

# BIATHLON

- Summary** The biathlon team is made up of x cadets. Cadets on the biathlon team should be willing and or able to skate ski and shoot and have a commitment to their personal physical fitness.
- Who can join?** All cadets are welcome and encouraged to try out for the team. The team is selected based on experience, participation in the practices and in some cases age/gender to meet the team composition rules
- Start date** Fall for dry land and once the snow comes for skiing
- Practice schedule** Dryland training will be held in the fall – details TBC
- Range Days for the .22
- Saturday morning skiing at Nordic Ski Club once the tracks are open.
- Practice location** Nordic Ski Club for skiing and dryland to be confirmed.
- Equipment needed** Cadets are required to have their own clothing suitable for the sport. The corps will provide the skis unless the cadet has their own skate skis.
- Competition details** Annual biathlon competition held on January 24-26 in Sault Ste Marie
- Team Coach** SLt Andrew Oman
- Expectations** Being a member of the biathlon team means a commitment to team practices, hard work and when possible skiing on your own time.
- Cadets must be available to leave North Bay on the Friday of competition weekend anytime from 9am – 2pm and high school cadets are to note this is during exam period for some.

