



## THE SUMMER TEAM SUPREME BIATHLON CAMP

We are looking for keen biathletes aged 15 to 17 (Birth Years 2003 to 2005) who are already dedicated to a full training program but are looking to take their training to the next level. We want to create a team who challenge and support each other to become the best athletes Canada has to offer.

### WHAT'S INCLUDED:

- 5 WEEKS OF ELITE TRAINING
- OPTION FOR 1 OR 2 VOLUME CAMPS
- 1 WEEK OF TESTING
- ACCESS TO COACHES FROM CANMORE NORDIC SKI CLUB, OUR BIATHLON NATIONAL TEAM, AND THE BIATHLON ALBERTA TRAINING CENTRE
- INTAKE/OUTAKE TESTING ASSESSMENT
- GREAT TRAINING PARTNERS
- LACTATE TESTING AND MONITORING
- TEAM SUPREME SWAG

### WHY COME:

Canmore Nordic Ski Club offers highly certified and experienced coaches who are keen to improve young athletes in biathlon. With our geography in Canada being so vast, athletes often end up training on their own, spread out across the country. Our vision for this camp, is to bring athletes together from across Canada who show potential to develop our sport to a new level. We hope to create an exclusive new camp experience to help elevate youth development in biathlon in Canada for our next generation of athletes. This camp is designed to connect like-minded, committed athletes from across Canada, in a training experience like no other.

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## WHERE:

Training will be based out of Canmore, Alberta, with the option for 1-2 training camps in Kaslo, B.C. and the Haig Glacier.

**WHEN:** June 28 to July 31

## SCHEDULE DETAILS:

### **Kaslo W.In. Mega Camp – June 29 to July 5**

This camp is organized by the W.IN group (Western Initiative) and will be attended by many other clubs from Western Canada. It includes a week of roller skiing, running, strength, road biking, hiking and water activities. Expect high training volume with many new training partners.

### **Biathlon Canada Festival – July 6 to 11**

A multi-testing event where athletes are assessed on their physical and shooting abilities to monitor progress from year to year. See where you line up in Canada.

### **Haig Glacier Altitude Camp – Optional - July 14 to 21**

Access to the Haig Glacier for summer skiing and volume training. This camp allows for altitude training at this unique and limited access location to work on specific on-snow training, aerobic endurance loading and speed. (If athletes choose to opt out of the Haig Camp, there will be training for them in Canmore).

### **Shooting Block Training - July 22 to 31**

Our remaining time in the camp will be a high focus on shooting progression with access to coaching from Canmore Nordic Ski Club, Biathlon Canada, and BATC, SCATT trainer laser sessions, and a high volume of focused shooting.

**COST:** This camp will have 2 cost options.

Option 1: Does Not Include the Haig Glacier Camp .....975\*

Option 2: Includes the Haig Glacier Camp ..... 2,050\*

\*Subject to board approval

**DEADLINE TO APPLY:** April 25th, 2020. Limited spots available.

## ADDITIONAL INFORMATION:

Athlete's club coaches, though not required, are welcome to attend part of the camp. We can help looking for athlete billeting if needed.

[Application Form](#)

For more information and how to apply: email [biathloncoach@canmorenordic.com](mailto:biathloncoach@canmorenordic.com)

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