

QVN strives to provide an awesome environment for participants to achieve their goals. We believe sport can offer an excellent opportunity to grow life skills, and we strive to offer quality, developmentally appropriate biathlon programs aligned to Biathlon Canada's Long-Term Athlete Development Model (LTAD - learn more [here](#)).



Air rifle

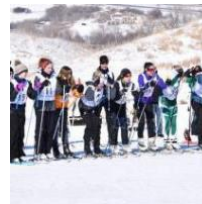
8 to 12 year olds

FUNDamentals and Learn-to-Train stages of LTAD

Youth .22

12 to 20 year olds

Train-to-Train, Learn-to-Compete and Active for Life stages of LTAD



Masters

20 +

Active for Life stage of LTAD
Focus is on fun and fitness

Air Rifle Program

The Air Rifle program is designed for children aged 8 to 11 or 12 and focuses on developing fundamental skiing and shooting skills. The program aligns to the FUNDamentals and Learn to Train stages of Biathlon Canada's Long-Term Athlete Development Model (learn more [here](#)). Our philosophy is that children in this age range need adequate time doing both shooting and skiing to develop these basic skills and as such we do NOT divide children into racing and recreational programming. Instead, our goal is to prepare the child with the foundational skills to achieve their goals when they enter our Youth .22 programming or another athletic activity. At this stage we provide:

- A broad range of experiences for developing skiers and shooters
- A solid technical foundation for lifelong skiers and shooters
- An introduction to competition in an unthreatening manner
- Provide a healthy, athletic approach to sport and the sporting lifestyle

A wide range of skills, abilities and past athletic experiences can be seen in children aged 8 to 12, so we consider the ages recommended below as guidelines. If you are unsure of where to place your child, please contact us.



2024-2025 Biathlon Programs

	Air Rifle 1	Air Rifle 2
Suggested ages	8 and 9	10 to 12
Season	September 15 to March 16	September 15 to March 16
Practices/week	2 sessions per week (total of 3.5 hours per week)	3 sessions per week (total of 5.5 hours per week)
Practice days	Sundays and Wednesdays	Sundays, Wednesdays and Saturdays
Practice focus – September and October	Sundays: shooting and fitness Wednesdays: fitness	Sundays: shooting and fitness Wednesdays: fitness Saturdays: rollerskiing
Practice focus – November to March	Sundays: combos Wednesdays: skiing	Sundays: combos Wednesdays: skiing Saturdays: skiing
Race expectations	Local races in Regina/Lumsden area	Races in Saskatchewan (Lumsden, North Battleford)
Camp opportunities:		
<ul style="list-style-type: none"> ● QVN Epic summer camp 	Optional Tentative date is August 23 to 25	Recommended Tentative date is August 23 to 25
<ul style="list-style-type: none"> ● CCS Fall camp at Waskesiu 	n/a	Recommended Tentative date is September 20 to 22
<ul style="list-style-type: none"> ● CCS snow camp at Lake Louise 	n/a	By invitation Tentative date is November 10 to 15
Total practices planned	52	74
Total races planned	4 (Lumsden, Provincials)	8 (Lumsden, North Battleford, Provincials)
Program fee	\$ 365	\$ 520
Equipment requirements	<ul style="list-style-type: none"> ● Skate ski boots, skis, poles ● Ski stride poles ● Headlamp ● Drink belt ● Clean indoor running shoes 	<ul style="list-style-type: none"> ● Skate ski boots, skis, poles ● Ski stride poles ● Carbon tips for poles when rollerskiing ● Bike helmet ● Headlamp ● Drink belt ● Clean indoor running shoes
QVN provides	<ul style="list-style-type: none"> ● Air rifle ● Ammunition ● Entry fees to indoor training sessions 	<ul style="list-style-type: none"> ● Air rifle ● Ammunition ● Rollerskis ● Entry fees to indoor training sessions



2024-2025 Biathlon Programs

Youth .22 Program

The Youth .22 program is designed for youth aged 12 to 20. Our goal is to align our programming to Biathlon Canada’s Long-Term Athlete Development Model (learn more [here](#)). It is in this age range that youth can choose to increase their focus on biathlon (QVN Youth .22 Racers aligns to Train to Train and Learn to Compete stages) or include it within a wide range of other sports (QVN Youth .22 Recreational aligns to the Active for Life stage). In both cases, progressive skill development in both skiing and shooting is important, as is participating in competition, but the end goals are different. When picking a stream, the primary criteria is the youth’s goals for what they want to get out of their biathlon experience, rather than any past outcomes in races. It is also important to note that movement between the streams can happen, but we request that the youth pick one program and stick to it for the season.

A wide range of skills, abilities and past athletic experiences can be seen in youth aged 12 to 20, so we consider the ages suggested below as guidelines. If you are unsure of where to place your child, please contact us.

	Junior Racers	Senior Racers	Recreational
Suggested ages	12 to 14	15 to 20	12 to 20
Spring session	May 1 to June 23	April 29 to June 23	n/a
Summer session	July 10 to September 14	July 2 to September 14	n/a
Fall/winter session	September 15 to March 16	September 14 to March 22	September 15 to March 16
Practices/week offered by QVN	3 sessions per week 5.5 hours/week	5-6 sessions per week QVN programming = 385 hours for the season, and season plan provides for 460 hours of physical training.	2 sessions/week 3.5 hours/week
Practice days	Sundays, Wednesdays, Saturdays	Sundays, Mondays, Wednesdays, Saturdays	Sundays and Wednesdays
Practice focus – Spring and summer	Endurance and intensity training Static shooting Rollerskiing	Endurance and intensity training Static shooting Rollerskiing 2 sessions a day on Tues. and Thurs. in July and August	n/a
Practice focus – September and October (approx.)	Sundays: shooting and fitness Wednesdays: fitness Saturdays: rollerskiing	Sundays: shooting and fitness Mondays: shooting, stability and mobility Tuesdays: fitness after Level 10 (%) Wednesdays: fitness Thursdays: fitness after Level 10 (%) Saturdays: rollerskiing	Sundays: Shooting and fitness Wednesdays: fitness
Practice focus – November (approx.) to March	Sundays: combos Wednesdays: skiing Saturdays: skiing	Sundays: combos Mondays: combos with classic skiing Tuesdays: fitness after Level 10 (%) Wednesdays: skiing Thursdays: fitness after Level 10 (%) Saturdays: skiing	Sundays: combos Wednesdays: skiing



2024-2025 Biathlon Programs

Race expectations	Biathlon races in Saskatchewan 1 to 2 out-of-province biathlon race weekends Cross-country ski races	Biathlon races in Saskatchewan All Team Sask. out-of-province biathlon races Biathlon Nationals Cross-country ski races	Biathlon races in the Regina area
Provincial team options	Development Team (*) optional, but recommended. Includes: <ul style="list-style-type: none"> - Up to 4 team camps - Strength training once-twice a week - Up to 6 teambuilding and mental skills meetings 	High Performance Team highly recommended. Includes: <ul style="list-style-type: none"> - Up to 4 team camps - Strength and conditioning training twice a week - Optional YTP creation and monitoring 	N/A
Additional Camp opportunities:			
● QVN Epic Summer camp	Recommended Tentative date is August 23 to 25		
● CCS Fall camp at Waskesiu	Recommended Tentative date is September 20 to 22		n/a
● CCS Early camp at Lake Louise	Optional, by invitation Tentative date is November 10 to 15	Recommended Tentative date is November 10 to 15	n/a
Total practices planned	Spring = 21 Summer = 21 Fall/Winter = 66	Spring = 30 Summer = 42 Fall/Winter = 83	52
Program fee	Spring = \$ 150 Summer = \$ 150 Fall/Winter = \$ 460	Spring = \$ 210 Summer = \$ 295 Fall/Winter = \$ 580	\$ 365
Equipment requirements	<ul style="list-style-type: none"> ● Skate ski boots, skis, poles ● Classic ski boots, skis, poles ● Ski stride poles ● Headlamp ● Drink belt ● Clean indoor running shoes ● Rifle rental ● Ammunition ● Bike helmet ● Rollerskis ● Carbon tips for poles when rollerskiing ● Arm band ● Bike ● Heart rate monitor 	<ul style="list-style-type: none"> ● Skate ski boots, skis, poles ● Classic ski boots, skis, poles ● Ski stride poles ● Headlamp ● Drink belt ● Clean indoor running shoes ● Rifle rental ● Ammunition ● Bike helmet ● Rollerskis ● Carbon tips for poles when rollerskiing ● Arm band ● Bike ● Heart rate monitor 	<ul style="list-style-type: none"> ● Skate ski boots, skis, poles ● Ski stride poles ● Headlamp ● Drink belt ● Clean indoor running shoes ● Rifle rental ● Ammunition ● Arm band
QVN provides	<ul style="list-style-type: none"> ● Entry fees to indoor training sessions ● Rollerskis (#) 	<ul style="list-style-type: none"> ● Entry fees to indoor training sessions 	<ul style="list-style-type: none"> ● Entry fees to indoor training sessions

(*) Subject to Biathlon Sask. renewal of the program/team

(#) There is a nominal rental fee of \$50/season that will help us cover the cost of repairs.

(%) Level 10 = strength and conditioning sessions offered to those on a provincial team.



2024-2025 Biathlon Programs

QVN coach led practices or events will not be held on the following dates. The intention is to promote attendance at provincial camps (SaskFirst and Development Team athletes), recognize holidays, and to offer rest weeks. Additional practice dates following competition or camp events when focusing on recovery will not be held. When a rest week or recovery day is planned without QVN led practices, general training recommendations will be provided for independent work.

- May 9 to 12 (Provincial Camp)
- May 19 and 20 (Victoria Day)
- June 24 to July 1 (high school final exams to Canada Day)
- July 3 to 8 (Provincial Camp)
- July 30 to August 5 (recovery week to Saskatchewan Day)
- August 27 to September 2 (recovery week to Labour Day)
- December 23 to January 2 (Christmas and New Year break)

QVN will be hosting the 3rd annual Hills and Chills Camp in Cypress Hills West Block from August 7 to 11. The Queen City Marathon 5k, 10k or half-marathon will be a summer season event wrap-up again.



2024-2025 Biathlon Programs

Masters Program

Our Masters athletes train in a relaxed environment and learn the fundamental shooting and skiing skills to participate in biathlon.

	Masters
Suggested ages	20 +
Season	September 30 to March 9
Practices/week	1 – 2 hour session offered weekly
Practice days	September to March (approx.): Saturdays
Race expectations	While there are no formal race requirements, athletes will be prepared to race at local events in the Regina/Lumsden area. Some may wish to travel to attend races in North Battleford, Saskatoon, or Alberta.
Camp opportunities:	
• QVN Epic summer camp	Recommended Tentative date is August 23 to 25
Total practices planned	16-20
Total races planned	8 provincial races (Regina, Lumsden, North Battleford) Optional 4 + out-of-province races in Alberta
Program fee	\$ 300
Equipment requirements	<ul style="list-style-type: none">• Skate ski boots, skis, poles• Ski stride poles• Drink belt or water bottle• Rifle rental• Ammunition• Arm band