



# **PROGRAM OVERVIEW 2017/2018**

# **BIATHLON TRAINING CENTRE – PROGRAM OVERVIEW**

## **Summary**

Biathlon Alberta, the provincial governing body for the sport of biathlon in Alberta, created the Biathlon Alberta Training Centre (BATC) in April 2011. The purpose of the BATC, located in Canmore, is to provide focused year-round training to committed biathletes aged 18 to 23 years.

The BATC is managed by Biathlon Alberta, a volunteer-driven sport organization and recognized leader amongst provincial sport organizations in Canada.

## **Biathlon Alberta Training Centre Program Description**

The Biathlon Alberta Training Centre in Canmore, Alberta is dedicated to developing committed athletes in the sport of biathlon. As a training centre our goals also are to further the development of programs and services for athletes, coaches, and officials to strengthen the sport in Canada.

### **Vision**

Athletes, Coaches, and Officials from the BATC will be recognized leaders of, and contributors to, Canada's national biathlon program.

### **Mission**

To initiate and augment development opportunities in Alberta that target nationally competitive athletes, coaches, and officials, preparing them for subsequent levels of success.

The BATC will:

- Deliver an athlete development system that supplements and supports existing local, regional and national programs, respecting the "Long Term Development Model" Canada has adapted
- Expand development opportunities for coaches, athletes and officials

## **Athlete Development**

The tenets of athlete development are:

1. Provide programs that are unique in Canada, are athlete centered, and set new standards for athlete performance.
2. Prepare athletes to be ready for entry to national teams, and for international success.
3. Support all athletes with the same levels of technical support, regardless of their performance profile.
4. Maintain a coach to athlete ratio at roughly 8:1 or less.
5. Accommodate full time year round training and competition schedules.

## Athlete Progression

The BATC is targeted at athletes between 18-23 years old who have graduated high school and are focused and committed to performance in biathlon. Biathlon Alberta Training Centre athletes are expected to make a year-round commitment to the sport and the team. Ideal candidates are athletes training for long term international success. Part-time school is encouraged for all athletes.

The Biathlon Alberta Training Centre is based in the Bow Corridor (Canmore, Banff area). Athletes are expected to reside in Canmore.

Specific training plans will be centered on individual athlete goals and individual athlete development, and where appropriate, racing events will focus on performance at:

- Trials for World Youth Junior Championships and IBU/WC
- Trials for Provincial Teams for Canada Games
- IBU Cup / Junior IBU Cup
- Open European Championships
- Canadian Biathlon Nationals

Highlighted area indicates Biathlon Training Centre targeted competitions.

Games	Cups	Championships	Trials
Alberta Winter Games	Kinder Cups- Regional races	Provincial Champs	Alberta Winter Games trials
	Calforex Cups	Western Canadian Champs	
Canada Winter Games	North American Cups	National/NORAM Biathlon Champs	Prov. Team trials for Nationals
World University Games		World Junior/Youth Championships	World Junior/Youth trials
	IBU Cup IBU Junior Cup	Open European Championships	IBU Cup Trials
Olympic Winter Games	World Cup	World Championships	World Cup/WCH Trials

## Program Coverage / Fees

The Biathlon Training Centre is supported principally by Biathlon Alberta and Alberta Sport Connection, and is grounded in a fee-based program. Athletes pay an initial deposit followed by 10 monthly payments covering the full costs of coaching, training, competition and travel to events of the Biathlon Alberta Training Centre program. There are no “part-time” programs, and fees are not refundable after April 15<sup>th</sup>, 2017. Based on available resources, 2 – 4 summer training spots may be available to Grade 11 athletes who plan on joining the full-time program after Grade 12.

Program fees cover the full costs of coaching, training, competition and travel to events of the Biathlon Alberta Training Centre program.

- The program fees cover all ground travel and accommodation costs for camps and competitions on the approved program calendar.
- Included in the program fees are coaching, camps, access to all training facilities in Canmore (CNC range/ski passes, gym membership), wax, and support at select races in western Canada. Additional fee could be charged for Eastern NorAm or European tours.
- Regular training will operate from Canmore and the Bow Valley area. Local travel for training is not covered by the Biathlon Training Centre.
- Race entry fees are not covered by program fees
- Not included in the program fees are equipment and ammunition, in addition to Biathlon Canada membership

**The program fee per athletes is: Alberta athletes – \$8500.00; non-Alberta athletes - \$8800.00**

Payable as follows: April 15<sup>th</sup> - \$1500.00 deposit, + 10 posted-dated (June 1<sup>st</sup> through March 1<sup>st</sup>) cheques of \$700.00 (AB athletes) or \$730.00 (non-AB athletes). If athletes are not able to start with training in May, because they are still attending school full time, they can apply for pro-rated fee schedule.

All BATC athletes will be provided appropriate level of support once accepted into the program.

For Biathlon Alberta Training Centre program camps and supported competitions:

1. Camp logistics will be coordinated, funded and delivered by the Biathlon Alberta Training Centre.
2. Athletes will stay as a group at the camp accommodation provided by Biathlon Alberta Training Centre.

# **BATC – 2017/18 Tentative Schedule**

## **Tentative schedule:**

May 1	Start of team training
May 23-25	Shooting Camp
June 11-18	Bike camp/Team building (Okanagan)
July 3-7	Testival (Canmore)
July 16-23	Summer Break
August 7-10	Haig Glacier (TBC)
September 4-8	Testival (Canmore)
October 1-8	Camp with National Team (TBD)
October 21	Frozen Thunder opens (Canmore)
December 1-17	Competition Trimester #1 (TBD)
December 18-25	Christmas break, individual training
January 4-27	Competition trimester #2
February 27-March 5	JWCH (TBD)
March 14-18	Nationals (Charlo, NB)

## **Coaching / mentorship:**

Coaching structure is expected to stay the same as in years past:

Head Coach: Richard Boruta, ChPC

Assistant coaches: Kathy Davies (ski technique, conditioning assistant)

Petr Zidek (shooting support)

Robyn Williams (volunteer coach, range support)

We do provide mentorship opportunities to coaches and athletes from different clubs in the form of joining our program for certain periods of time and getting a first-hand experience.

## **Code of Conduct**

The Code of Conduct identifies the standard of behavior, which is required of all Biathlon Training Centre members traveling to, participating at and returning from all Biathlon Training Centre supported events.

### **ALL Athletes and Coaches Shall:**

1. Represent the Biathlon Alberta Training Centre as goodwill ambassadors, with dignity, personal integrity and within the spirit of good sportsmanship at all times both in and out of competition.
2. Show respect for:
  - a. the members of your own team
  - b. all competitors, officials and coaches participating in the event
  - c. the rules and standards set down by the event
  - d. the decisions of the Technical Officials

- e. the people of the Event Hosting Community including staff, volunteers, spectators, local business personnel, etc.
3. Attend any Ceremonies and awards presentations
4. No tobacco or illegal drug substances may be brought or consumed on any Biathlon Alberta Training Centre supported trips. Alcohol may not be consumed by, or in the presence of, athletes under the legal drinking age.
5. Be a team player – selfishness will not be tolerated and could lead to removal from the team.

In Addition, All Coaches/Staff Shall:

1. Set a positive example for their athletes by compliance with all policies, rules and standards of conduct.
2. Act in the best interest of the athlete, avoiding all unsafe and unacceptable circumstances, and seeking advice of appropriate medical personnel before deciding if an injured athlete is to resume competition.
3. Be responsible for the conduct of their athletes at all times during BATC supported trips.

## **Volunteering and Community Service**

### Community Service

It is important to represent the Biathlon Alberta Training Centre in a positive manner in the biathlon community. Each athlete will be encouraged to provide community service to the biathlon community on a regular basis.

In general, athletes will be expected to:

1. Assist home club training camps
2. Assist provincial or regional camps (i.e. Provincial Development camps)
3. Attend community service with their home club or provincial team
4. Athletes will be expected to volunteer for the Biathlon Training Centre up to 20hrs

All community service and volunteering activities will be approved by the Head Coach to ensure that it is compatible with individual training plans.

## **Training Plans, Training Logs, and Mandatory equipment**

Athletes will be provided with comprehensive training plans based on their individual development as an athlete and focused on their individual goals. Training plans will include:

- age appropriate year round training with sequencing of volume, intensity, strength training, and psychology as it applies to our sport,
- monitoring,
- education on recovery techniques,
- Sequencing of the most effective ways to improve technique.
- Yearly periodization and skill development for shooting (Biathlon)

Biathlon Alberta Training Centre athletes will be expected to log and report all training directly to the Head Coach in a timely manner.

All Biathlon Training Centre athletes are responsible for providing and maintaining the following mandatory equipment:

- Marwe (preferred) or V2 skate roller skis with medium wheels in new condition
- Classic roller skis
- Road bike of reasonable quality
- Garmin or other downloadable heart rate monitor with GPS **IN WORKING ORDER!**

## **Sponsors and Supplier pools**

**Skier Responsibilities:** Sponsors are important to the survival of the Biathlon Alberta Training Centre. Athletes will be expected to communicate with and service sponsors as defined by the Racing Director. Athletes are expected to conduct themselves in a manner that reflects well on BATC sponsors at all times.

1. Skis, boots and poles sponsorship will be the responsibility of each athlete. Upon request, the Biathlon Alberta Training Centre may be able to facilitate sponsor relationships in these categories.
2. Wax and ski service sponsorship will remain the domain of the Biathlon Alberta Training Centre. Athletes will be expected to support and promote BATC sponsors and waxing and ski service will be provided by the Biathlon Alberta Training Centre.
3. Athletes are eligible for discounted prices on sport equipment and wax from all suppliers.

## **Eligibility/Selection Criteria**

### **General Guidelines**

The maximum team size for 2017/18 will be based on available coaching resources. The BATC will strive for an athlete to coach ratio of 8:1, and endeavor to ensure an equal split between genders while maintaining high standards. Athletes do not need to be from Alberta to apply, although the selection process will give preference to Alberta athletes if necessary. The BATC is not a club – athletes will continue to race for their club/province.

Priority for the team will be given to athletes in the targeted age group of 18-23 years. Selected athletes must be members in good standing of a Biathlon Canada division.

**Selection to the Training Centre will be made from the following list in priority sequence:**

1. Athletes qualified for an IBU Cup tour in the past season;
2. Athletes qualified for World Youth/Junior Championships in the past season;
3. Ranking lists from the most recent World Youth/Junior Trials
4. Other results as applicable (Nationals, NAC)

The above criteria notwithstanding, the Biathlon Alberta Training Centre reserves the right to:

- select up to 4 athletes as discretionary choices;
- select, at the discretion of the coach, athletes returning to the program; and,
- **accept or deny any application**

**Applying to the Biathlon Alberta Training Centre**

Athletes interested in applying for the Biathlon Alberta Training Centre should do so using the following one-page form. Completed applications should be sent to Jordan McGuire ([jordan@biathlon.ca](mailto:jordan@biathlon.ca)) **prior to April 7<sup>th</sup>, 2017.**

**In addition to the application, a letter of interest must be submitted** explaining:

- 1) What a nomination to this team will mean for the athlete
- 2) What the athlete can bring to the team and why they think they should be a part of the program

By applying to the Biathlon Training Centre athletes are making a year-round commitment to the program and agree to reside in the Bow Corridor if nominated.

Application deadline: **April 7<sup>th</sup>, 2017**

Notification of acceptance and first payment due date: **April 14<sup>th</sup>, 2017**

**Biathlon Alberta Training Centre – 2016/17 Roster**

Megan Bankes  
Carsen Campbell  
Alex Dupuis  
Emily Dickson

Matthew Hudec  
Trevor Kiers  
Aidan Millar  
Nadia Moser

Teo Sanchez  
Darya Sepandj  
Matt Strum