**Team LoCo Motion 2016-2017 Practice 2**

**October 29, 2016 – 8am to 10am**

**Equipment Needed:**

4 22LR Pistols First Aid Kit

4 Cardboard Sheets Box of Ear Plugs

Safety Glasses 2 Red Guns (for Stance & Grip)

2 SIRT Pistols 1 Sight Alignment Display

Paper Plates

**Schedule:**

7:40-7:50 Setup

7:50-8:00 Arrival – Greeting

8:00-8:10 Range Safety Briefing (Jardines)

8:10-9:45 ALL – paper targets – 15 yard range

9:45-10:00 Clean Up – police brass and put away steel targets

10:00-10:10 Announcements – Dismissal

*Assumptions: We will have up to 20 athletes at practice*

Divide kids into three groups:

* Pro-Marksman Squad (Brohard, B & G; Eager, J; Glazebrook, J; Nutzman, B; O’Mara, B; Shipley, H; Shipley, S; Soltis, M; Soltis, B; Walker, H)
* Marksman Squad (Coleman, K; Creese, L; Escobar, V; Jardines A & E; Nutzman, C; Shipley, J; Whisenant, C)
* Padawan Squad (DeBow, J; Liles, S &S; Soltis, A)

We will use the 15-yard range only. The picnic tables close to the drainage ditch will be for reloading.

**PRO-MARKSMAN SQUAD:** The purpose of this session is to complete the NRA Pro-Marksman qualification. The squad will shooting paper plates at 5-yards. 10 shots per plate for a total of 5 plates. Coaches will guide athletes on clearing malfunctions as necessary - athletes will load magazines. Please have each shooter right the names on the plates and collect all plates.

**MARKSMAN SQUAD:** The purpose of this session is to complete the NRA Marksman qualification. The squad will shooting paper plates at 5-yards. 20 shots per plate for a total of 5 plates. Coaches will guide athletes on clearing malfunctions as necessary - athletes will load magazines. Please have each shooter right the names on the plates and collect all plates.

**PADAWAN SQUAD:** Review of initial training on the front porch, then transition to 15-yard range. Target stands will be set up at 5 yards with 2 paper plate targets for one shooter at the top of the cardboard, and two targets for another shooter at the bottom of the target. Each shooter will shoot 10 rounds at each target and then rotate after their two strings. Please have each shooter right the names on the plates and collect all plates.