

Lincolnshire Small-bore Rifle Association

Coaching Strategy 2016 to 2020

The strategy as defined in this document was prepared by the Lincolnshire Small-bore Rifle Association (LSRA) Coaching Committee. It was conceived to provide the direction needed to make the best use of our resources to ensure all actions contribute to the development of Target Shooting within Lincolnshire. It is recognised that a defined coaching strategy at a county level can make a significant contribution to both the development of our sport and an improvement in overall shooting performance.

Mission Statement:

To use our Coaching resources to support the Lincolnshire Small-bore Rifle Association in developing shooters of all abilities.

Prime Objective:

To put Lincolnshire amongst the best performing shooting counties in the UK by end 2020. The measures are applied to the disciplines covered by Inter-County competitions:

LSR - The A Team currently competes in Div.2 and the B Team in Div.4, the objective is to maintain status whilst building team spirit and enthusiasm to 2020. The rapid growth in LSR participation is expected to provide a greater depth of skills and abilities over the next 5 years.

Prone Rifle - The main County Team and County Reserves currently compete in Div.4 of their respective leagues, the objective is to be in Div.2 by 2020. The members of the women's team all shoot for either the main team or the reserves so are equally covered by this measure.

Junior Air Pistol – The County Junior Squad is under development and training days are being planned.

Air Pistol – The County Team competes in Div.3, the main objective is to identify a larger pool of shooters by promoting team spirit and an improved liaison with Clubs to 2020.

Benchrest & Long Barrel Pistol not yet covered. If possible, teams will be established in 2017.

Sub Objectives:

- It is intended to provide 4 RCO courses a year, 1 per quarter. A club can never have too many RCO's amongst its members. It promotes a better understanding of all the safety and security protocols and increases knowledge of legal requirements and competition formats etc.
- To provide one Club Instructor course per discipline a year for Prone Rifle, LSR, Air Rifle/Pistol and Benchrest. The intention is to add Long Barrel Pistol in 2017. The prime role of the Club Instructor is to take a beginner through all of the basic requirements that enable them to safely participate in their chosen shooting discipline. This benefits the club by instilling the sense of confidence that comes from taking a serious approach to developing beginners.

- One Scorer course and one Club Coach course will be run every year. With most leagues adopting a self-scoring approach it's important to have qualified scorers within the club. Equally, if a club wishes to compete in the County Leagues their success is dependent upon good performance, having a qualified Club Coach at their disposal greatly enhances their chances of success.
- As the pool of qualified Instructors and coaches increases within the county they can and will be engaged in LSRA coaching activities.
- There is a desire to encourage Lincolnshire Clubs and shooters to recognise the benefits to the clubs of having qualified Scorers, Range Conducting Officers, Instructors and Coaches within their membership and to make sure the courses are both available and affordable.
- As a means to develop our County Squads the intention is to set up and run training days to develop a sense of team spirit and a determination to improve County Team performance.
- It's important to gain the confidence and support of Lincolnshire shooters and clubs in the process of increasing the number of qualified members at club level. The LSRA will support this by promoting the need for a qualified Instructor for each discipline and a qualified Club Coach to be installed in each club by 2020.

Scope & Priorities:

In Scope:

The shooting disciplines covered by this strategy are Prone Rifle, Air Rifle/Pistol, LSR, Benchrest and Long Barrel Pistol. The intention is to include Crossbow in 2017.

The running of training courses covering Scoring, Range Conducting Officer, Club Instructor and Club Coach. Also, the setting up and running of County Squad coaching sessions.

It is recognised that the best way to support club development and increased participation is to provide the appropriate instruction, training and mentoring.

Out of Scope:

Due to resource constraints there will be no activity relating to Crossbow in 2016.

It is felt that coaching at club level needs to be developed and controlled by the clubs, so there is no provision for coaching at club level within this strategy. The LSRA will support this via the provision of training courses to increase the population of qualified instructors and coaches within the clubs.

The importance of recreational shooting has not been forgotten, however, the needs of recreational (non-competitive) shooters are best addressed at club level. Again, supported by the availability of appropriate training.

Priorities:

1. Run at least 1 Scorer course per year
2. Run 4 RCO courses in 2016 to increase the RCO community from which Club Instructors can be trained
3. Set up and run Club Instructor courses
4. Set up and Run Club Coach courses
5. Establish a coaching regime for all county teams

Deliverables:

Simply, the key deliverables are the prime and sub objectives of this strategy.

In addition there is the desire to develop a well knitted and enthusiastic coaching team for the shooters. It is hoped that this will go some way to addressing the apathy found in some quarters of our sport.

By promoting the need for more qualified coaches there will be an overall improvement in shooting performance that will be evident to the shooters, the clubs and the county teams.

One of the main aspects of this strategy is to support to the LSRA Exec Committee in the task of developing our sport within Lincolnshire.

Tactics:

The key actions we need to take in support of this strategy may be summarised as follows:

There is a need to increase the population of qualified scorers, Range Conducting Officers, Instructors and Coaches within Lincolnshire Clubs. To do this there needs to be a greater awareness within the clubs of the benefits of increasing the numbers of qualified members.

For this strategy to succeed it's imperative that clubs are supportive, it will be necessary to develop a number of communication initiatives to achieve this.

To make the best use of meagre resources it's necessary to focus on clearly targeted activities that can be properly conducted, as laid out within this strategy.

Timeline:

The timeline below has been developed In order to sequence activities in a logical manner, it includes key milestones and responsibilities:

Activity	2016												2017											
	J	F	M	A	M	J	J	A	S	O	N	D	J	F	M	A	M	J	J	A	S	O	N	D
Finalise Coaching Strategy Proposal	31																							
Present Strategy to LSRA Exec Committee		25																						
LSRA Coaching Committee Meetings	4		14				18				24													
Scorers Courses							14&15																	
RCO Courses (Ian Graham)			12			11			10			10												
Air Pistol & Air Rifle Instructor Courses		6&7									TBC													
LSR Instructor Courses			12&13																					
Prone Rifle Instructor Courses									17&18															
Benchrest Instructor Course											TBC													
Club Coach Courses									15&16															
Air Pistol & Air Rifle Improvement Day											TBC													
Prone Rifle County Squad Coaching prep		25																						
Prone Rifle & LSR County Squad Training Days (Coaching Team & Cty. Capt.)					22				4		13													
LSR Improvement Days (Jill Norman & Richard Johnson)	31					3																		

A full 5 year timeline is under development:

Activity	2016												2017												2018												2019												2020														
	J	F	M	A	M	J	J	A	S	O	N	D	J	F	M	A	M	J	J	A	S	O	N	D	J	F	M	A	M	J	J	A	S	O	N	D	J	F	M	A	M	J	J	A	S	O	N	D	J	F	M	A	M	J	J	A	S	O	N	D			
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The LSRA Coaching Committee believes this strategy is one that all shooters and clubs in Lincolnshire can readily buy into. It's matched to our resources and identifies priorities and timings.

Not only does it provide direction and meaning to our activities it positively contributes to the development of our sport within Lincolnshire and promotes improved performance.

