



SWIM



BIKE



RUN

TRIATHLON

GO TRI! JUNIOR TRAINING CAMP

An introduction to triathlon with Mid Sussex Triathlon Club.
Train, learn, race and have fun with our qualified coaches.

No experience necessary!

Supported by  **Nuffield Health** and endorsed by the BTF.

Ages 11-16 years

Weekend of July 30/31, 2011

**Oathall Community College, Appledore Gardens, Lindfield,
Haywards Heath, West Sussex. RH16 2AQ**

To enter, [click here](#)

Registration Form – Go Tri! Junior Training Camp

(to be printed and mailed to organisers, once completed)

The training camp is run by Mid Sussex Triathlon Club as an introduction to triathlon for 11-16 year olds and is supported by Nuffield Health and endorsed by the British Triathlon Federation. The event will be held in accordance with the BTF's Child Protection Policy.

The weekend is aimed at young people with a basic level of fitness but it is not necessary to have taken part in any of the three triathlon disciplines competitively. It will take place on the weekend of 30/31 July 2011 at Oathall Community College from 9:45am to 4pm on each day. The cycling and running will be on a closed grass course within the college grounds and will be traffic free. The swimming will be in the school's (outdoor) pool, under the supervision of fully trained lifeguards. The cost is £25 per person.

Please complete the details below as clearly as possible, especially the email address, as this will be the main way we will communicate. Please state if you have no email address so we can contact you another way.

Young Person / Triathlete details

<i>Young Persons First Name:</i>		<i>Surname:</i>
<i>Date of Birth:</i>	<i>Age:</i>	<i>Male/ Female</i>
<i>School attended:</i>		
<i>Please state any medical conditions:</i>		
<i>Email address</i>		

Parent details

<i>First name:</i>		<i>Surname:</i>
<i>Address:</i>		
<i>Town:</i>	<i>Postcode:</i>	
<i>Telephone:</i>	<i>Mobile:</i>	
<i>Email address (We will use this as the main form of communication):</i>		

Please make cheques for £25 payable to **Mid Sussex Triathlon Club** and send with this form to:

MSTC Go Tri !, 5 Denmans Lane, Lindfield, West Sussex RH16 2LA

Please enter as soon as possible as places are limited. Closing date for entries: July 1, 2011.

Conditions:

Please note the young person must be able to swim at least 100m in a recognised stroke on their front. The young person should bring swimwear/cap/goggles/towel, cycle (any model that is mechanically sound) and cycle helmet, suitable footwear and clothing for running and cycling, a drink and packed lunch. The club committee may take photos / video for marketing purposes. [Click here](#) for full terms and conditions.

Disclaimer:

A more detailed participation form will be sent out once entry is accepted and confirmed. However, please note that the Mid Sussex Tri Club, its members or agents will accept no liability in respect of any personal injury to participants or spectators, or any loss or damage to property of any participant or spectator that may occur during or as a result of attending and/or participating in the summer camp. The Mid Sussex Tri Club holds public liability insurance.

By signing you are bound by the Conditions and Disclaimer above.

Signed by young person / triathlete:

Date:

Signed by Parent / guardian:

Date:

Terms and conditions – Go Tri! Junior Training Camp

(Mark to complete)