



## Sovereign Lake Nordic Development Centre: Biathlon

Sovereign Lake Nordic Development Centre (SLNDC) is targeted at athletes between the ages of 17-24 (ie. graduated from highschool) who have shown dedication, and potential for success in the sport and are competitive at the national level. Sovereign Lake Nordic Development Centre boasts an integrated high-performance program, working closely with our nordic skiing team. The SLNDC currently offers two streams: Yearly / Performance, and Summer / Experience training options.

Our core values of Passion, Respect, and Determination are the bedrock of our team's philosophy. Passion fuels our drive to excel and embrace every challenge with enthusiasm, pushing us to constantly improve and reach new heights. Respect for ourselves, our teammates, our competitors, and the sport itself fosters a positive and inclusive environment, encouraging everyone to perform at their best. Determination is what keeps us going, facing setbacks with grit and a steadfast commitment to our goals. Together, these values shape a resilient and dynamic team culture, where athletes not only achieve their full potential but also contribute to a supportive and empowering community.

### **Yearly / Performance**

Our first stream is a yearly option. Athletes are expected to prioritize their time with the team and commit to being based in Vernon / Silverstar, starting in May. Athletes completing highschool are welcome to join the team after the completion of their final semester.

The Yearly / Performance stream is suited for athletes who have a primary goal of representing their Nation on the international stage. We strive to be a stepping stone in your biathlon career and help to project you towards the National Team.

Due to the close proximity to the University of British Columbia: Okanagan & the Okanagan College, athletes have the option to balance academics with full-time training.

#### Tentative Weekly Schedule:

Monday: Self training or rest day

Tuesday: AM - Biathlon / Ski Training, PM - Strength training

Wednesday: AM - Biathlon / Ski training, PM - Static shooting session (Summer)

Thursday: AM - Biathlon / Ski training

Friday: AM - Biathlon / Ski training

Saturday: AM - Biathlon / Ski training

Sunday: Self training or rest day



## Summer / Experience

New for this season is our summer / experience program! This program is suited for athletes who are not currently local to Vernon and / or are entering their last semester of highschool. This program allows athletes to participate in a full summer of training alongside our SLNDC team. What better way to test the waters?!

This program runs from July 1st to August 31st 2024. \*Athletes must notify us of their intent to join by the April 1st application deadline in order to allow individuals time to secure proper accommodations. \*Appropriate living conditions must be met in order for approval to this program\*

Athletes will train alongside the SLNDC athletes in the schedule outlined above, including training camps.

## Why Sovereign?

Led by our Biathlon Head Coach, Eric Schryer, SLNDC biathletes have quickly established a presence as one of the top biathlon teams in Canada. Our athletes benefit from an extraordinary training environment, where access to top-tier coaching and the longest natural snow season in Western Canada, and often Canada-wide, provides them with a unique advantage. Our program emphasizes technical skill development, personalized physical conditioning, and life balance. This comprehensive approach has not only fostered a culture of excellence and a strong team spirit but has also enabled our athletes to excel at national and international competitions, setting personal bests, and achieving podium finishes and Biathlon Canada team nominations. At the Sovereign Lake Nordic Development Centre, our athletes are more than just team members; they are part of a community dedicated to pursuing excellence in biathlon and developing lifelong skills in leadership, resilience, and perseverance.





## SLNDC streams

Yearly / Performance May 1st, 2024 - April 1st, 2025	Summer / Experience July 1st, 2024 - August 30th, 2024
<b>Financial Investment</b>	
\$4200	\$1200 (all athletes)
<b>Payment Schedule</b> \$1,000 deposit by April 15th, 2024 plus 10 posted dated payments of the split remaining total.	<b>Payment Schedule:</b> Option to pay \$1200 or split payment to 2 x \$600. *Deposit must be made by May 1st, 2024.*
<b>Program Benefits</b>	
<ul style="list-style-type: none"> <li>• Daily coaching as per the outlined schedule</li> <li>• Individualized training plan based on the team YTP</li> <li>• Race support (wax and coaching) at all designated races</li> <li>• Access to the SLNC Team Van for approved trips</li> <li>• Access to team fundraising</li> <li>• Access to discounted products from our sponsor, Stussi Sport</li> <li>• Free NCCP coaching courses facilitated by BiBC</li> <li>• Access to athlete rates and flexible booking with our partner, Easthill Physiotherapy</li> <li>• Marketing education</li> <li>• Athlete IST through CSI</li> <li>• Rollerski and pole discounted product with Rundle Sport</li> <li>• Access to ski brand partnership connections</li> </ul>	<ul style="list-style-type: none"> <li>• Daily coaching as per the outlined schedule</li> <li>• Individualized training plan based on the team YTP</li> <li>• Written debrief of observations for your personal / club coach</li> <li>• Access to the SLNC Team Van for approved trips</li> <li>• Ability to join SLNDC for race support when appropriate (during race season)</li> <li>• Option to purchase the SLNDC race suit</li> </ul>
<b>Not Included</b>	
Accommodations & daily transportation. Personal ski equipment and training wax, Ammunition or rifle, Trail & range passes, team clothing. (Athletes are required to have 1 race suit and 1 warm-up jacket / pants from the current collection). Additional costs incurred for training camps and race trips.	Accommodations & daily transportation. Personal ski equipment and training wax, Ammunition or rifle, Trail & range passes, team clothing. Additional costs incurred for training camps and race trips.





## Equipment List

Athletes are expected to have the following list of equipment. Where available, SLNDC athletes can gain access to existing equipment deals from our partners.

- Rifle and ammunition
- All necessary shooting accessories
- Full skate and classic roller-ski equipment (skate and classic skis, boots, poles, helmet, etc.)
- Running shoes, & ideally a running pack / hiking pack
- Heart-rate monitor
- Road / Gravel bike \*A bike is not a requirement, however it is a good training tool that will be incorporated into training plans\*
- Full skate and classic ski equipment (skate and classic skis, boots, poles, etc.)
- Proper outdoor clothing for all training environments in all potential weather situations
  - The Okanagan will experience +30 to -20, warmth, cold, and rain. Athletes must be prepared for it all!

\*This list is not exhaustive and represents the basics of what an athlete should prepare to have for their use in biathlon training\*

