

## **3P Camp for Target Shooters - Saturday 23 September 2017**

The BCTSA is holding a training camp for 3 Position target shooting in Powell River. Any athlete that wishes to train with Team BC members is welcome to attend.

They will receive the same training as team members and will be provided with a custom training plan at the conclusion of the weekend.

Topics will include physical and technical training, nutrition, psychology and journaling. Participants must be in Powell River by 8:00 AM on Saturday, please plan your travel to match the BC Ferries schedules. Cost is \$50.00 (you must have a BCTSA membership).