

Club Squads and Training Fees for 2011/12

Triathlon Program

There are several squad options available within the Triathlon Program offered by CLTC:

- Professional Squad (available for Members from 18 years on)
- Competitive Squad (available for Members from 16 years on)
- Adult Age Group Squad (available for Members from 18 years on)
- Morning Adult Beginner Squad (available for Members from 18 years on)
- Evening Adult Beginner Squad (available for Members from 18 years on)
- Junior Age Group Squad (available for Members from 12-17 years)
- Afternoon Junior Development Squad (available for Members aged from 12-17 years)
- Junior Beginner Squad (available for Members aged from 8 to 13 years)

Membership Terms

CLTC aims to provide a safe training environment whilst providing access to the CLTC Coaching Staff and the Clem Jones Centre facilities. Therefore, and except for the Junior Beginner Squad, Afternoon Junior Development Squad and Junior Age Group all squads operate with maximum membership numbers as listed below:

- Professional Squad (8 Members)
- Competitive Squad (15 Members)
- Adult Age Group Squad (30 Members)
- Morning Adult Beginner Squad (30 Members)
- Evening Adult Beginner Squad (30 Members)
- Junior Age Group Squad (unlimited)
- Afternoon Junior Development Squad (unlimited)
- Junior Beginner Squad (unlimited)

Training Fees

Training Fees vary depending primarily on the maximum number of training sessions that each squad option has available for you to attend. Training fees cover the costs of the designated session of coaching and the facility hire at the Clem Jones Centre.

Written training programs, for example when going on holidays, are available from the triathlon Head Coach at an additional cost of \$25 per week and are not included in the Fees below.

Discounts also apply for paying Training Fees quarterly or annually in advance. All Training Fees are payable to the Clem Jones Centre and must be paid in accordance with the following:

- Monthly in Advance – by 7th day in each Calendar Month
- Quarterly in Advance – by 7th day in July, October, January, April and offers a 10% discount to paying Monthly.
- Annually in Advance – by 7th day in July and offers a 15% discount to paying Monthly (assuming one month off training each year).
- Family Memberships – a discount of 20% applies to the Training Fees payable by the 2nd and any subsequent school attending family members, each of whom must be 9 to 17 years of age to receive the discount. In addition this discount is only available when the 2nd and any subsequent family members are Members of the Junior Beginner Squad or the Junior Development Squad. This discount is not available on Training Fees payable for the Junior Age Group, Competitive or Professional Squad.

Club Squads and Training Fees for 2011/12

Triathlon Program Option	Monthly Fee Payable	Quarterly Fee Payable	Annual Fee Payable
Professional Squad	Prices available on negotiation with the Head Coach depending on athlete requirements in Australia and/or overseas		
Competitive Squad <i>(full year)</i>	\$285	\$770	\$2,907
Adult Age Group Squad <i>(full year)</i>	\$200	\$540	\$2,040
Morning Adult Beginner Squad <i>(full year but limited sessions – note 1)</i>	\$150	\$405	\$ 1,530
Evening Adult Beginner Squad <i>(full year but limited sessions – note 1)</i>	\$150	\$405	\$ 1,530
Junior Age Group Squad <i>(11 months)</i>	\$200	\$540	\$1,870
Junior Development Squad <i>(11 months but limited sessions – note 2)</i>	\$145	\$392	\$ 1,356
Junior Beginner Squad <i>(half year from Sep to Mar – note 3)</i>	\$115	N/A	N/A

Note 1 - attendance is limited in any 1 calendar week to no more than 4 of the Morning Adult Beginner Squad training sessions and offered in the morning and evening only.

Note 2 - attendance is limited in any 1 calendar week to no more than 4 of the Afternoon Junior Development Squad training sessions offered in the afternoon only.

Note 3 - Junior Squad only runs from September to March each year with a 4 week break over Christmas, therefore fees are available on a monthly basis only. In this squad junior athletes are permitted to train on Saturday mornings.

Please note that there is a no refund policy for Training Fees paid Monthly or Quarterly or Yearly.

Any Member who falls behind in payment by more than 14 days will forfeit their Membership and be placed on the waiting list. A subsequent re-instatement of the membership will be subject to payment of any outstanding Training Fees, payment of the then current membership and Training Fees applicable at the date of re-instatement, and a vacancy existing within the relevant squad.

Competition

Athletes competing in any event are independently responsible for entering and paying any associated costs (including event fees and any travel and accommodation costs).

Coaching staff will attend races within a 100 km radius of the Clem Jones Centre as well as the Noosa and Mooloolaba Triathlon Festivals.

If athletes would like coaching assistance beyond these events, the athlete or athlete group will need to be prepared to cover the cost of the coach to attend, including, but not limited to, travel expenses, accommodation and meals prior to the event.

Club Squads and Training Fees for 2011/12

Squad Definitions of the CLTC Triathlon Program

1. Definition of Professional Squad (from 18 years on)

1.1 Goal of the Squad

To provide high level coaching services and logistical support to professional athletes

1.2 Admission to the Squad

Via an initial coach/athlete interview, signing of the head coach and athlete contract, joining the Carina Leagues Triathlon Club, completing a Clem Jones Centre triathlon program registration form and payment of training fees directly to the Head Coach.

1.3 Coaching Services Provided in the Squad

- Extra individualised coaching hours across the year in the form of training sessions
- Yearly planning of periodisation of racing and training program
- Where possible coach to travel to most events within Australia
- Management assistance in yearly budgeting and travel arrangements etc.

1.4 Coaching Times

To be determined via consultation between coach and athlete on individual basis

2. Definition of Competitive Squad (from 16 years on)

2.1 Goal of the Squad

To develop professional and competitive age group athletes via higher level coaching, better communication and greater athlete control.

Any members of the JETS/QAS/National Junior/National under 23 Programs must be a member of the Competitive Squad or the Professional Squad. It is highly recommended that anyone aspiring to race professionally also join as a member of this squad.

2.2 Admission to this Squad

If there is a place under the maximum athlete quota listed (15 members) then via initial coach/athlete/parent interview with the Triathlon Head Coach, joining the Carina Leagues Triathlon Club and payment of training fees directly to the reception at the Clem Jones Centre.

2.3 Coaching Services Provided (in Addition to Age Group Squad)

The aim of this squad is to achieve goals determined by a meeting with the coach and athlete within a long-term development plan towards being a professional athlete, or, making the Australian age-group triathlon team. These athletes will have access to midday training sets where applicable and access to head coach and athlete/parent interviews to discuss progress and matters of mutual interest.

3. Definition of Adult Age Group Squad (from 18 years on)

3.1 Goal of the Squad

To offer an affordable triathlon program to the community for improved fun and fitness.

3.2 Admission to this Squad

If there is a place under the maximum athlete quota listed (30 members), any member of the public is invited to join the squad after joining the Carina Leagues Triathlon Club, completing a Clem Jones Centre triathlon program registration form and payment of training fees directly to the reception at the Clem Jones Centre.

Club Squads and Training Fees for 2011/12

3.3 Coaching Times

Mon	Tues	Wed	Thurs	Fri	Sat	Sun
5.30 am Gym + Run or Swim	5.30 am Run + Water Run	<i>Recovery Morning</i>	5.30 am Bike + Run	5.30 am Swim	6.00 am Swim / Bike / Run	Bike, Race or Rest
6.00 pm - 7.30 pm Swim	6.00 pm - 7.30 pm Bike + Run	6.00 pm - 7.30 pm Swim	6.00 pm - 7.30 pm Run + Swim		No Session	No Session

Please also refer to <http://www.carinaleaguestriathlonclub.com/Training-Schedule/>

4. Definition of Morning Adult Beginner Squad (from 18 years on)

4.1 Goal of the Squad

To offer a beginner triathlon program with athletes of similar ability to improve and progress to the Age Group squad subject to there being a vacancy in the Age Group Squad.

4.2 Admission to this Squad

If there is a place under the maximum athlete quota (30 members), any member of the public is welcome to participate, after joining the Carina Leagues Triathlon Club, completing a Clem Jones Centre triathlon program registration form and payment of training fees directly to the reception at the Clem Jones Centre.

4.3 Coaching Times

The times listed will be the only times in which specific beginner triathlon sessions will be offered. The Limited Adult Beginner Squad members must attend only the morning sessions described below and must not be training more than 4 times in any given week of a calendar month.

Mon	Tues	Wed	Thurs	Fri	Sat	Sun
5.30 am - 7.00 am Run or Swim	5.30 am - 7.00 am Run + Water Run	No Session	5.30 am - 7.00 am Bike + Run	5.30 am - 7.00 am Swim	<i>Not Permitted to train at the Clem Jones Centre</i>	Race, Bike or Rest

Please also refer to <http://www.carinaleaguestriathlonclub.com/Training-Schedule/>

Once athletes are happy with their development, and want to train more, or at other times, the individual is free to progress to the Age Group squad subject to there being a vacancy in this squad.

5. Definition of Evening Adult Beginner Squad (from 18 years on)

5.1 Goal of the Squad

To offer a beginner triathlon program with athletes of similar ability to improve and progress to the Age Group squad subject to there being a vacancy in the Age Group Squad.

5.2 Admission to this Squad

If there is a place under the maximum athlete quota (30 members), any member of the public is welcome to participate, after joining the Carina Leagues Triathlon Club, completing a Clem Jones Centre triathlon program registration form and payment of training fees directly to the reception at the Clem Jones Centre.

Club Squads and Training Fees for 2011/12

5.3 Coaching Times

The times listed will be the only times in which specific beginner triathlon sessions will be offered. The Limited Adult Beginner Squad members must attend only the evening sessions described below and must not be training more than 4 times in any given week of a calendar month.

Mon	Tues	Wed	Thurs	Fri	Sat	Sun
6.00 pm - 7.30 pm Swim	6.00 pm - 7.30 pm Bike + Run	6.00 pm - 7.30 pm Swim	6.00 pm - 7.30 pm Run + Swim		<i>Not Permitted to train at the Clem Jones Centre</i>	Race, Bike or Rest

Please also refer to <http://www.carinaleaguestriathlonclub.com/Training-Schedule/>

Once athletes are happy with their development, and want to train more, or at other times, the individual is free to progress to the Age Group squad subject to there being a vacancy in this squad.

6.0 Definition of Junior Adult Age Group Squad (12-17 years on)

6.1 Goal of the Squad

To offer an affordable triathlon program to the community for improved fun and fitness.

6.2 Admission to this Squad

Any member of the public is invited to join the squad after joining the Carina Leagues Triathlon Club, completing a Clem Jones Centre triathlon program registration form and payment of training fees directly to the reception at the Clem Jones Centre.

6.3 Coaching Times

Mon	Tues	Wed	Thurs	Fri	Sat	Sun
5.30 am Gym + Run or Swim	5.30 am Run + Water Run	<i>Recovery Morning</i>	5.30 am Bike + Run	5.30 am Swim	6.00 am Swim / Bike / Run	Bike, Race or Rest
4.30 pm - 6.30 pm Swim	4.30 pm - 6.30 pm Bike + Run	4.30 pm - 6.30 pm Swim	4.30 pm - 6.30 pm Run + Swim		No Session	No Session

Please also refer to <http://www.carinaleaguestriathlonclub.com/Training-Schedule/>

7. Definition of Afternoon Junior Development Squad (from 14 to 17 years)

7.1 Goal of the Squad

To offer a fun and enjoyable junior triathlon program to begin to develop a range of skills in the sport. The program will focus on teaching the fundamental skills of triathlon. The junior development program offers athletes of similar ability sessions to improve and progress to the Age Group squad subject to there being a vacancy in the age group squad.

7.2 Admission to this Squad

Any member of the public aged 14-17 years is welcome to join, after joining the Carina Leagues Triathlon Club, completing a Clem Jones Centre triathlon program registration form and payment of training fees directly to the reception at the Clem Jones Centre.

Club Squads and Training Fees for 2011/12

7.3 Coaching Times

The times listed will be the only times in which specific beginner triathlon sessions will be offered. Restricted Junior Development Squad members must attend only the days/sessions described below and must not be training more than 4 times in any given week of a calendar month

Once athletes are happy with their development, and want to train more, or at other times, the individual is free to progress to the Junior Age Group Squad.

Mon	Tues	Wed	Thurs	Fri	Sat	Sun
4.30 pm - 6.30 pm Swim	4.30 pm - 6.30 pm Bike + Run	4.30 pm - 6.30 pm Swim	4.30 pm - 6.30 pm Run + Swim	4.30 pm - 6.30 pm Swim	<i>Not Permitted to train at the Clem Jones Centre</i>	Race, Bike or Rest

Please also refer to <http://www.carinaleaguestriathlonclub.com/Training-Schedule/>

8. Junior Beginner Squad (from 9 to 13 years)

8.1 Goal of the Squad

To offer a fun and enjoyable beginner junior triathlon program to start in the sport. The program will focus on teaching the fundamental skills of triathlon with emphasis on participation and enjoyment under coach direction.

8.2 Admission to this Squad

The junior squad runs from September to March each year with any 9 to 13 year old member of the community welcome to join after joining Carina Leagues Triathlon Club completing a Clem Jones Centre triathlon program registration form and payment of training fees directly to the reception at the Clem Jones Centre.

8.3 Coaching Times

The times listed will be the only times in which specific junior triathlon sessions will be offered. Junior Squad members must attend only the days/sessions described below.

Mon	Tues	Wed	Thurs	Fri	Sat	Sun
4.15 pm - 5.30 pm Bike + Run + Water Run	No Session	4.15 pm - 5.30 pm Swim + Gym	4.15 pm - 5.30 pm Run + Swim	No Session	6.00 am - 8.30 am Swim / Bike / Run	No Session

Please also refer to <http://www.carinaleaguestriathlonclub.com/Training-Schedule/>

Once Members reach 14 years of age, they are free to progress to the Junior Development Squad or the Junior Age Group Squad.