



2017 Masters Biathlon Jamboree

October 11-15

Soldier Hollow is a great place to train in the fall! Join us for the first annual **Masters Biathlon Jamboree**, held in conjunction with the Western Regional Junior Biathlon Camp. The Jamboree offers professional coaching on the 2002 Olympic venue with the Wasatch Mountains as a backdrop and playground for our non-shooting workouts. This will be a fun opportunity to get a final tune-up camp in before snow flies and competitions kick off.



Jamboree Schedule:

Wednesday AM	OYO Rollerski on Soldier Hollow trails
Wednesday PM	Rifle fit + fundamentals workout.
Wednesday evening	Round table discussion with Olympian Sara Studebaker-Hall.
Thursday AM	Mountain Biking with pro racer Evelyn Dong.
Thursday PM	Shooting-running combo workout focused on Prone.
Friday AM	Skate technique with SoHo Biathlon Head Coach Zach Hall.
Friday PM	Shooting-skate combo workout focused on Standing.
Saturday AM	OYO
Saturday PM	Pre-race workout (skate or running with shooting)
Saturday evening	Joint dinner with Junior athletes. Post dinner discussion with western regional coaches on visualization, nutrition, and winning dry-fire strategies
Sunday AM	Time Trial. Carry, non-carry & running classes available.



Coaches for the camp include Curtis Lupo, Glenn Jobe, Sara Studebaker-Hall, & Zach Hall.

The Jamboree is open to all athletes with prior biathlon shooting experience and a personal biathlon rifle. Cost is \$425, which includes all coaching, trail and range passes for the week, plus a spaghetti feed dinner on Saturday evening. Athletes are on their own for housing, meals, transport, and ammo. Contact us with any questions.



REGISTRATION: Email Zach Hall to reserve a spot for the Jamboree.

Zach Hall: zhall@uolf.org

Curtis Lupo: curtislupo@q.com