

## **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 for MOD use. Designed for excellence, it includes new Finnish 'Kurvinen' target machines, high-quality spotting scopes, add-in shelters for extended marksmanship training in foul weather, and firing point mats imported from Ruhpolding! Brand new rollerski track connects the range to quiet and safe roads for extended rollerskiing, and the local area boasts over 60km of safe rollerskiing roads, 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) at East Grange, and include the Biathlon Team Managers' (BTM) course, the Biathlon Range Conducting Officer's (BRCO) course, 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.



**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.

**The National Development Squad (NDS) is based at East Grange and during the summer of 2003 will be training under Head Development Coach Mark (Fred) Gee.**

**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.

### **Accommodation**

East Grange can coordinate requests for accommodation and meals. The area has ample B&B, fine camping and caravan sites, self-catered chalets and East Grange has field camping (free access) with a refreshment shop and a licensed evening lounge. Military teams can also apply directly to Fort George (35 mins) or Inverness Training Centre (Cameron Barracks) (50 mins).



**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.

**Further Details, Bookings and Enquiries.** To discuss preferred dates, course requirements and student numbers, please Fax to 0044 (0) 8701 378753, call 0044 (0) 7974 242149 or contact [gordonseaton@ukonline.co.uk](mailto:gordonseaton@ukonline.co.uk)

**Since opening in Jun 02, East Grange has hosted training camps for the GBR National Biathlon Squad, the Royal Marines AND Army unit biathlon teams, BPW1 and BRCO for the REME, and numerous training sessions for the 'resident team' – the Royal Air Force Biathlon Team.**