



# Biathlon BC Squad Manual

## Team Culture

Our team culture is an expression of our values, attitudes and goals that Biathlon BC athletes strive for during and outside of all Biathlon BC events and activities. Our team culture is comprised of 2 main pillars outlined below.

**Growth Mindset:** Athletes believe that hard work and effort will result in improvement. Challenges, set-backs and failures are viewed as opportunities to learn and grow.

**Build Each Other Up:** Use positive and respectful language at all times with teammates and coaches. Encourage your teammates to strive to be the best they can be. Older or more experienced athletes mentor and encourage younger, less experienced athletes.

## Expectations at Training

### Before Training

- Arrive early enough to be ready to start on time for all BiBC events, including virtual activities, team meetings, zeroing, and training.
- Arrive at training in time to get yourself organized and to assist with set up.
- Assist with set up by asking your coach if there is anything you can do to help.
- Arrive at training with all the equipment you need for the session.
- Ensure that all your equipment is properly working and well maintained before the start of training (ski poles sharpened, rifle clean, roller skis are safe).
- Bring appropriate layers of clothing to training.
- Know the goal of the training session and have a specific personal goal for every session.
- Bring a drink belt or water bottle holder to every session.
- Make sure you have basic tool kit for your own equipment (Alan key set, wrench, etc) so you can be self sufficient.

### During Training

- Be present and in the moment. Avoid distractions, as progress happens in the present.
- Give your full attention to the training and actively work to improve.

- Prioritize the goal of the session that you and your coach have determined.
- Be a good teammate during practice - don't distract others from their work and be supportive and respectful.
- Remain coachable - seek feedback from all coaches.
- Keep an open mind and accept constructive feedback with a growth mindset.
- Minimize stops and inefficiencies in your training. Have extra clips loaded, be mindful of time spent chatting with teammates during training.
- Seek challenges and view mistakes as opportunities to learn.
- Celebrate your successes and the successes of your teammates.
- No phones at practice or team meals

### After Training

- Clean up all your belongings including any garbage and misfires.
- Assist with cleanup by asking your coach if there is anything you can do to help.
- At a minimum change your training shirt within 20 minutes of finishing the training.
- Change all your clothes within 1 hour of finishing the training.
- Drink a recovery drink or eat a snack within 30 minutes of finishing the training.

### Outside of Training

- Be a positive role model and show leadership.
- Be a good teammate by showing respect and being supportive.
- Complete all program activities and update your training log every day.
- Complete all monitoring prescribed by BiBC and your coaches.
- Be in control of your own athletic career. Take responsibility for wins and defeats.
- Plan for and prepare nutritious meals and snacks throughout the day.
- Strive to sleep 8+ hours each night, and to be asleep before 10:00pm each night.

### **Communication**

- Share how you are feeling with your coach before every training session.
- Respond to phone calls and e-mails from your coach/teammates within 48 hours.
- Be proactive with communication, don't wait for an e-mail or phone call.
- Copy a parent or coach on all e-mail to Biathlon BC's head coach.

### **Competition**

- Avoid competition when you are sick or injured.
- Learn the rules of biathlon for the category you intend to race in.
- Arrive on time for your warm-up, zero and start.
- Show sportsmanship and professionalism during each competition.
- Attend the appropriate amount of biathlon competitions each year.
- Express your gratitude to event volunteers and team helpers.
- Wear the appropriate race attire during each race.

## True Sport Principles

Follow the True Sport Principles at all times and encourage team mates to do the same.

**TRUE SPORT**  
WINNING HEARTS AND MINDS FOR GOOD SPORT

# TRUE SPORT PRINCIPLES

### KEEP IT FUN

Find the joy of sport and have a good time. Keep a positive attitude and look to make a positive difference, on the field and in your community.

### RESPECT OTHERS

Show respect for everyone involved in creating a sporting experience, both on the field and off. Win with dignity and lose with grace.

### GIVE BACK

Always remember the community that supports your sport and helps make it possible. Find ways to show your appreciation and help others get the most out of sport.

### GO FOR IT

Always strive for excellence and rise to the challenge, but never at the expense of others. Discover how good you can be.

### PLAY FAIR

Play honestly and obey the rules, in letter and spirit. Winning is only meaningful when competition is fair.

### STAY HEALTHY

Place physical and mental health above all other considerations and avoid unsafe activities. Respect your body and keep in shape.

### INCLUDE EVERYONE

Share sport with others, regardless of creed, ethnicity, gender, sexual orientation or ability. Invite everyone into sport to make it more meaningful for the whole community.