Aiming for Excellence

Biathlon Boot Camp
July 30 – August 4, Canmore

Biathlon Alberta, together with the Biathlon Alberta Training Centre, is pleased to offer the opportunity to learn biathlon from the very best.

Olympic winner and World Champion **Anna Carin Olofsson-Zidek** will lead a biathlon camp in Canmore, offering participants the opportunity to test their physical, technical and mental biathlon skills. This camp is designed for second year Senior Boys/Girls and Youth athletes with previous racing experience.

The Camp program will include shooting skills assessment, strength testing, psychology session and a roller-ski uphill time trial.

As well as Anna Carin, the coaching team will include Chartered Professional Coach Richard Boruta, BATC Head Coach, Petr Zidek, BATC Assistant Coach, and Kathy Davies, BATC ski technique consultant.

Participants will be able to train alongside BATC athletes, including a 2-time Olympian Zina Kocher and YWCH silver medalist Julia Ransom. This is your chance to learn some tips and tricks on how to become better athletes!

Dates:	July 30 - August 4, 2012 (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:	$250 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:

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

Space is limited to the first ten athletes to sign-up!

For more information:

Please contact Richard Boruta – richard@biathlon.ca

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