

# 2018

## SNICKERS AIR RIFLE BIATHLON TRAINING CAMP PARTICIPANT OUTLINE

### INTRODUCTION

1. The Highlands Trailblazers Competitive Biathlon Team is once again offering a 2-day (including overnight) training camp for up to a maximum of 30 athletes that will precede the Snickers Challenge race weekend this year. "Check in" would occur on the Wednesday night (Jan 3<sup>rd</sup>) and would run right through to the beginning of the first race day itself on the Saturday. The "camp package" will include all meals, snacks, and overnight accommodations + training in ski technique & biathlon shooting procedures while also touching on subjects of nutrition, equipment care/maintenance, proper race preparation, and much more. We know that last year's participants found their experience to be a very worthwhile investment of their time and energy – and we look forward to offering this opportunity to local athletes once again this year!

2. This document will provide you with useful information about this training camp including what to pack and the tentative schedule of events over the three days in order to help you evaluate whether this training camp is right for you (and somewhat whether you are right for this level of training camp too). It is vital that you read these instructions carefully and understand what is being offered.

### REGISTRATION

3. Registration is done on the honor-system through email. The first 30 people to send a message to [cory.lohnes@forces.gc.ca](mailto:cory.lohnes@forces.gc.ca) with the required information, will be considered sufficient commitment and the associated resources (eg. food, trail permits, instructors, etc.) will be secured. Registrations must be received on or before December 29th, 2017

If you do have any questions or concerns, please be sure to contact Cory Lohnes as soon as possible to discuss them prior to registering.

### PACKING INSTRUCTIONS

4. Athletes are strongly encouraged to dress in layers and to pack for all possible weather conditions. A suggested Packing List is attached below (see Annex A).

### FINANCE

5. The \$150 camp fee will be collected during the initial intake on Wednesday evening. Cash or cheque (made payable to Highlands Trailblazers) will be accepted. This fee includes access to all range facilities and training equipment (you bring your own rifle), overnight accommodations, meals, trail permits, shuttles between Hall & Highlands, coaching/instruction, etc. This fee does not include:

- Transport to/from home to the camp itself,
- Ski rentals (can be arranged separately directly with Highlands Nordic),
- provision of sleeping bag or air mattress or the like for sleeping at the Hall,
- "babysitting service" for those not really focused or intent on participating in the training, or
- Snickers Challenge race registration/entry fees

**Those planning to race on the weekend are required to complete their own on-line registration for the *Snickers Challenge* through the zone4 website.**

<https://zone4.ca/register.asp?id=16914&lan=1&cartlevel=1>

**TRANSPORTATION**

6. Transportation movements during the camp will be provided through shuttles facilitated by the coaching staff on-site during the camp.
7. Drop-off and pick-up will be at the Duntroon (Nottawasaga) Community Hall building located at 9025 County Road 91, Duntroon (L0M 1H0).

**MEALS & ACCOMMODATIONS**

8. Meals and nutritious snacks will be provided throughout the camp. Participants with special dietary requirements or strong preferences must speak with Cory Lohnes to ensure their needs can be met prior to registering for the camp.
9. Camp participants will be housed overnight at the Duntroon Community Hall along with the coaches for supervision. While this offers far more space than we truly need, it is not exactly designed for accommodating overnight guests. Accordingly, participants will need to bring their own sleeping kit (air mattress, pillow, sleeping bag). It is certainly permitted for anyone wishing to overnight in their own home to do so at their own discretion, but will still be expected to adhere to the flexible nature of the tentative training schedule laid out for each day.

**SUPERVISION & DISCIPLINE**

11. Participants indulging in inappropriate behavior, violation(s) of rules/regulations or disrupting the learning experiences of others may be asked to withdraw from the training camp and have their parents called to retrieve them.

**CONTACT INFORMATION**

12. For further information at anytime throughout the biathlon training camp please contact Cory Lohnes 24/7 by cell phone at 705-794-2418 or by email at [cory.lohnes@forces.gc.ca](mailto:cory.lohnes@forces.gc.ca).

## Annex-A: Packing List

### Personal Clothing and equipment

1. Participants are suggested to bring the following items to the training camp:

**Provincial Health card** (\*mandatory)

3 pairs of wool/blend outer socks;

3 pair of inner/liner socks;

1 nylon/synthetic/Quik-dry base layer shirt and pants (i.e. Body-Armour);

1 pair of long pants suitable for skiing (not denim);

1 long sleeved sweater/fleece jacket and/or **vest**;

1 hat/toque;

1 scarf or neck-tube or buff;

1 pair thin gloves (NOT mittens) for shooting;

1 pair of mittens (which can fit over the gloves);

Warm, personal clothing appropriate for wear in the evenings or when not training;

Pajamas / sleepwear suitable for communal/shared overnight accommodations;

1 hygiene kit (eg. towel, toothbrush, deodorant, shower-shoes, etc);

1 small backpack/knapsack able to carry daily clothes, lunch, gear, etc;

1 pair of ski boots, poles and skate-skis;

1 biathlon air rifle (Daisy 853C, Daisy 753, Air Arms s400, etc.)

1 pair of winter boots (or Neos);

Winter outer-wear (i.e. ski pants, parka, balaclava, etc.)

1 water bottle, 1L (ex. Nalgene);

1 pair sunglasses or ski-goggles;

1 sleeping bag (light-weight is fine, suitable for sleeping indoors);

1 air mattress or inflatable-bed or sleeping-pad; and

1 pillow.

2. Participants may also choose to bring the following items:

Extra ski equipment (i.e. race vs rock, speed-poles, waxing kit, etc.)

iPod / MP3 / laptop / etc;

Spending money;

Snacks and/or favourite cereal (if it affects your mood or energy level);

“Hot-Shots” or portable hand-warmers; or

Slippers or flip-flops (for wear around the Hall in the evenings & in the shower)

## Annex-B: Training Overview

<b>WEDNESDAY January 3, 2018</b>	
	HTBCT Arrive into Duntroon Hall & prepare for in-take
1700-1800	HTBCT SUPPER
1800-1930	Camp Participants arrive
1930-2000	In-Clearance & sleeping space set-up + ski-prep
2000-2030	Introductions and Ice-Breakers
2030-2100	Review principles of markmanship (nat. alignment, breathing, trigger-squeeze, follow-thru)
2100-2130	Technique focus: range procedures (incl zeroing/confirmation process)
2130-2200	Evening snack ("Chat & Chew": about pre-race nutrition & recovery)
2200	LIGHTS OUT
<b>THURSDAY January 4, 2018</b>	
0630	REVEILLE
0630-0700	Morning Wake-up Activity
	PERS ADMIN (morning ablutions)
0730-0800	BREAKFAST
0800-0830	Load shuttles & move up to Highlands
0830-0900	Team warm-up: dynamic stretch + Activations
0900-0930	site recce & transfer of kit up to range (& ski assessment for groupings)
1000-1030	Technique focus: Double Pole
1030-1100	
1100-1115	NUTRITION BREAK (Hydrate + Snack)
1115-1145	Technique focus: Hill Attacks (up & down, incl tucks & step-turns)
1145-1215	
1215-1245	NUTRITION BREAK (Hydrate + Snack)
1245-1315	Technique focus: One-skate
1315-1345	
1345-1400	NUTRITION BREAK (Hydrate + Snack)
1400-1430	Intro to biathlon competition range stadium (incl target set-up)
1430-1500	Rifle zeroing & confirmation
1500-1545	Technique focus: range procedures (one-shot groupings w rising intensity)
1545-1600	Range tear-down (partial)
1600-1630	Recovery Snack, cool-down, & pack-up
1630-1700	load-up & head back to Hall
1700-1800	PERS ADMIN (video review?, nap, yoga/rolling, ski waxing, etc.)
1800-1900	SUPPER
1900-1940	Race Formats & strategies
1945-2030	Shooting in Standing Position
2030-2100	Evening snack (Value of "Active Recovery" & proper cool-down)
2100-2200	PERS ADMIN (if required)
2200	LIGHTS OUT

## Annex-B: Training Overview

<b>FRIDAY</b>	<b>January 5, 2018</b>
0630	REVEILLE
0630-0700	Morning Wake-up Activity
	PERS ADMIN (morning ablutions)
0730-0800	BREAKFAST
0800-0830	Load shuttles & move up to Highlands
0830-0900	Team warm-up: dynamic stretch + Activation
0900-0930	Race course segmentation strategies
0930-1000	Technique focus: Ski Tour (p.m. practice race course + <i>Snickers</i> loops after)
1000-1030	
1030-1045	NUTRITION BREAK (Hydrate + Snack)
1045-1115	Gear check & transfer of kit up to range
1115-1130	Techniques used to reduce heart rate
1130-1215	Range Trg (repeated 5-shot applications @ z1, z2, z3)
1215-1245	NUTRITION BREAK (Hydrate + Snack)
1245-1315	Rifle zeroing & confirmation
1315-1345	Race walk-thru (z1): 3 x (~300-400m loop) + 1P & 1S); Mass Start by Group
1345-1400	NUTRITION BREAK (Debrief/feedback/Lessons-learned)
1400-1430	Mini SPRINT Race: 3 x (~300-400m loop) + 1P & 1S); Mass Start by Group
1430-1445	NUTRITION BREAK (Reflection & Debrief/feedback/Lessons-learned)
1445-1500	Rifle re-zeroing & confirmation (if req'd)
1500-1530	Mini PURSUIT Race: 5 x (~700-900m loop) + 4 (prone); Interval Start
1530-1600	
1600-1615	Range tear-down (partial)
1615-1630	Recovery Snack, cool-down, & pack-up
1630-1700	load-up & head back to Hall
1700-1800	PERS ADMIN (Reflection & Debrief, ?+yoga/rolling, ski waxing, etc.)
1800-1900	SUPPER (?meet & greet arriving coaches?)
1900-1940	Race Plans ( <i>theory, components, and value</i> )
1940-2000	Overview of <i>Snickers Challenge</i>
2000-2030	Race Plans ( <i>practical activity to build plan for trial next day</i> )
2030-2100	Evening snack (the value of pre-race visualization)
2200	LIGHTS OUT
<b>SATURDAY</b>	<b>January 6, 2018</b>
0630	REVEILLE
0630-0700	Morning Wake-up Activity
	PERS ADMIN (morning ablutions)
0730-0800	BREAKFAST
0800-0830	Load shuttle & move up to Highlands
0830-0900	Team warm-up: dynamic stretch + Activation (?incl other coaches?)
0900-0930	Gear check & transfer of kit up to range (Coaches/Captains Race Mtg)
0930-0945	<i>Snickers</i> Bib & Start Time assignment
1045-1115	<i>Snickers</i> Zeroing Period
1130-1300	<b>SNICKERS CHALLENGE SPRINT RACE</b> (30s interval starts)
	Recovery Snack, cool-down, race review/reflection
	<i>Snickers SPRINT Race</i> Reflection & Debrief
1600	Load-up & head home (?or back to Hall for those staying over)

Annex-C: Tentative Meal Plan

		<b>THURSDAY</b>	<b>FRIDAY</b>	<b>SATURDAY</b>
<b>BREAKFAST</b>		<ul style="list-style-type: none"> <li>✓ Weigh yourself &amp; record it</li> <li>✓ 500 mL water</li> <li>✓ Poached eggs</li> <li>✓ bacon</li> <li>✓ Cereal &amp; oatmeal</li> <li>✓ Whole grain toast</li> <li>✓ Fresh fruit</li> <li>✓ Fruit juice</li> </ul>	<ul style="list-style-type: none"> <li>✓ Weigh yourself &amp; record it</li> <li>✓ 500 mL water</li> <li>✓ Ham &amp; cheese egg casserole</li> <li>✓ Cereal &amp; oatmeal</li> <li>✓ Whole grain bagels</li> <li>✓ Fresh fruit</li> <li>✓ Fruit juice</li> </ul>	<ul style="list-style-type: none"> <li>✓ Weigh yourself &amp; record it</li> <li>✓ 500 mL water</li> <li>✓ Pancakes</li> <li>✓ Ham / bacon</li> <li>✓ Cereal &amp; oatmeal</li> <li>✓ Fresh fruit</li> <li>✓ Fruit juice</li> </ul>
<b>SNACK</b>		<ul style="list-style-type: none"> <li>✓ 300mL water</li> <li>✓ Fresh fruit</li> <li>✓ Oatmeal cookie</li> </ul>	<ul style="list-style-type: none"> <li>✓ Diluted fruit juice</li> <li>✓ Arrowroot cookie/fig Newton</li> </ul>	<ul style="list-style-type: none"> <li>✓ 300mL water</li> <li>✓ Fresh fruit</li> <li>✓ Oatmeal cookie</li> </ul>
<b>LUNCH</b>		<ul style="list-style-type: none"> <li>✓ 300 mL water</li> <li>✓ Bagel w peanut butter</li> <li>✓ Lean meat sandwich on whole grain bread</li> <li>✓ veggies</li> <li>✓ Whole wheat crackers</li> <li>✓ Cheese</li> <li>✓ Vegetable cocktail</li> </ul>	<ul style="list-style-type: none"> <li>✓ 300 mL water</li> <li>✓ Bagel w peanut butter</li> <li>✓ Lean meat sandwich on whole grain bread</li> <li>✓ veggies</li> <li>✓ Whole wheat crackers</li> <li>✓ Cheese</li> <li>✓ Vegetable cocktail</li> </ul>	
<b>SNACK</b>		<ul style="list-style-type: none"> <li>✓ Diluted sports drink</li> <li>✓ pretzels</li> </ul>	<ul style="list-style-type: none"> <li>✓ applesauce</li> <li>✓ oatmeal cookie</li> </ul>	
<b>SUPPER</b>	✓	<ul style="list-style-type: none"> <li>✓ Weigh yourself &amp; record it</li> <li>✓ 1.5 L water for every kg lost</li> <li>✓ Ham</li> <li>✓ Chicken</li> <li>✓ Green salad</li> <li>✓ Pasta salad</li> </ul>	<ul style="list-style-type: none"> <li>✓ Weigh yourself &amp; record it</li> <li>✓ 1.5 L water for every kg lost</li> <li>✓ Chocolate milk</li> <li>✓ Lasagna (incl gluten-free)</li> <li>✓ meat &amp; veggie sauce</li> <li>✓ Caesar salad</li> <li>✓ Garlic bread</li> </ul>	