

Junior Development Training Camp Ft. Kent, ME March 14-21, 2010

Who: This training camp is for xc skiers age 14-19 who are competing at a high level in cross country skiing and want try biathlon training. This camp is also for those who have some biathlon experience and are looking to get some additional coaching. The camp will combine intensive marksmanship training and ski training over a week-long camp. All athletes will be able to compete at the US National Championships which will be held in Ft Kent, March 18, 20, 21, during the last few days of the training camp.

When and Where: Immediately after XC Junior Olympics, March 14-21. This is a training camp will be held at the World Cup biathlon venue at Ft Kent, ME (approx 2 hours from Presque Isle).

Coaching: Gary Colliander (National B Team coach), Vladimir Cervenka (National Jr Coach), James Upham (Development Team Coach) and Piotr Bednarski (Director of Athletes Development) will be conducting daily training with some help from a number of our national team athletes.

Transportation: US Biathlon will pick up athletes in Presque Isle at the conclusion of Junior Olympics in Presque Isle on Sunday, March 14. We will be able to provide transport to back Bangor and to Boston Airports if necessary at the conclusion of the camp.

Equipment: US Biathlon Will provide rifles and ammunition for the training camp. All you need to bring is your skis and be ready to train and learn.

Costs, Room and Board: US Biathlon will take care of all housing and food arrangements. You will be staying in the dorms at the University of Maine, Ft Kent and eating at the dinning hall. Camp cost will be \$55 per day- \$385 total. There is additional cost for race registration (approx \$30 per race).

How to Apply: Email or call Piotr Bednarski, Director of Athlete Development- 952/237-0765 cell, mnbiathlon@aol.com