



Member Handbook

2017 – 2018

High Performance Olympic Development Program

Education and Excellence through Sport...

2011-2015 Season Awards

- **2015 SCTP Olympic Style National Championships**
Meola, Shandles and Vega - Olympic Double Trap Open Team Silver Medal
Meola, Shandles and Vega - Olympic Trap Open Team Bronze Medal
- **2015 Florida Junior Olympic Championships**
Hannah Christian - Olympic Trap Gold Medal, women's
Joshua Vega - Olympic Trap Silver Medal, men's
- **2014 USA Shooting National Championships**
Gabriel Shandles - Olympic Trap J3 Category 1st Place, men's
Joshua Vega – Olympic Trap J3 Category 2nd Place, men's
- **2014 SCTP Olympic Style National Championships**
Joshua Vega - Olympic Trap Individual Rookie Division Gold Medal, men's
Logan Smith - Olympic Trap Individual Intermediate Div. Gold Medal, women's
Gabe Shandles - Olympic Trap Individual Intermediate Div. Gold Medal, men's
Meola, Shandles and Vega - Olympic Trap Open Division Team Gold Medal
- **2014 Florida Junior Olympic Championships**
Gabriel Shandles, Olympic Trap Open 4th Place, men's
Abbie Kepto, Olympic Trap Silver Medal, women's
Logan Smith, Olympic Trap Bronze Medal, women's
Gabriel Shandles, Olympic Trap J3 Category 1st Place, men's
Peter Meola, Olympic Trap J3 Category 2nd Place, men's
Abbie Kepto, Olympic Trap J2 Category 1st Place, women's
Logan Smith, Olympic Trap J3 Category 2nd Place, women's
- **2013 USA Shooting National Championships**
Gabriel Shandles, Olympic Trap J3 Category 2nd Place, men's
David Telford, Olympic Trap J3 Category 3rd Place, men's
- **2013 SCTP Olympic Style National Championships**
Joshua Vega - Olympic Trap Individual Rookie Division Gold Medal
Meola, Shandles and Telford - Olympic Trap Intermediate Division Team Gold
Gabe Shandles - Olympic Skeet Individual Intermediate Division Silver Medal
Meola, Shandles and Telford - Olympic Skeet Open Division Team 3rd Place
- **2013 Florida Junior Olympic Championships**
Jacob Hochhausler - Olympic Trap Men's Silver Medal
Jacob Hochhausler – Olympic Trap Men's J2 1st Place
Sevin Layer – Olympic Trap Men's J2 3rd Place
David Telford – Olympic Trap Men's J3 1st Place
Gabe Shandles – Olympic Trap Men's J3 2nd Place
Peter Meola - Olympic Trap Men's J3 3rd Place

- **2012 SCTP Olympic Style National Championships**
 Layer, Shandles and Telford - Olympic Trap Open Team Silver Medal
 Layer, Shandles and Telford - Olympic Skeet Open Team Silver Medal
 Gabriel Shandles - Olympic Trap Individual Rookie Division Gold Medal
 Gabriel Shandles - Olympic Skeet Individual Rookie Division Silver Medal
 David Telford - Olympic Skeet Individual Intermediate Bronze Medal
- **2012 SCTP State Championships**
 Trap Junior Varsity 1st Place
 Trap Junior Varsity 3rd Place
 Trap Intermediate Division 1st Place
 Skeet Junior Varsity 1st Place
 Skeet Junior Varsity 2nd Place
- **2012 Florida Junior Olympic Championships**
 Sevin Layer - Olympic Trap Men's Gold Medal
 Breanna Ray - Olympic Trap Women's Gold Medal
 Isabell Wakeman – Olympic Trap Women's Silver Medal
 Aleah Shandles – Olympic Trap Women's Bronze Medal
 Sevin Layer - Olympic Skeet Men's Gold Medal
 Harrison Pittman – Olympic Skeet Men's Bronze Medal
 Aleah Shandles - Olympic Skeet Women's Gold Medal
 Breanna Ray – Olympic Skeet Women's Silver Medal
 Isabelle Wakeman – Olympic Skeet Women's Bronze Medal
- **2011 USA Shooting National Championships**
 Dania Vizzi - Olympic Skeet Women's High J2 and High "D" Class
- **2011 SCTP Olympic Style National Championships**
 Sevin Layer - Olympic Trap Intermediate Men's Bronze Medal
 Gabriel Shandles - Olympic Trap Rookie Men's Gold Medal
- **2011 Florida Junior Olympic Championships**
 Zachary Davis - Automatic Trap Men's Gold Medal
 Sevin Layer – Automatic Trap Men's Silver Medals
 Dania Vizzi - Automatic Trap Women's Gold Medal
 Dania Vizzi - Olympic Skeet Men's Gold and Silver Medals
 Dania Vizzi - Olympic Skeet Women's Gold Medal

Mission Statement

The United States Clay Target Academy is an Olympic Development Program whose mission is to promote and support amateur athletes at the recreational, grassroots level in shotgun safety, training and education as well as provide high performance, advanced training for shotgun athletes pursuing State, National and Olympic dreams. To provide a world-class, year-round training facility with advanced coaching and training for young athletes pursuing National and Olympic dreams.

Table of Contents

2011-2015 Season Awards	2
Mission Statement	3
Coach Credentials	5
Introduction	6
Program Description	6
Introduction to Shotgun Sports Team	6
High Performance Shooting Team Level I	7
High Performance Shooting Team Level II	9
High Performance Shooting Team Level III	11
High Performance Shooting Team Level IV	13
High Performance Shooting Team Level V	15
Purpose of this Document	17
Program Philosophy	17
Athlete Responsibilities	18
Coach Responsibilities	19
Requirements	20
Athlete Requirements	20
Parent / Spectator Requirements	22
Funding	22
Awards	22
Team Policies	23
Travel	24
Attendance	24
Special Functions / Fundraisers	25
Discipline	25
Equipment	26
Coach Contact Information	27

Coach Credentials

Bonnie Chamberlain

- ISSF Certified International Shotgun Coach, Level B
- NRA/USA Shooting/CMP National Coach Development Staff
- NRA/USA Shooting Level III Certified Coach
- ATA Hall of Fame, Level II Certified Coach
- A.S.E.P. Professional Coaching Instructor
- A.S.E.P. Bronze Level Coach
- ISSF Certified Referee
- ISSF Certified Judge
- USA Shooting Certified Referee

Marvin Spinks

- ISSF Certified International Shotgun Coach, Level C
- NRA/USA Shooting/CMP National Coach Development Staff
- NRA/USA Shooting Level III Certified Coach
- ATA Hall of Fame, Level II Certified Coach
- NSSA Level I Certified Instructor
- NSCA Level III Certified Instructor
- A.S.E.P. Bronze Level Coach

Introduction

Program Description

The United States Clay Target Academy High Performance Olympic Development Program was designed by ISSF Certified Coaches Bonnie Chamberlain and Marvin Spinks utilizing ISSF Training Academy approved training principles and methods. We begin by providing the tools and training to help entry level athletes develop into proficient shotgun athletes, in all disciplines. Ultimately, we introduce young athletes to Olympic shotgun sports. Further, we help advanced athletes hone their skills and elevate their athletic performance in preparation for being National Team Members and Olympic hopefuls.

We are committed to instilling safe gun handling techniques, fundamentals, and firearm care at an early age. We understand that this solid foundation often results in a lifetime interest in shooting sports and the outdoors, and often engages athletes for whom other sports held little interest. Our unprecedented training program also builds self-confidence and self-esteem as well as the discipline that participation in a team sport instills.

The goal of the Academy is to provide athletes with the skills to (a) achieve individual success as well as be a member of a competitive and cohesive team; (b) meet their full potential as competitive shotgun athletes; and (c) develop positive character traits such as self-reliance, discipline, independence, responsibility, time management skills, self-esteem and self-confidence while learning the principles of fair play and sportsmanship.

We offer six levels of training and competition, our Saturday morning program for introduction to shooting and our High-Performance Shooting Teams Levels I-V. Our training programs have the first, and only two ISSF Olympic Level Certified Professional Coaches in the United States, Marvin Spinks, and Bonnie Chamberlain. We also have a team physician as well as a strength and conditioning coach. The USCTA invites all who are interested in learning about shotgun sports to join us at Skyway Trap & Skeet Club.

Introduction to Shotgun Sports - Saturday Program

The Introduction to Shotgun Sports Team welcomes all participants, regardless of age or experience. All USCTA members will participate at this level, with practices occurring once a week on Saturday. Coaches provide instruction on the fundamentals of shotgun sports focusing on foot position, break points, hold points, focal points, vision, gun mount and movement to the target. Athletes will learn safe gun handling techniques, range etiquette, and firearm care. Competitions will consist of in-state opportunities. The Introduction to Shotgun Sports Team is an excellent option for young people new to shooting sports or who are involved in several sports.

The Introduction to Shotgun team season runs from October 1, 2017 through April 28, 2018.

Participation

- Eight Athletes – USCTA Home Range

Program Fees

- \$125/Month

Additional Fees

- TBC Bunker Training and travel
- Coach Travel
- Competition Coaching
- Training Camps
- Private Training
- Gun Fitting

Training

- [ISSF Certified International Coach](#) training one day a week
 - Two hours of coach supervised training on Saturday
 - Form training by ISSF Coach's
 - Combination Training to determine discipline
 - Sport specific Trap, Double-Trap and Skeet training
 - Safe gun handling techniques
 - Range etiquette

High Performance Academy Team Level I

USCTA HP-1

The HP-1 Team welcomes all participants, regardless of age or experience. All USCTA members will participate at this level, with practices occurring once a week on Saturday. Coaches provide instruction on the fundamentals of shotgun sports focusing on foot position, break points, hold points, focal points, vision, gun mount and movement to the target. Athletes will learn safe gun handling techniques, range etiquette, and firearm care. Competitions will consist of in-state opportunities. The HP-1 Team is an excellent option for young people new to shooting sports or who are involved in several sports but want to transition to more intensive training.

The HP-1 team season runs from October 1, 2017 through April 28, 2018.

Participation

- Eight Athletes – USCTA Home Range

Program Fees

- \$250/Month

Additional Fees

- TBC Bunker Training and travel
- Coach Travel
- Competition Coaching
- Training Camps
- Private Training
- Gun Fitting

Training

- [ISSF Certified International Coach](#) training one day a week
 - Five hours of coach supervised training on Saturday
 - Form training by ISSF Coach's
 - Combination Training to determine discipline
 - Sport specific Trap, Double-Trap and Skeet training
 - Two and a half hours of daily athlete driven training Tue - Fri
 - Form evaluation by ISSF Coach's, via video
 - Combination Training to determine discipline or
 - Sport specific Trap, Double-Trap and Skeet training
 - One hour of USOTC prescribed Cardio and Strength Training per day
 - USOTC Strength and Conditioning Evaluation, Colorado Springs*
 - Athlete driven by USOTC Strength and Conditioning Department
 - Monitored program by USOTC Certified Athletic Trainer*
- Vision Training - USCTA Program
 - Coach Supervised and Athlete Driven Programs
- Sport Mental Training
 - USOTC/ISSF Coach Driven Program
 - Athlete Driven Coach Supervised
 - [Mental Management©](#)
- Performance Zone Training*
- Nutrition Evaluation by USOTC Dietitian, Colorado Springs*
- Advanced Technical Sport Instruction
 - Collegiate Level Kinesiology/Biomechanics Class*
- Personal Multi Sport or Discipline Specific Training Plan
 - Athlete Training Journal

Education Requirements

- Public School, [FL K-12](#) or [US Performance Academy](#)
 - 2.5 GPA Required, 3.0 GPA Expected

Match Travel**

- **USA Shooting Florida State Junior Olympics**
- *Keystone Grand Prix Championships*
- *SCTP National International Championships*
- *USA Shooting National Junior Olympic Championships*
- *USA Shooting Fall US Team Trials Selection Match*
- *USA Shooting Spring US Team Trials Selection Match*
- *USA Shooting National Team Trials Championships*
- *European Grand Prix Circuit*

Team Equipment Required*

- Coach Prescribed Shotgun
- Home Training Video Device
- Home Training Equipment

- [Solo Shot 3 and 65x Camera](#)
- [ShotKam](#)
- [MyFitnessPal Health & Fitness](#)
- [Fit Bit Charge HR or Surge](#)
- [Samsung Health Program](#)
- [Samsung Gear S2 or Gear Fit 2](#)
- Travel Uniform(s)
- Training Uniform(s)
- Team Vest(s)
- Travel/Range Backpack
- Team Equipment Bag
- *Pilla Shooting Glasses*
- *Travel Gun Case*
- *Team Travel Luggage*

**Additional charge outside program fees*

***Required competitions subject to Minimum Travel Qualification Scores*

High Performance Academy Team Level II

USCTA HP-2

Participation

- Eight Athletes – USCTA Home Range

Program Fees

- \$350/Month

Additional Fees

- TBC Bunker Training and travel
- Coach Travel
- Competition Coaching
- Training Camps
- Private Training
- Gun Fittings

Training

- [ISSF Certified International Coach](#) training two days a week
 - Two and a half hours of coach supervised training on Thursday
 - Five hours of coach supervised training on Saturday
 - Form training by ISSF Coach's
 - Combination Training to determine discipline

- Sport specific Trap, Double-Trap and Skeet training
 - Two and a half hours of athlete driven training Tue, Wed & Fri
 - Form evaluation by ISSF Coach's, via video
 - Combination Training to determine discipline or
 - Sport specific Trap, Double-Trap and Skeet training
 - One hour of USOTC prescribed Cardio and Strength Training per day
 - USOTC Strength and Conditioning Evaluation, Colorado Springs*
 - Athlete driven by USOTC Strength and Conditioning Department
 - Monitored program by USOTC Certified Athletic Trainer*
- Vision Training - USCTA Program
 - Coach Supervised and Athlete Driven Programs
- Sport Mental Training
 - USOTC/ISSF Coach Driven Program
 - Athlete Driven Coach Supervised
 - [Mental Management©](#)
- Performance Zone Training*
- [Interactive Metronome© Training](#)
- Nutrition Evaluation by USOTC Dietitian, Colorado Springs*
- Advanced Technical Sport Instruction
 - Collegiate Level Kinesiology/Biomechanics Class*
- Personal Multi Sport or Discipline Specific Training Plan
 - Athlete Training Journal

Education Requirements

- Public School, [FL K-12](#) or [US Performance Academy](#)
 - 2.5 GPA Required, 3.0 GPA Expected

Match Travel**

- **USA Shooting Florida State Junior Olympics**
- *Keystone Grand Prix Championships*
- **SCTP National International Championships**
- *USA Shooting National Junior Olympic Championships*
- *USA Shooting Fall US Team Trials Selection Match*
- *USA Shooting Spring US Team Trials Selection Match*
- *USA Shooting National Team Trials Championships*
- *European Grand Prix Circuit*

Team Equipment Required*

- Coach Prescribed Shotgun
- Home Training Video Device
- Home Training Equipment
- [Solo Shot 3 and 65x Camera](#)
- [ShotKam](#)
- [MyFitnessPal Health & Fitness](#)
- [Fit Bit Charge HR or Surge](#)

- [Samsung Health Program](#)
- [Samsung Gear S2 or Gear Fit 2](#)
- Travel Uniform(s)
- Training Uniform(s)
- Team Vest(s)
- Travel/Range Backpack
- Team Equipment Bag
- *Pilla Shooting Glasses*
- Travel Gun Case
- Team Travel Luggage

**Additional charge outside program fees*

***Required competitions subject to Minimum Travel Qualification Scores*

High Performance Shooting Team Level III

USCTA HP-3

Participation

- Eight Athletes – USCTA Home Range

Program Fees

- \$500/Month

Additional Fees

- TBC Bunker Training
- Coach Travel
- Competition Coaching
- Training Camps
- Private Training
- Gun Fitting

Training

- [ISSF Certified International Coach](#) training three days a week
 - Two and a half hours of coach supervised training on Tues & Thurs.
Five hours of coach supervised training on Saturday
 - Form training by ISSF Coach's
 - Combination Training to determine discipline
 - Sport specific Trap, Double-Trap and Skeet training
 - Two and a half hours of athlete driven training Tue, Wed & Fri
 - Form evaluation by ISSF Coach's, via video
 - Combination Training to determine discipline or

- Sport specific Trap, Double-Trap and Skeet training
- One hour of USOTC prescribed Cardio and Strength Training per day
 - USOTC Strength and Conditioning Evaluation, Colorado Springs*
 - Athlete driven by USOTC Strength and Conditioning Department
 - Monitored program by USOTC Certified Athletic Trainer*
- Vision Training - USCTA Program
 - Coach Supervised and Athlete Driven Programs
- Sport Mental Training
 - USOTC/ISSF Coach Driven Program
 - Athlete Driven Coach Supervised
 - [Mental Management©](#)
- Performance Zone Training*
- [Interactive Metronome© Training](#)
- Nutrition Evaluation by USOTC Dietitian, Colorado Springs*
- Advanced Technical Sport Instruction
 - Collegiate Level Kinesiology/Biomechanics Class*
- Personal Multi Sport or Discipline Specific Training Plan
 - Athlete Training Journal

Education Requirements

- Public School, [FL K-12](#) or [US Performance Academy](#)
 - 2.5 GPA Required, 3.0 GPA Expected

Match Travel**

- **USA Shooting Florida State Junior Olympics**
- *Keystone Grand Prix Championships*
- **SCTP National International Championships**
- **USA Shooting National Junior Olympic Championships****
- *USA Shooting Fall US Team Trials Selection Match*
- *USA Shooting Spring US Team Trials Selection Match*
- *USA Shooting National Team Trials Championships*
- *European Grand Prix Circuit*

Team Equipment Required*

- Coach Prescribed Shotgun
- Home Training Video Device
- Home Training Equipment
- [Solo Shot 3 and 65x Camera](#)
- [ShotKam](#)
- [MyFitnessPal Health & Fitness](#)
- [Fit Bit Charge HR or Surge](#)
- [Samsung Health Program](#)
- [Samsung Gear S2 or Gear Fit 2](#)
- Travel Uniform(s)
- Training Uniform(s)

- Team Vest(s)
- Travel/Range Backpack
- Team Equipment Bag
- Pilla Shooting Glasses
- Travel Gun Case
- Team Travel Luggage

**Additional charge outside program fees*

***Required competitions subject to Minimum Travel Qualification Scores*

High Performance Shooting Team Level IV

USCTA HP-4

Participation

- Six Athletes – USCTA Home Range
- Four Athletes – Distance Trained

Program Fees

- \$1000/Month

Additional Fees

- TBC Bunker Training and travel
- Coach Travel
- Competition Coaching
- Training Camps
- Private Training

Training

- [ISSF Certified International Coach](#) training five days a week
 - Four hours of coach supervised training per day Tue - Sat
 - Form training by ISSF Coach's
 - Combination Training to determine discipline
 - Sport specific Trap, Double-Trap and Skeet training
 - Two hours of USOTC prescribed Cardio and Strength Training per day
 - USOTC Strength and Conditioning Evaluation, Colorado Springs*
 - Athlete driven by USOTC Strength and Conditioning Department
 - Monitored program by USOTC Certified Athletic Trainer*
 - Army Standard Conditioning Program
- Vision Training - USCTA Program
 - Coach Supervised and Athlete Driven Programs
- Sport Mental Training
 - [Mental Management©](#)

- USOTC/ISSF Coach Driven Program
 - Athlete Driven Coach Supervised
- Performance Zone Training*
- [Interactive Metronome© Training](#)
- Nutrition Evaluation by USOTC Dietitian, Colorado Springs*
- Advanced Technical Sport Instruction
 - Collegiate Level Kinesiology/Biomechanics Class*
- Personal Multi Sport or Discipline Specific Training Plan
 - Athlete Training Journal
- Gun Fitting Monthly

Education Requirements

- Training starts at 1PM athletes must attend schooling that allows athlete to arrive on time for training
- Public School, [FL K-12 , Sylvan type](#) or [US Performance Academy](#)
2.5 GPA Required, 3.0 GPA Expected

Match Travel**

- **USA Shooting Florida State Junior Olympics**
- *Keystone Grand Prix Championships*
- **SCTP National International Championships**
- **National Junior Olympic Championships****
- **USA Shooting National Championships**
- **USA Shooting Fall US Team Selection Match**
- **USA Shooting Spring US Team Selection Match**
- *European Grand Prix Circuit*

Team Equipment Required*

- Coach Prescribed Shotgun
- Home Training Video Device
- Home Training Equipment
- [Solo Shot 3 and 65x Camera](#)
- [ShotKam](#)
- [MyFitnessPal Health & Fitness](#)
- [Fit Bit Charge HR or Surge](#)
- [Samsung Health Program](#)
- [Samsung Gear S2 or Gear Fit 2](#)
- Travel Uniform(s)
- Training Uniform(s)
- Team Vest(s)
- Travel/Range Backpack
- Team Equipment Bag
- Pilla Shooting Glasses

- Travel Gun Case
- Team Travel Luggage

**Additional charge outside program fees*

***Required competitions subject to Minimum Travel Qualification Scores*

High Performance Academy Team Level V

USCTA HP-5

Participation

- Six Athletes – USCTA Home Range

Program Fees

- \$1500/Month
 - Coaching Fees \$1000
 - RV Lot with utilities \$500

Additional Fees

- TBC Bunker Training and travel
- Coach Travel
- Competition Coaching
- Training Camps
- Private Training

Training

- [ISSF Certified International Coach](#) training five days a week
 - Four hours of coach supervised training per day Tue - Sat
 - Form training by ISSF Coach's
 - Combination Training to determine discipline
 - Sport specific Trap, Double-Trap and Skeet training
 - Two hours of USOTC prescribed Cardio and Strength Training per day
 - USOTC Strength and Conditioning Evaluation, Colorado Springs*
 - Athlete driven by USOTC Strength and Conditioning Department
 - Monitored program by USOTC Certified Athletic Trainer*
 - Army Standard Conditioning Program
- Vision Training - USCTA Program
 - Coach Supervised and Athlete Driven Programs
- Sport Mental Training
 - [Mental Management©](#)
 - USOTC/ISSF Coach Driven Program
 - Athlete Driven Coach Supervised
- Performance Zone Training*
- [Interactive Metronome© Training](#)

- Nutrition Evaluation by USOTC Dietitian, Colorado Springs*
- Advanced Technical Sport Instruction
 - Collegiate Level Kinesiology/Biomechanics Class*
- Personal Multi Sport or Discipline Specific Training Plan
 - Athlete Training Journal
- Gun Fitting Monthly

Education Requirements

- Training starts at 1PM athletes must attend schooling that allows athlete to arrive on time for training.
- Public School, [FL K-12](#) , [Sylvan type](#) or [US Performance Academy](#)
2.5 GPA Required, 3.0 GPA Expected

Match Travel**

- **USA Shooting Florida State Junior Olympics**
- *Keystone Grand Prix Championships*
- **SCTP National International Championships**
- **National Junior Olympic Championships****
- **USA Shooting Fall US Team Selection Match**
- **USA Shooting Spring US Team Selection Match**
- **USA Shooting National Championships**
- *European Grand Prix Circuit*

Team Equipment Required*

- Coach Prescribed Shotgun
- Home Training Video Device
- Home Training Equipment
- [Solo Shot 3 and 65x Camera](#)
- [ShotKam](#)
- [MyFitnessPal Health & Fitness](#)
- [Fit Bit Charge HR or Surge](#)
- [Samsung Health Program](#)
- [Samsung Gear S2 or Gear Fit 2](#)
- Travel Uniform(s)
- Training Uniform(s)
- Team Vest(s)
- Travel/Range Backpack
- Team Equipment Bag
- Pilla Shooting Glasses
- Travel Gun Case
- Team Travel Luggage

**Additional charge outside program fees*

***Required competitions subject to Minimum Travel Qualification Scores*

Purpose of this Document

The purpose of this document is to delineate the policies and procedures of the United States Clay Target Academy.

Program Philosophy

Goals

- Educate young people in safe gun handling techniques, shooting fundamentals and firearm care.
- Provide athletes a competitive outlet for their shooting skills.
- Continually stress the importance of safe and responsible use of firearms including sound decision-making, self-discipline and concentration on safety.
- Enhance development of participant's self-concept, character and personal growth through safe, educational and socially acceptable involvement in a shooting activity.
- Promote the development of discipline, integrity, self-reliance, caring, respect, trustworthiness, responsibility, fairness, team work, self-worth and good citizenship.
- Emphasize the impact and importance of a healthy lifestyle and assist in developing a lifelong commitment to physical fitness.
- Provide a facility and training for athletes wishing to compete at local, state, regional, National and International levels.
- Promote the highest standards of safety, sportsmanship and ethical behavior.
- Aid athletes in preparing for and seeking scholarships to continue shooting at a collegiate level.
- Provide a year-round training facility for Olympic style shooting disciplines, as well as advanced coaching and training.

Athlete Responsibilities

Athletes will:

- Furnish own sport appropriate shotgun, in gunsmith certified good condition.
- Furnish all peripheral shooting equipment.
- Attend all scheduled training sessions and competitions.
- Be on time and prepared to train/compete.
- Bring to training hat, safety equipment, range bag, firearm and journal.
- Maintain a positive attitude and mental discipline.
- Understand that training is preparation for competition.
- Become self-reliant in preparing for and undertaking shooting activities.
- Continually practice safe firearm handling procedures.
- Contribute to and maintain a positive team atmosphere at all times.
- Mentor and foster the development of younger shooters.
- Participate in all fundraising activities.
- Shooting Team athletes are required to maintain a Shooting Journal which includes daily training sheets, competition, fitness and nutrition information.
- Strictly adhere to the training plan designed by the Coaches; discuss any deviation with the Coaches.

Coach Responsibilities

Coaches will:

- Hold a minimum ISSF “C” Shotgun Coach Credential or higher.
- Participate in continued education, training and certification.
- Properly plan all shooting sports activities.
- Provide proper instruction and supervision.
- Recruit athlete participants.
- Plan annual training and competition schedule.
- Coordinate competitions.
- Coordinate training facilities.
- Create a detailed training plan for each *Shooting Team* member.
- Conduct pre and post training meeting for Journal entries.
- Review athlete progress and update training plans as needed.
- Schedule regular meetings with athlete to discuss progress.
- Show genuine care and concern for all Athletes.
- Monitor for injury of incapacity.
- Insure that all equipment used in shooting is adequate and safe.
- Maintain adequate records.
- Insure that proper insurance is in place for all activities.
- Explain the inherent risks involved with shooting.
- Plan and readily implement risk management guidelines.

Requirements

Athlete Requirements

Academic

An athlete participating in the USCTA shooting sports program should adhere to the highest standards of academic excellence.

Athletes not adhering to the minimum academic requirements set forth in this handbook will risk suspension or dismissal from the program. Grades will be checked at the end of each grading period. It will be the responsibility of each athlete participant to print the necessary grade report and bring it to Coach Bonnie or Coach Marvin on the designated date.

The athlete's grades in all academic subjects shall be averaged together. The average of the athlete's grades must be 3.0 or greater. If, at the end of any grading period, the average of the athlete's grades is below the minimum 3.0, the athlete will be on Academic Probation. This will mean being suspended from all trainings and competition (s) until the minimum required average is obtained.

The athlete is EXPECTED to seek extra help from those teachers in whose classes he/she is having any trouble. Grades will be checked again for that individual athlete when progress reports are issued. If the athlete's average has risen to the minimum requirement or above the athlete will be allowed to return to training and competition. If grades have not risen to an acceptable level the athlete will miss all trainings and competitions until the average of his/her grades has risen to an acceptable level.

Memberships

Each athlete who participates with the USCTA Olympic Development Program is required to join each of the NGBs associated with the disciplines they are shooting. The fee for each membership is included in the team registration fees. Registration forms are on the web site and should be completed and given to Coach Bonnie.

Athletes will receive a membership card upon joining the NGBs. These cards must accompany the athlete when shooting in all sanctioned events. It is a good idea to place both your membership and average cards in a safe place within your range bag.

Team Forms, Fees and Safety Training

All necessary forms must be completed and returned to Coach Bonnie, along with associated fees, before the first day of training. Safety training class and gun fit must be completed before athletes will be allowed to participate in training.

Physical Examination

No athlete shall be permitted to participate in training sessions or competitions until there is on file with the Head Coach a pre-participation medical evaluation form signed by a doctor of medicine, osteopathic physician, physician assistant or certified nurse practitioner stating that the student has passed a physical examination, not prior to May 1 of the current year, and that in their opinion the athlete is physically fit to participate in athletics.

As shooting sport relies heavily on visual acuity, a vision exam is required to diagnose and treat any vision problems, including a thorough color vision exam, thus allowing the athlete to perform their best.

Uniform

The team uniform will consist of team vest, team hat, team shirt and khaki shorts or pants. Athletes are required to wear complete team uniform to training, competitions, when traveling and to fundraising events.

HP-2 and HP-3 team members are required to purchase a specific shooting vest, shoes, backpack, wind cheater and range bag. The coach will place the orders and/or give parents specific information regarding what to purchase. Also, formal travel and award ceremony attire is required.

Fees

All USCTA members are required to pay a monthly activity fee. Intro to Shotgun Sports is \$125.00, HP-1 is 250.00, HP-2 is \$350, HP-3 is \$500, HP-4 is \$1,000 and HP-5 is \$1,500.00 per month. A registration fee of \$375 is due at the beginning of each season. The fee is to cover the operating expenses of the program. Monthly fees are due on the first training day of each month.

This fee does not cover NGB fees, ammunition, targets, transportation costs to competitions or the cost of food, coach fees and lodging for out of town competitions. Additional fees for HP-1 through HP-5 members include TBSC bunker training and travel, coach travel, competition coaching, training camps, gun fitting and private training.

We do not want financial difficulties to keep anyone from participating in the USCTA programs. Please see Head Coach Bonnie Chamberlain or Head Coach Marvin Spinks to discuss any issues.

Minimum Qualifying Score

Shooting Team athletes must meet a MQS (minimum qualifying score), in competition or official training, to travel to national championships and/or team trials.

USAS National Championships	105
USAS NJOSC	100
SCTP International Nationals	100
USAS Fall/Spring Selection	110

Parent / Spectator Requirements

All Coaches, Assistants, Athletes and Spectators are required to wear eye and hearing protection forward of the skeet layout or sidewalk.

Spectators are to remain in the designated spectator area while live fire is in progress during competition.

Spectators are expected to conduct themselves with respect and discipline while attending training sessions and/or competitions.

All spectators are expected to adhere to the Youth Sport Parent Code of Conduct. It is the responsibility of each family to properly educate their guests.

All parents/spectators are expected to remain in the club house during training unless asked to assist by the Coach.

Please adhere to the etiquette of shotgun sports while at training and competition. Out of respect for our team members and other competitors please do not yell or cheer while shooters are taking or leaving the field. A good rule of thumb is to behave as if you are attending a professional golf or tennis tournament.

Funding

Athletes will bear the cost of funding all activities associated with the USCTA. As fundraising and donation monies become available those funds will be utilized to offset annual operating expenses, training and provide for capital improvements in the program.

Grants will be applied for as opportunities arise. Funds secured through grants will be earmarked for the specific items outlined in the grant paperwork.

Awards

The USCTA has designed its own marksmanship program, based on the NRA Marksmanship Qualification Program, utilizing our step-progressive training method. As athletes progress, USCTA program certificates will be awarded.

The USCTA also participates in the Winchester / NRA Marksmanship Qualification Program. The Winchester/NRA Marksmanship Qualification Program is a skill development program that has been the flagship of NRA's training development programs for over 80 years. The program provides incentive awards for developing and improving marksmanship skills.

Progression is self-paced and scores are challenging but attainable. Performance is measured against established par scores and any shooter who meets or exceeds those scores is entitled to the corresponding recognition awards for that rating.

We will also host several "Fun Shoots/Cookouts" throughout the season to expose new shooters to the competition process and recognize their hard work and progress. Awards will be presented for each category.

USCTA Team Policies

Safety

The USCTA safety seminar is required of all athletes before being allowed to participate in training. Further, a safety briefing will be conducted before every training session and event.

At the end of each round, *before leaving the station*, an athlete will show their empty firearm to the coach, point the firearm in a safe direction then turn to leave the line walking directly to the gun rack and placing an open gun in the rack.

Squading

Coach Bonnie and Coach Marvin will be the ultimate authority for determining squad lineup. ALL SCORES (practice and competition) will be used to formulate individual squad designations based on:

- Shooters category
- Shooters current average
- Shooters overall average
- Practice attendance record
- Overall attitude, conduct and demeanor of the athlete
- How a given group of athletes perform as a unit

It is the Coach's discretion to select squads. His/her intent is to develop a successful and competitive team at large.

Training

Essential Equipment

- Firearm
- Vest
- Hat/Visor
- Ammunition
- Hearing Protection
- Eye Protection
- Shooting Journal
- Hydration
- Healthy Snacks
- Journal

Failure to bring all essential equipment to training indicates non-commitment. We are a team training and working toward higher goals and must be disciplined in our approach, including training, travel and competition preparation.

Do not bring friends to training sessions.

Parents – you may drop off your athlete and wait inside the clubhouse or you may run errands, please be sure to return at the appropriate time. Call if there are extenuating circumstances making you late for pick-up.

Travel

Practice

It is the responsibility of each athlete to attend all training sessions. If an athlete needs a ride to training the athlete/parent will need to make arrangements with a teammate.

If athletes are to be picked up late after training, coaches will ask that another parent stay with him/her and the child, keeping with the rule of two-deep leadership.

Competition Travel

Travel arrangements will be made by USCTA staff. The team will travel as a unit, bunk together, dine together, recreate together, etc. This promotes positive team atmosphere and team cohesiveness.

Athletes are required to cover own expenses for travel, meals, recreation, entry fees and ammunition. Accommodation, coach expenses and fees will be divided equally among all athletes participating in the competition.

Parent travel to National events is limited and at the discretion Coach Bonnie and Coach Marvin. Approved travel dates to competitions will be posted when the events are scheduled.

Refer to the USCTA Travel Code of Conduct and the USCTA Team Travel forms for more detailed information and guidelines.

A MQS (Minimum Qualifying Score) is required for Shooting Team members to travel to national level competitions.

Attendance

Training

Athletes are encouraged to attend all scheduled training sessions. Please notify Coach Bonnie if you have a schedule conflict or will not be able to compete in a scheduled competition.

Deciding to join the *Shooting Team* means that as an athlete you are ready to intensify your training philosophy, commitment and program. We train three days per week to give each of you the best opportunity to reach your maximum potential and prepare for competition. *Shooting Team* members are expected to attend all scheduled training sessions. If you have a schedule conflict, please let Coach Bonnie know you will be unable to attend that training session.

Athletes missing three (3) required training sessions without prior authorization* will be removed from the Shooting Team. Any money for memberships and/or equipment will be forfeited.

**Should special circumstances arise; we reserve the right to make special accommodations on a case by case basis.*

Competitions

The USCTA will produce a competitions calendar which will be posted on the USCTA web site at www.myuscta.org

Athletes are required to attend all major competitions with the TEAM.

Participation in local registered competitions is encouraged for match pressure training.

Special Functions / Fundraisers

Athletes are required to attend all special functions and fundraisers for the TEAM. Teammates should work to cultivate friendships off the field in order to strengthen our performance on the field.

Discipline

Beyond the regular safety precautions involved with utilizing firearms, Athletes and Parents/Guardians are also expected to conduct themselves with the utmost respect and discipline at all times. Athletes and Parents/Guardians should treat others with respect and respect the space, property, beliefs and feelings of others at all times. Everyone should adhere to the rules outlined in the Athlete and Parent Codes of Conduct.

If disciplinary action is required, the athlete will first meet with Coach Bonnie and/or Coach Marvin for a counseling session. A Counseling Statement will outline the Type of Warning, the Type of Offense, a Description of the Infraction, the Plan for Improvement and the Consequences of Further Infractions. The second disciplinary meeting will include parents. Ongoing behavior problems will be grounds for suspension or dismissal from the team. The counseling session may be attended by a third party witness.

Parents and athletes are required to notify the Coaches of any disciplinary actions taken by the school.

If an athlete is suspended from school, for any reason, he/she will be suspended from training and/or competitions while on suspension, the first time. The second time he/she is suspended from school, he/she will be dismissed from the team.

Firearm Safety

Educating Athletes on firearm safety is our first and foremost goal. Unsafe practices could cause serious injury or death, not only to the athlete but also to others.

Athletes and parents will be taught proper safety procedures and are expected to continue to learn and exhibit safe gun handling techniques at all times. Practice of safe firearm

handling procedures is a key to building safe habits. Athletes will be reminded constantly of the need for safe practices.

Safety infractions will be dealt with immediately, with the athlete first and then with the parents. Repeated violations of the firearm safety rules will be grounds for suspension or dismissal from the team.

Gross negligence and/or negative attitudes regarding firearm safety will be grounds for immediate dismissal from the team.

Equipment

Safety Equipment

All Athletes are expected to provide sport specific eye and hearing protection.

Eye and hearing protection shall be worn by ALL ATHLETES while live fire is in progress.

Firearm

PLEASE DO NOT PURCHASE A FIREARM for your child without receiving specific instructions from Coach Marvin and/or Coach Bonnie. All firearms are *not created equal* and the firearm you purchase can be the difference between your child loving the sport or wanting to quit. The Coaches will advise you of what firearm to purchase, based on your budget.

USCTA require a firearm safety inspection from a certified gunsmith before live fire is permitted.

If an athlete changes firearms for any reason during the course of the year, the new firearm shall pass a safety inspection by a certified gunsmith.

If there is any question as to the integrity of the firearm, the Coach will disallow the firearm.

Uniform

Each athlete is required to purchase a team uniform – khaki shorts, team shirts (polos and t-shirts), a team hat and a team vest.

Sneakers, sandals or any other similar footwear without a strap or full support at the heel, without a medical certificate, are not allowed. Flat soled tennis shoes (Vans, Converse) are suggested. HP-2 and HP-3 team members are required to purchase specific shoes.

Shorts can be no higher than 15cm above the center of the knee cap. Shorts must be worn with a belt so they do not “sag”.

Team uniform is to be worn at all training sessions, travel and competitions.

Ammunition

Specifications are based on the NGB guidelines. Coach Bonnie or Coach Marvin will instruct you on what ammunition to purchase for your athlete.

Range Bag

Range bags are required and are used to transport shooting accessories to the range for training and competition. Coach Bonnie or Coach Marvin will instruct you on which range bag to purchase for your athlete.

Shooting Team Back Pack

Back Packs are required for Shooting Team members and are used to transport shooting accessories for training and competition. Coach Bonnie or Coach Marvin will order backpacks as needed.

Coach Contact Information

Bonnie Chamberlain
731.616.0536
usctainfo@aol.com

Marvin Spinks
706.563.5508
usctainfo@aol.com

**** Policies contained in this handbook are subject to review and change. ****

I _____ (print parent's name) have read and understand the 2017-18 USCTA Team Handbook and have reviewed and discussed the information herein with my child _____ (print athlete's name).

I understand that USCTA membership is a privilege and agree to follow the rules and regulations set forth in order to participate in the United States Clay Target Academy Olympic Development Program.

Signed by Athlete: _____ Date: _____

Signed by Parent/Guardian: _____ Date: _____

Signed by Parent/Guardian: _____ Date: _____

******* KEEP THIS PAGE AND THE HANDBOOK *******

I _____ (print parent's name) have read and understand the 2017-18 USCTA Team Handbook and have reviewed and discussed the information herein with my child _____ (print athlete's name).

We understand that membership is a privilege and agree to follow the rules and regulations set forth in this document in order to participate in the United States Clay Target Academy Olympic Development Program.

Signed by Athlete: _____ Date: _____

Signed by Parent/Guardian: _____ Date: _____

Signed by Parent/Guardian: _____ Date: _____

******* SIGN THIS PAGE AND RETURN TO COACH BONNIE *******