

The BFIT Junior Emerging Athlete Program (“JEAP”)

Purpose

JEAP is to develop athletes with long term potential to achieve high performance as an U23 athlete and eventually elite standard performance through financial and coaching support. JEAP will be run with the oversight of BFIT and will be executed by coaches appointed by BFIT. The goal of JEAP is to create a supportive, challenging and inspiring environment to help aid and guide athlete development in line with the 6 pillars of widely accepted Long Term Athlete Development (LTAD). The 6 Pillars being:

1. Training as Play; learning to love training
2. Informed Choice; learning to make great decisions with good information
3. Learning to Lead: learning to take ownership of your journey
4. Intelligent Training; learning to train with clear purpose and clarity
5. Intelligent Racing; learning to make winning decisions in racing
6. One Day One Race; learning to deliver your best when it really matters

Objectives

Successful athletes invited to join JEAP will benefit from:

- i. JEAP training days throughout the year to develop experience and awareness. (Covered by stage 1 funding).
- ii. Experienced coaching and guidance in such areas as running, cycling, open water swimming, strength and conditioning, equipment selection, group riding, race planning, nutrition and mental preparation.
- iii. Support and advice from certified coaches or high level athletes.
- iv. Support at race events. This may be from BFIT, coaches or delegates appointed by BFIT.
- v. Opportunity to attend ITU/CAMTRI hosted training camps*, these may be domestic or regionally based.
- vi. Guidance on how to pursue triathlon in a post-secondary school environment.
- vii. Access to domestic, regional and Continental races. (Covered by stage 2 funding).

*The cost of any training camps or associated activities may be subsidized by the ITU/CAMTRI or other funding sources (if available), however, athletes will likely be required to make a financial contribution.

Benefits, Commitments and Expectations

BFIT and the appointed coaches work hard to create “add value” training days/camps for all JEAP athletes and attendance is mandatory. There is an understanding that athletes have busy schedules with school, training across 3 disciplines as well as competing in triathlon and other authorized events. Should a conflict of dates arise, a timely conversation with the coaches should occur to discuss conflicts and options available to the athlete. Reasonable pre-agreed absence for relevant/required competition/commitments is obviously allowed.

Part of JEAP membership requires athletes to identify and specialize as Triathletes and therefore prioritize triathlon over other commitments. Athletes will be expected to focus their triathlon racing commitments on the BFIT age group events and the BFIT Kids Series, details of which can be found in Appendix A.

All participating JEAP athletes will be expected to attend performance assessments and time trials called by BFIT or the coaches in order to assess the athletes’ progress. These sessions will be used to assess the athlete’s progress and ability to remain in JEAP.

Eligibility Requirements

The following will be considered by BFIT prior to invitation to JEAP.

- Must be between the ages 16 and 19 in the year of acceptance into JEAP,
- Must be a Barbadian citizen,
- 320 points (male) and 290 (female) based on the British Triathlon Points Calculator (London region) <https://www.britishtriathlon.org/gb-teams/talent/talent-identification>,
- Must have participated in triathlon for two consecutive years prior,
- Displayed a propensity for dedication and commitment towards triathlon,
- Complied with information requests by BFIT, athletes will be asked to complete the Athlete Data Form found on the BFIT website,

- Other discretionary factors as BFIT sees fit.

Acceptance into program

- Commitment to triathlon being the athlete's primary sport.
- Enrollment into the JEAP training program for a minimum of 10 months (February 1 to November 30).
- Commitment to attend a minimum of five (5) JEAP training sessions per week at the dates determined by the coaches. Exceptions may be made for taper, planned recovery and injury at coaches' instruction.
- If resident outside of Barbados, BFIT approval of the athlete's training plan prior to acceptance into JEAP. Attendance standards will still apply.
- Will endeavor and assist to seek additional sponsorship to support activities of JEAP.
- Will become a member of BFIT.
- Will sign athlete's contract as acceptance of terms and conditions

Continuation in Program

- Monthly attendance of 85% of all JEAP training program sessions. An attendance log will be maintained.
- Use of Strava or Training Peaks to log training sessions and races, with shared access to BFIT and coaches.
- Participation in a minimum of five (5) triathlon events hosted by BFIT as indicated in Appendix A.
- As mutually agreed between BFIT, coaches, parent and athlete, participation in events held by BFIT, i.e. Nationals, Age Group Sprint, Mixed Relay, Kid Series Races, Aquathlon and Duathlon. Participation in unauthorized races is discouraged.
- Qualification and participation in CARIFTA Triathlon and Aquathlon Championships
- Compete and finish in 2nd decile at CARIFTA and Regional events or 4th decile at CAC events or 5th decile at Pan American events. Triathlon events only.
- Previously completed a sprint triathlon in 1:10 or better (males), 1:20 or better (females),
- Must continue to be a member of BFIT.
- Must adhere to the code of conduct.
- Must renew personal accident insurance.

- Timely submission of original receipts for approved expenses to BFIT for reimbursement.
- Adherence to the anti-doping rules of CRADO, WADA, CAMTRI, ITU, BOA and BFIT.

N.B. BFIT has the sole discretion to make decisions pertaining to acceptance and continuation in JEAP. Not all the conditions above are required but the likelihood of an athlete being accepted or remaining in JEAP is increased when more of the conditions are met.

Funding Stages

Stage 1 - Training

- Funding will cover the monthly cost of the training program, personal accident insurance and some incidentals including:
 - Coaching fees for JEAP training program = (\$240 per month @ 10) \$2,400 per year
 - Sagicor Athlete Personal Accident Insurance (subject to coverage) = \$45
 - Upon provision of receipts, BFIT will reimburse \$500 per year to cover incidental expenses such as massage, physiotherapy and bike services.
 - Waiver of local race fees for Age Group events, approximate savings of \$300.
- Total funding = \$3,245

Stage 2 – Overseas Competition

- An estimate of a JEAP athlete's budget is shown in Appendix B. The cost for travel to races outside of Barbados is significant and thus will require additional funding. Thus stage 2 funding is conditional on BFIT's ability to attract additional sponsorship to JEAP.
 - BFIT and the athlete/parent will endeavor to raise additional sponsorship to cover the costs for one overseas race per year, excluding CARIFTA.
 - Appendix A shows races that would be appropriate and suitable for JEAP athletes. This list is not exhaustive and races may be added or deleted from time to time.
- Total conditional funding: \$5,000

Appendix A - 2019 races

	Event	Date	Location	Distance
1	Kids Series #1	Jan. 13	Aquatic Centre, Barbados	S:400m, B:10km, R:3km
2	Kids Series #2	Feb. 10	Aquatic Centre, Barbados	S:400m, B:10km, R:3km
3	*CAMTRI CAC Junior Champs	Mar 2	Playa Hermosa, Costa Rica	S:750m, B:20km, R:5km
4	*CAMTRI Sprint American Cup	Mar 9	Sarasota, Florida	S:750m, B:20km, R:5km
5	*CARIFTA Qualifier #1	Mar. 17	Aquatic Centre, Barbados	S:400m, B:10km, R:3km
6	Kids Series #5	Apr. 14	Aquatic Centre, Barbados	S:400m, B:10km, R:3km
7	BFIT Mixed Relay	Apr. 21	Spring Garden, Barbados	S:150m, B:4km, R:1.5km
8	*CARIFTA Qualifier #2	May 12	Aquatic Centre, Barbados	S:400m, B:10km, R:3km
9	Age Group Caribbean Championships	May 19	Miami	S:400m, B:20km, R:5km
10	*Rainbow Cup	Jun 8	Turtle Beach, Tobago	S:750m, B:20km, R:5km
11	BFIT Duathlon	Jun 16	TBD, Barbados	R:4km, B:16km, R:2km
12	BFIT Age Group Sprint	Jun. 30	TBD, Barbados	S:750m, B:20km, R:5km
13	Kids Series #8	Jul. 14	Aquatic Centre, Barbados	S:400m, B:10km, R:3km
14	Toronto Triathlon Festival	Jul 21	Toronto, Ontario	S:750m, B:20km, R:5km
15	CARIFTA Practice race	Aug 3	Aquatic Centre, Barbados	S:750m, B:20km, R:5km
16	CARIFTA Tri & Aqua Champs	Aug 18	Jamaica	S:750m, B:20km, R:5km
17	Kids Series #9	Sep 8	Aquatic Centre, Barbados	S:400m, B:10km, R:3km
18	Barbados Nationals	Oct 13	Spring Garden, Barbados	S:750m, B:20km, R:5km
19	BOA/BFIT Aquathlon	Nov 3	Pirates Cove, Barbados	R:300m, S:600m, R:2.5km

Mandatory races (5 of 6)

*One of either race

Other events for consideration:

Open Water Festival (Nov), Grenada National Sprint Triathlon (Nov), Run Barbados (Dec), Antigua Triathlon (Mar) BCU Events, BASA Events, 5km road races.

Prepared: February 2, 2019

References: British Triathlon, www.britishtriathlon.org

Appendix B – Sample Budget

Junior Emerging Triathlete Budget (estimate)								
			BBD					
Coaching fees		\$	3,900	Single or multiple coaches				
Pool Membership		\$	675	Single membership (club swimmer)				
Bike Maintenance		\$	300	Three bike services per year				
Travel		\$	4,400	Two regional race and one Pan American race				
Accommodation		\$	2,700	Two regional race and one Pan American race				
Airline bike handling fees		\$	900	Two regional race and one Pan American race				
Meet fees		\$	650	Three local races, one regional race and one North American race				
Equipment		\$	500	goggles, tire tubes, training gear etc.				
Nutrition		\$	500	supplements and race nutrition				
Physio therapy		\$	1,200	5 massages per year				
Annual Budget		\$	15,725					