



IS MINNESOTA BIATHLON CODP FOR ME?

IF YOU HAVE:

high aspirations for success in nordic sport
motivation, talent and desire
patience and focus

IF YOU WANT:

to train hard and to train smart
top quality coaching
individualized attention
world-class race support
a pipeline to the international levels of competition
physiological monitoring and testing
an education in training methods and theory
an opportunity to travel nationally and internationally
for training and competition
to combine nordic skiing and rifle marksmanship
and to have FUN!

HOW DO I GET INVOLVED?

participate in a novice biathlon race where we
provide the instruction and the rifles; no
experience needed! Visit our website or
contact one of coaches for more information.
come to our recruiting camp held each spring for
skiers age 13 -17
visit our website at www.minnesotabiathlon.com for
information about upcoming events
contact one of our regional coaches

Minnesota Biathlon is a 501(c)(3), non-profit, amateur sports
organization. All donations are tax-deductible. 100% of all
donations go directly to support athlete programs.

STATE WIDE PROGRAMS:

**Minnesota Biathlon – Twin Cities
Community Olympic Development Program**
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BIATHLON IS THE ULTIMATE COMBINATION OF PHYSICAL AND MENTAL CHALLENGES

Biathlon, the exciting sport that combines the physical demands of cross-country ski racing with the precision and control of rifle marksmanship.

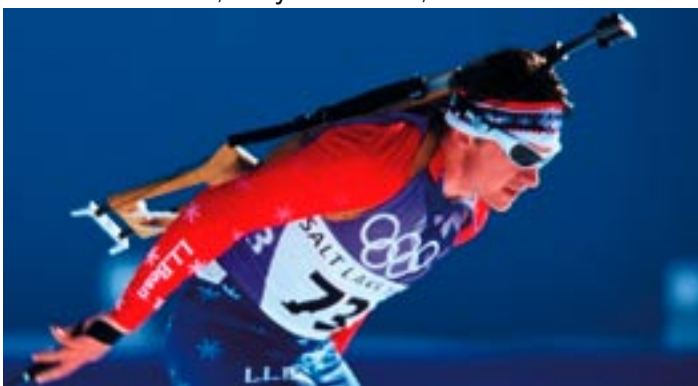
Originally introduced as an Olympic sport in 1960, biathlon has the biggest spectator following of any winter sport in Europe!

In a biathlon event, racers ski several kilometers over challenging terrain with a rifle harnessed to their back followed by shooting either prone (lying down) or standing at targets 50 meters away. Skiing and shooting are alternated, requiring athletes to push their body to their limits during skiing, and then quickly calm their body and heartbeat enough to be able to hit the targets.

MOST SUCCESSFUL PROGRAM:

Minnesota Biathlon has become the largest and most successful junior biathlon program in the nation. Our Mission is to recruit young, highly motivated and talented athletes, provide exceptional training and educational opportunities, and achieve top national and international results.

Minnesota Biathlon was included as part of the U.S. Olympic Committee's Community Olympic Development Program in 1997. In 2000 the U.S. Junior National team moved its training base from Burlington, Vermont to Duluth, MN, and in 2003, the Junior National Team moved to its present location at Mt. Itasca, in Coleraine, MN. Our Junior National team staff includes Head Coach, Vladimir Cervenka in Grand Rapids, and Assistant Coach, Gary Colliander, in Duluth.



HOW DO WE TRAIN?

Minnesota Biathlon Community Olympic Development Program combines local weekly training with intensive instruction during camps at a variety of training locations in Minnesota and at Olympic Training Centers throughout the nation.

CAMPS

Training Camps are a time when very focused learning and physical training takes place. Typically, new biathletes will learn the basics of shooting technique at a June training camp. Other camps will focus on ski technique, high volume training, or combining rollerski training with shooting. Camps are conducted on the North Shore, at the indoor shooting center in Grand Rapids, Mt Itasca Biathlon Stadium, and at Camp Ripley. Also, we hold training camps in Winter Park-Colorado, Soldier Hollow-Utah, West Yellowstone-Wyoming and Lake Placid, NY. All camps focus on developing good training habits, learning the basics of training physiology, and testing physical and mental abilities. We also visit new places, meet athletes from other regions of the country, and have a good time!

LOCAL TRAINING:

Year-round training with local coaches helps cement the learning and instruction that the camps provide.



Minnesotans Kara Salmela (above) and Dan Campbell (center panel) competing at the 2002 Olympics in Salt Lake City, UT

PROVEN RESULTS:

- Three Minnesota biathletes represented the United States at the 2002 Olympic Games in Salt Lake City: Kara Salmela of Duluth, Andrea Nahrgang of Hopkins, and Dan Campbell of Hastings.
- 11 Minnesota Biathletes were selected to a team of 15 to represent the United States at the 2004 World Junior Championships
- Minnesota junior biathletes have placed in the top 10 at World Junior Championships on a number of occasions in the past 4 years:
 - 2004 Ben Byrne 4th Place Sprint
 - 2002 Carolyn Treacy- 2nd Place Relay
 - 2001 Evan Ray 7th Place Sprint and 9th Place Pursuit



Training locations include the Duluth/Proctor, Grand Rapids, Ely, Brainerd/Nisswa, Twin Cities, and St. Cloud. Athletes receive ongoing coaching, training plans, video technique analysis and physiological testing to monitor training progress. Athletes who live in areas where there is no local coaching can receive detailed training plans and keep up to speed at the many training camps.

