.BERMUDATRIATHLON.COM



The BTA is responsible for fostering the development of triathlon for all ages and abilities so that everyone can fulfil their best potential in the sport. This is achieved through providing a safe and inclusive training environment; by developing triathlon coach's and official's expertise. From an event perspective we host local races, including national championship and we are also responsible for entering individuals or teams to overseas competitions.

The BTA is recognized by the Bermuda Government as an NSGB (National Sport Governing Body) and by World Triathlon as a (NF) National Federation.

This document was created in partnership with Youth and Sport to provide guidance as to how athletes develop in our sport and the various pathways available to all age groups (including adults) as well as elite athletes. It will also highlight opportunities and challenges within our sport such that stakeholders can work together to continually improve participation, access to training, talent identification, enhance performance, and demonstrate how sport is valued in our community.

The Long-Term Athlete Development (LTAD) plan will guide the Bermuda Triathlon Association's priorities and decision making. It will be a road map for future generations and will ensure there is a place for all to participate or compete.



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1. INTRODUCTION

What is Long-Term Athlete Development (LTAD)?

Long term athlete development is a multi-stage training, competition and recovery pathway guiding an individual's experience in sport and physical activity. It takes into account growth, maturation and development, trainability and sport system alignment to enable optimal participation for every child, youth and/or adult.

Why is LTAD Important?

The LTAD framework recognizes that both high performance and lifelong engagement are built on the same foundation as physical literacy and understands that an effective sport system builds a solid foundation before moving toward sport specificity. Long-term athlete development understands that optimum development and success in sport is a long-term process that is achieved over a course of time through specific and well-planned programming.

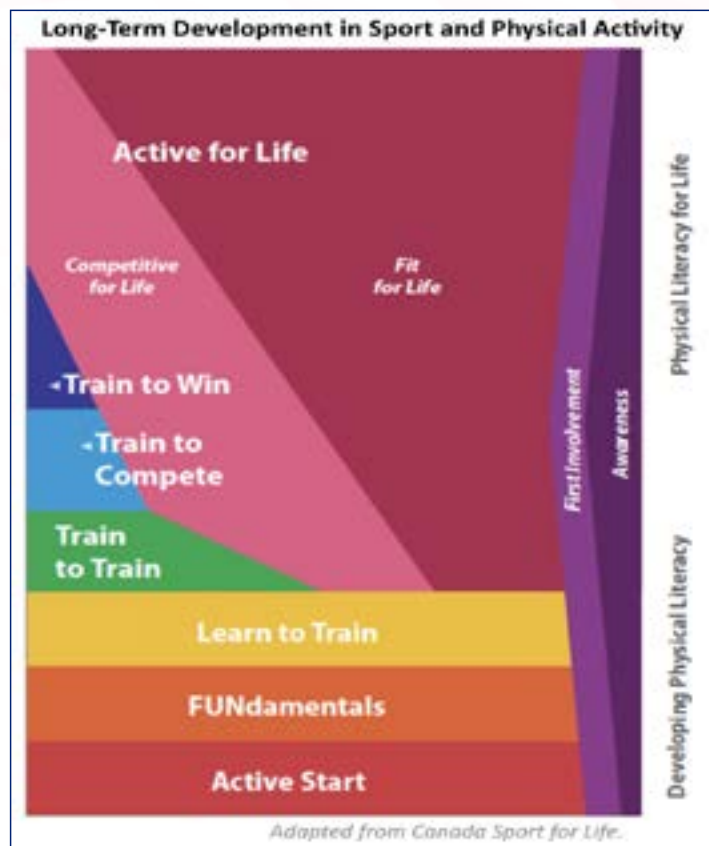
What are the key principles of LTAD?

Seven stages of Athlete Development: Each stage will be discussed in **Section 2**

- Active Start
- FUNdamentals
- Learn to Train
- Train to Train
- Train to Compete
- Train to Win
- Active for Life

The Rectangle of Athlete Development (incorporating the seven stages)

All sports utilize the same rectangle in principle, however there are specifics to each sport and Bermuda Triathlon Association has adopted this framework for additional guidance on competition level and coaching. Further details are in **Section 2**.



Ten Key Factors of LTAD

- 1. Physical Literacy** – Children will not stay active with recreational activity or develop into high performance athletes if they don't have physical literacy, and they will not have physical literacy if they do not get the FUNdamentals. The FUNdamentals include a wide variety of fundamental movement skills and fundamental sport skills that should be learned at young ages (before the onset of the adolescent growth spurt) in four different environments: ground, water, air, and snow and ice. With these basic skills, children gain the ability, competence and confidence to practice any sport or physical activity they choose.
- 2. Specialization** – There are right times and wrong times to specialize in any one sport or physical activity. Specialize too early, and the athlete may limit their development and success at older ages. Specialize too late, and the athlete may miss key developmental opportunities. In most sports, athletes should not specialize until they are between the ages of 12 to 15. Prior to that age, they should participate in a wide range of sports to ensure they become competent, well-rounded athletes who have acquired physical literacy.
- 3. Age** – Children grow and develop at different rates. Sport and physical activity need to take each child's stage of growth and development into account when designing training, competition, and recovery programs.
- 4. Sensitive Periods** – As children grow and develop, there are times when practice and training will have the greatest effect. These "sensitive periods" provide a special opportunity to train and develop important skills and physical abilities that will impact athletic performance through the lifespan.
- 5. Intellectual, Emotional, and Moral Development** – LTAD addresses the complete physical, mental, cognitive, and emotional development of athletes – not just physical characteristics and performance qualities. Training, competition, and recovery programs need to consider the mental, cognitive, and emotional development of each athlete.
- 6. Excellence Takes Time** – Research has shown that it takes 10,000 hours of quality training for athletes to achieve their full potential and perform at an elite level. In most examples of top-ranked athletes and other star performers, their 10,000 hours are usually accumulated over at least 10 years of training and competing.
- 7. Periodization** – Simply put, periodization is time management. It outlines all annual and seasonal training within a logical schedule to bring about optimal improvements in athlete performance at the right times, while minimizing injury and burnout. Periodization plans connect the LTAD stage of the athlete with the training and development requirements of that stage.
- 8. Competition** – Athletes need to train and compete according to training-to-competition ratios that develop skills and fitness while preventing injury and burnout. As well, the quality of competition and the timing of competitive events need to serve the needs of the athlete – not the needs of coaches, parents, and administrators.
- 9. Sport System Alignment and Integration** – Based on Sport for Life's principles, LTAD promotes system alignment and integration between sport clubs and national sport organizations. Sport for Life addresses the overarching system and structure of sport and physical activity in Canada, including the relationship between school sport, physical education, and high performance sport at all levels from policy to program delivery.

10. Continuous Improvement – The concept of continuous improvement, which permeates LTAD, is drawn from the respected Japanese industrial philosophy known as Kaizen. By applying a willingness to always seek improvements in our understanding and practice, LTAD will continuously evolve to accommodate new breakthroughs in sport science research, new innovations in technology, and evolving best practices in coaching.

How is LTAD connected to the National Sport Policy?

LTAD forms the foundation for national sport development by providing a framework and pathway for the progression of athletes, programs and related activities, and is closely linked to the successful implementation of five goals National Sport Policy.

- **Increase participation.**
- **Achieve sporting excellence regionally.**
- **Improve access to sports facilities.**
- **Increase the value of sport.**
- **Establish a framework for talent development.**





2.0 STAGE BY STAGE DEVELOPMENT.

The Bermuda Triathlon Association (BTA) recognizes the importance of a comprehensive long-term development pathway for triathletes. The following is a step-by-step guide to help athletes progress through the various stages of development, starting with basic triathlon skills and progressing to advanced competition.

Stage 1: Active Start - Introduction to Triathlon (Ages 3-15) On Island/ Club and School

The first stage of the development pathway is designed to introduce young athletes to the basics of triathlon. At this stage, the focus should be on creating a fun and enjoyable experience that promotes physical activity and skill development. The key objectives of this stage include:

- Developing basic triathlon skills, including running, cycling, and swimming.
- Promoting physical fitness and health through regular exercise.
- Encouraging a love for the sport of triathlon.

To achieve these objectives, the BTA recommends offering a range of programs, including:

- Triathlon camps for beginners.
- Fun and interactive training sessions.
- Social events to build a sense of community and camaraderie.

Stage 2: Fundamentals of Triathlon (Ages 7-15) On Island/ Club

Once athletes have gained some experience with the sport, the focus should shift towards building a strong foundation of skills and knowledge. The key objectives of this stage include:

- Developing solid technique and form in each of the three disciplines.
- Building endurance and strength through regular training.
- Developing a basic understanding of race strategy and tactics.

To achieve these objectives, the BTA recommends offering a range of programs, including:

- Structured training sessions with a focus on technique and form.
- Strength and conditioning programs to build endurance and power.
- Opportunities to participate in local races to gain experience and confidence.

Stage 3 and 4 (combined) - Learn to Train (Ages 16-19) and Train to Train (Ages 16-19 and U23) On and Off Island, Local or overseas coaching

As athletes progress through the development pathway, the focus should shift towards optimizing performance and achieving personal bests. The key objectives of these stages include:

- Developing advanced technical skills and race strategies.
- Increasing training volume and intensity to maximize performance.
- Setting goals and working towards achieving them.

To achieve these objectives, the BTA recommends offering a range of programs, including:

- High-intensity training sessions focused on specific areas of weakness.
- Advanced strength and conditioning programs to build power and speed.
- Opportunities to participate in regional and national races to gain experience and exposure.

Stage 5 and 6 (combined) Train to Win, Compete to Win (Elite and U23) Off Island/ Overseas coaching

At the elite level, the focus is on achieving the highest level of performance possible. The key objectives of this stage include:

- Developing world-class technical skills and race strategies.
- Maximizing training volume and intensity to reach peak performance.
- Competing at the highest level of international competition.

To achieve these objectives, the BTA recommends offering a range of programs, including:

- Access to world-class coaches and training facilities.
- Specialized strength and conditioning programs to optimize performance.
- Opportunities to participate in international races and championships.

Stage 7 Active for Life (All ages)

This is stage for all ages and the focus is on participation, fitness and personal achievements. Key objectives:

- Participation levels from general fitness to high level of performance within an age group.
- Socially engaging.
- Learning new skills or setting goals.

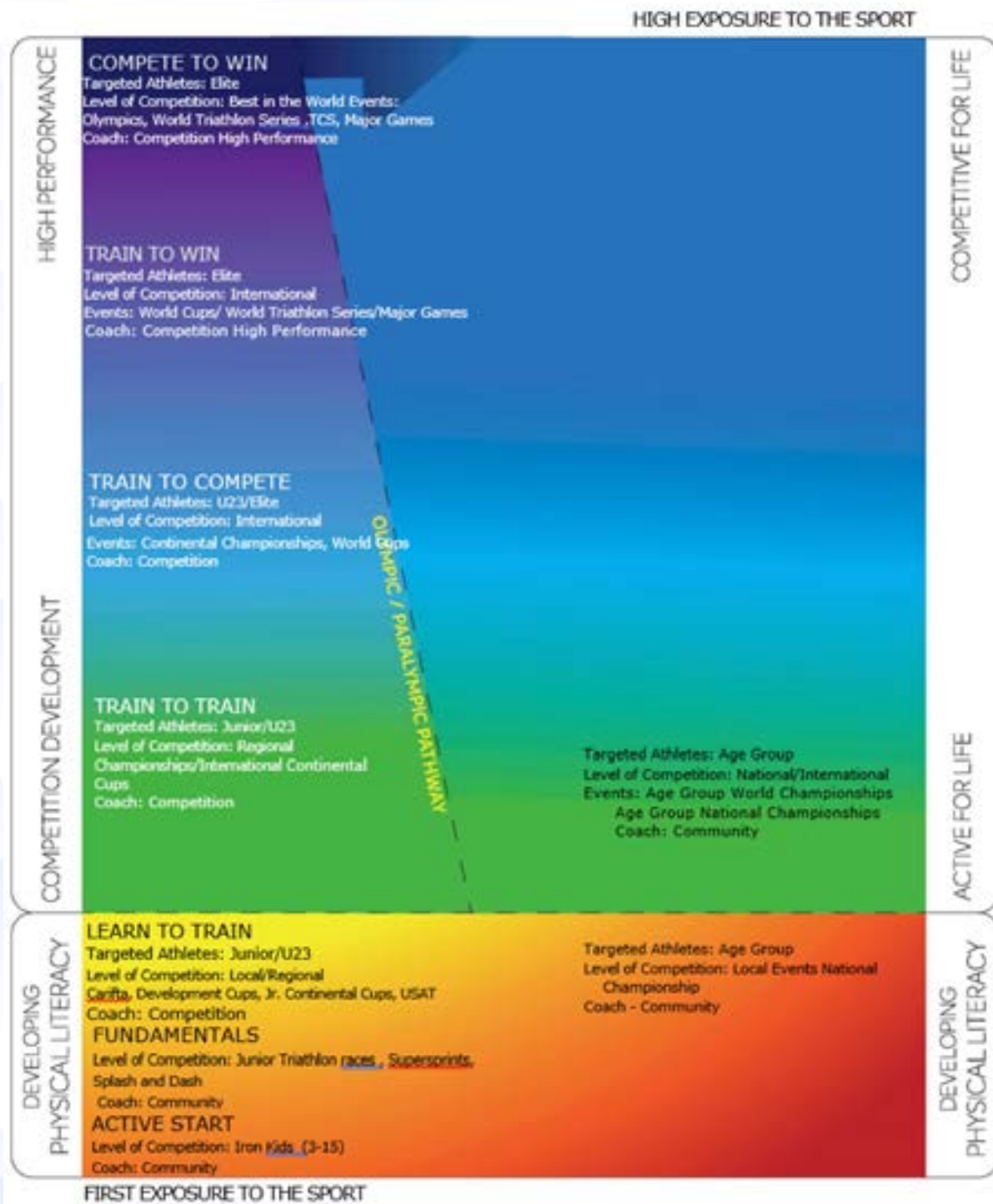
To achieve these objectives, the BTA recommends offering a range of programs, including

- Hosting a variety of on island events over various distances.
- Including social events and training camps.
- Opportunities to compete in AG races overseas.





2.1 BERMUDA TRIATHLON ASSOCIATION – RECTANGLE OF ATHLETE DEVELOPMENT





3. BERMUDA TRIATHLON ASSOCIATION - CURRENT PROGRAMS

Active Start	Iron Kids (3-15)
Fundamental	7-15 <ul style="list-style-type: none"> • Junior Triathlon Races • Super sprints • Splash and Dash
Learn to Train	Up to Under – 23 <ul style="list-style-type: none"> • Swim Clubs, Run, Cycle • Junior Tri Club • After School Programs • Local/Regional Races
Train to Train	16 - 19 yrs and U23 <ul style="list-style-type: none"> • Americas Region • Developmental Cups • Continental Cups & Jnr Continental Cups • Junior Games (Jr. CWG, Jr Pan-Am, Youth Olympics) • CAC Games
Train to Compete	Under 23 <ul style="list-style-type: none"> • Continental Cups • World Cups • Continental Champs
Train to Win	Elites <ul style="list-style-type: none"> • World Cups • WTCS • Major Games (Olympics, CWG, Pan-Am)
Compete to Win	Elites <ul style="list-style-type: none"> • World Championships • WTCS • Major Games (Olympics, CWG, Pan-Am)
Active for Life	All Ages <ul style="list-style-type: none"> • AG local races/Super sprints • Overseas AG races • AG World Championships

4. BERMUDA TRIATHLON ASSOCIATION - CURRENT NO. OF ATHLETES

	Programs No. of Athletes (Current)	No. of Athletes (Goal)
Active Start	Iron Kids - 200	300
Fundamental	<ul style="list-style-type: none"> Junior Program - 50 Junior Clinics School 	100
Learn to Train	Learn to Train Self-selected Juniors for overseas camp - 15	30
Train to Train	Domestic & Continental Cups (USA) - 1-2	10
Train to Compete	Under 23/ Continental Cup - 1	10
Train to Win	WTS/World Cups - 2	6
Compete to Win	Olympics - 1	4
Active for Life	120	150

5. BERMUDA TRIATHLON ASSOCIATION - COACH DEVELOPMENT

	No. of Coaches	Certification/Region/Challenges
Active Start	10	<p>Hosting NCCP Level 1 and 2 Community Triathlon Course aimed at Junior development. Expect 10-12 coaches to certify in March 2024</p> <p>2 WT Level 1 Online /Qualifications done remotely.</p> <p>Overseas coaching to high performing athletes is remote with training data uploaded through online platforms. These are generally one to one relationship with specific individual plans. In some cases, overseas camps may be possible</p>
Fundamental	6	
Learn to Train	4	
Train to Train	2	
Train to Compete	1	
Train to Win	2	
Compete to Win	1	
Active for Life	Unknown (Sport specific)	



6. BERMUDA TRIATHLON ASSOCIATION - OPPORTUNITIES & CHALLENGES

Aspiration/Opportunities	Challenges
BTA's goal is to increase participation in Americas Region Continental Cups & Junior Continental Cups	<ul style="list-style-type: none"> Races are held overseas so there are significant travel costs to compete. Athletes often need to miss school. Athletes at a young age are involved in single sports which compete for their availability.
Train and develop coaches and officials.	<ul style="list-style-type: none"> Cost to host a coaching course. Often requires years of experience to become an advance or high-performance coach. Cost to hire coaching expertise to run camps. Cost to host an official's clinic.
Host events	<ul style="list-style-type: none"> Recruitment of volunteers to ensure safe and fair races. Other sporting events on same weekend. Requirement to shut down roads Police escorts and/or traffic officers. Cost to host continental cup including prize money. Require significant sponsorships.

7. SUMMARY

The Bermuda Triathlon Association is proud of our athlete's success on the local, regional and world stages. Our coaches, officials, volunteer administrators, parents/guardians all have an important role in athlete development. We are pleased to advise that a coaching clinic is scheduled in March 2024 to train 10 additional junior coaches. Parents also require an understanding of athlete development so they can support their child's journey in sport. Experts in the field of Sport Science and Sport Psychology could be valuable resources here. This could be a joint effort among sports with a similar development pattern.

We value our partnerships with our sponsors who help with costs of hosting events or clinics. The Bermuda Government's sport investment fund has helped with the costs of travel, coaching development, and elite athletes. The high expense to compete overseas can be a barrier for many athletes and we are seeking ways to alleviate this through additional sponsorship, grant applications, and fundraising. It may not be sufficient however due to increased athlete interest in our sport and desire to compete.

As we seek to increase participation and performance, we will need more resources including, coaches, volunteers, additional facility access, funding, and sponsorships. We expect to grow at a sustainable pace to ensure we are providing the best possible programs for our athletes.

We are aligned with the Bermuda Governments National Sports policy and continually seek ways to demonstrate the value of sport in Bermuda.

Respectfully submitted,
Bermuda Triathlon Association.



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