

Club Membership and Training Fees for 2009/10

Carina Leagues Triathlon Club Membership

The Carina Leagues Triathlon Club (CLTC) holds an annual sign-on day in or about the first week of September each year at the Clem Jones Centre (located at 56 Zahel St Carina). The public is welcome to come along and meet the CLTC Coaching Staff and Members and view the Clem Jones Centre facilities made available to support the Triathlon Program via appointment.

Each member training within the Triathlon Program (either physically attending the Clem Jones Centre or via an online training program) must become a CLTC Member by the end of their first month of training. This is a mandatory requirement to ensure compliance with child protection legislation and alignment with CLTC's policies.

If you are over 18 years old, as part of every CLTC Membership you also receive membership to the Carina Leagues Club Ltd.

Two types of CLTC Membership are available.

➤ Competing / Training Club Membership

This membership is for an athlete training within the CLTC Triathlon Program (physically attending the Clem Jones Centre or via an online training program). The annual membership fee of \$60 is payable to the CLTC. It is a mandatory requirement that all athletes holding this level of membership also join Triathlon Queensland and hold a current triathlon racing licence. To apply for Competing / Training Club Membership the following forms must be submitted to the CLTC:

- Clem Jones Centre Triathlon Program Form
- Triathlon Club Membership Application Form
- Carina Leagues Club Membership Form
- Carina Leagues Triathlon Club Child Protection Declaration
- Club Profile Website Form

NOTE - Any athlete under 18 years of age must have as a minimum one parent and / or guardian join CLTC as an Associate Club Member.

➤ Associate Club Membership

This membership is for parents, friends and supporters of the club who wish to attend club events or sit under the CLTC tent at races and is a mandatory requirement to ensure compliance with child protection legislation and the CLTC's insurance requirements. The annual membership fee of \$10 is payable to the CLTC. To apply for Associate Club Membership the following forms must be submitted to the CLTC:

- CLTC Membership Application Form
- CLTC Child Protection Declaration
- Carina Leagues Club Membership Form

Triathlon Program

There are several squad options available within the Triathlon Program offered by CLTC:

- Professional Squad (available for Members from 18 years on)
- Competitive Squad (available for Members from 14 years on)
- Age Group Squad (available for Members from 14 years on)
- Morning Adult Beginner Squad (available for Members from 18 years on)
- Afternoon Junior Development Squad (available for Members aged from 14 to 17 years)
- Junior Beginner Squad (available for Members aged from 9 to 13 years)
- Online Program (available for Members from 18 years on)

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Training Fees

Training Fees vary depending primarily on the maximum number of training sessions that each squad option has available for you to attend. Training fees cover the costs of the designated session of coaching and the facility hire at the Clem Jones Centre.

Written training programs, for example when going on holidays, are available from the triathlon Head Coach at an additional cost of \$25 per week and are not included in the Fees below.

Discounts also apply for paying Training Fees quarterly or annually in advance. All Training Fees are payable to the Clem Jones Centre and must be paid in accordance with the following:

- Monthly in Advance – by 7th day in each Calendar Month
- Quarterly in Advance – by 7th day in July, October, January, April and offers a 12.5% discount to paying Monthly.
- Annually in Advance – by 7th day in July and offers an 11% discount to paying Quarterly, and offers a 20% discount to paying Monthly (assuming one month off training each year).
- Family Memberships – a discount of 30% applies to the Training Fees payable by the 2nd and any subsequent school attending family members, each of whom must be 9 to 17 years of age to receive the discount. In addition this discount is only available when the 2nd and any subsequent family members are Members of the Junior Beginner Squad or the Afternoon Junior Development Squad. This discount is not available on Training Fees payable for the Age Group, Competitive, Professional Squads or the Online Program.

Triathlon Program Option	Monthly Fee Payable	Quarterly Fee Payable	Annual Fee Payable
Professional Squad <i>(full year)</i>	\$420 <i>+ 10% of prize money won as Coach Bonus</i>	\$1,100 <i>+ 10% of prize money won as Coach Bonus</i>	\$4,000 <i>+ 10% of prize money won as Coach Bonus</i>
Competitive Squad <i>(full year)</i>	\$245	\$655	\$2,340
Age Group Squad <i>(full year)</i>	\$200	\$525	\$1,870
Morning Adult Beginner Squad <i>(full year but limited sessions – note 1)</i>	\$145	\$395	\$1,405
Afternoon Junior Development Squad <i>(full year but limited sessions – note 2)</i>	\$145	\$395	\$1,405
Junior Beginner Squad <i>(half year from Sep to Mar – note 3)</i>	\$115	N/A	N/A
Online Program <i>(full year)</i>	\$120	\$265	\$935

Note 1 - attendance is limited in any 1 calendar week to no more than 4 of the Morning Adult Beginner Squad training sessions and offered in the morning only. As a member of this restricted session squad athletes are not permitted to train on Saturday mornings

Note 2 - attendance is limited in any 1 calendar week to no more than 4 of the Afternoon Junior Development Squad training sessions offered in the afternoon only. As a member of this restricted session squad athletes are not permitted to train on Saturday mornings.

Note 3 - Junior Squad only runs from September to March each year with a 4 week break over Christmas, therefore fees are available on a monthly basis only. In this squad junior athletes are permitted to train on Saturday mornings.

Please note that there is a no refund policy for Training Fees paid Monthly or Quarterly or Yearly. Any Member who falls behind in payment by more than 14 days will forfeit their Membership and be placed on the waiting list. A subsequent re-instatement of the membership will be subject to payment of any outstanding Training Fees, payment of the then current membership and Training Fees applicable at the date of re-instatement, and a vacancy existing within the relevant squad.

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Membership Terms

CLTC aims to provide a safe training environment whilst providing access to the CLTC Coaching Staff and the Clem Jones Centre facilities. Therefore, and except for the Junior Beginner Squad and the Afternoon Junior Development Squad all squads operate with maximum membership numbers as listed below:

- Professional Squad (8 Members)
- Competitive Squad (15 Members)
- Age Group Squad (40 Members)
- Morning Adult Beginner Squad (30 Members)
- Afternoon Junior Development Squad
- Junior Beginner Squad

New members are only admitted when vacancies arise. Generally these vacancies arise during the year when membership renewals are due or following the Mooloolaba triathlon (end of March) and Noosa triathlon (end of October). The delay in obtaining membership is strictly dependent on the availability of vacancies, and your current position on the waiting list. Any member of CLTC's Online Training Program will automatically be placed at the top of the waiting list. The waiting list will then be maintained on a first come first served basis. Enquiries about the current waiting list and your position on it can be made to the CLTC at any time.

In line with CLTC's goal of providing "a safe, fun environment for triathlon training with people from all age groups and ability levels" it is compulsory for all squad members (excluding Online Program) to be endorsed at the CLTC Cycling Training Skills Sessions which are scheduled following the intake of new members. All squad members must abide by and follow the "CLTC Group Ride Etiquette Policy".

Triathlon Queensland

It is a mandatory requirement that all athletes holding Competing / Training Club Membership join Triathlon Queensland and hold a current triathlon racing licence. These activities are the sole responsibility of each member to complete. Benefits of being a licence holder are:

- 24 hour personal accident insurance while training for and competing in sanctioned races in Australia
- discounted entry fee for all sanctioned races in Australia

For further information please visit <http://www.triathlonqld.com.au/>

Competition

Athletes competing in any event are independently responsible for entering and paying any associated costs (including event fees and any travel and accommodation costs).

Coaching staff will attend races within a 75 km radius of the Clem Jones Centre as well as the Noosa and Mooloolaba Triathlon Festivals.

If athletes would like coaching assistance beyond these events, the athlete or athlete group will need to be prepared to cover the cost of the coach to attend, including, but not limited to, travel expenses, accommodation and meals prior to the event.

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Squad Definitions of the CLTC Triathlon Program

1. Definition of Professional Squad (from 18 years on)

1.1 Goal of the Squad

To provide high level coaching services and logistical support to professional athletes

1.2 Admission to the Squad

Via an initial coach/athlete interview, signing of the head coach and athlete contract, joining the Carina Leagues Triathlon Club, completing a Clem Jones Centre triathlon program registration form and payment of training fees directly to the Head Coach.

1.3 Coaching Services Provided in the Squad

- Extra individualised coaching hours across the year in the form of training sessions
- Yearly planning of periodisation of racing and training program
- Where possible coach to travel to most events within Australia
- Management assistance in yearly budgeting and travel arrangements etc.

1.4 Coaching Times

To be determined via consultation between coach and athlete on individual basis

2. Definition of Competitive Squad (from 14 years on)

2.1 Goal of the Squad

To develop professional and competitive age group athletes via higher level coaching, better communication and greater athlete control.

Any members of the JETS/QAS/National Junior/National under 23 Programs must be a member of the Competitive Squad or the Professional Squad. It is highly recommended that anyone aspiring to race professionally also join as a member of this squad.

2.2 Admission to this Squad

If there is a place under the maximum athlete quota listed (15 members) then via initial coach/athlete/parent interview with the Triathlon Head Coach, joining the Carina Leagues Triathlon Club and payment of training fees directly to the reception at the Clem Jones Centre.

2.3 Coaching Services Provided (in Addition to Age Group Squad)

The aim of this squad is to achieve goals determined by a meeting with the coach and athlete within a long-term development plan towards being a professional athlete, or, making the Australian age-group triathlon team. These athletes will have access to midday training sets where applicable and access to head coach and athlete/parent interviews to discuss progress and matters of mutual interest.

3. Definition of Age Group Squad (from 14 years on)

3.1 Goal of the Squad

To offer an affordable triathlon program to the community for improved fun and fitness.

3.2 Admission to this Squad

If there is a place under the maximum athlete quota listed (40 members), any member of the public is invited to join the squad after joining the Carina Leagues Triathlon Club, completing a Clem Jones Centre triathlon program registration form and payment of training fees directly to the reception at the Clem Jones Centre.

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3.3 Coaching Times

Please note age group squad finishes by 7.15 am each weekday. If you wish to train longer you will be required to join the Competitive or Professional Squad.

Mon	Tues	Wed	Thurs	Fri	Sat	Sun
5.30 am Gym + Run or Swim Or Rest Post-Race Day	5.30 am Run + Water Run	<i>Recovery Morning</i>	5.30 am Bike + Run	5.30 am Swim	6.00 am Swim / Bike / Run	Bike, Race or Rest
4.30 pm Swim	4.30 pm Bike + Run	4.30 pm Gym + Swim	4.30 pm Run + Swim	4.30 pm Gym + Swim or <i>Recovery Evening</i>	No Session	No Session

4. Definition of Morning Adult Beginner Squad (from 18 years on)

4.1 Goal of the Squad

To offer a beginner triathlon program with athletes of similar ability to improve and progress to the Age Group squad subject to there being a vacancy in the Age Group Squad.

4.2 Admission to this Squad

If there is a place under the maximum athlete quota (30 members), any member of the public is welcome to participate, after joining the Carina Leagues Triathlon Club, completing a Clem Jones Centre triathlon program registration form and payment of training fees directly to the reception at the Clem Jones Centre.

4.3 Coaching Times

The times listed will be the only times in which specific beginner triathlon sessions will be offered. The Limited Adult Beginner Squad members must attend only the morning sessions described below and must not be training more than 4 times in any given week of a calendar month.

(The morning session order below is subject to change based on the number of athletes in the triathlon program to make the best use of the Clem Jones Centre facilities).

Mon	Tues	Wed	Thurs	Fri	Sat	Sun
5.30 am - 7.00 am Run or Swim	5.30 am - 7.00 am Run + Water Run	No Session	5.30 am - 7.00 am Bike + Run	5.30 am - 7.00 am Swim	<i>Not Permitted to train at the Clem Jones Centre</i>	Race, Bike or Rest

Once athletes are happy with their development, and want to train more, or at other times, the individual is free to progress to the Age Group squad subject to there being a vacancy in this squad.

5. Definition of Afternoon Junior Development Squad (from 14 to 17 years)

5.1 Goal of the Squad

To offer a fun and enjoyable junior triathlon program to begin to develop a range of skills in the sport. The program will focus on teaching the fundamental skills of triathlon. The junior development program offers athletes of similar ability sessions to improve and progress to the Age Group squad subject to there being a vacancy in the age group squad.

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5.2 Admission to this Squad

Any member of the public aged 14-17 years is welcome to join, after joining the Carina Leagues Triathlon Club, completing a Clem Jones Centre triathlon program registration form and payment of training fees directly to the reception at the Clem Jones Centre.

5.3 Coaching Times

The times listed will be the only times in which specific beginner triathlon sessions will be offered. Restricted Junior Development Squad members must attend only the days/sessions described below and must not be training more than 4 times in any given week of a calendar month

Once athletes are happy with their development, and want to train more, or at other times, the individual is free to progress to the Age Group Squad subject to there being a vacancy.

(This evening session order below is subject to change based on the number of athletes in the triathlon program to make the best use of the Clem Jones Centre facilities).

Mon	Tues	Wed	Thurs	Fri	Sat	Sun
4.30 pm Swim	4.30 pm Bike + Run	4.30 pm Gym + Swim	4.30 pm Run + Swim	4.30 pm Gym + Swim or Recovery Evening	<i>Not Permitted to train at the Clem Jones Centre</i>	Race, Bike or Rest

6. Junior Beginner Squad (from 9 to 13 years)

6.1 Goal of the Squad

To offer a fun and enjoyable beginner junior triathlon program to start in the sport. The program will focus on teaching the fundamental skills of triathlon with emphasis on participation and enjoyment under coach direction.

6.2 Admission to this Squad

The junior squad runs from September to March each year with any 9 to 13 year old member of the community welcome to join after joining Carina Leagues Triathlon Club completing a Clem Jones Centre triathlon program registration form and payment of training fees directly to the reception at the Clem Jones Centre.

It is a requirement that Parents and Guardians of Junior Squad members subscribe to CLTC Associate Club Membership to ensure compliance with child protection legislation and insurance requirement

6.3 Coaching Times

The times listed will be the only times in which specific junior triathlon sessions will be offered. Junior Squad members must attend only the days/sessions described below.

Mon	Tues	Wed	Thurs	Fri	Sat	Sun
4.15 pm - 5.30 pm Bike + Run + Water Run	No Session	4.15 pm - 5.30 pm Swim + Gym	4.15 pm - 5.30 pm Run + Swim	No Session	6.00 am - 8.30 am Swim / Bike / Run	No Session

Once Members reach 14 years of age, they are free to progress to the Junior Development Squad or the Age Group Squad.

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7. Online Training Programs

7.1 Goal of the Squad

To offer high quality individualised written triathlon training programs online where athletes are able to complete their training in their own time and from their own venues

7.2 Coach Contact

- Will be available through email to answer questions and provide advice
- At designated race days where club members are racing

7.3 Admission to this Squad

Any member of the public is welcome to join, after joining the Carina Leagues Triathlon Club and payment of training fees directly to the club through the website at <http://www.carinaleaguestriathlonclub.com/local/programs.asp>

7.4 Information

- On joining the program a race schedule will be decided in consultation with the coach
- Training programs are written monthly and delivered at the beginning of each month
- Feedback from the coach is via e-mail or at triathlon races where the coach is in attendance
- Members will also have access to training camps and seminars that will be held from time to time through the Carina Leagues Triathlon Club