



# QUEENSLAND TARGET SPORTS INC. DEVELOPMENT & SUPPORT PROGRAM

## INTRODUCTION :

The aim of this programme is to provide assistance and support to ALL members of Q.T.S. We are in no way attempting to instruct members on how to run their clubs but rather to support and assist them in any way possible.

It is hoped we will be able to increase the involvement of younger shooters in all forms of Small Bore Shooting providing enough encouragement and support to keep their interest.

A 'Development Squad' will be formed to provide special assistance to Junior, Youth and those members who wish to compete at a more 'elite' level.

This squad will be for both able bodied and disabled shooters and will be aimed towards I.S.S.F. Small Bore Rifle and Air Rifle Shooting and International level Rimfire Bench Rest Shooting. (ie. Rimfire Bench Rest Australia).

Selection to the squad will also be open to younger silhouette shooters who show both the potential and desire to progress further to other forms of Small Bore shooting.

We will endeavour to hold regular coaching clinics and camps with local, national and possibly international coaches. Assistance would also be provided for those who wish to travel to interstate competitions such as Aus Cups, Youth National Championships, Target Rifle Australia Nationals etc.

Certain simple requirements will need to be met to remain a squad member. Members would not be forced but encouraged to participate in clinics, camps and competitions.

Other members and clubs will not be forgotten and support will be encouraged and provided if required. This could be as simple as information on how to promote your club, where to purchase equipment, coaching etc. We also invite feedback from clubs regarding ideas they have. This information may in turn assist another club.

This is an open book which we hope will grow with continued ideas and feedback from all.

If you would like to become a member of the Development Squad, please fill out the Squad Member and Agreement Forms attached and return to address shown.

## **OBJECTIVES OF DEVELOPMENT & SUPPORT PROGRAM:**

- **TO PROVIDE ENCOURAGEMENT, ASSISTANCE AND SUPPORT TO ALL MEMBERS OF QUEENSLAND TARGET SPORTS TO DEVELOP SHOOTING SKILLS TO THE BEST OF THEIR ABILITY IN THEIR CHOSEN DISCIPLINE.**
- TRAIN COACHES TO A CAPABLE LEVEL TO SUPPORT SHOOTERS WITHIN THEIR CLUB.
- IMPROVE GENERAL KNOWLEDGE OF SHOOTING AMONG MEMBERS:
  - GET TO KNOW THE RULES.
  - ENCOURAGE MEMBERS TO TRY A DIFFERENT DISCIPLINE eg. AIR RIFLE, BENCH REST, 3 POSITION.
- ENCOURAGE SHOOTERS TO DEVELOP SKILLS FOR THEIR CHOSEN DISCIPLINE SO THEY ARE ABLE TO PERFORM TO THE BEST OF THEIR ABILITY.
- ENCOURAGE PARTICIPATION IN COMPETITIONS IE. PRIZE MEETINGS ETC.
- PROVIDE SOME FINANCIAL ASSISTANCE FOR THOSE WHO WISH TO ATTEND HIGHER LEVEL COMPETITIONS EG. AUS CUPS, GRAND PRIX'S, YOUTH NATIONALS ETC.
- PROVIDE COACH/MENTOR ASSISTANCE FOR JUNIORS PARTICIPATING IN COMPETITIONS eg. YOUTH NATIONALS (TAKE A GROUP TO THE YOUTH NATIONALS).
- CONDUCT REGULAR 'HIGHER LEVEL' COACHING CLINICS FOR THOSE INTERESTED.
- ENCOURAGE MENTORING WITHIN CLUBS.
- ENCOURAGE LIAISON BETWEEN CLUB COACHES AND STATE COACH/COORDINATOR FOR FEEDBACK, HELP, IDEAS ETC.
- SUPPORT CLUBS WITH COME & TRY DAYS, ADVERTISING ETC. TO ENCOURAGE INCREASED MEMBERSHIP.
- TALENT SPOT.

## JUNIORS:

**The purpose of the QTS Development Program regarding Junior shooters is to ensure the provision of opportunity to all young participants within our organisation to develop and enrich their lives through their involvement in the sport of rifle shooting.**

Participation by juniors in shooting is characterised by:

- emphasis on enjoyment and having fun.
- a safe, healthy and challenging sporting environment.
- appropriate use of rules, facilities and equipment.
- a broad development program preceding specialisation in any particular skill or position.
- the recognition of participation, development and improvement.
- the influence of role models who are good ambassadors for shooting and who practice appropriate behaviour in the view of junior participants.

The nature of juniors in competition should differ from that experienced by adults in that emphasis is placed on:

- participation
- development of skills
- enjoyment
- improvement

Junior shooting provides for involvement in physical & social activity in a way that promotes immediate and long-term benefits. These benefits include:

- higher levels of fitness.
- better health.
- social interaction.
- satisfaction derived from skilled performance in individual and group activities.
- the promotion of shooting for both boys and girls is actively pursued.
- access to equipment, facilities, coaches, sponsorship and media coverage.
- opportunities for involvement and maximum participation are assured regardless of sex, ethnic background or disability.

In Competition:

Junior participants should be taught that 'winning' and 'losing' are merely results of all sporting competitions. There should not be an over-emphasis on winning. The emphasis should be on the quality of the experience and its appropriateness to the age and ability of the participant.

All junior participants should be encouraged to achieve, do their best and develop their full sporting potential. Challenging competition is one element of this developmental process.

Queensland Target Sports provides the opportunity for the progression of juniors in competitions at the following levels:

- club
- inter-club
- state
- inter-state
- international

Involvement in shooting sport also provides opportunities for young people to develop:

- valuable leadership qualities through the vehicle of sport.
- proficiency and new skills in a variety of areas that sport has to offer.
- training and learning opportunities.
- mentor support.
- time commitment and time management qualities.
- means of recognition for young leaders.
- emphasis on personal development.

## **ASPIRING & RECREATIONAL SHOOTERS:**

**Although much emphasis has been placed on Junior shooters, many of the benefits and opportunities offered to Juniors are also relevant to older and aspiring members.**

For 'recreational' shooters some benefits are:

- participation in a sport they enjoy.
- physical and mental stimulation and challenges of competition.
- continued development of skills.
- satisfaction derived from skilled performance in individual and group activities.
- social interaction with others with similar interest.
- opportunities as coaches, officials, mentors, team managers & administrators.
- act as role models for younger shooters.

For aspiring shooters:

- provide opportunity to develop and improve on acquired skills.
- participation in a physically and mentally stimulating sport.
- social interaction with fellow shooters of all ages.
- satisfaction derived from skilled performance in individual and group activities.
- opportunity to progress to state, national and international level of sport.
- provide access to higher level coaches.
- provide best possible facilities for training and competition.
- access to grants and funding for financial assistance.

## **ROLE OF COACHES:**

**Coaches educate participants in the fundamental techniques of their sport. Accredited coaches are vital to quality sport development.**

Coaches should:

- if possible, become an accredited coach.
- encourage enjoyment of shooting.
- cater for varying levels of ability in both practice and competition.
- provide equal encouragement to all ages and genders to participate, acquire skills and develop confidence.
- make opportunities available for exceptionally talented shooters to develop to their full potential.

- prepare and conduct sessions based on sound coaching principles.
- set realistic standards and objectives.
- provide the safest possible environment for both training and competition.
- keep up to date with coaching developments.
- provide a good role model of sporting behaviour.

## **ROLE OF CLUB OFFICIALS AND ADMINISTRATORS:**

**Officials have a significant influence on the enjoyment level of a chosen sport and the continued participation of members. When officiating at competitions officials should:**

- be consistent, courteous and helpful to all participants.
- be a model of good sporting behaviour.
- keep informed of sound officiating principles.
- discourage inappropriate and unsafe behaviour.
- promote respect for opponents.

Administrators should:

- provide a positive environment for spectators and participants.
- foster leadership opportunities for younger members.
- involve all members in an appropriate level of decision making relating to the activities of their clubs.
- ensure that equal opportunities for participation in their sport are made available to all people, regardless of ability, sex, age, disability or ethnic origin.
- insist that equipment, facilities and rules are safe and appropriate.
- provide training and development opportunities for coaches and officials which aim to improve skills, techniques and sports behaviour.
- promote and advocate for a consistent code of behaviour for spectators, officials, coaches and shooters.
- create quality learning environments by encouraging accredited coaches and mentors.

**Queensland Target Sports is dedicated in its efforts to provide the best opportunities possible for all its members to achieve all they desire from their chosen sport in a safe, happy and congenial environment.**

## ORGANISATIONAL STRUCTURE - SMALL BORE SHOOTING

Small bore rifle and Air Rifle are the only rifle disciplines shot at the Olympic and Paralympic Games.

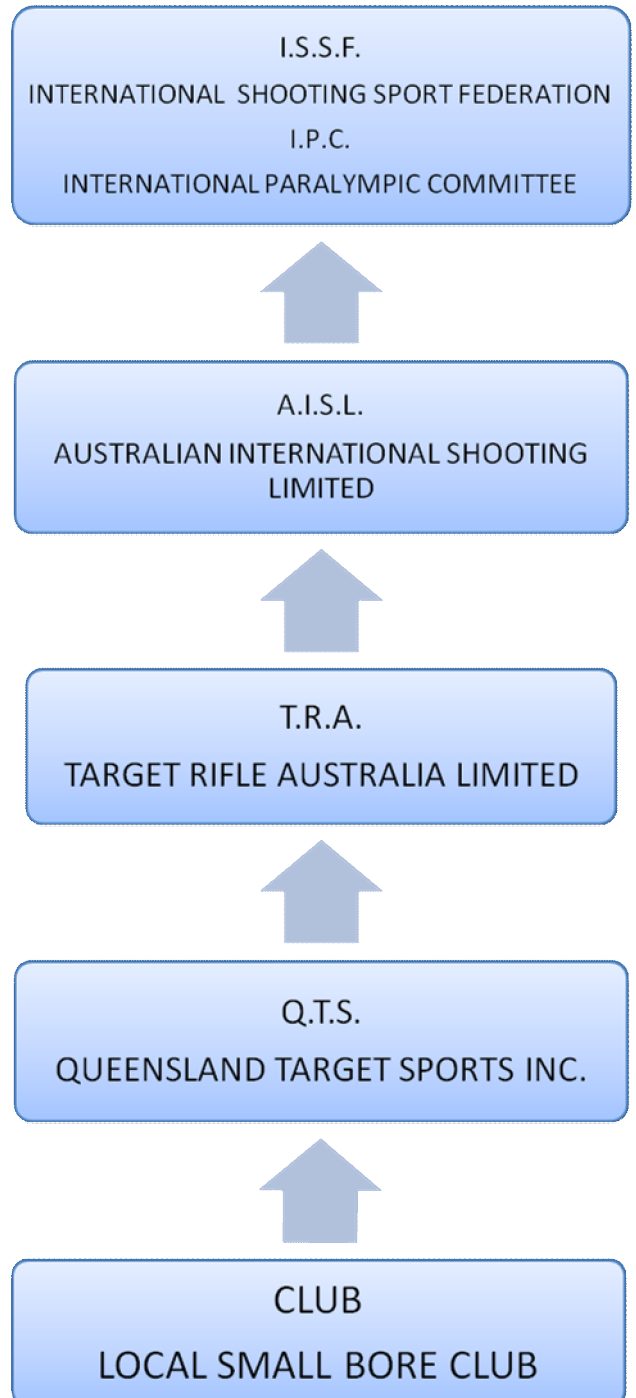
The world bodies controlling these disciplines are the I.S.S.F. or International Shooting Sport Federation and the I.P.C. or International Paralympic Committee.

Each affiliated country has a federation or National Federation as well as each state or province having Associations which govern clubs within these states.

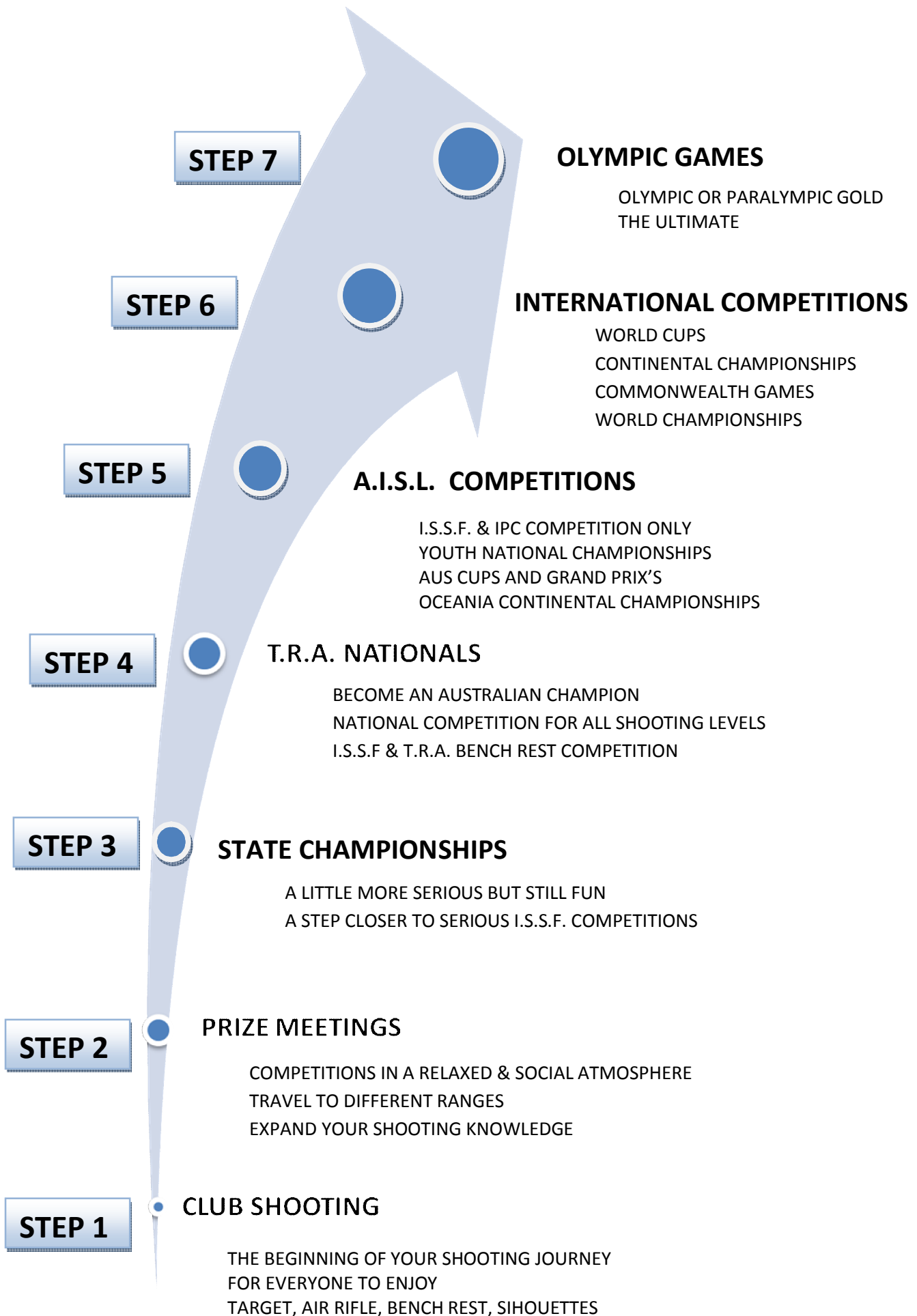
In Australia, the controlling body of shooting sports is Australian International Shooting Limited or A.I.S.L.

The National Federation is Target Rifle Australia Ltd., T.R.A. and the Queensland State body is Queensland Target Sports Inc. or Q.T.S.

In Australia, A.I.S.L. is responsible for all International Team selection.



# DEVELOPMENT PATHWAY FOR SMALL BORE SHOOTING



## DEVELOPMENT SQUAD MEMBERSHIP FORM

I would like to be included in the Q.T.S. Development & Support Programme for 2011.  
(to be completed by parent or guardian if under 18 years of age)

NAME: \_\_\_\_\_

ADDRESS: \_\_\_\_\_  
\_\_\_\_\_

DATE OF BIRTH: \_\_\_\_\_ AGE: \_\_\_\_\_ MALE:  FEMALE:

CLUB: \_\_\_\_\_

CONTACT NUMBER: \_\_\_\_\_

EMAIL ADDRESS: \_\_\_\_\_

I AM A DISABLED SHOOTER: YES  NO

DISCIPLINES YOU SHOOT:

PRONE I.S.S.F.	<input type="checkbox"/>	PRONE SILHOUETTES	<input type="checkbox"/>
3 POSITION I.S.S.F.	<input type="checkbox"/>	TARGET SILHOUETTE RIFLE	<input type="checkbox"/>
AIR RIFLE I.S.S.F.	<input type="checkbox"/>	BENCH REST SILHOUETTE RIFLE	<input type="checkbox"/>
BENCH REST	<input type="checkbox"/>		

WOULD YOU LIKE TO TRY ANOTHER DISCIPLINE OTHER THAN THE ONE/ONES YOU CURRENTLY SHOOT? IF SO, WHICH ONE/S: \_\_\_\_\_  
\_\_\_\_\_

DESCRIBE BRIEFLY WHAT YOU WOULD LIKE TO ACHIEVE THROUGH YOUR PARTICIPATION IN SHOOTING? \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

WHAT DO YOU FEEL YOU NEED MOST HELP WITH REGARDING YOUR SHOOTING?  
\_\_\_\_\_  
\_\_\_\_\_

WHAT DO YOU THINK COULD BE DONE BY Q.T.S. TO HELP SHOOTERS MORE?  
\_\_\_\_\_  
\_\_\_\_\_



## **DEVELOPMENT SQUAD AGREEMENT**

### **QUEENSLAND TARGET SPORTS AGREES TO:**

1. Provide coaches available to support athletes.
2. Conduct coaching clinics and camps.
3. Assist members to identify suitable long and short term goals and to establish appropriate training plans and competition schedules for the achievement of these goals.
4. Keep athletes informed of recent/current news, competition results and rankings, as well as relevant competition dates.
5. Assist with funding, where possible, to attend interstate events such as T.R.A. Nationals and A.I.S.L. events.

### **THE ATHLETE AGREES TO:**

1. Be a member of Queensland Target Sports Inc.
2. Attend coaching camps and clinics. (To attend T.R.A. Roadshow clinics and competitions interstate, must be a member of T.R.A.).
3. Attend State Championships and at least 2 other competitions a year.
4. Keep a diary.
5. Keep in contact with club or designated coach.
6. Contribute positively to squad harmony and morale.
7. Act in a responsible and respectful manner toward fellow shooters and officials.
8. Gives consent to Queensland Target Sports to collect and store details of the athlete's performance record and biological information for use and publication as required.
9. Be photographed for the purpose of coaching analysis and promotion in print or electronic form.

While membership to the Development Squad is on a 'want to' basis, shooters are expected to show commitment and an ongoing interest in furthering their skills to remain a member and receive assistance.

Q.T.S. reserves the right to withdraw assistance from any member if it believes that the member is no longer showing consistent interest in furthering their skills or is not performing or conducting themselves in a manner acceptable to Q.T.S.

**SIGNATURE:** ..... **DATE:** .....  
(Parent or Guardian to sign if under 18 years of age)

## **ASSISTANCE REQUEST FORM**

**NAME:** \_\_\_\_\_ **CLUB:** \_\_\_\_\_

**CLUB REQUEST:**  **INDIVIDUAL REQUEST:**

**IF CLUB REQUEST, YOUR POSITION IN CLUB:** \_\_\_\_\_

**CONTACT PHONE NUMBER:** \_\_\_\_\_

**EMAIL ADDRESS:** \_\_\_\_\_

**NATURE OF REQUEST:** (Please describe briefly the nature of your request. eg. Coaching/Clinic, training plan etc. If the request is for a Coaching Clinic or assistance with a Come & Try Day, please supply date, location & requirements for the event.)

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**WHO YOU WOULD LIKE TO ASSIST WITH THIS REQUEST** (If any in particular):

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**DO YOU REQUIRE FINANCIAL ASSISTANCE FOR THIS REQUEST?:**

**YES**  **NO**

\_\_\_\_\_  
**SIGNATURE:**

\_\_\_\_\_  
**DATE:**