

# West Potomac High School Rifle Team Policies: 2021/22

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

**Expectations** – Rifle team athletes will participate in this scholastic sport with emphasis on sportsmanship, camaraderie, and safety

**Coaches** (Head Coach Scott Allen, Asst. Jim Trigg, Asst. Bob Baxter)

Contact information for Scott Allen

571-305-7749 office (8am-3pm)

703-298-5231 cellular telephone (call/text)

[WestPotomacRifle@outlook.com](mailto:WestPotomacRifle@outlook.com)

## **Note on coaches**

All coaches are volunteers and have full time employment outside of coaching.

All are independently certified as precision air rifle instructors.

All have been subject to a background check by Fairfax County Public School District and have completed coaching and safety education.

**Make sure paperwork is completed** (see [Team Webpage](#) for forms)

Completed forms packet must be received before participating in practice

## **Safety**

Safety is our priority.

All students are required to pass a safety test before being allowed on the range.

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

Students must not stand in front of tanks when cylinders are being filled.

Student must follow school COVID measures.

Safety first – students will immediately be dismissed for any safety incident.

## **Zero tolerance**

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

No tolerance for steroids.

Students must avoid all energy drinks. Caffeine intake should also be limited as it affects shooting performance.

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

## **How practice will be organized**

Practices will be held on Monday, Tuesday, Wednesday, and Thursday.

Students are expected to attend two practices per week. Official practice hours are 7PM to 9PM – we start on time with doors locked at 7 PM.

For each practice, students will be assigned to one of 2 groups based on scores.

Equipment and lanes are limited, and this allows coaching sessions to better meet the needs of students with different skill sets.

## **Practice expectations**

-Students must have all their gear ready for practice, including safety glasses and

## **West Potomac High School Rifle Team Policies: 2021/22**

shooters log/pen.

- Students are expected to arrive for practice at 6:45 PM to have time to gear out & set up. Rifles must remain cased until students are instructed to set them up.
- Official Practice starts at 7 PM sharp – that means students must be ready to start shooting at that time. Shooting is a mental sport – treated like a class. The coaches will tell students what they need to know and will expect students to follow along.
- Dismissal is at 9PM – Coaches cannot leave until all students are gone – students shall not linger on the range after practice – this takes time away from coaches who must care for their families and work schedules. Parents: this is important!
- If the coach in charge of any practice needs to cancel a practice, notice will be sent out via email or text. Please make sure coaches have accurate contact information.
- Students that have a conflict and cannot make practice must inform the coaches in advance so that another student may take the student's assigned lane.

### **Instruction involves physical contact**

Part of the coaching process for rifle shooting involves getting the body into the proper shooting position. That means coaches will touch students to assist them and to ensure they understand/use the proper shooting positions. Coaches will not touch students inappropriately – coaches have been trained on what is acceptable.

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 (e.g., pointers, yardstick) to assist student with their positions.

### **Matches**

The match schedule is posted on our webpage <https://westpotomacrifle.com/calendar>

A Squad is 5 scoring shooters; lowest score drops from final scoring.

All matches will be three position matches (10 record shots in each position: prone, standing, and kneeling)

The Regional match will be 60 record shots with 20 record shots in each position.

*Squadding:* Squadding for matches will be based on scores. To be competitive, the top scorers will be squadded for each match, so only a few students will represent WPHS in matches. If a student is squadded, they are expected to be at the match and compete to the best of their ability. Each squadded student's performance will impact the entire team.

Every effort will be made for proficient shooters to participate in matches. But, because WPHS does 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 earn a varsity letter.

For additional information, please review the rulebook that governs this sport ([Link](#)).

### **Travel to Matches**

All matches are held at away locations (i.e., Centreville, D.C., or in Maryland) which

## **West Potomac High School Rifle Team Policies: 2021/22**

requires parent drivers. Student drivers may not transport other students to matches. All drivers need insurance certification and [FCPS forms](#) on file if they are transporting students other than their own.

### **Rifle Team Varsity Lettering Requirements**

Students may earn a varsity letter by meeting the following requirements:

- Regular participation in practice
- Exhibiting good sportsmanship and being an ambassador for the sport
- Attain good academic standing
- Participate in all organized fund-raising events
- Shoot in at least two matches
- Score 250 or above in a 300-point 3-Position competition

### **What it means to be a club team**

Rifle is a club team sport and must provide its own fundraising and school athletic booster club events. Students are expected to participate in all fundraising events. The rifle team is not the coach's team – it is your team and dependent on your service.

### **Equipment**

Like any other athletic sport program, there are costs for equipment. Typical air rifles cost between \$1200 and \$4500, and other required gear costs around \$1000. Rifles and equipment can be rented, and it is recommended that students buy their own rifles, if possible. Experience has shown students who have their own rifle outperform those who do not. Parents and Students should however talk to coaches prior to ordering personal equipment as there are strict regulations on equipment.

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 students progress, they may want to secure additional gear to further enhance their performance. Coaches can advise students and parents on recommended gear. All students are responsible for caring for their own or rented equipment.

WPHS has a limited number of rifles that the team has purchased (through fundraising and individual donations) that are available on a first come first serve basis. Returning students and students with the highest scores have first priority to rent these rifles.

The team also has a limited set of equipment, including shooting mats, spotting scopes, off-hand stand, kneeling roll, jackets, gloves, scope stands, etc. Students are expected to obtain their own jacket and gloves, as these are size dependent, and the team cannot maintain a full inventory of these items.

WPHS has very limited “scholarship” assistance. For students who require financial assistance, parents should talk privately with the head coach.

### **Rifle Team Fee Cost Breakdown**

Students are expected to cover the cost of their participation in this sport. The total cost includes the Rifle Fee, Equipment Fee (e.g., coat & gloves, sling, scopes, mat, etc.),

## West Potomac High School Rifle Team Policies: 2021/22

and an Activity fee (which covers insurance, league fee, targets, pellets, and air).

All students must pay the \$100 Activity fee. Students then have the option to bring/purchase or rent their own Rifle and Equipment. Typical costs for the required items are shown below.

### Typical Cost for Personally Owned Equipment

Rifle	Estimated Cost	Status
Precision Air Rifle/sights	\$1200-4500	Required
Plastic Rifle Case	\$30-100	Required

Equipment	Estimated Cost	Status
ISSF Shooting Coat	\$160-\$200	Required
Support Hand Glove	\$30-75	Required
Kneeling Roll	\$20-50	Required
ISSF Sling	\$45-150	Required
Scope Stand	\$185-220	Required
Offhand Stand	\$185-200	Required
50mm Scope/cover	\$130	Required
Shooting Mat	\$85	Required
Hand Stop	\$20	Required
Gear Bag w/ wheels	\$45	Required
.177 Pellet Box	\$12	Required
Safety Glasses	\$10	Provided
Hearing Protection	~	Provided
ISSF Shooting Trousers	\$145-200	Optional
Shooting Boots	\$100-300	Optional
Allen Wrench Set	\$7	Optional

Students without their own Rifle and Equipment must rent these items. Rental costs for the required items are shown below.

### Cost to Rent Rifles and Equipment

Equipment	Status	Fees
Rifle	Individually assigned	\$300
Rifle	Shared with another student	\$150
Equipment	Individually assigned	\$100
Equipment	Shared with another student	\$50

## West Potomac High School Rifle Team Policies: 2021/22

The total cost for a student without their own rifle and equipment is as follows:

**Total Cost: Activity Fee (\$100) + Rifle Fee (\$150-\$300) + Equipment Fee (\$50-\$100)**

Checks should be made out to Coach Scott Allen. Students must pay the appropriate fees prior to the first match or will not be permitted to shoot in any matches until paid.

Prior to the first match, students who have tried rifle and have decided this is not the sport for them can return their gear and will be taken off the team roster. Any fees will be refunded at that point. After the first match, fees are non-refundable.

Graduating and non-returning team members must turn in all borrowed gear prior to graduation day.

### **Additional shooting opportunities**

#### Civilian Marksmanship Program Rifle Camps

Please watch the CMP home page <http://www.odcmp.com> for information about CMP camps. Typically, the camps send out registration announcements in January. These are exceptional camps – offered at very low cost – that significantly advance shooters' skills. If possible, parents are encouraged to limit summer commitments until camp dates are announced. Camps book up very quickly. For example, 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 HIGH SCHOOL RIFLE TEAM POLICIES**

Email the statement below to [WestPotomacRifle@outlook.com](mailto:WestPotomacRifle@outlook.com) to acknowledge agreement of the WEPO Rifle Team 2021/22 policies.

"I have read and agree to comply with all stated West Potomac High School 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: \_\_\_\_\_