

2012 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
Monday, March 19 th	8:00am	4:00pm
Tuesday, March 20 th	8:00am	4:00pm
Wednesday, March 21 st	8:00am	4:00pm
Thursday, March 22 nd	8:00am	4:00pm
Friday, March 23 rd	8:00am	4:00pm

C. LIST OF REQUIRED GEAR

The following equipment is required of all Camp athletes:

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

Additionally, participants must be members of Triathlon BC. For athletes from out of province must be current members of their provincial governing body.

* 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 18th

6:00 - 8:00pm

Meet in the lobby of Saanich Commonwealth Place for registration and billet pick up.

Monday, March 19th

8:00 - 2:00pm

Meet at Pacific Sport for introductions; dryland
Swim: skill assessment, drills, skills, workout
Bike: skill assessment and acquisition

Lunch / video/ bike tactics seminar in PacificSport boardroom

2:00 - 4:00pm

Run: skill assessment, drills, workout
Gym/outdoor: alternate sport

Tuesday, March 20th

8:00 - 1:30pm

Dryland
Swim: drills, skills workout
Seminar at PacificSport – Lunch
Run workout

1:30 - 4:00pm

Seminar at PacificSport- Season Planning
Gym/outdoor: alternate sport

Wednesday, March 21st

8:00 - 2:00pm

Dryland
Swim: Endurance
Bike: Hill workout at Willis Point Rd.

Lunch at PacificSport boardroom and seminar on run racing tactics

2:00 - 4:00pm

Run: drills, workout
Gym/outdoor: alternate sport

Thursday, March 22nd

8:00 - 2:00pm

Dryland
Swim: Technical skills, drills
Transition workout (CWP)
Seminar on Nutrition
Seminar on age specific strength routine
Gym/outdoor: alternate sport
Seminar on Motivation with video

2:00 - 4:00pm

Gym/outdoor: alternate sport
Seminar on Motivation with video

Friday, March 23rd

8:00am-2:00pm

Dryland
Swim: speed endurance with team races
Bike workout with team races

Lunch provided

2:00 - 4:00pm

Seminar: Triathlon racing tactics
Run workout with team races
Camp Awards and team awards
Athletes Departs

**schedule subject to change.*

E. 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 Friday. Monday to Thursday 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 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.

F. ACCOMMODATIONS

Every effort is made to accommodate out of town athletes with homestay options but these are limited so please register and request for homestay early.

If no homestays are available accommodation at the nearby Howard Johnson Hotel, which is a 2 minute walk to the Commonwealth Pool and PacificSport is an option.

G. PAYMENT

Camp Fee: \$310.75* (HST inclusive). Please make cheques payable to 'Kelly Guest'. Registration and payment must be received 7 days prior to the beginning of the Camp (March 12, 2012):

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

**Payments made by creditcard will incur a \$2.50 transaction fee.*

We hope this information has been helpful to you, and we look forward to meeting you. Until then, happy training from the RTC Spring Camp Staff!

Kelly Guest
RTC Spring Camp Head Coach/Director
Email: victoriaticamp@gmail.com