

## US Biathlon Junior Development Camp – Rocky Mountain Region

June 9<sup>th</sup> – 14<sup>th</sup> 2016

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 USBA Head Development Coach Jean Paquet. Jean will be assisted by Regional Coaches.

### Dates:

Arrival: June 9<sup>th</sup> – camp starts at noon on June 9

Departure: June 14<sup>th</sup> – camp ends June 14<sup>th</sup> at 10:00 AM

### Camp Activities:

- Physical tests, e.g. uphill run, 30 meter test
- Hill bounding & trail running
- Strength tests and flexibility screening  
Roller ski technique
- Shooting drills and precision test
- June 12<sup>th</sup> – Summer Biathlon Race

### Packing List:

- Gear for indoor and outdoor sport
- Gym shoes
- Running shoes
- Roller skis, ski boots, poles, helmet
- Hill bounding poles
- Writing material
- Sleeping bag and pillow
- 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

**Applications:** please fill out the attached application form and email it to Cathy at [Casperbiathlon@gmail.com](mailto:Casperbiathlon@gmail.com)

**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 WYOBA camp.

Camp Wyoba

9400 Casper Mountain Road, Casper, WY 82601

[www.wyoba.org](http://www.wyoba.org)

**Camp Cost:** \$360, Please make checks payable to Casper Mountain Biathlon Club

## Tentative Schedule

### Thursday, June 9<sup>th</sup>

1:00-3:00 Check in at Camp Wyoba  
3:00-5:00 run/hike & maybe games  
6:00 dinner  
7:00 dry fire

### Friday, June 10<sup>th</sup>

7:00 breakfast  
8:30-11:30 combo training  
12:00 lunch & recovery (12-3 USBA coaches clinic)  
3:00-5:00 rollerski workout/technique  
6:00 dinner  
7:00 dry fire

### Saturday, June 11

8:30-11:00 shooting at range  
12:00-4:00 Fast & Female/ Speed Clinics at Park City/training session  
6:00 dinner  
7:00 dry fire

### Sunday, June 12

7:00 am breakfast  
Wyoming State Games Race – schedule TBD  
6:00 dinner  
7:00 dry fire

### Monday June 13<sup>th</sup>

AM – shooting at range  
12:00 lunch & recovery  
3:00-5:00 MAQ & then run or rollerski  
6:00 dinner  
7:00 dry fire

### Tuesday, June 14<sup>th</sup>

AM Work out  
Clean up and Depart by 11 am