

## **Women's - Give it a Shot! Program**

We have just completed another 4 week course of the Women's - Give it a Shot! Program which ran from Thursday April 27<sup>th</sup> – May 18<sup>th</sup>. This is a four-week introductory program designed to introduce ladies to the sport of shooting where they were exposed to the importance of safety, .22 prone, .22 sitting and standing post, .22 off hand.

It is extremely important to make women aware that shooting is a sport which they can become involved in and how important it is to have women involved in this great sport. From recent studies we have found that women make up only 2% of our members population which we need to dramatically increase. One of the main factors affecting women involvement is the lack of information available to them about shooting as a sport which we hope our recent success in the Commonwealth Games will educate and interest women to become involved.

In Week 1 of the course we welcomed 9 new and eager women to the sport of shooting. Most of these women were new to the sport and had no prior knowledge of shooting. After an important introduction and overview of safety and correct handling of firearms the women were given their chance to have a go at .22 prone rifle shooting. At the end of the night the results and attitudes were positive. The women had a ball and were looking forward to coming back for more. Each week of the course was different and gave the women a chance to handle different firearms and experience the different disciplines available at our Springvale Range.

Week 2 involved .22 sitting and standing post which gave the ladies an insight to the different standing and seated positions involved in shooting.

Week 3 was probably the most exciting for the ladies, as they were all very enthusiastic and eager to become involved in shooting a hand gun. This was the night where they were also introduced to rapid fire shooting.

Week 4 brought us to the conclusion of the course. Here the women were involved in a bit of competition shooting which gave them an insight what competition shooting involves and the excitement of it all.

Overall this course turned out to be another great success and I would like to thank all coaches and staff involved in making this course possible, and also all of the ladies who expressed their interest and participated in this course. They were as follows:-

Josephine DiMauro, Michele Escudier, Kate Fowler, Rowena Gould,  
Melissa Katz, Kathy Lowe, Rhiannon Munari, Michelle Porritt, Sonja Rubinstein.

We received some great feedback from the course including this statement from Rhiannon who just completed this program; "I really got a lot out of the program, it was fantastic having such knowledgeable and enthusiastic coaches putting in such an immense effort to ensure that we had a good time and developed the right techniques."

I hope to see all 9 of the ladies down at the range in the near future and hopefully becoming involved with our Sporting Shooters Women's Group (SSWG).

If you would like to know more about how to become involved in this Women's – Give it a Shot! Program, or know of someone who may be interested in becoming involved, please contact Mel or Shane at the state office on (03) 8892 2777 during office hours or email [mgrandcourt@ssaavic.com.au](mailto:mgrandcourt@ssaavic.com.au).

Melony Grand-Court  
SSAA Project Officer



Week 1 – .22 prone shooting



Week 1 – .22 prone shooting



Kate and Sonja giving their best shot at .22 prone shooting





Week 4 – Competition rifle shooting



Bill O'Connor lends a hand with coaching.



Alan and Roger coaching Rhiannon and Kate



Melissa Katz (left) and Michelle Porritt (right)



Melissa and Michelle





Rhiannon Munari



Rowena Gould



Roger giving a few coaching tips to Kate

