

September 2018 Newsletter

Summer may not seem like it has much relation to the biathlon season, but in fact it is very important for building a solid cardiovascular base and working on the many technical elements of biathlon. Some would even say that biathlon competitions are won or lost in the summer!

To this end, many of our club members have been training hard – working on strength in the gym, logging long miles on the mountain or road bike, and shooting thousands of rounds at the range. One of our high performance athletes, Joseph Winkelaar, completed a dryland ski camp in Kaslo, a glacier camp at the Haig Glacier near Canmore and a biathlon camp in Whistler.

Other club members went over to Whistler for several of their summer biathlon camps. There they honed their shooting skills, worked on roller ski agility, and connected with others who are excited about this unique sport. As September brings cooler temperatures and rain, our thoughts now turn to the upcoming 2018/19 biathlon season. Let's hope it's the best yet!



Our happy athletes at a Whistler training camp this summer

Volunteers are Golden

Over the summer we held two mountain biking biathlon races. We had a great turnout and participants had fun testing their skills on a variation of this winter sport. These races wouldn't have been possible without volunteers who donated their time to come out and make these events a success. Volunteers really don't get enough of the limelight, but if you think about it, many of the world's biggest events couldn't take place without a massive volunteer turnout. The Vancouver Island Biathlon Club really appreciates this support, and we urge you to continue helping to make our programs and events successful.

Renew Your Membership and Register for Upcoming Programs

In order to partake in many Biathlon-related events, you must be registered with [Biathlon Canada](#) as well as provincially through your [club](#). If you haven't already, follow the links to renew today.

While registering for your membership, you can also sign up for one of our winter programs. The Vancouver Island Biathlon Club will once again be offering courses for children and adults alike. All three of our superb coaches (Kai, Don, and Phil) are back again this season, to share their knowledge of and enthusiasm for biathlon.

Biathlon Bears: Ages 9 to 14

Competitive Youth: Ages 13 to 18

Masters: Ages 15 to 115

If you have any questions about any of the club's programs, please email Jonathan at VIBC vibcprogrammer@gmail.com

New Website is Coming Soon!

A special thanks to Bryan Bugslag for all of your work this summer/fall on creating a new-and-improved VIBC website. (Stay tuned for the new website's "go live" date!)

Upcoming Work Party

Mark your calendars for **Saturday, October 20th** for another fun work party at the range. We will be raising targets, cleaning up the range, and getting things all ready for the winter.

Coaching and Officials Course Opportunities

If you've ever watched a biathlon race, you've probably seen the spandex-clad athletes shooting down targets and flashing by. But there is so much going on at a race! Coaches behind the scopes help athletes might sight corrections so they can avoid mistakes while officials on the finish line help the athletes celebrate by recording the winning times.

Take part in the excitement this season by taking a coaching or officials course this season!

We are looking at holding an entry level officials' course during the weekend of November 24/25th, in Comox. This would be a great opportunity for anyone that has helped (or is planning to help out) at our local club races.

We are also seeking expressions of interest for a combined Silver/Gold level community coaching course in early December. Are you a Bears parent or that would like to know a little bit more about how to help out on Saturday mornings? Or are you a Masters biathlete that wants to learn more about the art and science of biathlon?

Send an email to Jonathan at vibcprogrammer@gmail.com to let us know that you're interested in a coaching course or officials course – or both!

Upcoming BC Cup Competitions

We are excited about FIVE great BC Cup weekends that will be taking place around the province this winter. If you haven't heard there they are:

BC Cup 1 – Whistler, 7-9 December

BC Cup 2 – Prince George, 4-6 January

BC Cup 3 – Quesnel, 18-20 January

BC Cup 4 – Vanderhoof, 1-3 February

BC Cup 5 – Kelowna, 1-3 March

There will also be a number of fun races hosted at Mt Washington (February 23rd and March 16th) and Whistler Olympic Park, so you'll have plenty of opportunities to ski fast and shoot clean! If you're keen on going to any races, reach out to your fellow club members because carpooling and the sharing of expenses can make a weekend possible that you didn't think possible. Let's do this!