

BEACHBROUGH AND BRACKLEY TRIATHLON CAMP 2022

Open to:
JUNIOR, YOUTH, TS3, TS2, TS1 AND TSS

Thursday 28th, Friday 29th Saturday 30th July

Hosted at Sibford school, Sibford Ferries. Banbury, OX15 5QL

Coaching and Training

Over the 3-day training camp athletes will have the chance to improve their Triathlon skills in a fun non-competitive environment. We will work on improving and growing skill in all areas of triathlon.

- **Swimming Technique**
- **Cycling Skills and Training**
- **Running Training (including pace work)**
- **Transition Skills**
- **Strength and Conditioning**
- **Triathlon Competition Skills**
- **Games (triathlon skills)**

Thursday 28th July

10:00	Gather outside the swimming pool building for quick briefing at start.
10:15 - 17:00	Training (timetable TBC on the day)
17:00	Parents back in charge.

Friday 29th July

09:00 – 17:00	Training (timetable TBC on the day)
17:00	Parents back in charge

Saturday 30th July

09:00 – 10:00	Morning training session (timetable TBC on the day)
10:00	Camp ends

What to bring

- Swimming kit. (Swimsuit, swim hat, goggles, etc)
- Cycling kit. (Bike, helmet, trainers, etc)
- Running kit. (Trainers, etc)
- Transition kit. (Race belt, towel, talcum powder, etc)
- Casual clothing.
- Waterproofs, sunscreen.
- Camping Equipment. (Tent, sleeping bag, chairs, etc)
- Food and Drink. (Bring enough breakfast, lunch, dinner for your stay duration)
- Downtime fun. (Football, cricket, frisbee, etc)

Camping and Food

Overnight camping is available on the school grounds with shower/ toilet facilities and a small kitchen on site.

Please bring enough clothing and kit for the duration of the camp. Please be aware there are **NO** on-site drying facilities so bring enough kit for all types of weather!

You **must** bring all your own equipment and food for the 3 days. You are welcome to BBQ. There is a small village shop in the village but this tends to be expensive. The nearest supermarkets are in Banbury.



Thursday night is Pizza Night!

On Thursday evening our regular Pizza van will come to camp.

Pizza's need to be pre-ordered before camp. Please pre order via the booking form below.

Please refer to link for prices - <https://www.ipsmobilepizzeria.co.uk/>

BOOKING DETAILS & COSTS

Training Camp Cost

2 Days

£60 first child (**£40** any second/third child)

1 Day

£45 first child (**£30** any second/third child)

Booking Details

Please can you fill out the form and send me a copy including pizza order with total payment by **Sunday 24^h July**.

Send the completed form to the address or email below:

Amanda Claydon-Folley
Standhill farm
Little Haseley
Oxford
Ox44 7LR

Amanda1cf2@Gmail.com

Please make cheques payable to "Beachborough Triathlon Club"

Or bank transfer using Tag "**Camp 2022**"

Beachborough Triathlon

Lloyds Bank

Sort Code: 309042

Account Number:38673560

BEACHBOROUGH & BRACKLEY Triathlon Club



BEACHBOROUGH AND BRACKLEY TRIATHLON CAMP 2022

Details						
Name						
Age / Date of Birth						
Triathlon Category (Please Tick)						
JUNIOR	YOUTH	TS3	TS2	TS1	TSS	
Address						
Mobile Number						
Email Address						
Emergency Contact Name						
Any medical information we should be aware of?						
Yes, I can stay for camping. Please circle the nights which you are staying. (Please note parents must be available to supervise their children from 17:00 at Sibford School - siblings are welcome to camp).			Thursday		Friday	
			Numbers Staying		Numbers Staying	
Pizza Orders						
Amount payable						
Participants		Pizza		Total		
£		£		£		
Signed and Date						