

High Performance Shooting Team Level III (HP-3)

The HP-3 Team is for all adult and junior athletes who desire the highest level of training and competition. The HP-3 program is designed to build upon the goals of the Academy by providing athletes a sufficiently high level of coaching and advanced training so that they will be able to (a) obtain collegiate shooting scholarships; (b) seek to represent the United States of America in National and International competition.

Our ISSF Certified Coaches have designed a science-based training program that has been proven to accelerate an athlete's proficiency in competitive shotgun sports, thus preparing them for the national stage in a much shorter amount of time than traditional training methods. Each athlete will be given detailed, personal preparation and competition period training plans which will include physical, mental and visual exercises, Interactive Metronome® (IM®) training along with DryFire and live fire shotgun exercises.

HP-3 athletes are required to follow a strict nutritional and physical training program, including adhering to USADA and WADA guidelines. Also, HP-3 athletes are required to maintain a detailed daily training journal to include sport, mental and physical training as well as tracking sleep and nutrition,

Athletes will train and compete in multiple disciplines on state, regional and National levels and in international competitions. Selections are made through athlete assessments based on proficiency and dedication at the HP-1 and/or HP-2 levels. Individuals outside the USCTA programs are welcome, following evaluation.

HP-3 athletes train with their coach(es) five days per week, on Tuesday and Thursday from 1:00 PM until 8:15 PM, on Wednesday and Friday from 1:00 PM until 6:00 PM and on Saturday from 8:00 AM until 3:00 PM. School-aged athletes attend an abbreviated school day or virtual school.

HP-3 is a year-round program designed to prepare athletes for state and national Junior Olympic Championships, Scholastic Clay Target Program International Championships, US Team Trials and international competitions.

Participation Numbers

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

Program Fees

- \$1,000/month

Additional Fees

- TBSC Bunker Training
- Coach Travel
- Competition Coaching
- Training Camps
- Private Training

Training

- Six hours of ISSF Certified Coach training, five days per week.
 - Four hours of coach supervised training per day
 - Form Training

- Combination Training
 - Sport specific Trap, Double-trap and Skeet training
- Two hour of USOTC prescribed cardio and strength training per day
 - USOTC Strength and Conditioning evaluation, Colorado Springs*
 - Athlete driven
 - Monitored program by USOTC Certified Athletic Trainer*
 - Army Standard Conditioning Program
- 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 Dietician, Colorado Springs*
- Personal Multi-sport or Discipline Specific Training Plan
 - Athlete Training Journal*
- Gun Fit Monthly as needed

Match Travel**

- **USA Shooting Florida State Junior Olympic Championships**
- **SCTP National International Championships**
- **USA Shooting National Junior Olympic Championships**
- **USA Shooting National Championship**
- *Keystone Grand Prix Championships, PA*
- *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
- Solo Shot 3 and 65x Camera
- MyFitnessPal health and fitness application
- Fit Bit Charge HR or similar fitness tracker
- Travel Uniform
- Training Uniform
- Competition Uniform
- Team Vest
- Travel/Range Backpack
- Team Equipment Bag
- Pilla Shooting Glasses
- Americase Gun Case
- Team Travel Luggage
- Training Equipment

**Additional charge*

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