



TriCamps.ie

Sports Academy International,
EAC,
Moylish Business Park,
Limerick,
Ireland.

00353 (0)86-2304663
tony@tricamps.ie
www.tricamps.ie



Life is all about experiences

Experiences that make you feel great to be alive. At Sports Academy we are in the business of giving people great experiences. Triathlon training camps in both Portugal and Ireland where you say to yourself...

This is the Life™

Introducing TriCamps 2010

At Sports Academy we are in the business of giving people great experiences. This year we are launching TriCamps, a revolutionary triathlon training camp experience. Join our elite coaches, including Irish Champion Gavin Noble in Portugal and Ireland and see for yourself. Follow the journey at www.tricamps.ie

What are TriCamps:

TriCamps are triathlon specific training camps held over a full 7 day week as well as at weekends. By choosing stunning locations both in Ireland and in sunnier climes we have built camps for both the amateur and experienced triathlete that will push you to another level.

We are revolutionising the Triathlon Training Camp.

Who are TriCamps:

TriCamps is the Triathlon department of Irish sports management company Sports Academy International. Created by athletes for athletes our mission is to Empower People to Push Boundaries. Let's meet our TriCamps Team:

Head Coach: Gavin Noble

Ulster and Irish Champion at every level from Youth to Senior, from super sprint to half Ironman Distance, European Cup Winner and World Series Professional welcomes you to Tri Camps 2010.

Gav is Triathlon Ireland's longest serving Elite International and has travelled the world learning from some of the most experienced Triathlon coaches. Join him and his Sports Academy International Team in Monte Gordo Portugal. He will be joined by special guests including ITU Professional triathletes to assist in making this the best Tri Coaching team available.



Logistical Manager: Tony Griffin

Tony Griffin is head coordinator for TriCamps 2010 and will oversee all logistical details of the camps. A sports fanatic, Griffin has played Senior Hurling with Clare for 9 years as well as being an All Star in 2006.

More recently Tony has become widely known for his work with the Tony Griffin Foundation, tonygriffinfoundation.com, when he cycled 7,000km in 51 days on his way to raising over €750,000 for various cancer charities. Including Livestrong through his friendship with Lance Armstrong.





TriCamp Portugal

MONTE GORDO

ALGARVE

About:

Nestled overlooking some of the finest beaches on the eastern Algarve coast and only 40 minutes from Faro airport Monte Gordo is the perfect setting for a triathlon training camp. It will be winter in Ireland but the sun will shine and the training will be great in Monte Gordo.

Swimming in a brand new complex, cycling on the rolling hills and running on Monte Gordo's famed trails, a unique experience awaits. Head Coach Gavin Noble is waiting for you. Don't be late.

We are athletes and we understand athletes, we want to give you the most professional, fun filled training camp you have ever been on. And that is what we are going to do.

Dates:

JANUARY 26TH - FEBRUARY 2ND

Included in Price:

TOTAL PRICE: €1020

- Return flights from Dublin-Faro, transfers from airport to hotel and back to airport.
- 7 Nights hotel accom. at the TriCamps Monte Gordo Beachfront **** Hotel.
- Full board with meals in both the hotel and in restaurants in surrounding towns and villages (ensuring Athletes do not tire from hotel food)
- Full coaching in Swim, Bike, Run with Irish Champion Gavin Noble and elite coaches. Building blocks for a phenomenal 2010.
- Guided bike rides through Portuguese National Park.
- Individual Video analysis of swim technique.
- 1 Core Strength for Cyclists class.
- Guided biking in both Portugal and Spain.
- Running coaching in the world famous Villa Real de St Antonio Sports Stadium.
- Water for all rides
- Nutritional Counselling
- Bike storage
- Massage
- TriCamps Cycling Jersey

Not Included in Price

- Drinks during the meals and other private expenses
- Single room supplement (€26 per night)
- Additional air travel cost to bring bike.
- Bike hire with bike damage cover (~€100), we strongly encourage you to rent your bike with TriCamps, for your convenience.
- Private medical insurance

Please note that Spouse & Family Packages are available to allow partners and families share in the TriCamps experience. We build these in conjunction with you so that the best experience possible is provided.





TriCamp Ireland

HERITAGE HOTEL

KILLENARD, PORTLAOISE



THE HERITAGE

GOLF & SPA RESORT



About:

The Heritage [5 Star Golf & Spa Resort](#) is nestled in the quaint village of Killenard, County Laois close to serene country villages, great running trails and most importantly QUIET cycling roads. This unique resort comprises of [5 Star Hotel](#), the Seve Ballesteros designed 18 hole [championship golf course](#) and a groundlit running track. Centrally located, Stunning 5 Star hotel, quiet running and cycling routes through beautiful scenery and a newly opened local swimming pool make this the perfect training camp location.

Again, Gavin Noble has written the content of the weekend and will be joined by special guest coaches. This weekend is one not to be missed by anyone serious about Triathlon and shaving time off their swim, bike, run. This camp is selling fast and early booking is strongly recommended.

Dates:

JANUARY 16TH AND 17TH

Jan 16th, 17th, 2009. There will be 3-4 weekend camps in Killenard beginning with the 16th/17th January. This camp will take place at the 5 Star Killenard Heritage, just outside Portlaoise. These camps will follow Gavin's format and structure and on Weekend 1 (16th,17th) Gavin will be Head Coach.

Included in Price:

TOTAL PRICE: €295

- 2 Nights B&Bin the 5 Star Killenard Heritage Hotel. (Fri, Sat)
- Full board with meals in both the hotel and in local cafes and restaurants.
- Full coaching in Swim, Bike, Run with Irish Champion Gavin Noble and elite coaches. Building blocks for a phenomenal 2010.
- Guided bike rides through some of the quietest roads in Ireland.
- Individual swim coaching in the new Portlaoise Pool, total pool booking
- Individual Video analysis of swim technique.
- 1 Core Strength for Cyclists class.
- Running coaching Irish Champion Gavin Noble and elite coaches.
- Water and recovery Drink for all rides
- Nutritional Counselling
- Bike storage
- Massage
- TriCamps Cycling Jersey

Family Package:

SPOUSES PACKAGE PRICE: €250

- Includes 2 nights B&B in the 5 Star Killenard Heritage Hotel, 1 Dinner, 1 lunch
- Also available one round of Golf at the Award Winning Seve Ballesteros Course or Use of The Heritage Spa Experience with complimentary treatment. This package ensures the triathlete and the partner both get to share in the TriCamps experience.

Family package also available, please contact us for more information.



How to Book:

To find out more about TriCamps, contact us by:

- Fill in the [online booking form](#) at www.tricamps.ie and our staff will be in contact with you.
- Email us at: info@tricamps.ie
- Call us at: **086-2304663** or **086-1959330**

Advice: We strongly encourage you to rent your bike from TriCamps. It saves you money, it is easier on you and leads to a better experience.

Note: Prices in this promotional piece are accurate at time of print. Prices may change subject to airfare changes. The sooner you book the more you will save.

Note: You must have medical and travel insurance and yes you must bring your helmet.

Sports Academy International,
EAC,
Moylish Business Park,
Limerick,
Ireland.

00353 (0)86-2304663
tony@tricamps.ie
www.tricamps.ie