

# Biathlon Nova Scotia 2015 CWG Development Squad – Athlete Expectations

## Background

- Target audience born between 1994 and 1997. Athletes that are younger (born 1998+) may be considered but older athletes are not eligible.
- There will be 2 distinct squads; the A Squad consisting initially of past performers (by invitation from the 2010-2011 season) in the targeted age group and the remainder of interested athletes will comprise the B Squad. A Squad announcement/invitations will be out shortly.
- Training squad designations are not fixed; athletes will have to maintain a pre-determined standard to remain on the A Squad. Criteria to be announced at a later date.

## Year 1 – 2011/2012 Season

- Full athlete membership must be paid (according to age category) immediately and a Martock Season Pass should be purchased for range access. If a Martock Season Pass is not purchased, the range fee is \$10 per day to use the range (for liability insurance) which must be paid prior to range training sessions being carried out.
- Must complete Firearms Safety Course and apply for Minor's Licence (age under 18) or Possession and Acquisition Licence (18 and older).
- Must be prepared to follow a basic training plan (provided by BiNS High Performance Coaching Team), committing 300 to 350 hours annually for biathlon specific training which consists of 3 to 5 unsupervised training sessions per week over 40 weeks.
- Must attend all training camps held locally in NS and make an attempt to attend clinics hosted by the other 2 Atlantic Provinces.
- Must own your own equipment ; one pair skis (warm grind), one set of poles, ski boots and XC ski clothes and summer training clothes. NS race suit not necessary but would be an asset.
- Rentals for rollerskis, rollerski poles, heart rate monitors and rifles on a first-come, first-serve basis. More on rentals to follow (to be listed on the BiNS website). Must provide own safety gear for rollerskiing.
- Ammunition for BiNS rifles must be purchased solely from BiNS so that we can ensure only the correct ammo is used. Price per box/brick will be announced once the distributor sets the cost for the 2011-2012 season.
- Must purchase own basic waxing supplies; iron, scraper, groove tool, Fiberlene, blue nylon and white nylon brushes (Swix offers economy versions), base wax/travel wax, and 2 or 3 "universal" temperature hydrocarbon waxes. Ski form or ski vice optional but would be an asset.  
Note: All other waxes at competitions will be provided and applied by the Team Wax Tech.
- It is recommended that all athletes regardless of skiing ability join their local XC ski club in the level that is appropriate to their skills to maximize the amount of time on skis with coaching.
- Athletes are encouraged to attend the following training camps:
  - Biathlon PEI Camp – 21 to 23 Oct 2011 – Brookvale, PE (more details to follow)
  - BiNS Range Training Camp – 26 Nov 2011 – Martock, NS (rain day 27 Nov 2011)

- Athletes must attend 2 of 3 Atlantic Cups as follows:
  - Atlantic Cup #1 – 6 to 8 Jan 2012 – Charlo, NB
  - Atlantic Cup #2/NS Provincials – 20 to 22 Jan 2012 – Martock, NS
  - Atlantic Cup #3/Eastern Canadian Championships – 17 to 19 Feb 2012 – Brookvale, PE
- Performance of athletes at Atlantic Cups will determine if BiNS will field a team for the Canadian Championships (12 to 18 Mar 2012 – Valcartier, QC) with full coaching support.
- Athletes/parents should fully expect to cost-share for food, fuel and accommodations at all events. Subsidized transportation will usually be available with limited seating.

#### **Year 2 (interim) – 2012/2013 Season**

- Paid BiNS membership and Martock Season Pass.
- Continue with provided training plan.
- Purchase of provincial race suit required.
- Purchase set of classic skis, poles and combi boots.
- Continue use of rental equipment with own safety gear.
- Attendance at all local (NS) training camps while Atlantic camps still recommended.
- Attendance at all 3 Atlantic Cups.
- Attempt to qualify for Canadian Nationals.
- Cost-sharing.

#### **Year 3 (interim) – 2013/2014 Season**

- Paid BiNS membership and Martock Season Pass.
- Continue with updated/athlete-tailored training plan.
- Purchase second set of skate skis (cold grind).
- Purchase rollerskis and rollerski poles.
- Continue use of other rental equipment.
- Contemplate rifle ownership. Owning own rifle at this stage of training is important to the athlete's development and achieving higher levels of proficiency required for the Games.
- Attend all BiNS Team functions (training camps, competitions, etc) regardless of location.
- Qualify and compete at Canadian Nationals representing BiNS.
- Cost-sharing and possible limited Games funding.
- Core Team to be chosen from A Squad at season end – 6 males and 6 females maximum.

#### **Year 4 (interim) – 2014/2015 Season**

- Paid BiNS membership and Martock Season Pass.
- Continue with updated/athlete-tailored training plan.
- Attend all BiNS Team functions (training camps, competitions, etc) regardless of location.
- Cost-sharing with subsidization from Games funding.
- Games Team to be selected from Core Team – 4 males and 4 females maximum.