



# A DAY WITH HALVARD HANEVOLD



Photo: Berglund and Bentsen

Five Winter Olympic Games, Five times World Champion, Three Olympic Gold medals, including a Relay Gold at the 2010 Olympics in Vancouver. Halvard Hanevold earned these honours, together with fourteen Olympic and WCH medals and numerous WC podium finishes during eighteen years as a member of the Norwegian National Biathlon Team.

Recently retired from the Norwegian National Team, Hanevold, together with long time Canadian National Team member, and Team Albertan, Sandra Keith, is about to embark on a new career: building the next generation of Biathletes.

**July 17<sup>th</sup> - A Day With Halvard Hanevold**

**Designed for biathletes aged 14 – 16 who dream of equaling these feats in Biathlon.**

Government  
of Alberta ■

*Alberta* ■  
Freedom To Create. Spirit To Achieve.

ALBERTA  
SPORT, RECREATION  
PARKS & WILDLIFE  
FOUNDATION

## **Program Details**

**When:** July 17, all day: 08:30 – 16:30

**Where:** Canmore, Alberta

**Cost:** \$40.0, lunch included.

**Registration:** Limited to 16 (via Zone 4)

**Equipment:** Rifle, ammunition (200 rnds), roller skis and poles

### **Schedule:**

**08:30:** Arrival

**09:00-09:15:** Introduction of Halvard Hanevold

**09:15-09:45:** Shooting: The focal points and mental aspect of successful Biathlon shooting

**10:00-11:00:** Live fire shooting session run by Halvard Hanevold (focus on shooting focal points)

**11:00-12:00:** Roller ski combo session (focus on mental aspect of shooting)

**12:00-13:00:** Lunch provided; with Canada Winter Games Squad and CWG Coaches

**13:00-14:30:** How to succeed in Biathlon: Halvard will share his experiences as a biathlete, starting from how Halvard got started in biathlon and his lack of talent when he was young; the importance of team work and how the Norwegians have managed to build one of the strongest biathlon teams in the world over the last 18 years; how to identify the most important factors in order to achieve your goals, the importance of downturns, and how Halvard used mental training and preparations to be one of the most successful Olympic and World Championship biathletes.

**14:30-15:15:** Interactive discussion on ski technique: Focus on what the athletes can feel for themselves that helps them move forward on their skis.

**15:15-16:15:** Skate ski technique session on roller skis; focus on discussion points above.

**16:30** Athlete pick up

**For children aged 14 – 16 who dream of one day becoming a great Biathlete.**