

**High Performance Team
Overview and Application
2023/2027**



BIATHLON SASKATCHEWAN

Biathlon Saskatchewan – Hi-Per

Sask First – Program Overview

Biathlon Saskatchewan has created the Sask First - High Performance Biathlon Training Team to promote excellence in the sport of Biathlon through focused, year-round training to committed athletes ages 14-22 with an emphasis on personal excellence.

Mission

Our mission is to develop athletes who will be competitive at the national level with an eye towards future international success as well as to develop the necessary coaching and infrastructure.

Goals Of Sask First

Sask First will: Deliver an athlete centered development system that supplements and supports existing ^[SEP]local, regional and national programs, respecting the “Long Term Development ^[SEP]Model” Biathlon Canada has adopted.

Prepare athletes to be ready for entry to national teams, and for future international success.

Support all athletes with the same levels of technical support, regardless of their performance profile at races and camps and try to maintain a coach to athlete ratio of 12:1 or less.

Accommodate full-time, year-round training and competition schedules.

Provide athletes with year-round individualized training programs and monitor these training programs.

Provide enhanced access to the best quality equipment (Fortner rifles, wax, skis poles) to team members subject to availability

Provide ongoing Sports Science And Medicine (Mental Training, Drug Education, Strength And Conditioning) to team members

SASK FIRST HiPer Team - Update

Our new Sask First Hi Performance plan is under construction as we speak for those athletes wishing to take things to the next level or who might be thinking about trying to qualify for our Canada Games team.

The next Canada Games will be in 2027 and **training starts today** for athletes born in **2007, 2008, 2009, 2010**.

Large Group Sessions

Each year, members of the high-performance team will be presented with one or more sessions on mental training, nutritional training, injury prevention, drug education and recovery given in a large group setting. Typically these sessions will happen at camps where the targeted athletes will be together. It is planned that the sessions will build on the content taught in the previous year. Sport Medicine & Science Council Of Saskatchewan experts will be the presenters.

High Performance Camps

Certain camps will be designated as HP Camps designed for athletes in the program. This would include access to Frozen Thunder trails (athletes must be on the HP team to gain access to these trails)

Coaching at Out Of Province Races (Trials)

At out of province events, athletes on the High Performance team will have priority and full access to coaching by the Provincial Coach. Club level athletes will be coached by club coaches.

Access To Grants/Bursaries

Athletes who are members of the HP team will have access to bursaries given out by Biathlon Saskatchewan.

Access To Preferred Rifles

Athletes who are members of the HP team will be given access to the Biathlon Saskatchewan pool of rifles with the most committed athletes getting the better rifles.

Earning A Fortner Rifle: Fortner License

The Fortner rifles will be designated to deserving, committed athletes who are able to meet certain shooting and commitment standards. Being a part of the HiPer program will be considered in rifle allocation with decisions being made by the HiPer committee. Just like driving a car, you will need to show competence and earn your “Fortner License”.

- 1) be able to shoot 90 or higher precision with a bolt action rifle
- 2) be able to shoot 40 or higher precision standing
- 3) be able to hit 5/5 on metal one time, shooting prone in 35 seconds or less with a bolt action rifle (or 33 seconds with a fortner)
- 4) be able to hit 5/5 on metal one time, shooting standing in 35 seconds or less with a bolt action rifle (or 33 seconds with a fortner)
- 5) Submit a run time for a three km run on a track
- 6) Submit a roller ski time for 4km ski on pavement or 3km on the track in North Battleford
- 7) Submit a list of no less than 40 written goals and no more than 50.
- 8) Must have a WTP Weekly Training Plan.
- 9) Must be able to list and discuss the Five Basic Principles of Shooting
- 10) MUST have a current Minor’s Permit or PAL.

To submit a shooting score text a photo of the target or a video of the shooting on metal to doug.sylvester@sasktel.net 306-441-7382

The First Fortners will be awarded May 30, with June 30 and July 30 being the next dates.

Strength And Conditioning Sessions

This HP plan envisions athletes participating in two supervised strength and conditioning sessions per week. Our challenge will be to provide strength and conditioning sessions who are not located in the major centers.

2 sessions per week for 20 weeks

Testing and Monitoring

Testing protocol (in line with tests administered by Biathlon Canada) will be used to evaluate the progress of the athletes.

- 1) 600 Precision Shooting Test
- 2) Whistler Shooting Test
- 3) Leger Beep Test (spring and fall)
- 4) SIX SIX SIX Test (running and shooting)
- 5) One per season (fall) VO2 test
- 6) Norquay Uphill rollerski Test
- 7) Sulphur Mountain Run (summer)
- 8) 4 km rollerski TT (track in NBford)
- 9) Competition Results

Athlete Expectations

Athletes Will:

Train Year round, a minimum of 5 sessions per week with 7-10 sessions per week being an average week's training load

Be following year round training program that is monitored. (Training Peaks) provided by coach

Attend camps and other team activities where possible and have a valid minors permit

Concepts To Be Studied

Biathletes are Made in the Summer

Rule Of Sixes

Perspective Triangle

Goal Setting - Smart Goals, Process Goals Performance Goals Outcome Goals, Identity Goal/Congruence

Mental Training Skills

Course Segmenting/Visualization

ELMO Athlete Model

Gap Analysis, SWOT Analysis

Five Pillars Of Sport

VBR Triangle

Concept Of Windows Athlete Development Model

Decision Making Matrix

Proper Kraft Dinner Preparation

Ideal Performance State

Rule Of Sizes

Manage Yourself at Major Competitions - Learn and adapt Model

Ski Testing

ELMO Model at Competitions

Program Fees

The Initial Cost of being on the team for 2023-/2024 will be \$200.

<https://zone4.ca/register.asp?id=32126>

Training Plans, Training Logs, and Mandatory equipment

Athletes will focus on their individual goals including:

- age appropriate year round training with sequencing of volume, intensity, strength training, and psychology as it applies to our sport,
- monitoring,
- education on recovery techniques,
- sequencing of the most effective ways to improve technique.
- yearly periodization and skill development for shooting –
- athletes will be expected to log and report all training directly to the Head Coach in a timely manner. All Sask First Biathlon High Performance Training Team athletes are responsible for providing and maintaining the following mandatory equipment:
 - Marwe (preferred) or V2 skate roller skis with medium wheels
 - classic skis in addition to skate equipment
 - road Bike or Mountain Bike of reasonable quality

Biathlon Saskatchewan Excellence Bursary Program

Biathlon Saskatchewan has committed to:

Providing bursaries available to athletes on the High Performance Team.

Biathlon Saskatchewan has taken the initiative and will provide Biathlon Scholarships to worthy athletes.

The objective of the program is to help promote training of approximately 12 hours per week in an elite, out of province, biathlon-specific, team setting during the summer. BATC , Whistler HP program, RMR, Augustana HP, Canmore Nordic HP Biathlon, are all examples of suitable programs.

The scholarships will be available to athletes who are current members of the Biathlon Saskatchewan's High Performance Team and who are able to secure a training spot at one of the national team training centers with a high performance training team under the supervision of a high performance coach.

Athletes who wish to be considered for the bursary must submit an application form (below) to the High Performance Committee stating where they intend to train, with what team, under what coach.

Bursary Application Form

Name:

Phone:

Email:

Date Of Birth:

Competitive Category:

Emergency contact number:

PAL/ Minor certificate number:

Amount Requested:

Program (Location):

Club Coach (if you have) :

How will this bursary help you in your Biathlon career:

Previous highlights of your biathlon career:

List three of your goals in Biathlon?

List three goals in a non/sport related area?

How will a nomination to this team help you in Biathlon:

What will you bring to the team:

List Fifty goals for the upcoming season and beyond.

Sask First Hi-Per Application

To apply submit this application form to Doug Sylvester or Alana Ottenbreit before June 30. The High Performance Committee is responsible for deciding which athletes will be nominated to the Sask First Hi-Per Team.

By applying, athletes are making a year-round commitment to the program if nominated and agree to race representing Saskatchewan at Nationals.

The fee can be paid at

<https://zone4.ca/register.asp?id=32126>

Name:

Phone:

Email:

Date of Birth:

Competitive Category:

Emergency contact number:

PAL/ Minor certificate number:

Previous highlights of your biathlon career:

How will a nomination to this team help you in Biathlon:

What will you bring to the team:

List fifty goals for the upcoming season and beyond.