

Eastern Regional Development Camp

July 29 thru August 5, 2007

This camp is aimed at scholastic athletes who want to improve their ability to compete effectively at national and continental level events (NorAm Events, US National Championships and North American Championships). Utilizing the facilities at Lake Placid's Olympic Training Center and Mt. Van Hoevenburg, the athletes will participate in activities that will improve their shooting and skiing techniques and provide the basis of training that will be needed to be successful at this level and beyond. It is highly recommended that athletes prepare ahead of time for this camp and come well rested.

A summer biathlon event is scheduled at Mt. Van Hoevenburg on Saturday, August 4th. Participation in this event will be included as a camp activity and the fee associated included in the total camp costs. Along with the housing and meals, which will be provided at the Lake Placid Olympic Training Center, each camp participant will be presented with a commemorative T-shirt.

The all inclusive cost for this 7 day camp is **\$350** and will be limited to the first 15 athletes send in a \$50 deposit.

What to Bring: rifle, ammo, cleaning supplies, skate and classic roller skis, ski boots, classic and skate poles, helmet, running shoes, water bottle holder, personal hygiene supplies, sun screen, swim suits.

To reserve a spot at this camp complete the following form and send a \$50 deposit (nonrefundable) made out to the Lake Placid Biathlon Club to: Rick Costanza, 61 Mt Pisgah Lane, Saranac Lake, NY 12983.

Name: _____ Age: _____ Gender _____
Street: _____ E-mail: _____
City: _____ Phone Number(s): _____
State: _____ Zip: _____

Contact Information

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