



## **BIATHLON NB ON-SNOW TRAINING CAMP Charlo, NB, 14/15 December 2019**

### **INVITATION AND INSTRUCTION**

#### **INTRODUCTION**

The Biathlon NB Annual Plan 2019/2020 lists a requirement for an on-snow training camp to be held during 14/15 December 2019. The camp is intended to be the first on-snow training for all Biathlon NB, NL, NS and PEI athletes to prepare for the busy season starting very soon. Skiing has already been ongoing in Charlo for some time.

#### **MISSION**

Biathlon NB will conduct an on-snow training camp at les Aventuriers, Charlo, during 14/15 December 2019.

#### **Objectives**

1. To refresh skiing skills.
2. To sharpen competitive shooting skills.
3. To provide essential competition preparation training prior to this starting season.
4. To provide continued hands-on experience for coaches.

#### **PARTICIPATION AND REGISTRATION**

All Biathlon NB athletes and other Atlantic provinces athletes and coaches are invited to participate. All NB coaches who are authorized in consultation with the Camp Director, Trent Martin, are also invited to attend. **Registration is via Zone 4 under On-Snow Camp 2019:**  
<https://zone4.ca/register.asp?id=22761&lan=1&cartlevel=1> open now and until 13 December 2019.

#### **CAMP CONDUCT PLAN**

The camp will be conducted at les Aventuriers in Charlo on a two-group round-robin basis with the focus primarily on skiing techniques, competition shooting skills, competition preparation and a time trial in accordance with the attached timetable. A supper provided by Biathlon NB will be held on Saturday in the Development Building.

#### **FINANCES, ADMINISTRATION AND LOGISTICS**

##### **Camp Fee**

Each participating athlete must pay a \$70 camp fee on Zone 4. The fee will cover the training facility costs, coaching support, ammunition and the Saturday supper meal.

##### **Biathlon Canada and Division Membership**

All participants at the camp must be Registered Participants of Biathlon Canada through their Divisions for the year 2019/2020.

##### **Travel and Accommodation**

Travel of individuals and club groups to and from the camp and the accommodations are the responsibility of the clubs and individuals. Accommodations will be available for out-of-towners in the

Development Building on the Friday and Saturday nights for \$12 per night and can be paid for on Zone 4. The les Aventuriers Chalet is open – call 506-826-9243. For the Heron's Nest cottages, contact information is: 506-684-3766 or [www.heronstnecottages.com](http://www.heronstnecottages.com).

### **Meals**

The Saturday evening meal will be sponsored by Biathlon NB. All other meals will be the responsibility of the participants. Saturday's supper meals for non-athletes can be paid for on Zone 4.

### **Equipment and Necessities**

Training will take place on snow and ski equipment is to be brought. Athletes are expected to bring the following general categories of equipment for use:

- skis and associated items
- rifles and associated equipment
- appropriate clothing for the conditions, with enough changes
- sleeping bag and pad, toiletries, towel (for out-of-town people) as required
- food supplies as needed

### **Rifles and Ammunition**

All Biathlon NB rifles are to be at the camp. Ammunition will be provided to all participants.

## **COMMUNICATIONS, APPOINTMENTS AND SAFETY**

### **Communications**

Divisions and Clubs are requested to inform their athletes and coaches about the contents of this instruction. Emergency communications will be through Trent Martin's cellular: 506-623-9161, or Paula Septon's: 506-623-8118.

### **Camp Appointments**

Camp Director/Head Coach – Trent Martin

Shooting Coaches - Trent Martin, Michel Cote

Ski Coach – Kevin Heppell, Eric Hebert

Other Coaching Staff – As available and as directed by the Camp Director

Camp Administrator – Paula Septon

### **Safety**

Safety will be of the utmost priority during the camp. All participants are to be extremely alert at all times for unsafe situations and to be vigilantly proactive about prevention of accidents of any kind. Coaches are to ensure that all required safety rules, procedures and practices are used for every activity, and that all laws and IBU, Biathlon Canada and Biathlon NB regulations are respected, particularly for shooting.



Ray Kokkonen  
President, Biathlon NB  
6 December 2019

**ATTACHMENT:** Camp Timetable

**BIATHLON NB ON-SNOW TRAINING CAMP  
CHARLO, NB  
14/15 DECEMBER 2019**

**Camp Timetable**

<b>SATURDAY – 14 DEC</b>	
0800-0830	Welcome, Introductions, Review of Schedule, etc
0830-0900	Coaches Review and Athlete Prep
0915-1030	Group A – Shooting (Trent, Michel) Group B – Skiing (Kevin, Eric)
1030-1045	Refuel Break
1045-1200	Group A – Skiing (Kevin, Eric) Group B – Shooting (Trent, Michel)
1200-1300	Lunch
1300-1430	All – Ski-shooting Practice (Trent, Michel, Kevin, Eric)
1430-1500	Refuel Break
1500-1630	Fun Relay Competition
1800-1915	Supper Provided by Biathlon NB (Development Building)
1930	Free Social Time
<b>SUNDAY – 15 DEC</b>	
0800-0900	Review of Previous Day's Sessions (Development Building)
0900-0945	Zeroing for Time Trial Competition
1000	Time Trial – Sprint Competition (details to be provided later) <b>Note:</b> Rifles will be rack-to-rack, carry or for Rookies' rifles will be set on the mats by coaches
1200	Lunch and Camp Clean-up, Packing
1315	Post Competition Review and Departures

**NOTE: This timetable may be subject to possible changes**