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4TH ATLANTIC TRAINING CAMP

Charlo, NB, 22 – 24 August 2008

INVITATION

GENERAL

The 4th Atlantic Training Camp will be held at Les Aventuriers Ski Club in Charlo, NB during 22-24 August 2008. All NB, NL, NS and PE, and Cross Country NB members are invited to participate. The camp program will consist of long-term goal setting and time management; nutrition; fall training techniques; precision and competition shooting; mental training; fitness testing; equipment information; and, roller ski training if possible.

CAMP DETAILS

- Dates:** Friday evening, Sat and Sun, 22 – 24 August 2008 (end 1430 Sunday)
- Location:** Les Aventuriers, Charlo and Dalhousie locations.
- Registration Fee:** \$50.00 – covers Saturday supper, accommodation in club chalet, coaching support and camp ammunition.
- Membership:** Each candidate must be or must become a member of Biathlon Canada/Biathlon NB, or their own division for the season 2008/2009 at the cost as stipulated by their division.
- Coaches:** Mike Lushington (Camp Director) Phil Nadeau (Shooting Coach), Line Beattie, others as assigned.
- Arrival Information:** Les Aventuriers Chalet, 1900 hrs, 22 August 2008.
- Equipment:** Participants need to bring the following: sleeping bags if staying in chalet, clothing for indoor and outdoor training (including inclement weather), rifles if available, roller skis and safety gear (TBC).

ACCOMMODATION, TRANSPORTATION AND MEALS

All participants are responsible for their own travel, accommodations and meals as arranged by their club or division. However, accommodation will be provided gratis in the chalet for out-of-town participants (but is limited by space available) and the evening meal for Saturday will be sponsored by Biathlon NB as a self-prepared team building exercise.

REGISTRATION AND CONTACT INFORMATION

All participants must be registered by notice given by phone or e-mail by the division, club or individual by **8 August 2008** to: **Ray Kokkonen** biathlon@biathlonnb.ca or **(506)627-0217**. For additional information, please contact Ray Kokkonen.

CAMP INSTRUCTION

A detailed camp instruction will be issued on 8 August 2008 following completion of registrations.