



HANK GARVEY

and Brizo



BRIZO

Brizo /'braɪzoʊ/ (Greek: Βριζώ; is an ancient Greek goddess who was known as the protector of mariners, sailors, and fishermen.



“WHAT ARE YOUR GOALS FOR 2023?”



2023

ATIONAL CHAMPIONS



WHAT ARE YOUR GOALS FOR 2023?

Outcome Goals

- Win Nationals in Ohio
- Win Iowa State Varsity Team
- Be on the Podium multiple times

Performance Goals

How are you going to get there?

- Reading
- Podcast
- Online Classes
- Advanced Coach Training
- Hank's Tips

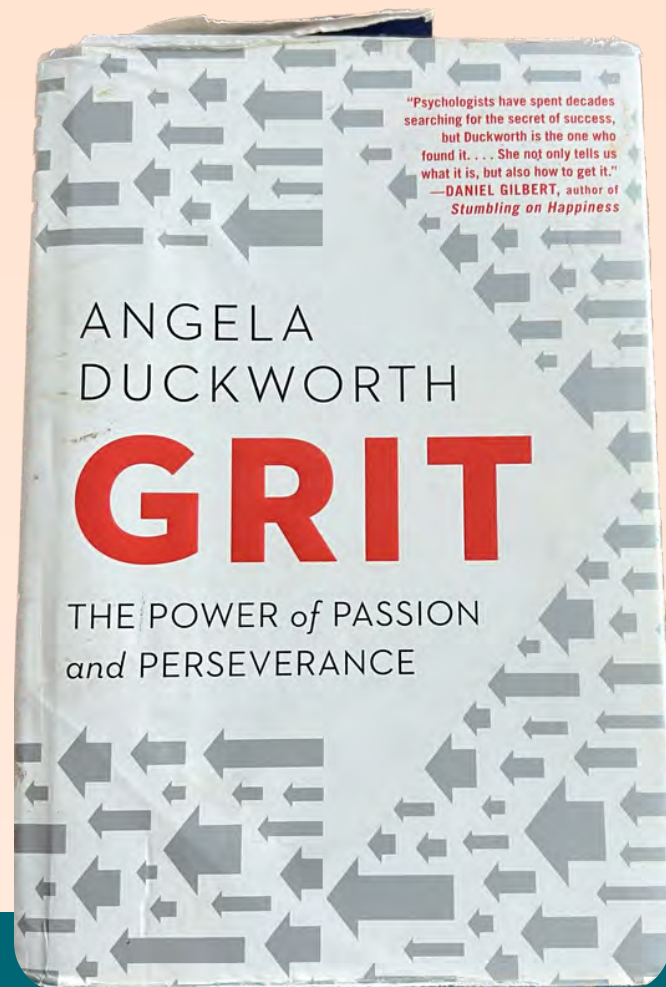
TODAY'S CHALLENGE

Pick a couple of performance goals that will:

 Impact your team 

 Impact your athletes 

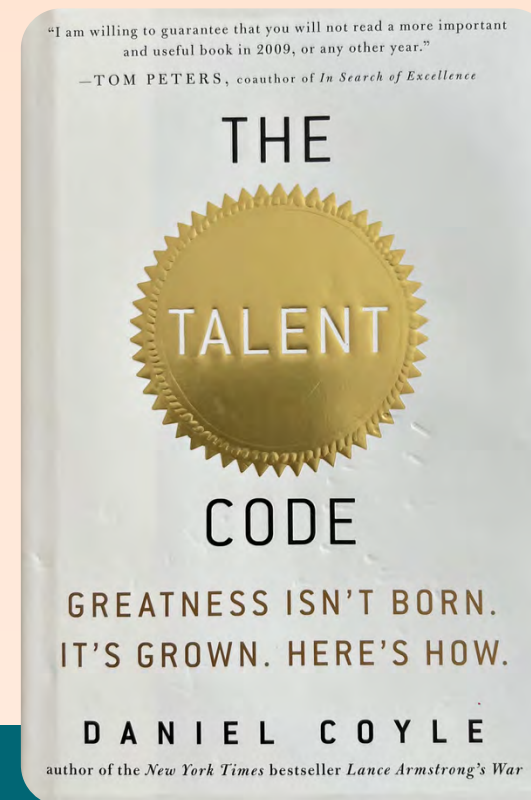
READ!



GRIT

Angela Duckworth

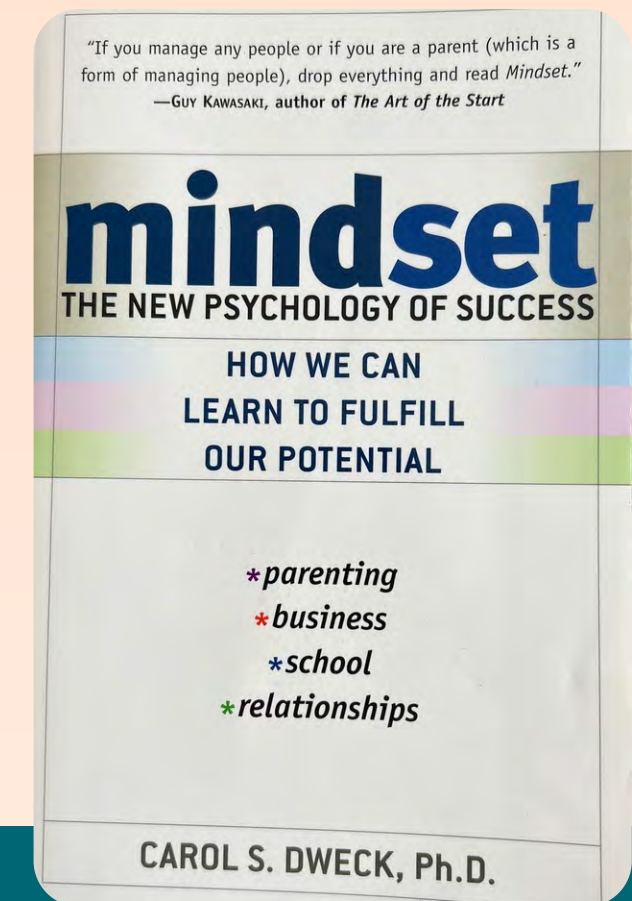
- Farmers have advantage
- West Point Cadet Selection
- Michael Jordan



The Talent Code

Daniel Coyle

- Building Myelin
- Ignition
- Deep Practice
- Master Coaching



Mindset

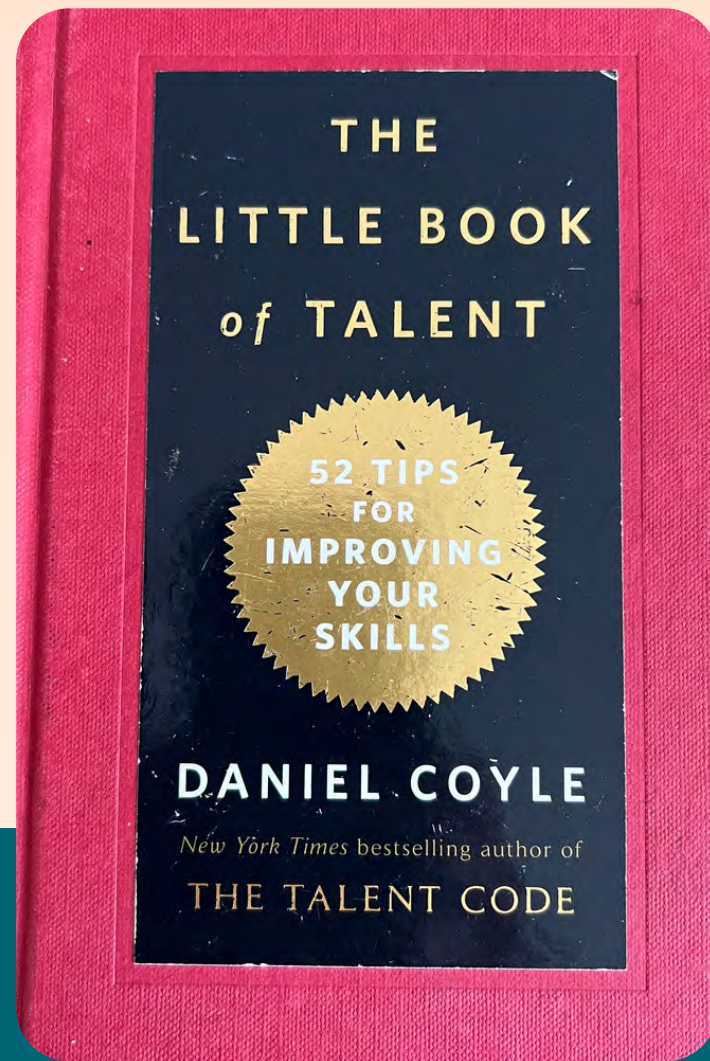
Carol Dweck, Ph.D.

- Fixed Mindset
- Growth Mindsets
- Changing Mindsets

"I've lost almost 300 games. Twenty-six times, I've been trusted to take the game winning shot and missed. I've failed over and over and over again in my life. And that is why I succeed."

- Michael Jordan

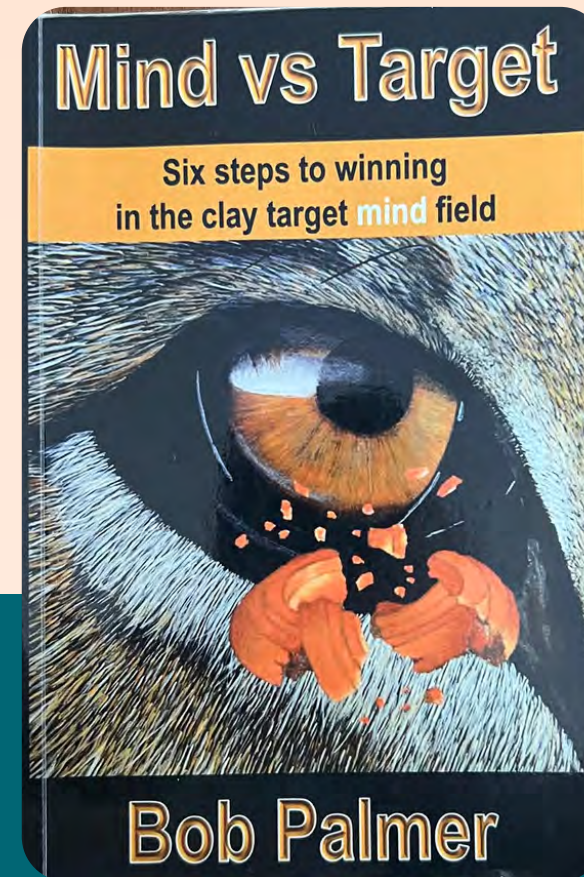
READ!



The Little Book of Talent

Daniel Coyle

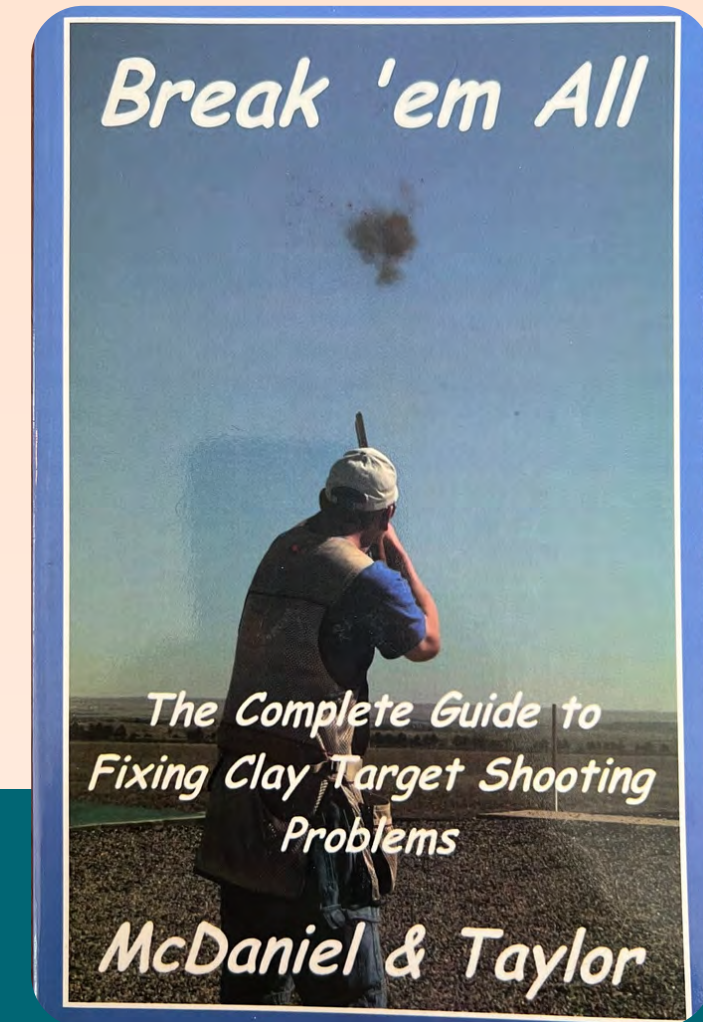
- Valuable short, precise stories
- Quick read



Mind vs Target

Bob Palmer

- The Zone
- Visualization
- Don't Think – Just Shoot



Break 'em All

B.J. McDaniel & Mark Taylor

- Shooting Bible
- If you have a copy....don't lose it!!

COACH TRAINING



SCTP Coach Class

- Online Foundation Class
- In-Person Field Day

Podcasts

- The Journey
- Shotgun Sports USA
- Bob Palmer

Advanced Coach Class

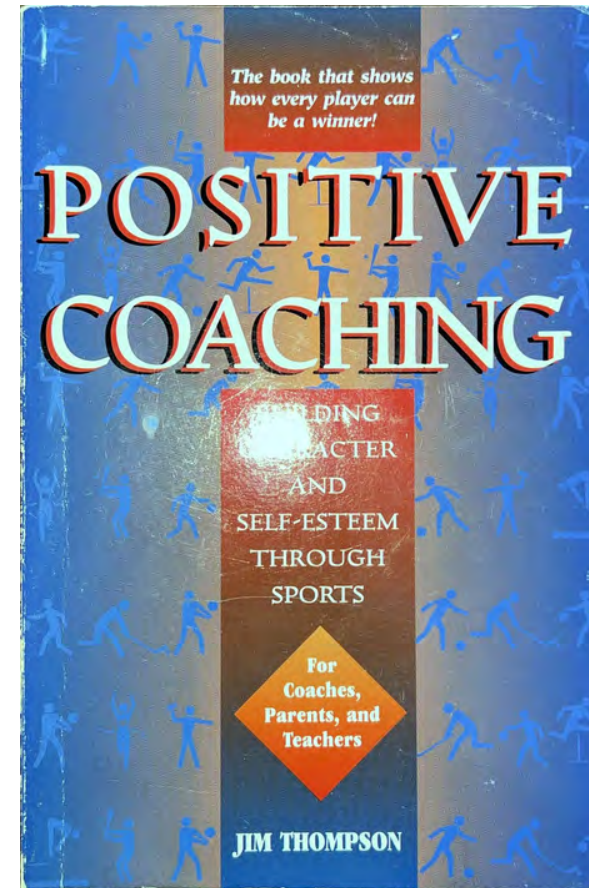
Hank Garvey & Paul Wojtaszek

- West Point
- Vermont SCTP & 4H
- Iowa 2023

Positive Coaching Alliance

Positive Coaching – Jim Thompson

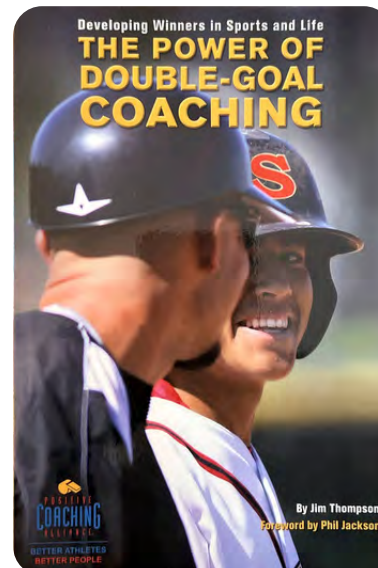
- Changed me as a parent
- ELM Tree
- Filling Emotional Tank
- Honoring the Game
- Tell them what they are doing right
 - Athletes and Assistant Coaches
- Thinking outside the box
 - Paper airplane contest



positivecoach.org

Many additional resources

Videos
Workshops
Online classes
Workbooks



Parents

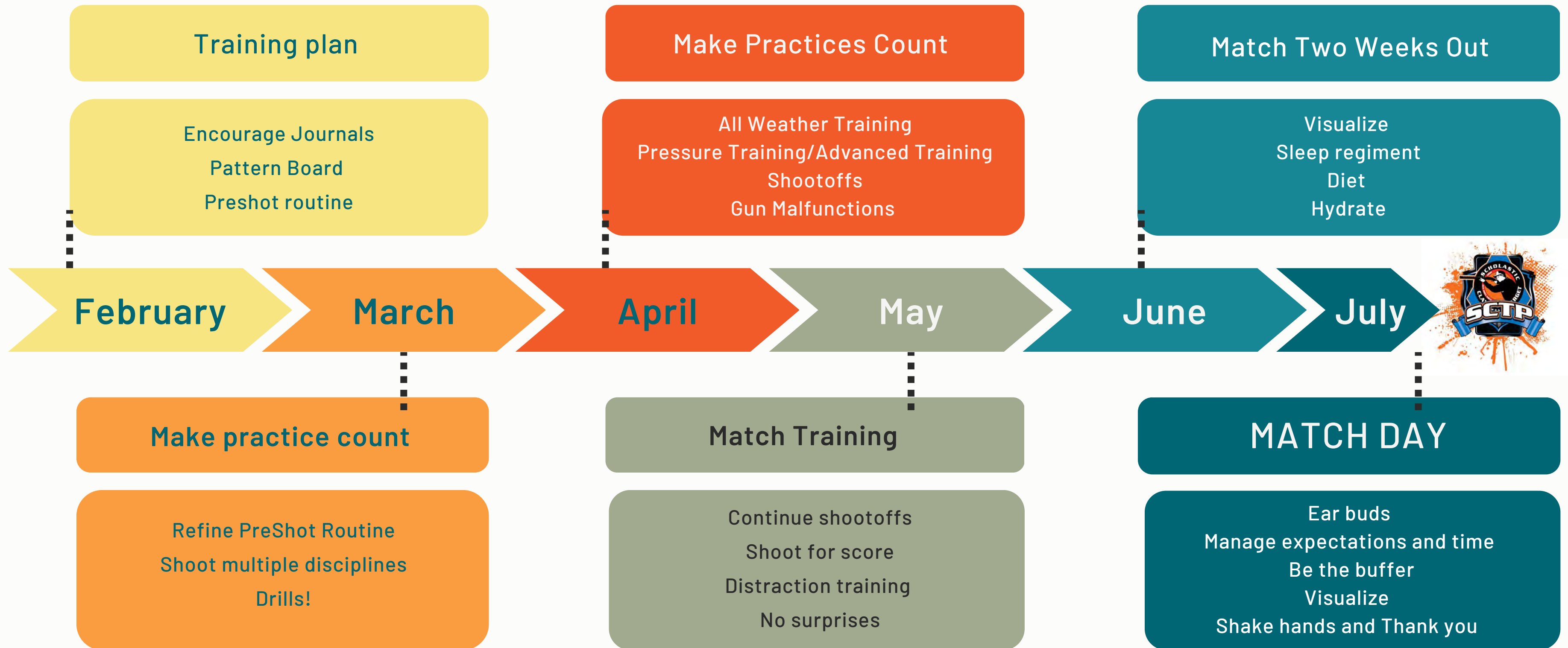
What age do athletes quit?

- Have them read the book!
- Manage Expectations
 - It's okay to ask parents that are not registered SCTP Coaches to back off (use not covered by insurance excuse)
- Give them a job

“ I love to watch you shoot! ”



Plan your Season



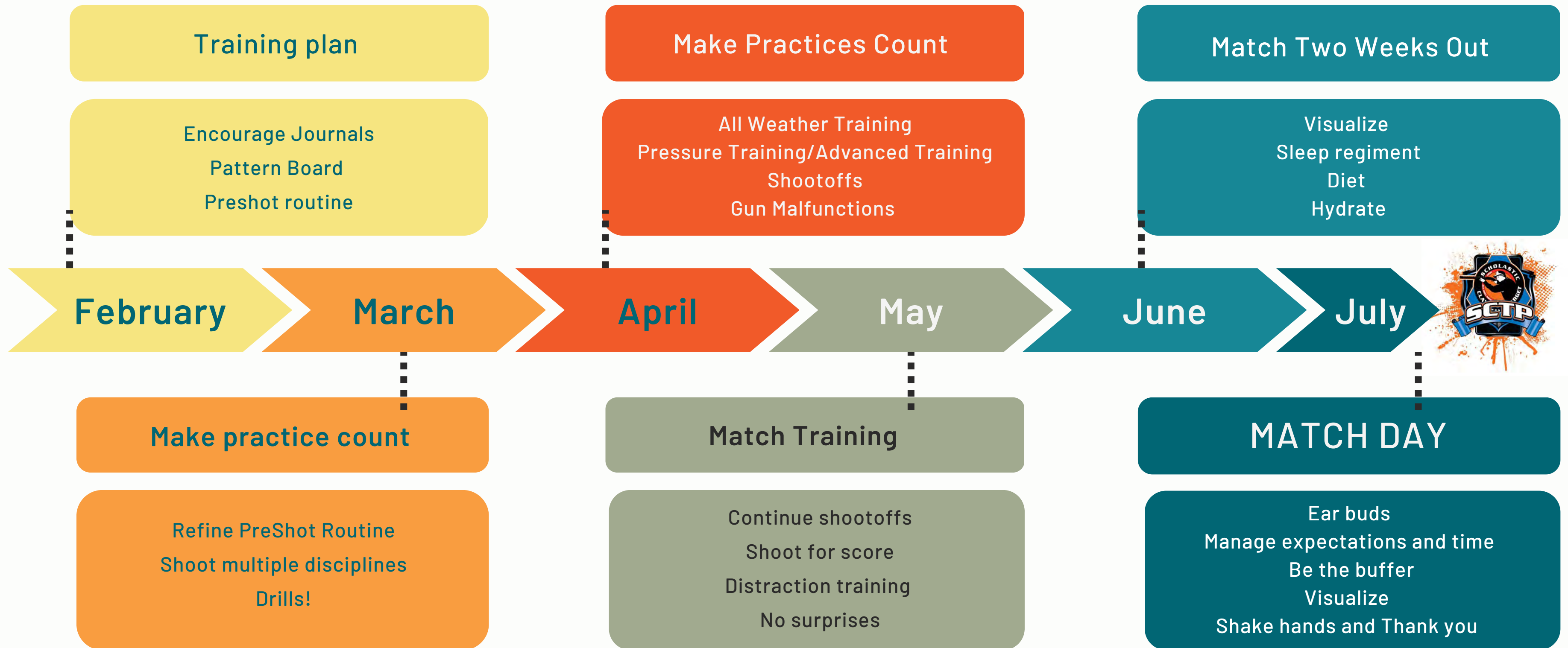
Plan your Season

Training plan

- Training plan for every practice day
- Encourage journals/notepads
- Pattern Board - kids grow!
- Write down Pre Shot Routine



Plan your Season



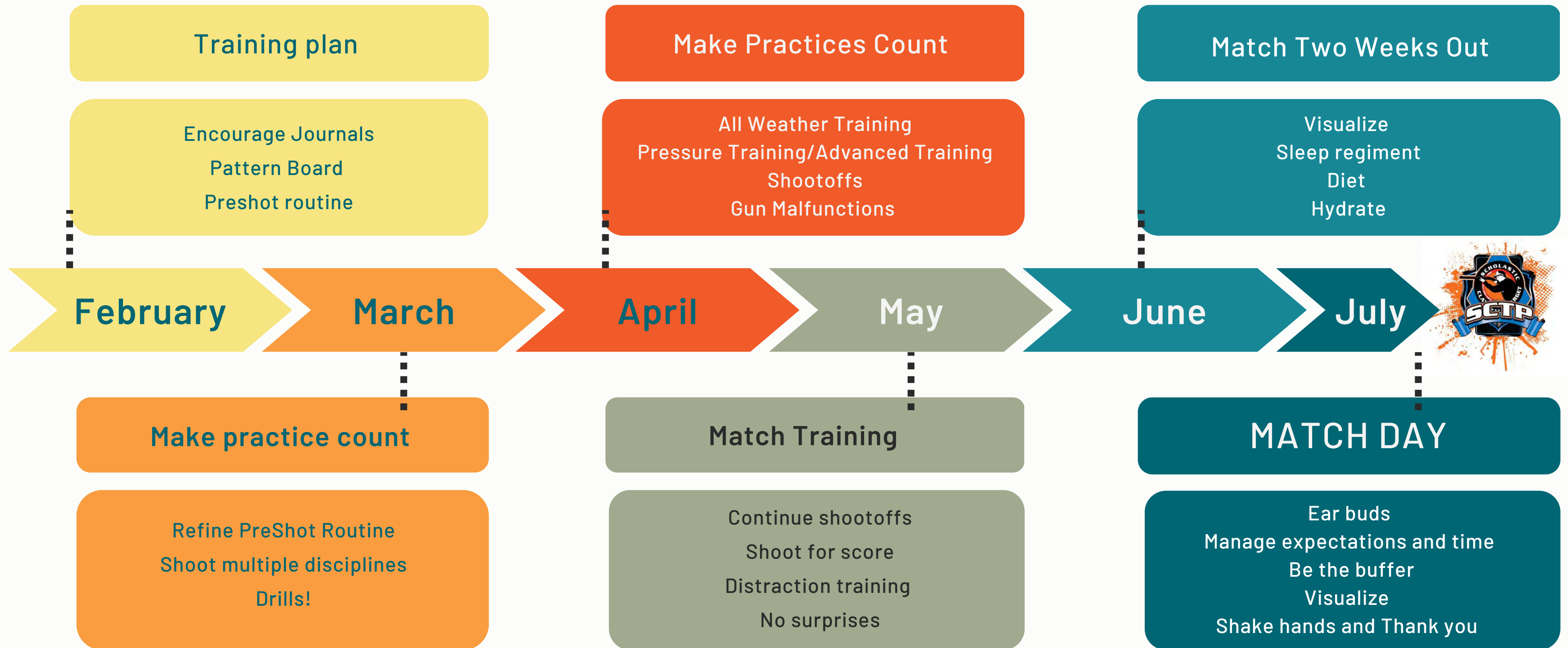
Plan your Season

Make Practice Count

- Refine Pre Shot Routines
- Shoot multiple disciplines
- Drills
 - 2, 3, 4, 5 and Moves
 - Around the World
 - Best Break



Plan your Season



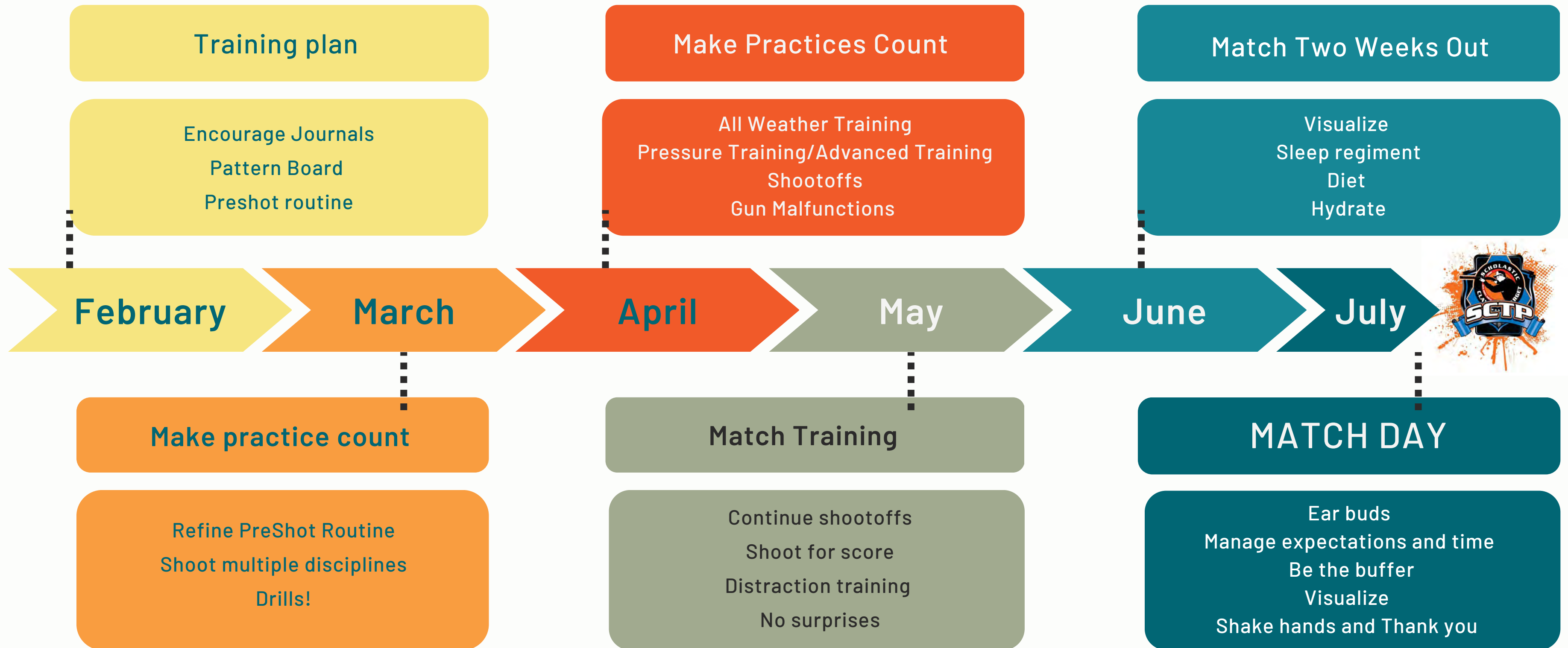
Plan your Season

Make Practice Count

- All Weather Training
- Pressure Training/Advanced Training Drills
 - Mini Match for score, Team Pair, Speed Drills, Go Backs, HORSE
- Shootoffs
- Gun Malfunctions
 - Have athletes switch guns



Plan your Season



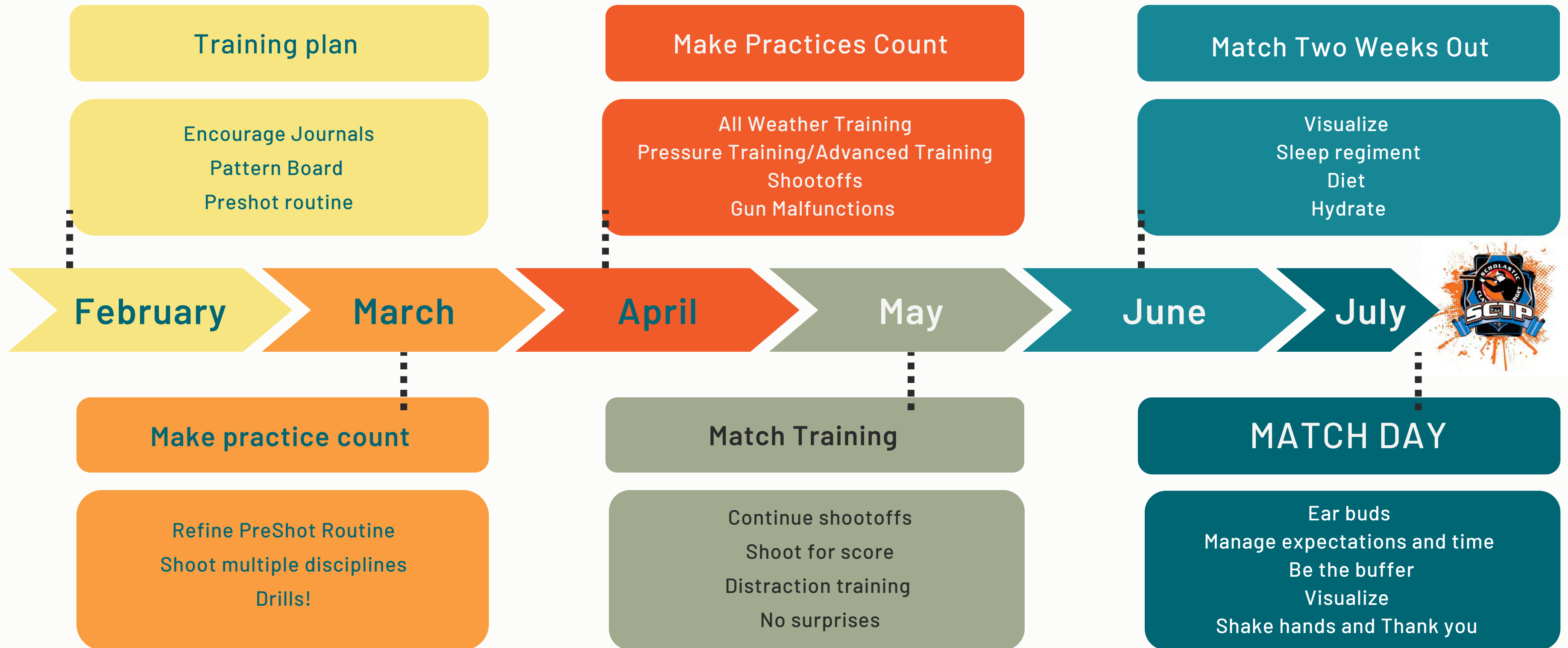
Plan your Season

Match Training

- Continue shootoffs at every practice
- Shoot for score
- Distraction training
- No surprises
 - train for all situations



Plan your Season



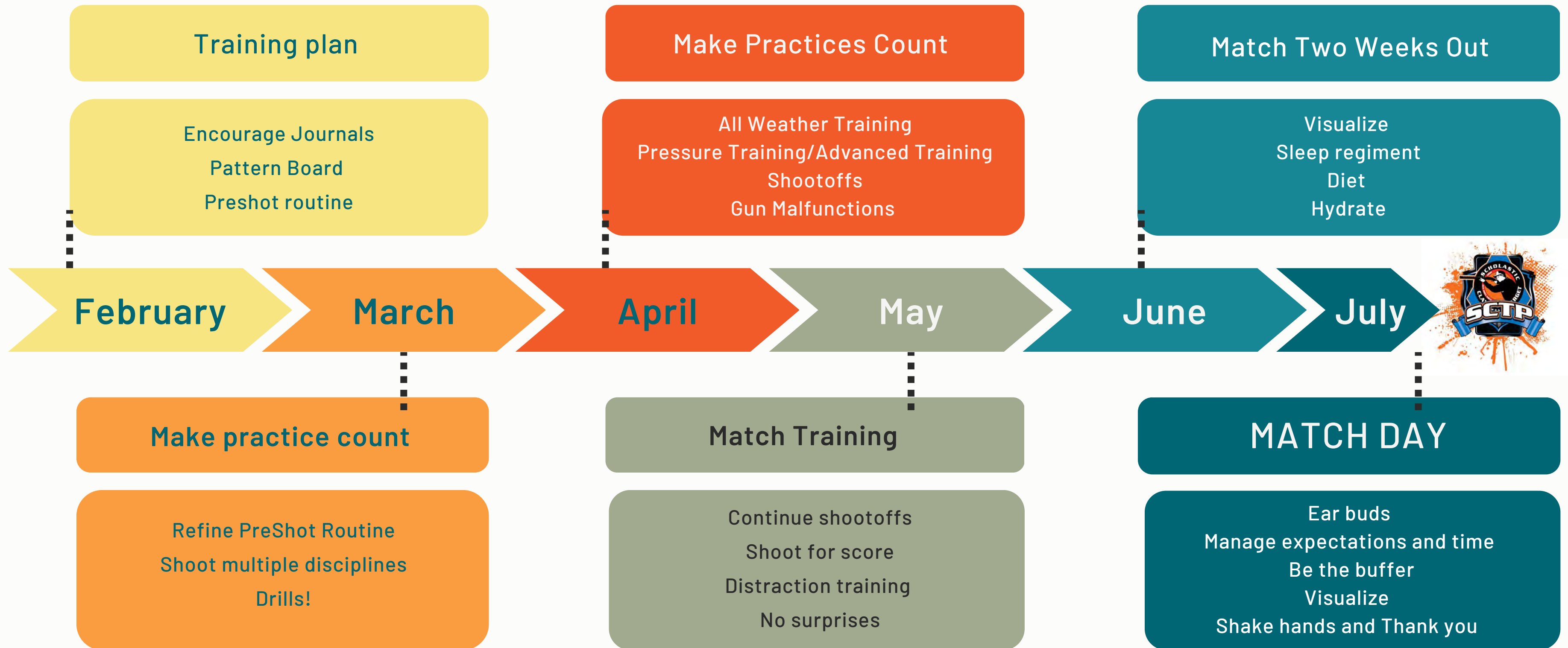
Plan your Season

Match Two Weeks Out

- Visualize two perfect rounds daily
- Sleep regiment
- Diet - proteins, limited sweets
- Hydrate
 - start 3 days before match (eyes)



Plan your Season



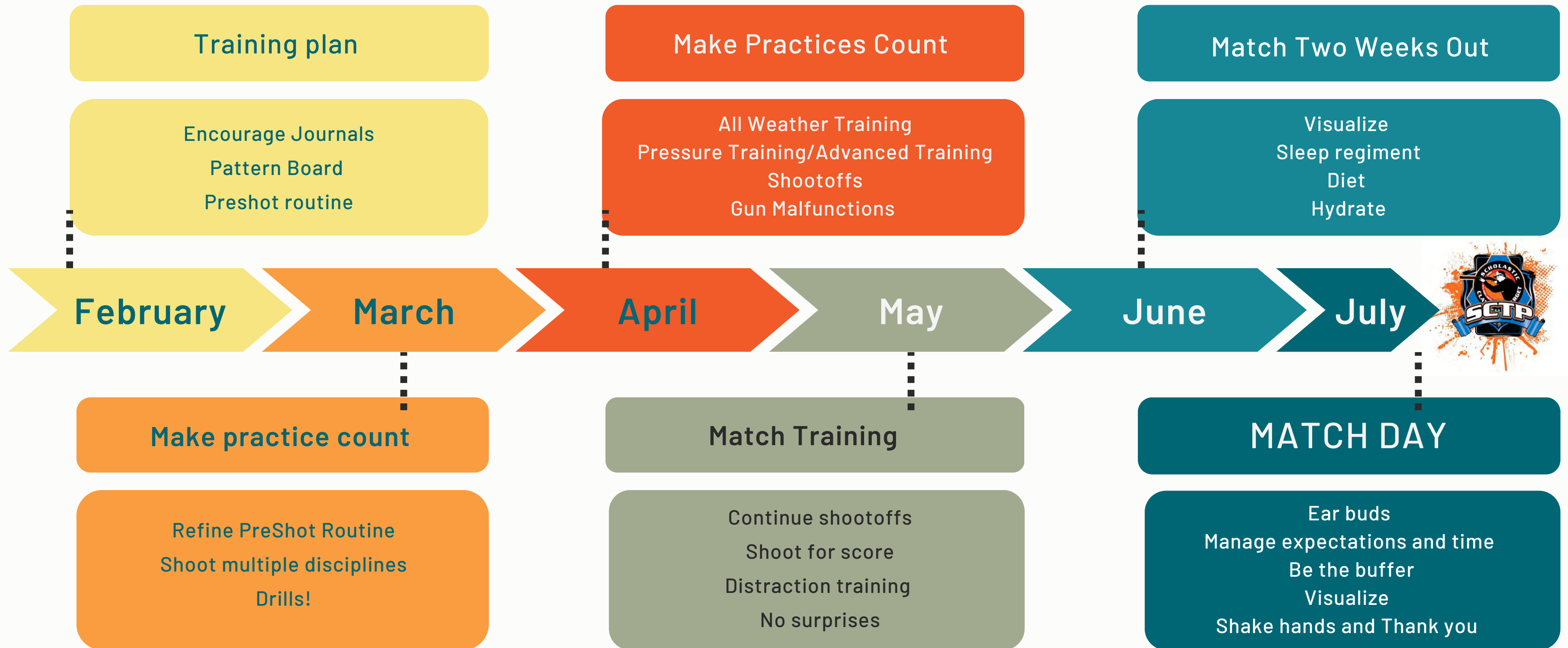
Plan your Season

Match Day

- Ear buds are athlete's best friend
- #1 Goal - manage expectations, find the bathrooms
- Coach needs to be buffer
- Is my son/daughter ready?
- Manage time - be there early for match and rounds
- Visualize before round
- Remind athletes:
 - Shake hands with competitors
 - Thank referees, coaches and parents



Plan your Season



A vertical teal banner with orange chevron shapes at the top and bottom. The text "Hank's Tips" is centered in orange.

Hank's Tips

Hank's Tips



ELM Tree

- Effort, Learning, Mistakes are OK

Hank's Tips



ELM Tree

- Effort, Learning, Mistakes are OK



Five words or less

- "Look harder at the clay"
- Feet - dig in toes
- Rotate - from your ankles
- Hand signals

Hank's Tips



ELM Tree

- Effort, Learning, Mistakes are OK



Five words or less

- "Look harder at the clay"
- Feet - dig in toes
- Rotate - from your ankles
- Shoot - Look - Move
- Hand signals



Head down on stock

- Use \$20 bill
- Duct tape

Hank's Tips



Distractions

- Helicopters, car alarms, Brizo, cows
- Shells thrown at them
- Train on the weather days

Hank's Tips



Distractions

- Helicopters, car alarms, Brizo, cows
- Shells thrown at them
- Train on the weather days



Handling Misses

- Throwing hulls helps competitor (AMU)
- Flush it - hand signal
- "Next Bird"
- "Look Hard"

Hank's Tips



Distractions

- Helicopters, car alarms, Brizo, cows
- Shells thrown at them
- Train on the weather days



Handling Misses

- Throwing hulls helps competitor (AMU)
- Flush it -hand signal
- "Next Bird"
- "Look Hard"



Coach from 5 to 1

- Appropriate times to coach
- Give them time alone to learn and process

Hank's Tips



If having poor result, change something

- Don't let them keep missing
- Step off pad, refocus
- Shoot half-stations

Hank's Tips



If having poor result, change something

- Don't let them keep missing
- Step off pad, refocus
- Shoot half-stations



Positive Feedback to encourage what you are working on

- Praise what they are doing RIGHT
 - Stance, quiet eye, follow through, preshot

Hank's Tips



If having poor result, change something

- Don't let them keep missing
- Step off pad, refocus
- Shoot half-stations



Positive Feedback to encourage what you are working on

- Praise what they are doing RIGHT
 - Stance, quiet eye, follow through, preshot



Self Talk

- Would you talk to your teammate that way?

Hank's Tips

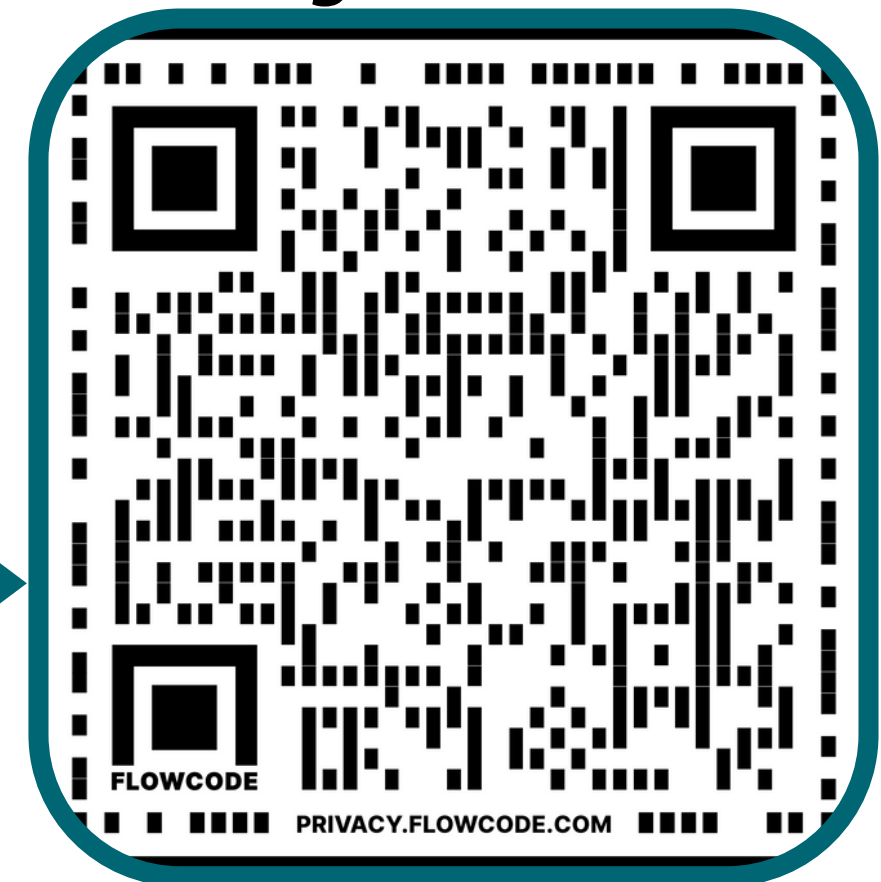


QUIET EYE

Joan Vickers, Ph.D
University of Calgary

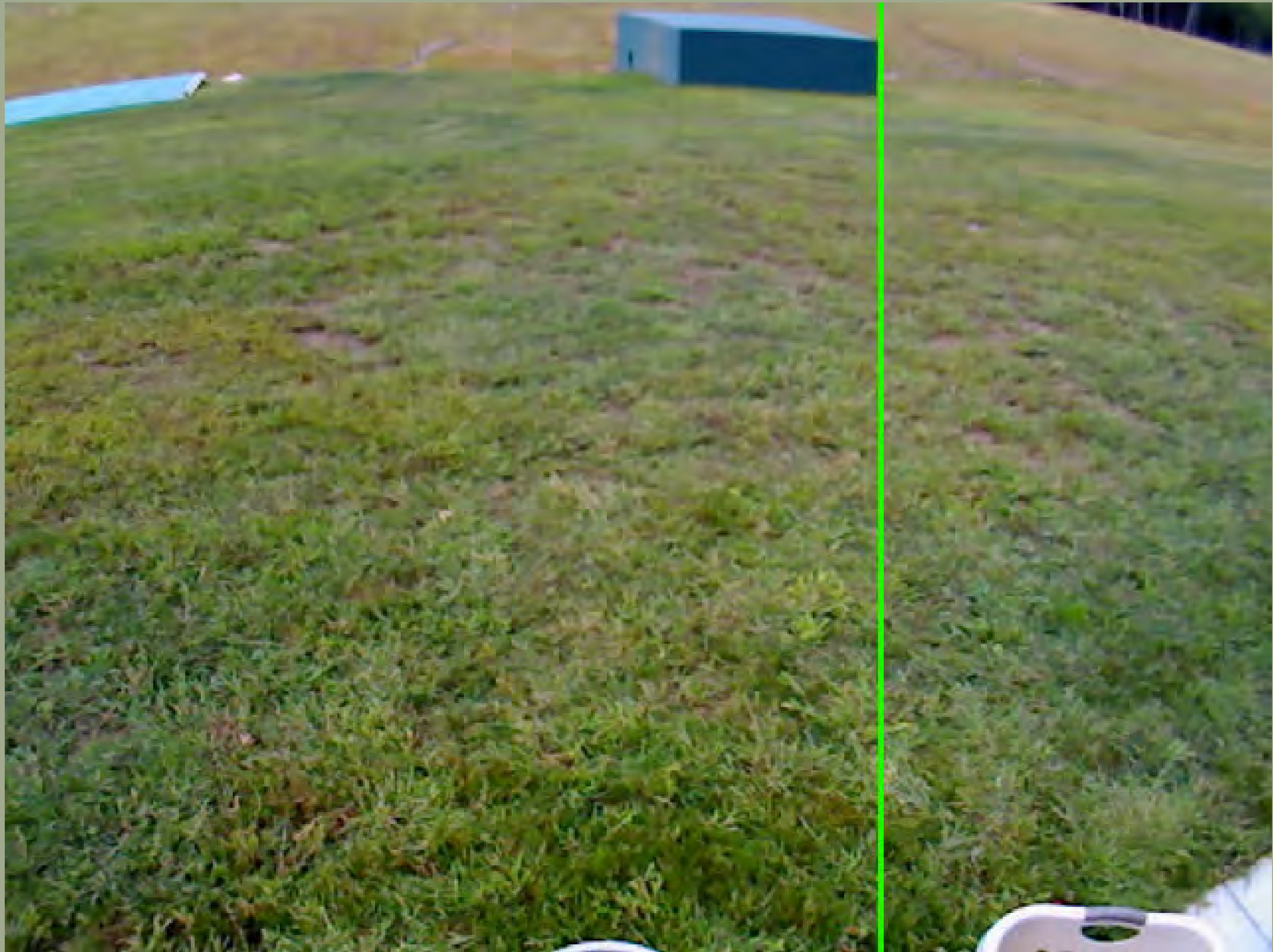
- 3 - 4 Seconds
- Eye Gaze
- All disciplines use Quiet Eye

Great video hosted by Alan Alda
Scientific Americas Frontiers



No Quiet Eye





Good
Quiet
Eye



Your Time is Worth It



Your Goals Will Make a Difference

Shooting is not all about pulling a trigger

Athletes with special needs
- making a big difference in their lives

Iowa athlete switching sides shooting

We all have success stories!

Hearing the National Anthem being played for Katie at Junior World Cup



Successful Adults

- Policemen
- Welders
- Plumbers
- Pilots
- Engineers
- Farmers
- Pharmacists

These adults are now lifetime shooters and coaches



YOU
have a
**tremendous
impact on
athletes,
families and
communities!**





**THANK
YOU**

**HAVE A
GREAT
SEASON!**

Iowa SCTP

Introduction and Mission



Overview

Iowa Scholastic Clay Target Program Mission

The Iowa Scholastic Clay Target Program, Inc. is committed to supporting organized youth, high school and collegiate clay target shooting programs across the state of Iowa. As a **501(c)(3) non-profit organization**, the primary functions of Iowa SCTP, Inc. are to **raise money** and **provide funding and financial support to Iowa programs and their coaches**.



Iowa SCTP

The Iowa SCTP Board of Directors



PRESIDENT

**Tina Elwood
Gehrke**



TREASURER

Larry Gay



BOARD MEMBER

Guy Thomas



BOARD MEMBER

Chris Brindley



BOARD MEMBER

Mark Little



What is...

\$391,645.66



Overview



STATE CHAMPIONSHIPS

Iowa SCTP pins, metals, leathers, trophies



TRAININGS

Growth of the Iowa coaches and student athletes

- Clinics, video knowledge sharing, training



ANNUAL COACH CONFERENCE

Contract speakers to share knowledge and skills, networking & knowledge sharing



Support Learning and Growth

Annual Coaches
Conference 2023

\$14,700

Venue, speakers,
travel,
food, drinks, etc.

Education opportunities
including clinics

\$27,113

Skill building, online video series,
trainings, clinics to enable Iowa
coaches and student athletes.



Recognition Support - All State Championship

State Championship Events

\$341,200.74

Singles, Doubles, Handicap, Skeet, Sporting
Clays and International events including
venue (targets, score keepers, water,
garbage, misc. operational expenses), pins,
trophies, medals, etc.



Support & Recognition

State Championship Breakdown

Trap

\$287,995

Singles, Doubles, Handicap and International events including venue (targets, score keepers, operational expenses), awards, etc.

Skeet

\$29,061.24

Skeet and International Skeet including venue, operational expenses (targets, officials, venue, etc), awards.


Sporting Clays

\$24,144.50

Sporting Clays including venue, operational expenses (targets, officials, venue, etc), awards.



Next Steps

Over lunch - Check into 

We ask coaches to share your news & testimonials!



We would like to highlight you in our website



IowaSCTP.org and on Facebook and Instagram!

Tag #iowaSCTP @iowaSCTP in all social media



Iowa SCTP

Question | Answer





Iowa Scholastic Clay Target Program Coach Conference January 28, 2023



SHOOTING
SPORTS



2023

Scholastic Clay Target Program Coach Conference

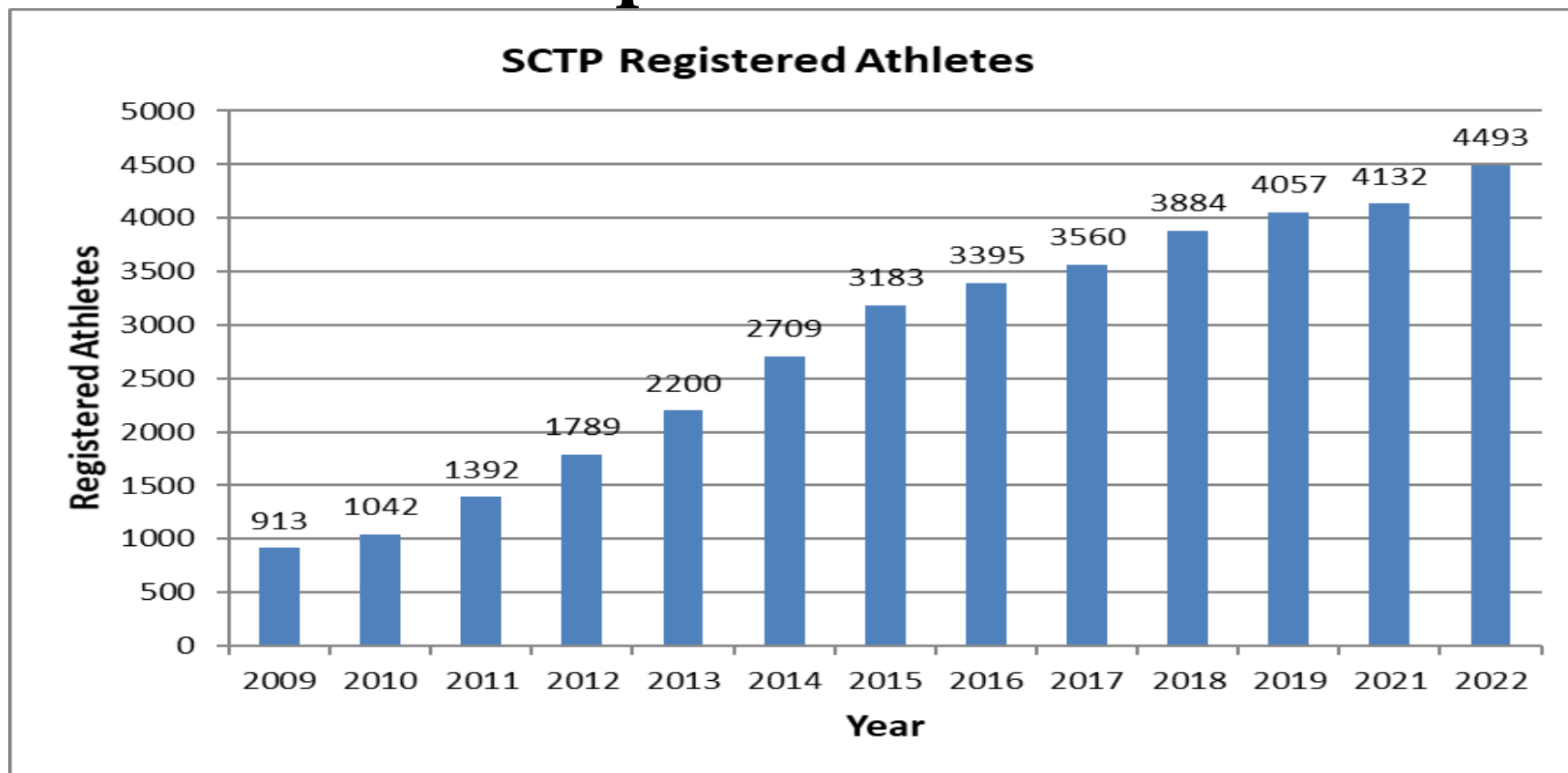
Chris Van Gorp

**Iowa Department of Natural
Resources**





Participation/Growth

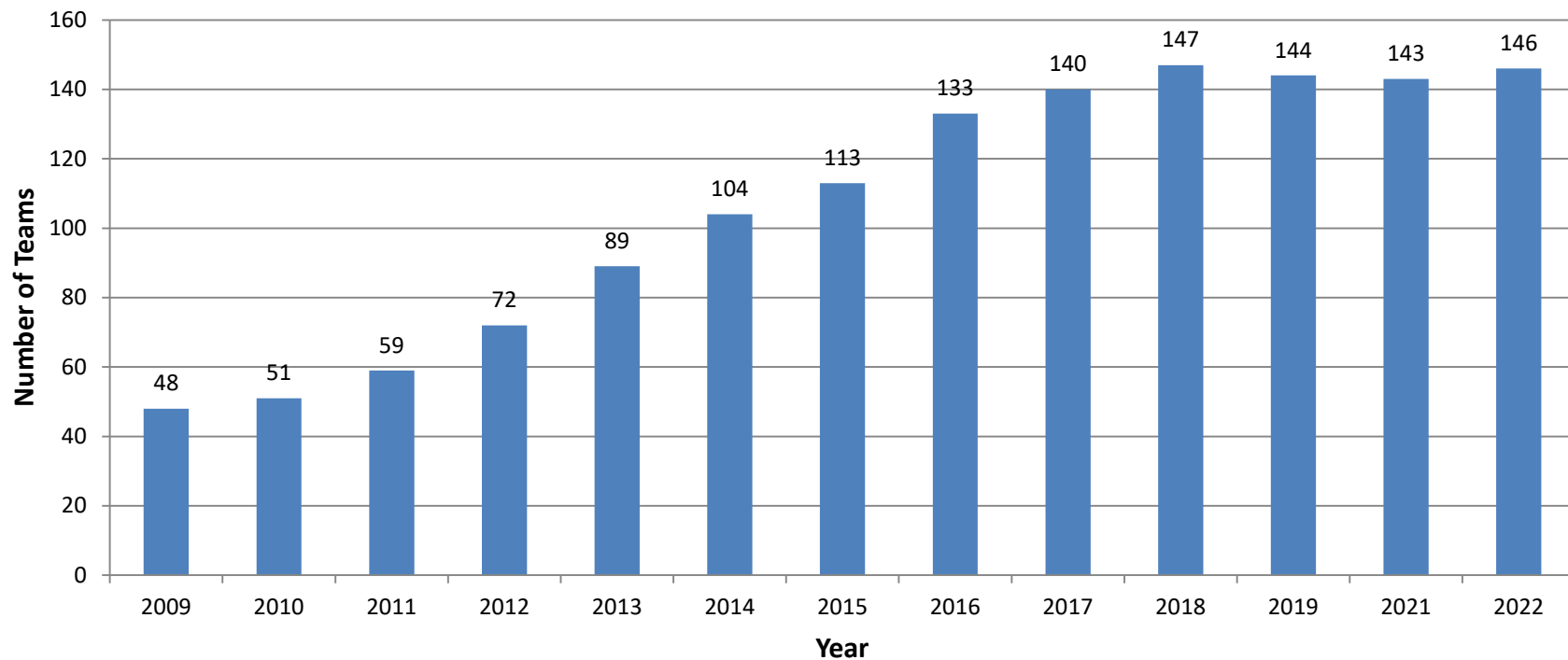


SHOOTING
SPORTS



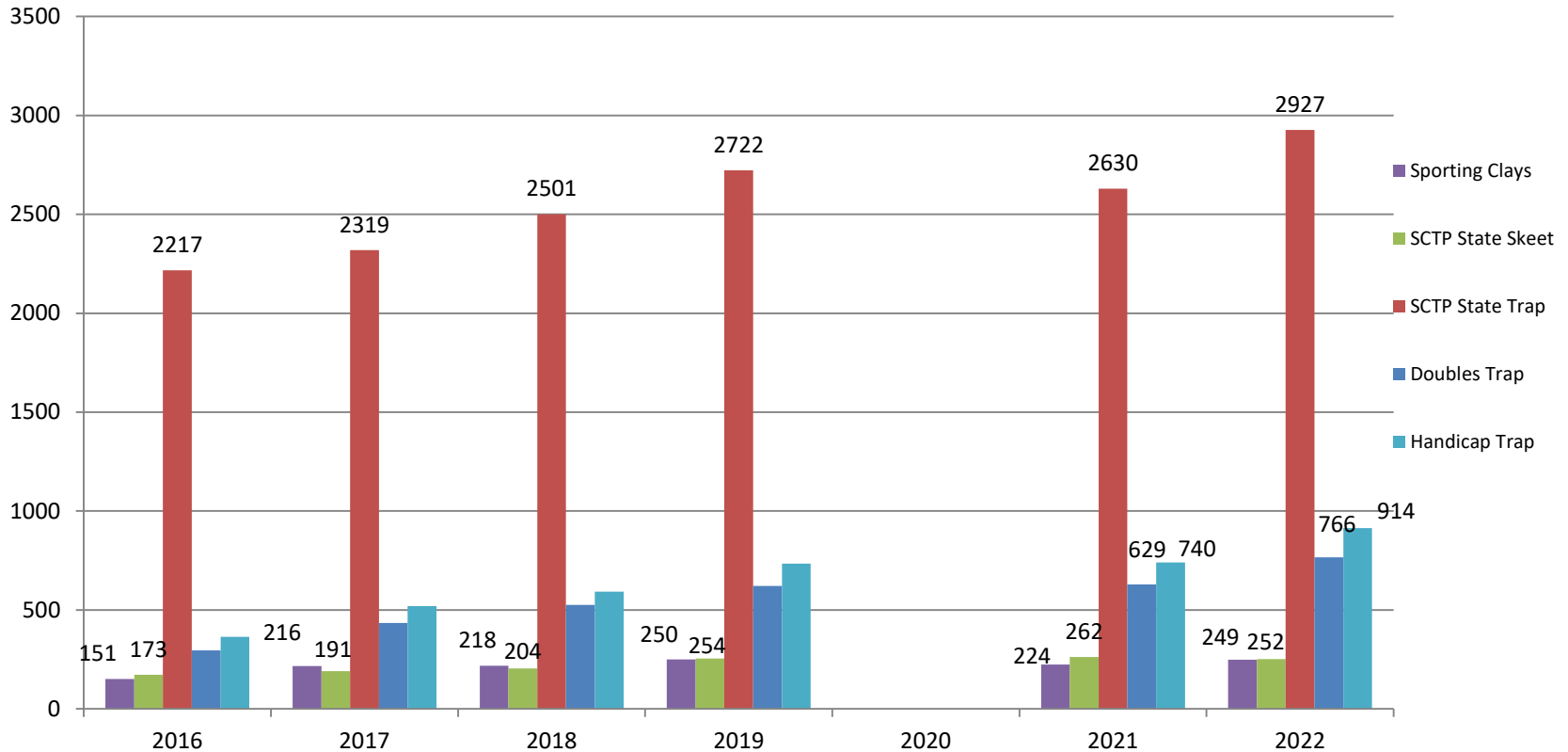
Team Participation

Registered Teams





State Championship Participation



Year to year, 65% of registered athletes attend State Trap Championship



SHOOTING
SPORTS



2022 Target Count

- League Summary
 - Singles Trap League – 442 events: 1,684,750 targets
 - Doubles League - 221 events: 209,450 targets
 - Handicap League – 193 events: 226,100 targets
 - Skeet League – 119 events: 129,000 targets
 - Sporting Clays League – 71 events: 145,150 targets
 - 5-Stand League – 29 events: 31,750 targets
 - Overall 2,426,200 targets shot in league play!
 - Up from 1,934,500 in 2021





2022 Target Count

- Iowa Leagues totaled 2,426,200 targets
- State Competitions totaled 822,775 targets
- **Overall 3.25 million competition targets in 2022!**
- **Up 600,000 competition targets from 2021!**





New Teams

- 2021 New Teams

- Kirkwood CC
- Buchanan Co Shooters
- Butler Co Shooting Sports
- Dallas Center-Grimes
- Williamsburg Shooting Sports
- Pocahontas Co Shooting Sports

- 2022 New Teams

- Buena Vista University
- Golden Hawk Shooting Team
- New London Tigers
- Warren County Shotgun Sports
- Panorama High School





IOWA SAFARI CLUB INTERNATIONAL

HIGH SCHOOL SCHOLASTIC CLAY TARGET PROGRAM GRANT APPLICATION

The purpose of this GRANT is to help provide initial start up and organizational funds for High School/Junior High School age Scholastic Clay Target Programs IN IOWA which are currently being established, or have been established for four (4) Years or LESS. Maximum Annual Grant \$1000.00

TEAM NAME: _____

HEAD COACH (HC) NAME: _____

HC ADDRESS,PHONE # & EMAIL: _____

Date Team Organized: _____ Number of Team Shooters: _____

TRAP, SKEET or Both: _____ Number of Qualified Coaches: _____

Amount of GRANT Request: \$ _____ Is Team SCHOOL Sponsored: _____

Amount of dollars provided by other Sponsors: _____

Specific breakdown of what IOWA SCI GRANT FUNDS are going to be used for: _____

Who should the GRANT Check be made payable to: _____

AND where should it be sent: _____

Head Coach Signature

Date of Application

Please Email Completed Application to Iowa SCI Board Member Dennis Schemmel at:

Bowen475@gmail.com



2023 Update





2023 Updates

- Advisory Board
- MSCG
- Email
- Hunter Ed
- 5-Stand Trailer
- SCTP Registration
- Rule Updates
- League Updates
- League Seasons
- Championship Events





Advisory Board

- Input on rules, leagues, awards etc.
- Help recruit new teams, resource for coaches
- Help identify Coach/Athlete training needs
- Assist at Championship Events





Multi-State Conservation Grant

- Iowa DNR – Lead Agency
- Project Titled: Recruiting Females and Ethnically Diverse Youth Participants into Shooting Sports
- Female participation for example in Iowa: SCTP 18%, SASP 29%, NASP 50%
- Coach and Athlete focus groups





SCTP Emails

- New System in place for 1 year
- Emails come from Iowa DNR
- Ability to track open rate, click rates, etc.
- Emails are taken from SHOT
- Please notify me if you or others are not getting emails





Hunter Ed Coupons

- Online hunter education course for FREE for students through June 30
- Targeting SCTP athletes and FFA members across the state.
- Students must complete a Field Day on their own or by working with a local conservation officer.
- Teachers and Coaches can request vouchers via email by providing the following:
 - number of coupons needed
 - teacher/coach name and email
 - Name of school, trap team or FFA club
- Send request to Jamie Cook at Jamie.cook@dnr.iowa.gov





5-Stand Trailer

- Reservable trailer for Iowa teams
 - Machines
 - Wireless controller
 - Shooting stations
 - Batteries and battery charger
 - Minimal Specialty targets
 - Example 5-stand layouts
- Funded in part by the Safari Club International – Iowa Chapter
- Available this fall





SCTP Registration

- Registration & Consent forms are electronic
- New athletes; need to gather name, age, and parent's email (athlete's email if over 18) and enter in to SHOT to send electronic documents
 - Email with SSSF Signature Request (Check spam folders)
 - Must be done prior to practices and competitions





SCTP Registration

- Paper Forms
 - Medical and Sportsmanship Contract are still paper, and retained by Head Coach
 - Year has been removed from form: only need to complete once unless information changes





Looking for (SASP)
Action Shooting?

[HOME](#)

[ABOUT](#)

[NEWS](#)

[RESULTS](#)

[CALENDAR](#)

[NATIONALS](#)

[STORE](#)

[CONTACT](#)

[Search](#)

[Membership](#)

[Coaches Training](#)

[Resources + Forms](#)

[Sponsors](#)

[College Corner](#)

[SCTP International
Team](#)

YOUNG ATHLETES

JOIN A SPORTS TEAM
THAT'S PART OF SOMETHING BIGGER.

The Scholastic Clay Target Program provides student athletes aged elementary through college with a supportive environment where shooting

<https://mysctp.com/about/>





HANDBOOKS

SSCP OFFICIAL HANDBOOK



HANDBOOKS

SSCP BEST PRACTICES GUIDE

Registration Guides



REGISTRATION GUIDES



Sportsmanship Contract Form

FORMS

SPORTSMANSHIP CONTRACT



New Team Package

FORMS

Medical Consent Form



FORMS

Team Endowment Account Form



WEBSITE



Scholarship Application

FORMS






Updating Coaches

Adding Volunteers and Completing Digital Consent / Waiver Forms

1. Go to www.mysasp.com or www.mysasp.com and click the Coach Login link at the top of the page



View in Full Screen

2. Login using your volunteer account credentials. NOTE: you must have team administrator access to interact with athletes or coaches. If you need administrator access, please contact another administrator on your team.




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Updating Athletes


COACHES (parents scroll to #8)
Adding Athletes and Completing Digital Consent / Waiver Forms

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View in Full Screen

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Dallas Safari Club Awards Grant to SSSF

SCTP/SASP alumni assist in rescue of two men clinging to capsized boat

Growth In Youth Shooting Sports Continues at SSSF National Championships

Nonresident Iowa Whitetail Tag Auction To Benefit SCTP

2022 National Championship Program



SHOOTING
SPORTS



Rule Updates

- No changes this year
- Reiteration of Last year's changes/updates
 - No blue-tooth earbuds – must be designed for ear safety
 - No exposed hammer or release triggers allowed
 - No coaching on Sporting Clays course
 - Athlete transfer Process





Athlete Transfer Process

- SCTP Handbook allows athletes a 1 time transfer
- New Process for Transfer Requests
 - Any transfer request must come from the current head coach. This ensures that the athlete and coach have discussed the issues and that the coach/team are aware of the transfer request
 - If a resolution to the athlete's concerns cannot be made, the current head coach will notify the DNR of the request for transfer and the DNR will then identify the next closest team that they would be eligible to transfer to and make contact with that head coach.





Athlete Transfer Process

- If an athlete transfers mid season with league scores already recorded, those scores will be lost.
- The athlete's scores will be based on only the scores shot with the new team.





League Rule Updates

- League events must take place in Iowa or within 15 miles of the Iowa border. Exception for Regional SCTP events held by the National SCTP staff, where 2 Iowa teams still need to be present.
- For a Senior Division League Shoot, there must be Senior Division athletes from at least two teams competing.
 - Does not apply to Rookie and Intermediate athletes
 - Does not apply to shoots that are registered with the ATA, NSSA, or NSCA.





League Season Dates

- All leagues start September 1
- 2023 Season League End dates are as follows:
 - Trap: May 29
 - Sporting Clays: June 11
 - Skeet: June 11





League Summary

- Scores from at least 2 different facilities will be used in determining League Scores.
- Target numbers will remain the same
 - 150 for Skeet, Sporting Clays, 5-stand
 - 200 for Trap (Singles, Doubles, Handicap)
- **Athletes DO NOT need to meet league requirements to attend a state championship**





League Events

- Events must be in SHOT 7 days prior
 - Events left with the range as “Virtual” will be deleted
 - No postal or virtual meets, all face to face
- Results must be entered within 1 day
- NGB Events can be used
 - At least 2 teams competing
 - Event is entered in SHOT at least 7 days prior





League Events

- Confirm athletes are properly classified prior to squadding in league shoots
- Once athletes have registered scores for the season, don't make changes to their name in SHOT
- Please list full event cost in either Fee or comments section





Trap League Events

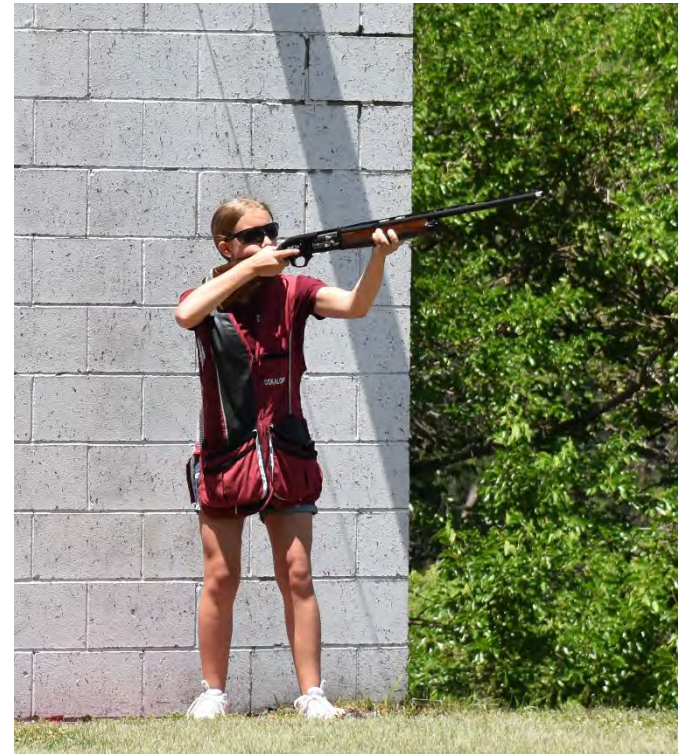
- Singles Trap league
 - 50 target events (2 rounds). May also make 100, 150, or 200 target events. Rounds must be recorded in the order they were shot. Same for Handicap Trap.
- Doubles Trap
 - 50 target event (1 round) or 100 target (2 round) events.





Skeet League Events

- 50 target events (2 rounds)
- May also make 100, 150, or 200 target events. Rounds must be recorded in the order they were shot.





Skeet Doubles League Events

- 50 target events (2 rounds)
- First Round 24 targets
 - Stations 1-7, backwards from Station 6, ending on 2
- Second Round 26 targets
 - Stations 1-7, backwards from Station 6, ending on 1
- Learn more this afternoon in Skeet Breakout Session!





Sporting Clays League Events

- Sporting Clays League
 - 50 target (1 round) event
 - 100, 150, or 200 target events should be entered in SHOT as one event with rounds of 50 (2 rounds of 50 for a 100 target event). The targets must be entered into SHOT in the same order for all athletes.





Sporting Clays League Events

- Sporting Clays Events must be on a walking course. Should have someone else entering scores, puller, athlete from another team, etc.





5-Stand League Events

- Events in the 5-stand league are to be from a 5-stand only, no walking course events. Should have someone else entering scores, puller, athlete from another team, etc.
- Scores should be entered as 2 rounds of 25 (50 target event)





League Events

- Awards determined locally for league events.
- To use the Leaderboards in SHOT, Awards must be established.
 - **Places** – set as you wish
 - **Category** – Select '**Men, Ladies, Squad or Team**'
 - **Group** – Select '**Combined**'
 - **Classification** – Select as you wish; Senior JV, Senior Varsity, Senior Divisions, etc.





League Tie Breakers

- Will use same process as 2022 for league tie-breakers
- Details are in the Shoot Program





2023 Championship Updates

- NGB memberships through SHOT
- Iowa State Trapshooting Association (ISTA)
 - ISTA and ATA Registration by May 17
 - Email athlete list with DOB & current address
- There will be no Championship Event Refunds
- Planning for school payments





Championship Events

- Overall format will be the same as 2022
 - Sporting Clays day changes
- Team's responsibility to be ready and keep fields moving.
 - Move fields if necessary
- Requirement to attend: SCTP registration, NGB memberships and 6 practices





Collegiate Championship Events

- Collegiate Championships
 - Trap, Skeet, Sporting Clays, Super Sporting
 - Moved to fall
 - 2023 Date and location TBD





International Championship Events

- International/JO Skeet – May 20-21
 - Dual JO & SCTP event \$75
 - Held at New Pioneer Gun Club
- International/JO Trap – May 20-21
 - Dual JO & SCTP event \$75
 - Held at AVAD Hunt Club





Trap Championship - June 6-11

- Tuesday, June 6
 - Intermediates \$84/200 targets
 - ½ am, ½ pm
- Wednesday, June 7
 - Rookies \$46 /100 targets
 - Intermediates \$84/200 targets
 - ½ am, ½ pm



Trap Championship - June 6-11

- Thursday, June 8
 - HCP \$41 / 100 targets (not registered)
 - Doubles \$46 / 100 targets
- Friday, June 9 \$84 / 200 targets
 - Senior Day 1 (5 flights)
- Saturday, June 10
 - Senior Day 2 (5 flights)
- Sunday, June 11
 - Senior Day 3 (3 flights)



Trap Championship Registration

- Pre-Squadding for Singles, HCP, and Doubles
 - Must create Pre-Set Squads in SHOT
 - Preference of date, time, field
 - Can still make changes to squads
 - No refunds on Pre-squads





Trap Championship Registration

- Pre-Squadding:
 - Postmarked on or after April 13
 - Received by April 27
- Regular Online Registration opens at 8am
 - April 29 – Rookies & Int. Singles, all Doubles & HCP
 - April 30 – Senior Division Singles
- Online Registration Closes: May 17





Trap Championship Registration

- All squad changes must be made by May 30
- Email squad changes between May 17 –May 30 to chris.vangorp@dnr.iowa.gov





Sporting Clays - June 15-17

- Black Oak Clays, Pella
- Registration in SHOT from May 6 to **May 31**
- June 15 (Thursday)
 - Rookie and Inter. (100 targets) \$60
- June 16 (Friday)
 - Senior Division 1st 100 targets \$120
- June 17 (Saturday)
 - Senior Division 2nd 100 targets





Skeet Championship- June 22-25

- Registration in SHOT from May 6 to **May 31**
- June 22: Rookies: 50 targets \$30
- June 22: Intermediates: 100 targets \$54
- June 23-25: Senior Div.: 200 targets \$100
 - ½ am, ½ pm
- Only squad what is needed – Athlete
Commitment on attending



SHOOTING
SPORTS



Skeet Championship- June 22-25

- Rookies - Thursday, June 22
 - Coaches allowed on field to expedite flow for Rookies only—**not to coach!**
- Intermediates - Thursday, June 22
 - Flexible in moving fields as Rookies finish on Field #4
- Seniors – Friday, Saturday, Sunday
 - ½ targets in am, ½ targets in the pm – **same day**
 - 1.5 hours to complete 100 targets
 - Shoot-offs and Awards Sunday



SHOOTING
SPORTS



Championship Awards

- **Singles Trap Championship - Guns Unlimited** will provide guns for high girl and boy in each Division (R, I, Sr.)





Baxter Cup

- Given to Team with highest combined League, Singles Championship, and HCP Championship Score.
- Named for Al Baxter, retired CO
- In 2023, will become a travelling trophy





State Championship Guide

- Will be available on DNR Website
www.iowadnr.gov/sctp
- Includes all pertinent dates
- Championship Information
- League Information
- Awards
- Forms (PreSquad, Camping, Vendor, USA Shooting)

2023 Iowa Scholastic Clay Target State Championship Program Guide



Collegiate Championships
November 12-13
New Pioneer Gun Club
Waukee, IA

International Skeet Championship
May 20-21
New Pioneer Clay Target Center,
Waukee, IA

Bunker Championship
May 20-21
AVAD Hunt Club,
Coon Rapids, IA



Trap Championship
June 6-11
Iowa State Trapshooting
Association Homegrounds,
Cedar Falls, IA

Sporting Clays Championship
June 15-17
Black Oak Clays,
Pella, IA



Skeet Championship
June 22-25
New Pioneer Clay Target Center,
Waukee, IA

Presented by:
Iowa Department of Natural Resources
Iowa Scholastic Clay Target Program, Inc.
AVAD Hunt Club
Black Oak Clays
New Pioneer Clay Target Center
Iowa State Trapshooting Association





2023

Training Opportunities



SHOOTING
SPORTS



Basic Shotgun Coach Online

- Online Course with Field Day

← → ↻ mysctp.com/coaches-training/

SSSF BASIC SHOTGUN SHOOTING SPORTS COACH TRAINING

The Scholastic Shooting Sports Foundation (SSSF) understands the vital role that volunteer coaches play in the success of youth shotgun shooting sports teams. With new teams being activated through programs such as the Scholastic Clay Target Program (SCTP) every day, the need for a simple, efficient and comprehensive path to shotgun coach certification is realized as the SSSF Basic Shotgun Coach Certification Program.

The Basic Shotgun Coach Certification Program is designed for prospective coaches wishing to start or join a youth clay target or action shooting sports team as a coach or an adult volunteer. The intuitive, primarily online-based curriculum certifies coaches to work with beginning and novice athletes involved in the shotgun sports of American Trap, American Skeet, and Sporting Clays.

[BEGIN THE ONLINE COURSE](#) [FIND A RANGE DAY](#)



Online Course with Field Day

- www.mysctp.com
- Approximately 8-10 hours to complete
- Range Day upon completion of online course
 - ½ day
 - Must complete within 6 months





2023 Basic Shotgun Coach Field Days

- March 4 – Otter Creek Sportsman's, Cedar Rapids
- March 11 - Shelby County Trap and Skeet, Harlan
- March 18 – Olofson Shooting Range
- March 25 – Mahaska County Ikes, Oskaloosa
- March 25 – AIM High Shooting Co, Salem
 - morning and afternoon session
- April 1 – Cresco Wildlife Club and Trap Range
- April 8 – Dickinson County Ikes, Spirit Lake
- April 15 - Rock Rapids Gun Club



NRA Range Safety Officer

- February 11 – Olofson Shooting Range
- February 27 – Shelby Co. Trap and Skeet
- March – Otter Creek Sportsman's Club





Katie Jacob and Will Thomas

- Skeet and/or International Skeet Clinics
- Advanced Coaching Methods
- Available for team instruction





Advanced Coach Training

- Troubleshooting athletes struggles - stance, mount, eyes, moves
- Communicating to athletes in a positive manner
- Drills and how to make practices much more effective to get results quickly
- Gun fit issues
- Executing an effective practice with many different athletes still levels
- Athlete goal setting and journaling
- Planning shooting season down to a practice with season goals
- Match preparation for team and athletes
- Travel planning for team
- High Performance training including visualization, sleep requirements and diet
- How to handle athletes and parents on match day.





Advanced Coach Training

- Spring Class
 - April 29 & 30
- Fall Class
 - October
- Hank Garvey and Paul Wojtaszek
 - 2 day course, eligible
 - for 50% tuition reimbursement from
 - Iowa SCTP, Inc.





NSSA Level 1 Coach Training

- Spring Class
 - April 1 & 2
 - New Pioneer Gun Club
- Ben Berka, Instructor
 - 2 day course, \$400 eligible for 50% tuition reimbursement from Iowa SCTP, Inc.
 - Form is on DNR Website





Fall Trainings

- BSC Field Days
- Skeet and Sporting Clays
- Open Houses





Shooting Ranges

- Throwing Legal Targets
- Grant Programs
 - SCI
 - MidwayUSA Foundation
 - NRA, Friends of NRA





Questions?



Comments?



Scholastic Clay Target Program

2022/2023



SCTP By The Numbers



Active Teams – 779

Coaches – 5,477

Athletes – 19,236

Iowa – 4,494

Wisconsin– 4,173

Tennessee– 2,260

Texas – 1,660

Ohio – 1,075

Pennsylvania– 922

Michigan – 859

Georgia - 839

Arizona- 771

South Carolina– 756

2022 Nationals

Record Year with 2 million Targets Thrown in 1 Week



States Attending – 37

Teams Attending - 327

Total Athletes – 2,970

Total Registrations – 8,099

Trap – 2,606

Skeet – 1,404 (world record 8 straight years!)

Sporting Clays – 1,588

2023 Tournaments

ACUI/SCTP Lower Midwest Super Shoot
3-5 Feb National Shooting Complex, San Antonio TX
High School Event Available In Shot

SCTP Western Regional
18-19 Feb Clark County Shooting Complex, Las Vegas,
Nevada

SCTP Midwest Regional
28-30 April Stockdale Gun Club, Ackley IA

SCTP Midwest Regional
19-21 May WSRC, Sparta IL

SCTP International Championships
TBD - first week in July, in front of American events

SCTP National Championships
08-15 JUL Cardinal Shooting Center, Marengo OH



Handbook Updates!

- ✓ Glossary, pg. 7
- ✓ Student Status & Age, pg. 9
- ✓ STATE CHAMPS., ENTRY PROCEDURES, High School Awards, pg. 26
- ✓ STATE CHAMPS., SCORING/SHOOT-OFFS/AWARDS, Shoot-off Required, pg. 27
- ✓ STATE CHAMPS., SCORING/SHOOT-OFFS/AWARDS, Shoot-off Procedures, pg. 28
- ✓ NATIONAL CHAMPS., Entry Form, pg. 31
- ✓ NATIONAL CHAMPS., Shoot-off Procedures, pg. 32
- ✓ NATIONAL CHAMPS., High School Awards Division, pg. 33
- ✓ SCTP National International Championships Events, pg. 37
- ✓ New Rules Notice, pg. 40



Other News

- Consent and waiver forms must be completed electronically now; once done, they are good for lifetime and do not need annual submission. Only new athletes need to submit.
- If you renewed your NSSA/NSCA memberships 01 SEP – 31 DEC your membership is valid
- Winchester ammo buying program
- Pre-registration for Nationals = 01 MAY
- Does your team need to purchase firearms? Contact Tom Wondrash:
twondrash@sssfonline.com
- SCTP scholarship applications will be available online by the first week of February; deadline to submit applications is 15 APR

2022 SCTP Scholarship Recipients – Iowa

Congratulations!!

Abram Lorence- Ft Madison Clay Crushers

Alexa Brandmeyer- Ankeny Hawks Shooting Sports

Brody Deitering- Ida County Trap Team

Carter A Ross- Loess Hills Youth Shooting Sports

Christian Ortner- Loess Hills Youth Shooting Sports

Claire E Hennessy- Loess Hills Youth Shooting Sports

Conner White- BGM Shotgunners

Elizabeth Faust- Des Moines Clay Crushers

Elizabeth Smith- Danville Trapshooting Club

Erica Block- Ankeny Centennial Jaguars Shooting Team

Haley Starmer- Pella Shooters Club

Hannah Meshek- Carroll County Shooting Sports

2022 SCTP Scholarship Recipients – Iowa

Congratulations!!

Joseph (J.K.) Kurt Prentice- Echo Valley Trap Team

Josh Kenkel- Harlan Trap Team

Kaelan Smith- Waverly - Shell Rock Trapshooting Club

Kayla Holschlag- New Hampton Trapshooting

Lillian Teitle- Pleasant Valley High Trap Team

Michael Thomas Lemburg- Pleasant Valley High Trap Team

Myah Higgins- Mighty Mo's Youth Trap Team

Quinn Glock- Ankeny Hawks Shooting Sports

Reese Rosburg- Gilbert Clay Commanders

Regan J McConville - Gilbert Clay Commanders

Tatum Navrkal- Mighty Mo's Youth Trap Team

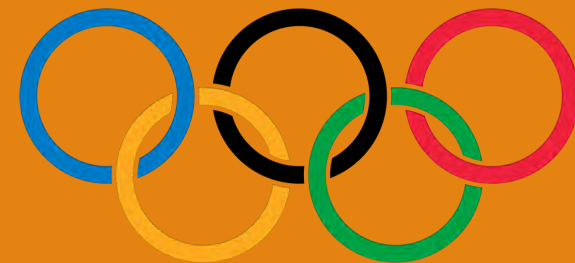
Wyatt Schwenker- Maquoketa Youth Trap Club



SCTP Sporting and Olympic Development Camp (SODC)

Memorial Day Weekend – Featuring CZ's Dave Miller – Cardinal Shooting Center
Camp applications available online the first of February

SCTP INTERNATIONAL TEAM





WINCHESTER[®]
A M M U N I T I O N



SPORTSMAN'S
DEN



BROWNING[®]



CHANGING THE FUTURE OF
YOUTH SHOOTING SPORTS

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ULTIMATE SHOOTING
ACCESSORIES



SCHEELS[®]



Questions? Comments?



www.mysctp.com

Jeff Morrison

Jeff@mysctp.com

712.330.6115



SHOOTING RANGES

Hank Garvey
3GE, LLC

3GE, LLC



- Coaching and range experience in USA and overseas
- Range consulting, design and build services
- Bunker, Trap, iSkeet,
- Sporting Clays and Overlays
- Maintenance Services



Past Projects

- Fort Worth Texas
- Minute Man Sportsman's Club – Massachusetts
- Olympic Training Center – Colorado Springs
- Texas A&M
- Hillsdale College
- North Mountain – Pennsylvania



Past Projects

Fort Worth Trap and Skeet





Past Projects

Fort Worth Trap and Skeet





Past Projects

Fort Worth Trap and Skeet





Past Projects

Fort Worth Trap and Skeet





Past Projects

Olympic Training Center – Colorado Springs





Past Projects

NEIJSS Bunker – Massachusetts





Past Projects

NEIJSS Bunker – Massachusetts





Past Projects

NEIJSS Bunker – Massachusetts





Mini Bunker/ATA Trap

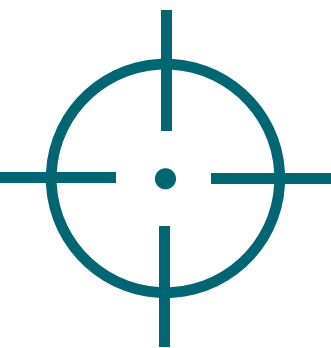
- **Bunker Training with Wobble Trap**
- **Grant Program with team in PA through NEIJSS 501(c)3**
- **Available in Full Metal Box or Door/Roof Kit**



Past Projects

Sporting Clays

- **16 Station Course Design**
- **Build Stations, Gun Racks and Benches**





Past Projects

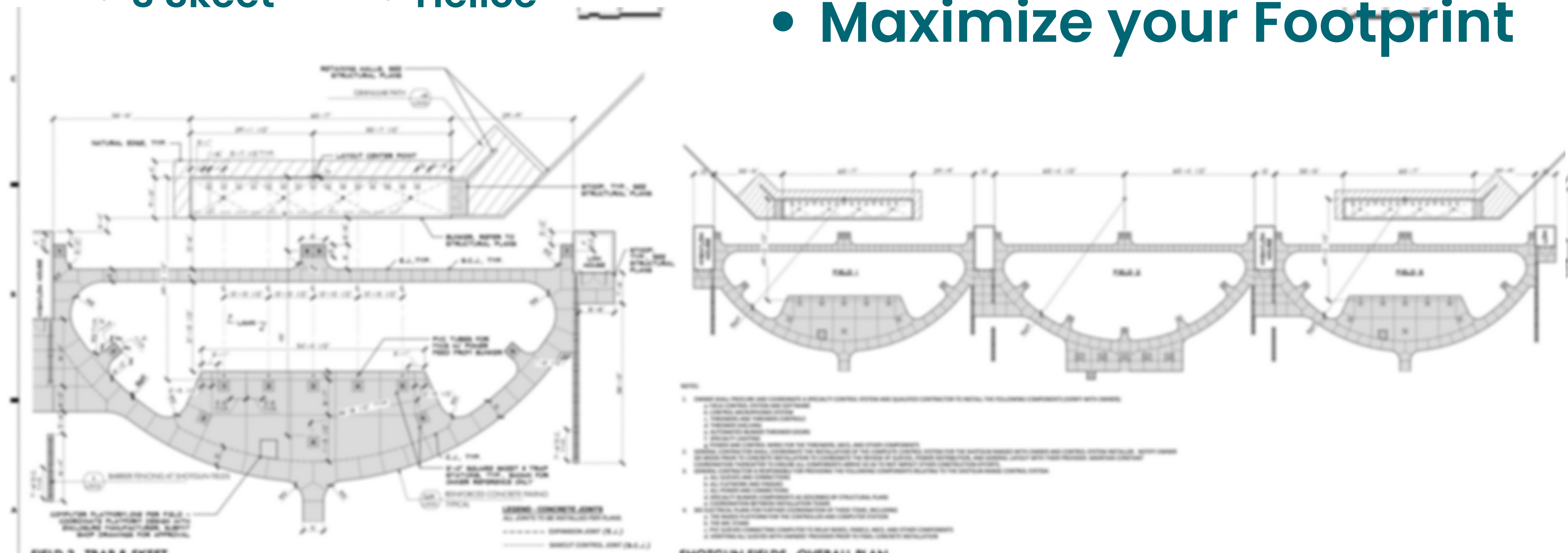
Sporting Clays





- 2 Bunkers
- 3 Skeet
- 5-Stand
- Helice

- **Multi-use Fields**
- **Maximize your Footprint**



MidwayUSA Foundation Range Grants

Grant Cycle begins in April
Current ranges



CHANGING THE FUTURE OF
YOUTH SHOOTING SPORTS



Home > Range Development Grants

SHARE OUR SITE [f](#) [t](#) [g+](#)

GRANTS

- Team Grants
- Agency Endowment Grants
- Donor Designated Grants
- Coach Training Grants
- Range Development Grants**
- Product Grants

Have Questions?
Ask Your Program Manager



RANGE DEVELOPMENT GRANTS

THESE COMPETITIVE RANGE DEVELOPMENT CASH GRANTS WILL PROVIDE FUNDS TO ALLOW EXISTING RANGES TO MAKE IMPROVEMENTS AND EXPANSIONS.

GRANT CYCLE: FEBRUARY 1ST – APRIL 1ST

A fundamental need of a shooting team is a place to shoot. These competitive funds will provide the opportunity for existing ranges to make improvements and expansions to allow for more youth-oriented shooting activities. Team and Agency endowment holders are encouraged to work with their respective shooting range(s) to identify needs and complete grant application requirements. Currently, MidwayUSA Foundation Donor Designated endowment holders are not eligible to apply.

We accept Range Development grant applications via our online grant application process once per year. The applications are reviewed and awarded by the MidwayUSA Foundation. These competitive cash grants are awarded to grant recipients in June.

ONLINE GRANT SYSTEM

To apply for a grant through the MidwayUSA Foundation, you must be an endowment holder and have access to our grant system, [Survey Monkey Apply](#).

[REQUEST ACCESS](#)

[LOGIN](#)

[USER GUIDE](#)

[Grant Application and Funding Policy](#)

GRANT RECIPIENTS

[2021 Range Development Grant Recipients](#)

[2022 Range Development Grant Recipients](#)

Contact Us

HANK & MARY GARVEY



978-270-8300



hhgarvey@gmail.com



6 M Street, Newburyport, MA 01950





**THANK
YOU**



Mental Game

Katie Jacob and Will Thomas

Contact Info:

Katie

kmjacob25@gmail.com

586-651-4669

Will

Wthomas125@outlook.com

515-724-2302

You can also message us on Facebook or Instagram



Many people think they have a mental problem...

Most people really have mechanical problems that have been snowballed into a mental problem.

This can lead to....

Learned Helplessness



When a person constantly faces a stressful situation and feels they can no longer change it, so they choose not to try.



Knowing that you are in control of your thoughts, actions, and reactions is the first step to having a solid mental game.

Most Common Concerns:

1. Low self-esteem/confidence
2. Trust
3. Living up to expectations
4. Fear of failure
5. Perfectionism

How do we work through these?



Low Self-Esteem/ Confidence

- Practicing more and getting more experience
- Positive self talk
- Encouragement from parents, coach, and team
- Working on confidence off the field



Positive Self Talk and Rebuttals

- Most powerful thing you can teach anyone
- You become what you say you are
- Humans are naturally negative as a survival mechanism, so everyone likely has something to work on
- Most people have to learn to be optimistic and you have to realize that it is a choice
- Negative statements creep into everyone's thoughts so it is important to have rebuttals prepared



Positive Self Talk Examples:

I deserve to be
here

I have worked hard
for this

I am a great
shooter

I love station five

I am confident

I love the feeling
of competing

Basically goes
along with the fake
it 'til you make it
mentality

Examples of Rebuttals:

Negative Statement:

“I hate station 5, if I can just make it through here I can run it”

Rebuttal:

“It’s only station 5, I have worked hard on this station and I will do well! Process, process!
Focus on what you want the move to feel like”

Negative Statement:

“I cannot believe I just missed that target, now the best I can do is shoot a 24”

Rebuttal:

“Next time I will make sure my eyes are set before I call for the target. I am now focused on the process for shooting this next target”

Coping with Expectations

- Living up to other people's expectations can weigh on many athlete's heavily
- This is usually a result of outcome oriented thinking
- Fear of failure can also play a role in this
- Most athletes want to do well for their parents, coaches, and teammates
- It is important for them to know that everyone has their back no matter what happens
- Keep them focused on the process of breaking each target individually

Dealing with Nerves

- Pressure can be an athletes best friend or greatest enemy
- Positive self talk
- Welcome the feeling of the nerves and use the advantage
- If you didn't why would you compete?
- Nerves can help you focus so harness it and use it you your advantage

Process, Process, Process

- Being process oriented is essential to good performance
- Focusing on breaking the target in front of you instead of shooting a 25 or running 100

Have an anchor

Go back to fundamentals



I like to go from bottom up:

Feet

Posture

Hold point

Break point

Look point

Physical Anchors

- You will notice physical anchors on some people
- They always do something before to get ready
- Can be a subconscious cue to brain to be ready for task

Example

- Always touch my glasses, hat, and wipe my hand on my vest
- Tap the butt of the gun a few times to know where it is
- Blink before calling



Power of visualization

- Visualization has been a powerful tool used for a long time
- Showing your brain what you want makes it easier to repeat
- Visualization is not only about seeing what you want, but also feeling
- Can be used in pre-shot, before rounds, before competing
- Analogous to downloading a computer program
 - Visualize the move/sight picture you want BEFORE calling pull then forget about it and let your brain run it

How long do you need to be focused during a round?

- Most people say 20-30 min or however long the round takes
- Only need to when on the station and it is your turn
- It is too mentally tiring to focus for 30 minutes straight
- It is also unreasonable to think that someone can focus for that long
- Just be on task in the box

Keeping occupied while not on shooting

1

Count steps if skeet or sporting

2

Worry stone in pocket

3

Think about what you want to do on the next target without dwelling too much

4

Just look around and notice things

The Zone

Can't force it

It's a groove

Most people have
experienced it

You're doing well
effortlessly

It's not magical and is a
result of getting out of your
own way
Sticking with your anchors
in the storm

People who do well under
pressure are the ones who
can stick to their routine
and keep a clear head

- Aka dance with what brought you

Perfectionism

- While it may seem admirable at times, it usually does more harm than good because constantly expecting perfection is not reality
- Achieving excellence is a much better goal
- Perfectionist tend to be over analytical and too judgmental of themselves
- Perfectionism can be harmful because you do not always need to be perfect to do well
- If athlete is focusing too much on mechanics and judgment, then they cannot focus on task at hand

Anger and Outbursts

Why does it happen?

- They want everyone to know that they care – internal pressure
- Believe it enhances their perceived ability
- Real or perceived pressure to perform from outside

How to work through it

- Set a precedent on the whole team that it is unacceptable
- Parents might be part of the problem or the solution
- If it's out of hand make them put the gun up right then and there
 - Hurting the team
- Channeling anger towards something productive
- Make sure they know that you know they care
 - Its very obvious when someone doesn't



Why Reduce Stressors:

It may seem obvious, but it is more important than many people realize when looking at things from a physiological perspective.

You will never be able to eliminate all stressors. The key is to reduce what is in your control and work to become more resilient over time.

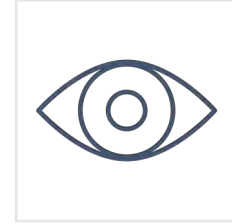
How to Reduce Stressors:

- Make sure all basic needs are met
- Conflicts are resolved
- Make sure athlete has what they personally need
- Making sure that everything within the athlete's control is taken care of

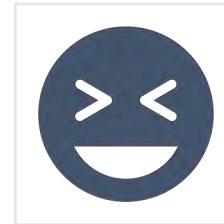
How to Build Resilience to Stressors:



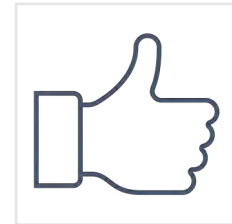
Make practice more
like a competition



Distraction training



Become better at going
with the flow



Trying to make the best
of given situations

It is not just on the field...

- It is likely that issues that you see on the field during competition are not isolated
- How you do anything is how you do everything so make sure off the field work on positivity, confidence, self awareness, and so on..
- Athletes need to practice their mental game on and off the field
- Starts with awareness of your thoughts and attention are

Helpful Tips

- Always have the same expression no matter if your athletes hit or miss the target
- You know your athletes best so give them what they need as they come off the field
- Encourage practicing mental game during practice
- Parents need to do the same thing

Try not to Make Mountains out of Mole Hills

- At the end of the day it is only a target and there will be another.
- There will be another shoot
- The sun will come up tomorrow

Summary

- The people with the best mental games are ones that stick to what they know
- They are only concerned about what is in their control
- They trust in their game and do what they have always done
- They believe that they are going to do their best and see how it all shakes out in the end



Gun Fit and Stance

Will Thomas

wthomas125@outlook.com

515-724-2302

You can also message on Facebook or Instagram



Safety Disclaimer

- Make sure all guns are unloaded and safe when fitting
- No live ammo in close proximity
- Athletes need to empty pouches and vests beforehand



Gun Fit

Both a science
and an art

First Step

- Pick a gun that matches the athlete's physical traits
- Not a one size fits all – there's a reason for all the options
- Find the sweet spot between athlete build and intended use
- Golf clubs are fitted to the golfer's size – guns are no different
- Too often you see the linebacker and the cheerleader shooting identical guns
 - Creates unnecessary roadblocks





General rules

- Tall and/or lanky generally match with higher rib better
- Short and/or stocky generally match better with flat rib
- 30" barrel is plenty for most people 5'10" and under



Picking a Gun

Things to consider:

- Commitment level
- Budget
- Build of athlete
- Discipline(s) athlete shoots

When the contenders are narrowed down

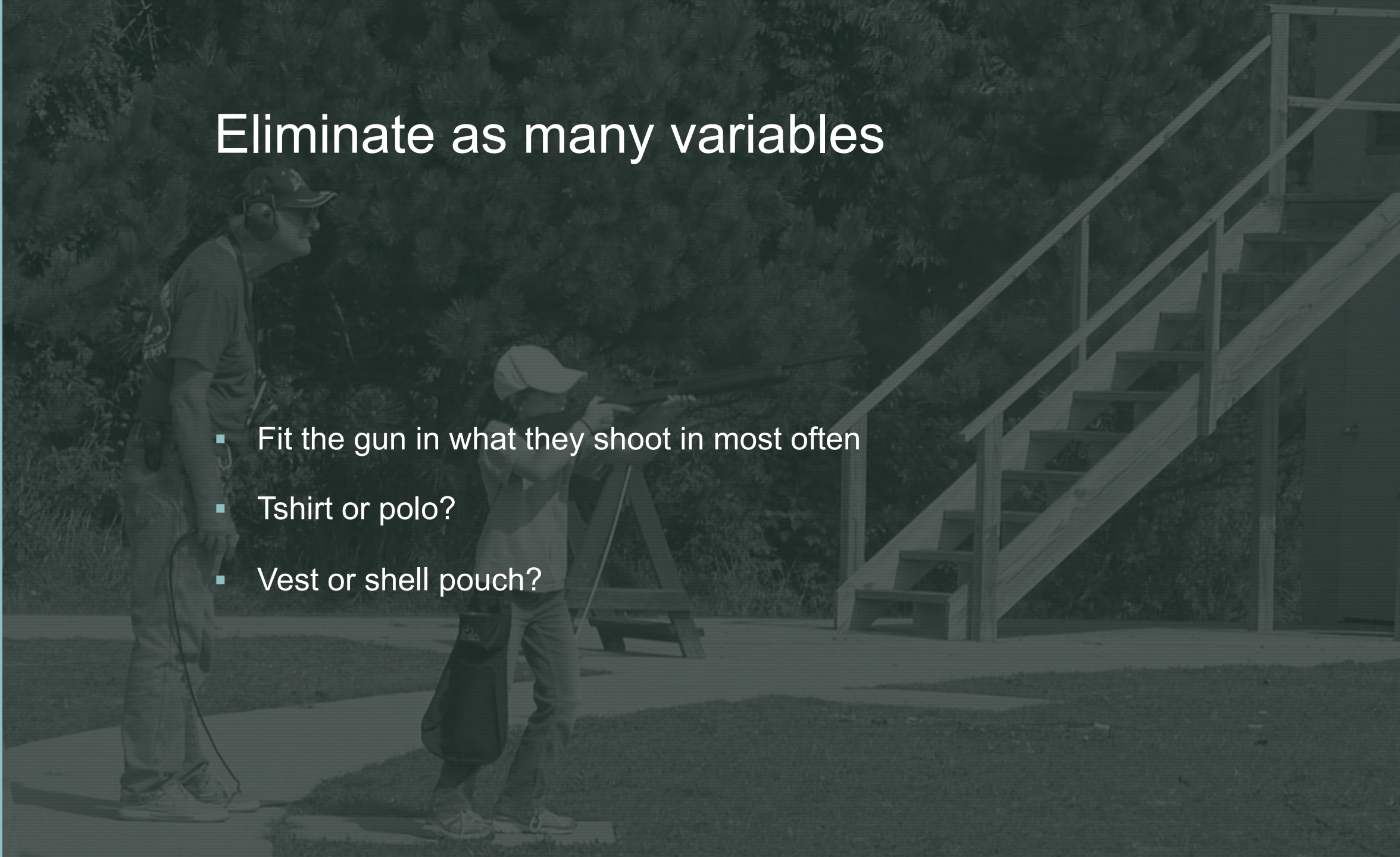
- Barrel weight and barrel length both have a place
 - Weight more important the faster the gun has to move or the smaller the athlete
 - Longer barrels improve pointability at distance
 - Sometimes a heavy gun can cover up flaws in movement patterns
- Easier to see with a higher rib
- Easier to point a lower rib
- Consider barrel length and rib in regards to athlete first and discipline second.
- How the gun FEELS is more important than low sample size scores

Some Recommendations

- Entry level:
 - Beretta A400
 - Browning Maxus 2
- Mid level:
 - Browning 725
 - Beretta 694 (biggest value)
- Upper mid level:
 - Zoli Z-sport
- Top tier:
 - Krieghoff
 - Beretta DT-11
 - Perazzi
 - Kolar flat rib

Eliminate as many variables

- Fit the gun in what they shoot in most often
- Tshirt or polo?
- Vest or shell pouch?



Patterning Board – yes or no?

- Sometimes
- Not for new shooters
 - Slippery slope to making them try to aim their pattern
- Point it, don't aim
 - These aren't rifles – don't use a static target to sight it in
- Barrels can be off but it's very rare
- Checking how different chokes perform

Static fitting is only half of it...

- Once the gun is fitted have them shoot it
- Look at what the gun is doing when it goes off
- If there is excessive movement look for where it goes when it moves then adjust to eliminate
- Is there a lot of muzzle flip?
- Is the shooter pulling the gun out of their face as it goes off?
- Read the breaks
- Slow motion video is your best friend here



Comb Adjustment

- Dominant eye should be centered down the rib
- Eye height
 - Ask the athlete what they see



Butt Adjustment

- Take cant out
- Pitch
 - Most overlooked aspect of gunfitting.
- Butt plate should not be extreme
 - If it is then take a step back and look at overall fit and mount

Thoughts on Fully Adjustable stocks

- Great for athletes that are very committed and growing
- Ergosign vs. TSK
- Recoil reduction systems have more downfalls than benefits



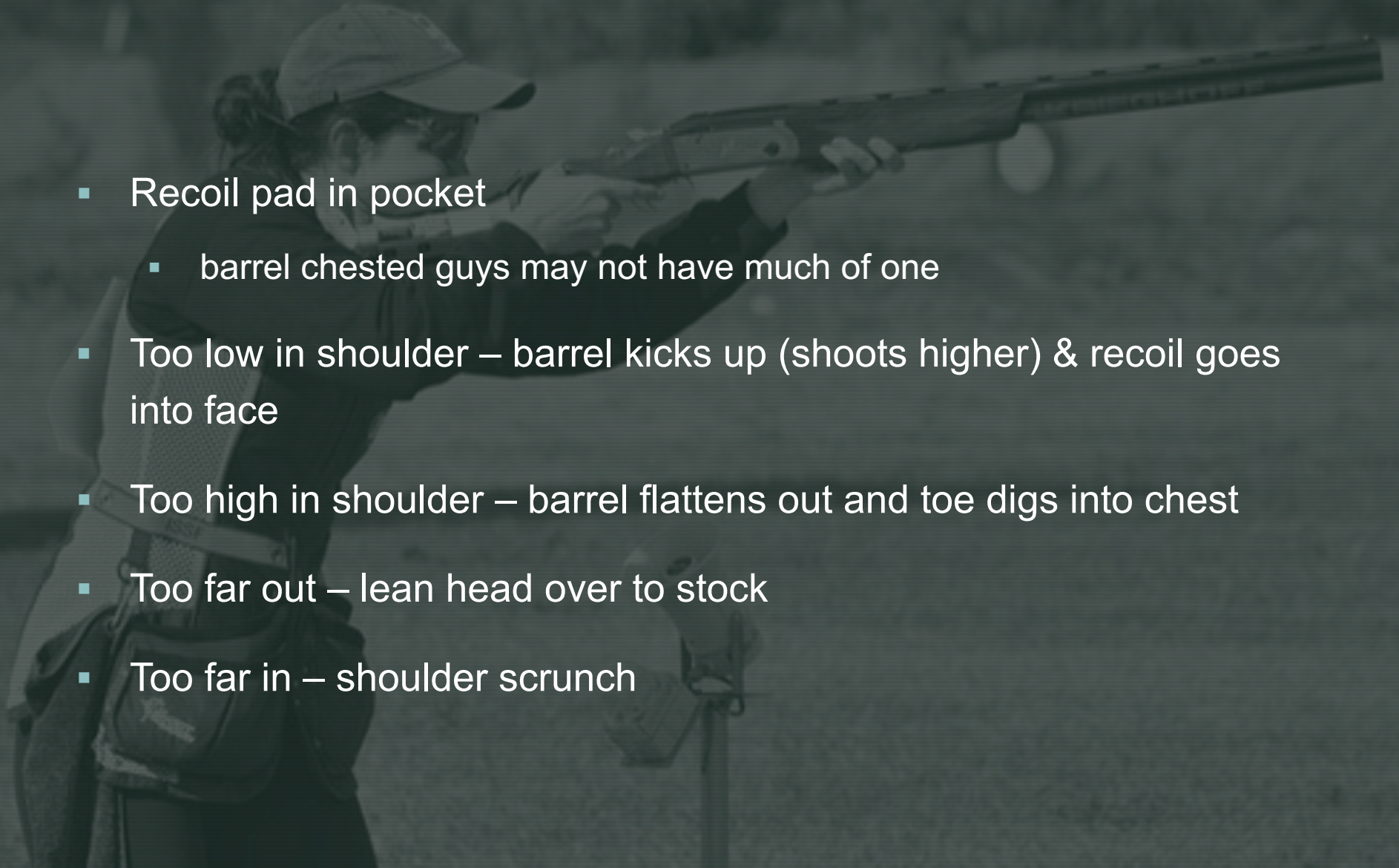
Length of Pull

Easiest method
is 2-3 fingers
between nose
and thumb

Don't want them
"climbing the
stock"

The Mount

- Recoil pad in pocket
 - barrel chested guys may not have much of one
- Too low in shoulder – barrel kicks up (shoots higher) & recoil goes into face
- Too high in shoulder – barrel flattens out and toe digs into chest
- Too far out – lean head over to stock
- Too far in – shoulder scrunch



The Mount (cont.)

- Comb rides under cheek bone – not on jaw
- Turn nose into gun slightly
 - Lines up cheek bone with comb so it slides along cheek bone during recoil
- Eyes level when looking from the front
 - Usually dependent on shoulder position
- It should look comfortable
 - If you take the gun away they're just standing there with a slight front weight bias

The Chicken Wing question

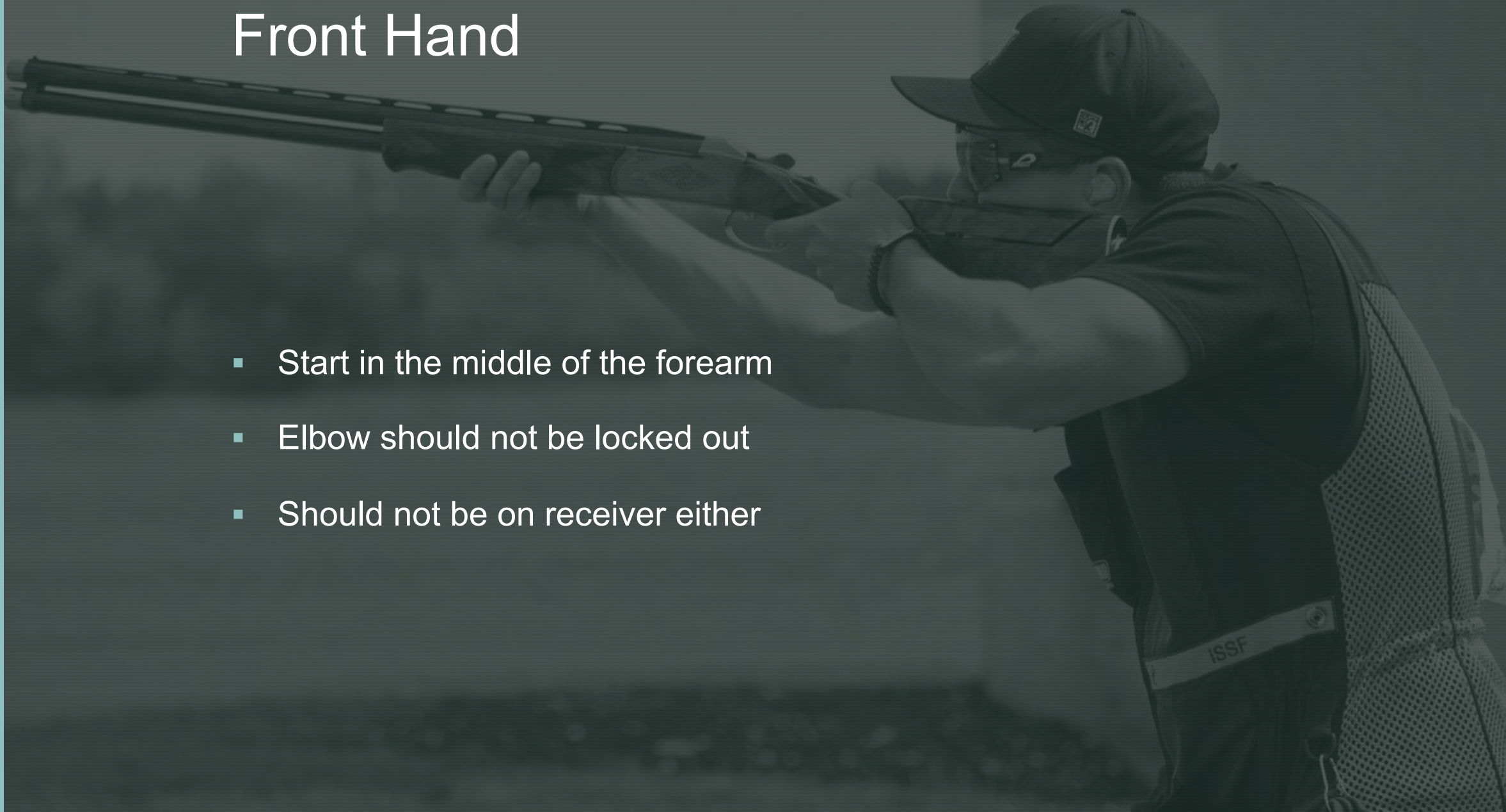
- Some shooters are able to do it, yes
- Biomechanically serves no purpose
- Moves pocket medial, doesn't open it up
- Will talk about it more later

Fitting a brand new shooter

- Lots of work – not a set it and forget it
- Takes time for their brain to learn where the gun shoots
- Should be checking weekly as they develop a mount
- Make sure to check the mount and the fit
 - Mount can throw off fit – decide if the mount change is good or bad
 - If mount is good change fit
- Why not let them just shoot it as the mount develops?
 - Do you want to go out and shoot with a gun that doesn't fit?

Front Hand

- Start in the middle of the forearm
- Elbow should not be locked out
- Should not be on receiver either





Things that change fit

- Seasonal clothing
- Settling into a gun
- Mount changing
- Athlete growing
- Changes in weight and body composition

Grip

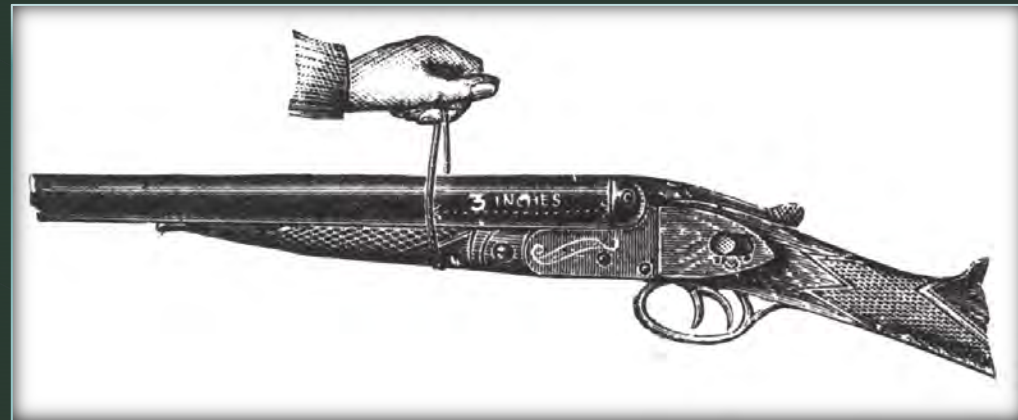
- About 30% grip strength when you call
- Go up to no more than 70%
- i.e keep the hands light
 - Many shooters fan fingers before calling

Be Objective

- A rough patch doesn't always mean the gun doesn't fit
- Check the gun fit but don't blindly try to adjust them out of a slump
- They're still learning the game
- Teenagers are still growing and going through some awkward growth phases

Gun Balance

- It has nothing to do with the hinge pin
- Trap and skeet front heavy guns can be beneficial
- Every other discipline benefits from neutral balance
- Can help change balance by changing chokes on some guns
- Should be set between the hands of athlete
 - Measure halfway between hands and adjust according



Ammo

- More does not always mean better especially for smaller kids and women
- 1 OZ 1250 is more than enough for most things
- Second shot in bunker is 60 yards with less than 7/8 OZ
- FITASC is limited to 1 OZ
- Pick shot size over payload



Overall...

- The athlete should look comfortable
- The athlete should move the gun well
- The whole set up should allow the athlete to shoot pain free



Posture and Movement

“Foot Position is key, it’s 70% of what’s going on in shooting”

-George Digweed

Natural Point of Aim

Sets athlete up for success

Should be used to set foot positions

Set just inside breakpoint

Determined by aligning back ankle with front pinky toe

Natural Point of Aim

Hold Point

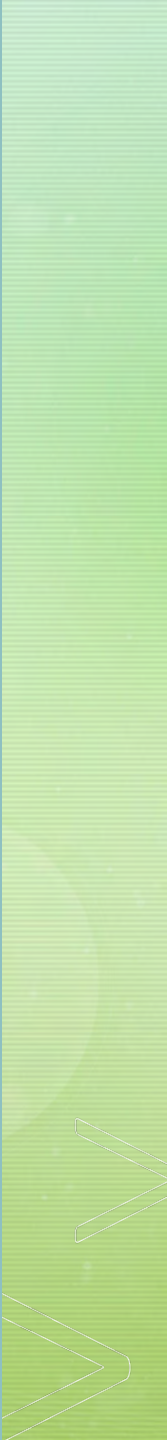


Natural Point of Aim





Joint Centration

- Keep joints in as neutral of a position as possible
 - Allows brain to solve the movement equation faster
 - Long story short: giving your brain more real estate to work with in every joint allows it to work simpler
- 

Posture

Correct



Too Straight

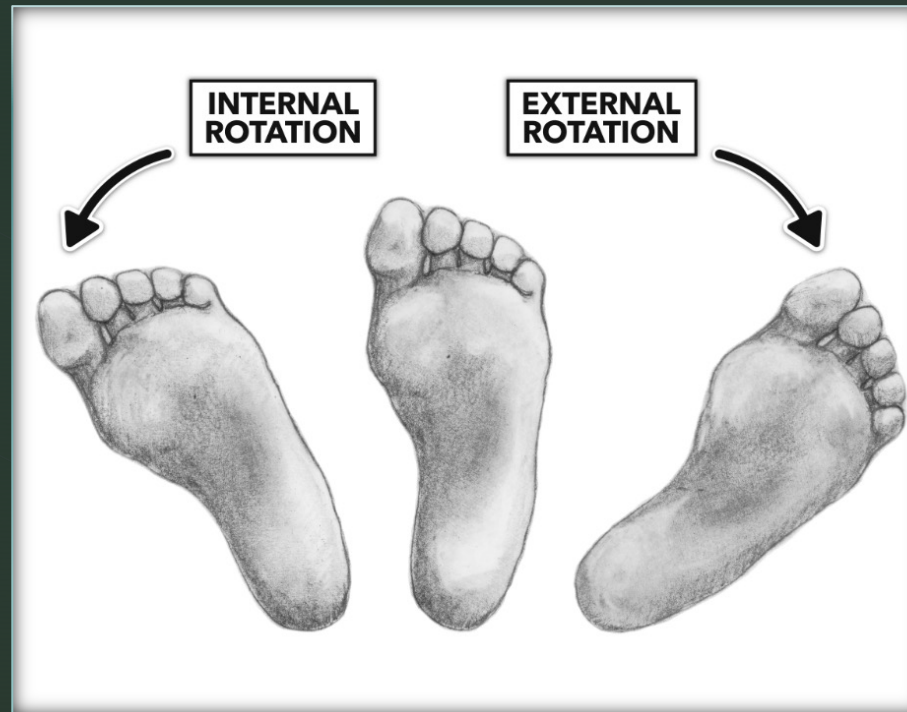


Too Bent



Foot position

- Where feet are on station is determined by natural point of aim
- Feet shoulder to hip width apart
- Back foot needs to be straight to move well



Movement

- Natural point of aim, foot position and posture all set up athlete for optimal movement
- Movement is all through legs
- Movement should be at angle the target is moving
- Upper body should not twist
- Arms are only there to lift the gun and hold it to shoulder


Follow Through

- Necessary but often over emphasized
- Mainly there to make sure the gun is moving before the shot
- Excessive follow through messes up timing
- Should be short and controlled



Common misconceptions

- Bending your knees more does not equate to using legs
- Starting with legs but finishing with upper body
- Thinking you are using your legs but you are really pushing your hips back
- Using your legs by lunging
- Putting the elbow up opens the pocket




Bending your knees more does not equate to using legs

- Bending your knees too much can hinder movement
- Run out of room faster, so only option is to use upper body
- Leads to lower back pain

Fix:

- Legs only need a slight bend in them
- Make sure feet are hip width apart




Starting with legs and finishing with upper body

- Will see and athlete will feel twist in lower back
- Common when trying to learn to move with legs

Fix:

- Need to ensure natural point of aim is correct
- May need to shorten up follow through
- Make sure feet are hip width apart
- Make sure back foot is straight and not flared



Pushing hips back and lunging

- Not actually moving with your legs if you are just pushing hips back
- Lunging is not a lateral movement
- Will not be able to make good smooth moves to targets
- Will have difficulty on targets that are out of position

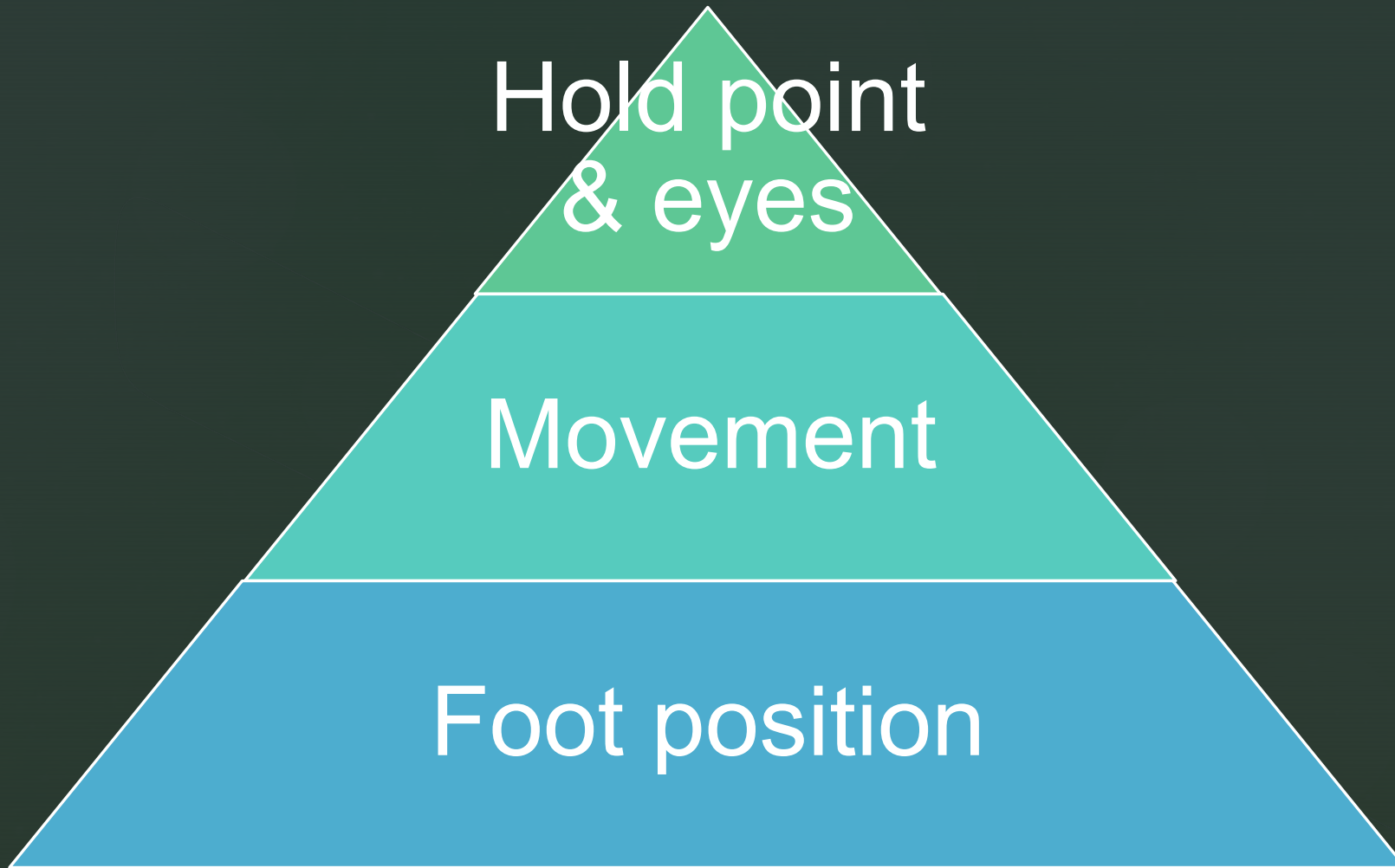
Fix:

- Work on rotation from ankles up
- Telling them to “keep their front knee in front of target” can be a good cue
- Keep them standing up straight with slight bend in knees



Putting the elbow up

- Overloads the wrist and shoulder
- Locks out the upper back and neck
- Leads to all movements coming from the low back
- Extremely hard to make adjustments on bad moves
- Parallel with the ground is where I draw the line



INTERNATIONAL DISCIPLINES

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BUNKER TRAP

COMPETITION FLOW



A photograph of three male Olympic shooters from the USA team standing in a shooting bunker. They are wearing red and blue USA Olympic vests, white caps, and safety glasses. The shooter on the left is holding a shotgun, the middle shooter is holding a rifle, and the shooter on the right is holding a shotgun. The background shows a grassy field and a line of trees.

GETTING STARTED IN BUNKER

GETTING STARTED IN INTERNATIONAL SKEET





USA SHOOTING

WEBSITE FOR MATCH INFO:
[HTTPS://USASHOOTING.ORG/](https://usashooting.org/)

INTERNATIONAL
SHOOTING
SPORT
FEDERATION



ISSF

A person is shown from the back, wearing a red and blue athletic uniform. The back of the uniform features a small American flag patch, the letters 'US' in a stylized font, and the name 'MEIN D.' in large white letters. A white competition bib is clipped to the bottom of the uniform, displaying logos and the text 'ISSF WORLD CUP SHOTGUN', 'RABAT, MAR', and '11 - 14 JAN 2021'. The person is also wearing a white and blue baseball cap and holding a shotgun. A semi-transparent grey rectangular box with a white border is overlaid on the center of the image, containing the text 'TRAVEL TEAM' in white capital letters.

TRAVEL TEAM

ISSF WORLD CUP
SHOTGUN
RABAT, MAR
11 - 14 JAN 2021

ISSF WORLD CUP SHOTGUN

OLYMPIC TEAM



Skeet and Skeet Doubles

Dominick Ver Meer & Will Thomas

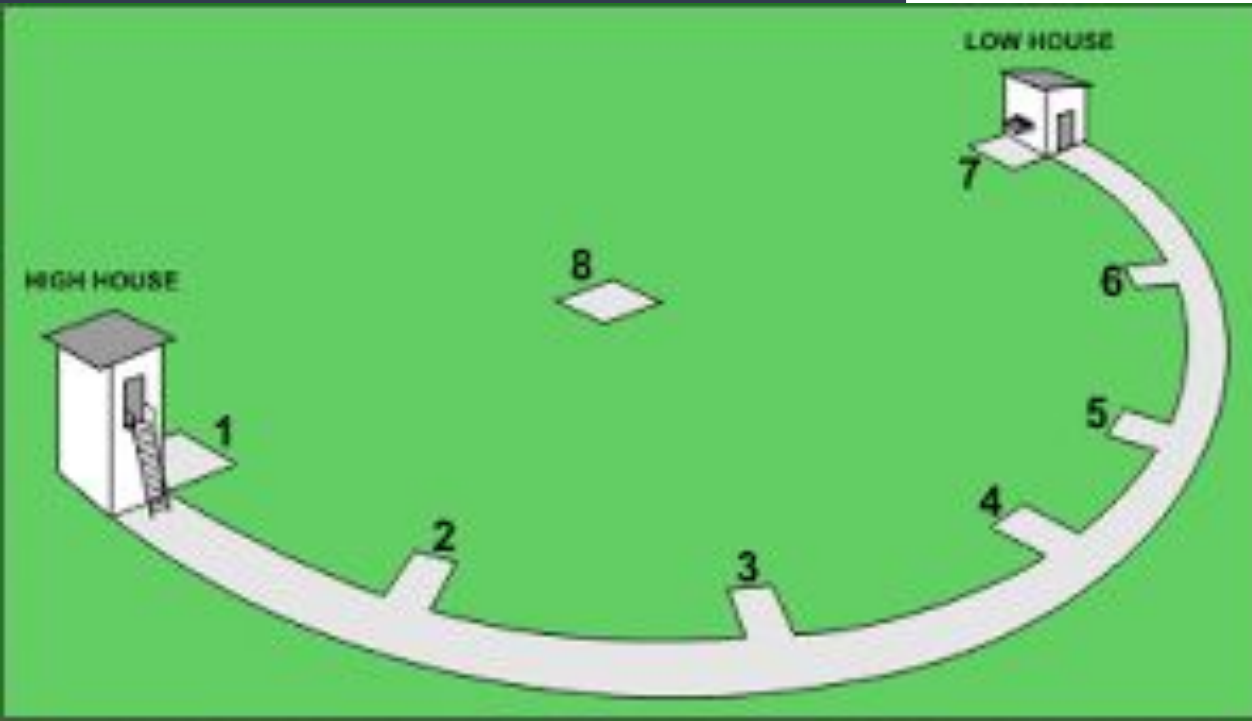
A dark blue diagonal gradient bar that starts from the bottom left and extends towards the top right, covering the lower half of the slide.

Main Topics

- Basics of skeet
 - Format of Field
 - Format of Round
 - Holdpoints
 - Breakpoint
 - Eye Hold
- Basic Rules
 - When to load gun
 - Time in station
 - Failure to fire
- Skeet doubles
- Basic coaching
 - Foot positions
 - Holdpoints
 - Breakpoints
 - Follow through

Getting Started

- Half circle field
- 2 houses (high and low)
- Move stations
 - Different sequences on different stations
- Option taken on first miss



Basic Rules

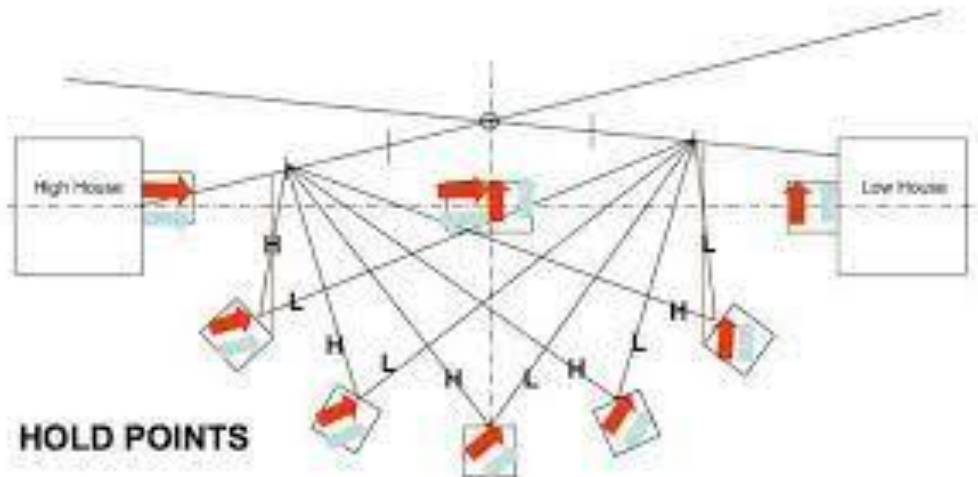
- Load and unload in box
- Boundary stakes
- Fair targets
- Misfires

Foot positions

- Basics to start
 - Right handed
 - Left handed
- Changes for doubles
- How to make changes

Hold Points

- Divide field
- Start at $\frac{1}{3}$ of the way out from the house
- Adjust as needed based on shooter and/or targets
 - Move holdpoint one barrel width at a time
- Set just below flight path



Breakpoints

- 13 feet before center
 - 15-18 feet is preferable
- Timing on first shot sets up second
 - Too late leads to chase
 - Too early removes movement
- Break singles where you break same target on pairs
 - Less sight pictures

Follow Through

- Needs to be efficient
 - Too little and stop gun
 - Too much and throw off timing
 - Need to find sweet spot
- Once eyes see target break
 - Move eyes
 - Allow gun to move



Target transition

- Shoot at breakpoint
 - Continue to watch target
- Shift eyes to next target
 - Gun will follow eyes
- Target will fall right into gun path to take next shot.



Doubles Timing

- Develop fundamentals on singles
- Push timing until breaking in correct spot
- Ease into rhythm for double
 - Continue to work on transitions
- Good timing will take effort to develop

Balancing Control with Speed

- Setup so can have enough movement
- Match gun speed with target speed
- Control the gun, don't let target control you
- Be aware of environment
 - Effect of wind
 - Effect of other weather
 - Lighting conditions

Starting a new shooter

- Start with low 7
- Once they are confident there move them to high 1
- Slowly progress them from 7 to 6 one step at a time
- Allow them to gain confidence before moving on

Training Drills

- Half stations
- Baseline and corners
- Go backs
- Squad go backs
- 2-6
- 3-5

Half Stations

- Shoot the station
- Go halfway in between that one and the next
- Shoot the station again
- Then go to the next full station and repeat all the way around the field
- Can also go one step at a time

Baseline and Corners

- 1,2,6,7 & 8
- Shoot the full station twice
- Should be able to clear this drill

Go Backs & Squad Go Backs

- Handicap each shooter based on ability
 - Shooter 1 gets a 3 target handicap, etc.
- If they miss more than their handicap they have to start the round over
- Can also handicap the squad as a whole
 - Give them 2 targets in the group of 3
- Helps with pressure shooting

2-6 and 3-5

- Shoot 2 pairs or 4 singles on each
- Great for learning doubles in the middle of the field
- Can also combine with half stations and take one step at a time to the next station

Common Rule Questions

- Any part of both feet have to touch the box
- Balk: Shooter doesn't engage a target
- Loading of two shells for singles IS allowed except on station 8
 - Taking 2 at low 8 is the exception
- 2 ammo malfunctions per new box of ammo
- 2 gun malfunctions per round then must repair or switch guns
- First miss is repeated as an option
 - If no misses you shoot low 8 twice

TIME

- Squad is allowed 20 minutes per round
- Includes breaks
- If a squad is taking longer than that they cannot object to being moved
- Ways to speed it up
 - Load 2 shells for singles
 - Get off the station as soon as the gun is open
 - Save fist bumps for the end of the round
- Time is at a premium at the state shoot
- This state doesn't have the facilities currently to have an overrun field so you might end up shooting in the dark

Doubles Round

- Pair on each station 1-7
 - Shoot high house first on 4
- Work way back to 2 from 7
 - Shoot low house first on 4
- Have one shell left
 - Go grab next box of shells and start on 1
 - Will go all the way to 7 and end on 1

Have Questions or Want Coaching?

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