



# INVITATION

## International Biathlon Coach Seminar

Trojan, BULGARIA  
11 – 13. 10. 2013



## A. GENERAL INFORMATION

Bulgarian Biathlon Federation takes pleasure to invite you to participate at International Biathlon Coach Seminar which will be conducted in Trojan, Bulgaria from 11-13. 10. 2013

### VENUE

**Name:** Biathlon Center „Trojan”

**Location:** Trojan, Bulgaria

**Description:** The stadium, the shooting range and the penalty loop are situated at 500 m altitude.

### ORGANIZING COMMITTEE

Address: Vasil Levski Str. 75

Tel./fax:+359/2/ 9874343

Tel: +359/2/ 9300590

E-mail: [bfbiathlon@intech.bg](mailto:bfbiathlon@intech.bg)

### REPORT AFTER ARRIVAL

We will inform you at later stage.

### INSURANCE/ LIABILITY

The organizer cannot be held liable for any damages done to persons or material/equipment. All participants must be covered by a sufficient health, accident and liability insurance. By submitting the entry by names the National Federations confirms that all persons entered are covered by such insurance (in accordance with 1.5.2.b, IBU Event and Competition rules).

### VISA REGULATIONS

The following nations require visas to enter and stay in the Republic of Bulgaria. It is necessary to be sent via e-mail or fax participants' names, birth dates, passport number and validity of passport (issuing and expiration date):

E1 Form - entry by visa (e-mail or fax) until **27.09.2013**

## B. LOGISTIC INFORMATION

### TRANSPORTATION

Bulgarian Biathlon Federation will cover travel cost for one vehicle per nation.

#### From Sofia

- Travel along the  A2 international road from Sofia to Ruse - Varna, next take the exit towards:  to Sevlievo, than take exit  to Trojan. (View attached map Sofia-Trojan)



#### From Ruse

- Travel along E85/5 international road to Veliko Tarnovo, next take exit to international road E772/4 to Sofia, next continued to Sevlievo, than turn left to Trojan. (See attached map Ruse-Trojan)



- Transport from Trojan to the venue is by own transport

### ACCOMMODATION

- Bulgarian Biathlon Federation will cover accommodation costs for 1 (one) persons from each nation.

## C. EVENT INFORMATION

### C 1 PROGRAM

Date	Event/Theme	Place of conducting	Time of conducting
11.10.2013	<p>1. Arriving of participants</p> <p>2. <b>Theoretical lecture 1</b> : Planning of sport-competition activities in biathlon sport.</p> <p>3. <b>Dinner</b></p>	<p>In the hotel</p> <p>In the hotel</p> <p>In the hotel</p>	<p>Till 16:00 17:00-19:00</p> <p>19:15-20:15</p>
12.10.2013	<p>1. Breakfast</p> <p>2. <b>Practical exercise 1</b>: Organizing, conducting and registration of training process.</p> <p>3. Lunch</p> <p>4. <b>Theoretical lecture 2</b> : Analyzing of training exercise (cross) and taking decisions (model sprint- developing training тренировка: 8x 800m)</p> <p>5. Coffee pause</p> <p>6. <b>Theoretical lecture 3</b> : Structure and technique of shooting in biathlon</p> <p>7. Dinner</p>	<p>In the hotel</p> <p>Biathlon stadium</p> <p>In the hotel</p> <p>In the hotel</p> <p>In the hotel</p> <p>In the hotel</p>	<p>07:30- 08:30</p> <p>10:00- 12:30</p> <p>13:00-14:00</p> <p>14:30-16:00</p> <p>16:00-16:30</p> <p>16:30-18:30</p> <p>19:30</p>
13.10.2013	<p>1. Breakfast</p> <p>2. <b>Practical exercise 2</b>: Conducting of shooting tests (<b>15P+15S/paper and Sprint/Metal</b>). Analyze of test and recommendations</p> <p>3. <b>Practical exercise 3</b>: Conducting of power training on roller skis.</p> <p>4. Lunch.</p> <p>5. Closing meeting with all participants.</p> <p>6. Departure</p>	<p>In the hotel</p> <p>Biathlon stadium</p> <p>Biathlon stadium</p> <p>In the hotel</p> <p>In the hotel</p>	<p>07:30- 08:30</p> <p>09:30- 10:45</p> <p>11:15- 12:30</p> <p>13:00-14:00</p> <p>14:00-14:30</p> <p>15:00</p>

The seminar will be lead by Mr. Ventzeslav Iliev

# ENTRIES

## ENTRY DEADLINE

Entry by numbers (e-mail or fax) till	<b>27.09.2013</b>
Entry by name (e-mail or fax) till	<b>04.09.2013</b>
Application visa (e-mail or fax) till	<b>27.09.2013</b>