



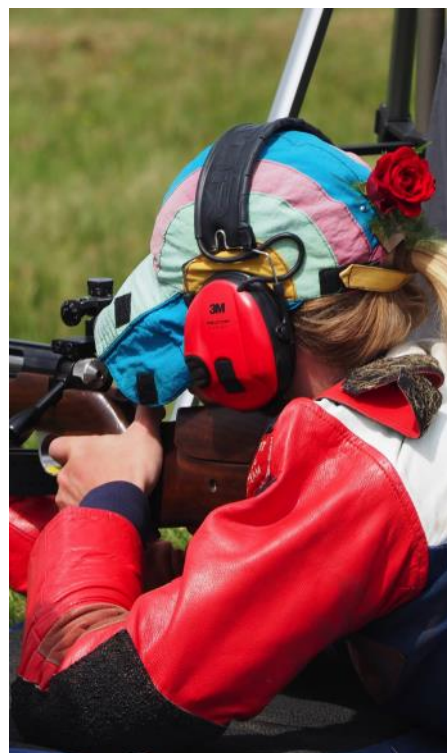
The English Twenty Club

Governing Body of English Fullbore Target Shooting

English Lions

Talented Shooter Development Squad

2018-19



Part of the English Twenty Club talent pathway:

- Preparing up and coming talent for international matches with:
- Team drills
- Goal setting
- Psychology
- Elite level coaching
- Mentoring
- Match Practise



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What is the English Lions Talent Pathway?

In 2017 the English Twenty Club launched the English Lions Talent Pathway, aimed at identifying and developing talented English shooters. The goal of the pathway is to prepare people to represent England on the international stage. There is no guarantee of selection for England at the end of the squad cycle, however we guarantee that members will become more competent individual and team shooters.

Eligibility

Any uncapped or once capped shooter, 18 or over, who is a member of the English Twenty Club is eligible to apply. There is no upper age limit. 15 will be selected for each yearly cycle. The selection committee looks keenly at results over the past 2 years, evidence of improving performance and of team shooting, ideally at county level.

Training

The squad will meet for three **mandatory** training weekends during the year, the dates and broad aims for these weekends are set out below.

Expert Coaching

The squad is managed by 4 permanent staff who will be the first point of contact for training activities. To help fully develop shooters in all aspects of senior level team shooting, highly accomplished (England, GB Palma, Commonwealth Games) elite shooters will assist at training weekends. In addition to target time on the range, these elite shooters will run sessions on

position, goal setting, psychology, SCATT, team drills and plotting.

Team Matches

As part of the training weekends, matches are arranged for the squad to develop and demonstrate their skills. In 2017 the squad won a very close match against Paul Wheeler's NRA team to the Channel Islands. Simon Belither, National Match Captain, was heavily involved in the match and the weekend, giving him the chance to assess the squad performance in advance of the July competition.

In addition to the practice matches, the English Twenty Club competes in a series of annual team matches; the RAF and Home Countries in May, UK Armed Forces in July and, every other year, the European Long Range Championships in October. All of these matches are open selection and aspiring England shooters are encouraged to apply to the respective captains for a place on the team —check www.englishtwenty.org.uk for details.

Personal Mentor

At the end of the first training weekend, each squad member will be allocated a mentor, allowing for support and advice throughout the year and away from the squad meets, including individual competitions. The whole faculty are available for advice throughout the year

For an application form, or if you have any questions please email: lions@englishtwenty.org.uk

Training Schedule 2018-19

20th/21st October	27th/28th April	22nd/23rd June
Technical workshop	National Captain presentation	Wind Reading session & range walk
Self Assessment and Goal Setting	Plotting exercise	Wind reading exercise
Winter training plan formulation	Scatt based technical work	Plotting development
Sports Psychology session	Team Match	Individual shooting exercise
Introduction to Team Drills	Team Drills development	Summer competition/goals review

Meet the Coaches

The Lions squad is managed by a permanent team of 4, supplemented by a faculty of expert visiting shooters.



Bill Richards
(Surrey, England, GB)

Main Coach

Tom Rylands
(Cheshire, England, GB) SC

Coach and armourer



Graham Nelson
(Northumberland, England, GB)

Manager

Martin Liversage
(Lancashire, England, GB)

Adjutant



John Warburton
(Yorkshire, England, GB) GM, GC, SB₃

2019 National Captain



Visiting experts include:

Jon Underwood (GM, GC₂, SM₂, C'wealth Games Bronze Medal)

Glyn Barnett (GM₂, GC₃, SC₃, C'wealth Games Gold Medal)

Jeremy Langley (Commonwealth Games Team Manager)



The 2017/18 Lions squad in action and Mark with his spoils

2017/18 Lions Squad Achievements

- | | |
|-------------------------------------|--|
| 8 squad members in The National | 3 Lions in the Grand Agg. Top 50 |
| Jason Nice wins Donaldson Memorial | 8 squad members in the match vs RAF |
| Alice Southall wins the Times | 3 squad members in The Lawrence |
| Mark Todd wins Bannockburn at SRA | Lions win match vs NRACI |
| Lions team win Darnley Plate at SRA | Chris Heales picked as coach in National |

How much will it cost me?

Whilst target rifle is an expensive sport and funding is limited, the English Twenty Club is committed to reducing the cost of squad activities.

Subsidised training

The English Twenty Club pays for the cost of target hire during the training weekends, the coaching is free. Squad members are expected to cover the costs of ammunition (at very competitive prices), food and accommodation.

For 2017/18, the cost for each training weekend was around £70, this included food but not accommodation. The three weekends are a **mandatory** part of the squad's activities.

Additional recommended activities will not be subsidised by The Twenty Club, but will be actively supported by the faculty.

Please contact lions@englishtwenty.org.uk if financial pressure may stop you applying to the squad.

What is expected of me?

Squad members will get unprecedented access to elite level shooters, top level training sessions and practice matches with the Twenty Club. In return certain commitments are expected:

- Attendance at the 3 training weekends and team training matches
- Act as an ambassador for the squad
- Commitment to the squad and its activities, including advised matches and competitions if at all possible.

What if I don't get selected?

The nature of competitive sport is that not everyone can be successful every time. By applying to the squad you are already proving to others that you want to develop further—even if you are not selected this year.

For unsuccessful candidates there is still much that you can do. Make a training plan which identifies your weaknesses and how you can strengthen them. Talking to senior members of your club and county can make a massive difference to performance, just learning by observing how others succeed and applying it to your performance. The management have committed to contact all unsuccessful applicants and explaining why they were not selected this time. There may be specific reasons, or it may simply be that 15 other candidates were felt to be in a better position—either way we feel it is only fair to let you know.

A key aspect of shooting is to regularly take part in team matches. If you currently aren't then look at what you can do to change this. Are you signed up with a county? If you're not being picked for your chosen county are you eligible for another (by birth, parent's or grandparent's birth, or residence). Shooters can change county every year and if you are not getting picked by one county they maybe others who would welcome you and give you the opportunity to shoot in matches. You can only prove how good a team shooter you are if you are regularly shooting in a team.

In addition, training materials and presentations will be made available throughout the year, as will information about English Twenty Club matches (remember, anyone can apply to be a part of these teams).

Finally, make sure you enter the Club Championship during the Imperial meeting. You must have entered the Championship to be selected for the National, and you'll kick yourself if you have a purple patch and can't be picked.

Contact Us:

Get in touch for more information about the Lions, or if you are unsure if you should apply.

More information is available in the 'Performance' section of our website:

www.englishtwenty.org.uk

Or email us at:

lions@englishtwenty.org.uk

Good Shooting!



The Lions in the 2018 Lawrence Match

Captains for England and English XX matches 2019

English XX vs RAF (at Bisley June)	John Warburton
The Lawrence (at Blair Athol, June)	
The National (at Bisley, July)	
English XX vs UK Armed Forces	Rex Barrington
European Long Range (Bisley, October)	Bill Richards
Mackinnon (at Bisley, July)	