

2023 Midwest Regional Biathlon Camp

Hosted by MN Biathlon and Mt. Itasca Winter Sports Center

Date: Wednesday, June 14 through Saturday, June 17

Location: Mt. Itasca Winter Sports Center/Coleraine, MN

Camping/Lodging: Space available next to Biathlon Headquarter's Bldg. for camping or wax room of headquarter's bldg. can be used for sleeping. Athletes may also choose to stay in local hotels or other housing on your own.

Meals: 2 meals on Wednesday, 3 meals on Thursday and Friday and 2 meals on Saturday will either be served in the chalet or at private residences

Registration: 9:30 AM to 10:00 AM on Wednesday June 14 at Biathlon Headquarter's Bldg. (Late Arrivals go directly to range.) or by e-mail to jgould1952@yahoo.com

Individual Day Registration: 9:00 to 9:30 at Headquarters. Bldg.

Cost: \$200 – Cash or checks only. Make checks payable to Minnesota Biathlon. **Cost per day \$50** Cost includes: coaching, venue, chalet use and meals

Training Schedule: See accompanying Training Schedule Attachment

Items to Bring: tent and camping equipment, rifle and ammunition (100 rounds per day), running shoes, roller skis, helmet and poles. short dryland training poles, rifle cleaning equipment, jump rope, water bottle, swim suit, mountain bike (optional)

registration via email to John: jgould1952@yahoo.com

Questions? Call **John Gould** at **218-269-2854**

or e-mail: jgould1952@yahoo.com