



# NSRA Target Sprint Workshop

**Date:** Saturday 17th June 2017

**Start Time:** 09:45 for 10:00 **Finish Time:** 15:00

**Venue:** Milldale, Mill Lane, Blakenhall, Nantwich, Cheshire, CW5 7NN

**Admin:** A one day workshop. Tea & Coffee will be available but you will need to bring a packed lunch

## Outline:

Target Sprint is a new ISSF air rifle discipline based on the Biathlon of the Winter Olympics. It is a "Run and Shoot" event that has the advantage over almost all other shooting disciplines in that it develops physical fitness in its participants. The workshop is an additional module to the NSRA Youth Proficiency Scheme Tutor's Diploma that examines the skills & knowledge needed by existing air rifle tutors and range officers to deliver a Target Sprint introductory day for young people.

## Essential Precursors:

To register for this course you must hold the following qualification:

*-NSRA YPS Tutor's Diploma (Air Rifle) or above.*

## Topics Covered:

- Background to and Structure of the Discipline
- Facilities and Equipment needed
- Format of an Introductory Day
- Training for the run
- Exercises and Stretches for Runners and Shooters
- Organising a Target Sprint Competition

## Cost: £20

Includes NSRA Manual and Accreditation.

## Questions/Queries/Special Requirements

If you have any queries or special requirements please contact the Course Coach John Dohoo on 01948 663 249 or [john@scouts-shoot.org.uk](mailto:john@scouts-shoot.org.uk)

**To register: email John Dohoo on [john@scouts-shoot.org.uk](mailto:john@scouts-shoot.org.uk)**