



## Biathlon Programs

### *Biathlon Bears Programs*

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Biathlon is a winter sport that combines cross country skiing with rifle marksmanship. The Biathlon Bears Program is a recreational, introductory program aimed at boys and girls ages 8-14. Telemark Nordic Club integrates the nordic ski instruction for the Biathlon Bears program with the Ski League and TR1 program. As such, Biathlon Bears registrants will be learning ski skills with a larger cohort of skiers, while the marksmanship skills are developed at dedicated practices. All participants use .22 rifles to work on their marksmanship skills. The focus is to learn how to safely handle a firearm, integrate good ski technique with their marksmanship skills and to have fun. The levels for Biathlon Bears are:

**Black Bears:** for those in their first year of biathlon

**Grizzly Bears:** for those in their second year of biathlon

**Polar Bears:** for those in their third or fourth year of biathlon

All members of the Biathlon Bears Program must register with Team Telemark Nordic (ski practices) as well as the Biathlon Bears (ski and shooting practices) program. The program includes ski instruction practices, marksmanship instruction practices, and biathlon rifle Type A rental, ammunition and rifle maintenance.

### *Biathlon Racing Programs*

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These programs are geared for athletes who wish to compete. The programs encourage the athlete to develop precise shooting and powerful skate ski skills. The programs use the “Learning to Train” and “Training to Train” levels, following the Canadian Biathlon Long Term Athlete Development Model.

**Biathlon Development Racing Program** – for athletes who wish to enter into competition. The program includes two 2-hour sessions each week (usually Saturday morning and Tuesday/Thursday evenings). Athletes must supply their own biathlon rifle and ammunition (rifle rentals are available on a limited basis). There are also a variety of ski technique practices, twice per week.

**Biathlon Advanced Racing Program** – for athletes wishing to compete at a higher level. The program includes three 2-hour sessions each week (usually Saturday morning, Tuesday/Wednesday/Thursday evenings). Athletes must supply their own biathlon rifle and ammunition (rifle rentals are available on a limited basis). There are also a variety of ski technique practices, twice per week.

*All athletes that competitively race in IBU level races must either have a PAL or POL. Race Team members must also purchase a Telemark Nordic Club membership, and a Biathlon BC membership through Biathlon Canada.*

## ***Cadet Biathlon Program***

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Cadets is a national program for youth ages 12-18. This program is open to any athlete who is part of an active cadet squadron/corps which currently has, or wants to start, a biathlon team. It is run as a civilian program using civilian Telemark Biathlon coaches and is designed to prepare cadets to compete in the zone, provincial and national cadet biathlon race series. This is a civilian program designed to teach the skills necessary to compete in the cadet biathlon race series. The club will work alongside the squadrons/corps to integrate cadet rifles into the program once they have been issued to the units, however it will be up to the units/corps to register the cadets in the zone race. A cadet does not need to race in order to participate in this program. Participating youth must be a member of a Cadet Unit (air/army/sea). This program normally begins in October and ends with the zone race at the end of December. If interested, contact [Telemark Biathlon Program Coordinator](#) directly.

## ***Para Biathlon Program***

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This program encourages and welcomes athletes with a variety of disabilities. By using laser rifles or air rifles, athletes are able to participate in biathlon at both a recreational or competitive level. We have athletes able to act as guide skiers for sight impaired, as well as coaches and parents able and willing to work with athletes with other disabilities. Contact [Telemark Biathlon Program Coordinator](#) if interested.

## ***Recreational Teen Nordic Program – not offered this season***

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This program is for teenagers who have had limited ski experience and want to sample a variety of nordic sports. The program is led by peer athletes. The focus will be on Classic, Skate, biathlon and snowshoe techniques with an emphasis on learning skills to enjoy the winter outdoors. Contact [Telemark Biathlon Program Coordinator](#) if interested. Recreational Teen Nordic athletes must also purchase a Telemark Nordic Club membership, and a Biathlon BC recreational membership through Biathlon Canada.

## ***Biathlon Adult Program***

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This is geared for the 'youth at heart'. Our program focuses on helping you become a competent biathlete to either enjoy a time on the range or in a competitive peer race. Some sessions are mentored by higher performance biathletes for specific ski and shooting techniques. Athletes must supply their own biathlon rifle and ammunition (rifle rentals are available on a limited basis). This program runs on Saturdays and Wednesdays.

For further information go to: <http://telemarkbiathlon.com/programs/>