



# Lake Superior Biathlon

P.O. Box 21086, Thunder Bay Ontario, P7A 8A7 [www.lakesuperiorbiathlon.com](http://www.lakesuperiorbiathlon.com)

12 July 2010

## **FALL 2010 BIATHLON CLINIC INVITATION**

Lake Superior Biathlon will be hosting a biathlon clinic on 17-19 September 2010 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 on the 0.22 Cal rifle.**

Mr. Bill Meyer, an 18 year veteran 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\* - \$60.00/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 September 05, 2010 to confirm their attendance.

Weapons: 8 Positions available for 0.22 Cal Rifle  
10-15 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 are 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 September 03, 2010.

**Clinic is closed to LSB/BiON members who are registered in the Biathlon Bears Program or entry level participants on the 0.22 Cal Rifle.**

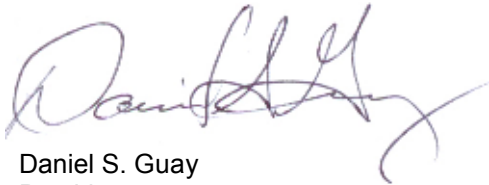
Accommodations: Participants are responsible for arranging their own accommodations. Thunder Bay offers many opportunities for accommodations within a close proximity to the range.

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

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 for ski clinics, and 0.22 Cal or 0.177 rifles.

Questions and comments in regards to the clinic can be directed to [info@lakesuperiorbiathlon.com](mailto:info@lakesuperiorbiathlon.com).

A handwritten signature in blue ink, appearing to read 'Daniel S. Guay', with a stylized flourish at the end.

Daniel S. Guay  
President

Lake Superior Biathlon  
 Fall 2010 Biathlon Clinic – Training Schedule  
**17 Sep 2010**

Timings	Location	Details/Activity	
		0.22 Cal	0.177 Air
6:00pm – 7:00pm	McIntyre Rec Center	<ul style="list-style-type: none"> <li>Registration and Administration</li> <li>Opening Reception</li> </ul>	
7:00pm - 8:00pm	McIntyre Rec Center	<ul style="list-style-type: none"> <li>Nutrition in Sports (Guest Speaker, TBA)</li> </ul>	
8:00pm – 8:15pm	McIntyre Rec Center	<ul style="list-style-type: none"> <li>Next Day Training Briefing</li> <li>TBFG Range Safety Orientation</li> </ul>	

**18 Sep 2010**

Timings	Location	Details/Activity	
		0.22 Cal	0.177 Air
8:00am – 8:30am	McIntyre Rec Center	<ul style="list-style-type: none"> <li>Warm-up and light run to range (Timo Tikka)</li> </ul>	
8:30am – 10:30am	TBFG Range	<ul style="list-style-type: none"> <li>Athlete Threshold Testing (Timo Tikka)</li> </ul>	
10:30am – 10:45am	TBFG Range	<ul style="list-style-type: none"> <li>Refreshment Break</li> </ul>	
10:45am – 12:15pm	TBFG Range	<ul style="list-style-type: none"> <li>Marksmanship Training – Breathing Technique (Bill Meyer)</li> </ul>	
		<ul style="list-style-type: none"> <li>Zeroing</li> <li>60 Shot Test (30p/30s)</li> </ul>	<ul style="list-style-type: none"> <li>Zeroing</li> <li>30 Shot Test (30p)</li> </ul>
12:15am – 1:00pm	McIntyre Rec Center	Lunch	
1:00pm – 3:00pm	TBD (0.22 Cal) TBFG Range (0.177 Air)	<ul style="list-style-type: none"> <li>Travel to Hill</li> <li>Ski Training (Bill Meyer)</li> </ul>	<ul style="list-style-type: none"> <li>Marksmanship Training – Prone Position (Daniel Guay)</li> <li>Combo Training with Prone Position</li> </ul>
3:00pm – 3:15pm	TBFG Range	<ul style="list-style-type: none"> <li>Refreshment Break</li> </ul>	
3:15pm – 3:45pm	TBFG Range	<ul style="list-style-type: none"> <li>Marksmanship Training – Standing Technique (Bill Meyer)</li> </ul>	
3:45pm – 5:00pm	TBFG Range	<ul style="list-style-type: none"> <li>Shooting activity with focus on Standing position</li> </ul>	<ul style="list-style-type: none"> <li>Shooting activity with focus on Standing position</li> </ul>
5:00pm – 5:15pm	TBFG Range	<ul style="list-style-type: none"> <li>Clean-up and secure site</li> <li>Dismissal</li> </ul>	
7:00pm – 9:00pm	TBD	<ul style="list-style-type: none"> <li>Coaches Seminar (Bill Meyer)</li> </ul>	

**19 Sep 2010**

Timings	Location	Details/Activity	
		0.22 Cal	0.177 Air
8:00am – 8:30am	McIntyre Rec Center	<ul style="list-style-type: none"> <li>Warm-up and light run to range (Timo Tikka)</li> </ul>	
8:30am – 10:00am	TBFG Range	<ul style="list-style-type: none"> <li>Ski Training (Bill Meyer)</li> </ul>	<ul style="list-style-type: none"> <li>Zeroing</li> <li>50 Shot Test</li> </ul>
10:00am -10:15	TBFG Range	<ul style="list-style-type: none"> <li>Refreshment Break</li> </ul>	
10:15am – 12:00pm	TBFG Range	<ul style="list-style-type: none"> <li>Zeroing</li> <li>Range Training (Bill Meyer)</li> </ul>	<ul style="list-style-type: none"> <li>Range/Combo Training</li> </ul>
12:00pm – 1:00pm	McIntyre Rec Center	<ul style="list-style-type: none"> <li>Lunch</li> </ul>	
1:00pm – 3:00pm	TBFG Range	<ul style="list-style-type: none"> <li>Race Simulation (Run and shoot)</li> </ul>	