



## South Australian Clay Target Association Inc.

Incorporated in the State of South Australia

ABN 23 067 142 669

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# SACTA JUNIOR CLINIC

Wednesday 9<sup>th</sup> October 2019 - Monarto Clay Target Club Monarto Shooting Complex - 52 Rifle Rd Monarto South

**10am – 4pm**

**BBQ lunch included**

**Cost for clinic - free.**

Sport Psychology Coach Mike Fenwick

Includes

- ✚ relaxation prior to competition
- ✚ overcoming nerves
- ✚ maintaining concentration during competition
- ✚ being able to switch on and off during competition
- ✚ coping with a bad round of competition
- ✚ mental imagery ie shooting rounds of competition in your mind while relaxing at home

DTL & Skeet Coaching will be free for all Juniors on the day  
Coaches will be in attendance

For those who will be travelling, camping facilities are available at the Club

Bookings essential

Phone 0411 615 369 or email your attendance to [secretary@sacta.com.au](mailto:secretary@sacta.com.au)

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**AFFILIATED WITH THE AUSTRALIAN CLAY TARGET ASSOCIATION INC.**

**AND SUPPORTED BY**