**Team LoCo Motion 2016-2017 Practice 13**

**July 8, 2017 – 7:30am to 9:30am**

**Equipment Needed:**

4 22LR Pistols First Aid Kit

Safety Glasses GO FAST! and IN & OUT stages

NRA Paper Targets Box of Ear Plugs

Coach Clipboards 2 Red Guns (for Stance & Grip)

3 Ammo Cans with Timers/Cleaning Supplies

**Schedule:**

7:10-7:30 Setup

7:30-7:45 Announcements, Awards, Range Safety Briefing (Team Captain)

7:40-9:15 High School/Collegiate Squad – Start with IN & OUT stage, then GO FAST!

Middle School Squad – Start with GO FAST!, then IN & OUT

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

9:30 Dismissal

*Assumptions: We will have up to 12 athletes attending*

Divide athletes into two groups:

* HS Squad (Creese & Morrow)
* MS Squad (Jardines & Eager)

We will use the 15, 50-yard ranges, GO FAST! stage at the 15-yard range and IN & OUT stage at the 50-yard range. The picnic tables under the range tarps 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 range. Athletes should be clearing malfunctions as necessary.