



**EASTER TRAINING CAMP  
Charlo, NB, 13 – 15 April 2005**

**INVITATION AND INSTRUCTION**

**INTRODUCTION**

With the end of the past season, Biathlon NB must focus on lessons learned during the season and must address issues that need to be resolved before the new season begins. As well, the selection screening and training preparation of athletes for the Canada Winter Games 2007 in White Horse must continue. For those reasons, the Easter training camp has been scheduled for 13 - 15 April 2006 in Charlo.

**MISSION**

Biathlon NB will conduct an on-snow end-season training camp in Charlo, NB during 13 – 15 April 2006 with the following objectives:

**Objectives**

1. To address the lessons learned during season 2005/2006 and to plan for next season
2. To continue the selection screening of potential athletes for the CWG 2007 Team
3. To continue training of NB athletes for the CWG 2007
4. To provide continued hands-on experience for Biathlon NB coaches.

**PARTICIPATION**

All athletes approved by their regional coaches and active coaches approved by Mike Lushington, are invited to attend the camp. Approximately 20 athletes are expected from the various areas.

**CAMP CONDUCT PLAN**

The camp will be conducted at the Les Aventuriers Ski Club in Charlo and will consist of two competitions and planning sessions for the next season according to the following itinerary.

**Itinerary (Detailed Timetable will be issued by the Head Coach)**

<b>Thursday, 13 April</b>	<b>Friday, 14 April</b>	<b>Saturday, 15 April</b>
2000 – Arrival at Heron’s Nest, Charlo Camp Briefing	0900: Zeroing 1000: Individual Competition 1200: Lunch 1300: Planning Session 1700: Self-made Team Supper 1900: Planning Session 2200: Lights Out	0900: Zeroing 1000: Sprint Competition 1200: Lunch 1300: Briefings 1500: Departures

## **FINANCES, ADMINISTRATION AND LOGISTICS**

### **Camp Fee**

Each participating athlete must pay a \$50 camp fee to off-set costs..

### **Biathlon NB and Biathlon Canada Membership**

All participants at the camp must be or must become members of Biathlon NB and Biathlon Canada for the year 2005/2006, at a cost of \$60 for senior athletes (SB/G, YM/W, JM/W, SM/W) and \$40 for Junior Boys and Girls and younger, and \$20 coaches, to be borne by each participant. The membership is required for insurance purposes and for the right of access to Biathlon NB programs. For athletes under age 18, the waiver portion of the membership application must be signed by a parent or guardian. The memberships application form is attached to the end of this instruction – regional coaches are to ensure that non-member athletes receive a copy.

### **Travel**

Travel of the regional groups to and from the camp is the responsibility of the regional coaches. Biathlon NB will pay the authorized travel costs for one vehicle for each region. Coaches are to contact Ray Kokkonen to confirm travel arrangements.

### **Accommodation**

Accommodation for out-of-towners for Thursday and Friday nights will be in the Heron's Nest Cottages at no cost to the coaches and athletes. The allocation of accommodation will be done on arrival in Charlo, based on the gender numbers. As there will be more occupants than beds, participants should bring sleeping bags, air mattresses and towels. Local athletes will be accommodated at home. Some billeting of out-of-town athletes may be possible.

### **Meals**

All meals will be the responsibility of participants, except for the team supper on Friday evening which will be sponsored by Biathlon NB, prepared by the athletes. The Heron's Nest cottages all have a full kitchen with fridge, stove, sink, pots and pans and dishes. Regional coaches are responsible for organizing the meal arrangements for their athletes, including acquisition and preparation.

### **Equipment and Necessities**

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

- skis, poles, boots and other associated equipment
- sleeping bags, air mattresses
- toiletries, towel
- training clothing, including bad weather needs, changes of clothing
- food supplies as directed by regional coaches

### **Rifles and Ammunition**

Regional coaches are requested to bring all available rifles.. Regions are responsible for providing their own ammunition.

## **COMMUNICATIONS, APPOINTMENTS AND SAFETY**

### **Communications**

Regional coaches are expected to inform the athletes in their regions about the contents of this instruction. Emergency communication will be through the Heron's Nest (506)689-3766 or Ray Kokkonen's mobile (506)627-6437.

### **Camp Appointments**

Head Coach and Camp Director – Mike Lushington  
All other coaches will be assigned duties as required.  
Camp Administrator – Ray Kokkonen

### **Safety**

Safety will be of the utmost importance during the camp. All participants are asked 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, particularly shooting.. All firearms laws and safety regulations must be stringently observed by all participants

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



Ray Kokkonen  
President  
6 April 2006

### **DISTRIBUTION**

Regional Coaches, Biathlon NB Clubs  
Biathlon NB Executive  
Les Aventuriers Ski Club  
Barry Wishart - SRAL NB  
Biathlon Canada

**ATTACHMENTS:** A. Membership Application Form 2005/2006  
B. Expense Claim Form

## BIATHLON Nouveau-New BRUNSWICK MEMBERSHIP APPLICATION FOR YEAR 2005/2006

Individual

Group \*

Last Name: \_\_\_\_\_ First Name: \_\_\_\_\_

Date of Birth: \_\_\_\_\_ (D) \_\_\_\_\_ (M) \_\_\_\_\_ (Y) Gender: \_\_\_\_\_

Address: \_\_\_\_\_

Phone: \_\_\_\_\_ Fax: \_\_\_\_\_

E-mail: \_\_\_\_\_ Website \_\_\_\_\_

- If Club or Cadet Unit, include contact information of President or CO.

CATEGORY	SUB CATEGORY (circle)	FEE
<b>REGULAR Non-Competitor</b>	Coach, Official, Supporter	<b>20.00</b>
<b>REGULAR Athletes – Senior</b>	Masters, Men and Women, Junior Men and Women, Youth Men and Women, Senior Boys and Girls	<b>60.00</b>
<b>REGULAR Athletes – Junior</b>	Junior Boys and Girls and younger	<b>40.00</b>
<b>GROUP</b>	Clubs. Cadet Units, etc	<b>100.00</b>

**WAIVER:** For valuable consideration and in consideration of Biathlon Canada and Biathlon Nouveau-New Brunswick enabling the undersigned to be a member of Biathlon Canada and Biathlon Nouveau-New Brunswick and to compete or otherwise participate in programs which may be duly authorized and sanctioned by Biathlon Canada and Biathlon Nouveau-New Brunswick, the undermentioned member and his/her duly authorized Legal Guardian ( if applicable ) hereby waives and agrees irrevocably not to make or bring any claim, cause of action or Legal Proceedings of whatsoever description, which the undersigned member and/or his/her said Legal Guardian may have, at any time against Biathlon Canada or Biathlon Nouveau-New Brunswick their agents, employees and representatives and any area in which the member may be training, competing or otherwise participating, and each of such parties with respect to any default, injury or other mishap suffered or incurred by the undersigned member while training for or participating in any program in which Biathlon Canada or Biathlon Nouveau-New Brunswick may be involved. Without limiting the foregoing, the undersigned releases any and all recourse, which he/she may now or hereinafter have resulting from any decisions of Biathlon Canada. And/or Biathlon Nouveau-New Brunswick.

\_\_\_\_\_  
Member

\_\_\_\_\_  
Witness

\_\_\_\_\_  
Authorized Legal Guardian  
(If under 18 years of age)

\_\_\_\_\_  
Registration Date

- Check here if you do not agree to release your personal information to support biathlon sponsorship initiatives.



**BIATHLON**  
*Nouveau-New BRUNSWICK*

### EXPENSE CLAIM FORM

NAME: \_\_\_\_\_ CLAIM DATE: \_\_\_\_\_

ACTIVITY: \_\_\_\_\_

DATES	EXPENSE	AMOUNT	NOTES
	Private Auto – 20 cents x km		
	Meals: breakfast \$5, lunch \$10, dinner \$15		
	Accommodation		
	Airfare		
	Train/Bus/Taxi/Shuttle		
	Honorarium		
	Other Expenses		
	<b>TOTAL AMOUNT OF CLAIM</b>		

I certify that this is a valid claim.

Claimant's Signature \_\_\_\_\_

For Office Use

11051 Route 430 Highway, Trout Brook, NB, E9E 1R5  
 Tel: (506)627-0217, Fax (506)622-6162, E-Mail: biathlon@biathlonnb.ca