

# 2018 Northern Regional Biathlon Camp

## Prince George, BC

### July 3 – 8<sup>th</sup>, 2018

#### TARGET ATHLETES

This camp is targeted at athletes who are members of Biathlon BC and are in the Junior Boy/Girl, Senior Boy/Girl or Youth categories in the coming race season. There is room for 30 athletes in this camp and they will be selected on a “**first-registered, first-serve basis**”. Numbers may be limited based on coach availability.

#### CAMP FOCUS

The camp will focus on the introduction of elevated heart rates with range work. There will also be lots of volume training at this camp. A significant amount of that volume will be on roller skis, including skills work. There will be the added fun of a 35 km cycle ride to West Lake, followed by an afternoon at the lake for the 5-day campers! Biathlon coaches will have learning opportunities on the range with athletes, as well as in the afternoons with the guest coaches. Please expect to help out at the camp. A draft camp schedule will be provided to registrants.

#### ACCOMMODATIONS AND FOOD

**Accommodations:** There are three choices for accommodations for the weekend: 1) bring your tent and camp on site near the biathlon range and the lodge (cost = \$0 and is the recommended option), 2) arrange for a billet, or 3) stay in a hotel (cost = cost of the motel). Please note that if the weather forecast is not favourable for camping, billets will be arranged.

**Food:** Tuesday evening snack to Sunday lunch will be provided to athletes and volunteers as part of the camp fees. Meals will need to be organized and prepared by parent volunteers. All of this will take place at the ski/biathlon area lodge. You are welcome to bring your own food and store and prepare it in the lodge kitchen. Please note that this is planned as a family event.

#### FEES AND REGISTRATION

Camp fees are **\$120** for the 2 day camp (2 nights), **\$175** for the 3 day camp (3 nights), or **\$275** for the 5 day camp (5 nights).

**Registration process:** Register pay via Zone4.

**Please Register by 10:00 pm on June 27, 2018.**

A 100% reimbursement will be provided if camp needs to be canceled due to extraordinary circumstances or insufficient registrations.

Your **Biathlon Canada Membership must be up to date** to attend this camp.



# HELPERS

A more complete list of coaches and helpers will be provided as we get closer to the camp; however, we are very proud to have the following guest coaches helping at the camp:

## Biathlon Coaches:

- Petr Zidek (Biathlon Head Coach – Has decades of biathlon coaching experience, with Biathlon Canada, Biathlon Alberta and the Rocky Mountain Racers)
- Matt Neumann (CNSC Alumni & on the podium at Canadian National Biathlon Championships more than 20 times since 2008)
- Megan Tandy (CNSC Alumni & 3-time Canadian Biathlon Olympian)
- John Jaques (Canadian Para Nordic Biathlon National Team Coach)

## Rollerski Coaches:

- Tomas Caslavsky (Rollerski Head Coach – cross country ski raced internationally, including the World Cup level and won the 1995 American Birkebeiner.)
- Matt Neumann
- Megan Tandy

## Other Coaches:

- Trevor Joyce, & Zachary Matyas or Cory Watts (Running – Trevor is an accomplished ultra-marathon runner; Zach is a technically skilled middle-distance runner who's name appears in the Prince George Track Club record books; Cory has been racing for over 20 years in Prince George and is highly respected in running circles.)
- Kristjan Joubert (strength – member of the Canadian rowing team, competing internationally and is currently coaching the Victoria City Rowing Club, while studying kinesiology at the University of Victoria. Has developed strength training plans for a number of provincial sport organizations.)

# EQUIPMENT LIST AND CONTACTS

**Clothing:** camping gear for those staying on site (tent, mattress, sleeping bag, flash light and outdoor shower shoes). Bring clothes for all weather (hot or cold or rainy), rain jacket, sunglasses, hat.

Appropriate training clothes for the time of year, small backpack for the day's activities.

**Shooting Stuff:** biathlon rifle is required as there will not be any rifles at the camp to borrow, hard or soft case, trigger lock, arm band, ammo (500 rounds), gloves, ear plugs, rifle cleaning kit, P.A.L..

**Activity Gear:** Outdoor running shoes, hat, comfortable clothing suitable for running, etc. water bottle and carrier, yoga mat.

**Swimming stuff:** bathing suit, towel, goggles, swim cap if you need it.

**Roller Skiing Equipment:** Ski boots, skate roller skis, ski poles with roller ski tips sharpened, bike helmet, gloves and possibly knee/elbow pads. High Vis vest

**Cycling Equipment:** Mountain bike and a bike helmet. Be sure your pedals accommodate the running shoes you will use on the range. There will be no cycling permitted on single-track trails.

**Misc:** Water guns! Training diary, notebook, pen, pencil, camera, a positive mind-set and a big smile :-). Don't forget sunscreen and insect repellent.



**Please arrive at the Otway range on Tuesday, July 3<sup>rd</sup> between 16:00 and 20:00. Athletes will have their rifle fitted one-on-one, as they arrive. Programing will begin at 20:00. The barbeque will be hot from 18:00 to 20:00, so bring your meal and join in the kick-off BBQ.**

**QUESTIONS? Contact Sally Connon at [connowsally@gmail.com](mailto:connowsally@gmail.com) or call 250-962-7115.**

