

Methow Valley Biathlon Summer Training Camp

June 29 - July 2, 2007

Mazama, WA

Purpose: This camp will offer coaching for both the beginner & the advanced biathlete. It is designed to introduce the sport of biathlon & especially the shooting elements for the beginner biathlete as well as help the experienced shooter improve their skills, take home drills for further improvement & update them on new ideas US Biathlon is working with.

The camp is running in conjunction with a Pacific Northwest Ski Association (PNISA) Nordic training camp for juniors J2 & older. This is an early summer level training camp using road cycling for training.

A few of the topics that will be covered are:

- Biathlon rifle safety
- Rifle fitting & optimizing shooting position
- Dry & live fire drills
- Basics of combo training
- Improving accuracy & Race strategies
- Fun biathlon relays

Coaches

Bill Meyer - Minnesota Biathlon coach, USBA officials & coaches Ed instructor, World Jr Biathlon championships US Team coach 2006, 2007,

Betsy Devin-Smith - Methow Valley Biathlon coach

Lodging & food: Camping at the Mazama Community Center (if needed)

Meals will be provided

Day camp for juniors 9-13 years

Where - Mazama, WA

Cost - see registration form

When - Friday, June 29 - Monday July 2, 2007 (see schedule for detailed times)

Methow Valley Biathlon Summer Training Camp 2007
Tentative Schedule

Thursday, June 28 -PNSA/MVNT Nordic Training camp starts
(PNSA juniors J2 & older - register with PNSA)

Friday, June 29

8:00 - 12:00 Juniors (all ages) Shooting (not new PNSA shooters)

Lunch

Gun safety for beginners

1 PM Adult camp starts - shooting

Juniors 14+ PNSA organized training

Juniors 9-13 off

Dinner

Eve New shooters on range

Saturday, June 30

8:00-11:30 Adults shooting

Juniors - 14+ PNSA training

Juniors 9-13 off

Lunch

1:00 -3:00 Juniors (all ages) - shooting

Adults - break or bike training session with PNSA

6pm Dinner

Eve Evening program, video etc

Sunday, July 1

8:00- 11:30 Juniors & adults - Shooting drills, combo training

12:00 -1:00 Lunch

1:30 Zero

2:30 Races - short events & fun relays

3:30 Mass start [waves] Summer Biathlon Running Race

Eve: Social

Monday, July 2

8:00 - 11:30 Adults & all juniors - advanced shooting.

12:00-1:00 Lunch

1:00-3:00 Shooting drills, Walking time trials. Wrap up

4:00 Leave for home.

Registration Form

Name _____ Age _____

Address _____ phone _____

_____ email _____

Please rate your biathlon skills (new, beg, int, adv) _____

I will be camping yes / no

Junior 9-13 yrs \$50.00 _____

 14-21 yrs \$85.00 _____

Adult 21+ yrs \$185.00 _____ (MVBA member)

 \$15.00 _____ (MVBA $\frac{1}{2}$ yr membership)

 \$210.00 _____ (non-MVBA member)

Total Enclosed _\$_____ (please make checks to MVBA)

If you are unable to make all the days of the camp, please tell us when you will be there _____

Return forms (registration & release) to: biathlon@methownet.com

Or mail MVBA, 19100 Hwy 20, Winthrop, WA. 98862

Any questions, please contact Betsy Devin-Smith at
biathlon@methownet.com or 509-996-3159

Release Form

PLEASE READ & SIGN THIS ACKNOWLEDGMENT AND ASSUMPTION OF RISK & RELEASE

I _____, know that running, biking, biathlon, nordic and freestyle skiing are action sports carrying significant risks of **serious** personal injury, death or property damage. I also know that there are mental, mechanical and environmental conditions and risks which independently or in combination with my activities may cause property damage, or severe or even fatal injuries to me or others.

I agree that I am alone responsible for (a) my safety while participating in competitive events and/or training for competitive events and (b) providing, utilizing, and maintaining that equipment necessary for the safe enjoyment of my participation in such events and specifically acknowledge that the following persons or entities including the Methow Valley Sport Trails Association, Sun Mountain Lodge, Inc., Methow Valley Biathlon Association, Washington Biathlon Association, U.S. Biathlon Assoc., Walt & Nella Foster, U.S. Forest Service, the Washington National Guard, the ski area, the landowners, the promoters, the sponsors, the organizers, the promoters clubs, the officials and any agent, representative, officer, director, employee, member or affiliate of any person or entity named above are not responsible for my safety. I specifically **RELEASE** and **DISCHARGE**, in advance, those parties for any liability whether known or unknown, even that liability may arise out of negligence or carelessness on the part of persons or entities mentioned herein. I agree to accept all responsibility for the risks, conditions and hazards which may occur whether they now be known or unknown.

Being fully **aware** of the risks, conditions and hazards of the proposed activity as a competitor, coach or official, I **HEREBY AGREE WAIVE, RELEASE AND DISCHARGE** any and all claims for damages for death, personal injury or property damage which I may have or which may hereafter accrue to me as a result of any participation in competitive events or training for competitive events, against any person or entity identified above whether such injury or damage was foreseeable or not, including any such claims regarding the design or condition of any equipment used by me. In such recreation and/or competitive events without regard to whether such equipment is specified or recommended by such persons or entities identified above.

I further agree to forever **HOLD HARMLESS** and **INDEMNIFY** all persons and entities identified above, generally and specifically, from any and all liability for death, personal injury or property damage resulting in any way from my participating in competitive events, or training for competitive events.

I currently have, **and** I agree to maintain throughout the time that I recreate, train and compete, valid and sufficient medical and accident insurance, I understand that this is solely my responsibility and I release all persons **and** entities identified herein from providing this coverage for me.

I agree that I will accept and abide by the rules and regulations imposed by the organizers of any particular competition. This Acknowledgment and Assumption of Risk and Release shall be binding upon my heirs and assigns.

I recognize that biathlon involves the use of firearms and I certify that I am not disabled or restricted from using or possessing firearms by any state or federal law or by the ruling of any court.

Date _____

Signature _____

By signing this Acknowledgment of Risk and Release as Parent/Guardian, I am consenting to the competitive participation in recreation or competitive skiing and training and acknowledge that I understand that any and all risk whether known or unknown, is expressly assumed by me and all claims, whether known or unknown, are expressly waived in advance.

Date _____

Parent/Guardian Signature (if participant is under age 18)

Methow Valley Biathlon Summer Training Camp
~Equipment List~

Clothing and Personal Items:

- Rain jacket & pants
- Warm coat or polar fleece / poly-underwear
- Training clothes for very hot to miserable weather
- good quality sun glasses
- Hiking shorts
- Running shoes and spare shoes
- Socks - bring lots of extra socks in case of wet weather
- Sun hat (baseball cap) & toque
- ski gloves
- Sun screen and lip cream (with sun block)
- Shorts / pants / sweatshirt / t-shirt (casual clothes for around camp)
- Bathing suit
- Towel(s)
- Mosquito repellent (bug spray)
- Personal hygiene items (soap, shampoo, toothbrush, deodorant etc.)

- Sleeping bag & pillow
- Sleeping pad
- Headlamp/flashlight
- Tape or Moleskin (for the feet)
- Money for extras if needed
- Tent

Training Equipment:

- Road bike & helmet
- High visVest (orange vest) or bright safety shirt (for biking)
- Ski walking poles-classic poles(best 10cm shorter or downhill poles)
- Training Diary (if have one)
- Heart rate monitor if you have one (borrow one if possible)

- Water Bottles (2 litre capacity) & Water bottle holder

Biathlon Equipment

- rifle, slings, tools and carrying case
- ammunition- 400 plus rounds
- exercise mat

Eating Utensils

Bowl, plate, knife, fork, spoon and cup

Methow Valley Biathlon Tentative Schedule Summary 2007

| | | <u>Juniors 14+</u> | <u>Juniors 9-13</u> | <u>Adults</u> |
|--------------|----|--------------------|---------------------|---------------|
| Thur June 28 | AM | training | ----- | ----- |
| | PM | training | ----- | ----- |
| Fri June 29 | AM | shooting | shooting | ----- |
| | PM | training | off | shooting |
| Sat June 30 | AM | training | off | shooting |
| | PM | shooting | shooting | training |
| Sun July 1 | AM | shooting | shooting | shooting |
| | PM | shooting | shooting | shooting |
| Mon July 2 | AM | shooting | shooting/off | shooting |
| | PM | shooting | shooting/off | shooting |