



Coaches Training Agenda  
Carleton Sportsmen's Club  
February 5—6, 2011



### Saturday Morning

8:00 – 8:50 A.M.	50 min	Welcome & Introduction
9:00 – 10:10 A.M.	70 min	Safety & Risk Management
10:15 – 10:45 A.M.	45 min	Rule Book & Etiquette
10:45 – 11:15 A.M.	30 min	Ethics
12:00 – 1:00 P.M.	60 min	Lunch
1:00 - 2:40 P.M.	100 min	Coaching Methodology
2:45 – 5:30 P.M.	165 min	Shotgun Shooting Fundamentals

### Sunday Morning

8:00 – 9:00 A.M.	60 min	Trap
9:05 – 10:00 A.M.	60 min	Skeet
10:00 – 10:40 A.M.	40 min	Sporting Clays
10:45 – 12:15 A.M.	90 min	Beginning Mental Training
12:15 – 1:15 A.M.	60 min	Lunch
1:15 – 2:00 P.M.	45 min	Season Training Plans
2:00 – 2:30 P.M.	30 min	Quality Training Program
2:30 – 4:30 P.M.	120 min	Range Time
4:35 – 5:30 P.M.	60 min	Check Tests / Questions