

AUSTRALIAN BIATHLON BULLETIN

The Bulletin of the Australian Biathlon Association

Vic Champs

For the Victorian Championships 21/22 July, it has been confirmed that there will be two race start groups.

The first group will zero at 9.00 am each day.

As at 5.00 pm Thurs 19 July Mt Hotham weather is forecast to be:

Saturday 21 July: -4 to 2 degrees,

Frost then sunny

Sunday 22 July: -4 to 2 degrees,

Frost then sunny

W:

www.mthotham.com.au/mountain/snow/weather/



First biathlon weekend down, next one coming up

A quick bulletin at this, the busiest time of the Australian Biathlon year.

The Colin and Alice Paul Race Weekend and has been run, a report follows in this bulletin.

See you on the white stuff soon!

Save the date!

Vic Champs 21/22 July

9.00 am first group zero, Sat 21 Sprint, Sun 22 Mass Start

AUS Champs 4/5 August

9.00 am first group zero, Sat 4 Sprint, Sun 5 Individual (distance)

Also August

Defence Force events, see calendar for info



July Camp Report

First week of school holidays in July is not always the most reliable for snowfall let alone skiable snow.

Last year we were lucky with it, this year we scored even better conditions from day One.



This meant we could ski anywhere we wanted to without fear of performing an unexpected stone grind from debris or rock lurking just under the snow.

The camp saw a great mix of people attend with half the field being the well-respected Masters category, the other half being the fast-developing Youth and Junior skiers.

From a coaching point of view I would like to say it's great to get such a diverse group to a camp and it was great that everyone found their niche in the group. Numbers everyday on the range fluctuated from 10-12, which is the ideal mix as it meant no lane-sharing and less paper-changing through the morning training sessions.

Recent capital works on the range, combined with ideal snow conditions, brought a whole new look to the range that makes it more athlete-friendly, not only on the approach at lane 12, but also on the exit at lane 1. Coaches also found it more coach-friendly with a wider area established between coaches and skiers on the firing point.

Nordic Lodge at Dinner Plain was rented out as the home base for the entire week with a few overflow people utilising accommodation at Hotham or Dinner Plain.

The commonality through the week however was the group eating together at the Dinner Plain Hotel. Eating as a group is a great way to extend the communication barriers and social discussions.

The daily routine started with a 20 minute run involving some stretching & ski specific exercises prior to breakfast. For those even keener souls there was Yoga at 6.00am.

Following breakfast it was up to the range each day for shooting drills until lunchtime then back to the House for

lunch and an athletes' nap or seniors' nap if you felt like it.

Recovery is often under-emphasised; this was drilled into Tosh and I recently over an AUS XC coaching course we have been doing.

Being spoilt for places to ski each afternoon we mixed it up with forays into Christmas Hills, Dinner Plain and areas along the Dinner Plain trail. Using the available terrain on any given day, we mixed skiing up with strengths sessions, balance drills and other ski-specific techniques, e.g. cornering at speed, stepping in and out of classic tracks.

An afternoon skiing around Christmas Hills tested everyone out and also showcased the diverse network of tracks that some junior skiers never get to ski if they only do the Biathlon race loops.

The culmination of the camp saw everyone stay for the Colin and Alice Paul Memorial races, which delivered an eclectic group of people with a great sense of humour for the non-serious events that took place.



This was a fitting end to the training camp, as plenty of shooting and skiing was undertaken, which tested the various skill sets learnt or refined during the week.

Tosh and I would like to thank all those who took part in the week, to single out individual performances would not do it justice, as you all performed admirably well and gave 100% effort.

Running camps such as this is possible through State Government "Future Directions Project" funding to assist coaching and grass root development at both Junior and Masters ages, which the Government sees as equally important in getting people out there and being active.

Till we next meet on snow

Paul Connor & Toscha Stopar

Paul Weekend Report

Bright sunshine, not much wind and a nice cover of snow set the scene for a great weekend of skiing and shooting for the Paul Race Weekend on the 6th & 7th of July 2012.

Twenty-six racers, including a few first-time biathletes, lined up, many competing in all three races and the main event on Sunday.

Saturday started with a “pony express” relay, with teams of two completing as many laps as possible over 45 minutes. Completing 13 laps, the winning partnership of Bob Cranage and Nicki Endt took out the first race.

The next race was a team event combining pairs of experienced-beginner/novices. Each pair race together with some mentoring and coaching happening along the way. The combination of Jethro Mahon and Grant Flanagan took line honours.

The third, short, race was a handicap challenge, where organisers made a rough time handicap time delay at the start. Veteran Bob Cranage took out the race, with Mike “Luke” Hart second and Dyllan Harmer third, a great effort as he had started as back marker.

Sunday’s race involved teams of four working together to overcome six different “missions,” punctuated with four visits to the range.



The main prize-winners:

Colin Paul Best Shot: best shooting over two days: Dyllan Harmer

Colin Paul Top Novice Shot: three winners: Frank di Martino, Olivia Jacobs and Di Angus

Alice Paul Best Helper: Deb Harmer (also won in 2010)

Alice Paul Best & Fairest Athlete: two winners: Grant Flanagan and Neil Burbidge

The coveted **Best Dressed:** Allan “Smiley” Hope dressed as Popeye (or Gilligan)

Best Dressed-Runner Up: Last year’s winner, Toscha Stopar

Best Dressed-Special Mention: Luke, who, on the way to the race, walked along the main street of Omeo wearing a kilt

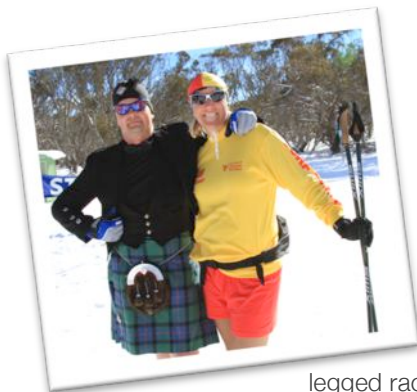
Winning Team: Neil Burbidge, Tim Flanagan, Jethro Mahon and Sue Donoghoe (Sue was also in the 2011 winning team)

Everybody involved, including helpers, went away with a prize. Thanks to the ABA – for supporting the event in the form of event entry and prizes.

All involved seemed to have a great weekend.

On behalf of the Paul Family, thanks for being a part of it, and we look forward to seeing you again next year.

Greg Paul



There were no actual penalties for missed shots, but teams could not continue until all their targets were down.

Most of the missions were achieved with great teamwork and fun. For the spectators, the three-

legged racing, the trombone playing and the dance sequences were the most entertaining.

The biggest challenge for competitors was completing the four fairy puzzles; Steve Meehan described it as “psychological warfare,” trying to concentrate on the puzzles while standing next to four lycra-clad athletes dancing to “It’s Raining Men.”

Australian Biathlon Calendar

2012 AUSTRALIAN BIATHLON CALENDAR

Events at Whiskey Flat, 3 km east of Mt Hotham on the road to Dinner Plain
Updated 31 May 2012

Jun	Jul	Aug	Sep	Mon
Mon				Tue
Tue				Wed
Wed		1 Defence Force Training		Thu
Thu		2 Defence Force Training		Fri
Fri	1	3 Defence Force Time Trial Races		Sat
Sat	2	4 Australian Championships 09:00 zero Individual	1 Reserve Selec'n w/e	Sun
Sun	3	5 AUS Championships & Def Force Champs 09:00 zero	2 Reserve Selec'n w/e	Mon
Mon	4	6 Defence Force Championships Day 2 ***	3	Tue
Tue	5	7 Defence Force Championships Day 3 ***	4	Wed
Wed	6	8 Defence Force Championships Day 4 ***	5	Thu
Thu	7	9 Defence Force Champs Day 5, Present'n Dinner ***	6	Fri
Fri	8	10	7	Sat
Sat	9	11 ABA non-Championship Event - details TBA	8	Sun
Sun	10 Come and Try 10-12 & 1-3 ^^	12 ABA non-Championship Event - details TBA	9	Mon
Mon	11	13	10	Tue
Tue	12	14	11	Wed
Wed	13	15	12	Thu
Thu	14	16	13	Fri
Fri	15	17	14	Sat
Sat	16	18	15	Sun
Sun	17	19	16	Mon
Mon	18	20	17	Tue
Tue	19	21	18	Wed
Wed	20	22	19	Thu
Thu	21	23	20	Fri
Fri	22	24	21	Sat
Sat	23	25	22	Sun
Sun	24 Come and Try 10-12 & 1-3 ^^	26	23	Mon
Mon	25	27	24	Tue
Tue	26	28	25	Wed
Wed	27	29	26	Thu
Thu	28	30	27	Fri
Fri	29	31	28	Sat
Sat	30		29	Sun
Sun		29 Defence Forces Teams concentrate	30	Mon
Mon		30 Defence Force Training commences		Tue
Tue		31 Defence Force Training		

^^ Come & Try contact is Bob Cranage m: 0418 568 657

* camp for ABA members - contact Executive Officer for camp info: aus_biathlon@bigpond.com.au

*** ABA members welcome, contact Executive Officer for info for Defence Forces info: aus_biathlon@bigpond.com.au

** Trophy race morning, & all w/e presentations this afternoon

Contact for C&A Paul Race W/e is Greg m: 0448 369 255, novices welcome to any C&A Paul event!

Further information about Australian Biathlon may be found on
the Australian Biathlon Association's website

www.biathlon.asn.au