

Pathways for New Zealand Target Shooters

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Introduction

The sport of target shooting is easy. Simply load a firearm, aim it at the target and fire.

The hard part is hitting the target, while hitting the centre is harder still. For the best shooters they must hit the centre every time.

The challenge for competitive target shooters is to achieve a top performance on demand. Shooters *are* athletes who must train to be physically able to hold their rifle steady while they aim and fire. They need to be able to mentally focus for every shot, whether it is for 13 shots or 120 shots in the match. The level that can be achieved is totally dependent on the effort put into the sport.

Smallbore shooters in New Zealand range from social Club shooters to a few highly competitive international elite shooters.

If you want to simply be a social shooter that's great, and you are very welcome to enjoy our sport at that level. However, if you want a challenge, look at the Shooters pathway.

For a new person starting our sport, it is important to know that there is a pathway to becoming an elite shooter. All shooters start on this pathway and progress to a level that they are comfortable achieving and which relates to the effort they are prepared to make.

The speed of progress along the pathway is very variable. Some developing shooters may progress rapidly and become advanced shooters in just a few years, while others may take longer, with a year or more in each grade.

Progression is often a factor of coaching. TSNZ has a range of coaches to cater for shooters wanting to develop and move to the next level on the pathway. The first step is to find a local coach. The more you work with your coach the faster you will progress.

In addition to a Shooters pathway, there is a Coaches pathway for those who want to give back to the sport by sharing their knowledge. Examples of coaches may be shooters who have plateaued and want a change, or those who have 'retired' from the top level of competition.

TSNZ always welcomes more coaches and we have several courses available to help develop shooters who want to be good coaches.

Please note that this document is designed to outline the paths and roles only, rather than be a definitive prescription of any of the steps and roles listed in this document.

The Shooters Pathway

The pathway below outlines numerous steps for the aspiring shooter. How far a shooter travels on the pathway is a product of their determination and commitment.

A New Shooter

The new shooter is someone who walks into the Club looking to learn about target shooting. They will:

- Be greeted by the Club Secretary or Club Instructor.
- Be introduced to firearms safety, a rifle and aiming
- Learn how to start shooting off a rest
- Migrate to jacket and sling when groups and scores meet Instructor's criteria

The Developing Shooter

The developing shooter has progressed on to being in a jacket and sling. They are:

- Starting as a first-time shooter and/or D grader
- Guided by the Junior Club coach through the next steps
- Encouraged to participate in Club competitions in their grade
 - Able to compete in Champion of Champions if they top the Club in their grade
- Encouraged to participate in TSNZ Graded Postal competitions during season
- Encouraged to attend Open championships that provide great experience outside the Club
- Included in Graded Inter-Association postals and matches that provide great learning opportunities
- Moving through C grade to B with experience and better scores
- Shooting 10m Air Rifle and 50m Prone and 3P, if available

The Intermediate Shooter

The intermediate shooter is typically an A Grader (Indoor) or above. They:

- Should be working with their Club or Association coach
- Participate in Club competitions in their grade
 - Able to compete in Champion of Champions if they top the Club in their grade
- Participate in TSNZ Graded Postal Individual and Teams competitions during season
- Compete in Open championships around NZ
 - Local and Provincial
 - Inter-Island
 - National Championships
 - Indoors
 - 10m Air Rifle
 - National 50m Championships
 - Prone
 - 3P
- Work to be selected for Inter-Association postals and matches
- Look to Association and Provincial teams
- Look to gain selection to the Development Squad

The Advanced Shooter

The advanced shooter is typically a Master Grader (Indoor). They:

- Should be working with a dedicated coach
- Compete in Open championships around NZ to qualify for North/South teams
- Get selected for North Island Tens of Ten or South Island Andrew Faulkner teams
- Once in North/South Island Indoor team, aim for NZ Indoor Team
- Shoot at National 50m Championships for North/South Island Outdoor Team

The National Level Shooter

The National level shooter will be a top Master Grader (Indoors) or A Grader (Outdoors). They should aim to:

- Get selected for National Indoor Teams
 - Junior, Men's, Women's, Open, Veteran teams
- Get selected for National Outdoor Teams
 - Slazenger, Wakefield, Drew, Randle teams
- Get selected for Oceania Teams

The International Level Shooter

The International Level Shooter will be someone who has placed, regularly, in Outdoor Nationals matches or Nationals Air Rifle matches and has shot the required Match Qualifying Scores (MQS). These shooters should:

- Compete internationally in 10m Air Rifle and 50m 3-Position matches.

Note that some international competitions will also include 50m Prone matches, however 50m Prone matches are not currently included at Commonwealth and Olympic Games.

- Attend National competitions in other Countries
- Attend World Cups (which include 50m Prone matches)
- Get selected for Commonwealth Games
- Get selected for Olympics

International Competitions for all Levels

There are several International matches that are available to shooters at all levels. These include:

- Australian Nationals
- Country and World Masters Games

Development Squad Selection

Shooters who are wanting to progress to National and International levels should aim to be selected for the Development squad.

The selection will be done by the Development Squad coach and the TSNZ Coaching Coordinator.

Development Squad candidates are likely to be:

- Promising junior shooters
- Active ex-JDS shooters
- Active senior shooters

The criteria for selection include:

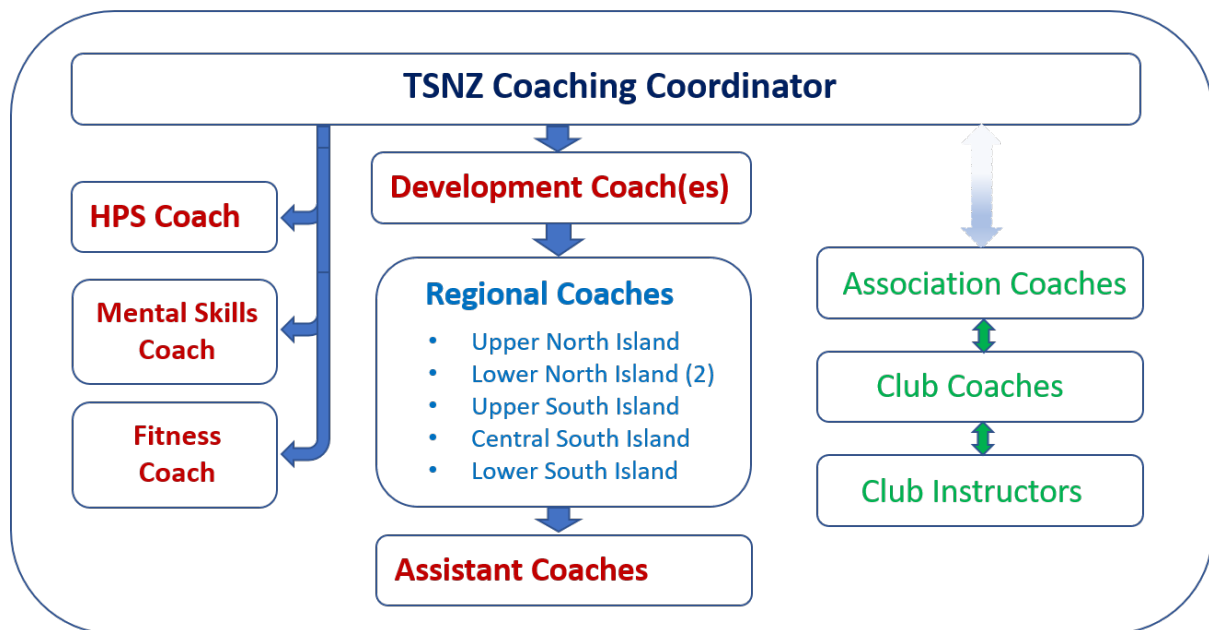
- Age 16+
- Achieving the required Performance level in:
 - Air Rifle; and/or
 - 3P; and/or
 - Prone
- Being largely self-funded
 - Gain Regional / Club / Association or independent support, if possible
 - TSNZ may provide some support to promising shooters via equipment rentals, etc.
- Being fully prepared for increased shooting commitment
 - Time, effort and travel for training and coaching
- A desire to stay in the sport long-term to:
 - Gain benefits initially
 - Give back later

The Coaches Pathway

The Coaches Pathway follows the TSNZ Coaching Structure. This tiered coaching structure to provide coaching to all levels of target shooting. The goal is to provide coaching for all shooters and that it becomes an integral and regular activity.

While there are a number of great and experienced coaches in the regions, we need more coaches to share the workload. Developing new coaches in the various roles will take time to train and fill all the roles.

TSNZ Coaching Structure



The Club Instructor

The Club Instructor will introduce new Shooters:

- To the Club and the key Club members
- To Firearms & Range Safety Rules
- The Range and Range Etiquette
- To the Rifle & Sighting
 - Phase One – Shooting off a support
 - Phase Two – Setting up shooter with jacket and sling
 - Phase Three – Handing over to your Junior/Senior Club Coach

Entry Level (Junior) Club Coach

The role of the Entry Level Club Coach is to:

- Develop new Shooters to mid-Level Performance (~ A/B grade)
 - Focus on small groups rather than one-on-one coaching
 - More prescriptive than analytical
- Provide developing shooters with clear guidelines
 - With experience they can modify guidelines to suit themselves
- Focus on the fundamentals for Prone shooters
- Physical Management
- Stress and Mental Management
- Introduction to Shot Analysis
- Rifle Care

Club Coach

The role of the Club coach is to:

- Work more one-on-one with promising shooters
- Support senior Club shooters
- Progress shooters through to A and Master grade and Representative level

Association Coach

The role of the Association coach is to:

- Progress Association shooters through to Island and National teams
- Work one-on-one with shooters
 - Goal setting
 - Performance analysis
- Liaise with the Regional Coach

Regional Coach

The role of the Regional coach is to:

- Progress Island & National shooters through to Oceania, World Cups
- Work one-on-one with shooters
 - Goal setting
 - Performance analysis
- Work with the Development Coach
- Provide Regional workshops for group
- Support Association Coaches

Development Squad Coach

The role of the Development Squad coach is to:

- Run the Development squad
- Help develop Assistant Development coaches
- Work closely with and coach Regional coaches
 - Ensure the latest ISSF methods are adopted
 - Drive or assist Regional workshops
- Work One on One with key shooters

High Performance Squad Coach

The role of the HPS coach is to work with our top National shooters who are wanting to shoot internationally for NZ. They will also assist the Development Squad coach.

Skills Coaches

Ancillary coaches are needed to provide shooters knowledge and skills in various areas. They will be called on as required from other sources. These include:

- Physical training
- Mental training
- Nutritional training

Next Steps

If a shooter is wanting a coach or a shooter is wanting to become a coach, please contact our Coaching Coordinator for assistance.