



Starting a High School Shooting Club



CYSSA®
California Youth Shooting
Sports Association





Welcome

If you're to the point of reading this guide, you're either a student at the high school, the parent of a student, or a faculty member who has been approached by a student interested in shooting sports. Regardless of which category you fall under, you all need each other. The key to a successful club is involvement from the faculty/club advisor, students, and parents. If you don't yet have a faculty/club advisor lined up, go find him/her. Ask your favorite teacher. Ask that baseball coach who always talks about his hunting trips. Ask your Biology teacher who loves the outdoors. Your Club Advisor is out there--you just have to find him/her. And, once you do, you have someone on your side to start the ball rolling...

School Approval

Starting a shooting club at the high school level may present a challenge, given the nature of our sport. However, if you have your ducks lined up prior to presenting your proposal, you may be pleasantly surprised. And, with additional schools coming on board each year in this up-and-coming sport, you have even more support behind you.

Start with buy-in from your Principal and Superintendent. First and foremost, you need to stress that safety is number one and that safeguards will be in place for the club. Examples include:

- All coaches will be certified through the National Rifle Association (NRA).
- Any student participating will be required to have a parent attend the mandatory safety training with the student and sign off on the liability and training ([attachment 1](#) & [attachment 2](#)). Students will not be allowed onto the field until both he/she and the parent have attended.
- Sports Injury Studies ([attachment 3](#)) show that shooting sports have some of the lowest occurrences of injury.
- To date, there have been no gun-related injuries in organized high school shooting sports.

Have a draft of your club constitution prepared ([attachment 4](#)). Although you may change it up slightly before final sign-off, this will show the basics of how the club will be conducted.

Through past experience, we have found that hesitation of our sport by anyone is usually curbed once the individual comes out and experiences, first hand, the shooting sport. If you are having difficulty with buy-in at the school level, invite the principal, faculty members, etc., to a day at the range. Coordinate with an existing school, so you bring your school representatives to a live practice. There, your reps will see students practicing, witness the safe environment, and have an opportunity to shoot themselves. This has proved to reel in even the most obstinate believer!

You can share the [high schools](#) that have already established successful shooting clubs and encourage contact with their coaches to answer any questions/concerns.



Board Approval

Now that you have the school behind you, you'll most likely need board approval. When attending the board meeting, it may be helpful to bring a representative from the local gun club or from one of the current high school clubs.

Prior to the meeting, have students sign a petition ([attachment 5](#)) showing their interest in the club. This should be presented to the board members during the meeting.

Be prepared to share the goal of the club, the lifelong skills the students will acquire, the safeguards and precautions that would be taken to ensure safety and explain the credentials your coaches will have.

- Lifelong skills such as firearm safety, teamwork, respect for self and others, mental focus and self discipline.
- Provides an avenue for students to compete for their school in something other than the traditional team sports. Regardless of athletic ability, students compete on a level playing field.
- All students and parents will be required to attend the safety training at the facility prior to participating ([attachment 6](#))
- All coaches will be certified through the NRA Shotgun Coach Training Class ([attachment 7](#))

Club Recruitment and Kick-Off

If you are starting your club at the beginning of the school year, see about participating at Parent Orientation. Set up a table with information about the club, the California Youth Shooting Sports Association (CYSSA), firearm safety, etc. The NRA has firearm safety pamphlets available for purchase. The comfort level of the parents increase when they can see the club is a structured, safe environment for their student. Be sure to have a sign up sheet.

If your school has Club Day, set up a table for interested kids to sign up. Be sure to get both the student and the parent's contact information. Email communication is the best way to get the word out about the club and when you will be holding your first meeting. And, it is essential the information goes to both the student and the parent.

If you are starting your club mid-way through the year, encourage your interested kids to bring a friend along to the first meeting. During your first meeting, you'll discuss what the club is all about, finalize the club constitution, and determine dates of future meetings and possibly practice schedules.

Once your initial meeting(s) are held, a great way to kick off your new club is with a Trapshooting Clinic ([attachment 8](#)). Coordinate with your local range, so you can have a full day to cover:

Starting a High School Shooting Club

- Safety
- Equipment
- Gun fit
- Trap shooting procedures and etiquette
- High-level overview of CYSSA
- Practice rounds

In preparation of the clinic, it will be helpful to know your audience in terms of experience. Put your students in groups of (1) brand new to shooting, (2) some experience including range and/or hunting, (3) proficient in firearms having had hunter's safety or similar instruction along with hunting and/or range experience. In addition, know how many are bringing guns and how many will need a loaner. Unless your range has loaner guns, most loaners come from the coaches/individuals holding the clinic. For those bringing guns, you'll need someone qualified to inspect them, as many kids bring "grandpa's old gun". Be sure you have enough safety equipment for your shooters, too.

For new clubs just starting, you'll probably need additional support from qualified individuals at your clinic. Contact Gail Miller, CYSSA, 916-521-6319 to help line up a team of experienced individuals who can help.

Helpful Resources

Sample Proposal ([attachment 9](#)) – Use this as a sample to creating your own proposal to present to the school/district.

A Perspective on the Shooting Sports ([attachment 10](#)) – Good, general information on shooting sports, which could be incorporated into your proposal.

CYSSA Website – Once you have your High School team, you need to become a registered CYSSA team. Follow the [10-step guide](#).

[CYSSA Directory](#) - It's always helpful to have contacts from those who can share best practices. Most everyone in our sport is happy to share information. You can find contact information, as well as links to some of the High School websites to check out what others are doing!

Good Luck and Enjoy!

Shooting Sport Participant Release

I, _____, on behalf of my child, _____ voluntarily agree to allow my child to participate in a XXXX School District Shooting Sport. My child and I understand that clay shooting involves the use of live firearms that can cause death, serious injury and property loss. The risks include, but are not limited to, those caused by not only the firearms, but also the clay shooting facilities, transportation, condition of firearms or other equipment, and actions of other people including, but not limited to, sport participants, instructors, volunteers and the guests and employees of the Club where the sport will principally take place. These risks are inherent in a sport teaching the use of firearms.

My child and I hereby assume all of the risks of my child participating in this sport. My child and I realize these risks can include negligence or carelessness on the part of XXXX School District, or of the persons or entities mentioned below. The risks can also include dangerous or defective equipment or property owned, maintained or controlled by the XXXX School District or others, and can include legal liability without fault. My child and I understand that this Release form will be used by the XXXX School District and that it will govern my child's actions and responsibilities in the sport. My child and I recognize and accept all of the anticipated and unanticipated risks and hazards of participating in a firearms sport involving a large number of students and others of varying levels of firearms skill and experience at a facility that may also be used by persons other than the students. My child and I understand that the XXXX School District makes no claim that this sport, the firearms or the facilities used are safe, and that XXXX School District makes no claim about the competence of instructors, other participants or volunteers.

My child and I will not hold the XXXX School District, or any of the persons or entities mentioned below, responsible for any consequences of their failure to detect and warn my child or other participants of known hazards or to enforce any rule or condition of participation.

In consideration of my child being permitted to participate in the sport, I, for myself, my child, and our heirs, executors, successors, assigns, and personal representatives, waive, release and give up all claims for personal injuries, including death or permanent disability, property damage that I or my child have, or that I or my child may have in the future against any of the persons or entities mentioned below, that occur as a direct or indirect result of my child's participation in the sport. This release does not apply to any claims arising out of fraud, willful misconduct or criminal acts of XXXX School District or its employees. This release is not limited to just the risks that arise directly from the use of firearms. This release also includes any claims which may arise while my child is participating in the sport or traveling to and from the sport, whether firearms are being used or not.

I further agree to indemnify, defend (including attorney fees) and hold harmless the entities or persons mentioned below from any and all liabilities or claims made by other individuals or entities as a result of any of my child's actions during this sport.

My child and I also agree that this release applies to claims arising out of the carelessness or negligence of the persons and entities mentioned below, and specifically includes any unknown and unanticipated claims that, if known or anticipated at the time that my child and I sign this agreement and release, would make my child and me less willing to sign it. The provisions of Section 1542 of the Civil Code of the State of California are hereby expressly waived, and my child and I understand that Section 1542 provides:

“A general release does not extend to claims which the creditor does not know or suspect to exist in his favor at the time of executing the release, which if known by him must have materially affected his settlement with the debtor.”

Persons and Entities Released: This agreement is intended to waive, release and discharge, in advance, the XXXX School District, its school board and school board members, administrators, instructors, other employees, agents, volunteers and students involved in the sport, as well as any private instructors or private landowners or government entities whose property or jurisdiction is involved in the sport.

My child and I hereby consent to allow my child to receive medical treatment that may be deemed advisable in the event of injury, accident and/or illness during this sport.

Signature of Student _____ Date _____

Signature of Parent or Guardian _____ Date _____

**2011/2012
Safety Training Acknowledgement**

I hereby certify that I have completed the Firearm Safety Training prior to participating on the XXXX High School Trap Team.

Student's Name _____ Date _____
(Please Print)

Signature _____ Date _____

Parent's Name _____ Date _____
(Please Print)

Signature _____ Date _____

SPORTS INJURY STUDY

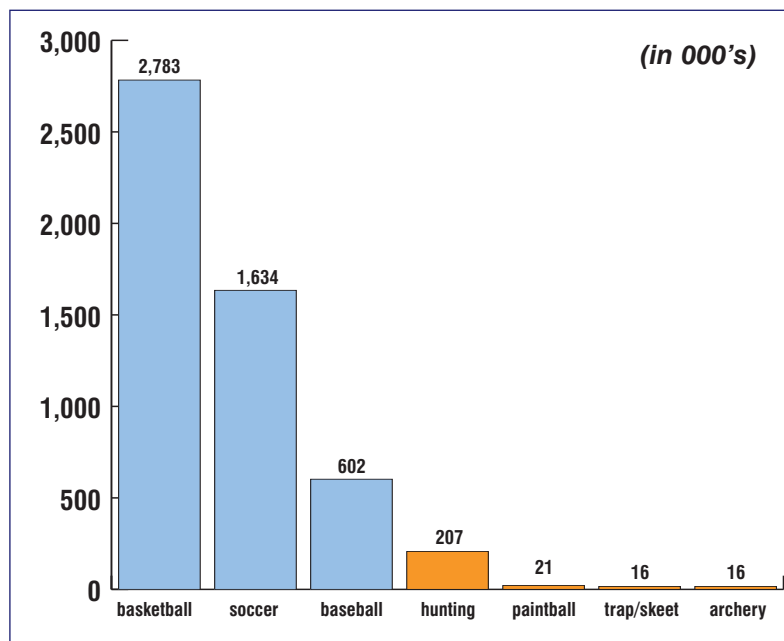
Total Injuries Ranked by Sport

Numbers are in thousands (000)

Sport Total	Total Sport Participants	Injured Participants	% of Total Injuries	Injuries Per 100 Participants
TOTAL INJURIES	211,202	20,145	100.0	9.5
Basketball	36,584	2,783	13.8	7.6
Running/Jogging	35,866	1,654	8.2	4.6
Soccer	17,641	1,634	8.1	9.3
Football (tackle)	5,783	1,084	5.4	18.8
Baseball	10,402	602	3.0	5.8
Bicycling (recreational)	53,524	445	2.2	0.8
Tennis	16,353	415	2.1	2.5
Ice Hockey	2,612	415	2.1	15.9
Skateboarding	12,997	399	2.0	3.1
Walking (recreational)	84,986	384	1.9	0.5
Golf	27,812	291	1.4	1.0
Hunting	16,471	207	1.0	1.3
Gymnastics	5,149	149	0.7	2.9
Ice Skating	14,530	105	0.5	0.7
Swimming (recreational)	92,667	73	0.4	0.1
Bowling	53,160	50	0.2	0.1
Paintball	8,679	21	0.1	0.2
Shooting (trap & skeet)	3,696	16	0.1	0.4
Archery	6,650	16	0.1	0.2
Canoeing	10,933	11	0.1	0.1

Source: American Sports Data, Inc. - A Comprehensive Study of Sports Injuries in the U.S.

Compared to other popular forms of recreation, the shooting sports have some of the lowest occurrences of injury.



**THE CONSTITUTION OF THE _____ CLUB
OF XXX HIGH SCHOOL**

ARTICLE 1: The Organization

#1. The name of this association shall be the _____ Club.

#2. The purpose of the _____ Club is to

_____.

#3. The _____ Club will meet (when?where?)

_____.

#4. Special meetings may be called by the President with the approval of the advisor.

#5. A quorum is defined as _____.

ARTICLE 2: Eligibility for Membership

#1. (who is eligible?)_____.

#2. Annual dues shall be _____ per _____. No student will be denied membership based on his/her ability to pay.

ARTICLE #3: Officers and Elections

#1.1 President: Organizes and runs meetings, schedules activities with advisor. May sign purchase orders and requests for payment. Responsible for making sure the club has a current Constitution on file. Prepares agendas for meetings.

#1.2 Vice-President: Organizes and runs meetings in absence of the President.

#1.3 Secretary: Takes minutes of all meetings and submits a copy to the Student Activities Administrator. Handles correspondence.

#1.4 Treasurer: Keeps records of income and expenditures. Prepares budget. Writes purchase orders and signs requests for payment. Responsible for forming a finance committee and preparing an annual budget to be reviewed by September, January, and May meetings.

#1.5 Other

ARTICLE #4: Authority

#1. This organization is a subsidiary organization of the Associated Student Body of xxx High School and is subject to student body regulations.

#2. This organization shall be under the direct supervision of its advisor, who shall attend all meetings.

#3. Fundraising activities must be approved by the student activities administrator and the ASB before materials can be ordered.

#4. All funds must be promptly deposited into the club's account with the student finance department. No clubs will be allowed to carry a negative account balance.

#5. A copy of the minutes of all meetings shall be filed with the Assistant Principal's secretary.

CURRENT OFFICERS FOR THE _____ YEAR

President: _____ Vice-President: _____

Secretary: _____ Treasurer: _____

SIGNATURES

Club President Date

Club Advisor Date

President, Associated Student Body Date

Advisor, Associated Student Body Date

Student Activities Administrator Date

The students signing below have expressed interest in membership in a Sportsmen's Club at xxxx High School. This club was explained to the students from the information on the proposed constitution.

I am interested in being a member of the Sportsmen's Club of xxxxx High School.

	Signature	Print Name	Date
1.			
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Gun Safety Rules And Safe Range Operations

Knowledge

Skill

Attitude

Safety is the number one priority on and off the range. Everyone must do their part to prevent accidents. In this sport, most incidents (as few as there are) are caused by the ignorance of proper shotgun operating procedures or by mishandling. Marksmanship can be an enjoyable, challenging, and exciting sport when done safely.

Shotguns must be treated with the same respect and safety considerations given all firearms.

Knowledge, skill and attitude. These three elements must be present in order to safely and responsibly handle any gun. Safety knowledge is needed to perform the shooting skill safely. The proper attitude puts the knowledge and skill to work.

By observing the safe gun handling rules most firearms accidents would never occur.

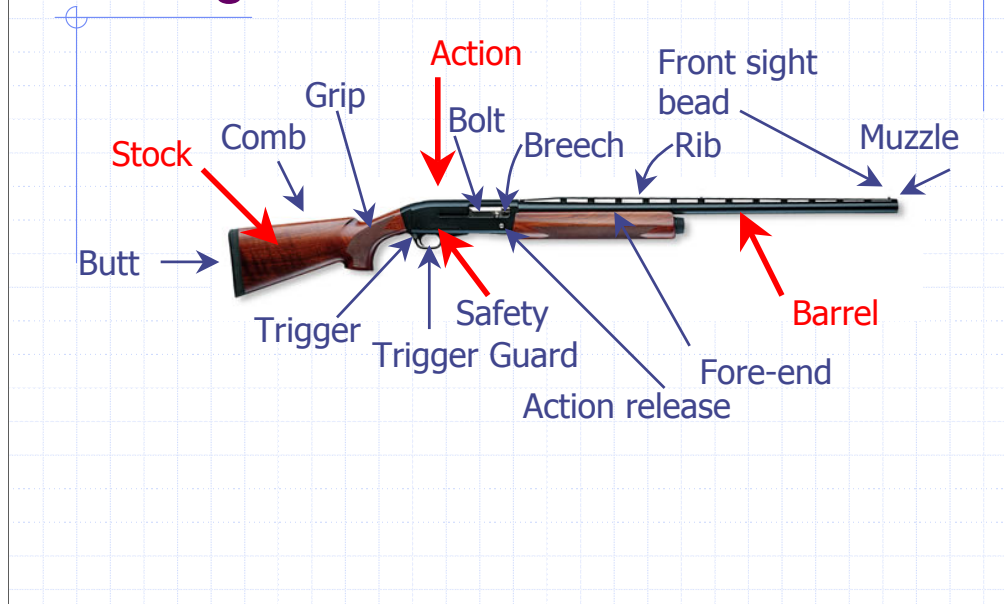
What do you think is the primary concern when handling any kind of gun?

Safety is always the primary concern when handling guns, whether they are located on the range, at home, or in the field.

What do you think are the major causes of gun accidents?

Ignorance and carelessness are the primary causes; a lack of knowledge of gun safety or operation (ignorance), or the failure to apply one's knowledge when handling guns (carelessness). A very real concern, especially among those who are around guns frequently, is complacency. Complacency leads to carelessness.

Shotgun Nomenclature



The three major part groups of a shotgun are the **stock**, **barrel** and **action**.

The **stock** consists of the butt, comb or cheekpiece, grip and fore-end or forearm

The **barrel** is a tube of a certain size or diameter that runs its full length; this is called the bore. The inside diameter of this tube is usually referred to as its gauge. Gauge is an old term for the number of round lead balls of that diameter that equals one pound. A 12 gauge shotgun has a nominal bore diameter of .730 inches, while a 20 gauge is .615 inches. An exception to that naming convention is the .410 bore shotgun which has an inside diameter of .410 inches. A .410 bore is a 67 gauge. The muzzle end of the barrel has a slightly smaller diameter, the choke, which controls the spread of the shot pattern.

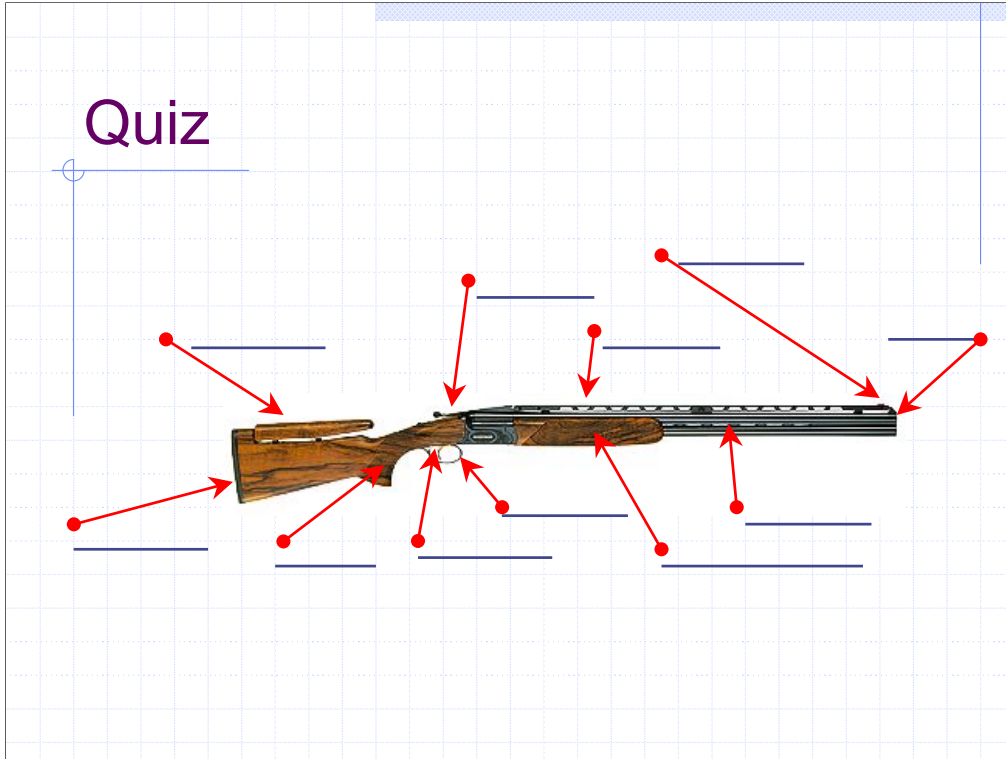
The breech is the back end of the barrel where the chamber is located. The muzzle is the front end of the barrel where the projectiles exit upon firing. The sights are attached to the barrel to help the shooter align the gun accurately.

Action includes the receiver, bolt or breech block, the firing pin, the trigger, the trigger guard and the safety.

The **safety** is a mechanism that, once engaged, is designed to prevent a gun from firing by locking its trigger into place. It is usually located near the trigger or on the trigger guard. The safety may be located in different places on various models of guns. See the specific owner's manual for the gun. It is the user's responsibility to know how the safety operates. Safeties, being mechanical devices can fail. They are not fool proof!

Safeties are not normally used (engaged and disengaged for every shot) in target shooting because the primary "safety" in target shooting is the open action. More importantly, shotguns on target ranges are loaded only on the firing station and only when they are to be fired at a target. The user is the only reliable safety when they follow the safety rules.

Quiz



The common shotgun action types are

- Break open or hinge
 - Single barrel
 - Double barrel
 - Over-under
 - Side-by-side
- Semi-automatic
- Pump action
- Bolt action (they still exist, although not used in competitive clay target sports)

The Fundamental Rules for Safe Gun Handling

- ◆ Always keep the gun pointed in a safe direction
- ◆ Always keep your finger off the trigger until ready to shoot
- ◆ Always keep the gun unloaded until ready to use

The NRA has developed three basic rules that should **always** be applied simultaneously when handling or using guns. ***The fundamental NRA rules for safe gun handling are:***

1. Always keep the gun pointed in a safe direction.

This is the primary rule of gun safety. A safe direction means that the gun is pointed so that even if it were to go off it would not cause injury or damage. The key to this rule is to control where the muzzle or front end of the barrel is pointed at all times. Common sense dictates the safest direction, depending on different circumstances.

If you had a gun in your hands now, what would be the safe direction(s)?

2. Always keep your finger off the trigger until ready to shoot.

When holding a gun, rest your finger on the trigger guard or along the side of the gun. Until you are actually ready to fire, do not touch the trigger.

3. Always keep the gun unloaded until ready to use.

Whenever you pick up a gun, immediately engage the safety device if possible, and, if the gun has a magazine, remove it before opening the action and look into the chamber(s) which should be clear of ammunition. If you do not know how to open the action or inspect the chamber(s), leave the gun alone and get help from someone who does.

Model Correct Behavior

- ◆ Set the example
- ◆ Safe gun handling is an individual responsibility
- ◆ Supervision is necessary

Set the example. Each time you pick up a gun, model the correct behavior by practicing the three rules of safe gun handling: make sure the gun is pointed in a safe direction, the finger is off the trigger and the gun is unloaded.

When handing a gun to another person, the three rules of gun safety must be observed simultaneously, *i.e.*, gun pointed in a safe direction, finger off the trigger, safety engaged, if possible, magazine empty, action open, and empty chamber visible. The gun should not be accepted from another person unless its magazine is empty, its action open, and its chamber empty.

When Using or Storing a Gun...

◆ Always follow these NRA rules

- Be sure the gun is safe to operate
- Know how to use the gun safely
- Use only the correct ammunition for your gun

Be sure the gun is safe to operate.

Just like other tools, guns need regular maintenance to remain operable. Regular cleaning and maintenance and proper storage are a part of any gun's general upkeep. Shooters must also be aware of changes in sound, recoil, and operation that may occur during firing. If there is any question concerning a gun's ability to function, a knowledgeable gunsmith should look at it. The operator's manual is the best source of information on a particular gun.

•Know how to use the gun safely.

Before handling a gun, learn how it operates. The shooter must know how his shotgun operates – its major parts, how to load and unload it, and how to clean it. Remember, a gun's mechanical safety device is never foolproof. Nothing can ever replace safe gun handling.

•Use only the correct ammunition for your gun.

Only shot shells designed for a particular gun can be safely fired in that gun. To ensure the correct projectile or ammunition is used, check the owner's manual or the projectile type and size stamped on the gun. Ammunition can be identified by information printed on the box and sometimes stamped on the cartridge. Do not shoot the gun unless you know you have the proper ammunition.

When Using or Storing a Gun...

◆ Always follow these NRA rules

- Know your target and what is beyond
- Wear eye and ear protection as appropriate
- Never use alcohol or over-the-counter, prescription or other drugs before or while shooting

• **Know your target and what is beyond.**

The range Standing Operating Procedures (SOPs) specify the types and calibers of guns, what targets and distances targets may be placed, and the types of shooting activities permitted. Violations of the SOPs could cause a hazardous condition. Shooters must check their targets and what is beyond every time they shoot. Never fire in a direction in which there are people or any other potential for mishap. Think first. Shoot second.

• **Wear eye and ear protection as appropriate.**

Guns make sound that can cause hearing damage. Guns can also emit debris and gas that could cause eye injuries. For these reasons, shooting glasses and hearing protectors should be worn by shooters and spectators. The range SOPs should specify that all range users, including spectators, should wear eye and ear protection to prevent injury.

• **Never use alcohol or over-the-counter, prescription or other drugs before or while shooting.**

Alcohol, as well as any other substance likely to impair normal mental or physical bodily functions, must not be used before or while handling or shooting guns. Examples include prescription and non-prescription drugs, such as cold medicines, that may cause drowsiness, nervousness, balance problems, or other side effects. Anyone taking any medication or substance that may impair normal mental or physical bodily functions should be prohibited from the range.

When Using or Storing a Gun...

◆ Always follow these NRA rules

- Store guns so they are not accessible to unauthorized persons
- Be aware that certain types of guns and many shooting activities require additional safety precautions
- Cleaning
 - ◆ Make absolutely sure that it is unloaded

Store guns so they are not accessible to unauthorized persons.

Safe and secure storage requires that untrained individuals (especially children) be denied access to guns. A variety of safes, cases, and other security devices are available to securely store guns. Many factors must be considered when deciding where and how to store guns. Your particular situation will be a major part of the consideration. In the case of personally owned guns, the gun owner is responsible for the safekeeping of his/her gun(s).

Be aware that certain types of guns and many shooting activities require additional safety precautions. For example, some shotguns are equipped with a release trigger. This type of trigger fires the gun upon releasing the pressure on the trigger which is significantly different from that in many modern firearms and require special procedures for safe use.

Cleaning – Regular cleaning is important in order for any gun to operate correctly and safely. Taking proper care of it will also maintain its value and extend its life. Firearms may need to be cleaned every time they are used. A gun brought out of prolonged storage should also be cleaned before shooting. Accumulated moisture and dirt, or solidified grease and oil, can prevent the gun from operating properly.

Before cleaning any gun, **make absolutely sure that it is unloaded.** The gun's action should be open during the cleaning process. **Also, be absolutely sure that no ammunition is present in the cleaning area.**

Handling Guns Off The Firing Range

- ◆ Removing a shotgun from the case
- ◆ Removing multiple guns from one case
- ◆ Individual safety precautions

REMEMBER: *Always keep the gun pointed in a safe direction.*

Removing a Shotgun From the Case

Another good idea to use for safety is to clearly mark the outside of the gun case with an arrow indicating which direction the shotgun inside is pointing. This will help ensure that when the case is opened, the shotgun will already be pointing in a safe direction. On some gun cases it is obvious which end is the muzzle, but in others it is unclear.

Open the case; keeping your finger off the trigger, immediately engage the mechanical safety, if possible; if the gun has a removable magazine, remove it; open the action (leave the bolt to the rear of semi-automatics), and look and feel (if possible) into the chamber; confirm that the safety is engaged (in the ON position); remove the gun from the case and place it in an appropriate gun rack.

Some shotguns (hinge action guns) can be taken apart, that is the barrel(s) can be removed from the action, and placed in a smaller case for easy transport. Assembly of the gun is required to make it ready for shooting. Safety practices are still important regarding keeping the gun pointed in a safe direction and finger off the trigger.

Removing Multiple Guns From One Case

Open the case; without touching the other gun(s) in the case, the first gun is immediately pointed in a safe direction, finger off the trigger, immediately engaging the mechanical safety, if possible; if the gun has a removable magazine, remove it; open the action (leave the bolt to the rear of semi-automatics), and look into the chamber; confirm that the safety is engaged (in the ON position); remove the gun from the case and place it in an appropriate gun rack.

Immediately follow the same procedure for the second and/or subsequent gun(s).

Special Safety Rules

- ◆ International Trap and Double Trap
- ◆ American Trap
- ◆ International and American Skeet

**Safety is a conscious action,
not a sub-conscious one.**

International Trap & Double Trap - the shooter may travel between stations 1 through 5 with the action open and shells in the gun. Once the shooter on the left has completed shooting the shooter on the next station may now close his/her gun and has 10 seconds to call for the target. After shooting on station 5 the gun must be open & empty as the shooter proceeds to station 1.

American Trap - the shooter may reload & close his/her gun immediately after firing while waiting for his/her turn. The shooter may not advance to the next station until everyone on the squad has completed shooting the 5 shots required at their station. Guns must be unloaded when changing stations.

International & American Skeet - the gun can only be loaded when the shooter is on the station. The shooter may not advance to the next station until everyone on the squad has completed shooting the previous station.

International Skeet – When the squad advances to Station 8, they must stand in shooting order behind the referee on an imaginary line drawn between the center of station 8 and station 4. The first shooter positions himself in a normal manner on Station 8 and, after loading the gun with one cartridge only, shoots the high house target. Then he must turn clockwise (to the right, in the direction of the target crossing post) and only then, after completing the turn, position himself for the low house, load his gun with one cartridge only and shoot the low house target. He must then leave the station and move to the rear of the line of shooters who have still to shoot. Each shooter will do the same in succession.

Summary

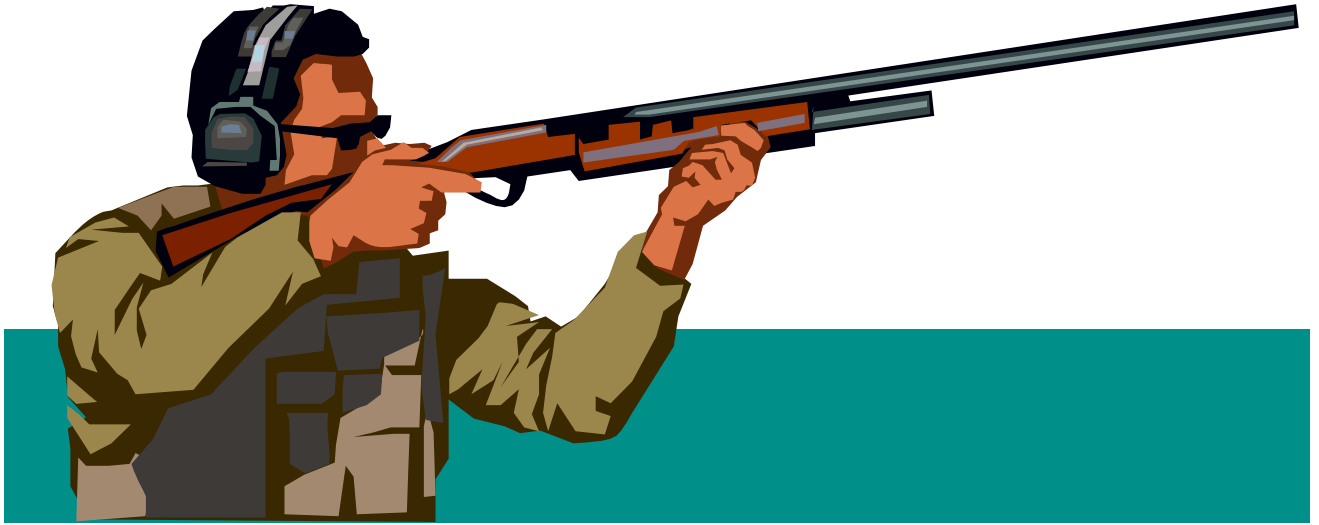
- ◆ Safety is the most important area in marksmanship
- ◆ Safety is everybody's business
- ◆ Remember and always follow the Safe Gun Handling Rules
- ◆ Research additional safety information

There is no substitute for safety in competitive shooting. Nothing is more important! Everyone should be involved in monitoring safety. Safety is everyone's business, not just the Range Officer's. When anyone views an unsafe act action should be taken immediately. Whether a shooter, coach, or spectator when a safety violation is observed it the responsibility of all to take positive and corrective action.

All shooting organizations are very concerned that everyone follow the three Safe Gun Handling Rules:

- 1. Always** keep the gun pointed in a safe direction
- 2. Always** keep your finger off the trigger until ready to shoot, and
- 3. Always** keep the gun unloaded until ready to use.

The Safe Gun Handling Rules and common sense can prevent accidents.



Shotgun Coach Training Class

When: November 19th & 20th, 2011

Where: Auburn Trap Shooting Club - 11540 Lorenson Road Auburn, CA 95602-7512

Cost: \$130.00

Contact: Gail Miller (916-632-3221 office) (916-624-4319 home) 9916-521-6319 Cell) (916-624-0472 Fax)

This Shotgun Coach School is part of the NRA Coach Certification Program and was developed in conjunction with the National Rifle Association, USA Shooting and the Civilian Marksmanship Program.

The course is designed to provide training to those individuals who are currently coaching or wish to become shotgun shooting coaches.

Course includes training on history of the sport, quality shooting programs, equipment and methodology, fundamentals, ethics, mental training, planning, trap, skeet, sporting clays, and problem solving.

The Instructors will be Gail Miller & Richard Lynch. Should the class become large enough we will split it in order to make it more convenient for those taking the class.

Trapshooting Clinic

AGENDA:

- 9:30 – 10:00am – Registration
- 10:00 – 10:45am – Safety Course
- 10:55 – 11:20am – Equipment and Gun
- 11:30 – 12:00pm – Trap Shooting Procedures and Etiquette
- 12:00 – 12:30pm – Lunch
- 12:30 – 2:00pm – Shooting Practice

RANGE SET-UP:

1. Remove voice activation.
2. Two fields set up to throw straight-aways.
3. One safety officer per field.
4. One coach per shooter.
5. Coaches hold shells.

SAFETY COURSE:

1. Importance of safety.
2. Shotgun nomenclature.
3. Rules for safe gun handling.
4. Using and storing a gun.
5. Ammunition.
6. Handling guns off the firing range.
7. Trap special safety rules.
8. Range supervision and live fire conduct.
9. Malfunctions.
10. Health and Hygiene.

EQUIPMENT AND GUN FIT COURSE:

1. Firearm types.
2. Gun fit.
3. Eye dominance.
4. Ammunition.
5. Soft loads.
6. Eye and ear protection.
7. Clothing and carrying equipment.

TRAP SHOOTING PROCEDURES AND ETTIQUETTE:

1. Going to post.
2. Loading the firearm.
3. On post procedures.
4. Movement between posts.
5. Turning at post 5.
6. Flying shells.
7. Movement.
8. Noise.
9. Trap house & other areas.
10. Squad set-up.
11. Commands.
12. Practice round (no guns).

SHOOTING PRACTICE ROUND 1: (Level one proficiency)

1. One coach per shooter. Coach holds shells until shooter ready to load.
2. Trap locked to throw straight-aways.
3. Demonstrate load and unload.
4. Explain:
 - a. Gun mount.
 - b. Hold point.
 - c. Eye focus point.
 - d. Eye movement.
 - e. Gun movement and lead.
 - f. Swing.
5. Load a round. Shoot a round. Eject a round.
6. Three shooters to the field.
7. Dry fire at first three targets.
8. Shoot going away only from posts 2, 3, & 4 – 15 shots.
9. Review successes.

SHOOTING PRACTICE ROUND 2: (Level 2 proficiency)

Shooters who do not complete level 1 proficiency repeat Round 1.

1. One coach per shooter. Coach holds shells until ready to load.
2. Trap locked to throw straight-aways.
3. Review gun procedures.
4. Review safety.
5. Review angles of targets in level one.
6. Discuss new position of posts 1 & 5.
7. Five shooters to the field.
8. Review shooter positions and squad leader function.
9. Review:
 - a. Gun mount.
 - b. Hold point.
 - c. Eye focus point.
 - d. Eye movement.
 - e. Gun movement and lead.
 - f. Swing.
10. Shoot 25 Targets.
11. Review successes.

END THE DAY:

1. Sign shooter cards.
2. Remind shooters of off-range gun handling.
3. Brief review of schedule.
4. Brief discussion of day's successes.
5. Give out certificates of completion.

VOLUNTEERS:

Registration: 1. _____
2. _____

Gun Inspection: 1. _____

Instructors: 1. _____
2. _____
3. _____

Lunch Servers: 1. _____
2. _____
3. _____

Coaches: 1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____
11. _____
12. _____

Safety Officer: 1. _____
2. _____

Pullers: 1. _____
2. _____
3. _____

Score Keepers: 1. _____
2. _____
3. _____



Proposal

Form a XXX High School Trap Team to compete in the California Youth Shooting Sports Association (CYSSA) Trapshooting League beginning in the spring of 2012.

Goals

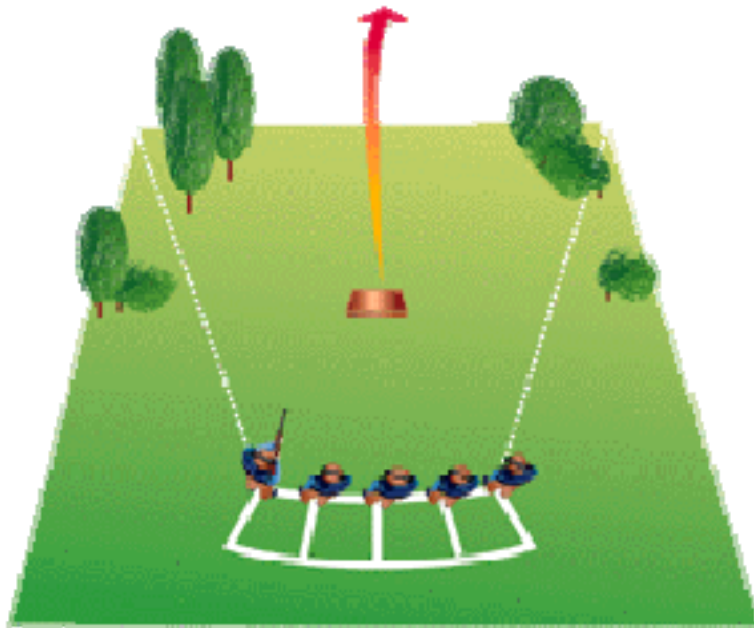
With the assistance of the CYSSA, the XXX School District and local adult volunteers we hope to create a trapshooting program to introduce XXX High School students to the clay target sports. We will focus on providing, promoting, and perpetuating opportunities for our athletes to safely and enjoyably participate in a high-quality Team-based sport teaching sound shooting fundamentals and safe firearm handling led by trained and dedicated adult coaches focused on helping our student athletes reach their potential. Through the participation in the CYSSA Trapshooting we hope to instill in our athletes the character traits of fair play, individual responsibility, sportsmanship, self-discipline, personal commitment, leadership and teamwork – qualities that will serve them well throughout their lives.



What is Trapshooting?

Trapshooting is one of three major competitive clay target sports. There are many versions of trapshooting worldwide including Olympic Trap, Doubles Trap, Down-the-Line, Nordic Trap and American Trap. American Trap is the most popular form of trap shooting in the United States and Canada. American Trap is further divided into “singles”, “doubles”, and “handicap”. The American “singles” Trap field is divided into 5 stations positioned 3 yards apart from each other and forming an arc 16 yards away from the trap house. A clay target (“a bird”) is thrown at a speed of ~50 mph from a trap machine, located in the trap house, which oscillates in a random left to right arc of 35 degrees. Each competitor calls for “a bird” and shoots in order until each competitor has shot at 5 birds from their starting station. Each competitor then rotates to the next station in a clockwise direction and again shoots at 5 birds. This process is repeated on all 5 stations until a total of 25 shots have been taken by each shooter thus completing a round. In most tournaments a competitor will shoot between 4 to 8 singles rounds for a title.

Shotguns are used in all of the clay target sports. In American “singles” Trap either a 12 or 20 gauge shotgun is used with only one shot allowed at a time. The governing body regulates the type of ammunition as well as the rules of competition. In the United States there are two major governing bodies of American Trap: the Amateur Trapshooting Association (ATA) and the Pacific International Trapshooting Association (PITA).





History of Trapshooting

American trapshooting was first contested in the mid 1800's about the time of the American Civil War. The clay target was invented in the 1880's with revisions to its design continuing to present day. The first Grand American Clay Target Tournament was held in 1900 in New York City. The American Amateur Trapshooting Association (AATA) was formed in 1916 with John Philip Souza serving as its first president. The AATA eventually became the Amateur Trapshooting Association (ATA) in 1923 which today serves as the governing body of American trap shooting. Today the ATA Grand American World Trapshooting Championships are held at the World Shooting and Recreational Complex in Sparta, Illinois with nearly 6,000 shooters competing. In addition to the Grand American, the ATA governs over 6,200 tournaments in North America in which its 52,000 members compete.

In 2007, thirty-two college teams competed in the Association of College Unions International (ACUI) National Intercollegiate Clay Target Championships. Some of these colleges offer scholarship opportunities for their athletes while all of the schools provide an opportunity for their students to participate in a college sports program. Participation in Collegiate Clay Target Sports has seen a 40% growth in the last 4 years, thought to be directly attributable to programs like High School SCTP. With continued growth, there is hope that trapshooting will become a full NCAA sanctioned sport providing further scholarship opportunities.



The International Sport Shooting Federation (ISSF) has governed international trap shooting since 1907. One hundred and fifty four nations from every continent are members of the ISSF which also governs Olympic Shooting events. Trapshooting made its Olympic debut in 1900 and presently both men and women compete in trap shooting. In 1978 the United States Congress passed the Amateur Sports Act leading to the formation of a year-round U.S. Shooting Team.



California Youth Shooting Sports Association (CYSSA)

The California Youth Shooting Sports Association (CYSSA) is a 501(c)(3) non-profit educational-athletic organization, which provides administrative support and direction for the CYSSA Clay Target Program. The CYSSA Clay Target Program is a team based YOUTH DEVELOPMENT PROGRAM for school aged youths (grades 12 and under) which uses participation in the shooting sports to provide it's participants with a positive, life enhancing experience and is designed to instill in them a set of personal values or character traits that teaches fair play, individual responsibility, sportsmanship, self-discipline and personal commitment – qualities that will serve them well throughout their lives and will be instrumental in helping each participant reach their full potential.

CYSSA team activities are designed to incorporate two indispensable elements – SAFETY and FUN. CYSSA participants, led by trained and dedicated coaches, are taught the safe and responsible handling and use of firearms. The learning environment at team practices, and at competitive shoots, is designed to include the element of fun for all participants. Participants discover the joy of contributing to a shared team goal and the commitment that goes along with it. During this self-discovery process, team members develop proficiency in a sport that can be shared and enjoyed with family and friends for a lifetime.

Nationally, over 10,000 youths from states across the country participate in organized youth shooting sports like CYSSA. Locally, the CYSSA host 25 youth teams, with 12 being High School teams. Trapshooting is ideally suited as a High School sport, as it encourages boys, girls, and disabled youths to compete on the same team. And, given one of the most meaningful experiences of a high school student is to represent their school in athletics, participating in the CYSSA league is a great way to provide that opportunity.

The CYSSA competitive season begins in March and typically runs through the State Championships in June.



Coaching, Parental and Student Responsibilities

The Head Coach is the linchpin of the High School CYSSA and plays a pivotal role in the personal development of his or her athletes by promoting the principles of CYSSA. The Team is not allowed to participate in CYSSA activities without the Head Coach or other qualified assistant coach in attendance. The Head Coach requirements include:

1. **21 years of age** or older.
2. Work cooperatively with youth, families, CYSSA staff, and others.
3. Know the pertinent State firearms laws and legal requirements for participation.
4. Agree to a **secure background check**.
5. Take and pass a **NRA/USA Shooting/Civilian Marksmanship Shotgun Coach Training Class** or equivalent course.
6. Agree to follow the CYSSA code of conduct.
7. Be registered with CYSSA as a Head Coach in good standing.

Parental participation is an absolute requirement. Parent(s) will be required to attend the first day of range practice for the firearm safety-training program with their child and are encouraged to attend all range practices and competitions. The athletes must provide their own 12 or 20 gauge shotgun which will also require parental participation as defined by the California Department of Justice. Finally, trapshooting is not an inexpensive sport; costs include CYSSA registration, tournament fees, practice rounds and ammunition. Over time we hope to offset some of these expenses with donations and grants that are available through many of our national sporting and outdoorsman associations. As an example, a Northern CA school secured over \$24,000 in a single season through grant funding.

The whole purpose of starting a XXXX High School Trap Team is to provide our students with a safe and fun introduction to trapshooting. This opportunity is a privilege, not a right, and as with any privilege it comes with responsibilities. Safety is first and foremost. It will be the responsibility of everyone involved with the team to ensure that safe firearm handling is adhered to, in addition to strict compliance with local, state and federal firearms laws. Members of the Trap Team will also be expected to participate in fundraising events and community service events. Regular attendance to the Team meetings will also be required according to the Team Constitution. These meetings will be used for event planning in addition to seminars and possibly participation in the grant writing process.

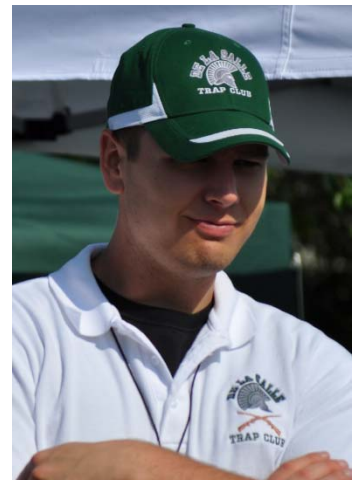


Why a XXXX High School Trap Team?

We believe that the formation of the XXXX High School Trap Team will benefit the student body, school and community in both tangible and intangible ways.

We currently have students attending XXXX High School who are avid sportsman and outdoorsman. Unfortunately, they do not have an opportunity to showcase their physical talents in the school environment if they do not participate in the “traditional” sport teams. Indeed there are other outlets available to these athletes but these do not foster a sense of belonging to their High School. Additionally, the validation that an institution like XXXX High School can provide in supporting Trapshooting will open up scholarship opportunities and even potentially assist in gaining entrance to many of our Universities and Military Academies. All of the argued reasons behind any sporting program at a high school apply equally to trapshooting; it absolutely fosters self-discipline, sportsmanship, and leadership skills.

XXXX High School benefits through the addition of new student athletes. This will undoubtedly lead to new parental support for the High School and hopefully spill over into other areas such as support for our Booster Club. The addition of this “non traditional” team sport has the potential of generating broader community support from adult sportsman and outdoorsman who otherwise may feel that they have no connection to our High School



A Perspective on the Shooting Sports

Today, the shooting sports are an important recreational activity in America. Nearly 70 million people own firearms, with over half of all U.S households containing at least one firearm. Tens of thousands of competitors participate in matches from neighborhood tournaments to the Olympic Games. More than 20 million hunting licenses are issued annually in the United States generating vast sums for the conservation of wildlife and wildlife habitat.

There is call for expert marksmen in the exciting sport of competitive shooting. In recent years the United States has been a dominant force in international shooting competition.

Competitive marksmanship does not require great physical size or strength. Even though physical fitness and stamina are important, mental qualities determine whether a shooter will ever become a champion. Being able to concentrate completely on a task and being able to relax under pressure are two keys to success.

What is Shooting?

Shooting is a skill sport. Skills learned in shooting are valuable in other aspects of life. Learning to hit a difficult target teaches self-discipline and self-control. Learning to hold a firearm steady and hit the target teaches concentration. Knowing the shooter alone is ultimately responsible for his or her performance teaches self-reliance and enhances individual esteem.

Shooting is a participation sport. No one has to sit on the sidelines and watch; everyone can take part. This active involvement is important because sports are fun when young people can participate personally instead of watching others. Persons with disabilities also can take part in shooting, often alongside other shooters in matches.

Shooting is an Olympic sport. The summer Olympics have rifle, pistol, running game target and shotgun shooting events. The winter Olympics have a biathlon event that combines cross-country skiing and shooting. Shooting is the third most popular Olympic sport. Only two sports – track and boxing – regularly have more participating nations.

Shooting is a safe sport. Injuries are so rare in target shooting that accidental records are not even kept. Shooting is safe because it has a strict code of safety that all shooters follow.

Shooting is a lifetime sport. Persons of all ages participate successfully in shooting.

Shooting is a sport for girls and boys. Girls and boys compete equally in shooting.

