



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

## 2024 Hong Kong World Triathlon Coaches Level 2 Course

### Course Information:

Date:	17-21 November 2024
Time:	09:00 to 17:30
Venue:	Hong Kong Sports Institute (No. 25 Yuen Wo Road, Shatin, New Territories, Hong Kong)
Course Medium:	English
Quota:	maximum number 18 as set by World Triathlon

### Schedule Details

- Application Deadline: 30 Sep 2024
- Selection Deadline: 6 Oct 2024
- User upload to the World Triathlon Education & Knowledge Hub / start of the online phase: 6 Oct 2024
- Pre-course tasks 30 % deadline: 20 Oct 2024
- Pre-course tasks 50 % deadline: 17 Nov 2024
- Withdrawal / replacement deadline: 20 Oct 2024
- Post-course tasks deadline: TBC

### -Course objectives:

The L2TRI is the second coaching qualification award offered by the World Triathlon and is aimed at people with some experience of coaching (formally or informally) and in triathlon – building on existing coaching experience in Level 1.

The knowledge gained from completing this qualification will allow you to develop an understanding of how to develop and deliver more advanced triathlon coaching practices, including individualized support. The certificate qualifies you to independently plan, deliver and evaluate triathlon-related activities to groups of children and/ or adults in any of the Level 2 coaching environments, including coaching in open water environments.

To provide candidates with a high-quality learning experience through an interactive course, delivered by high-quality tutors and assessors. You will be introduced to the processes and principles of coaching triathlon activities to groups of children and/ or adults through the application of training science.



Sports Federation &  
Olympic Committee of Hong Kong, China



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Room 1020, Olympic House, 1 Stadium Path, So Kon Po, Causeway Bay, Hong Kong

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



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It offers an opportunity for triathlon coaches to be supported in developing the knowledge of how to effectively plan, conduct and evaluate a series of triathlon coaching sessions or a programme for a group or an individual.

#### **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 requirements for this course:

- The candidates must be 2024 TriHK Member.
- The candidates must have at least 2-year coaching experience after completing a World Triathlon Coaches Level 1 Course or equivalent. The fast track can be supported by the approval of World Triathlon Development based on further investigation.
- The World Triathlon is dedicated to providing equal opportunities to both genders in all aspects. On a Level 2 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.

#### **Advantages for selection:**

- Current or Former National Squad members
- Current Squad coaches.
- Education background (e.g. Sport-related discipline).
- 2024 TriHK registered coach.
- Existing Triathlon Coaches Certificate and level of certification the candidate has already attained.
- Past level of participation & contribution in triathlon activities & races.



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**Obligations:**

After completing the course and awarding the certificate, candidates have to serve 45 hours at TriHK, including 30 hours of coaching and 15 hours of race officiating within 12 months.

**Remarks:**

- (1) World Triathlon Development and Triathlon Association of Hong Kong China reserve the right to reduce the number of participants from those NFs who withdraw their earlier registered nominees. We do encourage the careful selection of dedicated participants.
- (2) Final Name list is approved by World Triathlon.

**Application:**

Please email forms and attach all supporting documents (e.g. certificates, results etc.) to [chris.lo@triathlon.com.hk](mailto:chris.lo@triathlon.com.hk) on or before **22:00, 29 September 2024**



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## Application Form 2024 Hong Kong World Triathlon Coaches Level 2 Course

Hong Kong, Hong Kong China – 17-21 Nov 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.		
Has already completed an ITU Level 1 Coaching Course?	Yes	No
If yes, when and where?	Date of the Course:	
	Venue of the Course:	
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

This application must be sent to: [name] (e-mail) latest by the application deadline published on <https://www.triathlon.org/development/calendar>.