

Regional Camps

To promote the development of regional biathlon camps during the general preparation phase, and to encourage collaboration amongst divisions, Biathlon Canada will provide financial support to divisions that organize eligible regional camps in the Spring and Summer of 2023.

This document sets out the eligibility requirements and the funding available for these regional camps.

Divisions must contact Clayton Whitman at cwhitman@biathloncanada.ca by March 31, 2023 to confirm if they will be organizing regional camps, and to provide a summary of the camps including the dates, locations, and lead coaches. Funding decisions will be confirmed by April 15, 2023. Divisions are encouraged to contact Clayton in advance if they have any questions about the regional camp program or wish to discuss any details of their planned camps.

Proposed Regions

Here are our suggested regions for 2023:

- BC/Alberta/Yukon
- Northwest Territories
- Saskatchewan/Manitoba
- Ontario
- Quebec
- Atlantic

These suggestions are intended as a guide to ensure that the entire country is served by regional camps. If you are organizing a camp with different regions and would like it considered for funding, please contact cwhitman@biathloncanada.ca.

Camp Requirements

Biathlon Canada will provide financial support for qualifying camps. Each region will be eligible to receive funding for up to two camps in 2023.

In order to qualify for funding, camps must comply substantially with the following guidelines:

- The camps must be organized by divisions.
- The camps should have at least 10 athletes participating.

- The camps must be led by NCCP-certified coaches.
- The majority of the athletes should be between 12-18 years old (training as Junior Boys/Girls, Senior Boys/Girls, or Youth Men/Women).
- Athletes named to Biathlon Canada 2023-2024 National Training Teams are not eligible to participate.
- The camp should consist of three (3) training days. It is recommended that these days are Thursday, Friday and Saturday of the week, to allow Wednesday and Sunday to be reserved for travel days. It is possible to schedule two half days of training, on Thursday afternoon and Sunday morning for example, in order to best meet each Region's needs. Training sessions should be not more than 2 hours per session, with no more than two training sessions per day.
- Classroom/workshop sessions can be added in addition to the physical training sessions
- The training should be skill based; focusing on developing athletic abilities (agility, balance, coordination, speed) and should include roller skiing skill development.
- Biathlon Canada encourages each division to host two camps during the training season. The first camp should be held between May 15 and June 4, with a focus on early season skill development. The second camp should be held between September 4 and October 1, and include a running or roller skiing time trial.
- The coaches from each camp will be asked to recommend 2 female and 2 male athletes per division to participate in an on-snow camp hosted by Biathlon Canada in late November/early December.

If you have any questions about whether a camp substantially meets these guidelines please contact cwhitman@biathloncanada.ca.

Funding

Biathlon Canada will support qualifying regional camps with up to \$1,000 towards the cost of having an eligible Integrated Support Services provider work with athletes at the camp. Biathlon Canada will also provide athletes with a notebook and a branded Biathlon Canada bag, provided that the list of athletes is provided to Biathlon Canada at least two weeks prior to the start of the camp.

Examples of eligible integrated sport services providers:

- Mental performance
- Nutrition
- Physiology
- Strength and Conditioning
- Ski Technique analysis

Payment of the financial support will be provided upon receipt of:

- A emailed report with the names of athletes participating in the camp, and a general description of the camp and its activities; and
- A copy of the invoice from the integrated sport services provider.