ITU Development

Innovations in Coach Education: Developing High Quality Triathlon Coaches.

“Setting a clear direction for the development of global triathlon coach education”
Agenda

Welcome & Introductions
Background to the strategic review
Introduction to the New Coaching Pathway
Online Learning Support Platform
NF Coaching System Accreditation
Interactive Session & Action Planning

“Setting a clear direction for the development of global triathlon coach education”
Objectives of the strategic review

- Background

- To review the coaches education system, aligning to the International Sport Coaching Framework

- Review the learning resources – content structure and format

- Review and re-design the NF coach education accreditation Process

- Create a clear development pathway for coaches

- Common principles, a common education framework, allowing greater portability of qualifications around the world

- Evolution not revolution of the existing system – building on the good work to date
The Importance of the Triathlon Coach

http://youtu.be/JOZZc_res4o
Existing ITU Coaching Pathway

• No disability inclusion
• Theoretical, limited practical opportunities
• Out of date learning resources
• Busy timetables
• No Practical assessment
• Exam to check for knowledge
Key Points of New Pathway

• International coach education benchmarking standards included

• Latest research and thinking in learning and development for coaches

• More Practical Opportunities + feedback

• Competency based – can they demonstrate the key skills of being a coach?

• New education material – integrated e-learning platform

• International community of good practice – opportunity to talk & share ideas

• Increase in role and responsibility for Facilitators

• Paratriathlon coaching will be embedded
NEW ITU Coaching Pathway

- Triathlon Activator (Community)
- Level 1 Triathlon Coach (Community)
- Level 2 Triathlon Coach (Community)
- Performance Development Triathlon Coach

& NF Partnership
High Performance Coaching
(National federation specific education)
Level 1 Coaching

• Able to work with children and or adults depending on their interest
• Providing coaches with a great introduction to coaching triathlon
• Give them the core fundamental skills of coaching
• Introduction to teaching and coaching skills
• Safe and effective and inclusive sessions
• Issued with a bank of session plans to deliver from
• 4 year certification
Level 2 Coaching

• A more senior role in the community
• Able to work with a variety of athletes
• builds on the level 1 qualification
• Increase in technical content
• Sport Science (Nutrition, Psychology, Physiology)
• Refining their coaching skills and delivery style and ability
• Introduction to periodisation and developing coaching programmes (not just single sessions)
• 4 year certification
Performance Development Coach

- Bolt On to Level 2 Community
- Invitation Only
- ITU Development Camps
- Working along side camp Head Coaches
- Mentored support
- Developmental feedback
- Informal assessment
- 6 year certification
- Pre-requisite to any further education (NF Level 3)
Participation Model & Coaching Roles

ITU On-line Education Platform

What is it?

**Moodle** is a learning platform designed to provide educators, administrators and learners with a single robust, secure and integrated system to create personal learning environments.

Why Moodle?
The strategic choice of business, education and sport.

Other options available but...research suggested it was one of the top products on the market.
Key Features & Benefits

- Long-term project for an accessible education platform
- Up-to-date online resources versus dated learning resources
- Pace of learning determined by the coaches
- Anytime, anywhere, any device!
- Environmentally friendly
- Monitor and track learners activity – key role of Facilitators & ITU
- Blended learning model – face to face supported by e-learning
- Multi-lingual translation options
- Opportunity for continuous growth and evolution of the system
- Role in re-validation of the certification
ITU On-line Education Platform

Time for a Demonstration of the online platform!

https://education.triathlon.org/
ITU Accreditation Scheme

Present situation – currently SIX NF’s accredited since 2008

NEW Accreditation Scheme

• NFs must meet entry criteria for initial consideration
• Developmental process
• designed to check and challenge in a supportive way
• Completion of self-assessment tool (Quality in Sport Coaching Model)
• Submission of evidence (as requested by ITU Review Panel)
• Encourage alignment to ITU’s coaching pathway – not mandatory
NF Engagement Options

- NF adopt the ITU courses to develop coaches in their country
- NF’s are willing ready and able to develop their own coaching pathway and education system
- NF’s wish to align their existing qualifications to the ITU system
- NF’s with established education systems, seeking coach education accreditation/ re-accreditation.
NF Accreditation Scheme

START: Does the NF have a formal Coach Education and Development System?

YES

Is it recognised by National Government legislation or National Industry Standards?

YES

Does the NF wish to seek ITU endorsement of their coaching system?

YES

Apply to ITU Sport Development for the NF coaching system Accreditation/ re-accreditation Process.

NO

Is the NF committed to developing a coaching system?

NO

NF guidance for coach education endorsement sent.

YES

Contact the ITU Sport Development Dept. To complete “readiness” audit and to gain access to ITU’s (ITCF) coaching framework.

YES

NF develops own coach education system.

(With support of Continental Confederation and ITU)

NO

Sign-post coaches to ITU courses delivered by continental confederations.

NF commits to continual improvement of coaching system

END

Accreditation outcome issued by ITU, along with terms and conditions of Accreditation issued.

ITU Endorsement Panel to review NF submissions and evidence

NO

NO

NO

Accreditation outcome issued by ITU, along with terms and conditions of Accreditation issued.

NF commits to continual improvement of coaching system

END

NF develops own coach education system.

(With support of Continental Confederation and ITU)

NF guidance for coach education endorsement sent.

NF to complete ICCE’s self-assessment online tool (QSCM) provided by ITU and submits all required evidence.
Implementation

Success Factors

• International Collaboration – NF engagement
• **Sharing** and **learning** from each other
• Selection of the right candidates, supported by the NF
• ITU Facilitators
• Embracing new technologies
Timelines

2014

• November - Level 1 Pilot Course in Europe (Delivered in English)
• December – upload all existing active coaches to the online platform

2015

• January - NF Accreditation scheme opens
• May - Level 2 qualifications LIVE
• Level 1 & 2 Translation into Spanish & French
• Deliver pilot courses in all remaining continental regions
Expected Outcomes

- Raised standards in coaching practice
- Standardised assessment procedures
- A more diverse coaching network around the world
- A culture of self-improvement & personal excellence
- Supported by highly skilled team of facilitators
- Better connected coaches
- Enhanced quality of coaching at all stages of the athlete pathway, resulting in an increase in participation & performances in NF’s
Peaking for **Rio**, preparing for **Tokyo**
...and beyond

26-27 November 2015

**INSEP**
Paris (FRANCE)

**Scientific & Technical board:**
Christophe Hausswirth (FRA), Yann Le Meur (FRA),
Irigo Mujika (ESP), Paul Laursen (NZL),
Benjamin Maze (FRA), Philippe Fattori (FRA)
and Sergio Migliorini (ITA)

**With the participation of World Class Coaches:**
Darren Smith (AUS),
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- Franz Studer (RSA)

- British Triathlon Federation
- UK Sport
- Swim Smooth
- International Council for Coaching Excellence (ICCE)