



3RD ANNUAL ATLANTIC TRAINING CAMP CFB Gagetown, NB, 24 – 26 August 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 will be held in CFB Gagetown during 24 – 26 August. 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 will 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 NB will host and conduct a dry-land training camp for the Atlantic provinces in CFB Gagetown, NB during 24 – 26 August 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
5. To promote and develop the sport of biathlon in Atlantic Canada

PARTICIPATION

All athletes approved by their province and specifically selected coaches are invited to attend the camp. Maximum participation by athletes is desirable. Coaches will be selected in consultation between the Camp Director and Coaching Advisor and the participating provinces.

REGISTRATION

Provinces are requested to register their intended numbers of athletes for participation to the Camp Director, Nathan DenHollander, by 10 August 2007 at telephone (506) 357-6462, e-mail denhollander.ja@forces.gc.ca or biathlonnb@hotmail.com.

CAMP CONDUCT PLAN

The camp will be conducted at CFB Gagetown 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 the following itinerary.

Itinerary

Friday, 24 August	Saturday, 25 August	Sunday, 26 August
1600 – Arrival 1800 – Administration 1900 – Camp Briefings 1930 – Camp Photos	0700 – Breakfast 0800 – Briefing 0900 – Fitness Evaluation 1130 – Lunch 1300 – Skills and Drills 1630 – Prepare for Supper 1710 – Supper and Presentations 1830 – Keynote Speaker 1930 – Movie	0700 – Breakfast 0800 – Briefing 0900 – Zeroing 1001 – Competition 1200 – Lunch 1300 – Camp Termination 1400- Departures

FINANCES, ADMINISTRATION AND LOGISTICS

Camp Fee

Each participating athlete will pay a fee of \$75 camp fee to off-set costs for accommodation, meals and coach expenses.

Division and Biathlon Canada Membership

All participants at the camp must be members for 2006/2007 or must become members of their respective division and Biathlon Canada for the year 2007/2008, at a cost of (for NB) \$90 for Senior Boys and Girls and older, \$60 for Junior Boys and Girls and \$25 for coaches, officials and supporters – to be borne by each individual or their club. The 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 provinces. Biathlon NB will issue separate direction on travel for NB participants.

Accommodation

Accommodation for all participants on Friday and Saturday nights will be at Camp Argonaut. The allocation of accommodation will be done on arrival in CFB Gagetown. Participants must bring sleeping bags, air mattresses or pads and towels.

Meals

Meals will be provided at the camp mess hall starting with Friday's supper, 1630 to 1800 hrs., and all other meals including lunch on Sunday.

Equipment and Necessities

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

- roller skis and roller ski poles
- bike helmets for roller skiing, protective pads
- water bottles (at least one litre)
- sleeping bags, air mattresses or pads
- toiletries, towel
- training clothing, including bad weather needs, changes of clothing

Rifles and Ammunition

Rifles and ammunition 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 Ray Kokkonen's mobile (506)627-6437 or Nathan DenHollander's mobile (506) 461-3164.

Camp Appointments

Camp Director – Nathan DenHollander

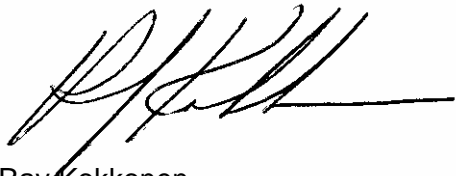
Coaching Advisor – Mike Lushington

Coaching assignments will be based on experience and the positions required. Selections will be made in consultation between the provinces and the Camp Director and Coaching Advisor.

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.

NOTE: Some adjustments to the camp plan may be necessary, depending on circumstances.



Ray Kokkonen

President

8 July 2007

DISTRIBUTION

Participating Divisions

Biathlon NB Executive

Barry Wishart - SRAL NB

Biathlon Canada

Capt Bruce Jarvis – Atlantic Region Cadets