

**Biathlon Ontario  
Annual General Meeting  
Saturday, May 28, 2011 at 10:00 a.m.  
Highlands Nordic Ski Club  
Duntroon, Ontario**

In attendance:

Michael Scholte  
Jen Scholte  
Alexis Parr  
Gloria Bursey  
Allen Bursey  
Ben Scholte  
MacKenzie Savill  
Erin Youglut  
CJ Mook  
Chris Skelton  
Yves Rouseau  
Carol Pascuzzo  
Greg Dalton  
Todd Savill  
Nancy Shouldice  
David Shouldice  
Kris Herbert  
Michelle Armitage  
Craig Shea  
Tim Hurley  
Aidan Spoel  
Michael Hertz  
Cindy Hertz  
Ildiko Hynes

**Board Members Absent:**

Cam Campbell (due to ill health)  
Jason Higgins

**1. Call to Order**

Welcome to the 2011 AGM – the 20<sup>th</sup> year of the incorporation of Biathlon Ontario. The Acting President and Vice-President of Administration, Ildiko Hynes called the meeting to order at 10:09 a.m.

**2. Introduction of the Board of Directors**

Acting President & vice-President of Administration – Ildiko Hynes  
Vice – President – Allen Bursey  
Vice-President – Technical – Tim Hurley  
Vice-President – Member & Club Relations – Alexis Parr

Absent due to other commitments:  
Vice-President – Competition

Absent due to illness:  
Vice-President – Communications - Cameron Campbell

**3. Accreditation of Votes, including all proxies.**

The Secretary must verify the proxies presented. Remind attendees that only Biathlon Ontario members can vote or make presentations to the meeting unless invited by motion of the members. ( 10 proxies received)

**4. Adoption of the Agenda (attachment A)**

Presented by Ildiko Hynes – published as on required April 28, 2011 – 30days in advance as required by the bylaws of Biathlon Ontario.

Motion – That the agenda for the Annual General Meeting of May 28, 2011 be accepted.

Moved by: Jen Scholte

Seconded by: Greg Dalton

CARRIED

**5. Acting President/Vice-President –Administration Opening Remarks**

Ildiko Hynes welcomed everyone to the meeting. She introduced the Board to all attending the meeting.

She expressed the boards thanks to all attending and also mentioned that with added interest the sport to continue to build a strong base. The strong showing at Canada Winter Games has helped bring exposure to our sport and our athletes. Hopefully we can continue to build on this success.

**6. Notice of Annual General Meeting**

The Acting President stated that the notice of the AGM was published in accordance with the by-laws of Biathlon Ontario by notification posted on the Biathlon Ontario website 3 months prior to the meeting. Also, the next Annual General Meeting will be held May 26<sup>th</sup>, 2012.

**7. Acceptance of the Minutes of the May 15, 2010 Annual General Meeting**

Motion – That the minutes of the May 15, 2010 Annual General Meeting be accepted as presented (also posted on the Biathlon Ontario website)

Moved by: Tim Hurley

Seconded by: Alexis Parr

CARRIED

**8. Acceptance of the Financial Review Report for the year ended April 30, 2010. (attachment B - N/A)**

Allen summarized where it looked we would end up; he also reviewed last year's financial report as well; As mentioned by Marion Endleman last year, there must be a financial review conducted by a licensed public accountant. Given that Allen Bursey is located in Ottawa and the previous vice-President was located in Sudbury along with the public accountant that conducted the review, it is felt that we need to find a public accountant perhaps closer to home.

Jen Scholte recommended Richard Lemoine from Lemoine Haye. He is familiar with working with non-profits. Allen has also contacted a public accountant in Ottawa (McCay Duff LLP)

Motion - for Allen Bursey to contact both accounting firms and proceed with either one according to their willingness to work with Biathlon Ontario and reasonable fee..

Moved by: Alexis Parr

Seconded by: Chris Skelton

CARRIED

#### **9. Sanction of Actions and Decisions by the Board of Directors**

Motion – That the Actions and Decisions of the Board of Directors of Biathlon Ontario during the year since the last Annual General Meeting be sanctioned.

Moved by: Greg Dalton

Seconded by: Alexis Parr

CARRIED

#### **10. Reports of the Executive, Committees, Clubs and Coaches**

##### **Report from Acting President – Ildiko Hynes (see attachment C)**

Ildiko thanked everyone on the board for all of their hard work in the past year.

She listed some of our achievements in the past year including: finishing a very strong 4<sup>th</sup> at the Canada Winter Games, Michelle Armitage winning Female Coach of the Year and the continued growth in our Bears Programs.

Ildiko also mentioned the importance of attracting more cross-country skiers to try the sport. Ski speed is very important to developing strong Biathlon athletes.

Also, important is the ability to recruit new members to work with the board and participate in helping run the sport in our province.

Moved to accept by: Ildiko Hynes

Seconded by: Alexis Parr

CARRIED

##### **Technical Report – Tim Hurley (see attachment D)**

Tim mentioned that it has been a very busy year. Wants to thank everyone that has helped achieve our goals.

Tim touched on athlete development and going forward; the goal is that athletes compete as members of their clubs.

The priorities will be to hold more high performance camps and OAAP camps improve individual skills. Last weekend was an example of a terrific camp. Will try to run 2 open camps probably in Collingwood as this is central.

Coaching Development – ICI for Thunder Bay and 1C2 in SSM; Gold course will be run by Kris and Alex; Enhanced Coaching Level 3 & 4 can apply for \$3000 grants; plan is not to lose money on the coaching courses.

Canada Winter Games were a very successful event. Nationals well run and Chris Skelton who supported the team in the role of manager did a great job. Will continue with having someone in this role when traveling to large events.

Junior/Youth Trials for 2012 will be in La Patrie, Quebec. Jan 21.

Ontario Winter Games – Vince Gagnon will be the Chief of Competition; Need someone to take over PSO

function; person should work with Tim and Vince; there will be guidance sent out as to whom is eligible, etc. will discuss at next meeting; A day of training has also been added.

Other: Quest for Gold rules have not Changed for next year;  
Provincial Team and Selection Criteria will come out before Canmore;  
Thunder Bay - they can attend without parents; they will be race supported;  
Jericho and Lake Placid camps will hopefully happen again this year;  
Request made to have athletes on snow before season starts;  
Other option for camp – Mt. Morsy, Quebec (cheaper) always has early snow.  
Holemkol wax – recovered our costs; also wear masks when working with powders; it was suggested we utilize Ari Neimi's wax expertise; wax makes 5% difference in race  
Results/ ski selection makes 25% difference; proper skis are more important; clubs would like more help with this;  
Suggestion was made to try and include a ski rep at a training camp;

Sport Priority Funding – try and start 4-5 clubs; grant will provide rifles, target coach; review criteria and board to approve.

Questions and Comments - Jen Scholte would like to see the air rifle program developed. Would also like to work on developing Bears Programs.

Moved to accept by: Greg Dalton

Seconded by: Allen Bursey

CARRIED

#### **11. Membership Report – Alexis Parr (see attachment E)**

Glad to see so many clubs represented today. Alexia stressed the importance of registering early. She also informed all that the information provided would remain confidential.

Alexis indicated that we will have to use Zone 4 registration as per Biathlon Canada rules.

Cadets – continue to try to get them to participate and come to our side; perhaps the clubs could recruit; they certify between 30 – 60 coaches a year; need to see how we can make this work; perhaps we could pay for part of their registration, if we can get them we can increase our membership which would get us more base funding. WE can also offer to pay the day pass to boost our numbers.

Moved to accept by: Todd Savill

Seconded by: Mike Scholte

CARRIED

#### **12. Administration Report – Ildiko Hynes**

Included with Acting Presidents Report

#### **13. Treasurer's Report – Allen and Gloria Bursey**

We are currently running a deficit. New board to review new budget. Board to review after financial review has taken place. Will also look at assets that have not been accounted for including clothing and wax.

#### **14. Competition Report – not available**

Discussion and points made-

Run an officials classroom course ( takes one day ) online it takes 5 races;

Clubs have difficulty following the Hosting Policy given the number of volunteers required;





Vice-President Competition - Alex Dumont

Nominated by: Tim Hurley

Seconded by: Ildiko Hynes

ACCLAIMED

**27. Other –**

OWG – race schedule, requirements, marketing, communication, technical package and criteria;

Quest for Gold – athlete requirements;

Training Plans – Level 3 coaches;

Provincial Squads – only for nationals; do not want race shopping; will indicate the selection races and have wax protocol; will look at a time trial;

Summer Camps – plan

Reporting Year – would like to reflect June 1 to May 31;

**28. Adjournment**

Motion – That the Annual General Meeting of Biathlon Ontario be adjourned at 4.46 p.m.

Moved by: Tim Hurley

Seconded by: Gloria Bursey

CARRIED

**Attachments included:**

**A – Agenda AGM May 2011**

**B – N/A**

**C – Acting Presidents Report**

**D – Technical Report**

**E - Membership Report**

**F – Communication Report**

**G – Athletes Report**

**H – Chelsea Nordique Report**

**I - Lake Superior Biathlon Report**

**J – Walden Report**

**K – Blind River report**



**Biathlon Ontario**  
**Annual General Meeting**  
Saturday, May 28, 2011 at 10.00 a.m.  
Highlands Nordic Ski Club  
Duntroon, Ontario

### **Agenda**

1. Call to Order
2. Introduction of the Board of Directors
3. Accreditation of Votes, including all proxies
4. Adoption of the Agenda
5. President's / VP Administration Opening Remarks
6. Notice of Annual General Meeting
7. Acceptance of the Minutes of the May 15, 2010 Annual General Meeting
8. Acceptance of the Financial Review Report for the year ended April 30, 2010
9. Sanction of Actions and Decisions by the Board of Directors
10. Reports of the Executive, Committees and Coaches
  - President
  - Vice-President Technical
  - Vice-President Member & Club Relations
  - Vice- President Administration
  - Vice-President Finance
  - Vice-President Competition
  - Coaches/ Athlete Development
  - Communications
  - Chelsea Club
  - Lake Superior Club
  - Walden Club
  - Blind River Club
  - Highlands Club
  - Soo Finnish Club
11. Appointment of Auditor
12. Appointment of Scrutineers for Election of Officers
13. Election of Officers (as defined in the ByLaws)
14. Other Business
15. Adjournment

## Biathlon Ontario

Highlands Nordic, Duntrou, Ontario

May 28, 2011

### Vice-President Administration and Acting President Report

I would like to thank all the members of the Board, coaches, volunteers and clubs for making this a very successful year. Even though we did not have a President, everyone worked very hard to make things happen.

All of the board members worked tirelessly to keep our program on track. Without this dedication from these members and the help of the volunteers, this program would not happen.

We still face many challenges but the foundation is in place to build on. During the tenure of previous members, much time was spent updating our By-Laws and Regulations. This has made it easier and provided Sport Ontario with the information that we are on the right track as a sport body. They worked tirelessly to bring our sport up to speed. Now we need to build our membership.

Each individual Board member will highlight the events of the past year pertaining to their respective responsibilities.. Listed below are a few key points.

#### Accomplishments

Canada Winter Games – Ontario finished a solid fourth.

Coach of the Year – Michelle Armitage –Head Coach

Bears Program –strengthening the program and developing more interest which will help the club program.

I also think everyone should be very proud of what our athletes and coaches achieved given that we lack facilities.

As we move forward, it will be important to grow our membership, try and attract cross –country skiers and continue to build our Bears Programs. The Club system is key. We need to make sure that these programs are strong. We need to continue to try to gain Range Access for our athletes.

Attracting new members for the Board will also help the program. It is important that even though this is a meeting to review that past year, it is also our responsibility to search and recruit members to fill those roles that are up for re-election. Hopefully, we have done that.

Good Luck,

Ildiko Hynes

VP Administration

Biathlon Ontario

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## **Biathlon Ontario 2011 AGM VP Tech Report**

**1. General:** It's been an extremely busy year for athletes and coaches with many accomplishments and I want to thank everyone who contributed to our success this year. I feel we are still in a transition mode of Clubs being able to run effective .22 camps and support athletes at races due to costs and numbers. This can be discussed in more detail in Sunday morning side sessions. I will try and cover items as briefly as possible yet provide a good overview of all areas of responsibility.

**2. Athlete Development:** In general athlete development goes hand in hand with the experience of our coaches and athletes commitment to training. In my opinion we are currently the 4<sup>th</sup> ranked program in Canada in our ability to develop HP athletes. To improve from this position we must increase the level of coach qualifications at the Clubs and a closer working relationship between the athletes XC coach and BiON coaches. We must also provide athletes more training opportunities with our Level III coaches and other HP experts. BiON relies on the availability and personal level of commitment of our Level III coaches, to run training camps, mentor other coaches, and attend races. We are lucky to have a committed group of coaches but we must understand that without a full time Head Coach we are always very vulnerable in this area and our current situation could change very quickly.

BiON's priority is now to run training camps for OAAP funded athletes based on coach availability and when space is available for invited athletes. These camps must be tailored to the skill development of each athlete versus the general skill level of the group. The first attempt of running this type of camp was May 24, 2011 weekend in Collingwood and reports so far have been that it was our best camp ever held where numerous fitness tests were done to develop training plans, full shooting position assessment, shooting skill level assessment IAW LTAD and precision test. This camp was also open to all coaches from Highlands Nordic who observed the training and in fact organized most of the facilities and logistics. BiON training camps in the future are open for Club coaches to attend at any time. These camps may also provide evaluation opportunities for trained coaches to have required assessments completed. This is the model we hope to continue with, over the next few years where we run similar camps at other Clubs on request from a Club and based on coaches availability. The current location of OAAP funded athletes makes Collingwood the logical choice for regular training camps and the new access to Blueridge Sportsman Club which provides summer range time. The plan is to run a camp for these athletes every 4-6 weeks. We hope to run 2 open camps, one in Sudbury and one in Chelsea. In these camps the athletes would be split into specific training groups working on those particular skill levels. The intent with these camps is for the coach leading the camp to provide a training plan and for the Club to take care of all logistics.

**3. Coach Development:** This year we ran two IC-2 courses in SSM and Thunder Bay and a Gold course in Highlands. A Gold course was also run in North Bay for Cadets. Kris Herbert and Alex Dumond attended level III course in Canmore and both attended Learning facilitator course for Intro to Comp. Both are now certified. Since BiON began running IC courses, fall 2009, only 1 coach has completed certification, Shannon Carleton. We were successful in applying for 4 grants.

- Enhanced Coaching Grant Other \$6000.00 was used to offset set Alex Dumond training as an LF in SSM and Thunder Bay and 3 coaches to attend NorAm's, Nationals and Easterns
- LF Grant: \$2430.00 cover costs of LF course in Canmore
- Advanced Professional Development Bursary: \$2500.00 Michelle Armitage Level IV task at Charlo

All grants have been successfully reported out to CAO. Clubs are requested to provide coach training requirements to BiON, DCDC, Kris Herbert and he will run courses as required. Evaluations are also available for Intro to Comp trained coaches from Alex Dumond and Kris Herbert.

The responsibility and costs associated with coaching development since BiON restructured under Tom Endleman was an operational priority. Currently BiON should be looking at sharing these costs with the Clubs. This topic requires Board discussion.

**4. CWG's:** The games were an excellent run event and the venue was very good. Although there was allot of complaints about travel ect. prior to the games, this was not an issue. Our young team, average age 18, performed very well and the Team earned an overall 4<sup>th</sup> place finish. BiON applied for TODGP and received \$12301.00 for athlete development leading up to the games. The majority of these funds were utilized to run training camps in Canmore and Lake Placid with the focus on shooting improvement. All objectives of the TODGP grant were met and final report approved. The athlete selection process went very well and our athletes and support staff represented BiON and Ontario very respectively.

**5. Nationals:** 2011 Nationals was a huge success in all areas. The event was very well run and the meals and accommodations at Best Western were affordably priced. Availability of grant funds allowed us to provide the best athlete support staff ever at this National event. Chris Skelton did an excellent job as Manager and I would recommend that as soon as 2012 Nationals dates and location are announced we assign a Manager to start looking at and or booking accommodations. Same can be said for Yth/Jr Trails.

**6. OWG's 2012:** OWG's will be held in Collingwood 8-11 Technical package, has been reviewed and submitted. Vince Gagnon has volunteered to be Chief of Competition. Currently I'm register as PSO contact for the games but this position needs to be filled hopefully by a member of Highlands who would also be Chief of Organizing Committee. I would like to see this event run in accordance with our race hosting policy and also provide training and briefing opportunities for coaches, athletes and officials. We need to run a classroom basic officials course in the fall at Highlands possibly at same time as a summer biathlon race. All S400's air rifles need to be in Highlands for this event. Selection criteria will be similar to last games where all Clubs will have some representation based on number of athletes in 13-16 age group with an approx. 2-1 ratio of 13/14 year old athletes.

**7. OAAP Funding:** Although the Program is under review and we expected changes this year, the Program will remain the same with 8 full cards and ability to split 1/3 of the cards. We do plan to make some adjustments to Athlete Agreement, specifically training plans. Athletes will have an option to have Level III XC coach write training plan however it must be given to a Level III Biathlon coach to add shooting plan and review overall plan. The requirement to have

a performance increase also needs more definition and BiON will not be so involved in training plans, I-log recording ect. Carded athletes will then have choices of who they want to be their coach. In preparation for changes to this program we must identify 2 training squads in May 2012 and this is normal in the top 3 divisions. Without a High Performance program and a feeder squad being trained I see BiON losing some or all funding based on the Survey we completed last year.

**Provincial Team & Selection Criteria:** The general term “Provincial Team” only refers to the Team that is selected and attends National Championships not a training squad BiON is responsible to train year round. Location not yet announced for 2012 but I expect out West. ADC will review selection criteria. After 4 years and endless hours of discussion on selection criteria my belief is we must go to selection races verses an overall race average type of criteria for many reasons. It worked well for CWG’s selections and will work for Provincial Team. We will publish criteria as soon as race schedule is firmed up usually end October.

**9. Equipment/Wax:** We are in need of an equipment manager to work on inventory. The new Board needs to review what we are holding and many items especially target and rifles needs review by the equipment manager and recommendations provide to VP Fin. My recommendation would be to turn most equipment over to Clubs in some fashion. Equipment obtained under BiON grants needs to stay under BiON control until Club that received the equipment meets the requirements under which they received it. There has been discussion of putting together a race kit with officials equipment ie timing system, stop watches, bibs, race paper work ect. This kit would move from race to race and reduce costs of purchasing at each Club.

This year I made a decision with coaches to go solely with Holmenkol wax for BiON since most of our waxes were already this brand. Its an excellent product and we have a distributor in Ontario, Head Canada in Guelph more than sufficient for Provincial level Team. They give us a 40% discount on list price, average, however have provide advice and very good service and delivery as well. This year we spent \$3000 to purchase full product line of waxes except the full spectrum of powders and recovered \$3500 so race wax price to athletes is fair. Support staff worked many hours this year on wax protocol and by the time CWG’s and Nationals came around I know we provided very good skis for our athletes. Many thanks to all involved in training myself and our coaches, especially wax techs from Biathlon Canada, XC Academy and Head Canada. This year I will also be recommending that all selection races will be on a BiON wax protocol, no exceptions, since athlete carding needs to be ranked on ability not wax ski wax.

**Sport Priority Funding Grant:** An application was made for a grant to start up approx. 4 new biathlon clubs in Ontario. The application if approved will provide rifles, targets and Gold coach training.

## Membership Report- 2010/2011

To All Members,

This year has proven to be quite a challenging one, the biggest challenge I have faced is getting information from our clubs in a timely manner. I again have had races scheduled and no clubs registered. This is a critical point in planning the race schedules. Clubs must register 1<sup>st</sup> thing in September not just a day or two before a race, our athletes, officials, coaches and parents must book time off work and make travel arrangements to attend these events. The sooner they can plan these trips the more athletes you will have attending and therefore more revenue directly to your club.

Another issue that has arisen is confirmation on whether an athlete has a membership or not. I send each and everyone of you a membership card for this reason. If an athlete cannot produce a valid membership card then my view is that they should not be able to race...THAT'S IT!!!!. If they are doing a recreational or day membership they are purchasing it at the time of the race , therefore they have a current membership and a card will be issued upon my receipt of this information. Another point to mention here is that I cannot send out membership lists to anyone who is not in the executive. I can confirm or deny specific members to the clubs if you are asking about an individual, but I cannot disclose their information.

The next item that needs to be addressed is the matter of Zone 4 registration for all members of Biathlon Ontario directly thru Biathlon Canada. This means that every member will do their own registration on the web site and pay their membership via a credit card directly. I know there are a lot of questions so I am bringing a paper printout of most of these along with what I hope will be satisfactory answers based on conversations with Joanne Thompson ,myself and Tom Endleman. This item I would like to get taken care of in its entirety so we may either do or not do this starting September 1, 2011 for the upcoming season. I feel that this will be a positive move but also not one without some hiccups as well ( which is always the case when you change something) I look forward to your input.

Alexis Parr

Membership Chair

## **Public Affairs/ Communications FINAL**

Image and reputation define an organization, large or small. They also define – even more than their athletic accomplishments – an athlete.

One look at the Ontario Biathlon Team in competition, wearing team uniforms, and the coaching staff wearing team jackets, and you know that if they **look** like winners, in most respects they **are** – however medals they take home on a given day.

Biathlon Ontario looks the most like a team of any of the provincial teams. The team may lack depth, experience, or have key competitors sick at any given time, but they look like winners – and members of an organization that has its act together. This is hugely important when representing an organization to the general public or to the media if they ever were on hand. Make no mistake – getting uniforms, team jackets, and improving the logo were important steps that give benefits out of all proportion to the costs and hassle of getting those jobs accomplished. It may not seem that it matters – but in fact it matters a lot.

### **The Website**

Also defining Biathlon Ontario to those who can't see it in action at a race is the website. The website is the “face” of the organization. The BION website has been maintained rigorously by someone who needs a break from it, Tom Endleman. Tom has maintained the site diligently, if to his own vision, but it is a fine product ready to hand over.

The existing model seems to be that of Biathlon Canada – ours is less clean but has more information. We also don't have to do everything in two languages.

Compare our site to other provincial biathlon sites: others are not as comprehensive. Quebec's is never up to date and has poor photos, neither too are the websites of Alberta, BC or New Brunswick. Compare our site to those of other sports organizations – most of which are larger and better funded, and we stack up very well.

BION's site has been strong on information and updated results, but weak on photos – a start was belatedly been made to correct that, but the excellent athlete photos and profiles are still difficult to locate. They should be easy to find, and because they are so compelling, should be front and centre somehow. BION's site relies heavily on photos taken by two people – Mark Yungblut and France Hurley. Parents with good cameras need to take photos – or secure rights to photos of their athletes taken at races by the semi-pros who often show up at competitions.

A “Flash opening” for the BION website would be attractive but likely expensive. The BION site is really aimed at internal membership rather than casual visitors. If someone can take it over, they need to be on top of things almost daily – which could mean paying an honorarium if affordable.

## **Reputation**

On the subject of reputation, how team members act and how they handle themselves can not be underestimated. I provided all Canada Winter Games competitors with special training in this area – someday they may find it useful. It takes years to build a positive reputation, but you can lose it with a single stupid comment or action. And your reputation is the most valuable thing you have.

I believe that other provinces look at us as an organization that is doing all the right things. In terms of actual results we are likely 3rd or 4th in country but others are improving.

But reputation is not just something for individual athletes – it reflects what Biathlon Ontario does as an organization.

Training camps have been a problem in recent years. Much is promised, then invariably not delivered, changed at the last minute, or “dumbed down.” This is like ordering a steak dinner and getting hamburger, and has irritated both parents and athletes, some of whom come from much more demanding camps run by cross-country teams. I have seen it myself – at Valcartier, and at Camp Fortune. The secret is to plan carefully, say what you are going to do, and do it without last-minute changes.

This past weekend BION’s coaches planned and delivered a program that did **exactly what was promised – in every detail**. There were no last minute changes – no gyms suddenly unbooked, no impassable roads. That’s how morale is built and sustained, and an organization gets credibility. Bravo to coaches Herbert and Carlson.

## **Concerns and Observations**

The team lacks depth, and needs new high performing athletes – Erin Yungblut for example – as others are leaving the sport. Given that a biathlete really doesn’t mature until they’re post-college or university years are over, let’s hope some of our departing athletes come back in a few years.

But for high school age athletes, biathlon means year-round training, and a continuing commitment by parents – for years if required. My personal view is that Cadet Biathlon is not as promising a recruiting field for recruiting as cross-country clubs. Cross country is where the speed and technical advances take place – Alberta biathletes for example compete in both disciplines. Cadet biathletes who stay in cadets through all their teen years hamper their civilian biathlon development. But these comments are really outside my mandate.

I have had a few media calls through the year. I stress that the sport is difficult, that it involves more than just cross-country skiing, the extensive travel, and the fact that a large part of the sport’s rules are concerned with rifle safety. There are few “easy” sports, but biathlon has to be one of the most demanding of all.

At their home clubs, all athletes need to promote themselves when they have a success and their local biathlon activities – this is essential. All athletes are ambassadors for BION and need to bear it in mind – it is just not about wearing team kit. There is one comment I hear all the time about biathlon however, that it’s “cool”. Cross-country racing is not cool somehow, despite last season’s world cup successes. Biathlon’s “coolness” may not get us many new competitors, but it could get us a sympathetic media ear, or might help with the general public when future ranges are being considered.

### **Publicity**

The women of the National team have put on their Girls with Guns event days and issued calendars to attract both attention and funding. It was an attention getter, even if it didn’t mean any success on the World Cup circuit.

If BION held an event, I think the main rationale would be to attract young athletes at the air rifle level. This past season, a BC club held a *Try Biathlon* event at Whistler Olympic Park – and there was a brief write up in *The Globe and Mail* – followed by an email from someone who wanted to try. I wrote back to say that there were no handy ranges but if that person was a good skate skier I would arrange something on private property so he could give it a try. I never heard further from him.

Chelsea Nordiq is capable of holding such a “Try Biathlon” day, but the main purpose might be to attract a few senior athletes from cross-country by approaching the elite ski clubs in the Ottawa area. The possibility exists that this could generate new biathletes, but also local media – if they were specifically invited.

However, when XC Nationals were held at Highlands Nordic a few years ago and only attracted attention from the local “A” Channel - I concluded the major media is simply not interested. I also note though, I talking to friends in the cross-country world, that despite World Cup success, XC is still not “cool.” Biathlon is “cool” however. I would need another lifetime to figure this out!

### **Use of Biathlon Ontario name**

We have an identity and a reputation that has to be safeguarded. Think of the impression that would be left if a beginner skier were to get hold of one of our uniforms and wore it on a busy day at a cross-country area. We are like a brand that has to be protected, so to speak.

When identifying oneself as associated with Biathlon Ontario – you represent us – and your province. The recent incident in Sudbury when a club coach said that the long gun registry was not a problem for him - turned into a “dog bites man” story – as it was just a few days before a federal election and the long gun registry is a hot-button issue. It was an honest response to a question, but the timing was very bad.

Say nothing controversial and it is best if you not mention BION – especially about the gun registry for example. We have NO official position. I have my views on the subject –

more related to the stigmatization of all gun owners by the *Firearms Act*, but I don't express them.

The media has a job to do – sell papers and attract attention. Reporters will report some of what you say – but if they want to make you look bad they can easily do that. Be careful talking to local media, tell them about successes and try to provide a photograph if possible, but refer national media to me. I will help as long as I am able to.

At the Ontario Science Centre with their “Be a biathlete” exhibit, prepared in advance of the 2010 Vancouver Olympics, BION likely missed an opportunity for wider awareness than we actually received. I do know that my employer, Ontario Power Generation, has paid thousands of dollars over the years to “partner” with the Science Centre over March Break, and help them communicate about our environmental programs. It is great to have your “target audience” - no pun intended – visit you and not have to chase them down or get them to come to an on-snow event. Access to schoolchildren doesn't come cheap but the Science Centre's display was well set-up and visited by thousands of visitors. A BION-trained coach can be found on YouTube explaining the sport to one of the Ontario Science Centre's people.

The *Be a Biathlete* exhibit was seen by thousands of Ontario schoolchildren – to my knowledge, Biathlon Ontario had no literature or chance to follow up. I'm afraid we missed a promotional opportunity here through lack of communication and coordination.

### **Use of firearms**

My personal view is that most of Canada's firearms anxiety is mostly an Ontario/Quebec phenomenon, and that attitudes are different elsewhere in Canada.

BION's use of firearms does not seem a concern whatsoever to the Ontario Government.

Still, all BION athletes need to not only stress safe handling of their firearms, but act accordingly – and reinforce the safety message when talking about biathlon to friends, family, or any local media. It should almost be the first thing athletes say about their sport. The use of rifles remains a potential Achilles' heel from a communications standpoint. A number of school-related shootings have associated teenagers and firearms more strongly than adults and firearms. That's why we should not only be seen to be obsessive about safety, but be boringly repetitive about always mentioning it to those who ask about Biathlon.

### **The Future**

My health has not been good over the past several years and any improvement will be very temporary. I am not counting at all on seeing much of the 2011-12 season.

I have already far exceeded the expected lifespan of someone diagnosed with multiple myeloma – thanks largely to years of doing endurance sports myself. My blood pressure is still “perfect” and I apparently have the heart and lungs of a 30 year old. I might add that as a veteran of the days when ski races were longer and more wax-dependent than

today, I'm mentally accustomed to a lot of pain and suffering! Climbing hills on my bike in France two years ago, in the rain, chased by French dogs who wanted to kill me, I had to smile and remind myself how much fun I was having.

But the time has come for someone else with energy and ideas to take this on. I am happy to give any help and advice while I am able to – but that may only be a matter of months. Fortunately, Biathlon Ontario is doing most things right.

Cameron Campbell  
VP Communications

AGM Athlete Report  
Ian Campbell  
 May 27th, 2011

In the past four years Biathlon Ontario has excelled considerably in regards to shooting standards, ski standards, and overall numbers and placings at Nationally ranked events. On behalf of the athletes in Biathlon Ontario, the following report will provide feed back on the past year, and thinks the athletes would like to see happen in the future to insure Biathlon Ontario's progress does not stop here.

This past year has had many points that the athletes would like to see remain in the agenda.

- The Canmore training camp / Nor Am 1
- *Canada Winter Games training camp / High performance training camp*
- Attendance at Nor Am level races

In reflection of the past year there are some points the athletes would like to see either improved, or happen in the next year

- More technique work
- Summer racing
- More training camps through out the off season for more face time with coaches (weekends every two - three weeks)
- *Longer training camps (week long) with more one on one coaching*
- Using different venues for training camps (ex. Highlands)
- Having fewer athletes per camp or having HP and developmental camps separate
- Maintaining organization throughout camps and holding to schedule to insure everything stated to be performed during the camp is carried out.
- To incorporate different kinds of activities into camps (cycling, paddling, gym workouts etc.)
- Having PROPER testing performed at these camps to accurately assess athletes strengths and weaknesses.
- *Seeking and utilizing different coaches (bringing in a HP XC coach for technique session)*
- The Purchase of a Lactate meter to put as at par in terms of testing to the rest of the country.
- Seeking Corporate sponsorship alleviate costs.
- Having a HP excursion to Europe
- More regard for senior athlete routine during competition

With the implementation of the points above, Biathlon Ontario with out a doubt will continue to excel towards excellence.

# **BIATHLON - CHELSEA NORDIQ CLUB**

## **YEARLY ACTIVITY REPORT - 2010/2011**

April 11

### **General**

This is Chelsea Nordiq biathlon Club's first full year of operation since the range re-opening in 2009. The biathlon portion of the Club has moved in leaps and bounds over the last year, however nothing speaks louder than our athletes' accomplishments in demonstrating that we are moving in the right direction. Our athlete's competitive results were very good and with 8 selected athletes for Nationals and two for the Canada's winter games there is a clear progression of our competitive athletes within the Club.

### **Operation**

We are constantly improving the range; our facilities have served the Club, the cadets from Ontario and Québec well and on occasion the Biathlon Ontario Team.

Racers (.22 Calibre 14 and older athletes). The biggest improvement in the Club services was our offering biathlon training three times a week, shooting at night twice a week through the winter and keeping up the Sunday training for all the .22 calibre athletes. We have also trained hand in hand with the Club's head coach to develop and improve our skiing. We have offered our high performance athletes the option of training between shooting and skiing up to seven times a week. This was a lot of training and very few athletes actually kept up with this rhythm.

We have trained during the summer and we have travelled to Québec City a few times to prepare for the season by combining roller skiing and shooting in our training. This as worked well for everyone and although it requires a lot of time to prepare but it paid off.

Bears (Air rifle 10-14 year old athletes). Our Bear program ran well on Sundays.

Coaching. For the racers we have called on a number of Level III coaches, Michelle Armitage, Rémi Migneault and Annik Lévesque to support our training. We have also organised a number of training weekends, one with Jean-Philippe LeGuellec and Jean Paquet members of the Canadian biathlon National Team. The Bear Program made best use of its two volunteer coaches we have followed the Biathlon Canada Bears curriculum.

Races events at home. We have successfully hosted joint Québec Cup #5/Ontario Cup #2 provincial races. This was a great family event with about 100 participants. This was one of this year's major accomplishments.

Two regional cadet races were successfully held at our site, one for the Central Region and one for the Eastern Region.

Races away. We have travelled to all the Québec Cup races as well as a race in Jericho for the Canada Winter Games selection for both Québec and Ontario. We have travelled with the biggest group of all Clubs in the province all season; we had 23 competitors during the first Québec cup alone. This has forced us to organise ourselves adequately very early in the season.

Rifles. In support to the program we have purchased 6 .22 rifles and two Finewerkbau. We need to purchase two more Finewerkbau.

### **Range**

Our facilities have improved considerably this year. We have a new container which has been painted; the grass we seeded took and we now need to mow the lawn on occasion. The target support stands for targets 1 to 6 have allowed us to install lighting for night shooting using two generators. All the lanes have been properly marked with new signs. The range looks great with all of its improvements.

## **Membership**

Open Days. We have held an open day at the range in the fall where we hosted approximately 65 guests.

Programs. We have had a large increase for the racers group nearly reaching our full capacity with only one course. The Bear program membership remains stable.

This year we have organised two separate Bears Courses and one air rifle racer group which mixes air rifle and .22 rifle athletes for a fall and for a winter session. In all we trained on average about 40 athletes per weekend.

## **2011-2012 Objectives**

Operations.

Air Rifles. We own 5 Finewerkbau; we require 2 more to run the program permanently, a \$7,000 investment.

Summer Program. We plan to offer our athletes the benefits of the Chelsea Nordiq summer shooting program for the .22 racers and competing air-rifle athletes. We plan to offer shooting twice a week. We will plan many weekend training camps.

Range. Our range improvements are driven by the available funding. Assuming we get some financial support we plan to install new target support stands for the remaining 8 lanes, this has to be the priority. We have currently made some funding requests which we hope will translate into real money for this work. Requests for funding is a slow and involved process.

Coaching Racers. We are looking for a coach willing to get involved on a more permanent basis monitoring and directing athlete development. We have not yet the numbers required to pay for a full time coach.

Races. We plan to hold two cadet races and one Québec/Ontario Cup in the upcoming season. We would like to organise a few local air rifle races by challenging local ski clubs.

Administration. Most of the administration has been carried out by a few individuals and me. I plan to involve a few more people to help manage portions of the administration, without this support it will be difficult to grow beyond where we are now. Many parents have offered to help, we will organize to reduce the load of the current administrators.

## **Athletes Accomplishments**

Two athletes made it through the Canada Winter Game selection process. Elyse and Drew made the Team at a very young age.

Many of our athletes have won the Québec cup in their respective categories. We brought home many medals through the winter. We have raced in both .22 and air rifle categories.

Six athletes were selected as part of the provincial Teams, two made it as sanctioned athletes for the Canadian biathlon championship in Charlo. Elyse and Drew brought back medals but most important all of these athletes made us proud and performed really well. 4 athletes were part of the Ontario Team and 4 athletes were members of the Québec Team. Many of these athletes will become supported provincial Team members. This year's real challenge will be to support these athletes to a new level so they can keep progressing and remain competitive in their sport.

Gaétan Brosseau  
Biathlon Director Chelsea Nordiq



# Lake Superior Biathlon

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

23 May 2011

Biathlon Ontario

## **LAKE SUPERIOR BIATHLON ANNUAL REPORT 2010-2011**

Dear Members,

In August, Lake Superior Biathlon will mark the end of its fourth year of operation as a local sport club serving the community of Thunder Bay and surrounding area. First and foremost, LSB would like to thank its serving board members, parents and athletes for their dedicated time and effort to see that our sport of biathlon moves forward in the community.

### **Biathlon Bears Program**

Under the Sport Participation Development Program guidelines, Lake Superior Biathlon continued to offer the nationally developed Biathlon Bears program. In order to promote the program, a two-day camp was offered to the public late August 2010 along with a demo day during our open house in September. These events gave us an increase of six new young athletes for our fall start-up along with five returnees totaling eleven participants in this year's Bear program. Of the eleven whom participated in this year training, four athletes completed all requirements necessary to graduate from the program.

Competing at a provincial level race is a requirement of the Polar Bear level of the Bears program. Our young athletes participated in the Manitoba Cup #3 race held on February 06, 2011 in Falcon Lake Manitoba with great success. In the Juvenile category, our athletes brought home a 1st and 2nd place finish in the boys division (Martti Muzyka, and Toby Quinn respectively), and a 3rd place finish in the girls category (Jacqueline Dube). Our sole participant in the Junior Boys Category placed 1st (Leo Dube). An added factor was added to this race as our athletes employed the use of the 0.22 Cal rifle instead of the Daisy Air Rifle to which they are accustomed.

Muzyka and Quinn further tested their skills by racing up in the junior boys category in the Manitoba Cup Championship race on 27 February 2011 alongside their teammate Joseph Pascuzzo. They earned another outstanding 1<sup>st</sup> and 2nd place finish with Pascuzzo taking the lead followed by Quinn with a 52 second margin between their finishes. Pascuzzo finished with a respectable time of 29:20 considering he was battling the flu in the days prior to the race and experienced rifle difficulties on the range which required individual loading of bullets and added 1:00 min to his time.

Muzyka and Quinn both indicated they will be returning in the fall as Junior Boy athletes.

### **Competitions**

With regards to competitions, LSB athletes entered events at various regional and international venues ranging from Falcon Lake, Manitoba, Coleraine, Minnesota and all the way east to Jericho, Vermont.

As NorAm Cups and US Nationals races are high caliber racing events, our training objectives for our athletes was to give them an opportunity to train under pressure while allowing them to experience the thrills and lows of racing at an international event. And what thrills we did get when Joseph brought home two bronze place finishes and a clean bout of shooting in the opening sprint race in the Sr. Boys division in the NorAm Cup #2 event.

Our competition season closed with the US Nationals that were held at Mt. Itasca in Coleraine, Minnesota. Learning opportunities presented itself once again as all the competitors were faced with rain in two of three races. Furthermore, as the races were used were part of the US Youth Olympic selection process, thus all athletes entered in the Boy's category skied distances that are normally seen in the Youth Men divisions. Being one of the youngest competitors and sole Canadian at the US National, Joseph was able to repeat his performance showcased earlier this year in Jericho. Under these conditions, Joseph was able to maintain his pace behind the lead to under the ten minute and mark his second clean bout of shooting during a race.

### **Cadet Biathlon Program**

This year, LSB once again had the privilege to assist in the training of the Cadet biathlon program. Keeping in line with the teaching of the Bears program, biathlon was introduced to over 30 cadets during one of the local unit's biathlon complimentary training days.

With winning the Unit Male, Unit Female, and top male, at the Thunder Bay Zone competition, LSB is proud to report that seven of the twelve cadets who attended regular training session with our coaching staff qualified for their provincial competition that were held at the end of January 2011.

As mentioned in last year's report, LSB founded the Cadet Biathlon Fellowship award for which a male and female cadet biathlete from the Thunder Bay and surrounding areas are eligible. In May 2010, LSB presented to c/LCpl Jessica Ewart and c/MCpl Ben Deley, the first fellowship awards. LSB is currently in the selection process of this year recipients and will be announced at our Annual General Meeting being held on June 08.

## **Coaching Development**

Lake Superior Biathlon hosted the NCCP Biathlon Introduction to Competition – Dryland portion of the coaching series on the weekend on Nov 17-19, 2010. The course saw seven local club coaches attend. We would like to acknowledge and thank Kris Hebert and Alex Dumont for providing the instruction, and the Canadian Cadet Movement for allowing us to observe their zeroing process during their Zone Competition. Finally we would like to thank all the coaches, who took the time out of their busy lives to further their coaching skills.

To reinforce the skills learned during the IC-1 course, our club elected to send one of our coaching staff members along with Joseph to attend the NorAm Cup to provide assistance where needed for our club athlete, and to observe the provincial coaches in action. The club would like to compliment Michelle and Kris for their level of professionalism shown to our members and to their skills of managing 25 athletes. We wish to thank them for taking our coach and athlete under their wings during this competition event.

In January, a member of our coaching staff attended the second part of the Introductory to Competition course which was held in Sault Ste Marie. Along with the completion of the required multisport theory courses, only the certification process remains to be completed in order to have an IC Level coach on-hand. It is our hope that with the development of our Summer Biathlon Clinic to have one of the learning facilitators present in Thunder Bay to complete this process. A copy of our proposed training schedule has been forwarded to the Divisional Coaching Development Coordinator for input and guidance.

Coaching certification has become a matter of importance for LSB on two counts. Firstly, effective April 2011, Timo Tikka has resigned as the club's head coach in order to pursue an opportunity in his professional career. And secondly, with the sudden change in qualifications which now requires a coach attending the Ontario Winter Games to be IC Level certified compared to what was allowed in the past.

## **Athletic Development**

This year, we conducted our Fall 2010 Biathlon Clinic with Bill Meyer as our guest coach. This two-day clinic focused on preparing our athletes for the upcoming competition season. The training was geared towards proper execution of ski techniques with attention to weight transfer and power.

As mentioned above, LSB is currently developing a week long summer clinic with the objectives of introducing and/or refining skills of biathlete for the summer portion of the program. In order to promote the Bears program, the first two day of the week long clinic will see a modification of the bears program. This will be followed by a three day clinic for biathletes that are in the learning-to-train or train-to-train development areas with the focus on proper technique execution, and activities that will supplement the performance of our sport. To close our

clinic week, we are proposing invitational races. The objectives of these races are to reinforce the skills acquired during the clinic and allow them to be tested under a performance under pressure scenario.

### **20-Lane Biathlon Range**

Last year, we recognized our first capital project in the construction of a 20-Lane range. We were not able to progress with this project along as desired as we have not as of yet secured the financial backing needed to see this project through.

### **Conclusion**

Entering our fifth year, Lake Superior Biathlon journeys forward with our successes and will continue to strive in the areas of recruitment, member retention, and infrastructure. With the challenges of procuring funds for our capital project, coaching/athlete development and travel expenses, we shall continue to follow our mandate and promote our fine sport in Thunder Bay and Northwestern Ontario.



Daniel S. Guay  
President

Walden Biathlon Club  
Annual Report 2010-2011 Season  
May 28, 2011  
Greg Dalton, Head Coach, President, WBC

## Overview

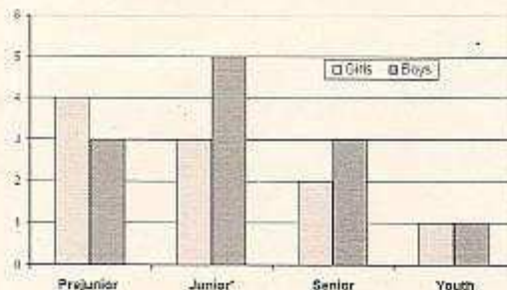
Several athletes moved from air rifle to 22 this year increasing our 22 contingent from 2 to 5 with (2 youths and 3 senior boys/girls). The lack of our own 22 range meant the 22 and air rifle practices were not together putting a huge strain on coaching and support. Nevertheless we managed to hold weekly 22 practices at a private range. Biathlon Bears started in October with running / shooting. An open house during the annual ski swap brought several new faces to the club. Walden biathletes competed at all OCup races, several NorAm races, the Canadian Championships and Cadet Nationals winning medals at almost every event.

The introduction of the Air Arms compressed air rifles proved to be a mixed blessing. On the positive side these rifles are very accurate and easy to use. The air cylinders are quickly recharged using a scuba tank. On the down side these rifles require much more maintenance than the Daisy's further taxing the club's support network. They are very expensive and none were purchased privately in our club. Repairs were slow putting rifles out of commission for months at a time. The rifles become finicky in cold weather with clips being ejected during indexing and compressed air needing to be recharged during the race. A "flaw" in the action means that a pellet can be loaded without the air charge (the air is charged only when the bolt is fully open), this usually leads to a second pellet being loaded and two missed shots. A further "flaw" in this system is that the trigger can be pulled and the air discharged even with the bolt fully or partially open. Under this situation it is unlikely that a pellet will leave the rifle with any velocity but it is disconcerting. Air cylinders should be removed to completely disable the rifle.

Walden biathletes posted some impressive shooting results with the Air Arms this season with overall shooting percentage at 71% and the top 3 athletes shooting an average of 88%. Skiing improved throughout the season supported by a strong Jack Rabbits/Junior Development program under Patti Kitler at Walden XC.

Walden hosted an OCup for air rifle in March. The turnout was good with attendees from 3 other clubs and several independents. A drop in temperature on the night prior to the race dried out the snow and conditions were fast.

Distribution by Class and Gender



## **Coaching and Officials**

Walden coaching requirements will need to be addressed in the coming year to sustain the club. Here is a synopsis:

- 2 coaches (Dave Endleman and Kelsey Collins) who attended a level 2 course in the Soo. ... they both lack their Multi-sport A+B.
- 1 Gold Level Community coach (Greg Dalton)
- 2 Silver level coaches
- 4 Bronze level coaches

5 individuals have started the officials training program online. Several have had difficulty getting passwords.

Our club has requested a facilitator for coaching and officiating at a fall training camp.

## **Range**

The lack of dedicated biathlon ranges in Ontario is a major impediment to growing the sport. In our long range planning we are seeking to develop a biathlon range in the Sudbury area. In the short term we are negotiating with a local gun club to access a range with skiing/running trails. The limitations of using a gun club facility is the high demand for range time by hunters during the fall months and the special needs regarding steel targets.

## Blind River Biathlon Club 2010-2011 Report

May 2011

Eight athletes participated in our program. A number of other kids participated in some of our training activities (listed below). Their hard training paid off because our members won a number of medals at the O' Cup races and one silver at the Cadet Nationals! The athletes and coaches would like to thank the Blind River Cross Country Ski Club executive for all the time they put in helping organize our O Cup races and grooming the trails all season long.

There is not a large crop of kids in our Cross Country Ski Club's learn to ski program but a few of them indicated that they wanted to join biathlon next season. Hopefully we will have 10 or 12 participants in our program. The 8 athletes presently in the program intend to continue training during the spring, summer and autumn (the club has 4 pairs of roller skis) and attend summer and autumn training camps. A few of them will also be looking to purchase .22's. An item of importance that has to be discussed is the use of the Air Arms rifles during competition. If used in competition, all participating athletes must have the use of an Air Arms. Further more, we need more Air Arms rifles. We have 8 athletes and 2 rifles, our athletes do not have the exposure to these new rifles that the athletes at other clubs have had. Last year's air rifle shooting camp in Sudbury was excellent and we hope there will be another this year, preferably in September or October. A summer/autumn circuit of running biathlon or mountain biking biathlon races would keep our sport alive during the off season and keep the kids interested.

Our four coaches (Margo Déquanne, Jeff Watts, Yves Rousseau and Michel Ménard) would like to continue to add to their coaching certification.

The Blind River Biathlon Club would like to thank the parents, clubs and coaches that participated in our O' Cup races. We also thank and applaud the Biathlon Ontario executive and coaches for all their hard work during the year.

### 2010-11 Tentative Schedule:

Dec. 4,5 10:00am on Sat. and 1pm on Sun - **Training** at trails

Dec 11,12 10:00am on Sat. and 1pm on Sun. - **Training** at trails

Dec. 18, 19 10:00am on Sat. and 1pm on Sun. - **Training** at trails

(Training during holidays to be determined)

Jan 8,9 O Cup#1 in Walden

Jan 15,16, - 10am on Sat. and 1pm on Sun- **Training** at trails

Jan 21-22 Training at the trails Jan 29, 30 10am on Sat. and 1pm on Sun- **Training** at trails

Feb 5,6 10am on Sat. and 1pm on Sun- **Training** at trails

Feb 12&13 - participation in loppet on Sat. and 1pm on Sun- **Training** at trails

Feb 19 & 20 - tentative date for O Cup races in Blind River (air rifle)

Feb 26&27 , O Cup races in Ottawa

March 5, 6 Midget Cross Country Championships in Walden

March 27 - End of season party (games, relays, shooting match)

Other training may be available on request for skiing and shooting.

If schedule is changed you will be informed

All participants are also encouraged to ski two nights a week after school and participate in X-C Ski races and other training.

Coaching staff- Michel Ménard, Jeff Watts and Margo Déquanne

Any help is appreciated!!!

Please call Michel at 356-7567 if you cannot attend the practices, races or require more information

Registration with the Blind River Cross Country Ski Club and with Biathlon Ontario is mandatory

**Cost** Registration in the program will be \$50, which makes them members of the Blind River Biathlon Club, helps to cover small program expenses and provides insurance coverage. In all cases, race fees and registrations are extra.

Car pooling and accommodations may be required for attending out of town events.

Submitted by:

Michel Ménard