

NCCP - Biathlon - Competition Development Workshops

Location: Canmore, Alberta - Canmore Nordic Centre

Date: Wednesday July 31st – Monday August 5th, 2019

Times:

Wednesday 31st 8:30-20:45

Thursday 1st 8:30-20:45

Friday 2nd 8:30-17:30

Saturday 3rd 8:30-17:00, 19:00-20:45

Sunday 4th 8:30-20:45

Monday 5th 8:00-15:00

*subject to minor changes (other than week beginning and end times)

Learning Facilitators: Jacqueline Akerman, Jessica Kryski, Kathy Davies, Roddy Ward, Matthias Ahrens, Geret Coyne, Rich Pettit, Pavel Lantsov, Jean-Philippe Le Guellec and more.

Location: Ottawa, Ontario and Chelsea, Quebec – Various locations in the area

Date: Sunday October 6th – Friday October 11th, 2019

Times:

Sunday 6th 8:30-20:45

Monday 7th 8:30-20:45

Tuesday 8th 8:30-17:30

Wednesday 9th 8:30-17:00, 19:00-20:45

Thursday 10th 8:30-20:45

Friday 11th 8:00-15:00

*subject to minor changes (other than week beginning and end times)

Learning Facilitators: Jacqueline Akerman, Jessica Kryski, Kathy Davies, Philippe Le Guellec and more.

Future Workshops:

Location: Canmore, Alberta - Canmore Nordic Centre

Date: April 19-24, 2020

French Language Delivery

Location:

Quebec City – Myriam Bédard Biathlon Centre and other locations in the area.

Date: July or August 2020

Workshop Information:

Workshop Fee: \$540 includes workshop instruction/participation, materials, evaluation of portfolio elements for up to one year from workshop end date, one supper, coffee/snacks, transport to and from Calgary airport, and ammo.

Workshop content includes:

- Tactical Components of Skiing and Shooting
- The Basis of Sport Program Design and Management
- Observation of Athletes in Training

- Advanced Rifle Fitting and Rifle Maintenance
- Selection and Recruitment Programming
- Race and Practice Resources
- Race Support and the Tour Coach
- Developing Athletic Abilities for Biathlon
- Assessment and Monitoring
- Altitude in Training and Competition
- Yearly Training Plans
- Advanced Biathlon Practice Planning
- Advanced Practice Planning
- Shooting Periodization
- TTC Development Stage
- Psychological Skills for Biathlon
- Group Dynamics and Team Building
- Biomechanics and its application to skiing and shooting,
- Analysis of Sport Performance Data
- Agility, Balance, Coordination and Strength
- Electronic tools for technical intervention, effective video analysis
- Advanced Waxing and Team Protocols
- Advanced Ski Technique and Error Detection and Direction
- Prone and Standing Shooting Skills and Drills

Prerequisites: See pathway:

<http://biathloncanada.ca/wp-content/uploads/2015/06/Competition-Development-Coaching-Pathway-2017-2.pdf>

<http://biathloncanada.ca/wp-content/uploads/2015/06/Comp%C3%A9tition-D%C3%A9veloppement-cheminement-de-l'E2%80%99entra%C3%A9neur-2017.pdf>

What to bring: Roller-skiing gear, rifle that fits you (you can ask a local club/athlete if there are some to borrow), athletic clothing for all weather (mountain weather can change quickly and seem out of season). Note book and writing utensils, tablet or video recording device, your regular coaching packing list. (Non locals do not need to bring scopes/tripods/rifle tools).

You will be expected to participate in roller skiing, strength, shooting and active sessions.

Registration:

Indicate your intention to participate by registration through the [Coach Locker calendar](#) - please ensure you have all the required prerequisites **prior** to signing up, you will otherwise be removed from the list so those who have completed requirements can sign-up first. Your eligibility will be reviewed, and a follow-up email will be sent with next steps and payment instructions.

If you do not have all prerequisites but **will complete** before the registration close, please email jakerman@biathloncanada.ca with your plan, or if you need direction on how to complete the

pre-requisites. Please note those who have completed requirements have first shot at registration.

Minimum participation to run the workshop - 6

Maximum participation - 12

Registration closes 3 weeks prior to the workshop.

Pre-workshop homework: Participants will receive some pre-assignments, three weeks prior to the workshop.

Travel/Accommodation:

Participants are responsible for their own travel, accommodation and food. Transportation to and from the Calgary airport can be arranged through Biathlon Canada. If you would like to stay with a biathlon family in the area, please contact them directly or one of the many clubs to see if they will help you in finding a family to stay with.

Funding:

Please contact your home club, division, or provincial/territorial coach association to see if they can offer any funding support.

Questions:

Contact Jacqueline Akerman - jakerman@biathloncanada.ca