



PISTOL AUSTRALIA INC.

2009 PA NATIONAL JUNIOR CAMP

The 2009 PA Junior Camp will be held 28 June - 5 July at the Belmont Shooting Complex in Brisbane and is designed to provide advanced training for athlete shooters to develop their technical skills and their mental and physical fitness with the aim of improving athletes' performance at all levels of competition. Specific objectives of the camp include:

- Develop fundamental shooting skills,
- Analyse performance and identify strategies for improvement,
- Establish, refine and focus on short term, intermediate and long term goals
- Achievement of short term, intermediate and long term goals,
- Motivation of athletes to achieve their potential, and
- Instil a sense of team spirit within athletes.

In addition, participating athletes will have the opportunity to participate in intra-camp competitions.

CAMP ATTENDEES AND PAYMENT OF FEES

The PA Junior Camp is open to two junior athletes nominated by their respective States and are funded by PA to attend. In addition each State is encouraged to nominate any other suitably qualified junior athletes to attend the camp and such nomination(s) along with payment of \$300.00 for each nomination must be received by PA for consideration no less than two weeks prior to commencement of the camp. Transport costs to and from the Camp for any additional athletes will also be at the respective state/athlete's expense.

Given that there is a limited number of juniors that can be accommodated at the PA Junior Camp, attendees nominated by the State Associations for PA funding will first be accommodated.

COACHING STAFF

Coaching staff attending the camp include the PATS Coach, Vladimir Galiabovitch, and Assistant coaches from the State Association who will be selected on the basis of their performance, knowledge and experience in coaching.

SHOOTER'S AND COACHES CODE OF CONDUCT

As a prerequisite to attending the PA Junior Camp, coaches and shooters need to read the PA Code of Conduct and sign, date and return to PA prior to the date of camp commencements.

Vladimir Galiabovitch

PA NCC Director

Ph (03) 9580 8456: Fax: (03) 9580 8456: Mob: 0418 530 319

**2009 PA NATIONAL JUNIOR CAMP
APPLICATION**

This application form must be completed by candidates hoping to be selected to attend the 2009 PA National Junior Camp. **This form is not required to be completed by candidates who are nominated by their State Association to receive PA funding to attend the Camp.**

Applications to attend the 2009 PA Junior Camp must be completed by the applicant in his/her own handwriting using blue or black ink. Application questionnaire must be legibly printed as illegible applications will not be considered. All questions must be answered completely. Applicants are welcome to include additional comments and/or a letter of recommendation from his/her coach to be submitted with his/her completed application no later than 30 April 2009 to:

**The National Coaching Council Director
PO Box 3055,
MENTONE VIC 3194**

Date of Application / / 2007

Name: Male Female

Address:

..... State: P/Code:

Ph (h): (w): (m):

Email:

Date of Birth / / Height (cm) Weight (kgs)

School Currently Attending: School Year:

Medicare # (Mandatory requirement)

Name of Parent / Guardian:

Parent / Guardian phone contact: (h) (w/m)

COACH INFORMATION: If you do not have a coach, indicate by noting N/A.

Name of Coach:

Address:

..... State: P/code:

Phone (h): (w/m)

Indicate which team(s) or organisation(s) your coach currently works with on a regular basis:

APPLICATION QUESTIONNAIRE

If you need more space for your response, please attach additional sheet.

1. Give your reasons for attending the National PA Junior Camp. Include your short-term and long-term goals relative to shooting.

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2. Outline your typical monthly shooting schedule.

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3. Do you have a physical fitness training program? If yes, briefly outline.

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4. Discuss the type and extent of training and/or coaching that you have received and the effects that it has had on your shooting.

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