



Aiming for Excellence

## Shooting Seminar Edmonton, June 9, 2012

This seminar is intended for Alberta coaches interested in developing and sharing their skills related to coaching athletes in biathlon. Primary focus will be on athletes in the train-to-train and train-to-compete phase of their development (14 – 21). This seminar is open to members of Biathlon Alberta.

Schedule: **Saturday, June 9**

<i>Rifle fitting, position adjustments</i>	08:30 – 10:30
<i>(practical session on the range, athletes welcomed)</i>	
<i>Shooting theory, periodization</i>	11:00 – 12:30
<i>Training periodization</i>	13:30 – 15:00
<i>Rifle maintenance</i>	15:15 – 16:15
<i>Discussion</i>	16:30 – 17:00
<i>Departure</i>	17:00

Location: [Edmonton Nordic Biathlon facility](#)

Facilitator: Richard Boruta

Fee: No fee for Biathlon Alberta member-coaches; \$50 for other Biathlon Alberta members

To Register: Please contact Andy Holmwood by June 3<sup>rd</sup>, 2012:  
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