



TRIATHLON
ENGLAND

EAST MIDLANDS REGIONAL ACADEMY

Academy Selection Day

Sunday 1st October 2017, 09:30 – 15:30

HARVEY HADDON-NOTTINGHAM

Will you be aged **13-19 years old on September 1st 2017?**

Have you been inspired by the performances of Team GB?

Do you have a proven ability in one or all of
SWIMMING, CYCLING or RUNNING?

If so, **WE WANT TO HEAR FROM YOU!**



East Midlands Triathlon is inviting applications from talented young athletes who wish to take part in a selection day, providing the opportunity to earn a place on the Regional Academy

The selection day will take place on Sunday 1st October 2017 at Harvey Haddon, with a follow-up session for successful applicants on Saturday 7th October at Harvey Haddon. The schedule for the day is as follows:

09:30	Welcome	Meeting room
10:00– 11:30	SWIM TRIALS	Harvey Haddon Pool
11:30 – 12:30	Academy presentation + Q&A	Meeting room
13:00 – 14:30	RUN TRIALS	Harvey Haddon track
approx. 15:00	Depart	

The East Midlands Regional Academy consistently develops exceptional athletes and maintains some of the highest performance standards in the country. Selections are based on a range of factors, including; swim and run time trial performances, race performances, background and training history, attitude and commitment.

More details regarding the Academy, the selection process and performance standards will be available here: triathlonengland.org/east-midlands/regional-academy/selection_criteria

Unsuccessful athletes at any stage of the process will receive a brief explanation and some guidance from the Academy team on their next steps.

Academy athletes benefit from:

- A fantastic learning environment with high-quality facilities and coaching
- Up to 16 Training Days/Weekends and 2 Training Camps per year
- Coaching and guidance in areas such as:
 - Open Water Swimming
 - Cycling including:
 - Group riding, velodrome, mountain biking and cyclocross
 - Strength and Conditioning
 - Race Planning & Equipment Selection
 - Mental Preparation
- Support to maximise their home daily training environment (DTE)

If you would like to be considered for the trials on the 1st October 2017, **please complete the application form** on the following link as fully as possible:

<https://www.surveymonkey.co.uk/r/Q27QVCN>

Applications must be submitted no later than **17:00** on **Sunday 17th September 2017**

If you have any questions concerning the Academy or the application process, please contact:

EMRA Head Coach: Rob Bridges eastmidlandsacademy@britishtriathlon.org
EMRA Academy Coordinator: Naomi Izzard naomiEMRA@btinternet.com