



Biathlon Nova Scotia Competitive Team

Biathlon Nova Scotia is pleased to present a weekly biathlon practice for athletes looking to become competitive in the sport of biathlon. This program is intended for athletes with some experience with the sport of biathlon.

- Sessions will run each Saturday from 1-3pm at McDonald Sport Park in Waverly starting Oct. 24th.
- Athletes will have both conditioning and shooting practice in these sessions.
- Athletes are required to come prepared for running and a variety of cardio activities, bring their own mat to lay on for shooting (roughly 4ftX3ft), buy their own pellets (Cal 0.177), bring water and a facemask.
- Registration cost \$150 and can be done through <http://biathlonns.ca/membership.php> this level of membership also entitles (but does not require) athletes to participate in our weekly roller skiing practice Monday nights 5:30-7pm at Chain of Lakes Trail in Bayers Lake.
- All other questions can be directed to katrenathomas97@gmail.com

