



Biathlon

Adult Summer Training Weekend

This weekend is intended for participants of past FNSC or other clubs' Biathlon programs.
FNSC Membership is required.

July 16 & 17, 2011 in Canmore from 9:30 am – 3:00 pm

Registration at www.foothillsnordic.ca

Deadline: July 8, 2011 (note if minimum of 8 participants have not registered by the deadline the weekend will be cancelled and your full registration fee will be repaid to you)

Other Expenses: CNC Range Day Pass to be purchased from the day lodge.

Daily Plan

9am – noon: precision shooting & combo training

1pm – 3pm: biathlon specific strength, ski technique / dry land skills, & aerobic training

Bring

Rifle (or request a club rifle be brought for your use), 400 rounds of ammunition – if you need help buying your ammo please speak to coaches before the weekend, lunch, snacks, water, clothing for the weather, long sleeve shirt, runners, shooting gloves, ski walking poles (they should come to just below your arm pits)

At least one of the following: road bike, mountain bike, roller skis or roller blades, hiking boots

We will be running a public demo event on Saturday after training – anyone who can stay to help instruct would be appreciated.



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Adult Demo Day

Saturday July 16: 3:30 pm to 5pm, meet on the biathlon range lane 31

Come and try a fun afternoon of biathlon in Canmore.

No pre-registration require, but if you plan to attend please contact coach Robyn at robyn2007@gmail.com so that if the demo event is postponed we can let you know.

Cost on the day

1. You must visit the Canmore Nordic Centre day lodge before joining the group on the range – you will need to sign a range use agreement and pay a day use fee.
2. Biathlon Alberta Day Membership: \$15 paid to the coaches on the range
3. Ammunition cost: \$5 paid to the coaches

Bring

Clothing for the weather (long sleeved shirts are best for shooting in)

Sun screen, bug spray, water and snacks, runners for easy short jogs around the range