



Aiming for Excellence

**Biathlon Alberta Training Centre
“Come train for a week with the BATC” Camp**

July 15 – 20, 2013 Canmore

Biathlon Alberta, together with the Biathlon Alberta Training Centre, is pleased to offer a six-day camp featuring training with the coaches, and at the facilities, of the BATC. This camp will be of particular interest to athletes considering training full-time with the BATC in future. This is your chance to learn some tips and tricks on how to become a better athlete!

Target group: This camp is open to Senior Boys and Girls, and Youth athletes. All athletes considering joining the BATC program in the 2014-15 season are strongly encouraged to participate.

This is a dry-land biathlon camp, the focus of which is on biathlon shooting and ski technique, as well as specific strength and training volume.

The camp will be led by Chartered Professional Coach Richard Boruta, BATC Head Coach, and Kathy Davies, BATC ski coach.

- Dates:** July 15 – 20, 2013 (Monday - Saturday)
Times: Athletes will train generally twice a day, 8:30 - 12:00 and 15:00 - 17:00. A detailed training plan will be available at a later date.
Where: Canmore Nordic Centre and Canmore area
Who: Second-year Senior Boys/Girls and Youth athletes with previous racing experience.
Cost: \$200 per athlete

Please note, this camp is offered as a day camp – transportation and supervision of athletes is not available outside of training times. Athletes are responsible for their own accommodation and meals, as well as transport to and from the Nordic Centre in Canmore. Team transport will be available for out-of town activities as needed.



Mandatory equipment:

- Rifle in good working order plus 600 rounds of training ammunition.
- Skate and classic roller skis, poles and boots; helmet.
- Running shoes, running poles (3-4" shorter than your classic poles).
- Clothing as usual - be prepared for all kinds of mountain weather!

To register:

Complete and send the registration form to Biathlon Alberta **by Friday, June 28th**:

Biathlon Alberta
#203, Bob Niven Training Centre
88 Canada Olympic Road SW
Calgary, AB T3B 5R5

Registration priority will be on a first-come basis; however, athletes from Alberta will be given priority if necessary. Space is limited to twelve athletes!

For more information:

Please contact Richard Boruta – richard@biathlon.ca