

BIATHLON TRAINING CENTRE – PROGRAM OVERVIEW

Summary

Biathlon Alberta, the provincial governing body for the sport of biathlon in Alberta, created the Biathlon Training Centre (BTC) in April 2011. The purpose of the Biathlon Training Centre, located in Canmore, is to provide affordable year-round training to committed biathletes aged 18 to 23 years.

The BTC is managed by Biathlon Alberta, a volunteer-driven sport organization and recognized leader amongst provincial sport organizations in Canada.

Biathlon Training Centre Program Description

The Biathlon Training Centre in Canmore, Alberta is dedicated to developing committed athletes in the sport of Biathlon. As a training centre our goals also are to further the development of programs and services for athletes, coaches and officials to strengthen the sport in Canada

Vision

Athletes, Coaches, and Officials from the BTC will be recognized leaders of, and contributors to, Canada's national biathlon program.

Mission

To initiate and augment development opportunities in Alberta that target nationally competitive Athletes, Coaches, and Officials, preparing them for subsequent levels of success.

The BTC will:

- Deliver an athlete development system that supplements and supports existing local, regional and national programs, respecting the "Long Term Development Model" Canada has adapted
- Expand development opportunities for coaches, athletes and officials

Athlete Development

The tenets of athlete development are:

1. Provide programs that are unique in Canada, are athlete centered, and that set new standards for athlete performance.
2. Prepare athletes to be ready for entry to national teams and for international success.
3. Support all athletes with the same levels of technical support, regardless of their performance profile.
4. Maintain a coach to athlete ratio at roughly 10:1.
5. Accommodate full time year round training and competition schedules.

Athlete Progression:

The BTC is targeted at athletes between 18-23 years old, who have graduated high school, and are focused and committed to performance in biathlon. Biathlon Training Centre athletes are expected to make a year-round commitment to the sport and the team. Ideal candidates are athletes training for long term international success. Part-time school is encouraged for all athletes.

The Biathlon Training Centre is based in the Bow Corridor (Calgary, Canmore, Banff area). Athletes are expected to reside in the Bow Corridor.

Specific training plans will be centered on individual athlete goals and individual athlete development, and where appropriate, racing events will focus on performance at:

- Trials for World Youth Junior Championships and IBU/WC
- Trials for Provincial Teams for Canada Games
- World University Games
- IBU Cup
- U26 European Champs
- Canadian Biathlon Nationals

Highlighted area indicates Biathlon Training Centre targeted competitions.

Games	Cups	Championships	Trials
Alberta Winter Games	Kinder Cups- Regional races	Provincial Champs	Alberta Winter Games trials
	Calforex Cups	Western Canadian Champs	
Canada Winter Games	North American Cups	National/NORAM Biathlon Champs	Prov. Team trials for Nationals
World University Games		World Junior/Youth Championships	World Junior/Youth trials
	IBU Cup	U26 European Championships	IBU Cup Trials
Olympic Winter Games	World Cup	World Championships	World Cup/WCH Trials

Program Coverage / Fees

The Biathlon Training Centre uses a **team**-based approach and is grounded in a fee-based program. Athletes will pay a team fee at the beginning of each year that will cover the full costs of coaching, training, competition and travel to events of the Biathlon Training Centre program. There are no “part-time” programs, and fees are not refundable after May 1, 2011.

Program fees cover the full costs of coaching, training, competition and travel to events of the Biathlon Training Centre program.

- All team travel and accommodation for camps and competitions on the program calendar are covered by the program fees and will operate out of Calgary.
- Regular training programs will operate in the Bow Valley area and local travel for training is not covered by the Biathlon Training Centre.
- Race Licenses, entry fees and food are not covered by program fees

Fees

Included in the program fees are coaching, camps, wax, and support at select races in western Canada. Eastern NorAm or European tours will be on a user-pay basis. Not included in the program fees are equipment and ammunition, race licenses, entry fees, and food.

- All team travel and accommodation for camps on the program calendar are covered by the program fees and will operate out of Canmore.
- Regular Biathlon Training Centre training programs will operate in the Bow Valley area and local travel for training is not covered by the Biathlon Training Centre.

The program fee per athletes is: \$8500.00

May 1st - \$1500.00 deposit, + 10 posted-dated (June 1st through March 1st) cheques of \$700.00

All BTC athletes will be provided the same level of support once accepted into the program.

For Biathlon Training Centre program camps and supported competitions:

1. Camp logistics will be coordinated, funded and delivered by Biathlon Training Centre.
2. Athletes will stay as a group at the camp accommodation provided by Biathlon Training Centre.
3. Training camps will be held jointly between the Alberta World Cup Academy Cross-Country and the BTC where logistics allow to save costs

Training Schedule Example

Possible Dryland Schedule (done in conjunction with the Alberta World Cup Academy)

Cross Country/Biathlon

May 2rd-5th, 2011 Medicals and Physio assessments

- Medical Check-ups to establish baselines and ensure recovery from the previous season
- Physio assessments to establish protocols and priorities for offsetting imbalances

Cross Country/Biathlon

May 10th-17th TBD, 2011: On-Snow camp, Sovereign Lakes

Objectives:

- Early Volume on snow
- Technique video analysis
- Training Plan review
- In Camp Monitoring
- Educational Focus – Nutrition/Goal Setting/Stretching

This is the time of year when most athletes are very fit and technically sharp having just completed the season and had a rest period. It is important we capitalize on the snow conditions to make technical gains.

Biathlon

May 30-June 4, 2011: Shooting camp #1

Objectives:

- 10 shooting sessions
- Rifle fit
- Position analysis
- Precision shooting baselines
- Precision work
- Shooting plan review
- Educational focus: Skill acquisition/development/mastery

Cross Country/Biathlon

June 21st-25th, 2011: Testing camp # 1

Objectives:

- Application of current top quality sport science
- Develop baselines
- Analyze strengths and weaknesses
- Ensure optimal health
- Educational Focus – TBD

Schedule:

- VO2 Testing /Double pole Test

- Roller ski treadmill incremental
- June Uphill Time Trial/Uphill Run
- Shooting tests (**Biathlon**)

Cross Country/Biathlon

June 25th-June 30th, 2011: Volume/Bike Camp

Objectives:

- Early season low impact Volume
- Team Building

Biathlon

July 11-16, 2011: Shooting Camp #2

Objectives:

- 12 shooting sessions
- Precision analysis
- Transitioning precision to combo
- 5 across skill work
- Educational focus: Sleep

Biathlon

July 25th – 31st 2011: On Snow Camp, Haig Glacier

Objectives:

- Volume on snow
- Technique video analysis
- In Camp Monitoring
- Educational Focus – TBD

Cross Country/Biathlon

Aug 18th-28rd, 2011: Summer volume camp Rosland

Objectives:

- Volume
- Technique video analysis
- Training Plan review
- In Camp Monitoring
- Educational Focus – TBD
- Team building

Biathlon

Sept 5th – 10th, 2011: Shooting Camp #3

Objectives:

- 12 shooting sessions
- Combo shooting
- Shooting at intensity

- Competition shooting
- Race planning
- Educational: Mental skills, IPS, race planning

Cross Country/Biathlon

Oct 1st-Oct 7th, 2011: Haig Camp #2 Altitude camp

Objectives:

- Volume/Intensity
- Technique video analysis
- In Camp Monitoring
- Educational Focus – Nutrition/Stretching/reviewing goals

Cross Country/Biathlon

Oct 11th-15th, 2011: Testing camp # 2

Objectives:

- Application of current top quality sport science
- Track Summer improvements
- Analyze strengths and weaknesses
- Ensure optimal health
- Educational Focus – Stretching/ Race planning

Schedule:

- VO2 Testing /Double pole Test
- Roller ski incremental
- June Uphill Time Trial/Uphill Run
- Shooting tests

Cross Country/Biathlon

Nov 13th-17th, 2011: Lake Louise Camp

Objectives:

- Volume
- Technique video analysis
- In Camp Monitoring
- Transition from dryland to snow

Competition Schedule Example

This competition schedule is an example **from the 2010/2011 season** to help define the overall competition program of the Biathlon Training Centre. The final competition schedule will be set for 2011/2012 as confirmed event dates become available.

For athletes that do not qualify for National Ski Team supported trips during the winter a secondary competition program (Euro/NORAM tour) will be put in place and will be user pay.

Date	Competition	International Group Target = Team Qualification
Sept	Rollerski trials- Canmore	Biathlon Training Centre (Supported)
Early Dec	NorAm- Canmore	Biathlon Training Centre (Supported)
Mid-Dec	NorAm (West)- TBD	Biathlon Training Centre (Supported)
Jan	World Youth/Junior/Senior trials- TBD	Biathlon Training Centre (Supported, but user pay)
Feb – TBD	Euro Races – Europe or NorAm	Biathlon Training Centre (Supported, but user pay)
Dec-March	Potential XC races- Western Canada	Biathlon Training Centre (Supported)
Dec-March	Potential Biathlon races- Western Canada	Biathlon Training Centre (Supported)
Mar 7-14	Canadian National Championships	PSO supported

Code of Conduct

The Code of Conduct identifies the standard of behavior, which is required of all Biathlon Training Centre members traveling to, participating at and returning from all Biathlon Training Centre supported events.

ALL Athletes and Coaches Shall:

1. Represent the Biathlon Training Centre as goodwill ambassadors, with dignity, personal integrity and within the spirit of good sportsmanship at all times both in and out of competition.
2. Show respect for:
 - a. the members of your own team
 - b. all competitors, officials and coaches participating in the event
 - c. the rules and standards set down by the event
 - d. the decisions of the Technical Officials
 - e. the people of the Event Hosting Community including staff, volunteers, spectators, local business personnel, etc.
4. Attend any Ceremonies and awards presentations
5. No tobacco or illegal drug substances may be brought or consumed on any Biathlon Training Centre supported trips. Alcohol may not be consumed by, or in the presence of, athletes under the legal drinking age.
6. Be a team player – selfishness will not be tolerated and could lead to removal from the team.

In Addition, All Coaches/Staff Shall:

1. Set a positive example for their athletes by compliance with all policies, rules and standards of conduct.
2. Act in the best interest of the athlete, avoiding all unsafe and unacceptable circumstances, and seeking advice of appropriate medical personnel before deciding if an injured athlete is to resume competition.
3. Be responsible for the conduct of their athletes at all times during BTC supported trips.

Training Plans, Training Logs, and Mandatory equipment

Athletes will be provided with comprehensive training plans based on their individual development as an athlete and focused on their individual goals. Training plans will include:

- age appropriate year round training with sequencing of volume, intensity, strength training, and psychology as it applies to our sport,
- monitoring,
- education on recovery techniques,
- Sequencing of the most effective ways to improve technique.
- Yearly periodization and skill development for shooting (Biathlon)

Biathlon Training Centre athletes will be expected to log and report all training directly to the Head Coach in a timely manner.

All Biathlon Training Centre athletes are responsible for providing and maintaining the following mandatory equipment:

- Elpex F1 skate roller skis with wheels in new condition and/or Marwe with #6 wheels
- Elpex or Marwe classic roller skis, medium to fast speed
- Polar rs800 or Suunto T6 heart rate monitor

Sponsors and Supplier pools

Skier Responsibilities: Sponsors are important to the survival of the Biathlon Training Centre. Athletes will be expected to communicate with and service sponsors as defined by the Racing Director. Athletes are expected to conduct themselves in a manner that reflects well on BTC sponsors at all times.

1. Skis, boots and poles sponsorship will be the responsibility of each athlete. The Biathlon Training Centre may be able to facilitate sponsor relationships in these categories through Biathlon Training Centre contacts.
2. Wax and ski service sponsorship will remain the domain of the Biathlon Training Centre. Athletes will be expected to support and promote Biathlon Training Centre sponsors and waxing and ski service will be provided by the Biathlon Training Centre.

Volunteering and Community Service

Community Service

It is important to represent the Biathlon Training Centre in a positive manner in the biathlon community. Each athlete will be expected to provide community service to the biathlon community on a regular basis as defined by the Head Coach.

In general, athletes will be expected to:

1. Assist home club training camps
2. Assist provincial or regional camps (i.e. Provincial Development camps)
3. Attend community service with their home club or provincial team
4. Athletes will be expected to volunteer for the Biathlon Training Centre up to 20hrs

All community service and volunteering activities will be approved by the Head Coach to ensure that it is compatible with individual training plans.