

THE BIGGEST TRAINING BIATHLON CAMP IN ALASKA IS COMING SOON

Coached by Tim Burke (Olympian , Former World Cup Champion and Now National coach) , Marine Dusser (Former French World Cup athlete and ABC coach) and a couple of **successful Alaskan Biathletes**

ABA CAMP INVITE

From the 5th to the 9th of June
Anchorage , Alaska

TRAINING GROUPS

This years we are offering 4 different training Groups :

BRONZE (Beginners) : 10 to 15 years old , little to no biathlon experience

SILVER (Intermediate) : 12 to 18 years old , some biathlon experience

Master : Adult all levels accepted , we will have several coaches to split the group

GOLD (Elite): 16 and older (Need to apply for the camp , we will also accept national level Nordic skiers who want to try biathlon)

You don't have a safety class , no problem , we will offer a safety class the first morning off the camp so everyone is clear to shoot in the range.

First class May 4th at 11AM – Sign up [Here](#)

Second class June 3th before the camp

We also have a lot of rifle available (different sizes) for free so you don't need to Own a Rifle to be part of the camp

PROGRAMS

Bronze and Silver Groups

From Wednesday 5th to Saturday 8th:

9:30 am to 11:30 am = Biathlon training. We will be running , shooting , learning the basics of biathlon through drills , fun games , mini races and others exercises.

11:30 am to 12:30 pm = Lunch break

12:30 pm to 2 pm = Roller-ski (All levels accepted , we will have different coaches for beginners to expert. We will have a group running for the ones who don't rollerski

Sunday 9th:

9:30am to 11:30am = Race followed by BBQ

PROGRAMS

MASTER

The Master Camp will be 3 days from Wednesday 4th to Friday 6th from 6:30pM to 8:30PM. The Master are invited to participate in the time-trial race and BBQ on Sunday, 9th of June

No excuse! You can come practices , improve or learn biathlon after work. All the participants will be invited to take part of the race on Saturday morning.

*again you don't need to own you riffle to come and try biathlon . We have it covered

ELITE GROUP TRAINING PAN

Time	9:00 AM to 11 AM	BREAK / NAP / REST TIME	Afternoon 3PM start
Day 1 (June 3th)	30/30 + French test		Skate Roller ski L1 1:30 to 2:00 Hillside
Day 2	Skate Combo + speed		Mountain run 2:30 Glen alps
Day 3	Combo (L3 training)		Classic Roller ski 1:30 L1 Potter
Day 4	Hatcher pass Run/hike 3:00		Shooting drills Kincaid
Day 6 (June 8)	Race TBD Format	Barbecue	Fly back for out of state

*12 spots maximum

*We will be shooting every morning and one afternoon

PRICE

Price	Price
Elite	\$300
Novice/beginners	\$150
Master	\$150

SIGN UP FOR THE CAMP NOW

To sign up please go to <https://zone4.ca/reg.asp?id=20911>

If you have any question about registration , plan , training , logistic , please feel free to contact Steve Wilson at by email at alaskabiathlonassociation@gmail.com

The Elite Program have limited spot and we will accept the first applicants. If you have any question please contact the Camp Head coach Marine Dusser at marine.dusser@gmail.com or 907 360 6252

SEE YOU SOON