

Shooting Australia Talent Transfer Camp

AIS Canberra



Australian Government
Australian Sports Commission



AIS



Agenda

Saturday 1st March

Time	Location	Item
10.30am		Arrival at AIS
10.45am	AIS	Introduction and overview from CEO
11.15am	AIS	Activation Program: Laser Firearm Sessions
12.30pm	AIS	LUNCH
1.30pm		Move to Canberra Pistol Range
2.00pm	CPR	Introduction to Air Pistol and Rifle Shooting Practical 10m Pistol and Rifle training session
4.30pm		Finish – Return to AIS

6.30pm Dinner
Dicksons Tradies

Sunday 2nd March

Time	Location	Item
9.00am	AIS	Learning the mental aspects and resilience of shooting
9.45am		Move to Canberra Pistol Range
10.00am	CPR	Practical 10m Pistol and Rifle training session
1.00pm		Depart – Return to AIS



Housekeeping

Toilets, emergency exit, wellbeing

Introductions

Welcome

CEO Of Shooting Australia Mr Adam Sachs

About Shooting Australia (SA)

- We are the recognised National Federation/National Sporting Organisation for Olympic and Paralympic target Shooting
- We have 5 national member organisations (MO) across Pistol, Rifle and Shotgun
- Our primary purpose is High Performance (HP)
- Our funding comes from the Australian Government through the Australian Institute of Sport (AIS)

LA 2028+ HP Strategic Plan

- Clear performance objectives for the Los Angeles (LA) 2028 Games
- Building the foundations for our success in Brisbane (BNE) 2032 – Our Home Games!
- 5 key focus areas:
 - Shotgun Performance
 - Para-Shooting regeneration and performance
 - Coach Development

Para Regeneration – System and Sport

- Opportunity to qualify Pistol and Rifle athletes across 13 events
- VI and Para Trap in the future
- Qualification via Oceania and open international competition
- Continued support for performance progression from current athletes ... AND
- Identification and development of next generation through TID and talent transfer activities ... Including this camp!
- Key partners investing significantly in this with us and include AIS, Paralympics Australia and National Institute Network

SA's Para Offering

- Proactive approach to finding talent that is not reliant on MOs
- Investment in early pathway activities (e.g. camps and targeted competitions)
- Support to navigate complexities of Shooting
- Access to HP coaching through individual and program levels
- Performance support in future
- International competition opportunities when appropriate

Our Expectations

- We want to work with people with performance potential in Shooting
- We expect professionalism (i.e. honesty, integrity, well planned, attention to detail) and high-level application from athletes and ourselves
- We will solve problems together
- We will maintain a sharp focus on why we're here and we'll have fun doing it!

Introduction to Laser Rifle and Pistol

Introduction to Laser Rifle and Pistol Shooting

- Activation Session
- Learn how to participate safely in sport shooting and keep others safe.
- Learn the key fundamentals of the correct techniques for competitive sport shooting.
- Understand what types of firearms may suit you and how to obtain them.
- Firearms Licensing, What to do in the meantime, fit and proper.

Introduction to Classification

What is Classification

A system that groups athletes by the degree of their impairment to ensure that the competition is credible and fair

Pathway for classification:

Provisional:

We require you to prove your impairment in addition to filling out our classification pack through a physio or doctor. Typically titled sports physiotherapists are the best option as most GP's will not know how to fill out the muscle strength/range of movement scores. Please make sure the muscle strength and range of movement sections are filled out, these are often left blank! Please see an example of a filled out section below:

Introduction to Classification



Para-Shooting Provisional Classification and Medical Diagnostics Form

Lower limbs		Muscle Strength (Grade 1-5 MRC)*		Passive Range of movement (degrees)	
		RIGHT	LEFT	RIGHT	LEFT
Hip	Flexion	1	5	130°	130°
	Extension	1	5	20°	20°
	Abduction	3	4	40°	40°
	Adduction	1	3	20°	20°
Knee	Flexion	4	4	130°	130°
	Extension	4	5	Neutral	Neutral
Ankle	Dorsiflexion	1	4	40°	40°
	Plantarflexion	3	5	20°	30°
	Inversion	1	5	10°	20°
	Eversion	0	5	0°	10°
*MRC Scale					
n		No muscle contraction is visible			

- From there send the provisional classification into Shooting Australia's classification email (classification@shootingaustralia.org) and you will be informed of the result within 28 days. Some athletes may require a review in a year. This is typically done in person at the National Classification days that are run twice a year.
- Provisional classification is all most people need as this allows you to compete domestically. However, you won't be able to hold any national records

Introduction to Classification

National:

Typically, this will be for athletes who have been identified by Shooting Australia. You will have to hit recommended goals before being invited to the High Performance Program. From there, it is suggested that you will be National Classified at the next event.

International:

This is obtained at your first international event when you are a part of the High Performance Program. They will essentially be completing the same tests as the national classification

Introduction to Sports Class - Paralympic

SH1

SH1	Pistol and Rifle competitors that do not require a shooting stand.
SH1-A	Have normal trunk function. May choose to stand or sit to shoot. Do not use a backrest on their shooting chair.
SH1-B	Competitors who have limited function in their lower limbs. May use a low backrest on the shooting chair.
SH1-C	Competitors have very limited function in lower limbs, and difficulties with maintaining trunk position without support. These competitors may use a high backrest on the shooting chair.

SH2

SH2	Rifle competitors who have no ability to support the weight with their arms and therefore require a shooting stand.
SH2-Aa	Sitting competitors with one non-functional upper limb or significant difficulties with both upper limbs, with normal trunk control. May choose to stand or sit to shoot. Do not use a backrest while shooting.
SH2-Bb	Sitting competitors who have limited function in their lower limbs with good pelvis control. May use a low backrest on the shooting chair.
SH2-Ca	Competitors who have very limited function in their lower limbs, and difficulties with maintaining trunk position without support. These competitors may use a high backrest on the shooting chair.

Introduction to Sports Class – Non Paralympic

SG – Para Trap

SG – S	Athletes with poor balance and/or trunk stability, competing from a wheelchair in a standard seated position. Athletes have an impairment in the lower limb(s), but no functional limitation in the upper limb(s).
SG – L	Athletes with good balance and trunk function, competing from a standing position. Athletes have an impairment in the lower limb(s), but no functional limitation in the upper limbs.
SG – U	Athletes with good balance and trunk function, competing from a standing position. Athletes have an impairment of the non-shooting arm.

SH - VI

SH - VI	Designated to athletes with a vision impairment for competition in Rifle events.
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WHAT MATTERS IN RIFLE PARA ATHLETES

SH1

10M EVENTS

THIS CLASS IS DESIGNATED TO ATHLETES WITH LOWER LIMB IMPAIRMENT

R1

AIR RIFLE STANDING MEN

- Same competition format as ISSF Standing

Athletes can shoot from;

- Free standing
- A shooting chair

R2

AIR RIFLE STANDING MEN

- Same competition format as ISSF Standing

Athletes can shoot from;

- Free standing
- A shooting chair

SH1

10M EVENTS

R3

AIR RIFLE PRONE MIXED

- 60 shots
- 50 minutes
- Sling holding the weight of the rifle

Athletes can shoot from;

- A shooting chair

R7

.22 RIFLE 3 POSITIONS MEN

- Athletes shoot the positions as per ISSF rules or from a shooting chair
- 3 x 40 shots
- 165 minutes

SH1

50M EVENTS

R6

.22 RIFLE PRONE MIXED

- 60 shots
- 50 minutes
- Sling holding the weight of the rifle

R8

.22 RIFLE 3 POSITIONS WOMEN

- Athletes shoot the positions as per ISSF rules or from a shooting chair
- 3 x 40 shots
- 165 minutes

SH2

10M EVENTS

THIS CLASS IS DESIGNATED TO ATHLETES WITH UPPER LIMB IMPAIRMENT AND OR IN COMBINATION WITH LOWER LIMB IMPAIRMENT

R4

AIR RIFLE STANDING MIXED

- Same competition format as ISSF Standing

R5

AIR RIFLE PRONE MIXED

- 60 shots
- 60 minutes

R9 50M EVENT

.22 RIFLE PRONE MIXED

- 60 shots
- 60 minutes

WHAT MATTERS IN PISTOL PARA ATHLETES

P1 10M AIR PISTOL MEN

- Athletes shoot as per ISSF Rules
- Athletes must be Free-standing without any artificial support, or seated in a shooting chair

P2 10M AIR PISTOL WOMEN

- Athletes shoot as per ISSF Rules
- Athletes must be Free-standing without any artificial support, or seated in a shooting chair

P3 25M PISTOL MIXED

- P3 Event is to be shot according to the ISSF 25m Pistol Rules
- Precision 30 shots
- Rapid 30 shots

P4 50M PISTOL MIXED

- 60 shots
- 90 minutes
- This event is shot on an outdoor 50m range
- Athletes must consider wind conditions when shooting

Finals are shot in the same format as per ISSF Pistol Final rules.



LUNCH

Please meet at 1:30pm in front of Residences to depart to Range.

The Art of Shooting – Live Firing

Canberra National Pistol Range will host the Shooting Talent Transfer group on the 10 metre range, This will allow you to experience both Rifle and Pistol Shooting

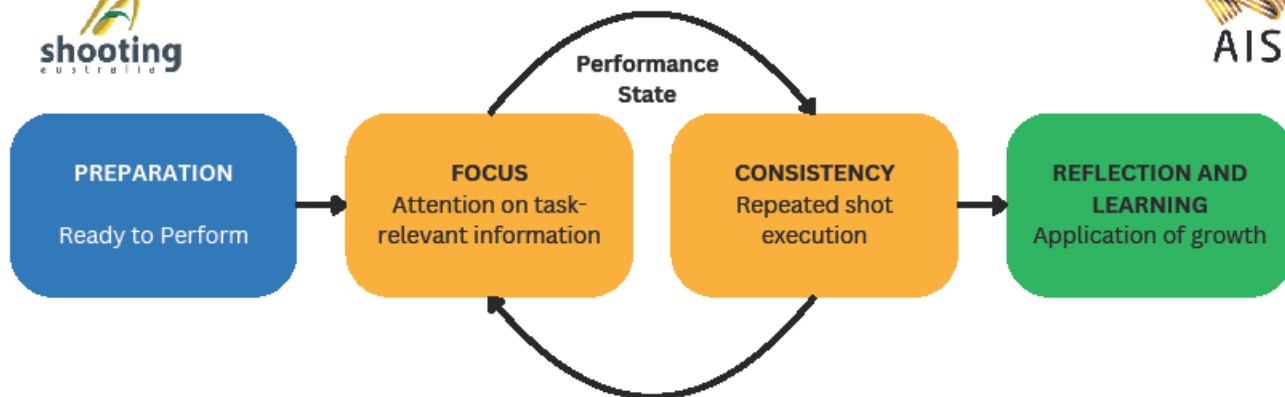
FINISH

Dinner will be held at the Dickson Tradies at 6:30pm

Day



Rifle Mental Performance in Competition Framework



Athlete as performer

- Performance plans (goals)
- Routines
- Sport-life-work balance

- Manages expectations of self and others
- Recognises problems and knows what to do
- Deals with emotions effectively and copes with distractions
- Can perform consistently despite internal variations in state
- Can switch between focused and broader attention
- Maintains a focus on processes

- Reflect and review
- Revise plans
- Recovery (physical and mental)

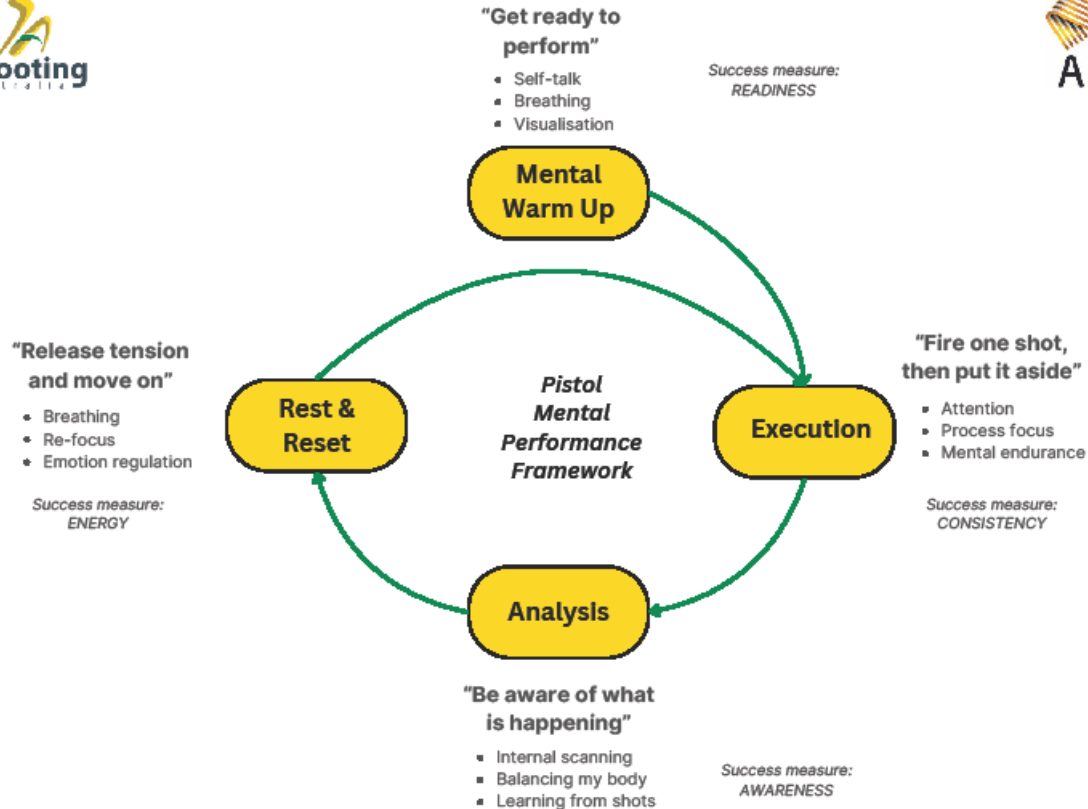
Coach as performer

- Expectations of self and athletes are clear
- Organised and structured
- Emphasises coach and athlete autonomy

- Behaviours are consistent and predictable
- Consistently emotionally composed
- Highly self aware
- Assertive, genuine & succinct in communication
- Uses curious questions and checks for understanding
- Fully present and focused

- Prioritises own self-care
- Invites, listens and hears athlete input
- Reflects on own performance

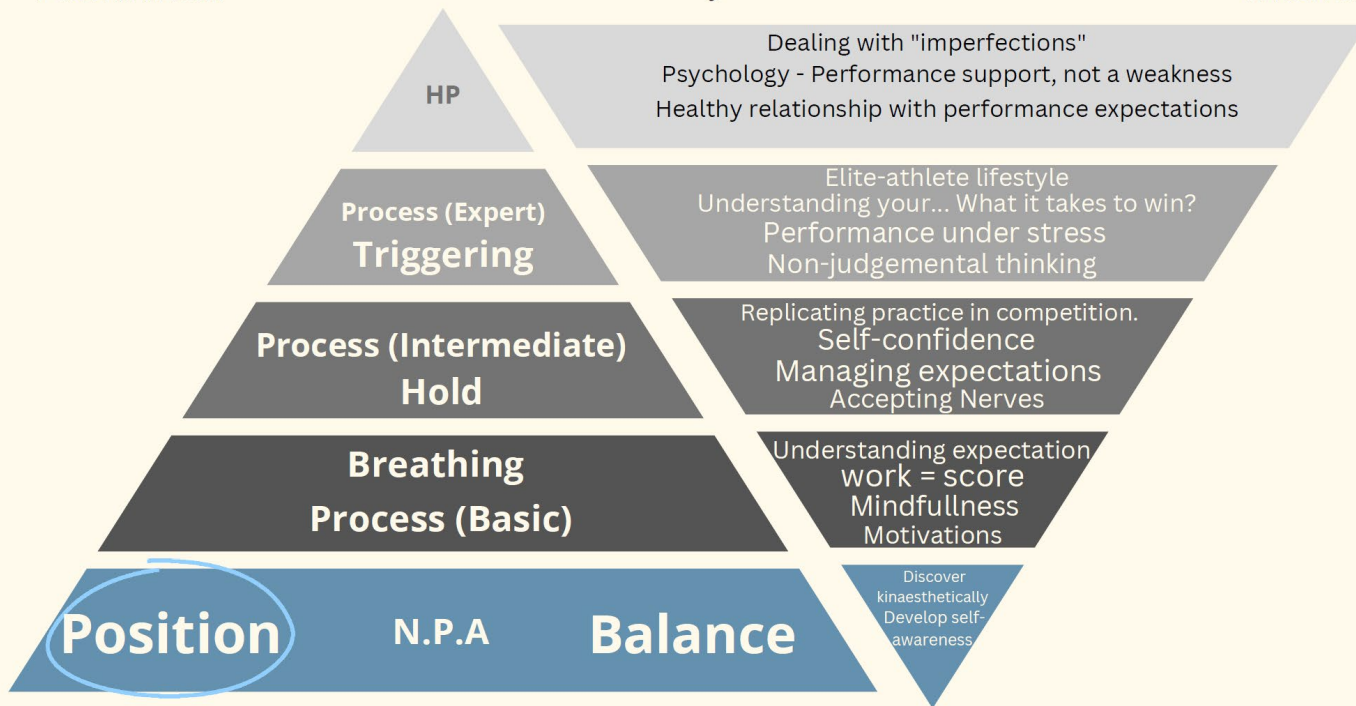
Get Ready to Perform



Technical

The Shooting Skill module

Mental



Depart to Range



Strength and Conditioning

Understand the specific strength and conditioning work that compliments sports shooting

The Art of Shooting – Live Firing Day Two

Canberra National Pistol Range will host the Shooting Talent Transfer group on the 10 metre range, This will allow you to experience both Rifle and Pistol Shooting.



Survey

Please complete the online survey to provide us with feedback on how we can continue to deliver and improve our Talent Camps.

Closing Thank you

Safe Travel home