

*Playgrounds to Podiums...*

# Triathlon Summer Camp

For 8 to 18 year olds

## What's it all about?

Whether you are already competing or you would like to give triathlon a go this camp is for you.

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## Who will be coaching at the camp?

- James Beckinsale M.Sc, L3 coach - Performance Director Optima Racing Team (National Triathlon Coach of the Year)
- Edwina Carter BA (Hons) PGCE - Head of Physical Education
- Sally Piesse BSc, L2 coach, PGCE - Physical education teacher
- Anna Sykes-Brown BSc - triathlete

## What will the camp consist of?

The camp will run for four weeks starting on 30<sup>th</sup> July until the 10<sup>th</sup> August with one week rest and then resume again from 20<sup>th</sup> August until the 27<sup>th</sup> August. The camp will run from Monday to Friday, with a day off on Wednesday, starting at 10.30 and finishing at 3pm (including one hour for lunch).





The camp is not designed to work purely on fitness, but will be focusing on increasing the skill level of the children (this will in turn increase their fitness!) in each of the triathlon disciplines.

This year's summer camp will include strength and core conditioning work and so will also be of great benefit to children doing other single discipline sports like swimming or running.

Training will take place around: Barn Elms running track, Richmond Park, Putney Pools, Hillingdon cycle track and the Optima Training Centre in Kew.

Layout of a basic week:

| Timings        | Monday   | Tuesday           | Wednesday | Thursday          | Friday   |
|----------------|----------|-------------------|-----------|-------------------|----------|
| 10.30am - 12pm | Running  | Bike & Run        | Rest      | Strength/<br>core | Running  |
| 12pm - 1pm     | Lunch    | Lunch             | Rest      | Lunch             | Lunch    |
| 1pm - 2.30pm   | Swimming | Strength/<br>core | Rest      | Bike & Run        | Swimming |

The cost of the summer triathlon camp will be £125.00 per participant per week = £500.00\* full camp\*\*

## **Cost effective summer training**

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1. Pay for whole camp and receive 25% discount on total price = **£373.00**
2. The camp can be paid for on a weekly basis (if away on holiday etc) but the weeks you will be attending need to be paid for in advance £125.00 per week
3. You can also attend just the morning sessions or the afternoon sessions at half price £62.50 per week.

\*If you feel you will have trouble paying for this training camp due to large family etc please contact James Beckinsale to discuss further.

\*\*We will also limit number of participants to 15 per day so everyone gets the benefit of working with the coaches.

For further information please contact James Beckinsale on [james@optimahealth.co.uk](mailto:james@optimahealth.co.uk) or 07956166989.

# Consent and Payment Form

## ATTENDENCE FORM TO BE COMPLETED BY THE PARENT/GUARDIAN OF ALL CHILDREN

Event: **Summer Training Camp with Optima Training Systems**

Venue: **Various Swim, Cycle and Run Venues** (Richmond, Kew and Barn Elms) **Overseen By Qualified Coach's of Optima Training Systems**

Ages: **8 – 16 years**

Organisers: **Optima Training Systems**

I (Name of parent/ guardian please print in BLOCK CAPITALS)

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Emergency contact number of parent/ guardian during the camp times:

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would like my child (Names of child) ----- to participate in the Optima Racing Team summer triathlon training camp 2006.

I have enclosed the amount of £\_\_\_\_\_ for the whole / part of the summer camp from week\_\_\_\_\_.  
(cheques made payable to "Optima Training Systems")

(Signature of parent/guardian)

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(Date)

**Please send this form to:** James Beckinsale (Optima Training Systems, 20 Kenmore Close, Kew, Richmond, Surrey TW9 3JG).

To avoid disappointment send us a quick email to show your interest or reserve your place.

Thank you Optima Training Systems