



SOUTH MIDWEST REGION

WELCOME TO THE 2011 USAT SMW COLLEGIATE TRIATHLON SKILLS CAMP

The 2011 Collegiate Skills Camp is here and we couldn't be more excited to meet everybody! My name is Coach Frank Cortese and I am honored to be your SMW Collegiate Chair! I've put together a short list of updates and reminders to ensure a smooth and easy beginning to the camp. If you have any further questions, please do not hesitate to contact me at Collegiate@smwtriathlon.org.

WHEN:

1p Friday, November 18th to 1p Sunday, November 20th

See attached detailed itinerary.

WHERE (Camp venue locations):

IMPORTANT: *Participants must check in at Brent House Hotel (see attached itinerary) and show their USAT membership card before they can begin camp. If you do not have a USAT card there will be applications available.*

Brent House Hotel @ Ochsner Medical Center

1512 Jefferson Highway
New Orleans, LA 70121

Elmwood Fitness Center

1200 South Clearview Parkway, Suite 1200
Harahan, LA 70123

Google Map- <http://q.co/maps/4wnkp>

Jefferson Playground

4100 South Drive
Jefferson, LA 70121

Google Map- <http://q.co/maps/e9yb3>

"Swim Hole" at Lake Pontchartrain

Google Map- <http://g.co/maps/rwt89>

OTHER LOCATIONS OF INTEREST:

Bicycle World

701 Jefferson Hwy.

Jefferson, LA 70121

(504) 828-1862

Bicycle World will have a roster of all camp participants. They have agreed to provide a 10% discount.

Varsity Sports: Elmwood Running & Fitness

Run or swim gear and nutritional products; located in Elmwood Fitness Center

Whole Foods Market

5600 Magazine St

New Orleans, Louisiana

(504) 899-9119

WHAT (to bring):

- **SWIM**
 - Swimsuit
 - Wetsuit
 - 2 pair goggles
 - 2 swim caps
 - 2 towels
 - Body Glide
- **BIKE (IMPORTANT: You must have a road bike to participate in the draft legal practice segment of camp.)**
 - Road or tri bike in well maintained condition
 - USAT approved bike helmet (cannot ride without one of these)
 - Cycling shoes
 - 2 water bottles
 - **RECOMMENDED:**
 - Gloves
 - Layered cycling apparel
- **RUN**
 - Running shoes
 - Run apparel
 - Heart rate monitor and/or watch
- **ADDITIONAL**
 - Anything you typically use to setup your transition area
 - Hammer Heed will be available as sports drink. This is a skills camp so any training distances are short. Consider any additional nutritional products you may require accordingly.

CAMP STAFF CONTACT INFORMATION

Shelly O'Brien

(210) 865-2155

shelly@icon1multisport.com

Frank Cortese

(214) 546-9568

CoachFrank@Tri-Now.com

Ben Elder

(504) 495-4773

belder@ochsner.org

Jeff Delaune

jpdelaune@msn.com

Doug Fairchild

(806) 433-3251

Fasst52@hotmail.com

The South Midwest is extremely proud of its collegiate triathletes. We are excited to spend some time working with each of you on your multisport skills. Have a safe trip and we'll see you soon!

Frank Cortese

USAT SMW Collegiate Chair

Collegiate@SMWTriathlon.org