



Nordic



Biathlon

Post Graduate Training Program

Description

A high performance training program designed to bring high school graduated Nordic skiers and Biathletes, aged 18-23 to the next level of competitive performance with a dedicated annual full time training program. The training will take advantage of the excellent facilities at the Fort Kent Outdoor Center which include a 3 Km roller skiing loop, a 30 point shooting range, and 25km of excellent Nordic trails that are FIS and IBU homologated with the longest snow covered season in the Northeast starting in early November and finishing in late April. Housing is offered at the Jalbert Biathlon Residence within walking distance of the FKOC venue. We highly encourage athletes to also take advantage of the University of Maine at Fort Kent while in training to stay intellectually stimulated while training and fulfill some early collegiate course requirements. Coaching responsibilities will be shared between Carl Theriault for biathlon specific training and Hannah Streinz for ski technique, strength and endurance training.

PG Team athletes can participate in full year of programming or any of the seasonal outlined below;

Summer	Fall	Winter	Full Year
July 9-Aug 30	Sept 15-Nov 15	Nov 30-Mar 31	July 9-Mar 31

PG Program will be limited to first 5 athletes registered due to housing restrictions, 2 athletes have committed already, so apply early to get in. Email Theriaultcarl@hotmail.com for more information and application.