



Proven Success

Just in the last season our youth athletes have seen biathlon success as U.S. Biathlon National Champions, U.S. Biathlon Youth World Team members and U.S. Biathlon Youth/Junior Development team members. CMBC athletes have also experienced cross country ski success as the top U20 male, top U18 female and top 1 and 2 U14 females in the High Plains USSA Division.

About Us

CMBC is a 501 c 3 non-profit organization, U.S. Biathlon Club, United States Ski and Snowboard Association Club and U.S. Paralympic Sport Club.



SUMMER & YEAR ROUND PROGRAMS

NORDIC SKI & BIATHLON

CMBC summer programs focus on fun, skill development and building an endurance base for athletes interested in both cross country skiing and biathlon. Our highly qualified, professional coaches offer sessions that utilize roller skiing, running, biking, hiking, hill bounding, swimming and games to encourage fun through exercise and sport specific training. We use infrared, electronic rifles to safely introduce biathlon shooting fundamentals to beginners. Athletes are able to take advantage of training at an Olympic standard 30 point biathlon range. Programs are available for athletes of all ability levels ages 7 to adult. The year round program continues into the fall and winter season. Get in touch for more details!

SUMMER PROGRAM WEEKLY SCHEDULE (JUNE 12 – AUGUST 24 2017)

Age Groups	U 12 (9.45-11.00 AM) (3 – 4 PM)	U13-U20 (8.00-9.30 AM) (3-4 PM)	Masters (adult) 6:00 – 7:30 PM
Monday	AM Games & Rollerskiing (Three Crowns) PM Swimming (YMCA)	AM Rollerskiing (Three Crowns) PM Swimming (YMCA)	Rollerskiing (Three Crowns)
Tuesday	AM Ski walking, Games Plyometrics (Nordic Lodge)	AM Plyometrics, Strength (Nordic Lodge).	
Wednesday	AM Shooting. Run. (CMBC Venue)	AM Shooting. (CMBC Venue)	Run, Bound, Strength (Nordic Lodge)
Thursday		Run with bounding (Nordic Lodge)	
Friday	Off	Off	Off
Saturday	Off	Off	Off
Sunday	Open Range 3-5 pm, CMBC Venue, Run, walk with poles, shooting		



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