



## THE BIATHLON ALBERTA TRAINING CENTRE



As a National Development Centre, the Biathlon Alberta Training Center is targeted at athletes between the ages of 18-23 who have shown potential for success in the sport and are competitive at the national level.

The Biathlon Alberta Training Center has three streams for enrolment: the **Performance Stream**, the **Summer only Stream** and the **Post-Secondary Stream**.

### PERFORMANCE STREAM at BATC

This stream is best suited for athletes who have a primary goal of an internationally successful biathlon career with the goal to get selected to the National Team.

The Biathlon Alberta Training Center is based in Canmore. As such, athletes are expected to train in Canmore full time throughout the year (May-March). Athletes graduating from high school are expected to train in Canmore after graduation.

### 1. PERFORMANCE STREAM

Tentative weekly Program Canmore:

Monday: Day off

Tuesday: AM Biathlon Training – PM Strength Training

Wednesday: AM Biathlon Training – PM Technical focus

Thursday: AM Biathlon Training

Friday: AM Biathlon Training – PM Strength Training

Saturday: AM Biathlon Training

Sunday: Long Distance training on your own

With above weekly Training schedule we try to accommodate time for regular part time work in Canmore.

**Changes to the 2022-23 program: Training camps, race tours and training/race clothing are no longer included in the program and can be purchased on an à la carte base.**

## 2. SUMMER PROGRAM

This stream is aimed at high-performance athletes whose athletic focus is biathlon, but who also choose to pursue a part-time post-secondary education. As biathlon is a late-development sport, we are proud to offer an option to pursue goals in both biathlon and a post-secondary education.

For athletes in the Post-Secondary stream we strongly recommend to train in Canmore for the summer training block (May-August) with BATC.

Weekly program see in PERFORMANCE STREAM

## 3. POST-SECONDARY STREAM in Cooperation with AIAWCA

This stream is aimed at high-performance athletes whose athletic focus is biathlon, but who also choose to pursue a part-time post-secondary education. As biathlon is a late-development sport, we are proud to offer an option to pursue goals in both biathlon and a post-secondary education.

For athletes in the Post-Secondary stream we strongly recommend to train in Canmore for the summer training block (May-August) with BATC.

During the academic year (September-March) we strongly recommend to join the AIAWCA/BATC biathlon program attending a minimum of two biathlon sessions/week in Canmore and the other physical/ technical sessions with the AIAWCA in Calgary.

Athletes in both streams are expected to make a year-round commitment to the sport of biathlon, and to the training center. Ideal candidates are athletes training for long term international success.

Tentative weekly Program Canmore/Calgary:

Monday: 4:30 - 6pm – Strength based session

Tuesday: 8-9:30am or 4:30-6:00pm Technical focus Group 1/2

Wednesday: Intensity

Thursday: Canmore: Biathlon Training 3.00- 5:00pm

Friday: 4-5:30pm – Speed/Distance

Saturday, Canmore: AM Biathlon Training (Intensity)

Sunday, Canmore: Long Distance training on your own

With above weekly Training schedule we try to accommodate time for the required post-secondary studies in Calgary.

## Performance

The program fees per athlete are:

**Alberta Athlete: \$7000(returning)//  
\$7500(new)**

**Non-Alberta Athletes:**

**\$7500(returning)//\$7900(new)**

Fees are payable as follows:

April 8th, 2022: \$1500.00 deposit plus 10  
posted dated cheques or monthly e-transfer.

\* Athletes who are completing high school  
may join the program July 1st and are  
eligible for adjusted program fees.

### **PERFORMANCE PROGRAM FEES INCLUDE:**

- Daily coaching/programming based on a YTP
- Online training log
- Canmore Nordic Center Frozen Thunder Pass
- Bill Warren Training Center Gym & Treadmill
  - Performance Services
    - Strength & Conditioning
    - Physiological testing
    - Nutrition
    - Mental Training
- Free use of the Biathlon Alberta van for training, camps and races (no in town shuttle-service)
- Race support (wax and coaching), ground travel to planned Biathlon and XC competitions (as determined by Head coach)
- Ski fleet testing
- Free NCCP coaching courses that are facilitated by Biathlon Alberta

### **PROGRAM FEES DO NOT INCLUDE:**

- Personal ski equipment and training wax
- Ammunition
- Trail & range passes
- Race licenses and registration fees
- Air travel, accommodation & food at races and training camps
- Team clothing (athletes are required to have a minimum of 1 race top&bottom and 1 warm up jacket of the 2022-23 collection)

### **HOUSING**

BATC athletes are eligible for affordable athlete housing at the WinSport Spray Village (CODA housing). Housing is based on availability and is arranged through WinSport. BATC can assist with the application process.

PROGRAM from MAY 2<sup>nd</sup> 2022 – MARCH 31<sup>st</sup> 2023

## Summer

The Program fees per athlete are:

**\$3200**

Fees are payable as follows:

April 8th, 2022: \$ 1000 deposit plus 4 posted dated cheques or monthly e-transfer of \$550.- (May 1<sup>st</sup> to August 31<sup>st</sup>)

### **SUMMER PROGRAM FEES INCLUDE:**

- Coaching and daily programming based on a YTP
- Online training log
- Access to all training facilities in Canmore
  - Bill Warren Training Center Gym & Treadmill
  - Performance Services
    - Strength & Conditioning
    - Physiological testing
    - Nutrition
    - Mental Training
- Ground travel and coaching for camps
- Option to purchase BATC gear

### **PROGRAM FEES DO NOT INCLUDE:**

- Trail & range passes
- Air travel, accommodation & food at races and training camps

### **HOUSING**

BATC athletes are eligible for affordable athlete housing at the WinSport Spray Village (CODA housing). Housing is based on availability and is arranged through WinSport. BATC can assist with the application process.

PROGRAM from MAY 2<sup>nd</sup> 2022- AUGUST 26<sup>th</sup> 2023

## Biathlon Academy

This Program is organized by the Alpine Insurance Alberta World Cup Academy with following link:  
<https://www.albertaworldcup.com/join-the-academy/>

**Fees: \$1900** (\$1000 deposit by August 1 plus 6 posted dated cheques or monthly e-transfer of \$150.)

**AIAWCA fees are payable as follows: \$TBD**

### **BIATHLON ACADEMY PROGRAM FEES INCLUDE:**

- Weekly training schedule designed around school schedules
- Minimum 4 group sessions per week
- First access to University of Calgary class registration
- Administrative help navigating enrolment, classes and exam schedules
- Option to purchase BATC gear

### **PROGRAM FEES DO NOT INCLUDE:**

- Personal ski equipment and training wax
- Ammunition
- Race licenses and registration fees
- Airfares
- Accommodation & food on tours
- Transportation to and within Canmore
- Trail & range passes
- Gym membership – note we do not run a team strength program. Strength planning is done on an individual basis
- Race wax – approx. \$30/race
- CSI consulting costs for physiological tests, nutrition, psychology, etc.
- Team clothing – you will not be required to purchase new clothing

PROGRAM from AUGUST 29<sup>th</sup> 2022 – MARCH 31<sup>st</sup> 2023