

January, 2007

RE: National Development Camp
National Triathlon Centre, Victoria, BC
March 18th-24th, 2007

Dear Parents and Athletes,

On behalf of the coaches and staff of the National Triathlon Centre (NTC), thank you for your interest in attending the 2007 National Development Camp. Acceptance of registration is contingent on participants completing the registration forms below, and signing the attached athlete agreement and waiver forms. Registration will be confirmed after review of performance/race standards, and receipt of payment. ***Please note that submission of the registration package does NOT guarantee acceptance into the camp – our coaching staff will review all submissions and select athletes based on age, race experience, and performance standards.***

The NTC staff has arranged for a reduced rate at the Blue Ridge Inn, Victoria. Athletes, parents and coaches are free to choose an alternate hotel, or make other arrangements if they wish. Regardless of your accommodations, we ask that you include all relevant travel and accommodation information with your camp registration.

The Blue Ridge Inn is located at 3110 Douglas St., Victoria, BC, across from the Mayfair Mall (www.blueridgeinn.ca). We have reserved 5 rooms with 2 queen beds per room, for a maximum of 4 people per room. The rate is \$59 + tax per person, per night. You can make reservations by calling toll free: 1 800 997 6797. When booking a room at the Blue Ridge Inn, please reference reservation code #1691. We will co-ordinate daily transportation from the Blue Ridge Inn to the National Training Centre.

The following equipment is required of all athletes attending the camp:

- Road bike in good working order - only draft legal ("short") aerobars allowed
- Spare tube, patch kit, frame pump and tire levers
- Cycling helmet and glasses
- Appropriate shoes for running (and cycling if using clipless pedals)
- Appropriate clothing for cycling and running in cold, wet or dry weather
- Swim suit, goggles, and towel
- 2 water bottles with cages mounted on the bike
- Swim gear: goggles, cap, pull buoy, fins (fins are mandatory for weak kickers)

Please note that we strongly encourage all athletes to have their bikes tuned up by their local bike shop prior to attending the camp. Poorly maintained bikes will monopolize coaching time, and limit the training/learning of athletes.

Athletes attending the camp should plan on arriving Sunday March 18th, preferably in the early afternoon. We will make arrangements for a short athlete meeting and orientation on the evening of Sunday March 18th, with full training from Monday March 19th to Friday March 23rd, inclusive. Training will officially end Friday March 23rd, with athletes departing on Saturday March 24th. We will make every effort to assist with athlete pick-up and drop off, however we may not be able to accommodate all athletes. In all instances, we will co-ordinate with families to ensure that the athletes have adequate travel arrangements.

Registration forms not properly signed and dated will not be accepted. In the event that travel or accommodation arrangements have not been finalized, please write "TBA", and provide us with the required information as soon as possible. Registration forms can be scanned and e-mailed to the address below, with "Development Camp" in the header, **but please do not transmit credit card information via e-mail**. Payment information can be collected via phone if registration forms are sent via e-mail. Alternately, registrations may be mailed to the address below, c/o Craig Taylor, or sent via fax: (250) 744-3542, attention: Craig Taylor.

A general workout schedule will be e-mailed to all athletes prior to the start of the camp. While our primary focus will be on technique and skill development, the volume of training may be higher than normal for some athletes. We will modify workouts as needed to accommodate the athletes in this regard. In order to ensure that they maximize their opportunities during the camp, athletes are encouraged to schedule a recovery week prior to the training camp (ie. reduced training to 40-50% of normal training load, and no racing) to arrive rested and ready to train.

If you have any questions, please contact me via phone or e-mail.

On behalf of the coaches and staff of the NTC, we wish you all the best in training and racing.

Craig Taylor
National Triathlon Centre
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Victoria BC
Canada
V8Z 5M1
250 884 2139
coachctaylor@yahoo.ca

REGISTRATION – PAGE 1

(please print clearly)

PERSONAL INFORMATION

First Name: _____ Last Name: _____

Date of Birth (d/m/y): _____ Age: _____

CONTACT INFORMATION

Address: _____

City: _____ Province: _____ Postal Code: _____

Home Phone: _____ Mobile Phone: _____

E-Mail Address: _____

EMERGENCY CONTACT INFORMATION

Name: _____ Relation: _____

Phone No.: _____ Alt. Phone No.: _____

E-mail Address: _____

Provincial Health Card No.: _____

Do you have any allergies? Yes NoIf "Yes", please provide details: _____

_____Do you have any medical conditions? Yes NoIf "Yes", please provide details: _____

Note: Medical information will remain confidential, and shared only with NTC Development Camp coaches. In the event of a medical emergency, medical information will be shared with emergency medical personnel.

REGISTRATION – PAGE 2

(please print clearly)

First Name: _____ Last Name: _____

ATHLETE INFORMATION**Triathlon Race History**

(top 3 triathlon performances, including venue, date, and finishing time & position)

Personal Best Times

Please complete as much info as possible. Indicate short course meters (SC) or long course meters (LC), and indoor 200m (I), outdoor 400m (O) track, or road (R). If the data is from a triathlon, indicate with "TRI". For all times, please indicate month and year.

Swim

200m free: _____ 400m free: _____

800m free: _____ Other: _____

Run

800m: _____ 1000m: _____

1500m: _____ 3000m: _____

5000m: _____ Other: _____

Coach Info

Provide name and contact info for current coach(es). Where possible, indicate club affiliation.

PAYMENT AND LOGISTICS

Payment Information

Training Camp Fee

- \$250 (BC Residents)
 \$300 (Non-BC Residents)

Method of Payment

(please make cheque or money order payable to "Pacific Sport")

- Cheque Money Order VISA Master Card

Card # _____ Expiry _____

Security Code (3 digits at the end of card #) _____

Signature _____

Travel Information

Arrivals

I am arriving by: Plane Ferry Car

Indicate Airline, Flight No. and arrival time, or ferry arrival:

I require a pick-up at:

No Pick-up Airport Ferry Other: _____

I am staying at:

Accent Inn Other: _____

Departures

I am leaving via: Plane Ferry Car

Indicate Airline, Flight No. and departure time, or ferry departure:

I require transportation to:

No Transport Airport Ferry Other: _____

ATHLETE AGREEMENT

I (print name) _____ certify that I am fit to attend the National Development Training Camp, and that I can meet or exceed the following established performance standards:

Swim 400m under 6minutes, 30 seconds
Bike 20 kilometers under 45 minutes
Run 5 kilometers under 23 minutes (or equivalent)

I agree to abide by all rules and instructions set by the coaches and staff. I have read the list of required equipment, and agree to arrive with all required equipment, including a road bike in good working order. Furthermore, I consent to receive any necessary medical treatment in the event of an emergency, and I attest that I have provided all relevant medical information.

I understand that achieving the minimum performance standards does not guarantee the acceptance of my application.

Print Name (athlete): _____

Signature (athlete): _____ Date: _____

Print Name (parent/guardian): _____

Signature (parent/guardian): _____ Date: _____

Note: Signature of parent or legal guardian required for participants under the age of 18 years.

Athlete Waiver

I have been informed, understand, and am aware that aerobic exercise, and strength and flexibility training, including the use of equipment, are potentially hazardous activities. I also have been informed, understand, and am aware that fitness activities involve risk of injury, including a remote risk of death or serious disability, and that I am voluntarily participating in these activities and using equipment and machinery with full knowledge, understanding, and appreciation of the danger involved. I _____, hereby agree to expressly assume and accept any and all risks of injury or death that I may suffer, and release Triathlon Canada, the National Triathlon Centre, Pacific Sport, Saanich Commonwealth Place, the District of Saanich, and the City of Victoria, and their agents, officers and employees from any liability with respect to these risks while participating in personal and group triathlon and fitness training.

Print Name (athlete): _____

Signature (athlete): _____ Date: _____

Print Name (parent/guardian): _____

Signature (parent/guardian): _____ Date: _____

Note: Signature of parent or legal guardian required for participants under the age of 18 years.