

WINTER SOLSTICE NEWSLETTER

Dec 2021



BIATHLON SASKATCHEWAN

Head Coach's Message

2022 will be amazing!

This past season has been a serious challenge for us all but the biathlon community has managed to arrive at 2022 with our sights looking forward. We have some majorly exciting events to look forward to in the new year including:

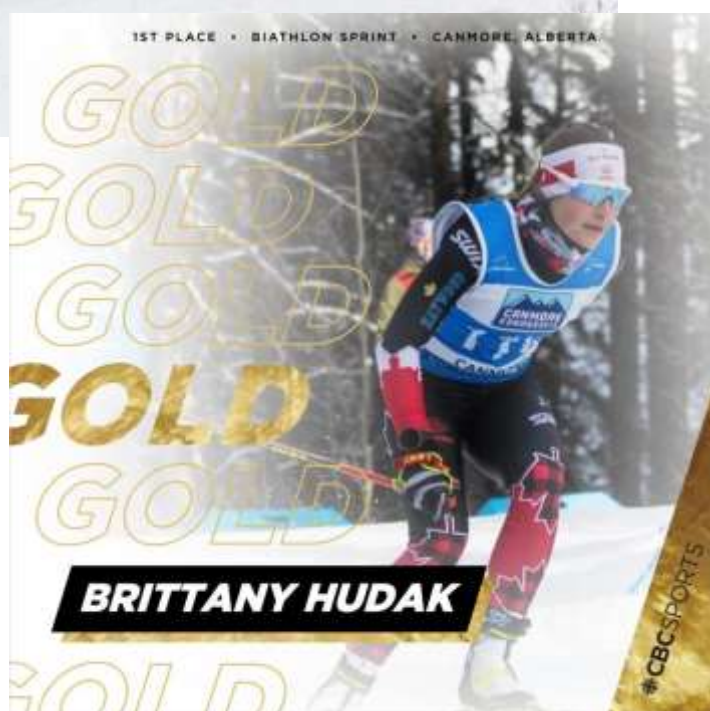
- 1) A "not virtual" race in North Battleford Jan 8/9
- 2) A "not virtual" out of province race in Camrose Jan 15,16
- 3) A "not virtual" National Championships in Prince George Mar 11-17
- 4) A "not virtual" Saskatchewan Winter Games Lumsden and Regina Feb 20-23
- 5) Biathlon Sask Athletes selected to represent Canada Internationally
(Brittany Hudak, Jesse Ehman, Michio Green, Logan Pletz so far...Good luck Janice at trials)

I am grateful for the snow we have and hope even more is on the way.

Check Out Our Facebook Page

<https://www.facebook.com/BiathlonSaskatchewan>

See how Jesse Ehman and Brittany Hudak did at the recent World Cup Races in Canmore! (spoiler alert: Jesse was 10th in one race)



Coaching Tip of The Month – Doug’s Rule of Sixes

How Tim Horton’s Roll Up The Rim Taught Me how To How To Manage Race Expectations

Expectations

Will my athlete’s races be awesome? Will their races be terrible?

It seems like when you are coaching, you never know what could happen to the athletes you are supporting – but not anymore. This is what you should expect.

If you have six athletes competing:

One will have an amazing day!

One will have a little better than average day.

Two will have average days.

One will struggle and be a little worse than average.

One will have a disaster.

It is very similar to your chances of winning in the **Roll Up The Rim to Win** contest with odds of winning being one in six. So, if you are coaching twelve athletes, two will be awesome, shoot nearly perfect and have a great day. Expect two others to bomb their races and will need special attention to deal with their disastrous day. The others will perform somewhere close to their average or what you would expect.



To look at it another way, for one specific athlete, if they have six races over say a couple of weekends. (On average, this athlete hits seven out of ten in shooting)



One race will be incredible, they will perform way above expectations 9/10 or even 10/10
One will be a bit better than what you expect 8/10
Two will be average 7/10
One will be a little below 5/10 or 6/10
And one unlucky athlete will be 2/10

The weirdest thing is, this rule almost always seems to work out.

Coach Doug



2022 SASK WINTER GAMES INFO

When?

Feb 20-23 2022.

Where?

AT Regina Biathlon Range and Qu'Appelle Valley Nordic Range

Team Size

Three boys, three girls, one coach and one manager from each of the nine districts will be allowed.

Athletes: Who Can Compete In The Games?

Athletes who are born in the years 2007 -2010 are eligible. You must be a member of Biathlon Saskatchewan to participate.

How to Be A Coach or Manager?

Coaches should have their Gold Level training or higher. Manager can be a coach or parent but both must complete a criminal record CRC check prior to games – with costs reimbursed by Biathlon Saskatchewan. To be a coach or manager for your District Team contact doug.sylvester@sasktel.net

How To Be An Official?

To volunteer as an official, contact Wendy at wpletz@sasktel.net

The Races

Day 1 Feb 21 Sprint, 3x 1km shoot 2 times, 22 cal.

Day 2 Feb 22 Mass Start 4x 1km shoot 3 times 22 cal.

Day 3 Feb 23 Mixed Relay Teams of three shoot 2 times, extra bullets

SHOOTING WILL BE PRONE ONLY, OFF OF RESTS

What District Am I In?

Usually, athletes represent the district in which they go to school. (If you don't go to school then you may be either too old for the Games or are home-schooled.) View a list of district boundaries here:

<https://saskgames.ca/district-teams>

What Is Meant by the "Fill" Policy

If all the districts do not field full teams, then other districts may be able to send bigger teams. The fill athletes compete for their own district and wear their district's team uniforms and can win medals. The provincial coach will advise which athletes will be allowed to compete under the fill policy.

Where Do Athletes Stay?

Athletes, Coaches and Managers will stay at the University of Regina dormitories. (This is your chance to get an early start on university!) During the Games, athletes must stay in the athlete village with their teams, rather than at home.

What Are The Costs?

There will be a \$100 team fee for each athlete (no fee for managers and coaches). This fee is to help cover the costs of your team uniform. (Transportation, lodging and food costs are essentially free once you are at the games.)

Where can I access the Technical Package?

Go to:

<https://saskgames.ca/winter/sports/biathlon>

What is the Sask Games Website?

www.saskgames.ca

How do I volunteer?

<https://saskgames.ca/winter/volunteer> (be sure to let them know you want to help with biathlon)

When Are The District Playdowns?

The Northern district playdowns are scheduled for Nov 20, 21 at Blue Mountain with the Southern playdowns schedules for Nov 27, 28 at QVN. (Some districts unable to get to an official race may be allowed to select their teams using a club playdown upon discussion with Provincial Technical Liaison - Aka Doug)

What is the Sask Games Social Media Link

www.facebook.com/SaskatchewanGames

www.twitter.com/saskgames

www.instagram.com/saskatchewangames

<https://www.facebook.com/2022saskwintergames>

www.twitter.com/2022saskgames

www.instagram.com/2022saskgames

Tim's Excellent Adventure

This spring, Timjotej Fasiang of Regina made the choice to attend university in the Czech Republic and continue to do biathlon after high school. He has been training hard with a club there and has started to turn in some excellent results against very tough European competition.

Tim says...

In the 10km sprint today, the first place finisher got 3 silver medals at the 2020 youth world championship, and the second place finisher also got a silver at the 2020 youth world championships. Anyways, what I'm trying to say is that the competition was really good haha.

The conditions were not great. It was +2 and raining a bit, and the track had about 3 inches of mushy snow on the flats, and almost a foot of it on the uphill.

I was 84% of the average of the 3 medalists. Out of 11, I placed 9th, and shot 0, 2. Even with the bad conditions, I felt like I skied pretty well. I was very confident with my prone, but unfortunately, for the past month and a half, my standing shooting has been shaky.



From my club, I was given 2 pairs of race skis on top of the ones I had that I could use to race, and I got help from one of my coaches to test all my skis out yesterday, (wax them all with the same HF wax, then test) and one of the Kastle skis from my club (Czech Sporten skis that are branded as Kastle) did the best, so I raced on those today.

Here, for all the races, everyone gets the same wax, and my skis ended up being pretty good. Definitely slower than a few guys that are on the Czech junior team (which get their skis from the Czech world cup team), but probably around average, or maybe a tiny bit worse. For the race today, they used some good liquid wax, and it was very fast for the first lap and a half, but not much more than that.

Tomorrow is an individual race, and I'm going to be starting it with bib number 1.

17:14 9.3KB/s 29.12.2021 Sprint

Soutěž družstev

Start num. Junioři Performance rating from last year Category Points (no idea how they're calculated)

Pořadí	St. č.	VT	Jméno	Kat.	Klub	Pozn.	Běž. čas	L	S	SUM	Výsl. čas	Ztráta	Body
1	6	M	Mánek Ondřej	JM	SKPKoenspitz	—	26:31,8	1	0	1	26:31,8	+0,0	100,00
2	8	M	Kabrda Josef	JM	SK NMNM	—	27:05,0	0	2	2	27:05,0	+33,2	97,91
3	9	M	Kudrnáč Jskub	JM	Jilemnice	SCM	28:03,7	2	0	2	28:03,7	+1:31,9	94,22
4	5	2	Hasman Marek	JM	Jilemnice	—	28:58,0	2	2	4	28:58,0	+2:26,2	90,81
5	1	1	Kaplan Jáchym	JM	SK NMNM	SCM	29:23,6	1	3	4	29:23,6	+2:51,8	89,20
6	3	2	Lustig Adam	JM	SKPKoenspitz	—	29:45,6	1	2	3	29:45,6	+3:13,8	87,82
7	10	3	Průša Kryštof	JM	PBK	—	30:42,0	3	2	5	30:42,0	+4:10,2	84,28
8	2	2	Netrval Jakub	JM	SKPKoenspitz	—	31:28,4	1	2	3	31:28,4	+4:56,6	81,36
9	7		Fašiang Timotej	JM	Jilemnice	—	32:19,5	0	2	2	32:19,5	+5:47,7	78,15
10	11		Grusz Marek	JM	KB Třeba	—	34:08,2	0	1	1	34:08,2	+7:36,4	71,32
11	4		Michal Jakub	JM	Třebíč	—	41:28,4	5	2	7	41:28,4	+14:56,6	43,67

Tim is hoping to see us all again in Prince George where he will be representing Saskatchewan at Canadian National Biathlon Championships.

2021 Schedule: Biathlon Sask

Date	Activity	Details
Jan 8-9	Sask Wildlife Federation Cup	Blue Mountain
Jan 15,16 going)	Calforex Cup	Camrose (email Doug if you are considering
Jan 22,23	SWF Cup #3	Regina Biathlon Club
Jan 29	Entry Level Officials Course	Online, contact wpletz@sasktel.net
Feb 6	SWF Cup #4	Saskatoon
Feb 4-20	WINTER OLYMPICS	Beijing (no politicians allowed)
Feb 20-23	Saskatchewan Winter Games Ages 2007 -2010 are eligible.	QVN, RWF
Day 1 Feb 21	Sprint, 3x 1km shoot 2 times, 22 cal.	
Day 2 Feb 22	Mass Start 4x 1km shoot 3 times 22 cal.	
Day 3 Feb 23	Mixed Relay Teams of three shoot 2 times, extra bullets	
Feb 26,27	Calforex Cup #6	Edmonton
Mar 5-6	Provincial Championships/Canada Winter Games Trials	TBD
March 11,17	National Championships	Prince George-email Doug if you are hoping to go

Officials Development

Thank you very much for volunteering to take Biathlon Saskatchewan's Entry Level Officials course. The course will be taught as an online course on January 29. I don't have details for the times or the Zoom link yet, but will forward this information once I get it.

There is no cost to you for this course, but you do need to be members of Biathlon Canada. You can go here to register if you have not yet done so this year. <https://zone4.ca/register.asp?id=25797&lan=1&cartlevel=1>

Both Biathlon Saskatchewan and Saskatchewan Winter Games have developed policies around Covid. Please check out the policies here if you are planning to volunteer at these events.

SWG: <https://saskgames.ca/winter/covid-19>

Biathlon Saskatchewan: <http://www.biathlonsask.ca/news/2021/11/10/biathlon-sask-covid-policy-for-races-and-events>

Again, THANK YOU for volunteering your time and energy to our amazing sport! Your efforts to help our sport progress are very much appreciated!!!

I will be in touch in the near future!

Wendy Pletz
Biathlon Saskatchewan Co-Chair



Saskatchewan Wildlife Federation Cup Jan8/9

The Blue Mountain Bullets and Biathlon Saskatchewan will try to host an event on Jan 8/9. There are a number of issues that may force us cancel or postpone the race among which are the rapidly changing covid situation and cold weather that is forecast. (if it is colder than -18, it is impossible to host a fun event)

We will be hosting following the Biathlon Sask Covid Policy which means mainly that all participants (racers, spectators, coaches and volunteers/parents) be fully vaccinated or provide a negative test within 48 hours of the race or be under 12) Since On-site registration may not be available, participants must preregister online at <https://zone4.ca/reg.asp?id=27953> so that we can keep track of who is attending. We have the chalet available which can hold up to thirty people but inside, a mask must be worn. Athletes should be prepared to warm up and change in their vehicles. To see our full protocol go to <http://www.biathlonsask.ca/news/2021/11/10/biathlon-sask-covid-policy-for-races-and-events>

Location: Blue Mountain (See below for directions)

Cost: \$30 per weekend for racers. Spectators and volunteers/parents/coaches are free but must register on zone4 to attend. Registration will close Friday at 5:00

<https://zone4.ca/reg.asp?id=27953> (If the race is cancelled, all will get full refund less the zone 4 admin fee)

Saturday Sprint Race

ski three loops, shoot two times, penalty loops for each miss

P,P (prone, prone for younger categories) P,S (prone, standing for older categories)

Zero at 12:00 – 12:45, Race at 1:00. (wave starts by category with Masters first at 1:00, Girls at 1:10 and Boys at 1:30)

Zero Lanes (1- Blue Mountain) (2-Moose Jaw) (3-4 RWF) (5-7 – Saskatoon) (8-11 QVN) (12 Esterhazy, PA, Hudson Bay) (13-16 High Performance team and anyone else)

Air Rifle O, O, O (P,P)

Juvenile (ages 10-13 shooting with rests) Y,Y,O (P,P) (Sask Winter Games Category)

Junior (ages 13-14 shooting without rests) Y,Y,Y, P,P)

Senior Boys/Girls (15-16 shooting prone and standing, rifles on racks) (YY,YY,Y (P,S)

Large Penalty Loops

Youth Men(17-19) R,YY,Y (P,S)

Youth Woman (17-19) YY,YY,Y (P,S)

Masters Men YY,YY,Y (P,S)

Masters Women YY,Y,Y (P,S)

Note:

Orange Loop (O) 750m easy

Yellow Loop (Y) 1.0 km easy

Red Loop (R) 3.5 km - Excalibur hard P stands for Prone, S stands for Standing

Sunday - Wave Start Race

Ski four loops, shoot three times for younger categories. (P,P,P) with penalty loops for misses

Ski Five loops, shoot four times for older categories. (P,P,S,S)

Zero at 10:00 – 10:45 Race starts at 11:00. (wave Starts by category with Masters First at 11:00, Boys at 1:10 and Girls at 1:30)

Zero Lanes (1- Blue Mountain) (2-Moose Jaw) (3-4 RWF) (5-7 – Saskatoon) (8-11 QVN) (12 Esterhazy, PA, Hudson Bay) (13-16 High Performance team)

Air Rifle O, O, O, O (P,P,P)

Juvenile (ages 10-13 shooting with rests) Y,Y,O,O (P,P,P) (Sask Winter Games Category)

Junior (ages 13-14 shooting without rests) Y,Y,Y,O (P,P,P)

Senior Boys/Girls (15-16 shooting prone and standing, rifles on racks) (YY,Y,Y,Y,Y) (P,P,S,S)

Large Penalty Loops

Youth Men(17-19) R,Y,Y,Y,Y (P,P,S,S)

Youth Woman (17-19) YY,Y,Y,Y (P,P,S,S)

Masters Men YY,Y,Y,Y,Y (P,P,S,S)

Masters Women (Y,Y,Y,Y,Y) P,P,S,S)

Info About Blue Mountain and Accommodations: <https://explorebluemountain.com>

Search “Blue Mountain Adventure Center” if using Google maps.

Directions To Blue Mountain

From Saskatoon: Blue Mountain Adventure Park is located 1 1/2 hours west from Saskatoon via Highway #16 and Grid # 687 north at the town of Denholm (which eventually turns into Highway # 378).

From North Battleford: Travel north on Highway # 4 for 5 kilometers, Then, turn east on Highway # 378 and travel approximately 25 kilometers.

Participants may also choose to stay in North Battleford area hotels.