

## REGISTRANTS INFORMATION

|                             |  |
|-----------------------------|--|
| ATHLETE'S NAME              |  |
| GENDER                      |  |
| DATE OF BIRTH               |  |
| AGE AS OF 12/30/2011        |  |
| ADDRESS                     |  |
| CITY/ PROVINCE/ POSTAL CODE |  |
| PHONE NUMBER                |  |

## EMERGENCY INFORMATION

|                              |  |
|------------------------------|--|
| DOCTOR'S NAME & PHONE NUMBER |  |
| ALLERGIES                    |  |
| PARENT'S CELL PHONE          |  |

## PROGRAM CHOICES - PLEASE CHECK

- Development Spring (May 1st - June 26th) - \$230
- Elite Spring (May 1st - June 26th) - \$275
- Development Summer (June 28th - Aug 28th) - \$230
- Elite Summer (June 28th - Aug 28th) - \$450
- Summer Swimtec Session -\$200
- Elite Collingwood Training Camp (July 10th - 14th) -TBA

## TERMS & CONDITIONS

In consideration of the acceptance of my application for registration as a member of the North York Aquatic Club Triathlon Team (NYACTT) for the Triathlon season, I, for myself, my heirs, executors, administrators, successors and assigns HEREBY RELEASE, WAIVE AND FOREVER DISCHARGE the NYACTT and its respective coaches, agents, officials, employees, contractors, representatives, successors and assigns of and from all claims, demands, damages, costs, expenses, actions and causes of action, whether in law or equity, in respect of death, injury, loss or damage to my person or property HOWSOEVER CAUSED, arising or to arise by reason of my registration as a member of the NYACTT or my participation in any NYACTT sponsored and/or sanctioned event in the 2011 Triathlon Season, whether prior to, during or subsequent to any such event AND NOTWITHSTANDING that same may have been contributed to or occasioned by the NEGLIGENCE of any of the aforesaid. **IF THIS WAIVER IS ALTERED THE REGISTRATION WILL BE REJECTED.**

PARENT'S NAME

SIGNATURE

DATE

## PAYMENT DETAILS

NAME ON CREDIT CARD

CREDIT CARD NUMBER

EXPIRY DATE

AMOUNT CHARGED

SIGNATURE

CHEQUE

PLEASE MAKE CHEQUE PAYABLE TO:

NORTH YORK AQUATIC CLUB  
2275 BAYVIEW AVE  
PROCTOR FIELD HOUSE  
TORONTO, ON M4N 3M6  
(\$15 CHARGE FOR NSF CHEQUES)

# NYAC TRIATHLON KIDS

The North York Aquatic Club is pleased to announce the NYAC Triathlon Kids, a neighbourhood triathlon program for kids of all experience levels between the ages of 7-17.

The aim is to provide children the opportunity to be active and participate in the fun and growing sport of triathlon.

Emphasis will be placed on the cycling and running disciplines.

Optional swim sessions are available through 2011 NYAC Swimtec summer swim camp.

(See the NYAC website for more Swimtec information)



TRIATHLON SUMMER PROGRAM

[WWW.NYACSWIM.ON.CA](http://WWW.NYACSWIM.ON.CA)

# PROGRAMS

## YOUTH DEVELOPMENT TEAM (AGE 7-14)

The aim of the Youth Development team is to introduce kids to the world of triathlon. We will focus on developing co-ordination, motor skills and safety awareness while having fun. It is an ideal opportunity to spend time outdoors, be active and healthy.

The team provides a positive atmosphere, great for learning how to set, work towards and achieve personal goals.

## YOUTH ELITE TEAM (AGES 12-17)

The focus of the Youth Elite Team is to improve skills and performance in all three sports. The program will prepare athletes for local, regional and national events. Athletes in this group are helped to realize and believe in their potential, set goals, develop sport specific skills such as bike handling and transitions, and increase speed.

## COLLINGWOOD TRAINING CAMP-ELITE GROUP ONLY

JULY 10-14

A training camp designed for those athletes looking to become more competitive in the sport of triathlon.

A five day camp, in cottage country, where open water swimming, quiet country road cycling and trail running will be available.

This camp will offer a focused training environment. Group size will be limited to 15 athletes. Those interested in this option please indicate so on the registration form, and you will be contacted with more information in April.

| GROUP   | SESSION                                       | PRACTICE                                       | FEES   |
|---|---|--|--|
| YOUTH DEV.  | MAY 1ST<br>JUNE 26TH                          | SUNDAYS<br>6:30-8 PM                           | \$230  |
|   | 9 WEEK<br>SPRING<br>SESSION                   |  |  |
|   | JUNE 28TH<br>AUG 28TH                         | THURSDAYS<br>SUNDAYS<br>6:30-8 PM              | \$275*<br>(SWIM<br>OPTION,<br>ADDITIONAL<br>\$200) |
|   | 9 WEEK<br>SUMMER<br>SESSION                   |  |  |
| YOUTH ELITE   | MAY 1ST<br>JUNE 26TH                          | SUNDAYS<br>6:30-8 PM                           | \$230  |
|   | 9 WEEK<br>SPRING<br>SESSION                   |  |  |
|   | JUNE 28TH<br>AUG 28TH                         | TUESDAYS,<br>THURSDAYS<br>SUNDAYS<br>6:30-8 PM | \$450*<br>(SWIM<br>OPTION,<br>ADDITIONAL<br>\$200) |
|   | 9 WEEK<br>SUMMER<br>SESSION                   |  |  |
| TRAINING LOCATIONS  | SUNNYBROOK PARK, NEWTONBROOK S.S., OTHERS TBA |  |  |
| * 15% DISCOUNT FAMILY PLAN FOR ADDITIONAL SIBLINGS                      |   |  |  |
| ** FLEXIBLE PROGRAM FEES AVAILABLE TO ACCOMMODATE SUMMER VACATION PLANS |   |  |  |

## COACHING

Tereza Macel is a five time Ironman Champion, Canadian National Champion (olympic distance), 5 time world championship team member and an accomplished swim and triathlon coach with over 25 years of experience as a competitive athlete. Tereza is excited to share her experiences and passion with the next generation of triathletes.

## NORTH YORK AQUATIC CLUB

Phone- 416-785-0430

Email - nyacswim@yahoo.com

Web - www.nyacswim.on.ca

Tereza Macel email - tmactri@rocketmail.com

## SUMMER RACE OPPORTUNITIES

The following are some of the races in the Toronto area that athletes may be interested in attending. Race entry, transportation and all aspects surrounding the race are the responsibility of the parents.

|            |                                     |
|------------|-------------------------------------|
| May 29     | Caledon KOS                         |
| June 4th   | East End KOS                        |
| June 26    | Tri Kids Burlington                 |
| July 10    | Huronia KOS                         |
| July 10    | Tri-Kids Oakville                   |
| July 14-15 | Provincials- qualification required |
| August 7   | Barrie KOS                          |
| Aug 20     | Orillia KOS                         |
| Sep 10     | Wasaga Try-a-tri                    |
| Sept 17    | Lakeside KOS                        |