



CWG Training Opportunities: July 15 through October 15th, 2010

- Contact for all Camps: Alan Ball, aball@biathlon.ca; 780-447-3717
- Registration will be via Zone 4. Preference will be given to CWG Squad members.
- Athletes are responsible for their own transportation, lodging, food, and equipment, except as noted below.
- Camps in Canmore start at 09:00 on the first day.

Camp #3: Shooting Camp, Integrating the Mental and Physical Aspects of Biathlon Shooting

Aug 21 - 23, Canmore

Summer Biathlon Competition, Aug 21: Registration is included in the camp fee.

Featuring Danielle Fortin Black, Sport Psychologist and the CWG coaches, Kristin Jensen, Alan Ball and Jeff Lodge, plus a mystery guest or two. More emphasis on combination shooting in this camp.

There will be *limited* accommodation, room only, available for non-Canmore athletes at the Rocky Mt. Ski Lodge. Contact: Alan Ball.

Location: Canmore, AB.

Equipment: Roller skis, rifle, ammunition (brick), running gear, snacks, recovery drink, etc.

Cost: \$90. Register at Zone4:<http://www.zone4.ca/register.asp?id=1235>

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