

Program of Training Camp

Day	Date	Group	Time			
1	1 th Aug			Arrival and registration		
2	2 th Aug	All	09:00–10:00	Opening Ceremony of the Training Camp		
		All	10:00–12:00	Lecture of psychology	Power of Positive thinking(Concentration)	Mr. Kim Il Hwan
			10:00–12:00	Shooting training	First contact with Shooting range	
		All	14:00-17:00	Training and Coaching	Preparation for competition	
3	3 th Aug	All	09:00-11:00	Competition AR 40		
		Coaches	11:00-12:00	Lecture of shooting	Analyze of results of competition	Mr. Anton Belak
		Coaches	14:00-15:00	Lecture of shooting	Standing Position	Mr. Anton Belak
		All	15:00-17:00	Training and Coaching		
		Shooters	17:00-18:00	Regeneration		
4	4 th Aug	All	09:00-12:00	Training and Coaching		
		Coaches	14:00-15:00	Lecture of shooting	What you can see from group of shots	Mr. Anton Belak
		All	15:00-17:00	Training and Coaching		
		Coaches	17:00-18:00	Lecture of shooting	Best Barrel and Pellets	Mr. Kim Il Hwan
		Shooters	17:00-18:00	Physical training		
5	5 th Aug	Shooters	09:00-12:00	Doping Workshop for Shooters		
		Coaches	09:00-12:00	Lecture of shooting	Tactic in competition	Mr. Anton Belak
		All	14:00-17:00	Training and Coaching		
		Shooters	17:00-18:00	Physical training		
6	6 th Aug	Coaches	9:00-17:00	Doping Workshop for Coaches		
		Shooters	09:00-17:00	Training and Coaching		
7	7 th Aug	All	9:00-16:00	Trip to the city		
8	8 th Aug	All	09:00-12:00	Training and Coaching		
		Coaches	14:00-15:00	Lecture of shooting	Finding,solving mistakes -standing pos.	Mr. Anton Belak
		All	15:00-17:00	Training and Coaching		
		Shooters	17:00-18:00	Physical training		
9	9 th Aug	All	09:00-11:00	Competition AR 40		
		Coaches	11:00-12:00	Lecture of shooting	Analyze of results of competition	Mr. Anton Belak
		Coaches	14:00-15:00	Lecture of psychology	Psychological preparation	Mr. Anton Belak
		All	15:00-17:00	Training and Coaching		
		Shooters	17:00-18:00	Physical training		
10	10 th Aug	All	9:00-16:00	Trip to the city		
11	11 th Aug	Coaches	9:00-10:00	Lecture of shooting	FAQ	Mr. Anton Belak
		All	10:00–12:00	Training and Coaching		
		All	14:00-17:00	Training and Coaching		
		Shooters	17:00-18:00	Physical training		
12	12 th Aug	All	09:00-11:00	Competition AR 40		
		Coaches	11:00-12:00	Lecture of shooting	Shooting season	Mr. Anton Belak

		All	14:00-17:00	Training and Coaching		
		Shooters	17:00-18:00	Regeneration		
13	13 th Aug	All	9:00-12:00	Training and Coaching		
		All	14:00	Closing Ceremony of Training Camp		
14	14 th Aug	All		Departure of delegations		