



CASPER MOUNTAIN OUTDOOR CENTER
AT MCMURRY MOUNTAIN PARK

Program Overview

Programs offered are designed to meet the desired commitment level of 3 tiers of athlete focus. These tiers are **Competition, Development and Recreation**. Biathlon & Nordic skiing top the list of most demanding and rewarding sports in existence. We provide fun and challenging programs to help you meet your goals with a focus on education and lifelong participation. Your individual results are directly proportional to your consistent effort, focus and commitment to daily training, quality nutrition and adequate sleep and recovery. Here is a quick overview of our programs. More details on each program can be found in this packet. CMBC has a team shuttle to transport up the mountain for practices. Sign up early, space is limited.

Success is where preparation and opportunity meet (Bobby Unser)

Opportunity Awaits. Let us help you Prepare!

Competition or COMP programs are designed for motivated athletes that want to reach their potential in Biathlon & Nordic skiing. The Competition programs are for those who want to compete and maximize their results at National Championships and ultimately Collegiate and International competitions. Includes an Individualized Training Plan (ITP). Age groups U14 and older

Nordic - \$1800 year round. \$600 Summer only Non Resident \$1400
Biathlon - \$2000 year round \$650 Summer only Seasonal Programs available. See details.

Development or DEVO programs are designed for athletes bridging from Recreation or Beginner level to Competition. (No Individual Training Plan) Age groups U14 and older
Nordic or Biathlon \$1500 year round. \$600 Summer only

Recreational or REC programs are designed for beginners and athletes that want to be successful at the local level and simply enjoy the recreational and social aspects of the sport. * (No Individual Training Plan)
Age groups U12 and younger 1200 year round. \$400 Summer only
Masters (Adult) \$1300 year round. \$450 Summer only



Year-round Nordic Comp Team 10JUN2019- 31MAR2020 (U14-U22)

- Lead Coaches for this group are Swedish National Team members Simon Hallstrom and Jenny Solin from Ostersund, Sweden through mid-August.
- This program will cater to motivated Nordic athletes that want to reach their full potential in Nordic skiing. This is the best program for those who want to compete and maximize their results at Junior National XC Championships.
- Individual Training Plan to fit each athlete and Athlete Training Log turned in each week to maximize communication between athlete and coach.
- Athletes will work with Summer Nordic Comp group but have additional prescribed workouts for each week to follow. Typically, this is 6 days a week 2 workouts a day for athletes age 15 and older starting at 400-500 hours per year (approx. 8-10 hrs/week). We will plan less hours for those younger athletes that desire to join this program.
- Coach led strength sessions and video review

Summer Nordic Comp 10JUN-23AUG (U14-U22)

- Lead Coaches for this group are Swedish National Team members Simon Hallstrom and Jenny Solin from Ostersund, Sweden
- 7 coached sessions/ week
- This program focuses on those Nordic athletes who want to make XC Junior Nationals but also compete in other sports that don't allow enough time to focus on year-round Nordic preparation during the school year.
- Includes June 17-22 Training Camp

Nordic Comp Schedule

Age Groups	U14-U22
Times	(830-1030 M-Th) <i>CMOC</i> & Van pick up at 8am, drop off at 11am at Sunrise Shopping Center (1730-1900 M, W, TH) <i>NLPL</i> Van pick up at 5pm, drop off at 7:30 pm at Sunrise Shopping Center
Monday	AM- Rollerskiing (<i>CMOC</i>) PM- Nordic- Classic RS & STR (<i>CMOC</i>)
Tuesday	AM- Alternative Exercise: Mtn Biking, Ski walking with Chin high poles), Games, Plyometrics (<i>NLPL</i>).
Wednesday	AM Only- Nordic- Run/Hike (<i>CMOC</i>). PM- Nordic- Classic RS & STR.
Thursday	PM Only- BOUNDING: Run with chin high ski poles (<i>NLPL</i>)
Friday	Off
Saturday	. Nordic- Distance
Sunday	OFF

Pricing incentives for early registrations!

Year Round Program June 10 - March 31 Through August 31	w/9 month payment plan
\$1,800	\$1,875
\$1400 (non resident/distance athlete)	\$1,475

Summer Session June 10 – Aug 23 Through June 5	June 6 – Aug 23
\$600	\$650

Fall Session Sept 3 – Nov 16 Through August 31	September 1 - October 15
\$350	\$400

West Yellowstone Thanksgiving Camp Nov 25 – 30	
\$350 (camp tuition only, does not include lodging, travel, food or race registrations)	\$375 – registration after Nov 5
\$300 for year round registered athletes	\$375 -registration after Nov 5

Winter Session Dec 2 – March 31 Through Oct 31	After November 1
\$950	\$1,000

Year-round Biathlon Comp 10JUN2019-31MAR2020 (U14 & Older)

- Lead Coaches for this group are Swedish National Team members Simon Hallstrom and Jenny Solin from Ostersund, Sweden through mid-August and Former Lithuanian National Team coach Sasha Akulevich and Olympian Rob Rosser.
- This program will cater to motivated biathletes that want to reach their full potential in Biathlon. This is the best program for those who want to compete and maximize their results at Junior World/ IBU Cup Trials just after Christmas and/ or U.S. Biathlon Nationals in late March.
- Individual Training Plan to fit each athlete and Athlete Training Log turned in each week to maximize communication between athlete and coach.
- Athletes will work with Summer Nordic Comp group but have additional prescribed workouts for each week to follow. Typically, this is 6 days a week 2 workouts a day for athletes age 15 and older starting at 400-500 hours per year (approx.. 8-10 hrs/week). We will plan less for those younger athletes that desire to join this program.
- Includes 2-3 range days, 1-2 Dry Fire sessions, 1-2 Strength and technique video review sessions.
- Includes weekly open range

Biathlon Comp Schedule

Age Groups	U14-U22
Times	(830-1030 M-Th) <i>CMOC</i> & Van pick up at 8am, drop off at 11am at Sunrise Shopping Center (1730-1900 M, W, TH) <i>NLPL</i> Van pick up at 5pm, drop off at 7:30 pm at Sunrise Shopping Center
Monday	AM- Rollerskiing (<i>CMOC</i>) PM- Nordic- Classic RS & STR (<i>CMOC</i>)
Tuesday	AM- Alternative Exercise: Mtn Biking, Ski walking with Chin high poles), Games, Plyometrics (<i>NLPL</i>).
Wednesday	AM- Shooting. Nordic- Run/Hike (<i>CMOC</i>). PM- Nordic- Classic RS & STR.
Thursday	PM- BOUNDING: Run with chin high ski poles (<i>NLPL</i>)
Friday	Off
Saturday	Open Range 0830-1030 (<i>CMOC</i>) Run, walk with poles, shooting
Sunday	OFF

Pricing incentives for early registrations!

Year Round Program June 10 - March 31 Through August 31	w/9 month payment plan
\$2,000	\$2,075
\$1500 (non resident/distance athlete)	\$1,575

Summer Session June 10 – Aug 23 Through June 5	June 6 – Aug 23
\$650	\$700

Fall Session Sept 3 – Nov 16 Through August 31	September 1 - October 15
\$450	\$500

West Yellowstone Thanksgiving Camp Nov 25 – 30	
\$350 (camp tuition only, does not include lodging, travel, food or race registrations \$300 for year round registered athletes	\$375 – registration after Nov 5 \$375 -registration after Nov 5

Winter Session Dec 2 – March 31 Through Oct 31	After November 1
\$950	\$1,000

Year-round Biathlon or Nordic Development Program (U14 & Older)

- Lead Coaches for this group are Swedish National Team members Simon Hallstrom and Jenny Solin from Ostersund, Sweden through mid-August and Former Lithuanian National Team coach Sasha Akulevich and Olympian Rob Rosser.
- Development (DEVO) programs are designed for athletes bridging the gap from from Recreation or Beginner level to Competition.
- Red Book Certification Class required to shoot live ammo
- Includes use of CMBC's electronic rifles (no projectile)
- 4-7 coached sessions per week including 2 range days for biathletes, ***no Individual Plan***

Nordic Devo Schedule

Age Groups	U14-U22
Times	(830-1030 M-Th) <i>CMOC</i> & Van pick up at 8am, drop off at 11am at Sunrise Shopping Center (1730-1900 M, W, TH) <i>NLPL</i> Van pick up at 5pm, drop off at 7:30 pm at Sunrise Shopping Center
Monday	AM- Rollerskiing (<i>CMOC</i>)
Tuesday	AM- Alternative Exercise: Mtn Biking, Ski walking with Chin high poles), Games, Plyometrics (<i>NLPL</i>).
Wednesday	AM Only- Nordic- Run/Hike (<i>CMOC</i>).
Thursday	PM Only- BOUNDING: Run with chin high ski poles (<i>NLPL</i>)
Friday	Off
Saturday	AM Nordic- Distance
Sunday	OFF

Biathlon Devo Schedule

Age Groups	U14-U22
Times	(830-1030 M-Th) <i>CMOC</i> & Van pick up at 8am, drop off at 11am at Sunrise Shopping Center (1730-1900 M, W, TH) <i>NLPL</i> Van pick up at 5pm, drop off at 7:30 pm at Sunrise Shopping Center
Monday	AM- Rollerskiing (<i>CMOC</i>)
Tuesday	AM- Alternative Exercise: Mtn Biking, Ski walking with Chin high poles), Games, Plyometrics (<i>NLPL</i>).

Wednesday	AM- Shooting. Nordic- Run/Hike (CMOC).
Thursday	PM- BOUNDING: Run with chin high ski poles (NLPL)
Friday	Off
Saturday	Open Range 0830-1030 (CMOC) Run, walk with poles, shooting
Sunday	OFF

Pricing incentives for early registrations! Nordic & Biathlon Devo Pricing

Year Round Program June 10 - March 31 Through August 31	w/9 month payment plan
\$1,500	\$1,575

Summer Session June 10 – Aug 23 Through June 5	June 6 – Aug 23
\$600	\$650

Fall Session Sept 3 – Nov 16 Through August 31	September 1 - October 15
\$350	\$400

West Yellowstone Thanksgiving Camp Nov 25 – 30	
\$350 (camp tuition only, does not include lodging, travel, food or race registrations) \$300 for year round registered athletes	\$375 – registration after Nov 5 \$375 -registration after Nov 5

Winter Session Dec 2 – March 31 Through Oct 31	After November 1
\$900	\$950

Year-round Biathlon or Nordic Rec Program (U12 and Younger)

- Lead coach for summer will be Former CMBC and Collegiate racer Katherine Gruner. All other coaches will assist in the summer and rest of the season
- Red Book Certification Class required to shoot live ammo
- Includes use of CMBC's electronic rifles (no projectile)
- 3-5 sessions a week including 2 range days

Age Groups	U12 and Younger - Rec Program
Times	0830-1030 M,T,W Van pick up at 8am, drop off at 11am at Sunrise Shopping Center
Monday	AM- Rollerskiing (CMOC)
Tuesday	AM- Alternate Exercise: Mtn Biking, Ski walking (with Chin high poles), Games, Plyometrics (NLPL)
Wednesday	AM- Shooting. Run. (CMOC) Nordic- Run/Hike
Thursday	Off
Friday	Off
Saturday	Open Range 0830-1030 (CMOC) Run, walk with poles, shooting
Sunday	Off

Pricing incentives for early registrations!

Year Round Program June 10 - March 31 Through August 31	w/9 month payment plan
\$1,200	\$1,275

Summer Session June 10 – Aug 23 Through June 5	June 6 – Aug 23
\$400	\$450

Fall Session Sept 3 – Nov 16 Through August 31	September 1 - October 15
\$250	\$300

West Yellowstone Thanksgiving Camp Nov 25 – 30	
\$350 (camp tuition only, does not include lodging, travel, food or race registrations) \$300 for year round registered athletes	\$375 – registration after Nov 5 \$375 -registration after Nov 5

Winter Session Dec 2 – March 31 Through Oct 31	After November 1
\$600	\$650

Year-round Biathlon or Nordic Senior / Masters Rec Program (Age 22 & Older)

- Lead Coaches for this group are Swedish National Team members Simon Hallstrom and Jenny Solin from Ostersund, Sweden through mid-August and Former Lithuanian National Team coach Sasha Akulevich and Olympian Rob Rosser.
- This program is for athletes who enjoy the recreational and social aspects of training together in a group setting.
- Red Book Certification Class required to shoot live ammo
- Includes use of CMBC’s electronic rifles (no projectile)
- 4 sessions a week including 1 range day for biathletes

Age Groups	Senior/Masters (adult)	
Times	M, W, TH- 1730-1900 Sat- 0830-1030	
Monday	PM- Roller ski & Strength (<i>CMOC</i>)	
Tuesday	Off	
Wednesday	PM- Roller Ski & Strength (<i>CMOC</i>).	
Thursday	PM- BOUNDING: Run with chin high ski poles (<i>NLPL</i>)	
Friday	Off	
Saturday	Open Range 0830-1030 (<i>CMOC</i>)	Run, walk with poles, shooting
Sunday	OFF	

Pricing incentives for early registrations!

Year Round Program June 10 - March 31 Through August 31	w/9 month payment plan
\$1,300	\$1,375

Summer Session June 10 – Aug 23 Through June 5	June 6 – Aug 23
\$450	\$500

Fall Session Sept 3 – Nov 16 Through August 31	September 1 - October 15
\$300	\$350

West Yellowstone Thanksgiving Camp Nov 25 – 30	
\$350 (camp tuition only, does not include lodging, travel, food or race registrations) \$300 for year round registered athletes	\$375 – registration after Nov 5 \$375 -registration after Nov 5

Winter Session Dec 2 – March 31 Through Oct 31	After November 1
\$600	\$650

SUMMER PROGRAM WEEKLY SCHEDULE (JUNE 10 – AUGUST 23, 2019)

**All Sessions start at Casper Mtn Outdoor Center (CMOC) or Nordic Lodge Parking Lot (NLPL)*

Age Groups	U12 and Younger	U14-U22	Senior/Masters (adult)
Times	0830-1030 M-W	(830-1030 M-Th) CMOC & (1730-1900 M, W, TH) NLPL	M, W, TH- 1730-1900 Sat- 0830-1030
Monday	AM- Games & Rollerskiing (CMOC)	AM- Rollerskiing (CMOC) PM- Nordic- Classic RS & STR (CMOC)	PM- Roller ski & Strength (CMOC)
Tuesday	AM- Alternate Exercise: Mtn Biking, Ski walking (with Chin high poles), Games, Plyometrics (NLPL)	AM- Alternative Exercise: Mtn Biking, Ski walking with Chin high poles), Games, Plyometrics (NLPL).	Off
Wednesday	AM- Shooting. Run. (CMOC) Nordic-Run/Hike	AM- Shooting. Nordic- Run/Hike (CMOC). PM- Nordic- Classic RS & STR.	PM- Roller Ski & Strength (CMOC)
Thursday	Off	PM- BOUNDING: Run with chin high ski poles (NLPL)	PM- BOUNDING: Run with chin high ski poles (NLPL)
Friday	Off	Off	Off
Saturday	Open Range 0830-1030 (CMOC) Run, walk with poles, shooting	Open Range 0830-1030 (CMOC) Run, walk with poles, shooting . Nordic- Distance	Open Range 0830-1030 (CMOC) Run, walk with poles, shooting
Sunday	ALL OFF		

Locations may vary depending on weather or training needs. Notice will be given on any schedule changes. Seasonal practice schedules will be posted as each season approaches.

Suggested Supply ListSummer

Roller skis (discounted team order and limited rentals available)
Bike helmet
Water belt
Hill bounding poles
Running shoes
High Vis, bright colored clothing
Sun protection (Hat, sunglasses)
Heart rate monitor (comp teams only)
Mountain bike (optional)

Winter

Skate Skis and poles
Classic Skis and poles
Water belt
XC Ski clothing

CONTACT

info@caspermountain.org

307-215-4054

www.caspermountainbiathlonclub.org

Mailing & Physical Address

1110 East End Road

Casper, WY 82601