

Hi Coaches and Athletes,

Please pass this along to your network of athletes, parents and coaches. Please note, this is for anyone not taking part in the Eastern or Western Festival

We are excited for this year's Virtual Festival! This year's Summer Festival must be performed and results submitted between **July 14 - 24, 2022** to Mitch Kaufman, mkaufman@biathloncanada.ca. Tests can happen on any day/time in this window.

Please find attached an excel document with test targets and where you can input your results ("for use" tabs). I have also attached the National Team Test description (EN and FR). (All the same as last year). The intention here is to declare the test beforehand and complete the full test, not simply submit the best training result to the competition. Deadline for submission is **11:59pm Sunday, July 24, 2022**. If you need more time or any adjustments please let me know.

NATIONAL TESTS

2008 YOB and older (Senior M/W, Junior, Youth, Senior B/G):

- 1) 600 Precision Test. Scored by your coach
- 2) National Team Test. Scored by your coach. see attached description.
- 3) 3000m run. Use the same course/track as you did in last year's Festival. Ideally, you can start doing these on a track because we will continue to do these tests in the future. Coaches should record the time and count the laps to ensure proper distance.

* If your coach is not available, you can have a parent score and/or time. If you are doing the 3000m run alone, or without a coach, please send me a link to your 3000m run on Strava.

2008-2010 YOB (Jr B/G):

- 1) 200 Precision Test. Prone only. Scored by your coach
- 2) 1000m run on a track (or a flat road with the same start and end point). Have a coach take the time and count the laps to ensure proper distance
- 3) Optional: 3000m run

* 2007 YOB can decide which group they test with

ADDITIONAL REGIONAL TESTING (Optional)

1. Uphill Skate
2. Uphill Double Pole
3. Sprint Biathlon Time Trial



We will award top performers out of the National Tests and sharpshooter awards in the Senior, Junior, Youth, and Sr Boy/Girl age categories. Results will be circulated and posted within 7-10 days of the final day.

Please make social media posts during the testing and tag Biathlon Canada!! Submit testing video, pictures, etc. [Here](#). Everyone is encouraged to submit videos of testing across the country. This is also where you should submit National Team Test and Precision Test video/pictures if you do not have a coach to record your score (just also email me to let me know, so I can go find the video/pic). Some of these videos/pictures may be used on social media.

There was an informational zoom call conducted before the Festival held in July this year. You can find the video of that call [here](#).

As always, it is important we all follow our government guidelines and ensure a safe environment for participation. Please abide by all Covid specific guidelines in your area and Covid "return to play" protocols for your team/province. Ensure testing is done in a safe environment, ensure the athlete is healthy and able to test, and abide by safe sport practices: <http://biathloncanada.ca/safe-sport/> Most notably, the rule of 2: <https://coach.ca/three-steps-responsible-coaching>).

I look forward to collecting the results and seeing some videos/pictures from across the country!

If you have any questions, please let me know.

Thanks,
Mitch