



Proven Success: 2017 Team Results NATIONAL BIATHLON

Jake Pearson | U.S. Biathlon

Youth/Junior World Championship

Team | U.S. Biathlon Youth/Junior

National Development Team

Bryan Price | U.S. Paralympics

Nordic Skiing & Biathlon National

Development Team.

Tristan Wickland | U.S. Biathlon

Roller Ski National Champion (Boys

Category)

Anna Ravna | U.S. Biathlon

National Champion (Girls Category)

Marcus Gore | U.S. Biathlon

National Champion (Youth

Category)

HIGH PLAINS DIVISION XC SKIING

Jake Pearson | #1 U20 Male

Katherine Gruner | #1 U18 Female

Lu Elder | #1 U14 Female

Abby Gruner | #2 U14 Female

About Us: Casper Mountain Biathlon Club is a 501(c)(3) non-profit organization, Paralympic Sport Club, U.S. Ski and Snowboard Club and a member club of the U.S. Biathlon Association. **Casper Mountain Biathlon Club's mission is to provide opportunity and training for youth and adults of all abilities to achieve excellence through the sports of cross country skiing and rifle marksmanship.**



FALL AND WINTER PROGRAMS XC SKI & BIATHLON

The CMBC Youth/Junior/Senior Development Program will educate and train athletes on how to become successful Nordic skiers and biathletes. The program will provide athletes from 7 years of age and up the opportunity to train and compete in age appropriate, individualized programs led by highly qualified, professional coaches. The CMBC program specifically focuses on technique development, strength, systematic endurance training, marksmanship for biathletes and fun! This will be accomplished through games, persistence and focus with a group of highly motivated athletes and coaches, individualized training plans and race support. These components will be combined with the camaraderie and teamwork required to foster the positive working environment necessary for success. Weekend recreational programs are also available!

PROGRAM WEEKLY TENTATIVE SCHEDULE (DECEMBER – MARCH 2017)

	U 12 (4.30-6 pm)	U13-U20 (4-6 pm)	Senior (6-7.30 pm)
Tuesday		Nordic skiing technique, distance	
Wednesday	Skiing and/or skiing and shooting		
Thursday	Strength, Agility YMCA		
Saturday	10-12 pm. Open Range. Shooting, Skiing, Distance		
Sunday	3-5 pm. Race training: intervals, time trial, race participation		

Program Information & Registration Meetings: Nov 15, 6pm at the YMCA. Nov 18, 2pm at the McMurry Mountain Park Biathlon Center (1110 East End Road) on Casper Mountain.

Training Camps: West Yellowstone (November 21-26)

Holiday Camp (December 21-24)

Competitions: US Biathlon Junior World Team Trials, Western Championships and Nationals

U.S. Ski & Snowboard XC skiing and High Plains Division Nordic Ski Racing

Cowboy State Games: Biathlon & XC Skiing

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