



Biathlon Alberta – 2015 Canada Winter Games

Year 4 (June, 2014 – February, 2015) Program Description

Overview

Biathlon Alberta will continue preparations, over the summer and fall of 2014, for the 2015 Canada Winter Games. Three camps, as described below, will be offered between June and October. Selection of the Canada Games team will occur at a December event in Canmore; specific details on the selection procedure will be released by September 30th.

Eligible Athletes

All Alberta athletes born 1994 through 1999* (2014/15 categories Senior Boy/Girl through Junior Men/Women) may compete for selection to Team Alberta for the Canada Games. The Team Alberta selection event, however, will mirror the Canada Games competitions, featuring full rifle carrying and Junior Men/Women ski distances.

**refer to the [Canada Winter Games Technical Package](#) for a full description of athlete eligibility.*

***Important note – Senior Boy/Senior Girl athletes may compete at the Canada Games under an age-exemption granted by Biathlon Canada. Approval of such exemptions is at the sole discretion of Biathlon Canada. Refer to the Technical Package for more details.*

Year 4 resources will be focused on a select group of 12 male and 12 female athletes identified in order of the following priority:

1. Selection to 2014 Team Canada – World Youth/Junior Championships
2. Winner of Junior or Youth medal at 2014 Canadian National Championships
3. Winner of Senior Boy/Senior Girl medal at 2014 Canadian National Championships
4. Performance at 2014 Canadian National Championships – Youth categories
5. Performance at 2014 Canadian National Championships – Senior Boy/Girl categories
6. Performance at 2014 Arctic Winter Games
7. Board selection

Female Athletes

Danielle Vrielink
Megan Bankes
Kendall Chong
Nicola Davies
Elyse Ewert
Bryn Robertson
Reagan Chicoine
Gillian Gowling
Kirsten Chicoine
Katrine Gillett
Kathleen Alexander
Darya Sepandj

Male Athletes

Stuart Harden
Aidan Millar
Pearce Hanna
Matt Strum
Ben Churchill
Jakob Chambers
Sergey Bochkarnikov
Nate Gerwing
David Singleton
Reid Creasy
Adam Runnalls
Chad Berling

- Should positions remain available at any given camp after the above athletes on the list above have been invited, Biathlon Alberta retains the right to select, at its discretion, additional athletes.
- Note: Selection to the above pool of athletes has no official implication for selection to Team Alberta for the Canada Games. All eligible athletes may compete for selection.

Camp Descriptions

1. Canmore Camp #1

June 27 – July 1

Location: Canmore

This camp follows up on previous Canmore camps, and will include:

- Training zone checks on roller-ski treadmill
- Functional Movement Screens
- Shooting Performance Evaluation

In addition, reports will be prepared for each athlete's respective coach based on results from the evaluations.

Athlete fee: \$200 (all-inclusive, except for transportation to/from Canmore)

2. Summer Competition Camp

August 3 – 11

Location: Jericho, Vermont

This camp will include shooting and roller-ski training and competition with a group of athletes from around Canada and the United States. Athletes will fly in and out of Montreal (Biathlon Alberta to book all flights).

Athlete fee: \$1200 (all-inclusive)

3. Frozen Thunder Training Camp

October 23 – 27*

Location: Canmore

The focus of this camp will be on building training volume, and transition to on-snow from dry-land training. Evaluation tests will be performed at this camp, including Roller-Ski treadmill, Functional Movement, and Shooting tests.

Athlete fee: \$200 (all-inclusive, except for transportation to/from Canmore)

*dates to be confirmed

