

Navy Tridents Triathlon Club (NTTC) Membership Form 2011-2012

Demographics (fill in all that apply)

Name: Rank: Unit:
DOB: Sex: Grade in School:
Work Number: Home Number: Email:
Home Address:

Athletic History

Completed a Tri Before: Yes or No
List your recent athletic accomplishments (not necessarily triathlon):
(Example - 2011 did a sprint triathlon in 1:25; 2010 did the Valley Harvest Half Marathon in 2:00; etc.)

Navy Tridents Triathlon Club

What is your expectation of the NTTC?

What is your reason for joining the NTTC?

Membership Fee

In order to be a member in good standing of the NTTC and be eligible to take part in club events, a \$60.00 membership fee must be paid by cash or cheque. Cheques made out to the "**Base Fund**". As well, the liability waiver below must be read and signed. Finally the Athlete Code of Conduct must be signed and abided by.

Note - The membership fee includes annual membership in the club, 2012 Triathlon Nova Scotia Membership, and the RAP pass for civilian members. There is an additional cost for the coached/non-coached swimming practices.

Waiver of Liability

In consideration of my being permitted to participate as a member of the Navy Tridents Triathlon Club, I myself, my heirs, executors, administrators, successors and assigns do hereby remise, release and forever discharge, waive and save harmless, protect and keep indemnified the organizers of Navy Tridents Triathlon Club, the Canadian Armed Forces, the Province of Nova Scotia, HRM, Triathlon Canada, Triathlon Nova Scotia, any and all clubs, associations, sanctioning bodies, sponsoring corporations, sponsors, participants, club members, entrants and all other respective agents, officials, servants and representatives from and against any and all kinds of actions, claims, costs and expenses and demands in respect to death injury, loss or damage to my person or property howsoever caused out of my being permitted to attend at or in any way take part prior to, during or subsequent to Navy Tridents Triathlon Club events whether as an entrant, competitor, participant, spectator, otherwise and not withstanding that the same may have been contributed to or occasioned by the negligence of any of the aforesaid, their agents, officials, servants, or representatives. I release the rights to any photo or video taken of me at any Tridents event allowing the Tridents, PSP, the Trident Newspaper and the Canadian Forces to use that likeness in any print, video or web promotions. By submitting this membership form, I acknowledge having read and agreed to the above waiver.

Signature: _____

(Of Parent or Guardian if under 18)

NTTC Membership Form 2011-2012

NTTC Goal Sheet 2011-2012

Name: _____

Primary Triathlon Race Goal 2010

Race Distance:

Specify Race if known:

PB if known:

Ideal Race Goal Time (everything goes as planned):

Overall: Swim: Bike: Run:

Conservative Race Goal Time (room for life issues):

Overall: Swim: Bike: Run:

Secondary Triathlon Race Goal 2010 #1 (not necessarily a triathlon)

Race Distance:

Specify Race if known:

PB if known:

Ideal Race Goal Time (everything goes as planned):

Overall: Swim: Bike: Run:

Conservative Race Goal Time (room for life issues):

Overall: Swim: Bike: Run:

Secondary Triathlon Race Goal 2010 #2 (not necessarily a triathlon)

Race Distance:

Specify Race if known:

PB if known:

Ideal Race Goal Time (everything goes as planned):

Overall: Swim: Bike: Run:

Conservative Race Goal Time (room for life issues):

Overall: Swim: Bike: Run:

Single Sport Goals:

Swim - 100m PB _____, Goal _____; 300m PB _____, Goal _____;
500m PB _____, Goal _____; 750m PB _____, Goal _____;
1500m PB _____, Goal _____;
Bike - 15km PB _____, Goal _____; 20km PB _____, Goal _____;
40km PB _____, Goal _____;
Run - 400m PB _____, Goal _____; 1km PB _____, Goal _____;
3km PB _____, Goal _____; 4km PB _____, Goal _____;
5km PB _____, Goal _____;
10km PB _____, Goal _____; Other Distance PB _____, Goal _____