

From the desk of the WA State Coaching Director

SPECIAL POINTS OF IN- TEREST:

- Past President of WACTA—Mr Mick Watson passed away in early May. Mick was always about his sport & the equality of it. Condolences from all of the Coaches who knew Mick, as he was a believer of Coaching & its results.
- WA State Coaching Director—Christine Alexander 042 888 3468

MAJOR SHOOT -JUN / JULY

Paraburdoo
18—19 June 2016

Geraldton
25—26 June 2016

Narrogin DTL Carnival
1—3 July 2016

Carnarvon DTL 2.5
8—10 July 2016

NEXT ISSUE:

Future of Coaching
WA (continued)

Coaching Risk
Management (cont'd)

Who is our State 5
Stand Team?

Risk Management in Coaching

Have you ever thought about whether Coaching should have a Risk Management Policy attached to this area of expertise?

Well, these days with the way & direction that society and business has gone, there more than ever reasons that the WACTA Coaching Division adopt Risk Management policies in alignment with other sports. So be aware that as a Coach, we will be sending you these policies so that you have them to hand & are aware of your responsibilities plus the responsibilities of the Athlete or Athlete's family towards you. I ask that you please read them very carefully.

We will be updating from time to time & sending out those updates plus have them on the WACTA website "Coaching Tab". If you know of an area that we have missed, then let us know or alternatively do the Policy up for the Coaching, so that we are current with all areas covered.

Coaching "Think Tank"

As part of getting the Coaching system back up & running, I have taken a "model" used in business & other sports whereby they pool identified individuals who undertake the job of pulling everything apart then putting it back together using past ideas & linking them with current trends or ideas. They also suggest ideas which may appear futuristic, but will have an impact at some time in our Coaching area.

The Coaches who are involved as the "Think Tank" are Des Neale (Esperance), Ross Eckersley (Narrogin), Barry Kowald (Katanning), Tom Stelling (WAGC) and myself. There is a lot of experience in this group, but that does not mean that we will not listen to all the Coaches within our Clubs.

We have some wise people out in Coaching & we are listening to what you have to say, but please be patient with us as we have a long road to travel.

Coaching Tips - Target Preparation

We all talk about hitting the target or getting the result of that "soot ball", but have you ever thought that may be you could be better by letting go of everything & just working "one target at a time"? It doesn't matter what discipline—DTL / Skeet / ISSF or 5 Stand, the formula is the same. Simply said it is made up of three (3) keywords.

CAR GATE PAD

But how can three simple word help us to hit targets. Well its about knowing the information that goes with those words & that it is the start, middle & finish of your preparation to hit that target.

Car: This is where you prepare your gun / ammo / shooting jacket / glasses & body. You ensure you have enough ammo, your lenses are the correct colour & clean & your gun is ready. But this is also where you prepare your eyes & your mind for the target by doing "warm ups".

Gate: On every shooting range there is an entrance or gate where you pass through to get to the tracks & shooting pads. As you approach this "gate", start taking a deep breath to help clear your mind of anything other than the target that you will be shooting at. This is the most important part of your routine. Nothing from the car or your life comes to invade your thoughts from this "gate" forwards.

Pad: Once you stand on the shooting "Pad", this is the business end of the day. – shooting at the target. Here, make sure you are comfortable with your stance, correct gun mount, where to hold your vision & your eyes are alert to the target. But here is the secret—there is only ever **ONE** (1) target & it is only **YOUR** target, nobody else's. There is never a before or after or 25 targets, it is only ever **ONE** target that you are shooting at. In between each pad, relax, let the concentration you have just done wind down so that you are fresh to start again on that **ONE** target..

Hope this helps you in hitting the target & good shooting

NOTE: ISSF Coaching Clinic being held over 18th & 19th June 2016 at Cunderdin. Ladies & Juniors on Saturday 18th June & General Clinic Sunday 19th June Look at the WACTA website or ask your Club Secretary for the flier.

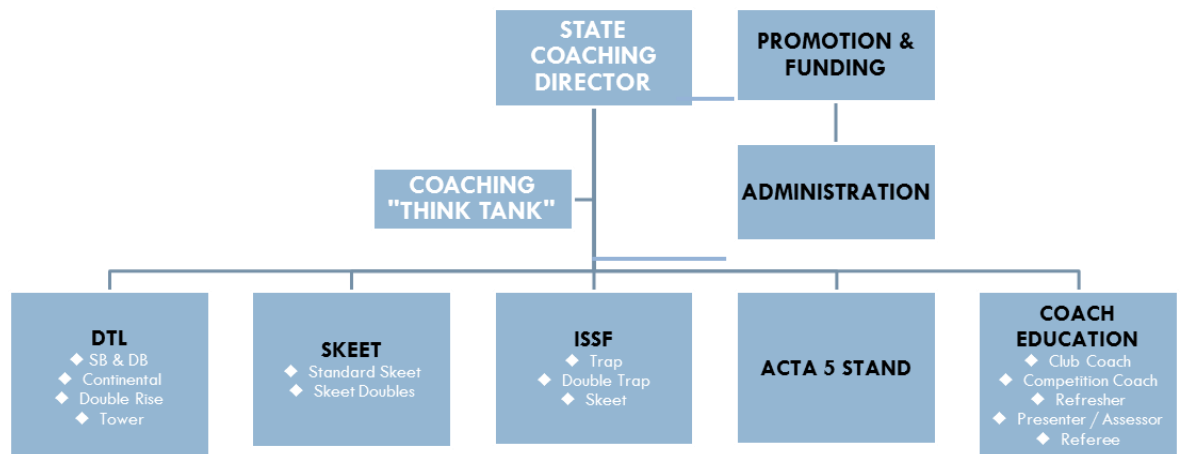
WACTA Coaching News

ISSUE 3

JUNE 2016

From the desk of the WA State Coaching Director

Future of Coaching in WA (Continued)



Coaching Satellite Modelling

Satellite modelling has been identified as possibly the better operational method under which to reinvigorate the Coaching system in WA.

Under this system, it will give all Coaches ample opportunity to be involved in all facets of Coaching outside of their Club.

When I surveyed all of you with the Coaches Survey, I was seeing where your “strengths & weaknesses” were so with this “modelling” we could best identify how Coaching could benefit from your experience.

What we hope is that Coaches will be identified by each cell listed above, especially in the Disciplines & in the Coach

Education area, every Coach will have the opportunity to be a part of the Courses through presentation of Course Modules. This could be in the theoretical or in the practical components.

This is one way to get all of you upskilled or “refreshed plus giving an avenue for Coaching to fully utilize your expertise apart from just in Coaching Clinics.

Amongst you there is a wealth of knowledge & experience & we wish to make full use, even if it can only be in an administrative capacity due to health.

State Skeet Teams at Wagga for the 2016 ACTA National Skeet Championships



Congratulations to the 2016 State Open & Veterans Skeet Teams who recently attended the National Championships at Wagga (21—28 May 2016).

The Veterans Team took out 1st place in the State Shoulder to Shoulder competition with the Open Team recording a great 2nd place behind Victoria.

The Team took out the Annual ACTA National Skeet Championships “Best Dressed” competition.

Team Members were:

OPEN (Left to right)—Terry Marsden, Jon Dyas, Shane O’Brien, Martin Perry & Matthew De Paoli (1st time representing WA)

VETERAN—Mike Voke, Peter Iley & Ray Wendt

Congratulations guys on all you achieved & made the State proud to have you as the Team Members and competitors.....

With the success at the Skeet National Championships, we would like to see Skeet improve in numbers in WA. If you have any suggestions of how this could happen, please let Coaching know by emailing your ideas to the State Coaching Director christine.alexander007@gmail.com We welcome any thoughts or ideas that may give Skeet a better profile & involvement. Please help us..... Please note that he same will be asked of ACTA 5 Stand Sporting & ISSF.....