



TRIATHLON ASSOCIATION
OF HONG KONG CHINA
中國香港三項鐵人總會

2024 Taiwan World Triathlon Coaches Level 1 Course

About the 2024 Taiwan World Triathlon Coaches Level 1 Course:

Aim of the Course: This course is targeting coaches from East Asia. And it is for entry level participants aimed at teachers, community leaders, coaches working with kids and youth in sport. It provides a broad overview of coaching, roles and responsibilities, teaching methodologies, sport-specific information, and holistic topics (nutrition, sport psychology, growth and development, physical literacy, anti-doping).

- Entry Requirements:

Due to limited places available for this course, the following level of experience and qualifications will be considered in selecting and nominating the candidates with the below requirement for this course:

-The World Triathlon provides equal opportunities to both genders in all aspects. On a Level 1 coaching course, we require at least 20 % of the participants to be female. Shall less female apply, the total number of participants should be reduced to match this ratio.

-Good command of English

-2024 TriHK Member

- Advantages for selection:

1. Current or Former National Squad members.
2. Existing Triathlon Coaching Certificate.
3. Past level of participation & contribution in triathlon activities & races.
4. 2024 TriHK registered coach.

- Course Fee:

The course will be free of charge. Candidates have to self-fund their spending including flight tickets, accommodations, and meals etc. No subvention is provided by TriHK.

- Obligations:

After completing the course and awarding the certificate, candidates have to serve 30 hours at TriHK, including 20 hours of coaching and 10 hours of race officiating within 12 months.

- Application:

Please email forms, coaching CV and attach all supporting documents (e.g. certificates, results etc.) to development@triathlon.com.hk on or before 5pm, 10 May 2024.

- Remarks:

1. The final selection is subject to World Triathlon.
2. Once your entry is accepted by the World Triathlon, you cannot withdraw from the course.



Sports Federation &
Olympic Committee of Hong Kong, China



中國香港三項鐵人總會 Triathlon Association of Hong Kong China

香港銅鑼灣掃桿埔大球場徑1號奧運大樓1020室

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T.(852) 2504 8282 F.(852) 2576 8253 Email : trihk@triathlon.com.hk www.triathlon.com.hk

Application Form 2024 Taiwan World Triathlon Coaches Level 1 Course

Taiwan, Chinese Taipei – 05-09 Jul 2024

Generic Information*

National Federation			
First name (as worded on passport)			
Family name (as worded on passport)			
World Triathlon Registration Number (if applicable)			
Nationality			
E-mail address (individual)			
Phone Number (with country code)			
Date of Birth (dd/mm/yyyy)			
Gender	Male	Female	
Medical Insurance Details (insurance plan and number) Please scan a copy of insurance certificate with your application			
Please indicate if you have any special nutritional requirements.			
Emergency Contact Please list name and contact phone number (incl. country code) and email we can use in the case of an emergency.			
Your level of English (oral)	Beginner	Intermediate	Advanced
Your level of English (written)	Beginner	Intermediate	Advanced
Internet Access	Yes	No	

Do you have daily access to Internet?		
Computer / Laptop Access Do you have daily access to a computer/laptop?	Yes	No

Coaching Experience / Coach Profile*

Years in coaching	
In triathlon	
Other sports (Please specify)	
Level of athletes coached	
Age of athletes coached	
Coaching education ** List all coaching-relevant education, courses, etc.	
Coach Profile ** Please, provide a brief description of the coach's character and abilities.	
Reason for nomination ** Provide reasons why this coach was chosen for the course	

* Please make sure that all details will be provided.

** NFs can supplement this information with the coach's sporting CV if available.

I, the undersigned, Representative of the National Federation and the Candidate, certify, that the information provided above is accurate, true and correct.

Expired (not revalidated) or lost (downgraded) certifications can be reinstated by attending a new certification course on a self-funded basis.

NF Representative Name, Function and Signature	Stamp	Signature of the Candidate
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This application must be sent to: [name] (e-mail) latest by the application deadline published on <https://www.triathlon.org/development/calendar>.

2024 Taiwan World Triathlon Coaches Level 1 Course - SCHEDULE

Facilitator Team : Fenella Ng (HKG) - Emma Carney (AUS)

		DAY 0	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	
		4-Jul-24	5-Jul-24	6-Jul-24	7-Jul-24	8-Jul-24	9-Jul-24	
7:00	9:00	Candidates arrive. Facilitators set up room, and check resources and facilities	Breakfast, Free time					
9:00	9:15		Welcome and Introductions 1A (60 min)	Run Practical (2.5 hours)	Bike and transition Practical (3 hours)	Swim Practical (3 hours)	Practical Assessment Swim, Bike, Run (3 hours)	
9:15	9:30							What is Triathlon Coaching? Roles, Ethics & Philosophy 1B (60 min)
9:30	9:45							
9:45	10:00		The Coaching Process, Teaching & learning 1C (60 min)	Evaluation and Review 2A (30 min)				
10:00	10:15							
10:15	10:30							
10:30	10:45		Lunch	Lunch	Lunch	Lunch	Lunch	
10:45	11:00							
11:00	11:15		Principles of session delivery (inc. Warm up / cool down) 1D Include mini practical (75 min)	Understanding Participants 2B (45 min)	Swim Theory 3A (3 hours)	Children & Young People 4A (45 min)	1-2-1 debrief and evaluation	
11:15	11:30							Safety & Welfare 2C (45 min)
11:30	11:45							
11:45	12:00		Run Theory Workshop 1E (2 hours)	Bike Theory 2D (1.75 hour)	Open Water Theory 3B (1 hour)	Improving Performance 4B (75 min)	Next steps - Coaching and sport development Course Close 5A	
12:00	12:15							
12:15	12:30							
12:30	12:45		Guide to online learning 1F (45 min)	Transition Theory 2E (45 min)	Preparation for assessment (30 min)			
12:45	13:00							
13:00	13:15	Course Welcome Flexible welcome for candidates, Facilitators available	Free time, self study					
13:15	13:30		Evening Meal					
13:30	13:45		Free Time					
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