



PENINSULAR TRI SQUAD

REGISTRATION FORM

| PERSONAL DETAILS | | | |
|------------------|--|-----------|--|
| Name: | | Date: | |
| Email Address: | | | |
| Address: | | | |
| Suburb: | | Postcode: | |
| Home Contact: | | | |
| Mobile Contact: | | DOB: | |

| EMERGENCY CONTACT | |
|-------------------|--|
| Contact Name: | |
| Relationship: | |
| Contact Number: | |

| PROGRAM | |
|--------------------|--|
| Commencement Date: | |
| Squad Membership: | |

| YOUR TRIATHLON GOALS | |
|---|----------------|
| Triathlon Season 2010/2011: | |
| Top 3 Longer Term Goals (1-2 years): | 1. 2. 3. |
| Top 3 Long Term Goals (> 2 years): | 1. 2. 3. |

| PREVIOUS TRIATHLON EXPERIENCE | |
|-------------------------------|--|
| Previous Triathlons | |
| Previous Results | |
| Previous Swimming Experience: | |
| Previous Cycling Experience: | |
| Previous Running Experience: | |

| OTHER SPORTING HISTORY | |
|--|--|
| Other Sport Involvement: (past and present) | |
| Previous Injuries: | |
| Medical Conditions: (past and present) | |
| Your Strengths: | |
| Personal Concerns: | |

| YOUR PERSONALISED FREE CONSULTATION WITH THE COACHES |
|---|
| Contact Ty or Cym to arrange a time to discuss your personal triathlon goals. |

Ty Hanley

Head Coach
TA Certified Triathlon Coach
High Performance Strength & Conditioning Coach

**“If it’s not your very best,
it’s just a warm up”**

Cyrma Hearn

International Triathlete
TA Certified Triathlon Coach
BSc(Hons),BVSc (Hons),PhD

“Know You Can”

I of address herewith agree to fully indemnify Ty Hanley, Cyrma Hearn, Peninsula Tri Squad and any subsidiaries, affiliates, employees, agents and any other persons affiliated with Peninsula Tri Squad. I acknowledge that I am fit and able to commence training and have been advised by Ty Hanley or Cyrma Hearn that I should consult with my doctor before commencement of the Peninsula Tri Squad program. Activities conducted by Peninsula Tri Squad are undertaken at my own risk.

Signed.....Date.....

Ty: 59 75 2435
Cym: 0409 779 994
www.peninsulatri squad.com.au