

2011 WINTER UNIVERSIADE

Australian Biathlon Team Managers/Coach Report

Biathlon Team 2011

Bob Cranage	Coach/ Manager
Neil Burbidge	Biathlete Swinburne University of Technology
Giles Richardson	Biathlete University of Ballarat
Hamish McLean	Biathlete The University of Sydney

Selection Criteria

Selection was made by recommendations from Australian Biathlon Association (ABA) based upon performances at the Australian Biathlon National Championships 2010.

Uniforms

All items of clothing were most appropriate. The Australian Team was easily recognized at all times. The outstanding quality of the Karbon parkas was recognized by all participating nations. 100's of offers to "trade" to which all politely declined.

Training Camps

2011 Altitude Training Camp held at Mt Hotham, 1750 m. (accommodation Dinner Plain 16 days), rather than travel to Europe for pre competition training and Competition Kandilli Biathlon Competition site also at 1750 – 1800 meters.

General Training advice was discussed with Biathletes in late October, individuals were to follow their own training programs prior to the end of their academic year. Building an Aerobic base, Strength and Dry Firing regularly were stressed.

Detailed "Last Five Weeks " of training (Peaking Training) was provided to all in last week of Dec 2010.

Biathletes' detailed race plan was distributed for guidance, as was advice from AIS re Travel and recovery from jet lag.

Team Goals, Individual goals and developing personal Race plans were discussed.

Written Goals and Plans were requested, as well as detailed Training Records, Resting Heart Rates and Recovery Index.

AUS Team Information

Excellent information was provided from Adam Abbott and AUS in the form of Manual, Emails and contact by phone, despite "flood" problems. Adam was always available to discuss and follow up any issues that occurred. His support was most valuable and appreciated.

During Universiade

Biathlon Team Lists, Entries and Results were controlled very efficiently by the OC and Technical Delegate from IBU (International Biathlon Union), Ubaldo Prucker and their assistants.

Transport to Training and Events

The Biathlon Stadium was approx 40 km from athlete's village at KANDILI. Bus transport was available approx every 30 min to and from Village. Transport was generally more than adequate in heated coachesPage 2 of 4.

Other transport, when required, was easily organised via attaches.

Accommodation and Meals

After attending a Winter Olympic games and Numerous World Championships, I believe that the new accommodation for most teams was excellent and the quantity, variety and quality of food were also excellent.

Communication

Was very good from AUS and whilst at the Village.

Training and Venues

The Organising Committee had spent many millions of \$ on the most up to date Biathlon facility in the world.

For early training there was very little snow. Over 650 trucks of clean snow were used to make a ski track. The new Snow making facility was not fully operational. Fortunately sufficient new snow fell the day before the 20 km event and continued to fall for 2-3 days so that excellent tracks and conditions were provided for all competitions.

Due to early start times (9.00 am Zeroing) for Men's events 6.00 am departures from the Village were common. 10 plus hours on training days made attending some functions difficult as well as attendance at Specific Sport Team meeting at 17.00 or 19.00 hrs.

Team Office / administration support facilities Dan, Helen, Claire and Kris

Support from Team office was very good.

For those that required Medical attention it was readily available and if doctors were required Claire was able to organize via the British Team Doctor or German Doctor.

Helen provided Daily newsletters after the first few days, and positively reported on all Australian Team members' performances.

Media and Photography - Kris C - the CD of photographs provided to all participants was outstanding and a great record of what a wonderful experience we all shared in Erzurum.

The action shots of both XC Skiers and Biathletes are possibly some of the best I have seen. I am certain that copies will be used to promote not only the athletes concerned and their sports, but will be used to advertise future Universiades.

Recommendations for future events

Having recommended for many years to both XC Skiers and Biathletes the possibility of competing in a Universiade, I was not fully aware of the significance and importance that is associated with this event. Second only to the Winter Olympic Games is a very real comparison.

Universiade gives athletes from a wider range of abilities the opportunity to represent their country and to gain a wider knowledge, understanding and appreciation of other winter sports.

To mix with other Australian and International winter sports athletes was most rewarding.

I sincerely hope that the Australian AUS team will continue to grow in size, and performance achievements in the future.

Hopefully all 2011 participants will be ambassadors for their sports and Universiade in general.

Thank You

I wish to thank all involved particularly Adam for his pre event assistance, Dan for his support and understanding of our requirements at the games and ABA for giving me the opportunity to experience such a wonderful event.

And lastly Neil, Giles and Hamish for making the efforts to participate we have hopefully all learned a great deal and who each recognize there is a long road ahead to reach their full potential as biathletes.

I hope that they are also now more aware of other challenging and rewarding roles that they may accept to further develop Biathlon within Australia.

Our contacts with Mark Raymond and PK (Paul Kovacs) and the entire XC Team made our time in Erzurum even more rewarding.

Other highlights were the opportunity to share with The German team of Hanno, Fabian, Stephie and Fanzie Hildebrand, their successes in waxing, competitions, medal ceremony and partnering Hanno in the Coach/Service man relay. The friendships and rivalry between the Australian Biathletes and United States were all evidence of what International Sport and Universiade is all about.

The atmosphere and reception given to all teams at the Opening Ceremony, and our Australia Day traditional Turkish meal as an Australian Team in the 300 years old Turkish home, will remain special memories.

Bob Cranage oam

Feb 2011