



TRI  THLON CANADA

***2025 National Age Group Camp
Athlete Package***

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National Age Group Camp- Overview

The 2025 National Age Group Camp will take place from May 26–29, 2025, coinciding with Ironman 70.3 Victoria. This camp will bring together the top Age Group athletes from across Canada, with the primary goal of enhancing their skills and performance to support future success as part of the Canadian Age Group team at World Championships. In addition to focusing on performance improvement, the camp will provide a unique opportunity for athletes to connect, train, learn, and enjoy a shared experience with like-minded individuals from across the country.

The four-day camp will take full advantage of Victoria's premier training facilities and scenic locations, including the Pacific Institute of Sport Excellence (PISE), the Canadian Sport Institute Pacific (CSIP), Saanich Commonwealth Place, Forge Training, Triathlon Canada Headquarters, Dallas Road, Elk Lake, and the surrounding areas.



Coaches, Staff and Guest Speakers

We are excited to announce Liz Cullen as the Head Coach for the 2025 National Age Group Camp, leading a team of top-tier professionals in their fields who will support her throughout the week!



Liz Cullen- Head Coach

Liz has over 20 years of experience racing triathlon and has been a coach full time for over a decade. Her athletes range from beginners to seasoned racers with age group wins and multiple world championship qualifications. Liz always seeks a balanced approach to coaching and encourages the fun side of training while still racing to top performance. When not swimming, biking or running, she can be found with her family out sailing.



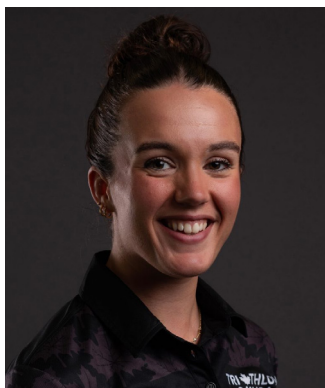
Simon Whitfield- Guest Coach

Simon Whitfield is a legendary Canadian triathlete who will be joining us as a guest coach at camp. A four-time Olympian, Simon made history by winning the first-ever Olympic gold medal in triathlon at the Sydney 2000 Games. His success continued with a silver medal finish at the Beijing 2008 Olympics, cementing his status as one of the sport's all-time greats. With a long and storied career, Simon has made an indelible mark on the triathlon community, inspiring athletes around the world. In 2017, he was inducted into the Canadian Sports Hall of Fame in recognition of his contributions and achievements in the sport.



Christine Cogger- Assistant Coach/ Team Manager

Christine has been working at Triathlon Canada since 2017. She has supported Triathlon Canada as a Team Manager at the world championship events since 2017, and is excited to continue to do so. An avid athlete herself, and former Race Director for IRONMAN Canada, Christine brings a wealth of knowledge and great energy to camp!



Ella Calder - Camp Logistics & Communications Lead, Triathlon Canada

Ella joined the Triathlon Canada team in 2024 as the Community Programs Manager. Ella has extensive experience planning and delivering National level camps. Through her career as a collegiate athlete, as well as a role in Sports Administration, Ella has an in-depth understanding of the needs of athletes, and how to best support them towards success. She will be supporting the camp by overseeing logistics and communications to ensure things are running smoothly!



Carolyn Murray- *Paralympic Head Coach*

Carolyn was the builder and Head Coach of the Canadian Paratriathlon program for over ten years. Prior to that role, Carolyn was the Head Coach of the National Performance Centre in Victoria and a Development Coach at Triathlon Canada from 2008 to 2012. Carolyn coached athletes to three Paralympic medals, five World Championship gold medals, two World Championship silver medals and two World Championship bronze medals. Most recently, Carolyn coached Stefan Daniel to his sixth World Championship Title at the 2024 World Paratriathlon Championships. Carolyn was on Canada's National Triathlon Team from 2002 to 2008 and competed for Canada in Triathlon at the 2008 Olympic Games. Carolyn has recently stepped into her new role at Own the Podium as a High Performance Advisor.



Sandeep Nandhra- *Strength and Conditioning Coach*

For the past 15 years Sandeep has been working as an Athletic Therapist and Strength Coach in the high performance environment. Throughout his career, Sandeep has worked with a wide spectrum of individuals ranging from youth to wheelchair athletes, enriching his practice with invaluable experiences. He's had the opportunity to support women's Rugby 7's, Triathlon and Athletics Canada for their Olympic and Paralympic campaigns. Sandeep believes education is the cornerstone of best practice, which is reflective of his applied educational background.



Danzel Rosario- *Strength and Conditioning Coach*

Danzel has combined his practical knowledge from being a provincial champion powerlifter, and theoretical expertise from becoming a certified athletic therapist, to empower his clients towards their goals. Although he doesn't compete anymore, he knows the importance of having a clinician in your corner that's willing to work with you, not against you. It's his mission to provide his clients with the highest standard of training and rehab, focusing on collaboration, movement quality, and the relentless pursuit of progress.



Holly Henry- *Cycling Coach*

Holly Henry is an NCCP Competition Development-certified coach and former professional road and cyclocross racer from Victoria, BC. She competed across North America and Europe while racing for Instafund Pro Cycling. Before transitioning to cycling, Holly grew up competing in triathlons and raced as an elite triathlete for Canada. Holly has a Bachelor's degree in Biology and Psychology with a concentration in Neurobiology from the University of Victoria and has spent many hours in the lab studying traumatic brain injuries. Her goal is to continue to advance her education and pursue a master's in high performance coaching. In 2023, she launched Holly Henry Coaching, and now works athletes across a wide range of disciplines including road, track, mountain bike, cyclocross, as well as some triathletes. Some accomplishments of her athletes include earning three national championship titles, world championship selections, and multiple national and international podium performances.



Liz Johnson- Physiology Lead, *Canadian Sport Institute*

Liz is an applied sport physiologist who has been a member of the Canadian Sport Institute team since 2006. Over the years Liz has worked as a physiologist with Swimming Canada, Wheelchair Rugby and Rowing Canada and been part of the integrated support team in preparation and during numerous events including multiple World Championships, Commonwealth Games, Pan Am Games, Paralympics and Olympics Games. She is currently the lead physiologist with the National Paratriathlon program.



Matt Patriquin- *Bike Mechanic*

Matt has been working with Triathlon Canada since 2020 as a Bike fitter/Mechanic and working in the bike industry since 2008 primarily focusing on rentals, bike fittings and mechanics. Matt's bike fit training includes level 1 & 2 fit certificates from Cyclogic fit studio in Arizona. As an athlete, Matt has competed in long course Triathlon since 2010 with 4 Ironmans and dozens of 70.3 races under his belt. Being competitive in nature and with a wealth of industry knowledge Matt is always excited to share his experience with athletes to give them that edge.



Brennen Smith- *Guest Speaker*

Brennen Smith is a professional triathlete in his 13th year of competing at the highest level. Originally from Regina, Saskatchewan, he moved to Victoria at 14 to join the provincial team. He has trained with both the Canadian and Australian National Teams and competed in six World Championships across various distances. Recently, his bronze at Challenge Cap Quebec qualified him for the 2025 Challenge Worlds in Samorin. At 27, Brennen also pursues a degree in computer science and coaches athletes of all levels, sharing his expertise and passion for triathlon.



Emma Skaug- *Guest Speaker*

Emma Skaug is a former paratriathlon national team athlete, where she raced as a guide for Paralympian, Jessica Tuomela. Emma guided Jessica in para-world series races, para-world cup races and at the 2022 Commonwealth Games in Birmingham. Prior to becoming a guide, Emma competed in the Canada summer games, Canadian national series and continental cup races. Emma recently graduated from the University of Victoria with a bachelors of Kinesiology with honours where she focussed her research on long term athlete health. She is now pursuing further experience in research and coaching to develop her ability to help athletes maintain optimal health and performance.



Steve Davis- Guest Speaker, Eir Technology

Steve Davis is the CEO of Eir Technology, a Canadian wearable fitness company focused on optimizing endurance training. With 25 years of experience in technology, Steve spent the past decade leading product development at Apple and Rivian. His background combines deep expertise in hardware and software innovation with a lifelong passion for endurance sports. As a former national and North American-level competitor and a licensed coach, he understands firsthand the challenges athletes and coaches face in balancing training, performance, and recovery.



Phil Dunne- CEO, Triathlon Canada

Phil Dunne is the CEO of Triathlon Canada, bringing a wealth of leadership and expertise in high-performance sports. Prior to his role as CEO, Phil served as Triathlon Canada's High Performance Director, where he played a key role in supporting the Olympic and Paralympic teams at the 2024 Paris Games. His extensive background spans a variety of high-performance support roles, where he has developed innovative strategies to enhance athlete performance, build cohesive teams, and drive organizational growth. Phil will be presenting on his extensive experience supporting athletes over the years, offering insights into the preparation that goes into elite-level competition. His goal is to provide athletes with a deeper understanding of the process, equipping them with valuable tools they can apply to enhance their personal race preparation.



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 Paralympic program as a team manager for major competitions.

Camp Fees, Travel and Accommodation

The registration fee for the four day camp is \$1500. This includes all training sessions and seminars as well as lunch each day of camp.

Triathlon Canada as arranged a rooming block at the [Hotel Grand Pacific](#) to provide athletes an affordable and conveniently located option for accommodations.

Athletes are responsible all travel and accommodation costs.



HOTEL
GRAND PACIFIC

Special Features

We are excited about the range of experiences and services that this camp will offer. Some of which include:

Havn Saunas- We've partnered with HAVN Saunas to enhance athlete recovery through a comprehensive 3-hour hydrotherapy circuit and wellness experience. Athletes will have the opportunity to fully immerse themselves in HAVN's extensive amenities, including (but not limited to) three saunas, two hot tubs, a cold plunge, an ambient rub, salt scrubs, and comfortable lounges—all set on a luxurious floating barge with stunning views of the Victoria Inner Harbour.



Trek Bike Shop- Matt Patriquin, owner of Trek Bicycle Store in Victoria and a seasoned triathlete, will be guiding athletes through a comprehensive bike fitting session.

In addition, Trek has generously extended a special offer to athletes competing in the 70.3 Ironman Victoria the weekend before. Information to book will be sent out upon registration

Camp Social- A camp social will take place at the Fernwood Inn restaurant, where athletes will be given a drink ticket along with light bites provided by Triathlon Canada. This event offers a fantastic opportunity for athletes to socialize and network with one another, as well as with key figures from the Triathlon Canada community.

Canadian Sport Institute Pacific (CSIP)- Triathlon Canada's Olympic and Paralympic athletes collaborate closely with the Canadian Sport Institute Pacific (CSI Pacific) at the Pacific Institute for Sport Excellence (PISE). Camp attendees will have the unique opportunity to access these world-class CSIP lab as well as train at PISE's top tier facilities.

Forge Training- We are excited to partner with Forge to host a Strength and Mobility session. Forge is a local gym dedicated to strengthening its community and has strong ties to the Canadian sports world, having served as the staging camp location for the 2024 Canadian Olympic Boxing team.

Eir Technology Seminar- Eir Technology has developed a cutting-edge muscle oxygen sensor and AI guidance and analysis platform designed for endurance athletes and coaches. Our system provides real-time muscle fatigue monitoring and automatically detects lactate thresholds, delivering actionable training insights to help athletes train more effectively and avoid overtraining. Athletes will be led through a seminar by founder of Eir, Steve Davis, as well as have the opportunity to test out the Eir technology first hand.

Schedule

The following is a preliminary schedule and is subject to change

| Monday, May 26 | | |
|-------------------|---|------------------------------|
| Time | Activity | Location |
| 9:00AM | Meet and Greet/ Welcome Session | Hampsterly Beach- Elk Lake |
| 9:30AM | Guest session -led by Simon Whitfield | Hamsterly Beach- Elk Lake |
| 10:30AM | Swim Workout (open water) | Elk and Beaver Lake |
| 12:00PM | Lunch | Rockrose Farm |
| 1:00PM | Eir Technology Seminar- Steve Davis & Simon Whitfield | Rockrose Farm |
| 4:00 PM | Group A: Bike fit/ Seminar Hosted by Trek Bicycles | Triathlon Canada HQ |
| 6:00 PM | Group B: Bike fit/ Seminar Hosted by Trek Bicycles | Triathlon Canada HQ |
| 8:00 PM | End of Day 1 | |
| Tuesday, May 27 | | |
| 8:30AM | Long ride prep with Emma Skaug & Brennen Smith | Triathlon Canada HQ |
| 9:00AM | Long Ride | Dallas Road/ Cordova Bay |
| 12:30PM | Lunch | Triathlon Canada HQ |
| 1:30PM | Strength & Mobility Session | Forge Training Victoria |
| 4:00PM | Social Event at Fernwood Inn | Fernwood Inn Resturaunt |
| 6:00PM | End of Day 2 | |
| Wednesday, May 28 | | |
| 9:00 AM | Lane Swim Workout- Led by Carolyn Murray | Commonwealth Place |
| 12:00PM | Lunch | PISE |
| 1:00PM | Tour of Canadian Sports Institute- Led by Liz Johnson | PISE- CSIP |
| 1:45 PM | (Optional) Track Run Session- Special Guest TBC | PISE |
| 5:00PM | Havn Saunas- Recovery Session | Havn Saunas |
| 8:00PM | End of Day 3 | |
| Thursday, May 29 | | |
| 8:00am | Recovery Run | Start at Grand Pacific Hotel |
| 10:00am | Seminar- Paris Experience & Water protocols- Phil Dunne | Triathlon Canada HQ |
| 11:00am | Camp wrap up session | Triathlon Canada HQ |
| 11:30am | End of Camp | |

Please direct any questions to Ella (ella.calder@triathloncanada.com)