

Biathlon Level 1 Coaches Clinic

June 15, 16, 17, 2007

Summary: This clinic is designed to provide club coaches and parents with the skill and materials that can be used to develop an active program at the local level.

Friday Evening - Introductions & General Discussion

- An exchange of ideas to identify specific needs to be addressed during the clinic

Saturday - Level 1 Coaches Clinic: "Coaching, Kids and Club Programs"

- Throughout the day, the participants will be lead through the levels of athletic progression, presenting a philosophy and examples that enable the development of a training program fro athletes at any level. These principles will enable to participants to organize their clubs in a way that will attract and nurture young athletes, encouraging them to continue in the sport of biathlon.
- In the evening, members of the US Biathlon Team will relate their experiences starting with their entry into the sport through junior level competitions and on to international events including World Cup and Olympic competitions.

Sunday - Event Organization and Preparation

- Biathlon is a very labor intensive and complex sport. To plan, organize and officiate even a club level event is a daunting endeavor. This session will focus on the basics rules and officiating skills needed to properly conduct an event at any level.

Costs: \$30

Limited to : 15 participants

To reserve a spot at this camp complete the following form and send a \$30 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: _____ Email: _____
City: _____ Phone Number(s): _____
State: _____ Zip: _____

Contact Information 9

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