

Biathlon Bears

The Biathlon Bears program is a three-tier skill development program, is designed for children aged 9 to 14 years, that introduces the skills and techniques of Biathlon while promoting fun and participation. It may be adapted for older or slightly younger children. It is similar to the Jackrabbits program from Cross Country Canada. Designed for weekly sessions, it accommodates both the beginner and the most experienced athletes by allowing them to progress through the program from the level that they are currently.

All Bears and Coaches must be members of Biathlon Canada to participate in the program.

Registration forms from Biathlon NB (affiliated with Biathlon Canada) are available at the MCCSC clubhouse.

What is Biathlon?

How it works: Biathlon combines cross-country skiing with .22 calibre rifle shooting from both the standing and prone positions. Competitors get five shots to score five hits, which takes less than 30 seconds at the elite level. However, for each miss, they are penalized, either by time added (in the men's 20k or women's 15k) or by having to ski a 150m penalty loop (in the sprints, pursuit, mass start and relays). The relay competition is the most exciting discipline. Team are made up of 3 to 4 biathletes, with each skiing 7.5k, stopping twice on the course to shoot-once prone and once standing.

Please note that we are using .177 calibre air rifles at our club for the Biathlon Bears program.

Critical Moment: Switching from the high-powered cross-country skiing to exacting marksmanship requires strength and control. The objective is to ski at high speed yet reserve enough energy to hit five targets at the rifle range as fast as possible.

Did you know? Biathlon is the most popular winter sport on TV in Europe. Biathlon competitions are televised live and attracts upwards of 40,000 spectators!