

## **Triathlon Ireland Youth Development: Boost Training Hub Coaches**

### **Triathlon Ireland are looking for qualified level 2 coaches to be part of our Youth Development Coaching Team**

Triathlon Ireland are recruiting qualified coaches to assist in the operation of the Triathlon Ireland Youth Regional Training Hubs. As part of the Triathlon Ireland Youth Development Plan, Triathlon Ireland wants to create high quality, consistent opportunities for more young people to take part in triathlon training in a safe and fun environment. We also want to create a clear and supportive pathway for development athletes to progress towards High Performance. In order to facilitate this, the Triathlon Ireland Youth Regional Training Hubs have been established. The Regional Training hubs are a key step on the development pathway as well as providing young athletes all over Ireland with regular training sessions facilitated by highly experienced and passionate Triathlon Ireland coaches. The hubs are overseen by the Triathlon Ireland Development team and while they will be aimed at all levels from participation up, they are linked to the development pathway and High Performance team

There are four regional hubs based around Ireland. The aim of the hubs is to provide an environment to engage with and support the development of athletes from the age of 10-17. The primary focus is to retain the athletes in the sport of triathlon through the difficult years of adolescence, where the dropout from sport is at its highest. We aim to develop young athletes so they can fulfil their sporting potential but also teach and instil life skills, sportsmanship, independence and social skills while building friendships.

There is no criteria for the junior athletes to attend these sessions other than being a member of Triathlon Ireland. This inclusive approach is to ensure there is a wide range of ability levels in attendance. The aim is to have a number of sessions per region per year. We are aware of the importance of club training and the hubs will operate in partnership with the clubs, club coaches and the programmes at the clubs. . Following consultation with junior athletes, the feedback included a request for regular training sessions with their peers and the regional training hubs help to provide this. The hubs also support the schools programmes as the next step for many who complete the Tri Heroes programme.

At this time we are inviting applications for Leinster and Connacht. Each HUB has a female and male coach at all sessions as well as a Triathlon Ireland Development Officer.

#### **Role Information**

Leinster: Female and Male Coach

Connacht: Male Coach

Recruitment: Coaches are asked to submit a C.V and cover letter highlighting their qualifications, experience and suitability for the role and will be required to interview.

Location : Exact locations TBC but coaches will be based in their own province. Coaches may be required to cover coaches in other areas from time to time.

Reporting to: Triathlon Ireland, reporting to Anna Grealish WIS and Youth Programme Lead  
Payment: This is a paid position, coaches will be paid a set amount per session depending on their role.

### **Requirements**

Garda Vetted or/ and Access NI through Triathlon Ireland

Completed a minimum of a Safeguarding 1/Safeguarding children and young people in sport course

Signed code of conduct

Completed the WADA Coach certification

Hold a Level 2 Triathlon Ireland qualification, or be working towards their Level 2 (other qualifications will be considered).

### **Duties and Responsibilities**

- To create training groups for athletes aged 10-17 yrs of age within each region in Ireland.
- To ensure a high level of safeguarding protocols are in place at each session and a child centred environment is a priority.
- To develop a high quality coaching programme within each region to maximise the opportunities to develop for the participation and performance of athletes who attend these regional training hubs.
- The planning, organisation and execution of high quality and varied training sessions.
- To implement appropriate Health and Safety policies and procedures at each session.
- To collaborate with club coaches that work with the athletes on a daily/weekly basis.
- To provide appropriate mentoring support and guidance to other coaches and volunteers involved in the regional hubs.
- To take responsibility for your own personal development as a coach.
- To work in partnership with local clubs to develop the hubs
- To liaise with Triathlon Ireland via the Project Lead.
- To liaise with parents/guardians of the juniors attending the hubs.
- To attend any relevant CPD provided by Triathlon Ireland.

As part of this role there will also be further opportunities to work as community coaches as this role develops. This may include delivering schools programmes, summer camps and New to Tri programmes within your area and local community.

### **Support**

The hubs will be overseen and managed by the Triathlon Ireland Youth Development Lead and Development Team who will be on hand to support coaches with the following:

- Set up and logistics for the sessions.
- Safe recruitment of additional coaches.
- Provide/ facilitate additional CPD as identified.
- Communication with parents/guardians of junior hub attendees.
- Regular communication and group calls to support all coaches and ensure a consistent approach.

- Interaction with the youth commission, youth development pathway and High Performance Unit.
- Shadowing opportunities within the High performance team as and when they arise.

If you would like to be part of our Boost Training Hubs Coaching Team or have any questions please do not hesitate to contact Anna Grealish . We would be more than willing to talk through any queries you have.

Anna Grealish: [anna@triathlonireland.com](mailto:anna@triathlonireland.com)