



LEWESTON  
SHERBORNE

**Pentathlon GB Biathle/Tetrathlon Easter Residential Training Camp  
Triathlon (Swim/Bike/Run)  
Leweston School  
Sherborne, Dorset, DT9 6EN  
Tuesday 3 April – Sunday 8 April, 2018**

Dear Athlete,

You are invited to join us for our Easter 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 and 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 Triathlon and Biathle Coach, will be managing the camp and training programme. Mick will be supported by specialist 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. An outline of a daily training programme can be seen below:

- **Swimming** 1 x 1.5 hours training each day; working on stroke improvement, open water swimming technique and stamina.
  
- **Running** 1 session each day.
- Or**
- **Run/Swim** Back to back training.
- **Bike/Run** Back to back training.

A choice of **one** 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)
- **Cycling** 1 session each day working on biking skills, stamina, bike maintenance and set up. Athletes 14 and above will do some road cycling but must bring a spare inner tube and repair kit if they wish to go out on the road.
- **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 (including mountain bikes) and a safety helmet must be worn throughout all bike training.**

**Fencing Lessons One to One**

This year there is the opportunity for an extra £20 to sign up for extra fencing lessons one to one 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 are limited space for these lessons.

Land Training sessions will also be taking place during the week.

If you would like to do a variety of sports or the same sport each day please tick the appropriate boxes.

The camp will culminate with the South West Biathle Championships, taking place at Leweston School on Sunday 8 April 2018. All participants will automatically gain entry into this competition.

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.

The cost of our full residential camp is **£400.00** 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 **£260.00** 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.

The camp will commence at 10:00 on Tuesday 3 April 2018. For participants having to travel a long distance, and for the additional charge of £15.00 per person, the school will accept arrivals from 17:00 on Monday 2 April. Supper on Monday evening will not be provided, but breakfast will be available on Tuesday morning.

The camp will conclude after the South West Championship Biathle Race on Sunday 8 April at approximately 13:00.

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 10 March 2018 or the full amount. A training timetable will be sent once the full balance has been paid.

#### How to Pay

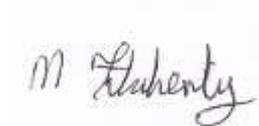
1. Online payment via Bookinghound. Please click the following link: [Pentathlon Easter Training Camp](#).
2. Childcare vouchers can be used. Please book via Bookinghound and indicate that you are paying with childcare vouchers. For any enquiries regarding childcare vouchers please email [woodk@leweston.dorset.sch.uk](mailto:woodk@leweston.dorset.sch.uk).
3. If you are a Leweston parent, please insert LEWESTON15 for a promotional discount of 15%.

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