



Gippsland Sports Academy
P.O Box 282 Newborough
Victoria 3825
tel : (03) 5127 0223
fax : (03) 5127 0119
email: anitap@sportgippsland.org.au
www.sportgippsland.org.au

Information Sheet - 2023 Clay Target Shooting Program

Gippsland Sports Academy (GSA) will again run its Clay Target Shooting Program in 2023 with Andrew Brady as Head Coach. Andrew will be assisted with Guest coaches for this year. Athletes offered a place in the squad will get the opportunity to attend 4 coaching days in 2023 and participate in Sport Science sessions provided by the GSA.

This year we will continue with three squads at our training days:

- Performance Squad selected returning athletes,
- Pathway Squad for those looking to go further with their sport and
- Development Squad for those athletes starting in our program.

This program is a sub-elite level coaching program. It is intended to prepare athletes for events of a calibre to achieve results capable of national program selection, (eg ACTA Academy). As such there is a reasonable expectation that athletes (with parental assistance) will seek out and compete in events in their discipline at significant club events, interschool competition, all State and National Championships.

Additional attributes we are looking for in clay target athletes:

- Potential shown within clay target shooting since taking up the sport.
- Positive attitude towards learning new skills.
- Willingness to commit to training.

Athletes selected are expected to represent the GSA positively in coaching and competition, and may be required to wear GSA uniform when competing.

Please see below a brief overview of the program:

Induction Day	Date: 28 th May 2023
	Venue: TAFE Gippsland, Yallourn Campus, Newborough
	Time: 9.00am – 3.00pm
	Induction day is held for all GSA athletes.



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Sessions to be held	<p>(Dates, Times & Venues to be confirmed for 2023)</p> <p>First Session – Sunday 25th June 9am – 3pm Korumburra Gun Club</p> <p>Remaining Sessions will be held in Sept, Oct & Dec *session dates will be confirmed and announced ASAP after the previous session</p> <p>Times: 10am – 2pm</p> <p>Venues: Korumburra, Bairnsdale, Frankston/Melbourne & Werribee</p> <p>ACE Day – 9th April 2024: Psychology, Nutrition & other sessions (school holiday program)</p>
Strength and Conditioning sessions	<p>A fitness test will be completed at the commencement and at the end of the program in 2023</p> <p>Strength and Conditioning sessions will be:</p> <ul style="list-style-type: none"> ➤ Zoom – Every 1st Thursday of the Month – 5.30 – 6.30pm ➤ Face to face - Every 3rd Tuesday of the Month <p>S & C sessions in Bairnsdale, Leongatha, Newborough, Sale & Warragul- 1 session per month June - April. Athletes will be advised which venue has been allocated to them at the commencement of the program.</p> <ul style="list-style-type: none"> ➤ Individual Home programs based on Musculo Skeletal screenings are given to each athlete and and logged through TeamBuildr <p>This is a critical component of the program, attendance is expected.</p>
Musculo-Skeletal Screening	<p>All athletes new and returning must undergo a musculo-skeletal screening at induction. The cost is \$75 paid directly to the physio Rob Stephenson (LV Physiotherapy) on the day. Screenings can be claimed through your private health insurance (if applicable). Please note that screenings can only be conducted by a qualified Physiotherapist as directed by Sports Medicine Australia.</p>

Cost & Payment	<p>Final costs are determined by the final number of athletes that accept their position with the Academy. Costs per athlete for the 2022 program are estimated as follows:</p> <ul style="list-style-type: none"> - Athlete Levies \$175 (ex gst) - Uniform costs approx. \$120 - \$215. - Shooting Vests approx. \$200 <p>A \$100 non-refundable deposit must be paid to the GSA prior to induction</p>
Sport Integrity Australia	<ul style="list-style-type: none"> • All athletes will have a presentation on Sport Integrity Australia <p>All athletes MUST complete the required Sport Integrity level:</p> <ul style="list-style-type: none"> - New athletes to complete Clean Sport 101 - 1st year Returning athletes to complete level 1 - 2nd + year Returning athletes to complete level 2 <ul style="list-style-type: none"> • The new link is: https://elearning.sportintegrity.gov.au/login/index.php <p>Completion of Sport Integrity is a requirement by the Victorian Institute of Sport and Sport and Recreation Victoria and therefore must be completed to be eligible for graduation</p>
Uniform Requirements	<p>Uniform must be ordered – Polo and Jacket is the minimum requirement (if you do not already have one). Athletes are to wear their GSA uniform at all sessions. No Club uniforms are to be worn at GSA sessions.</p> <p>Additional optional merchandise items are also available</p> <p>Uniform Link:</p> <p>https://teamwear.kit-up.com.au/index.php?route=product/category&path=206</p>

Expectations of Athletes	<p>Athletes are expected to attend all Academy activities, where possible, this involves committing to:</p> <ul style="list-style-type: none"> ➤ Attend all training sessions except athletes who have an agreement with the Head Coach to attend State or National opportunities. ➤ Follow the strength and conditioning program, including completing components at home. ➤ Attend other Academy functions such as: <ul style="list-style-type: none"> - ACE day 9th April 2024 - Awards evening 17th May 2024 <p>Be a registered member of Victorian Clay Target Association in 2023.</p>
Friends of the Academy	<p>In order to offset costs the Academy has a program called 'Friends of the Academy'. This is a donation program whereby athletes seek support from local businesses and friends to contribute towards the costs. Further details will be given upon invitation into the program.</p>

To register your interest in the 2023 CTS Program please complete the form at the link below:

<https://forms.gle/fVngA3YA9ZDtfXVq8>

or contact:

Andrew Brady 0434 266 239 management@lvbs.com.au

or this office on:

Ph: 03 5127 0223

Email: tanyav@sportgippsland.org.au

If you have any further queries, please do not hesitate to contact myself on 0411 435 819.

Yours truly



Anita Pistrin
Executive Officer
Gippsland Sports Academy