

**Course Information:**

Event:	2017 Hong Kong ITU Level 2 Coaches Course
Date:	29 November – 3 December 2017
Time:	0830 – 1800 Hours (Daily)
Venue:	Hong Kong Sports Institute No. 25 Yuen Wo Road, Shatin, New Territories, Hong Kong
Course Medium:	English
Course Type:	ITU Level 2 Coaching
Continental Confederation:	Asian Triathlon Confederation
Course Fee:	Free of Charge

**Entry Requirement & Procedure for Hong Kong Coach**

**Requirement**

- 2017-2018 Hong Kong Triathlon Association (TriHK) registered Coach
- Priority will be given to candidates who retired from National Squad

**Procedure**

- Submission of application form together with a copy of Level I Coaching Certificate issued by TriHK to TriHK Secretariat on or before the closing date of application on 15 September 2017 (Friday) **BY POST, EMAIL or IN PERSON.**
- Address of TriHK Secretariat: Room 1020, Olympic House, 1 Stadium Path, So Kon Po, Causeway Bay, Hong Kong.
- Email Address: [trihk@triathlon.com.hk](mailto:trihk@triathlon.com.hk)

*All applications are subjected to ITU / ASTC final approval*

**Course objectives:**

The L2TRI is the second coaching qualification award offered by the ITU and is aimed at people with some experience of coaching (formally or informally) and of 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. 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.

**Target Group:** Triathlon club members (e.g., parents, school teachers, athletes) who wish to coach club level triathletes across all age groups and disciplines, including Paratriathlon.

**Content:**

- Training and Sport Science (nutrition/ psychology/physiology)
- Training periodisation
- Discipline Technical Material
- Transition techniques and skills
- Athlete safety and welfare
- Organising and delivering effective training camps.
- Open water swimming
- Injury prevention and management
- Mentoring and supporting other coaches
- Physiology of Paratriathlon

<b>2017 Hong Kong ITU Level 2 Coaches Course Course Schedule</b>				
<b>29-Nov-2017 Wednesday</b>	<b>30-Nov-2017 Thursday</b>	<b>1-Dec-2017 Friday</b>	<b>2-Dec-2017 Saturday</b>	<b>3-Dec-2017 Sunday</b>
0830 – 0930 Introduction	0830-1015 Reflective Coaching Skill Development	0830-1030 Bike Theory	0830-1030 Holistic Planning Training / Physiology	0830-1045 Group Presentations (Case Studies)
0930-1030 What is Coaching Teaching and Learning				
1030-1045 Break	1015-1030 Break	1030-1045 Break	1030-1045 Break	1045-1100 Break
1045-1245 Run Theory	1030-1215 Swim Theory	1045-1315 Bike Practical Groups	1045-1215 Holistic Planning Training / Physiology	1100-1245 Group Presentations (Case Studies)
<b>1245-1400 Lunch</b>	<b>1215-1330 Lunch</b>	<b>1315-1415 Lunch</b>	<b>1215-1330 Lunch</b>	<b>1245-1400 Lunch</b>
1400-1630 Run Practical	1330-1515 Swim Training Design Workshop	1415-1545 Bike Training Design Workshop	1330-1545 Triathlon Holistic Training	1400-1645 1:1 with facilitators
1630-1645 Break	1515-1530 Break	1545-1615 Break	1545-1600 Break	<b>Course Closes</b>
1645-1800 Run Training Design Workshop	1530-1800 Swim Practical Groups	1615-1800 Applying Sports Psychology Ethical Coaching	1600-1800 Group Presentation Preparation Time	