

Gippsland Sports Academy P.O Box 282 Newborough Victoria 3825 tel:(03) 5127 0223

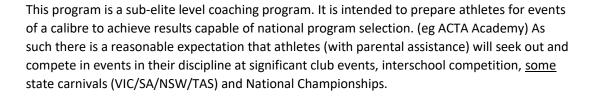
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Information Sheet - 2021 Clay Target Shooting Program

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.



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: Sunday 30 th May 2021
	Venue: TBC
	Time: 9.00am – 2.00pm
	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























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All athletes 12 & Under must have a parent/guardian present

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Cassiana ta ha halid	(Dates Times & Names to be confirmed for 2021)
Sessions to be held	(Dates, Times & Venues to be confirmed for 2021)
	Sunday 30 th May
	Sunday 1 st Aug
	Sunday 31st Oct
	Sunday 19 th Dec
	Suggested times 10am – 2pm (TBC)
	ACE Day – 5 th April 2022: Psychology, Nutrition & other sessions (school holiday program)
Characte and Canditioning	Chromath 9 Conditioning assigns will be held the 21th Tuesday of
Strength and Conditioning sessions	Strength & Conditioning sessions will be held the 3 rd Tuesday of every month – commencing on the 15 th June
	- 5:30pm - 6:30pm or 6.45 - 7.45pm (TBC) at the following locations
	Yallourn/Sale/Leongatha
	A monthly Zoom S & C session will be on the 1 st Thursday of every month – commencing on the 3 rd June
	- 5pm – 6pm
	A total of 6 sessions from June - Nov (TBC)
	A fitness test will be completed at the commencement of the program in 2021
Musculo-Skeletal Screening	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.

during their screening.

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Cost & Payment	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 A \$200 non-refundable deposit must be paid to the GSA prior to
	induction
ASADA	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
	requireddependant on previous participation
Expectations of Athletes	Athletes are expected to attend all Academy activities, where
	possible, this involves committing to:
	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:
	- ACE day 5 th April 2022
	 Awards evening Friday 20th 2022
	Be a registered member of Victorian Clay Target Association in
	2020.
Friends of the Academy	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.

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