

prime  
time  
it's all about  
ME

# Busso Birds Boot Camp

Friday 19<sup>th</sup> to Sunday 21<sup>st</sup> March

BROADWATER RESORT

BUSSELTON

Open water swimming

Ride the new cycle course

Run along the coastal pathways

Stretch and bend with guru Gesine

Nutrition tips

Goal setting and psychology

BBQ dinner Saturday night

Bike maintenance

Cost \$200

- includes 2 nights accommodation in a garden villa

Applications close 21<sup>st</sup> February

# Busso Birds Boot Camp

## APPLICATION FORM

NAME: \_\_\_\_\_ AGE: \_\_\_\_\_

ADDRESS: \_\_\_\_\_  
\_\_\_\_\_ POST CODE \_\_\_\_\_

MOBILE: \_\_\_\_\_ EMAIL: \_\_\_\_\_

EXPECTED TIME OF ARRIVAL FRIDAY \_\_\_\_\_

PREFERRED ROOM SHARE \_\_\_\_\_

MEDICAL DETAILS (injuries, allergies etc)

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Special dietary requirements

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Details of your participation in Busselton Half Ironman (ie goal, team etc)

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Please make cheques payable to

Robyn Scott –  
Post to Prime Time c/o 112a Northwood Street West Leederville 6007

Or bank transfer to:  
Robyn Scott ANZ  
BSB 016355 Acc 5604 35221  
and email transfer details with application form

## **Refund policy Half Ironman Training Camp**

Full refund will be given prior to application closing date :21<sup>st</sup> February

50% refund after closing date unless position can be filled – a \$20 administration fee will be charged if position is filled.

You are advised to take out your own personal accident insurance to cover all training for the Half Ironman if you are not a member of Triathlon WA