



Biathlon Ontario Athlete Testing



When: May 15 and 16, 2010

Where: Sudbury, Ontario

Who: This testing is mandatory for all carded athletes training in Ontario and any athletes that want to be part of the New Biathlon Ontario Junior Race Team or the Senior Race Team as well as Canada Winter Games potential athletes.

Cost for the Testing Camp: \$100.00

Laurentian Room Cost: \$34.00 per person per night

The booking deadline is Apr 28th

Membership: Must be a full “Athlete Member” of Biathlon Ontario.

The Athlete Testing includes: endurance, strength, physiological exam and shooting tests. Tentatively, there will be an examination by a registered physiotherapist to ensure injury prevention prior to an athlete’s personal training plan being made.

Equipment Requirements: .22 biathlon rifle (with ALL accessories) and ammunition, heart rate monitor, running clothes, shorts or tight fitting clothing for the Physio exam.

**Timings: May 15 15:00 at the Crean Hill Gun Club – Precision Test/ Max heart rate
May 16 08:00 at the Laurentian University 400m track
0930- 1400 Physical Testing at the Ben Avery PE Center**

To register for the Camp (deadline May 5th**) and room booking (**deadline Apr 28th**)
e-mail tim.hurley@ae.ge.com**

Registration by e-mail constitutes a commitment to attend.

Payment must be received by May 7th

**Please mail payment for both the Camp Fee and Accommodations,
payable to Biathlon Ontario to:**

**Marian Endleman
1611 Shadybrook Place,
Sudbury, Ontario
P3A 5H**