



ISSF Academy D-Course for Coaches **Calgary, Alberta** September 22-24, 2017

The ISSF D-Course is open to anyone interested in becoming a licensed coach, learning more about proper technique in shotgun or pistol shooting, planning & organization, and physical training as it relates to the shooting sports.

Location – Four Points by Sheraton Hotel & Suites Calgary West
8220 Bowridge Crescent NW, Calgary, AB T3B 2V1

Cost – \$300 CAD per person – includes course materials, lunch and snacks. Payment for the course must be made to the Shooting Federation of Canada (SFC) at info@sfc-ftc.ca by September 7, 2017 as per the attached Registration Form.

Participants are responsible for their own travel, accommodation, and meals (breakfast and dinner). Lunches and snacks will be provided.

Accommodation – Rooms have been reserved at the Four Points by Sheraton Hotel & Suites Calgary West (address above) until August 25, 2017. Rates are CAD \$139/night plus taxes. Please phone the Reservations desk at 1-403-388-4441

Course Content –

http://www.issf-sports.org/theissf/academy/regional_development_courses.ashx

Day 1 – 8:30 am – 4 pm - The Shooting Technique – The basis of the course is to deliver a fundamental understanding of the basic shooting technique. The main goal is to show the development of a structured coaching technique that allows the coach to add to their knowledge and experience over time.

– **4-5 pm - Tour of Canada's Sports Hall of Fame**

Day 2 – 8:30 am - 5 pm - Planning and Organization for Coaches - The principles of Planning and Periodization are explained and how it can be used to structure more effective training for athletes.

Day 3 – 8:30 am – 4 pm - Physical Training for the Shooting Sports – The course provides an introduction to a basic physical training program for shooting sports. Practical examples and exercises to illustrate the principles will be discussed.

Day 3 (continued) Examination – The D-License requires the student to complete a series of 25 multiple-choice questions and to be an active participant in coaching workshops.

– Presentations – Presentation of ISSF Coaching Certificates

PLEASE NOTE: For certification, attendance at all sessions is mandatory

Course Tutors: Ms. Lisa Borgerson, ISSF B Coach (Pistol)
Dr. Susan Natrass, ISSF B Coach (Shotgun)

Registration: Registration forms and fees in full must be received no later than September 7, 2017. Email your completed registration form to the Shooting Federation of Canada at info@sfc-ftc.ca or send by fax to +1 (613) 727-7487 as per the attached Registration Form.

For further information, contact Dr. Susan Natrass at susan.natrass50@gmail.com or phone 1 (206) 228-0476