



## 2018 Spring Development Camp

Development camp for athletes ages 14-19. Emphasis on triathlon skill development for performance pathway competition. Those interested in BC Summer Games, or the TriBC Youth/Junior Super Series, are encouraged to participate, fine tune their skills, and connect with others.

### Camp Details:

- March 26-March 29, 9:00am-2:30pm
- Mornings: 9:00-11:00pm activation/dryland + swim session (stroke work, open water skills)
- Afternoons: 12:00-2:30pm bike skills; base rides; transition skill practice; run practice
- Based out of the Vernon Recreation Complex, other locations include roads, and parks around Vernon, Coldstream, Armstrong. We will be cycling on open roads
- Coaches include Laura Medcalf (Tri Monsters), Luke Way (Balance Point Racing), Nathan Champness (Mettlework) *Coaches interested in participating are invited to express interest.*
- Detailed route and location schedule to be provided.

### Participation Requirements:

- Tri BC Membership, DL Certification (or equivalent skills & experience)
- 14-19 years of age by Dec 31, 2018
- Required: swim gear, road bike, spare kit, helmet, glasses & gloves, running and cycling apparel for various spring weather conditions, snacks, lunch and water bottles, backpack

[Register here](#) by March 19, 2018.

Camp fees are \$210 for the full camp; and \$160 to participate in afternoon sessions only.

### Contact:

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