



IDPA Intensive Camp Lithuania

July 30 - August 6, 2023



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Summary

The camp

SwissAAA offers the opportunity to participate in an intensive 7-day sports shooting camp in Lithuania. The program is dedicated to mastering pistol shooting and to compete in IDPA. It includes instruction, coaching, automation drills and specific IDPA stage practice. The perfected skills will be tested by participating in the Lithuanian National Match 2023.

Goals

At the end of the camp you will have enhanced your competitive shooting skills and proven them in a large IDPA 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 continuously tracked. Finally, you will represent your home country and our SwissAAA team in a great IDPA match and compete with top international 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 camp and the match will take place at the Vši Šūvio akademija range near Vilnius, Lithuania.
<https://suvioakademija.lt/en/>

Program

Each practice day will be action packed from morning to evening following the SwissAAA advanced drill program. Between practice and match there will be one day reserved for relaxation and refocusing. We highly recommend to explore the magnificent city of Vilnius and enjoy the many attractions it offers to the visitors.

Arrival and Departure

All participants should arrange travel such, that they can start the camp on Monday morning at the range. The team will congregate on the previous evening for a welcome dinner. Departure is individual after the match is completed.

Week Plan

The program follows the proven SwissAAA pistol drill level methodology. It combines 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	<ul style="list-style-type: none"> ■ Arrival and welcome 	<ul style="list-style-type: none"> ■ Camp Start Welcome ■ Get ready for the week
Monday	<ul style="list-style-type: none"> ■ IDPA 72rd Classifier ■ L1 Drills: Fundamentals ■ 100m Challenge 	<ul style="list-style-type: none"> ■ Baseline 1 ■ Discover&eliminate fund. errors
Tuesday	<ul style="list-style-type: none"> ■ L2 Drills: Box & Cover, Double Tap ■ L2 Drills: Fight The Flinch (FTF) ■ L3: Snake 	<ul style="list-style-type: none"> ■ Efficient Movement ■ In&Out Positions ■ Grip, Sight, Trigger: Timing
Wednesday	<ul style="list-style-type: none"> ■ Free 	<ul style="list-style-type: none"> ■ Re-Focus & Gain Strength
Thursday	<ul style="list-style-type: none"> ■ L3 Drills: Swinger, Bobber, Turner, Mover ■ L3: Reaction ■ L4 Drills: Stage Sequence 	<ul style="list-style-type: none"> ■ Hit difficult targets ■ Act&React: Stay in Control ■ Apply Skills in Stages
Friday	<ul style="list-style-type: none"> ■ IDPA 72rd Classifier ■ L3: Positions ■ L4: IDPA Stage Training 	<ul style="list-style-type: none"> ■ Baseline 2 ■ Build Agility ■ Championship Preparation
Saturday	<ul style="list-style-type: none"> ■ Free ■ Staff Shoot 	<ul style="list-style-type: none"> ■ Re-Focus & Gain Strength ■ Staff: Deliver!
Sunday	<ul style="list-style-type: none"> ■ Lithuanian National Championship 	<ul style="list-style-type: none"> ■ Compete and have fun! ■ Camp end celebration
Monday	<ul style="list-style-type: none"> ■ Departure 	

Generally, the practice will start each morning at 10:00 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 be required to bring your personal competition firearm. Temporary import requires a match invitation and the European Firearms Passport. Non-Europeans please take contact.	Yes Temporary import

Ammunition		
Item	Details	Mandatory
9x19mm	We will make a bulk buy of ammunition for the camp and the championship. Prices are similar to Swiss pricing.	Yes Buy

Personal Equipment		
Item	Details	Mandatory
IDPA Gear	Full IDPA competition gear including eyes/ears, holster, mag carriers, vest, belt etc. Bring spares to cover any problems.	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 to prepare for not-so-great weather.	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 Lithuania. Average low and high temperatures are about 10-20° Celsius and there's an average probability for rain of about 30%.

Travel

Permits

You need a match invitation (will be provided) and a valid European Firearms Passport for your gun. We recommend not to take any ammunition, because we will provide that on site.

Flights

You will need to book your own flights around the course dates. Make sure to check with your airline for firearms transportation.

Rental Cars

Participants will need to organize their transportation before, after and during the week. We will pool cars to save on cost.

Accommodation

You will need to book your accommodation for your stay. We recommend the Ibis Styles Vilnius for all the team.

Food

It is best to book breakfast included at your accommodation. We will organize lunch catering at the range. Dinner is individual. Make sure to carry enough water and energy bars for the training and competition days!

Cost

The camp fee will be CHF 600.- per participant

Including:



- Instruction and full training program
- Range fees
- Range material

Excluding:

- Flight
- Transportation to/from airport and to/from range
- Accommodation, food, beverages
- Ammunition (estimated roughly 1500 rounds per person)
- Championship fee
- Excursion cost (if any)
- Personal shooting gear such as pistol, holster and so on
- Permits

Payment will be collected before the camp. Early reservations on practiscore are valid.

Registration

Please register online on practiscore.

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
- 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 shooters, visitors of the range, workers, personnel of the facility and so on you are an ambassador of SwissAAA and dynamic sports shooting.

Cancellation

Cancellation by the participant is possible only 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. Later than that, no refund is possible. If and to what amount a refund is granted remains in any case a decision by SwissAAA and cannot be claimed in any way and for any reason.

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 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

VšĮ Šūvio akademija	https://suvioakademija.lt/en/
Lithuanian Championship	tbd
Ibis Hotel Vilnius	https://www.ibisstylesvilnius.lt/
Lithuania Tourism	https://www.lithuania.travel/en/
Practiscore:	https://www.practiscore.com/events/idpa-intensive-camp-lithuania-2023/participants/create