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Our Reference: 3423 Gen

Date: 19 March 2009

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

See Distribution

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**GBR BIATHLON NATIONAL DEVELOPMENT SQUAD (NDS) 2009  
COURSE JOINING INSTRUCTIONS**

**14 May 09: See Amendment below to Annex A ref Advanced NDS.**

1. Introduction. At the British & Army Biathlon Championships (Exercise RUCKSACK) this year, the British Biathlon Union (BBU) selected a number of promising Youth, Junior, and Novice athletes for further development. The BBU is responsible for the Olympic, World Cup and IBU Cup (formerly European Cup) teams as well as the National Development Squad (NDS). In the last 5 years, 11 athletes have been promoted from NDS to the GBR senior squads. Though the primary BBU focus is currently the 2010 Vancouver Olympic Winter Games (OWG), the NDS remains key to the future success of GBR Biathlon.

2. Courses. The athletes listed at Annex A have been nominated for NDS 09, and now have an opportunity to attend summer training camps in Scotland during 2009.

a. Dates. All courses will be conducted at East Grange Biathlon Centre (EGBC), an excellent facility 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)). Course dates are:

(1) Camp 1: 14 - 25 Apr 09.

(2) Camp 2: 11 - 22 May 09.

(3) Camp 3: 7 – 20 Jun 09.

b. Availability. Units / Students are requested to confirm the availability of athletes for each course (see Para 6). A consolidated attendance list will be promulgated by e-mail and will be published on the BBU website.

c. “Camp Zero”. From Mar 09 and 1-13 Apr 09 “Camp Zero” is available for all NDS candidates who are second year athletes and above. The training objectives will concentrate on vital post-season training, preparation for the training year, skating

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Chairman: David Cranston CBE

technique, overdistance classical roller skiing, marksmanship and performance planning. Units / Students are to bid direct to the Course Director for places on "Camp Zero".

d. Biathlon Academy 09. Each NDS student will be assessed at the end of each Camp (and re-assessed monthly) in terms of performance, commitment, further potential and other factors. The top NDS athletes will be offered places at the Biathlon Academy, which trains full time until end October 09; As soon as an NDS candidate is identified for Biathlon Academy, the parent Unit is contacted directly with the offer of a place. Note: the Academy is not subsidised by the BBU.

g. Coaching Staff. Courses are run for the ABU/BBU by the EGBC. The Course Director is Sqn Ldr (Retd) Seaton RAF (BASI Teacher, SSGB XC Coach Grade IV, BBU Trainer and RCO Examiner) who will be ably assisted by the NDS Staff Coach Hldr Scott Banes. Double Olympian and GBR Team Coach Sgt Jason Sklenar will attend all courses, and will be the lead coach for Advanced NDS students and the BBU Talent ID programme.

### 3. Administration.

a. Course Fees. The three NDS 09 courses are 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. Whilst some Units have chosen to support their athletes through PRI and Mess funds, most Units have charged these costs to their exercise 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 with current return fares being very reasonable.

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, [scottybanes@yahoo.com](mailto:scottybanes@yahoo.com) (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. First collective timing is the in-brief at 1900 on Tue 14 Apr 09, although earlier arrival that day is strongly advisable to allow for kit issue / internal admin 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. The host administrative unit is RAF Kinloss although the courses are run by EGBC. 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.

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 £7 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 cannot 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 (Marwe "Skating" is the NDS standard). Alternatively, students can purchase a set complete with bindings for £180 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, training logbook, notebooks, writing materials, cross-country ski gloves (2 pairs), lightweight waterproof clothing, ski hat and any other personal clothing/items required for 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.

f. Last-minute Fixes. Students must bring the contact details for their Unit staff responsible for their participation on the courses, so that admin and kit problems can be addressed prior to training commencing, and so that course staff have a Unit Sponsor as a direct contact in their command chain. (Normally, this would be Coy/Bty/Sqn 2IC, RAO, Tp SSgt, Pl Comd or Sgt, etc).

5. Selection Policy 2009 -10. It is possible that the top NDS athletes will be offered on-snow training, at their own / Unit expense with the Senior Squad during early winter 2009. 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 2009-10.

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 civilian e-mail.

**Attendance (or otherwise) for Course 01/09 is to be confirmed by 6 Apr 09 to the e-mail addresses as follows:**

- [info@britishbiathlon.com](mailto:info@britishbiathlon.com) (Lt Col (Retd) Goodson)
- [bill.laurence@britishbiathlon.com](mailto:bill.laurence@britishbiathlon.com) (Lt Col Laurence)
- [gordonseaton@ukonline.co.uk](mailto:gordonseaton@ukonline.co.uk) (Sqn Ldr (Retd) Seaton)

**It is vital that the 6 Apr 09 deadline is adhered to as accommodation during the course periods is at a premium, so book early to guarantee a bed!**

7. 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 09 at EGBC. Successful students will therefore arrive back in Unit Teams ready to provide high-quality support to their Team Captains.

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 goals are the OWG 2014 & 2018 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/IBU Cup 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:

20 Jan – 04 Feb 10	Army & British Championships, Ruhpolding GER
26 Jan - 02 Feb 10	World Junior Championships, Torsby SWE
12 Feb - 28 Feb 10	XXI Olympic Winter Games, Vancouver CAN
Feb 2014	XXII Olympic Winter Games, Sochi RUS



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

Annex:

A. GBR Biathlon - National Development Squad (NDS) 2009.

Distribution:

Action:

All athletes listed in Annex A (by Email)

Info: (by Email)

Army Nordic - Chairman and Secretary  
BBU - Chairman, Technical Director, Development Director, Sgt Sklenar  
EGBC - Sqn Ldr (Retd) Seaton, Hldr Banes  
Unit Second-in-Command's of all athletes listed at Annex A<sup>1</sup> (by Email where known!)

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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.

**GBR BIATHLON – NATIONAL DEVELOPMENT SQUAD (NDS) 2009**

**Advanced NDS** 14 May 09: Add Cpl Dave Lamb 17 P&M Regt RLC & Gnr Ryan Solon 1 RHA

Pte Matt Haslam	1 LSR RLC
Pte Carl Kelly	1 LSR RLC
Cpl Nerys Jones	AGC Ladies
LCpl Eadie Mcreadie	RLC Ladies

**NDS**

Spr Ben Cottom	59 Indep Cdo Sqn RE
Spr Ash Ashworth	28 Engr Regt
LCpl Chris Pfeiderer	17 P&M Regt RLC
Tpr Dan Fuller	2 RTR
Cfn Ollie Parker-Grater	4 CS Bn REME
LCpl Lee Simpson	27 Regt RLC
Cfn Josh Potter	SEME
Cfn Carl Gibson	4 CS Bn REME
Cfn Dan Reason	SEME
Spr Alex Ferguson	35 Engr Regt
Pte Stuart Young	1 LSR RLC
Cfn Nathan Williams	SEME
SAC Frank Kelly	RAF
Gnr Steve Clarke	3 RHA
Pte Benjamin Richardson	27 Regt RLC
Spr Andy Pendlebury	21 Engr Regt
Pte Jack Adams	17 P&M Regt RLC
Pte John Dunnett	8 Regt RLC
Spr Si Stalgis	28 Engr Regt
Tpr Shaun Wadeson	2 RTR
Tpr Jack Butterworth	QRL
Pte George Brown	8 Regt RLC
Pte Kieran Simmons	17 P&M Regt RLC
Tpr Iain Bond	1 RTR
Cfn Sean Bowen	33 Engr Regt EOD
LCpl Tom Fisher	33 Engr Regt EOD
Cfn Aaron Tayler	2 CS Bn REME

## **Women**

Cfn Jenna Beddoe	REME Ladies
Pte Roxy Masters	RLC Ladies
Lt Mel Vaggers	AGC Ladies
LCpl Tash Patton	AMS Ladies
LCpl Brogan O'Brien	REME Ladies
Pte Emma Cope	RLC Ladies
Gnr Sam Wilson	RA Ladies
Cfn Kirsty Singleton	REME Ladies
LCpl Hannah May	RA Ladies

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