



Canada Games Squad October Competition Camp Canmore October 14 – 16, 2010

The purpose of our October camp is to provide a dry run (mentally and physically) of the competitions athletes will experience at the Canada Winter Games. Also, performance state sessions with our Sport Psychologist, in addition to recovery and preparation nutrition/hydration strategies, will be featured at this camp.

Eligibility

All athletes born, 1990 – 1993 are eligible. There is a maximum of 16 slots available. If the camp is over-subscribed, preference will be given to athletes nominated to the Canada Games Training Squad.

Camp fee/Registration

- \$90 per person includes camp and race registration
- Registration on Zone4: <https://www.zone4.ca/register.asp?id=1344>

Equipment

- Rifle, one brick ammo;
- Roller skis; roller ski poles, helmets
- Running gear

Accommodation: Limited accommodation is available, and included in the camp fee, for out-of-town athletes, October 14th and 15th only, at the Rocky Mountain Ski Lodge. Please contact Alan Ball to arrange: aball@biathlon.ca

SCHEDULE

Friday: (October 14)

12:30	Meet; camp introduction, games
13:00	Sport Psychology session with Danielle Ideal performance state; psyching up/down etc
14:00	Roller-ski shooting session DF /Drills /Combo <i>from where we left off last camp</i>
16:00	Follow up sports psychology session with Danielle

Saturday: (October 15) OPEN COMPETITION DAY

10:00	Zero
11:00	Biathlon Race; Open to general membership No age categories; category depends on skill level Modified mass start format; 6 spare bullets, 5.0 km, 5P; roller-ski race, prone only 7.5 km, 3P/2S, roller-ski race 12.5 km, 3P/2S, roller-ski race
12:00	Lunch - self catered
13:00	Shooting/roller-ski competitions; format TBA 1) Team sprint 2) Shooting competitions
16:00	Race meeting and planning session

Sunday: (October 16)

9:00	Zero (45min)
10:00	Race Start (sprint/relay format, roller-ski, junior distances)
11:00	Nutrition session with Kelly Drager (pre-post competition meals)
12:00	Race analysis and wrap-up