



News Shots

Institute of Clay Shooting Instructors

20th February 2023
Issue 3 2023

A NEW LOOK FOR 2023

Those that responded to my request for comments regarding the new look for 2023 seemed to like this new style of presentation, so we shall keep it going. Any suggestions for change will be gratefully received.

SUBSCRIPTIONS DUE BY MARCH

By now you should have received your subscription renewal invoice for 2023/24. Many of you will have set up Standing Orders with your bank to pay your subscription automatically prior to 1st March each year. However for those of you that like to pay by BACS the invoice will remind you of the Institute's bank details. You can also pay by PayPal using the institute's web site. Cheques are now difficult to process as the local Barclays Bank has now closed. I'm sure many of you will now have similar problems added to that it takes a full half day to pay in perhaps 3 or 4 cheques.

For those of you who have already paid, thank you for your payment and for those who are about to pay, thanks in anticipation.

INSTITUTE AGM

The AGM will take place on Monday 20th March 2023. It booked to take place at Nottingham and District Gun Club with the AGM starting at 11:00. After lunch we hope to have a speaker and demonstration but at present we are still awaiting confirmation of this. It is hoped that as many members as possible will attend and as usual it is great to see, face to face, the members of the Institute, share stories and catch up with friendships.

Once we have finalised the details I shall email members confirming the details and asking you to "book" a place so that we may arrange catering for lunch.

CPSA NEWS

Championship Bookings

Round 2

Two weeks to go before the remaining Championship bookings open!

For the disciplines of **EO ABT**, **BO ESK** and **BO ESP**, bookings open at 8pm on Wednesday 1st March 2023.

24th - 25th June > **English Open ABT** at [National Clay Shooting Centre](#)

22nd - 23rd July > **British Open Skeet** at [East Yorkshire Clay Shooting Ground](#)

30th Aug - 3rd Sept > **British Open Sporting & Sportrap** at [Garlands Shooting Ground](#) run by [The Clay Shooting Company](#)

There are still spaces remaining for the championships that are currently live: **EO ESK**, **EO ESP**, **EO STR** and **DTL Weekend**, so call us or book online to secure your place!

www.championships.cpsa.co.uk

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REVISED FIREARMS LICENSING STATUTORY GUIDANCE FEB 2023

Dr. Malcolm Plant, our representative on the British Shooting Sports Council, has sent a link to the latest revised statutory licensing guidance, issued by the Home Office, which Police firearms enquiry officers and managers should be using in their role to grant and renew firearms certificates and licences.

However, Malcolm warns that in light of recent fatal shootings there may be further changes.

The link to the guidance is given below.

https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/1135052/Revised_Firearms_Licensing_Statutory_Guidance_Feb_2023.pdf

“The harder I practice the luckier I get” Gary Player



GREAT BRITISH SHOOTING SHOW 2023

Running from Friday 17th Feb to Sunday 19th Feb the Great British Shooting Show at the NEC Birmingham attracted, according to the organisers, record crowds. Certainly on the Friday 3 members of Council attended the show, working our way around the various trade stands. As always, I ran into Steve Williams within minutes of entering the show and we headed off to the CPSA stand to catch up with John Martin and Ian Parker. We heard that Malcolm Plant was around but I didn't find him for the rest of the day!

We all seemed to visit Wesley Richards and enquired about a visit in the near future. Paul Dancer, visiting on the Saturday, will look at a future visit.

Cartridge manufacturers were there and as well as explaining the issues related to a move away from lead were also justifying the past and imminent price increases. Again Paul was busy trying to arrange a visit and he met up with Marcus Idden from Lyvale Express.

A number of accessories suppliers such as Swatcom were present plus many other in-ear hearing protection suppliers.

A number of gun manufactures were also present, displaying their selection of guns.

Overall a good day out with many old friends and new friends. Its often more about who you meet not what you see.

Top to bottom: John Cullinan and Steve Williams with John Martin and Ian Parker of the CPSA Paul Dancer on the Swatcom stand.

Alex Jade Gregory being presented by Yildiz with her shotgun...as brand ambassador for Dynamic Ladies Shooting Club sponsored by Yildiz with Mhairi-Ann Troup the Owner of DLSC and Associate member of ICSI



Coach Development Workshop Doveridge

DEVELOPMENT WORKSHOPS AND CLINICS

Coach and Instructor Development Workshop Calendar

Coach and Instructor Development (Follow on)

Kibworth Shooting Ground, Leicestershire

3rd April 2023

Observational and Interpretational Development

Oakedge Shooting Ground Staffordshire

6th March 2023

Olympic Skeet Coaching Workshop

East Yorkshire Target Centre

13th April 2023

Clinics

Gun Fit and Eye Dominance Clinic

Venue and Date to be Confirmed

Please visit the Institute website for details and to book a place.

www.isci.org.uk

DEVELOPMENT

WORKSHOPS 2023

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).

John Cullinan (Head Coach at Kibworth Shooting Ground)

A program of 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 -

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).

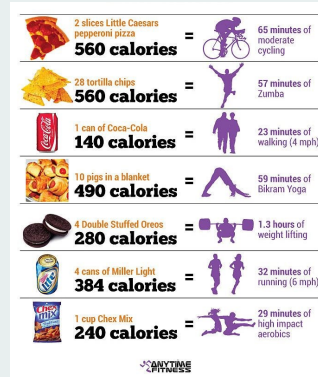
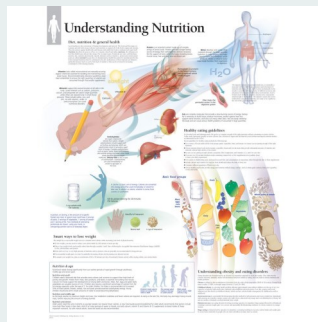
Coach and Instructor Development Day (Follow)

Designed for candidates wishing to refine the various aspects gathered in the preceding workshop, returning once they have had the chance to 'try them on for size'.

Observation and Interpretation Workshop

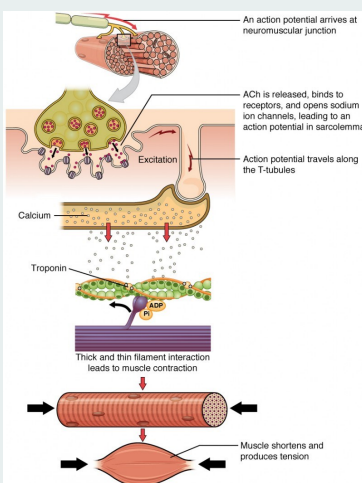
A follow up to the Development Workshops. Working on Observing the shooting process and then interpreting what you have observed. The workshop uses video to play back the shooting process and aid interpretation.

ZOOM SEMINAR NUTRICIAN AND FITNESS



Estimated Calorie Requirements (in Kilocalories) for Each Gender and Age Group at Three Levels of Physical Activity*				
Gender	Age (years)	Activity Level***		
		Sedentary*	Moderately Active*	Active*
Child	2-3	1,000	1,000-1,400 ^b	1,000-1,400 ^b
	4-8	1,200	1,400-1,600	1,400-1,800
	9-13	1,600	1,600-2,000	1,800-2,200
	14-18	1,800	2,000	2,400
	19-30	2,000	2,000-2,200	2,400
	31-50	1,800	2,000	2,200
Male	51+	1,600	1,800	2,000-2,200
	4-8	1,400	1,400-1,600	1,600-2,000
	9-13	1,800	1,800-2,200	2,000-2,600
	14-18	2,200	2,400-2,800	2,800-3,200
	19-30	2,400	2,600-2,800	3,000
	31-50	2,200	2,400-2,600	2,800-3,000
51+	2,000	2,200-2,400	2,400-2,800	

Source: HHS/USDA Dietary Guidelines for Americans, 2005



On Monday 13th February 2023, WO2 Steve Hughes (QMSI) gave a fantastic presentation on the relationship between, nutrition, fitness and performance.

His technical but clear presentation looked at food intake, sleep and sleep patterns, warming up exercises and how these relate to performance. As a clay shooter and part of the Army Clay Shooting Team, Steve was able to relate his professional expertise to the sport of shooting.

His present post requires him to advise his Major General on the fitness of soldiers undertaking new deployments and so his expertise has a critical real world application. As well as being a fitness instructor he is also an advanced paramedic and so has a practical and academic background.

His presentation was inspirational, we hope to have him back again.

ICSI SHOP

<p>Bullion Badge</p> <p>£12.50</p>	<p>Cap</p> <p>£15.00</p>	<p>Low Profile Cap</p> <p>£15.00</p>	<p>Jack Pyke Gilet</p> <p>£40.00</p>
<p>Polo Shirt</p> <p>£25.00</p>	<p>Tie</p> <p>£12.50</p>	<p>Loaders Pin</p> <p>£10.00</p>	<p>Pin</p> <p>£10.00</p>
<p>Round Badge</p> <p>£5.00</p>	<p>Shield Badge</p> <p>£5.00</p>	<p>Square Badge</p> <p>£5.00</p>	<p>The Knowledge Book</p> <p>£13.00</p>

Please visit the ICSI Website to purchase any of the items shown above.

SOMETHING TO WATCH



The Great British Shooting Show 2023

<https://www.youtube.com/watch?v=WDeWm3ryfc4>



Cleaning Your Shotgun—Advice from Napier

<https://youtu.be/oH-pkjwpFzo>

CPSA COURSES

The CPSA have spaces on the following courses...

27/02/2023 - IDW - [Doveridge Clay Sports & Leisure](#)

04/03/2023 - REF - [Barbury Shooting School](#)

04/03/2023 - REF - [Southdown Gun Club](#)

06/03/2023 - Safety Officer - [Millride Country Sports](#)

To book onto any of these courses, visit: www.cpsa.co.uk/courses

COUNTRY FAIRS & SHOWS 2023

Northern Shooting Show

Yorkshire Events

Centre Harrogate

6th—7th May 2023

The Game Fair

Ragley Hall, Warwickshire

28th –30th July 2023

Kelmarsh Country Fair

Kelmarsh

9th –10th April 2023

Highclere Show

Highclere

28th-29th May 2023

Weston Park Country Fair

Weston P Park

16th –17th September 2023

THE INSTITUTE OF CLAY SHOOTING INSTRUCTORS

Founded in 1987, The Institute of Clay Shooting Instructors is a formal, non-profit making organisation serving Clay Shooting Coaches and Instructors.

The 'Aim' of the Institute is to deliver 'Continuous Professional Development' for the membership at all levels, through a variety of channels.

The 'Objectives' of the Institute are set to provide resources and opportunities that allow individuals to progress their skillsets in coaching, within a mutually supportive network.

ICSI Council
Chairman: John Robinson
Treasurer: Dr Malcolm Plant
Registrar & Membership: John Cullinan
Courses & Shop: Jason Rowntree
Zoom Seminars: Simon Arbuckle
CPSA Links: Steve Williams
Game Loaders Course: Andrew Kirkland
Keith Stoker

AND FINALLY.....

2023 FUJAIRAH MOUNTAIN SHOOTING CHAMPIONSHIP UAE

It's been a busy few weeks for Council member Steve Williams, he is just back from Dubai where he helped referee the 2023 Fujairah mountain shooting championship.

Set in the mountains near the coast, this new competition saw shooters from around the world enter and shoot this challenging competition. Given its unique setting, many competitors had never experienced the sorts of target presentations seen in this competition.

Results (OPEN)

- 1 DELMAS, Matthieu
- 2 MATARESE, Anthony
- 3 FANIZZI, Joseph



Steve Williams one of the Championship referees