

USA Pentathlon Clinic

and

New Year's Open Competition

January 5-9, 2011  
Rancho Mirage, CA

Hosted by

**West Coast Pentathlon**  
*Supporting amateur athletes in Modern Pentathlon*



in conjunction with

Equestrian Centers International



and

USA Pentathlon



Please join us in beautiful Rancho Mirage, California, for a four-day clinic followed by an open competition.

The clinic/competition is a training event for the Pentathlon US World Cup February 23-27, which will be held at the same location. This clinic offers an excellent opportunity for all Junior and Senior athletes to train with the new laser target system that is expected to be adopted at the UIPM annual meeting in November. And the Open is one of two qualifying competitions for U.S. athletes for the February World Cup.

Space is limited for the clinic. However, we hope to accommodate all comers for the Open. Please note, however, that only the top 18 women and 18 men will ride in the competition.

## CLINIC HIGHLIGHTS

Athletes will be divided into three groups that will rotate through the clinics. They will receive instruction in the run/shoot, ride, and swim. Plus, athletes will be able to fence at the hotel during down time.

**Space in the clinic is limited.** We are only able to offer the full clinic to the first 18 who send in their entry form and fee. First come, first served.

We are proud to offer the highest caliber coaching staff for this event.

### Run/shoot

**Jan Olesinski**, a two-time Olympian and competition director for the Pentathlon US World Cup, will hold four days of run/shoot clinics focusing on the new laser technology.

### Ride

**Michael Cintas**, Beijing Olympic Riding Coach, will instruct groups of six riders for three days, focusing on the equestrian skills needed to successfully navigate the higher jumps they'll face in the World Cup.

### Swim

We are especially pleased to announce that **Sheila Taormina**, four-time Olympian in swimming, triathlon, and pentathlon, has agreed to coach a select group of swimmers for four days. If you are interested in this amazing opportunity, be sure to sign up for this special clinic on the attached entry form. For more information on Sheila's coaching technique, please visit [www.sheilat.com](http://www.sheilat.com).

## **SCHEDULE – Clinic and Competition**

### **January 4**

Arrival  
Registration

### **January 5, 6, 7**

Swim, fence, ride, run/shoot training

### **January 8**

Swim, fence, run/shoot training  
Jury ride  
Technical meeting at College of the Desert  
Weapons check

### **January 9**

Open competition (Senior division only)

### **January 10**

Departure

## **DIVISIONS**

The clinic and competition is limited to athletes age 16 and older, Senior Division only. We will award first, second, and third place in the Open for both men and women.

Domestic entries must be current members of USA Pentathlon. Please bring your USAP and UIPM cards. UIPM cards must designate you as a rider. Otherwise, you will ride only at the discretion of the Ride Director.

## ACCOMMODATIONS

Food and lodging are not included in the clinic or the competition. However, we will provide lunch on the competition day, January 9.

We have arranged a special rate at the luxurious Agua Caliente Casino Resort Spa in Rancho Mirage. Rooms are \$106 per night plus tax. Athletes are responsible for their own room arrangements. To obtain this special rate, say you are with the U.S. Modern Pentathlon clinic when you call for reservations.

State-of-the art rooms feature flat screen TVs in both the bedroom and bathroom. The hotel has several restaurants at all price points.

The address is: Agua Caliente Casino Resort & Spa  
32-250 Bob Hope Drive  
Rancho Mirage, Ca. 92270  
[www.hotwatercasino.com](http://www.hotwatercasino.com)  
Reservations: 1-866-923-7244

## TRANSPORTATION

Several airports service the Palm Springs area. The closest is Palm Springs International Airport (PSP), which is just minutes away. **Arrangements for transportation to and from the Palm Springs Airport must be made with the organizers in advance. There is no hotel shuttle service.**

Athletes can also fly in to Ontario International Airport (ONT), which is an hour away, or the Los Angeles International Airport (LAX), which is about a three-hour drive, or San Diego International (SAN), which is about two hours away. Athletes must arrange their own transportation from these airports.

Limited transportation will be available for athletes only between the host hotel, and clinic and training and competition venues. If you choose to stay at another hotel, you are responsible for your own transportation.

## VENUES

The competition will be carried out according to UIPM rules at the following venues:

- **Run/Shoot and ride:** Equestrian Centers International (ECI), Rancho Mirage. Lasers and electronic scoring equipment will be installed, if approved by the UIPM. CO<sub>2</sub> and compressed air will be available at the shooting range. The running will be on a flat mixed surface of compressed sand and asphalt.
- **Swim:** Palm Springs Swim Center, Palm Springs. Swimming will be in 6 to 8 lanes in a 50-meter outdoor pool.
- **Fencing:** College of the Desert (COD), Palm Desert.

## REQUIRED EQUIPMENT

### Run/Shoot

The new run/shoot rules specify:

- A pentathlete must wear athletic clothing.
- The pentathlete must wear a top with his or her **name clearly visible and professionally made** on the reverse side of the top, below which is the NF code, of a size between 7-12cm and in a contrasting colour to the colour of their shirt.
- Pentathletes must compete with athletics shoes, with or without spikes.
- If the laser guns are approved, we will send out additional information.

### Fencing

- Protective fencing clothing with fencer's surname and national code on the back of the jacket.

### Riding

- Breeches, jacket, shirt, and tie for men
- Breeches, jacket, and blouse for women
- Riding boots with heel
- ASTM-approved helmets are mandatory

## ENTRY INFORMATION

Name: \_\_\_\_\_ USAP# \_\_\_\_\_

Address: \_\_\_\_\_ UIPM # \_\_\_\_\_

Cell phone: \_\_\_\_\_ E-mail address: \_\_\_\_\_

Age: \_\_ Birth date: \_\_\_\_\_ Riding level: Beginner, Intermediate, Advanced

## ENTRY FEES

To make this event a success, we need to know the number of participants by November 1, 2010. Please e-mail Connie Ballard at [ballardcon@aol.com](mailto:ballardcon@aol.com) as soon as possible if you plan to attend. However, we cannot hold your place in the clinic until we receive your check.

**Please circle the choice(s) you are registering for.**

Clinic only:	\$350
Special swim clinic:	\$50
Competition only:	\$250
Clinic and competition:	\$500 (plus \$50 for special swim clinic, if desired)

**Total fees included: \$\_\_\_\_\_ Full payment due December 1, 2010. Late entries will incur a \$50 fee. No entries will be accepted after December 30.**

Make checks payable to West Coast Pentathlon. Send this page, along with the signed waivers and check to:

Connie Ballard, Event Secretary  
3863 Lilac Canyon Lane  
Altadena, CA 91001

**WAIVERS: The attached waivers must be signed by the applicant. You will not be allowed to compete without a signed waiver.**

## FOR MORE INFORMATION

If you have questions about the clinic/competition or the accommodations, please call or e-mail us.

- For general inquiries, contact Pat Duffy at [p171duffy@aol.com](mailto:p171duffy@aol.com) or call her at 1-415-892-4242
- For information about registration, contact Connie Ballard at [ballardcon@aol.com](mailto:ballardcon@aol.com) or call 1-626-993-7828.