**JUNIOR TRIATHLON CAMP**

Thank you for enquiring about Truro School Junior Triathlon camp. Please find all the information below that you will need about the training camp.

**CAMP DETAILS:**

The Triathlon Camp will be taking place at Truro school in association with Lee Stanbury of Cornish Swim Academy and Triathlon Coach Becky Miles.

The camp will be run over 4 days; from Monday 10th April to Thursday 13th April 0830-1500.

Age range 8-14 years old.

Please note: This is a training Camp and children must be committed to skill development. The camp is not a holiday club for children not interested in the sport of Biathlon/Triathlon. If you are unsure please contact the Sport centre manager Amy Blackford on 01872 246079.

**COST:**

The cost of the camp will be £100 for all four days.

There is also a two day option: (Either Monday/Tuesday or Wednesday/Thursday) £65 for two days.

Full payment and a completed application form are required to confirm your place. Upon receiving payment and registration form you will receive an e-mail confirming your acceptance to the Triathlon camp and your place will be reserved.

**ABOUT LEE STANBURY:**

Lee has over 30 years’ experience as a swim coach and in the Leisure and fitness industry.

He has a wealth of experience as a head swim coach with expertise in running day to day swimming development programmes to training national age group level.  
Lee’s skills also stretch to personal training, GP referral advanced exercise consultancy, experience as a sports specific coach and a regular contributor for swimming times magazine, Carve and Surf Girl magazine.

**ABOUT BECKY MILES:**

Becky is a qualified level 2 running coach and Triathlon Coach. She is a keen triathlete and currently training for her 2nd Half Ironman. Through her Personal Training business ‘Total Fitness Coaching’ she works with clients to prepare them for events from Running and Triathlon to Ironman.

**WHAT TO EXPECT:**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|  | Monday | Tuesday | Wednesday | Thursday |
| 0830-0850 | Registration | Registration | Registration | Registration |
| 0900-1030 | Swim  front crawl & pace work | Swim  Front crawl + drills & skills  Transition skills (swim/bike) | Swim  Front crawl, starts & finishes  Drills & skills | Swim  Front crawl drills & skills  Transition practice |
| 1030-1100 | Break | Break | Break | Break |
| 1100-1200 | Run training  Basic understanding on interval training | Run Training  Basic understanding on distance training | Run Training  Plus Prep for Triathlon | Lecture on race tactics, goal setting and sport psych |
| 1200-1300 | Lunch | Lunch | Lunch | Lunch & race prep |
| 1300-1430 | Bike skills  Transition training (bike/run), how to run with your bike & climbing/decending tactics. | Biathlon  Swim/Run inter camp competition | Bike  Transition training (bike/run), cornering skills and  developing bike tactics plus mini races | Race Prep  Triathlon intercamp competition |
| 1430-1500 | Pick up | Pick up | Pick up | Pick up (1530 pickup) |

**SUPERVISION/HEALTH & WELFARE:**

Experienced coaches and members of the SBASC staff will supervise participants throughout the day. All employees are required to have passed a DBS check before being employed with the programme. They are responsible for the health and welfare of all children. If a participant is feeling unwell, the staff will contact the parent or guardian as soon as possible.

**CHECK IN/OUT INFO**

Participants should arrive at the Sir Ben Ainslie Sports Centre for registration between 0830-0850. All swimmers should be collected from the Sir Ben Ainslie Sports centre by 1530.

**WHAT TO BRING**

Swimming costumes, goggles, swim hat(s), two towels and snacks if required.

Please also bring a swim kit bag containing;

* Clothes for all weathers inc running kit and warm clothes
* Swim Training Fins
* Drinks bottle
* Trainers
* Talc (for transitions)
* Bike
* Helmet
* Running top for a number to be pinned on
* Packed lunch and snacks

**ADDITIONAL INFORMATION**

At the parents request we are able to store bikes throughout the week.

Please inform us in advance if you would like us to store your child’s bike.

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| TRURO SCHOOL TRIATHLON CAMP REGISTRATION FORM: (10TH – 13TH April 2017) | | | | | | |
| SURNAME |  | | | DATE OF BIRTH |  | |
| FIRST NAME(S) |  | | | GENDER | MALE/FEMALE  *Delete as appropriate* | |
| ADDRESS |  | | | | | |
| POST CODE |  | | | HOME TELEPHONE NUMBER |  | |
| PARENT GUARDIAN NAME: |  | | | MOBILE NUMBER |  | |
| PARENT E-MAIL |  | | | | | |
| BIKE STORAGE: | YES PLEASE **/** NO THANKYOU  *Delete as appropriate* | | |  |  | |
| Camp days: (Please tick selected days) | | | | | | |
| Monday 10TH | | Tuesday 11th | Wednesday 12th | | | Thursday 13th |
| Please state any medical conditions that we should know about: | | | | | | |
|  | | | | | | |
| NAME OF DOCTOR |  | | | TELEPHONE NUMBER |  | |
| I understand and accept all Terms and Conditions (as detailed overleaf).  N.B. (Please sign in order for the SBASC to process your application)  Promotional photographs maybe taken during the Triathlon camp. These photos will only be used for marketing of Truro School.  If you do not want your child to be photographed please inform the school. | | | | | | |
| Signed  (Parent/Guardian) |  | | | PRINT NAME |  | |
| How did you hear about Truro school swim camp?  (Please circle) | Website Facebook E-mail Swim Club School  Word of mouth | | | | | |
| Please e-mail your booking form to: sport@truroschool.com | | | | | | |

**TERMS AND CONDITIONS**

**Joining instructions** – All persons wishing to attend the Triathlon camp must complete a registration form and make full payment before 10 am on 7st April 2017.

Priority booking is given to people requesting all four days until 13th March. After this date bookings will be taken for a minimum of two days (Monday and Tuesday) or (Wednesday and Thursday). Booking forms must be e-mailed to [sport@truroschool.com](mailto:sport@truroschool.com)

**Payment** – Triathlon camp fees must be paid in full on booking to secure a place on the course. Your place on the course will not be guaranteed until payment in full and the completed application form has been received. Course fees can be paid by cheque, credit/debit card or cash. (A 1.5 % administration fee will be charged on all credit card payments).

Cash: Direct to Sir Ben Ainslie sports centre

Cheque: Made payable to; Truro school enterprises, given direct to Sir Ben Ainslie Sports centre.

Card: Call finance (Karen) on 01872 246016 quoting the child’s name for the camp.

(A 1.5 % administration fee will be charged on all credit card payments).

**Cancellation** – Truro school reserves the right to cancel the course up to 48 hours before the start date. A complete course refund of the fees will be given or an alternative course offered.

We regret that no refund will be given if the course is not attended. The person named on the application form may be substituted with another person at no extra charge. Written notification, in advance, is required to substitute an attendee.

**Refunds** – Refunds will only be given in the event of the course being cancelled by Truro School. All fees paid will be forfeited by anyone cancelling a course within five working days of the course start date.

**Safety Regulations** – For safety and comfort of attendees, the rules and guidelines of both the SBASC and swimming pool must be observed at all times.

**Behaviour** – Truro school reserves the right to send anyone home who demonstrates unreasonable behaviour or acts in an abusive or disruptive manner towards camp participants or staff.

**Smoking** – Truro school is a non-smoking campus, therefore smoking is strictly prohibited.

**Personal loss or injury** – Truro school cannot accept responsibility for any personal loss or injury. Participants should state any medical or past injury prior to the start of the swim camp.

**Photographs** – Names and photographs may be taken and used electronically for marketing purposes by Truro school – any objections will be respected.

**Medical cover** – First aid cover is available throughout the course. By signing the application form you are agreeing to this treatment, if required, unless written objection is received in advance.

**Data protection** – We will treat your personal information as private and confidential, except where disclosure is made at your request or with your consent or where we are required by law to disclose. We will only use your information for the purposes of administration in relation to the course named overleaf. We will never pass your personal information to third parties outside Truro School.