



# NORTH SCOTT TRAP CLUB ATHLETE HANDBOOK

REVISED 2/23



North Scott Trap Club Board of Directors

## Mission Statement

North Scott Trap Club (NSTC) will provide a positive environment that enables participants to develop character and personal growth through safe, educational, and socially acceptable involvement in the shooting sports. We will promote the highest standards of safety, sportsmanship, teamwork, and ethical behavior.

## Fees and Refund Policy

Fees to participate with the NSTC must be submitted at the time of enrollment. The fees and fundraising required to participate are needed to secure trap field space, uniforms, competitions, and your membership in the Iowa SCTP (Scholastic Clay Target Program) league and the ATA (Amateur Trapshooting Association). The Team must commit an accurate participant count to our host range and league well in advance of the season. Therefore, the NSTC has a no-refund policy for all team fees.

Any apparel, ammunition, or other item(s) purchased from the team is also non-refundable. Please verify you have ordered the correct size or type of ammunition before submitting your order.

It is your responsibility to familiarize yourself with this refund policy. By submitting your application to participate or placing an order for any of our products, you indicate that you have read this refund policy and that you agree with and fully accept the terms of this refund policy.

## NSTC/School Weapons Policy

All students of the NSTC must strictly adhere to the North Scott Community School District Weapons Policy. Under **no circumstances** should a student bring their equipment, which is defined as a shotgun, gun case, and or ammunition (full or empty boxes or shell casings) to school in their vehicle or plan to leave directly from school to go to the range. This would be a strict violation for the District's Weapons Policy and punishable to the fullest extent. This includes any activities where NSTC participants are representing the NSTC outside of shooting competitions.

In a situation where the student accidentally leaves equipment in their vehicle, when realized, they must self-report and immediately inform School Administration. The appropriate steps will be taken.

NSTC has arrangements with the Eldridge Lumber yard (563-285-9691) to store your gun(s), gun case, ammo, etc.

## Traveling to and from Practice

- Reminder-you are not to bring your equipment to school. Weapons are to be transported in accordance with State and Federal laws.
- Drive to the range with respect for others. Don't speed and don't rush.
- Once in the range parking lot, drive slowly and watch carefully.
- Range parking lots are generally gravel or dirt. Don't spin out or throw gravel. Stay off the grass areas with your vehicle unless directed otherwise.

- Respect the vehicles and other personal equipment and property of others. Immediately report any damage.

#### Traveling to a Meet

- NSTC does not provide transportation to and from our events.
- Away meets do require that a coach or registered volunteer be present in order to compete.

#### Team /Range Safety

The following rules must be followed:

- No alcoholic beverage consumption by anyone at the club grounds.
- Eye and ear protection are required while on the shooting fields.
- No cell phone use on the line or the time that your squad is currently shooting.
- Shotguns must be full-stocks, and no barrels shorter than 21" will be allowed.
- Keep muzzle of the shotgun always pointed toward the ground when on the trap line waiting for your turn to fire. Never sling the gun over your shoulder pointing behind you.
- Only one shell allowed in the shotgun at any time. If shooting doubles, two is permissible.
- Action on guns must always stay open. You may put a shell into the shotgun and close action ONLY when you are on the proper station and it is your turn to shoot. NEVER walk from one station to station with action on shotgun closed or with a shell in your shotgun.
- When shooting trap, everyone on the squad must have a shotgun. No sharing of guns will be allowed.
- All observers must stay behind shooting range sidewalk and not in the shooting area.
- Management reserves the right to refuse shooting to any person deemed irresponsible or uncontrollable. Gun club officials can and will discipline Team members.
- If Head Coach determines participant requires more supervision, parent may be required to attend all practices or meets with participant for safety reasons.

#### Firearm Safety

- Maintain proper muzzle control. Always point the muzzle in a safe direction, which will be down range at our gun club. It is your responsibility to know and follow the rules of each gun club.
- When walking from the gun rack to shooting line (or vice versa) follow these procedures:
  - Pump or Semi-auto- The preferred gun control is muzzle positioned straight down and chamber open. DO NOT carry over the shoulder or cradle in your arms.
  - Over/under or Single barrel- The preferred gun control is barrel open and muzzle positioned down in front of you or in your hand at your side.
  - Always keep action open. Pump and semi-auto must be open when placed in the rack. Break action guns must be carried open and then closed to place in the rack. When at the shooting line, the action must be open until it is your turn to shoot.
- NO shotguns with an exposed hammer or release trigger are permitted.
- Always keep your finder outside the trigger guard until you are ready to shoot.
- Always wear eye protection.
- Always wear ear protection.

- No open toe shoes or sandals are permitted on the line during practice or meets. These include croc- style shoes.
- All shooters will use a shooting vest, or a side pouch to carry their shells.
- Respect Range Safety Officers, coaches, and gun club employees/officials. Immediately respond to cease fire or other commands.
- Each person is responsible for personal equipment and items. All of your equipment should be within reach or visible when you are on the range. Keep unused items in your locked vehicle.
- No resting the barrel of your firearm on your foot.
- No cell phone usage is allowed on the trap line. Do not use your cell phone unless completely finished with that discipline.
- No food or drink is allowed on the firing line.
- Always know your target and what is beyond it.
- Before or during a round, if for any reason you are unsure if you can complete the round, signal a coach. We will arrange for you to shoot at another time.
- No shooting will start until all shooters, the scorer, and coaches/safety officers have taken their positions and have indicated they are ready to commence.
- All athletes will remain on station until the last shooter has fired and scores have been announced. Scores cannot be altered once athlete leaves the station.
- Immediately after shooting a round, an athlete's gun should be placed back onto the gun rack.
- All guns remain on the rack until it is the athlete's time to shoot or unless directed specifically by the coach.
- Anytime you pick up a gun:
  - Always treat the gun as if it were loaded.
  - **NEVER** touch the trigger.
  - Check that the safety is on.
  - Open the action and check both the chamber and magazine to be sure the gun is not loaded and the barrel is clear.
  - Maintain muzzle control and ensure the muzzle is pointed in a safe direction.
- Gun Safety at Home:
  - Gun safety doesn't stop once you leave the range
  - Parents should talk with their students about gun safety at home. Set clear rules and expectations.
  - Guns are to be stored safely and securely to prevent unauthorized use, either in a locked cabinet or with a trigger lock installed.
  - Guns and Ammunition should be stored and secured separately.

### Safe Shooting Lines

- Do not touch others or other belongings, including firearms.
- Be respectful and quiet. Do not distract others on the shooting line.
- Only coaches will be allowed to give instruction to students on the line if needed for safety related issues.
- ANYONE on the range can call for a "Cease Fire" if a safety issue is discovered.
- The Range Safety Officer looks for hazards and will make random spot checks. You must comply.

- The first shooter on the shooting line can shoot only with official permission. (Official permission is given from the Scorer, Range Safety Officer, or Coach).
- Shooters must not have a shell chambered when moving to the next station. (If a mistake is made, stop, point the firearm down range with your finger off the trigger and take out the shell).
- Only chamber a shell when you are at the proper station and close when time to shoot.
- Trap singles and handicap allows only ONE shell in your firearm at any given time.
- Do not Shoot when anyone else is shooting on the shooting line; only during your turn.
- Empty hulls should be placed in your vest/pouch and not dropped on the ground. If a hull is dropped, pick it up after the round is over and the gun is racked.
- Once you pull the trigger, you cannot stop the shot. Take your time and be sure of your target.
- It will be standard practice that all muzzles will be pointed in a safe direction at all times while in the possession of the athlete or parent.
- Athletes using “pump” action and “semi-automatics” should have the actions open and muzzles pointed upwards. Athletes using “break” actions must have the action open with the muzzle pointing down.

#### Weather Safety

- We will not shoot if there is a threat of severe weather. Cancellations will be communicated prior to the event to the best of our abilities.
- Trap is an outdoor sport. We will occasionally be shooting in the wind, rain, or snow. We will stop for low visibility, lightning, thunder, or hail. **Dress according to the weather.**

#### Proper Hygiene

- Wash your hands with soap and cold water after shooting, handling ammunition, or cleaning your firearm.
- Remember that lead is present in this sport and it is a known health hazard.

#### Practice/Competition Procedures

- Report to the designated volunteer/coach to check in.
- The coaches/volunteers will indicate what/who your squad is.
- If your squad is on deck, make sure you and your squad mates are ready to take the field as soon as it's ready.
- The shooter on post 1 is designated as squad leader.
- After all shooters have shot five times at their first station, the scorer will call for a station change and read the scores for the post just completed. Shooters will then move one station to the right. The position #5 shooter assumes position #1. When doing this the athlete will turn in a clockwise motion and walk parallel to the trap line behind the other squad members. **At station changes, all shooters will follow safety rules-** the shooter in the #1 position will indicate to the squad leader the athletes are ready to proceed.
- The squad leader will check the rest of the squad and, if all are ready, will resume the post.

- The squad leader always starts the next set. The shooting order (#1-#5) remains the same throughout the round. At the end of the round, the scorer will release the squad from the trap line. The shooters will rack their guns with actions open before getting another box of shells or checking their score with the scorer. At the end of all rounds, shooters will rack their guns with actions open and pick up any empty shell hulls.
- When the round is complete, the Squad leader, after checking with each squad member, will sign the score sheet indicating that it is correct.

## Uniforms and Equipment

### Uniforms

- Iowa SCTP rules prohibit the following:
  - Clothing that exposes any part of the torso, including but not limited to cut off shirts, halter tops, tank tops, etc.
  - Short shorts and low-riding shorts or pants revealing undergarments or buttocks.
  - No holes or torn jeans.
  - Flip flops or open toed shoes/sandals, including crocs.
  - Any clothing with pictures, caricatures, designs, messages, writings, or other embellishments with direct or indirect references to alcohol, tobacco, sex or sexual connotations, drugs, gambling, or profanities.
- The team issued shirt and/or sweatshirt MUST be worn at all team competitions. On cold days, when warmer apparel is required, a personal jacket may be worn.

### Equipment

- **Shotgun:** Only pump, semi-automatic, or break action 12- and/or 20-gauge shotguns are allowed. Cannot have a drop hammer shotgun.
- **Safety glasses (shooting glasses):** Eye protection is required. Preferably impact rated.
- **Ear Protection:** Hearing protection is required, but the exact type is optional. Earbuds are not allowed. Custom ear buds that have bluetooth capability should be shut off during shooting.
- **Shooting Vest/Bags/Pouches:** You will be firing at least 25 shells every round. Accessing your shells safely and without thought is important while on the firing line.
- **Ammunition (shells):** Only trap ammunition may be brought to team practices, competitions, and/or events. Buckshot, slugs, and sabots are strictly prohibited. Trap ammunition is defined as the following:
  - Maximum Chamber size: 12 gauge
  - Maximum Shot size: 7 ½
  - Maximum Load: 1 1/8 ounces
  - Maximum Shell Length: 2 ¾ inches
  - Maximum Velocities:
    - 1290 Feet Per Second with 1 1/8-ounce load
    - 1325 Feet Per Second with 1 ounce load

- 1350 Feet Per Second with 7/8-ounce load

### Trap Team

All athletes registered for the NSTC compete in singles. Singles competitions are shot from the sixteen-yard line for all classifications (i.e., Varsity, JV, Intermediate).

### Team Eligibility

You must meet the following qualifications in order to join the Team:

- You must be in the North Scott School District (or in an area that does not offer a trap team).
- You must receive passing grades in all courses to the previous grading period.
- You must provide your own transportation for practices and meets.
- You are encouraged to purchase your own 12- or 20-gauge shotgun or use a club gun.
- You must pay all team fees, complete all required forms, and complete the DocuSign registration for SCTP before attending practice or signing up for meets.

### Lettering Requirements

The NSTC lettering program set forth in this policy is designed to be equivalent to other varsity lettering requirements at North Scott High School.

Objective of the program:

1. To offer High School athletic status to shooting sports student athletes.
2. To recognize the accomplishments and time commitment of shooting sport student athletes with a varsity letter.
3. To award those who meet the requirements as defined by the High School.

To be eligible for the North Scott Trap Team lettering program, the shooting sport student athlete must meet the following criteria. Recommendations will be made to the athletic director by the head coach.

1. Student at North Scott High School.
2. Adhere to the SCTP Participation Eligibility and Good Conduct document.
3. Attend 25% of meets.
4. Participate in the Iowa High School State Championship event.
5. Attend 50% of practices. A practice requires at least two rounds shot.
6. Member of the Varsity Team (Sophomore, Junior, Senior).

### **Code of Behavior/Code of Conduct for Athletes**

Participation in the NSTC is a privilege which is accompanied by student and parent responsibilities. A violation of the code of conduct may result in a period of ineligibility or removal from an activity or performance. Students and parents must follow all the rules as outlined by the Iowa Scholastic Clay Target Program (SCTP), North Scott School District, NSTC, Clinton County Gun Club, and any gun club or shooting range at which the team shoots.

- Students are required to maintain, and wear the assigned team's uniform anytime that you are competing with the team or while attending any team activities unless otherwise directed by the Team's leadership.
- You agree to never bring weapons, gun cases, or ammunition (live or shell hulls) to any school grounds, property, or activity outside of Trap practice or competitions. Shell hulls are to be considered part of the equipment and require proper disposal.
- Students and parents will always be respectful of all fellow team members and coaching staff. Team members, their families, and coaches are representing the North Scott Trap Club, their schools, and most importantly, themselves when they are participating in a league event or team activity. They are expected to represent the team with pride, integrity, and good sportsmanship.
- All members of the team will display exceptional sportsmanship at all competitions and team activities. Students, parents, & coaches will avoid offensive gestures or language, accept decisions of contest officials, and display modesty in victory and graciousness in defeat.
- All members of the Team shall respect the rights, beliefs, and property of others and treat others with courtesy and consideration.
- Students and parents will communicate openly, honestly, and respectfully with coaches, officials, and volunteers. Open and respectful communication with the coaches is encouraged when it becomes necessary to clarify our decision-making process.
- All members of the team shall be fully responsible for their own actions and the consequences of those actions.
- All team members and their families agree to make **SAFETY the NUMBER ONE PRIORITY** whenever handling a firearm.
- Along with the safety rules, the following conduct and sportsmanship rules will be strictly enforced:
  - Blatant violations of the safety rules, discourteous behavior including heckling, bullying, trash talking of any kind, using foul language, temper tantrums, or disobedience of directions from the coaching staff or scorers will result in immediate discipline which may include removal from the trap line and possibly club grounds, with further disciplinary actions at the discretion of the Head Coach. Minimum consequence for being asked to leave the line is suspension of one meet.
  - Exceptional sportsmanship required on and off the line. Any disrespectful or inappropriate behavior will be discussed with participant's at the conclusion of the meet or practice and the athlete's responsible guardian will be notified if not present.
  - A second violation could result in expulsion from the Team and forfeiture of shooting fees paid. This will be at the discretion of the Head Coach/Board Members. Those decisions will be final.
- All members of the team are strictly prohibited from using, possessing, or being under the influence of any alcoholic or intoxicating beverages and tobacco, tobacco products, e-cigarette and e-cigarette devices at any team facility, function, meeting, competition, practice, or other team activities.
- All members of the team are strictly prohibited from using, purchasing, possessing, selling, distributing, or manufacturing any illicit or illegal drugs or chemicals used not in accordance with product labeling.



- Any misuse or violation of these rules could result in suspension of your shooting privileges with the team and possible permanent removal from the team's roster.

#### Special Care

The vision of NSTC is to be the best program for teaching students about the shooting sports and help them find an activity that provides a life- long hobby. To that end, safety is the most important part of what we teach. Please make the Head Coach aware if your participant has any physical, mental, or other concerns that could impact their ability to safely participate in the sport. Our Coaches will work with you to ensure your athlete can enjoy learning the sport safely.

North Scott Trap Club Conduct Agreement Sign Off Sheet

I understand that participation in Trap is a privilege and agree to follow the rules outlined.

- **Trustworthiness-** I will be worthy of trust in all I do.
- **Integrity-** I will live up to the high ideals of ethics and sportsmanship and always pursue victory with honor; I will do what is right even when it is unpopular or personally costly.
- **Reliability-** I will do what I say I will do.
- **Loyalty-** I will be loyal to my school and teammates.
- **Respect-** I will treat all people with respect all the time and require the same of other student-athletes.
- **Class-** I will live and play with class; I will be a good sport; I will be gracious in victory and accept defeat with dignity; I will give fallen opponents help; I will compliment extraordinary performance; I will show sincere respect in pre- and post- meet rituals.
- **Disrespectful Conduct-** I will not engage in disrespectful conduct of any sort including profanity, obscene gestures, offensive remarks, trash- talking, taunting, boastful celebrations, or other actions that demean individuals or the sport.
- **Role-Modeling-** I understand I am expected to represent North Scott Trap Club with honor, at Trap Club and away from the Trap club. I will conduct myself as a positive role model.
- **Importance of Education-** I understand I am a student first and I will be committed to getting the best education I can.
- **Self-Control-** I will exercise self-control; I will not fight or show excessive displays of anger or frustration.
- **Fairness-** I will always be willing to listen and learn.
- **Caring-** I understand **safety** is the most important part of what I do at Trap and I cannot engage in reckless behavior. I also understand I must encourage my teammates and report any dangerous or unhealthy conduct to coaches.
- **Citizenship-** I understand I must review the rules and abide by all competition rules.

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Participant \_\_\_\_\_ Date \_\_\_\_\_

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Parent/Guardian \_\_\_\_\_ Date \_\_\_\_\_