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| **ACADEMY** |

**Overview**

The Ketton Panthers Triathlon Academy aims to provide an opportunity for young triathletes to develop and progress their skills and endurance to a higher level; thereby bridging the gap between the ‘Club & East Midlands Skill Schools’ and the regional ‘Development Squads / Academy’.

It also aims to inspire younger Ketton Panthers to train & race more regularly and aspire to be a part of the Academy when they reach Tristar 2 (c. 11+ years old).

The Academy is run by volunteers, including BTF level qualified coaches and supplements the training provided by Ketton Panthers Triathlon Club.

**How will Academy members benefit?**

* Extended ‘in season’ Friday evening training sessions.
* Extra practical coaching sessions (to be determined) including ‘off season’ sessions.
* A variety of training methods will be employed incl. mountain/ cross bikes, road cycling, road and trail running, plus pool and open water swimming sessions in the summer months.
* Coached / mentored by experienced, committed coaches.
* 1:1, triathlete specific training advice.
* The opportunity to maximise your triathlete potential.
* Training & race in a supportive, professional and successful environment with triathletes of a similar, high standard.
* Rewarding opportunity to help mentor younger athletes in the academy.

**Who can join?**

The following criteria will be taken into consideration by the Head Academy Coach:

* Membership of Ketton Panthers Tri Club.
* Regular attendee of Ketton Panthers training sessions.
* Aged between 11-16 (TS2 and above) and wanting to improve their triathlon performance.
* A positive attitude towards training and being coached.
* Physical ability to train at a higher intensity / for longer and advanced technical ability.
* Engaged in regular training sessions outside Ketton Panthers either through swimming, cycling or athletics clubs or through personal training plans.
* Membership of the East Midlands Triathlon Series.
* Regular top 10 finisher in EM Series races.
* ***Performance in run / bike specific trials.***
* Potential for ‘IRC’ selection or Youth / Junior Super Series qualification.
* Currently attending the East Midlands Triathlon Development Squad or Academy (or equivalent).

**What is the cost of Academy membership?**

In keeping with the clubs ethos we aim to keep costs to a minimum. However, a small extra fee of £10 will be charged along with extra fees as required to cover room hire / open water hire / specific Academy kit etc.

**How do I apply?**

During the first year Ketton Panthers Triathlon Club members, who believe they fit the necessary criteria can apply to attend trials (details will be distributed prior to the end of each season). Thereafter, any Ketton Panthers member racing in TS2 to Youth level triathlons who wants to improve their triathlon performance is welcome to apply via e-mail to justin.hattee@btinternet.com briefly explaining:

* why you want to be a part of the Academy.
* recent race results and personal best times in swimming (200m or 400m) and running (1,500m), with evidence from the ASA rankings or Power of 10 where possible.
* details of your current training schedule/programme, mentors and coaches.