



Presents:

the **tESTival** '17

July 17 - 21

Object: Testival East, 2017 edition

When: July 17 - 21

Where: Centre de Biathlon Myriam Bédard, Valcartier & other locations

Who: Relève & Elite training groups from Quebec / T2W & T2C
athletes from other provinces (some T2T)

Hello everyone,

I hope the Owl XC camp went well for you Chelsea Nordic guys and that everyone else is having a great start to summer training. I'm following up with all of you with this little guide to the up coming 2017 Eastern edition of the Testival I like to call: the tESTival'17. Has a ring to it right?

the tESTival '17!

This testing camp will take place from July 17th to the 21st inclusively. The shooting tests will be conducted at the Centre de Biathlon Myriam Bédard (CBMB). As for the physical tests, be aware, they will be held in various locations depending on the test format. So take the time to read the following camp schedule and take note of the different locations where the tests will be taking place.

For this second training camp, only athletes from the Relève and Elite training groups of the FQB, as well as the Espoir athletes named to the Canada Games team, are invited to take part. An invitation is also extended to all other athletes from the Eastern provinces who would like to attend. Please be advised this would apply to athletes in the « Train to Win » and « Train to Compete » phases of the LTDAM only, some of the « Train to train » athletes may be invited (with coaches/organizers discretion). As for the rest of you guys from the Espoir group and « Train to train » phase, you needn't worry, you'll get a taste of the tESTival soon enough!

As for rooming and chow:

A set of rooms located on the Valcartier Canadian Armed Forces base will be dedicated to the FQB athletes for the duration of the camp. The athletes will also have access to the troops cafeteria, conveniently close to the rooms. For all other inquiry regarding these topics, please communicate with Sandrine Charron: 418-820-4330.

As for wheels:

In order to coordinate transportation with ecologically responsible and optimal efficiency, we ask you to carpool. As such, we ask that the coaches of the respective groups help coordinate the move with their athletes and keep us informed of arrival/ departure dates and times of their group.

For the athletes outside of the Poutine Motherland:

The Quebec Biathlon Federation asks that you see to your means of transport, accommodation and chow with the help of your club and assigned coach. We will gladly lend a helping hand if need be. We intend to make lodging and eating arrangements more inclusive to you guys in the next years.

The first meeting point for tESTival kick-off will be on the Telus-Stadium track at Laval University at 8h30, monday july 17th, located at:

2380 Rue du Peps
Ville de Québec, QC
G1V 0C2

For all other questions or emergencies you may reach us on our cell phones at:

Jean-Philippe: 418.670.9713

Sandrine: 819.820.4330

Martin: 418.956.4916

Jacqueline: 613.809.1456

A list of all the gear you may need for the camp is in appendix A. The general camp schedule can be found in appendix B. For all other needs for information, please feel free to contact me.

Until then, I wish you a swift recovery from the Owl camp (for those concerned) and looking forward to seeing you fresh and ready for the tESTival'17!

Jean-Philippe Le Guellec

High-Performance coordination Intern

Quebec Biathlon Federation

T: 418.670.9713 / @: jpleguellec01@gmail.com

NOTE for FQB athletes: Do not forget to bring all your Quebec Team registry documentation (i.e: 3rd page of the Team Fees doc + Checks, Your signed athlete code of conduct including your parent/ guardian's signature)

Appendix A

Gear you may need (idealy)

1) Bathroom stuff (Tooth brush, shampoo&soap, towel, etc)	<input type="checkbox"/>
2) Sleeping bag + pillow	<input type="checkbox"/>
3) Warm stuff to wear in cooler weather (vests, pants, head-band)	<input type="checkbox"/>
4) Light stuff to wear in warm weather	<input type="checkbox"/>
5) Rain gear	<input type="checkbox"/>
7) Sk8 Roller-Boards, boots, sticks, gloves, helmet	<input type="checkbox"/>
8) Classic Roller-Boards, boots, sticks	<input type="checkbox"/>
9) Any additional fuel (bars, gatorade, gels, etc...)	<input type="checkbox"/>
10) Water belt, camelback or other sealed water containing apparatus	<input type="checkbox"/>
11) Any other item which can keep you happy for the duration of the camp (without causing prejudice or empeding on the rights of other teammates)...	<input type="checkbox"/>

Appendix B

General schedule: tESTival '17

Time	Day & Date	Location
Monday 17		
8:30	3000m Run	Telus Stadium, UL
15:30	Combo + Technique Session	CBMB

Tuesday 18		
9:00	30/30 - Precision test	CBMB
15:30	Combo + Technique Session	CBMB

Wednesday 19		
9:00	DP Climb	Ch. Jean Gauvin
15:30	Combo + Technique Session	CBMB

Thursday 20		
9:00	National Team Shooting Test	CBMB
10:30 (*To be confirmed)	Meeting with Biathlon Canada guest + special guest speaker?	CBMB
15:30	Light Jogg	Free

Friday 21		
9:00	1 Sk8 Climb	Ch. Jean Gauvin