



**ESC COACH COURSE
RIFLE/PISTOL
TALLINN, EST
15 – 17 NOV 2024**

**ESC COACH DEVELOPMENT COURSE
GENERAL INFORMATION**

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| DATE | 15 – 17 November 2024 |
| LOCATION | Hotel Mercure GM, Tallinn, Estonia |
| LANGUAGE | English |
| TUTORS | Rifle: Anne Grethe Jeppesen, NOR (ISSF Coach PRO) Pistol: Jelena Arunovic, SRB (ISSF Coach PRO) |
| COURSE OBJECTIVES | The Program is designed to provide participants with comprehensive theoretical knowledge and practical skills in rifle and pistol disciplines. Through a combination of classroom instruction, hands-on training sessions and online pre-course session, participants will learn essential techniques, positions, and training methodologies to improve their performance in shooting sport. |
| REGISTRATION | The Member Federations must enter their Coaches by using the Registration form by the June 14th, 2024 . |
| SELECTION OF THE PARTICIPANTS | The coaches with basic experience of practice on the national level, seeking to expand their knowledge and coaching perspectives. Selection based on CV evaluation and answers to the Questionnaire. |
| ACCEPTANCE | Initially a maximum of 20 participants per discipline (Rifle, Pistol,) with a limit of 4 participants (2 Rifle and 2 Pistol) per Member Federation. A waiting list can be established. A letter of acceptance will be sent to those Member Federations which applications have been accepted. |
| PARTICIPATION FEES | 150 EUR should be paid upon invoice to the ESC no later than October 22nd, 2024 . |
| EDUCATION PATHWAY | Before the course starts, selected participants will receive: <ul style="list-style-type: none">• Homework tasks;• Educational materials. Following this, all participants will have an introductory online session with tutors. The course will span three days, culminating in a final test. To pass, participants need to achieve a score of at least 75% on the one-hour test. Subsequently, they will receive post-course homework tasks (post-course log). Depending on the tutors' decision, participants may continue their education. |
| TRAVEL AND ACCOMMODATION | The MF's will receive a confirmation letter together with the Travel form which needs to be filled in and sent to the Organizing Committee. The Organizing Committee will arrange accommodation with full board. |





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The official airport is Lennart Meri Tallinna lennujaam.
The official hotel is Mercure Tallinn GM (Lennujaama tee 2, 11101)

- Single room – 130 EUR (full-board)
- Double room – 200 EUR (full-board, 100 EUR per person)

SUMMARY OF DEADLINES

REGISTRATION:

June 14th 2024

TRAVEL FORM:

September 29th 2024

HOMEWORK:

October 14th 2024

ACCOMODATION PAYMENT:

October 1st 2024

To the OC account:

Account owner: ESTONIAN SHOOTING SPORT FEDERATION

Name of bank: Swedbank

IBAN: EE372200221002102442

SWIFT code: HABAE2X

PARTICIPATION FEE PAYMENT:

October 22nd 2024

Any questions should be addressed to the course coordinator:

Yahor Aleinik

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