



Soo Finnish Nordic Biathlon Training Camp and Race Invitation

Date: October 31 & November 1, 2009

Location: Algoma Rod & Gun Club, Sault Ste. Marie

Who: This training camp is open for all Biathlon Ontario .22 athletes, and is open for experienced and new air rifle athletes ages 10 - 16.

Cost: \$50.00. Please bring cash or cheque payable to Soo Finnish Nordic. This includes race fee, and lunch on Saturday. Participants must be a Biathlon Ontario member or pay a day fee of \$10.00 per day.

Membership & Participation Waiver: Must be a current member of Biathlon Ontario and athlete must bring participation waiver to camp. If you are not a current member, a day membership must be completed, with a cheque payable to Biathlon Ontario. Arrive early if you need to renew a membership.

Facility: The Algoma Rod & Gun Club will have the facility open for the training camp. Air rifles will be provided at this camp for those who do not have one.

Sunday Race: There will be a \$10.00 race fee for non training-camp athletes. Participants must be a Biathlon Ontario member or pay a day fee of \$10.00 per day.

Contact: If any athletes, coaches or volunteers would like to attend this event please contact Colin Edwards at eddies_colts1375@hotmail.com

Important Note for all .22 athletes : Current law and legislation regarding the possession and use of firearms must be followed and licences must be presented upon arrival for participation in this event.

Camp Teaching Points:

- Range Safety
- Positing Drills
- Prone & Standing Shooting
- Development of Range Shooting Procedures
- Cardio & Strength Training
- Introduction to Shooting (New Air Rifle Athletes)

Athlete Equipment List:

- .22 rifle, ammo (250 rounds), parts, cleaning accessories & rifle documents
- Lead pellets for air rifle athletes (250 pellets)
- Extra clothing for physical training, rain jacket
- Proper Running Shoes
- Water Bottle(s), Light Snacks

Schedule for experienced .22 athletes and experienced air rifle athletes:

Saturday October 31, 2009

- 0800 – Registration opens for the training camp, and setup for the range begins.
- 0900 – Warm-up activities, and range briefing.
- 1000 – Dry firing with rifle holding, and prone combination shooting.
- 1130 – Lunch.
- 1300 – Distance run, with strength training.
- 1345 – Standing combination shooting.
- 1430 – Open combination shooting.
- 1500 – Shooting game.
- 1530 – Tear down of the range.
- 1615 – Race preparation talk.

Sunday November 01, 2009

- 0800 – Set up of the range.
- 0845 – Zeroing opens.
- 0945 – Zeroing closes.
- 1000 – Start of sprint race.
- 1130 – Tear down of range.
- 1300 – Award ceremony.

Schedule for new air rifle athletes:

Saturday October 31, 2009

- 0800 – Registration opens for the training camp, and setup for the range begins.
- 0900 – Warm-up activities, and range briefing.
- 1000 – Introduction to prone shooting, and positioning drills.
- 1100 – Prone shooting.
- 1130 – Lunch.
- 1300 – Light run.
- 1330 – Prone combination shooting.
- 1500 – Shooting game.
- 1530 – Tear down of the range.
- 1615 – Race preparation talk.

Sunday November 01, 2009

- 0800 – Set up of the range.
- 0845 – Zeroing opens.
- 0945 – Zeroing closes.
- 1000 – Start of sprint race.
- 1130 – Tear down of range.
- 1300 – Award ceremony.