

Coppell Competitive Shooting Team GUIDE



INTRODUCTION

Welcome to the Coppell Competitive Shooting Team. This guide summarizes many of the things you need to know to get started and be successful with the CCST, as an athlete or parent.

It takes lots of volunteers to make this an enjoyable experience for all. There are more than enough roles to go around. So, please jump right in. We need YOU! No experience required.

All CISD students in grades 7-12, who are in good academic standing, are eligible to join the club/team. We also accept a few students from other schools subject to certain conditions.

Whatever your goals and objectives for joining the team, there is more than enough opportunity to go around. The team is here to support you and make you successful. Please help support your team!



GETTING STARTED

Athletes and parents do not need prior firearms experience. It's not mandatory for parents to volunteer, and/or coach. But, your involvement will be richly rewarded. ...and, we provide the training to get you up to speed!

Your first step is to complete and submit all the forms and fees. These are very reasonable for what you get compared to almost every other youth activity, club, sport, etc. See www.coppellcst.com/join the team for all the requirements.

Please make sure we have your correct email addresses and phone numbers, or you'll quickly find yourself in the dark.

Next, you will be invited to join CCST's Team App. This provides an efficient, one-way announcement of important reminders and sudden changes to scheduled meetings, practices, etc.

- Make sure to download the app
- Turn on notifications in the settings.

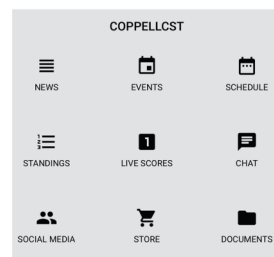
We will only use the notifications to remind and/or notify you of last minute changes.

Required forms will include the

- SCTP 2020 Athlete Consent & Waiver
- SCTP 2020 Sportsmanship Contract
- SCTP 2020 Medical Consent Form
- SCTP 2020 Volunteer Position (optional but encouraged)
- CCST Appendix I & II Team Rules & Code of Conduct, Firearms Safety
- New Members: proof of completion Hunter Safety Part 1 (<https://hunter-ed.com/Texas/>)
- Team Dues
- Attendance of mandatory safety training within 2 months of turning in paperwork.

Safety, fun, and success all start with a positive attitude.

Existence of a shooting team is a privilege that not every high school enjoys. It's been a lot of work to establish credibility with the school and with private shooting clubs and organizations.



GOOD TO KNOW ACRONYMS

CCST: Coppell Competitive Shooting Team

SCTP: Scholastic Clay Target Program

YESS: Youth Education in Shooting sports

GPGC: Grand Prairie Gun Club

PARENT INVOLVEMENT

Getting involved pays back many times over. Attend meetings and look for volunteer opportunities. Getting involved with the parent board is easy. You can start by offering to help with a committee. Or, you can run for an officer position in May.

While registering your child for the team and SCTP, please register yourself as a Parent Volunteer (PV). Even if you choose to sit on the sidelines, you will receive valuable training regarding firearms safety and will have a better understanding and appreciation for procedures at practices, competitions, and even at home when other coaches aren't present.

PV's basically observe to ensure that athletes are behaving and following basic safety protocol. Sometimes, you may be asked to push a button or write down 1's and 0's for hit or missed targets.

Even if you aren't available much of the time, you'll be better plugged into what's going on. We need actual PV's to attend practices because we are required to maintain a minimum ratio of 1 coach and 1 PV for every squad of 5 shooters.

WHAT TO BRING/WEAR TO PRACTICE

Properly fitted long pants or shorts, closed toe shoes, sleeved shirts (NO TANK TOPS), Shooting vests or shell bag/pouch required, ear and eye protection are mandatory. Note...Grand Prairie Gun Club Rule – No Military Fatigues.

We provide practice shirts for team members. Don't forget eye and ear protection, sunscreen, water and a baseball cap. In addition to the practice shirt, the team will provide a baseball cap, shooting pouch, and competition shirt.

You will need 100 rounds of ammo (4 boxes) for practice, nothing larger than 7.5 shot. Number 8 shot is the best all around shot size. Makes sure to bring all of your shooting equipment, guns, chokes, etc. so you are prepared to shoot multiple disciplines at practice.

SAFETY POLICY & TRAINING

Safety is our utmost concern. As a member of CCST, the expectation is that you demonstrate proper safety procedures and precautions, gun safety and good judgement regardless if at a team sponsored event or on personal time. Every team member and parent must commit to a Zero Tolerance Policy which simply means major safety infractions or threatening behavior will result in immediate removal from the team regardless if it occurs at a team event or not.

All members, new and returning, are required to take an after-school safety class at <LOCATION TBD>. This will occur in September/October 2020 (delayed due to Covid). All parents/guardians and students must have signatures on file each year for the following: 1) CCST Firearms safety Agreement and Consent to Handle Firearms & Ammunition 2) CCST Team Rules and Code of Conduct.

Additionally, new members will have to complete Part I of the Texas Hunter Safety Course online [<https://www.hunter-ed.com/texas/>] and e-mail us the completion certificate/card.

Training begins at the range where we teach and practice safety on our way to becoming proficient competitive shooters.

NEW SHOOTER ASSESSMENT

Our first range session is the new shooter assessment which is specifically for new shooters and their parents. Veteran shooters and NRA certified coaches will provide one on one demonstration and instruction to ensure that each athlete knows how to properly operate their equipment in a safe manner.

Additionally, we will have some loaner shotguns, 12ga's and 20ga's, all semi-autos.

Shooters will be evaluated for proper gun fit and assisted with identifying options if adjustments are needed. Additional food for thought is available in the sections, "Purchasing a Shotgun" and "Purchasing Ammo."

TRAINING AND PRACTICE

Training is learning something new while practice is simply working on what we've already learned. We provide some of both, but you will get out of it what you put in. Nobody starts out breaking every clay. The volunteer coaches will help you establish sound basics and get you on target.

Do your best to attend every practice. Shoot more than the required minimum. Shoot every chance you get outside of regularly scheduled team practices. The costs add up and it takes a lot of time without proper guidance. Hence, we strongly recommend you seek out professional lessons and/or attend clinics. While outside lessons aren't required, that small investment will pay off for anyone wishing to become competitive more quickly.

COMPETITIONS

You can decide which tournaments and disciplines you want to compete in. We encourage you to compete in as many as you can. It makes you a stronger shooter and competitor.

To register, you will receive an email roughly 2 months prior to the tournament. You should follow the link to Team App and RSVP. It will also require payment, dependent upon the number of events in which you participate.

Should you decide that you are interested in competing in additional tournaments outside of SCTP and YESS, please let a coach or board parent know. There are other affiliations that also host tournaments like ATA and NSCA.

SQUADS AND SCORES

We squad (aka group) athletes for practice and tournaments. Parents and athletes often have lots of reasons why they should be on a different squad. There are many reasons why we squad the way we do.

Sometimes we try to anticipate the mix that will produce the highest team score. Sometimes we're shooting for the highest squad scores. Sometimes we need newer/younger shooters to get some experience shooting with experienced shooters. Similarly, experienced shooters may need to learn to help others. Sometimes we want all seniors or all ladies together. And, sometimes we're just too busy to keep shuffling the deck when people fail to commit or prioritize shooting team ahead of other activities.

Whatever the reason for the squadding, learn to not let the performance of the person(s) to your right or left adversely affect your performance. Please do help promote and project a positive attitude that will benefit you and others.

Please don't be in too big of a hurry to run off after you compete. Sometimes there are shoot-offs when scores are close. It's also good teamwork to cheer each other on. When in doubt, please check in with your coaches before leaving.

At registered shoots, Trap and Skeet usually post printouts on a bulletin board. We will also notify you of your squad, competition time and location.

SHOOTING GEAR



When it comes to shooting, there's no shortage of gadgets you can spend your money on. A few things are essential and a whole lot else is a waste. Among the essentials... eye/ear protection, and a vest or pouch to carry shells.

EYES

Almost any glasses, prescription or not, will suffice for eye protection. You can do a lot of great shooting with a \$10 pair of shades from Academy.

Even so, Pilla, Ranger, Decot, LM Lenses All American and other purpose-built shooting glasses can be purchased for \$100-200 with a variety of lens colors.. While these aren't essential to success, they do have benefits compared to sunglasses. Typically, they sit higher on your face and/or have fewer obstructions so that it's easier to acquire your target. Rarely are they polarized. So, they are poor substitutes for daily sunglasses use. But, they do come in a variety of colors to help make targets more highly visible under a variety of lighting conditions.

If you pick something moderate, then one lens color may be suitable for most conditions. But, there's a huge difference between a sunny afternoon in Amarillo and a nighttime shoot-off under the lights in San Antonio. A pair of medium bronze or HD orange lenses might be best for bright sun while 10-15% yellow with anti-reflective coating is best suited for shooting at night.

Rose, pink, and purple are often preferred in cloudy conditions. When you get that granular, it's mostly personal preference with a little cool factor mixed in.

EARS

Hearing loss is a huge threat without protection. Once degraded, it doesn't come back. So, protect your hearing before it's too late. Simple foam ear plugs are inexpensive and effective. You can buy 50 or more for under \$10 at Walmart.

If you choose to spend more, you can buy molded ear plugs. Used correctly, these may offer slightly better protection. DIY kits are available for under \$10. Or, you can go all out with a custom-made set for \$200. The latter usually includes options for baffling and/or electronics that enhance normal speech and block loud noises such as a shotgun.

SHOOTING GEAR

CLEANING EQUIPMENT

An old rag and a can of BreakFree CLP will cover 90% of your cleaning needs. Occasionally a rod with a bronze brush comes in handy. A small tube of gun grease is nice to have from time to time. When choke tubes get really dirty, I chuck up a tornado brush in my variable speed drill. It makes quick work of the built-up grime. A bore snake is worth its weight in gold.

MISCELLANEOUS

Other things that come in handy... first aid kit, Tylenol, sunscreen, bug spray, various tools, water, snacks, fruit, playing cards, dominos... The list goes on, but you'll figure it out.

AMMUNITION

You could shoot skeet, trap, and sporting clays using 12 gauge, 1 ounce, 8 shot, 1200 fps Fiocchi ammo for an entire season and almost never blame the ammo for a lost target. Nonetheless, it's human nature to look to gain an edge on the competition. Unfortunately, there are no magic guns, chokes, or ammo.

Many members purchase a few boxes of ammo almost weekly. Others prefer to purchase in bulk. Through CCST, you will be able to purchase ammo in bulk a couple of times a year. CCST supplier for ammo is Fiocchi, and CCST gets a SCTP reduced rate.

Here are suggested shot sizes and weights...

- Universal (Skeet, Trap and Sporting Clays) 12ga, 2 3/4", 1oz(O/U), 1 1/8oz(semi-auto), 8 shot, 1200-1250fps.
- Skeet – 12ga, 2 3/4", 1oz(O/U), 1 1/8oz(semi-auto), 9 shot, 1200-1250fps .
- Trap and Sporting Clays – 12ga, 2 3/4", 1oz(O/U), 1 1/8oz(semi-auto), 8 shot, 1200-1250fps
- 20ga, 2 3/4", 7/8oz, 8 shot, 1210fps.

Over /Under's kick more, thus the suggested lighter loads and some semi-auto's are finicky about ejecting lighter loads, thus the suggested heavier loads.

PURCHASING A SHOTGUN

Purchasing a shotgun for a new youth shooter can seem like a daunting task. Every parent with a champion youth shooter looks back and thinks, "If I had only known then how much I was going to spend on ammo and targets, I would've bought the best possible shotgun in the beginning."

Almost every kid that starts out right enjoys shooting clays. But there are so many clubs, sports, and activities today that they can't be active and competitive in everything they would like to.

Until you're sure you're in it for the long haul, do not feel compelled to spend a lot for a shotgun. I would say shotguns come in a couple of price ranges: inexpensive \$400-\$900, mid-range \$900-1900, committed \$1900-3000, and serious \$3000 and up.

Regardless of the price range, they all break clays.

There are a few features you can expect in more expensive guns. But there are 2 fundamental issues that separate the inexpensive category from the rest... looks and duty cycle. Since looks is subjective and nobody cares what your gun looks like when you win, then we have to consider duty cycle. The inexpensive shotguns may run 500 to 1,000 rounds before showing wear, jamming, or breaking while mid-range and up will often go 5,000-10,000 rounds or more with minimal service.

The higher end guns can often be picked up used in the lower price ranges. Buyers need to be savvy when making purchases. The best deals are often found on the Internet or at gun shows. However, auto vs over/under. All other actions are less than ideal. There are a few shotgun games where an over/under is a slight advantage. But, for new shooters, semi-autos generally have less felt recoil when all else is equal. Pump action shotgun shooters are at a disadvantage due to the need to rack the next shell.

PURCHASING A SHOTGUN

Gun fit is important for managing recoil, but it's also critical to hitting targets. When shooting a shotgun, we point. We don't aim. However, it's important to understand that the shooter's dominant eye is the rear sight of the shotgun.

We want the shooter to be able to repeatedly and consistently mount the gun over and over with the proper cheek weld and the dominant eye lined up correctly looking straight down the rib at the target. Eye dominance, beads, sight picture, where to focus, is all beyond our scope here.

But consider these final three points before you purchase a shotgun for your child...

1. With the butt of the stock firmly/comfortably in the shoulder pocket, the cheek must be firmly on the comb of the stock and about two fingers between the nose and thumb.



1. Both eyes should be close to level with the dominant eye looking straight down the center of the rib at the target.
2. The dominant eye must be above the back of the receiver with the bead(s) entirely visible (although, we **never** look at the bead once we call pull).

There are other factors such as length of pull, stance, etc. that affect all of this.

As always, feel free to consult one of the coaches if you need any additional advice on a gun purchase. We are here to help...

CHOKES AND CHOKING

A choke is a constriction at the muzzle that either causes the pellets to stay closer together over longer distances (tighter choke) or allows them to spread out faster for close shots (open choke).



Older shotguns had fixed chokes. Modern shotguns typically have interchangeable choke tubes that screw into the muzzle. Like many things, marketing has made a huge deal out of choke styles and designs as if they were some sort of substitute for practice and training. Yet this fallacy could not be farther from the truth.

What you need to know to get started is that trap is generally far away shooting and is best pursued with tighter choke such as Modified. Skeet is close-up and conducive to open choke such as Skeet.

Sporting Clays varies, but most of the courses we shoot are close up. A Skeet or Improved Cylinder is usually an excellent choice.

If you could only pick 2 chokes, skeet and modified would be ideal. If you only had 1, then Improved Cylinder would be a good compromise.

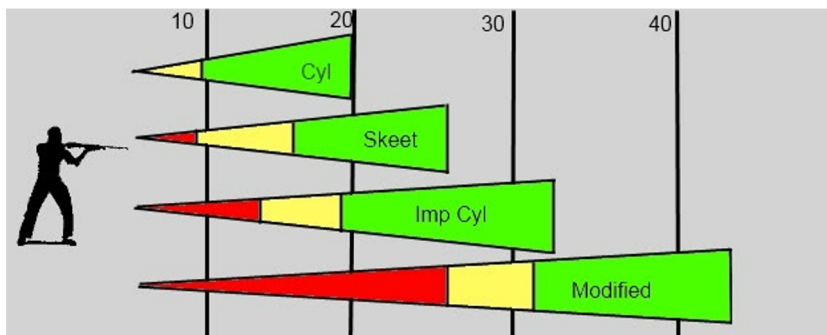
Ideal choke setup:

O/U – Skeet/Skeet, ImpCyl/Mod

Semi-auto – Skeet, ImpCyl, Mod

And to round out your choke set, add a Light Mod choke.

To help put it in perspective, a skeet choke throws about a 30 inch pattern at 21 yards while modified choke throws about the same size pattern at 35-40 yards. There's nothing etched in stone. And various guns, chokes, and ammo will vary slightly.



RANGE ETIQUETTE

We are ambassadors for youth shooting. It's always good to introduce yourself to other competitors, check in with the score-keeper, and to thank everyone at the end of the day or after you complete your rounds.

- No cell phones, no loud talking, and place gun on rack when not in use.
- Know range rules, check out rules when you check in. These may differ at different facilities so make sure you know the rules.
- Let your coaches know as soon as possible if you'll be absent, late, or leaving early.
- Arrive early at your field. 30 minutes before is considered ideal, to get yourself ready to shoot, physically and mentally. Put your glasses on to get your eyes adjusted and observe a few targets. And, be ready to step up and shoot as soon as the scorekeeper is ready.
- Check in with the referee or scorekeeper to be sure you're in the right place and introduce yourself when shooting on a new squad.
- Shake hands at the beginning and end of tournament or rounds with participants and coaches, regardless of outcome.
- Sign your scorecard when done, thank the referee, and thank/congratulate the other shooters when your rounds are over.
- Extend professional courtesy to the referee. He is trying as hard as you to do his/her job correctly.
- Never fire test shots without permission of the referee. Loudly call "Pull" so the referee can hear you.
- Be ready to step on the station when the shooter in front of you is done, use only the time you really need between rounds.
- Do not pick up hulls during a round. Do pick up hulls after you finish unless the tournament is behind schedule and the next squad is ready to commence.
- Do not throw hulls, be professional.
- Once shotgun is loaded, do not reach down for a dropped shell. Leave it there until next rotation, then you can pick it up.
- Stand out of direct sight of the person shooting.
- No talking while someone is shooting.
- Squad stays together at sporting clays station until finished.
- Encourage only sportsmanlike conduct which includes class, dignity and respect. Remain respectful while other athletes are competing.
- Bring all of your required equipment to the field including extra boxes of ammo.
- Take a full box plus at least 5 extras when you step onto the field.
- Parents/Guardians and/or coaches are not allowed on the field or beyond sidewalk (depending on discipline and facility). Be a leader and call for match director if help is needed. This is a serious offense and parents/guardians can be fined and it will cost the team endowment money.
- Know your shooting order and do not shoot out of turn without instruction from the referee.

MIDWAY USA FOUNDATION

The MidwayUSA Foundation was established in 2007 by Larry and Brenda Potterfield, owners of MidwayUSA to give youth interested in shooting sports the same opportunities as available to other youth team sports.

Since its inception, the Potterfields have contributed more than \$45M dollars. Through fundraisers, donations, competitions, and matching funds, the COPPELL Competitive Shooting Team has accrued over \$140k to date. Each year we submit a grant proposal for the withdrawal of 5% of our then current balance.

Refer to <http://www.midwayusafoundation.org/> for details.

BREAK A CLAY FUNDRAISER

The Break a Clay event is our main fundraiser for the year. Midway USA Foundation typically matches what we raise. We ask that all teammates help fundraise. These funds usually go to help offset expenses for our team.

LETTERING REQUIREMENTS

The following are minimum requirements to earn a Varsity Letter.

- Complete all basic safety, rules and games training.
- Be a high school team member on the Varsity or JV squad.
- (Middle school students cannot letter regardless of squad.)
- Efficiently score, pull and run a squad in all shotgun disciplines.
- Shoot 200 training targets per month.
- Complete 300 competitive targets-
 - 100 total targets in each discipline (trap, skeet, sporting clays)
- 10 Hours of community service during season (Parent Board approved).
- The head coach will provide a listing to the Parent Board President of all athletes who have met requirements and finish the current season in good standing.
- Varsity and JV team members who letter may purchase a letter jacket. The purchase of a letter jacket includes the award letter on the front left breast of the jacket.

The following patches are provided to team members after minimum requirements are met:

Team Patch

- Received with initial purchase of jacket. (Jackets must be purchased individually at school)

Additional optional patches and embellishments may be purchased. Some examples are: name, year, etc.

The varsity lettering form can be found on our website www.coppellcst.com under "FAQs".