



Pistol Intensive Camp Slovakia

May 6 - 11, 2024

Version 1.0



Contents

Summary.....	2
Week Plan.....	2
Equipment.....	4
Travel.....	5
Cost.....	5
Registration.....	5
Some more rules.....	5
Conduct.....	5
Cancellation.....	6
Links.....	6



Summary

The camp

SwissAAA offers the opportunity to participate in an intensive 6-day sports shooting camp in Slovakia. The program is dedicated to mastering sports pistol shooting, to improve the general fitness level and to compete in CMA.

It includes instruction of effective techniques, coaching, automation drills and specific CMA stage practice. The perfected skills will be tested by participating in a CMA competition.

What to expect

You will have enhance your competitive shooting skills and prove them in a competition.

You will learn how to improve your hits and where to save time in order to optimize your scores. Through careful analysis of your shooting techniques you will optimize one element after the other and thus improve your overall performance step by step. Progress will be tracked continuously.

As part of the team, you will enhance your general fitness level and follow a healthy life style. You will make new friends and enjoy some of the many unique attractions Slovakia has to offer.

Participants

Participants need to have a solid firearms education. If you are eager to learn, train, compete and enjoy a week away with fellow shooters then this camp is for you!

Location

The camp and match will be held in several locations in near Bratislava, Slovakia.

Program

Arrival and Departure

All participants should arrange their travel as below.

Sunday, May 5, 2024	Latest in hotel in the evening
Sunday, May 12, 2024	Earliest departure from hotel in the morning

Week Plan

The program follows the proven SwissAAA pistol drill level methodology combining effective shooting techniques with efficient movements, superior muscle memory and winning mental performance.

A lot of time will be invested on methods to improve efficiency and effectivity in competitive shooting. The details of the program will be adapted to the actual situation: the speed of advance and the level of difficulty will be modulated according to the demonstrated performance and the needs of the participants. The safety of all involved persons will remain the top priority at all times.

The draft standard program for the week looks as follows:



SwissAAA		Week Plan Pistol Intensive Slovakia							
		05.05.2024	06.05.2024	07.05.2024	08.05.2024	09.05.2024	10.05.2024	11.05.2024	12.05.2024
		Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
0600									
0700									
0800			Breakfast Drive	Breakfast Drive	Breakfast Drive	Breakfast Drive	Breakfast Drive	Breakfast Drive	
0900			Roll Call	Roll Call	Roll Call	Roll Call	Roll Call		
1000			Breakfast Drive	Movement Double Tap FTF L2 Drills	Stage Sequence L3 Drills	Instructor Theory	Practical Instructor		
1100			Skills Test	L2 Drills	L3 Drills	Repetition L1-3 Drills			
1200			Lunch	Lunch	Lunch	Lunch	Lunch		
1300			Individual Arrivals					CMA Match	Individual Departures ...
1400									
1500			Fundamental, Box & Position L1-2 Drills	Difficult Targets L3 Drills	Free Time	Instructor Preparation	Staff Shoot & Skills Test		
1600						Stage L4 Drills			
1700			Cleanup & Maintenance	Cleanup & Maintenance	Cleanup & Maintenance	Skills Test			
1800						Cleanup & Maintenance	Cleanup & Maintenance		
1900			Welcome Dinner	Drive Dinner Free Time	Drive Dinner Free Time	Drive Dinner Free Time	Drive Dinner Free Time	Drive Farewell Dinner	
2000									
2100									
2200									
2300									

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Generally, the action will start each morning at 09:00 and conclude in the evening around 18:00. Periodic breaks and a short lunch break will allow you to regain strength and concentration for the remaining challenges of the day.

There will be an instructor fast track for new CMA country instructors and a CMA Safety Officer fast track during the camp.

Equipment

If you have special needs, it is best to address them early on.

Weapons		
Item	Details	Mandatory
Handgun	You will have to bring your own handgun to the event. You will need an European Firearms Passport and an invitation provided by us for the temporary import.	Yes Bring

Ammunition		
Item	Details	Mandatory
9x19mm	You will have to buy the ammunition for the camp and the competition at local prices.	Yes Buy

Personal Equipment		
Item	Details	Mandatory
Competition Gear	Please bring your full competition gear including eyes/ears, holster and mag pouches.	Yes Bring
First Aid Kit	Personal first aid kit.	Yes Bring
Cleaning kit	Cleaning kits for 9mm. All participants will need to be able to maintain their firearms.	Yes Bring
Flash light	Flash light that can be hand-held incl. a carry possibility such as a pouch.	Yes Bring
Footwear	Sturdy footwear is an absolute must.	Yes Bring
Cap/Hat	Bring along a suitable cap and hat for sun protection.	Yes Bring
Rain Gear	Bring light rain gear.	Yes Bring
Gloves	Light sturdy gloves can be useful for intensive drill exercises and other challenges.	Recommended Bring
Pads	Elbow and knee pads are recommended as the ground can be hard, rocky and generally unforgiving.	Recommended Bring
Long Trousers	While shorts may look and feel cool, a sturdy pair of long trousers is highly recommended.	Recommended Bring

When assembling your equipment remember that we will be outdoors the whole day.



Travel

You will need to arrange your travel to and from the Camp.

Local Transportation

We will coordinate the local transportation for efficiency.

Accommodation

We recommend to stay in the following hotel or in one close by:

Garni Hotel Cosmopolitan
Slněžné jazzerá - Sever 2600
903 01 Senec

Cost

The costs for the camp includes several parts. One part has to be paid in advance, other parts are paid directly on site or are depending on the individual travel arrangements.

Item	Cost [CHF]	Payment	Remarks
Camp Fee	600.00	In advance	Includes: instruction, range fee/material, match fee
Ammunition	Will follow	At site	Approx. estimation for 1400 rounds
Hotel	350.00	At site	Approx. for 7x50.- depending on choice
Lunch on/near range	Will follow	At site	Approx estimation for lunch at the range
Other Food	tbd		Individual breakfast, dinner, beverages
Transportation	tbd		Individual, grouping if possible
Other expenses	tbd		Individual

The actual cost might vary depending on the currency exchange rate, local price fluctuations and so on.

Registration

Please register online on practiscore for the camp. You will be automatically registered to the competition.

Upon request, a participant needs to present evidence of at least one of the following:

- European Firearms Passport
- Active member of a law enforcement agency with armed duty

and all of the following:

- membership with CMA
- coverage of liability insurance in the equivalent of minimum CHF 5'000'000.-
- copy of passport
- signed registration and indemnity forms of SwissAAA

SwissAAA reserves the right to approve or disapprove participation without elaboration of reasons.

Some more rules

Conduct

Safety is the paramount goal of the whole camp. Make sure you handle your firearms safely at all



times even when exhausted. It's better to act a little slower but stay safe than to rush things and be sorry later. Your head is the most important body part for all the challenges of the week. Stay on top of what you are doing at all times!

The participants will work as a team throughout the whole duration of the camp. Everybody will have an equal chance to learn and perform according to his or her abilities. If you see another person struggling get outside of your comfort zone to help him or her and make everybody successful.

All participants need to be on time and ready to perform as the program demands. Breaks are taken as a group and not individually. If you feel you have to leave the group for whatever reason, ask your instructor first.

Be polite and show respect to all persons at all times. To all other sportsmen, visitors, workers, personnel of the facility and so on. You are an ambassador of your country, of SwissAAA and of dynamic sports shooting.

Cancellation

After the definitive registration, cancellation by the participant is only possible for reasons of 'force majeure' such as e.g. grave illness or accident. For any refund, corresponding proof will have to be presented such as e.g. medical certificates or police records that clearly show that the participant could not anticipate the situation and he or she is prevented from participating beyond any doubt. SwissAAA has to be notified in writing with all required documentation latest 60 days prior to camp start. From 30 days prior to camp start onwards no refund is possible at all. Any refund amount, whether full or partial, is solely determined by SwissAAA. Under no circumstances, any claims can be made for any refunds.

Cancellation by SwissAAA is possible at any time for violation of safety rules or gross misconduct such as for example:

the concerned person

- has made false statements to get registered
- poses a safety risk to himself or herself or any other person
- demonstrates gravely undisciplined behaviour such as, for example, disobeying the instructors or violating range rules

Such a cancellation can be done prior to the event or on the spot by the instructor in charge. No refund whatsoever is possible if SwissAAA cancels a participant for the above reasons.

Links

SwissAAA	https://www.swissaaa.org
CMA	https://www.cma-sport.com
Camp Registration	https://practiscore.com/events/pistol-intensive-camp-slovakia-2024/participants/create
CMA Slovakia	Will follow
Ranges	Will follow
Competition:	Will follow
Hotel Cosmopolitan	http://www.hotelcosmopolitan.sk/