



20012/13ski season

Dear Parents and Guardians,

We are very excited that your son/daughter has shown an interest our Biathlon Bears program. This is a national program that uses a 3 tiered awards system that helps the participants progress with the skills (Marksmanship and Nordic skiing) required in the sport of Biathlon. Awards are given at the end of the season (mid Feb) according to the level achieved by the participants. This program is geared for ages between 8 to 14 years of age. However, older children may participate. It is a beginners program and participants do not need any skills other then the willingness to learn.

Your son/daughter will need:

1. Skis/poles/boots suitable for skate skiing. Do spend some time educating yourself with what this entails. A good ski shop &/or the coaches can help you with this. As a side note the cost for equipment is like all sporting equipment, there is good value and then there is top of the line racing. This program is not racing, so don't get talked in to purchasing high end equipment. Also there is a good used market for Nordic equipment, both buying and selling. You do need to be educated if you plan on purchasing your equipment this way.
2. Proper clothing is a **very** important with winter sports. Sweat is what we are trying to manage. Wear too much, or non-breathing clothing and you will sweat during the workout and then get cold while shooting. Cotton will retain moisture and **should be avoid, socks included**. Wool works well but tends to be bulky. Synthetics are your best bet. Use several thin layers and finish off with a light, wind-proof jacket. Light weight synthetic torques/skull caps are a must. Gloves, gloves are tough especially with biathlon. If you have warm hands you are lucky and can get away with light gloves. If you have cold hands a very thin synthetic glove liner then mittens will be your best bet. Once again talk to the coaches for examples. Athletic clothing is an investment in an enjoyable winter season of sports.
3. All rifle equipment will be supplied. We are currently using Daisy 853C air rifles. These pellet guns are produced for the Canadian Cadets and shoot at under 500fps velocity. Because of this, no legal permits are required to shoot these rifles under the supervision of the coaches. You may choose to purchase your own rifles, but please talk to one of the coaches before you do so. Biathlon rifles are very specific.

Cost of the program is \$75 (club fee)+\$50 (to register with Biathlon Canada/Ontario) This is the second year the Midland ski club is offering Biathlon Bears and we are excited to do so. We know the youths will thoroughly enjoy this program. There is strong interest in the sport of Biathlon in Canada. Lets be part of it!

If you have any questions please don't hesitate to call.

Coaches: John Williams - Tim Bourrie
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