

J U L Y 2 0 1 2

AUSTRALIAN BIATHLON NEWS

The Newsletter of the Australian Biathlon Association

Membership renewal

Members are reminded that the Membership Year for the ABA runs from 1 July to 30 June the following year.

Members who do not have an ongoing three-year membership are requested to complete their forms and return to the ABA Treasurer by 10 July.

Race entry forms for the two competition weekends will be issued separately, and will also be available on the ABA website in due course.



Best start to Mt Hotham snow season in 12 years

In the Mt Hotham video report before opening weekend in June, it was reported that Mt Hotham has had its best snowfall for an Opening Weekend in 12 years.

The snowfall has continued!

For the latest update on snow conditions see:

<http://www.mthotham.com.au/mountain/snow/weather/>

Save the date!

Paul W/e 7/8 July

Paul Family Weekend, fun for novices & experts alike! See page 3 for more info

Vic Champs 21/22 July

Sprint on Saturday, followed by Mass Start on Sunday

AUS Champs 4/5 August

Individual (distance) on Saturday, Sprint on Sunday



News update

There has been plenty happening in Australian biathlon in the lead up to the busiest months of July & August

Whiskey Flat Come & Try Days

There have been two successful events in June, the first two “on snow” happenings at the range.

Coach Bob Cranage OAM and Assistant Coach Neil Burbidge have showed visitors how it’s done.

Vision of 2011 Come & Try & other events may be found at the following YouTube site: <http://youtu.be/7qmeceBeFRU>

Coaches attending courses

Eight ABA coaches are attending various courses in 2012, including the Level 2 Advanced Technique and Training Courses run by Australian Cross Country.

This has been made possible by the generous support of the International Biathlon Union.



Congratulations to award winners:

Congratulations to the following biathletes, who are recipients of the following awards for 2012 or 2012/13:

Alex Almoukov (New South Wales Institute of Sport Snowsports Scholarship), Lucy Glanville (New South Wales Institute of Sport Snowsports Scholarship), Dyllan Harmer (Victorian Government Vic Talent Program) and Damon Morton (Victorian Government Vic Talent Program).

New South Wales Biathlon

Biathlon in NSW is continuing to establish a presence and a permanent base has now been established at Hornsby range, with a regular group of biathletes training on Saturday afternoons.

Sessions include regular weekend training, along with camps taking place during school holidays.





The Paul family and the ABA proudly present the third.....

Colin & Alice Paul Race Weekend

Middle weekend of the school holidays

Saturday 7th July 2012

10.30am

Pony express relay. Teams of 2 (or 3 – number-dependant)

Short lap (sprint), then visit the range. No penalties, however you can't leave until all 5 targets are gone. Pass the mail to your teammate, who completes a lap & shoots, etc. Winning team completes the most laps in 45 minutes.

1pm

Novice & experienced pair event. Experienced biathlete paired with a novice (or less experienced). Each pair skis together. Four visits to the range, taking it in turns to shoot (Experienced, novice, experienced, novice). The non-shooting partner completes any penalties. Experienced biathlete is to coach their novice partner during event.

Sunday 8th July 2012

10.30am - showcase event

The team patrol challenge (dress to impress – optional)

Teams of 4 will be formed by the organisers. Share adventures with your team as you work together to overcome challenging missions, punctuated by 4 visits to the range. Expect the unexpected. Bragging rights and a hot dog each for members of the winning team.

Afternoon – Presentations & range practice for those still standing



Cost — free!

Hog dogs and drinks supplied for event participants. BYO ammo & a positive relaxed attitude

All this – and prizes too!

Col Paul top shot award – best shooting over weekend

Alice Paul best race official award

Alice Paul best sport award

Wackiest outfit – (for Sunday)

Spot prizes – yippee!

All events at the Whiskey Flat Range – Mt Hotham

Zero from 9.30am each day

Officials welcome with open arms – and a free hot dog

Events will run with or without snow – bring runners just in case

More information? Ask Greg on 0448 369 255



**Medical report from the IBU World Championship Medical Meeting
Held at Ruhpolding, Germany 2012**

I was invited by the IBU Medical Committee to attend the IBU Team Physicians seminar to represent Australia.

Initiated by IBU Board Member Dr Jim Carrabre, the purpose was to bring together Physicians with an interest in Biathlon, Cross Country and indeed all Winter Sports disciplines, to discuss relevant medical topics. The first session was about screening programs and how to make them work well.

There was a terrific presentation from Technical Director and coach Max Cobb and then Halvard Hanevold (Norwegian Biathlete) spoke about what the athletes would like to medical staff to do.

The other interesting point made was how to cope with a competitor who you feel is better than you! Try to focus on your teammate’s strongest points and see what you can learn from this. This turns your competitor into a teacher and allows you to have a positive focus towards him or her!

The most interesting point raised by the team physician from Norway, Dr Lars Kolsrud, was the factors in performance. He discussed that wellbeing could be simply summed up by the following:

Passion²

= Performance

Physical performance x psychological pain

An athlete’s performance was not just a measure of their ability and their training, but perhaps their passion for the event and their performance would outweigh many of the other factors. So coaches and doctors alike should concentrate close to a race on these issues and not on any other factors which may negatively influence the result!

I spoke with Dr Bernd Wolfarth (Team doctor and head doctor for all Olympic doctors from Germany), who showed us around the exceptional facility at Ruhpolding and how they can look at the athletes’ biomechanics in detail, both on the ski and in the shooting position.

The next session was all about the medical preparations for Sochi and I have a DVD/CD with these details on it. Any coach wishing to see it or discuss this with me is most welcome to contact me.

There was an update session on asthma regulations – most asthma medications have been removed from the list of drugs requiring a TUE.

One of the most interesting sessions at the meeting was about waxing toxicity. We had a very interactive session from Dr Freberg from Norway and from Mr Tim Collins (Engineer) about the toxicity of different waxes and how to reduce the harm.

The next session was to do with Doping control and the development of an ‘athlete biological passport’.

At the time of writing, the first case of an athlete being sanctioned because of his biological passport occurred this week in a soccer player.

All Cross Country and Biathlon athletes are routinely blood tested and these results are kept permanently. If it is shown that there has been changes in the red cell markers that cannot occur naturally, the athlete is sanctioned for ‘blood doping’ or the use of agents leading to enhancing haemoglobin levels. Some athletes have a naturally high Hb and in order to ensure they are protected (or allowed to compete with higher than normal Hb levels) serial blood tests are needed over 3-5 years.

It is useful to be aware of the ADAMS website for both athletes and coaches with athletes in international level competition. Information can be logged directly onto this website as to athlete’s whereabouts and medical information relevant to doping control requirements.

Another useful website is www.gdro.com to check medications and of course ASADA in Australia.

There was a final thought for us all: should screen all our athletes with ECG to ensure that they are ‘fit’ to compete and identify any concerns early? The IOC is strong on this issue, and I expect it will continue to be an important topic for discussion in all sports.

I am grateful to the IBU for making this attendance possible for me.

Dr Jane Fitzpatrick



Australian Biathlon Calendar

Updated 31 May 2012

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								Mon
Tue								Tue
Wed					1	Defence Force Training		Wed
Thu					2	Defence Force Training		Thu
Fri	1				3	Defence Force Time Trial Races		Fri
Sat	2				4	Australian Championships 09:00 zero Individual	1	Sat
Sun	3		1		5	AUS Championships & Def Force Champs 09:00 zero	2	Sun
Mon	4		2	Camp *	6	Defence Force Championships Day 2 ***	3	Mon
Tue	5		3	Camp *	7	Defence Force Championships Day 3 ***	4	Tue
Wed	6		4	Camp *	8	Defence Force Championships Day 4 ***	5	Wed
Thu	7		5	Camp *	9	Defence Force Champs Day 5, Present'n Dinner ***	6	Thu
Fri	8		6	Camp *	10		7	Fri
Sat	9		7	Colin & Alice Paul Race W/e 9:30 zero, 10.30 am start	11	ABA non-Championship Event - details TBA	8	Sat
Sun	10	Come and Try 10-12 & 1-3 ^^	8	Colin & Alice Paul Race W/e 9:30 zero, 10.30 am start **	12	ABA non-Championship Event - details TBA	9	Sun
Mon	11		9		13		10	Mon
Tue	12		10		14		11	Tue
Wed	13		11		15		12	Wed
Thu	14		12		16		13	Thu
Fri	15		13		17		14	Fri
Sat	16		14		18		15	Sat
Sun	17		15		19		16	Sun
Mon	18		16		20		17	Mon
Tue	19		17		21		18	Tue
Wed	20		18		22		19	Wed
Thu	21		19		23		20	Thu
Fri	22		20		24		21	Fri
Sat	23		21	VIC Championships 09:00 zero Sprint	25		22	Sat
Sun	24	Come and Try 10-12 & 1-3 ^^	22	VIC Championships 09:00 zero Mass Start	26		23	Sun
Mon	25		23		27		24	Mon
Tue	26		24		28		25	Tue
Wed	27		25		29		26	Wed
Thu	28		26		30		27	Thu
Fri	29		27		31		28	Fri
Sat	30		28				29	Sat
Sun			29	Defence Forces Teams concentrate			30	Sun
Mon			30	Defence Force Training commences				Mon
Tue			31	Defence Force Training				Tue

^^ 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