

2019 Provincial Team Training Camp

02-03 Feb 2019

Abbotsford, BC

Saturday 02 Feb

- 0900-0930 Welcome, introductions and information on the activities for the weekend.
- 0930-1030 On the line with coaching, AIR Rifle and Pistol
- 1040-1230 On the line with coaching, Smallbore, Sport and Free
- 1230-1345 Lunch (maybe on Site)
- 1345-1500 Nutrition
- 1500-1520 Break
- 1520-1630 3P Technical
- 1630-1800 NPA review and workshop
- 1800- Dinner – off site

Sunday 03 Feb

- 0800-0900 On the line with coaching, Smallbore
- 0910-1000 On the line with coaching, AIR (Smallbore group, analyzing results using a scope, how to make changes)
- 1000-1100 Training plans (incorporating goals)
- 1110-1230 Dave Freeze – Sports Mental Trainer
- 1230-1330 Lunch
- 1345-1530 Practice Match – Air
- 1545-1700 Practice Match - Smallbore