

## 2025 NATIONAL DEVELOPMENT CAMPS

### OVERVIEW

We are continuing to build on our National Development Camp program for 2025. Our goal is to deliver a comprehensive program that meets the varying needs of development athletes in Canada. The core program elements are:

- » Optimizing health and wellness – *learning how to be and stay healthy in high performance sport*
- » Technical skill development – *expanding the depth and breadth of triathlon knowledge and skill*
- » Holistic athlete development – *empowering athletes to control their sport experience*
- » Strong social connections – *having FUN and developing lifelong connections*

The full camp program for 2025 is still under development, but our intention is to share as much information as we can as early as possible. There will be more details coming shortly. The following document outlines the current details for camps based in Magog and Montreal.

### TARGET AUDIENCE & KEY COMPETITIONS

Please see the 2025 National Development Series program outline for all the details on the Series, including the comprehensive race calendar and details on the target athlete pool (<https://www.triathloncanada.com/publications/#nds>). The eastern camps will be linked to the following events:

#### Magog – July 12

- » National Development Series – Eastern Regional Championships
  - Americas Triathlon Cup Magog (*sprint*)
  - Draft-Legal Development Race Magog (*super sprint*)

#### Montreal – July 19

- » Americas Triathlon Cup Montreal (*sprint*)

### THE CAMP OFFERINGS

Based on feedback from 2024, we are building on our existing model to add another layer of camp opportunities and address the diverse nature of our development pathway. We will be offering a National Development Camp as well as an Advanced National Development Camp as follows.

### NATIONAL DEVELOPMENT CAMP – JULY 13 TO 23, 2025 – MAGOG, QC

Triathlon Canada will be returning to Magog this summer for a jam-packed 11-day training camp. The program has been extended to maximize the opportunity for high quality group training. The camp will follow the Eastern Regional Championships of the National Development Series. This event will have two races for athletes to choose from:

- Americas Triathlon Cup Magog (*Sprint*) – *restricted start list*
- Draft-Legal Development Race Magog (*Super Sprint*)

Both events provide points and eligibility for the Junior/U23 National Championships. This will be an exciting weekend in Magog with a robust racing program including a World Triathlon Para Cup and a wide range of age group races. The TriMemphre has a long history of hosting world-class events and will be celebrating their 40<sup>th</sup> anniversary in 2025!

The camp will offer a mix of training and professional development with a focus on technical skills and optimizing health. Activities will be based around Magog Bay Park, which is a fantastic area to train for

triathlon. There are a wide variety of quality training locations and venues all within close proximity of the Park. All training will be accessible on foot or by bike.

## **Selection Process:**

There will be 30 spots available for this camp. Athletes will be invited to the camp based on the following selection process:

- » **STEP 1:** Athletes must submit an Expression of Interest (EOI) to attend the camp
- » **STEP 2:** Triathlon Canada will select 20 athletes from the EOI list using 2024 National Development Series (NDS) rankings
- » **STEP 3:** PSOs will submit nominations for selection by the Triathlon Canada High Performance Director (HPD) to fill the remaining 10 spots
- » **STEP 4:** Camp registration links will be shared with all selected athletes with a claim deadline
- » **STEP 5:** Unclaimed spots will be rolled to athletes on the EOI list based on 2024 NDS results and PSO nominations at the discretion of the Triathlon Canada HPD.

*NOTE: all selections will be made with consideration for gender balance and regional representation*

## **Submit an EOI: [2025 NATIONAL DEVELOPMENT CAMP \(MAGOG\)- EOI | CCN](#)**

*If you are interested in both camps, please ensure you **submit an EOI to each one**. An EOI submission is required to be considered for selection.*

## **Camp Fee: \$1,800**

The camp fee includes the following:

- » 11-day camp program in Magog including all training sessions and seminars fully supported by a team of on-site coaching and support staff
- » Accommodation for the full camp block at the Auberge Jeunesse Magog-Orford Hostel
- » Breakfast\* & Lunch for the full camp block

*\*NOTE: Breakfast will only be provided for those who opt-in for the camp accommodation*

## **Accommodation:**

The Auberge Jeunesse Magog-Orford has been fully booked out by Triathlon Canada for the camp block (<https://www.aubergemagogorford.com/>). This is a youth hostel located in downtown Magog and walking distance from the primary training locations. Athletes will have the option to opt into the accommodation provided by Triathlon Canada for no additional cost. A continental breakfast will be provided to the athletes each morning. There is a kitchen available for athletes to prepare their own meals and they are encouraged to cook for themselves. While athletes are not required to stay at the hostel, it is highly recommended, as it will serve as a central meeting point and host several sessions throughout the camp.

## **Arrival & Departure:**

Athletes will be expected to arrive at the hostel for the Camp Welcome Session by 8:00pm on Sunday, July 13th. The first training session will take place the morning of Monday, July 14th. Camp will wrap midday on Wednesday, July 23rd to ensure athletes from out of town have time to travel home the same day.

## ADVANCED NATIONAL DEVELOPMENT CAMP – JULY 20 TO 27, 2025 – MONTREAL, QC

In our ongoing effort to expand the reach of the Development Camps and support athletes at all stages of the High-Performance pathway, we are excited to broaden the scope of this year's National Development Camp. This expansion will allow us to engage a wider range of athletes within the Canadian talent pool.

This camp is specifically targeting top development athletes who are planning to race the Americas Cup events in Magog and Montreal. Start lists for these events are restricted by the World Triathlon entry criteria. There are several options available for this camp to athletes who are invited to attend.

The focus for this camp will be on more advanced skill development. Led by 2x Olympic Coach Marc Christin, athletes will have the opportunity to work with high performance sport experts at the Institut National du Sport du Quebec (INS) and train at the world-class facilities in Montreal.

### Selection Process:

There will be 10 spots available for this camp (5 male/5 female). Top athletes will be invited based on the following selection process:

- » **STEP 1:** Athletes must submit an Expression of Interest (EOI) to attend the camp
- » **STEP 2:** Triathlon Canada will select 10 athletes from the EOI list using 2024 National Development Series (NDS) rankings
- » **STEP 3:** Camp registration links will be shared with all selected athletes with a claim deadline
- » **STEP 4:** Unclaimed spots will be rolled to athletes on the EOI list based on 2024 NDS results at the discretion of the Triathlon Canada HPD

*NOTE: all selections will be made with consideration for gender balance and regional representation*

**Submit an EOI:** [2025 ADVANCED NATIONAL DEVELOPMENT CAMP \(MONTREAL\)- EOI | CCN](#)

*If you are interested in both camps, please ensure you **submit an EOI to each one**. An EOI submission is required to be considered for selection.*

### Camp Fee:

There are two options to provide flexibility around athlete training and racing schedules.

#### **Option 1**

This option is for athletes racing in both Magog and Montreal who want camp support between competitions. This option will offer athletes the chance to attend insightful seminars, enjoy access to provided accommodations, and train according to their individual needs in preparation for the Montreal race. After the Americas Cup Montreal, athletes will continue into the advanced camp environment for a comprehensive 8-day program.

Cost: \$2000

The camp fee includes the following:

- » Access to the Magog Camp training & seminars from July 13 to 17
- » Accommodation in Magog from July 13 to 17
- » 8-day camp program in Montreal including all training sessions and seminars fully supported by a team of on-site coaching and support staff
- » Access to a rooming block/rate in Montreal from July 17 to 27
- » Lunches for the full camp block (Magog/Montreal)

*\*NOTE: Montreal accommodation is NOT included*

## **Option 2**

This option is catered to athletes who do not plan to race in the Americas Cup Magog, and/or who do not wish to participate in the Magog camp and will include only the 8-day Advanced National Development Camp in Montreal.

Cost: \$1200

The camp fee includes the following:

- » 8-day camp program in Montreal including all training sessions and seminars fully supported by a team of on-site coaching and support staff
- » Access to a rooming block/rate in Montreal from July 17 to 27
- » Lunches for the full camp block (Montreal)

*\*NOTE: accommodation in Montreal is NOT included*

## **Accommodation:**

See above for the accommodation details in Magog. A rooming block will be set-up in Montreal to provide a reasonable accommodation option for all athletes. There is no obligation to use the rooming block, but athletes are encouraged to stay together. More information on the rooming block will be coming soon.

## **Arrival & Departure:**

Athletes will be expected to arrive by Thursday, July 17. The mandatory race briefing and any available course familiarizations will be on Friday, July 18. The race will be the morning of July 19, with the full camp program ramping up on Sunday, July 20. The program will wrap up July 27 at midday to allow athletes time to travel home.

## **COACHES & STAFF**

Triathlon Canada is working to assemble a team of top-tier coaches for the National Development program, drawing from a pool of high-level coaching talent across the country. Following the model established in 2023/2024, we will be bringing in several development coaches from across the country to support Head Coaches Daniel Soucy (Magog) and Marc Christin (Montreal) and contribute to outstanding National Camp programs. We will also be tapping into technical experts within the sport community to deliver specific training and professional development.

Coaches interested in supporting this camp as a development coach should express their interest to Triathlon Canada Community Programs Manager, Ella Calder ([ella.calder@triathloncanada.com](mailto:ella.calder@triathloncanada.com)). Interested coaches must hold a current license (2025) and a minimum "Competition in Training" certification.

## **NATIONAL DEVELOPMENT SERIES**

The full National Development Series program outline is available here:

<https://www.triathloncanada.com/publications/#nds>