



# Kelvin Grove State College

The Pursuit of Excellence With All Our Might

## Swimming & Triathlon Excellence Program Frequently Asked Questions

### THE PROGRAM

The Excellence Program is aimed at an elite tier of athlete that is capable of 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.

The swimming and triathlon Excellence Program 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. The coaching expertise of Trent from Red Dog Triathlon Training is of one of the best in Queensland for triathlon.

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.

### WHAT SESSIONS ARE INCLUDED?

There are 8 sessions per week that are included.

There is swimming, running and bike sessions, as well strength and conditioning, and a transition session as a part of the regular weekly sessions.

Other components that are included within the Excellence Program include:

- physiotherapy triage sessions available every week
- annual physiotherapy screening
- rehab potential with an exercise physiologist
- excellence awards night
- leadership camp
- use of Vald testing equipment
- potential to wear the uniform during the timetabled classes (on those days for the middle school students)
- a line of timetabled class time increasing sessions to 8 sessions within the week
- nutrition education
- sports psychology component

## **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 International Paralympic Teams.

Trent founded and has developed Triathlon Squad; Reddog Triathlon Training. He has also developed junior and senior athletes over the past decade from athletes after regular fitness through to multiple World Champion triathletes.

## **HOW WILL IT INTERGRATE WITHIN THE COLLEGE?**

The Excellence Program has been developed to incorporate sessions within and outside of curriculum time. There will be sessions before school (e.g. 7.45 – 8.45) as well as a timetabled line (3 lessons) and Wednesday sport period (1.30 - 3.00pm).

## **HOW DO I APPLY?**

Complete the Swimming and Triathlon Application form. Please return completed application forms to the HPE/Excellence Staffroom or email to:

Trent Steele – [tstee10@eq.edu.au](mailto:tstee10@eq.edu.au)