

West Potomac High School Rifle Team Policies: 2020/21

Parents and students must read and acknowledge the information in this document. Please see instructions at end of document.

1. **Expectations** – rifle athletes will participate in this scholastic sport with emphasis on sportsmanship, camaraderie, and safety

COVID-19 – changes due to COVID modifications highlighted in YELLOW or crossed out for items not applicable to the 2020-21 Season

Coaches (Scott Allen, Jim Trigg, Bob Baxter, and Jeff Casto)

Contact info for Scott Allen
571-305-7749 office (4am-noon)
703-298-5231 cell
WestPotomacRifle@outlook.com

Note on coaches

All coaches are volunteers.
All are independently certified as precision air rifle instructors.
All have been subject to a background check by Fairfax County and have completed coaching education.

Make sure paperwork is completed (see [Team Webpage](#) for forms)
Completed forms packet must be received before participating in practice

Collect dues

~~\$100 set by board – required of all. Payable to “WPHS Rifle Team.”~~ Waived for 2020/21 Season – to be paid by American Legion Post 24, Junior Shooting Program, Alexandria.

Practice expectations

- If on team come to practice - 100% participation expected.
 - If you have a conflict, make arrangements with the coach in advance.
 - Have all your gear including safety glasses and shooters log/pen.
 - Official Practice starts at 7 PM sharp – that means ready to start shooting. Arrive at 6:45 PM to get temperature taken and to have gear out & set up – rifles cased until told to get them out.
 - ****Range will be opened at 6PM for those wanting extra practice time***
 - Treat this like a class – shooting is a mental sport. The coaches will tell you what you need to know, but will not badger you. We expect you to be mature.
 - Will dismiss on time – Coaches cannot leave until all students are gone – do not take this time away from coaches’ families. Parents this is important.
 - The coach in charge of any practice may have to cancel a practice. Notice will be sent out via email or text.
- If for some reason you cannot make practice, inform the coaches/team early so others may take your lane.

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What it means to be a club team

We are a club team so we have to provide all our own support.

This is not the coach's team – it is your team and dependent on your service.

~~This includes fundraising.~~ Participation by all is expected.

Travel to matches

Requires parent drivers – will not accept student drivers.

Need insurance certification and FCPS forms on file.

All matches are away – ~~typically cross-county or in DC or MD~~ – and typically travel during periods of heavy traffic. **All matches will be on each Saturday in the month of January held at Izzak Walton League Air Rifle Range in Centreville.**

Regional tournament will be on February 13th.

Zero tolerance

Safety first – immediate dismissal from team for any safety incident.

No tolerance for any drugs or alcohol. Talk to coach if any prescription drugs cause any effects on the range.

No tolerance for steroids. Avoid all energy drinks

Avoid caffeine, it affects shooting performance

No tolerance for bad behavior, being abusive, hazing, etc.

Equipment

Each student is responsible for his or her own equipment. Talk to coaches prior to ordering equipment

When you order equipment, you are expected to pay for it promptly – do not impose on others.

Each student needs a full complement of basic equipment – this is a highly competitive league and without the equipment, students will not be competitive.

As a student's progress they may want to secure additional gear to further enhance their performance. We will advise students and parents on recommended gear.

We recommend students buy their own rifles if possible. Experience has shown students who have their own rifle outperform those who do not.

We have a limited number of rifles the team has purchased (through fundraising and individual donations) that are available on a first come first serve basis. Returning students have first priority for access. ~~The cost is \$300 for the season.~~

The team has a limited set of "gear" that consists of a shooting mat, spotting scope, off-hand stand, kneeling roll, etc. ~~The cost is \$100 for the season.~~

Students are expected to obtain their own jacket and glove, as these are size dependent and the team cannot maintain a full inventory of these items.

We have extremely limited "scholarship" assistance. If you need it, talk privately to the head coach.

Instruction involves physical contact

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Part of the coaching process for rifle shooting involves getting the body into the proper shooting position. ~~That means coaches will touch students to help them understand and use the proper shooting positions.~~

They will not touch them inappropriately – coaches have been trained on what is acceptable in our society and how to do this.

We recognize that sensitivities vary – so if you have a concern please make it known right up front – for example we have had students with specific religious requirements and will respect those and other wishes.

Coaches will use verbal, modeling, and distancing tools (pointers, yardstick) to assisting student with their positions.

2. Schedule

Schedule for the season

On web page www.WestPotomacRifle.com

Distributed as soon as available from Potomac League

~~Picture day (TBA) full team should come for picture~~

~~Winter awards banquet (TBA)~~

3. Varsity Lettering Requirements

Regular participation in practice

Exhibit good sportsmanship and being an ambassador for sport

In good standing

~~Participate in two fund raising events~~

Shoot in at least a ~~two~~ matches

~~250/300 score or above~~ 325/400 score or above

4. How practice will be organized

Monday, Tuesday, Wednesday, Thursday, and Friday, possibly Saturday

Official practices are 7PM to 9PM – start on time, door locked at 7 PM.

****Range will be opened at 6PM for those wanting extra practice time****

Break into 2 groups based on scores.

This allows coaching sessions to better meet the needs of students with differing skill sets. Assignment to practice will be based on scores and performance. That means students may be moved from one night to another over the course of the season depending on how they score.

Practices are only for students and coaches. They are closed to parents.

5. Safety

Highlight safety

Remember, safety only takes one slip up.

All students required to pass safety test before first practice

Mantra of team will emphasize safety – properly done, this is the safest (and quietist) of varsity sports.

No student to be in room when tanks are being filled

COVID measures: Masks and social distancing are mandatory

Sanitizer spray, hand sanitizer, extra masks, gloves will be available

6. Matches

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~~Each student is given a rulebook that governs this sport.~~

Squads are 4 + 1 alternate students

All matches will be standing position only- 40 shots

Regional match will be standing – 60 shots

Squadding for matches will be based on scores. We intend to be competitive so top scorers will be squadded for each match, so relatively few students will represent WPHS in matches. If a student is squadded, they are expected to be there and compete to the best of their ability.

Their performance will impact the entire team.

We will make every effort for all proficient shooters to participate in matches.

Because we do not have a home range, we have to negotiate with the hosts. In the past, we typically have been able to take additional students (often up to a total of 7 students including shooters of record) to matches to allow additional opportunity for students to participate in matches and letter.

7. Additional shooting opportunities

CMP Rifle Camp

Please watch the CMP home page <http://www.odcmp.com> for information about CMP camps. Typically, they announce camps in **January**. These are exceptional camps – offered at very low cost – that significantly advance shooters' skills. If possible, hold off summer commitments until dates are announced. Camps book up very quickly – particularly later ones – FCPS gets out later than most schools so relatively few camps can work with our schedule. We will need a parent or coach to take the week to accompany students.

RECOGNITION OF WEST POTOMAC RIFLE TEAM POLICIES

Email the statement below to WestPotomacRifle@outlook.com to acknowledge agreement of the WEPO Rifle Team 2020/21 policies.

"I have read and agree to comply with all stated West Potomac Rifle Team policies. We have discussed these items between us, understand the requirements, and will endeavor to fulfill them."

Name of Student: _____

Name of Parent: _____

Date: _____