



## **Ariens Nordic Center High Performance Camp**

Ariens Nordic Center Brillion Wisconsin

**July 15-19, 2023**

Reserved for IBU class athletes (16-23)/will open to others in order to meet min qty

### **Monday, July 15**

- ❖ **12-1:30pm** Athlete/coach arrival
- ❖ **2pm** Meet Round Lake Farms at Ariens Nordic Center (1111 Round Lake Rd Brillion) –  
Welcome meeting & introductions!
- ❖ **2:45pm** Range at Ariens Nordic Center
- ❖ **3:00pm** All Rifle Safety talk ,  
Group A Slow fire drills,  
Group B ski imitation dryland/ run course check  
Switch at 1 hr
- ❖ **6pm** Dinner Round Lake Farms
- ❖ **8pm** Camp meeting. ANC Trailhead or RLF Go over camp schedule, talk about goals for camp.

### **Tuesday, July 16**

- ❖ **6:45am** Morning activity, athlete lead
- ❖ **7:15am** Breakfast At houses or RLF
- ❖ **8:00am** Depart for Ariens Nordic Center
- ❖ **8:15am** ANC Range – Slow fire for both groups, trigger drills, followed by split groups ,  
Group A drills Skate combos  
Group B skate technique with video  
Training time 1.5 hours/switch groups
- ❖ **11:30** Lunch Boxes at ANC Patio
- ❖ **1:00pm** Video review as a group from am session RLF Boardroom or Trailhead
- ❖ **4:00pm** Advanced shooting session(4 phase, reduce shoot times, approach, precision ) followed  
by circuit strength intro/game  
Training Time 1:30
- ❖ **6:00pm** Dinner
- ❖ **8:00pm** Discussion with contributions by USBA Coach or Athlete

### **Wednesday, July 17**

- ❖ **6:45am** Morning Activity, athlete lead
- ❖ **7:15am** Breakfast Houses or RLF

- ❖ **8:15am** Both groups OD roller ski/run/hike combo - Training time- 3 plus hours
- ❖ **Noon** Lunch/Rest
- ❖ **3:00pm** Depart for Ariens Nordic Center
- ❖ **3:15pm** precision shooting test, Ski Evaluation  
Group A, precision shooting test  
Group B Ski evaluation switch at 1 hour
- ❖ **6:00pm** Team Building Cooking Dinner with Chef Damon at RLF(Damon to have dinner with Participants)
- ❖ **7:00pm** World Cup race video review
- ❖ **8:00pm** Patio games and activities

#### Thursday, July 18

- ❖ **6:45am** Morning activity, athlete lead
- ❖ **7:15am** Breakfast Houses or RLF
- ❖ **8:00am** Depart Titledown Performance Lab
- ❖ **1:00pm** Lunch
- ❖ **3:00pm** Group A Roller ski easy distance session (Classic if possible) Training Time- 1hr  
Group B Shooting Drills switch at 1 hr
- ❖ **6:00pm** Dinner
- ❖ **7:00pm** ANC Range Shooting games
- ❖ **8:00pm** Meeting: Race Prep talk with National Team Athletes via Zoom

#### Friday, July 19

- ❖ **6:45am** Complete packing
- ❖ **7:15am** Breakfast Houses or RLF
- ❖ **8:00am** Depart for Ariens Nordic Center
- ❖ **8:15am** Roller Ski Sprint Qualifier, followed by a Biathlon Super Sprint Training time- 1:45
- ❖ **10:30am** Quick departure huddle - encourage reflection on all learned, fine tuning goals, etc.
- ❖ **11:00am** Departures - Individual departure plans

\*Check out of houses is required by 11:00am so plan accordingly! Contact Sean Becker with any questions regarding this Camp in advance.

There may be option for additional nights if you want to stay for the Midwest championship races at an additional cost.

Coach roster:

Gregg Pattison

Brian Halligan

Ben Lund

Sean Becker

