

September 5, 2016

## Review of Skeet activities for 2016

Our preparation for the 2016 season began in November 2015 with a training camp in Florida. David, Rossana, and Michael had the opportunity to train on a daily basis without the distractions of home life. Michael is an accomplished NSSA skeet shooter but relatively new to Olympic Skeet so I was pleased that we had the time to introduce some technical skills and have the time to integrate them.

We returned to Florida in December to continue our training. The weather wasn't cooperative with torrential rain fall and flooding. We did the best we could when there were breaks in the storms. David finds our trips to Florida very helpful in getting a head start on our new season. We worked on David's speed control and timing to ensure his targets were shot in the correct places on the field. Rossana has many challenges, between running her business and her family life. We worked on helping her cope with everything in her life as well as be able to focus on shooting when she is at the range. Rossana has had exposure to NLP training as well as Jack Leon as part of her mental training, she seems to like a bit of both. I devised a number of skill training exercises for her to be more effective on the field. Rossana enjoys the exercises and is committed to proving she can be a good competitor.

In January 2016 we shot the Miami Cup with about 80 competitors. Rossana shot with Christine Wenzel who is a 3 time world champion. They spoke quite often off the field and Rossana said she learned a lot by shooting with and speaking with a top shooter like Christine. During the competition, Rossana received information about a psychologist in Toronto who deals specifically with women. Upon her return, she contacted the psychologist and had several sessions with positive results. Michael had his first experience in a large International Competition and came away with some new ideas and experience under his belt. David shot well during the match with a little inconsistency causing him to shoot a couple of bad rounds. He recovered and made the junior final finishing 4<sup>th</sup>.

We went to Florida in February and March and did much the same as before with the addition of a couple of local matches, both of which David won.

I scheduled a match at the end of each month beginning in April. These matches are well attended with Michael coming from Nova Scotia, and Alex Garin from Montreal. In addition I scheduled a "super final" in the middle of each month which is comprised of 5 rounds of semi-finals. We shoot this with flash targets to add to the excitement, it is very popular. I scheduled a couple of "cut score" matches, the provincial championship, as well as a Canada cup in order to give the shooters multiple opportunities to shoot their cut scores.

We have access to 3 International fields in Ontario. The Uxbridge Club has difficult background and limited operating hours. The group of International shooters made a deal with the club to buy one international machine and the club would buy the other thus providing proper targets to train on. The

atmosphere was not favorable to shoot at this club so it was not used as much as we would have liked, however, the situation is improving. The Oshawa club is very happy to have the international group shooting there. We took up a collection again and bought two Matarelli trap machines to be installed for our use. The Toronto International Trap and Skeet Club has the wonderful fields from the Pan-Am Games, but there are some problems with our getting access to them regularly. The Manager is very cooperative and does his best to make the fields available to us but there seems to be a small group that is not so cooperative, it is a work in progress.

David had some health issues most of this last year and as a result hasn't been training on a regular basis, mostly on his doctor's advise. The issues have been resolved, it would appear, and he is currently training with renewed commitment and enthusiasm. Rossana's issues have only escalated. Despite making wonderful improvement and being very determined to succeed she is plagued by one catastrophe after another. Michael is improving and eager to prove how good he can be. We communicate often by e-mail and skype.

I look forward to 2017, with David focused and clear regarding what is expected of him. I expect to see more consistency in his performance and elevated scores. Michael is on track to shoot some good scores this year and keep improving through to 2020. There are others who are on the cusp of breaking through, their hunger drives them to beat the top shooters. I am always available to help them in their quest and include them in our training camps and competitions. I am optimistic of our future, with young hungry shooters planning to be the best, and make some semi-finals and finals in the near future.

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