

## 2025 National Para Development Camp

July 2025 | Montreal, QC

### Overview

Triathlon Canada is excited to announce the return of the Para Development Camp to Montreal in 2025! Building on the success of last year's National Para Development Camp, this camp will be open to athletes from international federations. The camp will provide a valuable opportunity to learn, train, and prepare for competition on July 19<sup>th</sup>. There are two races available:

- » World Para Series Montreal (*restricted start list*)
- » Open Para National Championships (*open to all*)

The Para Development Camp will take place the week of July 14<sup>th</sup> (*exact dates TBA*). The camp is geared towards athletes, ages 16+, who have a physical 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, which is home to an array of world-class training facilities including the Formula 1 racetrack. 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](mailto:paratriathlon@triathloncanada.com).

### Fees, Travel & Accommodation

**There is no registration fee for athletes to attend this 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](mailto:paratriathlon@triathloncanada.com).

An optional rooming block will be arranged and made available to all participants. Our goal is to provide a convenient and stress-free option for accessible accommodations at a reasonable rate close to the primary training venues. The booking details will be provided on confirmation to the camp.

### Coaches & Staff

The Para Development Camp will be led by Paralympic Pathway Head Coach, Lisa Mensink. Following her own successful triathlon career, Lisa has been coaching developing triathletes since 2009 and has been involved with the Para Triathlon program since 2015. We will have an exceptional group of coaches and staff from across the country, each bringing extensive Para-specific experience and expertise to the camp. Additionally, local experts will be brought in to complement the coaching staff and further enhance the athletes' experience.

### Para Designated Race List

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

**More information will be coming soon!**