

US Biathlon Regional Camp – Rocky Mountain Region

June 24-30, 2018

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 Olympian Rob Rosser. Rob will be assisted by Guest and Regional coaches.

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
- Shooting drills and precision test
- June 30th – 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, twin sheet
- 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
- 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. . <https://www.facebook.com/pg/AHSLCRental/about/>

9300 Casper Mountain Road
Casper, Wyoming

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
8:30-11:30[1][2][3] **Biathlon Venue-** Warmup & MAQ exercises then Rifle fitting and accuracy shooting
12:00 Lunch & recovery
3:00-5:00 **3 Crown's Golf Course-** Rollerski workout/technique
6:00 Dinner
7:00 Video Review & Rifle Maintenance Class

Tuesday, June 26th

8:30-11:00 [4] Accuracy and combo shooting at range
12:00 Lunch & recovery
3:00-5:00 Rollerski session and technique
6:00 Dinner
7:00 Video Review & Dry Fire (DF)

Wednesday, June 27th

7:00 Breakfast
8:30-11:00 [5] Accuracy and combo shooting at range
12:00 Lunch & recovery
3:00-5:00 Ski Bounding
6:00 Dinner
7:00 Presentation on U.S. Biathlon development model

Thursday, June 28th

7:00 Breakfast
8:30-11:00 [6] Accuracy and combo shooting at range
12:00 Lunch & recovery
3:00-5:00 [7][8][9] Ski Walk/ Run on biathlon trails inspecting race course and exploring all
6:00 Dinner
7:00 Presentation on training and the importance of training logs & DF

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 [10] Shooting tests at biathlon range
6:00 Dinner
7:00 Presentation on biathlon opportunities in the Rocky Mtn Region & the U.S

Saturday, June 30th

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