



Lake Superior Biathlon

P.O. Box 21086, Thunder Bay Ontario, P7A 8A7 www.lakesuperiorbiathlon.com

27 September 2009

FALL 2009 BIATHLON CLINIC INVITATION

Lake Superior Biathlon will be hosting a biathlon shooting clinic on 17-18 October 2009 at the Thunder Bay Fish and Games Association outdoor range located at 260 Pento Road. The intent of the clinic is to develop biathlon skills through dryland training in preparation of the athlete's competition season. **This clinic is not intended for entry level participants.**

Mr. Bill Meyer, a 17 year veteran as a biathlon coach with Minnesota Biathlon, will lead this two-day clinic. The clinic focuses in skiing and marksmanship techniques to further develop biathlon skills.

Details are as followed:

Clinic Format: Workshops and presentations
Shooting drills
Combination training
Race preparation and time trial

Fees: Biathlon Ontario, LSB members and cadets* - \$40.00/person
Non-members - \$80.00/person

Fees covers lunch for both days, and mandatory insurance for non-members

Cheque is to be made payable to: Lake Superior Biathlon

*(Cadet Restrictions applies, contact Winnipeg CTO for details)

Participants will be contacted on October 15, 2009 to confirm their attendance.

Weapons: 8 Positions available for 0.22 Cal Rifle
8 Positions available for 0.177 Air Rifle

Participant are responsible for the purchase of ammunition

Safety Clinic: All participants will receive a safety briefing by the Range Safety Officer

Registration: Registration forms will be made available on Lake Superior Biathlon website. Participants are asked to complete the necessary forms and submit them along with the payment to:

Lake Superior Biathlon
PO Box 21086,
Thunder Bay Ontario, P7A 8A7

Registration will only be accepted until October 15th, 2009.

Clinic is closed to LSB/BiON members who are registered in the Biathlon Bears Program or entry level participants.

Accommodations: Participants are responsible for arranging their own accommodations. Thunder Bay offers many opportunities for accommodations within a close proximity to the range.

Meals: Lunch will be provided on both clinic days. Participants are responsible for other meals and refreshments.

An optional Order-in supper meal will be made available at participant's expense. Price will be forward to participants during confirmation.

Dress: Participants are to dress according to local weather conditions. Lake Superior Biathlon recommends dressing in layers and bringing an extra change clothes.

Participants are required to have either a pair of roller skis, or rollerblades and carbine tip poles.

Tentative
Schedule

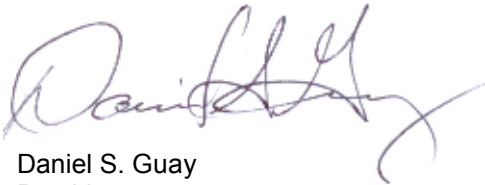
Saturday October 17

8:30 to 12:00	Classroom instruction, dry fire drills, and live fire
12:00 to 12:30	Lunch break at range
12:30 to 4:30	Range procedure, drills, roller skiing
4:30 to 7:00	Dinner
7:00 to 8:00	Laser rifle training systems.

Sunday October 18

8:30 to 11:30	Classroom (wind, heartrate, etc.), 50 shot test
11:30 to 12:00	Lunch break
12:00 to 1:00pm	Combo training
1:00 to 3:30	Summer Biathlon Race
3:30 to 4:00	Range clean-up and tear-down. End of Clinic

Questions and comments in regards to the clinic can be directed to info@lakesuperiorbiathlon.com.



Daniel S. Guay
President