

**Application**  
**2019 Liatoppen Junior Biathlon Festival Trip**  
**Liatoppen, Norway**  
**Event Dates: 5-7 April 2019**  
**Trip Dates: 31 March-12 April 2019**

**APPLICATION DUE 5 DECEMBER, 2018**  
**Submit to Marc Sheppard – [altiusguns@gmail.com](mailto:altiusguns@gmail.com) – 406.646.9222**

Open to **Girls** Born 2005, 2004, 2003

Open to **Boys** Born 2004, 2003

Submit to: Marc Sheppard [altiusguns@gmail.com](mailto:altiusguns@gmail.com)

1. Name:

2. Mailing Address (USPS):

3. Shipping Address (UPS/FEDEX, if different):

4. Current Age:            Date of Birth:            Male/Female:

5. Email:

6. Cell phone:

Home phone:

7. Parents' names, emails, and contact phone(s):

8. Ski/Biathlon Club & Region:

9. Coach's name, email, and contact phone:

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On a separate piece of paper please answer questions 10-20 and return with your application.  
Please put your name on all pages of your application.

10. Is Biathlon your primary sport?
11. In what other sports or activities do you participate or compete?
12. Do you follow a year-round training schedule specific to Biathlon and/or Nordic Skiing?  
Approximately how many hours a year do you train?
13. How many days a week do you train specifically for Biathlon with your coach? If this varies from season to season, please elaborate.
14. Provide a written example of 1 week of your mid-Winter Biathlon training. Include type of shooting & ski training, hours, distances.
15. How many years have you been xc skiing? How many years have you been doing Biathlon?
16. List the names and locations of winter Biathlon races you competed in during the 2017-2018 season.
17. List your best winter Biathlon race results from the 2017-2018 season and why you feel they are your best.
18. What are your goals in Biathlon for this season?
19. Explain your interest in this Biathlon trip to Norway:
20. Have you traveled internationally previously? Where and for what purpose?

**Please include a recommendation from your coach or USBA Regional Coordinator with this Application**