



In Conjunction with



# TRAINING CAMP

**WHEN ?:** From the evening of Friday 29th January to Sunday 30th January

**WHERE ?:** Super Sports Centre, Runaway Bay, Gold Coast  
([www.rbssc.com.au](http://www.rbssc.com.au))

**WHAT ?** An action-packed weekend of all things triathlon. Saturday will include a ride through the beautiful Gold Coast Hinterland, swim session (with technique filming), stretching session, surf swim and lecture (on race preparation, periodisation training and tapering, swim review). Sunday will include a long run, core stability & strength training, lecture (on nutrition), swim session and Q&A session. Catering (apparently triathletes are served 1.5 times the average athlete....) and accommodation is included in the price.

**HOW MUCH ?:** \$250 for Croc Squad members, \$270 for Non-Members.



# MORE INFO

## ACCOMMODATION:

Accommodation will be 'lodge style' (one lodge can accommodate up to 36 people). There are ten bedrooms in each lodge, room configurations as follows:

- 2 bedrooms with ensuite, either twin or single share
- 8 bedrooms with shared bathroom facilities either twin, tri or quad share
- Common Room
- Laundry

## FOOD:

The Super Sports Centre will be providing all catering, including:

- Dinner on Friday Night
- Breakfast, Lunch and Dinner on the Saturday
- Breakfast and Lunch on the Sunday.

Let Brad Beven know if you have any special diet requirements.



## REGISTRATION:

Contact Brad Beven (brad@crocsquad.com, 0418774144) to register, or if you have any questions. Be quick as spaces are limited.

## PAYMENT OPTIONS:

**In Person:** Cash provided to Brad or Rod

**Electronic Funds Transfer:**

*Bank:* NAB

*BSB:* 084-447

*Account:* 86 349 7454

*A/C Name:* Croc Squad

*Reference:* [your surname, 'Camp']



Payment must be provided no later than Friday 15th January 2010. If payment is received before Friday 8th January 2010, you will receive a sports pack worth \$50 (from our sponsors).