**Team LoCo Motion 2016-2017 Practice 6**

**March 25, 2017 – 8am to 10am**

**Equipment Needed:**

4 22LR Pistols First Aid Kit

2 Cardboard Sheets GO FAST! and IN & OUT stages

Safety Glasses Box of Ear Plugs

Paper Plates 2 Red Guns (for Stance & Grip)

Coach Clipboards 3 Ammo Cans with Timers/Cleaning Supplies

**Schedule:**

7:40-7:50 Setup

7:50-8:00 Arrival – Greeting

8:00-8:10 Range Safety Briefing (Team Captain)

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

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

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

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)
* 15-Yard Range (Eager, Jardines & Soltis)

We will use the 15, 50 and 100-yard ranges, those who need to shoot 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 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 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. Please have each shooter right the names on the plates and collect all plates. The following athletes should report: Coleman, K., and DeBow, J. (assessment) – Brohard, B., Brohard, G., Glazebrook, J., Nutzman, B., Nutzman, C., Shipley, H., Shipley, S., Soltis, B., Walker, H. (NRA Marksman Qual).