



Biathlon Saskatchewan is looking for kids to join our Development Team!

Biathlon Saskatchewan's Development Team is built for kids aged 12 to 14 who love biathlon and can't wait until their next chance to shoot clean, ski fast, or the next race weekend. It's for those kids who think biathlon just might be their sport. It's for those kids who have dreams of being Canada's next Emma Lunder, Scott Gow, or Logan Pletz and want to see where they can take biathlon...or where biathlon can take them. Sound like that might be you? Read on!

The main goal of the Development Team is to introduce keen young biathletes to "the next level" of training and competition. The focus is on fun, fitness, growing our skills, and getting outside Saskatchewan to race with lots of athletes from other provinces who love biathlon as much as you do. It will let you test the waters and see if the High-Performance pathway is right for you. And for the grown-ups reading this, it's to ensure that the programming offered by the province aligns to [Canada's Long-Term Development in Sport and Physical Activity Framework](#).

WHAT DOES BEING ON THE DEVELOPMENT TEAM LOOK LIKE?

If you're on the Development Team, you will:

- Participate in 3 camps
- Participate in fitness sessions with a coach who's an expert on getting kids fast and fit¹
- Go to two race weekends in Alberta with your team (dates TBD, but likely in January and February 2023)
- Check in with your Development Team coach once a month to talk about how biathlon's going for you
- Participate in any other special Development Team events

WHAT WILL WE DO AT THE CAMPS?

	Camp 1	Camp 2	Camp 3
When	July 2022	August/September 2022	November/December 2022
Primary Objectives	<ul style="list-style-type: none"> • Get to know teammates • Determine fitness and shooting baselines • Have fun! 	<ul style="list-style-type: none"> • Re-connect with teammates • Determine effectiveness of summer work • Have fun! 	<ul style="list-style-type: none"> • Re-connect with teammates • Improve ski skills • Get race-ready • Have fun!
Activities	Team-building Goal-setting Rifle fitting Fitness and shooting tests and games Rollerskiing	Team-building Goal-setting Fitness and shooting tests and games Rollerskiing	Team-building Goal-setting Skiing, skiing and more skiing Biathlon racing games

¹ Subject to local availability or by Zoom

WHAT DO YOU EXPECT OF ME IF I AM SELECTED TO THE TEAM?

You'll have a lot of fun when you're on the team, but we're not going to lie about it...you'll need to put your best effort in too! Biathlon Saskatchewan expects you to:

- Have a great attitude to learning new, and sometimes hard, things
- Be a great teammate
- Commit to attending all Development Team camps, races, meetings with your Development Team coach and special events
- Train with your biathlon and/or ski club 3 times a week or more
- Earn your minor's permit

To be eligible for the team you need to:

- Be between the ages of 12 and 14 as of December 31, 2022
- Demonstrate commitment to biathlon by having competed in four SWF Cup or Sask Cup races in the previous 12 months
- Have the following equipment²:
 - Skate rollerski equipment
 - Skate ski equipment
 - Classic ski equipment
 - A harness on your rifle and the ability to move the rifle safely between the mat and rifle rack.
- Achieve 2 of the following performance criteria:
 - Achieve an average competition percentage of at least 75% for your category from your best two performances at SWF Cup or Sask Cup races in the last 12 months
 - Achieve a time under 4:30 on the 1000m running test
 - Achieve a prone precision shooting score of at least 50
 - Achieve an average shooting score of at least 50% from your best two shooting performances at SWF Cup events in the last 12 months

INVESTMENT

Applicants selected to the program will be required to pay a \$100 Team fee and camp fees of \$100/camp. Please note the program is subsidized by Biathlon Saskatchewan.

SOUNDS GREAT! HOW DO I JOIN?

Complete the [application form](#) by **May 10, 2022**. Team members will be notified of their selection by May 17, 2022.

QUESTIONS?

[Register](#) for our information session on **Tuesday, May 3 at 7:00 pm** to meet our Development Team Lead Coach and ask your questions OR contact the Development Team Lead Coach, Sheri Adams-Selinger by [email](#) or at 306.781.4588.

² We do not intend for equipment to be a barrier to participation, and we also have limited equipment available to lend out. Contact the Development Team Coach if you have concerns about the equipment eligibility requirements.