



## CLUB NEWSLETTER

### RANGE

We finally have snow on the range— and it might even stay!

A huge thanks to all the parents, youths and masters for shovelling on Saturday and Sunday. With their hard work, we now have a skiable 300m loop around the range. Looking at the webcam, the mountain is making snow again, meaning we've dropped below freezing overnight.

### TRAINING

We hosted seven masters and eight youth on Saturday and eight masters and five youth on Sunday. It was a great turnout .

We will have another on-snow practice on Saturday Nov 25th from 10 to 12pm.

Don't miss your chance to be on early snow— with coaching!



### Masters Camp Whistler

Head coach Glenn took 10 masters to an early snow camp on Nov 11, 12 & 13th at Whistler Olympic Park's Callaghan Gold facility. <https://youtu.be/NfuwOIiR4s>

The first morning of the camp consisted of drills to ease the transition back to snow. Glenn's tips on the first day were to ensure skiers are comfortable being on their skis. The team worked on balance and coordination exercises and no-pole skiing.

The group observed Remembrance Day with a stop in the ski tracks to hold a minute of silence for our veterans and people in uniform. The second day consisted of offset techniques and some sprint work. Both afternoons were spent at the shooting range to fine-tune technique with the rifles.

The final day began with a morning pursuit race followed by free ski and range time.

The camp was an overwhelming success and everyone left happy—thanks to all the Masters for making it a great time!



## COACHING CLINICS

We have our Silver Coaching course coming up on Dec. 8th + 9th.

Club member Don Johnston will be teaching this course. You can still sign up for the course by contacting Head Coach Glenn Rupertus at 604 849-3344 (text or voice) or email at [3olympics@gmail.com](mailto:3olympics@gmail.com)

## BC WINTER GAMES

The BC Winter Games try-outs will be held on Dec 9- a reminder to all youth that have not been up to shoot. We'd love to see you and work with you before the races to ensure you're ready and have a great experience.

Two excellent coaches, Yvonne Visser and Jonathan Kerr will be taking the team to the BC Games in Quesnel from Feb. 22 to 25. Rumour has it you will be flying up north from the Island!

## Other News

### *Leadership Course*

The Club just hosted a leadership course this past weekend Nov 18 and 19 in Courtenay with instructor Pam Tracz from Halifax, Jylene Ryan (Victoria), John Neumann (Prince George), Rob Schnider (Parksville), Christoph Dettling (Kimberley) and Phil Douglas (Courtenay).

There were a total of 19 participants along with five members of the 386 Comox Air Cadets in the entry-level course.

### *Registration*

There is still time to sign up for the programs and get early bird prices!

All current members should have their Biathlon Canada and VIBC memberships by now.

If you are not registered in a program and still want to train with the club, you must purchase a VIBC membership, range pass and a membership with Biathlon Canada. Membership with Biathlon Canada is required for insurance purposes.

Registration can be found at the Zone 4 website:

<https://zone4.ca/register.asp?id=32458&lan=1&cartlevel=1>



**Working on technique at the shooting range.**

Masters Camp Whistler