



LEWESTON  
SHERBORNE

**Triathlon (Swim/Bike/Run)  
Pentathlon GB Tetrathlon/Triathlon  
Summer Residential & Non-Residential Training Camp  
Leweston School  
Sherborne Dorset DT9 6EN  
Friday 26 July – Wednesday 31 July 2019**

Dear Athlete,

You are invited to join us for our Summer Residential and Non-Residential Training Camp at Leweston School, which enjoys a campus of 46 acres of beautiful parkland just outside Sherborne, Dorset.

This camp is aimed at 9 – 18 year olds who wish to develop their skills in Biathle, Pentathlon, & Triathlon (older athletes will also be considered). Participating athletes will enjoy a programme of daily running and swimming activities; the camp will also offer the opportunity to try fencing, shooting, and biking. All training will take place on the Leweston campus.

Mick Flaherty, National Triathle & Biathle Coach, will be managing the camp and training programme. Mick will be supported by professional triathlon, fencing and shooting coaches. All levels of athletes will be equally involved with groups organised according to ability. All equipment will be supplied by the school including guns and fencing kit, but should you have your own equipment then please do bring it along. An outline of a daily training programme can be seen below:

- **Swimming** Swimming training each day; working on stroke improvement, open water swimming at Weymouth beach, and stamina training.
  - **Running** 1 session each day.
- Or
- **Run/Swim** Back to back training.
  - **Bike/Run** Back to back training.

A choice of the following:

- **Fencing** 1 session each day working at the appropriate level for the individual (fencing equipment provided).
- **Shooting** 1 session each day working on technique, static and combined (guns provided) with choice of laser or pellet shooting.
- **Cycling** 1 session each day working on biking skills, stamina, bike maintenance and set up.
- **Transitions** 1 or 2 sessions per week on setting up your equipment in transition, and how to get through transitions as efficiently as possible. **You must bring your own bike and helmet (this may be a mountain bike) and a safety helmet must be worn throughout all bike training.**

Land Training & Strength and Conditioning will also be taking place during the week. In the evening after last activity from 1715 to 1800 there will be the opportunity to take part in extra shooting, fencing, or swimming each evening.

Every athlete will do some running and swimming each day, you can then choose from one of the 3 options, when you make your booking:

**Option 1:** Bike only

**Option 2:** Fence & Shoot only

**Option 3:** Fence, Shoot & Bike

**Fencing Lessons One to One**

For an extra £20 you can sign up for extra one to one fencing lessons, during the camp, this will be split down to 3 x 20min lessons, if you wish to sign up for this please add to the booking form, there is limited space for these lessons.

As part of the training we will travel to Weymouth to complete some open water swimming practice. Wetsuits are not compulsory however if you do own one please bring it along. The camp will culminate with the Leweston Triathlon (swim/bike/run) race and Leweston Tetrathlon (swim/fence/combined shoot, run) taking place at Leweston School on Wednesday 31 July 2019. All participants will automatically gain free entry into one of these competitions, but you must complete an entry form, this will be sent to you prior to the camp.

All accommodation will be at Leweston School in single sex dormitories. There will also be an opportunity for parents to stay at the school in a separate boarding house with single and twin bedrooms available for the week or just one day; please email [flahertym@leweston.dorset.sch.uk](mailto:flahertym@leweston.dorset.sch.uk) if you wish to stay in the parent accommodation. Male and female chaperones will be on site at all times. All meals will take place in the school dining hall.

Please note that photography and filming may take place during this camp for promotion and publicity of Leweston School. Please tick the appropriate box when booking if you do not wish for your child to be photographed or filmed.

The cost of our full residential camp is **£420.00** per person; this will cover all meals, accommodation, coaching, equipment and facility charges. Alternatively, for those in the locality there is a non-residential option of **£270.00** per person covering coaching, equipment and facility charges, lunch and snacks will also be included. (We also accept child care vouchers). For those athletes who are unable to participate in the full week there is also the opportunity to just pay a daily rate. Please contact Sarah Hull for all booking enquiries on 01963 211073 or via email [hulls@leweston.dorset.sch.uk](mailto:hulls@leweston.dorset.sch.uk).

The camp will commence at 10:00 on Friday 26 July 2019. For participants having to travel a long distance, and for the additional charge of £20.00 per person, the school will accept arrivals from 17:00 on Thursday 25 July. Supper on Thursday evening will not be provided, but breakfast will be available on Friday morning.

The camp will conclude after the South West Tetrathlon & Leweston Triathlon Race on Wednesday 31 July at approximately 14:00.

Places for this exclusive camp are limited. To avoid disappointment, please book online via Bookinghound and either pay a non-refundable deposit of £50.00 by 25 June 2019 or the full amount. To secure your place the remaining balance must be received by 11 July 2019. A training timetable will be sent once the full balance has been paid.

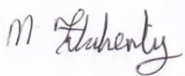
### **How to Pay**

1. Online payment via Bookinghound. Please click the following link: [Summer Training Camp 2019](#). Any questions about booking please contact Sarah Hull on [hulls@leweston.dorset.sch.uk](mailto:hulls@leweston.dorset.sch.uk).
2. Childcare vouchers can be used. Please book via Bookinghound and indicate that you are paying with childcare vouchers. You will then be required to log into your childcare voucher provider and pay in the usual way. Please contact [hulls@leweston.dorset.sch.uk](mailto:hulls@leweston.dorset.sch.uk) for the appropriate scheme number if needed.
3. If you are a Leweston parent, please insert LEWESTON15 for a promotional discount of 15%.
4. If you have more than one child attending the camp, please insert SIBLING05 for a promotional discount of 5%.

Should you require further information regarding our school, please visit our website at [www.leweston.co.uk](http://www.leweston.co.uk).

If you have any questions regarding this training camp please email [flahertym@leweston.dorset.sch.uk](mailto:flahertym@leweston.dorset.sch.uk) or telephone 01963 211071. We look forward to meeting and coaching those that are able to attend.

Yours faithfully



Mr M Flaherty  
Training Camp Co-ordinator and GB Triathle & Biathle Coach