

Sydney Biathletes get visit from Russian Coach

Our Sydney Biathletes were fortunate enough to attend a coaching clinic presented by Svetlana Nesterova, a coach from the Russian Biathlon Federation.

As a fledging sport in Australia, with no coach in Sydney, the competitors were very excited that an international coach agreed to take time out of her holiday to hold the clinic. Nesterova has coached some very successful biathletes including Olympic Gold Medallist Olga Zaitseva.

The North Sydney Smallbore and Air Rifle Club hosted the clinic at their clubhouse at the Hornsby Rifle Range. Nesterova emphasised the importance of training for endurance, athletic fitness with gym work and lots of practice with dry firing.

The athletes and family members were given the benefit of Nesterova's experience through coaching tips, training and ski drills, with the night wrapped up out on the range with standing and prone rifle drills.

Although there were a few language difficulties, with the help of an interpreter the locals learned a great deal and are now keener than ever to get back into training to put their new-found knowledge into practice.

Image: L-R Hamish McLean, Will Neuhaus, Svetlana Nesterova, Jillian Colebourn, Sabrina Howell

