



香港三項鐵人總會
Hong Kong Triathlon Association Ltd.

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2018 Weihai ITU Coaches Level 1 Course

- 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 for this course:

1. Candidate is in the National Squad or retired from National Squad.
2. Existing Triathlon Coaches Certificate and level of certification the candidate has already attained.
3. Past level of participation & contribution in triathlon activities & races.

- Course Fee:

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

- Information:

More information, please visit:

[https://www.triathlon.org/development/course/2018 weihai itu coaches level 1 course](https://www.triathlon.org/development/course/2018_weihai_itu_coaches_level_1_course)

- 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 official.

- Application:

Please email forms to norris.hung@triathlon.com.hk on or before 20 September, 2018.

Member of:
International Triathlon Union



Sports Federation &
Olympic Committee of Hong Kong, China

Asian Triathlon Confederation



2018 Weihai ITU Coaches Level 1 Course
Weihai, China – 29 October - 2 November 2018

GENERIC INFORMATION*			
National Federation			
First name (as worded on passport)			
Family name (as worded on passport)			
Nationality			
E-mail address(s)			
Phone Number (with country code)			
Date of Birth (dd/mm/yyyy)			
Gender	Male	Female	
Mailing address (Street, Number)			
Mailing address (City, Post Code)			
Mailing Address (Country)			
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 Do you have daily access to Internet?	YES		NO
Computer / Laptop Access Do you have daily access to a computer or a laptop?	YES		NO
Are you in the National Squad or retired from National Squad?	YES (Period: -)		NO

COACHING EXPERIENCE / COACH PROFILE*	
Existing Triathlon Coaches Certificate and level of certification that you has already achieved (e.g. ITU/TriHK/others):	
Years in coaching	
In triathlon	
Other sports (Please specify)	
Level of athletes coached	
Ages of athletes coached	
Past level of participation & contribution in triathlon activities & races.	
Coaching Education **List all coaching-relevant education, courses, etc.	

**Please make sure that all details will be provided.*

Declaration

- I understand that in considering my application for the above post, the Hong Kong Triathlon Association may request for references from my present and past employers listed above. I agree to this arrangement.
- I also understand that if I wilfully give any false information or withhold any material information, I shall render myself liable to dismissal if I am nominated to the captioned course.
- I declare that all the above details are true and correct. I agree to abide by the obligations & decisions of the Hong Kong Triathlon Association.

Signature

Date

Schedule

			Oct. 29	Oct. 30	Oct. 31	Nov. 1	Nov. 2
7:00	7:30	Candidates arrive. Facilitators set up room, and check resources and facilities	Breakfast, Free time				
7:30	8:00						
8:00	8:30						
8:30	9:00						
9:00	9:15		Welcome and Introductions 1A (60 min)	Run Practical (2.5 hours) Using coaches as athletes	Bike and transition Practical (3 hours) (Using Korea Junior Athletes)	Swim Practical (3 hours) (using Coaches as athletes)	Practical Assessment Swim (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		Lunch	Lunch	Lunch	Lunch	Lunch
10:30	10:45						
10:45	11:00						
11:00	11:15						
11:15	11:30						
11:30	11:45						
11:45	12:00						
12:00	12:15						
12:15	12:30		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)	LTAD 4A (45 min)	1-2-1 debrief and evaluation
12:30	12:45			Safety & Welfare 2C (45 min)		Improving Performance 4B (75 min)	
12:45	13:00		Run Theory Workshop 1E (2 hours)	Bike Theory 2D (1.75 hour)		Programme Planning 4C (90 min)	
13:00	13:15						
13:15	13:30	Guide to online learning 1F (45 min)		Transition Theory 2E (45 min)	Open Water Theory 3B (1 hour)	Preparation for assessment (30 min)	Next steps - Coaching and sport development Course Close 5A
13:30	13:45						
13:45	14:00	Free time, self study					
14:00	14:15						
14:15	14:30						
14:30	14:45						
14:45	15:00						
15:00	15:15						
15:15	15:30						
15:30	15:45						
15:45	16:00						
16:00	16:15						Evening Meal
16:15	16:30	Free Time					
16:30	16:45						
16:45	17:00						
17:00	17:15						
17:15	17:30						
17:30	18:00						
18:00	19:00						
19:00	20:00						
20:00	-						