

Virginia Woman Achieves NSCA Level II Certification

Elizabeth Lanier, owner of Lanier Shooting Sports and founder of GRITS, a women's shooting group based in Virginia, has recently been certified as a National Sporting Clays Association Level II Instructor. She was certified by Gary Greenway, chief instructor of the NSCA, and Rick Smith, a Level III instructor, in South Carolina. The Level II Instructor Certification is an advanced NSCA instructor course designed for teaching and coaching the more advanced shooter. A high level of expertise is required, with an emphasis on accurate diagnostics and communication skills and a sound knowledge of the fundamentals. Lanier is one of the few women in the U.S. who has achieved this level of certification.