



*National Governing Body For the Olympic Sport of Biathlon
49 Pineland Dr, Suite 301 A
New Gloucester, Maine 04260
www.USBiathlon.org*

Application for Senior National Development Camp,
Lake Placid Olympic Training Center, June 5-14, 2007

The U. S. Biathlon Team has had a long history of recruiting talented and motivated cross country skiers and helping them become world-class biathletes. Currently our men's team is ranked 10th in the world, with all 4 of our top men regularly finishing in the top 40 in the world. We are looking towards the 2010 Olympics with excitement, and we hope to find a number of future Olympians in our National Development Camps of 2007. Our current national team athletes all came to similar camps in 1995-1997.

Description and Purpose of Camp

The purpose of the Senior National Development Camp is allow talented cross country skiers who are young seniors (ages 20+), to get a fast start in the sport of biathlon. This camp will help USBA determine if you have what it takes to be a World Class biathlete, and let you see if the USBA Development Team is a place where you can pursue your dreams. The goal of the Development Team is to take post collegiate cross country skiers and turn them into World Class biathlete within 3-6 year. This camp is portal to the USBA Development Team. This camp is open to post college athletes, as well as athletes still in college who interested in pursuing biathlon after they graduate. USSA and NCAA skiing results will be the primary factor for measuring applications.

During the camp you will receive many hours of biathlon marksmanship training. We will also spend much time working on skiing technique and strength training technique. We will do a substantial amount of physical training, as well as some physiological testing. There will be presentations by athletes and coaches on Training Physiology, Habits of World Class Athletes, and Mental Aspects of Training and Competition.

Application Deadlines

This camp is limited to 6 men and 6 women. Please fill out the camp application. You can download the application in Word from the USBA website at www.usbiathlon.org. Applications are due by April 15th. Please email (preferably) or mail them to Piotr Bednarski, mnbiathlon@aol.com, 5032 28th St, St. Louis Park, MN 55416. We may call you to further discuss your application. Applicants will be notified by April 20th whether they have been accepted. All athletes that are accepted have until May 1st to

confirm via email or phone that they will be attending: Please contact Piotr Bednarski at mnbiathlon@aol.com, 952/924-0381.

Travel, Arrival and Departure

The cost for the camp will be \$100 for the 9 day camp. We expect all athletes to arrive in Lake Placid by 7pm on June 5th, and departure will be in the morning of June 28th. All athletes will have to provide their own transport to Lake Placid, NY. We can also make arrangements for pickup at the Albany, NY airport. USBA staff can also provide transport from Burlington, VT and Presque Isle, ME. Biathlon rifle and ammunition will be provided. Further camp details will be sent out in April.

Coaching Internships

We have several coaching internship positions available during the camp. Coaches may apply by emailing Piotr Bednarski at mnbiathlon@aol.com. Intern coaches must provide their own transport to Lake Placid OTC, Albany, NY, Burlington, VT, or Presque Isle, ME. All expenses at Lake Placid will be covered by USBA.

Contacts

Piotr Bednarski, Director of Athlete Development,
mnbiathlon@aol.com, 952/924-0381

James Upham, Development Team Coach,
jimijamesupham@aol.com, 207/227-2735,

Vladimir Cervenka, Junior National Team Coach,
cervenkv@hotmail.com, 218/256-8323

Algis Shalna, Collegiate Program Coach,
algisshalna@aol.com, 802/355-8493

Gary Colliander, Junior National Team Coach,
gary@mainewsc.org, 207/227-3863

Application For Junior National Development Camp

- due March 25th, 2007- form can be downloaded in Word at www.usbiathlon.org
- email to Piotr Bednarski, USBA Director of Athlete Development, mnbathlon@aol.com, or mail to: 5032 28th St, St Louis Park, MN 55416

Name:

Address:

DOB:

Email:

Ski/Biathlon Club:

Coach's name, email and phone:

High School/College:

Grade in school or college:

Right or Left handed:

Height: Weight:

List several of your best XC skiing Results from the past two seasons (NCAA results, Super Tour/US Nationals results, USSA Points, FIS Points, regional collegiate results):

What other sports do you compete in? Please list some of your top results (times and distances) from the past four years. Please list team sports as well:

What are your goals in sport?

Why are you interested in Biathlon? Do you have any biathlon experience?

Have you had any laboratory testing- lactate profile or max VO₂? If so, please include results:

Do you have a training log? If so, what were your training hours last year? (Feel free to attach an annual log spreadsheet).