



## **THE BIATHLON ALBERTA TRAINING CENTRE**



As a National Development Centre, the Biathlon Alberta Training Center is targeted at athletes between the ages of 17-23 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 Stream**, and the **Flex 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 aspiration 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 who are completing high school may join the program July 3<sup>rd</sup> and are eligible for adjusted program fees. Athletes in this program are expected to uphold the program values and professionalism required to train and compete as a high performance athlete.

### **1. PERFORMANCE STREAM**

Tentative Weekly Program Canmore:

Monday: AM Biathlon Training

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 Distance Training on your own.

Sunday: Rest

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

## **2. SUMMER STREAM**

This stream is aimed at high-performance athletes whose athletic focus is biathlon, but they are not out of high school yet or are choosing 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 education. Athletes in the Summer Stream are required to start full-time with the May 1<sup>st</sup> intake. Athletes who are completing high school may join the program July 3<sup>rd</sup> and are eligible for adjusted program fees.

Weekly program see in PERFORMANCE STREAM

## **3. FLEX STREAM (INCLUDES FULL TIME SUMMER STREAM)**

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.

Athletes in the Flex Stream are required to start full-time with the May 1<sup>st</sup> intake. Athletes who are completing high school may join the program July 3<sup>rd</sup> and are eligible for adjusted program fees.

During the summer season (May to August), athletes will have full access to the full performance program sessions. During the academic year (September-March) athletes will have the "Athlete's Choice" of 100 sessions from the Performance Stream. Sessions will be pre-selected and scheduled with the coach in advance of the training block.

Athletes in all 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.

# BATC STREAMS

## PERFORMANCE

MAY 1<sup>st</sup> 2023 – MARCH 31<sup>st</sup> 2024

## SUMMER

MAY 1<sup>st</sup> 2023 – AUGUST 27<sup>th</sup> 2023

## FLEX

MAY 1<sup>st</sup> 2023 – MARCH 31<sup>st</sup> 2024

## INVESTMENT

### Alberta Athlete:

\$7000 (returning) / \$7500 (new)

### Non-Alberta Athletes:

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

### All Athletes:

\$3200

### Alberta Athlete:

\$5100 (returning) / \$5600 (new)

### Non-Alberta Athletes:

\$5600 (returning) / \$6000 (new)

### Payment Schedule:

\$1,500 deposit by April 10th, 2023 plus 10 posted dated cheques or monthly e-transfer.

\* Athletes who are completing high school may join the program July 3<sup>rd</sup> and are eligible for adjusted program fees.

### Payment Schedule:

\$ 1,000 deposit by April 10th, 2023: plus 4 posted dated cheques or monthly e-transfer of \$550.

\* Athletes who are completing high school may join the program July 3<sup>rd</sup> and are eligible for adjusted program fees.

### Payment Schedule:

\$1,500 deposit by April 10th, 2023 plus 10 posted dated cheques or monthly e-transfer.

\* Athletes who are completing high school may join the program July 3<sup>rd</sup> and are eligible for adjusted program fees.

## PROGRAM BENEFITS

Daily coaching/programming based on an individualized YTP

Daily coaching/programming based on a seasonal TP

Full Time Summer Stream Program (See column to the left) + 100 Sessions of Pre-Scheduled "Athlete's Choice" in Fall/Winter based on an individualized YTP

Personalized online training log and Whoop monitoring system

Personalized online training log

Personalized online training log. Option to purchase a Whoop monitoring system and membership

Bill Warren Training Center Gym Pass & Roller Ski Treadmill Access

Bill Warren Training Center Gym Pass

Strength & Conditioning Program with Omnia Movement

Strength & Conditioning Program with Omnia Movement

Strength & Conditioning Program with Omnia Movement

Athlete IST Education (Ex. Nutrition, Sport Psych., Sponsorship/Marketing Your Brand)

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Physiological Testing and Evaluation by CSI Calgary		Physiological Testing and Evaluation by CSI Calgary
Free use of the Biathlon Alberta van for training, camps and races (no in town shuttle-service)	Free use of the Biathlon Alberta van for training, camps and races (no in town shuttle-service)	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)		Race support (wax and coaching), ground travel to planned Biathlon and XC competitions (as determined by Head Coach)
Ski fleet testing with Ski Grinders		
Canmore Nordic Center Frozen Thunder Pass		Canmore Nordic Center Frozen Thunder Pass
Free NCCP coaching courses that are facilitated by Biathlon Alberta		Free NCCP coaching courses that are facilitated by Biathlon Alberta
Requirement to race in current BATC Gear	Option to purchase BATC Gear	Requirement to race in current BATC Gear
Rifle Maintenance Support from Altius Handcrafted Firearms		
Access to Team Corporate Fundraising		Access to Team Corporate Fundraising
<b>DOES NOT INCLUDE:</b>		
Personal ski equipment and training wax, Ammunition or rifle, Trail & range passes, race licenses or registration fees, air travel, accommodation, and food at races, camps or tours, team clothing. (Athletes are required to have 1 race top, 1 race bottom and 1 warm-up jacket from the 2022-24 collection.)	Personal ski equipment and training wax, Ammunition or rifle, Trail & range passes, race licenses or registration fees, air travel, accommodation, and food at races, camps or tours, team clothing, Bill Warren Training Centre Gym Pass & Treadmill access, Physiological Testing or Winter Items: Ski Fleet Testing, Frozen Thunder Pass, Race Support.	Personal ski equipment and training wax, Ammunition or rifle, Trail & range passes, race licenses or registration fees, air travel, accommodation, and food at races, camps or tours, Whoop monitoring, ski fleet testing, or team clothing. (Athletes are required to have 1 race top, 1 race bottom and 1 warm-up jacket from the 2022-24 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.		