

SOLSTICE NEWSLETTER

December 21, 2022



BIATHLON SASKATCHEWAN

Co-Chair's Message.

Jaret McDonald, Wendy Pletz Co-chairs Biathlon SK



This coming season is shaping up to be a very busy one with SWF races at QVN and Regina Biathlon, Saskatchewan Winter Games at QVN, Canada Winter Games in PEI and Nationals in Quebec. Congratulations to the athletes who have been named to the CWG team... good luck in your races! We are still looking for volunteers for SWG at QVN. Volunteers get free entry into all the sporting events, free swag and access to the volunteer lounges for snacks and refreshment throughout the games. Please click [here](https://saskgames.ca/winter/volunteer) to register and identify biathlon as your sport of interest. Thank you in advance to the SWG coaches and managers who have stepped up to lead these young athletes. SWG is an amazing opportunity for our sport! Competing at SWG builds future CWG hopefuls and creates lifelong friendships and a community for athletes as they strive to be the best they can be. We will be heading into a new STRATEGIC PLANNING cycle in the spring. This is your opportunity to make your voice heard and steer the direction Biathlon Saskatchewan takes in the next four years. Surveys will be sent out to members and stakeholders in the spring... please take the time to share your thoughts. The board will be taking all ideas into consideration as we plan and budget for the future. Finally, we wish everyone an amazing holiday season and a Happy New Year. We hope your time with family and friends is special and memorable! Let it SNOW!

Head Coach's Message

- **Early Snow is Fabulous.** The season started off with a bang in Canmore and a SWF Cup in Blue Mountain. Thanks to all the athletes, coaches and volunteers for helping out. We have good snow in most places before Christmas which will help get our athletes in top form heading into the next phase of the season.
- **QVN SNOWMAKING!!!**
Thanks to a group of toughminded volunteers, QVN is looking like a winter wonderland. The snow is fast, awesome and a most incredible sight on any Wednesday in December. If you build it, they will come. **(Do they look happy or what?)**



- **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. Finalized criteria have not been set yet, so stay tuned...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 or permanently stored on Sheri's phone.

https://open.spotify.com/playlist/7bwuSzNTNQT48Jz8qqRqk5?si=gfO891nLQ0qKaPr_lqOX_Q

2023 Canada Winter Games Team Announced

Biathlon Saskatchewan is proud to announce our 2023 Canada Winter Games Team slated to hit the trails (and targets) at the newly renovated Mark Arendz Biathlon Facility in Brookvale Prince Edward Island. (The park is aptly named after P.E.I.'s most famous biathlete.)

Jaelyn Selinger (QVN)
Amelia McDonald (QVN)
Rhiann Arnold (Saskatoon Biathlon Club)
Kaycee Nord (Moose Jaw Biathlon Club)
Trinity Wyshynski - alternate (Saskatoon Biathlon Club)



Nicholas Selinger (QVN)
Dawson Schigol (Saskatoon Biathlon Club)
James Grundahl (QVN)
Drayton Lonsberry (Saskatoon Biathlon Club)
Aiden Ludwig - alternate (QVN)

Accompanying the athletes will be coaches Sheri Selinger and Doug Sylvester with wax-tech/manager, Darwin Bonk, making the skis fast.

The team flies out of Regina Feb 17 with, the opening ceremonies Feb 18. Racing begins with the sprint on Feb 20, Pursuit Feb 21, Individual Feb 23, Single Mixed Relay Feb 24 and Mixed relay Feb 25

For more information about the Canada Winter Games go to:
<https://www.2023canadagames.ca> or, follow Team Sask on Facebook at
<https://www.facebook.com/TeamSask>

Thanks to all the athletes, parents, coaches and volunteers who participated in the selection process.

WEEKEND UPDATE - International News

Biathlon Saskatchewan has a few members racing across the pond prior to Christmas including Logan Pletz, Janice Grundahl, and Brittany Hudak. Brittany's suitcase is overweight due to WC medals and Logan has been selected for the Second Trimester of the World Cup Season in Pokljuka, starting Fri Jan 6.

Janice Grundahl – from Ridnaun/Sudtiroi (needs an oomlat)

My First IBU tour is in the books! ✓✓✓

I am very happy and grateful to have been able to race overseas! I couldn't have done it without the help of the coaches and staff and everyone who has supported me this far! Two top 40s was very unexpected for me!

As one of my role models one said "greatness can often come unexpectedly so be ready to embrace the moment it arrives". I found greatness on this tour in the races, the experience, and forming connections with fellow teammates and competitors. Thank you for making it happen!

Thanks to

[Biathlon Canada](#) 🇨🇦

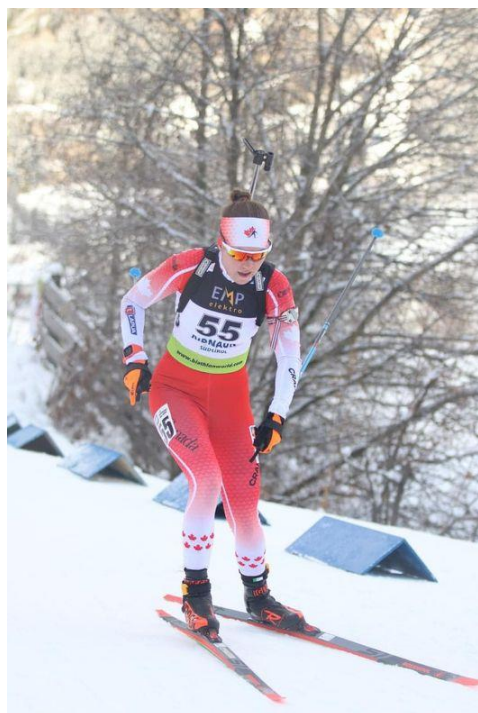
[Biathlon Saskatchewan](#) 🌿

BATC for the training!

[Rossignol](#) for the skis!

[Detlef Eckert](#) for the photos!

I can't wait for the next half of this season back in Canada!



Training Center Update

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 at the training center in Canmore.

Check it out at:

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

Next Races: CAMROSE AND QVN

Biathlon Sask is likely to send a big group to Camrose for the Calforex Cup. If possible, try to get there for Official Training on Friday afternoon at 1:00-3:00. Our team meeting will be at 2:30 at the range if you can make it. Things to note are:

- Course is awesome but hilly
- Wax your skis before traveling if possible since there are no waxing facilities there. The liquid wax is easiest. (no flourals)
- A lot of Scandinavians live in Camrose. Lefse is a “thing”...
- Tighten your bedding bolts after arrival since all roads to Camrose are bumpy
- Deadline to register is Sunday Jan 8
- Accommodations often tough to book

Calforex Cup #3, Camrose

January 14, 2023 - January 15, 2023

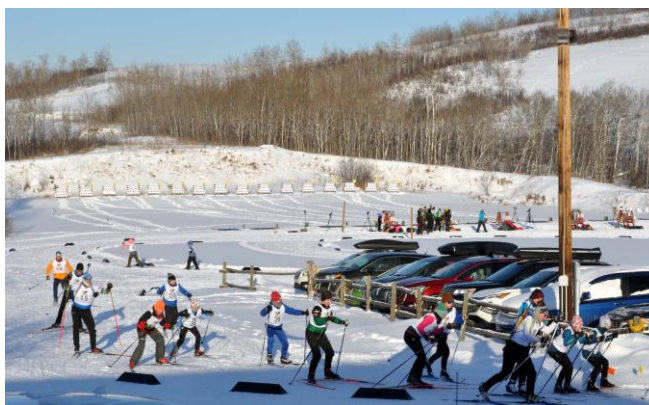
The Camrose Nordic Ski Club and Biathlon Alberta are inviting you to Calforex Cup #3 in Camrose!

The races will be held on January 14-15, 2023.

Please find the invitation to Calforex Cup #3 [HERE](#).

To register, please visit the zone4 page [HERE](#)

QVN will be hosting a SWF Cup Jan 21, 22 and it promises to be amazing. In advance, organizers are stocking up on chocolate due to all the expected clean shooting



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

Equipment Fee

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



Coaching Tip of The Month – Training In the Cold

Minus 25 or Colder - Don't

Now, since we are from Saskatchewan when I say “cold” I mean -25 or more. (The rest of the Biathlon world considers -12 cold) If it's colder than this I would look for a way to train indoors. Perhaps work on your cardio by doing a strength circuit in a gym or if you need to have an intensity session or interval workout (which are the most important sessions **not to** miss) the best way is on an exercise bike or wind trainer. My preference is to use the exercise bike to get a high, high heartrate and then to dryfire immediately after you get off the bike going stand-prone-stand after each 3-5 minute interval. (Have a paper bag ready in case the interval is too much for your stomach to accommodate) If you have the mental toughness, try and do this for 45 minutes to one hour. Overmitts are essential

Minus 20 – to Minus 25 - Zone 1 Only

OK, so you can go outside but no intensity!!! Maybe this might be a good time to work on classic. Or better still, do an interval session indoors. Overmitts are recommended.

Minus 16 – to Minus 20 - Zone 1 Only

You can ski but still but no intensity. The snow tends to be so slow and gravel-like at this temperature that Start Green is the only wax that works. Shooting in these conditions is often futile. Overmitts are recommended. Loading of magazines is best done inside.

Minus 16 and Warmer

These are the best temperatures to practice, do intensity sessions and race.

Dangerous Buff Myths

Some athletes believe that wearing a polyester buff will protect them from the cold. My experience is that thin buffs do help prevent external frostbite somewhat but also give a false sense of security in that they do not allow super-cold air to warm up enough to prevent internal frostbite on the tips of athlete's lungs. This damage is often permanent and career-ending in some cases and tends to affect elite skiers more than recreational skiers.

Overmitts

The best strategy to keep hands toasty warm is to have a pair of large overmitts that go overtop of your skiing gloves. Thirty minutes before practicing or a race, throw a hotshot in your overmitt and your fingers will stay warm. Simply take your your big overmitts off when you are shooting and then put them back on when you are done.

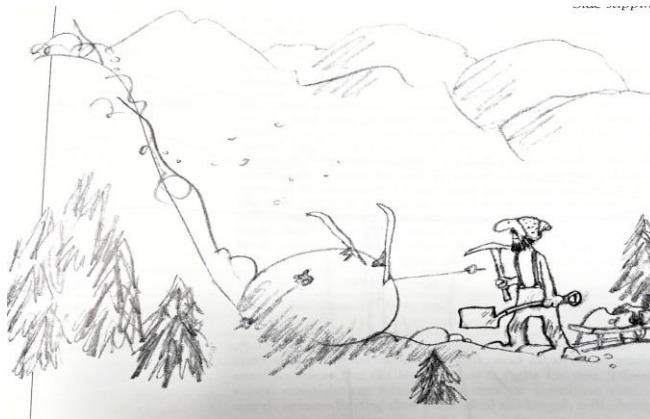
Remember, it is almost impossible to shoot well when you are freezing and once your fingers get cold it is hard to warm them back up again.



Coaching Tip of The Next Month

Races are won and lost in:

1) The downhill

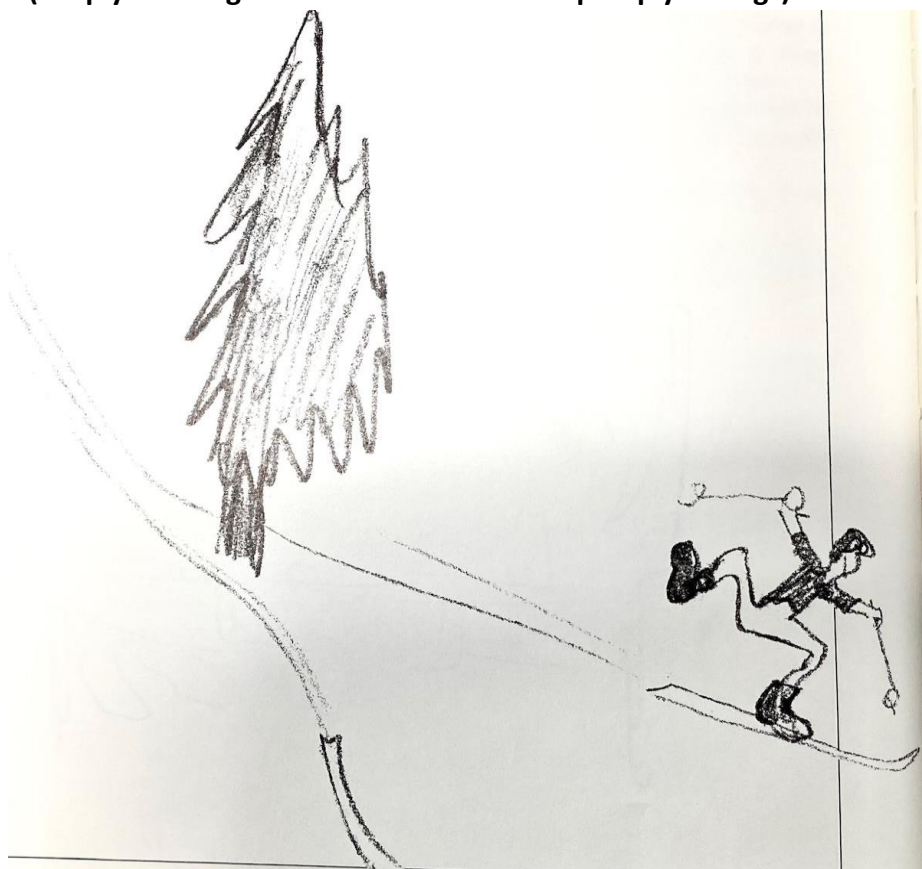


2) The uphill



3) The acceleration out of the corners

(keep your weight on the outside ski and pump your legs)



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>

... And remember – greatness can often come unexpectedly so be ready to embrace the moment when it arrives...

Saskatchewan Winter Games

Once again Biathlon Saskatchewan athletes will be to compete at the winter games with QVN as the venue. It is sure to be an exciting event.

Where: Stay at the University in Regina

When: Feb 19-22, 2022

Teams of 3 boys and 3 girls, 1 coach and 1 manager from each of the zones.

COMPETITION:

Day One - Sprint 3 x 1km loops, shoot 2 times, individual starts 30 seconds apart, penalty loops for a miss.

Day Two - Mass Start 4 x 1km loops shoot 3 times, penalty loops for a miss.

Day Three - Mixed Relay (Teams of three including one member of each gender) 3 x 1 km loops shoot twice, 3 extra rounds for each bout of shooting (unofficial teams are permitted and each District is eligible to win only one relay medal even if two official teams are entered).

Target distance - 50m, shooting off rests (must use a rest) at prone targets using 22's

ACT SOON:

Some zones haven't completely filled their teams so sign up soon.

PLATINUM SPONSORS:



SASKATCHEWAN
WILDLIFE
FEDERATION

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

Biathlon Sask Schedule (Tentative)

Jan 14,15 Calforex Cup 3 Camrose

Jan 21,22 SWF Cup #3,4 QVN

Feb 4,5 Calforex 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 13-19 National Biathlon Championships Val Cartier

