

# **Policies and Procedures Manual for Parkview Christian Academy's Trapshooting Team**

Last Revised: February 1, 2019

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### **General Conditions:**

The team is authorized by Parkview Christian Academy's Board of Trustees. They may be reached by calling (630) 553-5158 or visiting <https://pcafalcons.com/school-board/>. The team is sanctioned by the Illinois High School Clay Target League (the league). More information regarding the league is located at <http://ilclaytarget.com/> and their policies and procedures prevail over this document. More information regarding their policies and procedures is located at <http://ilclaytarget.com/rules/policies-procedures/>.

Eligible participants include boys and girls from 6<sup>th</sup> to 12<sup>th</sup> grades. The total number of participants is limited to shooting two rounds of trap across seven fields on one evening (generally speaking it's 55 to 60 participants). Preference is given to full time students of Parkview Christian Academy. More information regarding the team is located at <https://pcafalcons.com/trap/>.

The team shoots on Friday evenings at Downers Grove Sportsmen's Club (DGSC). They're located at 4700 W Old Stage Road, Morris, IL 60450 and their phone number is (815) 941-1366. More information regarding DGSC is located at <http://downersgrovesc.com/>.

This document applies to the trap shooting discipline of singles (targets shot at 16 yards).

The team also abides by Parkview Christian Academy's Parent Student Handbook. The most recent revision of this document is located at <https://pcafalcons.com/parent-links/>.

The team receives funds from sponsors and supplies from grants each season. The application and use of these funds and supplies is decided by a three person committee consisting of the head coach and two other coaches appointed by the head coach. Parkview Christian Academy's Finance Director keeps an accounting of all funds received from sponsors. This accounting is reviewed monthly by the Finance Committee and reported to the Board of Trustees. Weekly funds such as range fees are collected by the

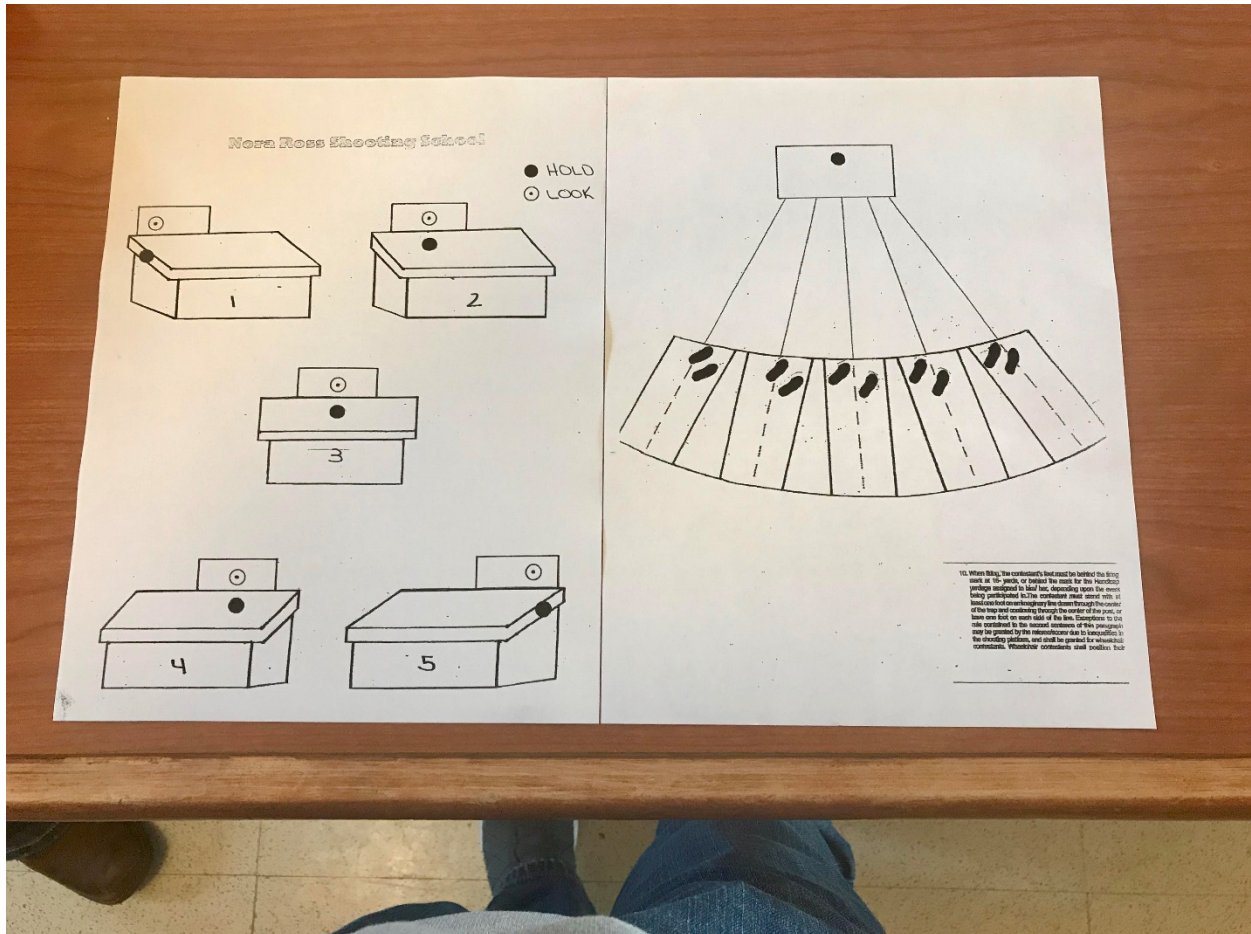
team and given to DGSC on the same day. The team doesn't keep any weekly funds. However, the head coach keeps an accounting of all weekly funds and a spreadsheet is shared weekly with all coaches and DGSC for audit / concurrence. Any of these documents are available for review upon request to the head coach.

### Coaching Mandates:

The following mandates are implemented to ensure a consistent coaching experience from participant to participant year over year. They cover four main criteria: foot positions, gun mounts, hold and look points, and pivot points.

#### Foot Positions:

The right half of the following image shows the proper foot position per station. Content and photo credit to Nora Ross.



- Station 1 and 2: Feet hugging the right portion of the walk with the shooter's left foot intersecting the walk's centerline.
- Station 3: Feet centered on the walk.

- Station 4 and 5: Feet hugging the left portion of the walk with the shooter's right foot intersecting the walk's centerline.

*Gun Mounts:*

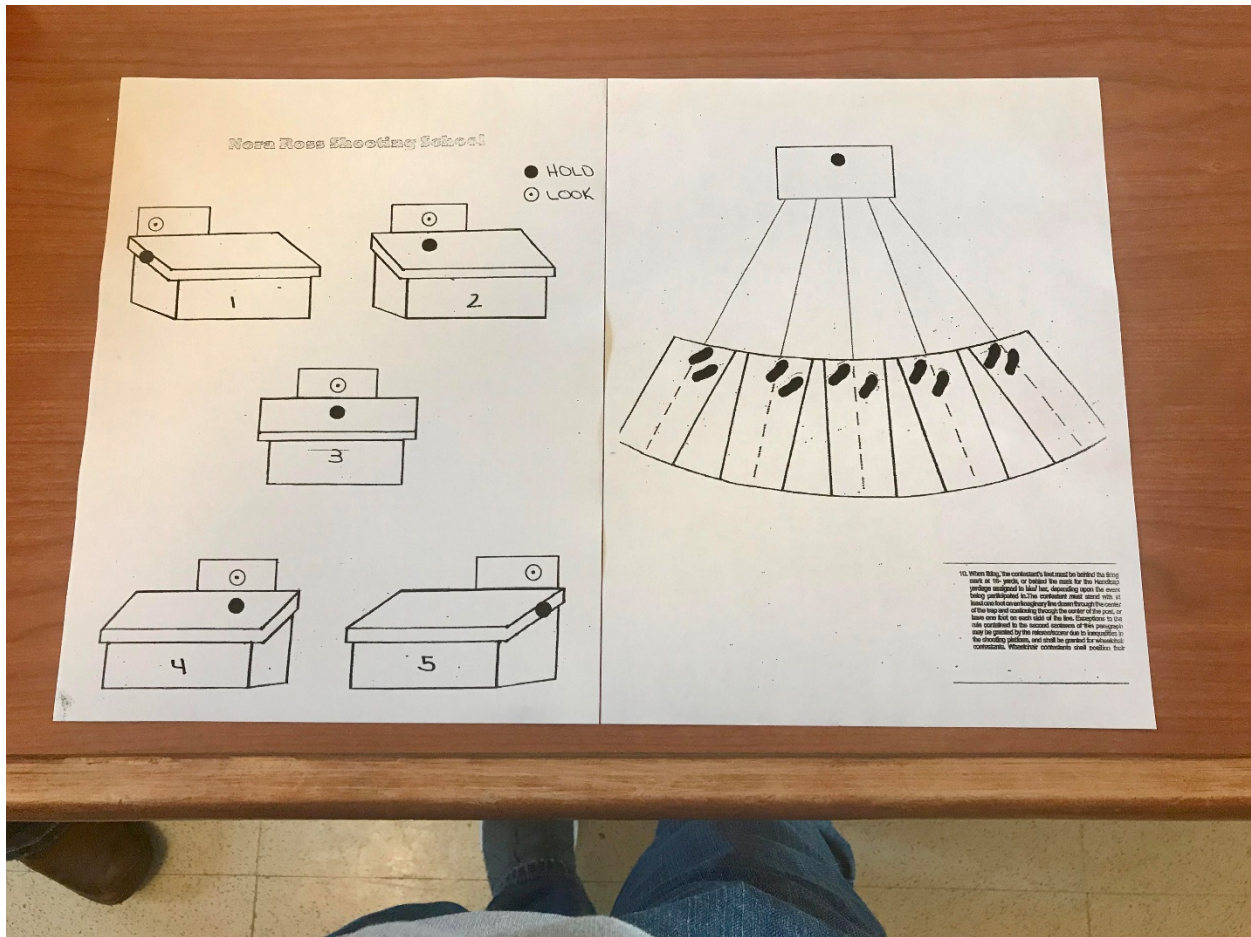
Gun mounts will vary slightly from shooter to shooter. However, the following principles will apply across the board.

- Keep the shooter's face as square and upright to the trap house as possible.
- Bring the gun to the shooter's cheek while keeping their face square and upright. Never bring the shooter's cheek to the gun.
- The shooter should never be leaning back. They should either be centered up and down or leaning slightly forward.
- The shooter's cheek should be planted on the front half of the gun's comb.
- The shooter's cheek should never leave the gun's comb until after their shot and they should follow through the clay target while shooting.
- The shooter's movement to the clay target should be direct and smooth.

*Hold and Look Points:*

The left half of the following image shows the proper hold and look points per station. Content and photo credit to Nora Ross. This image applies to shooters using one eye. The hold points may be raised to a few inches above the trap house's upper edge for shooters using two eyes.

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*Pivot Points:*

A shooter's pivot point is the axis a shooter feels "comfortable" while facing the trap house. It's the position one "naturally" aligns themselves for easy movement both left and right from the hips. Shooters should align themselves on their pivot point either 10' to 15' right (for right handed shooters) or 10' to 15' left (for left handed shooters) of the center stake down field.

**Learning Tools:**

*Forum and Organization Websites:*

Amateur Trapshooting Association: <https://shootata.com/default.aspx>

Illinois State Rifle Association: <https://www.isra.org>

National Rifle Association: <https://membership.nra.org/Join/Annals>

Trapshooters: <http://trapshooters.com>

*Instructional Videos:*

Gun Mount Video 1: <https://www.youtube.com/watch?v=sukCnPLOpTw>

Gun Mount Video 2: <https://www.youtube.com/watch?v=waBaFgUapW4>

Target Lead Video: <https://www.youtube.com/playlist?list=PLtlukypmliLRykyrZjNobwoU6FQ1OvnJ1>

Tips by Terry Jordan: <https://pcafalcons.com/wp-content/uploads/2018/01/Tips-by-Terry-Jordan.pdf>

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If you have any comments or questions concerning this document or anything related to Parkview Christian Academy's Trapshooting Team, please contact Jed Davis by calling (630) 724-7600 or emailing [thisjed@gmail.com](mailto:thisjed@gmail.com). Do the same if you're interested in helping or sponsoring.