

TRIATHLON IRELAND

Female Talent Identification 2019

Triathlon Ireland recognises that to compete at the top end of international competition, we need a strong group of athletes racing on a regular basis against the best in the world.

To ensure Triathlon Ireland sustains a high level of involvement in women's ITU events, more athletes must be found who can compete at world championship level.

Talent identification and recognising potential is a key part of the work that Triathlon Ireland's high performance coaching team carries out.

We are currently seeking to increase our pool of female athletes between the ages of 18-32, who have a proven background of sports training and competition at a high level.

The aim of this process is to identify or transfer the skills an athlete has in her chosen sport to triathlon.

In addition, Triathlon Ireland wants to create a training group that will meet and train together on a regular basis with the aim of raising the standard of women's high performance triathlon in Ireland, resulting in more elite Irish athletes competing at European and World Triathlon events.

→ What we are looking for...

To develop into an elite athlete, a candidate needs certain traits, skills, ability and drive.

THE FOLLOWING ARE SOME OF THE CRITERIA REQUIRED IN ORDER TO BE CONSIDERED:

Female aged between 18-32

A proven record of performance at national or international level in your current sport

The ability to sustain a high level of structured and intense training over a 12 month period, including racing and competition

A strong base of endurance training

The aptitude to thrive in competitive environment

Be coachable, i.e. prepared to listen to advice and learn new skills

Show determination and dedication to a set target (competition or training goal)

ENTRY REQUIREMENTS:

To be considered for the group you must meet one of the two following criteria. Evidence must be provided for one or both criteria.

Discipline	Distance	Time
Swim	400	6:20
Run	5km	18:30

Although we have a clear plan set out and a vision for what we want to achieve we will review the plan and make any necessary changes if we feel the athlete will benefit and add to the overall project.