

# LATE SUMMER NEWSLETTER

August 2022



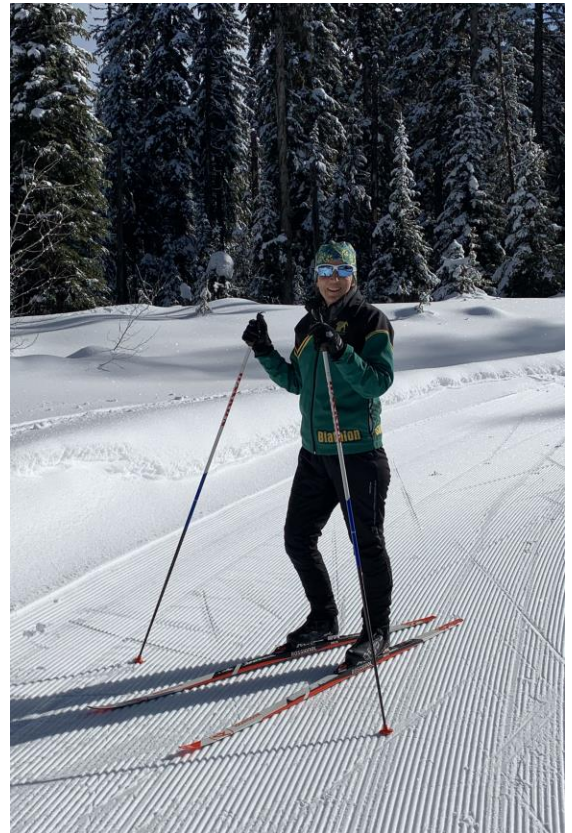
**BIATHLON SASKATCHEWAN**

# President's Message

*This coming season is shaping up to be an excellent year and we look forward to Sask Winter Games (Regina), Canada Winter Games (PEI), Nationals (Quebec) and new training opportunities for developing athletes, coaches and officials.*

*We'll see you at the range and on the trails!*

*Jaret McDonald, Wendy Pletz    Co-chairs Biathlon SK*



# Head Coach's Message

Summer is winding down and Biathlon Season is on the way. My personal prediction is for early snow (let's say Nov 12) and a busy season. We have Saskatchewan Winter Games coming in February at QVN as well as Canada Winter Games in PEI. This is all combined with an early season, out-of-province race in Canmore Nov. 26-27 that is tracking to have a huge number of Saskatchewan athletes at it. I am excited to see what the season brings.

- **Coaches Clinic To Be Held at Blue Mountain** - coaches looking to take the Intro to Competition Dryland camp in September can register using the link below. This two-day clinic will be specifically geared to help prepare coaches working with athletes at Sask Winter Games. Sat September 17, 10-5 Sunday Sept 18 10-5.
- **National Championships – Val Cartier** - athletes thinking of qualifying for National Championships should focus on trying to be 84% of winner's time at an out of province race. Typically, the usual team fee is around \$1200 which includes travel, accommodation and registration but not food. The categories are Sr girls / boys and up. Poutine will be eaten!



- **Commitment To Seventies Playlist** – It is official. Biathlon Saskatchewan High Performance Team and Development Team have chosen to go retro. The playlist is available on Spotify and is certified to contain no Justin Bieber songs.

[https://open.spotify.com/playlist/7bwuSzNTNQT48Jz8qqRqk5?si=gfO891nLQ0qKaPr\\_lqOX\\_Q](https://open.spotify.com/playlist/7bwuSzNTNQT48Jz8qqRqk5?si=gfO891nLQ0qKaPr_lqOX_Q)

- **“Doug Talks” Coming Soon.** – A number of 30-45 minute sessions will be held by Zoom (see the calendar) dealing with a variety of topics which could include: Basic Biathlon Equipment, How to Race in Canmore, How to Go to the Olympics, How To Coach Your Own Kid, How to Cook Kraft Dinner and Nutrition. The interactive sessions will be open to all members from athletes to parents to officials held Mondays from 6:00-6:45.

## June Canada Games Camp: A Freezing Success!

Early in June, athletes who are trying to earn a spot on our Canada Games Team in PEI went to Canmore to work on their skills.

Athletes were able to get some roller skiing and shooting in while also trying their luck at Frisbee Golf. Highlights were every athlete received some technique help on the National Team’s new rollerski treadmill facilitated by Scott Gow.

Other highlights included a cooldown in Quarry Lake which was, needless to say, quite cool.

Special thanks to Amelia McDonald (and everyone who helped supplying pictures) for putting together the awesome video that gives an idea of what we are all about at TEAM SASK. Check it out at:

<http://www.biathlonsask.ca/news/2022/8/18/2023-cwg-team-video>



# July Development Camp - A “SCRABBLE-FEST”

In early July, Biathlon Saskatchewan athletes from across the province came together at Blue Mountain for our annual summer camp.

Highlights included some incredible precision shooting, some incredibly efficient (fast) shooting, rollerski technique building at the track in North Battleford and axe throwing.

Canoe scrabble was also one of the activities with teams trying to get the most points for words using canoes to fetch tiles with letters on them.

“And you wanted to play scrabble?” As promised, see the most famous Canadian video ever made referencing scrabble. THE BIG SNIT



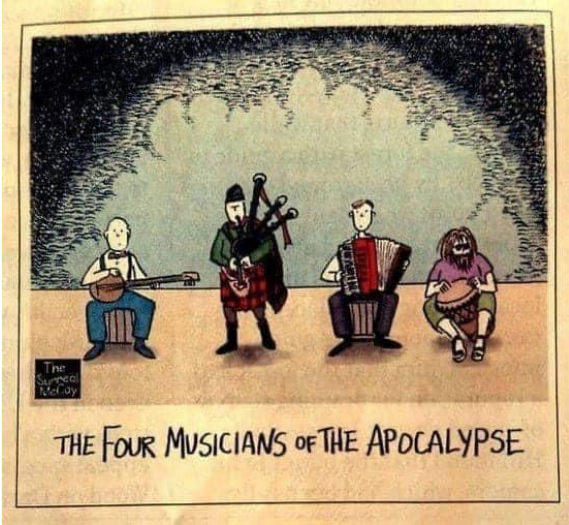
<https://youtu.be/gKmAPh46JXk>

**A MUST SEE!!!**

And here's a song that has nothing to do with biathlon (except it's all about following your passion) that I helped write for Josh who used it to get on The Voice and ended up 4<sup>th</sup>.

<https://youtu.be/RqARsbb5jdg?list=RDMMRqARsbb5jdg>

As well, my personal high point was the amazing talent show where athletes did memorable performances showing off some of their less well-known hidden talents. These included (among others) magic tricks, trombone/kazoo Star Wars music, highland dance (next time we get swords but for now, hotdog roasting sticks work awesome), loon calls, ridiculous fast Rubics Cubing (is that a verb?) amazing sketching, fiddling extraordinaire, Loon Calling, with a Rain Check Ukrainian Dance and of course, Dryland Syncro Swimming.



## The Biathlon Song (apologies to Stompin' Tom) "C"

e|-----0-0-----3---|  
B|-----0--1-1-1-1-1-1-1-----0---|  
G|--0h2-----3-3-2-2-1-1--0--2--0-----0---|  
D|-----2-3-2--0-----0---|  
A|-----2-3--2---|  
E|-----3---|

Hello out there - we're on the air - it's Biathlon tonight  
Skis are waxed - I'm feeling fast - I slide up to the line  
I check my watch - as the gun goes off - I tear out on my loop  
I lift my pace - I'm in first place - but now its time to shoot

Oh it's Biathlon  
So you keep on keeping on  
And you keep on keeping on (and I gotta end this song)  
Cause it's Biathlon

So I flop down upon the ground - poles fall to my side  
I feel the wind - load my clip - check natural align  
Take up the slack - five hundred grams - my trigger I will load  
My sights line up - I take the shots - I'm cleaning all my prone

Well I hit the climb - I got good glide – I fly over the snow  
I do my best to crush the crest - then I drop like a stone  
And I take the curve into the range - Im skiing like the wind  
If only I shoot perfectly - then I will surely win

(Slow) I take my stand upon the mat - pressure starts to grow  
I try to wait but I start to shake - I cant buy a hold  
So attack the black - that's where Im at - I need a shot that's worthy  
But I'm in my head and I crap the bed - Damn I just shot dirty

Well I sprint for the finish line - my muscles start to scream  
I toss my cookies on the snow - I hope my coach is pleased  
And I lay there face down on the ground - in agony and pain  
And I wonder why I do this sport - I must be insane...

## The Range of Fire

Biathlon is a shooting thing  
Here those cowbells ring  
Bound by wild desire  
I skied into  
A range of fire

I skied into a a range of fire  
I skied up up up  
And the hills got higher  
And muscles burn  
The range of fire - the range of fire

The taste of winning's sweet  
When bullets and targets meet  
Shooting clean will cause a smile  
And the crowd goes wild

I skied into a a range of fire  
I skied up up up  
And the hills got higher  
And muscles burn  
The range of fire - the range of fire





# 6<sup>th</sup> Annual EPIC Biathlon Camp in the books

27 athletes representing six Saskatchewan clubs (plus one athlete from Ontario!) participated in QVN's EPIC Biathlon Camp on August 19-21. QVN was happy to welcome athletes from Air Rifle to Masters, and from Recreational to High Performance. This year's camp was jam-packed with more than 18 hours of training and teambuilding and included the usual mix of shooting and fitness, as well as:

- Witnessing the Riders get pummelled by the Lions
- Our traditional Inukshuk building
- A team lunch
- Pilates
- Destroying a watermelon
- Our first "Shooting Under the Lights" biathlon race!
- EPIC Sunday Challenge
- SkyPark
- Did we mention no rain!

Thank you to everyone who helped organize and deliver a wonderful camp experience, including coaches, the facilities maintenance crew, parent helpers, and everyone in between! Thank you to the athletes for arriving with awesome attitudes and being prepared to work hard!



# How To Register For Biathlon Saskatchewan



Much like years past, Individuals and clubs can register with Biathlon Canada until March 31, 2023.

[2022/23 Biathlon Canada Individual Registration](#)

[2022-23 Biathlon Canada Club Registration](#)

If you have any questions about registering, or are having issues with the registration process, please contact the Biathlon Canada Office at [info@biathloncanada.ca](mailto:info@biathloncanada.ca)

# Equipment Fee

<https://zone4.ca/register.asp?id=29030>



# Check Out Our Facebook page and website

For up to date news and pictures...

<https://www.facebook.com/BiathlonSaskatchewan/>

For a copy of this newsletter and all other info about Biathlon Saskatchewan, check out our website at

<http://www.biathlonsask.ca>

## Coaching Tip of The Month – Makenna’s Rule

Early in her career, retired biathlete Makenna Weir finally figured out how to hit standing targets. Her new strategy was:

### ***ATTACK THE BLACK***

And she was right. When shooting standing targets it often happens that your first hold is your best hold. So practice holding the sights on black while dryfiring, make sure you have a 95% trigger load, and then, when you have the sight picture that you know is a hit, TAKE THE SHOT!



## PLATINUM SPONSORS:



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**Much Appreciation to SWF for the Awesome Hoodies!** (join a SWF chapter near you)

# Season Kickoff: Dryland Testing Ideas

With some clubs kicking off their seasons soon, athletes and coaches might want to consider how dryland testing might fit into preparing for races. While “testing” might sound like not very much fun at all, changing the language that you use to “challenges” can be incredibly motivating for athletes and help them to push their perceived limits to see what they are capable of. It also gives coaches feedback on whether their training methods are having the desired impact. Here are a few tried and true tests recommended by Biathlon Canada and Nordiq Canada:

## Shooting Tests:

1. Precision Shooting: a 20-shot precision shooting test for athletes aged 14 and under(\*) or a 60-shot precision shooting test for athletes age 15 and older. 10 shots per target. For the 60-shot test, 30 shots must be prone and 30 must be standing.
2. National Team Test, comprised of:
  - a. Precision Shooting: 20-shot precision shooting test – 10 shots prone and 10 shots standing, completed in 20 minutes; PLUS
  - b. One-shot Setups Test: Athletes will shoot one-shot setups until all the targets have been hit. This test requires hitting 5 targets in prone and 5 targets in standing; PLUS
  - c. 4x5 Shooting Challenge: Balancing accuracy and speed, athletes try to hit 20 targets (10 prone, 10 standing) as quickly as possible.

## Fitness Tests:

1. Running Tests: Both Biathlon Canada and Nordiq Canada recommend a 1 km running time trial for athletes aged 14 and under (\*) or a 3 km running time trial for athletes aged 15 and older.
2. Standing Broad Jump Test: Athletes attempt to jump as far as possible, landing on two feet and not falling backwards.
3. Pull-ups Test: Athletes attempt as many pullups as possible.

(\*) These tests are eligibility criteria for the Biathlon Sask. Development Team.

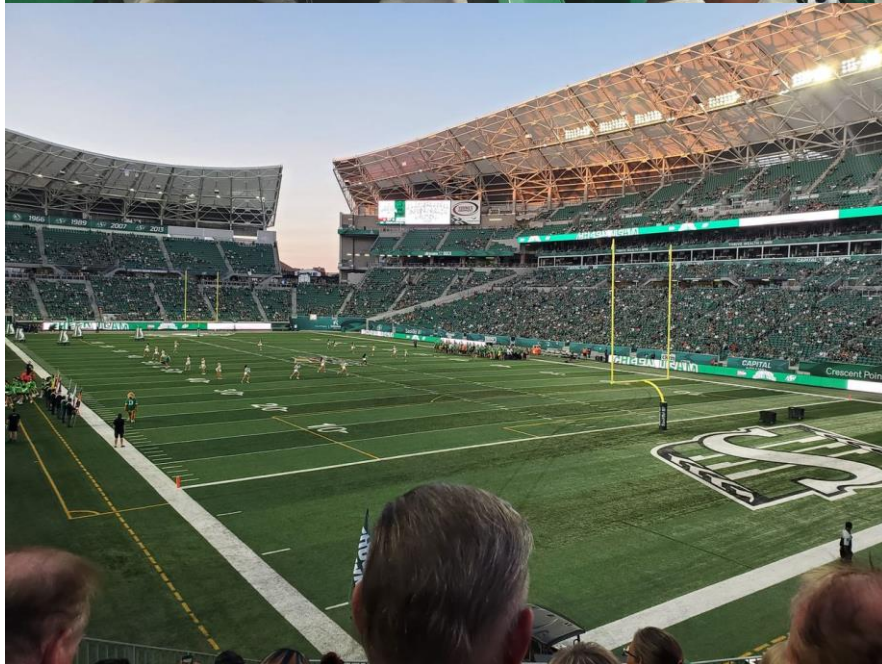
## Testing tips:

- It's important to make your tests repeatable. For example, if you do the running test, go to the same place to do it.
- It's important that athletes understand they get one crack at the challenge in a training session. Part of biathlon is performing under pressure, so give your athletes opportunities in training to perform under pressure.
- While athletes might be looking for a certain performance or outcome, it's important to bring them back to focussing on the process they need to follow to achieve the performance or outcome they want.
- Some athletes don't like the feeling that they are being compared to others, so frame the challenge that they are competing against themselves to set a PB.

More information about testing and other testing ideas can be found in [this video](#) from Biathlon Canada and [this document](#) from Nordiq Canada.

# Riders Focus On Outcome Goals Not Process... (And get thumped as a result)

Saskatchewan Roughriders placed a premium on winning and forget to concentrate on process in their recent drubbing at the hands of the BC Lions. (This is the same thing that happened to the USA 4x 100 meter relay team at the recent World Championships.)



Instead watch Canada focus on process and have a great result...

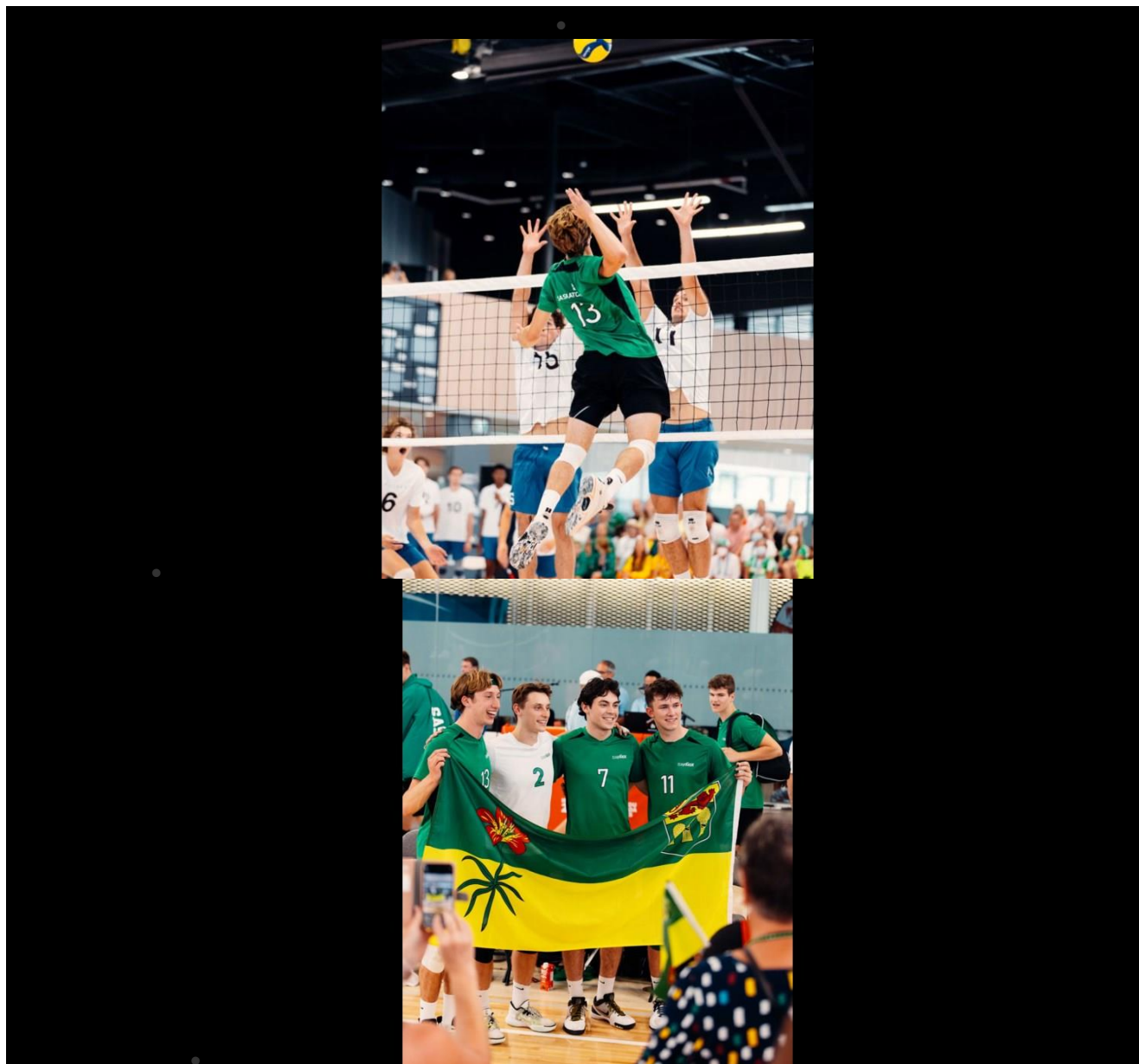
<https://www.cbc.ca/sports/olympics/summer/trackandfield/canada-4-100-relay-world-athletics-championships-final-recap-1.6530328>

or even better...

The Saskatchewan Volleyball team at Canada Games Knows how to focus on Process...

**Wilkie's Mamer golden at Canada Games** [Sherri Solomko](#)

An outstanding year continues for Wilkie's Isaiah Mamer as he was part of the Team Saskatchewan volleyball gold medal win.



WILKIE — Isaiah Mamer continues to add to his success story in 2022, winning a gold medal at Canada Games in Niagara, Ont. Aug. 21 with Team Saskatchewan U19 men's volleyball.

Early in the school year, Mamer was signed by the University of Saskatchewan Huskies Volleyball team. He also helped McLurg Broncs volleyball capture gold at Sask. High School Athletics Association Provincial volleyball. In March of 2022, Isaiah was named Wilkie's Junior Citizen of the Year. He capped off his high school year with multiple medals won at SHSAA track and field.



Isaiah then spent the summer training and competing in preparation for Canada Games as a member of Team Saskatchewan.

Team Sask. played through round robin that started Aug 16, earning a playoff berth to face off against Ontario in the semifinals Aug. 20. After securing a spot in the gold medal game, set for Aug. 21, the final day of Canada Games competition, Team Sask. thrilled the crowd with dominant court play defeating Team Alberta to capture gold.

Isaiah's family was in attendance and dad, Greg Mamer, says, "It was an unbelievable experience. A total team win for all players, coaches and, of course, their fans."

Following the achievement, Isaiah said, "The whole experience was surreal. Before going into the gold, I thought the crowd and fans were unmatched. That final game, I have never been in such a deafening gym. We had to actively look at people's mouths to be able to understand what they were saying."

He goes on to say that the final point for him was a big blur. "Before watching videos of the final kill, all that I could remember was that I hit the seam with some pace."

Isaiah adds, "Winning really puts into perspective of what dedication and hard work can do. In 2019, Team Sask. finished third in Western Canada Summer Games. We grinded for three years trying to become the best volleyball players we could be collectively and individually, and that is what we did. Everything still hasn't sunk in yet."

Team Saskatchewan hasn't been on top of the men's volleyball podium since 1985.

Isaiah has a quick turnaround as he will be part of the instruction team at volleyball camp at McLurg Aug. 25 and 26, before heading off to his first year as a university student and a member of the Huskies men's volleyball team. His advice to participants, "Never let anything get in your way. Within my four-year preparation for this golden moment, there were some big ups and downs experienced.

"Our head coach, Joel Dyck, always told us to weather the storms. Well, I can now say, with great excitement and passion, that this team has weathered enough storms to call themselves the 2022 Canada Summer Games champions," exclaims Isaiah.

Isaiah was part of the Battlefords Volleyball Club in 2019, Precious Athletics Volleyball Club in 2022, back with BVC in 2021 and the Huskies Club Volleyball program aptly named the Blockbusters in 2022. Mamer was part of the bronze medal winning Team Sask. volleyball squad in 2019 in Swift Current. He will be attending the University of Saskatchewan in the fall of 2022, enrolled in the kinesiology and education program.

Isaiah's coaches say on the HHVC social media page, "Isaiah is a phenomenal athlete, great teammate and has an in-depth grasp and knowledge of the sport and continues to work endlessly on his serve and offensive tool kit."

The Huskies Men's Volleyball Club extended congratulations on their social media to current, past, and soon to be Huskies and their teammates on their Canada Games gold. Five players on Team Sask. volleyball were on the U of S men's team, three moving on to other programs, three players, including Isaiah, have committed to the U of S Huskies volleyball making five of 12 of this gold medal team continuing their volleyball career with the Huskies men's volleyball team.

## **Biathlon Sask Schedule (Tentative)**

- Sept 17,18 Coaching Clinic (Intro to Competition Dryland) Blue Mountain
- Sept 19 Doug Talk #1 Zoom – How to Go To The Olympics?
- Sept 21 Parent/Helper intro to Biathlon, QVN 6:00-8:00
- Sept 24,25 Practice Blue Mountain 10-3pm
- Oct 3 Doug Talk #2 Zoom - What Races Should I Go To This Season?
- Nov 7 Doug Talk #3 Zoom - How to Race in Canmore
- Nov11-13 Frozen Thunder (Canada Games Group)
- Nov 14 Doug Talk #4 - Waxing Skis
- Nov 26, 27 Calforex #1 Canmore all categories  
(Team Sask Canada Games Trials Races – register as Youth)
- Dec 3,4 SWF Cup #1,2 Where there is snow, Blue Mountain, QVN  
Team Sask Canada Games Trials Races – register as Youth)  
Sask Winter Games Trials Races for some districts
- Dec 10,11 Back up date
- Dec 17,18 Calforex #2 Canmore
- Jan 6-9 World Junior/Youth Championships Trials Vernon
- Jan 14,15 Calforex Cup 3 Camrose
- Jan 21,22 SWF Cup #3,4 QVN
- Feb 4, 5 Calforex Cup 4 Edmonton
- Feb 11,12 SWF Cup# 5, 6 Regina
- Feb 18-25 Canada Winter Games PEI
- Feb 19-22 Saskatchewan Winter Games Regina (races at QVN)
- Mar 4,5 Provincials, (Blue Mountain/QVN)
- Mar 15-22 National Biathlon Championships Val Cartier