

BIATHLON BC HIGH PERFORMANCE TRAINING GRANTS 2021-2022

Program Objectives:

Biathlon BC recognizes the commitment it takes, both in time and finances, for an athlete to reach the National Team level and compete on the international stage. To provide support for British Columbia's HP Squad athletes Biathlon BC has created the HP Training Grant Program.

For the 2021-22 season, members of the BC HP Squad are eligible to apply for the following training grants. The maximum amount of funding for the training grant program is \$15,000. Biathlon BC reserves the right to increase or decrease grants awarded to individual athletes, or to not award a grant at all, based on the applications received.

1. HP Squad Athletes who competed on the World Cup or IBU Cup circuit in the 2020-21 season: **\$1500.00**
2. HP Squad Athletes who are named to a Biathlon Canada National Training Team (Senior National Team, Senior National Development Team, U24 Development Team or U20 Development Team) for the 2021-22 season: **\$950.00**
3. HP squad Athletes who did not compete on the World Cup or IBU cup circuit or are not named to 2021-22 Biathlon Canada National Training Team: **\$665.00**

Administration of the Program

All grant applications should be sent to Biathlon BC's Provincial Head Coach (coach@biathlonbc.ca). HP Training Grant Applications must be submitted by November 15, 2021, and grants will be awarded no later than November 30, 2021.

Biathlon BC HP Training Grant Specific Requirements

1. Athlete must submit an up-to-date training log for evaluation of their commitment to training in line with Biathlon Canada's recommended training volumes (refer to the Physical Training guidelines below).
2. Athlete must have submitted results from a 3000m Run or Incremental Test
3. Athlete must have submitted results from a National Team Shooting Test (NTT).
4. Athlete must have submitted a summary from a Functional Movement Screen performed by a qualified health professional.
5. Athlete must have submitted proof that they completed the [True Sport Clean](#) online module.
6. Athlete must have successfully completed [Safe Sport Training](#).
7. Athlete must commit to competing at the 2022 Biathlon National Championships, as a BC athlete. Exceptions are made for athletes representing Biathlon Canada at international events.
8. Athlete must commit to submitting social media content from your season to Biathlon BC.

Commitment to Training Requirement:

The HP Training Grant requires a commitment to training in line with Biathlon Canada's recommend training Volumes (see standards below). Applicants must submit their training log along with their application for assessment. Accepted formats are:

- Scanned hard copies
- Electronic documents (Excel file, Numbers file, Google Docs)
- Training Peaks account (link account to coach@biathlonbc.ca).

Physical Training Guidelines

Category (year in category)	Approximate YTP Volume	Expected hours completed (May-Oct)
Senior B/G (2)	450-500 hours	225-250
Youth M/W (1)	500-550 hours	250-275
Youth M/W (2)	550-600 hours	275-300
Junior M/W (1)	600-625 hours	300-310
Junior M/W (2)	600-650 hours	300-325
Junior M/W (3)	650-675 hours	325-340
Senior M/W (1)	650-700 hours	325-350
Senior M/W (2+)	650-725+ hours	325-350+

Requirement to Submit Social Media Content:

Recipients of the HP Training Grant are role models for young biathletes in British Columbia, but due to competitive tours, are rarely present at Biathlon BC events. In order to help inspire the next generation of BC biathletes, HP Training Grant recipients are required to submit content related to their season to Biathlon BC (direct all content to sponsorship@biathlonbc.ca). The expectation is to submit at least one entry per month.

All submitted content must adhere to Biathlon BC's social media and sponsorship policies.

Content suggestions include:

- Selection/qualification event summaries/stories
- Photos/videos of competition
- Photos/videos of training camps
- Photos/videos of team events
- Photos/videos of training venues
- Photos/videos of travel on competitive tours
- Photos/videos of your training environment
- Competition summaries/stories
- Tour summaries/stories