



Biathlon Ontario (BiOn) Training Camp

When: July 1st – 4th, 2010

Where: Highlands Nordic (Collingwood) and Blue Ridge Gun Club

See www.highlandsnordic.ca for the location of the Highlands Nordic site and for information about the Highlands Farmhouse

Who: This camp is intended for BiOn .22 competitive athletes only.

Costs: \$250.00, includes accommodation. This price is based on 16 athletes attending. The cost may be adjusted if attendance is lower. Accommodations are provided at the Highlands farmhouse.

Membership & Participation Waiver: The athlete must be a current member of Biathlon Ontario and must bring the completed Participation Waiver to the camp. (& BiOn Athlete Agreement if not already signed.)

Equipment: .22 rifle, 1000 rounds of ammunition, roller skis, bike

Coaches: Michelle Armitage and Shannon Carleton

Mail Cheque for \$250.00 payable to **Biathlon Ontario** to:

Allen Bursey
87 Springwater Dr.
Kanata, Ontario
K2M 1Y2

Register by e-mail with: **tim.hurley@ae.ge.com**

Tim Hurley
VP Technical, Biathlon Ontario

Training Schedule: see following page

Training Schedule:
for Biathlon Ontario Collingwood Training Camp, July 1-4, 2010

JULY 1

Canada Day 7 k Road Race - Duntroon to Stayner – Free Optional	8:00 AM	10:00 AM
Arrive at Highlands - get settled	11:00:00 AM	2:00:00 PM
Rollerski at Brewster's Lake with Larry Sinclair	2:00:00 PM	5:00:00 PM
Shower/Relax	5:00:00 PM	6:00:00 PM
Dinner	6:00:00 PM	7:30:00 PM
Road Ride	7:30:00 PM	9:00 PM
Relax	9:00:00 PM	10:00:00 PM

JULY 2

Trail Run	7:00:00 AM	7:30:00 AM
Breakfast	7:30:00 AM	8:30:00 AM
Dryfire	8:30:00 AM	9:00:00 AM
Warmup, stretching, yoga	9:00:00 AM	9:30:00 AM
Aerobic power testing	9:30:00 AM	11:30:00 AM
Lunch	12:00:00 PM	1:00:00 PM
Precision Shooting - Blueridge	1:00:00 PM	2:30:00 PM
Combo training - Blueridge	2:30:00 PM	4:30:00 PM
Shower and relax	4:30:00 PM	5:30:00 PM
Dinner	5:30:00 PM	6:30:00 PM
Dragonboating	7:00:00 PM	9:00:00 PM

JULY 3

Trial Run	7:00:00 AM	7:30:00 AM
Breakfast	7:30:00 AM	8:30:00 AM
Dryfire and Yoga	8:30:00 AM	9:30:00 AM
Road Ride	9:30:00 AM	10:30:00 AM
Strength Training	10:30:00 AM	12:00:00 PM
Lunch	12:00:00 PM	1:00:00 PM
Precision Shooting - Blueridge	1:00:00 PM	2:30:00 PM
Combo Training - Blueridge	2:30:00 PM	4:30:00 PM
Shower and Relax	4:30:00 PM	5:30:00 PM
Dinner	5:30:00 PM	6:30:00 PM
Trip to Wasaga Beach	6:30:00 PM	9:00:00 PM

JULY 4

Trail Run	7:00:00 AM	7:30:00 AM
Breakfast	7:30:00 AM	8:30:00 AM
Pack and Cleanup	8:30:00 AM	9:30:00 AM
Travel to Blueridge	9:30:00 AM	10:00:00 AM
Zeroing at Blueridge	10:30:00 AM	11:00:00 AM
Start race at Blueridge	11:00:00 AM	1:00:00 PM
Wrap up and goodbye	1:00:00 PM	2:00:00 PM