



BIATHLON BRITISH COLUMBIA

Programs and Activities Development

BIATHLON BRITISH COLUMBIA'S CANADIAN SPORTS FOR LIFE PLAN VERSION 2



Prepared for:
2010 Legacies Now
400 – 1095 West Pender Street
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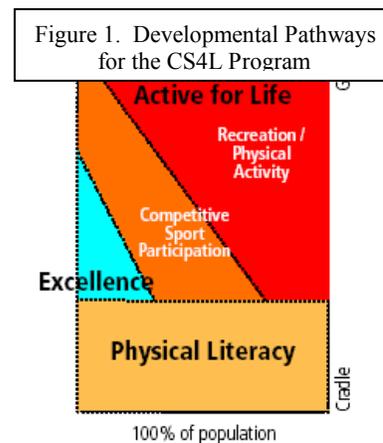


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1.0 INTRODUCTION

The Canadian Sports for Life (CS4L) is an initiative of Canadian Sports Centres and Sports Canada, planning for the Sport excellence and well-being of Canadians. It supports and promotes the Long Term Athlete Development (LTAD), which is a model for development in physical activity and sport that not only provides a safe, enjoyable, and progressive pathway for children to pursue healthy physical activity, but also provides a pathway to excellence (Canadian Sports Centre, 2007).

The CS4L initiative recognizes the necessity for children to be physically literate starting from a very young age and also the need to provide various developmental pathways as the child grows towards adulthood and beyond (cradle to grave concept). Three major pathways are identified: 1) Active for Life, 2) Competitive Sport/participation and 3) Excellence (Figure 1)



In 2007 Biathlon Canada published its newest LTAD model in a two volume document. This model “not only provides a road map from the first experience of Biathlon in a Club to international success for an athlete, but also informs coaches, parents, club officials volunteers and educators of the importance of human growth and development as a context to the implementation of systematic athlete development nationwide” (Biathlon Canada 2007, Volume 1, page 1). It is the goal of Biathlon BC to adopt the concepts and principles of this nationwide LTAD model.



In early 2008, the BC Division of CS4L offered small grants to eligible Provincial Sports Organizations (PSO) to “conduct an internal assessment of programs and activities and plan required revisions to these programs so that they align with the CS4L framework and the national LTAD”. This initiative is funded by 2010 Legacies Now. In Late March of 2008, Biathlon BC was awarded a grant of \$3,000 to complete this review and assessment and start down the pathway of developing a 5 year plan. This document provides a brief description of the national LTAD, and an inventory, description and review of current BiBC programs and activities. It is the intent of Biathlon BC that this exercise will lead to the development of a five year program plan which is appropriately aligned with the BiCanada LTAD and the principles of the CS4L framework.

An initial document (Vers 1) was developed in August 2008 to provide background information to the planning team, while this version (Vers 2) provides not only the background information, but also the conclusion and recommendations arrived at by the two committees that worked as the Planning Teams on this initiative. This document will be presented to the 2009 AGM of Biathlon British Columbia.

MISSION STATEMENT OF BIATHLON BC

To promote and encourage Biathlon in all parts of British Columbia as a recreational and competitive sport.

VISION STATEMENT OF BIATHLON BC

Biathletes of both genders, all ages and all abilities competing province-wide in the sport of Biathlon, traveling to each others communities in a spirit of friendly competition, exchanging views and information, achieving personal growth and growing self esteem while promoting the sport of Biathlon and its values.

2.0 OBJECTIVES OF THE CS4L PLANNING PROJECT

The objectives of this Canadian Sports for Life (CS4L) Planning exercise were as follows:

- 1) Complete an internal review of the programs and activities, program delivery model and administrative structure for Biathlon British Columbia.
- 2) Assess our programs and activities to determine how well they align with the Biathlon Canada Long Term Athlete Development (LTAD) Model and the Canadian Sports for Life Framework.
- 3) Plan the required revisions of the programs, administrative structure and program delivery models so that they align with the BiCanada LTAD Model through the development of a Five Year Plan.

Although a final five year plan has not yet been developed, the two committees that worked on this planning exercise, from March 2008 to March 2009, have set a solid foundation for the effective development of such a plan. The description and composition of these two committees are provided in the Acknowledgement section of this report.

3.0 INRODUCTION TO THE BIATHLON CANADA LTAD MODEL

Table 1 provides an overview summary of the main recommendations provided by the Biathlon Canada Long Term Athlete Development Model (LTAD). Figure 2 below illustrates Balyi's Stages for late maturing endurance sports like Biathlon which is used as the basic structure of the LTAD.



Adapted from Canadian Sports Centre, 2007 and Biathlon Canada 2006

Figure 2. Balyi's Stages for late maturing endurance sports like Biathlon

Table 1. Some of the key recommendations provided in the Biathlon Canada LTAD Model

Balyi's Stages	Focus of this stage	Training Volumes ¹		Type of Training		Competitive opportunities	Equipment required
		Physical	Shooting	Cardio	Strength		
Active Start:	Nurturing, play and games that foster repetitive rehearsal and learning. Repetition: running, jumping, tumbling, wrestling, throwing, falling, and trying again						
FUN-damentals:	FUN introduction to biathlon components	2-4 session per week	1-2 session per week	Multi-sport exposure: gymnastics, swimming, soccer. Exposure to biathlon and x-country through Biathlon Bears and Jackrabbits		2-3 Regional, provincial level/season	Skis Access to rifle
Learning to Train	Biathlon skills acquisition – sport participation	2- session per week	2-3 sessions per week	Association with a Biathlon club is recommended. Exposure to a variety of sports and the elements of play and game still essential		2-6 Regional, provincial level/season	Skis, rifle, access to roller skis, HR monitor
Training to Train: Early Puberty	Formal training – transfer skills from practice to performance	200 to 300 hrs/yr	4,000 to 5,000 bullets + 40 to 45 hrs dry firing/yr	85 to 95 % of YTP	6 to 15% of YTP	12-15 Provincial, National level/season	Rifle, skis, roller skis, HR monitor
Training to Train: Late Puberty	Formal training – transfer skills from practice to performance	300 to 400 hrs/yr	6,000 to 7,000 bullets + 50 to 60 hrs dry firing/yr	85 to 90 % of YTP	10 to 15% of YTP	12-15 Provincial, National level/season	Rifle, skis, roller skis, HR monitor
Training to Compete:- Males	Focus on learning competitive skills and less on learning to train. Training becomes more intense and focused on performance characteristics	500 to 700 hrs/yr	8,000 to 11,000 bullets + 70 to 100 hrs dry firing/yr	75-85% of YTP	8-15% of YTP	6-10 international, 12-15 National, provincial. WYCH or WJCH, North American Cup or Europa Cup tours.	Rifle, training and competitive skis (4 pair), roller skis, HR monitor, Noptel, HQ amo

Balyi's Stages	Focus of this stage	Training Volumes ¹		Type of Training		Competitive opportunities	Equipment required
		Physical	Shooting	Cardio	Strength		
Training to Compete:- Females	Focus on learning competitive skills and less on learning to train. Training becomes more intense and focused on performance characteristics	400 to 650 hrs/yr	8,000 to 11,000 bullets + 70 to 100 hrs dry firing/yr	75-85% of YTP	8-15% of YTP	6-10 international, 12-15 National, provincial. WYCH or WJCH, North American Cup or Europa Cup tours.	Rifle, training and competitive skis (4 pair), roller skis, HR monitor, Noptel, HQ amo
Training to Win: Males	Training is intense, year-round and focused on refining competitive skills to the point where the athlete can consistently perform at the elite level.	650 to 800 hrs/yr	12,000 to 15,000 bullets + 110 to 120 hrs dry firing/yr	80- 90% of YTP	10-20% of YTP	World Cup, Europa Cup, World Championships. Depending on development stage: 8 to 24 international competitions	Rifle, training and competitive skis (6 pair), roller skis, HR monitor, Noptel, HQ amo
Training to Win: Females	Training is intense, year-round and focused on refining competitive skills to the point where the athlete can consistently perform at the elite level	600 to 700 hrs/yr	12,000 to 15,000 bullets + 110 to 120 hrs dry firing/yr	80- 90% of YTP	10-20% of YTP	World Cup, Europa Cup, World Championships. Depending on development stage: 8 to 24 international competitions	Rifle, training and competitive skis (6 pair), roller skis, HR monitor, Noptel, HQ amo
Active for Life – Recreational adults	Training and competition as recreation	2-4 session per week	1-2 session per week	Not specified		2-6 Regional, provincial level/season	Rifle, skis, roller skis, HR monitor

¹Note: Depends on age, experience and development with phase

4.0 INVENTORY OF BIATHLON BC PROGRAMS BY CS4L LEVEL

Table 2 below provides an overview summary of the programs and activities offered by Biathlon BC and its member Clubs. A more comprehensive description of each of the key programs is provided in section 5 of this document.

Table 2. Inventory of BiBC Programs by CS4L Levels

CS4L Level	Name of Program or activity	Coach Level required	Officials Level Required	Infrastructure/equipment required	Who has the main responsible for delivery of these programs
Active start	BiBC does not have any structured programs at this level. Fitness and movement skill encouraged by the parents				
FUNDamentals	-Biathlon Bears -Jackrabbit Ski league -Regional races	- CC Level 1 - Biathlon Bears Silver	Certified officials not required	- X-country ski area with proper grooming - Air rifle range - need access to skis - Need access to air rifle	Delivered by local clubs with the support of the BiBC only through the grassroots program
Learn to Train (L2T)	-Biathlon Bears -Regional Races -Club training programs	- CC Level 1 - Biathlon Bears Silver - 1 Biathlon Bears Gold	Certified officials not required	- X-country ski area with proper grooming - .22 rifle range - need skis - Need access to .22 rifle	Delivered by local clubs with some minor support by the BiBC grassroots program
	-BC Cup Series - AGM camp	- Regional coach should be level 3 NCCP, assistant should be at least Level 1 – 2 coaches required for camp	- “Entry” level certification required for BC Cup, preferable to have at least 1 Advanced level certification at each race	- X-country ski area with good grooming and challenging trails - good .22 rifle range - Athletes needs good skis - Athlete needs access to .22 rifle (preferable for athlete to own one)	- The AGM camp is organized and delivered by BiBC coaching Team - The BC Cup series is sanctioned by BiBC, but is organized by hosting Club
	- Development Squad camps for older L2T athletes	Provincial head coach should be Level 4 NCCP, Regional coach should be Level 3, assistant should be at least Level 1 (level 2 preferred)– 4 coaches required for camp	No officials required	- X-country ski area with good grooming and challenging trails - good .22 rifle range - Athletes needs good skis - Athlete needs personal .22 rifle - higher elevation ski area for early snow camp	The organization and delivery of development squad camps is the responsibility of BiBC Coaching Team

CS4L Level	Name of Program or activity	Coach Level required	Officials Level Required	Infrastructure/equipment required	Who has the main responsible for delivery of these programs
Train to Train (T2T)	BC Cup Series	- Club coaches should be Level 1 minimum, Level 2 preferred	- "Entry" level certification required for BC Cup, preferable to have at least 1 Advanced level certification at each race	- X-country ski area with good grooming and challenging trails - good .22 rifle range - Athlete needs training and competition skis - Athlete needs to own .22 rifle - Good racing waxes - Good ski clothing for racing	The BC Cup series is sanctioned by BiBC, but is organized and delivered by hosting Club
	BC Winter Games	- Biathlon Bears Community Coaching (CC) Gold Level	- "Entry" level certification required for key officials at Winter Games, preferable to have at least 2 Advanced level certification (Chief of Competition and TD)	- X-country ski area with good grooming and challenging trails - good .22 rifle range - Athlete needs training and competition skis - Athlete needs to own .22 rifle - Good racing waxes - Good ski clothing for racing	The Biathlon event of the Winter Games is sanctioned by BiBC, but is organized and delivered by hosting City/organizing committee
	Development Squad Camps	Provincial head coach should be Level 4 NCCP, Regional coach should be Level 3, assistant should be at least Level 1 (level 2 preferred)– 4 coaches required for camp	No officials required	- X-country ski area with good grooming and challenging trails - good .22 rifle range - Athletes needs good skis - Athlete needs personal .22 rifle - higher elevation ski area for early snow camp - athlete needs access to roller skis	The organization and delivery of development squad camps is the responsibility of BiBC Coaching Team (mostly the Regional Coach Program)
	Team BC for National Championships for older T2T athletes	-Provincial head Coach – Level 4 NCCP -Assistant Coach – Level 3 NCCP Requires two experienced wax technicians and 1 well organized team manager	No official required for the Team. Close to 100 certified officials required for delivery of National Championship	- X-country ski area with excellent grooming and challenging trails - good .22 rifle range (personalized) - Athlete needs training and competition skis and HR monitor - Athlete needs to own .22 rifle - Good racing waxes - Good ski clothing for racing	The PSO is usually involved in the organization and delivery of National Championships (which ever Province that might be

CS4L Level	Name of Program or activity	Coach Level required	Officials Level Required	Infrastructure/equipment required	Who has the main responsible for delivery of these programs
Train to Compete (T2C)	CWG Training Squad	Provincial Head Coach – Level 4 NCCP	No official Required	Athlete needs training and competition skis - Athlete needs to own .22 rifle (personalized) - Good racing waxes - Good ski clothing for racing	The BiBC Provincial Head Coach and supported by the Program Development Committee (PDC)
	High Performance Program	Provincial Head Coach – Level 4 NCCP	No official Required	-Good training venue with winter and summer access to range (skis in winter and roller skis in summer) Team Van Athlete needs training and competition skis (several pairs of each – classic and skate) - Athlete needs good bike for summer training - Athlete needs to own customized HQ biathlon rifle - Good racing waxes and HQ amo - Good ski clothing for racing - Access to Vo2 and blood testing	The BiBC Provincial Head Coach and supported by the Program Development Committee (PDC)
	Team BC for National Championships (all T2C athletes should be on Team BC)	-Provincial head Coach – Level 4 NCCP -Assistant Coach – Level 3 NCCP Requires two experienced wax technicians and 1 well organized team manager	No official required for the Team. Close to 100 certified officials required for delivery of National Championship	- X-country ski area with excellent grooming and challenging trails - good .22 rifle range (personalized) - Athlete needs training and competition skis and HR monitor - Athlete needs to own .22 rifle - Good racing waxes - Good ski clothing for racing	The PSO is usually involved in the organization and delivery of National Championships (which ever Province that might be)
	BC Cup Series (for younger T2C athletes)	- Club coaches should be Level 2 minimum for training the T2T athletes at the Club Level	- “Entry” level certification required for BC Cup, preferable to have at least 1 Advanced level certification at each race	- X-country ski area with good grooming and challenging trails - good .22 rifle range - Athlete needs training and competition skis - Athlete needs to own .22 rifle - Good racing waxes - Good ski clothing for racing	The BC Cup series is sanctioned by BiBC, but is organized and delivered by hosting Club

CS4L Level	Name of Program or activity	Coach Level required	Officials Level Required	Infrastructure/equipment required	Who has the main responsible for delivery of these programs
Train to Win (T2W)	BiBC does not offer programs or activities at this level. This is viewed as the responsibility of the National Level.				BiBC provides some financial support to BC T2W athletes through the BiBC Athlete Assistance Program
Active for Life	Recreational and Masters categories in BC Cups and at Nationals	- Club coaches should be Level 1 minimum, Level 2 preferred	- "Entry" level certification required for BC Cup, preferable to have at least 1 Advanced level certification at each race	- X-country ski area with good grooming and challenging trails - good .22 rifle range - Athlete needs training and competition skis - Athlete needs to own .22 rifle - Good racing waxes - Good ski clothing for racing	The BC Cup series is sanctioned by BiBC, but is organized and delivered by hosting Club
	Club Training Programs	- At least a Level 1 NCCP, preferably Level 2.	- No officials required for training	- X-country ski area with proper grooming - .22 rifle range - need skis - Need access to .22 rifle	Delivered by local clubs with some minor support by the BiBC grassroots program