



# PISTOL AUSTRALIA INC

## 2008 National Coaching Seminar

- When:** 12 -14 September 2008.
- Where:** AIS, Canberra.
- Seminar Cost:** \$75.00
- Eligibility:** All PA shooters and PA Coaches.
- Transport:** To and from the Airport.
- Accommodation:** Available at the AIS @ **\$82.50 per night** (includes 3 meals per day).
- Enquiries:** Vladimir Galiabovitch • 0418 530 319 • [vgaliabo@bigpond.net.au](mailto:vgaliabo@bigpond.net.au)
- Bookings:** Are essential and can be made through the PA Office by calling (02) 6281 1303
- Payment:** By cheque or credit card at time of booking. Cheque made out to Pistol Australia and sent to PO Box 368 CURTIN ACT 2601.
- Theme:** Philosophy of coaching for beginners through to advanced.
- Topics:**
- Physical and special physical preparation and technical performance are the key factors for an excellence in sport; fitness program and fitness assessment
  - Mental training through a shooters' development process, mental training program
  - Performance analyze
  - Biomechanics in pistol shooting
  - Recovery and other topics
  - AISL Level 1 and Level 2 Coaching Courses.
- Speakers:**
- Mark McKlein (PhD candidate, 2003 Best Australian Personal Coach)
  - Jeffrey Hodges (B.Sc. M.Sc.(Hons) B. Ed. Performance consultant & mental trainer)
  - A. Babushkin (High Performance Pistol Coach, ASA)
  - Dr. Damien Farrow (Senior Skill Acquisition Specialist, ASC, AIS)
  - V. Galiabovitch (NCC Director)
  - R. Brummell (Level 3 Coach, Former Head Coach of NZL Shooting Team)
- Activities:**
- Workshops and practical sessions for all coaching accreditation levels
  - Level 1 and Level 2 Coach Accreditation Assessment.
- Re-accreditation Points:**
- Points towards reaccreditation will be awarded to coaches participating in the Seminar.
  - 5 Points per day of attendance
  - 5 Points for Presentation