



BIATHLON ONTARIO

Intro To Competition 1 (Dryland)

When: Nov 19-21, 2010

Where: North McIntyre Rec Center, Hosted by Lake Superior Biathlon Club, Thunder Bay, Ontario

Who: The course is available to any paid up member of Biathlon Canada. Priority will be given to members of Biathlon Ontario maximum of 15 participants.

Facilitators: Kris Herbert & Alex Dumond

Course: Intro To Comp IC-1 dry land course Nov 20/21. There will be a Meet & Greet Nov 19, 7:00 pm Location TBD. Course schedule will be provided and posted to BiON website when available.

Cost: \$380.00 Price includes \$200.00 basic course fee and \$180.00 course material cost which includes:

LTADM Volume 1/2/CD - \$35

IBU Rule Book - \$35

Shooting Cookbook - \$30

Biathlon Canada Technical Coaching Manual- \$70

IC1/2 Workbook - \$10

IC1/2 Evaluation Package - Free (download from web site)

These material requirements are a 1 time cost and will be used for IC-2 course as well. For Ontario coaches CAO reimburses 75% of course cost.

Registration: Deadline 10 Nov, 2010

E-mail to: tim.hurley@ae.ge.com and send check to confirm your spot on this course to:

Biathlon Ontario Treasurer

Attn: Gloria Bursey

87 Springwater Dr

Kanata, Ontario

K2M 1Y2

Tim Hurley

BiON VP Tech/DCDC

613-443-5402 (h)

613-991-9804 (w)

613-290-0814 (c)