

NAME OF THE EVENT: **2019 INTERNATIONAL TRIATHLON UNION (ITU) LEVEL 1 COACHES COURSE**

DATE: **9<sup>TH</sup> – 13<sup>TH</sup> FEBRUARY 2019**

VENUE: **INDIAN TRIATHLON ACADEMY  
116 A, EVR PERIYAR HIGH ROAD  
NEHRU PARK, CHENNAI – 600 084**

LIST OF PARTICIPANTS: **ITU FACILITATORS FOR THE COURSE:  
MR. LEE EUGENE  
MS. FENELLA NG**

**ASSISTED BY:  
MS. POOJA CHAURUSHI – ITU LEVEL 2 COACH - INDIA  
MR. R G KRISHNA - ITU LEVEL 2 COACH - INDIA**

**NAME OF THE COACHES PARTICIPATED  
REUJENSON ALFONSO DE JESUS LISTA - PHILIPPINES  
S. DANAYYA - INDIA  
RAJDEEP MONDAL - INDIA  
PUNAM BISWAS - INDIA  
MAYENGBAM LINTHOINGAMBI - INDIA  
ABHAY DESHMUKH - INDIA  
SABDAR HASHMI - INDIA  
SACHIN PAL - INDIA  
SHARDENDU KUMAR SHUKLA - INDIA  
MANOJ KUMAR JHA - INDIA  
AYUSH DUBEY - INDIA  
PRASHANT RAJAK - INDIA**

**REPORT:**

The ITU Level 1 Coaches Course was held between 9th - 13th Feb 2019 at Indian Triathlon Academy, Chennai. This Course was arranged by ITF and facilitated by ITU facilitators Mr Eugene Lee from Singapore and Miss Fenella NG from Hongkong and assisted by Mr. RG Krishna and Ms.PoojaChaurushi, the ITU level 2 Coaches from India.

12 Coaches (11 from India and 1 from Philippines) took part in this course and got benefited by the knowledge shared by both the facilitators. The course was divided into 3 major parts: **Theory, Practical and Assessments.**

In Theory section, Coaches learned about Triathlon, The coaching skills and process, Understanding the participants and how to improve their performances, Safety and welfare, Program planning and writing, Techniques and Tactics of Triathlon.

In Practical Section, Coaches learned how to deliver a session, Time Management, Techniques attached with Swim Bike Run and Transition, Session management and Key words, Risk assessments and Emergency action plans for safety.

In assessment Section, Coaches delivered the sessions for Swim, Bike and Run and received feedback from facilitators and other coaches regarding their coaching and session delivery skills. Also they did

several in class, group and individual tasks regarding the general understanding of participants and coaching. And on the very last day (13th Feb) coaches were assessed on the basis of their performance during practical session delivery test.

During the course, coaches got chance to meet other coaches and learned about various skills that the other coaches use for the session or international coaches use for their sessions. Ms.Fenella, being an Olympian herself shared her knowledge regarding the training required to make world class Olympic athletes and also shared her deep understanding related to swim. Mr Eugene, a specialist in Strength and Conditioning and Movement mechanics shared his knowledge of general body movements and how they are useful in various sports especially triathlon. It was world class knowledge session in house for the Indian Coaches which helped them to understand their current participants and also will help them to find more talented athletes in future who can win medals for India at National, Asian and world class levels.

Both the facilitators were very happy with the performance and improvements seen in the coaches in these 5 days course and looking forward to see some of the coaches at Asian races with their athletes. According to both the facilitators Coach SabdarHasmi from Tamil Nadu has good knowledge and potential as a coach in Triathlon and they suggested that his name should be nominated for the upcoming ITU Level 2 Coaches Course. Also they were very much impressed with Mr. RG Krishna and Ms.PoojaChaurushi's leadership quality, knowledge and understanding, and working skills that they suggested that both of our names shall be nominated from India (ITF) for the upcoming ITU Facilitator Course. Also suggested us to conduct and work as facilitator at local level National coaches education program under ITF banner to help the other regional coaches to learn.

TOTAL EXPENSES: GRANT FROM ASIAN TRIATHLON CONFEDERATION (ASTC)



NEWSPAPER CLIPPINGS:



THE HINDU  
WEDNESDAY, FEBRUARY 13, 2019

### ITU coaches course comes to a close

**SPORTS REPORTER**  
CHENNAI  
The International Triathlon Union (ITU) Level 1 coaching course conducted by the Indian Triathlon Federation at the Indian Squash Academy will conclude on Wednesday. The course started on February 9.  
The course is attended by 11 Indian coaches, and one from the Philippines. The course is conducted by ITU facilitators Eugene Lee (Singapore) and Fenella NG (Hong Kong), and India's only Level II coaches Pooja Chaurushi (Surat) and Gokul Krishna (Chennai).  
NG said the participants had been "very receptive". She said the course focused on the "new style of worldwide coaching that is democratic and discussion-based (discussing with and engaging the athletes a lot)."

THE NEW INDIAN EXPRESS  
SPORT  
19 CHENNAI WEDNESDAY 13.02.2019

### 11 triathlon coaches get Level 1 course

**EXPRESS NEWS SERVICE @ Chennai**  
IN a move to get local triathlon coaches certified at the international level, the Indian Triathlon Federation is conducting a Level 1 coaching course at the Indian Squash Academy. The International Triathlon Union (ITU) course which commenced on February 9, will get over on Wednesday.  
A total of 11 coaches from various state associations around the country have enrolled in the programme. A guest coach from Philippines is also part of the programme. The course is being conducted by ITU facilitators Eugene Lee of Singapore and Fenella NG of Hong Kong.  
At present, there are only two ITU Level 2 coaches — Pooja Chaurushi from Surat and Gokul Krishna from Chennai — in the country.  
All the coaches, who have enrolled for the event, have been eager to learn and very receptive according to Fenella.  
"This is a new style of worldwide coaching that is democratic and discussion-based (discussing with and engaging the athletes a lot). Otherwise, the coaching in India has been very directive. We want to change that here and in other Asian countries," she said.

# ENRICHING EXPERIENCE

## Indian triathlon coaches attend Level-I course

DC CORRESPONDENT

It was an enriching experience for the 11 Indian triathlon coaches who attended a Level-I course organised by the International Triathlon Union (ITU), the Asian Triathlon Confederation (ASTC) and the Indian Triathlon Federation (ITF) at the Indian Squash Academy. In addition there was also a guest coach from the Philippines, Reugen Son.

The course was organised for the first time in India. It was conducted by two ITU facilitators, Eugene Lee from Singapore and Fenella Ng from Hong Kong. Those who attended were not only eager to learn based on fresh thinking but were quite receptive too, according to Fenella.

Both Fenella and Lee said the modern day triathlon coaching was based on democratic and discussions principles where in interaction was the key rather than a unilateral "do this , do that" process.

