**Team LoCo Motion 2016-2017 Practice 12**

**June 24, 2017 – 7:30am to 9:30am**

**Equipment Needed:**

4 22LR Pistols First Aid Kit

Safety Glasses GO FAST! stage

NRA Targets Box of Ear Plugs

Coach Clipboards 2 Ammo Cans with Timers/Cleaning Supplies

**Schedule:**

7:10-7:30 Setup

7:30-7:45 Announcements, Awards, Range Safety Briefing

7:40-9:15 High School/Collegiate Squad – Start with GO FAST! then NRA Qualification

 Middle School Squad – Start with NRA Qualification then GO FAST!

9:15-9:30 Clean Up – police brass and put away steel targets

9:30 Dismissal

*Assumptions: We will have up to 14 athletes attending*

Divide athletes into two groups:

* HS Squad (Creese)
* MS Squad (Shipley)

We will use the 15-yard range for the NRA qualification and the 50-yard for FAST! The picnic tables and the 50-yard range will be for reloading.

**HS and MS SQUADS:** Only rotate each shooter after they have completed all five strings for the stage. Move as a group to the next activity. Athletes should be clearing malfunctions as necessary.

**15-YARD RANGE:** Target stands will be set up at 5 yards with 4 NRA paper targets for each shooter. Please have each shooter right the names on the targets and collect all targets.