



Girls with Grit Camp Biathlon Camp

Dates: May 30, 2025 arrival 4pm At Camp Chief Hector Bowfort Lodge

Where: Camp Chief Hector, CNCs

Age range appropriate: 12-16 (Dev 1, Dev 2, Senior Girls)

Pick up: Camp Chief Hector 2pm Jun 1, 2025

Cost: \$240 includes registration, and meals for Friday night, Saturday and Sunday

Biathlon Alberta in partnership with ABC would like to present a 2-day spring biathlon camp for female athletes aged 12-16 from Alberta. All female athletes are welcome and we invite any cross-country athletes to join us as well if they are interested in exploring our biathlon community. The camp will focus on technical skill development, injury prevention, mental health, and fostering a strong female athlete community. Led by female coaches and integrated support team (IST) professionals, the camp aims to provide mentorship and support during a critical phase in young athletes' development.

Focus Areas

1. Biathlon Skills – Shooting fundamentals (position building, breathing, aiming, trigger control)
2. Endurance & Movement – Roller skiing, running, and ski agility for fundamental skill development
3. Injury Prevention & Recovery – Mobility, stretching, and yoga
4. Mental Health & Mindset – Sport psychology talk on self-esteem and growth mindset
5. Nutrition – Building a positive relationship with food and sport fueling basics positive body image
6. Community Building – Team culture discussions and mentorship from Olympic-level female athletes

Items Needed

- Rifle/ arm cuff or shooting block if needed /MPAL
- 300 rounds of ammunition
- Skate Rollerskis/Skate Boots
- Gloves
- Rollerski Poles
- Helmet
- Running Shoes
- Heart rate monitor-training watch if you have one
- Hat
- Sunglasses
- Bug spray



- Sun screen
- Ear plugs
- Bedding for fun camp out in yurts at Camp Chief Hector (sleeping bag, sheet, pillow, and towel ***mattress and beds provided**)
- Headlamp
- Water bottle
- Toiletries/Personal Items
- Training clothing-active for all weather
- Recovery aids(foam roller, thera gun)
- Book to read for quiet time
- Day pack to keep yourself organized
- **Range Pass (not covered)** - we will be at CNCs Saturday and Sunday morning
- Range Pass agreement [link](#) and information
- Biathlon AB current membership
- If you are an XC athlete you can do a free 'try it' membership - ask for details

Camp Chief Hector location:

1 Bowfort Rd, Kananaskis, AB T0L 0C8

Camp Coaches:

Ntala Quintilio 780-305-4615

Caitlin Campbell

Katya Dittrich

Wallace Siemens

Emma Lunder

Sheri Adams-Selinger