



NATIONAL RIFLE ASSOCIATION

ADVANCED CIV SR SKILLS COURSE

Sunday 7 May 2017

AIM

The Advanced CSR Skills Course is a practical coaching course designed to support existing CSR competitors to improve their positional shooting techniques ahead of the 148th Imperial Meeting.

The emphasis of the course will be on the Application of Fire in each shooting position: prone, sitting, kneeling/squatting and standing. Training will be measured through test Practices, including shooting the Urban Match under match conditions. In addition, Dry Training will be conducted as part of background activity to include: match preparation, wind reading, sight setting, kit and equipment, mental approach.

The course is open to current CSR shooters who have entered at least two events in the 2016/17 Winter League. The maximum capacity is 42 attendees. The course will focus on practical range work, including target marking.

COURSE FEE

The course fee is £55.00 (£33.00 for Under 25 yrs), which includes range fees, targets, scorebook and individual coaching. Ammunition and firearms are not included and attendees are expected to bring their own. Attendees will require approximately 150 rds.

Those not yet in possession of a firearm can hire an AR-15 type rifle from the NRA Armoury for £18 for the day, and purchase ammunition - 150 rds of 5.56 mm at a price of £63 upon production of their NRA membership card and Shooter Certification Card (SCC).

DRESS AND EQUIPMENT

Light Goretex jackets are recommended with under layers according to the weather, and suitable lightweight walking-type trousers with waterproof over trousers if required. Jeans and heavy cotton trousers are not suitable. You will need:

- Ear defenders
- Firearm
- Approximately 150 rds ammunition
- Normal shooting equipment including binos
- Notebook and pencil
- Food and beverage

ACCOMMODATION

Accommodation is available onsite: for further details and to book (which can now be done online) from our home page www.nra.org.uk under the heading of bookings.

CONTACT DETAILS

If you need to contact a member of the NRA team prior to the course beginning on Sunday please contact Sharon Baker on 01483 797777 Ext 208 or the Range Office on Ext 152.

PROGRAMME

Attendees will be squadded into 3 Groups and will rotate through Live Firing at 100 yds, Dry Training and Butts. The outline programme for the course is shown below:

Time	Activity
07.45-08.00	Assemble at Short Siberia Range – Registration
08.00-08.30	Course Brief; Marksmanship Principles; shooting tips and practical demonstration
08.30-09.30	Group 1 Live Firing Group 2 Butts Group 3 Dry Trg
09.30-10.30	Group 1 Butts Group 2 Dry Trg Group 3 Live Firing
10.30-11.30	Group 1 Dry Trg Group 2 Live Firing Group 3 Butts
11.30-12.00	25 yds Sighting – All Groups
12.00-12.30	50 yds Sighting – All Groups
12.30-13.30	Lunch
13.30-14.20	75 yds Sighting – All Groups
14.20-15.10	100 yds Sighting – All Groups
15.10-17.20	Urban Match – shot under match conditions
17.20-17.30	Clear Range/Depart

AM Live Firing Application of Fire at 100 yds

No of Shots	Practice	Comment
36 (2 x mags of 18)	12 x 3 rd groups (Fig 12)	pr, sit, kn/sq, std, transition
5	1 x 20 sec exp (Fig 12c)	Std Alert to sit
5	5 x 3 sec exp (Fig 12c)	Std Alert to Kn/Sq on each exp
5	5 x 3 sec exp (Fig 12c)	Std Alert to Std on each exp
<u>10</u>	Short Range Match Practice 3	1 shot Std, 1 shot Kn/Sq at each double exp
61 Total Rds		

PM Live Firing

No of Shots	Practice	Comment
40	2 x 5 rd groups at each dist	Sighting back from 25 yds to 100 yds
<u>40</u>	Urban Match	Match conditions
80 Total Rds		



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Full Name:	
Address:	Email Address:
	Home No:
	Mobile No.
Postcode:	Club:
Firearm Certificate No:	
Issued By:	NRA Membership No:
Course Fee: £55.00 (£33.00 for U 25)	
Non-NRA Member Fee: £6.60	
Hire of Rifle: £18.00	
Ammunition: £63.00	
TOTAL AMOUNT:	
Signed:	Dated:

PAYMENT DETAILS

Credit/Debit Card Number:	
...../...../...../.....	
Expiry Date:	For security please email a separate 3 digit security code to sharon.baker@nra.org.uk or call 01483 797777 Ext 208 before your entry can be processed.

Please return this entry form with Credit Card details (no security code) or a Cheque payable to the NRA to: Shooting Division, National Rifle Association, Bisley, Brookwood, Surrey GU24 0PB
Alternatively email a completed, signed and dated copy to sharon.baker@nra.org.uk