



Welcome to the 2023 summer programs! We are proud to announce that Royal City Aquatics and Royal City MultiSport have collaborated to take our programming to the next level. We are building a comprehensive training environment and a pathway from grassroots to elite and a life long love of sport. We're so glad to be a part of your athletic journey! Below you will find info about the summer programs. If you have any questions please do not hesitate to reach out.

Registration

Please use the link below to complete the athlete registration:

<https://forms.gle/barbXciAuYV8N8A48>

Program Disciplines

We are excited to offer three disciplines to choose from this summer: Surf Lifesaving, Triathlon & MultiSport. ALL program disciplines include *swimming, running and strength and conditioning*. Choose **Surf Lifesaving** for specific *craft* sessions and a pathway to surf lifesaving competition. Choose **Triathlon** for specific *cycling* sessions and a pathway to triathlon competition. For the athlete that wants the best of both worlds, choose **MultiSport** for *craft & cycling* sessions and a pathway to competition in both surf lifesaving and triathlon.

Swim + Run (Aquathlon) – Sessions will take place at Guelph Lake. Athletes will require cap & goggles, swimsuit, towel, appropriate running footwear and apparel for weather conditions and water bottle or other nutrition. At a minimum, athletes must be able to swim at least 50m in open water. Athletes can expect session to include swimming, running and swim to run transitions.

Strength & Conditioning – Sessions will take place at St. James Highschool Fitness Centre. Athletes will require appropriate running footwear and apparel (indoors & outdoors) and water bottle or other nutrition. Athletes can expect sessions to focus on general athleticism and development of speed and power. Session will include running, mobility, plyometrics and lifting.

Craft – Sessions will take place at Guelph Lake. Athletes will require cap & goggles, swimsuit, towel and water bottle. At a minimum, athletes must be able to swim at least 50m in open water. Athletes can expect session to include paddle boarding, craft to beach transitions and beach sprints.

Road Cycling – Sessions will take place on the closed circuit at the Flamboro Speedway. Athletes will require a mechanically sound bike appropriate for road riding, bike helmet, appropriate footwear and apparel for weather conditions and water bottle or other nutrition. At a minimum, athletes should have the ability to ride on smooth, level terrain and control the bike safely (stopping and turning). Athletes can expect sessions to focus on fundamental road cycling skill and fitness development.

Mountain Biking – Sessions will take place on GORBA trails. Athletes will require a mechanically sound bike capable of riding off-road, bike helmet, appropriate footwear and apparel for weather conditions and water bottle or other nutrition. At a minimum, athletes should have the ability to ride on smooth, level terrain and control the bike safely (stopping and turning). Athletes can expect sessions to focus on fundamental mountain biking skills. Rides will start with beginner level off-road riding and progress to more challenging trail based on ability.



Program Levels

Development - "Building the foundation for happy, healthy future athletes." The development level focuses on the fundamentals of training and competition while emphasizing having fun! Offered for Surf Lifesaving, Triathlon and MultiSport. Target age is ~9-15 years old.

Pre-Podium - "Bridging the gap to our performance level programs." At the pre-podium level athletes have the physical ability and maturity to take the next step. Athletes have the ability to integrate with some U23/Elite level training sessions but not all. Our coaches will hand pick the sessions that are appropriate for each athlete. Offered for MultiSport only. Target age is ~13-17 years old.

Performance – "Pathway to elite competition." At the performance level athletes are preparing to perform at their best. Athletes have the ability to integrate with many U23/Elite training session and require additional, more specific training & race planning. Offered for Surf Life Saving and Triathlon. Target age is 15 years old and up.



Program Schedules

Summer Programming will begin May 1st and wrap up August 31st.

There will be a break in period in May. Swim+Run, Craft and Open Water Swims will begin when the water reaches a suitable temperature. For Mountain Biking, sessions will begin as soon as the trail conditions are suitable for riding.

Surf Lifesaving Development

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Craft 7:15-8:30AM		Swim + Run 7:15-8:30AM				
S&C TBD evening	Craft 5:00-6:15PM	Craft 5:00-6:15PM				

Sessions in **BOLD** are SLS & Tri hybrid.

Triathlon Development

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
		Swim + Run 7:15-8:30AM				
S&C TBD evening		Mountain Biking 6:15-7:30PM	Road Cycling 6:00 - 7:00PM			

Sessions in **BOLD** are SLS & Tri hybrid.

MultiSport Development

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Craft 7:15-8:30AM		Swim + Run 7:15-8:30AM				
S&C TBD evening	Craft 5:00-6:15PM	Craft 5:00-6:15PM Mountain Biking 6:15-7:30PM	Road Cycling 6:00 - 7:00PM			

Sessions in **BOLD** are SLS & Tri hybrid.



MultiSport Pre-Podium

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	Open Water 6:30-7:45AM	Swim + Run 7:15-8:30AM	Swim 7:30-9:00AM			Open Water 7:15-8:30AM
Pool Swim 9:15-10:45AM				Pool Swim 9:15-10:45AM		
S&C TBD evening						
Craft 6:15-7:45PM	Craft 6:15-7:45PM	<i>Craft or MTB</i> 6:15-7:45PM	Road Cycling 6:00 - 7:00PM			
			Road Cycling 7:00 - 8:00PM			

Sessions in **BOLD** are SLS & Tri hybrid.

Sessions **highlighted yellow** are integrate with the U23/Elite sessions where appropriate.

Surf Lifesaving Performance

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	Open Water 6:30-7:45AM	Swim + Run 7:15-8:30AM	Swim 7:30-9:00AM			Open Water 7:15-8:30AM
Pool Swim 9:15-10:45AM		Pool Swim 9:15-10:45AM		Pool Swim 9:15-10:45AM		
S&C TBD evening						
Craft 6:15-7:45PM	Craft 6:15-7:45PM	Craft 6:15-7:45PM				Iron TBD evening

Sessions in **BOLD** are SLS & Tri hybrid.

Triathlon Performance

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	Open Water 6:30-7:45AM	Swim + Run 7:15-8:30AM	Swim 7:30-9:00AM		Run 9:00-10:30AM	Open Water 7:15-8:30AM
Pool Swim 9:15-10:45AM		Pool Swim 9:15-10:45AM		Pool Swim 9:15-10:45AM		Road Cycling 9:00-11:00AM+
S&C TBD evening		Run 4:30-6:00PM				
	GCC Bike 6:30-8:00PM	Mountain Biking 6:15-7:30PM	Road Cycling 6:00-8:00PM			

Sessions in **BOLD** are SLS & Tri hybrid.

Sessions **highlighted yellow** are integrate with the U23/Elite sessions where appropriate.



Important Dates

Please use the link below to see a list of events. This list will be updated as new events are added to the calendar.

https://docs.google.com/spreadsheets/d/19MHTqHrv9EivjFV-_uq4rW5olUjfcha6ghU2FrwdaH8/edit?usp=sharing

Program Fees

Payments will be made in 3 installments: June, July & August.

Program	Installment Fee
Surf Lifesaving (Development)	175
Triathlon (Development)	175
MultiSport (Development)	225
MultiSport (Pre-Podium)	275
Surf Lifesaving (Performance)	350
Triathlon (Performance)	350

Payments by e-transfer are preferred. Payments can be sent to registrar.rcaquatics@gmail.com using the password "swimming". If you are unable to provide e-transfer please email the registrar to arrange payment via cheques.



Additional Memberships & Insurance

For liability purposes, additional memberships & insurance are required for the specific sessions you intend to participate in.

Swim + Run (Aquathlon), Craft, Road Cycling – all athletes will be required to purchase a TriON membership and affiliate with Royal City MultiSport. Please use the link below to complete the online registration. There is no additional fee to join Royal City MultiSport. TriON membership fees are below.

<https://ccnbikes.com/#!/events/royal-city-multisport-2023>

	Adults 20+	Junior (16-19)	Youth (12-15)	Kids (11 & under)
Individual	\$54 + \$15 TriCan Fee	\$46 + \$15 TriCan Fee	\$32 + \$6 TriCan Fee	\$15 + \$6 TriCan Fee
Individual Club	\$44 + \$15 TriCan Fee	\$41 + \$15 TriCan Fee	\$27 + \$6 TriCan Fee	N/A
Elite	\$54 + \$15 TriCan Fee	N/A	N/A	N/A
Elite Club	\$44 + \$15 TriCan Fee	N/A	N/A	N/A
Coach	\$54 + \$15 TriCan Fee	N/A	N/A	N/A
Coach Club	\$44 + \$15 TriCan Fee	N/A	N/A	N/A
Official / Race Director / Board Member	Complimentary	N/A	N/A	N/A
Associate	\$32 + \$15 TriCan Fee	N/A	N/A	N/A

Triathlon Ontario Annual Memberships are valid through the entire membership year and until March 31 of the following year.

Road Cycling (Performance) – riders participating in certain U23/Elite training sessions will require a current Guelph Cycling Club membership. The link below will take you to the GCC website where you can purchase your 2023 membership. GCC memberships are \$40/year.

<https://guelphcyclingclub.ca/join/>

Mountain Biking – all riders are required to join [GORBA](#). The link below will take you to the 2023 GORBA registration. GORBA memberships start at \$35/year. Additional family members can be added for \$25 each.

<https://ccnbikes.com/#!/events/gorba-2023-membership>

Strength & Conditioning – all athletes must be current SwimON members. The RCAQ Registrar will process SwimON registrations. Athletes that are not yet SwimON members will be billed the one-time yearly fee of \$52.50.