

GEORGIA COMPETITIVE SHOOTERS, INC.

2020 RIFLE CAMP



Georgia Competitive Shooters, Inc. is pleased to announce our 2020 Ole Mill Rifle Camp with U.S. Olympian Lucas Kozeniesky! The camp will occur Sunday, July 19 – Friday, July 24, 2020. Cost for the camp is \$375.00. Slots are limited so please reserve your spot by sending an email to omrc10pt9@gmail.com and sending a \$50.00 reservation fee to:

Georgia Competitive Shooters, Inc.
ATT: 2020 Ole Mill Rifle Camp
PO Box 1184
Griffin, GA 30224

The camp will begin a 4:00 pm (1600) on Sunday, July 19, with registration and a welcome reception. Training will begin Monday morning at 9:00 am (0900) and will conclude mid-Friday afternoon. Assisting Mr. Kozeniesky will be a number of current and pre-NCAA collegiate rifle athletes; many of which competed with the Ole Mill Range rifle team, Ole Mill Rangers. The camp is designed for precision/sporter air rifle and smallbore shooters. The range offers 36 Air Rifle targets and 10 Smallbore targets. All targets are electronic and utilize MegaLink.

Pre-paid lunches are available at \$6.00 per person or you can choose to eat at one of the many food establishments in Griffin. A member of our Board, who is the owner of a successful catering service, will prepare the pre-paid meals.

Each participating shooter will receive a Camp T-shirt. Shirts will be available at the range for purchase.

Please complete the registration sheet to reserve your spot for this great educational opportunity.

CAMP ADDRESS:
Ole Mill Range Complex
129 North Searcy Ave.
Griffin, GA 30223

omrc10pt9@gmail.com

Dave Hanson, Match Director
Lucas Kozeniesky, Lead Camp Instructor
Kent Morrow, Range Manager

470.204.2124

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(Schedule is subject to change/modification based on athlete needs/progress)

SUNDAY, July 19	1600	Registration & Welcome Reception
MONDAY, July 20	0900	Welcome to Training Day- Break into Groups & Warm Up
	0930	Physical Aspects to Position (we will pick at that time)
	0945	Train
	1100	Constructive discussion of things learned
	1130	Lunch
	1215	Mindfulness
	1230	Physical Aspects to Position (we will pick at that time)
	1430	Train
	1600	Constructive Discussion/journal time/ White Board Wisdom
	1645	Final Thoughts
TUESDAY, July 21	0900	Welcome to Training Day- Break into Groups & Warm Up
	0930	Physical Aspects to Position (we will pick at that time)
	0945	Train
	1100	Constructive discussion of things learned
	1130	Lunch
	1215	Mindfulness
	1230	Physical Aspects to Position (we will pick at that time)
	1430	Train
	1600	Constructive Discussion/journal time/ White Board Wisdom
	1645	Final Thoughts
WEDNESDAY, July 22		COMPETITION DAY
	0900	Call to Line
	0945	Match 1 Begins
	1130	Lunch (Time Approximate)
	1245	Match 2 Begins
	1430	<i>Break</i>
	1500	FINALS

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- 1600 Scores/Congratulations
- 1615 Wrap Up – Constructive Recap (Competitions/Training)
- 1645 Moving Forward Discussion: “Where do I go from here?”

THURSDAY, July 23

- 0900 Welcome to Day 4 - Q and A
- 0915 Collegiate Panel Interactive Discussion
Topics include:
 - Making the College Team
 - How to Stay on the College Team
 - Parents! How to Support Your Athlete**Parents are highly encouraged to attend.** (Moderated by Dave Hanson and JP O’Conner)
- 1030 Break
- 1045 The Mental Game (JP)
Break as needed
- 1200 Lunch
- 1300 The Mental Game w/Practical Exercises
Break as needed
- 1645 Discussion “Recap of Day 4”

FRIDAY, July 24

- 0900 Welcome to the Final Day – Q and A
- 0915 The Mental Game, continued (JP)
Break as needed
- 1145 Wrap-Up, Interactive Discussion

Camp Benefits & Opportunities

- **3 Days of Training with Olympian Lucas Kozeniesky**
- **Instruction and Access to Top NCAA Collegiate Competitors**
- **Training on the Mental Aspects of Competition Shooting with JP O’Connor**
 - **Parent and Competitor Breakout Sessions**
 - **Product & Equipment Information**

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Lucas Kozeniesky

<https://twsolutions.org/>



Who am I?

I am a dedicated individual who strives to bring the best out of those around me. I have a strong passion for Sport Shooting, health and fitness, and personal achievement. I want to make my experiences and my techniques available for shooters of all levels to be able to tap into as a resource.

Athletic Achievements

- 2016 U.S. Olympian
- 4-Time NC State MVP
- 4-Time USA Shooting National Champion
- 6-Time All-American

Credentials

- Bachelors of Science in Sport Management
- Minored in Leadership in Cross-Disciplinary Perspectives
- NRA Rifle Pistol Coaching Certification

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REGISTRATION FORM

ATHLETE NAME: _____ DOB: _____

ADDRESS: _____

PHONE # _____ PARENT # _____

EMAIL: _____

PARENT EMAIL: _____

SCHOOL: _____

Precision _____ Sporter _____ Smallbore _____

PAID: _____ (\$375.00)

TEAM ASSIGNMENT: A ___ B ___ C ___ D ___ E ___ F ___ G ___ (Office Only)

NAME: _____

T-Shirt Size: _____

NAME: _____

Pre-Ordered Meals: _____ YES _____ NO

If YES, Number of Meals: _____ Mon _____ Tue _____ Wed _____ Thu

AMOUNT PAID \$ _____

Please indicate number of meals per day.

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