

Australian Biathlon NEWS

JUNE 2011

The newsletter of
The Australian Biathlon Association

Snow!



If it's like this at Dinner Plain, how good will the snow be at Whiskey Flat?

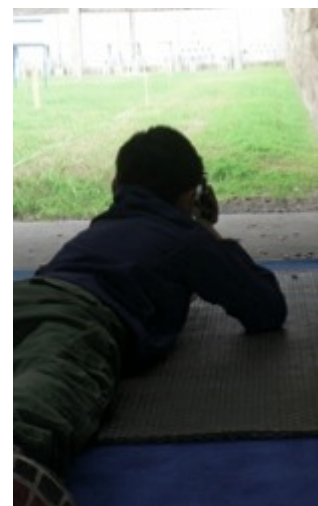
Great start to the Winter Season for 2011

With a decent amount of snow dumped around Mt Hotham in the last couple of days, things are looking good for plenty of the white stuff this Australian Winter.

In the meantime, there has been plenty of action off-mountain, as dryland training continues.

For info on what has been happening in the lead up to "the best Australian Biathlon Season ever" read on ...

One down, four to go – Jethro Mahon takes aim at MISC



Whiskey Flat Come & Try - Sunday 12 June

A reminder of the Come & Try Day this coming Sunday 12 June at Whiskey Flat, 10.00 am – 12 noon and 1.00 pm - 3.00 pm.

All are welcome to come & watch, those aged 12 & over are welcome to have a go.



In short ...

Membership renewals

A reminder that these are due on or before 30 June 2011.

Coaches listing

Coaches are invited to have their qualifications and availability for coaching listed in *Australian Biathlon News*. A full listing will be given in a later edition.

Trophy return-30 Aug

Those who have perpetual trophies are requested to give them a polish & return to either the Executive Officer, or John Porter (for ACT/NSW biathletes) by 30 August.

Vic Firearms Legislation

Those aged under 18 are not able to carry a rifle in biathlon events, due to Victorian Firearms Legislation, which prohibits it.

The Australian Biathlon Association has made representation to the Victorian Government for an exemption.

These government-related processes always take time. In this case the process is complicated by the change in the Victorian Government, which means the new Minister is conducting a complete review of his portfolio.

From the Editor

With the snow falling, school holidays almost upon us, and training full-on, there's plenty happening.

Four schoolaged biathletes are heading off to New Zealand in July for an IBU/IOC sponsored camp. Training continues at Hawthorn on Tuesday and Thursday nights, and another training day has been held at Melbourne International Shooting Club.

Further north, there's some serious rollerskiing happening around the town of Wodonga, while the Cooma and now Sydney ranges are seeing some biathlon action.

On Sunday there will be a Come & Try Day at Whiskey Flat. It looks like the demo squad may be able to ski *and* shoot.

What a great start to the season!

Emma Flanagan

Welcome to New Members

The General Committee and Members are pleased to welcome the following new members to the Australian Biathlon Association:

Peter Macartney and **Sue Donoghoe** (Canberra)

Jill and **Phillip Colebourn** and **Gen Yan-Colebourn** (Sydney)

Michael McKernan (Melbourne)

And a correction to the last edition, we welcome the **Mahon Family**, including **John, Jethro, Joanne, Gabrielle** and **Christian** (Melbourne)

New Zealand IBU Development Camp

The ABA is pleased to announce that four junior biathletes will attend the IBU/IOC development camp in New Zealand 20-17 July 2011.

Alexander Lewis, Lachlan Porter, Dion Richardson and **Daniel Walker** will be accompanied by manager/coach **John Porter**.

The camp is subsidised through generous funding from the International Biathlon Union.

MISC Training Day

Another training day was held at Melbourne International Shooting Club on 29 May.

Led by coaches Paul Connor and Toscha Stopar, biathletes took part in training on the 50 metre automated range, followed by an informal competition on the drop down targets on the adjacent range. After lunch a rollerski session was held nearby.



Whose MISC score was this?

Irene Dunn, Athletes' Representative, writes:



"Greetings to all athletes in the world of Australian Biathlon!

Many of you will already know me from my involvement in cross-country skiing and biathlon over the years, however, there are many of you (particularly those of you new to the sport of Biathlon) whom I have not yet had the opportunity to meet.

Things should change this Winter as we shall all, no doubt, converge on the Range at Mt Hotham-Whiskey Flat to indulge in our taste for biathlon action.

As your "Athlete Representative" I am available for you to share your ideas, concerns, and aspirations for

the sport, and shall endeavour to provide answers to any questions you may have.

Remember, I am not only here to enjoy the sport as an athlete (and fledgling coach), but also to act as your advocate and to represent your views as a whole on issues **concerning athletes** that arise.

I shall also be a person through whom information may be relayed, both to and from athletes, if necessary.

Living in South Australia makes it difficult to come into regular contact (or even irregular contact!) with many athletes in the sport, but I shall endeavour to be present and available as often as I can. I can also be contacted by phone on +61 8 835 30065 or email Rob_Dunn@msn.com.au.

Your input is appreciated, as this is a sport for all of us together, so please feel free to approach me."

Defence Forces' fortnight-ABA members welcome

Terry Prudden writes: "The Interservice Competition, encompassing the single-service training and selection week, usually encompasses the first two weeks of August.

Army usually trains classical on the Monday, classical/freestyle on the Tuesday, biathlon on Wednesday, more biathlon Thu AM, a mini-biathlon comp Thu PM, and has a 5 km classical selection race on Friday. Saturday is a day off, although we used to squeeze the cadets in here and/or allowed some members to participate in any ABA race that day.

Then comp week starts, with a biathlon on the middle Sunday, a long race (either classical or free) on Monday, Tue is a rest day for advanced skiers, but we run novice biathlon then, Wed is the patrol in the AM and sprints in the village in the PM, Thursday is the longest race (classic or free, 10/15 km) (we alternate the longer distance between the two styles from year to year). ABA members are invited and encouraged to participate in any part of this."

Ed.: ABA members should contact the ABA Executive Officer if interested

Sydney's Inaugural Biathlon Training Camp

As reported by Toni Hulme

On the weekend of 21 and 22 March, Biathlon in Sydney held its inaugural training camp. Attended by Daniel Walker, Damon Morton, Alex Lewis and Sabrina Howell with Lucy Glanville taking on a mentoring role, the biathletes were put through their paces by Coach Cameron Morton.

The Sydney biathletes have found a home at the Woollahra Rifle Club which is located on the Anzac Rifle Range at Malabar in Sydney's eastern suburbs.

This Range is also the headquarters for the NSW Smallbore & Air Rifle Association (NSWSARAI), so the biathletes are in good company!

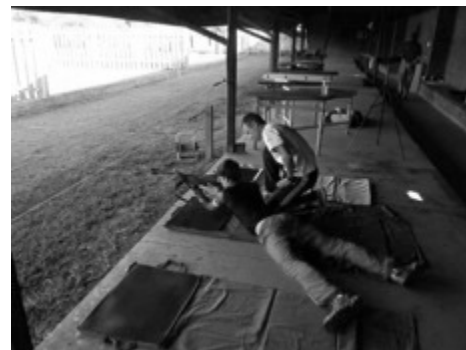
The athletes trained for 2-3hrs on Saturday morning and then returned to the Range on Sunday afternoon for a 2nd shooting session.

The Biathlon training was run in conjunction with a NSWXC Training Camp which had sessions on Saturday afternoon and Sunday morning. The XC Camp was taken by Chris Darlington (Australian World Cup and World Championship XC Skier) and Cameron Morton – in his dual role as NSW XC and Biathlon coach.

For Sydney based biathletes, the weekend provided shooting, roller skiing and fitness/strength training as all Sydney based XC athletes/biathletes attend fitness/strength sessions run every Sunday morning by Andrew Murphy, Olympic long jumper and Master-in-Charge of Athletics at Trinity Grammar School.

This weekend of Biathlon Training was part of a 2 weekend package for NSW Biathletes to supplement their own trainings with training from Cameron Morton. The 2nd weekend of training for NSW Biathletes will take place over the June Long weekend in Cooma and again be structured around a NSWXC training camp to ensure NSW biathletes are not only training for their shooting, but also continuing to focus on their skiing and fitness.

Sydney based athletes are now shooting once to twice a week at the Malabar Range and this is greatly increasing the awareness and interest in Biathlon in Sydney.



Alex Lewis takes aim under the watchful eye of Cameron Morton

IBU Rule Refresher ...

3.1.6.4:

i. including all accessories – except magazines & ammunition – the rifle must not weigh less than 3.5 kg

8.3.1 In the prone position ... the rifle may only be in contact with ... hands, shoulder & cheek. The lower side of the wrist of the arm supporting the rifle must be distinctly raised from the ground (snow surface).

IBU Quotas ...

12.6.2 For Youth/Junior World Championships (generally January or February in each calendar year)

Each National Federation may register 5 junior men & 5 junior women & 5 youth men & 5 youth women. (ie up to 20)

For individual & sprint events, up to 4 in each group may be entered.

For further details see

www.biathlonworld.com

The Adventures of the Vegemite Beanie ... “The Vegemite Beanie meets its Match” as related by Irene Dunn

Only one skier in the ruthless world of cross-country skiing leaves her competitors “petra-fied” by her ski “madjic”, but when the Vegemite Beanie met its sprint idol, the pom-pom was aquiver with admiration rather than fear. The unmistakable form of the Slovenian Sprint Queen was seen making easy work of the demanding hills in the Toblach/Dobbiaco arena, eating them up with style and finesse, and making them appear like tiny molehills.

“Easy-peasy” thought the Vegemite Beanie, but stopped short of challenging the Vancouver Olympic Medallist to a casual sprint off when La Petra mentioned that the secret to her true success lay in the fact that she had the BEST wax technician around, and she owed it all to him. Despite the twinkling eyes and the dazzling smile, the Vegemite Beanie thought there must be some truth in this, after all, La Petra did seem to glide easily on the uphill, downhill, and the flats.

“All this stuff about training for speed and power... sacrifice... dedication... desire... must just be a load of hocus-pocus!” the Vegemite Beanie told itself.

So, rather than suffering a humiliating defeat, the Vegemite Beanie watched on and was treated to a sizzling display of outright speed and power as La Petra re-enacted her amazing, winning sprint to the line in the 4th stage of the 2011 Tour de Ski, held in the same arena just weeks before. With arms thrust aloft, and a huge smile of mischievous pleasure on her face, the Great One tossed her head up in victory and sailed across the line. The Vegemite Beanie was overwhelmed, clapping and cheering in utter delight and appreciation.

It’s not often that a simple, humble beanie gets to meet a Legend and an Idol, and then discovers that this same person is not only refreshingly open and engaging in manner, but is busy enjoying a sport that is also a job! A dream come true for one lucky beanie.

This amazing opportunity may never have occurred if La Petra had not picked up the Bronze Medal for the Sprint at the Vancouver Winter Olympics. Who could forget her incredible efforts after skiing into a tree well and breaking her



Continued on page 6 ...

What is the Universiade?

The Universiade refers to the University Games, a multi-sport event organized by the International University Sports Federation (FISU). Held every 2 years, the March edition of *Australian Biathlon News* reported last January’s 25th Winter Event held in Erzurum, Turkey.

The aim is to promote sporting values, encouraging friendship, fraternity, fair play, perseverance, integrity and co-operation among its participants.

The only qualifications to attend are to be a university student aged between 17 and 28 and to be a national of the country you are representing. For biathlon, each country may enter 8 men and 6 women athletes in the individual & sprint events. There is also the opportunity to enter one mixed relay (2 men, 2 women) of 2 x 6 km women and 2 x 7.5 km men distances.

For further info, see the FISU website: www.fisu.net

	Jun	Jul	Aug	Sept	Oct	Nov	Dec
Mon			1	Defence Forces events **			Mon
Tue			2			1	Tue
Wed	1		3			2	Wed
Thu	2		4		1	3	Thu
Fri	3	1	5		2	4	Fri
Sat	4	2	6	Colin & Alice Paul fun events 2pm on	3	Reserve Selection Weekend	1 5 3 Sat
Sun	5	3	7	Colin & Alice Paul fun events 9.30 am zero***	4	Reserve Selection Weekend	2 6 4 Sun
Mon	6	4	8		5	3 7 5	Mon
Tue	7	5	9		6	4 8 6	Tue
Wed	8	6	10		7	5 9 7	Wed
Thu	9	7	11		8	6 10 8	Thu
Fri	10	8	12		9	7 11 9	Fri
Sat	11	9	13	Australian Championships 9.00 am zero	10	8 12 10	Sat
Sun	12	Come & Try 10am-12 noon & 1pm-3pm	14	Australian Championships 9.00 am zero	11	9 13 11	Sun
Mon	13	11	15	Camp *	12	10 14 12	Mon
Tue	14	12	16	Camp	13	11 15 13	Tue
Wed	15	13	17	Camp	14	12 16 14	Wed
Thu	16	14	18	Camp	15	13 17 15	Thu
Fri	17	15	19	Camp	16	14 18 16	Fri
Sat	18	16	20	Fun Sprints-non competition events	17	15 19 17	Sat
Sun	19	17	21	Fun Sprints-non competition events	18	16 20 18	Sun
Mon	20	18	22		19	17 21 19	Mon
Tue	21	19	23		20	18 22 20	Tue
Wed	22	20	24		21	19 23 21	Wed
Thu	23	21	25		22	20 24 22	Thu
Fri	24	22	26		23	21 25 23	Fri
Sat	25	TBC-Come & Try 10am-12 noon & 1pm-3pm	23		24	22 26 24	Sat
Sun	26	24	28		25	23 27 25	Sun
Mon	27	25	29		26	24 28 26	Mon
Tue	28	26	30		27	25 29 27	Tue
Wed	29	27	31		28	26 30 28	Wed
Thu	30	28			29	27 29	Thu
Fri		29			30	28 30	Fri
Sat		30	Victorian Championships 9.00 am zero			29 31	Sat
Sun		31	Victorian Championships 9.00 am zero			30	Sun
Mon						31	Mon

Executive Officer:
aus_biathlon@bigpond.com.au

* camp - contact Executive Officer
for info

** ABA members welcome
contact Executive Officer for info
*** Trophy race & presentations today

*** For updates and late changes, please check the ABA website: www.biathlon.asn.au ***

Vegemite Beanie, continued from page 5 ...

ribs. In something akin to a Hollywood Movie, she showed the spirit of a true Champion by overcoming her obvious pain to secure, through a series of preliminary sprints, the single, most memorable medal of the Games. It signalled the end of her 2009-2010 season, but she vowed to delay her intended retirement, and devote one more year to the sport. A jolly good decision, too, as things turned out, as the whole skiing world has had the privilege of watching her ferocious sprint efforts for a little while longer...long enough to witness La Petra secure the coveted 2010-2011 World Cup Sprint Globe (and many electrifying sprints along the way).

On parting, La Petra agreed with the Vegemite Beanie's comment - "That Olympic Bronze Medal was better than ANY Gold Medal...It was the BEST!"

The end.