

INVITATION



6th ATLANTIC BIATHLON SUMMER CAMP 2010 6^e CAMP D'ÉTÉ DE BIATHLON DES PROVINCES ATLANTIQUES 2010

GENERAL

The 6th Atlantic Training Camp will be held in Miramichi, NB during 27 - 29 August 2010. All NB, NL, NS and PE, and Cross Country NB members are invited to participate. Eligible ages for participation at the camp are 13 to 30 but older athletes may take part as long as they accept the camp is designed for the 13 to 30 age group. The camp objective is to help the athletes become more specific with their training at this time of the year.

CAMP DETAILS

Dates:	Friday evening, Saturday and Sunday, 27 – 29 August (ends 13:00 Sunday).
Location:	Newcastle Armories and different sites in Miramichi.
Registration Fee:	\$65 - covers Saturday supper, accommodation in Armories, coaching support and river tour (please note that the river tour is a team building event and is mandatory).
Membership	Each candidate must be or must become a member of Biathlon Canada and Biathlon NB, or their own division, for the season 2010/2011 at the cost as stipulated by their division.
Coaches	Line Beattie (Camp Director), Mike Lushington, Philip Nadeau, Herman Koops, and others as assigned.
Arrival & Registration	Newcastle Armories, 19:00, 27 August 2010
Equipment	Participants need to bring the following: sleeping bag and pillow, clothing for indoor and outdoor training (including inclement weather), rifles as available (no ammunition required), arm cuff, gloves, roller skis, ski boots, poles for roller ski with carbide steel tips, walking ski poles, safety helmet, road safety vest or reflectors, running shoes, towel and toiletries, training diary, note book and pencil.

ACCOMMODATION, TRANSPORTATION AND MEALS

All participants are responsible for their own travel, accommodations and meals (except Saturday's supper) as arranged by their club or division. There will be a kitchen available at the Armories with fridge and stove, and dishes. However, accommodation will be provided gratis in the Newcastle Armories for all participants and the evening meal for Saturday will be sponsored by Biathlon NB.

REGISTRATION AND CONTACT INFORMATION

All participants must be registered by notice given by phone or e-mail by the division, club or individual not later than **20 August 2010** to **Line Beattie** beattie@nbnet.nb.ca or **(506) 684-5789**. For additional information, please contact Line Beattie or Ray Kokkonen at 506-627-6437.

LIABILITY WAIVER FORM

The enclosed waiver form will be required upon arrival and must be signed by the athlete and a parent. If anyone has any allergies, please specify ahead of time, and also indicate it on your consent form.

**6th ATLANTIC BIATHLON SUMMER CAMP 2010 –
6^e CAMP D'ÉTÉ DE BIATHLON DES PROVINCES ATLANTIQUES
MIRAMICHI, NB**

TIMETABLE

Friday, August 27, 2010

19:00-20:00	Arrival and registration
20:00-21:00	Mental Preparation (Mike)
21:00-22:00	Presentation
22:00	Lights out



Saturday, August 28, 2010

8:00 – 8:30	Breakfast
8:30 – 9:00	Drive to JMH track in Chatham
9:00 – 10:30	Time Trial
10:30 – 11:30	Roller ski on flat (2 km new pave in Chatham residential complex – Low traffic) (Line)
11:30 – 12:00	Drive to Armouries
12:00 – 13:00	Lunch
13:00 – 13:20	Drive to Hilltop (Lumsden) Road
13:20 – 14:40	Up-hill roller ski (Line)
14:40 – 15:00	Drive to Armouries
15:00 – 17:00	Dry fire theory and drills (Phil)
17:00 – 18:00	Supper
18:00 – 18:45	Confidence/balance course
20:00 – 23:00	River tour



Sunday, August 29, 2010

8:00-8:30	Breakfast
8:30-8:45	15 min. run to French Fort Cove
8:45-9:45	Hill bounding & interval running
9:45-10:00	15 min. run to Armouries
10:00-11:30	Core strength training (Herman)
11:30-12:30	Lunch
12:30	Wrap up and camp evaluation forms

Le vendredi 27 août 2010

19h00-20h00	Arrivée et inscription
20h00-21h00	Préparation psychologique (Mike)
21h00-22h00	Présentation
22h00	Coucher



Le samedi 28 août 2010

8h00 – 8h30	Déjeuner
8h30 – 9h00	Conduire à la piste de course au JMH
9h00 – 10h30	Épreuve de course à pied
10h30 – 11h30	Ski roulettes sur le plat (2 km de pavé neuf à Chatham, quartier résidentiel – peu de circulation) (Line)
11h30 – 12h00	Retour “Armouries”
12h00 – 13h00	Goûter
13h00 – 13h20	Conduire à Hilltop (Lumsden) Road
13h20 – 14h40	Ski roulettes en montée (Line)
14h40 – 15h00	Retour “Armouries”
15h00 – 17h00	Théorie et exercices de tir (sans plomb) (Phil)
17h00 – 18h00	Dîner
18h00 – 18h45	Parcours de souplesse
20h00 – 23h00	Croisière sur la rivière



Le dimanche 29 août 2010

8h00 – 8h30	Déjeuner
8h30 – 8h45	15 min. de course à pied - French Fort Cove
8h45 – 9h45	Exercices avec bâtons et intervalles en montée
9h45 – 10h00	15 min. de course à pied - Armouries
10h00 – 11h30	Exercices de force pour le tronc (Herman)
11h30 – 12h30	Goûter
12:30	Clôture et formulaire d'évaluation



EVENT PARTICIPATION WAIVER

6th ATLANTIC BIATHLON SUMMER CAMP 2010 – MIRAMICHI, N.B.

AUGUST 27-29, 2010

Last name : _____ First name : _____

Address : _____

Sex : M ____ F ____ Date of birth (dd/mm/yy) : ____/____/____

Medicare no. : _____

Family doctor : _____ Tel. : _____

Allergies : _____

Person to contact in case of emergency: _____ Tel. : _____

Release Clause

I recognize that biathlon is a sport that involves some risk and I certify that I am in good physical condition to participate in this biathlon camp. I, hereby, release the sponsoring club Miramichi Biathletes Inc., its members or agents, Biathlon New Brunswick, Biathlon Canada, and any person officially connected with the camp from any liabilities for any injuries or damages whatsoever arising from my participation in or my presence at this biathlon camp.

Date : _____ Signature of athlete : _____

Parent or legal guardian: _____



FORMULAIRE DE CONSENTEMENT

6^e CAMP D'ÉTÉ DE BIATHLON DES PROVINCES ATLANTIQUES 2010

MIRAMICHI, N.-B.

DU 27 AU 29 AOÛT 2010

Nom : _____ Prénom : _____

Adresse : _____

Sexe : M ____ F ____ Date de naissance (jj/mm/aa) : ____/____/____

No d'assurance maladie : _____

Médecin de famille : _____ Tél. : _____

Allergies : _____

En cas d'urgence, communiquer avec : _____ Tél. : _____

Clause de non-responsabilité

Je reconnais que le biathlon est un sport qui apporte des risques inhérents et je certifie que je suis en bonne condition physique pour prendre part à ce camp de biathlon. Je libère le club organisateur Miramichi Biathletes Inc., ses membres et agents, Biathlon Nouveau-Brunswick, Biathlon Canada et toute personne officiellement impliquée avec le camp de toutes responsabilités, blessure ou dommage lors des événements auxquels je me suis inscrit(e).

Date : _____ Signature de l'athlète : _____

Parent ou gardien légal : _____