



## 2022 SKYHIGH Triathlon Camp Registration

Athlete #1 \_\_\_\_\_ Gender \_\_\_\_\_ Date of Birth \_\_\_\_\_ Shirt \_\_\_\_\_

Athlete #2 \_\_\_\_\_ Gender \_\_\_\_\_ Date of Birth \_\_\_\_\_ Shirt \_\_\_\_\_

Athlete #3 \_\_\_\_\_ Gender \_\_\_\_\_ Date of Birth \_\_\_\_\_ Shirt \_\_\_\_\_

Address: \_\_\_\_\_

T-Shirt Sizes: **YS, YM, YL, S, M, L, XL**

Parent 1 \_\_\_\_\_

Day /Cell Phone \_\_\_\_\_ / \_\_\_\_\_ Email \_\_\_\_\_

Parent 2 \_\_\_\_\_

Day /Cell Phone \_\_\_\_\_ / \_\_\_\_\_ Email \_\_\_\_\_

Emergency Contact \_\_\_\_\_ Phone \_\_\_\_\_

**USA Triathlon Membership:** USAT requires all athletes involved in SKYHIGH Adventures productions to be members of USA Triathlon. If your child is not a current USAT member, go to [www.USATriathlon.org](http://www.USATriathlon.org) to register.

Athlete #1 USAT # \_\_\_\_\_ Athlete #2 \_\_\_\_\_ Athlete #3 \_\_\_\_\_

	Fee from Schedule	# of Athletes	# of Sessions	Sub-Totals
<b>Athlete Fee</b>				\$
<b>Early Drop-Off</b>				\$
<b>Extra T-Shirt</b>	\$15.00			\$
<b>Kids Tri Entry</b>			<b>Race Day</b>	\$
			<b>*Total =</b>	\$

### Triathlon Camp Schedule

- Session #1: July 4-8
- Session #2: July 11-15
- Session #3: July 18-22
- Session #4: July 25-29
- Session #5: Aug 1-5

**EPIC Mtn Bike Wk #6: Aug 8-12**  
See Additional Information

**KIDs Tri: Aug 5 (ages 5-13)**

**Early Drop-Off, 8-9am: \$60/wk/child**

#### Mail Registration to:

SKYHIGH Adventures LLC  
322 Methodist Farm Road  
Averill Park, NY 12018

Camperships are available to families with financial need.

Credit Card/PayPal/Venmo Accepted  
4% fee added

\*Late fee of \$30 will be applied to registrations received after June 30.

[www.SKYHIGHcamp.org](http://www.SKYHIGHcamp.org)

### Registration Fee Schedule and Tiers

	Early Bird: Tier 1 UNTIL FEB 15	Tier 2 FEB 16- MAR 31	Tier 3 APRIL 1-MAY 15	Full Fee: Tier 4 MAY 16-JUNE 30
<b>PER WEEK Save!</b>	\$285 Save \$50	\$295 Save \$40	\$310 Save \$25	\$335
<b>2 SIBLING DISCOUNT</b>	\$280 each Save \$55 each	\$290 each Save \$45 each	\$300 each Save \$35 each	\$325 each Save \$10 each
<b>3 SIBLING DISCOUNT</b>	\$270 each Save \$65 each	\$280 each Save \$55 each	\$290 each Save \$45 each	\$315 each Save \$20 each
<b>5 WK Deal SAVE!!</b>	\$1,400 Save \$325	\$1,500 Save \$275	\$1,600 Save \$225	\$1,675 Save \$125
<b>Mtn Bike Week #6</b>	\$350 Save \$50	\$365 Save \$35	\$380 Save \$20	\$400
<b>KIDS TRI</b>	\$20 Save \$15	\$25 Save \$10	\$30 Save \$5	\$35

# SKYHIGH Triathlon Camp Typical Daily Schedule

9:00am - 4:30pm (8:00 am early drop-off is available)



## Instructional Disciplines:

### Five Fun Activity/Skills Periods

1. Swimming
2. Biking
3. Running
4. Warm Down Time & Nutrition
5. Team Building, Agility & Strength

**Early Drop-Off: 8:00 – 9:00** (\$60/child/week)

**Drop-Off & Sign-In: 9-9:15**

Warm-up games

**Morning Meeting: 9:15-9:45**

Athlete Group Meeting

Daily overview & lesson

Break into age/skill groups

### Daily Group Rotation Schedule

**Activity #1:** 9:45 - 10:45  
**Activity #2:** 10:45 - 11:45  
**Lunch:** 11:45 - 12:15  
**Activity #3:** 12:15 - 1:15  
**Activity #4:** 1:15 - 2:15  
**Activity #5:** 2:15 - 3:15  
**Clean-Up:** 3:15 - 3:30 Pick-Up & Organize



**Choice Activity: 3:30 - 4:15** Athletes get extra time doing their favorite activity or they may relax and chill out with coaches and other athletes.

**Athlete Pick-Up: 4:15 - 4:30**

**All athletes need to be picked up by 4:30 pm; we do not offer a late pick-up option.**

## EPIC Mountain Bike Week #6

This week is for experienced cyclists Ages 11+ who are looking for higher levels of riding. We will be biking at different locations for a variety of longer rides. Trips Depart the SHAC at 9am, return by 4:30pm

EPIC Mtn Bike Dates	Mon Aug 8	Tue Aug 9	Wed Aug 10	Thur Aug 11	Fri Aug 12
Locations May Change	SHAC Center Averill Park	Grafton State Park	North Bethlehem	Pine Bush	Minnewaska State Park

## SKYHIGH Notice of Safe Operating Procedures and Practices

Although we are not a certified day camp regulated by the New York State Department of Health, we do maintain a high level of supervision that meets or exceeds the New York State Department of Health 7-2 requirements.

- We check the [New York State Sex Offender Registry](#) prior to hiring all staff.
- All staff are trained in child abuse identification and reporting requirements.
- We are SafeSport Certified every year [uscenterforsafesport.org](http://uscenterforsafesport.org)
- We comply with criminal background checks by NCSI every 2 years [solutions.ncsisafe.com](http://solutions.ncsisafe.com)
- Our minimum staff to child (athlete) ratio is 1:6 or better during activities.
- Staff are trained in safety management for each activity, emergency first aid, CPR and waterfront lifeguarding.
- Athletes are supervised by an experienced Waterfront Lifeguard & Water Safety Instructor, Outdoor Emergency Care & CPR Instructor.
- Due to the inherent risks in triathlon and multi-sport activities, injuries and illnesses do occasionally occur. If and when injuries or illness do occur, we provide first aid, call 911 if necessary and notify parents. All injuries are reported to USA Triathlon, which is our sanctioning body and our insurance carrier.

## Legal Notice Required by Sports Camps in New York State

This camp is not regulated or inspected by the New York State Department of Health and is not required to obtain a Department of Health permit. This camp is not required to follow Department of Health regulations, including, checking the state sex offender registry prior to hiring staff; maintaining minimum staff-to-child ratios; hiring medical personnel; or reporting injuries or illnesses to the Department of Health.

**The legal notice above is required by New York State law for all sports camps in New York State**

If you have any questions about our credentials, please contact us via email or phone at:

SKYHIGHadventures@gmail.com

518-674-0369

www.SKYHIGHcamp.org