

# Advanced Junior Shotgun Camp, San Diego 2008

Elite shotgun athletes from across the country arrived in San Diego, California for the NRA Laura Revitz Memorial Advanced Junior Shotgun Camp (AJSC) on July 22<sup>nd</sup>, 2008. Athletes submitted comprehensive handwritten applications for the attendance selection process. Several areas



were reviewed including a letter of recommendation from their coach, a sports physical, scores from recent competitions, even their grade point average. These athletes and references were interviewed by telephone before their acceptance letters were mailed out. The AJSC is for serious athletes that want advanced training from the best coaches in the world. These selected athletes are future Olympians, All Americans and Class Champions. The training curriculum is tough as all aspects of their shooting is taken apart, reviewed and reassembled to have the athlete reach their

maximum potential under supervision of the coaching staff and specialist's. Athlete selection for the AJSC was a privilege.

Coaching staff members, B.J. Mc Daniel, Jon Ogilvie, Marvin Spinks and Bonnie Chamberlain, were introduced to athletes at Project 2000 Shooting Range (El Cajon, CA) on the first day. A camp overview, safety briefing, housing structure and general rules were discussed. Pizza dinner was served and athletes had an equipment inspection by staff with detailed notes on all of their gear and proper gun fit.

Five Stand Sporting Clays were shot by athletes as an ice breaker and mini competition between boys and girls. Coaches were able to observe the athletes in this environment and put the finishing touches on the training curriculum. Four hundred targets later and several challenging games, the girls were well ahead of the boys. This competitive lead would remain the duration of the camp.

Mini vans shuttled athletes and staff to the University of California San Diego, (UCSD) Eleanor Roosevelt Campus for the first of their four night stay in the college dormitories.

7:15 a.m. came quick as athletes made their way to UCSD's Café Ventana, the campus cafeteria, for a nutritious breakfast and some social interaction.

Following breakfast, athletes and staff were shuttled to San Diego Shotgun Sports Association's (SDSSA) range on Miramar Marine Air Station in San Diego, California.

The AJSC focus is on International Trap. Preparing the range for training had everyone pitching in. Shade canopies supplied by camp sponsor, PRO BUILD, were erected over the eighteen yard line to allow athletes protection from the sun and keep focus on training.

After a safety briefing and facility overview, staff members jump right into gear adjustment and getting athletes shooting. B.J. Mc Daniel, USA Shooting's Assistant National Team Coach, had athletes begin with first barrel shots. "This has them focus on their target knowing they don't have the second shot backup" said Jon Ogilvie, former New Zealand National Team Coach and National Sporting Clays (NSCA) Level 3 Instructor.



A short lunch breaks with hoagies and chicken sandwiches, allowed athletes to discuss their morning's training.

As athletes came back on the field, training became more intense with focus on seeing the target correctly. "Proper initial movement and seeing the targets correctly are core fundamentals" stated Marvin Spinks, International Shooting Sports Federation Coach (ISSF) and NRA National Coach Development Staff Member(NCDS).

Rounding out the training day with about six hundred

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targets and a host of adjustments, staff and athletes shuttled back to UCSD for a classroom session prior to dinner. Athletes made entries into their logbooks as they discussed their training with coaches and a complete breakdown of the days training.

After dinner, it was off to Torrey Pines State Beach for a Biathlon, led by US National Shotgun Team Member Susan Sledge (El Cajon, CA). Athletes went on a short run and ocean swim before retiring to the campus dorms for the evening.



After room inspection and the morning meal, staff and athletes used the classroom and wobble trap field at Project 2000 for increased vision training exercises. The Dryfire System was introduced to many athletes and everyone had an opportunity to test and train on the laser target system. Following boxed lunches, athletes met with Dr. Sharon Colgan, Ph.D. USOC

Certified, in the classroom for a lecture and discussion on athletes and sports psychology. Dr. Colgan points out key reasons athletes need assistance before they reach a slump and that mental training, self talk, visualization and support make you perform at your best. "Athletes understand competition pressures" said Bonnie Chamberlain, ISSF Coach and NRA NCDS Staff, "Just not how to deal with them."

"Dr. Colgan brought out the mental part in plain English" said one of the elite athletes.

Group photos were taken after the lecture and athletes were divided between the Dryfire System and the wobble trap field.

Spent Winchester International AA Hulls continued to pile up on the field as athletes worked the fundamentals.

After returning to UCSD for the nightly classroom discussion, athletes opened up about their pre shot routine, habits, flaws and successes. Logbooks had longer entries and athletes carried the conversation into the cafeteria after the night's session ended.

Camp sponsor, Legend Recycling, treated the athletes to an evening at Sea World San Diego.



Everyone had an opportunity to experience the tourist destination. Rides, exhibits and shows kept everyone entertained as they increased their marine life education and raised their heartbeats on the thrill rides.

The last day of took place at SDSSA and put all of the lessons together as athletes progressed towards their maximum potential. Several games were introduced red vs. blue, chip shoot, miss-n-out and first hit.

Parents and guest of athletes arrived after lunch for a mini tournament and final. "You can see how focused

the athlete's are" said Cindy Spinks, staff assistant. Scores were tallied, targets were smashed, shells flew and the one shot final wrapped up the match.

Bret Johnson (Pine Grove, CA) was on the top podium followed by Erik Sugita (Alpine, CA) and



Ashley Carroll (Solvang, CA) respectfully.

Parents and guest departed the field as staff and athletes headed back UCSD for the last evening classroom discussion. Head Coach Mc Daniel review what was covered throughout the camp with additional input from the coaching staff. Athletes added the final questions and comments before breaking for dinner in the campus cafeteria.

Athletes were required to complete a brief questionnaire and vote on the "Most Valuable Shooter" (MVS) and "Most Valuable Coach" (MVC) Final

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awards came after dinner in the dorm's common room where all athletes received their completion certificate, words of recognition and a photo with the coaching staff.

Elias Crawford (Seymour, TN) was voted "Most Valuable Shooter" from his fellow athletes and received a "Camp Cup" Athletes voted for Coach Marvin Spinks for "Most Valuable Coach" "Marvin really connected with the athletes" said Jon Ogilvie. The final night of the camp had all of the athletes asking to return to Torrey Pines State Beach for more fun. "You can just feel the bond these campers have" Susan Sledge stated as each athlete personally requested a return invitation to the next camp.

Athletes departed the next morning with knowledge to improve their International Trap game and a deeper understanding of themselves and fellow athletes. Everyone agreed that this was the best camp they attended, the training was top notch!

Information on future shotgun camps can be requested from [info@casctp.org](mailto:info@casctp.org)

