



2009 CANMORE COMPETITION CAMP – IN PREPARATION FOR THE 2011 CANADA WINTER GAMES

Biathlon Alberta prepares for the 2011 Canada Winter Games! Our first fall competition camp of the season will feature shooting and biathlon competitions, a mountain scramble, and a nutrition session (meal planning) with Kelly Dragger. We will also introduce the CWG Biathlon Mental Trainer, Danielle Black Fortin.

DATES/TIMES

Friday, September 18 th	08:30 – 17:00
Saturday, September 19 th	08:30 – 17:00
Sunday, September, 20 th	08:00 – 14:30

ACTIVITIES

Friday: Practice day: shooting, roller skiing, nutrition, mental training, Orienteering biathlon race.

Saturday: Shooting Competitions, Mental Training, Hike / Scramble, Nutrition

Sunday: Summer Biathlon Competition, Mental Training, optional roller ski training

Bonus event: Jamie Robb will give a presentation on finding and keeping sponsors!

ELIGIBLE ATHLETES

Biathlon Alberta members* born 1990 – 1993, inclusive

*2009/10 membership required – available here:

<http://www.zone4.ca/register.asp?id=623&lan=1&cartlevel=1>

COACHES

For the camp are John Jacques and Kristin Jensen, assisted by Tyson Smith and Jamie Robb.

CAMP FEE

\$40 + online transaction fee – includes the Sunday Summer Biathlon competition.

Please register on Zone4: <https://www.zone4.ca/register.asp?id=634&lan=1&cartlevel=1>

Participants are responsible for their own lodging, meals and transportation to and from the Nordic Centre.

WHAT TO BRING ...

Rifle, ammunition, roller skis, helmet, running shoes, light hiking boots, suitable clothing for outdoor activity including light hiking boots or trail shoes

Summer Biathlon: The Sunday running biathlon competition will be open to non-camp registrants for a fee of \$10. Registration/Zero 10:00 – 10:45; race starts at 11:00.