



WEET-BIX TRYSTARS MANUAL

User friendly resources for coaches, parents, schools and kids



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SECTION 1 –

WEET-BIX TRYSTARS OVERVIEW

- » Weet-Bix TRYstars is the national junior sport participation program for triathlon in Australia which addresses **all** FUNdamental movement skills, i.e. **agility, balance, coordination, speed, running, jumping, gliding, buoyancy, throwing, catching, kicking and hitting** and encourages kids to get involved in triathlon across Australia.
- » Weet-Bix TRYstars is based on swim, ride and run games delivered over 4 x 1 hour sessions (Weet-Bix TRYstars – Schools) or 8 x 1 hour sessions (Weet-Bix TRYstars – Club and Community) and is designed for kids of all skill levels and abilities between the ages of 7 and 12.
- » Weet-Bix TRYstars is delivered by Triathlon Australia accredited TRYstars coaches.
- » Weet-Bix TRYstars incorporates the **Mini-Stars** (7-9yr olds) and the **Mega-Stars** (10-12yr olds) level of programming.
- » Every participant in the program receives a participant pack containing the following products:
 - » Weet-Bix TRYstars rash vest
 - » Weet-Bix TRYstars hat
 - » Weet-Bix TRYstars swimming cap
 - » Weet-Bix TRYstars drawstring bag
 - » Weet-Bix TRYstars wrist band
 - » Partial Triathlon Australia junior membership for the duration of the program and a discount towards full annual junior membership upon completion of the program
 - » Covered by Triathlon Australia's Whole of Sport insurance for the duration of the program.

Our Philosophy

Games are the focus

Kids develop fundamental movement and triathlon specific skills through fun games and activities (by 'playing games') rather than performing traditional skill-based drills in isolation.

Games are the focus of each session, challenging participants to think about what they are doing and why. Each session is designed with a sporting outcome / skill development focus in mind and games are selected purposefully to achieve these objectives.

SECTION 2 – COACHES

The Role of the Weet-Bix TRYstars Coach

The role of the Weet-Bix TRYstars coach is simple – it involves helping the kids to:

- » Have fun!!
- » Develop their FUNdamental movement skills via modified triathlon activities and environments
- » Make new friends
- » Be safe
- » Want to continue their involvement in triathlon after they complete the 4 or 8 week program

Weet-Bix TRYstars Coaching Philosophy

Games are the focus

Kids develop fundamental movement and triathlon specific skills through fun games and activities (by 'playing games') rather than performing traditional skill-based drills in isolation.

Games are the focus of each session, challenging participants to think about what they are doing and why. Each session is designed with a sporting outcome / skill development focus in mind and games are selected purposefully to achieve these objectives.

The Weet-Bix TRYstars coach or deliverer is a 'learning facilitator'

Coaches play a facilitator role, rather than a director's role. They set challenges for the kids to find solutions through games, rather than instructing kids how to perform a skill. Coaches provide key coaching points for performing the skill, then they set the kids challenges to solve through games. This engages kids in the games at a level that suits their own ability, and helps them to learn through self-discovery and working with and observing other kids.

CHANGE IT

Weet-Bix TRYstars coaches constantly observe the games to ensure maximum engagement of all participants, by considering the following questions: Are all kids enjoying and/or engaged in the game? Is the purpose of the game being achieved? Are all kids being challenged (is it too difficult / too easy / one-sided)? The FISH acronym is another way of considering these questions: Is the game FUN? Is the game INCLUSIVE? Is the game SAFE? Is the game ensuring HIGH INVOLVEMENT?

How to Become a Weet-Bix TRYstars Coach

There are various ways to become a deliverer of the Weet-Bix TRYstars Coach. These are outlined in the ***Weet-Bix TRYstars Delivery Accreditation Guide***.

Weet-Bix TRYstars Program Design

Mini-stars (7-9 yrs)

The key characteristic of the **Mini-stars** program is the participant's early exposure to a variety of movement experiences that afford them a broad range of essential movement foundations.

The focus is on the early learning, execution and acquisition of basic movement foundations – i.e. agility, balance, coordination, speed, running, jumping, gliding, buoyancy, throwing, catching, kicking and hitting.

Mega-stars (10-12 yrs)

The characteristics of the **Mega-stars** program relate to advancing and refining Mini-stars movement experiences through continued broad exposure to formal and informal play, practice and games, via both Triathlon-related and non-Triathlon related activities.

The Weet-Bix TRYstars Participant Skills

The Weet-Bix TRYstars Program is built around a series of participant competencies which revolve around the FUNdamental movement skills of **agility, balance, coordination, speed, running, jumping, gliding, buoyancy, throwing, catching, kicking and hitting** and are demonstrated in modified Triathlon activities.

Weet-Bix TRYstars coaches deliver relevant and fun, game-based activities, which have been designed to allow kids to have a great time, whilst developing relevant skills. These game-based activities will also allow coaches to assess participants' achievement of the competencies *as they progress through the program*.



Session Activity Cards

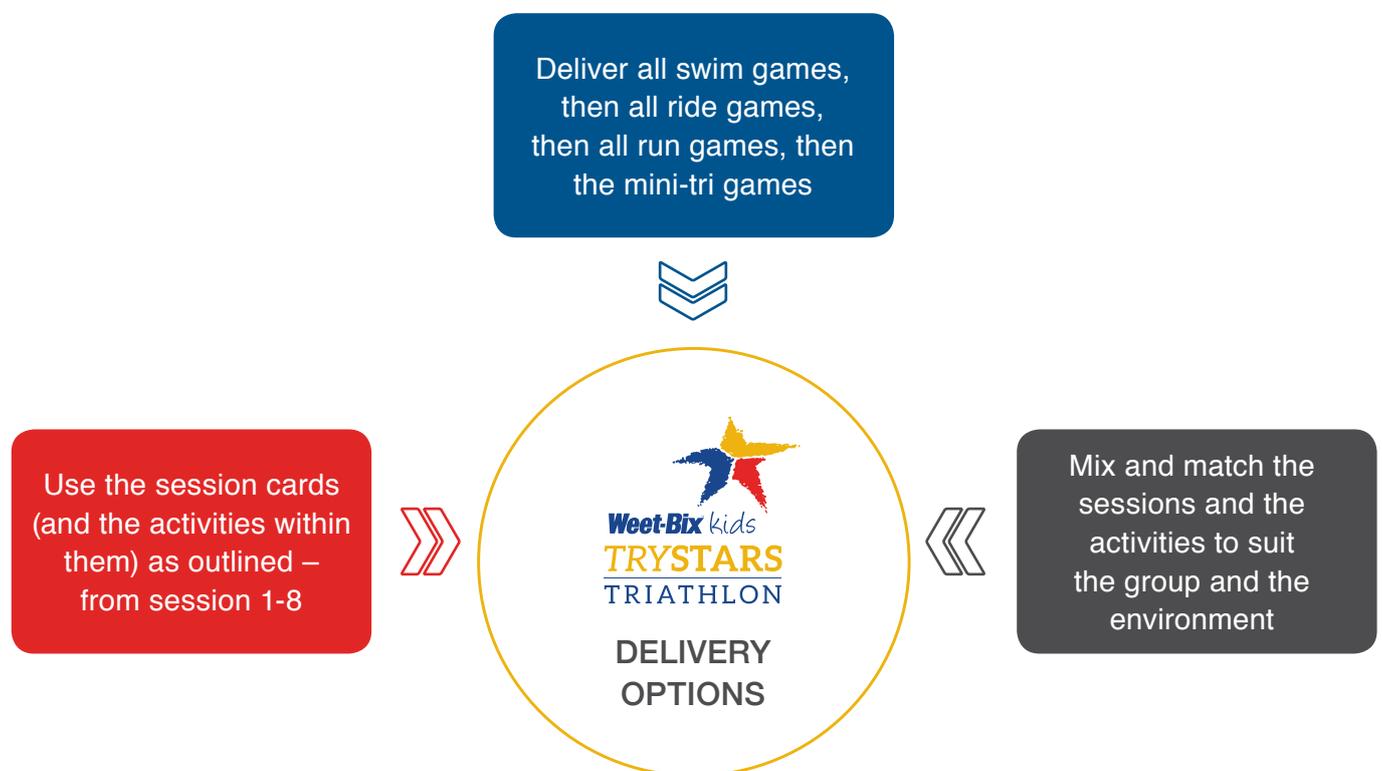
A series of session cards have been developed to assist coaches to facilitate participant achievement of all competencies with the Mini-stars / Mega-stars participant skills.

Each session card incorporates at least **1 swim game, 1 ride game** and **1 run game**. Several session cards also incorporate *transition (T1 and T2) activities*.

Weet-Bix TRYstars coaches can use the session cards (and the swim, bike, run and transition games within them) in a number of ways, depending on factors such as their environment and the skills of the participants they are coaching.

Regardless of how coaches choose to use their session cards, a **KEY FOCUS** for **Weet-Bix TRYstars coaches is to help participants to demonstrate the competencies within the Mini-stars / Mega-stars Participant Skills Matrix**. This process will ensure the national integrity and quality of the Weet-Bix TRYstars Program and provide a significant point of difference in the “first touch” junior sport participation landscape.

Program delivery options may include:



Weet-Bix TRYstars Equipment Guide

Below is a guide of items recommended for the delivery of the Weet-Bix TRYstars program. You may use some or all of these products in your program:

- » First Aid Kit
- » Marker cones
- » Witches hats
- » Mini-hurdles
- » Water polo balls
- » Dive disks (pool)
- » Tennis balls
- » Cricket bat
- » Tennis racquet
- » Pool noodles
- » Whistle
- » Stop watch
- » Bike tyre pump
- » Balls of various sizes

Please feel free to contact your state or territory Weet-Bix TRYstars coordinator if you would like help to access these products for purchase.



SECTION 3 – FOR PARENTS

Why Weet-Bix TRYstars? Our Point of Difference

Weet-Bix TRYstars is the national junior sport participation program for triathlon in Australia which addresses **all** FUNdamental movement skills, i.e. **agility, balance, coordination, speed, running, jumping, gliding, buoyancy, throwing, catching, kicking and hitting** and encourages kids to get involved in triathlon across Australia.

Weet-Bix TRYstars is based on swim, ride and run games delivered over 4 x 1 hour sessions (Weet-Bix TRYstars – Schools) or 8 x 1 hour sessions (Weet-Bix TRYstars – Club and Community) and is designed for kids of all skill levels and abilities between the ages of 7 and 12.

FUNdamental movement skills are required for kids to develop basic movement literacy successfully, which will then encourage their successful participation **in any sport**. Kids with these experiences are far more likely to enjoy successful, lifelong participation in a range of sports and in active recreational pursuits.

Our Program

Mini-stars (7-9 yrs)	Mega-stars (10-12 yrs)
<i>(Explore Phase of Development)</i>	<i>(Foundations 1 Stage of Development)</i>
<p>The key characteristic of the Mini-stars program is the participant's early exposure to a variety of movement experiences that afford them a broad range of essential movement foundations.</p> <p>The focus is on the early learning, execution and acquisition of basic movement foundations – i.e. agility, balance, coordination, speed, running, jumping, gliding, buoyancy, throwing, catching, kicking and hitting.</p>	<p>The characteristics of the Mega-stars program relate to advancing and refining Mini-stars movement experiences through continued broad exposure to formal and informal play, practice and games, via both Triathlon-related and non-Triathlon related activities.</p>

What Equipment Does Your Child Need?

To get involved in Weet-Bix TRYstars, **all your child needs is a roadworthy bike (any type of bike – e.g. BMX, mountain bike, road bike), a helmet and a pair of shoes!**

What Does Your Child Need to Be Able to Do?

To get involved in Weet-Bix TRYstars, **your child needs to be able to swim 50m freestyle without stopping, safely get on and off their bike and ride on a flat surface (without training wheels) without falling off.**

Our Coaches

All Weet-Bix TRYstars coaches have met national accreditation standards and have been trained to deliver the program in line with its philosophies and objectives.

What Does It Cost and What's Included?

Weet-Bix TRYstars in Schools is free of charge as it is part of the Australian Sports Commission's Sporting Schools Initiative for Primary School students.

The recommended price per child for the 8 week Weet-Bix TRYstars – Club and Community program is set in a pricing range of \$130-\$150 (depending on the location and associated delivery costs of the program). This fee includes:

- » Coaching provided by accredited coaches and deliverers
- » Weet-Bix TRYstars drawstring bag
- » Weet-Bix TRYstars rash vest
- » Weet-Bix TRYstars hat
- » Weet-Bix TRYstars swimming cap
- » Weet-Bix TRYstars participant wrist band

Insurance

Weet-Bix TRYstars participants are covered by Triathlon Australia's Whole of Sport insurance for the duration of the program in relation to personal insurance. Please see www.triathlon.org.au/Membership/Insurance for more information.

SECTION 4 – KIDS

What do you get as part of the program?

- » Coaching provided by accredited Weet-Bix TRYstars coaches
- » Weet-Bix TRYstars drawstring bag
- » Weet-Bix TRYstars rash vest
- » Weet-Bix TRYstars hat
- » Weet-Bix TRYstars swimming cap
- » Weet-Bix TRYstars participant wrist band

What do you need to take part in the program?

To get involved in Weet-Bix TRYstars, **all you need is a bike (any type of bike – e.g. BMX, mountain bike, road bike), a helmet and a pair of shoes!**

What do you need to be able to do to take part in the program?

To get involved in Weet-Bix TRYstars, **you need to be able to swim 50m freestyle (1 lap of the big pool) without stopping, safely get on and off your bike and ride on a flat surface (without training wheels) without falling off.**

SECTION 5 – SCHOOLS AND TEACHERS

Triathlon Australia is thrilled to offer its Sporting Schools program, to children across Australia's primary schools.

Triathlon Australia offer TRYstars, a four week junior triathlon program to develop fundamental skills required for sport in children between the ages 7 – 12 years.

Fundamental movement skills are required for kids to develop basic movement literacy successfully, which will then encourage their successful participation in any sport. Children with these experiences are far more likely to enjoy successful, lifelong participation in a range of sports and active recreational pursuits.

Triathlon Australia is pleased to partner with the Australian Sports Commission (ASC) to deliver this Australian Government initiative to get more children playing more sport.

For more information regarding the TRYstars in Schools program, please go to www.sportingschools.gov.au/sports/triathlon-australia

SECTION 6 –

GUIDING PRINCIPLES AND JUNIOR PARTICIPATION CHECKLIST

Delivery of Junior Triathlon Programs & Activities – Guiding Principles

1. Junior Triathlon programs and activities need to provide the following outcomes for participants:

- » Fun
- » A sense of belonging
- » Cooperative and competitive experiences
- » A sense of success
- » Challenges

2. Fun is the motivator

Fun is the major motivator for junior participants in all sports. Whenever children are surveyed as to why they participate in sport, the prime reason is always 'to have fun'. Winning is on the list but it is often last on the list.

Juniors like to compete, but it's the fun of competing, the excitement of competing, not just the winning which they enjoy.

Junior coaches should not be measured on win – loss ratios but rather on how many participants wish to continue participating the following season!

Some ways to create an atmosphere of fun:

- » Get down to the participants' level and see what they consider to be fun
- » Don't take yourself too seriously – get involved and don't be afraid to fail
- » Maintain a fun attitude, with lots of laughter and a sense of humour
- » Create training sessions that provide maximum activity, skill development and enjoyment

- » Treat all participants equally
- » See the lighter side of mistakes
- » Create opportunities for all skill and ability levels
- » Be well planned, organised and resourced (equipment and helpers)
- » Avoid isolation type punishments (extra laps, push-ups, etc)

3. The coach is a facilitator

Coaches play a facilitator role, rather than a director's role. They set challenges for the participants to find solutions through games, rather than instructing participants how to perform a particular skill. Coaches provide key coaching points for performing the skill, then they set the participants challenges to solve through games. This engages participants in the game at a level that suits their own ability, and helps them to learn through self-discovery and working with and observing other participants.

4. Discrete coaching

Coach instructions and demonstrations are kept to a minimum and play is allowed to continue where possible. Discrete coaching is provided on the side in an unobtrusive way, creating an encouraging and supportive environment where participants can develop at their own pace. This approach helps build confidence and self-esteem and allows participants to receive 1-on-1 support where needed

5. Role models

Use participant role models during the activities to demonstrate and emphasise good technique or strategies. Be aware of cultural considerations when adopting this strategy.



6. Ask the participants

The use of 'questioning' is a valuable strategy to engage the participants themselves in changing the activity to increase participation and to make the activity more or less challenging. Feedback from the participants will give a good indication of whether the game or activity is achieving the desired outcomes.

7. CHANGE IT

Coaches constantly observe training activities to ensure maximum engagement of participants of all abilities by considering the following questions: Are all participants enjoying and/or engaged in the game? Is the purpose of the game being achieved? Are all participants being challenged (is it too difficult too easy, one-sided)? The FISH acronym is another way of considering these questions: Is the game FUN? Is the game INCLUSIVE? Is the game SAFE? Is the game ensuring HIGH INVOLVEMENT?

Triathlon Australia Junior Participation Checklist

The criteria listed below will guide (and will continue to guide) the development, delivery and evaluation of all current and future TA junior participation and development programs and activities throughout Australia.

Via various initiatives, Triathlon Australia and its delivery partners aim to deliver junior participation and development activities which align with the criteria listed below. Our organisational performance in this space will be monitored and evaluated against these criteria and our continuous improvement will align with areas where criteria are not fully achieved consistently throughout all States and Territories.

Life-long involvement

- ✓ We emphasise a fun environment, with opportunities for success and encouragement for all.
- ✓ We provide social and appropriate competitive opportunities.
- ✓ We encourage young people to take on roles in administration, coaching and officiating.
- ✓ We offer a broad range of options including programs and competition structures to accommodate individual differences, so that all participants have the opportunity for success.
- ✓ We provide opportunities so junior participants feel they have been given a fair go.
- ✓ We offer activities in locations and at times and durations to suit junior participants and their parents / carers.
- ✓ We keep costs for participation as low as possible.
- ✓ We ensure the first experience for junior participants is positive.
- ✓ We deliver junior activities in manner which has junior participants feeling a sense of belonging and being wanted by our sport.
- ✓ We educate parents / carers on why and how to encourage and support their children to participate long-term.
- ✓ We offer social opportunities and modified competitions to involve junior participants in fun, organised activities.
- ✓ We seek the opinion of junior participants as to how their sport should be offered.
- ✓ We take the opportunity to have role models motivate our junior participants.

Encouraging young people to experience Triathlon

- ✓ We provide equal opportunity for junior participants to reach their sporting potential.
- ✓ We avoid letting the need to win override giving junior participants a fair go.
- ✓ We avoid creating situations where attention is focused on the critical appraisal of junior participants' bodies.
- ✓ We avoid making judgments related to sporting ability or future potential based on body shape.
- ✓ We provide opportunities for young people with disabilities.
- ✓ We educate and support parents and carers so they encourage and assist their children with disabilities to participate in our sport.
- ✓ We educate our junior program providers to help them include young people with disabilities into programs and services.
- ✓ We encourage contact with schools to offer assistance catering for young people with disabilities.
- ✓ We encourage audits of facilities and services to ensure they are accessible for young people with disabilities.
- ✓ We encourage links with community leaders and leaders of Culturally and Linguistically Diverse (CLD) groups to increase participation of young people from CLD backgrounds.
- ✓ We market junior Triathlon programs specifically to CLD families.
- ✓ We provide infrastructure support for CLD administrators to establish competitions.
- ✓ We encourage the integration of CLD young people into existing opportunities.
- ✓ We encourage the involvement of CLD parents in our junior programs.
- ✓ We promote language and behaviours so as not to demean young people based on gender or sexuality.
- ✓ We provide high quality junior coaching in rural and remote communities.
- ✓ We encourage communities to work together to provide Triathlon experiences for young people.
- ✓ We assist with coaching expertise, resources and opportunities for Indigenous junior participants.
- ✓ We encourage community involvement in supporting junior participants from low socio-economic areas.
- ✓ We encourage partnerships with organisations servicing low socio-economic areas.
- ✓ We provide equal opportunity for all young people to participate.
- ✓ We document guidelines for team selection, provide these to all involved and monitor their implementation.
- ✓ We monitor our selection guidelines to gauge how well they are helping decision making.

Junior participation and development pathways

- ✓ We have a Participant Development Pathway (PDP) model in place which provides guidance to participants, coaches, parents, administrators and service providers, in relation to the development needs of athletes in identified stages of development and participation streams.
- ✓ We have a Coach Development Pathway (CDP) model in place which aligns with the TA PDP Model, to ensure coaches are trained to effectively support junior participants in specific stages of development and in specific participation streams.
- ✓ We have planned modifications to activities to suit the developmental level, competitive level, gender mix or social needs of participants.
- ✓ We have procedures for implementing, evaluating and improving our sport progression for young people.
- ✓ We have planned talent identification and development programs in place.
- ✓ We build links among providers (especially with schools) and support them so planned pathways are consistently provided across organisations.
- ✓ We use varied criteria for groupings (e.g. skill level, years involved in the sport, etc) rather than chronological age, when appropriate.
- ✓ We allow boys and girls to participate, train and compete together when skills, physical maturation and psychological development are similar.
- ✓ We encourage young people to have opportunities to experience different activities so that a wide base of physical literacy is developed.
- ✓ We promote the provision of junior Triathlon activities by all stakeholders in coordinated and cooperative programs.
- ✓ We recognise groups that have established strong community links and benefited junior Triathlon.
- ✓ We promote the sharing of resources across organisations (e.g. STTAs, clubs, other sports, schools, etc) so that young people benefit in more opportunities to participate in Triathlon.
- ✓ We have processes in place which help groups to effectively share resources (e.g. resource agreements).
- ✓ We recognise and reward groups which share their resources.
- ✓ We identify and liaise with other organisations (e.g. STTAs, clubs, other sports, schools, etc) and establish how we can work together to benefit young people.
- ✓ We promote, support and recognise strong links across organisations and groups providing junior Triathlon opportunities.

People making it happen

- ✓ We have in place; and encourage the distribution of, the TA *Participant Code of Behaviour*.
- ✓ Our junior participation and development programs encourage young people to always play fair and to acknowledge the performance and contribution of others.
- ✓ Every parent of an affiliated participant receives a copy of the TA *Parent Code of Behaviour*.
- ✓ We provide education and resources for parents, to assist them to play a positive and supportive role in their child's involvement in Triathlon.
- ✓ All TA accredited coaches sign, and agree to adhere to, the TA *Coach Code of Behaviour*.
- ✓ We have effective systems in place to encourage coaches to maintain their TA coaching accreditation status.
- ✓ We provide our accredited coaches with access to TA specific resources to help them be the best coach they can be, in the environment they want to coach in.
- ✓ We provide materials to teachers to promote and support the delivery of Triathlon activities in schools.
- ✓ We assist in updating teachers' knowledge and skills in relation to their delivery of Triathlon activities in schools.
- ✓ We encourage the recognition of teachers who promote and contribute to the sport of Triathlon.
- ✓ All TA accredited officials sign and agree to adhere to, the TA *Official Code of Behaviour*.
- ✓ We have effective systems in place to encourage officials to maintain their TA officiating accreditation status.
- ✓ We provide our accredited officials with access to TA specific resources to help them be the best official they can be, in the environment they want to officiate in.

Making Triathlon safe for juniors

- ✓ We have comprehensive *Junior Sport Risk Management* guidelines in place to ensure the safe delivery of all TA junior participation and development programs and activities.
- ✓ We proactively distribute the TA *Junior Sport Risk Management* guidelines to all delivery partners (STTA, clubs, schools, etc).

