

NTC Membership Form 2010-2011

**Demographics**

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Name: \_\_\_\_\_ Rank: \_\_\_\_\_ Unit: \_\_\_\_\_

DOB: \_\_\_\_\_ Age: \_\_\_\_\_ Grade in School: \_\_\_\_\_

Work Number: \_\_\_\_\_ Home Number: \_\_\_\_\_ Email: \_\_\_\_\_

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

**Athletic History**

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Completed a Tri Before: Yes or No \_\_\_\_\_

List your recent athletic accomplishments (not necessarily triathlon):  
(Example – 2008 did a sprint triathlon in 1:25; 2004 did the Valley Harvest Half Marathon in 2:00; etc.)

**Navy Tridents Triathlon Club**

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What is your expectation of the NTC? \_\_\_\_\_

What is your reason for joining the NTC?

**Membership Fee**

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In order to be a member in good standing of the NTC and be eligible to take part in club events, a **\$110.00** 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, 2010 TNS membership, and a club uniform top or shorts. There is an additional cost for the coached swimming practices. Associate and civilian members are required to purchase a RAP pass through the club.

**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)

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NTC Goal Sheet 2010-2011

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 \_\_\_\_\_