



**PROGRAM OVERVIEW  
2012/13**

## **BIATHLON TRAINING CENTRE – PROGRAM OVERVIEW**

### **Summary**

Biathlon Alberta, the provincial governing body for the sport of biathlon in Alberta, created the Biathlon Training Centre (BTC) in April 2011. The purpose of the Biathlon Training Centre, located in Canmore, is to provide affordable year-round training to committed biathletes aged 18 to 23 years.

The BTC is managed by Biathlon Alberta, a volunteer-driven sport organization and recognized leader amongst provincial sport organizations in Canada.

### **Biathlon Training Centre Program Description**

The Biathlon Training Centre in Canmore, Alberta is dedicated to developing committed athletes in the sport of Biathlon. As a training centre our goals also are to further the development of programs and services for athletes, coaches and officials to strengthen the sport in Canada

#### **Vision**

Athletes, Coaches, and Officials from the BTC will be recognized leaders of, and contributors to, Canada's national biathlon program.

#### **Mission**

To initiate and augment development opportunities in Alberta that target nationally competitive athletes, coaches, and officials, preparing them for subsequent levels of success.

The BTC will:

- Deliver an athlete development system that supplements and supports existing local, regional and national programs, respecting the "Long Term Development Model" Canada has adapted
- Expand development opportunities for coaches, athletes and officials

### **Athlete Development**

The tenets of athlete development are:

1. Provide programs that are unique in Canada, are athlete centered, and set new standards for athlete performance.
2. Prepare athletes to be ready for entry to national teams, and for international success.
3. Support all athletes with the same levels of technical support, regardless of their performance profile.
4. Maintain a coach to athlete ratio at roughly 10:1.
5. Accommodate full time year round training and competition schedules.

## Athlete Progression

The BTC is targeted at athletes between 18-23 years old who have graduated high school and are focused and committed to performance in biathlon. Biathlon Training Centre athletes are expected to make a year-round commitment to the sport and the team. Ideal candidates are athletes training for long term international success. Part-time school is encouraged for all athletes.

The Biathlon Training Centre is based in the Bow Corridor (Calgary, Canmore, Banff area). Athletes are expected to reside in the Bow Corridor.

Specific training plans will be centered on individual athlete goals and individual athlete development, and where appropriate, racing events will focus on performance at:

- Trials for World Youth Junior Championships and IBU/WC
- Trials for Provincial Teams for Canada Games
- World University Games
- IBU Cup
- U26 European Champs
- Canadian Biathlon Nationals

Highlighted area indicates Biathlon Training Centre targeted competitions.

Games	Cups	Championships	Trials
Alberta Winter Games	Kinder Cups-Regional races	Provincial Champs	Alberta Winter Games trials
	Calforex Cups	Western Canadian Champs	
Canada Winter Games	North American Cups	National/NORAM Biathlon Champs	Prov. Team trials for Nationals
World University Games		World Junior/Youth Championships	World Junior/Youth trials
	IBU Cup	U26 European Championships	IBU Cup Trials
Olympic Winter Games	World Cup	World Championships	World Cup/WCH Trials

## Program Coverage / Fees

The Biathlon Training Centre is supported principally by Biathlon Alberta and the Alberta Sport, Recreation, Parks and Wildlife Foundation, and is grounded in a fee-based program. Athletes pay an initial deposit followed by 10 monthly payments covering the full costs of coaching, training, competition and travel to events of the Biathlon Training Centre program. Fees are not refundable after May 1, 2012.

Program fees cover the full costs of coaching, training, competition and travel to events of the Biathlon Training Centre program.

- All ground travel and accommodation for camps and competitions on the program calendar are covered by the program fees and will operate out of Canmore.
- Included in the program fees are coaching, camps, wax, and support at select races in western Canada. Eastern NorAm or European tours will be on a user-pay basis.
- Regular training will operate in the Bow Valley area. Local travel for training is not covered by the Biathlon Training Centre.
- Race entry fees, outside of supported tours, are not covered by program fees
- Not included in the program fees are equipment and ammunition, in addition to Biathlon Canada membership

Based on available resources, a summer program may be offered to a limited number of athletes.

### **The program fee per athletes is: \$8500.00**

Payable as follows: May 1<sup>st</sup> - \$1500.00 deposit, + 10 posted-dated (June 1<sup>st</sup> through March 1<sup>st</sup>) cheques of \$700.00.

All BTC athletes will be provided the same level of support once accepted into the program.

### For Biathlon Training Centre program camps and supported competitions:

1. Camp logistics will be coordinated, funded and delivered by Biathlon Training Centre.
2. Athletes will stay as a group at the camp accommodation provided by Biathlon Training Centre.

## **2012 – Draft Training Schedule**

### Early May: Medicals and Physio assessments

- Medical Check-ups to establish baselines and ensure recovery from the previous season
- Physio assessments to establish protocols and priorities for offsetting imbalances

### May 9 – 13: On-Snow camp, Sovereign Lakes

#### Objectives:

- Early Volume on snow
- Technique video analysis
- Training Plan review
- In Camp Monitoring
- Educational Focus – Nutrition/Goal Setting/Stretching

This is the time of year when most athletes are very fit and technically sharp having just completed the season and had a rest period. It is important we capitalize on the snow conditions to make technical gains.

### May 22 – 27: Shooting camp #1

#### Objectives:

- 10 shooting sessions
- Rifle fit
- Position analysis
- Precision shooting baselines
- Precision work
- Shooting plan review
- Educational focus: Skill acquisition/development/mastery

### June 12 – 17: Volume/Bike Camp

#### Objectives:

- Early season low impact Volume
- Team Building

### July 10 – 15: Testing Camp #1, Canmore

#### Objectives:

- General performance analysis
- Biathlon shooting skills
- Biathlon specific performance analysis

August 25 – September 2: Summer volume camp, Whistler

Objectives:

- Volume
- Technique video analysis
- Training Plan review
- Educational Focus – TBD
- Team building

September 6 – 9: Testing Camp #2, Canmore

Objectives:

- Combo shooting
- Shooting at intensity
- Competition shooting
- Race planning
- Educational: Mental skills, IPS, race planning

October 29 – November 4: Early snow camp, Canmore/Lake Louise

Objectives:

- Volume
- Technique video analysis
- Transition from dry land to snow

## **Draft Competition Schedule 2012 – 2013**

For athletes that do not qualify for National Ski Team supported trips during the winter a secondary competition program (Euro/NORAM tour) will be put in place.

<b>Date</b>	<b>Competition</b>	<b>International Group Target = Team Qualification</b>
Nov. 14 – 16	Senior National Team snow trials- Canmore	Biathlon Training Centre (Supported)
Late Nov.	NorAm- Canmore	Biathlon Training Centre (Supported)
Early Dec.	NorAm – Biathlon or XC - TBD	Biathlon Training Centre (Supported)
Late Dec.	World Youth/Junior/Senior trials- TBD	Biathlon Training Centre (Supported)
February	NorAm/European Tour – TBD	Biathlon Training Centre
March	National Championships	PSO supported

## **Code of Conduct**

The Code of Conduct identifies the standard of behavior, which is required of all Biathlon Training Centre members traveling to, participating at and returning from all Biathlon Training Centre supported events.

### **ALL Athletes and Coaches Shall:**

1. Represent the Biathlon Training Centre as goodwill ambassadors, with dignity, personal integrity and within the spirit of good sportsmanship at all times both in and out of competition.
2. Show respect for:
  - a. the members of your own team
  - b. all competitors, officials and coaches participating in the event
  - c. the rules and standards set down by the event
  - d. the decisions of the Technical Officials
  - e. the people of the Event Hosting Community including staff, volunteers, spectators, local business personnel, etc.
3. Attend any Ceremonies and awards presentations
4. No tobacco or illegal drug substances may be brought or consumed on any Biathlon Training Centre supported trips. Alcohol may not be consumed by, or in the presence of, athletes under the legal drinking age.
5. Be a team player – selfishness will not be tolerated and could lead to removal from the team.

### **In Addition, All Coaches/Staff Shall:**

1. Set a positive example for their athletes by compliance with all policies, rules and standards of conduct.
2. Act in the best interest of the athlete, avoiding all unsafe and unacceptable circumstances, and seeking advice of appropriate medical personnel before deciding if an injured athlete is to resume competition.
3. Be responsible for the conduct of their athletes at all times during BTC supported trips.

## **Volunteering and Community Service**

### **Community Service**

It is important to represent the Biathlon Training Centre in a positive manner in the biathlon community. Each athlete will be encouraged to provide community service to the biathlon community on a regular basis.

In general, athletes will be expected to:

1. Assist home club training camps
2. Assist provincial or regional camps (i.e. Provincial Development camps)
3. Attend community service with their home club or provincial team
4. Athletes will be expected to volunteer for the Biathlon Training Centre up to 20hrs

All community service and volunteering activities will be approved by the Head Coach to ensure that it is compatible with individual training plans.



## **Training Plans, Training Logs, and Mandatory equipment**

Athletes will be provided with comprehensive training plans based on their individual development as an athlete and focused on their individual goals. Training plans will include:

- Age appropriate year round training with sequencing of volume, intensity, strength training, and psychology as it applies to our sport,
- Monitoring,
- Education on recovery techniques,
- Sequencing of the most effective ways to improve technique.
- Yearly periodization and skill development for shooting (Biathlon)

Biathlon Training Centre athletes will be expected to log and report all training directly to the Head Coach in a timely manner.

All Biathlon Training Centre athletes are responsible for providing and maintaining the following mandatory equipment:

- Marwe or V2 skate roller skis with medium wheels in new condition
- Classic roller skis
- Road bike of reasonable quality
- Garmin or other downloadable heart rate monitor with GPS

## **Sponsors and Supplier pools**

**Skier Responsibilities:** Sponsors are important to the survival of the Biathlon Training Centre. Athletes will be expected to communicate with and service sponsors as defined by the Racing Director. Athletes are expected to conduct themselves in a manner that reflects well on BTC sponsors at all times.

1. Skis, boots and poles sponsorship will be the responsibility of each athlete. Upon request, the Biathlon Training Centre may be able to facilitate sponsor relationships in these categories.
2. Wax and ski service sponsorship will remain the domain of the Biathlon Training Centre. Athletes will be expected to support and promote Biathlon Training Centre sponsors. Race waxing on selected tours and ski service will be provided by the Biathlon Training Centre.
3. Athletes are eligible for discounted prices on sport equipment and wax from all suppliers.

## Biathlon Alberta Training Centre – 2011/12 Roster

Kathryn Stone  
Julia Ransom  
Liisa Chisholm  
Keely MacCulloch

Melanie Schultz  
Andrea Mayo  
Elijah MacCulloch  
Andrew Chisholm

Zina Kocher  
Emma Lodge  
Sarah Beaudry  
Macx Davies



### Top achievements by Training Centre Athletes, 2012/13

**Zina Kocher** – top Canadian female biathlete, 3x top 10 in the WC, 19<sup>th</sup> overall in WC standings

**Melanie Schultz** – selected to all IBU Cup NT tours, 2 x 4<sup>th</sup> place (Relay and Individual), Canadian Female Athlete of the Year, 3<sup>rd</sup> place at Nationals

**Kathryn Stone** – selection to Team Canada, IBU Cups 6 and 7

**Julia Ransom** – 2<sup>nd</sup> and 5<sup>th</sup> at World Youth/Junior Championships, 2 x 1<sup>st</sup> and 2<sup>nd</sup> place at Nationals, 1<sup>st</sup> place NorAm overall in Junior Women

**Emma Lodge** – World Youth/Junior Championships team member, 2nd place at Nationals 2012, 2<sup>nd</sup> place NorAm overall in Junior Women

**Sarah Beaudry** (summer only) – Youth Olympic Winter Games team member, Y/JWCH team member, 1<sup>st</sup> and 2x 2<sup>nd</sup> at Nationals,

**Keely MacCulloch** (summer only) – Y/JWCH team member, 2<sup>nd</sup> and 2x 3<sup>rd</sup> at Nationals

**Macx Davies** – World Youth/Junior Championships team member, 2 x 2<sup>nd</sup> place at Nationals, 1<sup>st</sup> place NorAm overall in Junior men

**Andrew Chisholm** – 3<sup>rd</sup> place at Nationals 2012, 2<sup>nd</sup> place NorAm overall in Junior Men

Eight athletes participated at Canadian National Championships 2012 and they won together 14 medals.