 Swimming and Triathlon Specialisation

~ Frequently Asked Questions ~

WHO IS SPORT SPECIALISATION SWIMMING AND TRIATHLON FOR?

The specialisation candidate is aimed at an elite tier of athlete that is capable of achieving a high level of aptitude in Swimming and Triathlon. The individual athlete can vary in their previous experience and success but must have a drive and dedication to be competitive.

Swimming – the swimming pathway is generally well covered by the club system. The specialisation program is able to develop a current high-level swimmer alongside their current program. The coaching is first class and can accommodate areas of need for the individual and can complement an already existing weekly schedule.

Triathlon – the triathlon pathway covers all three disciplines (swim, bike, run) and will be a frontier program for the sport within schools. It is comprehensive with the triathlete in mind, but will offer itself to the successful runner with swimming capabilities, and the successful swimmer with running capabilities. The bike skills are a fundamental feature of triathlon but should not be a limiting factor for the keen applicant.

WHAT SESSIONS ARE INCLUDED?

There are 6 sessions per week that are included.

For Swimming they include 3 x Swimming and 2 x Strength and Conditioning.

For Triathletes there are 3 x Swim (including a transition session), 1 x bike 1 x run.

Upon that workload being managed well, own sessions are encouraged and can be outlined by the coach.

WHAT IF I HAVE DONE WELL IN SWIMMING AND RUNNING IN THE PAST?

If swimming and running have been strengths you are the perfect candidate for the triathlon program. The program will develop aerobic/endurance capacity and further the bike skills necessary to perform to your highest degree.

COACHING

Heading up the coaching is Trent Patten. A 25-year veteran coach of swimming, starting as an assistant coach at the Yeronga Park Club with access to athletes that were World Record holders and Olympians, he learnt from some of the best in the business. As a swimming coach, Trent has been a QAS coach, Head coach of Commercial Club, and coached on the Australian Paralympic Team in Sydney 2000.  Trent foundered and has grown Triathlon Squad; Red Dog Triathlon. He has developed junior and senior athletes over the past decade.

WHAT IF I SWIM AND AM HAPPY WITH MY CLUB PROGRAM?

Whilst not a prerequisite, it is expected that any Swimming Specialisation candidate is affiliated with a Club and wanting to compete in carnivals. The Specialisation program is designed to complement a club program and add value to the accomplished swimmer. Negotiations with current commitments and workloads could be negotiated with the coordinator. The coach has previous experience coaching Olympians, on Paralympic teams and with Head Coach of a tier 1 Club and QAS Swim Squads with the experience to work in with any level club or swimmer.  It is an opportunity for a swimmer to be involved in sessions that build the culture of the program. There is also the potential of aerobic cross training within that environment.

HOW WILL IT INTERGRATE WITH SCHOOL?

The Specialisation program is developed to incorporate sessions within and outside of curriculum time. There is a session on Wednesday afternoon from 1.30 - 3.00 that is within the school day and other sessions before school hours (e.g. 7.45 – 8.45) or after school hours (e.g. 3.30 – 4.30).

CAN I BE A PART OF SWIM & TRI SPECIALISATION IF I AM ALREADY IN AN EXCELLENCE PROGRAM?

Yes. It is possible. Apply as normal and a program can be designed in consultation with you Excellence Coordinator so that there are limited clashes with Excellence.

WILL THERE BE A COST TO BE IN THE PROGRAM

Yes, the program will attract a fee to be part of the program, which will cover coaching, facilities and equipment costs, competition fees and training uniform. Contact Trent Steele for up-to-date information.

HOW DO I APPLY

Complete the Swimming and Triathlon Application form before the end of the year – Monday 27th November. Please return completed application forms to the HPE/Excellence Staffroom or email to Trent Steele – [tstee10@eq.edu.au](mailto:tstee10@eq.edu.au)