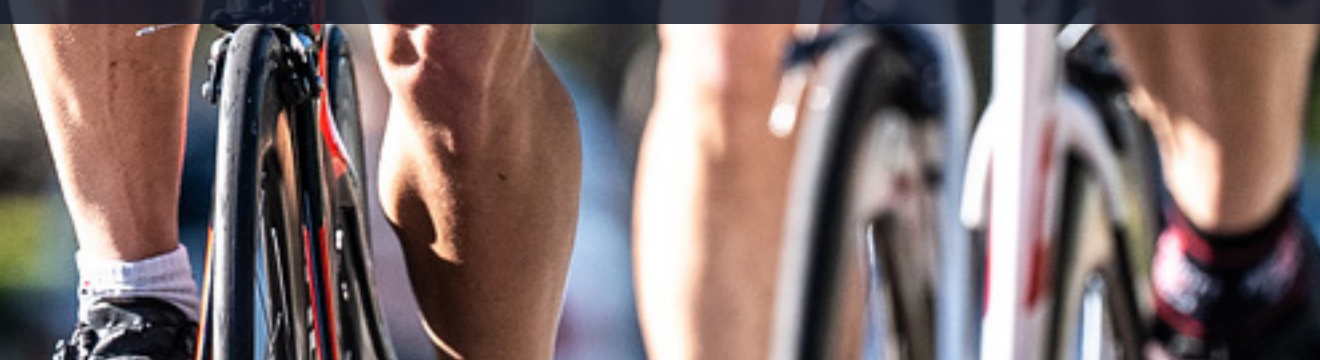


TRI  **THLON** **CANADA**



***2025 International Age Group Camp-
Athlete Package***



2025 International Age Group Camp

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Contact

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International Age Group Camp- Overview

The 2025 International Age Group Camp, exclusively for Canadian National Age Group Team members, will take place in Wollongong, Australia, just before the 2025 Age Group World Championships. Running from October 12 to October 15, 2025, this exciting 4-day camp marks our first-ever camp collaboration with our travel partner, NIRVANA.

Our goal is to guide athletes through a fun and comprehensive experience, helping them prepare for their World Championship event. The camp will include training sessions, course familiarizations, informational seminars, Q&A sessions, and more. This camp will also help athletes get adjusted on the ground, providing them with some of the best methods to acclimate and settle in before race day.

Fees, Travel & Accommodation

Camp Cost: \$2000

The camp registration fee will cover all training sessions, seminars, and camp features outlined on page 3, as well as daily lunches provided by local cafes and restaurants.

Athletes are responsible for booking their own travel and accommodation, along with any associated expenses. However, our travel partners at NIRVANA will provide flight and accommodation support to help athletes find affordable and conveniently located options.

A room block will be reserved for athletes who wish to book accommodations at the designated camp accommodation.

Airport transportation will be provided from the Sydney Airport to Wollongong at no additional cost for athletes staying at the designated camp accommodation.

Athletes will be selected to attend the camp based on the Expressions of Interest (EOI) that have been submitted.

[International Age Group Camp EOI- Submit Here!](#)

Please note that the camp will proceed based on a minimum registration number of 10 athletes. If we do not reach this number of required athletes by **April 13th, 2025**, those who have registered will receive a full refund.



Coaches, Staff and Guest Speakers

The camp will be led by Triathlon Canada Team Managers, Christine Cogger and Rachel Macatee. Triathlon Canada has partnered with NIRVANA Europe to assemble an exceptional team of local coaches and support staff, ensuring that athletes who attend the camp leave feeling fully prepared and confident to compete at the World Championship Event!

Meet the Triathlon Canada Support Team!



Christine Cogger - *Team Manager, Triathlon Canada*

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!



Rachel Macatee - *Team Manager & Director of Sport Development, Triathlon Canada*

Rachel joined the Triathlon Canada team in 2017. She has extensive experience working in endurance sport and event management in Canada. Rachel has supported our national team athletes to two Paralympic Games (Tokyo & Paris), and numerous World Championship competitions. Currently she oversees Triathlon Canada's Sport Development department which includes our Age Group World Championship team programs.



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!

Camp Features

We are excited about the range of experiences and services that this camp will offer to help athletes prepare for their World Championship event (s). Some of which include:

Group Excursion- How better to beat jetlag than with a guided group excursion led by Wollongong locals? The camp will begin with a Welcome Session, followed by a group adventure where athletes can connect with one another while exploring the stunning sights of Wollongong on a guided tour.

Course Familiarizations- Stepping onto the course and familiarizing yourself with the exact race routes is one of the most effective ways to prepare for a successful race. Athletes will take part in group rides, runs, and swims, along with course familiarization sessions led by professionals and local experts from the Local Organizing Committee.

Expert Led Q&As- There are many questions surrounding the World Championship events, and this camp will provide in-depth, face-to-face Q&A sessions with a range of race experts, including technical officials, Organizing Committee staff, team managers, and more!

Sports Therapy- Athletes will have the opportunity to address any nagging injuries or sore muscles with the help of an on-site sports therapy professionals.

Bike Mechanics- A bike mechanic session will be held to ensure that bikes, having traveled across the globe, are expertly assembled and ready for an outstanding race!

Social Activities- One of the most exciting aspects of any World Championship event is the chance to meet and connect with athletes from across the country and around the world! This camp will offer several opportunities to do just that, with group meals, training sessions, excursions, and more!



Schedule

The following is a preliminary schedule and is subject to change

Time	Activity
Pre Arrival Virtual Sessions	
	Water Quality Preparation Seminar- Presented by Phil Dunne
	Packing Your Bike for Travel- Presented by Matt Patriquin
	Pre- Race Activation Seminar- Presented by Sandeep Nandhra
	Heat Stress Preparation Seminar- Presented by Liz Cullen
Sunday, October 12	
9:00AM	Welcome Session & Acclimatization Seminar
10:00AM	Group Excursion- Wollongong Zoo
1:00PM	Lunch
2:00PM	Bike Mechanic Session
4:00 PM	End of Day 1
Monday, October 13	
9:30AM	Lane Swim
11:30AM	Lunch
1:30PM	Bike familiarization + Training Session- Led by TriCan High Performance Director, Dan Proulx
3:00PM	Seminar- World Championship Rules and Reminders
6:00PM	End of Day 2
Tuesday, October 14	
9:00 AM	Run course familiarisation + Training Session
11:00AM	Group Brunch + Team Manager Q&A Session
1:30PM	Private swim course familiarization and coaching
3:00PM	Sports Therapy/ Recovery session
6:00PM	Team Dinner/ End of Day 3
Wednesday, October 15	
8:00 AM	Lane Swim
10:00 AM	AG Race Registration- All
12:00PM	AG Standard & Aquabike- Mandatory Transition check in (bikes)
2:00PM	AG Swim Course Familiarization
5:00 PM	Parade of Nations