

# **INTERNATIONAL SHOOTING SPORT FEDERATION** INTERNATIONALER SCHIESS-SPORTVERBAND e.V. FÉDÉRATION INTERNATIONALE DE TIR SPORTIF FEDERACION INTERNACIONAL DE TIRO DEPORTIVO

ISSF, Bavariaring 21, D-80336 München, Germany

To all ISSF Member Federations

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Munich, 01/24/2017 /SG

#### Reference: IOC/ISSF National Training Systems Development Project 2017 in Bar, Montenegro from October 12-18, 2017

Dear Mr. President, Dear Friends,

The ISSF is proud to announce the IOC/ISSF National Training Systems Development Project 2017 and we would like to invite you to nominate your candidates for this Course.

The purpose of this Course is to assist member federations in developing a systematic and comprehensive training programme for national teams. At the completion of the Course, participants should be capable of initiating a National Training System to a professional level that will enable member federations and athletes to participate in the Olympic Games.

The Course is designed to educate coaches, national officials and the development staff of national federations in the preparation and understanding of the requirements to successfully deliver a systematic training programme for national teams.

#### LANGUAGE

The working language of the IOC Project Course is English. Participants are expected to have a strong working knowledge of the English language both spoken and written. Poor knowledge of the English language may jeopardise participants' chances of successfully completing the Course and will inevitably compromise their ability to gain fully from participation.

#### REGISTRATION

We kindly ask all our member federations to submit their application to the ISSF Headquarters by using the enclosed registration form as soon as possible, but no later than

# June 2, 2017

#### ACCEPTANCE

The ISSF will select a maximum of 20 participants for this Course. If too many applications are received, the ISSF will select those participants who it deems will benefit most from this project. The selection is not only based on the date of the application but also on other relevant aspects. The ISSF will send a letter of acceptance to those member federations, whose registrations have been accepted, along with additional information on the homework assignments.

#### FEES

The participants will be responsible for their travel expenses to and from Bar, MNE to their respective countries. The hotel is for the course is Hotel Princess in Bar which is also the location of the Course. Participants on the IOC Project will be housed in double room accommodation. Single room accommodation can be requested but is subject to availability and involves an extra charge of 10.00 Euro per day to be paid directly to the Hotel Princess in Bar.

Member federations can apply to the ISSF for financial support to assist nominated participants. Applications for support can be addressed by a formal mail to the ISSF Headquarters in Munich to sarah@issf-sports.org as soon as possible, but not later than

## June 2, 2017

#### TRAVEL

The nearest airports to Bar are Podgorica (TGD) and Tivat (TIV). There are several flights per day offered to both airports. Transport from the airport to the Hotel Princess in Bar will be arranged for your arrival and departure on the official travel days. The travel days should be planned for October 12, 2017 (arrival) and for October 18, 2017 (departure). After your application is accepted you will receive a confirmation letter together with the travel form which needs to be filled out and sent back to the ISSF Headquarters in Munich.

We kindly ask you to adhere to the above deadlines so that we can ensure that the IOC Project 2017 is well organized and prepared for the convenience, comfort and complete satisfaction of your designated participants. More information on the ISSF Academy and the Coaching Courses can be found online under <u>www.issf-sports.org/academy</u>. Questions can be sent to <u>issfacademy@issf-sports.org</u>.

With kind regards, Sincerely yours,

Olegario Vázquez Raña ISSF President

Finos Shile

Franz Schreiber ISSF Secretary General

Enclosed: Registration Form

# **CONTENTS OF THE IOC PROJECT**

The programme comprises home study, project work, progress updates and a 5-day residential Course in Bar, Montenegro. A written examination is conducted at the residential Course. Continual assessment will be used throughout the Course to evaluate participants progress.

#### 1. Developing technical training sessions & High Performance Programmes

This topic will show students how to prepare training sessions for their team. It will show how to plan the session to address specific needs. How to ensure that the session delivers the right training intensity and finally how to evaluate the outcome of the session. This topic will also cover the process of taking development planning to a high performance level. This includes dealing with elite athletes and the requirements to be successful at a world-class level.

#### 2. Methodologies for teaching

During this topic the various teaching methodologies will be explained and how they might be utilized during training sessions. It will show how to choose the correct selection of teaching methodology for the training task.

#### 3. Developing a coaching team

Ensuring that a federation has the correct coaching and support staff in place is a key element for a success development programme. What type of staff do you need to work with and what roles will they undertake to ensure that your programme is successfully delivered.

#### 4. Talent Identification

Without a pipeline of emerging talent, a federation's development programme will not progress. To ensure that new talent is quickly identified and invited into the development programme, we will look at the various methods of talent identification used in shooting sports.

#### 5. Homework

Participants will be required to submit a project homework. The subject is an analysis of the national federations current training programme and goals for the next Olympic cycle. The homework will include a detailed analysis of the strengths and weaknesses of:

- The national federations current level of coaching and development activity.
- Current technical training sessions
- Current teaching practices
- The current national talent identification programme

The homework must be submitted to the ISSF Headquarters in Munich (sarah@issf-sports.org) by

# September 1, 2017

No submissions will be accepted after this date. In exceptional circumstances an extension of one week will be granted after which time if the documents have not been received your participation on the Course will be deemed canceled.

# **GENERAL INFORMATION SUMMARY**

#### **COURSE DATES:**

October 12-18, 2017

## **ARRIVAL DAY:**

October 12, 2017 Transport will be organized and paid from Airports Podgorica and Tivat, MNE only on the official travel days.

#### **DEPARTURE DAY:**

October 18, 2017 Transport will be organized and paid from Airports Podgorica and Tivat, MNE only on the official travel days.

## **COURSE LANGUAGE:**

English

## **COURSE FEE:**

FREE

Double Room included; Single Room subject to availability, the extra charge of 10.00 Euro per day has to be paid directly to the Hotel Princess in Bar.

## **COURSE & HOTEL LOCATION:**

Hotel Princess Bar ul. Jovana Tomaševića 21 85000 Bar, Montenegro +38- 30-300-177

#### SHOOTING FEDERATION OF MONTENEGRO CONTACT:

Ms. Dubravka Ivanovic <u>strelkom@t-com.me</u>

#### **ISSF HEADQUARTERS CONTACT:**

Ms. Sarah Galonska sarah@issf-sports.org

**REGISTRATION DEADLINE:** June 2, 2017

SUPPORT APPLICATION DEADLINE: June 2, 2017

HOMEWORK DEADLINE: September 1, 2017