



Saskatchewan Triathlon Centre

Train to Reach Your Potential

The High Performance Centre for Saskatchewan Triathlon Association Corporation

Sask. Triathlon Centre (STC)
2011 Saskatoon CHRISTMAS CAMP

Intermediate and Advanced

December 27 – 31, 2011

Ages: minimum age 12 (as of Dec. 31, 2012)

Fees: (This camp is subsidized by the Sask. Triathlon Assoc. Corp.)

STC members - \$60

non-members - \$125 full camp

non-members - \$90 (3 days)

Please complete the registration form and submit by email or fax to:

RossAnn Edwards email: rossannedwards@gmail.com; **fax:** 652-1235

Fees are sent to :

RossAnn Edwards

STAC - Christmas Camp - 302 Bentham Cres., Saskatoon, Sk S7N 3V4

Registration is limited and based on some experience in triathlon.

All members of the Sask. Triathlon Centre (STC) are eligible for entry and need only to submit an email and completed registration form to RossAnn stating your interest and commitment to attend. Fees will be included in monthly statements.

This camp has a strong swim focus but will include fitness maintenance and skills sessions in biking and running.

Equipment: all participants must have a bike in good working order.

A comprehensive list of equipment and training gear will be sent to athletes prior to the camp.

Preliminary schedule:

Tues., Dec. 27	9:00 – 11:00am swim (SHAW)
	4:00 – 5:30pm swim (SHAW)
Wed., Dec. 28	7:00 – 9:00am swim (SHAW)
	4:30 - 6:00pm run (Fieldhouse)
Thurs., Dec. 29	9:00 – 11:00am swim (SHAW)
	4:00 – 5:30pm swim (SHAW)
Fri., Dec. 30	10 :00 – 12:00 swim (YMCA)
	afternoon TBA
Fri., Dec. 31	7:30 – 9:00am bike/run (Fieldhouse)