

## 3 Position Rifle Coaching Clinic Program

The coaches of Maspenock Rod and Gun Club and The Taunton Marksmanship Unit are pooling their vast experience and are proud to offer an advanced 3 position coaching class.

What is taught in the level 1 coaching class is more of a general overview of the sport and how to run a program in your club. It is a great starting point for all that want to coach but it really lacks the 'how to's' about proper training techniques and position work. There is no magic pill for success, but we can show you the many variations of position techniques to assist you and your shooters.

This class will be 'full hands on' and specifically geared for all Level 1 Rifle Coaches, parent coaches that have no formal training but are involved and of course the junior shooters.

If you fall into one of these groups and wish you knew more techniques to improve your shooters performance or you as a coach feel you need additional hands on position training with 3 position small-bore rifle then this is the clinic for you. This clinic is structured to give you all as much information as humanly possible in 8 hours. We will be working full on for the entire day. Be ready for a work out. Juniors get plenty of sleep the night before; you are going to need it. We will be strict about the schedule so that we cover as much material as possible. Please help us keep on schedule with your attention and focus.

Have you ever heard, "shooting is 90% mental", or something like that. Well there is something to be said about that, but from the coaching perspective it takes on several different meanings. As a coach how well do you work with the parent of the shooter? As a coach what kind of conversations do you have with your shooters when you coach? Do you ask questions or make statements? Do you observe and offer advice or do you correct and instruct? These are very similar but believe it or not can be very different.

We will also give you some mental training tips interspersed in this clinic. This clinic would be incomplete if we did not help you all improve your communication skills.

**Date: Saturday March 22, 2014**

**Time: 9 am to 5 pm; Snow, Rain or Shine**

**Location: Maspenock Rod and Gun Club, 1 McGill Lane, Milford, MA 01757**

**Cost: \$75.00 for all coaches and \$25.00 for their junior training partner.**

If a coach cannot bring a junior to train with one will be made available to work the position clinic with. Cost \$25.00

All proceeds will directly benefit the Maspenock Junior Rifle Team and the Taunton Marksmanship Unit.

RSVP's are required as space will be limited to the first ten (10) teams.

Reservations must be made via email to [mannysai@comcast.net](mailto:mannysai@comcast.net).

All registrants must pay by check in advance prior to March 19, 2014.

**Please make out checks to: Manny Snyderman and mail to:  
22 Whip-o-will Lane, Milford, MA 01757.**

## Agenda for the 3 Position Clinic

- 8:30 am Arrival and check-in. Equipment to be set-up on the ranges by the shooters.
- 9:00 am Stretching Clinic: How to prepare for a long day of training
- 9:15 am Sight adjustments: How do my gun's sights work?
- 9:30 am Prone Position Advanced Training
- 10:15 am Break 15 min. Nutrition and it's importance! Snack for everyone. Bring water.
- 10:30 am Change over equipment to off hand. Change to be done by the shooters
- 11:15 am Offhand Position Advanced Training
- Noon Lunch Break Pizza will be provided and included in the registration fee.
- 12:15 pm Lecture Series:
- |           |   |                                 |
|-----------|---|---------------------------------|
| Coaches:  | How well do you talk to your shooter?             | Sid Martin                      |
| Parents:  | What can I do to help?                            | Manny Snyderman, David Gregiore |
| Shooters: | Goal Setting, What is it?<br>Why is it important? | Mackenzie Martin                |
- 12:45 pm Stretching in preparation for: Kneeling Position Advanced Training
- 1:00 pm Kneeling Position Advanced Training
- 1:45 pm to 5:00 pm. Recitation Period and SCATT Training offered in the offhand position. Each individual shooter will be given equal time with a club air rifle to evaluate their offhand position.
- During the 2:00 to 5:00 period the coaches will be observing and offering advice.
- 2:00 pm Prone Position Review. Let's see what you learned!
- 3:00 pm Offhand Position Review. Let's see what you learned!
- 4:00 pm Kneeling Position Review. Let's see what you learned!
- 5:00 pm Questionnaire and instructor evaluations
- 5:15 pm Packing up and going home

### Clinic Instructors:

#### Sid Martin:

Taunton Rifle and Pistol Club, Age 54, three children Molly, Carrie and MacKenzie. Level 2 coach for 5 years.

Sid Martin became exposed to mental imagery training at the advance ski instructor school in Killington, VT where he became a certified ski instructor. The visualization instruction received helped skiers improve when not actually being able to ski. This has intrigued Sid since the early 1990s and Sid has read and attended many seminars on the topics of positive mental attitude, visualization and mental training.

The Topic of Positive Mental Attitude has been something Sid has studied since General Electric provided training on the topic in 1986 in their management program. Sid has applied these techniques in various organizations.

Sid is an avid bird hunter and has used mental imagery to practice shooting woodcock, partridge and pheasant. The instinct shooting techniques have filled his upland game bag during many seasons. Sid shot skeet competitively to tune his skills for the hunting season.

Sid is also an AKC field judge for pointing dog breeds. He has published numerous articles on dog training.

#### Manny Snyderman

Maspenock Rod and Gun Club, Age 52, married, two children Max and Michelle. Level one rifle coach since 2003.

Shot 3 position rifle 1 year for University of Texas, Arlington 1979 and 3 years Wentworth Institute of Technology, both colleges are NCAA Division III.

Has worked with several top coaches in the state and travelled to multiple high profile matches with the Massachusetts State Team between 2005 and 2009.

Coached son Max thru high school and helped Max receive a shooting scholarship to The Ohio State University in Columbus Ohio, NCAA Division I.

Formed the Maspenock Junior Rifle league in 2006 and is the presiding president. This league now proudly has seven separate clubs as members with over 70 active participants. This league is the largest junior rifle league in the state.

# 3 Position Rifle Coaching Clinic Program Registration Form

NAME: \_\_\_\_\_

ADDRESS: \_\_\_\_\_

CITY: \_\_\_\_\_ STATE: \_\_\_\_\_ ZIP: \_\_\_\_\_

PHONE NUMBER: \_\_\_\_\_

EMAIL ADDRESS: \_\_\_\_\_

CLUB YOU ARE ASSOCIATED WITH: \_\_\_\_\_

SHOOTING EXPERIENCE: \_\_\_\_\_

\_\_\_\_\_

WHY YOU ARE TAKING THIS  
CLINIC: \_\_\_\_\_

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PREVIOUS COACHING EXPERIENCE, IF SO PLEASE

DESCRIBE: \_\_\_\_\_

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