

Casper Mountain Biathlon Club - Biathlon Skills Camp

August 27-29, 2021

General Description

The August camp is geared towards novice and intermediate biathletes looking to refine their biathlon skills for race day. This camp is a good follow-up to the Red Book class, or for someone who has been doing biathlon for a little while and is looking to speed up range times and hit more targets. Casper Mountain Biathlon Club has a 30-point range with asphalt loops for rollerski training. Camp participants can either rollerski or run/walk for camp activities. Camp activities will be led by Olympic biathlete Rob Rosser with support from additional coaches.

Previous Red Book certification is required for this camp. Optional Redbook class offered on Friday for additional fee. A limited number of rifles can be made available for rent on a first come first serve basis.

Topics Covered

- General safety review
- Zeroing
- Prone position
- Standing position
- Range protocol
- Natural point of aim
- Trigger control
- Wind
- Race day
- Training drills
- Dryfire
- Rifle fitting tips
- Rifle care and maintenance
- And more!

General Schedule (detailed schedule to be provided closer to camp date)

Friday, August 27

13:00-15:00: Optional Redbook classroom

16:00 - 18:00: Welcome and topics session 1

Saturday, August 28

Morning and afternoon sessions

Lunch provided for camp participants

Sunday, August 29

Race morning (registration included in camp fee)

Optional afternoon activities

Packing List

- Biathlon rifle + cuff
- .22 standard velocity ammunition (suggest at least 500 rounds)
- Rollerskis + poles (with road ferrules) + ski boots + helmet (if rollerskiing)
- Running shoes
- Gloves
- Water belt

Camp Cost

\$200 - payable via SkiReg,

Optional Redbook certification available for \$20 add-on, available during SkiReg registration

<https://www.skireg.com/casper-mountain-biathlon-novice-intermediate-summer-biathlon-camp>

Lodging

- Ramkota Hotel is offering camp participants a special camp rate of \$70/night. Call the front desk at (307) 266-6000 to register and ask for the camp rate to reserve. Ramkota allows dogs for an additional pet fee.
- Many established campsites are available on Casper Mountain close to the facility for a fee of \$10/night with reservation
(<https://secure.rec1.com/WY/natrona-county-wy/catalog>,
[\)](https://www.natrona.net/DocumentCenter/View/2885/CasperMtnCampgrounds?bidId=)

- Additional hotels are available throughout Casper, including extended stay locations with kitchenettes (Residence Inn by Marriott and Candlewood Suites). Most hotels are approximately 20-25 minute drive to the range.

Area Information

Casper is approximately 4 hour drive from the Denver/Boulder area, 2.5 hours from Laramie, 2.5 hours from Cheyenne, or 4.5 hours from Jackson. There are ample dining options in the area. Mountain biking or hiking opportunities are available from the Casper Mountain Trails Center (9301 Casper Mountain Road, Casper, WY 82601) or connected from the biathlon area trails. The Bridle Trail is another popular hiking option (<https://www.natrona.net/231/Bridle-Trail>)

Popular dining options

- Blue Ridge Coffee (breakfast and lunch, closed Sunday)
- Sweet Zoey
- Thai Kitchen
- Gruner Brothers Brewing
- Ludovico Farm to Flam (inside Gruner Brothers Brewing)
- Wyoming Ale Works
- Metro Coffee Company
- Racca's Pizzeria Napoletana
- Dsasumo Thai and Sushi

Directions

Casper Mountain Biathlon club facilities are a 20-25 minute drive from most locations in the city of Casper. The address can be put into Google for driving directions. Driveways are on the bottom of a big hill on the left side when coming from town.

Casper Mountain Biathlon Club
1110 East End Road
Casper, WY 82601

<https://www.google.com/maps/place/Casper+Mountain+Biathlon+Club/@42.7360537,-106.2942568,17z/data=!3m1!4b1!4m5!3m4!1s0x8760b0fd1c82d9e3:0xd3899a22908ea4e2!8m2!3d42.7360537!4d-106.2920681>