

FALL NEWSLETTER

2018/2019



BIATHLON SASKATCHEWAN

President's Message

For athletes returning for another year, or those joining Biathlon for the first time... welcome to another Biathlon season! Here's hoping for sharp shooting, fast skis and great snow for the upcoming season!

Thank you to the new and returning members of the board for your continued commitment to developing our sport in the province of Saskatchewan. Board members for the next two years are Katarina Fasiangova, Rebecca Bargaen, Mike Hudec, Brad Gynp, Merle Boyle, Carmen Stadnyk, Arie Baum, Sandra Jennett, Matthew Hudec and Wendy Pletz. If you have any questions, concerns or ideas to grow our sport, please feel free to chat with us at the range or email us!

We are entering the final year of our four year strategic plan. We have accomplished many of the goals that were set out in 2016 including increasing participation through Masters and retention of post Grade 10 athletes. We are in the process of developing a relationship with our local First Nations communities and have developed an equipment library for participants who may not be able to afford to purchase their own. Our athletes have also done very well on the national stage with many top 6 finishes and a gold medal at Nationals in Charlo, NB last March. We have developed a strong relationship with Cross Country Skiing and are developing yearly schedules cooperatively so athletes can benefit from the coaching and training with both sports if they choose.

One area from our strategic plan that we need to work on is the development of Biathlon officials in our province. To that end, I am working with Biathlon Canada to set a date for an Advanced Officials course for our officials who already have an Entry Level designation. If anyone is interested in pursuing an Entry Level designation, and/or taking the Advanced course, please let me know. I will make arrangements with Biathlon Canada for you. The Entry Level course is an 8 hour online course... the Advanced course has an in-class component. The development of officials in our province will lead to increased funding from SaskSport which will impact us all.

Here's to another great year! See you at the range!

Wendy Pletz President wpletz@sasktel

Head Coach's Message

Not only is winter coming but it may be here sooner than we think... This season promises to build on the major success of last years Saskatchewan Winter Games with an exciting Saskatchewan Wildlife Federation Cup race series, a race weekend in Canmore and Canada Winter Games on the horizon. The season wraps up with National Championships in Whistler. Here are a few dates coming up before the new year.

Nov 8-11 High Performance Team - Training Camp (Canmore)

Nov 24-25 SWF Cup 1 and 2 and CWG Trials (Blue Mountain) register on Zone4.ca

Nov 30-Dec 2 Calforex Cup #1 and CWG Trials (Canmore) register on Zone4.ca

For younger Biathletes looking for an out-of -province race to try out, the Nor Am 1/Alberta Cup/Calforex race in Canmore would be an excellent race to start out with. We mostly all stay at the Windtower.

To book at the Windtower call 403 609 6600 before Oct 25 and mention the Biathlon Saskatchewan Rate (which includes all the bacon that you can eat and parking)



Saskatchewan Wildlife Federation:

Pitching In Again

This season (again) Saskatchewan Wildlife Federation has partnered up with Biathlon Saskatchewan as our most important sponsor. In the past they have been key supporters of our organization assisting us with developmental programming, High Performance programming, and equipment purchasing. All this IN ADDITION to the best bunnyhugs ever and Medals at our races.

Biathlon Saskatchewan members are encouraged sign up their families at a local SWF chapter in your community.

Biathlon Saskatchewan/Biathlon Canada Registration

To able to take part in any Biathlon Saskatchewan programming, you must first register as an individual with Biathlon Canada which also automatically registers you with Biathlon Saskatchewan.

- 1) Go to biathloncanada.ca, click “membership”, “how to join” and “individual” and click the dropdown menu for “Saskatchewan”. (For beginner athletes put “recreational athlete” when it asks.)
- 2) This will take you to zone4.ca and you fill in the information.



Rifle Fees

If you are using a Biathlon Saskatchewan Rifle for this season, fees are due now. Go to biathlonsask.ca click “resources” and then “equipment rental/team fees” it will take you the zone 4 website to take your information and pay online.

Be sure to include your PAL, who is using the rifle and its serial number.

<https://www.zone4.ca/register.asp?id=1179> or go to biathlonsask.ca, go to resources and scroll down to equipment/team fees

Masters Athletes

Last season we saw a major increase in participation of masters athletes and this season coming up is trending to be even better...

What Did You Do Over The Summer Holidays? Eat Sleep Train?

This summer seven members of Biathlon Saskatchewan’s High Performance Team were selected to train in programs based out of Whistler or in Alberta and received support to attend. Here are reports from a couple of the athletes who attended.



Summer Bursary Program a Success

First off, I would like to thank Biathlon Saskatchewan for giving me the opportunity to live and train in Whistler for the summer. When I first heard of the Summer Satellite Program that WNDC offered I was extremely excited that I might have the chance to train with the team at Whistler under the coaching of Etienne Letondeur. But ultimately, I wasn't able to financially support myself with the team fee, living expenses, and accommodations. The Biathlon Saskatchewan bursary program made this a possibility for me, in turn helping me on my path to becoming a better athlete, and giving me a greater chance to pursue my dream of becoming an Olympic athlete.



I had the most wonderful summer while in Whistler, BC! Being able to walk out my front door and have access to dozens of trail heads to go on a run, a world class gym with all the equipment I could ever dream of, and most importantly, a biathlon range that was only 15 minutes away with paved trails to roller ski on, made training the easiest it has ever been for me. Having the ability to cut down on travel times / expenses and focus solely on training was a nice change. Being a part of the WNDC team, I also had multiple sessions and access to sports nutritionists, mental trainers, and physical trainers.

Just the environment alone was worth moving to Whistler for. Then add in the amazing coaching provided by Etienne Letondeur, Jessica Blenkarn, and Martin Schrama and you are left with endless resources. During the two months that I spent in Whistler, I was able to test my abilities as an athlete, and see if being a full time athlete is the career path that I want to pursue.

Biathlon Saskatchewan has given me the chance to make life long connections that I wouldn't have been able to make without the bursary program. It has also given me one of the most amazing and memorable summers I have had yet!

Thank you! Hanne Stadnyk



The Biathlon Saskatchewan Bursary enabled me to train full time in Whistler with the Whistler Sports Legacies training centre, by covering the team fee. Without this support I would not have taken this opportunity. Training in Whistler this summer allowed me to experience what it means to train full time, exposing me to influential coaches and to train at world-class facilities. Throughout the summer I learned many skills, concepts and practices that I have brought home and applied to my training in Saskatchewan. I have greatly improved as an overall athlete, as evident in my strength, speed, and accuracy. I understand that the summer training is the foundation of a biathlete's performance and I am confident that my summer in Whistler greatly prepared me for the upcoming season. Also, the connections I made with coaches and other athletes are valuable and will continue to help me progress as an athlete. Overall I am very fortunate that Biathlon Saskatchewan enabled me to have had such a strong athletic summer that will serve as a significant step in my career as a biathlete.

Brett Down



2018-2019 Schedule: Biathlon Sask

To participate in Biathlon Saskatchewan activities, athletes must be current members of Biathlon Canada and Biathlon Saskatchewan.

Date	Activity	Details
	SWF Cup #1,2 Blue Mountain, (Canada Games Trials Races 1, 2)	(Sprint, Mass Start)
Nov 8-11	Frozen Thunder Biathlon Camp	(Canada Games Hopefuls)
Nov 11	Lake Louise Camp	XC Camp
Nov 24- 25	SWF Cup #1,2 Blue Mountain, (Canada Games Trials Races 1, 2)	(Sprint, Mass Start) Zero at Noon on Sat 10:00 on Sunday, register on Zone 4
Dec 1 - 2	Noram #1, Alberta Cup Canmore	(Canada Games Trials Races 3, 4)
Dec 8 - 9	Back Up Date	
Dec 14	Canada Games Team Announced	
Jan 3-6	World Junior Youth Trials Val Cartier	
Jan 12 - 13	SWF Cup 3,4 RWF	
Jan 26 - 27	SWF Cup 5,6 QVN	
Feb 2 - 3	TBD	
Feb 4 -10	World Cup Canmore	
Feb 15 - 22	Canada Games Red Deer	
Feb 23 - 24	TBD	
Mar 9 - 10	Provincials	TBD
Mar 2 - 12	FISU University Games	Siberia
Mar 26 – Ap 1	Nationals Whistler	(Must have 82% to qualify) (Fly into Abbotsford Mar 25 Fly out Ap 2) (interested coaches let Doug Sylvester know if you would like to join the team) – team Size is Limited , staying at Athletes village in Whistler (estimated team fee \$750)