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PENTATHLON·GB

SOUTHERN REGION

October Half Term TALENT ID TRAINING CAMP

Dear Athlete,

As Southern Region Coaching Co-ordinator I have organised a three day training camp which will give you an insight into the demands of Modern Pentathlon. Your past run and swim scores are good enough to entitle you to attend this camp.

The aim of this camp is to help you develop your existing running and swimming skills, and introduce and develop shooting and fencing. If you have not shot or fenced before, please don't worry. You will be grouped according to experience.

I have secured excellent facilities at Lord Wandsworth College, Long Sutton, near Hook, Hampshire. You can check out the venue by visiting the college website at www.lordwandsworth.org

The timetable each day is such that you will have around 2 hours of work in the pool along with 1.5 hours of fencing and shooting tuition plus a run session. The three days will prove to very tiring and hopefully very rewarding!

Swimming; Our coach will put you through a whole range of swimming drills and exercises, all designed to help you swim faster. The work will be mainly focussed on front crawl technique which I'm sure will be invaluable to you.

Fencing; I have once again secured the services of Ian Briggs who is a very experienced coach and competitor. He will lead the fencing, which will be geared to the individual, including those who have had little or no experience. All equipment will be provided.

Running; We will do a mixture of drills and exercises all designed to help develop your running. The focus will be on quality not quantity.

Shooting; Our coach is Simon Wellstead, Simon is a National Smallbore Rifle Association (NSRA) County Coach, and he is on the coaching team of the Scout National Squad and the Great Britain Junior Rifle Squads. You will be taught how to handle the weapon and learn all about pistol shooting during the 3 days. Guns are provided. The final day will include a mini pentathlon competition.

Details:

Dates; Monday 26th October – Wednesday 28th October (half term).
 Time 9.00am – 4.15pm each day.
 Venue Lord Wandsworth College, Hook, Hants RG29 1TB
 Cost £95 (please note that this camp is being subsidised by The SRMPA and would normally be £125)

To maintain the quality during the camp, numbers have been strictly limited. Athletes invited to this camp have achieved run / swim scores that indicate a good to high standard of performance. To be sure of a place, please complete the booking form below. Places are limited to 40 and will be allocated on a first come first served basis.

A final itinerary will be dispatched to you by email upon receipt of your booking form.

I hope you can make it to the camp.

Best wishes, Colin Smith

October Talent ID Camp Application Form

Name of Athlete DOB

Email address
 (needed for confirmation)

Contact telephone home mobile

Please include the above child in the Training Camp. I enclose payment of £95 payable to SRMPA. Return this form to the address above.

SignedParent/Guardian