



## CWG Training Opportunities: July 15 through October 15<sup>th</sup>, 2010

- Contact for all Camps: Alan Ball, ; [aball@biathlon.ca](mailto: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 for individual camps.

## Competition Camp, Sept. 10 - 12, Canmore

### Program:

#### North American Roller Ski Championship Biathlon Competitions, Sep. 11-12:

We would like CWG Squad members to compete in the Jr. Men/Women categories at the NACH (Roller Ski) as part of their CWG program. The competition will be organized along traditional lines, with athletes supported by their clubs. Alan Ball will be in attendance on behalf of CWG and will provide race support to those who request it.

Continuing with our mental training/shooting program, athletes should set and maintain first-bullet goals consistent with our last camp sessions with Eric Jensen. In terms of accuracy of shooting, 16/20 is an acceptable minimum, with competition goals set to better this.

#### Schedule:

Friday: Official Practice, 09:00 – 15:00

Saturday: 08:30 Zero; 09:30 Sprint

Sunday: 08:30 Zero; 09:30 Pursuit

[Invitation](#)

### Logistics:

**Accommodation:** There will be *limited* accommodation available for non-Canmore athletes registered in the Jr. Men or Jr. Women roller ski competitions; room only, Friday and Saturday night. Contact: Alan Ball.

**Location:** Canmore, AB.

**Equipment:** Roller skis, rifle, ammunition, running gear, snacks, recovery drink, food, etc.

**Cost:** \$50.00 for competitions.

### Register:

Registration is open on Zone4: <http://www.zone4.ca/onlinereg.asp?id=3092>

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