



**NATIONAL TRIATHLON TRAINING CENTRE (NTTC)  
JUNIOR SPRING TRAINING CAMP - VICTORIA  
MARCH 7<sup>TH</sup> – 12<sup>TH</sup>, 2010**

Triathlon BC invites you to join Kelly Guest, renowned coach, former Commonwealth Games athlete and National Off-Road Triathlon Champion for a week of high quality junior elite training. Aimed at youth aged 15 to 18, that are either currently Junior Elite carded or plan on requesting Junior Elite carding in time for the 2010 season.

Athletes are strongly encouraged to have the ability to meet the Camp's time standard: 5:30 minutes/400m swim, and 8:30 minutes/2km run. The Camp will focus on improving and developing the technical and physical skills necessary to successfully compete at the Junior Elite level.

The total Camp cost is \$275 for the week, which includes a special group social. There is a discount available for local families offering billets to out of town athletes. A billet waitlist is currently being established for all out of town athletes.

Designed specifically to move young athletes' training and racing to the next level, the Spring Training Camp is a sure-fire way to build fitness and provide a jump start on the 2010 racing season!

*For details or camp specifics, please contact Kelly Guest at [victoriaticamp@gmail.com](mailto:victoriaticamp@gmail.com)*

***CAMP ENROLMENT IS LIMITED. PLEASE REGISTER EARLY TO AVOID DISSAPPOINTMENT.***

***PLEASE SEE PAGE 2 FOR REGISTRATION DETAILS***



**YES, I would like to jump start my season and take part in the NTTC Training Camp! Please process my entry now!**

Please Print Clearly		
Last Name:	First Name:	
Address:		
City:	Province:	
Postal Code:		
Birthdate: dd/mm/year:		Age as of December 31 <sup>st</sup> , 2010:
Email Address:		
Phone 1:	Phone 2:	
Preferred method of contact:	<input type="checkbox"/> email	<input type="checkbox"/> Phone
TRIBC # (if applicable):	Carecard Number:	
Emergency Contact 1 Name:		
Emergency Phone:		
Emergency Contact 2 Name:		
Emergency Phone:		
List allergies to Medication/Food:		
Have you raced in Triathlon previously?	<input type="checkbox"/> Yes	<input type="checkbox"/> No
400m Swim time:	2km Run Time:	
Additional information (i.e. current/past triathlon experience): What would you like to take away from this Camp?		
<b>CAMP FEE:</b> <input type="checkbox"/> \$275		
<b>METHOD OF PAYMENT:</b>		
<input type="checkbox"/> Cheque (payable to Triathlon BC)	<input type="checkbox"/> Visa	<input type="checkbox"/> Mastercard
Card Number:	Expiry Date:	
Name as it appears on Card:		
Signature:		

*Please Note: A cancellation fee of \$25 will be charged to those cancelling registration within 7 days of a scheduled start date.*