



Club Biathlon Vaudreuil-Soulanges

Camp Entraînement Biathlon en vue des JQ 2019

In the context where biathlon athletes in the regions served by Le Club Biathlon Vaudreuil-Soulanges were unable to participate in a regional final of the Quebec Games in 2018, it organizes a one-day preparatory training camp 2019 Quebec Games. The activity will be limited to a maximum of 30 participants.

Goal of the training camp

The objective of such an event is to prepare the athletes of the regions it serves for the regional final to be held in 2019, then the 2019 Quebec Games.

Who can participate

Ideally, the organization targets at least one participant per age group for each of the regions served.

Young people who can participate in this activity young people must:

- Between 11 and 14 years old
- Stay in one of the regions (URLS) served by the (CBVS):
 - Bourassa
 - Montreal
 - Lake St. Louis (CLSC)
 - South Shore
 - Richelieu-Yamaska
 - Southwest

In addition, the youth must be a member in good standing of the Fédération Québécoise de Biathlon (FQB) or the Cadet Movement. A young person who is interested in biathlon but who is not a member of the FQB will be able to participate by completing a Biathlon Canada day permit at the cost of \$ 5.

Training camp location

The city of Saint-Lazare graciously gives us access to the Parc-nature les Forestiers de Saint-Lazare.

Here is the address:

Nature park of Saint-Lazare
2800, chemin de Lotbinière,
Saint-Lazare QC, J7T-3H9

The site has a reception with drinking water and sanitary within 500m of the training place.

Date of the activity

The training camp will take place on April 22, 2018 from 9:00 to 15:30.

In case of rain, the activity will be postponed to April 28, 2018. If the activity was to be postponed, an announcement will be made no later than April 19, 2018 from 9:30 am, on the website of the club <http://cbvs.org>.

What to bring to participate in the activity

To participate in the training camp you must bring:

- Warm, comfortable linen - multilayer recommended (avoid jeans)
- Lunch (there is no canteen on site)
- A water bottle
- A snack (apple, nuts, etc.)
- Your RAMQ card (you must have it in your possession)

Registration

People can register on Eventbrite by clicking on the following link:

[Training Camp JQ-2018](#)

Password: **Quebec 2019**

The closing date for entries is 18 April 2018 @ 18h00

The activity is free.

However, for those who will need the \$ 5 biathlon Canada Day Permit, the amount will be collected on site.

Contact

For more information, contact us at the following address:

camp-2018@cbvs.org

Program

Activities :

Activity	Location	Subject
1	Daisy fire range	Revise my 5 shooting principles
2	Jogging ring	How to develop my cardio (Fartlek / Intervals)
3	Laser Fire range	Tips and tricks to increase my shooting performance
4	Desjardins tent	Physical and Mental preparation to performance to competition
5	Fein Fire range Lane 1 to 4	<ul style="list-style-type: none">• Arrival to / Departure from Fire range• Shooting procedure• Target traversal concept
6	Fein Fire range Lane 5 to 7	Stand-up shooting techniques
7	Desjardins tent	Bien s'alimenter pour bien compétitionner

Horaire

09h00 – 09h45	Introduction aux activités Concentration point under the adjacent Desjardins marquee at the cottage <ul style="list-style-type: none"> • Welcome • Presentation of instructors • Schedule of the day • Team division
09h45 – 10h30	Activity #1
10h30 – 11h15	Activity #2
11h15 – 11h45	Activity #3
11h45 – 12h30	Activity #4
12h30 – 13h00	Lunch
13h00 – 13h45	Activity #5
13h45 – 14h30	Activity #6
14h30 – 15h15	Activity #7
15h15 – 15h30	Feedback



Summary*

Groups	A	B	C	D	E	F	G
09:00	Introduction to activities						
09:45	1	2	3	4	5	6	7
10 :30	2	3	4	5	6	7	1
11 :15	3	4	5	6	7	1	2
11 :45	4	5	6	7	1	2	3
12 :30	Lunch						
13 :00	5	6	7	1	2	3	4
13 :45	6	7	1	2	3	4	5
14 :30	7	1	2	3	4	5	6
15 :15	Feedback						

* In each of the activities are included 5 minutes at the end of the period for moving to the next activity.