



CLUB NEWSLETTER

RANGE

Yay ! We now have a longer ski loop if the weather holds, thanks to Timo and Glenn .

A packed and extended "range trail" is now around the hut and up to the stadium.

All members are welcome to ski on this trail.

During these early season conditions please observe the following :

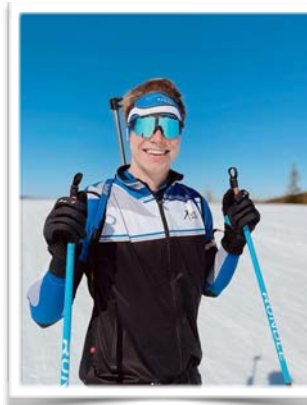
1. Take the road to the Hut or walk on the far left side of the stadium.
2. Do not bring your dog to the range.
3. While on the shooting range please wear skis and keep any walking on the range to the side and not on the ski trail.



From VIBC colours to Canadian Colours



Dan Gilfillan



Gavin Johnston



All the Club Members would like to congratulate two of our VIBC athletes who made the first tour on the Junior IBU Cup Team.

Dan Gilfillan - training out of the Whistler camp

Gavin Johnston- training out of the Vernon camp

“It was a pleasure coaching these boys
- Head Coach Glenn Rupertus

Stay tuned as we hope to have a fundraising event for our young athletes in the near future.

HEAD COACH NEWS

All coaches are invited to attend a special training for coaches on Dec 9th up on the range. It will be a short information session to review season goals ,shooting skills , drills , games, and help with our selection race for BC Winter Games.

If you can not make it I will arrange another lesson .

I look forward to working with all of the coaches this season and again so proud of all members for your support and commitment to all our athletes.

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

VIBC - Did you know !

Thanks to all of your support we are the largest Biathlon Club in Canada !



Biathlon BC Talent Squad Camp

VIBC athletes, Victoria, Logan Zach and Tobin represented VIBC at the Biathlon BC Talent Squad camp last week at Sovereign Lake Nordic facilities in Vernon.

They had the opportunity to work on their skiing and shooting skills, competed in a time trial, and made connections with other biathletes from across the province. They also had a chance to re connect with VIBC alumni Gavin Johnston and Sophia Ledingham. Both are currently training full time at the Sovereign Lake Biathlon Academy.

BC CUP news

BC Cup # 1 is Dec 15,16 Venue will with be Telemark Nordic - Kelowna or Sovereign Lake - Vernon

We will have a team going to this race.

Last season we place 2nd over all in the Province in team standings.

Each racer is awarded points that goes towards are year end total.

Registration can be found at the Zone 4 website:

<https://zone4.ca/register.asp?id=33648&logout=1&lan=1>

This is the first of three BC Cups.

BC Cup #2 -Prince George Jan 20,21.

BC Cup #3 - Championships will be in Whistler Feb. 10,11

UPCOMING EVENTS

VIBC is hosting the U13 BC Championships here at Mt. Washington March 8,9, & 10.

We will need volunteers and officials. These are fun races and do not require years of experience.



BC Cup News cont.

If you are not racing and are available for part of the day we encourage parents to help with our team, but have fun and volunteer for the race as well.

A special thanks to all of the parents last season we had so many volunteer at BC Cups and made things so much fun for all.

I am proud to be a part of this team and wear the VIBC colors.

- Glenn

Strength Training

The following exercises are from Nordic Solutions.

The goal here is to help train endurance strength in the glutes and central core. This will help athletes maintain correct body position on skis, especially while under fatigue which is when most athletes struggle with core stability.

<https://youtu.be/kC8jTDKPcjY?si=b3tar6b2dsc7rsX>

15-minute routine - glute strength and stability

Warm up for 10 min spin or jog

Exercises below can be done one right after the other. (see video for examples)

- 20 lateral band steps (band above knee)
- 10 body squats
- 20 lateral band steps back the other direction (band above the knee)
- repeat x2
- 20 backward skate steps (band above the knee)
- 10 body squats
- 20 forward skate steps (band above the knee)
- repeat x2
- 20 backward skate steps (band around ankles)
- 10 body squats
- 20 forward skate steps (band around ankles)
- 15 fire hydrant lifts right leg (band above the knee)
- 30 second hold
- 15 fire hydrant lifts left (band above the knee)
- 30 second hold
- repeat x2
- 20 stationary side steps right: front, side back, (band around the ankles)
- 30 second hold in kick back position
- 20 stationary side steps left: front, side back, (band around the ankles)
- 30 second hold in kick back position
- 20 classic band pushes forward right leg (band around the ankles)
- 30 second kick back hold
- 20 classic band pushes forward left leg (band around the ankles)
- 30 second kick back hold
- repeat x2 based on time and fatigue