



Welcome to the 2024 summer programs! We are building a comprehensive multisport training environment and a pathway from grassroots to elite and a life long love of sport. We're so glad to be a part of your athletic journey. Below you will find info about the summer programs. If you have any questions please do not hesitate to reach out.

REGISTRATION

Please use the link below to complete the athlete registration:

<https://forms.gle/TCGCwCQTHkJ29rvb7>

OVERVIEW:

Program Disciplines

We are excited to offer two “disciplines” to choose from this summer: Surf Lifesaving & Triathlon. BOTH program disciplines include *open water swimming* and *running*. Choose **Surf Lifesaving** for specific *craft* sessions and a pathway to surf lifesaving competition. Choose **Triathlon** for specific *cycling* sessions and a pathway to triathlon competition.

Program Levels

Each discipline (Surf Lifesaving or Triathlon) is offered at two “levels”: Development & Performance.

Development - "Building the foundation for happy, healthy future athletes." The development level focuses on the fundamentals of training and competition while emphasizing having fun!

Target age is ~9-15 years old.

Performance – “Bridging the gap to elite competition.” At the performance level athletes have the physical ability and maturity to take the next step. Athletes have the ability to integrate with U23/Elite training sessions and require additional, more specific training & race planning.

Target age is 14 years old and up.

Program Schedules

Summer Programming will begin ~end of May / beginning of June and wrap up at the end of August. There will be a break in period for May and June. Swim+Run, Craft and Open Water Swims will begin when the water reaches a suitable temperature. For Mountain Biking, sessions will begin as soon as the trail conditions are suitable for riding.



Surf Lifesaving Development

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|-----------------------------|---------|----------------------------------|----------------------|--------|----------|--------|
| Craft 7:15-8:30AM | | Swim + Run 7:15-8:30AM | Craft 7:15-8:30AM | | | |

Sessions in **BOLD** are combine SLS & Tri.

Craft – Sessions will take place at Guelph Lake. Athletes will require cap & goggles, swimsuit, towel and water bottle. At a minimum, athletes must be able to swim at least 50m in open water. Athletes can expect session to include paddle boarding, craft to beach transitions and beach sprints.

Swim + Run (Aquathlon) – Sessions will take place at Guelph Lake. Athletes will require cap & goggles, swimsuit, towel, appropriate running footwear and apparel for weather conditions and water bottle or other nutrition. At a minimum, athletes must be able to swim at least 50m in open water. Athletes can expect session to include swimming, running and swim-to-run-to-swim transitions.



Triathlon Development

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|-----------------------------|---------|----------------------------------|-------------------------------------|--------|----------|--------|
| Craft 7:15-8:30AM | | Swim + Run 7:15-8:30AM | | | | |
| | | Mountain Biking 6:15-7:30PM | Tri Skills (Monthly) TBD evening | | | |

Sessions in **BOLD** are combined SLS & Tri.

Craft – Sessions will take place at Guelph Lake. Athletes will require cap & goggles, swimsuit, towel and water bottle. At a minimum, athletes must be able to swim at least 50m in open water. Athletes can expect session to include paddle boarding, craft to beach transitions and beach sprints.

Swim + Run (Aquathlon) – Sessions will take place at Guelph Lake. Athletes will require cap & goggles, swimsuit, towel, appropriate running footwear and apparel for weather conditions and water bottle or other nutrition. At a minimum, athletes must be able to swim at least 50m in open water. Athletes can expect session to include swimming, running and swim-to-run-to-swim transitions.

Mountain Biking – Sessions will take place on the GORBA trails at Guelph Lake. Athletes will require a mechanically sound bike capable of riding off-road, bike helmet, appropriate footwear and apparel for weather conditions and water bottle or other nutrition. At a minimum, athletes should have the ability to ride on smooth, level terrain and control the bike safely (stopping and turning). Athletes can expect sessions to focus on fundamental mountain biking skills. Rides will start with beginner level off-road riding and progress to more challenging trail based on ability.

Triathlon Transition Skills – Sessions will occur monthly (tentative dates below). Location to be confirmed.

Thursday, May 23rd (St. James)

Thursday, June 20th (TBC)

Thursday, August 29th (TBC)

Thursday, July 25th (TBC)

Athletes will require a mechanically sound bike, bike helmet, appropriate footwear and apparel for weather conditions and water bottle or other nutrition. At a minimum, athletes should have the ability to ride on smooth, level terrain and control the bike safely (stopping and turning). Athletes can expect sessions to focus on fundamental triathlon skills for racing.



Surf Lifesaving Performance

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|----------------------|----------------------------------|----------------------------------|---------------------|--------|----------|----------------------------------|
| | Open Water 6:30-7:45AM | Swim + Run 7:15-8:30AM | Iron 7:15-8:30AM | | | Open Water 7:15-8:30AM |
| Craft 6:15-7:45PM | Craft 6:15-7:45PM | Craft 6:15-7:45PM | | | | |

Sessions in **BOLD** are combined SLS & Tri.

Sessions **highlighted yellow** are integrated with the U23/Elite sessions where appropriate.

Craft & Iron– Sessions will take place at Guelph Lake. Athletes will require cap & goggles, swimsuit, towel and water bottle. Athletes can expect sessions to focus on advanced surf lifesaving skills and fitness.

Open Water Swim – Sessions will take place at a private swim venue. Athletes will require cap & goggles, swimsuit, towel, wetsuit (if necessary) and water bottle or other nutrition. Athletes can expect sessions to focus on advanced open water swimming skills and fitness.

Swim + Run (Aquathlon) – As above for the Development level.



Triathlon Performance

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|--------------------------|----------------------------------|--|-----------------------------|--------|---------------------|---|
| | Open Water 6:30-7:45AM | Swim + Run 7:15-8:30AM | | | Run 9:00-10:30AM | Open Water 7:15-8:30AM Road Cycling 9:00-11:00AM+ |
| Run + S&C 5:15-6:30PM | | Run 4:30-5:45PM Mountain Biking 6:15-7:30PM | Road Cycling 6:00-8:00PM | | | |

Sessions in **BOLD** are combined SLS & Tri.

Sessions **highlighted yellow** are integrated with the U23/Elite sessions where appropriate.

Swim + Run (Aquathlon), Mountain Biking & Triathlon Transition Skills – As above for the Development level.

Run + Strength & Conditioning (S&C) – Sessions will take place at St. James Highschool Track. Athletes will require appropriate running footwear and apparel and water bottle or other nutrition. Athletes can expect a medium distance aerobic intensity run followed by mobility and plyometrics to focus on general athleticism and development of speed and power.

Open Water Swim – Sessions will take place at a private swim venue. Athletes will require cap & goggles, swimsuit, towel, wetsuit (if necessary) and water bottle or other nutrition. Athletes can expect sessions to focus on advanced open water swimming skills and fitness.

Run – Sessions will take place at various locations in Guelph. Athletes will require appropriate running footwear and apparel for weather conditions and water bottle or other nutrition. Athletes should have the ability to run 5km in under 20 minutes. Sessions will focus on advanced running fitness.

Road Cycling – All rides: athletes will require a mechanically sound bike appropriate for road riding, bike helmet, appropriate footwear and apparel for weather conditions and water bottle or other nutrition.

Thursday rides will take place on local roads or on the closed circuit at the Flamboro Speedway. At a minimum, athletes require the ability to ride for 1 hour at 30-32km/h (with a group). Athletes can expect sessions to focus on advanced road cycling skill and fitness.

Sunday rides will leave from the open water swim venue. Athletes should have the ability to ride for 1 hour at 24-26km/h (with a group). Athletes can expect sessions to focus on fundamental road cycling skill and fitness development.



Important Dates

Please use the link below to see a list of events. This list will be updated as new events are added to the calendar.

https://docs.google.com/spreadsheets/d/19MHTqHrv9EivjFV-_uq4rW5olUjfcha6ghU2FrwdaH8/edit?usp=sharing

Program Fees

One time payment for the summer.

| Program | Fee |
|-------------------------------|------------|
| Surf Lifesaving (Development) | 400 |
| Triathlon (Development) | 400* |
| Surf Lifesaving (Performance) | 700 |
| Triathlon (Performance) | 700* |

Payments by e-transfer are preferred. Payments can be sent to registrar.rcaquatics@gmail.com using the password "swimming". If you are unable to provide e-transfer please email the registrar to arrange payment via cheques.

*TOTAL PAYMENT for Triathlon programs will be made in 2 parts: \$85 to join the Guelph Cycling Club + remainder to Royal City Aquatics (Development = \$315, Performance = \$615).



Additional Memberships & Insurance

For liability purposes, additional memberships & insurance are required.

ALL ATHLETES – Surf Lifesaving and Triathlon participants will be required to purchase a TriON membership and affiliate with Royal City MultiSport. Please use the link below to complete the online registration. There is no additional fee to join Royal City MultiSport. TriON membership fees are below.

<https://ccnbikes.com/#!/events/royal-city-multisport-2024>

| | Adults 20+ | Junior (16-19) | Youth (12-15) | Kids (11 & under) |
|---|------------------------|------------------------|-----------------------|-----------------------|
| Individual | \$54 + \$15 TriCan Fee | \$46 + \$15 TriCan Fee | \$32 + \$6 TriCan Fee | \$15 + \$6 TriCan Fee |
| Individual Club | \$44 + \$15 TriCan Fee | \$41 + \$15 TriCan Fee | \$27 + \$6 TriCan Fee | N/A |
| Elite | \$54 + \$15 TriCan Fee | N/A | N/A | N/A |
| Elite Club | \$44 + \$15 TriCan Fee | N/A | N/A | N/A |
| Coach | \$54 + \$15 TriCan Fee | N/A | N/A | N/A |
| Coach Club | \$44 + \$15 TriCan Fee | N/A | N/A | N/A |
| Official / Race Director / Board Member | Complimentary | N/A | N/A | N/A |
| Associate | \$32 + \$15 TriCan Fee | N/A | N/A | N/A |

Triathlon Ontario Annual Memberships are valid through the entire membership year and until March 31 of the following year.

To access Swim + Run (Aquathlon) and Craft sessions at Guelph Lake you must pay the admission fee (per person) at the gate each time you enter the park or purchase a yearly membership (per vehicle).

Cycling (MTB and Road) – all riders require a current Guelph Cycling Club membership. The link below will take you to the GCC website where you can purchase your 2024 membership. GCC memberships are \$85/year.

<https://guelphcyclingclub.ca/join/>

Mountain Biking – riders are encouraged to join [GORBA](#) though it is NOT required. GORBA membership fees are nearly entirely used to build and maintain the trails we ride. The link below will take you to the 2024 GORBA registration. GORBA memberships start at \$35/year. Additional family members can be added for \$25 each.

<https://ccnbikes.com/#!/events/guelph-off-road-bicycling-association-gorba-2024-membership>