



WASHINGTON BIATHLON ASSOCIATION

2011

Biathlon Shooting Clinics

October 22nd, 2011 and November 6th, 2011

at the

Cascade Shooting Facility

26520 292nd Ave. SE, Ravensdale, WA

<http://cascadeshootingfacilities.org/html/location.html>

This clinic is limited to twenty participants at each session.
Contact the instructor, Gene Econ or Bob Vallor of the WBA to register

www.wabiathlon.org

**Washington Biathlon Association
Training Clinic Registration Form**

Session #1 October 22nd 2011
Session #2 November 6th, 2011

(Please print clearly)

NAME _____ DOB/AGE _____ / _____

Address _____

City _____ State _____ Zip _____

Phone _____ E-MAIL _____

This is a FREE training clinic offered by a very experienced small arms instructor. However due to insurance coverage regulations, membership in the United States Biathlon Association is required for all participants. Annual (\$50) and day (\$10) memberships will be available at the site. If you are already a USBA member please supply your membership number.

Please Circle: Clinic Session #1(10-22-11) Clinic Session #2(11-6-11)

WBA Membership (required for these clinics) \$ _____
(If you are not a WBA member, please fill out an application form below and list the amount here)

USBA Member# _____ (must show card)

One-day USBA Membership = \$10. (required if not already a USBA member) \$ _____

TOTAL ENCLOSED \$ _____

Please make checks payable to:

Washington Biathlon Association

PO Box 1716

Issaquah, WA 98027-0069

(Note: We are not able/equipped to take credit or debit cards.)

Please Circle:

Male

Female

Event Cancellation: Biathlon competitions are almost NEVER cancelled. We race in ALL types of weather. The clinic will be held unless the weather hampers instruction to the point that it is not effective. Bring clothing appropriate for a range of conditions.

WASHINGTON BIATHLON ASSOCIATION 2011 Season Release of Liability

I recognize that biathlon, cross-country skiing, running and rifle marksmanship can be hazardous sports. I acknowledge there are risks and hazards associated with involvement in the Washington Biathlon Association. The risks can include, but are not limited to, damage to property, physical injury and death. I state that I am, and those minors that I sign for are in proper physical condition to participate in strenuous activity. I acknowledge and accept the risks associated with shooting, skiing and running and I agree to release and hold harmless all members, organizers, sponsors and officers of the Washington Biathlon Association, the United States Biathlon Association, the Cascade Shooting Facility, the Cascade Rifle and Pistol Club and all members of the staff of any venue sites involved in biathlon training, practice, or competition from any liability for any and all accidents or injuries of whatever nature, connected to or arising from or coming to or from any association function, workout or other event. I recognize that Biathlon involves the use of firearms and I certify that I am not disabled or barred from using or possessing firearms by any state or federal law or by ruling of any court. A parent or legal guardian must sign the release of liability for all participants under the age of eighteen.

Signature _____ Date _____

For (minor under eighteen) name _____

Parent or Guardian Signature _____ Date _____

Additional Information Needed for the Clinic

Do You Want Coaching?

Rifle Used:

Sights Used:

Do your sights have adjustable apertures?

Ammunition Used:

Years Competing in Biathlon:

What is your average hit percentage off hand?

What is your average hit percentage prone?

Are you involved in other competitive shooting sports?

If so – which one(s) and what is your classification?

Point of contact is Gene Econ at eaecon@comcast.net. Put 'WBA Clinic' in the Subject line please. 360 459 3848 (H) 360 584 6672 (C).

CLINIC PARTICULARS:

This clinic is limited to 20 participants at each session. Contact Gene Econ (eaecon@comcast.net) or Bob Vallor of the WBA to register

Clinic Site: The Cascade Shooting Facility (CSF) is located at 26520 292nd Ave. SE, Ravensdale, WA. CSF is a premier range facility just outside of Ravensdale WA. It has a variety of ranges for different types of shooting. CSF has heated bathrooms and a small clubhouse where we will conduct our classroom sessions. Running is not part of the clinic but CSF is a big facility with improved dirt and gravel roads so if you want to run prior to shooting, bring your running gear. I recommend looking at Google Earth to see how CSF is laid out if you want to run prior to shooting. **Getting there:** CSF is in unincorporated King, east of Covington off the Kent-Kangley Rd. From Hwy 18 travel east on State Route 516 past Hwy 169 (Maple Valley Hwy) to Kent-Kangley and 292nd Ave SE and turn North. Using MapQuest or similar direction finders are suggested. If you need directions e-mail bob.vallor@wabiathlon.org.

Eligibility: This event is designed for those with shooting and biathlon experience. It is not a clinic for first time shooters or those with little or no shooting experience. It will include the USBA mandatory safety class for those who have not completed it or want a refresher.

Instructors: The primary instructor will be Gene Econ, a retired Army officer with extensive training experience in the mechanics and mental approach to shooting. He will be assisted by experienced biathletes from the Washington Biathlon Association, including athletes who have competed nationally and internationally. For more information please contact Gene Econ at (360) 584-6672 or Bob Vallor at (206) 255-7588 or bob.vallor@wabiathlon.org.

Safety Certification: If you haven't already taken it, the mandatory U.S. Biathlon Association safety certification course will be given with this clinic during the lunch break.

Clinic Day Format and Schedule

8:30 to 9:00 am: On site registration at the Range (pre-registering by mail is also available and encouraged). For USBA memberships and ammo we cannot accept credit or debit cards. Make checks out to Washington Biathlon Association.

| | | |
|----------------------|--------------------------------|--|
| 9:00 to 10:00 am: | Classroom training | CSF Clubhouse |
| 10:15 to 10:30: | Safety Briefing | E-Range |
| 10:30 to 12:00 noon: | Shooting | E-range |
| 12:00 to 1:00 pm: | Lunch | USBA Safety Clinic (for those who need it) |
| 1:00 to 3:00 pm: | Shooting | E-range |
| 3:00 to 3:30 pm: | Range equipment breakdown | E-range |
| 3:30 to 4:00 pm: | Discussion and Lessons Learned | CSF Clubhouse |

When to Arrive at the Range: Early arrival at the range is encouraged as help with range and course set-up that will be needed prior to the clinic. Please do your part and help with set-up before the event and break-down afterward.

Clinic Size: 20 WBA Biathletes. First come with a standby list maintained. You can sign up for both days but please, do so only if you are sure you can attend. If you are under 18, you will be teamed with an adult to comply with CSF rules.

Some Background on Your Instructor: Gene Econ is a retired Army Officer and a recent member of the WBA. Not only was marksmanship and weapons employment part of his job in the Army, he has continued his marksmanship career as an independent contractor, working with Soldiers and civilians to improve their marksmanship performance. Gene has been competitive in NRA High Power for the last twenty years and holds a High Master rating for both short and long courses. In addition, he recently attained a Masters of Science in Sport Psychology along with a number of years experience in the application of mental and psychological skills with military and civilian shooters.

Clinic Intent This is a marksmanship clinic for WBA members. The intent is for interested Biathletes to enjoy a few hours of shooting on a professional range facility with coaching (if desired), and directed towards individual goals attainment. We will train on both paper and biathlon steel targets depending on the desires of the shooters. The emphasis is on individual needs to improve performance and having an enjoyable experience. Yes, safety is paramount. We will follow the rules established for biathlon competition with an emphasis on maintaining muzzle awareness when removing the rifle from our backs and attaining a shooting position. I do believe that a stress free environment is essential for learning and improving performance so relax, be aware, and enjoy yourselves!

Goals and Questionnaire: Along with the registration form, I ask you complete a goals form and a questionnaire. Both are essential to your success at the Clinic so fill them out and send them to Gene Econ or Bob Vallor with a decent e-mail address. Nothing I ask will be personal in nature and the information you provide will be not be disclosed to anyone without your permission. If you have a hard time with the goals, Gene will assist you via e-mail. (See Below)

Essential Equipment

- Rifle, harness, sling and cuff, with 200 rounds of ammunition. Rifles will be available for those without their own. These are Izhmash biathlon rifles. The WBA will supply ammunition for this event at or near cost. Those bringing their own ammunition need to have it inspected before use.
- Ski boots, poles, and gloves (if you shoot with gloves).
- Spotting scope w/stand. (We will also bring the WBA scopes).
- If you want to run prior to shooting, the roads are gravel and improved dirt so bring the right foot gear.
- Bring your own lunch or plan for a fifteen minutes to drive to a fast food places in Four Corners.

WBA MARKSMANSHIP CLINIC QUESTIONNAIRE
(Version 1, Sept. 2011)

Name: _____

Technical Issues (Yes, No, Not Sure)

- Do you know how many clicks of elevation or windage are needed to move your shots from one side of the 115 mm aiming black to the other?
- Do you know what 'eye relief' is?
- Do you know how to adjust aperture sights to give a clear sight picture
- Have you determined what ammunition gives you the best performance?
- Do you perform a mechanical and visual inspection of your rifle prior to shooting?
- Do you know how to 'dope' wind?

Physical Issues (5 point scale with 1 being 'Never' and 5 being 'Always').

- Are you able to attain a consistent off hand position every time you shoot?
- Are you able to attain a consistent prone position every time you shoot?
- If your rifle has a two-stage trigger, do you use its capability regularly in the off hand?
- If your rifle has a two-stage trigger, do you use its capability regularly in the prone?
- Do you regulate your exertion level prior to shooting in order for you to balance respiratory rate with your marksmanship performance?
- Do you call your shots?
- Do you expect your rifle barrel to move in the same pattern when aiming?
- Do you use an 'approach' method of target engagement?

Mental Issues (5 Point Scale with 1 being 'Never' and 5 being 'Always').

- Do you view the shooting portions of Biathlon as a positive aspect of the sport?
- Are you apprehensive about your marksmanship performance when you approach the firing line?
- Do you believe that hitting a target is due more to luck than skill?
- Do you trust your zero?
- When you shoot, is your attention drawn away from making a good shot because the rifle is moving?
- When you shoot, do you self-regulate (correct) based on shot calls?
- Do you allow missed shots to dominate your attention while shooting?
- Do you have a mental program that you use to focus your attention on shooting?
- Does the mental program work?
- If you get into a position and it isn't right, do you make changes before shooting?
- Do you honestly believe you can become a better Biathlon style marksman?
- Do you use marksmanship goals when you train and compete?

Washington Biathlon Association Membership Application

The membership year is November 1 through October 31

NAME(s) _____ DOB/AGE _____
ADDRESS _____ CITY _____ State Zip _____
E-MAIL _____ PHONE _____

USBA # _____ Approx Date and Location of USBA Rifle Safety Cert. _____

Membership Annual Dues

Junior Membership (20 and under) \$15.00

Individual Membership \$25.00

Family Membership \$40.00

Individual Life Membership See Below

Please make checks payable to:

Washington Biathlon Association

PO Box 1716

Issaquah, WA 98027-0069

Biathlon (Jr/Sr. Athlete) Dev. _____

Donations may be tax deductible, check with your tax adviser

WASHINGTON BIATHLON ASSOCIATION Release of Liability

I recognize that Biathlon, Cross Country Skiing, Running and Rifle marksmanship can be hazardous sports. I acknowledge there are risks and hazards associated with involvement of the Washington Biathlon Association. The risks can include, but are not limited to, damage to property, physical injury and death. I state that I am, and those minors that I sign for are, in proper physical condition to participate in strenuous exercise activities. I acknowledge and accept the risks associated with shooting, skiing and running and I agree to release and hold harmless all members, organizers, sponsors and officers of the Washington Biathlon Association and all members of the staff any venue sites involved in biathlon training, practice, or competition from any liability for any and all accidents or injuries of whatever nature, connected to or arising from or coming to or from any association function, workout or other event. I recognize that Biathlon involves the use of firearms and I certify that I am not disabled or barred from using or possessing firearms by any state or federal law or by ruling of any court.

ALL Memberships must be approved by the WBA Board of Directors, and may be subject to a background check. WBA Members are eligible to apply for an Individual Life Membership (\$250.00) after being a WBA Member for two consecutive years. Life Membership applications must be approved by the WBA Board of Directors. All WBA Members are expected to represent the sport of Biathlon in a positive and professional manner consistent with WBA By-laws, and guidelines set forth by the United States Biathlon Association (USBA) and International Biathlon Union (IBU).

A parent or legal guardian must sign the release of liability for all members under the age of eighteen years of age

Signed _____ Date _____

For (minors under eighteen): name(s) and signature(s): _____
