

**COMMON TRAINING**

**INSTRUCTIONAL GUIDE**

**SECTION 1**

**EO C211.01 – IDENTIFY CIVILIAN BIATHLON OPPORTUNITIES**

Total Time: 30 min

## PREPARATION

### PRE-LESSON INSTRUCTIONS

Resources needed for the delivery of this lesson are listed in the lesson specification located in A-CR-CCP-602/PG-001, Chapter 4. Specific uses for said resources are identified throughout the Instructional Guide within the TP for which they are required.

Review the lesson content and become familiar with the material prior to delivering the lesson.

### PRE-LESSON ASSIGNMENT

N/A.

### APPROACH

An interactive lecture was chosen for this lesson to orient the cadets to civilian biathlon opportunities and to generate interest.

## INTRODUCTION

### REVIEW

N/A.

### OBJECTIVES

By the end of this lesson the cadet shall be expected to identify civilian biathlon opportunities.

### IMPORTANCE

It is important for cadets to identify civilian biathlon opportunities because they may choose to pursue the sport of biathlon outside the Cadet Program.



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**Teaching point 1** **Introduce Local, Provincial/Territorial, National, and International Biathlon Training Opportunities**

Time: 10 min Method: Interactive Lecture

There are many training opportunities for biathletes at the local, provincial/territorial, national, and international levels. These training opportunities include clinics and camps ranging from weekend programs for basic and intermediate training, to year round advanced training. Training development clinics offered include coaching, race opportunities and training programs for all ranges in skill levels from the beginner to the advanced competitor training at the national team level.

**LOCAL**

Local ski resorts/clubs may offer a selection of biathlon programs. Biathlon Bears is a community coaching program offered across Canada. The Biathlon Bears program is open to novices and the training is tailored to the athlete's skill level. This program offers training to develop both skiing and marksmanship skills. There is a ranking structure in the program. As skills are learned and mastered, the biathlete progresses to the next Biathlon Bear level.




For examples of local biathlon training opportunities, contact the local ski resort/club.

**PROVINCIAL/TERRITORIAL**

Divisions of Biathlon Canada are located within many of the provinces/territories. These division offices run training and offer support to the local resorts/clubs.




For examples of provincial/territorial biathlon training opportunities, contact the division office/ Website.

**NATIONAL**

Biathlon Canada is the governing body for the sport of biathlon within Canada. There are two national biathlon training centres located in Canmore, Alberta and Valcartier, Quebec. These centres offer training to the national biathlon teams.




For examples of national biathlon training opportunities, contact Biathlon Canada (www.biathloncanada.ca).

**INTERNATIONAL**

The International Biathlon Union (IBU) is the governing body for the sport of biathlon internationally. There are biathlon training centres located across the globe. National training centres offer training to athletes who will be competing internationally. The international training centres allow high performance biathletes to train in various



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geographical regions where the elevation above sea level, and the changes in the oxygen density, create different training demands on the biathlete. This allows the biathlete to adapt to the environmental conditions prior to the competition, thus increasing their expected performance outcome.




For examples of international biathlon training opportunities, contact the International Biathlon Union (www.biathlonworld.com).

**CONFIRMATION OF TEACHING POINT 1**

**QUESTIONS**

Q1. Who offers biathlon training at the local level?

Q2. Where are the two Canadian national biathlon training centres located?

Q3. What is the name of the organization that governs biathlon internationally?

**ANTICIPATED ANSWERS**

A1. Local ski resorts/clubs.

A2. Canmore, Alberta and Valcartier, Quebec.

A3. The International Biathlon Union (IBU).

**Teaching point 2** **Introduce Local, Provincial/Territorial, National, and International Competitive Biathlon Opportunities**

Time: 10 min Method: Interactive Lecture

**LOCAL**

Local ski resorts/clubs offer competitive events across Canada from beginner to advanced racing opportunities.




For examples of local competitive biathlon opportunities, contact the local ski resort/club.

**PROVINCIAL/TERRITORIAL**

The division offices located within many Canadian provinces/territories offer regional competitive biathlon events. Many of these events require advancement through a ranking process. There are race qualifications that the competitors must meet, which may include, but are not limited to, age, gender, resort/club or team standings, or previous race standings (if in a series of races). Not all races lead to a higher level, they may only be a participatory race.



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For examples of provincial/territorial competitive biathlon opportunities, contact the division office/Website.

**NATIONAL**

National competitive biathlon events offered through Biathlon Canada include:

- Canadian Championships; and
- Canada Games.




For examples of national competitive biathlon opportunities, contact Biathlon Canada (www.biathloncanada.ca).

**INTERNATIONAL**

International competitive biathlon events offered in conjunction with the IBU include:

- Olympic Games;
- World Cup;
- World Championship;
- European Cup; and
- Europa Cup.




For examples of international competitive biathlon opportunities, contact the International Biathlon Union (www.biathlonworld.com).

**CONFIRMATION OF TEACHING POINT 2**

**QUESTIONS**

Q1. What types of criteria must a biathlete meet to proceed to a provincial/territorial competition?

Q2. Name one national competitive biathlon event.

Q3. Name two international competitive biathlon events.

**ANTICIPATED ANSWERS**

A1. Age, gender, resort/club or team standings, or previous race standings (if in a series of races).



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A2. National competitive biathlon events offered through Biathlon Canada include:

- Canadian Championships; and
- Canada Games.

A3. International competitive biathlon events offered in conjunction with the IBU include:

- Olympic Games;
- World Cup;
- World Championship;
- European Cup; and
- Europa Cup.

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**Teaching point 3** **Identify Famous Biathletes Who Were Introduced to the Sport Through the Canadian Cadet Program**

Time: 5 min Method: Interactive Lecture

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Biathletes who were introduced to the sport through the Canadian Cadet Program have seen Olympic glory. There are numerous ex-cadets who are successful on both the national and international scene. These biathletes include Myriam Bédard, Nikki Keddie, Martine Albert, and Jean-Philippe Le Guellec.

Jean-Philippe Le Guellec, from Shannon, Quebec, was introduced to the sport of biathlon through the air Cadet Program. He won three gold medals at the 2007 Biathlon Canada Championships in Charlo, New Brunswick and participated in the 2006 Winter Olympics in Torino, Italy.

Myriam Bédard, from Ancienne-Lorrette, Quebec, was introduced to the sport of biathlon through the Army Cadet Program. She was the first Canadian athlete to win a World Cup biathlon event in 1991, and the first North American athlete to win an Olympic medal in the 1992 Winter Games at Albertville, France. She also won two gold medals at the 1994 Winter Olympics in Lillehammer, Norway. These were the first Olympic biathlon gold medals won by a North American biathlete. On 4 November 1998 Myriam Bédard was inducted into Canada's Sports Hall of Fame.

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**CONFIRMATION OF TEACHING POINT 3**

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**QUESTIONS**

Q1. Name two famous biathletes who were introduced to the sport through the Canadian Cadet Program.

Q2. How many gold medals have been won by Jean-Philippe Le Guellec?

Q3. Myriam Bédard was introduced to the sport of biathlon through which element of the Cadet Program?

**ANTICIPATED ANSWERS**

A1. Myriam Bédard, Nikki Keddie, Martine Albert, and Jean-Philippe Le Guellec.

A2. Three.

A3. Army cadets.



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## END OF LESSON CONFIRMATION

### QUESTIONS

Q1. What is the name of the training program offered at many ski resorts/clubs in Canada?

Q2. What is the name of the organization that governs the sport of biathlon in Canada?

Q3. Jean-Philippe Le Guellec was introduced to the sport of biathlon through which element of the Cadet Program?

### ANTICIPATED ANSWERS

A1. Biathlon Bears.

A2. Biathlon Canada.

A3. Air cadets.

## CONCLUSION

### HOMEWORK/READING/PRACTICE

N/A.

### METHOD OF EVALUATION

N/A.

### CLOSING STATEMENT

Biathlon is a fun and exciting activity that requires personal discipline. For those who choose to pursue this sport, there are numerous civilian training and competitive opportunities available at the local, provincial/territorial, national, and international levels.

### INSTRUCTOR NOTES/REMARKS

N/A.

## REFERENCES

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C0-153 Library and Archives Canada. (2000). *Myriam Bédard.* Retrieved 30 April 2007, from http://www.collectionscanada.ca/women/002026-223-e.html.



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