**2024 Liatoppen Junior Biathlon Festival Trip Application**

**Liatoppen, Norway**

**Event Dates: 12-14 April 2024**

**Trip Dates (Approximate): 6-15 April 2024**

**APPLICATION DUE 20 October 2024**

**Submit to Deana Watson – dwatsonphd@aol.com**

Coaching team will review applications and make a selection by Oct 27, 2024

Open to **Girls** Born 2008-2010 Open to **Boys** Born 2008-2009

**Application Checklist**.

Please include ALL the following as part of your application. All items must be included to be considered.

* Completed Application Form
* Written recommendation from your Coach
* Written recommendation from a Teacher or other Mentor
* Summary of your training log January - August 2023 (this may be submitted electronically) Include weekly training total hours and biathlon-specific hours
* Your planned biathlon race schedule for 2023-2024 season

1. Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

2. Mailing Address (USPS):

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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4. Current Age: \_\_\_\_\_ Date of Birth: \_\_\_\_\_\_\_\_\_\_\_\_\_ Male/Female:

5. Email: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

6. Cell phone: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Home phone: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

7. Parents’ names, emails, and contact phone(*s)*:

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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8. Ski/Biathlon Club & Region: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

9. USBA Membership Number: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

10. Coach’s name, email, and contact phone: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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**For questions 11-21, attach additional pages as needed. Please put your name on all pages of your application.**

11. Is Biathlon your primary sport?

12. In what other sports or activities do you participate or compete?

13. Do you follow a year-round training schedule specific to Biathlon and/or Nordic Skiing? Approximately how many hours a year do you train (for all sports)?

14. How many days a week do you train specifically for Biathlon with your coach? If this varies from season to season, please elaborate.

15. How many years have you been xc skiing? How many years have you been doing biathlon?

16. List the names and locations of winter biathlon races you competed in during the 2021-2022 season.

17. List your two best winter biathlon race results from the 2021–2022 season and why you feel they are your best.

18. List one personal goal and one athletic goal that you have set for this season and long term.

19. Explain your interest in this biathlon trip to Norway.

20. Have you traveled internationally previously? Where and for what purpose?

21. This trip is scheduled to include 9 potential school days. How do you plan to maintain your school work requirements? Remember that you may not have internet access for the majority of the trip.