



Air Rifle Workshop

Louise Richards is holding an air rifle workshop on Thursday 3rd October 2019, in Sophia Gardens, Cardiff.

0900	Introduction
0930-1000	Warm up
1000-1100	Positional assessment
1100-1200	Technical analysis
1200-1300	Lunch
1300-1500	Time - How to be efficient, pre/post training/match structure and application of the shooting timeline,
1500-1600	Questions
1600-1630	Review and close

For a small fee of £25, you will have access to an all day session with one Britain's best. Spaces are limited to 15 places only, so book early to avoid disappointment

To book a place contact:

Mrs. J. Minett, Welsh Airgun, 2 Fareham Park Cottages, Henry Cort Drive, Fareham, PO15 6TL

E-mail: welshairgunentry@gmail.com

Telephone queries: 01329 841664 (or +44 1329 841664)



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