



LEWESTON
SHERBORNE

**Pentathlon GB Biathle/Tetrathlon Easter Residential Training Camp
And Triathlon (Swim/Bike/Run)
Leweston School
Sherborne, Dorset, DT9 6EN
Sunday 5 April – Friday 10 April 2020**

Dear Athlete,

You are invited to join us for our Easter Residential and Non-Residential Training Camp at Leweston School, which enjoys a campus of 46 acres of beautiful parkland just outside Sherborne, Dorset.

This camp is aimed at 9 – 18 year olds who wish to develop their skills in Biathle, Pentathlon and Triathlon (older athletes will also be considered). Participating athletes will enjoy a programme of daily running and swimming activities; the camp will also offer the opportunity to try fencing, shooting, and biking. All training will take place on the Leweston campus.

Mick Flaherty, National Triathlon and Biathle Coach, will be managing the camp and training programme. Mick will be supported by specialist triathlon, fencing and shooting coaches. All levels of athletes will be equally involved with groups organised according to ability. All equipment will be supplied by the school, including guns and fencing kit. An outline of a daily training programme can be seen below:

- **Swimming** 3 to 4 swimming training sessions; working on stroke improvement, open water swimming technique and stamina.
 - **Running** 1 session each day.
- Or**
- **Run/Swim** Back to back training.
 - **Bike/Run** Back to back training.

A choice of **one** of the following:

- **Fencing** 1 session each day working at the appropriate level for the individual (Fencing equipment provided)
- **Shooting** 1 session each day working on technique, static and combined (Guns provided)
- **Cycling** 1 session each day working on biking skills, stamina, bike maintenance and set up. Athletes 14 and above will do some road cycling but must bring a spare inner tube and repair kit if they wish to go out on the road.
- **Transitions** 1 or 2 sessions per week on setting up your equipment in transition, and how to get through transitions as efficiently as possible.
You must bring your own bike (including mountain bikes) and a safety helmet must be worn throughout all bike training.

Land Training & Strength and Conditioning will also be taking place during the week. In the evening after the last activity from 1715 to 1800 there will be the opportunity to take part in extra shooting, fencing, or swimming. Every athlete will do some running and swimming each day, you can then choose from one of the 3 options, when you make your booking:

Option 1: Bike only

Option 2: Fence & Shoot only

Option 3: Fence, Shoot & Bike

Fencing Lessons One to One

For an extra £20 you can sign up for extra one to one fencing lessons, during the camp, this will be split down to 3 x 20min lessons, if you wish to sign up for this please add to the booking form. Please note there is limited space for these lessons.

The camp will culminate with the South West Biathle Championships, taking place at Leweston School on Friday 10 April 2020. All participants will automatically gain entry into this competition.

All accommodation will be at Leweston School in single sex dormitories. There will also be an opportunity for parents to stay at the school in a separate boarding house with single bedrooms available for the week or just one day; please email flahertym@leweston.dorset.sch.uk if you wish to stay in the parent accommodation. Male and female chaperones will be on site at all times. All meals will take place in the school dining hall.

Please note that photography and filming may take place during this camp for promotion and publicity of Leweston School. Please tick the appropriate box when booking, if you do not wish for your child to be photographed or filmed.

The cost of our full residential camp is **£430.00** per person; this will cover all meals, accommodation, coaching, equipment and facility charges. Alternatively, for those in the locality there is a non-residential option of **£280.00** per person covering coaching, equipment and facility charges, lunch and snacks will also be included. (We also accept childcare vouchers). For those athletes who are unable to participate in the full week there is also the opportunity to just pay a daily rate with a minimum of 3 days not including the competition. Please contact Sarah Hull for all booking enquiries on 01963 211073 or via email hulls@leweston.dorset.sch.uk.

The camp will commence at 10:00 on Sunday 5 April 2020. For participants having to travel a long distance, and for the additional charge of £25.00 per person, the school will accept arrivals from 17:00 on Saturday 4 April. Supper on Saturday evening will not be provided, but breakfast will be available on Sunday morning.

The camp will conclude after the South West Championship Biathle Race on Friday 10 April at approximately 13:00.

Places for this exclusive camp are limited. To avoid disappointment, please book online via Ticket Tailor and either pay a non-refundable deposit of £50.00 by 10 March 2020 or the full amount. To secure your place the remaining balance must be received by 23 March 2020. A training timetable will be sent once the full balance has been paid.

How to Book

1. Please click the following link <https://www.tickettailor.com/events/lewestonevents/311177#>
2. Childcare vouchers can be used. Please click the link above and indicate that you are paying via childcare vouchers. You will then be required to log into your childcare voucher provider and pay in the usual way. Please contact hulls@leweston.dorset.sch.uk for the appropriate scheme number if needed.
3. If you are a Leweston parent, please insert LEWESTON15 for a promotional discount of 15%.
4. If you have more than one child attending the camp, please insert SIBLING05 for a promotional discount of 5%.

Should you require further information regarding our school, please visit our website at www.leweston.co.uk.

If you have any questions regarding this training camp, please email flahertym@leweston.dorset.sch.uk or telephone 01963 211071.

We look forward to meeting and coaching those that are able to attend.

Yours faithfully



Mr M Flaherty