

FALL 2023

NEWSLETTER

Sept 2023



BIATHLON SASKATCHEWAN

President's Message

Welcome to the 2023/24 Biathlon season! It is exciting to see developments taking shape at local clubs, interprovincial camps, the continuation of the new Development Team program, the addition of laser rifles to assist program growth and development and local athletes moving on to train with national development teams in Canmore (and this list could go on!).

In the background, Biathlon Saskatchewan has also been busy preparing a new 5 year strategic plan to guide sport development over the coming years. The plan was developed with significant input from members and stakeholders over the spring and summer and is designed to align with the new Sask Sport Development Framework. The plan will be finalized soon and highlights will be presented at the upcoming AGM on Oct. 5. Other initiatives underway include development of a Biathlon Saskatchewan Race Hosting procedure document and review and integration of Biathlon Canada and Sask Sport newly released safe sport policies.

As always, a huge thank-you to all of the coaches and volunteers that make our community strong and provide opportunities for athletes of all ages and abilities to participate in Biathlon. We couldn't do it without you!

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

Jaret McDonald, Wendy Pletz Co-chairs Biathlon SK



Upcoming Events

Man/Sask Camp

Team Saskatchewan is gearing up to head to Manitoba for the second of two regional camps held this dryland season. The first camp, held in Saskatchewan at QVN, brought together 20 athletes. The second camp, which will be held in Winnipeg, MB and Kenora, ON from September 29 to October 1, will give Saskatchewan's 12 athletes and 5 support adults an opportunity to train and learn with a different group of athletes and coaches while building relationships within the biathlon community. Best of luck on the road trip!

Nationals - Hinton

Biathlon Sask has booked a block of rooms in Alberta and are excited to have a large team planning to compete here. More details to follow but if you think you may want to go let Doug (doug.sylvester@sasktel.net) know as soon as possible.

Sask Winter Games

Biathlon Sask is pleased to announce that Biathlon has been officially accepted to be a part of the Saskatchewan Winter Games in 2026. The multisport games experience is critical to the development of Saskatchewan biathletes as they move on to compete at Canada Games and even international racing. Past Sask Winter Games alumni include Logan Pletz, Janice Grundhal, Matthew Hudec, Michio Green, Hanne Stadnyk - all medalists at National Championships in the Senior Mens/Womens categories.

It is also an important development opportunity for coaches and officials in the province to prepare for higher level competitions. Coaches at the Games are expected to be Competition-Introduction certified, and officials have the opportunity to officiate different race formats than might be seen in a typical SWF Cup race series. Coach Doug Sylvester has attended 8 Sask Games in total going back to 1981 in Prince Albert as a volunteer.

Each district is allowed to send teams of three boys and three girls, one coach and one manager. The location of the games is yet to be decided.

Canada Winter Games Announced - Quebec City

Quebec City has been nominated as the host city for Canada Games in 2027. Saskatchewan is on track to have a very competitive team building on medal performances at the previous three games.

Changes to Race Formats

You will see some changes to Biathlon Canada race formats this season which are mainly to have three developmental categories for under 17 athletes who do not wish to race as senior boys or girls or youth and four masters categories. Another change is shorter penalty loops for masters. There is a full flouro ban for waxing and a waxing protocol for Nationals.

Biathlon Sask Schedule (Tentative)

Sept 18	Doug Talk #1 Zoom – Rifle Cleaning Party (6:00-6:45) (bring party hats, Spam, chips and dip) Zoom: https://us02web.zoom.us/j/82988103913?pwd=eGZXMHhqL1c1Q0FUem1qMFFp All attendees eligible for a draw prize
Sept 25	SASKSKI AGM 7:00 (ZOOM)
Sept 28 to Oct 1	Man/Sask Camp #2 – Winnipeg and Kenora
Oct 5	Biathlon SK AGM 7:00 (Zoom)
Oct 14 & 15	Coaching Clinic (Intro to Competition)
Oct 16	Doug Talk #2 Zoom – Dryfiring (6:00-6:45)
Oct 25-29	Frozen Thunder
Nov 1-5	Youth Olympic Games/World Cup/IBU Cup/Jr. IBU Cup Trials
Nov 13	Doug Talk #3 Zoom – Racing In Canmore (6:00-6:45)
Nov 24 to 26	Calforex #1 Canmore
Dec 1 to 3	Calforex #2 Canmore
Dec 10,11	SWF Cup Blue Mountain
Dec 17, 18	Back up date
Jan 3 to 7	World Junior/Youth Championships Trials, Quebec City
Jan	SWF Cup
Feb	SWF Cup
Feb 23 to 25	Calforex Cup #4 Edmonton
March 1 to 3	Calforex Cup #5 Camrose
Mar 9 to 10	Provincials
Mar 14-17	World Cup - Canmore
Mar 26 to 31	National Biathlon Championships Hinton

Sport Development

Biathlon Canada “Tryout” License

Biathlon Canada has created a “Tryout” License that lets a person join and try biathlon for one day to see if they like it or not. Those planning a recruitment event, such as an open house, a fun race, a demonstration day, or offering “tryout” practices or opportunities, can learn more about “Tryout” Licenses [here](#).

Eco (Laser) Rifles - to Biathlon Saskatchewan

Biathlon Saskatchewan has access to 6 brand new eco aims rifles to utilize for athlete development. The best thing about these rifles is that they can be set up anywhere that you have 10 meters to set up the rifles (outside or in a gym) and can be shared by multiple athletes (which we think will be extremely useful for bringing biathlon to new communities in the province). If you or your club wishes to try out the new rifles or use them for recruitment event contact doug.sylvester@sasktel.net

Thanks to Brett Park for designing and printing occluders.



How To Register For Biathlon Saskatchewan

New and returning athletes, coaches, officials, supporters and clubs need to register with Biathlon Canada. Registration should be done prior to participation in club practices, camps, races or other events. Note that Biathlon Saskatchewan has the lowest membership fees in the country. Benefits of membership include:

- Provides insurance
- Allows you to access Biathlon Sask equipment, programming and expertise
- Required to Race in Sask Cups
- Required to attend training camps
- Required to attend practices

Learn more about membership [here](#).

Not sure if you are registered (or if you're a coach, if your program participants are registered)? Check out Biathlon Canada's member look-up report [here](#).

Equipment Fee (RIFLE FEES DUE NOW!)

Anyone who is borrowing a rifle from Biathlon Saskatchewan is required to pay a rifle rental fee. These fees are due now and can be paid [here](#). Rifle fees that remain unpaid run the risk of being reassigned to other athletes.

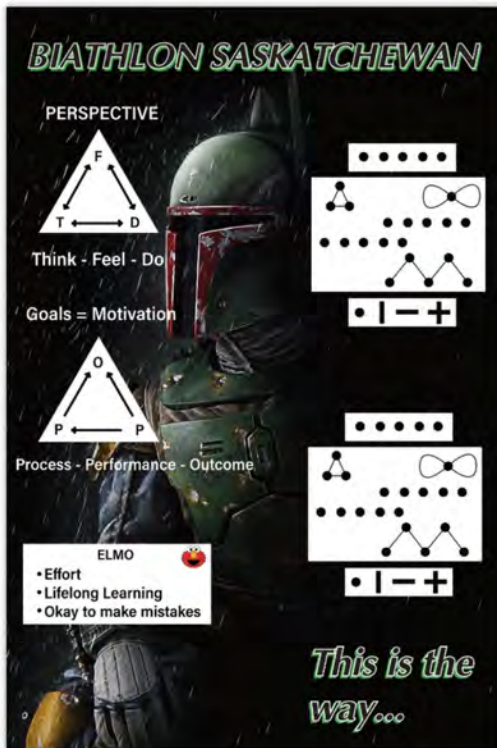
Coach's Tip of The Month – Dryfiring Works

Biathletes must understand that a key component of great shooting success is related to dryfiring. You don't have to do it for long (10-15 minutes per session) but you need to do often (5 days per week)

It is best to do this at a time that makes it easy to do each day. (Same time – same place) so that dryfiring gets to be a habit.

Earn A FREE Dryfire Target – FREE - FREE - FREE

The new Biathlon Sask Dryfire Targets are available to all members at no charge.



To earn yours, you must email coach Doug the Five Principals of Shooting. (The first one is given as a hint) doug.sylvester@sasktel.net

1. Trigger Load
2. ??
3. ??
4. ??
5. ??

Rollerskis

Biathlon Saskatchewan has obtained 6 pairs of used rollerskis from the National Team. If you would like to buy a pair, they are \$100 per pair which includes bindings. Contact Doug if interested.

International Tours and National Training Teams

For those of you who have “represent Canada at an international race” or “make a National Team” on your goals list...do you know what you need to do to achieve those goals? Check out Biathlon Canada’s [National Team Program Selection Criteria](#) (if you want to represent Canada internationally) or [National Training Teams Plan](#) (if you want to be selected to a national team), chat with your coach about your goals, and then start working backwards on the performance and process goals that will help you get there!

Officials Development

Officials are essential to hosting competitive races. Biathlon Saskatchewan will be hosting additional officials development courses this year. If you are interested in entry level officials training or advanced officials training please reach out Wendy Pletz (wpletz@sasktel.net) to express interest. To learn more about the Biathlon Canada Officials Officials Development Program check out information [here](#).

Coach Development

Intro To Competition – Part 2 Workshop

Biathlon Sask will be hosting an in-person Intro to Competition-Part 2 Workshop (either at Saskatoon Wildlife Biathlon or Qu’Appelle Valley Nordic) on Oct 14 and 15. Part 2 will cover topics such as the equipment used for biathlon, supporting the athlete in training, and analyzing technique, with shooting being a major focus. Completion of this workshop is one of the requirements to become a Competition-Introduction certified coach and is free for Biathlon Sask coaches and will be facilitated by Sheri and Doug. Interested coaches can register [here](#).

Reminder about Background Checks for Those Working with Youth

Biathlon Saskatchewan reminds all its clubs and members of its policy about background checks. Any person working with participants who are under the age of 18 must have a Criminal Record Check with Vulnerable Sector Search completed once every two years. The process is outlined on Biathlon Saskatchewan’s website [here](#). Click [here](#) for a template you can use to ask your local authorities to complete the search.

Check Out Our Facebook page and website

For up-to-date news and pictures...

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For a copy of this newsletter and all other info about Biathlon Saskatchewan, check out our website at <http://www.biathlonsask.ca>

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