

**Go! Training and Twin Cities Biathlon**  
**2010 Training Kick Off Day**  
Sunday, April 25, 2010

The 2010-2011 Ski Season has started! Join Go! Training and Twin Cities Biathlon for our Training Kick Off Day

**When:** 12pm-3pm, on Sunday, April 25, 2010

**Where:** Lindbergh Center at Hopkins HS, room N205, 206. Directions:  
<http://www.lindbergh-center.com/directions.asp>

**Who:** All athletes who are registered, or interested in registering, for Go! Training or Twin Cities Biathlon training programs. This meeting is MANDATORY for all athletes in Advanced and/or Biathlon Training. All athletes are invited: J4's through college.

**What:**

1. Meet the coaches and your fellow athletes
2. Get the scoop on training details for May and this Summer
3. "What it Takes" - Caitlin Compton and Carolyn Bramante
4. "Windows of Opportunity"- Piotr Bednarski
5. Training logs and review your past season
6. Physical Testing- out on the track- 1:30pm-3pm, groups by age

**Why:** Start the ski training season with all the right information. Assess your strengths and weaknesses. Review your past season. Learn about additional training camps and opportunities for the summer!

**Registration:** No cost- just email Piotr at [gotrainingus@aol.com](mailto:gotrainingus@aol.com) that you will attending. Questions- email or phone, 952/237-0765.