



2024 CMBC Biathlon Camp

June 11 - 16, 2024

Casper, Wyoming

CMBC is looking for Junior athletes, ages 12 – 18, who are interested in improving their biathlon skills. Camp activities will be led by Olympian Rob Rosser, Marc Sheppard, Paivi Kallio (Finnish National Champion) and additional Western coaches.

Dates:

Arrival: June 11 Camp starts at 4 pm

Departure: June 16 after the Casper Mtn hill climb
rollerski race.

Camp Cost: \$500 includes coaching, camp activities, high vis T-shirt and CMBC Membership only. We will have Biathlon and Uphill rollerski race registration on SkiReg shortly.

Camp Activities:

- Physical tests, e.g. uphill run, Strength & Shooting Tests
- Roller ski obstacle course
- Strength tests and Roller ski technique
- Shooting drills and precision test
- Biathlon & Rollerski races

Packing List:

- Gear for outdoor sport
- Mtn Bike and helmet (optional)
- Running shoes
- Roller skis, ski boots, poles, helmet
- Hill bounding poles
- Writing material
- Water belt/hydration pack
- Rifle
- Visi vest or visi shirt (neon safety clothing)
- Cuff
- Ammo (500 rounds)
- Gloves
- Cleaning kit & rod
- Training log
- Heart rate monitor and watch (U16 and older)
- Yoga Mat
- Warm & cold weather skiing & running clothes, raincoat
- Sunglasses, sunscreen

Applications: please fill out the attached application form and email to Rob at robert.m.rosser@gmail.com

Participants must be a U.S. Biathlon Member. Membership can be found here:

<https://www.teamusa.org/us-biathlon/membership/join-usba-online>

Travel: Applicants are responsible for their own travel. If you are flying into Casper, we can arrange to pick you up at the airport.

Housing & Meals: Ramkota Hotel (20 minutes from biathlon venue) typically offers a special camp deal. Rate per room TBD (typically @\$80/night) for 2 queen beds & hot breakfast included. Ramkotacasper.com

* There are also many camping options on Casper Mountain. <http://natrona.net/232/Casper-Mountain>.

Tower Hill and Bear Trap are the 2 closest campgrounds to the biathlon venue. Please get in touch if you have any questions on lodging or camping.

Casper Mountain Outdoor Center: Biathlon Venue. 1110 East End Road Casper WY 82601

www.caspermountainbiathlonclub.org www.caspermountain.org

Schedule

Times listed are start times. Athletes should plan to arrive before and be ready to go at the start time.

Meals are not included.

Tuesday, June 11th

4:00-5:30 Run/hike at Bridal Trail

6:00 Dinner (on the go for Red Book participants)

6:30-8:30 Red Book Rifle Safety Course & Cert. for those who need it at

Gruner Building

Wednesday, June 12th

7:00 Breakfast

8:30-10:30 Biathlon Venue- Warmup Run & Strength/ Agility exercises then Rifle fitting and accuracy shooting

10:30 Lecture on training and the importance of training logs & DF (Dry Fire)

12:00 Lunch & recovery

3:00-5:00 Roller ski workout/technique followed by more shooting drills and combos

6:00 Dinner

Thursday, June 13th

7:00 Breakfast

8:30-10:30 Shooting Drills & Roller ski Combos

10:30 Lecture on rifle maintenance and cleaning

12:00 Lunch & recovery

3:00-5:00 Roller ski Obstacle course incorporated into Roller ski combo session

6:00 Dinner

Friday, June 14th

7:00 Breakfast

8:30-11:00 Strength test followed by uphill run test starting at Nordic Trail Center

12:00 Lunch & recovery

3:00-5:00 Shooting Tests, 30/30 etc.

6:00 Dinner

7:00 Rest & Recovery

Saturday, June 15th

7:00 Breakfast

8:00-12:00. Zero at 0900 and Biathlon Races! We will have Roller ski & Run races

12:00 Lunch & Recovery

2:00-5:00 Optional alternate group activity easy hike, trip to Alcova to swim or shooting

6:00 Dinner

7:00 Free Time / Race Prep

Sunday, June 16th

7:00 Breakfast

8:00-12:00 7K Uphill Rollerski Race up Mtn (Classic & Skate options). 1.5K for U14

12:00 Awards & Departure

Questions:

Contact Rob Rosser 307-277-0318 robert.m.rosser@gmail.com