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|  | SCOTTISH TETRATHLON |  |
|  | Senior Training Camp |
|  | Sat 12th February – Sun 13th February 2022 |
|  | Kilgraston School, Bridge of Earn, PH2 9BQ |  |

**Things to do before the camp**

Please get out and train as much as you can so you are feeling fit and healthy for the start of the course.

**Arrival**

Check in: Saturday morning between 0845 and 0900, **please arrive promptly.**

**Please ensure a Lateral Flow Test has been done the morning of camp, on arrival your child will have their temperature taken and if it is high or they display any of the symptoms of Covid they will not be able to attend camp.**

**Also due to covid there will be no welcome brief involving the parents and you are asked to just drop and go!!!!**

Training sessions start: 0930

**Please arrive dressed and ready for your first activity as we won’t have access to the bedrooms until lunch time and as you will see timings are tight!!!!**

**Meals and Accommodation**

The first meal will be lunch on Saturday and the last meal will be lunch on Sunday.

**As usual, I would ask every family to provide a packet of biscuits, tray bakes and/or fruit (oranges/grapes/apples, water melon) to fuel us along the way!**

Room allocation is available at check-in. All bed linen is provided.

**Equipment/Clothing List**

There is a clothing list attached. When packing please ensure that your child knows what they are wearing for each session. There is an example timetable below. Please send plastic bin bags for wet clothes/towels.

Please do not send any valuables with the children, as you can appreciate we cannot be held responsible for any loss or damage to them. We will collect in mobile phones this year while the children are at their various activities. If sending your child to camp with a phone, please ensure it is marked with the child’s name.

**Evening Activity**

There will be an evening activity and you will find out more at camp!

**Free Time**

There will be very limited free time. No spending money is required.

**Daily Routine;**

**Saturday**

Check in 0845 - 0900

Welcome brief 0915 - 0930

Session 1 0930 - 1030

Session 2 1045 - 1145

Session 3 1200 - 1300

LUNCH 1300 - 1400

Session 4 1400 - 1500

Session 5 1515 - 1615

Session 6 1630 - 1730

DINNER 1730 - 1830

Evening activity 1830 - 1930

BED 2100 -

**Sunday**

Rise and Shine 0700

Wake up jog 0715 - 0730

BREAKFAST 0745 - 0815

Session 1 0830 - 0930

Session 2 0945 - 1045

Session 3 1100 - 1200

Session 4 1215 - 1315

LUNCH 1315 - 1415

Session 5 1415 - 1515

Session 6 1530 - 1630

Home 1645 final debrief and depart.

Please get in touch if you have any concerns. Looking forward to seeing you all there.

Kind regards Matthew Aplin

# EQUIPMENT LIST – AS FAR AS POSSIBLE PLEASE NAME KIT

## SHOOTING

* Pistol to be in a secure safe box with child’s name clearly visible (There will be a lot of pistols in one room – you need to be able to identify yours!)
* Plenty of pellets

### RUNNING/FITNESS

* Spikes (if you have them)
* Trainers (outdoors)
* Running clothes
* Light waterproof jacket and over trousers if you have.

### SWIMMING

* **Flip flops/Crocs** – you will need these for getting back from the pool as we may not be able to change at the pool
* Towel x 3
* Swim gear-including swim hat and good fitting goggles

### FENCING

* Indoor trainers
* Fencing equipment if you have
* **Thicker tracksuit bottoms or trousers must be worn**
* Long sleeved jumper or top (no short sleeves)

### EXTRAS

* Ensure you have a spare pair of outdoor trainers in case you get them wet
* Water bottle
* Warm outdoor jacket
* Ensure you have enough sports and leisure-wear for the camp
* As far as possible please name kit

**DIRECTIONS**

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From Edinburgh and the South, follow Forth Road Bridge and M90 towards Perth. Exit Junction 9 for Bridge of Earn, turn left off motorway towards Bridge of Earn and Perth. After several hundred metres at mini roundabout turn left and then several hundred metres turn right following signs to Kilgraston School.

From Glasgow and the West, follow A80, M80 to Stirling and then M9 and A9 to Perth. At Broxden Roundabout by Perth, turn right following Edinburgh M90 until exit at Junction 9 for Bridge of Earn. Turn right off motorway towards Bridge of Earn and Perth. After several hundred metres at mini roundabout turn left and then several hundred metres turn right following signs to Kilgraston School.

From Inverness and the North follow A9 to Perth. At Broxden Roundabout follow above instructions from Glasgow.