

# CLAY SHOOTING

DISCOVER BRILLIANCE

## HEAD OF CLAY SHOOTING Sally Bishop

Email - [bishop.s@millfieldschool.com](mailto:bishop.s@millfieldschool.com)



Sally has been involved with the clay shooting programme for 14+ years and continually introduces students to a brilliant sport they may not have tried before.

## HIGHLIGHTS

- Millfield have achieved some exceptional results over the past 2 years. They have had first place podium finishes in all competitions and many High Gun wins for individuals. With some really exciting new prospects already showing their talent in both the girls and boys' teams, we look forward to some competitive seasons ahead.



BE AUTHENTIC BE BRILLIANT BE CURIOUS BE DISRUPTORS BE KIND



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## THE PROGRAMME

### WHAT TO EXPECT?

We are a highly competitive sport and it is our aim to get all shooters out at competitions up and down the country, irrespective of how long they have been clay shooting.

### THE PROGRAMME

Clay shooting is an all year games option offering comprehensive training and competitive opportunities throughout each term. Although we have a large number of shooters, individual squad sizes are kept small to maximise the effectiveness of the coaching experience. We have eight regular coaches provided by our home venue, Mendip Shooting Ground. Squads are set by skill level and we aim to maintain some consistency within the staff allocated to each. The Head Coach Alex Hill, in conjunction with Head of Shooting Sally Bishop and our current Captain Boris Findlay, will regularly observe all the squads to determine specific coaching requirements and squad composition.

We live shoot twice a week on Wednesdays and Saturdays and have a gym training session on a Thursday for selected students to enhance overall fitness and core strength. In addition to training at our home ground we regularly travel to external venues to experience different layouts and terrain. Students also benefit from experiencing a simulated game shoot day which has proven invaluable to improve reaction time and versatility.

### WHO CAN DO IT?

Clay Shooting is open to all years and all abilities are welcome to come and try it out. We are limited in the number we can take so students have to be dedicated and keen.



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Millfield School, Street  
Somerset, BA16 0YD  
[www.millfieldschool.com](http://www.millfieldschool.com)

01458 442291



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