



BIATHLON NOVA SCOTIA



ATLANTIC TRAINING CAMP 12 Wing Shearwater, NS 20 – 21 October 2007 INVITATION AND INSTRUCTION

INTRODUCTION

As agreed amongst the Atlantic Provinces, an annual training Camp is held for the athletes and coaches of the four provinces. For 2007, the Camp was to be held in CFB Gagetown during 24 – 26 August, due to unforeseen circumstances this Camp had to be cancelled and has been re-scheduled for 12 Wing Shearwater, NS for 20 – 21 Oct 2007.

The Camp will be an opportunity to address and implement some of the lessons learned during the past season. As well, it will facilitate the testing of fitness standards and prepare athletes and coaches for the coming competition season. Additionally, initial identification of athletes for the Canada Winter Games 2011 Training Squads can be done during the Camp.

MISSION

Biathlon NS will host and conduct a dry-land training Camp for the Atlantic Provinces at 12 Wing Shearwater and at the Bedford Rifle Range, NS during 20 – 21 October 2007 with the following objectives:

Objectives

1. To test and assess athlete fitness status and training programs;
2. To prepare athletes and coaches for the coming season;
3. To provide continued hands-on experience for Atlantic region coaches;
4. To begin identification of athletes for CWG 2011; and
5. To promote and develop the sport of biathlon in Atlantic Canada.

PARTICIPATION

All athletes and coaches approved by their Division are invited to attend the Camp. Maximum participation by athletes is desirable. Coaches will be assigned areas of responsibility in consultation between the Camp Director, Training Coordinator and the participating Divisions.

CAMP CONDUCT PLAN

The Camp will be conducted at 12 Wing Shearwater and will consist of fitness evaluation, various shooting training formats, fun competitions, roller skiing, review of training principles and continuation of setting up of training plans for the coming season according to table 1. A more detailed schedule will be issued upon registration on Sat morning.

Table 1 Itinerary

Date/Time	Activity	Location	Remarks
Friday, 19 October			
1800 – 2200	Arrival of out of town participants staying in quarters	Shearwater Sail Centre	Camp Admin & Log Staff
Saturday, 20 October			
0700-0800	Breakfast	Warrior Block	User pay
0800-0830	Registration	Shearwater Sail Centre	Camp Director
0830-0930	Briefing	Mainbrace	Camp Director/Head Coach
0930-1200	Fitness Evaluation	Mainbrace	CSCA/Sport NS All athletes/coaches
1200 – 1300	Lunch	Warrior Block or Bag Lunch	User pay
1300 – 1630	Skills & Drills	Mainbrace	All athletes/coaches
1630 – 1800	Supper	Warrior Block	User pay
1830 – 1930	Sport Nutrition Presentation	Mainbrace	CSCA/Sport NS All athletes/coaches
Sunday, 21 October			
0700	Clear out of accommodations	Shearwater Sail Centre	All in house pers
0730	Breakfast	Warrior Block	All in house pers
0815	Move to Bedford Range	Bedford	Transport Rifles and ammo
0900-1200	Rifle Famil/Shooting Skills	Bedford Range	All athletes/coaches
1200-1300	Lunch	Bedford area	User pay
1300-1530	Shooting Skills & Drills	Bedford Range	All athletes/coaches
1530	Wrap-up/Depart	Bedford Range	All
1600	Depart	Bedford Range	All

NOTE: Circumstances may dictate some adjustments to the above itinerary and to the overall Camp plan. These changes will be distributed as early and as quickly as possible.

FINANCES, ADMINISTRATION AND LOGISTICS

Camp Fee

Each participating athlete will pay a \$10 Camp fee to off-set costs for ammunition and other expenses, i.e., this Camp will be run on a cost recovery basis.

Division and Biathlon Canada Membership

All participants at the Camp must be members for 2007/2008 or must become members of their respective Division and Biathlon Canada for the year 2007/2008, at a cost of (for NS) \$80 for Senior Athletes (15 years and older), \$40 for Junior Athletes (14 years and younger) and \$30 for Non-Competitors (coaches, officials and supporters) – to be borne by each individual or their club (NS members can pay at the time of registration, or in advance using the attached form or by credit card at www.playsport.ca).

In lieu of becoming a full member, participants may wish to purchase a Day Membership **each** day at a cost of \$10.00 per day. A membership is required for insurance purposes and for the right of access to Division programs. For athletes under age 18, the waiver portion of the membership application must be signed by a parent or guardian.

Travel

Travel to and from the Camp is the responsibility of the participants.

Accommodation

Accommodation for all participants on Friday and Saturday nights will be at the Shearwater Sail Centre free of charge. The allocation of accommodation will be done on arrival in Shearwater. Additional accommodation is available at Warrior Block, 12 Wing Shearwater at a cost of \$5.50 per night.

Meals

Meals will be the responsibility of each participant. Meals can be purchased at Warrior Block, 12 Wing Shearwater at very reasonable costs. For lunch on Sunday, there are various options available in the Bedford area.

Equipment and Necessities

Athletes are expected to bring the following general categories of equipment for use:

- roller skis, boots, and roller ski poles
- bike helmets for roller skiing, protective pads
- water bottles (at least one litre)
- toiletries, towel
- Sleeping bag & pillow
- training clothing, including bad weather needs, changes of clothing
- rifles

Ammunition

Ammunition, and targets, will be provided.

COMMUNICATIONS, APPOINTMENTS AND SAFETY

Communications

The Atlantic Provinces are requested to inform their athletes and coaches about the contents of this instruction. Emergency communication will be through Rick Powell's mobile (902) 456-3583 or Murray Wylie's mobile (902) 240-6479.

Camp Appointments

Camp Director – Rick Powell
Training Co-ordinator – Neil Clarkson
Ski Coordinator – TBD
Range Coordinator – TBD

Hopefully, at least one Level 3 Coach can attend from each Division. This will enable other "competitive stream" coaches to progress their NCCP qualifications. All coaching assignments will be based on experience and training associated with the various coach positions. These assignments will also be determined based upon the number of coaches who attend. Selections will be made in consultation between the Divisions, Camp Director and Training Coordinator.

Safety

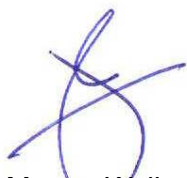
Safety will be of the utmost importance during the Camp. All participants are to be extremely alert at all times for unsafe situations and to be vigilantly proactive about prevention of accidents of any kind.

Coaches are to ensure that all required safety rules, procedures and practices are used for every activity.

All shooting activity must adhere to all biathlon safety rules, range regulations and pertinent firearms laws. Helmets and protective gear must be worn at all times for roller skiing.

REGISTRATION

Divisions/coaches and athletes are requested to register for participation to the Camp Director, Rick Powell, by 9 October 2007 at telephone (902) 434-1528, e-mail rpowell@accesswave.ca or biathlon@ns.sympatico.ca.



Murray Wylie
President
Biathlon Nova Scotia

DISTRIBUTION

Atlantic Canada Divisions
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Capt Bruce Jarvis – Atlantic Region Cadets