

US Biathlon Regional Camp – Western Region

June 22 - 28, 2020

Casper, Wyoming

US Biathlon is looking for Junior athletes, ages 12 – 21, who are interested in improving their biathlon skills. This camp is open to all ages and each group will have a specific coach for the day. Camp activities will be led by Olympian Rob Rosser and Aliaksandr “Sasha” Akulevich; former Soviet Team member and Lithuanian National Team coach. Additional Western regional coaches and CMBC assistant coaches will also be on the coaching team.

All camp participants will receive a high vis camp T-shirt and CMBC Mask included in registration.

Dates:

Arrival: June 22 Camp starts at 3 pm

Departure: June 28 after the Biathlon races.

Camp Activities:

- Physical tests, e.g. uphill run, Strength & Shooting Tests
- Red Book Rifle Safety Course and Certification
- Hill bounding & trail running
- Strength tests and flexibility screening Roller ski technique
- Shooting drills and precision test
- June 26 - 28 Races

Packing List:

- Gear for outdoor sport
- Mtn Bike and helmet (optional)
- Running shoes
- Roller skis, ski boots, poles, helmet
- Hill bounding poles
- Writing material
- Water belt/hydration pack
- Rifle
- Visi vest or visi shirt (neon safety clothing)
- Cuff
- Ammo (500-750 rounds) - Ammo can be purchased from CMBC \$50 per brick
- Gloves
- Cleaning kit & rod
- Training log
- Heart rate monitor and watch (U16 and older)
- Yoga Mat (required as COVID precaution)
- Warm & cold weather skiing & running clothes, raincoat
- Sunglasses, sunscreen

Applications: please fill out the attached application form and email to Cathy at info@caspermountain.org

. Participants must be a U.S. Biathlon Member. Membership can be found here:

<https://www.teamusa.org/us-biathlon/membership/join-usba-online>

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: Ramkota Hotel & Conference Center in Casper (20 minutes from biathlon venue) is offering a special camp deal. \$70 per room (2 queen beds) and \$30 per day meal plan (includes breakfast, lunch and dinner). Discount code coming soon! Ramkotacasper.com

There are also many camping options on Casper Mountain. <http://natrona.net/232/Casper-Mountain>.

Tower Hill and Bear Trap are the 2 closest campgrounds to the biathlon venue. Please get in touch if you have any questions on lodging or camping.

Casper Mountain Outdoor Center: Biathlon Venue. 1110 East End Road Casper WY 82601

www.caspermountainbiathlonclub.org www.caspermountain.org

Schedule

Times listed are start times. Athletes should plan to arrive before and be ready to go at the start time.

Meals are not included.

Monday, June 22th

3:00-5:00 Run/hike at Bridal Trail

6:00 Dinner

7:00 Rifle fitting & Dry Fire (DF) Red Book Rifle Safety Course & Cert. for those who need it at Ramkota

Tuesday, June 23th

7:00 Breakfast

8:30-10:30 (U16 & Older) 10:30-12:00 (U14 & Beginners) Biathlon Venue- Warmup Run & Strength/ Agility exercises then Rifle fitting and accuracy shooting 12:00

Lunch & recovery

3:00-5:00 Roller ski workout/technique

6:00 Dinner

7:00 Video Review & Rifle Maintenance Class & Dry Fire (Ramkota)

Wednesday, June 24th

7:00 Breakfast

8:30-10:30 (U16 & Older) 10:30-12:00 (U14 & Beginners) Rollerski Combos

12:00 Lunch & recovery 3:00-5:00 Ski Bounding

6:00 Dinner

7:00 Presentation on U.S. Biathlon development model followed by Dry Fire (Ramkota)

Thursday, June 25th

7:00 Breakfast

8:30-11:00 Strength test followed by uphill run test starting at Nordic Trail Center

12:00 Lunch & recovery

2:00-3:30 U14 & Beginners 3:30-5:30 (U16 & Older). Rollerski Combos
6:00 Dinner
7:00 Presentation on training and the importance of training logs & DF (Ramkota)

Friday, June 26th

0:700 Breakfast
8:00 7K Uphill Rollerski Race up Mtn (Classic & Skate options). 1.5K for U14
12:00 Lunch & recovery
2:00-3:30 U14 & Beginners 3:30-5:30 (U16 & Older). Rollerski Combos
6:00 Dinner
7:00 Presentation on biathlon opportunities in the Western Region & the U.S
(Ramkota)

Saturday, June 27th

7:00 Breakfast
8:00-11:00 Rollerski Sprint Races (U16& Older) Obstacle Course (U14 & Younger)
12:00 Lunch & Recovery
2:00-3:30 U14 & Beginners 3:30-5:30 (U16 & Older) Shooting Tests, 30/30 & Games
6:00 Dinner
7:00 Free Time / Race Prep

Sunday, June 28th

7:00 Breakfast
8:00-12:00. Zero and Biathlon Races! We will have Run, Rollerski & Bike races
13:00 Awards & Departure

CMBC Risk Management Plan:

<http://caspermountainbiathlonclub.org/wp-content/uploads/2020/05/CMBC-COVID-19-Risk-Management-Plan.pdf> This document will be updated as guidelines and state orders evolve.

Questions:

Contact Rob Rosser 307-215-4054 robert.m.rosser@gmail.com

OR Cathy Rosser 307-215-4054 casperbiathlon@gmail.com

US BIATHLON REGIONAL DEVELOPMENT CAMP – Western Region

Casper Mountain Biathlon Club
Casper, Wyoming

Dates: June 22-28, 2020

Age (please check):

- U12 - U14
- Junior/Youth/15 - 21
- Senior 22+ & Masters

Camp Fee: \$450, includes race registrations and camp activities.

Payable to: Casper Mountain Biathlon Club

Email application to: CasperBiathlon@gmail.com

Mail payment and application to: CMBC 1110 East End Road Casper WY 82601 or a credit card payment can be taken via square with an additional \$10 credit card fee. Please mark preferred payment type:

- Check
- Credit Card

Participants must be registered members with U.S. Biathlon

A separate registration link with comp codes will be sent for the races that will be part of the camp.

Name:

Date of birth:

Age:

Phone:

Current address:

City:

State:

ZIP Code:

USBA No.:

Email:

Biathlon Club/Ski Club/School:

Coach Name:

T Shirt Size:

Male/Female:

Height:

Weight:

Right or Left Handed:

Allergies:

Health Conditions:

Access to Rifle Y/N?

Access to Roller Skis Y/N?

Roller Ski Exp?

EMERGENCY CONTACT

Name Parent/Guardian:

Address:

Phone:

City:

State:

ZIP Code:

Relationship:

BIATHLON/SPORT EXPERIENCE

Biathlon Goals

Biathlon Experience month/years?

Best Biathlon Result:

Best Nordic Result:

Other sports:

Ski Exp month/years?

Training Log Hours last year:



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 intial)

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: _____