



**Army Winter Sports Association (AWSA)**

Army & British Biathlon Union Office  
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See Distribution

***707 days to the Olympic Winter Games Vancouver 2010***

**NATIONAL DEVELOPMENT SQUAD**

**BIATHLON DEVELOPMENT COURSES 2008 - COURSE JOINING INSTRUCTIONS**

1. Introduction. At the British Biathlon Championships (Exercise RUCKSACK) this year, the British Biathlon Union (BBU) selected a number of promising 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). In the last 4 years, 9 athletes from NDS have been promoted to the GBR senior squads. The primary BBU development focus is the 2014 Sochi Olympic Winter Games (OWG) so the NDS remains key to the future success of GBR (and Army) Biathlon.

2. Courses. The athletes listed at Annex A have been nominated as NDS, and now have an opportunity to attend training camps in Scotland during summer 2008. The list is potentially over-subscribed, but some athletes will be committed operationally or on courses etc. In the event of high uptake the BBU will publish a prioritised list with reserves. The top NDS athletes, based on assessed potential at the early camps, may be offered places at the Biathlon Academy, which trains full time until end-October 2008; each candidate will be assessed (and re-assessed monthly) in terms of performance, commitment, further potential and 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:

(0) 1-11 Apr 08 (only for 2nd year NDS and above):

(1) 14 - 25 Apr 08.

(2) 5 - 16 May 08.

(3) 2 – 13 Jun 08.

b. Availability. Units are requested to confirm the availability of athletes for each course as per Para 8 below. A consolidated attendance list will be promulgated by Email.



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c. Athletes 2<sup>nd</sup> Year & Above. “Camp Zero” (Para 2a) is for all NDS 08 students who are second year and above. The training objectives for these athletes (see Annex A) will concentrate on vital post-season training, preparation for the training year, skating technique, over distance classical roller skiing, marksmanship and performance planning.

3. Administration.

a. Course Fees. Although NDS 08 courses are subsidised by the BBU and other sponsors 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. Whilst some Units have chosen to support their athletes through PRI and Mess funds, most Units have charged these costs to their exercises budget.

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. Easyjet and Ryanair both offer good and cheap connections.

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 contact the NDS Staff Coach, Hldr Banes, on 07963 667805 (scottybanes@yahoo.com), 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. First collective timing is the in-brief at 1900 on Monday, although earlier arrival Sun/Mon is encouraged to aid kitting, preparation, physiological assessments, etc. 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 Pass (EFP). The courses are run on a fully certificated biathlon range (with current MoD F904/5), 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 Teacher, BSSF XC Coach Grade IV, BBU RCO Examiner) who is ably assisted by the NDS Staff Coach plus other visiting coaches. 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 good relations with either the civilian community or 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 arriving 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 at d. below.
- b. Roller Skis. Roller skis are vital and highly valuable assets, without which candidates can not undertake the full regime of training. Limited hire is available at EGBC, but the hire price reflects the high costs of purchase and maintenance. Units must place great emphasis on this, and endeavour to send their students with their own or Unit roller skis. Alternatively, students can purchase a set of Marwe "Skating" (the NDS preferred roller ski) complete with bindings for £170 at the start of summer training. If this requirement is emailed in advance from Units to the Course Director, the equipment can be invoiced and prepared for collection at the start of the course.
- 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. One set of temperate combat clothing is required (ie outer DPM jacket and trousers c/w belt, green t-shirts, boots and beret) for work on ropes, courses and other mil facilities. Sports clothing will be worn most of the time, and up to 3 changes of sports clothing per day (two outdoor and one indoor) are required; laundry/drying facilities are available. Students also need the following:
  - outdoor high-visibility vest
  - small rucksack
  - drinking system/water bottles for rucksack
  - cross-country ski gloves (2 pairs)
  - lightweight waterproof clothing
  - ski hat and any other personal clothing/items required for the 2-week duration
  - training logbook, notebooks, writing materials
- e. Rifles. Ideally, students should bring their own rifles (or UK Land/BFG pool) in line with paragraph 3e above; otherwise rifles can be hired at EGBC.

5. Biathlon Instructor and Coach Courses. Personal development is an underlying principle of full-time summer training, and athletes will be engaged in training to enhance both their athletic and personal effectiveness. Some NDS athletes will also get the opportunity to bid for a place on the HQ Land-sponsored BBU Biathlon Instructor & RCO Course, planned for Sep 08 at EGBC. Students will therefore arrive back in Unit Teams ready to provide high-quality support to their Team Captains.



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6. Selection Policy 2008-09. It is possible that the top NDS athletes will be offered on-snow training with the GBR Senior Squad during Oct / Nov 2008. At the end of this period National Selection races will be held, and further details will be published later on the BBU web site together with the Selection Policy 2008-09.

7. 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 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 World / European Cup arenas.

8. Contact Details.

a. Email / Post. Please do **not** reply by post to the AWSA / BBU Office on the letter head above, as it is manned only occasionally; please use Email. All future information will be sent by civilian e-mail, and 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.

b. Confirmation. Units are requested to please confirm, by Email, attendance (or otherwise) for **“Camp Zero by 21 Mar 08, and for Course 01/08 by 07 Apr 08 to:**

- Sec Gen BBU (Lt Col (Retd) Mark Goodson): info@britishbiathlon.com
- Development Director BBU / ABU (Lt Col Bill Laurence): wjlaurence@hotmail.com
- Course Director (Sqn Ldr (Retd) Gordon Seaton): gordonseaton@ukonline.com
- NB: Students also to confirm arrival confirmation as per Para 3d above.

c. Information Required. In addition to the confirmation the following information is required:

- Name / initials / post nominals etc & civilian Email of *Commanding Officer*.
- Name etc / Appointment / civilian telephone & civilian Email of the immediate *Unit Sponsor* (superior officer / SNCO) of your athlete(s). (This will allow course staff to have a direct contact in their command chain and allow for the speedy solving of problems / last minute fixes etc).
- Civilian Email and mobile Tel of *Athletes*.
- Civilian Email and mobile of any other interested party eg Nordic Skiing Office (if he / she is not the Unit Sponsor).

d. Deadlines. It is vital that the deadlines are adhered to as accommodation during the course periods is at a premium, so book early to guarantee a bed!

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 these Courses. It is not always easy to thank you in person, but we hope you will accept this “round robin” as an interim measure for your NDS students.**



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The Commanding Officers of those athletes selected for the GBR National Squads will also receive a personal letter from Director Army Nordic (Maj Gen Chris Brown CBE) and the Chairman BBU (Brig (Retd) David Cranston CBE in due course.

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 – 08 Feb 09	Army & British Championships, venue tbc
Feb 09	World Junior Championships, Canmore CAN
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 Director Nordic AWSA

Annex:

A. GBR Biathlon - National Development Squad (NDS) 2008.

Distribution:

Action:

All athletes listed in Annex A (by Email) \* Via their Ex Rucksack Team Capt – please forward!  
@ Direct to athlete

Others (by post)

Info: (by post)

Commanding Officers of all athletes listed at Annex A

(by Email)

Army Nordic:

Director (Maj Gen CC Brown CBE); Chairman (Brig JM McIntosh), Sec (Lt Col K Solly)

BBU:

Chairman (Brig (Retd) DA Cranston; Tech Director (Maj (Retd) EA Lowe), Development Director (Lt Col WJ Laurence), Admin Manager (Capt E Winfield), Nat Coaches (Sgt JM Sklenar, Sgt M Walker)

AWSA: Secretary (Lt Col (Retd) M Allen)

EGBC: Sqn Ldr (Retd) Seaton, Hldr Banes



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Annex A to  
AWSA 3423 Gen  
Dated 07 Mar 08

**GBR BIATHLON – NATIONAL DEVELOPMENT SQUAD (NDS) 2008**

In ranking order:

**Men**

**Women**

**“Camp Zero” (and NDS)**

* ATpr Lewis Hogbin	1 Regt AAC	@ Capt Anna Barker	HQ AGC
Tpr Mark Varndell	QRH	Bdr Leah Coxon	12 Regt RA
* LCpl Ben Woolley	17 P&M Regt RLC	@ Capt Sarah Hadley	ATR
* Hldr Gary Cruickshank	4 Scots		
Tpr Dean Clarke	QRL		

**NDS**

* Tpr Henno VanVreden	1 RTR	@ Pte Roxy Masters	RLC
* LCpl Paul Birmingham	1 RTR	@ LCpl Eadie McCreadie	RLC
* Pte Dan Rousell	1 LSR RLC	LCpl Nerys Jones	AGC
* Gnr Craig Driffell	3 RHA		
* Spr Alex Ferguson	35 Engr Regt		
* Pte Matt Haslam	1 LSR RLC		
* Cfn Tommy Fell	SEME		
* Tpr Dan Fuller	2 RTR		
* Spr Ash Ashworth	28 Engr Regt		
* Tpr David Scott	1 RTR		
* Pte Carl Kelly	1LSR RLC		
* Gnr Steve Clarke	3 RHA		
* Tpr Sam Kelly	1 RTR		
* Rfn Matt Duffy	3 RIFLES		
* Gnr Ryan Solon	1 RHA		
* Cfn Matt Gillett	SEME		
* Cfn Nathan Williams	SEME		
* Spr Ben Cottom	59 Indep Cdo Sqn RE		
* Spr Scott Ashworth	35 Engr Regt		
@ Cfn Sean Bowen	33 Engr Regt (EOD)		
* Gnr Jason Merrell	40 Regt RA		
* Cpl James Heal	2 RTR		



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