

IDPA Intensive Camp Thailand

December 10 - 17, 2023

Version 1.1



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Summary

The camp

SwissAAA offers the opportunity to participate in an intensive 7-day sports shooting camp in Thailand. The program is dedicated to mastering sports pistol shooting, to improve the general fitness level and to compete in IDPA.

It includes instruction of effective techniques, coaching, automation drills and specific IDPA stage practice. The perfected skills will be tested by participating in the Asian Championships – IDPA Ultra Match.

What to expect

At the end of the camp you will have enhanced your competitive shooting skills and proven them in a very large IDPA match.

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 Thailand has to offer. You will make contacts that are not easily possible as a common tourist.

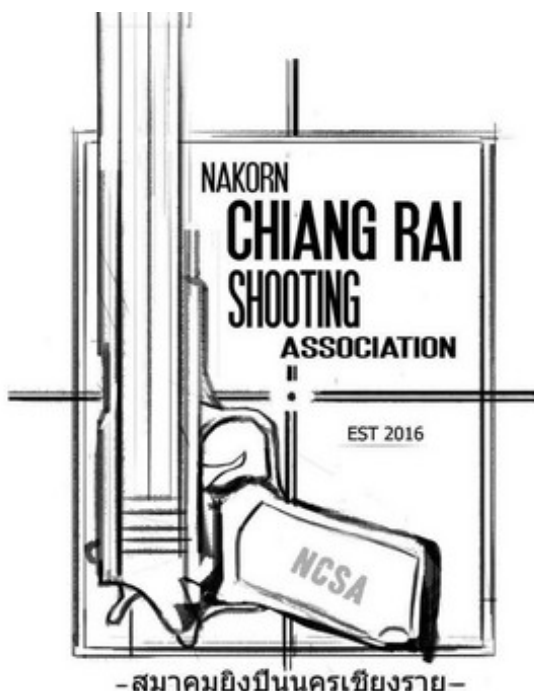
Finally, you will represent your home country and our SwissAAA team in the great Ultra Match with 22 stages and compete with Thai and international top shooters.

Participants

Participants need to be accredited IDPA members. If you are eager to learn, train and compete in a both demanding and fun environment then this camp is for you!

Location

The practice sessions will be held at the Nakornchaingrai shooting range in Chiang Rai. The competition will be held at the Tiger Tac shooting range in Bangkok.



Program

The shooting practice sessions will be complemented with additional element such as specialized fitness lessons, and visiting some local attractions. Towards the end of the week the team will travel to Bangkok, and then enter the competition.

We highly recommend to further explore the magnificent country of Thailand and enjoy more of the many attractions it has to offer before or after the camp.

Arrival and Departure

All participants should arrange their travel as below.

Sunday, December 10	Latest arrival in Chiang Rai
Friday, December 15	Fly to Bangkok
Monday, December 18	Earliest departure from Bangkok



Figure 1: Practice Session

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:

Day	Program	Goals
Sunday	■ Arrival and welcome dinner	■ Get ready for the week
Monday	■ Skills Test ■ L1 Drills: Fundamentals ■ Shooters Fitness	■ Baseline ■ Eliminate fund. Errors ■ Enhance the fitness level
Tuesday	■ L2 Drills: Box & Cover ■ L2 Drills: Double Tap, FTF	■ Eff. Movement and Positions ■ Grip! Front Sight! Trigger!
Wednesday	■ L3 Drills: Swinger, Bobber, Turner ■ Free Time	■ Confident Hits on Diff. Targets ■ Relax & Fun
Thursday	■ L4 Drills: Stage Sequence ■ Focused Repetitions ■ Shooters Fitness	■ Apply & Test in stage sequence ■ Championship Preparation ■ Enhance the fitness level
Friday	■ Skills Test ■ Focused Repetitions ■ Travel to Bangkok	■ Check Baselines ■ Championship Preparation
Saturday	■ Ultra Match	■ Compete and have fun!
Sunday	■ Ultra Match	■ Compete and have fun! ■ Camp end celebration
Monday	■ Departure	

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.

Equipment

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

Weapons		
Item	Details	Mandatory
Handgun	You will have to rent the handguns to be used in the camp and competition. Expect G19/17/34 type, depending on your preference.	Yes Rent

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
IDPA Gear	Please bring full IDPA competition gear including eyes/ears, holster, mag pouches, concealment. Depending on the preferred rental gun you can alternatively rent the holster/mag pouches.	Yes Bring/Rent
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 to prepare for those rain showers.	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 in Thailand. Average temperatures and sun intensity will be rather high. There's some possibility of light rain.

Travel

Permits

Visa: Swiss citizens can enter Thailand and stay for a maximum 30 days, without any special visa.

Flights

You will need to book your own flights around the course dates. We will coordinate the Friday flights from Chiang Rai to Bangkok such that the team can travel together.

Local Transportation

We will coordinate the local transportation for efficiency.

Accommodation

The goal is to stay at the same place or very near of each other. We will coordinate the accommodation in Chiang Rai and in Bangkok as a team. We recommend the Chainarai Riverside Recreation Center in Chiang Rai and the Pinehurst Golf Club & Hotel in Bangkok.

Food

Expect some excellent and sometimes spicy food at very reasonable prices!



Figure 2: Shooting Fitness

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	900.00	In advance	Includes: instruction, range fee/material, fitness, match fee
Gun Rental	300.00	At site	Approx. estimation
Ammunition	700.00	At site	Approx. estimation for 1200 rounds
Hotel	400.00	At site	Approx. estimation for 8 nights (50.00/night)
Lunch during camp	50.00	At site	Approx estimation for lunch at the range
Other Food	Tbd		Individual breakfast, dinner, beverages
Transportation	Tbd		Individual, grouping if possible
Flights	Tbd		Individual
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.

A participant needs to present evidence of at least one of the following:

- ability to legally possess a firearm in country of residence and clear criminal record
- active member of a law enforcement agency with armed duty

and all of the following:

- membership of IDPA and valid classification (can be done or updated during the camp if necessary)
- 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.



Figure 3: Making a point during practice: 1 and 1 is not the same!

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.



Figure 4: Ultra Match Thailand Logo. Design by PRO Visual Solutions



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
Nakornchiangrai Shooting Range	https://nakornchiangrai-shooting-range.business.site/ https://www.facebook.com/NakornChiangRaiShootingRange/
Tiger Tac Shooting Range	https://www.facebook.com/TIGER-TAC-Academy-Shooting-Range-104096192115104/
Practiscore (Camp):	https://www.practiscore.com/events/idpa-intensive-camp-thailand-2024/participants/create
Ultra Match	https://www.swissaaa.org/ultra-match
Practiscore (Competition):	https://www.practiscore.com/asian-idpa-championship-ultra-match/register
Chainarai Riverside	https://www.chainarai.co.th
Pinehurst Golf & Hotel Bangkok	https://www.pinehurst.co.th
Video of January 2023 Camp	https://youtu.be/oeGcW3WGS7c
PRO Visual Solutions	https://www.provisualsolutions.com