

## Camp Description

- The camp is designed to introduce kids to the sport of triathlon
- Coaches will provide basic instruction on swimming, biking and running technique
- The camp will focus on:
  - Fun - Showing that exercise can be fun
  - Nutrition - Explaining the importance of eating healthy
  - Safety - Including a free bike safety check
- The last day of camp will be a real race so that the campers can officially say that they are "Triathletes"
- NOTE: camp may be extended to Saturday if one of the days is rained out

## The Coaching Staff

- Doug Levens - Head Coach of the Nutmeg Youth Triathlon Team, USA Triathlon Youth and Junior coach, IYCA Speed and Agility coach, masters bike racer and elite triathlete

Cost - \$225

+\$10 for Non-residents

**Swim  
Bike  
Run  
Have Fun**



# **8th Annual Cheshire Kids Beginner Triathlon Camp**

June 19 - June 23

9:00AM - 3:00PM

Bartlem Park, Cheshire

Boys and Girls

Ages 8 to 12

Sponsored By The Cheshire Parks  
and Recreation Department

Campers should bring the following to camp:

- Comfortable running shoes
- Comfortable clothes to exercise in
- A bicycle with slick or knobby tires(some riding will be on grass)
- A bike helmet
- Swim suit
- Goggles
- Towel
- Sun screen
- Water bottle
- Lunch and healthy snacks

Camper drop off and pick up will be at Parks and Rec Youth Center

Camp will take place at:

- Town Pool
- Bartlem Park
- Cheshire High School Track

To be eligible for the camp, kids must be able to:

- Swim at least 2 lengths of the pool
- Bike 2 miles
- Run 1/2 mile

## Application

Beginner Camp #43404

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_

Grade: \_\_\_\_\_ Birth Date: \_\_\_\_ / \_\_\_\_ / \_\_\_\_

T Shirt Size(Circle One) -

Youth M L Adult S

Parent Name \_\_\_\_\_

Home Phone \_\_\_\_\_

Email Address \_\_\_\_\_

Emergency Contact \_\_\_\_\_

Phone # \_\_\_\_\_

Does the camper have:

1) Allergies Y/N

2) Asthma Y/N

If you answered yes to either question, please specify:

\_\_\_\_\_  
\_\_\_\_\_

Please make check payable to:

Doug Levens

c/o Cheshire Park and Recreation Dept.

559 South Main Street

Cheshire, CT 06410

## Parental Release and Consent Form

The undersigned parent or guardian understands that the applicant will be engaged in a physical activity which contains an inherent risk of physical injury and the undersigned assumes the risk and releases the coaches and staff of the Cheshire Kids Triathlon Camp and the Cheshire Parks and Recreation Department from any and all liability for personal injury arising out of the applicant's participation in the cheshire Kids Triathlon Camp.

I hereby grant permission for my son or daughter to attend the Cheshire Kids Triathlon Camp and to be treated by a licensed physician, athletic trainer or camp staff member during the event of an injury, illness, accident or any other mishap.

\_\_\_\_\_  
Parent/Guardian Signature

\_\_\_\_\_  
Date