

From the desk of the WA State Coaching Director

ISSF Coaching Clinic—CMT Gun Club

SPECIAL POINTS OF IN- TEREST:

- Arrange a Coaching Clinic at your Club
- WA State Coaching Director—Christine Alexander 042 888 3468
- Send me your Club advert & let Coaching help you advertise it as well to all Members & Clubs

MAJOR SHOOT- S JULY / AUG

Carnarvon DTL 2.5
8—10 Jul 2016

ISSF Qualifiers
16 & 17 Jul 2016

Nickol Bay Red Rocks
15—17 Jul 2016

Northam Avon DTL
29—31 Jul 2016

Collie—State Skeet
7 Aug 2016

CMT DTL 2.5
12—14 Aug 2016

WAGC Newton Thomas
Skeet 2 Day
20—21 Aug 2016

NEXT ISSUE:

Future of Coaching
WA (continued)

Olympic Games Clay
Target Shooters

Coaching Tips for
shooting targets

WA State 5 Stand
Sporting Team



2016 2nd ISSF Coaching Clinic held 18th & 19th July 2016 at CMT Gun Club

It was great to see 19 shooters turn up at Cunderdin for the ISSF Coaching Clinic. On the Saturday we had 4 ladies & 1 Junior plus 4 men, then on Sunday there were a further 10 men to undertake the Clinic.

On Saturday & Sunday there were 3 Coaches in attendance, even though 2 were learning about coaching the ISSF discipline & both being competent ISSF shooters.

The WACTA ISSF Delegate (Simon Vogel) thought we may have had a few more on the Sunday but this was not eventuated. All in all though, those who attended were given "one on one" coaching altering flaws & explaining why these occur. Areas such as pre-preparation & focus were discussed, with the attendees asked to implement the performance enhancers into their routine.

In some cases, small areas such as gun mount, vision positioning & understanding "tunneling" brought about immediate changes with the attendees improving & feeling more comfortable in their shooting.

For one person, the fact that he was a very skilled competitor from another sport, the changeover



needed minor adjustments & explanations but also relating back to elements that he used in that sport. At the end he was very happy with the outcomes.

In the ladies & Juniors, areas such as two eyes vs one eye was raised but with careful consideration of the persons views & realigning the head on the stock, this potentially overcame the problem, even though it will take more practice to make it a solid part of their technical skill. **Thank you Simon** for the donation of ammo for the Ladies on the day.

Simon mentioned to the group that ISSF was once again growing in the State & hopefully the past & current Coaching Clinics have helped with the increase.

I would personally like to thank CMT Gun Club, Elliott, Snookie & Noisy for their assistance with hosting the Clinics over the past year. **Thank you**

There are more programmed for the future being: 3rd & 4th December (CMT) & 7th & 8th January 2017 (WAGC). Invited Coaches for the January Clinic is dependent on available funding from DSR but the Coaching Clinic will still be scheduled so that we give our WA shooters as much benefit as possible for the 2017

2016 WA ISSF STATE TITLES @ WAGC

7th —9th OCTOBER 2016

State Team selection finalized at this event. Let's see as many Ladies, Juniors, Veterans & all other shooters at these Titles. If you know any Eastern States shooters, invite them across as a prelude to the 2017 ACTA ISSF Nationals

Change of Date - 2017 ACTA ISSF Nationals @ WAGC

Now: 16th—21st January 2017

as per ACTA Executive meeting held 18th & 19th June 2016

From the desk of the WA State Coaching Director

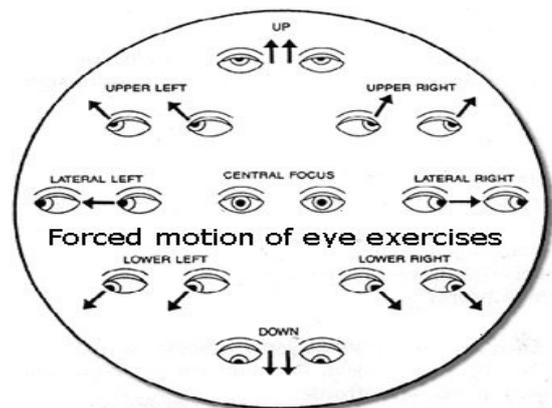
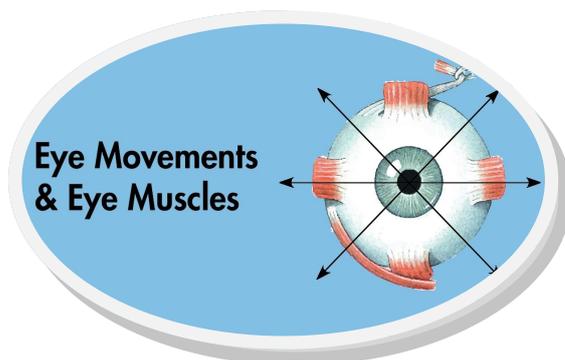
Coaching Tips—Eye Exercises for Clay Target Shooting

How many of us actually think about any exercise other than toning the muscles of the body, being arms / legs / back & stomach muscles to take the endurance required for Clay Target shooting? We talk about Vision & most people think about their selection of the coloured lens they will be using for the round & day of shooting or if they have a dominant eye. Have you ever thought that your eyes also need “warm up” exercises?

Well, yes they do, just like every other muscle in your body and there are reasons for it. Your eyes are the first point in communicating all information relating to the target that your brain then processes. So therefore it is extremely important to undertake some eye exercises before & during your shooting.

Your eyes have four muscles, of which mainly 80% usage is done by the 2 middle & 1 lower muscles in every day life. This is due to everything we see or action is mostly below our eye level. The top muscle is very important in Clay Target shooting as we have high rising targets.

Therefore we need to exercise our eye muscles through “warm up” exercises so that our eyes are more prepared for the work ahead & less stressed through out the round of shooting. This aids in lessening vision fatigue. Simple exercises are shown in the picture below to prepare or during competition.



Future of WA Coaching.....continued

The WACTA Executive endorsed the “Coaching Program for WA” and the “Sourcing Funding & Product Support for WA Coaching Program” at the recent WACTA meeting held 11th June 2016. The Program matches to the requirements of WACTA’s 2016—2019 Strategic & Operational Plan as required by DSR for funding.

In the last couple of Coaching Newsletters, there have been elements from the “Coaching Program for WA” printed as a start to letting you know where Coaching is headed. This also covers areas of Officiating such as Referees Accreditation & the ISSF plus Handicapping.

Now we have a complete Plan covering Coaching,

Officiating / Athlete Development & Team training we at WACTA & the Coaching Division are better placed to provide help, education & training.

Through the “Coaching Think Tank”, we have made a consideration that wherever possible, any potential Courses will be done in the Zones rather than here in Perth to prevent additional costs being incurred by the participants. This decision is also aimed at getting more people involved and Accredited. This will lead to better interaction & support by the DSR Regional offices or representatives.

If you would like to see the full “Coaching Program for WA”, contact me & I will send you a copy. Eventually it will be on the website.

So as you can see, we are striving to get Coaching & Officiating moving for the benefit of WA Clay Target members.....

Zone Coaching Clinics

Talk with all the Clubs in your Zone and see if you can get a Zone Coaching Clinic going for Trap, Skeet or 5 Stand Sporting. Get the Zone to arrange it through the Zone Coach (If you have one) to the State Coaching Division. We would love to do more Coaching to benefit your Members.

Zone Club Coaching Course

If you have any shooters who are interested in being a Club Coach, then we can start them on their “practical” the day that the Zone Coaching Clinic is being held. We would like to conduct the Courses in the Zones, numbers permitting, so talk to your Members & let me know. Thank you