



**GIPPSLAND
SPORTS
ACADEMY**

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 - 2021 Clay Target Shooting Program

Gippsland Sports Academy (GSA) will again run its Development Program in 2021 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 2021 and participate in Sport Science sessions provided by the GSA.

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, some state carnivals (VIC/SA/NSW/TAS) 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	<p>Date: Sunday 30th May 2021</p> <p>Venue: TBC</p> <p>Time: 9.00am – 2.00pm</p> <p>Induction day is held for all GSA athletes. The day is for registration of athletes and will be at the commencement of the first training session</p>
----------------------	---



**Latrobe
City**
a new energy



South Gippsland
Shire Council



WELLINGTON
SHIRE COUNCIL



AN INVESTMENT
IN EXCELLENCE

**TAFE
GIPPSLAND**



Endorsed by
the Victorian Institute of Sport

<p>Sessions to be held</p>	<p>(Dates, Times & Venues to be confirmed for 2021)</p> <p>Sunday 30th May Sunday 1st Aug Sunday 31st Oct Sunday 19th Dec</p> <p>Suggested times 10am – 2pm (TBC)</p> <p>ACE Day – 5th April 2022: Psychology, Nutrition & other sessions (school holiday program)</p>
<p>Strength and Conditioning sessions</p>	<p>Strength & Conditioning sessions will be held the 3rd Tuesday of every month – commencing on the 15th June</p> <p>– 5:30pm - 6:30pm or 6.45 – 7.45pm (TBC) at the following locations</p> <ul style="list-style-type: none"> • Yallourn/Sale/Leongatha <p>A monthly Zoom S & C session will be on the 1st Thursday of every month – commencing on the 3rd June</p> <p>- 5pm – 6pm</p> <p>A total of 6 sessions from June - Nov (TBC)</p> <p>A fitness test will be completed at the commencement of the program in 2021</p>
<p>Musculo-Skeletal Screening</p>	<p>The Gippsland Sports Academy will organise screenings to be done at induction. 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> <p>All athletes 12 & Under must have a parent/guardian present during their screening.</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 2021 program are estimated as follows: Athlete Levies \$300 - 400 (inc gst) uniform costs approx. \$120 - \$215. Shooting Vests approx. \$200</p> <p>A \$200 non-refundable deposit must be paid to the GSA prior to induction</p>
ASADA	<p>All athletes will also have a presentation on the Australian Sports and Anti-Doping Association education session. Completion of either the Level 1 or Level 2 Anti-Doping Course is required dependant on previous participation</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 5th April 2022 - Awards evening Friday 20th 2022 <p>Be a registered member of Victorian Clay Target Association in 2020.</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 2021 CTS Program please contact:

Andrew Brady 0434 266 239 andrew@bronzewing.net

or this office on:

Ph: 03 5127 0223

Email: carlym@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