



## 2015 Canada Games Team Alberta Training Camp Canmore October 22 – 27, 2013

**Preparations continue for the 2015 Canada Winter Games, occurring in Prince George, BC!**

Our third camp picks-up where our June camp left off, making use of the roller-ski treadmill and the shooting lab at the Bill Warren Training Centre for testing. This camp will focus on building training volume, and will include on-snow training on Frozen Thunder at the Canmore Nordic Centre.

### **Eligibility**

All Biathlon Alberta athletes born 1994 – 1997 are eligible to attend. A maximum of 16 slots are available for the camp, to be filled on a first-come basis.

### **Camp fee/Registration**

- \$200 per person includes the camp, 4 dinners, in addition to accommodation and transportation in Canmore
- To register: please complete the attached registration form and return to: [geretcoyne@gmail.com](mailto:geretcoyne@gmail.com)

The camp fee (\$200) is due upon arrival at the camp. Please pay either by cheque (made out to Biathlon Alberta) or cash. Cheques may be sent in advance to Biathlon Alberta:

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

### **Equipment**

- Rifle, one brick ammo;
- Skis, poles, boots + clothing and equipment appropriate for both roller-skiing and on-snow skiing
- Gym clothing

### **Accommodation**

Accommodation is available, and included in the camp fee, for out-of-town athletes, at the Rocky Mountain Ski Lodge. Please contact Geret Coyne to arrange: [geretcoyne@gmail.com](mailto:geretcoyne@gmail.com)

## Meals / Transportation

Breakfast and lunches will be the responsibility of the athletes – kitchen facilities are available at the Canadian Rockies Chalets. Dinner will be provided Wednesday through Saturday evenings.

Athletes are responsible for their own travel to and from Canmore. Once at the camp, all transportation will be arranged by Biathlon Alberta.

## SCHEDULE

### Tuesday (October 22):

Arrival in Canmore in the evening – *no dinner provided.*

### Wednesday (October 23):

Incremental Treadmill Testing  
FMS – Follow up Testing  
Shooting Lab Evaluations  
Skiing/Shooting

### Thursday (October 24):

Running/Skiing /Shooting

### Friday (October 25):

Running/Skiing /Shooting

### Saturday (October 26):

Running/Skiing /Shooting

### Sunday (October 27)

Running/Skiing /Shooting  
Camp ends at 13:00h

\*\*Detailed Daily Activity Schedule Will Be Circulated Closer to the Camp Once Coaching Staff Have Developed Training Plan\*\*\*