

US Biathlon Regional Camp – Rocky Mountain Region

June 17-22, 2019

Casper, Wyoming

US Biathlon is looking for Junior athletes, ages 12 – 18, who are interested in improving their biathlon skills. Camp activities will be led by Olympian Rob Rosser and guest coaches Olympic Gold Medalist, Algis Shalna and Swedish National Team Member, Simon Halstrom. Additional TBD regional coaches will also be on coaching staff.

Dates:

Arrival: June 17 – Check in for camp starts at 1 pm Departure: June 22 – approx. 1 pm

Camp Activities:

- Physical tests, e.g. uphill run, Strength & Shooting Tests
- Red Book Rifle Safety Course and Certification
- Hill bounding & trail running
- Strength tests and flexibility screening Roller ski technique
- Shooting drills and precision test
- June 22th – Summer Biathlon Race Running & Mtn Biking

Packing List:

- Gear for indoor and outdoor sport
- Mtn Bike and helmet
- Gym shoes
- Running shoes
- Roller skis, ski boots, poles, helmet
- Hill bounding poles
- Writing material
- Sleeping bag and pillow, twin sheet
- Water belt/hydration pack
- Rifle
- Visi vest or visi shirt
- Cuff
- Ammo (500-750 rounds)
- Gloves
- Cleaning kit & rod
- Training log
- Heart rate monitor and watch
- Bath towel
- Warm & cold weather skiing & running clothes, raincoat
- Sunglasses, sunscreen
- Plastic lunch box or bin for snacks to be kept in cabins

Applications: please fill out the attached application form and email it to Cathy at info@caspermountain.org

Travel: Applicants are responsible for their own travel. If you are flying into Casper, we can arrange to pick you up at the airport.

Housing & Meals: Meals and Lodging are included. Lodging will be summer camp style on Casper Mountain at the Lions Camp.

<https://www.facebook.com/pg/AHSLCRental/about/>

9300 Casper Mountain Road

Casper, Wyoming

Casper Mountain Outdoor Center: Biathlon Venue. 1110 East End Road Casper WY 82601

www.caspermountainbiathlonclub.org www.caspermountain.org

Schedule

(times listed are departure times for workouts)

Monday, June 17th

1:00-3:00 Check in at **Lions**

Camp

3:00-5:00 Depart for Run/hike at Bridal Trail

6:00 Dinner

7:00 Presentation on Skate technique followed by Rifle fitting & Dry Fire (DF)

Red Book Rifle Safety Course & Cert. for those who need it

Tuesday, June 18th

7:00 Breakfast

8:30-11:30 Biathlon Venue- Warmup Run & Strength/ Agility exercises then Rifle fitting and accuracy shooting 12:00

Lunch & recovery

3:00-5:00 Roller ski workout/technique

6:00 Dinner

7:00 Video Review & Rifle Maintenance Class & DF

Wednesday, June 19th

7:00 Breakfast

8:30-11:00 Accuracy and combo shooting with roller ski at range 12:00 Lunch & recovery

3:00-5:00 Ski Bounding

6:00 Dinner

7:00 Presentation on U.S. Biathlon development model followed by DF

Thursday, June 20th

7:00 Breakfast

8:30-11:00 Accuracy and combo shooting with roller ski at range 12:00 Lunch & recovery

3:00-5:00 Mtn Bike on Casper Mtn Trails Alliance trail system adjacent to Lions Camp 6:00 Dinner

7:00 Presentation on training and the importance of training logs & DF

Friday, June 11h 7:00 Breakfast

8:30-11:00 Strength test followed by uphill run test starting at Nordic Trail Center 12:00 Lunch & recovery

3:00-5:00 Shooting tests at biathlon range followed by soccer at Lions Camp 6:00 Dinner

7:00 Presentation on biathlon opportunities in the Rocky Mtn Region & the U.S

Saturday, June 22

7:00 Breakfast and Clean up Camp area

8:00 Registration for Wyoming State Games Race – 0900 zero and 1000 running race start 11:30 Awards 12:00 Lunch / BBQ at biathlon venue

Clean up and Depart by 1 pm