



2008/9 Clem Jones Centre Triathlon Squad Programs

Australian Athlete Fee Structure

Squad Group	Monthly Fees	Quarterly Fees	Yearly Fees
Professional Squad			
Individual Member	\$400 <i>+ 10% of prizemoney won as Coach Bonus</i>	\$1 080 <i>+ 10% of prizemoney won as Coach Bonus</i>	\$3 600 <i>+ 10% of prizemoney won as Coach Bonus</i>
Competitive Squad			
Individual Member	\$205	\$555	\$1 965
Age Group Squad			
Individual Member	\$160	\$430	\$1 535
Beginner Squad			
Adult Individual Member	\$120	\$325	\$1150
Junior Individual Member 2 in a family	\$105 \$170	<i>Not Available</i> <i>Not Available</i>	<i>Not Available</i>
Online Training Programs			
Individual Member	\$100	\$270	\$935

Definitions

Monthly Fees - Calender Month or part thereof.

Beginner Squad – must not be training more than 4 times in any given week.

Quarterly Costs

Payable in the first month of each period in Jan-Mar, Apr-Jun, Jul-Sept, Oct –Dec with 10% discount on Quarterly Fees compared with Monthly Fees.

Yearly Fees

Have a 20% discount over Monthly Fees. Payable from July 1st to June 30th each year

Family Memberships

A 30% discount exists for each additional member of family in school attending squad members only.

Refund Policy

No refund policy on any training fee



Information about the Squads - Clem Jones Centre Triathlon Program

Australian Athletes

ALL ATHLETES who train at the within a Clem Jones Centre Triathlon Program are required to join the Clem Jones Centre Triathlon Club which is \$60 per annum + Triathlon Queensland Membership Fees.

(1) Professional Athlete Squad

Goal of the Squad

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

Admission to this Squad

Via an initial coach/athlete interview and signing a coach/athlete/centre contract and joining the Clem Jones Centre Triathlon Club.

Coaching Services Provided in the Professional Squad

- 50 extra individualised coaching hours across the year
- Yearly planning of periodisation of racing and training program
- Coach to travel to most events within Australia
- Constraints management assistance in yearly budgeting and travel arrangement etc.
- Assistance with professional resume and chasing sponsorship

Coaching Times

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



(2) Competitive Athlete Squad

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 23 Programs must be a member of the Competitive Squad or the Professional Squad. It is highly recommended that any aspiring to race professionally also be a member of this squad.

Admission to this Squad

Via initial coach/athlete/parent interview and signing of the coach/athlete/parent memorandum of understanding and joining the Clem Jones Centre Triathlon Club.

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 etc. These athletes will have access to midday training sets where applicable, and, individual monthly coach and athlete/parent interviews to discuss progress and matters of mutual interest. The coach determines training programs and sets the agenda for the year (in consultation). If the athlete/parent fails to keep to the standard then he/she will be transferred to the age group squad.



(3) Age-group Triathlon Squad

Goal of the Squad

To offer an affordable triathlon program with the goals of improvement fun and fitness.

Admission to this Squad

Any member of the public is invited to join the squad after completing a Clem Jones Centre Triathlon Program membership form and joining the Clem Jones Centre Triathlon Club.

Coaching Times

Please note age group squad finishes by 7.15 am during the week. If you wish to train longer you will need to be in the Competitive or Professional Squad

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
AM	5.30 am Gym + Run 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	Ride Or Race Or Rest
PM	4.30 pm Swim	4.30 pm Bike + Run	4.30 pm Gym + Swim	4.30 pm Run + Swim	4.30 pm Gym + Swim		



(4) Beginner Squad

Goal of the Squad

To offer a beginner triathlon program with athletes of similar ability to improve and progress to the age group squad

Admission to this Squad

Any member of the public is welcome to join, after completing a Clem Jones Centre Triathlon Program membership form and joining the Clem Jones Centre Triathlon Club. Beginner Squad members must attend only the days/sessions described below.

Adult Squad

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
AM		5.30 am - 7.00 am Run + Water Run		5.30 am - 7.00 am Bike + Run	5.30 am - 7.00 am Swim	6.00 am – 9.00 am Swim/Bike/Run	Cycle or Race

Junior Squad – 9 to 13 years only

Runs 3rd September to December 15th 2007 and January 14th to March 29th 2008

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
PM	4.15 pm - 5.30 pm Bike + Run + Water Run		4.15 pm - 5.30 pm Swim + Gym	4.15 pm - 5.30 pm Run + Swim		6.00 am – 8.30 am Swim/Bike/Run	

Coaching Times

The times listed will be the only times in which specific beginner triathlon sessions will be offered. 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.



(5) Online Training Programs

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

Coach Contact

- Will be available through email to answer questions and provide advice
- At designated race days where club members are racing
- At regular training seminars
- At training camps to be held by the club

Admission to this Squad

Any member of the public is welcome to join, after completing a Clem Jones Centre Triathlon Program membership form and joining the Clem Jones Centre Triathlon Club.

Information

- On joining the program a race schedule will be decided
- Training programs are written monthly and delivered at the beginner
- Feedback from the coach is via e-mail or at triathlon races where the coach may be at
- Members will also have access to training camps and seminars that will be held from time to time through the Clem Jones Centre Triathlon Club