

# NSW Biathlon Training Camp

## 1) Tuesday 10<sup>th</sup> April 2012

5 to 7pm Shooting Training at Hornsby Rifle Range

## 2) Wednesday 11<sup>th</sup> April 2012

9am Arrive Hornsby Rifle Range

9.30 to 11.30am Shooting Training



Note: non-licensed "Come & Try" athletes may start 30mins earlier depending upon numbers.

### WHAT TO BRING (tick box as you pack)

- |   |                                       |                                     |
|---|---------------------------------------|-------------------------------------|
| <input type="checkbox"/> Ski Gloves       | <input type="checkbox"/> Rifle        | <input type="checkbox"/> Joggers    |
| <input type="checkbox"/> Ammunition       | <input type="checkbox"/> Armbands     | <input type="checkbox"/> Track suit |
| <input type="checkbox"/> Water bottle     | <input type="checkbox"/> Sunscreen    | <input type="checkbox"/> Hat        |
| <input type="checkbox"/> Shooting licence | <input type="checkbox"/> Biathlon Mat |                                     |

- Snacks/Drinks for Tues - if you are coming straight from the XC Training Camp, please make sure you have something substantial to eat prepared for after the XC training and prior to Biathlon Training
- Snacks/Drinks for Wed
- **PAYMENT**    \$20 per session NSW Biathlon members  
                     \$25 per session non NSW Biathlon Members  
                     \$20 Visitors Package - non licensed "Come and Try" attendees

On-the-Day: Cash or cheque (payable to NSW Snowsports)

Before-the-Day: Direct deposit to: NSW Ski Association

BSB: 032-728 Acc No: 168910

Narration: <surname> NSW Biathlon Train

### How to Get to the Hornsby Range

The range is part of the Hornsby Rifle Range complex, behind Mt Wilga Hospital, Rosamond St, Hornsby, Sydney, Australia.

Travelling along Rosamond St, turn right into the first Mt. Wilga gate ( "gate A" ). Instead of turning left into the Mt Wilga car park, go straight ahead, down the lane.

At the wire gate, read the Rifle Range warning signs, and proceed down the road, over three speed bumps. If the gate is locked, wait for a duty manager to unlock it. Please do not park on the neighbors lawn. At the second wire gate, the North Sydney Smallbore Clubhouse is the new yellow brick building on your right.