

MN Biathlon Community Olympic Development Program and Mt Itasca Biathlon Association Biathlon Recruitment Camp Mt Itasca, Coleraine, MN April 12-13, 2003

What is it?

First of all, it's a chance to see what the sport of biathlon is all about- the combination of cross country ski racing combined with challenge rifle marksmanship. It's a chance to learn about what it takes to be a world class biathlete, and a chance to see if you want to pursue the sport of biathlon through the many programs Minnesota Biathlon CODP.

You will be introduced to basic endurance exercise physiology, hear Olympic and World Junior Team members talk of their experiences on the international race circuit, and perform some of the basic fitness testing that is used to evaluate strengths and weaknesses of the US Biathlon team. You will get a clear picture of the steps an athlete must follow to make it from high school skiing, to skiing with a big USA and five overlapping rings on your warm up jacket. You will have a chance to meet and train with other highly motivated and talented athletes your age. You will receive introductory biathlon marksmanship and safety instruction, and get a taste of what focused, long term training is all about. You will meet other motivated and enthusiastic athletes your age, and get to train with several Olympians. You might even have some fun in the process!!

Who is it for?

This camp is for *highly motivated 13-18 year old athletes* who have high goals in sport. Contact Piotr Bednarski (Twin Cities) at 952/924-0381 cell/office, Vladimir Cervenka (Grand Rapids) 218/259-6357, Ion Senchea (Cloud) 320/259-4560, Gary Colliander (Duluth) 218/723-0097, Bill Meyer (Brainerd) 218/963-4762, Mark Miner (Grand Rapids) 218/259-1229, or Cory Salmela (Duluth) at 218/590-4448 to see if this camp is appropriate for you. Interested high school coaches are also invited to attend at no cost.

When is it?

The camp runs from 11am on Saturday, April 12- April 13. You should arrive to register by 10:30 am on Saturday. The first activity will begin at 11am. The camp will wrap up at 12:00pm on Sunday.

Where is it?

We will be starting and ending the camp at Mt. Itasca Winter Sport Center. From Downtown Grand Rapids (Pokegama Ave. and 4th St NE): Take Hwy 169 North (East on Hwy 2). Continue Hwy 169 North out of Grand Rapids to Coleraine approximately 6 miles. When entering Coleraine, turn left at Curly Ave. (follow the Ole N. Mangseth Ski Jump sign). Go past the arena, left on County Rd 61 (Gunn Ave.) for 1/2 mile. Turn left into the Mt. Itasca driveway; stay left at the Y in the road.

What to bring-

You will need three changes of training clothing (shorts, t shirts, long sleeve t shirts, warm up jacket, wind pants/tights, some rain gear (keep your fingers crossed), a sleeping bag, sleeping pad, pillow, towel, running shoes, and lots of good attitude.

The Staff-

CODP coaches Piotr Bednarski, Gary Colliander, Vladimir Cervenka, Bill Meyer, Mark Miner, and National Junior Team coach Cory Salmela will be assisted by a large staff, which includes:

Kara Salmela- 1998 and 2002 Olympian, Dan Campbell 2002 Olympian, Grant Ernhart-World Championship Team. Our staff will also include numerous Junior World Championship team athletes who will share their experiences with you.

Transportation- There will be van transportation from the Twin Cities and from Duluth on Saturday morning. Email mnbiathlon@aol.com (Twin Cities) and garouch@aol.com (Duluth) for information on departure time and location.

Schedule-

Saturday:

10:30am arrival and registration
 11 am Welcome- what is Biathlon- Introduce Staff
 11:30am Game
 12:30pm Lunch
 1:00 rifle safety
 2:00 physical testing and rifle instruction
 4:00 games, training
 6:00 dinner
 7:00 Endurance Physiology- long term development of the endurance athlete

Sunday:

7am morning run
 7:30 breakfast
 8:30 “Where do I go from here”-
 - Biathlon Pipeline
 9:00 Opportunities for biathlon training
 10:00 rifle instruction and biathlon relay
 11:30 hill climb and game
 12:00 pack up and depart

Cost and Deadlines

To register, please fill out the registration sheet and sign the waiver. Also, please include a check for **\$55** made out **Minnesota Biathlon**, and then send check and registration forms to CODP Recruitment Camp, 5032 28th St, St Louis Pa MN 55416. Space is limited to 60 athletes so confirm attendance by mail or phone by April 10th. If the cost of the car is prohibitive for you, **partial scholarships are available**- call for info.

Piotr Bednarski 952/924-0381, email mnbiathlon@aol.com, Vladimir Cervenka 218/327-1505, 218/259-6357 (cc cervenkv@hotmail.com, Gary Colliander 612/867-4590 cell, 218/723-0097(h), garouch@aol.com, Cory Salm 218/724-0801, corysalmela@aol.com.

Minnesota Biathlon

CODP Recruitment Camp Registration, Mt Itasca, April 12-13, 2003

- mail to Recruitment Camp, 5032 28th St, St Louis Park, MN 55416, please enclose \$55 fee

Name _____ Birthdate _____ Grade _____

Street _____ City _____ State, Zip _____

Phone _____ fax _____ email _____

Parents name and office phone (in case of emergency) _____

Medical info we should know (medication, allergies) _____

Best Results in skiing _____

Best Results in other sports _____

WAIVER AND RELEASE OF LIABILITY

Identification of Risk. I, _____, know that biathlon, consisting of nordic skiing and rifle marksmanship, involve risks of serious injury, including permanent disability and death. I understand that these injuries might result not only from my actions, but the actions, inactions, or negligence of others.

Assumption of Risk. I agree that I am responsible for my safety while participating in biathlon training and competition. I assume all risks, both known and unknown, connected with my participation.

Waiver. Being aware of the risks and willing to assume them, I waive, release, and hold harmless Team Birke, Minnesota Biathlon, Cross Country Skiing and Biathlon Community Olympic Development Programs, Minneapolis Ski Club, and their affiliate clubs, directors, officers, employees, coaches, sponsors, advertisers, and owners/lessors of used premises from all claims for liability, injury, loss, or damage connected with my participation in biathlon training and competition. I intend for this waiver and release to also apply to my relatives, personal representatives, heirs, beneficiaries, next of kin, and assigns.

Insurance. I currently have, and agree to maintain throughout the time I participate, sufficient medical and accident insurance. I understand that this is my responsibility and release any one else from providing it for me.

I have read this agreement carefully, understand that I give up substantial rights by signing it, and sign it voluntarily.

Participant's signature Date _____

For participants under age 18:

I consent to the above person's participation in biathlon training and competition. I acknowledge that I assume all risks, known and unknown, and waive all claims in advance.

Parent/guardian's signature Date _____