

# International-caliber Junior Athlete Assistance (IJAA) 2012 Program Application

## IJAA SELECTION CRITERIA

The primary objective of USA Triathlon's IJAA development program is to provide administrative, performance, and financial support to assist athletes with their development towards podium performances on the international stage, qualification for the Elite National Team, and ultimately the 2016/2020 Olympic Team. The main focus of the IJAA development program is to achieve international success in events such as the ITU World Championships, PATCO Championships, and Junior Cup events.

The purpose of the application process is for eligible athletes (in cooperation with their coaches) to submit an annual training and competition plan that outlines specific performance goals, key competitions, performance limiters, training emphasis periods, and performance support needs (e.g., sport science and medical services, facility and equipment needs, etc.). The plan then serves as a tool with the USAT Sport Performance staff to foster greater cooperation, communication, performance monitoring, feedback, and accountability.

## **SECTION A - PERSONAL INFORMATION**

Name

**Mailing Address** 

**SPONSOR** 

e.g., Bike Sponsor, Inc

City, State, ZIP		
Phone		
Email		
Date of Birth		
Age		
	COACH	INFORMATION
Coach Name		
Mailing Address		
City, State, Zip		
Phone		
Email		
USAT Certified?		
	Certification Level	
	Expiry Date	

**PERSONAL SPONSOR INFORMATION** (if applicable)

TERMS
Through 2012

**DESCRIPTION** 

Bicycle

## **SECTION B - APPLICATION INFORMATION**

Application to the IJAA development squad is based on the IJAA selection criteria that can be found on the USAT website. Please specify based on these criteria how you qualify for this program.

## **SECTION C - TRIATHLON RESULTS**

Please list your best five race results for 2010 and 2011, including splits for yourself and the top three finishers. (Note: do not list the top 3 swim/bike/run splits, however the splits respective to the top three finishers overall.) For each race result, indicate whether it was a drafting (D) or non-drafting (N) race. Please include non-drafting races if you have competed in them. An example race result is shown for illustration.

RACE	FORMAT (D / N)	OVERALL PLACE	OVERALL TIME	SWIM SPLIT	BIKE SPLIT	RUN SPLIT
EXAMPLE '10 Junior Cup	D	3	0:57:40	0:10:36	0:30:45	0:16:21
,			1. 0:56:47	1. 0:10:36	1. 0:29:45	1. 0:16:26
			2. 0:57:11	2. 0:11:25	2. 0:30:23	2. 0:15:23
			3. 0:57:42	3. 0:10:36	3: 0:30:45	3. 0:16:21

## **SECTION D - SHORT ANSWERS**

Please answer the following questions with a short paragraph.

- 1. Describe your current training situation.
- 2. What do you hope to gain from being part of the IJAA development program?
- 3. What are your greatest strengths as an athlete?
- 4. What three things do you believe you need to improve on to move up to the next level in racing and why do you believe that?
- 5. Is there any other information that you would like to include as part of your application?

## **SECTION E - TRAINING AND COMPETITION GOALS**

The following section of the application is your proposed performance plan for the upcoming season. It is divided into two primary components: training goals and competition goals. In cooperation with your coach, define and prioritize each of the training goals you would like to achieve in 2011, the processes that would be utilized to achieve each goal, any performance resources that would be necessary to achieve each goal, the time frame in which each goal will be achieved, and the manner in which each goal will be evaluated for progress. An example has been provided for illustration.

2012 TRAINING GOALS			
Define each training goal and its relative priority.	What processes and/or resources will be employed (e.g., specialist coaching, facilities, etc.) to achieve this goal?	When will this goal be achieved?	How will goals be evaluated for progress and completion?
1. I will complete an 800m swim time trial (from a dive start) in 8:30.	1. January swim focus period of increased swim volume. 2.Bi-weekly underwater technique filming to ensure stroke mastery and maintenance. 3. Bi-weekly repetition of 5 x 200m test set to monitor progress.	1. April 15, 2012	<ol> <li>Objective progress         evaluation via 5 x 200m test         set repetition.</li> <li>Technique film review         sessions.</li> <li>800m time trial         performance.</li> </ol>

SHORT-TERM AND LONG-TERM COMPETITION GOALS			
What are your top 3 competition goals for 2012?	What are your long-term competition goals?		
1.	1.		
2.	2.		
3.	3.		

## **SECTION F - Competition Schedule**

The following section of the application and performance plan is your proposed competition schedule for 2012. Please submit the competition, date, location, and priority. The competition priority is the relative importance of the particular competition, and may be coded as "A", "B", or "C", with "A" representing the highest relative priority, and "C" representing the lowest relative priority. You may also rank the competitions in priority order, with "1" being the highest rank. This is a tentative competition schedule for information purposes only and is not binding. Please review the 2011 USA Triathlon IJAA Qualifying Criteria for actual annual race requirements.

2012 TENTATIVE COMPETITION SCHEDULE				
Competition	Date	Location	Priority	
			-	

## **SECTION G - PERFORMANCE ATTRIBUTES INVENTORY**

The following section is a self-evaluation of your performance attributes. How would you rate yourself for each of the following attributes in comparison to the **best JUNIOR athletes in the world**? What areas of your performance "arsenal" need to be addressed in the upcoming months and years? For each listed item, rate yourself using the following numbered scale. The associated descriptors and definitions are given for each number on the scale;

Dominant Indicates a performance weapon that can be employed to change the outcome of an event
 Excellent Indicates a consistent strength in performance; requires only maintenance in training
 Competent Indicates an inconsistency in performance; requires continued attention in training
 Needs Improvement Indicates a limiter to performance; requires immediate and focused attention in training

PERFORMANCE ATTRIBUTES			
SWIM	<u>BIKE</u>	RUN	
Stroke Mechanics	Cornering	Run Mechanics	
Open Water	Cadence	Run Off Bike	
Pontoon Starts	Pack Riding	Cadence	
Run In Starts	Climbing	Downhill Running	
Drafting	Descending	Uphill Running	
Sighting	Threshold Power	Basic Speed	
Negotiating Buoys	Sprint Power	Threshold Speed	
Tactical Awareness	Tactical Awareness	Pacing	
Pack Swimming	Attacks / Bridging	Surges	

PERFORMANCE ATTRIBUTES			
TRANSITIONS	MENTAL SKILLS	OTHER	
Setup Consistency	Concentration	Travel Habits	
Removing Wetsuit	Self Talk	Nutrition	
Bike Mounts	Visualization	Recovery	
T1 in General	Confidence	Coachability	
Running With Bike	Goal setting	Communication	
Bike Dismounts	Relaxation	Time Management	
T2 in General	Self Evaluation		