



**Army Winter Sports Association (AWSA)**

Army & British Biathlon Union Office  
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**1420 days to the Olympic Winter Games  
Vancouver 2010**

See Distribution

**BIATHLON DEVELOPMENT COURSES 2006 - COURSE JOINING INSTRUCTIONS**

1. Introduction. At the British Biathlon Championships (Exercise RUCKSACK) this year, the British Biathlon Union (BBU) selected a number of promising Junior and Youth athletes for further development. The BBU is responsible for the World Cup and the European Cup teams as well as the National Development Squad (NDS). Although, the Turin Olympic Flame has only just been extinguished five athletes from NDS 05 have been promoted to the GBR senior squad. The primary BBU development focus is the 2010 Vancouver Olympic Winter Games (OWG) so the NDS remains key to the future success of GBR Biathlon. Following the British Olympic Association (BOA) Turin Review, scheduled for 10 Apr 06, a BBU Development Strategy will be drafted and subsequently implemented, pending guaranteed resources, based upon a 12-year cycle as part of an overarching strategy of Talent Identification (TID).

2. Courses. The NDS athletes listed at Annex A have been allocated a vacancy on a series of summer training camps to be held in Scotland later this year. The list is potentially over-subscribed, but we know that some athletes will be committed operationally, but should there be a significantly high uptake, then the BBU will have the final decision on a prioritised list with reserves. The top 5-6 NDS athletes will be invited to take part in full time summer training and will be assessed monthly in terms of performance, commitment, further potential, amongst other factors:

a. Dates. All courses will be conducted at East Grange Biathlon Centre (EGBC), an excellent facility located close to RAF Kinloss, Moray, Scotland. Full details of EGBC are to be found on the EGBC link on the BBU website ([www.britishbiathlon.com](http://www.britishbiathlon.com)). Summer training courses are planned as follows:

- (1) 16 - 28 Apr 06.
- (2) 14 - 26 May 06.
- (3) 20 Aug - 01 Sep 06.



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b. Availability. Units are requested to confirm the availability of athletes for each course; a consolidated attendance list will be promulgated by e-mail and will be published on the BBU website. Former NDS athletes not selected for NDS 06 but are now considered available for further development are to contact the BBU and individuals will be judged accordingly by the Selection Committee on a case-by-case basis.

3. Administration.

a. Course Fees. NDS 06 courses are heavily subsidised by the BBU and other sponsors; however, each student must pay £50.00 per week towards the course fees. Receipts will be issued and all students are encouraged to ask Units for support.

b. Travel. Students are to make their own travel arrangements under respective unit budgets. Civilian cars are permitted and the nearest train station is Forres. The nearest airports are Inverness and Aberdeen with current return fares being very reasonable, for example, to Inverness from Heathrow £59 (Bmi), Gatwick £60 (easyJet, BA), Bristol £60 (easyJet) and Belfast £50 (easyJet).

c. Accommodation. Accommodation is earmarked at RAF Kinloss, unless operational duties require the rooms, in which case alternative arrangements will be promulgated in advance. Either way, normal rationing arrangements in the Junior Ranks mess hall will apply.

d. Arrival/Departure. Course students are to call/text the NDS Coach, Hldr Banes, on 07963-667805 with their arrival time and mode of transport. They are to report to the Guardroom RAF Kinloss, and will be directed to the arrival briefing at the RAF Biathlon Centre. The courses disperse on Fridays, no later than lunchtime.

e. Firearms Documentation. UK based students bringing a rifle to the course must carry a CO's Authorisation. The following documentation is also acceptable: Personal (UK or European) Firearms Certificate or a Loan Certificate from an Approved Rifle Club. Overseas-based students should travel with the CO's Authorisation and a NATO Travel Order (F Mov 220) or European Firearms Certificate. The course is run on a MoD approved and F904/5-certificated biathlon range, which also adheres to *civilian firearms regulations*.

f. Discipline. Courses are run for the ABU/BBU by the EGBC, but the host administrative unit is effectively RAF Kinloss. The Course Director is Sqn Ldr (Retd) Seaton RAF (BASI, BSSF XC Coach Grade IV, BBU RCO Examiner) who will be ably assisted by the NDS Coach plus other coaches as and when available. Although uniform is not worn, high standards of discipline and personal conduct are expected. All students will be under the Command and Control of the Course Director. Any behaviour that could affect either the civilian community or good relations with RAF Kinloss, and hence the future of such courses, will result in instant RTU.



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4. Equipment. Historically, personal equipment organisation has been poorly executed, with individuals being ill equipped to seize this training and coaching opportunity. It is important that selected athletes recognise immediately that they are no longer tied to their Regimental Team's apron strings, and that they must turn up at courses already armed with the "right tools for the job".

a. Mandatory Specialist Kit. Students must bring their own ski boots, ski poles (road tips can be purchased on the course at £6 per set), gloves; high quality outdoor sports shoes and clothing as outlined below.

b. Roller Skis. Roller skis are vital and highly valuable assets. Hire is available at EGBC, but the hire price reflects the high costs of purchase and maintenance. Students should endeavour to bring own or Unit roller skis. An alternate option is for students to purchase a set with bindings for £170 at the start of summer training, or hire at £9 per week from the RAF Biathlon Union.

c. Ammo. Ammo will be provided by the BBU. Students are not to travel with ammo unless cleared in advance with the Course Director.

d. Clothing. Only civilian clothes are required as sports clothing will be worn most of the time. It is recommended that up to 3 changes of sports clothing per day (two outdoor/one indoor) are required and note that laundry/drying facilities are available. Students also need the following: outdoor high-visibility vest, small rucksack, drinking system/water bottles for rucksack, training logbook, notebooks, writing materials, cross-country ski gloves (2 pairs ideal), lightweight waterproof clothing, ski hat and any other personal clothing/items required for a the 2-week duration.

e. Rifles. Ideally, students should bring their own rifles (or UK Land/BFG pool) in line with paragraph 3 above; otherwise rifles can be hired at the EGBC.

5. Selection Policy 2006-07. It is possible that the top NDS athletes will be offered on-snow training with the Senior Squad during early winter 2006. At the end of this period selection races will be held, open to any British athlete, and further details will be published later on the BBU web site outlining the Selection Policy 2006.

6. Contact Details. The AWSA/BBU Office on this letter head is usually unmanned with phones on divert! All future information will be sent by civilian e-mail, as there will be no further hard copy paperwork. Students must therefore have access to a civilian e-mail account as we only fax in extreme circumstances. **Attendance (or otherwise) for Course 01/06 is to be confirmed by 05 Apr 06 to all e-mail addresses as follows:** [info@britishbiathlon.com](mailto:info@britishbiathlon.com) (Lt Col (Retd) Goodson), [wjlaurence@hotmail.com](mailto:wjlaurence@hotmail.com) (Lt Col Laurence) and [gordonseaton@ukonline.co.uk](mailto:gordonseaton@ukonline.co.uk) (Sqn Ldr (Retd) Seaton). **It is vital that the 05 Apr 06 deadline is adhered to as accommodation during the course periods is at a premium, so book early to guarantee a bed!**



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7. Biathlon Range Conducting Officer (RCO) and Coach Course. Some of the NDS will get the opportunity to qualify as a BBU RCO or Coach (Basic - Summer) on the HQ Land sponsored course at EGBC planned for Sep 06.

8. Course Ethos. The aim is to provide athletes with challenging and progressive biathlon training. A programme of professional athleticism will be delivered, however, the onus for improvement is very much upon the athlete based upon belief, desire and attitude. The goal is the OWG 2010/2014 and our intent is to help all to achieve that, but it will not have escaped either students or their units that a considerable personal career and financial sacrifice is required in order to perform in the OWG and WC/EC arenas.

9. Appreciation. **The AWSA/ABU/BBU are immensely grateful to Commanding Officers** for the support they give to their Unit Teams, but in particular to those potential GBR athletes released to attend ABU/BBU Courses. It is not always easy to thank you in person, but we hope you will accept this "round robin" as an interim measure.

10. Summary. All NDS athletes must be fully focused and willing to invest considerable energy, time, finance, resources and commitment to achieve Team GBR Biathlon selection. The students attending these courses are the "biathletes of the future" and all should be aware of the following milestones:

24 Jan – 09 Feb 07 Army & British Championships, Ruhpolding GER (AWSA 60)  
09 Feb -18 Feb 07 World Championships, Antholz ITA  
22 - 31 Jan 08 World Junior Championships, Martell ITA  
26 Jan - 02 Feb 08 World Junior Championships, Ruhpolding GER  
08 Feb -17 Feb 08 World Championships, Ostersund SWE  
06 – 15 Feb 09 World Championships, Pyeongchang KOR  
**12 Feb - 28 Feb 10 XXI Olympic Winter Games, Vancouver CAN**



M J H Goodson  
Lt Col (Retd)  
For Chairman Nordic AWSA

Annex:

A. GBR Biathlon - National Development Squad (NDS) 2006.

Distribution:

Action:

All athletes listed in Annex A (by Email)



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Info: (by Email)

Unit Second-in-Command's of all athletes listed at Annex A<sup>1</sup>

Army Nordic - Chairman and Secretary

BBU - Chairman, Technical Director, Development Director, National Team Coach and Development Coach

Sqn Ldr (Retd) Seaton - RAF Kinloss

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<sup>1</sup> All 2ICs are requested to ensure that all athletes forward respective civilian Email addresses to the BBU ([info@britishbiathlon.com](mailto:info@britishbiathlon.com)) for ease of correspondence.



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Annex A to  
AWSA 3423 Gen  
Dated 24 Mar 06

**GBR BIATHLON – NATIONAL DEVELOPMENT SQUAD (NDS) 2006**

In ranking order:

Spr Marcel Laponder	35 Engr Regt	Op TELIC – Iraq
LCpl Alex Buckland	19 Regt RA	RAMC
Tpr James Heal	2 RTR	
Hldr Jamie Davies	1 HLDRS	
Sig Adam Milson	7 Sig Regt	Posted?
Spr Pete Beyer	28 Engr Regt	
Tpr Mark Johnson	2 RTR	
Pte Gavin Hill	8 Tpt Regt RLC	
Spr Mark Schroeder	28 Engr Regt	
Bdr Tom Morgan	3 RHA	Op TELIC – Iraq?
Sac Dave Wythe	RAF	Senior Aircrew selection?
LCpl Bradley Sprake	17 P & M Regt RLC	Falklands posting?
LCpl Tony Rogers	1 RTR	
ATpr Lee Cunningham	5 Regt AAC	
Sig Rick Tate	7 Sig Regt	Posted?
Pte Jason Guilar	1 LSR RLC	
Hldr Adam Cruickshank	1 HLDRS	
Tpr James Smart	2 RTR	
Tpr Tony Thompson	1 RTR	
Pte Andy McCann	1 LSR RLC	
Cpl Kate Connelly	11 Sig Regt	Posted?
Gnr Caz Hart	12 Regt RA	



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