

ABC Newsletter

Fall 2018
Anchorage Biathlon Club

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WE WANT YOU!

FOR TEAM USA

Youth Olympic Games

Lausanne, Switzerland

January 2020

LAUSANNE
2020



YOUTH OLYMPIC GAMES

Lausanne, Switzerland

Now is the time to be setting your biathlon goals. Youth Olympic only comes by every four years! YOG is in the home of the International Olympic Committee next to Lake Lausanne, Switzerland. This is the winter to train hard and make yourself competitive for this travel opportunity in 2020. Coach Marine is ready to assist you towards your biathlon goals.

SELECTION CRITERIA

YOG age range:

Athletes must have been born between 1 January 2002 and 31 December 2003.

Best of four races:

- Youth/Jr World Championship Trials (3 x races), Soldier Hollow, UT, 28-31 DEC 2018
- US Biathlon National Championships (3 x races), New England, 28-31 MAR 2019
- North American Rollerski Championships (two races, only one can counts towards best four) Jericho, VT 10-11 AUG 2019

Arctic Winter Games 2020

Whitehorse, Yukon Territory, Canada

SELECTION CRITERIA

The Arctic Winter Games is a high profile circumpolar sport competition for northern and arctic athletes. The Games provide an opportunity for the developing athlete to compete in friendly competition while sharing cultural values from northern regions around the world.

The best three of four races selects Team Alaska for both ski and snowshoe biathlon. Races #1 & #2 are in November 2019, Birch hill, Fairbanks. Races #3 & #4 are in January 2020, Kincaid Park, Anchorage.

Total of 16 athletes from across Alaska form the biathlon team.

Age range, born:

- Juniors 2001-2004
- Juveniles 2005 or later



Arctic
Winter
Games



BIO – ABC Head Coach

Coach Marine Dusser was on the French National Biathlon team for seven years. She raced in World Cups, IBU Cups and Jr. IBU Cups—medaling in the Jr World Championships. Currently, Marine is the Assistant Coach for the UAA XC Ski Team and head coach for the Anchorage Biathlon Club. Prior to joining the UAA coaching staff, Marine raced for the Seawolves, achieving podium places in several NCAA races.



NEW: ABC 10-14 years old Devo Group

ABC is a development program that supports novice, intermediate, and advanced biathletes as they train for success. This year we have added a new program for youth (age 10-14 years old) so they can acquire the shooting skills to excel in biathlon. The primary focus of workouts is to build fundamental shooting skills, through games, live-fire drills and competitions. This teaches good shooting habits that is the basis for biathlon. These young biathletes can expect to run, roller-ski and ski in the winter. Our workouts are designed to supplement school and/or club ski training programs.

Training every Tuesday from 4:30Pm to 5:30Pm

[Sign Up here](#)

COME AND TRY BIATHLON

COACH'S CORNER

Dry firing is a marksmanship technique to practice shooting skills without live ammunition. Dry fire training creates the muscle memory to perform proper shooting technique while under the stress of competition, winter weather and exertion. Dry fire training can be conducted at home or even at the hotel when traveling. It is critical that your dry fire practice mimics your live fire practice. Biathletes that conduct routine dry fire training will shoot better in the heat of a race. **ALWAYS ensure the rifle chamber, magazines and relay round holders are free of any live ammunition before dry fire training. Failure to unload the rifle may result in a fatal injury.**



Guess who is coming back to Alaska?

BIATHLON RULE HI-LITE

Like every sport biathlon has rules. We will highlight a few of the rules and changes so athletes do not become embroiled in a rule dispute and become "DQed" (that is disqualified).

IBU rule 8.5.2 addition: "After starting in a competition, it is forbidden to open the bolt or remove a magazine from the stock or magazine-well except when stopped on the shooting mat." (This was added as draft after publication of AWSA 2016 Rule Book but is now "formalised").