

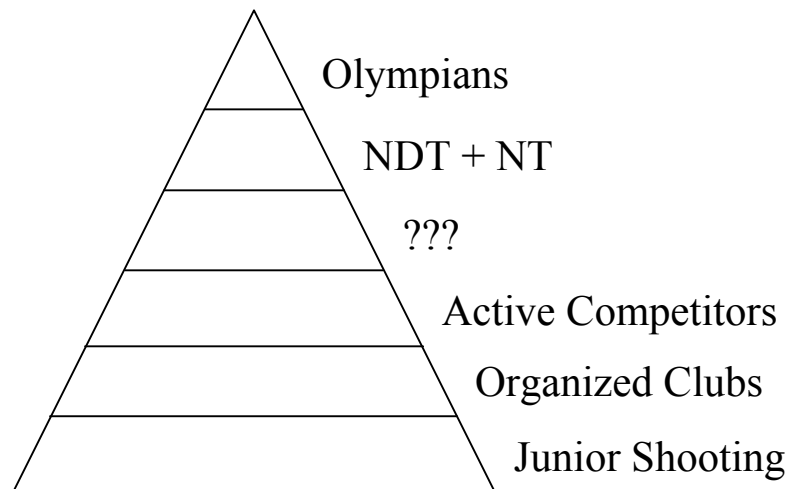
# Establishment of Regional Training Centers

**Goal:** To strengthen the National Development Team and National Team through regional cooperation of advanced training of 120-140 juniors at 6-7 regional training centers across the United States

## Background and Significance

The level of advanced shooting in this country is at the level of the National Development Team (NDT) and National Team (NT). This proposal explains a way in which these national squads could be greatly strengthened within a 4 year period with a minimal output of time and money by USA Shooting with the aide of the National Rifle Association (NRA) and the Civilian Marksmanship Program (CMP). At the same time this proposal will also increase these organizations' presence across the country.

As shown in the figure to the right, as you rise to the top of the pyramid, there is a gap between juniors that are active in competition and the NDT. As a junior improves and begins winning larger and larger competitions, their next goal may be to acquire a place on the NDT. This is a large step and one that only a few achieve each year. Those that just miss the cut go home to prepare for their next opportunity to try out. If athletes in this ability level could be determined and placed into a special category called a regional team, just below the NDT, then that would allow the shooters to make 2 smaller steps (from active competition to regional team and then regional team to NDT) instead of that 1 large step. This proposal calls for the establishment of 6-7 regional training centers throughout the United States each having a regional team or squad composed of juniors within that area.



The training centers would be located geographically across the country to allow the majority of juniors to travel at most about 300 miles to the nearest training center. The regional training center would be located at an established club capable of hosting training sessions and other events. The big advantage of having regional training centers is that the travel costs for the juniors and local coaches attending is minimal and only 1-2 advanced coaches need to travel. The main idea is that instead of sending 20 juniors to 2 coaches, it's more cost effective to bring 2 coaches to 20 shooters. The advanced coaches would be those nationally recognized as being able to coach juniors at this advanced level. The majority of work in order for this project to be a success would rely on the dedication of the coaches in each region. Their role and USA Shooting's role is further defined in the proposal. As a competitive shooter for over 25 years, a former NDT member, a junior team coach, and a CMP state junior director, I feel that this proposal would benefit everyone involved and our sport as a whole.

### **Characteristics of a Regional Training Center**

1. Indoor 50 foot range (smallbore and air rifle capable), 10 firing points as a minimum.
2. Outdoor 50 yd/50m covered range, relatively well protected, 20 firing points (min.)
3. An active junior program with adults and leaders willing to help plan, set-up, and host training sessions and other events.
4. The support of the club board of directors and club officers.
5. The placement of the training centers throughout the country should result in a majority of the country having to travel by car a relatively short distance (~300 miles). Their placement should also be representative of relative concentrations of junior competitive shooting. See the below map as an example.



### **Role of the Regional Training Center and Area Coaches**

1. Select the regional team from the nominations.
2. Review monthly training reports.
3. Select those to go to the annual training session.
4. Keep all the clubs in the region informed of the on goings in the region
5. Summarize each of the regional team member's progress for the year to be given to the NT coach.

### **Role of USA Shooting**

1. Enlist advanced coaches to help at the annual training sessions held at each regional training center.
2. Pay for the travel arrangements of the coaches to the training sessions.
3. Allow the regional training centers to borrow training materials or equipment if they are available for training sessions.
4. Publicize the regional training centers in USA Shooting publications.

### **Role of the Athlete**

1. Complete monthly training reports to the committee in a timely fashion.
2. Although costs of the attending the training session would be kept at a minimum, they are the responsibility of the athlete.
3. Proper behavior as defined by USA Shooting standards is expected.
4. Failure to adhere to these guidelines may result in being removed from the regional training squad.

### **Regional Training Center Committee Selection Process**

1. The regional training center committee will be composed of coaches from active junior programs within the region. Each club will have only 1 vote.
2. The selection procedure begins by creating a list of interested coaches (1 per club) wishing to serve on the committee.
3. The main mode of communication between the committee members would be email to keep costs to a minimum and postal mail when necessary. In addition, information for the entire region may be posted on the internet.

### **Selection of the Regional Training Squad**

1. Clubs should nominate individuals they feel are in the top 40 shooters in their region for international air rifle and smallbore 3-position. 3-Position air rifle may be added if the clubs within a region feel it is appropriate. The nominations will be made to the committee in the way of completed forms including information such as current training, scores, personal bests, and goals.
2. **Each** committee member will receive the nomination forms and based on this information rank the top 30 athletes to be on the regional team. The rankings from all the committee members will be collected and each athlete receiving a vote will receive points based on their position (30 points for the #1 shooter, 29 points for the #2 shooter, etc.). The number of points that each shooter receives will be totaled, a final ranking of the athletes determined, and distributed to the clubs in the region. This is a similar procedure to the ranking of collegiate football teams by the Associated Press with each paper having a vote.

3. The committee will also vote on who they feel should attend the annual training session in a similar format, taking into account current level of the athletes, their performance in competition, training, and monthly reports. If an athlete is unable to attend, the next athlete in line would be offered the opportunity to attend. The number of athletes (max 20) invited to the training session is limited to both the number of qualified coaches and range capacity. At the conclusion of the training session, the club would also host be a USA Shooting regional competition open to those attending the training session as well as other interested individuals. Coaches from programs from within the region are also encouraged to attend so that they can expand their knowledge and spread that knowledge to onto others in their local area.

### **Advantages to USA Shooting**

1. Athletes more organized on a regional level.
2. Several excellent regional competitions every year.
3. 120-140 juniors that have had better training, which will be the next NDT, NT and future Olympians.
4. Summary of athlete's yearly training and performance given to the National team coach to help identify potential talent.
5. This would give USA Shooting more of a voice at the Regional level and would result in an increase of shooters at national level tournaments such as USA Shooting Championships.

### **Advantages to the Athlete**

1. Top level coaching at the regional camp.
2. Input from other regional coaches.
3. A more defined training program.
4. A feeling of accomplishment making a regional team, which could give them the extra incentive that is sometimes needed by athletes especially at this level.

### **Advantage to the Region**

1. More communication and cooperation between clubs.
2. Coaches within the region have the opportunity to enhance their coaching abilities.

### **Difficulties**

1. Cost of \$1000-\$2000 per regional training center per year.
2. More work for the coaches on the regional committee.
3. More work for the host club as the regional training center.
4. Time commitment of the advance coaches to help with the training sessions.

# Nomination/Application Form

## Regional Training Squad

Nomination for: \_\_\_\_\_

Club: \_\_\_\_\_

Coach: \_\_\_\_\_

Address: \_\_\_\_\_

Phone: \_\_\_\_\_

\_\_\_\_\_

Email: \_\_\_\_\_

Athlete: \_\_\_\_\_

Address: \_\_\_\_\_

Phone: \_\_\_\_\_

\_\_\_\_\_

Email: \_\_\_\_\_

Date of Birth: \_\_\_\_\_

Grade: \_\_\_\_\_

How often do you currently train on the range? \_\_\_\_\_

\_\_\_\_\_

What type of physical training do you do? \_\_\_\_\_

\_\_\_\_\_

What type of mental training do you do (be honest)? \_\_\_\_\_

\_\_\_\_\_

What are the strengths of your training program? \_\_\_\_\_

\_\_\_\_\_

What do you think can be improved in your training program? \_\_\_\_\_

\_\_\_\_\_

What are you current practice scores on the A36 target?

Prone: \_\_\_\_\_/200      Standing: \_\_\_\_\_/200      Kneeling: \_\_\_\_\_/200

What are you current practice scores in air rifle?

\_\_\_\_\_ /400      \_\_\_\_\_ /600

What are your intermediate term goals (6-18 months)? \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

What are you long term goals (up to 4 years)? \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Complete the table below with your most recent scores (within the previous year). Please feel free to list other matches in the spaces provided (metallic sights only).

Competition	Score	Date (month/year)
State Smallbore 3-Position JORCs		
State Air Rifle JORCs		
National Smallbore 3-Position JORCs		
National Air Rifle JORCs		
USA Shooting Championships		
USA Shooting PTO match		
Outdoor 3-Position match (50 yds)		
3-Position Junior Sectionals		
Air Rifle Junior Sectionals		
3-Position Open Sectionals		
Open International Sectionals		

I state that the information contained within this application is accurate to the best of my ability.

Athlete: \_\_\_\_\_

Date: \_\_\_\_\_

Coach: \_\_\_\_\_

Date: \_\_\_\_\_

# Monthly Training Report

Name: \_\_\_\_\_

Date: \_\_\_\_\_

What were your goals for this month and did you achieve them? \_\_\_\_\_

\_\_\_\_\_

What problems did you encounter and how did you solve them? \_\_\_\_\_

\_\_\_\_\_

Physical training program included: \_\_\_\_\_

\_\_\_\_\_

Mental training program included: \_\_\_\_\_

\_\_\_\_\_

Percent distribution of training time:

Live Firing: \_\_\_\_\_

Dry firing/holding: \_\_\_\_\_

Mental training: \_\_\_\_\_

Physical training: \_\_\_\_\_

Other: \_\_\_\_\_

Total 100%

Distribution of live firing:

Smallbore prone: \_\_\_\_\_

Smallbore standing: \_\_\_\_\_

Smallbore kneeling: \_\_\_\_\_

Air Rifle: \_\_\_\_\_

Other: \_\_\_\_\_

Total 100%

What was your biggest accomplishment this month? \_\_\_\_\_

\_\_\_\_\_

Competition	Score	Date

What is your main focus for next month? \_\_\_\_\_

\_\_\_\_\_