



ATHLETE DEVELOPMENT MODEL



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Identifying the success factors in the sport of triathlon is vital

The selection of talented athletes allows National Federations (NF) to properly use the resources available for selected athletes (Bottini, et al, 2011)

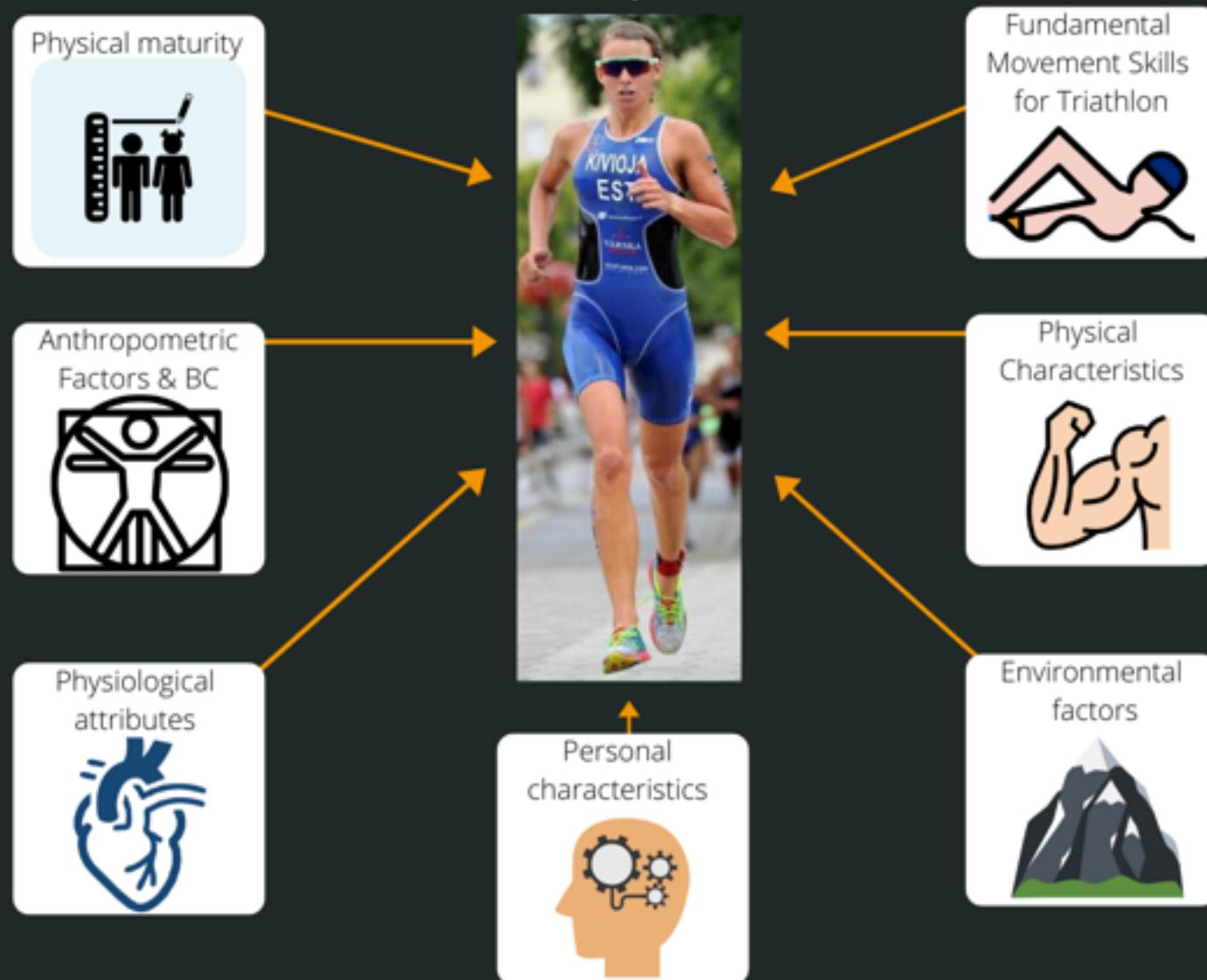


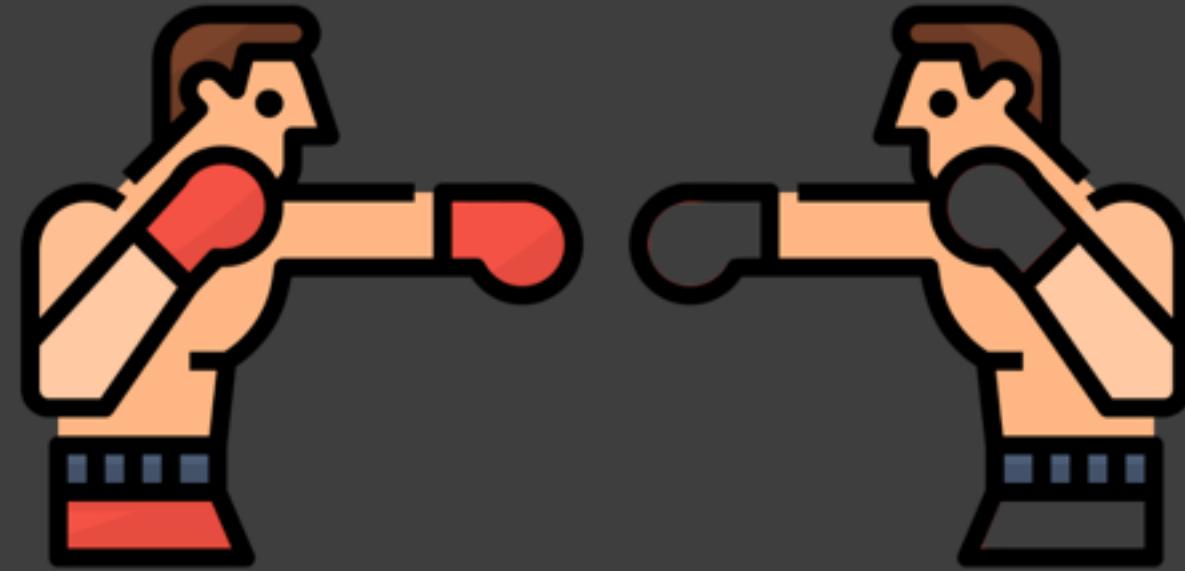
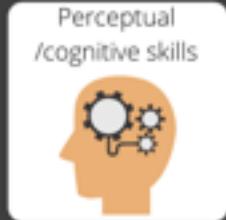
The multi-dimensionality of sports performance

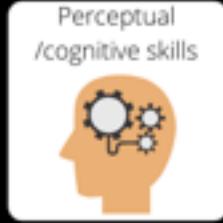


What is the correct definition of a talented athlete?

Athlete Development Model





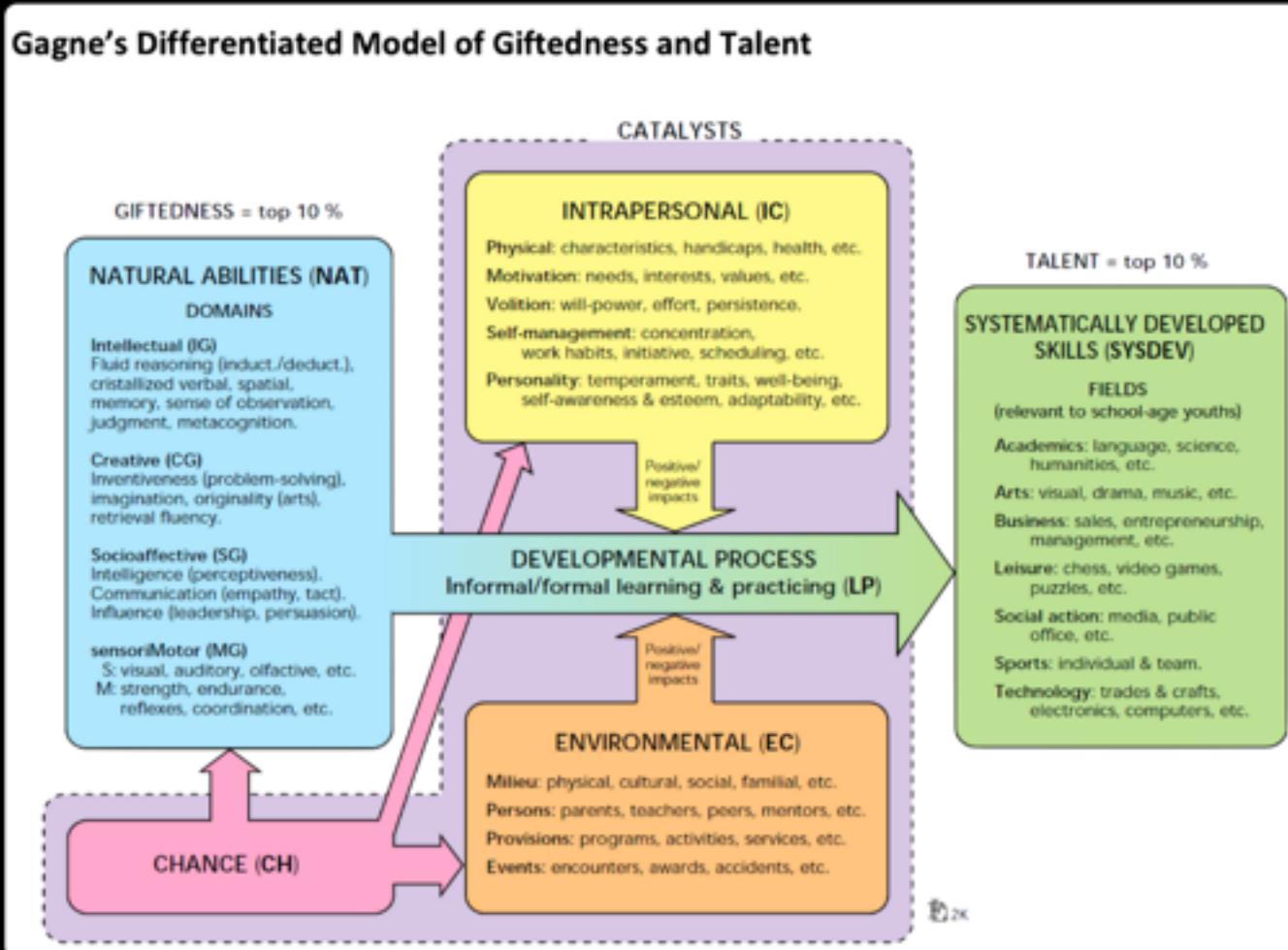


Epigenetics



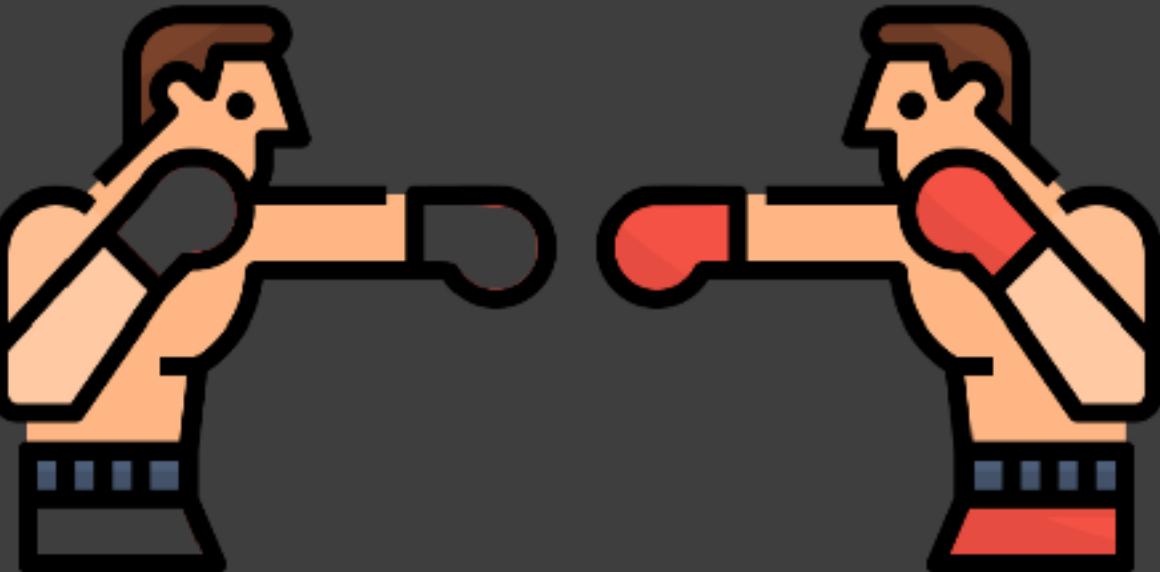
Innate talent

Gagne's model states that talent is genetically transmitted or that success in a given domain is innately contributed



Identification - Development

- It is the process of defining and identifying talented individuals.
- Selection process.
- It assumes that elite athletes can be selected based on some existing characteristics.



- TD is concerned with developing talent and skills within an individual or group of individuals.
- Focus less on current abilities but more on providing athletes with appropriate practice conditions to promote their future potential in a given sport.

Swim - Run Time Trials





Roberto Sánchez Mantecón 2019 - U23 World Champion

Madrid Triathlon Federation - 2014 Time Trials

100m Freestyle

1.-CARLOS GALISTEO VELASCO	96	DEXTER COMPOSTELA	0.55.34
2.-LUIS GUTIÉRREZ VALLE	95	DIABLILLOS	0.56.30
3.-JOOLS BEARDON GONZÁLEZ	95	DIABLILLOS	0.58.00
4.-DANIEL RODRIGUEZ BORREGUERO	98	INDEPENDIENTE	0.58.04
5.-JAVIER RICO LÓPEZ	95	DIABLILLOS	0.58.33
6.-ADRIÁN MANCHENO CHAMORRO	96	MARLINS	0.59.28
7.-JOSE ALIX DE LA MATA	97	ECOSPORT ALCOBENDAS	1.00.00
8.-ARTURO GALIÁN NICOLÁS	95	DIABLILLOS	1.00.93
9.-JUAN SÁNCHEZ CAMPILLO	98	ECOSPORT ALCOBENDAS	1.01.75
10.-IVAN MUÑOZ GONZÁLEZ	96	T.CLAVERIA	1.02.00
11.-ANDRÉS CENDÁN LLORENS	97	DEXTER COMPOSTELA	1.02.19
12.-ROBERTO SÁNCHEZ MANTECÓN	98	INDEPENDIENTE	1.02.31
13.-JOSE A HERNANDEZ LLEO	98	DIABLILLOS	1.04.00
14.-ADRIÁN NAVALPOTRO RODRÍGUEZ	97	DIABLILLOS	1.04.11

400m run

1.-LUIS GUTIÉRREZ VALLE	95	DIABLILLOS	0.54.53
2.-JOOLS BEARDON GONZÁLEZ	95	DIABLILLOS	0.55.76
3.-YAGO URRUTIA LOPEZ COMABELLA	97	ECOSPORT ALCOBENDAS	0.56.87
4.-ALVARO MOYANO LÓPEZ	98	C.T.LAS ROZAS	0.57.37
5.-JAVIER RICO LÓPEZ	95	DIABLILLOS	0.57.75
6.-IVÁN MUÑOZ GONZÁLEZ	98	T.CLAVERIA	0.57.92
7.-DANIEL RODRIGUEZ BORREGUERO	98	INDEPENDIENTE	0.57.97
8.-ANDRÉS CENDÁN	97	DEXTER COMPOSTELA	0.58.03
9.-IVÁN RODADO GONZÁLEZ	97	T.CLAVERIA	0.58.67
10.-JAIME BONILLA JIMÉNEZ	98	DIABLILLOS	0.59.87
11.-CARLOS GALISTEO VELASCO	98	DEXTER COMPOSTELA	0.59.93
12.-ROBERTO SÁNCHEZ MANTECÓN	98	INDEPENDIENTE	0.59.93
13.-JOSE ALIX DE LA MATA	97	ECOSPORT ALCOBENDAS	1.00.02
14.-ALEJANDRO VARAS HERNÁNDEZ	95	ECOSPORT ALCOBENDAS	1.00.03

1000m Freestyle

1.-CARLOS GALISTEO VELASCO	96	DEXTER COMPOSTELA	11.14.10
2.-DANIEL RODRIGUEZ BORREGUERO	98	INDEPENDIENTE	11.28.13
3.-LUIS GUTIÉRREZ VALLE	95	DIABLILLOS	11.33.23
4.-JAVIER RICO LÓPEZ	95	DIABLILLOS	11.48.76
5.-JOOLS BEARDON GONZÁLEZ	95	DIABLILLOS	11.51.00
6.-ADRIÁN MANCHENO CHAMORRO	96	MARLINS	12.00.75
7.-ARTURO GALIÁN NICOLÁS	95	DIABLILLOS	12.15.68
8.-ROBERTO SÁNCHEZ MANTECÓN	98	INDEPENDIENTE	12.28.00
9.-ANDRÉS CENDÁN LLORENS	97	DEXTER COMPOSTELA	12.44.05
10.-JOSE ALIX DE LA MATA	97	ECOSPORT ALCOBENDAS	12.58.03
11.-ADRIÁN CABELLOS ROJAS	99	DIABLILLOS	13.00.00
12.-JAIME BONILLA JIMÉNEZ	98	DIABLILLOS	13.04.78
13.-JUAN SÁNCHEZ CAMPILLO	98	ECOSPORT ALCOBENDAS	13.06.58
14.-ADRIÁN NAVALPOTRO RODRÍGUEZ	97	DIABLILLOS	13.11.00
15.-MIGUEL MEDIANETTE CO	98	DIABLILLOS	13.21.91

1km run

1.-LUIS GUTIÉRREZ VALLE	95	DIABLILLOS	2.33.98
2.-JOOLS BEARDON GONZÁLEZ	95	DIABLILLOS	2.34.09
3.-ROBERTO SÁNCHEZ MANTECÓN	96	INDEPENDIENTE	2.41.51
4.-JAVIER MARTÍN MORALES	95	MARLINS	2.43.32
5.-ANDRÉS CENDÁN	97	DEXTER COMPOSTELA	2.46.15
6.-JAIME BONILLA JIMÉNEZ	98	DIABLILLOS	2.46.20
7.-JAVIER RICO LÓPEZ	95	DIABLILLOS	2.46.40
8.-ARTURO GALIÁN NICOLÁS	95	DIABLILLOS	2.46.68
9.-IVÁN MUÑOZ GONZÁLEZ	96	T.CLAVERIA	2.48.45

Highlights

2019 - U23 World Champion

3rd position - 2019 Madrid ITU Triathlon World Cup

4th position - 2018 Melilla ETU Triathlon European Cup

1st position - 2018 Spanish National Championship Elite and U23

1st position - 2017 Spanish National Championship U23 Sprint

3rd position ELITE FINAL - 2016 Spanish GRAN PRIX COFIDIS

5th position - 2016 Spanish National Championship U23

6th position - 2016 Altafulla ETU Triathlon European Cup

8th position - 2016 Larache ATU Sprint Triathlon African Cup

4th position - 2015 Junior World Triathlon Championship

1st position - 2015 Junior Spanish Triathlon Championship



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Implications for NF and coaches



The aim of the programme to dismiss any athlete but to help to establish a realistic and achievable goal according to each athlete's capabilities and characteristics.



Implications for NF and coaches



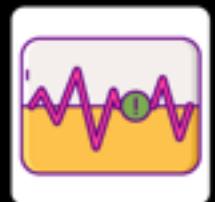
The primary focus should be to ensure athletes stay in the sport and are lifelong participants.



Encourage young athletes to take part in many sports.



Long term development



Performance can drop at certain development times

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