

2024 National Para Development Camp *Montreal, QC*

Overview

Triathlon Canada will be hosting a National Para Development Camp for all Para athletes in Montreal this summer between June 27th and 30th. The intention is to offer an opportunity to learn, train, and prepare to race leading into the Open Para National Championships event held on June 29th immediately following the World Triathlon Para Series race in Montreal.

The camp is geared towards athletes, ages 16+, who have a physical disability or visual impairment from beginners to elite-level athletes. The camp will be a mix of training and informative learning sessions with a focus on triathlon skills and optimizing athletes' health. Activities will be based in and around Parc Jean Drapeau, a safe and accessible training venue. Parc Jean Drapeau is easily accessible by bike, car, or train from downtown Montreal.

Athletes under the age of 16 will be considered on a case-by-case basis, please contact: paratriathlon@triathloncanada.com.

Fees, Travel & Accommodation

There is no registration fee for athletes to attend this week-long camp. The camp includes all training, coaching, and development sessions as well as lunch for each day. Athletes are responsible for their own travel, accommodation, and meals outside of those provided. We are doing our best to ensure cost is not a barrier to participation. If you require financial support, please reach out to paratriathlon@triathloncanada.com.

A discount code has been set up for athletes in the Grey Nuns Residence at Concordia University. The accommodation is located downtown Montreal, in ideal proximity to the camp's training facilities. There are both single and double rooms available and offered at a very reasonable rate. The average rate for a single bedroom will be \$90 per night. Accessible rooms are available upon request at the time of booking.

Follow the steps below to book accommodation at the Grey Nuns Residency

1. Visit the accommodation website to reserve online: <https://www.concordia.ca/summerstays>
2. To benefit from a 10% discount, use the following coupon code: **TRIATHLON24**
3. To see the room-type available change the default setting from 2 to 1 adult.

Coaches & Staff

We are thrilled to have partnered with Lisa Mensink as the lead coach for this camp. Lisa is an experienced triathlon coach based in Calgary, Alberta. Following her own successful athletic career, Lisa has been coaching since 2009 and has been engaged with the Para Triathlon program since 2015.

We will be bringing in several coaches and experts from across the country to support and contribute to an outstanding week in Montreal.

Para Designated Race List

A full list of Para Designated Races across the country will be released shortly and posted here: <https://www.triathloncanada.com/publications/#nds>

More information will be coming soon!