



Canadian National Youth/Junior Triathlon Camp (Western Region)

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A. Training Centre Location

The Regional Triathlon Centre is located at the Saanich Commonwealth Place, 4336 Elk Lake Drive; Victoria B.C. Saanich Commonwealth Place can be reached from the Elk Lake Dr. exit or the Royal Oak Dr. exit off of Hwy 17. All swim sessions and seminars will be conducted at Commonwealth Place. Cycling workouts will be conducted on the roads in the surrounding community (mostly rural), and the running workouts will be conducted at the nearby Elk Lake.

B. Drop-off / Pick-up Schedule

Please note that the following times indicate the *start* of the first session, and the *end* of the last session, each day. Athletes should arrive at the centre 5 -10 minutes before the first session.

Date	First Session Starts	Last Session Ends
Mon, Mar 21 th	9:00am	4:30pm
Tues, Mar 22 th	9:00am	4:30pm
Wed, Mar 23 th	9:00am	4:30pm
Thurs, Mar 24 th	9:00am	4:30pm
Fri, Mar 25 th	9:00am	4:00pm

C. List of Required Gear

The following equipment is required of all athletes:

- Bike (road) in good working order* with fenders
- Spare tubes, patch kit, frame pump and tire levers
- Cycling helmet
- Glasses for cycling
- Appropriate shoes for running (cycling shoes for clip less pedals)
- Appropriate clothing for cycling and running in wet or dry weather
- Swim suit, goggles, fins and towel
- 2 water bottles and cages mounted on the bike

** 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.*

D. Outline of Camp Activities

The following is an outline of the scheduled activities. We have endeavored to develop a schedule with an equal emphasis on training, education, and fun. We recognize that athletes will demonstrate different levels of ability and fitness, and have planned accordingly.

Sunday, March 20th

6:00-8:00 p.m. Meet in the lobby of Saanich Commonwealth Place for registration and billet pick up.

Monday, March 21th

9:00-9:45 Meet on pool deck for introductions; dryland
9:45-11:15 a.m. Swim: skill assessment, drills, skills, workout
11:45-12:45 p.m. Lunch / video/ bike tactics seminar in PacificSport boardroom
1:00-2:30 p.m. Bike: skill assessment and acquisition
3:00-4:30 p.m. Run: skill assessment, drills, workout

Tuesday, March 22th

9:00-9:45 a.m. Dryland
9:45-11:15 a.m. Swim: drills, skills workout.
11:45-12:45 p.m. Seminar at PacificSport – Lunch (provided)
1:00-2:30 p.m. Run workout
3:00-4:00 p.m. Seminar at PacificSport- Race tactics/ video
4:00-4:30 p.m. Gym/outdoor: alternate sport

Wednesday, March 23th

9:00-9:45 a.m. Dryland
9:45-11:15 a.m. Swim: Endurance
11:45-12:45 a.m. Lunch at PacificSport boardroom and seminar
12:00-2:30 p.m. Bike: Hill workout at Willis point Rd
2:40-3:30 p.m. Run: drills, workout
3:30-4:30 p.m. Gym/outdoor: alternate sport or race video

Thursday, March 24th

9:00-9:45 a.m. Dryland
9:45-11:15 a.m. Swim: Technical skills, drills
11:45-1:00 p.m. Transition workout (CWP)
12:00-1:00 p.m. Seminar on bike maintenance
1:00- 2:30 p.m. Gym/outdoor: alternate sport
3:00-3:30p.m. Abs strength session
3:30-4:30 p.m. Seminar on Motivation with video

Friday, March 25th

9:00- 9:45 a.m. Dryland
9:45- 11:15 a.m. Swim: speed endurance with team races
11:45-1:45 p.m. Bike workout
2:15- 3:00 p.m. Run Workout
3:00- 4:00 p.m. Team awards Lunch provided
4:00 p.m. ~ Athlete departure

**schedule may be subject to change.*

F. Nutrition

Although we have scheduled recovery time and free time into each day, athletes will be very busy with training sessions and seminars. It is therefore essential that athletes adhere to a regime of proper nutrition and hydration. Athletes are encouraged to have a water bottle with them at all times, containing either water or an energy drink, in order to stay properly hydrated. Athletes should come to camp each day after an adequate breakfast, and it is recommended that athletes bring a minimum of two (2) snacks, (i.e. sports bars, fruit, nuts, trail mix) with them each day. Lunch will be provided on Tuesday, Thursday and Friday. Monday and Wednesday athletes will be responsible for bringing their own lunch.

Unfortunately, we do not have enough refrigeration space to accommodate everyone, so athletes should keep this in mind when preparing their lunches and snacks. Every effort will be made to accommodate vegetarian diets on the days when lunch is provided. Athletes with special dietary needs (vegan, allergies, etc.) are hereby notified that we will not be able to accommodate their dietary needs, and they are advised to plan accordingly.

G. Accommodation

Accommodation will be at the nearby Howard Johnson Hotel, which is a 2-minute walk to the Commonwealth Pool and PacificSport. Home stays will also be available upon request (but not guaranteed)

H. Cost

The cost for the 5day camp is \$275 which includes lunch on Tuesday, Thursday and Friday. All camp participants **must** be TriBC members. Cheques can be made out to Kelly Guest and sent with registration to:

#2-4583 Wilkinson Rd
Victoria, BC
V8Z 5C3

We hope this information has been helpful to you, and we look forward to meeting you. Until then, happy training from the NTC spring camp 2011 staff!

Kelly Guest
NTC Spring Camp Head Coach/Director
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