



# News Shots

ICSI News – 29th August 2022

**This week in News Shots:** Last Few Places for Courses, Para-Athlete Preparation, Quota Places for UK shooting Athletes, Courses, Shop and Website

[icsimembership@gmail.com](mailto:icsimembership@gmail.com)

## Coach and Instructor Development Workshops

**LAST FEW PLACES REMAINING, CONTACT JASON ROWNTREE TO SECURE A PLACE**

These are currently hosted jointly by full time professional coaches:

Jason Rowntree (CPSA Senior Coach, Course Tutor and Assessor).

John Robinson (Head Coach Commonwealth Games and ISSF International Coach).



A program of three progressive development workshops are available. These focus on the 'Coaching Process', specifically the utilisation of a systematic and disciplined approach along with its practical application -

### 1. **Coach and Instructor Development Day**

Historically a well-received workshop, with a good mix of both theoretical and practical content - suitable for all levels of instructors and coaches. Open to non-members. ICSI first year membership subscription included in non-member candidates course fees (providing the appropriate joining criteria is met - please follow link here to learn more).

**Monday 5th September 2022 at Kibworth Shooting Ground, Leicestershire**

At present we hope to provide a two-day Advanced C&IDW sometime in October, subject to a venue confirming their

availability.

Visit the website for details and to book a place. (Click on the link)

[Courses – ICSI](#)

Continued ....

# John Peacock (Hon.F.I.C.S.I.) & Jill Thickett Report on Para Athlete Preparation for 2022 WSPS Event in Italy

A chain is only as strong as its weakest link.

Following a Recent 12-week Athlete Development Program, we would like to share Our Journey as Coach Educators.

## **Introduction**

Para-Trap Wheelchair Athlete, Spinal Cord Injury (SCI) , Thoracic (T7)

## **Objective**

Preparation for Upcoming 2022 WSPS event in Italy.

1% improvement: Performance execution (delivery of Process.)

## **Discipline**

Olympic Trench

The Team: Initially met with the Athlete, discussed Use of Training Ground having: No emotional attachment for the athlete.

Which in our experience reduces unnecessary distractions, enabling a Learning Environment,

Layouts used: Dtl set at maximum angle available, option to control oscillation of trap, wireless control release,

All layouts Wheelchair Accessible, Disabled facilities available.

Therefore, finding a starting platform/ area to work from is essential,

Array of Assessments began during the Initial meetings to identify Emotional distractions, plus available movement patterns due to the Level of Injury.

Which consisted of: Chair Position, Gun Fit, Biomechanical and levers available (muscle activation), Athletes (ROM) from this platform,

Video Analysis undertaken always feedback to the Athlete via Email, all findings documented creating a bespoke Individual journey:

Followed around Wk. 6 :

Sports Psychology, Nutritional advice, Specific Wheelchair Warm up routine, pre round, (activation of posterior muscles available).

Finally, Medication Review in line with UKAD and WADA rules for WSPS competition, thus making the approach "Totally Holistic ".

Wk. 8 onwards Mini competitions on range, Distraction training, ie 3 hits and out , 5 hits and out, to start and finish a session, Process oriented , always Athlete focused, Venn diagram, Specific to shooting helped the Team tailor, specific areas identified in Creating Consistency.

Wk. 11 Para Athlete: Achieved in a recent Olympic Trap Comp, Impressive Improvements, Initial base line Objective of 1% adequately met, actually base line of 4%.

Recent email from the Athlete: Reads:" I am continuing to stick to the program, learned a lot over the last 3 months, Technical Issues, including things about Myself, I am more confident about my shooting , and a more happier person."

## **The Team:**

### **John Peacock**

Sports Therapist - 2014 Commonwealth Games Development Camps, Shotgun Team.

Sport Biomechanics

Advanced PT / S&C Coach

Honorary Fellow Member (I.C.S.I)

### **Jill Thickett**

ISSF D Shotgun Coach

Sports Psychology

Clinical counselling

Medical (Ret)2014 Commonwealth Games Development Camps, Shotgun Team,

Our thanks to John and Jill for sharing their work with British Para-Athletes preparing for the European Championships in Italy.

Continued ....

### A SILVER, A BRONZE AND A QUOTA PLACE AT THE EURO CHAMPS.

Saturday, August 27, 2022



The GB Senior Olympic Trap team have secured four medals in Cyprus as Lucy Hall and Nathan Hales impress in the individual event at the European Championships.

**Lucy's silver in her first year as a senior also means she has secured a quota place for Team GB for the Paris 2024 Olympic Games.**

Nathan's bronze means he just missed out on an Olympic quota place – despite the fact he had the same score as Sweden's Rickard Levin-Andersson when it was confirmed Nathan would be eliminated on based on qualification ranking.

The senior Olympic Trap teams topped off a fantastic competition with two team bronzes for the male and senior teams.

Speaking after winning silver and the quota, Lucy said: "I'm just absolutely over the moon. All the hard work I've been putting in back home is really paying off now and I'm just so happy."

Lucy is coached by her father, Rob, who featured in the last edition of News Shots in his own right as a shooter and a member of the Institute.

"In terms of my performance in the final, the first 15 were solid, then the middle 10 I was happy with too. The last 10 had me and Sylvana shooting 10 straight and she just pipped me by one."

Bronze medallist, Nathan, said: "I'm very happy with a medal, it's great to be back up on the podium again because it's been a little while."

"I'm really gutted about the quota place, but I'll be focused on getting it next time."

"It's a great feeling to have gone out there and competed with the best and hold my own and it's nice to show I can perform under the same circumstances as everyone else."

Elsewhere, Matt Coward-Holley was unlucky to miss out on the final after finishing third in his semi-final. Aaron Heading finished 14th in the qualification rounds.

In Women's qualification, Kirsty Hegarty finished 13th and Ellie Seward, 22nd.

Congratulations to all the shooters on a fine performance and to their coaches for all their hard work.

Continued ....

<https://youtu.be/LYf1-84K93k>

## WORKSHOPS AND CONTINUED PROFESSIONAL DEVELOPMENT

*A full list of Workshops and Courses are featured on the Institute Website.*

### Coach and Instructor Development Workshops Course Calendar

**MONDAY 5<sup>TH</sup> SEPTEMBER 2022 INTRODUCTION C&IDW AT KIBWORTH SG  
LEICESTERSHIRE**

**SOUTHDOWN SG SUSSEX COURSE CANCELLED DUE TO LACK OF NUMBERS**

## Something to watch.....

The balance of a shotgun is an important feature of any gun fit.

Here is a video of one gunsmiths experience balancing a gun.

<https://youtu.be/uM0bQhm9bBY>

## ICSI ONLINE SHOP

The online shop is now up and running.

Items may be purchased and paid via our Institute PayPal account, normal debit and credit cards may be used and goods will be despatched as soon as possible

Please visit the website to view merchandise and prices.

There is a new, low profile, baseball cap available and soon we hope to have Institute gilets available.

## FINALLY.....

I am sure you have a tale or two related to your coaching experiences or information you have heard which would be of interest to other members or a photograph which would be good to share. Please send them to me for inclusion in News Shots on [icsimembership@gmail.com](mailto:icsimembership@gmail.com)

If there are seminars which you would find useful and know of a provider, please let Simon Arbuckle know and we shall investigate if it is possible to provide a zoom seminar.

Continued ....