

About US

Lake Superior Biathlon, incorporated in 2007, is heading into its seventh season. Our regular winter biathlon practices are held on a six lane shooting range owned by The Thunder Bay District Fish and Game Association, and have access to adjoining ski trails maintained by the Tapiola (Finlandia) Ski Club.

Lake Superior Biathlon is part of a thriving biathlon community which began in the mid 1960's and held annual biathlon competitions up until the early 1990's.

Other Programs

Lake Superior Biathlon offers a variety of biathlon programs aimed towards the athlete goals. Visit our website at www.lakesuperiorbiathlon.com for more details.

Practice Location

Practice sessions are held at the following locations:

- Kamview Nordic Centre on 20th Side Road (off Highway 61)
- Lappe Nordic Centre on Kam Current Road (off Highway 589)
- Thunder Bay District Fish and Games Association Outdoor range. 260 Pento Rd (off Government Road)

Program Registration

Registration for the Lake Superior Biathlon Bears program is completed in two parts.

Pricing and the links to complete the registration is found on the club's website under **Programs > Fees and Registration**

Part A

is for membership with Biathlon Canada/Ontario and is mandatory for all participants (Athletes, Coaches, Officials, and supporters/volunteers) for insurance coverage.

Part B

is the LSB's program for participation in specific programs



LAKE SUPERIOR BIATHLON

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Biathlon Bears

Biathlon Bears Program

Biathlon, from the Greek word meaning “two contests”, combines rifle marksmanship and cross country skiing. It is a winter sport originating from Scandinavia hundreds of years ago. It was originally used as a form of hunting, however it has now evolved into an exciting high paced winter sport. Biathlon is the most watched winter sport in many parts of Europe, and it is common to have well over 50,000 people attending World Cup events.



Equipment Needed

The Biathlon Bears program uses top quality air rifles for the shooting component. These are provided for use by the participants while at practice.

Cross Country Skate Ski equipment is also needed, however this must be supplied by the participants.

Along with appropriate ski equipment, we ask that the young athletes be dress accordingly to the weather, and bring with them to each and every practice a water bottle or thermos for their hydration needs.

The Program

The focus of the Biathlon Bears program is to give children aged 8-14 the opportunity to learn the basic skills of biathlon in a safe and fun environment. LSB Biathlon Bears programs run every Sunday morning from 11:00am until 12:30pm beginning in October till end of March.

The program provide the young athletes the opportunity to compete in a local race, and those who are very keen may wish to participate in a provincial cup race (cost of race not included in program). These provincial cup races are part of the provincial racing circuit and bring athletes in from all over the province ranging in age from 7-55.

Skill Progression

The emphasis of the program is to provide the young athlete a fun and safe environment in which to learn new skills.

The Biathlon Bears program is develop on a three tier skill level system which allows the development of fundamentals of biathlon skills through hands-on learning and interactive activities under the watchful eye of a trained NCCP Community Silver or Gold coach.

Each tier level of the program comprises of two skills sets which must be completed by the young athlete before progressing to the

next one. Upon completion of each skill set and tier level, the young athlete will be awarded badges to recognized their achievement.



The Bears Challenge

To provide an extra set of challenges to our young athletes, the Bears program also includes opportunities to earn merit badges in both the skiing and shooting



skills.

Once completed all six of the challenges, they earn the Myriam Bedard Double Gold badge.



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