



# SHOOTING DATA *Trap* JUNIOR CAMP

2023  
JUNE  
18th-23th



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**SHOOTING DATA**

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# CAMP PLAN



## SHOOTING DATA TECHNOLOGY

TRAINING TECHNIQUES & PLANNING

NUTRITION & PSYCHOLOGY SCIENCES

ATHLETIC PRO TRAINING

BALLISTIC & SHOTGUN ANALYSIS

GUNS REGULATION



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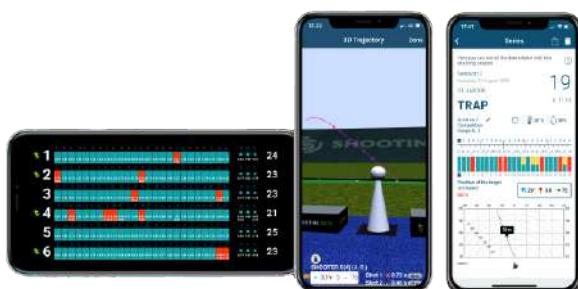
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# CAMP PLAN

## SHOOTING DATA JUNIOR CAMP PLAN

TIME	JUNE 18 <sup>TH</sup>	JUNE 19 <sup>TH</sup>	JUNE 20 <sup>TH</sup>	JUNE 21 <sup>TH</sup>	JUNE 22 <sup>ND</sup>	JUNE 23 <sup>RD</sup>
7 a.m.	WAKE UP					
8 a.m.	TRAINING ON SHOOTING RANGE, DIVISION IN GROUPS	DEPARTURE TO THE SHOOTING RANGE		DEPARTURE	DEPARTURE TO THE SHOOTING RANGE	DEPARTURE TO THE SHOOTING RANGE
9 a.m.		TRAINING GROUP A	NUTRITION GROUP B	BERETTA FACTORY VISIT	TRAINING GROUP B	GOLD CUP BERETTA JUNIOR
10 a.m.			ATHLETIC TRAINING GROUP B			
11 a.m.						
12 a.m.						
1 p.m.	LUNCH					
2 p.m.	LUNCH					
3 p.m.	ARRIVAL	TRAINING GROUP B	ATHLETIC TRAINING GROUP A	TRAINING GROUP A	PSYCHOLOGY GROUP A	TRAINING GROUP A
4 p.m.					TRAINING GROUP B	
5 p.m.			NUTRITION GROUP A		PSYCHOLOGY GROUP B	
6 p.m.						
7 p.m.	INTRODUCING THE CAMP PROGRAM					
8 p.m.	DINNER					



**NO MATTER HOW MUCH  
YOU ARE SKILLED  
'CAUSE YOU CAN  
ALWAYS IMPROVE  
AND IT'S THE MOST  
INTERESTING PART**

During the Camp  
you'll have the  
possibility to share  
some moments and tips  
with the athletes of  
the Italian National  
Shooting Team



[www.trapconcaverde.it](http://www.trapconcaverde.it)

**INFO & RESERVATIONS**

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