



# INTRODUCTION TO BIATHLON

Sunday Sept 13th, 2015 — 10:00 AM to 3:30 PM—Meet at the biathlon range at 9:55. Pre-registration on Zone4.ca is a requirement



## *Who should attend?*

- Junior Nordic skiers, parents, and masters who are interested in, or may be curious about, the sport of Biathlon and who may want to participate either recreationally or competitively this winter (2015-2016).



## *What will be covered in this Introduction?*

1. Biathlon Bears Bronze level information
2. Brief introduction to the sport of biathlon
3. Description of the CNSC Biathlon Program
4. Introduction to rifle and range safety
5. Introduction to range set-up
6. Fundamentals of Biathlon shooting
7. Introduction to the combination of shooting and high intensity aerobic activity such as skiing, running or biking.
8. Description of typical winter training and race schedule
9. Description of typical program costs

## *Session Costs and Age Requirements:*

- Minimum age to participate is generally 9 years old. Racers and Recreational athletes are welcome. Parent participation required .
- Cost of the 1-day introductory session is \$20, which covers insurance (\$5.5/day), ammunition (\$15), rifle rental and admin fees.
- Each participation will be required to fill-in a one-day Biathlon BC “day license” for insurance.

## *Registrations and Fee Payments*

Register and pay by going to [zone4.ca](https://zone4.ca) or use the following link. <https://zone4.ca/reg.asp?id=9881>

Registrations and payment must be completed by Sept 12th at 13:00 Session may be cancelled if registration is too low or for reasons of weather. If the session is cancelled you will receive a refund. For more information contact: Ed Hoffman 250-964-3636 ([ededwardhoffman@shaw.ca](mailto:ededwardhoffman@shaw.ca)) or Pierre Beaudry at [Pierre@pbaconsulting.net](mailto:Pierre@pbaconsulting.net)