



Welcome to the 2023 summer programs! We are building a comprehensive training environment and a pathway from grassroots to elite and a lifelong love of sport. We are proud to announce our collaborations with Royal City Aquatics to take our programming to the next level. 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

Subscribe to our programs on our website:

<https://www.royalcitymultisport.club/developmentsquad>

Program Disciplines

We are excited to offer sessions for **Swim + Run (Aquathlon)** and **Run, Strength & Condition** for young develop their fitness, general athleticism, speed and power.

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 transitions.

Run, Strength & Conditioning – Sessions will take place at St. James Highschool Fitness Centre. Athletes will require appropriate running footwear and apparel (indoors & outdoors) and water bottle or other nutrition. Athletes can expect sessions to focus on general athleticism and development of speed and power. Session will include running, mobility, plyometrics and lifting.

Program Levels

Development - "Building the foundation for happy, healthy future athletes." The development level focuses on the fundamentals of training and competition while emphasizing having fun! At the development level, choose one or both weekly sessions. Target age is ~9-15 years old.



Program Schedules

Summer Programming will begin May 1st and wrap up August 31st.

There will be a break in period in May. Swim + Run (Aquathlon) will begin when the water reaches a suitable temperature.

Run / Aquathlon Development

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
		Swim + Run 7:15-8:30AM				
Run, S&C 4:30-6:00PM						

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

Subscribe to our programs on our website:

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Program	Monthly Fee
Run, S&C <i>or</i> Swim+Run (Aquathlon) ONLY	55
BOTH Run, S&C <i>and</i> Swim+Run (Aquathlon)	95



Additional Memberships & Insurance

For liability purposes, additional memberships & insurance are required for the specific sessions you intend to participate in.

Swim + Run (Aquathlon) – all athletes 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-2023>

	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.

Strength & Conditioning – all athletes must be current SwimON members. The RCAQ Registrar will process SwimON registrations. Athletes that are not yet SwimON members will be billed the one-time yearly fee of \$52.50.