**Team LoCo Motion 2016-2017 Practice 3**

**November 5, 2016 – 8am to 10am**

**Equipment Needed:**

4 22LR Pistols First Aid Kit

4 Cardboard Sheets FOCUS stage setup

2 Canopies Box of Ear Plugs

Safety Glasses 2 Red Guns (for Stance & Grip)

2 SIRT Pistols 1 Sight Alignment Display

Paper Plates Coach Clipboards

**Schedule:**

7:40-7:50 Setup

7:50-8:00 Arrival – Greeting

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

8:10-9:45 High School/Collegiate Squad – Start with GO FAST stage, then IN & OUT

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

Padawan Squad – 15-yrd range (NRA Marksman Qualification)

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

10:00-10:05 Announcements & Certificate/Awards Presentation – Dismissal

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

Divide kids into three groups:

* HS Squad (Creese & Morrow)
* MS Squad (Brohard & Shipley)
* Padawan Squad (Jardines, Soltis & Musser)

We will use the 15, 50 and 100-yard ranges, PADAWAN SQUAD with paper targets at the 15-yard range, GO FAST stage at the 50-yard range and IN & OUT stage at the 100-yard range. The picnic tables close to the drainage ditch will be for reloading.

**HS and MS SQUADS:** Squads will GO FAST and the IN & OUT stage. Only rotate each shooter after they have completed all five strings for the stage. Move as a group to the next range. Coaches will guide athletes on clearing malfunctions as necessary - athletes will load magazines. If athletes have completed both stages, they can move individually to the 15-yard range for NRA marksmanship qualification.

**PADAWAN SQUAD:** 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 25 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. The following athletes should also report for Pro-Marksman qualification: Nutzman, B., Walker, H (completion) as well as Creese, L. for Marksman qualification completion.