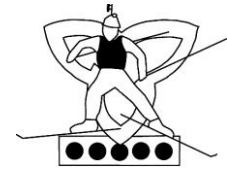


Biathlon Ontario Athlete Testing

(In conjunction with the Biathlon Ontario Annual General Meeting)



When: May 30/31, 2009

Where: The Laurentian University Ben Avery Physical Education Centre, Sudbury, Ontario

Purpose: This testing camp will provide the following:

1. Athlete Physical Testing which includes: endurance, strength, physiological exam, blood work and shooting tests. This information is critical to develop proper individual specific training plans which will be available from Biathlon Ontario (cost to be determined).
2. Examination by registered physiotherapist to ensure injury prevention prior to training plan being made.
3. Learning how to train properly.
4. Nutrition and Mental training evening sessions.

Who: This camp is open for athlete categories of Sr. Boy and Girl and older. They must be a member of Biathlon Ontario in good standing. The camp must have 10+ attendees to run.

Cost: \$150.00 + \$34/person/night (incl. taxes) accommodations for athletes and parents available in the Single Student Residence at Laurentian (apartments with kitchen, 2 bathrooms, 2 dbl bedrooms & 2 single bedrooms or 2 dbl bedrooms only). The Residence supplies sheets, blankets, pillows, towels and facecloths. 1 floor (42 beds) is on hold for us until May 3rd

Equipment Requirements: .22 rifle (with ALL standard accessories – may be borrowed if the athlete does not have their own rifle yet) and ammunition, heart rate monitor, running clothes, shorts or tight fitting clothing for Physiology exam.

Proposed Schedule:

May 30th, 8 am – 4 pm – at the LU Ben Avery Physical Education Centre for the physical testing
(The Biathlon Ontario Annual General Meeting will be taking place in the same building)

5:30 – 7:30 – Biathlon Ontario Banquet - at the Ken Bahuk Lounge at the
Ben Avery Centre for \$21 including taxes (see order form)

7:30 – 9:30 – Nutrition, mental training, discussions

May 31st, 9 am – noon - Sudbury Game and Fish Protective Association for shooting tests

To register for the camp email: tim.hurley@ae.ge.com **and** michelle_armitage@hotmail.com
Registration by e-mail constitutes attendance and athlete will be billed.

Please notify Marian Endleman MEBiathlon@hotmail.com to reserve accommodation needs for both athletes and accompanying adults before May 3rd.

A completed Event Participation Waiver must accompany the registration cheque.

Please send cheque for training camp and reserved accommodations, payable to Biathlon Ontario at 1611 Shadybrook Place, Sudbury, ON, P3A5H3 by May 15, 2009.