

# 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 5<sup>th</sup> to the 9<sup>th</sup> 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 4<sup>th</sup> at 11AM – Sign up [Here](#)**

**Second class June 3<sup>th</sup> 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 9<sup>th</sup>:

*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](mailto: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](mailto:marine.dusser@gmail.com) or 907 360 6252

SEE YOU SOON