**Team LoCo Motion 2016-2017 Practice 14**

**August 5, 2017 – 7:30am to 9:30am**

**Equipment Needed:**

4 22LR Pistols First Aid Kit

Safety Glasses IN & OUT and SPEED TRAP 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 SPEED TRAP stage, then IN & OUT

Middle School Squad – Start with IN & OUT, then SPEED TRAP

15-yard range (those who need to complete NRA quals)

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

9:30 Dismissal – Head to Team Awards Lunch

*Assumptions: We will have up to 20 athletes attending*

Divide athletes into three groups:

* HS Squad (Creese & Morrow)
* MS Squad (Soltis & Shipley)
* 15-Yard Range (Jardines)

We will use the 15, 50 and 100-yard ranges, those who need to shoot paper targets at the 15-yard range, IN & OUT stage at the 50-yard range and SPEED TRAP stage at the 100-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.

**15-YARD RANGE:** Target stands will be set up at 5 yards for the NRA Qualification for those who need to complete a level. Please have each shooter write the names on the targets and collect all targets. The following athletes should report: Marksman 1st Class = Shipley, J (5L); Sharpshooter = DeBow, Nutzman B & C, Shipley H& S, Soltis A; Expert = Coleman, Creese, Eager (5WH)