



USA Triathlon Foundation Fantasy Camp Information

Registration and Payment

- **How much is camp?**

Registration for the 2020 USA Triathlon Foundation Fantasy Camp at the Olympic and Paralympic training center in Colorado Springs is \$3,000.00 per participant. This fee includes all camp activities and training including meals, lodging, excursions and ground transportation to and from the Colorado Springs Airport. This does not include airfare and any other incidentals.

Registration for the 2020 USA Triathlon Foundation Fantasy Camp with Project Podium in Tempe, AZ is \$2,000.00 per participant. This fee includes all camp activities and training, including meals, excursions and ground transportation to and from the Phoenix International Airport. This does not include airfare or hotel lodging and any other incidentals.

- **How do I register for the camp and pay for camp?**

The initial camp registration deposit is \$300.00 and will secure your spot at camp. This deposit is non-refundable. Once registered, you will receive a confirmation email locking in your spot at camp.

For the Colorado Springs Olympic and Paralympic Training Center camps, the remaining camp fees are \$2,700.00 and are due March 27th, 2020 for camp taking place April 23rd-April 26th and are due by June 30th, 2020 for camp taking place on July 30th-August 2nd. For the Tempe, Arizona camp with Project Podium, the remaining fee is \$1,700.00 and is due on December 31st, 2019.

Payments can be made all at once or multiple payments can be made prior to the due date. Additionally camp participants have the option to fundraise on the Foundations Peer2Peer fundraising page.

How soon will I receive registration confirmation?

By registering online, you will receive an immediate email confirmation. Within 48 hours of your registration, you will receive a phone call from our staff to review payment/fundraising options and to discuss specific camp details.

USA Triathlon Foundation 5825
Delmonico Dr Ste 200 Colorado Springs,
CO 80919

info@usatriathlonfoundation.org

(719)-884-5600

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- **Are refunds available?**

Once you make your Original deposit of \$300.00, you have secured your spot for camp and that slot is no longer available from the participant pool. Only under extreme extenuating circumstances, will refunds be available under the discretion of the USAT Foundation. The initial \$300.00 registration fee is none-refundable. Partial Payments are nonrefundable. Upon receipt of full payment, for the Colorado Springs camps 75% of payment is refunded if cancelled by 12/31/19, 50% refund if cancelled by 2/28/2020. No additional refunds will be available after 2/28/2020. For participants choosing to fundraise their camp fees, no refund is available.

- **How much of the camp fee is tax deductible?**

The USA Triathlon Foundation is a Colorado registered 501 (c) (3) nonprofit organization. Federal Tax ID 46-5062719. The fair market value of camp registration will be calculated and included in your donation receipt. Any amount donated in excess of Fair Market Value is a tax-deductible donation to the Foundation. The estimated tax deduction for the Colorado Springs camps is 1,500.00. The estimated tax deduction for the Tempe/ Project podium Camp is \$1,000.00. Specific tax receipts will be provided to each participant.

Training

- **What experience level do I need to be able to participate at camp?**

For the Olympic and Paralympic Training Center camps taking place in Colorado Springs, camp is open to athletes of all abilities 18 years of age and up. We do recommend that participants who attend camp are regularly training and have some basic experience in Swim, Bike and Run. When completing the registration form, we ask that you identify your ability level as (beginner, intermediate or advanced). Campers will be broken up into 3 groups based on ability and training sessions will be geared based on these ability levels.

Fantasy Camp in Tempe, Arizona with Project Podium will have a high-performance training focus. We recommend participants interested in attending this camp be experienced in riding in a pack at high speeds and be ready for some tough training. Some benchmarks to use as guidelines are: 100yd swim 1:45, 2 hour bike averaging 18mph with good handling skills, and 5k run time 25:00 minutes.

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- **What will the camp schedule be like?**

A tentative camp itinerary can be found on the foundation website for all camps. This schedule is subject to change but will be updated as changes are identified.

- **What equipment do I need to bring to camp?**

You will be required to bring all related “triathlon” gear. Swim gear - swim suit, goggles, paddles, pull-buoy and fins etc. Bike gear – bike, helmet, sunglasses, bike shoes, cycling gear based on the weather forecast etc. Participants must bring their bike to camp or rent a bike locally at one of our local bike shop partners. Details will be provided if interested in renting a bike. Run gear – Appropriate clothing, running shoes, GPS watch etc.

Lodging

- **What is lodging like?**

For the camps at the Olympic and Paralympic Training Center in Colorado Springs, Camp participants will be staying at the athlete resident halls at the Olympic and Paralympic Training Center. Resident athletes from a variety of Olympic teams and programs are also staying in these dorms. Dorm rooms have 2 to 3 beds per room with a sink and a TV. There are common bathrooms and showers on each floor. The dorms are adequate but are not luxurious. All campers will have one to two roommates. Athletes will be placed in rooms based on gender and where they are from. Campers don't spend much time in the rooms beside to sleep. Most campers enjoy sharing rooms with their fellow campers. If you are attending camp with a friend or would like a specific roommate, please contact the USA Triathlon Foundation staff and we will make sure you are together. The entire Olympic and Paralympic Training Center is gated and secure that is patrolled 24 hours a day. Access to the OPTC is strictly enforced. Access to the dorms also requires a special access key. Each participant will be issued a secure key. The OPTC provides linens for the beds, but we recommend that you bring 2 towels – one for the pool and one for the shower

Camp participants at the Tempe Project Podium camp will be responsible for the cost of their own accommodations. The USA Triathlon Foundation staff will provide room blocks from two hotel options. Camp participants may choose to have an individual room or if interested in sharing a room with another camper, the Foundation Staff will help facilitate the match.

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Transportation

- **Is airfare included in the cost of camp?**

No, participants are responsible for their own airfare. For the Olympic and Paralympic Training Center camps in Colorado Springs we strongly encourage you to fly directly into Colorado Springs – airport code COS. Ground Transportation is included if you fly into COS. Denver International Airport (DEN) is approximately 90 minutes away from Colorado Springs, if you choose to fly into Denver you are responsible for your own ground transport to the Olympic and Paralympic Training Center.

For the camp in Tempe with Project Podium, you should fly into the Phoenix Sky Harbor International Airport (PHX). Ground transportation from the airport to the host hotel will be covered.

- **What time do I need to be at camp by?**

All participants for the Colorado Springs Olympic and Paralympic Training Center camps must arrive by 12PM at the Olympic and Paralympic Training Center on Thursday of camp week. Upon arrival to the COS airport, you should plan on 1 hour for luggage and bike retrieval and transport to the OPTC. Ideally, no flights should arrive any later than 12PM local time.

For the Tempe Project Podium Camp all participants must arrive to Arizona State University on Monday, January 25th by 3:30PM.

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