



# Vancouver Island Biathlon Club Summer Biathlon Camp #1

**When:** Friday, July 8<sup>th</sup> to Sunday, July 10<sup>th</sup>, 2022

**Where:** Biathlon Range, Mt. Washington, BC

**Accommodations:** Camping beside biathlon hut

## Tentative Schedule:

### Friday

- Start 10.30 at the Courtenay track 1500 meter. Vanier High School.
- 1.00pm Shooting drills up at range
- 3.30 Exercises Strength .
- Break for Supper
- 7 .00pm Goal setting
- 8.30 pm Fire

### Saturday

- 7.30 Morning run and exercises and Dryfiring
- 8.00 Breakfast
- 9.00 Shooting More drills and shooting tests.
- 12.00 Lunch
- 1.30 Mt. Bike up on the MT. Leaders have Bear spray. Running Hike group go into the park.
- 4.00 pm Trail clearing
- 6.00 pm Supper
- 7.00pm Mental training , short coaching Meeting after.
- 8.30 Fire optional in case it is raining Friday night.

### Sunday

- 7.30 Morning exercises and Dry firing
- 8.00 Breakfast
- 9.00 Race Setup
- 11am to 1pm - Races

**Cost:** Youth - \$40  
Adults - \$75

*Ammunition costs not included in fees but can be purchased during the camp.*

**Rifles:** Club rifles will be available to rent if you do not have your own.

**Registration:** Registration form on Page 2 of the Camp Notice

**Deadline for entry: Thursday, July 7<sup>th</sup>, 10pm**

# VIBC Summer Camp #1

## July 8<sup>th</sup> to 10<sup>th</sup>, 2022

### Registration Form

(Please Print Clearly)

<b>Name</b>			
<b>Email</b>			
<b>Telephone</b>			
<b>Address</b>			
<b>Category</b> Please circle	Novice (9-10)	Juvenile (11-12)	Junior (13-14)
	Recreational (15+)	Senior (15-16)	Masters
<b>Gender</b> (Please circle)	Male	Female	
<b>Date of Birth</b> DD/MM/YYYY	Your age as of December 31, 2022 = _____		
<b>Camp Fee</b>  Please circle fee amount owing	Youth Member (VIBC <u>AND</u> Biathlon Canada) \$ 40 BIBC # = _____  Adult Member (VIBC <u>AND</u> Biathlon Canada) \$ 75 BIBC # = _____		

Email completed form to [vibiathlonclub@gmail.com](mailto:vibiathlonclub@gmail.com)

Payment by cash (or cheque to VIBC) at the camp, or by e-transfer to [treasurervibc@gmail.com](mailto:treasurervibc@gmail.com) (please indicate the participant's name(s) in the e-transfer)

**Please note, the deadline for sign up is Thursday July 7th, 2022, 10pm**