



NWT Biathlon Sport Plan 2008-2013

Overview 2007-08:

Yellowknife is to be commended for hosting a well organized, well run biathlon event at the 2008 A.W.G.. The N.W.T. team took its share of medals with some exceptional results in snowshoe biathlon.

Athletes from Trout Lake and the Beaufort Delta dropped out at the last minute which was disappointing not to have athletes from some of the more remote communities, although Fort Simpson did very well.

The usual clinics, etc were held in the larger communities, with the sport introduced to several new communities i.e. - Fort Resolution.

At the national scene Brendan Green and Lindsey Bollivar finished strong, winning medals at the US-NorthAmerican Championships and Canadian Nationals.

Biathlon in Yellowknife was down this year possibly the effort spent organizing the AWG.s/ There was interest in Ft. Resolution, Kakisa, Trout Lake and a strong showing in Fort Simpson.

A Biathlete – Amy MacDonald helped out the NWT NAIG team by coaching the shooting team.

We hope to partner with the aboriginal sports circle to introduce /develop shooting/biathlon/snowshoeing in some of the more remote NWT communities.

Mission:

Our mission is to continue the positive development of the sport of ski & snowshoe biathlon in the NWT.

Vision:

- To bring communities together through sport
- To support the talented athletes in their high performance endeavors
- To reach out to the remote communities where outdoor activities are a part of daily life
- To promote health and wellness through participation in cross country skiing and marksmanship
- To reconnect youth to the land through cross country skiing, snowshoeing and rifle marksmanship
- To educate youth in the safe rifle handling and marksmanship skills that are needed to survive in a traditional Northern lifestyle.

Goals:

- To increase the number of participants across the North
- To provide support to the elite athletes
- To recruit sponsorship and support for the Association

Background:

NWT Biathlon has been an active division since 1978 and has competed in the Arctic Winter Games, Canada Winter Games, National Championships, Polar Cup Circuit, Western Canadian Championships, Alberta Cup Circuit and local races in Yellowknife, Hay River and Ft. Smith. Cadet Corps in the NWT also offer biathlon and the N.W.T Biathlon Association and members of the Cadet Corps have participated in the Cadet National Championships. NWT Biathlon members have also competed at European Cups, World University Games and World Championships.

In the 2006-07 season the membership included:
166 athletes, 14 coaches, 24 officials, 70 supporters

Challenges of Biathlon in NWT

- Small population and large geographic area.
- Lack of leadership in remote areas to offer programs
- Lack of equipment – skis and rifles to be used in programming
- Weather creates challenges with outdoor programming and scheduling
- Exorbitant travel costs
- Lack of accessible high level competition

Why Biathlon is suited to the NWT:

- Skiing, snowshoeing, running promote a healthy lifestyle
- Rifle marksmanship is a necessary skill for hunting
- Snow is available for 6 months of the year
- Education and respect of proper rifle safety and rifle handling is needed for today's youth who are exposed negative influences of the video game culture
- Talented athletes have been developed from the NWT despite the barriers that are in place

PROGRAMS:

1. ATHLETE DEVELOPMENT MODEL © Istvan Balyi & Richard Way

FUNDamental Phase	Learning to Train Phase	Training to Train Phase	Training to Compete Phase	Training to Win Phase
Chronological age Males: 6 – 9 Females: 6-8	Chronological age Males: 9-12 Females: 8-11	Chronological-Biological age Males: 12-16 Females: 11-15	Chronological-Biological age Males: 16-18 Females: 15-17	Chronological age Males: 18 + Females: 17 +
<p>* FUN and participation</p> <p>* General, overall development</p> <p>* ABC's of Athletics Run, Jump, Throw</p> <p>*ABC's of Athleticism Agility, Balance, Coordination Speed</p> <p>* Medicine ball, Swiss ball, own body strength exercises</p> <p>* Introduction to simple rules of ethics of sport</p> <p style="text-align: center;">* Screening</p> <p>* NO periodization, but well structured programs</p> <p>* Physical activity 5-6 time per week</p>	<p>* Overall sports skills</p> <p>* Major skill learning phase, all basic sports skills should be learnt before entering next phase</p> <p>*Mental -Cognitive and Emotional development</p> <p>* Introduction to mental preparation</p> <p>* Medicine ball, Swiss ball, own body strength exercises</p> <p>* Introduce Ancillary Capacities</p> <p style="text-align: center;">* Talent ID</p> <p>* Single Periodization (Very few sports Double periodization)</p> <p>* Sport-specific training 3 times per week, participation in other sports 3 time per week</p>	<p>* Sport specific skill</p> <p>* Major fitness development phase (aerobic and strength, PHV is the reference point)</p> <p>*Mental -Cognitive and emotional development</p> <p>*Develop further mental preparation</p> <p>* Introduce free weights</p> <p>* Develop further Ancillary Capacities * Frequent musculoskeletal evaluations during PHV</p> <p style="text-align: center;">* Selection</p> <p>* Single or Double Periodization</p> <p>* Sport-specific training 6 – 9 time per week</p>	<p>* Event, position specific physical conditioning</p> <p>* Event, position specific technical tactical preparation</p> <p>* Sport, event, position specific technical and playing skills under competitive conditions</p> <p>* Advanced mental preparation</p> <p>Optimize Ancillary capacities</p> <p style="text-align: center;">*Specialization</p> <p>* Double or Triple Periodization</p> <p>* Sport-Specific Technical, Tactical and fitness training 9 – 12 times per week</p>	<p>* Maintenance or improvement of physical capacities</p> <p>* Further development of technical, tactical and playing skills</p> <p>* Modeling all possible aspects of training and performance</p> <p>*Frequent prophylactic breaks</p> <p>* Maximize Ancillary Capacities</p> <p style="text-align: center;">* High Performance</p> <p>* Double, Triple or Multiple Periodization</p> <p>* Sport-Specific Technical, Tactical and fitness training 9 – 15 times per week</p>
Training / Competition Ratios	Training / Competition Ratios	Training / Competition Ratios	Training / Competition Ratios	Training / Competition Ratios
50 : 50	75 : 25	60 : 40	40 : 60	20 : 80

Note: Competition ratio includes competition *and* competition specific training

2. BIATHLON COMPETITIONS

Responsibility: Each event has its own organizing committee and financial responsibility

Activity	2008-09	2009-10	2010-11	2011-12	2012-13
North American Championships	USA	Canada	USA	Canada	USA
National Championships	Eastern Canada	Canmore	Eastern Canada	Canmore	Eastern Canada
Western Canadian Championships	Edmonton	?	?	?	?
Canada Winter Games			Nova Scotia		
Arctic Winter Games		Grande Prairie			
Territorial Games					
Polar Cups	Fort Smith Hay River Yellowknife	Fort Smith Hay River Yellowknife	Fort Smith Hay River Yellowknife	Fort Smith Hay River Yellowknife	Fort Smith Hay River Yellowknife
NWT Championships	Hay River	Fort Smith	Yellowknife	Hay River	Fort Smith
Alberta Championships	Hinton	?	?	?	?
Alberta Cups	Hinton Gr. Prairie Edmonton	Hinton Grande Prairie Ft. McMurray	Hinton Grande Prairie Edmonton	Edmonton Hinton Grande Prairie	
Regional Competitions	7-9	7-9	7-9	7-9	
Summer Biathlon Championships	3-4	3-4	3-4	3-4	

- **Polar Cups** are hosted by clubs which are able to conduct the races. The Polar Cups include ski and snowshoe biathlon with .22 cal rifles and air rifles. Cup points are calculated as per IBU rules.
- **NWT Championships** are hosted by clubs able to conduct the races. The Championships include both ski and snowshoe biathlon with .22 cal rifles and air rifles.
- **Alberta Cups** are good competitions for the top athletes in NWT to attend. The Cups held at the end of the season in northern Alberta locations are suitable for clubs to participate in with a team of junior or developmental athletes.

- **Regional Competitions** days are set aside to allow clubs to host fun competitions for athletes in the region. The purpose of the regional competitions is to provide an opportunity for new athletes to try the sport, to provide a fun atmosphere by conducting various types of competitions such as sprints, pursuits, mass starts, individual, relays and to reduce travel. The competitions should be scheduled so that cross country skiing athletes can also participate or as joint events with cross country. Athletes must have a valid Biathlon NWT or a Cross Country Skiing membership.

- **Territorial Games** – these are multi-sport games that involve a team of 4 boys, 4 girls (ages 10-14) and 2 chaperones from each of 33 communities from across the NWT. They are to promote sportsmanship and leadership and will introduce the participants to a variety of sports. Biathlon and Cross Country skiing will be featured and equipment will be made available for the participants to use.

- i. Use the Territorial Games in February 15 - 18, 2008 to expose Biathlon to the 33 communities throughout the Territory,

- ii. Recruit interested partners from that event to be available to promote biathlon in their own communities.

- *100 participants took part in the air rifle program in Fort Simpson (2007)

- **Western Canadians** rotate in the Western Provinces, hosts to be decided through bidding. One of NWT's sites should consider a bid as there is a potential to extend the season by having a more northern location for the competition.

- **Canadian Championships** are awarded by bidding and announced at the Biathlon Canada AGM and generally rotate between east and west.

- **Canada Winter Games** are held every four years, after the OWG. (2011 in Nova Scotia)

- **Cadet Biathlon** is organized annually by the Cadet movement. Additional team trials to fill out the team will also be held as required.

3. ATHLETE TRAINING PROGRAM

3.1 Selection of Training Squad Members

- Athletes are nominated based on performance during the past season, results from Polar Cups and Alberta Cups will be used for selection

- Training Squads are divided into Arctic Winter Games – Ski, Snowshoe, Canada Winter Games.

- Nomination to a squad applies for the current season only,

- Exclusion from the squad does not prevent an athlete from being named to a team.

- Only athletes named to the training squads and having competed in Canadian Championships or Polar Cups will receive financial training assistance.
- Arctic Winter Games athletes will train with their clubs and are eligible to attend Territorial Junior Development camps.

3.2 Training of athletes will consist of two components:

Club Training Camps –

- Biathlon NWT will support a series of approved camps run by clubs.
- Training Camps will be conducted in Yellowknife, Ft. Smith, Hay River and Fort Simpson.
- Camps (4-5 days) should be organized in July, August and November and weekend camps (2-3 days) in May, September and October.
- Biathlon NWT supported camps are open to all training squad athletes.
- Early on snow camp in Nov. in Hay River attracts members of the National Junior/Youth teams and a Territorial camp should be offered at the same time to take advantage of the high quality of athletes and coaches training in the area.

Regional Training Camps –

- Early on snow camps in November in Hay River attracts members of the National Junior and Youth teams.
- Territorial training camp should be offered at the same time to take advantage to the high quality of athletes and coaches training there.

Canada Games

- **Camp** program will be operated by Biathlon NWT for squad members.
- 1 dryland camp at the end of August and 1 snow camp in November or December.

4. ATHLETE RECRUITMENT PROGRAM

4.1 Junior Development Camps

- One summer camp, one winter camp of 4-5 days in duration.
- Summer camp to be in either Ft. Smith or Yellowknife.
- Winter camp to be in Hay River in conjunction with the 1st Polar Cup race or at the Christmas school break.

4.2 Biathlon Bears

- Offer the Biathlon Bears program in Fort Simpson, Fort Resolution, Trout Lake, Hay River Reserve and Inuvik in the 2007-08 season.
- Assist clubs in training leaders and running a formal Biathlon Bears program using air rifles or .22 cal rifles. Encourage new communities to run programs and use the air rifles to create interest in communities without rifle ranges.

4.3 Cadet Program Run by Cadet Corps in the various communities.

- Technical advice on training and coaching development and officials training provided by Biathlon NWT.

4.4 Arctic Winter Games Training Squads –

- Clubs will identify, name and train athletes eligible for the next Arctic Winter Games. Any number of athletes can be named.
- The team is selected through a selection race system.

4.5 Masters.

Masters (30+) are encouraged to participate, competition distances will be reviewed in order to better suit the athletes.

5. ATHLETE SUPPORT

- 5.1 Scholarships – Sport North has some High Performance support for athlete
- 5.2 Athlete Subsidy – to athletes qualified for National Team positions to partially offset team fees and travel costs
- 5.3 Competition Support - to attend competitions as decided when budgets allow
- 5.4 Training subsidies - to support attendance at approved camps
- 5.5 Prize Monies – to be distributed at selected events such as Western Canadians or Canadians
- 5.6 Rising Star program - offered through Sport North for athletes 14 or under, deadline is in March every year.
- 5.7 Sponsorship base - that can be used to help offset the costs of travel for the High Performance Athletes to get to appropriate competitions.

6. TERRITORIAL BIATHLON TEAMS

As a Territorial Team –

- National team trials, both Senior and Junior
 - Alberta Cups
 - Championships: Alberta, Westerns, Canadians
 - International Competitions: North American Cups
 - Arctic Winter Games
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- Teams are selected on the basis of results of the published selection races.
 - Executive is responsible for naming the teams.

As individuals – Alberta Cup Series,
Polar Cup series

7. CANADA WINTER GAMES 2011 – Nova Scotia

7.1. Identify Additional Athletes

- Identify a training group for the Canada Winter Games in 2011.
- Athletes born in 1990-1993 will be eligible for the Games.
- Bring them together in the 2008-09 season for a spring training camp
- Prepare training programs for them for the 2009-10 and 2010-11 season.
- Squad size of about 8 athletes (4 M, 4 W) in the appropriate age classes will be selected. Athlete selection will be based primarily on the results of the Polar Cup, Westerns and Nationals

7.2 Training Program

- The squad follows the program of the club/territorial camps and may attend camps in Alberta.

7.3 Competition Opportunities

- Send athletes from NWT to Alberta Cup races and Alberta Development Training Camps in 2008-09, 2009-10, 2010-11
- The athletes will participate in the Polar Cup circuit and some Alberta Cups, Alberta Championships, National Jr. Team Trials, Western Canadians and Canadian Championships as NWT members whenever the competition schedule permits.

7.4 Team Selection

- Team will be selected based on 2-3 selection races in and out of the N.W.T. and other designated selection criteria.

7.5 Coaching

- Identify coaches who are qualified or able to be qualified by 2010 and involve them with the team training program.

8. ARCTIC WINTER GAMES 2008 – Yellowknife, N.W.T.

- Identify a training group for the Arctic Winter Games 2008.
- Athletes of appropriate age will be considered for a training group.
- Identify both ski and snowshoe athletes.
- Eligibility AWG is based on permanent residency north of the 55th parallel.
- Selection for training squad and/or team member will be based on performance and/or potential in biathlon.

8.1 SPECIAL NEEDS

- Schedule sport outreach clinics to promote the Arctic Winter Games and recruit athletes
- Continue officials training in preparation for regional competition circuit
- Continue coaching development

8.2 TRAINING PROGRAM

- Athletes will be invited to join junior training camps. Most of the training will occur in the athletes' home clubs.

8.3 COACHING

- Coaches from local clubs will be recruited to work with the athletes on a continuous basis and will be trained through the NCCP Biathlon Program as Bronze, Silver or Gold coaches as per the new community coaching delivery system.

8.4 COMPETITION OPPORTUNITIES

- In order to prepare the athletes for a high level of competition, the athletes will compete in the Polar Cup circuit and Alberta Cups north of 55 parallel.

8.5 TEAM SELECTION

- The NWT team will be selected based on the results of the selection races to be held in Hay River on November 24 & 25, 2007 or as weather permits.

9. CLUB DEVELOPMENT

9.1 Foster the development of biathlon at the club level by enhancing the acquisition of training and competition equipment as well as training support by a club by

- Supporting access to grants, lottery funding
- Supporting club fund raising programs

9.2 Sport Outreach program

- Conduct Sport Outreach Clinics in new locations on request as long as:
 - there is no club operating nearby where a group can visit and learn about the activity
 - infrastructure for follow-up activities is in place or plans to implement are underway.

9.3 Prepare a package of materials to be used in athlete recruitment by clubs

9.4 Secure coaching for every active club.

10. COACHING DEVELOPMENT

- Levels 1-5 have been developed by Biathlon Canada.
- Community Coaching program is being phased in with Bronze, Silver and Gold coaching levels already developed.
- A High Performance Coach program is currently being written.
NWT currently has the following number of coaches who are registered in the Coaching Association of Canada data base:

	Level 1	Level 2	Level 3
Certified	3	3	2
Practical	11	2	3
Technical	30	4	1
Theory	15	14	6
Community Coach	Bronze	Silver	Gold
	11	10	11

Priorities for Coaching Development

10.1 Encourage Coaching Certification

- Offer Bronze and Silver Community Coaching courses in Ft. Smith, Hay River, Inuvik, and Yellowknife
- Identify upcoming coaches that can be developed up to Level 3 for CWG 2011
- Identify existing and potential training opportunities
- Provide an opportunity for developing coaches to mentor with more experienced coaches from other communities or provinces
- Encourage coaches in the system to take Theory Level 1 before April 2008 in order to complete their Level 1 Certification
- Encourage Level 1 and 2 coaches to upgrade
- Coach Mentorship program offered through Sport North to coaches living in communities except for Inuvik, Yellowknife, Ft. Smith and Hay River
- Publish names of qualified coaches as certifications are complete

10.2 Promote additional training opportunities for coaches

- Continue participation in advanced biathlon clinics
- Train course conductors in NWT who will deliver future courses
- Advancement through individual study
- Send supplementary information directly to coaches – participant notes from seminars, courses
- Organize brief coaching seminars at competitions by visiting coaches or other experienced NWT coaches
- Request information from coaches who have traveled to Europe

10.3 Solicit financial support for coaching education

- Sport North funding
- Access Women in Coaching Grants that may be available and funding from outside sources to aid in coaching development
- Access Professional Development Funding for any Level 4 Candidates from the Coaching Association of Canada
- Support Coaches to apply to the Petro-Canada Olympic Torch Scholarship Fund

10.4 Open Bid process for known and potential coaching opportunities

- Prepare a list of coaching opportunities at camps and competitions
- Review and determine coaches for each Biathlon NWT event
- Inform the coaches of any external coaching opportunities

11. BIATHLON FACILITIES

11.1 Canadian Firearms Centre – approved biathlon ranges

- Yellowknife – being upgraded for 2008 Arctic Winter Games
- Hay River – new safety walls in place
- Fort Smith – new approved berms in place

11.2 Air Rifles

- Hay River Reserve has a supply of air rifles and metal targets
- Feinwerbau air rifles plus metal targets – inventory one each at Hay River, Yellowknife, Fort Smith plus 3 personal rifles and targets, all available for territorial events.

11.3 Metal Biathlon Targets

- Yellowknife - 16
- Hay River – 13
- Fort Smith - 10

11.4 Special Facilities

- Air rifles are suitable in small communities to provide both training and promotional opportunities.

12. OFFICIALS DEVELOPMENT

- Background – Biathlon Canada developed a three level official's certification program in 1985. The program has undergone revision over the past 6 years.
- See Appendix E. for a list of Officials Development

12.1 Train and certify officials

- Courses will be scheduled to precede major events when interest in officiating is high. Pre-Basic –
Basic –
Advanced
- Technical Delegate and Course Conductor courses are conducted by Biathlon Canada when there is a demand for the courses.
- Offer an Officials Clinic in Ft. Smith, Hay River and Yellowknife to train officials for the Territorial Games and 2008 Arctic Winter Games.
- Develop an N.W.T Officials Program.

14. **A Sport Plan NWT Biathlon 2007-2012**

Activity	2008-9	2009-10	2010-11	2011-12	2012-13
Territorial Games	?	?	?	?	
Arctic Winter Games		Grande Prairie			
Canada Winter Games			Nova Scotia		
Nationals	Eastern Canada	Western Canada	Eastern Canada	Western Canada	
Territorials	Hay River	Fort Smith	Yellowknife	Hay River	Ft Smith
Polar Cups	Hay River Fort Smith Yellowknife	Hay River Fort Smith Yellowknife	Hay River Fort Smith Yellowknife	Hay River Fort Smith Yellowknife	Hay River Fort Smith Yellowknife
Alberta Champs	Hinton	?	?	?	?
Communities with Biathlon Bears Programs **	5 Develop 2 new communities Maintain existing communities	6 Develop 1 new communities, Maintain existing communities	7 Maintain existing	Develop 1 new communities, Maintain existing communities	Maintain existing
New Coaches developed	5	5	0	5	0
New Athletes participating	20	20	20	20	20
New facilities developed/*Air Rifle	1	1	0	1	0
National Team Members	3	3	3	3	3

* Develop Indoor Air Rifle Ranges.

** Possibly partner with Aboriginal Sports Circle to introduce biathlon/target shooting/snowshoeing in more remote small communities.