



## TERMS OF REFERENCE

The Canadian F-Class Rifle Team is officially formed by the Dominion of Canada Rifle Association to represent Canada during international F-Class events, culminating with the F-Class World Championships being held in South Africa in 2021. The team is composed of members who will represent Canada and demonstrate the highest level of integrity, sportsmanship, and true enjoyment of our sport.

Our goal, simply stated, is to develop and select a cohesive team that supports each other, that helps to develop new shooters and grow our sport, and that empowers team members to perform to their potential.

**TEAM STRUCTURE:** The team will operate as a collective; however will be sub-divided by discipline (F-TR and F-Open) as needed. The team as a whole will have a team captain and adjutant, and each discipline will have two vice-captains. Overall team size will be defined by the specific event, but it is our intention to keep the pool of shooters as large as is practicable. Other team roles will include those of Training Director(s), Technical Advisor(s), Wind Coaches, and any other roles we feel would help assist in our training and development.

### ROLES & RESPONSIBILITIES:

**Team Captain:** Working with the Adjutant, the Team Captain will coordinate team training sessions, team matches, etc. He will be responsible for managing overall team communications, both internal and external. The Team Captain will be responsible for making final determinations on team make-up and budget, and will take the lead role in securing sponsorship for the team.

**Adjutant:** Working in close partnership with the Team Captain, the adjutant will help to manage team communications, training, selection, and budget.

**Vice Captains:** Vice Captains will be appointed for each discipline to help identify/address the specific needs of their group. They will assist the Team Captain and Adjutant in team selection, and help to develop and execute training plans.

**Training Director(s):** Working with team leadership (Captain, Adjutant, Vice Captains) the Training Director will help develop the plan for team training sessions, as well as for members to work on at home. This could include physical and mental training exercises, identifying helpful resources, and helping to serve as a sounding board for team members.

**Technical Advisor(s):** Working with both team leadership and individual members, the Technical Advisor(s) will bring subject matter expertise, and/or new ideas to the table to assist in both team & shooter development. They will also provide input into technical issues (equipment, ammunition, reloading, etc.) for team leadership to consider.

**Wind Coaches:** The Wind Coaches will be responsible for helping to execute the training sessions, observing and documenting shooter performance, and assisting team members in their development. They will also provide input into the selection process.

**Team Members:** Members of the development team are expected to participate in team activities as frequently as possible, including training sessions, conference calls, etc. Members will be expected to maintain training logs, plots, etc., and submit them to team leadership as requested. Team members will be supportive of their teammates, other competitors, and will endeavour to represent Canada to the best of their ability, both on and off the range. Team members should expect the following from their team leadership: fairness, integrity, transparency, timely communication, and respect for their time, personal finances, and family obligations.

**TEAM ACTIVITIES:** Our intent is to hold a total of 5 team training sessions during the shooting season, with two being held at a location in Western Canada and two in Eastern Canada. Where possible these sessions will be scheduled in conjunction with major matches, in an effort to reduce the travel and time burden on team members. A final training session is planned prior to the Canadian F-Class Nationals at Connaught in August.

With the assistance of the team Training Director(s) we will circulate an individual training plan meant to be followed by team members at home. This plan may include shooting specific training (dry firing sequences), fitness/mobility exercises, and mental management techniques. This training plan is being developed to reduce the requirement for more organized team practices.

**TEAM COMMUNICATION:** Team members should expect regular communication through electronic means (email, website, etc.). Our intention is to hold a monthly conference call, as well as maintain a web forum for team members. We will restore the team website and ensure that the team social media pages are maintained and updated regularly.

**MEMBERSHIP:** F-Class shooters of all abilities interested in being part of this program are welcome provided they are members in good standing of the provincial rifle association in their province of residence, and a member of the DCRA. Members interested in being eligible to represent Canada in international matches should ensure they have full membership in the DCRA. It is expected there will be a nominal fee for team membership however this is still to be determined.

**CONTACT:** If you have any questions please do not hesitate to contact us; we can be reached by email at [2021fcteam@dcra.ca](mailto:2021fcteam@dcra.ca)



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