

Coaches Report

Last season was an excellent one for Biathlon Saskatchewan. At Nationals we had a large team and number of medal performances and other stellar results. Masters participation was an awesome addition to the event.

On the High Performance front, we have a number of older athletes who have chosen to train full time, out of province. They are looking forward to this year's race season. We also have a group of athletes concentrating on Canada Games which will be held in PEI in February and an even younger cohort (training under Coach Sheri) The future is now.

This season we are looking to some races in Alberta (the first one is Nov 26 and 27 in Canmore and Saskatchewan Winter Games with races at QVN and athletes staying in Regina as potential highlights.

"Doug Talks" by zoom are off to a great start and I look forward to seeing you on the trails...

Sport Accessibility

Biathlon Sask is always trying to make the sport more inclusive and has a "ski locker" in place designed to give temporary access to an athlete or family that is struggling to find skis boots and poles. If there is an urgent need, please contact me. We also are hoping to facilitate any new members or clubs that may want to join us and can give advice, share our existing inventory of air rifles and air rifles targets and come see you for an introductory visit. (Buffalo Narrows is in the early stages of this development and we hope to see more clubs. Some interest is also being shown in Rocanville and Prince Albert.

Cooperation with Disabled Skiing and Cross Country

Last season and this season upcoming will see a great amount of excellent cooperation between our organizations with athletes, coaches and officials helping to develop Snow Sports throughout the province.

Sport Science and Medicine

Saskatchewan has an advanced and professional Sports Science and Medicine community of experts that Biathlon utilizes throughout the year. This includes expertise in nutrition, mental training, and access to strength and conditioning training that has helped our athletes achieve success at all levels. These services are mainly reserved for athletes on the HP Development/ programs.

