

## Pilot Program for a Northeast Regional Training Center

The Goal of this proposal is to: **Develop a Northeast Regional Training Squad (NRTS) for Rifle of 30 individuals in the Northeast at the Palmyra Regional Training Center that would meet up to 3 times a year for advanced training.**

### Advantages to USA Shooting

1. To serve as a pilot program for future Regional Training Centers.
2. Athletes more organized on a regional level.
3. Several excellent regional competitions every year.
4. 20-30 juniors that have had better training, which will contribute to future NDT, NT and Olympians.
5. Summary of athlete's yearly training and performance given to the National team coach to help identify potential talent.
6. This would give USA Shooting more of a voice at the Regional level and would result in an increase of shooters at national level tournaments such as USA Shooting Championships.

### Advantages to the Athlete

1. Top level coaching at the regional camps.
2. Input from other regional coaches.
3. A more defined training program.
4. A feeling of accomplishment making a regional team, which could give them the extra incentive that is sometimes needed by athletes especially at this level.

### Advantage to the Region

1. More communication and cooperation between clubs.
2. Coaches within the region have the opportunity to enhance their coaching abilities.

## **Team Selection Process**

Eligibility requirements for the Northeast Regional Training Squad (NRTS) include that the individual be a junior at the time they qualify and their permanent residence be in one of the following states: Maine, New Hampshire, Vermont, Massachusetts, Connecticut, Rhode Island, New York, Pennsylvania, Ohio, New Jersey, Delaware, Maryland, Virginia, and West Virginia. An individual may not occupy a slot on the Regional Training Squad if they are a current member of the NDT or NT. The team selection process would be based on a method that is similar to choosing the NDT and NT as listed below. The selection matches would include the National Junior Olympic Rifle Championships, USA Shooting Championships, and Junior Olympic 3-Position Air Rifle Championships. Selection to the Northeast Regional Training Squad would begin in August 1<sup>st</sup> following the USA Shooting Championships and end prior to the start of the USAS Championships of the following year.

### **National Junior Olympic Rifle Championships**

#### **Men**

Smallbore 3-Position Rifle

The next 2 places following selection of the NDT

Air Rifle

The next 2 places following selection of the NDT

Prone

The next 2 places following selection of the NDT

#### **Women**

Smallbore Sport Rifle

The next 3 places following selection of the NDT

Air Rifle

The next 3 places following selection of the NDT

### **USA National Championships**

#### **Men**

Smallbore 3-Position Rifle

The next 2 places following selection of the NDT

Air Rifle

The next 2 places following selection of the NDT

Prone

The next (1) place following selection of the NDT

#### **Women**

Smallbore Sport Rifle

The next 2 places following selection of the NDT

Air Rifle

The next 2 places following selection of the NDT

Prone

The next (1) place following selection of the NDT

### **National Junior Olympic 3-Position Air Rifle Championships**

The next 4 places following selection of the NDT

## **At Large Selection**

4 places to be named as at large selections based on an application process and coach recommendation. Those individuals will be selected by a committee of 3 people to be named

The above places are based on the current selection of the NDT and may be altered if NDT selections are altered. The available slots will be filled in the order the matches and disciplines are fired. Individuals can fill only 1 slot each year, therefore open slots will be passed onto the next individual. Slots that would be filled by an individual that previously earned a slot would be passed down to the next eligible individual. For example, National JORCs are typically held in spring before USAS Nationals and therefore will be the first slots available. Also, typically air rifle is held before smallbore at the National JORCs and therefore air rifle slots will be filled first. At large selections will be chosen by a small committee to be named at a later date.

## **Role of the Regional Training Center**

1. Select the regional team from the nominations.
2. Review monthly training reports.
3. Select those to go to the training sessions.
4. Keep all the clubs in the region informed of the on-goings in the region
5. Summarize each of the regional team member's progress for the year to be given to the NT coach.

## **Role of the Athlete**

1. Complete monthly training reports to the committee in a timely fashion.
2. Although costs of the attending the training session would be kept at a minimum, they are the responsibility of the athlete.
3. Proper behavior as defined by USA Shooting standards is expected.
4. Failure to adhere to these guidelines may result in being removed from the regional training squad.

## **Role of USA Shooting**

1. Help enlist advanced coaches to help at the training clinics held at the regional training center.
2. Help compensate the coaches for their travel arrangements to the training sessions.
3. Allow the regional training centers to borrow training materials or equipment if they are available for training sessions.
4. Publicize the regional training centers in USA Shooting publications.

## **Goals for 2008-2009**

1. Assemble the NRTS as described above.
  - Contact individuals who are qualified for the NRTS (Nov 2008).
  - NRTS named and selected (Dec 2008).
  
2. Develop Monthly Report to be used by the NRTS (Dec 2008).
  - Developed in cooperation with the National Team coach.
  
3. Hold 2 training clinics, each for 20 of NRTS members (February 2009 and May 2009).
  - Contact qualified coaches to help at the training sessions (Dec 2008 for Feb 2009 clinic, Mar 2009 for May 2009 clinic).
    - Potential sources for advanced coaches include qualified individuals from:
      - Residents of the Olympic Training Center
      - US Army Marksmanship Unit
      - National Coach Development Staff
      - Civilian Marksmanship Program
      - Regional Coaches and Athletes
      - Others identified by the National Team coaches
  - Invitations for the Feb 2009 clinic (Dec 2008).
  - Invitations for the May 2009 clinic (Mar 2009).
  
4. Complete a summary of athlete's yearly training and performance given to the National team coach to help identify potential talent. (Jun 2009).