**Team LoCo Motion 2016-2017 Practice 9**

**May 13, 2017 – 7:30am to 9:30am**

**Equipment Needed:**

4 22LR Pistols First Aid Kit

Safety Glasses GO FAST! stage

NRA Targets Box of Ear Plugs

Coach Clipboards 2 Ammo Cans with Timers/Cleaning Supplies

**Schedule:**

7:10-7:30 Setup

7:30-7:45 Announcements, Awards, Range Safety Briefing

7:40-9:15 High School/Collegiate Squad – Start with GO FAST! then NRA Qualification

 Middle School Squad – Start with NRA Qualification then GO FAST!

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

9:30 Dismissal

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

Divide athletes into three groups:

* HS Squad (Creese & Soltis)
* MS Squad (Brohard & Shipley)

We will use the 15-yard range for both GO FAST! and the NRA qualification. GO FAST! will be to the extreme right of the range with paper targets in the center and to the left. The picnic tables and the 50-yard range 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 activity. Athletes should be clearing malfunctions as necessary.

**15-YARD RANGE:** Target stands will be set up at 5 yards with 4 NRA paper targets for each shooter. Please have each shooter right the names on the plates and collect all plates. The following athletes need to shoot paper plates first: Glazebrook (10), Shipley, S. (60), Soltis, B. (30).