



CWG Training Opportunities: July 15 through October 15th, 2010

- Contact for all Camps: Alan Ball, aball@biathlon.ca; 780-447-3717
- Registration will be via Zone 4. Preference will be given to CWG Squad members.
- Athletes are responsible for their own transportation, lodging, food, and equipment, except as noted below.
- Camps in Canmore start at 09:00 on the first day.

Camp #1: Shooting Camp, Integrating the mental and physical aspects of shooting

July 16 – 18, Canmore

Featuring Danielle Fortin Black, Sport Psychologist, Eric Jensen, many times National Champion, supported by the CWG coaches, Kristin Jensen, Alan Ball and Jeff Lodge, plus a mystery guest or two. We will also use Eko rifles to explore technical aspects of shooting at this camp.

Presentations by Halvord Hanevald (Norway) and Sandra Keith (Canada) will be included in this camp.

There will be *limited* accommodation, room only, available for non-Canmore athletes at the Rocky Mt. Ski Lodge. Contact: Alan Ball.

Location: Canmore, AB.

Equipment: Roller skis, rifle, ammunition (brick), running gear, snacks, recovery drink, etc.

Cost: \$90. Register at Zone4: <https://www.zone4.ca/register.asp?id=1226>

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