

UNITED STATES BIATHLON ASSOCIATION

Regional and National Junior Development Biathlon Camps **Schedule and Application** **Summer 2010**

Introductory Camps- for xc skiers with strong xc skiing results and little or no biathlon experience. Applications are required. Space is limited and some rifles are available.

Camp #1: Midwest Regional Camp: Intro Shooting Camp, Ages 13-17. Grand Rapids MN, June 14 – June 22. Focus on developing biathlon shooting skills- position, accuracy drills, begin combo training. Volume training focus on rollerskis/running, as well as strength and technique work. Approx cost \$400. By application. Vladimir Cervenka – cervenkv@gmail.com

Camp # 2: Eastern Regional Camp: Intro Shooting Camp- Ages 19-26 June 21-June 28. Lake Placid Olympic Training Center, NY. Focus on developing biathlon shooting skills- position, accuracy drills, begin combo training. Volume training focus on rollerskis/running, as well as strength and technique work. Approx cost \$400. By application. Algis Shalna, algisshalna@aol.com

Intermediate to Advanced Camps- for experienced biathletes with 1-3 years of biathlon experience and excellent xc skiing results. Prior camps are a requirement. Jr National Team or by application.

Camp # 3: High Altitude Camp Granby/Colorado Springs, Colorado, June 21-July 7. Ages 16-20. In conjunctions with Junior National Team. Previous regional shooting camp required. Volume training on rollerskis, trail running/hiking and mnt biking- very high training load. Intermediate to advanced shooting skills. Included 4 days at the Colorado Springs OTC. Approx cost \$550. Ground transport available from Minnesota. Vladimir Cervenka- cervenkv@gmail.com

Camp # 4: Eastern Regional Camp: Advanced Training Camp, Ages 14-16. July 5-July 17. Jericho, Vermont. Focus on accuracy shooting and combo training. Volume training focus on rollerskis/running, with some intensity workouts. Previous camp experience required. Approx cost \$400. Algis Shalna, algisshalna@aol.com

Camp # 5: Eastern Regional Camp: Advanced Training camp, Ages 17-21. July 24-Aug 5. Similar to Camp # 5 , but with older age group. Algis Shalna, algisshalna@aol.com

Camp # 6: National Rollerski Camp and Competition Camp, Camp Ethan Allen, Jericho, VT, July 31 1-7. Previous regional shooting camp required and good rollerski skills. Focus on “combination” training, with a shift to more intensity on rollerskis. Rollerski biathlon races on Aug 6-7. Approx cost \$400. This training is attended by many coaches- contact Piotr Bednarski, mnbiathlon@aol.com to direct you.

Camp #7: Junior Team Camp- High Volume Focus, Lake Placid OTC, Aug 8-16, Continued combo training, and higher training volume. Approx cost \$250 Junior national team and intermediate level athletes ages 14-17. Vladimir Cervenka- cervenkv@gmail.com

Camp # 8: National and Western Regional Junior Camp, Rollerski Combo and Competition. Soldier Hollow, Utah, Oct 6-20(dates tentative). Camp conjunction with Junior National Team. Advanced level required. Approx cost \$550. Vladimir Cervenka, cervenkv@gmail.com

Camp #9: Western and Midwestern Regional Junior Camp, Nov 20-27, West Yellowstone, MT. On snow, high volume training ski training with daily combo shooting practice. Some athletes will stay, Nov 16-Dec 4. Approx cost \$800. Vladimir Cervenka@gmail.com and Piotr Bednarski, mnbiathlon@aol.com.

Additional Camps not yet scheduled:

Far West Regional Camp- Introductory Camp- ages 12-20. Northstar Biathlon Range, CA. Mid-May. Contact Glenn Jobe, 530-994-1041, gjobe@gotsky.com,

Washington Regional Camp- Introductory and Advanced Camp- ages 12-20. Methow Valley, WA. Contact Betsy Devin Smith, 509/341-9345, orbetsy@methownet.com.

Goals for USBA Camps

Looking for Top Results at the Olympics and World Cup

The U.S.Biathlon Association has had a long history of recruiting talented and motivated athletes and helping them become world class biathletes. Currently our men’s team is ranked 10th in the world, with all 4 of our top men regularly finishing in the top 40 in the world. Tim Burke, our top athlete this year, wore the yellow bib (# 1 World Cup ranking) for several weeks prior to the Olympic Games. We are looking toward 2014 and 2018 Olympics with excitement, and we hope to find a number of future Olympians in our Regional Development Camps of 2010. Most of our current national team athletes all came to similar camps in 1995-1998.

Description and Purpose of Camps

The purpose of the Regional Development Camp is to allow you as an athlete to get a “jump start” in biathlon marksmanship, while at the same time experience a “national team” style training camp. We will be training lots of hours, working on ski technique and strength training technique. Many of the camps will be run in conjunction with the Junior national team or other athletes with advanced shooting skills.

Application Process

Acceptance to USBA camps is based primarily on XC skiing results. Exceptional results in other endurance sports such as cycling, running, speed skating, will also be considered. Please fill out the camp application. Applications are due by May 15th. Please email to the coach contact for each camp, and copy Piotr Bednarski, USBA Director of Athlete development at mnbiathlon@aol.com. We may call you to further discuss your application. Applicants will be notified in early May whether they have been accepted. All athletes that are accepted have until May 10th to confirm via email or phone that they will be attending: Please contact Piotr Bednarski at mnbiathlon@aol.com, 952/237-0765 with any questions regarding camps and the application process.

Camp Costs and Rifles

The cost for the camps will be \$35-\$55 per day- there is some variation depending on location. In general, athletes need to provide their own transport to the training site. Ground transport, room and board is provided at training site. Some loaner rifles are available for camps- inquire with your application. Its best if you can purchase your own rifle. USBA coaches can advise you on how and where to order biathlon rifles.

Coaching Internships

We have several coaching internship positions available during the camp. Athletes are encouraged to have their home coaches participate as interns/assistants at this camp. Coaches may apply by emailing Piotr Bednarski at mnbiathlon@aol.com. Intern coaches must provide their own transport to camps. Most expenses at camps will be covered by USBA.

USBA Staff Contacts

Piotr Bednarski, Director of Athlete Development,
mnbiathlon@aol.com, 952/924-0381

Vladimir Cervenka, Junior National Team Coach,
cervenkv@hotmail.com, 218/256-8323

Algis Shalna, Collegiate Program Coach,
algisshalna@aol.com, 802/355-8493

Seth Hubbard, Maine Winters Sports Center Coach,
seth@mainewsc.org, 207/227-3867

Regional Coaches and Club Contacts

Club	First	Last	e-mail	phone
Ak-Anchorage	Joel	Hubbard	joel_hubbard@yahoo.com	907-345-3321
AK-Fairbanks	Tom	Helmers	blackspruce@ak.net	907-479-8779
CA-Auburn Ski Club	Alan	Takahashi	allenbt@biathlete.net	
CA-Northstar Biathlon	Glenn	Jobe	gjobe@gotsky.com	530-994-1041
CO-Colorado Biathlon	Walter	Warwick	prez@coloradobiathlon.org	303-442-0674
ME-MWSC	Seth	Hubbard	seth@mainewsc.org	207-227-3863
MN-Nisswa NW	Bill	Meyer	wmeyer@uslink.net	218-839-4727
MN- Esko	Phil	Rogers	philrogers196@hotmail.com	
MN-Duluth	John	Gould	jgould1952@yahoo.com	218-269-2854
MN-Mt Itasca	Vladimir	Cervenka	cervenkv@hotmail.com	218-256-8323
MN-Mt Itasca	Mark	Miner	mtmtimberwolf@hotmail.com	218-259-1229
MN-St Cloud	Ion	Senchea	ionsenchea@yahoo.com	320-224-3691
MN-St Cloud	Bruce	Busta	Harv@stcloudstate.edu	320/259-8004
MN-Twin Cities- Juniors	Ben	Kremer	Kremer333@gmail.com	612/387-2002
MN- Twin Cities- Masters	Lou	Chouinard	l_chouinard@visi.com	612/724-6009
MT-Altius	Marc	Sheppard	info@altiusguns.com	406-646-0012
NY-Lake Placid	Rick	Costanza	rtcostanza@adelphia.net	518-891-6538
NY-Old Forge	Bill	Brooker		315-369-6538
NY-Saratoga	Tom	Moffett	saratogabiathlon@charter.net	518-643-8477
NY-Saratoga	Curt	Schreiner	skishoot10@hotmail.com	518-696-5495
NY-Syracuse	Nick	Gretzinger	n.gretzinger@lmco.com	607-785-7233
NY-Western	Bill	Lilly	willy@rochester.rr.com	
NY-Western	Bryan	Jajkowski	biathlonbryan@yahoo.com	716-440-7394
UT-Utah Biathlon	Craig	Johnson	cjohnson@pblutah.com	801-536-6789
VT-EARCE	Eric	Tremble	eabiathlon@gmail.com	802/899-6810
WA-Methow Valley	Betsy	Devin-Smith	drbetsy@methownet.com	509-996-3159
WA-Washington Biathlon	Bob	Vallor	bob.vallor@wabiathlon.org	425-427-8841
WY- Casper	Rob	Rosser	robert.m.rosser@gmail.com	307-277-0318

Application For Junior Regional and National Camp

- due May 15th, 2011, but sooner you apply the better!
- email directly to camp contact. Also, copy Piotr Bednarski, USBA Director of Athlete Development, mnbiathlon@aol.com, 952/237-0765

Name:

Address:

DOB:

Email and cell phone:

Parents names and cell phone (for emergency contact):

Ski/Biathlon Club:

Coach's name, email and phone:

High School/College:

Grade in school or college:

Right or Left handed:

Height: Weight:

Which Camp session(s) do you want to attend? Please list other sessions that you could potentially attend.

List several of your best XC skiing Results from the past two seasons (JO's, regional JOQ's, State HS, USSA Points):

What other sports do you compete in? Please list some of your top results (times and distances) from the past two years. Please list team sports as well:

What are your goals in sport?

Why are you interested in Biathlon?

Have you had any laboratory testing- lactate profile or max VO₂? If so, please include results:

Do you have a training log? If so, what were your training hours last year?