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**Congratulations** on choosing a Glenmore Lodge course. As Scotland's National Outdoor Training centre we have been delivering world class training for over 60 years. Our instructors are amongst the most experienced in the country; add to that the quality of the equipment you can borrow, our range of on-site facilities, as well as our food and accommodation and we believe it is clear that not only will a Glenmore Lodge course offer you the best possible learning experience, but that the value for money we offer is second to none.

Glenmore Lodge is a fun and welcoming environment and we take pride in helping you to develop your personal skills, whatever level you might be at. We look forward to seeing you here soon.

## Introduction to Biathlon

### Is It For Me?

This course will cover the core skills required for biathlon. It is aimed at individuals who have no or little previous shooting experience. You will learn rifle safety and the skills required to shoot a .22 bore rifle at 50m targets in the prone and stand positions. You will also be introduced to rollerskiing which is used as the summer alternative to cross country skiing on snow. Additionally there will be opportunities on this course to learn fitness techniques and skills specific to biathlon.

To get the most out of these four days we recommend that you have a reasonable level of fitness.

**Prior to your course, please complete the attached questionnaire summarising your previous experience and detailing equipment requirements, returning to Glenmore Lodge at least 1 week before course start date.**

### Aim

Learn and develop shooting skills, and be introduced to rollerskiing, as required for the sport of biathlon.

### Safety & Course Acceptance

Rifle handling and shooting is a serious business. Glenmore Lodge reserve the right to decline attendance on this course should they become aware of, or have prior knowledge of, an individual's unsuitability for this course.

### Instructor

Your course instructor will be Mike Dixon, MBE, BEM. Mike competed in 6 Winter Olympics for Great Britain, one in cross country and five in biathlon, between 1984 and 2002. Mike reigned as Britain's top biathlete from 1987 to 2002. At the Albertville Olympics in 1994 Mike was the first Olympian to ever shoot a perfect score in the Olympic 20km race.

Mike is a dynamic and inspirational instructor who has been coaching rollerskiing, cross country skiing and biathlon for the last twenty years. He is a Senior Tutor in Cross Country Skiing and Rollerskiing for Snowsport England. In 2004 he started the first biathlon development club for children.

For the last eight years Mike has been commentating for Eurosport's Winter Season in Biathlon, Cross Country Skiing, Nordic Combined and occasionally Ski Jumping.



**Marmot**



teko

### Course Content

You will be in a group of no more than six. Meeting Mike on the first morning will provide an opportunity to discuss your and the other participants experience and aspirations. The programmes can be flexible, taking into account individual needs and aims, weather etc. The basic programme is as follows:

Day 1	9.00	Welcome/briefing Rifle safety & set up
	9.45	First shooting
	10.30	Coffee break
	10.45	Positioning & shooting skills
	12.30	Lunch
	13.30	Shooting in wind/rifle ballistics
	14.15	Introduction to rollerskiing
	15.30	Coffee break
	15.45	Fun shooting challenge, 20 shot test
	Day 2	9.00
10.30		Coffee break
10.45		Shooting out of breath (being videoed)
12.30		Lunch
13.30		Video analysis, world cup biathlon
14.30		Hill walk, Meall a' Bhuachaille
Day 3	9.00	Shooting skills & drills
	10.30	Coffee break
	10.45	Rollerskiing (being videoed)
	12.30	Lunch
	13.30	Video analysis
	14.00	Rollerskiing/shooting out of breath
	15.15	Coffee break
	15.30	20 shot test
Day 4	16.00	Biathlon related gym skills
	9.00	Shooting skills & drills
	10.30	Coffee break
	10.45	Rollerskiing/shooting out of breath (being videoed)
	12.30	Lunch
	13.30	Video analysis
	14.00	Shoot test/zero
	14.45	Coffee break
	15.00	Competition shoot/biathlon race
	16.45	Debrief

### What Will I Need?

Listed here are the essentials, this is not an exhaustive list.

- Running wear and shoes
- Midge repellent / Midge Net
- Sun screen
- Plenty of warm clothing





- Waterproofs
- Thin gloves for shooting/thick gloves for rollerskiing
- Long sleeve top to simulate ski suit
- Small backpack
- Water bottle
- Personal toiletries & medications (towels are provided)
- Glenmore Lodge also has a pool, sauna, gym & climbing wall - so don't forget your swimming/gym/climbing kit!

Rifles, ammunition and shooting equipment supplied.

All rollerskiing equipment, boots and poles supplied, but if you have your own, you are welcome to bring them.

**GLENMORE LODGE CAN SUPPLY:**

- Basic waterproof jackets and trousers
- Walking Boots
- Gaiters
- Day & Expedition Sacs





**INTRODUCTION TO BIATHLON- SUMMARY OF EXPERIENCE & EQUIPMENT REQUIREMENTS**

Please complete the attached form and email to [bookings@glenmorelodge.org.uk](mailto:bookings@glenmorelodge.org.uk) 1 week prior to course commencement.  
 Thank You.

**Course Dates**

**Name**

**Address**

***Shooting experience***

Give details of previous firearms experience if any, including rifle bore

***Rollerskiing experience***

Give details of previous rollerskiing experience if any

***Cross country skiing experience***

Give details of previous cross country skiing experience if any

***Please detail any club memberships or registrations held associated with shooting, biathlon, rollerskiing or cross country skiing***

**EQUIPMENT SIZE/SET UP REQUIRED**

***Rifle***

Are you left handed or right handed

Left    Right

***Rollerskiing***

Are you bringing any of your own equipment    Yes/No

If No, equipment will be supplied:

Boot size (European sizing)    36    37    38    39    40    41    42    43    44

Height (for pole size)    m

***Safety***

By signing and returning this form, I acknowledge Glenmore Lodge's right to decline acceptance of my attendance on this course, and for the right of the instructor to remove me at any time from the course should I act in an unsafe manner or fail to follow reasonable instruction.

**Signed:**

**Dated:**

