



## **March Break Training Camp**

- Where:** USA Triathlon National Training Center, Clermont, FL
- When:** March 13<sup>th</sup> – 22<sup>nd</sup>, 2020
- Cost:** The total cost of this training camp for athletes who are active members of the club will be \$800.00. A non-refundable deposit of \$400.00 is due by January 15<sup>th</sup> and is payable to the University of Windsor Track & Field Alumni Club. Only if the training camp is canceled will deposits be returned or if we are able to fill your vacancy. The final cost to the athletes will include the price of highway coach transportation, accommodation in condos at the Regal Palms Resort at Highland Reserve ([www.regalpalms.com](http://www.regalpalms.com)), and training at the world class USA Triathlon National Training Center ([www.usat-ntc.com](http://www.usat-ntc.com)).
- # of Athletes:** The space is limited and will be filled on a first come first serve basis. Invitations have been sent out to other clubs to attend the camp but members of the club will be given priority. In order to be eligible the athlete must be in the U16 category or older, a member in good standing, have an Athletics Ontario membership, and attend practices regularly. The training camp will only proceed if a minimum number of athletes attend.
- Coaching:** Instruction in most areas will be available. Coaches attending include: Brett Lumley, Austin Roth, Nick Scali & Rachael Wolfs. In addition, throwing instruction can be set up with Celine/Christian.
- Medical:** Out of country coverage must be obtained with a copy on file.
- Camp Rules:** Athletes will be required to attend all scheduled practices. Injured athletes will be provided with alternate supervised workouts. Curfew will be established while in Florida and will be strictly enforced. All club policies will be in effect. Violations of the rules will result in an immediate phone call home to come up with a solution to the situation. Accommodations will be set up where a coach will be staying in each condo.
- Finalization:** A complete information package and itinerary will be produced and handed out in February to those athletes attending the training once the attendees have been confirmed.