

Biathlon Development Camp for High School Athletes

Craftsbury Outdoor Center

Craftsbury, VT

July 28-August 2

A five-day overnight camp biathlon camp designed for high school athletes ages 15-18 with beginner or intermediate biathlon experience, though no experience is necessary.

The camp will cover the fundamentals of shooting as well as combo practice (running and shooting) and dryland training including running, mountain biking, agility, and strength. There will be approximately ten hours of physical training spread over the five days. Campers will learn about dryfire training and rifle maintenance.

The camp will be led by Craftsbury Outdoor Center biathlon coaches with help from Green Racing Project athletes.

Athletes without their own biathlon rifle will be fit with a club rifle at the beginning of the week to use throughout the camp.

Cost: \$550

Register at: <https://www.skireg.com/craftshsbiatcamp>

Email Sam at sam.dougherty@craftsbury.com with questions or for more information.



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