

YOUTH TRAINING CAMP

ADELAIDE

**13-17
DECEMBER
2019**

Youth members (25 and under) of Target Rifle Australia are invited to attend this Training Camp. The focus of the camp will be air rifle and prone and introduce you to three position shooting. The camp will be designed for you to develop your skills, and at the same time have fun and meet other athletes from interstate.

COACHES WILL BE AVAILABLE TO WORK WITH YOU TO DEVELOP:

- General shooting skills
- Shot process
- Breathing process
- Competition skills
- Stretch and improve core strength

COST OF 4 DAY TRAINING CAMP AND COMPETITION \$240 INCLUDES:

- Individual coaching
- Education Sessions
- Accommodation for 4 nights
- Breakfast and lunch
- Range fees
- Adelaide based transport – airport transfers and daily transport to the range

NOT INCLUDED:

- Transport to Adelaide
- Ammunition
- Equipment
- Dinner each night

**FINAL BOOKING BY 13TH NOVEMBER
FINAL PAYMENTS BY SATURDAY 30TH NOVEMBER**

For more information contact Carrie Quigley at
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