

# CANADA WINTER GAMES & ALBERTA BIATHLON CLUB HINTON CAMP

## August 25-28, 2022

**Who can come:** Athletes born 2003-2008 and their families. Athletes must be shooting with a cuff. Younger athletes at coaches' discretion and after discussion with camp coaching staff.

**Where:** [Hinton Nordic Centre](#), Hinton, AB

**Dates:** Arrive August 25 afternoon, depart August 28 after lunch.

**Registration:** On [zone4 website](#)

**Camp description:** The CWG/ABC Hinton camp is a great opportunity for biathletes who want to continue their development in the sport through a combination of volume, intensity, and shooting training sessions. Coaches and athletes from around the province will gather to share their knowledge and passion for biathlon in a focused and fun environment. This camp is open to athletes eligible for Canada Winter Games selection (born 2003-07), as well as those born in 2008. Younger athletes may be considered for the camp at the discretion of camp coaches.

**Coaches:** Ntala Quintilio (Crazy Mare Ranch Biathlon Club), Stuart Harden (Canmore Nordic Ski Club), Lowell Niven (Battle River Nordic, University of Alberta Nordic Academy), Kevin Quintilio (Crazy Mare Ranch Biathlon Club), Robin Hengel (Hinton Nordic), Scott Gow (Biathlon Canada).

**Camping:** Camping is available at Hinton Nordic Centre. Bring your trailer or camp in a tent. There are limited options to plug in for power. Hinton Nordic has asked people to bring firewood for nights around the campfire.

**Food:** Athletes/families will be responsible for their own food during the camp. Cooking space is available in the day lodge if needed. No water is available on-site (bring your own drinking water jug).

**Transportation:** Parents will be responsible for transport to and from the camp, as well as to and from training activities away from the Hinton Nordic Centre.

**Fees:** This camp is supported by Biathlon Alberta and Alberta Biathlon Club. Coaching and other expenses have been subsidized; athletes pay \$75 for the entire camp.

### **Schedule:**

Thursday PM: Group run and orientation for the camp

Friday AM: Rollerski time trial on Hwy 40 towards Cadomin (meet at [Greg river turn out](#))

Friday PM: Combination training at the range (run+shooting)

Friday Evening: Motivational Movie Night (bring your popcorn)

Saturday AM: Combination training at the range

Saturday PM: Hike, location TBA (possibly Folding Mountain or Miette Hot springs)

Saturday Evening: Enter the World of International Biathlon experience with Scott Gow Open Discussion

Sunday AM: Running biathlon race

Sunday PM: Departure

The Friday morning rollerski TT is located south on hwy 40 with no cell service. An Emergency Action Plan will be in place for potential incidents. Four parent helpers will be needed for this session: two to drive vehicles and two to help with timing and other tasks.

We ask any parents with Range Safety Officer certification to talk to the coaching staff to help maintain a safe range.

All parents are welcome at the hike. If we hike at Miette hot springs you are welcome to enjoy a dip after the hike.

**Packing list:**

Rifle (and all items pertaining to shooting)

Ammo (500 rounds)

Log book for notes at the range

Heart rate monitor

Running shoes

Hiking shoes (optional)

Day pack

Skate rollerskis

Skate poles

Skate boots

Helmet and gloves

Drink belt

High-vis vest/very bright shirt

Hill bounding poles

Mountain bike (if you can't run)

Training clothes **for all weather**

Raincoat

Toque

Sun cap

Heavy summer jacket

Training jacket

Sunscreen

Bug spray

**Camping items:**

Sleeping bag and pillow

Air mattress

Water jug

Tent

Extra clothes

Swimsuit, towel

Headlamp

Toiletries

Camping chair