

Biathlon Camps by McGill Sport (Scotland)

East Grange Biathlon Centre – Forres (near Inverness).

East Grange is a small farm with a new floodlit 8-lane biathlon range with full military certification. Designed for excellence, it has new Finnish 'Kurvinen' target machines and highest-quality marksmanship equipment. Rollerski track connects the range to quiet roads, and the local area boasts over 90km of safe rollerskiing, from 'gently undulating' to 'seriously demanding'. Immediately next to the firing point is the training and hospitality facility, with toilets and a clubhouse lounge.



British Biathlon Union Training Courses at East Grange

BBU courses are delivered by McGill Sport (Scotland), and include the Biathlon Team Managers' (BTM) course, the Biathlon Range Conducting Officer's (BRCO) course, Biathlon Coaches Courses (Grade 1 – Summer, Grade 2 (Summer and Winter module prep), Biathlon Practice Week One (BPW1) and Biathlon Practice Week Two (BPW2). Bespoke and self-administered Team courses can include elements of all 4 formal courses. More details are below.



Accommodation. East Grange can coordinate requests for accommodation. The area has ample B&B, fine camping and caravan sites and self-catered chalets. East Grange has field camping with a licensed evening bistro. Military teams can apply for accommodation at RAF Kinloss, RAF Lossiemouth, Elgin TA Centre, Fort George (35 mins) or Inverness Cameron Barracks (50 mins).

Further Details, Bookings and Enquiries. Please Fax to 00 44 (0)870 137 8753, call 00 44 (0)7811 380438 or contact gordonseaton@ukonline.co.uk to discuss requirements, student numbers, and preferred dates.



Every year since 2003, East Grange has hosted 3 training camps per year for the GBR National Development Squad, Coaches and RCO courses for the Army. East Grange also hosts regular training sessions for the 'resident' RAF Biathlon Team, and provides a home training base for 7 National Junior athletes.





The sport of biathlon is probably the most challenging multi-disciplinary sport there is, in that 2 events are combined simultaneously but at opposite ends of the physical and mental spectrum.

The Royal Air Force Biathlon Team is the home club at East Grange, and RAF athletes from Kinloss and Lossiemouth regularly train here in the evenings and at weekends.

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BTM includes: organising a whole year's training; legal matters (firearms law, security, etc); equipment; training & physiology; range safety supervising; and ski and rifle maintenance.

BRCO leads to the award of the BBU/NSRA Range Conducting Officer (Biathlon) Certificate, subject to success in supervised practical sessions and written tests. The course emphasises the need for active and authoritative management based on thorough knowledge of biathlon rules and regulations, and how they must be dovetailed with the need for military range safety and discipline.

BPW 1 covers the 2 critical aspects of training and preparation for winter, namely biathlon rifle skills with the award of the BBU 'Certificate of Competence', rollerskiing skills and basic knowledge of cross-country skiing physiology. BPW1 is for novice and intermediate teams that have yet to develop and organise an 'in-garrison' training regime to keep their team developing throughout the year.



BPW 2 goes much deeper into physiology, improvisation of ski-specific training, advanced rollerskiing skills, simple physiological testing and athlete selection. Summer biathlon (rollerskiing, cycling, running) prepares the athletes for the psychological, physiological and procedural demands of racing. BPW2 aims to deliver athletes, after further self-regulated practice and training, ready to step onto snow and compete.

Biathlon Coach (Grade 1 Summer and Grade 2 summer & winter prep) bring together all the safety and supervisory elements of all the above courses, and qualifies experienced biathletes with instructional status. Coaching courses are fairly intense: the British Biathlon Union has obligations to many statutory bodies, such as IBU, BOA, Sports Coach UK, and others, to ensure that its qualified coaching staff are of the highest standard.

Are You an Experienced Team Coach? If you have valuable biathlon experience, and have (or are eligible for) qualifications as a military RCO, Biathlon RCO, BASI Nordic Instructor or BSSF Nordic Coach, you can apply for certification as one of the BBU's training staff for courses at East Grange and also for competitions and camps overseas. You will be able to backfill your own Team courses with others, and thus may earn proper remuneration for your time, skill and experience. E-mail for details.

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Already trained in biathlon? Qualified? What Next?

Biathlon Camp?

For all Team Managers, Coaches and RCOs, running their own training course is a logical progression, which allows them to practice and reinforce their skills with their own team members. For self-administered camps, the organiser has the option of purchasing coaching staff and resources as required. McGill Sport can provide advanced classes in all aspects of training, including rollerski time trials and biathlons, other summer biathlon events, and other methods of selection using physiological testing.

Race Practice?

Rollerski race practice and biathlon race practice? East Grange regularly hosts biathlon races on rollerskis, sometimes running, and occasionally mountain biking. RAF Kinloss was the site of the 2000 and 2002 Scottish Rollerski Championships and the 2004 British Rollerski Championships. East Grange Biathlon Centre has classrooms and other training facilities, including digital video-camera suite for technique debrief, and is available for hire by Teams (who must have their own RCO, or hire one) and for bespoke courses designed specifically for the needs of any Team.



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