



**CASPER MOUNTAIN OUTDOOR CENTER**  
AT MCMURRY MOUNTAIN PARK

### Program Overview

CMBC 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. CMBC coaches combine best practices from U.S. Ski and Snowboard and U.S. Biathlon to offer a high quality and fun experience. 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.~~ **Van registration is full at this time – we will notify athletes if spots open up.**

*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 . Age groups U14 and older

**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

**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, Masters (Adult).

#### **General Program Info:**

**-All Athletes are required to have a US Biathlon Annual Membership and Natrona County Trails Pass.**

**Equipment:** Athletes will need both classic and skate ski equipment. Season rentals are available from several shops in Casper. Owning a rifle is not required. All athletes enrolled in programs may use club infrared rifles at no additional charge. Club .22 rifles are also available for a lease fee depending on availability.

#### **Optional Race Travel Athlete Requirements**

- Complete training and skills to advance to this level with coach approval.
- Purchase the necessary USSA license or USBA license
- Purchase equipment needed to be safe and successful.
- Pay athlete's registration fees, club coaching fees, travel expenses, lift tickets, meals, and boarding

**Winter Nordic Comp Team. Dec 2<sup>nd</sup> – March 31 (U14-U22)**

- 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.
- 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 Nordic Comp group but have additional prescribed workouts for each week to follow. Typically, this is 6 days 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

**Nordic Comp Schedule**

<b>Age Groups</b>	U14-U22
<b>Times</b>	(4:30 – 6 pm M-F) <i>CMOC</i> & Van pick up at 415, drop off at 6:30 pm at Sunrise Shopping Center (1-3 pm Sat & Sun ) <i>CMOC</i> – No van shuttle on weekends
<b>Monday</b>	Comp Team Ski Practice
<b>Tuesday</b>	OFF
<b>Wednesday</b>	Comp Team Ski Practice
<b>Thursday</b>	Comp Team Ski Practice
<b>Friday</b>	Comp Team Ski Practice
<b>Saturday</b>	Shoot & Ski (Ski only for Nordic Athletes)
<b>Sunday</b>	Shoot & Ski (Ski only for Nordic Athletes)

Winter Session Dec 2 – March 31	
Through Oct 31	
	\$950

**Biathlon Comp Dec 2<sup>nd</sup> – March 31 (U14 & Older)**

- 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 Nordic Comp group but have additional prescribed workouts for each week to follow. Typically, this is 6 days a week 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

<b>Age Groups</b>	U14-U22
<b>Times</b>	(4:30 – 6 pm M-F) <i>CMOC &amp; Van pick up at 415, drop off at 6:30 pm at Sunrise Shopping Center</i> (1-3 pm Sat & Sun ) <i>CMOC – No van shuttle on weekends</i>
<b>Monday</b>	Comp Team Practice
<b>Tuesday</b>	OFF
<b>Wednesday</b>	Comp Team Practice
<b>Thursday</b>	Comp Team Practice
<b>Friday</b>	Comp Team Practice
<b>Saturday</b>	Shoot & Ski (Ski only for Nordic Athletes)
<b>Sunday</b>	Shoot & Ski (Ski only for Nordic Athletes)

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Winter Session Dec 2 – March 31 Through Oct 31	
\$950	

**Biathlon or Nordic Development Program (U14 & Older)**

- 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)
- 3-5 coached sessions per week including 2 range days for biathletes, ***no Individual Plan***

Age Groups	U14-U22	
Times	(4:30 – 6 pm M-F) CMOC & Van pick up at 415, drop off at 6:30 pm at Sunrise Shopping Center (1-3 pm Sat & Sun ) CMOC – No van shuttle on weekends	
Monday	OFF	
Tuesday	OFF	
Wednesday	Devo Team Ski Practice	
Thursday	Devo Team Ski Practice	
Friday	Devo Team Ski Practice	
Saturday	Shoot & Ski (Ski only for Nordic Athletes)	
Sunday	Shoot & Ski (Ski only for Nordic Athletes)	
Winter Session Dec 2 – March 31		
Through Oct 31		
	\$900	

**Biathlon or Nordic Rec Program (U12 and Younger)**

- Red Book Certification Class required to shoot live ammo
- Includes use of CMBC's electronic rifles (no projectile)
- 3-4 sessions a week including 2 range days

<b>Age Groups</b>	U12 and younger.
<b>Times</b>	(4:30 – 6 pm M-F) <i>CMOC</i> & Van pick up at 415, drop off at 6:30 pm at Sunrise Shopping Center (1-3 pm Sat & Sun ) <i>CMOC</i> – No van shuttle on weekends
<b>Monday</b>	OFF
<b>Tuesday</b>	OFF
<b>Wednesday</b>	Rec Team Practice
<b>Thursday</b>	OFF
<b>Friday</b>	OFF
<b>Saturday</b>	Shoot & Ski (Ski only for Nordic Athletes)
<b>Sunday</b>	Shoot & Ski (Ski only for Nordic Athletes)

Winter Session Dec 2 – March 31 Through Oct 31	
	\$600

**Biathlon or Nordic Senior / Masters Rec Program (Age 22 & Older)**

- 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)
- 3 sessions a week including 1 range day for biathletes

Age Groups	Senior/Masters (adult)
Times	Wed 6 – 7:30 PM Sat & Sun 1-3 PM
Monday	
Tuesday	Off
Wednesday	Masters Practice
Thursday	OFF
Friday	Off
Saturday	Ski & Shoot
Sunday	Ski & Shoot

Winter Session Dec 2 – March 31 Through Oct 31	
	\$600

**CONTACT**

[info@caspermountain.org](mailto:info@caspermountain.org)

307-215-4054

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

Mailing & Physical Address

1110 East End Road

Casper, WY 82601



# CASPER MOUNTAIN OUTDOOR CENTER

AT MCMURRY MOUNTAIN PARK

## Registration Form

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip Code: \_\_\_\_\_

Email: \_\_\_\_\_ Phone: Parent/Guardian Name: \_\_\_\_\_

Emergency Contact Name/Phone Number: \_\_\_\_\_

Birth date & Age: \_\_\_\_\_ Do you own your own biathlon rifle?  Yes  No

No USBA Number: \_\_\_\_\_ U.S. Ski and Snowboard Number: \_\_\_\_\_

Any Allergies, medical conditions or disabilities? \_\_\_\_\_

Please fill out names of participants and ages

\_\_\_\_\_ Age \_\_\_\_\_

\_\_\_\_\_ Age \_\_\_\_\_

\_\_\_\_\_ Age \_\_\_\_\_

### Camp Pre-Registration

- \$100 Casper Holiday Camp (Dec 19 – 23)

### Practice Shuttle Transportation Add On – Limited Space, First come first served

- \$100 Year Round
- \$35 Summer
- \$35 Fall
- \$45 Winter

### Rifle Lease Add On

- \$450 Year Round – Anschutz Bolt Action (or \$50 per month)
- \$225 Year Round – Savage (or \$25 per month)
- \$700 Year Round Anschutz Fortner (or \$75 per month)

### Ammo Pre- Order

- \$50 per Brick – How many Bricks? \_\_\_\_\_

**10% Off for multiple family registrations (does not include ammo)**

**Program fees do not cover race registrations, race travel expenses, USBA membership, US Ski & Snowboard membership, uniforms**

TOTAL AMOUNT DUE \_\_\_\_\_ \$300 Deposit required to register.

Financial Assistance: Program fees do not cover the full cost of running programs. We strive to keep programs as affordable as possible. Our rates are much lower than most club sports and lower than most Ski and Biathlon clubs in the county. We understand programs may still be unaffordable for some. We do not want any athlete turned away because of program fees. Please get in touch about financial assistance if there is a need.

Please mail check and registration to: CMBC, 1110 East End Rd. Casper, WY 82601 or email to [info@caspermountain.org](mailto:info@caspermountain.org)

I would like to pay by credit card. CMBC will email an invoice via Square for credit card/PayPal payments 2% credit card processing.

I would like to arrange a payment plan (\$300 deposit required).

Questions? Contact Cathy at 307.215.4054 [info@caspermountain.org](mailto:info@caspermountain.org)

## Casper Mountain Biathlon Club Liability & Photo/Media Release

### PLEASE READ CAREFULLY BEFORE AGREEING TO THIS ACKNOWLEDGEMENT, WAIVER AND RELEASE FROM LIABILITY:

I recognize that Biathlon, Cross Country Skiing, Running, Biking and Rifle marksmanship can be hazardous sports. I acknowledge there are risks and hazards associated with involvement in the Casper Mountain Biathlon Club events. The risks can include, but are not limited to: damage to property, **PHYSICAL INJURY AND DEATH**. I state that I am, and those minors that I sign for, are in proper physical condition to participate in strenuous activity. I acknowledge and accept the risks associated with shooting, skiing, running and other related biathlon training and competition activities and I agree to release and hold harmless, and indemnify all members, organizers, sponsors, volunteers, agents, and officers of the Casper Mountain Biathlon Club and the Casper Nordic Club; Natrona County, Wyoming and the City of Casper, Wyoming and their respective elected officials, officers, employees, and agents; , and all members of the staff and volunteers of any venue sites involved in biathlon training, practice, or competition from any liability and claims, including attorney fees, for death, injuries, or property damage of whatever nature, connected to, or arising or resulting from my, or my minor's participation in any such biathlon training, practice, competition, function, workout or other event, including transportation to and from any such activities.

I recognize that Biathlon involves the use of firearms and I certify that I am not barred from using or possessing firearms by any state or federal law or by ruling of any court.

### Photo, Media and Copyright Release

I grant CMBC my permission to photograph, videotape, and/or audiotape myself or my child during activities. These photographs/videos/audios will remain the property of CMBC and may be used in advertising or marketing campaigns on CMBC's websites, social media and for promotional and informational material including, but not limited to, flyers, brochures, newsletters, emails, advertisements, social media, newspaper articles, TV or cable interviews/promotions. I understand myself or my child will not be identified by name unless I give my express permission. I hereby waive and release on behalf of myself or my child, any rights to compensation for, or ownership of, such images and/or sounds.

I have read and agree to the terms and conditions of this Photo, Media and Copyright release. : \_\_\_\_\_ ( please intitial)

I HEREBY AFFIRM I AM EIGHTEEN (18) YEARS OF AGE OR OLDER, I HAVE READ THE ABOVE WAIVER, AND RELEASE FROM LIABILITY , AND I UNDERSTAND AND AGREE TO ITS PROVISIONS, AND UNDERSTAND THAT IT IS A LEGALLY BINDING AGREEMENT.

Signature: \_\_\_\_\_

Printed name: \_\_\_\_\_ Date: \_\_\_\_\_

FOR PARTICIPANTS UNDER AGE 18: A parent or legal guardian(s) must sign the release of liability for all participants under eighteen years of age. If the minor is in the care of a legal guardian, proof of guardianship must also be provided.

Signature: \_\_\_\_\_

Printed Name : \_\_\_\_\_ Date: \_\_\_\_\_