

NEW SEASON NEWSLETTER

May 2022



BIATHLON SASKATCHEWAN

President's Message

As winter comes to an end, we've drafted a few thoughts on this past season:

- It was really uplifting to participate in a full season of racing. Thanks to the clubs that hosted and all of the volunteers that it takes to organize and manage a race!*
- Growth in the air rifle category has been awesome with great support from parents!*
- There was a lot of planning and preparation for Saskatchewan Winter Games this year. Despite the games being deferred, the clubs and volunteers showed resilience and I think the experience will be even better for our athletes in 2022/23.*
- We saw a lot of interest in the officials training and coach training! Thank-you to those that are investing time supporting your clubs and athletes! More opportunities for training will occur next season.*
- We've had inquiries and interest from potential new clubs and we look forward to expanding our biathlon community in the coming years!*
- We've been able to increase our rifle rental pool to support growth in sport.*
- Biathlon Canada had some of the best ever finishes at the Olympics and Paralympics!*
- Our SK national development team athletes performed well nationally and internationally.*
- Saskatchewan's own Logan Pletz earned a spot on the Senior Men's National Team for this coming season!*
- Biathlon Sask represented at Nationals in Prince George. It was a fantastic team and a great experience for the athletes, coaches and parents. We also learned the best and most efficient way to make KD with hotdogs.*

This coming season is shaping up to be an excellent year and we look forward to Sask Winter Games (Regina), Canada Winter Games (PEI), Nationals (Quebec) and new training opportunities for developing athletes, coaches and officials.

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

Jaret McDonald, Wendy Pletz Co-chairs Biathlon SK



Head Coach's Message

Coaches Report 2021 – 2022 “The Year in Reverse”

- **Coaches Clinic Held at Blue Mountain** - Ten coaches took the Intro to Competition on snow camp at the end of March.
- **National Championships – Prince George** A contingent of 29 Saskatchewanians attended nationals in PG including 16 athletes of whom five were masters.
- We scooped up 2 gold, 5 silver and 2 bronze with 6 more top 5's and ten 86% or better results. We learned so much and thanks go out to all the athletic supporters as well as Coach Sheri Adams-Selinger and Masters Coach Darwin Bonk.
- We learned a good deal about bologna rollups, making KD and it seemed everyone wanted to be on our team for some reason. Special note to Acey “Shamus” Lonsberry for leading the Saint Paddy's day cele. (We will be working on a Biathlon- specific pump-up song for next year's nationals in Quebec or New Brunswick.)



- **Provincials QVN** - Wow! Was it ever nice to have a provincial championships again. Of note was the super excellent organization of the volunteers who pitched in to make the event come off without a hitch. And did I mention the snow was amazing!
- **SWF Cup Regina** - A great event was hosted getting us back into the swing of racing. Thx to the SWF for providing the camo hoodies to the athletes. Nice to see chocolate for clean shooting again.

- **International Racing** - Logan Pletz did well on the IBU cup circuit and followed it up with a smashing World Junior Championships 6th place in the relay, 43rd in the sprint, 35th in the pursuit, and an amazing 14th in the Individual where he led for the first half of the race. (see the relay replay on biathlonworld.com.) Brittany Hudak managed to make all of Saskatchewan proud with an impressive medal haul at the Olympics in China. GO SASKIES!



- HP - Strength sessions are set to start up again first week in May and athletes hoping to be on team Saskatchewan in Prince Edward Island will have a hard summer of training ahead of them. A youth development team is just getting started...









Scott Glass at Provincials





How To Register For Biathlon Saskatchewan



After a great Nationals in Prince George, BC to end the 2021-22 season, Biathlon Canada is excited to announce that registration for the 2022-23 season is live on Zone4.

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>



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>

Coaching Tip of The Month – Roller Skiing

In order to be fast during the racing season, most athletes start to rollerski towards the end of spring.

- Wear a helmet
- Never roller ski on roads
- Sharpen your poles often so they stick in the pavement
- Be careful to not “smash” your poles into the pavement too much compared with skiing on snow
- Use rollerskiing to work primarily on **balance** and **technique**
- Mainly practice one skate on rollerskis
- If doing hill workouts, consider removing skis and walking down

The most important thing is to understand that rollerskis have no brakes so be careful. Falling on pavement hurts compared with most falls on snow.



Thank You Volunteers!

The Biathlon Saskatchewan board would like to express our sincere thank you to the volunteers, parents and athletes for making the 2021-2022 season a huge success! Our sport requires many people to generously give their time and effort to collectively pull together as coaches, officials, race volunteers, committee members, and more to give our athletes the best experience possible. Once again, the Biathlon Saskatchewan community has proven that we are a family that pulls together to get the job done. Hope to see you all next year!



SASKATCHEWAN
WILDLIFE
FEDERATION

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

ANNOUNCEMENT!



BIATHLON
SASKATCHEWAN
CREATES NEW
DEVELOPMENT TEAM
FOR 12-14 YEAR OLDS

Biathlon Saskatchewan is excited to announce it has created a new Development Team for the 2022-2023 season. Designed specifically for biathletes aged 12 to 14, it will provide training and racing activities in a fun, team-based environment and will supplement training done with the athlete's home club. The Development Team will be led by Sheri Adams-Selinger.

More details can be found in the [introduction flyer](#). Parents and interested athletes can attend a Zoom information session on Tuesday, May 3 at 7:00 to meet the coach, learn more about the Team and ask questions - please register for the information session [here](#). If you have questions and are unable to attend, please contact [Sheri](#) directly.

Interested participants must complete [the application form](#) by May 10 and team selections will be communicated by May 17.

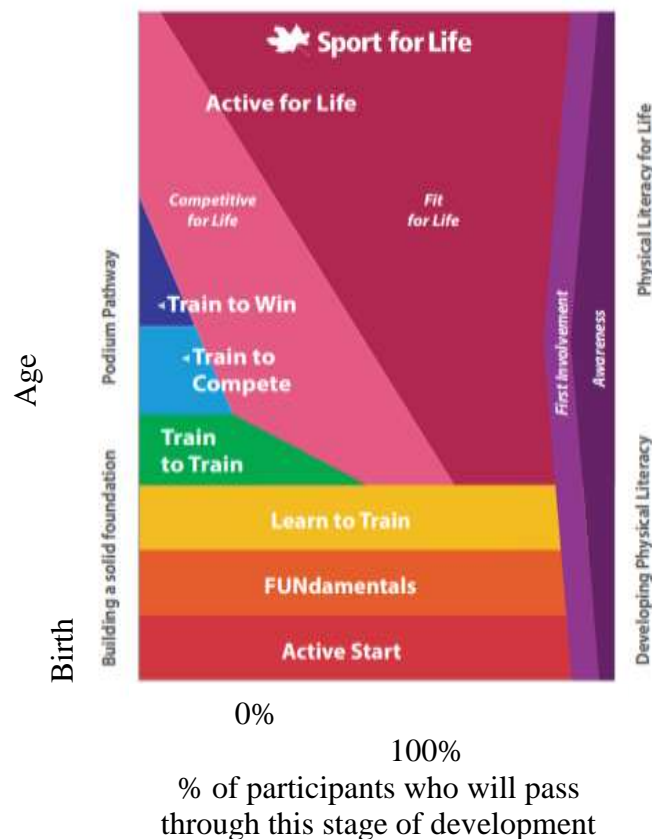
Canada's Long-Term Development Model for Sport and Physical Activity Explained

By Sheri Adams-Selinger

People who participate in sport often do so because it is fun, and many define “fun” as learning new things, being able to show what they know, making friends and challenging themselves. Some want to participate for health benefits and dabble in many sports, others dream of being atop the Olympic podium and narrow their pursuits to one sport, and yet others strive to achieve a personal best. Parents often want to support their kids in achieving their goals and may have questions about things like how old kids should be when they start to “specialize”, whether kids are training too much or not enough, what skills and capabilities need to be learned, as well as when and how to best learn them.

As a concerned parent, I've asked these questions myself. In a long round-about way, I discovered the answer was a home-grown one in [Canada's Long-Term Development Model for Sport and Physical Activity](#) (formerly known as the Long-Term Athlete Development Model). In fact, Canada's model is world-recognized because it considers all aspects of a person's development from birth through their Golden Years, and it is inclusive and envisions a future where all Canadians participate in some form of sport or physical activity for their entire lives. Canada's experts also recommend that all youth under the age of 18 participate in a minimum of 1 hour of moderate to vigorous physical activity every day, for a minimum of 365 hours of activity per year, just to be healthy. Adults should participate in 2.5 hours of moderate to vigorous physical activity a week.

Long-Term Development in Sport and Physical Activity:



Just over 4 weeks until May Long Weekend. Gotta get prepared.



QU'APPELLE VALLEY NORDIC SKI CLUB

EPIC CAMP SAVE THE DATE!

Experience a great weekend jam-packed with
all things biathlon and make new friends



August 19-21, 2022

Qu'Appelle Valley Nordic, Lumsden

Past camps have included shooting, running, rollerskiing,
biking, hiking, teambuilding, games, yoga and more. You won't
want to miss this!

Details will arrive in your inbox and be on QVN's Facebook page
later this summer.

