



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

香港銅鑼灣掃桿埔大球場徑1號奧運大樓1020室  
Olympic House, Rm.1020, 1 Stadium Path, Causeway Bay, Hong Kong  
T. (852) 2504 8282  
F. (852) 2576 8253  
trihk@triathlon.com.hk  
www.triathlon.com.hk

## 2018 Colombo 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 with the below priority 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\\_colombo\\_itu\\_coaches\\_level\\_1\\_course](https://www.triathlon.org/development/course/2018_colombo_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 and supporting documents (e.g. certificates, result etc.) to [norris.hung@triathlon.com.hk](mailto:norris.hung@triathlon.com.hk) on or before 12:00n.n., 29 October, 2018.

Member of:  
International Triathlon Union



Sports Federation &  
Olympic Committee of Hong Kong, China

Asian Triathlon Confederation



**2018 ITU Colombo Level 1 Coaches Course**  
**Colombo – 5<sup>th</sup> December – 9<sup>th</sup> December 2018**

<b>GENERIC INFORMATION*</b>			
<b>National Federation</b>			
<b>First name</b> (as worded on passport)			
<b>Family name</b> (as worded on passport)			
<b>Preferred Full Name</b>			
<b>Nationality</b>			
<b>E-mail address(s)</b>			
<b>Phone Number</b> (with country code)			
<b>Date of Birth</b> (dd/mm/yyyy)			
<b>Gender</b>	Male	Female	
<b>Mailing address</b> (Street, Number)			
<b>Mailing address</b> (City, Post Code)			
<b>Mailing Address</b> (Country)			
<b>Medical Insurance Details</b> (insurance plan and number) Please scan a copy of insurance certificate with your application			
<b>Please indicate if you have any special nutritional requirements.</b>			
<b>Emergency Contact</b> Please list name and contact phone number (incl. country code) and email we can use in the case of an emergency.			
<b>Your level of English</b> (oral)	Beginner	Intermediate	Advanced
<b>Your level of English</b> (written)	Beginner	Intermediate	Advanced
<b>Internet Access</b> Do you have daily access to Internet?	YES		NO
<b>Computer / Laptop Access</b> 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
<b>COACHING EXPERIENCE / COACH PROFILE*</b>		
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

		Dec. 5	Dec. 6	Dec. 7	Dec. 8	Dec. 9
7:00	7:30	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					
9:30	9:45					
9:45	10:00	What is Triathlon Coaching? Roles, Ethics & Philosophy 1B (60 min)	Evaluation and Review 2A (30 min)	Lunch	Lunch	Lunch
10:00	10:15					
10:15	10:30					
10:30	10:45	The Coaching Process, Teaching & learning 1C (60 min)	Lunch	Lunch	Lunch	Lunch
10:45	11:00					
11:00	11:15					
11:15	11:30	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
11:30	11:45					
11:45	12:00					
12:00	12:15	Run Theory Workshop 1E (2 hours)	Safety & Welfare 2C (45 min)	Improving Performance 4B (75 min)	Programme Planning 4C (90 min)	Next steps - Coaching and sport development Course Close 5A
12:15	12:30					
12:30	12:45					
12:45	13:00	Guide to online learning 1F (45 min)	Bike Theory 2D (1.75 hour)	Open Water Theory 3B (1 hour)	Preparation for assessment (30 min)	Free time, self study
13:00	13:15					
13:15	13:30					
13:30	13:45	Free time, self study	Transition Theory 2E (45 min)	Evening Meal	Free Time	Free Time
13:45	14:00					
14:00	14:15					
14:15	14:30	Free time, self study	Free time, self study	Free time, self study	Free time, self study	Free time, self study
14:30	14:45					
14:45	15:00					
15:00	15:15	Free time, self study	Free time, self study	Free time, self study	Free time, self study	Free time, self study
15:15	15:30					
15:30	15:45					
15:45	16:00	Free time, self study	Free time, self study	Free time, self study	Free time, self study	Free time, self study
16:00	16:15					
16:15	16:30					
16:30	16:45	Free time, self study	Free time, self study	Free time, self study	Free time, self study	Free time, self study
16:45	17:00					
17:00	17:15					
17:15	17:30	Free time, self study	Free time, self study	Free time, self study	Free time, self study	Free time, self study
17:30	18:00					
18:00	19:00					
19:00	20:00	Free time, self study	Free time, self study	Free time, self study	Free time, self study	Free time, self study
20:00	-					