

Charter of Duties for Coaches during Domestic Coaching Camps and Competitions Abroad

Objective: To define the roles and responsibilities of shooting coaches during domestic coaching camps, competitions abroad, and the submission of reports for effective coaching and program management.

1. Personal Relationship Responsibility:

- a. Coaches shall act as coaches/mentors to the shooters under their training.
- b. Coaches will be responsible for individual and collective training.
- c. To maintain a cordial relationship with the shooter, parents, personal coach for best development to perform in a free, fair and comfortable environment.
- d. Ensure discipline, health issues and personal support to the shooters as and when required.
- e. Coach shall, at not cost, have any conflict of interest, discrimination towards the ward under their training.

2. Coaching and Training Responsibilities:

- a. Develop and implement tailored training plans for athletes based on their skill levels and goals
- b. Conduct regular training sessions focusing on technical, tactical, physical, and mental aspects of shooting.
- c. Monitor athletes' progress, provide constructive feedback, and adjust training programs as needed.
- d. Ensure athletes are well-prepared, physically and mentally, for competitions.

3. Sports Science:

- a. Shall Actively engage with the sports science team to provide analytical data of each athlete.
- b. Execute and involve the athletes to apply recommended sports science advisories by the sports science experts.
- c. Secure knowledge, information and discuss about techniques, personal information, shooting plans and any other inputs from the personal coaches/parents

d. Athlete Development:

- a. Foster the holistic development of athletes, including their physical, mental, and emotional well-being.
- b. Assist athletes in setting short-term and long-term goals and track their progress toward these goals.
- c. Promote a culture of discipline, sportsmanship, and respect among athletes.

e. **Competition Preparation:**

- a. Strategically plan for competitions, including analysing opponents, developing match strategies, and organizing pre-competition routines.
- b. Ensure athletes are adequately prepared, both technically and mentally, for upcoming events.
- c. Analyse competitors' performance and develop strategies to maximize our athletes' chances of success.
- d. Plan and execute pre-competition routines and warm-up sessions.
- e. Assist athletes in setting realistic goals for competitions.
- f. Accompany athletes to competitions abroad and provide on-site support.

f. **Technical Expertise:**

- a. Maintain expertise in shooting techniques, equipment, and rule changes.
- b. Assist athletes in equipment setup, maintenance, and troubleshooting.
- c. Address any technical issues promptly to minimize disruptions.
- d. Stay updated on the latest advancements in shooting sports.

g. **Athlete Welfare:**

- a. Prioritize the safety and well-being of athletes during coaching camps and competitions.
- b. Act as a mentor and offer emotional support to athletes.
- c. Attend to any physical or mental health concerns of athletes and coordinate with medical professionals when necessary.
- d. Maintain open communication with athletes to understand their needs and concerns.

h. **Communication:**

- a. Maintain regular communication with the team's support staff, including physiotherapists, sports psychologists, and nutritionists, to ensure a holistic approach to athlete support.
- b. Share feedback and progress reports with the coaching staff and athletes' families as required.

i. **Compliance and Ethical Behaviour:**

- a. Ensure athletes are aware of and adhere to all relevant rules, regulations, and ethical standards in shooting sports.
- b. Promote fair play, integrity, and sportsmanship among athletes.

j. **Safety and Welfare:**

- a. Prioritize the safety and well-being of athletes at all times.
- b. Stay informed about local laws, customs, and safety guidelines in the host country.

k. Record-keeping and Reporting:

- a. Submit detailed reports on coaching camp activities, athletes' progress, and competition results to NRAI, HPD or any authorised official, as nominated by NRAI.
- b. Maintain accurate records of training sessions, athlete progress, and competition results.
- c. Ensure that all reports are accurate, timely, and comprehensive.
- d. Submit regular progress reports to the NRAI
- e. Document any incidents, injuries, or disciplinary matters and report them as required.

l. Professional Development:

- a. Commit to continuous professional growth by attending coaching workshops, seminars, and staying current with coaching methodologies.
- b. Share knowledge and mentor junior coaches to enhance the coaching team's capabilities.

m. Representing the Team and Nation:

- a. Act as an ambassador for the organization during domestic and international events.
- b. Uphold the highest standards of sportsmanship, discipline, professionalism, and integrity.

n. Professional Development:

- a. Stay updated on the latest coaching techniques, latest ISSF Match Book rules, sports science, and technology to continuously improve coaching methods.
- b. Seek opportunities for personal and professional growth in the field of coaching.

This Charter of Duties for Shooting Coaches serves as a guiding document to ensure that coaches fulfil their responsibilities effectively, contributing to maintain the highest standards of coaching excellence, fostering athlete development, and ensuring program success during camps and competitions abroad.