

# ***COACHING***

***By Russell & Lauryn Mark***



***Your Gold Medal  
Experience Starts Here!***

***Phone: 1 300 SHOOTING (1 300 746 684)***

***[www.corporateshootingstars.com.au](http://www.corporateshootingstars.com.au)***



Thank you for your recent enquiry in relation to our coaching sessions.

Corporate Shooting Stars Coaching has been developed to cater for shooters of all levels. Whether you just want to try the sport or are an experienced shooter Russell and/or Lauryn can provide you lessons on all the basic shooting disciplines.

All you need to know about Corporate Shooting Stars Coaching is summarised in this document.

### ***Coaching By Russell Mark***

Russell is an iconic figure in the Sporting History of Australia. He won an Olympic Gold Medal in Atlanta 1996 (at his third Olympic Games) and an Olympic Silver Medal in Sydney 2000.

His long list of achievements also includes several World Cup Victories, World Cup Finals and World Championships, as well as becoming the first shooter in the World to win all four of the World Major's Individual titles along with countless National Titles.

Named 'Best in History in Olympic Men Double Trap' by the I.S.S.F. (International Shooting Sports Federation) Russell continues to add to his array of medals while attempting to achieve his goal of getting to a 6th Olympic Games in London.



As a qualified level 2 coach, Russell is able to coach shooters of any level. He has coached across the world and many fellow Australian shooters.

### ***Pricing***

<b>Group Size</b>	<b>Cost per person, per hour</b>	<b>Minimum Session Duration</b>
1 person	<b>\$150*</b>	<b>3*</b>
2 people	<b>\$100*</b>	<b>3*</b>
3-4 people	<b>\$80*</b>	<b>3*</b>
5-6 people	<b>\$70*</b>	<b>3*</b>
7 or more people	<b>Price By Negotiation*</b>	<b>4*</b>

\*GST included in quotations - Maximum session duration is 6 hours. - All rates quoted ex Melbourne, Australia - Interstate coaching rates applicable as above plus travel costs, accommodation and transfers.

### ***Coaching By Lauryn Mark***

Lauryn Mark won the United States Open Women's Skeet Championship at the age of nineteen, in 1999. Two years previously, she had participated in the World Championships in Peru, when she was only seventeen.

She has won 3 Gold Commonwealth Medals and 1 Silver, she participated in the Athens Olympic Games where she finished 4th and she missed out on the Beijing Olympic Games by only one target. She also boasts several Australian and U.S. National titles.

Lauryn is a qualified Coach under the United States National Sporting Clays Association. She has assisted the Australian Clay Target Association (ACTA) and the Sporting Shooters Association of Australia (SSAA) with their coaching programs as required.



She currently coaches an array of people with different abilities, ages and interests in the sport.



## Pricing

Group Size	Cost per person, per hour	Minimum Session Duration
1 person	\$100*	3*
2 people	\$75*	3*
3-4 people	\$60*	3*
5-6 people	\$50*	3*
7 or more people	Price By Negotiation*	4*

\*GST included in quotations - Maximum session duration is 6 hours. - All rates quoted ex Melbourne, Australia - Interstate coaching rates applicable as above plus travel costs, accommodation and transfers. Should you require additional information, please [contact us](#).

## Extras

- Ammunition and practice rounds are an additional charge and are not incorporated into the coaching rates listed above. The cost of these items will vary dependent on the amount of shooting which will be completed. As a guide, most 3 hour sessions entail no more than 100 shots.
- Ammunition: This can either be organized by Corporate Shooting Stars, purchased from the Gun Club directly or brought with you. It will cost \$9.00 per box of 25 targets if purchased from the gun club. Please note: Shot size must be between 7 ½ and 9 and no more than 28 grams.
- Practice Fees: These costs vary dependent on the discipline and member status of the participants. As a guide, it will cost you between \$7.00 and \$12.00/round of 25 targets.
- Equipment: You can bring your own specialized equipment or Russell and Lauryn will provide you with the necessary equipment if requested. This includes, a suitable Firearm, Safety Glasses and Ear protection.

## Venue In Victoria

**Werribee Victorian Clay Target Club** (1225 Ballan Road, Quandon - VIC 3030)

This venue located just out of Werribee is approximately 40 minutes from the City Centre. The Werribee Victorian Clay Target Club is a well presented club with full clubhouse amenities, bar and BBQ facilities. With four different shooting layouts this club has the largest variety of targets on offer. This club can be used very flexibly and is available most days. [Click here for location](#).

Please note: Other venues can be organized upon request at an additional charge

Kindest Regards,

Corporate Shooting Stars Director

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