

CMBC Summer Nordic Camp

June 24-30, 2018

Casper, Wyoming

Casper Mountain Biathlon Club (CMBC), Casper's only U.S. Ski and Snowboard Cross Country Ski Club, is looking for athletes who are interested in improving their rollerski skills, Nordic technique and overall fitness. Camp activities will be led by Olympian Rob Rosser and collegiate XC racer Dan Lewis.

Dates:

Arrival: June 24 – Check in for camp starts at 1 pm

Departure: June 30 – approx. 1 pm

Camp Activities:

- Physical tests, e.g. uphill run, 30 meter test
- Hill bounding & trail running
- Strength tests and flexibility screening
Roller ski technique
- June 30th – Summer Biathlon Race (optional)

Packing List:

- Gear for indoor and outdoor sport
- Gym shoes
- Running shoes
- Roller skis, ski boots, poles, helmet. preferably classic and skate skis. rentals available (for fee and limited number)
- Chest high hill bounding poles
- Writing material
- Sleeping bag and pillow, twin sheet
- Water belt/hydration pack
- Visi vest or visi shirt
- Gloves (for rollerskiing)
- 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 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 Lions Camp.

XC Camp Schedule
(times listed are departure times for workouts)

Sunday, June 24th

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

Monday, June 25th

7:00 Breakfast
8:30-10:30 **Biathlon Venue-** 1.5 hr easy trail run
12:00 Lunch & recovery
3:00-5:00 **3 Crown's Golf Course-** Rollerski workout/technique
6:00 Dinner
7:00 Video Review

Tuesday, June 26th

8:30-11:00 Strength Session
12:00 Lunch & recovery
3:00-5:00 Rollerski session and technique
6:00 Dinner
7:00 Video Review

Wednesday, June 27th

7:00 Breakfast
8:30-11:00 Double Pole/ Classic Rollerski
12:00 Lunch & recovery
3:00-5:00 Ski Bounding
6:00 Dinner
7:00 Presentation

Thursday, June 28th

7:00 Breakfast
8:30-11:00 Run & Strength
12:00 Lunch & recovery
3:00-5:00 Ski Walk/ Run on biathlon trails inspecting race course and exploring all trails
6:00 Dinner
7:00 Presentation on training and the importance of training logs

Friday, June 29th

8:30-11:00 Strength test followed by uphill run test starting at Nordic Trail Center
12:00 Lunch & recovery
3:00-5:00 Soccer & games at Casper Soccer Fields
6:00 Dinner
7:00 Presentation

Saturday, June 30th

8:00 Registration for Wyoming State Games Race – 0900 zero (learn to shoot electronic rifles) and 1000 running race start
11:30 Awards
12:00 Lunch
Clean up and Depart by 1 pm

