

# North East Biathlon - October Training Camp

Date	15/04/2019 – 17/04/2019
Location	Wodonga, Victoria with the biathlon shooting range located at the following link: <a href="https://www.google.com/maps/place/SSAA+Wodonga+Rifle+Range/@-36.0933489,146.7965187,3296m/data=!3m1!1e3!4m5!3m4!1s0x6b215baf8851f801:0x426279926d0724e1!8m2!3d-36.0973123!4d146.795434">https://www.google.com/maps/place/SSAA+Wodonga+Rifle+Range/@-36.0933489,146.7965187,3296m/data=!3m1!1e3!4m5!3m4!1s0x6b215baf8851f801:0x426279926d0724e1!8m2!3d-36.0973123!4d146.795434</a>
Cost	Seniors > 18 years of age \$30 per athlete per day Juniors < 18 years of age \$15.00 per athlete per day If you require ammunition and/or a rifle a charge of \$10 will apply
Coaches	Lynn-Maree Cullen; Cameron Morton and Bob Cranage
Accommodation	<a href="https://www.big4.com.au/caravan-parks/vic/murray/borderland-wodonga">https://www.big4.com.au/caravan-parks/vic/murray/borderland-wodonga</a> <a href="https://www.questapartments.com.au/properties/vic/wodonga/quest-wodonga/overview">https://www.questapartments.com.au/properties/vic/wodonga/quest-wodonga/overview</a>
Food/Drink	You will need to provide your own lunch, snack food and drinks across the 3 days
Contact Details	Paul Cullen 0419448831   Cameron Morton 0407510970   Lynn Cullen 0409592226

## Training Camp Activity Schedule

Monday 15-04		
Time	Activity	Location
10:00 – 12:30	Shooting Skills + Drills	Shooting Range
12:30 – 13:30	<b>LUNCH BREAK</b>	
13:30 – 15:00	Combo Training – Shoot + Roller Ski/Run	Shooting Range
15:00 – 16:30	Competition – Sprint/Team Relays	Shooting Range
19:00 -	Albury Social Activity after dinner	Meet David Street Car Park entrance behind Cinema Centre Albury

Tuesday 16-04		
Time	Activity	Location
10:00 – 12:30	Bounding and Hike	Hunch Back Range Wodonga
12:30 – 13:30	<b>LUNCH BREAK</b>	
13:30 – 16:00	Roller Skiing – Skills + Drills Hill	TBA
18:00 – 20:30	Dinner Out - Wodonga	TBA

Wednesday 17-04		
Time	Activity	Location
10:00 – 12:30	Shooting Skills + Combo	Shooting Range
12:30 -	<b>Camp Concludes</b>	

