



243 Ogopogo Royal Canadian Air Cadets Squadron (RCACS)
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23 January 2024

1000 – 1 (Trg. O)

WO – BIATHLON PRACTICE – JANARY 28, 2024 PRACTICE

1. 243 Squadron is starting a Biathlon program and inviting interested Cadets to participate in our initial year. The focus for this year will be on cross country skiing (skate ski). **No previous experience is required to participate.** Time and resource permitting we will also carry out target shooting.
2. Interested cadets should express their interest on the sign-up form.
3. **Costs for this event will be split equally between the Squadron and the Cadet.** Total costs per practice will be \$14. The breakdown is \$7 for trail pass and \$7 for ski rentals. Cadets who have their own trail pass and/or skate skis can utilize their own resources and save on costs. An invoice will be provided to each cadet, as needed, at the end of the season from the Squadron Sponsoring Committee.
4. Practices will take place at the **Telemark Nordic Club** (4425 Glenrosa Road, West Kelowna). Cadets should meet beside the day lodge, in front of the washrooms.
5. **The first practice will be Sunday January 28; from 1330 – 1530hrs (UPDATED DATE & TIME).** Additional practice dates and timings will be announced shortly.
6. All cadets are to wear appropriate civilian attire that they can comfortably ski in. See here for some guidance: <https://nordicskilab.com/what-to-wear-cross-country-skiing-a-complete-guide/> Cadets should bring water and snacks, as needed.
7. Questions can be directed to the undersigned. All information can be found on the Squadron website – 243air.com.

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O. Nobakht
Captain
Training Officer
Training@243air.com

A. Bertrand
CI
Biathlon Coach

Look under for sign-up!

BIATHLON PRACTICE – JANARY 2024 ONWARDS

Biathlon Sign-up

By signing up below, you understand that you are responsible for \$7 per practice (50% of total costs), regardless of attending or excused absences.

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