



# **TRI** **THLON** **CANADA**

## **CAMP GUIDE**

2025 National Development Camp

Magog, QC

*July 13- 23, 2025*

# OVERVIEW

Triathlon Canada is thrilled to be returning to Magog, Quebec to host the 2025 National Development Camps, this summer between July 13th and 23rd. The goal of these camps are to offer a high value opportunity to race and train by building a camp around the existing PATCO America's Cup events in Magog and Montreal. The Americas Cup Magog also serves as one of our two Regional Championships for the National Development Series. For those who may not quite make the Americas Cup start list, we are offering an alternative draft-legal race as part of the Junior Quebec Cup.

This camp will be geared towards athletes ages 16–23 and will offer a mix of training and professional development with a focus on technical skills and optimizing health. We have combined the both programs in Magog for 2025. The advanced program will run over the same block with full integration of the seminars and workshops for all athletes attending.

The coaching team led by Daniel Soucy and Marc Christin will assess the group and pull athletes into the advanced sessions based on skill-level.

## Racing Opportunities

### July 12th & 13th – TriMemphre Magog (Junior / U23)

- PATCO Americas Cup, National Development Series Regional Championship

### July 13th – Quebec Cup (Junior)

- This is a Draft Legal Race as a part of the Quebec Grand Prix. It has also been allocated National Development Series points at the same level as a Provincial Championship

### July 19th– Americas Cup Montreal (Junior/ U23)

There is no requirement to be on the start list for the Americas cup events in Magog or Montreal to attend the camp. Coach Marc Christian will travel to Montreal with any athletes who do make the Americas Cup Montreal start list and provide support on the ground.

## Camp Fees

The cost for athletes to attend the week-long camp is \$1800. The camp fee includes all training and professional development sessions as well as lunch for each day of the camp. Athletes are responsible for their own travel, accommodations, and meals outside of those provided. Accommodation information is provided below.

## Location

Activities will be based around Magog Bay Park and will be within walking or biking distance from each other as well as the Triathlon Canada designated accommodation. We will also be conducting sessions out of The Centre Sportif La Ruche.

# MEET YOUR SUPPORT TEAM

We're excited to welcome Daniel Soucy back as Head Coach for this year's National Development Camp, alongside two-time Olympic coach Marc Christin, who will lead the Advanced Program. Triathlon Canada is committed to assemble a highly skilled coaching team to support both Daniel and Marc throughout the camp. They'll also be joined by guest coaches and presenters, giving athletes an invaluable opportunity to learn from and train with some of the best in the sport.



## **Daniel Soucy - *Lead Development Coach, Triathlon Canada***

Daniel is passionate about coaching and is known for his positive leadership and reliability. Daniel has been the head coach of the local triathlon and swimming clubs in Magog. Daniel has coached athletes of all levels and ages in both sports. In the same day he could switch from teaching kids and adults the basic of their sport to working with athletes at the national level in swimming and pan-american level in triathlon. He has been involved with yearly camps in Magog with Triathlon Quebec and his local swimming club as well as supporting past Triathlon Canada camps. He now works as a coordinator of athlete and coach development at Triathlon Quebec.



## **Marc Christin- *Advanced Program Lead Coach, Triathlon Canada***

Marc is the Olympic Pathway Lead at Triathlon Canada. From 2021 to 2024, he served as Head Coach at the National Performance Centre, following his role as Assistant Coach where he led the Academy program starting in 2018. Over the past seven years with Triathlon Canada, Marc has coached at four Major Games—including the Tokyo 2020 and Paris 2024 Olympic Games—as well as multiple World Championship events.



## **Ella Calder - *Camp Logistics & Communications Lead, Triathlon Canada***

Ella is the Community Programs Manager with Triathlon Canada, bringing extensive experience in planning and delivering a wide variety of camps. Through her career as a collegiate athlete and her sport operations roles across multiple disciplines, Ella has developed a deep understanding of athletes' needs and how to best support their success. She will be overseeing logistics and communications for the camp, ensuring everything runs smoothly!



***Ally Govier - Camp Logistics & on the Ground Support, Triathlon Canada***

Ally Govier joins the sport of triathlon after a successful career with Wheelchair Rugby Canada and the Canadian Sport Institute Ontario. With experience as a high-performance manager, manager of health and wellness, and National Team athletic therapist, Ally brings a wealth of expertise in athletic therapy, medical management, team logistics, and event management within Canada's high-performance system. Ally will be on the ground during the delivery of camp to ensure everything runs smoothly!



***Dan Proulx - High Performance Director, Triathlon Canada***

Dan joined Triathlon Canada as the High Performance Director in 2025. Before this role, he spent 16 years coaching within Cycling Canada's national program, where he served as head coach for five major Games, including the 2024 Paris Olympics. With his extensive knowledge and experience, Dan plays a valuable role in the selection of Athletes and Coaches for the 2025 National Development Camp.



***Rachel Macatee - Director of Sport Development, Triathlon Canada***

Rachel joined the team at Triathlon Canada in 2017. She has extensive experience working in endurance sport and event management in Canada. Currently she oversees Triathlon Canada's Sport Development department and supports the Age Group Team at World Championship events.

# SCHEDULE

The following table provides a summary of planned sessions. Athletes competing in the Americas Cup Montreal will follow a tapered training plan tailored specifically for their race preparation.

*Please note, this schedule is tentative and is subject to change.*

<b>CAMP SCHEDULE</b>			
<b>START</b>	<b>FINISH</b>	<b>DESCRIPTION</b>	<b>VENUE</b>
<b>SUNDAY, JULY 13</b>			
4:00pm	6:00pm	Check into hostel	Auberge Magog- Orford
6:00pm	6:30pm	Welcome session and learning opportunities	Auberge Magog- Orford
<b>MONDAY, JULY 14</b>			
8:30am	9:00am	Morning jog	Auberge Magog-Orford
10:00am	11:30am	Easy Bike Ride	Auberge Magog- Orford
11:30am	1:00pm	Lunch	Auberge Magog- Orford
1:00pm	2:30pm	Technical Swim with Activation	Centre sportif La Ruche
3:30pm	5:00pm	Nutrition Basics for Endurance Athletes	Auberge Magog-Orford
<b>TUESDAY, JULY 15</b>			
8:30am	10:00am	Mobility and Core Training for Endurance Athletes - Theory and Application	Centre sportif La Ruche
10:15am	11:00am	Easy Run with Drills and Strides	Centre sportif La Ruche
11:30am	1:00pm	Lunch and Down Time	Auberge Magog- Orford
1:00pm	2:00pm	Core Competencies and Performance Lifestyle	Auberge Magog-Orford
4:30pm	5:30pm	WTCS Bike Leg Viewing	Auberge Magog-Orford
6:00pm	7:30pm	Bike Handling Skills	Industrial Park
<b>WEDNESDAY, JULY 16</b>			
9:30am	11:00am	Open Water Swim - Tech and Tactics	Baie de Magog
11:30am	3:30pm	Lunch and Down Time	Auberge Magog- Orford
3:30pm	5:00pm	Scientific Principles of Training and Recovery	Auberge Magog-Orford
6:00pm	7:30pm	Track Run Session: Application of Intensity Monitoring	Centre sportif La Ruche
<b>THURSDAY, JULY 17</b>			
9:00am	10:30am	Tech, Quality Endurance	Centre sportif La Ruche
11:30am	4:30pm	Lunch and Down Time	Auberge Magog- Orford
5:00pm	7:00pm	Race Specific Skills - Rolling Turns	Auberge Magog-Orford
<b>FRIDAY, JULY 18</b>			
9:00am	10:30am	Strength Training for Endurance Athletes - Theory and Application	Centre sportif La Ruche
10:45am	11:15am	Easy Run with Drills and Strides	Centre sportif La Ruche
11:30am	1:45pm	Lunch and Down Time	Auberge Magog- Orford
1:00pm	2:30pm	Mental Performance - Adopting High Performance Habits and Behaviors	Auberge Magog-Orford
3:30pm	5:00pm	Technical, Recovery Swim	Centre sportif La Ruche

SATURDAY, JULY 19			
9:00am	10:30am	Bricks – Tech, Tactics and Specific Aerobics	Auberge Magog-Orford
12:00pm	1:45pm	Lunch & Downtime	Auberge Magog- Orford
3:00pm	5:00pm	Applied Nutrition: Camp Master Chef contest	Auberge Magog-Orford
SUNDAY, JULY 20			
9:00am	12:00pm	Endurance Ride (120-180 min)	Auberge Magog-Orford
12:15pm	3:30pm	Lunch and Down Time	Auberge Magog- Orford
4:00pm	5:00pm	Endurance Run (50-60 min)	Parc du Mont-Orford
6:00pm	7:00pm	Athlete Social	Karting Orford
MONDAY, JULY 21			
9:30am	11:00am	Bike Handling Skills	Auberge Magog-Orford
11:15am	1:45pm	Lunch and Down Time	Auberge Magog- Orford
2:15pm	3:15pm	Mobility and Core Training for Endurance Athletes	Centre sportif La Ruche
3:30pm	5:00pm	Technical, Recovery Swim	Centre sportif La Ruche
6:00pm	7:30pm	Basics of Bike Mechanics and Maintenance (Group A)	Giant Magog
TUESDAY, JULY 22			
9:00am	10:30am	Race Specific Swim	Centre sportif La Ruche
11:00am	1:30pm	Lunch and Down Time	Auberge Magog- Orford
2:00pm	4:00pm	Race Specific Skills – cycling	Auberge Magog-Orford
4:00pm	4:30pm	Run Off The Bike	Parc de la Baie de Magog
6:00pm	7:30pm	Preparing Your Bike for Travels (Group B – Advanced)	Giant Magog
WEDNESDAY, JULY 23			
9:00am	11:00am	Track Run Session	Centre sportif La Ruche
11:30am	1:00pm	Lunch and Camp Wrap-Up	Auberge Magog-Orford

## FULL 2025 NATIONAL DEVELOPMENT SERIES

EVENT	LOCATION	DATE	DISCIPLINES	TIER/ POINTS
<b>NATIONAL CHAMPIONSHIPS, CAMPS &amp; PREMIUM EVENTS</b>				
<b>Triathlon BC</b> Designated Qualifier	Vancouver, BC	May 19	Super Sprint	1- Standard
<b>Triathlon Saskatchewan</b> Provincial Championships	Echo Lake, SK	July 6	Sprint	1- Standard
<b>Triathlon Alberta</b> Provincial Championship	Calgary, AB	July 12	Sprint	1- Standard
<b>Triathlon Maritimes</b> Provincial Championships	Summerside, PE	July 27	Sprint	1- Standard
<b>Triathlon Quebec</b> Provincial Championships	Valleyfield, QC	August 16	Sprint	1- Standard
<b>Triathlon Ontario</b> Draft Legal Provincial Championships	Welland, ON	August 30	Super Sprint	1- Standard
<b>SERIES EVENTS</b>				
<b>Eastern Championship-</b> Americas Cup Magog	Magog, QC	July 13-14	Sprint	2-15% Prem
<b>Eastern Championship-</b> Magog Draft- Legal	Magog, QC	July 13-14	Super Sprint	1- Standard
<b>Western Championship-</b> Americas Cup Kelowna	Kelowna, BC	Aug 9-10	Sprint	2-15% Prem
<b>Western Championship-</b> Kelowna Draft- Legal	Kelowna, BC	Aug 9-10	Sprint	1- Standard
<b>NATIONAL CHAMPIONSHIPS</b>				
<b>Junior/ U23 National Championships-</b> Montreal Esprit	Montreal, QC		Sprint	3- 20% Prem

**View the full 2025 National Development Series outlined [here](#)**

# FOOD

Triathlon Canada has partnered with local restaurants, grocery stores and cafes to provide athletes with lunches to keep them fueled for the duration of the Camp (July 14- 23). Lunches will also be provided in Montreal for the athletes racing the Americas Cup Montreal race.

A light continental breakfast will be provided at the hostel each day of camp. Athletes are responsible for all other meals.

It is important that athletes are mindful of the increased training this camp entails from their day-to-day training routines and be sure to fuel themselves accordingly. It is strongly recommended that athletes have some sort of fuel with them at all times; whether that be small snacks, energy gels, electrolyte drinks, etc.

# ACCOMMODATIONS

The **Auberge Jeunesse Magog-Orford** has been booked by Triathlon Canada for the week of camp (July 13th- 23rd). This is a youth hostel located in downtown Magog and walking distance from the primary training locations. Athletes have the option to opt into the accommodation provided by Triathlon Canada at no additional cost.

Participants are not required to stay at provided accommodation and are welcome to seek their accommodation elsewhere. However, it is important to note that the Auberge Jeunesse Magog- Orford may be used as a meeting point or training location and that all under-age athletes must have a chaperone staying on-site with them (either a provincial coach/representative or parent/guardian). All training venues are within walking or biking distance of the hostel. Supervision at the hostel will be provided by Coaches and Triathlon Canada Chaperones.

**Auberge jeunesse Magog- Orford – 111 rue Merry Nord Magog, QC, Canada**

[Auberge jeunesse Magog-Orford \(aubergemagogorford.com\)](http://aubergemagogorford.com)

This location offers traditional hostel accommodations. The hostel is equipped with a full kitchen, A/C, shared washrooms and communal space for athletes to socialize.

Athletes who are opting into the provided accommodation will indicate so during registration. A rooming block has been arranged at the Grey Nunns Residence at Concordia University for athletes who are racing the Americas Cup Montreal to book in at. More information on this will be shared with those who make the start list.

Please note that athletes are responsible for booking their own accommodation in Montreal including any costs associated with it.

# CONTACT

Please contact **Ella Calder**, [ella.calder@triathloncanada.com](mailto:ella.calder@triathloncanada.com) with any questions regarding the camp.