

Saturday, May 6th

8:15-8:45 Registration in Parking Lot then head to Range (All sessions begin/end @ range)

8:30-9:00 Rifle Fitting

9:00-10:30 Group 1: (Novice/Newer Biathletes) Range Session #1

9:00-9:15 Rifle Safety (Chad)

9:15-9:45 Shooting Basics with Jeff

9:45-10:00 Prone Range Procedure/Positioning

- a. Approach
- b. Position
- c. Breathing
- d. Sight Alignment
- e. Trigger Squeeze (Dryfire)
- f. Transition to Ski

10:00-10:15 Standing Range Procedure/Positioning

10:15-10:30 Zero (All Coaches on Deck)

9:00-10:30 Group 2: (Experienced Biathletes) Ski Technique Session #1 (Kallemyen's)

(GROUPS SWITCH)

10:30-12:00: Group 1: Ski Session #1 (Kallemyen's)

10:30-12:00 Group 2: @ Range Session #1

10:30-10:45 Safety Review (Chad)

10:45-11:15 Advanced Shooting Basics & Range Procedure Review with Jeff & Coaches

11:15-11:30 Zero

11:30-11:45 One shot drills

11:45-12:00 10+10

12:00-1:00 Lunch on your own

1:00-2:30 Group 1: @ Range Session #2

1:00-1:30 Prone

1:30-2:00 Standing

2:00-2:15 10+10

2:15-2:30 Shoot on metal

1:00-2:30 Group 2: Ski technique Session #2 (Kallemyen's)

(GROUPS SWITCH)

2:30-4:00 Group 1: Ski technique Session #2 (Kallemyen's)

2:30-4:00 Group 2: @ Range Session #2

2:30-2:45 Heart rate discussion-Jeff & Coaches

2:45-3:00 PPSS no heart rate on metal

3:00-3:30 PPSS short combos w/range loop heart rate on metal

3:30-3:50 Tag relay

3:50-4:00 Close range

6:00-8:00 Officials Training: Elk River Country Club Basement

Sunday, May 7th

9:00-9:30 Zero All (Zero Schedule)

9:30-10:30 Group 1 @ Range Session 3

9:30-9:45 Heart rate discussion: Jeff and coaches

9:45-10:00 PPSS no heart rate on metal

10:00-10:15 PSs short combos w/range loop heart rate on metal

10:15-10:30 Tag Relay

9:30-10:30 Group 2 ski technique session #3 (Cheresa, hill technique/skiing into the range)

(GROUPS SWITCH)

10:30-11:30 Group 2 @ Range Session 3

10:30-10:45

10:45-11:15

11:15-11:30

10:30-11:30 Group 1 Ski Technique Session #3(Cheresa, hill technique/skiing into the range)

11:30-12:00 Fun Relay Game EVERYONE!

12:00-1:00 Potluck & Gun Cleaning Session @ Picnic Shelter