

Spring Lake Park Clay Target Team

Athlete and Parent Handbook



Fall 2022

**Welcome to the
Spring Lake Park Clay Target
Team Handbook.**



We hope that you find the information in this handbook useful. It is recommended to keep this book handy throughout the season.

Let's have a great Season!

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Team Information

About Us

The Spring Lake Park Clay Target Team originated in 2013 when a handful of dedicated students and volunteers desired to make Trap shooting a sport offered by Spring Lake Park High School. High School Clay Target Sports is one of the safest and fastest growing sports in the United States with thousands of Minnesotans participating.

We consider ourselves one Spring Lake Park Clay Target Team made of smaller sport teams – Trap, Skeet, and Sporting Clays. Many athletes are participating on the Clay Target Team are on multiple sport teams.

The Spring Lake Park Trap, Skeet and Sporting Clays teams compete against schools across MN as part of the USA Clay Target League. Students in grade 7-12 that possess a league approved firearm safety certificate can participate. Athletes have the option to participate in one or all the sports offered.

Our Clay Target Team competes in the Fall (August – October) and Spring (March – June). Spring is our competitive season including Championship tournaments and qualifying teams and individuals for the MSHSL State Tournament.

Head Coach

Our head coach, assistant coaches and all other staff are volunteers. If you are interested in coaching or helping on the field as an RSO, please contact one of the team staff members.

Brad Meyer

Head Coach: Trap, Skeet and Sporting Clays
612-221-7627

Board Members

The team board members are all volunteers. It takes this team of board members and several other parent volunteers to operate the team every season. If you are interested in helping in any way, please see one of these board members to learn how you can help.

Bill Zimmermann

President
612-805-9881

Nicole Neft

Vice President
763-229-5153

Brad Meyer

At Large/Head Coach
612-221-7627

Taryn Rodenberg

Treasurer

Cynthia Litke

Secretary

Bob Goering

At Large

Keith Anderson

At Large

Angie Fredrickson

At Large



Spring Lake Park Clay Target Team
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www.springlakeparkclaytarget.com

Board Meeting Info

Spring Lake Park Clay Target Club holds monthly board meetings on the 3rd Thursday of the month at 6:30pm at the Blaine Clive's Roadhouse. Active team members in good standing of our club are welcome to attend the board meetings. Please check the club calendar and website for dates and times. If you have any questions, concerns, or ideas to share with the board, please let them know and/or attend a board meeting. Everyone is encouraged to attend and participate.

Team Address and Contact Info

The team's mailing address is:

Spring Lake Park Clay Target Club

PO Box 490362

Blaine MN 55449

Our email address is info@springlakeparkclaytarget.com and our website is www.springlakeparkclaytarget.com. Our website is updated regularly, and our email address is monitored throughout the year whether we are in season or not.

You can also find and follow us on Facebook, Twitter, and Instagram.

- Facebook- <https://www.facebook.com/slpclaytarget/>
- Twitter- <https://twitter.com/SLPTrapTeam>



Our Team Sports

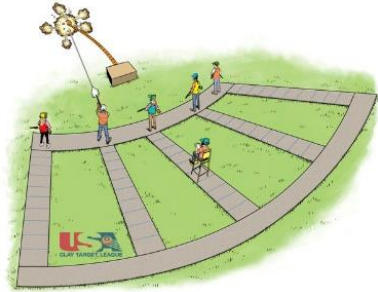
The Spring Lake Park Clay Target Team is considered one team with a smaller team in each one of the following sports -Trap, Skeet and Sporting Clays. Many athletes participating on the Clay Target Team, participate in more than one sport, however Trap is our most popular sport.

Each of these sports consists of an individual and a team component. Athlete individual scores are tallied and ranked within the conference and state. The individual scores are also tallied in a true team format to create a team score.

Trap Basics

The trap field is the area of a shooting range where trap shooting occurs. Each field contains shooting stations (typically concrete walkways with yardage markers) and a trap house.

The trap house is the structure in front of the stations from which the clay targets are launched. Only facility personnel shall enter and maintain the trap house. A cone or flag will be displayed when the trap house requires maintenance and shooters are required to exit their shooting station and make firearms safe until the trap house maintenance is completed and the cone or flag is removed.



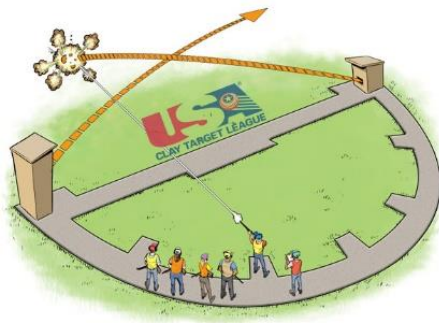
Five shots are taken at each of the five stations. After the first five shots are completed by the entire squad, each shooter will move to a new station by:

- Verifying the gun is unloaded.
- With the chamber open and the shotgun pointed in a safe direction, rotate in a clockwise manner to the next station.
- Station one will move to station two, two to three, three to four, four to five, and five to one.
- Station five will rotate to their right moving away from the station four shooter who is moving to station five and continue to walk behind the other shooters to station one.
- Await the “START” command from the scorekeeper.
- The squad leader is the first to shoot in each round.
- Repeat process until all shooters have each shot 25 targets.
- No shooter will move to the next station until the last target in a round is completed.

More Info about Trap: <http://mnclaytarget.com/about-us/about-trapshooting/>

Skeet Basics

The shooter shoots from seven positions on a semicircle with a radius of 21 yards, and an eighth position halfway between stations one and seven. There are two houses that hold target throwers that launch the targets, one at each corner of the semicircle. The traps launch the targets to a point 15 feet above ground and 18 feet outside of station eight. One trap launches targets from 10 feet above the ground ("high" house) and the other launches it from three feet above ground ("low" house).



Shooting procedures for skeet are very similar to trap shooting except for station assignments, number of targets shot, and station rotation. All squad members take turns at the same station and then move together after all squad members have shot the assigned targets at each station. Squad members need to stand at least five feet behind the shooter and always behind the shooter's muzzle.

At stations one and two the shooter shoots at single targets launched from the high house and then the low house, then shoots a double where the two targets are launched simultaneously but shooting the high house target first. At stations three, four, and five the shooter shoots at single targets launched from the high house and then the low house. At stations six and seven, the shooter shoots at single targets launched from the high house and then the low house, then shoots a double, shooting the low house target first then the high house target. At station eight the shooter shoots one high target and one low target. No shooter will move to the next station until the last target in a round is completed.

The shooter must re-shoot his/her first missed target from the same station and at the same house immediately following a lost target. If no targets are missed in the round, the shooter must shoot his/her 25th shell at the low house station eight.

More Info about Skeet: <http://mnclaytarget.com/about-us/skeet-shooting/>

Sporting Clays Basics

A sporting clays course can be laid out in a number of ways but requires a vast landscape and variety of presentations. The configuration of sporting clay courses vary greatly between shooting ranges. Similar to hunting live birds, sporting clays is intended to challenge each athlete with clay targets being thrown at multiple angles from multiple locations. Typically, four to six student athletes compete at each station together rotating through all shot scenarios before moving on to the next station. Different fields within a course are typically located many yards away from one another and are accessible via walking along meandering paths.



Shooting procedures for sporting clays are very similar to skeet shooting. All squad members take turns at the same station and then move together after all squad members have shot the assigned targets at each station. Squad members need to stand at least at least five feet behind the shooter and always behind the shooter's muzzle.

Each station has a set of instructions notifying each athlete where the targets are coming from and how many will be thrown at a time. Sporting clays targets may be thrown left to right, right to left, away, incoming, vertically, from a tower or elevated platform and in a rabbit (along the ground) presentation. Sporting clays targets can be thrown individually or as a true or report pair. A true pair is defined as two targets being thrown at the same time from multiple throwers at a single station. Report pairs are defined as two targets being thrown in sequence with the second target being thrown as soon as the athlete completes the shot of the first target. No shooter will move to the next station until the last target in a round is completed.

More Info about Sporting Clays: <http://mnclaytarget.com/sporting-clays/>

Safety

Safety is the teams and leagues first and highest priority. The USA Clay Target League has called High School shooting sports the safest sport available in High School with ZERO injuries reported. Our team takes safety very seriously. The team will not tolerate any safety issues – safety is everyone's responsibility. If you have any questions regarding these safety Guidelines, it is your responsibility to ask any coach for clarification.

Safety Expectations

It is important that every athlete understands all safety requirements from the team and league.

- **General Safety Procedures:**
 - Range safety is everyone's responsibility. If you see a safety concern, bring it to the Range Safety Officer or coach
 - Know and follow all the rules and regulations – league, school, range, team.
 - Horseplay will never be tolerated.
 - All participants, athletes, parents, and team staff must respect Range Safety Officers and immediately respond to cease fire or other commands.
 - It is highly suggested that you clean your firearm after every day of shooting. A clean firearm is one that will work as expected every time you need it. Dirty or clogged firearms are dangerous
 - Be familiar with your firearm and know how to use it safely.
- **Traveling to and from the range:**
 - Under no circumstances should a student athlete bring their equipment to school in their vehicle, or plan to leave directly from school to go to the range.
 - Drive safely on the way to the range and in the range parking lots.
- **Proper Range Behavior:**
 - Keep firearms racked unless you are on the line. Uncase them at your vehicle.
 - Firearms are always uncased if they are out of the vehicle.
 - Always keep the firearm pointed in a safe direction. Never at another person or building.
 - All firearms must have an open action when walking around the range.
- **Proper Line/Field Behavior:**
 - Only load your firearm when it is your turn.
 - Raise your hand if you need help.
 - Firearms will always be pointed downrange.
 - Always keep your finger out of the trigger guard area until your firearm is ready to be fired.
 - Know your target and what is beyond it.
 - No resting the barrel of your firearm on your foot.
 - No Cell phone usage on the firing line.
 - Be respectful and quiet. Do not distract others on the shooting line.

Safety Violations

Safety is no joke and is taken seriously, especially in shooting sports. Coaches and Range Safety Officers will monitor these safety rules and react accordingly. If safety violations are observed, athletes may be asked to leave the line, be sent home and if necessary, removed from the team. Refunds will never be provided to athletes for missed events due to safety violations.

Required Safety Equipment

There are several required safety items every athlete must use.

- **Eyewear:** Safety glasses must be worn while shooting. There are many styles and colors of shooting glasses available for varying conditions – the exact style is up to the individual athlete.
- **Ear Protection:** Foam plugs are the cheapest and work very well. Earmuffs or headphone style can sometimes get in the way but work well to protect your hearing. Hearing protection is required, but the exact type is optional. Noise cancelling headphones, such as Apple AirPods, are not adequate hearing protection.
- **Safety Certification:** Every athlete must have their safety certification card with them at the range.

Required Information/Safety Meeting

Prior to shooting, all athletes are required to attend the team's information/safety meeting. Parents are also encouraged to attend. Attendance is required – no exceptions.



Team Logistics

The team operates on tight schedules. It is always the parent and athlete's responsibility to monitor the team communications to know what is happening throughout the season. Keep this handbook accessible and ALWAYS monitor the team's communications for anything that may change throughout the season.

Season Breakdown

Our season will consist of many segments:

- **Registration/Information Meeting** – Team registration will be open for approximately two weeks. Watch our team website for exact dates.
- **Pre-Season Optional Practices** – There will be several weeks of pre-season optional practices. These practices will allow athletes to get some extra shooting with a lot of coach interaction. The cost for these practices is not included in the team registration but attendance is highly recommended. Watch the team's website and emails for more information.
- **Reserve Week** – The league reserve week is intended to allow the athletes to shoot a competition round and have the scores logged by the team to be used in the event of a team cancellation. These scores can only be used if the entire team cancels a competition week due to weather or other team reason. The range fees for the reserve week are covered with your registration.
- **Competition Weeks** – The five competition weeks will make up our team and individual scores. Coaches and RSO's will be on the field during these events but coaching while shooting will be limited. The team will log all scores for team and individual conference and state rankings. The range fees for the competition weeks are covered with your registration.
- **Fun Events** – Extra fun shooting events may happen throughout the season. Watch the team website and emails for more information about these events.
- **Post-Season Optional Practices (Spring Season Only)** – For athletes attending a State Tournament or Championship, post-season practices will be available. The cost for these practices is not included in the team registration but attendance is highly recommended. Watch the team's website and emails for more information.
- **Championships and Tournaments (Spring Season Only)** – The league offers a state Championship and Tournament as well as a National Championship. The state Tournament is open to all athletes. Athletes will be divided into classes, so everyone is able to compete. The State and National Championships have participation requirements – athletes must be invited and/or have a minimum score to participate. Watch the team's website and emails for more information.

Season Dates/Times/Locations

Start times for Trap, Skeet and Sporting Clays will be approximately 6:00 on their respective evenings. Time may fluctuate throughout the season based on time of year, range availability and team enrollment numbers. Times will be communicated through the team website and team emails.

We will be separating our shooting nights to three nights. Skeet will be on Tuesday evenings, Trap will be on Wednesday evenings, and Sporting Clays will be on Thursday evenings. Trap and Skeet events will take place at Metro Gun Club in Blaine, MN and Sporting Clays will take place at the Forest Lake Sportsmen's Club in Forest Lake, MN.

Event	Sport	Date
Board Meeting		Thursday, July 21, 2022
Team Registration Opens	All	Monday, August 1, 2022
Coach/RSO Meeting		Wednesday, August 10, 2022
Team Registration Closes		Monday, August 15, 2022
Team Info/Safety Meeting		Tuesday, August 16, 2022
Board Meeting		Thursday, August 18, 2022
Optional Practice Week 1	Skeet	Tuesday, August 23, 2022
Optional Practice Week 1	Trap	Wednesday, August 24, 2022
Optional Practice Week 1	Sporting Clays	Thursday, August 25, 2022
Team Practice Week 1	Skeet	Tuesday, August 30, 2022
Team Practice Week 1	Trap	Wednesday, August 31, 2022
Team Practice Week 1	Sporting Clays	Thursday, September 1, 2022
Labor day		Monday, September 5, 2022
First day of School		Tuesday, September 6, 2022
Team Practice Week 2	Skeet	Tuesday, September 6, 2022
Team Practice Week 2	Trap	Wednesday, September 7, 2022
Team Practice Week 2	Sporting Clays	Thursday, September 8, 2022
League Registration Closes		Monday, September 12, 2022
Team Reserve Week	Skeet	Tuesday, September 13, 2022
Team Reserve Week	Trap	Wednesday, September 14, 2022
Team Reserve Week	Sporting Clays	Thursday, September 15, 2022
Team Competition Week 1	Skeet	Tuesday, September 20, 2022
Team Competition Week 1	Trap	Wednesday, September 21, 2022
Team Competition Week 1	Sporting Clays	Thursday, September 22, 2022
Team Competition Week 2	Skeet	Tuesday, September 27, 2022
Team Competition Week 2	Trap	Wednesday, September 28, 2022
Team Competition Week 2	Sporting Clays	Thursday, September 29, 2022
Team Competition Week 3	Skeet	Tuesday, October 4, 2022
Team Competition Week 3	Trap	Wednesday, October 5, 2022
Team Competition Week 3	Sporting Clays	Thursday, October 6, 2022
Team Competition Week 4	Skeet	Tuesday, October 11, 2022
Team Competition Week 4	Trap	Wednesday, October 12, 2022
Team Competition Week 4	Sporting Clays	Thursday, October 13, 2022
Optional Practice 2 (MEA)	Skeet	Tuesday, October 18, 2022
Optional Practice 2 (MEA)	Trap	Wednesday, October 19, 2022
Optional Practice 2 (MEA)	Sporting Clays	Thursday, October 20, 2022
Team Competition Week 5	Skeet	Tuesday, October 25, 2022
Team Competition Week 5	Trap	Wednesday, October 26, 2022
Team Competition Week 5	Sporting Clays	Thursday, October 27, 2022
Final results published		Sunday, October 30, 2022
Awards shipments begin		Monday, November 7, 2022
Team Board Meeting		Thursday, November 17, 2022



Range Information

Trap and Skeet

Team Trap and Skeet events will take place at Metro Gun Club in Blaine, MN.

Metro Gun Club

www.metrogunclub.com

10601 Naples St NE, Blaine, MN 55449

(763) 786-5880

Sporting Clays

Team Sporting Clay Events will take place at Forest Lake Sportsmen's Club in Forest Lake, MN.

Forest Lake Sportsmen's Club (FLSC)

www.flscmn.com

4648 240th St N., Forest Lake, MN 55025

(651) 464-9931

Makeup Shooting

Make up shooting will not be allowed unless the team communicates it prior to the shooting date. The league, gun club, and team have very strict rules regarding make up shooting. These strict rules make it very difficult to schedule make ups. Every effort must be made by our athletes to shoot on their designated time slots.

Lines - Scheduling and Makeups

Schedules will be made and published on the team website by Monday evening for the week. Please pay close attention to the start times as they can fluctuate throughout the season. Athletes are expected to arrive to their designated field 15 minutes prior to their scheduled shooting time. If you need to request a special time, please email the team by Sunday evening at 6:00.

Schedules are created based off athlete three-week averages. This ensures that athletes are shooting with other athletes with similar shooting skills. Special requests can be made for specific times based off family events but every possible attempt to make the scheduled time should be made by the athlete. There will be no exceptions to this.

If you miss an evening of competition, you will not have a complete season score and will not be eligible for the state championship or tournament. If you are going to miss, you must alert the team coach or president prior to the evening to continue your team good standing and eligibility for a letter. Unexcused absences are not acceptable.



Weather Policy

The SLP Clay Target Club follows the Minnesota State High School Clay Target League's Policies & Procedures which are designed and published to define all major decisions, actions, and activities for all participants of the League including student athletes, parents, coaches, schools and shooting ranges.

We realize that cancellations impact shooters and their families in varying ways. The coaches prefer never to have to cancel a competition and as you know, our policy is that we shoot rain or shine. Safety, however, is our, the gun range's, and the League's highest priority. When severe weather is predicted, the coaches continuously monitor weather reports and radar throughout the day to stay on top of changing conditions and communicate with one another to make sure we have the most up-to-date information. We are always hopeful that, notwithstanding the potential for rain, the evening might not also include thunderstorms. With this hope in mind, our process is to not make a final decision on whether to cancel until immediately before our event is to start.

League policy states:

In the event of inclement weather before or during League events, coaches should make safety their first priority.

- When lightning is observed or thunder is heard, the event must be suspended.
- The occurrence of lightning or thunder is not subject to interpretation or discussion. Lightning is lightning; thunder is thunder.
- Athletes and support personnel shall be moved to appropriate indoor facilities.
- Athletes shall not return to the field until lightning has been absent from the local sky and thunder has not been heard for 30 minutes.
- Spectators shall be advised of the action being taken to seek shelter.

If the event is cancelled, the event may be rescheduled within the same week, or the Reserve Week score must be used.

On a bad weather day, the coaches will likely hold off on deciding whether to cancel until the hour prior to the event. If lightning has not stopped in that hour, and it is clear that there will not be a way to take the fields in light of the 30-minute safety delay referenced in League policy, we will send an email cancelling the event. That email will likely be sent in the last half hour prior to the event start. We will not send a communication if we intend to shoot.



Lettering Policy

Lettering is available for 7-12 grade participants during the Spring season only. The Spring Lake Park Clay Target Team participates in three Spring sports – Trap, Skeet, and Sporting Clays.

Lettering requires meeting one of the following 4 criteria:

1. Three or more years of participation on the team in at least one of the three sports with no unexcused absences in a season. (Unexcused absence a.) a failure to notify the coaching staff that you will be absent due to illness or family/personal issue; b.) academic or disciplinary suspension).
2. Any athlete who scores a season average of 19 or higher in any of the three sports. (Reason – There are 3 categories you can qualify for in the Spring Championships - Novice, Jr. Varsity and Varsity. To make varsity category, you must have an average of 19 or higher).
3. Any athlete who shoots a straight 25 during competition weeks in any of the three sports. (Does not include practice or reserve weeks or fun week).
4. Any athlete who scores an average of 22 or higher at any tournament or state meet where the team is officially registered as a competitive squad. (Reason – Top 100 shooters at tournaments or state meets are shooting this average).

Note:

- Must be on good academic standards based on the school policy.
- Must adhere to all MN State High School Clay Target League policy regarding drugs, alcohol, and code of conduct.
- Head Coach reserves the right to withhold letters from athletes who display conduct and attitude detrimental to the team, regardless of shooting score status and years of participation.
- Head Coach reserves the right to withhold letters from athletes due to the lack of commitment and attendance, regardless of shooting score status and years of participation.



Scholarships – Team and League

There are a couple of scholarship opportunities available to seniors in the spring season only.

1. The team will award two \$250 scholarships at the Spring Lake Park High School yearly award ceremony in the Spring. The Spring Lake Park High School will publish information on how to apply for scholarships.
2. Thirty (30) \$1,000 scholarships are available to high school seniors who participate in the League and plan to further their education with an eye towards an environment, natural resources, and/or conservation-related career. For more information about these scholarships, visit this website - <http://mnclaytarget.com/2020/09/27/scholarships-available-to-senior-athletes/>

Spiritwear

During the season, a spiritwear store will be available to purchase extra team related and branded items. This is a great opportunity to show off our team! Portions of the proceeds also come back to the team. Watch for spiritwear details on the team website.

Uniforms and Vests

Uniforms will be provided to the athletes in the Spring season – paid for through sponsorships and fundraising money. The uniforms should be worn as often as possible during team competitions and events.

A vest is provided to every athlete. The vest is part of our team uniform, and it is encouraged to be worn by all athletes at all team competitions and events. If you choose to purchase a vest, you can see the team board and purchase it for \$55. Only if you purchase your vest can you put patches or other customizations on the vest. If you do not purchase the vest, you must turn it in at the end of the season.

Communications and Social Media

The team will communicate in several ways throughout the season.

- Email will be the primary means of communication. We will try to limit the number of emails to one per week but if something is time-sensitive, you may receive more!
- The team website will be updated throughout the season.
- The Sports Engine app will also be used for team specific last-minute updates.
- You can also follow us on our social media pages:
 - Facebook- <https://www.facebook.com/slpclaytarget/>
 - Twitter- <https://twitter.com/SLPTrapTeam>



Media Policy

The team will take pictures of athletes throughout the season. The pictures could be used on social media and other print items. If you do not want your photo published anywhere, please see the team president or head coach.

Sponsorship Info

The team has several sponsors. Please visit these sponsors and their webpages to thank them for their support.

- **Clive's Roadhouse:** Clive's generously hosts our team board meetings.
- **Realm Firearms:** Realm Firearms is a local firearms dealer and has graciously made several cash donations to our team.
- **Amazon Smile:** Use the link on our team website (<https://smile.amazon.com/>) to have a portion of your Amazon purchase get donated back to the team. Simply search and select Search/select "Spring Lake Park Clay Target" as your charitable organization.
- **Spring Lake Park Lions Club:** The Spring Lake Park Lions Club has made several donations to the team.
- **Midway USA Foundation:** Midway USA manages a team endowment for our team. We are drawing 5% of the proceeds out to support our teams' operational costs.
- **Friendly Chevrolet:** Friendly Chevrolet made a financial donation to the team.
- **Federal Ammunition:** Federal ammunition is the supplier of our team ammunition.
- **Midway USA Foundation:** The Midway USA Foundation manages our team endowment.
- **National Wild Turkey Federation:** The National Wild Turkey Federation allows us to sell raffle tickets and gives us a substantial financial donation and other miscellaneous support in return.

Keep an eye on our team website for the most up to date sponsorship information. Sponsorships can be added at any time. If any athletes here of a potential sponsor, please share with the team staff!



Fundraising

Fundraising is essential to our team's success. Fundraising allows us to offset costs and provide extra training tools and special events to promote team growth. It is the team's expectation that every athlete participates in fundraising throughout the season.

There are several ways throughout the year that we fundraise. Some ways that we will consider fundraising:

- Seeking sponsorships/donations
- Seeking grants
- Selling raffle tickets
- Selling goods: Pizzas, Butter Braids, Meat Packs, Etc.
- Bagging groceries for tips
- Working at restaurants for tips
- Selling spirtwear

It is the team's expectation that every athlete participates in fundraising. Although it may not always seem like it, fundraising is helping to keep our costs down. Fundraising is essential to our team's success.

It is the teams desire to use fundraising money for the following costs:

- Supplement cost of team uniforms
- Offset team operational costs
- Provide extra training events
- Provide fun shooting events
- Supplement cost of State Tournaments and Championships

College Prep Considerations

Several colleges have shooting sports teams. Many of these collegiate athletes are participating on a scholarship from the college. Here are some tips to prepare high school athletes for potential college clay target team participation:

1. Every college team page has contact information or a "recruit me" tab to get in contact with the respective coach.
2. College coaches are not only recruiting seniors. They are looking at juniors and in some cases are also watching younger athletes.
3. It is recommended to start and maintain an athlete shooting journal of years participated, sports shot, averages, and any other accomplishments.
4. College athletes are required to submit a shooting/team resume as part of the recruiting process.
5. College teams are looking for multiple sport athletes – athletes who are able to shoot multiple sports.

Coaching Philosophy

Expectations

The USA Clay Target League is based on safety, fun, and marksmanship. The SLP Clay Target coaches and team takes this very seriously and implements these points in this exact order.

Safety: It is our responsibility as coaches to promote, monitor, and maintain the safety of our athletes. Highschool shotgun sports are one of the safest sports there is. In the 2021 season, there were 39,255 athletes from 34 states, over 16,000,000 targets thrown for league events with 0 injuries. This also means safe transportation and storage of firearms.

Fun: It is our responsibility as coaches to ensure each athlete has as much fun as possible. The athletes need to feel comfortable, safe, and a true member of the team to perform at their highest potential.

Marksmanship - Continuous Improvement: While each athlete may have a different goal they are trying to achieve, it is our responsibility as coaches to help the athletes in every way possible. Understanding how athletes react to different instruction and being willing to adjust teaching methods as needed are an integral part of the overall athlete success.

Training

The coaches encourage as much training as possible. Training can be done in many ways both on and off the range. If you feel that you have special training needs or bad habits developing, please reach out to the coaches to help develop a training plan.

Patterning

The coaches will offer some opportunities to work with the athletes on patterning their shotguns. Please make every effort to work with the coaches on these opportunities. Different shotguns, chokes and ammo react differently. Don't hesitate to contact the coach if you feel you need to pattern.

Chokes

Every shotgun and ammo combination reacts differently. It is important to pattern your guns. Generally, a good starting point for chokes per sport is:

Trap: Modified

Skeet: Skeet or Improved Cylinder

5-Stand: Modified

Sporting Clays: Improved Cylinder but may vary by course and station.

Garmin Xero S1 Trainer

Our team has several Garmin Xero S1 Trapshooting Trainers. These Garmin trainers will be used on the live ranges during our practices. These devices track the target and shot and display the results to the athletes and coaches immediately. The shots are logged, and reports can be made for coach and athlete review.

Indoor Simulator - DryFire

Opportunities will come up to use an indoor simulator. The indoor simulator allows for training outside of our normal shooting times using your own shotgun. The simulator is located in coach Brads heated garage. Watch for signup information or contact coach Brad for scheduling and payment information. This unique and realistic training tool can be very beneficial. It allows the coaches to see and correct many common shooting mistakes.



Equipment

There are many pieces of equipment that can be used for clay target shooting. Many of these items are required and many are optional. If you have questions regarding equipment, please ask the coaches.

Shotguns (Required)

Every athlete must provide their own shotgun and ensure it is in safe, operational state. Proper fit of the shotgun is very important. Patterning is also very important. 12gauge and 20gauge are the most common but other sizes could work too.

There are several types of actions available: Semi-Auto, Pump, Break Action. Any type is acceptable but for Skeet, 5-stand and Sporting Clays, you will need the ability to use two rounds.

Gun fit is the most important part of any gun. It is important that every athlete has a good fitting shotgun.

If you have any questions about your current shotgun or a potential new one, feel free to reach out to the coaches.

Ammo (Required)

There are overwhelmingly amounts of ammo to choose from. It is up to the athlete to find their own ammunition and make sure it is supported by the team, range, and league. Please see a team staff member if you have any questions with ammo.

Metro requires target loads only with no shotsize larger than 7-1/2. The league does not allow any reloaded ammo.

Whenever possible the team will do team ammo orders. These orders are fantastic ways to obtain ammo. Another great source of ammo is the gun range itself – Metro only allows you to purchase the ammo for the rounds you have purchased for that night.

Shell Catcher (League required)

Control ejected shells so they do not disturb other athletes at their shooting station. All athletes are required to mount a shell catcher to any shotgun dispensing spent hulls outside of their occupied post. Spent hulls may land directly next to or behind the athlete by way of gravity. Any spent hull ejected from the shotgun by force towards another athlete will require a shell catcher to be applied.

Chokes (Required)

Every shotgun acts different and patterning your shotgun is extremely important. Generally, it is recommended to start with a modified choke for Trap, Sporting Clays and 5-Stand and an Improved Modified or Skeet choke for Skeet. Ask the coaches about patterning opportunities.

Hearing Protection (Required)

Your hearing is extremely important and if damaged, will not come back. It is extremely important that you are wearing ear protection that is specifically designed to protect your hearing. Noise cancelling headphones, such as Apple AirPods, are not considered adequate hearing protection.

There are many types of hearing protection available. Generally, the team likes to see the athletes wear the in-ear type of protection. The larger earmuff styles of hearing protection prevent athletes from shouldering the shotgun properly.

Eye Protection (Required)

There are many different types of safety glasses available. Color does not matter but may allow for better vision in different light conditions.

Ammo Pouch (Recommended)

It is recommended that every athlete wears a dedicated ammo pouch. If you do not have an ammo pouch, you will need to wear a vest to store the ammo – putting the ammo on the ground is not allowed.

Shooting Gloves (Optional but not recommended)

Shooting gloves are optional and due to increased safety risk, should only be used when absolutely necessary. If shooting in cold weather, a glove or mitten may be worn on the forearm hand, but every effort should be made to keep the trigger hand free of coverings. If this is not possible, a fingerless glove on the trigger hand will be required to maintain trigger finger sensitivity.

Shooting Clothing – Dress for the weather!

Always be prepared for the weather. We will shoot in all weather conditions – rain, snow, cold, hot, and windy situations. Always dress appropriately for the weather and be prepared for drastic weather changes. It's always a good idea to have a rain suit along!



Team Captains

The team will have team captions during the Spring season. Captains will be selected based on these factors:

- Good sportsmanship
- Good team Leader
- Good role model
- Availability and willingness to help
- Positive attitude
- Season average

The team board will approve team captains for each of our three sports: Skeet, Trap and Sporting Clays

Team Captain Expectations

Team captains will be expected to help with team planning and operations. They will be representing the athletes. Team captains will be involved with planning and communication through the season. Some captain duties may include:

- Lead by example.
- Make sure all athletes are supported and involved.
- Assist in field setup and cleanup.
- Make sure teammates are acting in a responsible manner.
- Help keep practices and events organized and moving smoothly.
- Organize schedule for startup and shutdown on practice nights.
- Assist team staff as needed.



Code of Conduct

As a member of the Spring Lake Park High School Trap team, you understand that you have been given a unique privilege to participate in this High School Sport. All athletes and their parents must read, agree to, and sign this Team Code of Conduct form before participating on the team.

Team Philosophy: It is our desire to create an environment where every athlete can participate on the range and develop lifelong skills. The team is striving to create excellent athletes as well as to teach skills that our athletes can carry with them into their adult lives.

Team Membership: Any Spring Lake Park Schools Student in Grades 7-12 with the desire to shoot trap, skeet, or Sporting Clays will be welcomed on the team, provided he/she abides by all the rules.

Safety: We expect every athlete to make safety the number one priority whenever handling a firearm.

Team Appearance: We expect everyone representing the Clay Target team to always look and act respectable. Team jerseys will be worn on the fields as often as possible. Team vests are strongly encouraged at all team shooting events.

Team Conduct: We expect our athletes to carefully consider their every action at practice, at competitions, in school, and out in the community. We represent our school and expect our athletes to always conduct themselves in a positive manner. Anyone acting inappropriately will be dealt with by the coaches.

Attendance: Attendance is very important to the team. If possible, every excuse should be reported to a coach ahead of time. Unexcused absences will count against lettering capabilities and will exclude participation from State and National Tournaments and Championship events.

Tardiness: Be on time for all practices and competitions. Tardiness will not be tolerated. Be ready to go 15 minutes prior to your scheduled start time.

Respect: All athletes are expected to respect their teammates, coaches, teachers, and classmates. If the coaches see a problem, they will meet with that individual. If a problem continues, possible termination from the squad can result.

Team Rapport: A winning team is one in which team members are close friends on the range and off. Teams that don't stick together fall apart under pressure. Every team member, varsity or not, is equally important to the success of our team.

Rules/Policies - USA Clay Target League, MSHSL, Team and School District: All rules on chemical use, attendance, and academics will be followed. All league and teams' rules will be followed. It is the athlete and parent responsibility to know these rules.

Availability: If you or your athlete has any kind of problem and the team can help, please contact the team at info@springlakeparkclaytarget.com



Athlete Oath Form

The following form will be distributed and filled out by all families prior to participating on the team.



Athlete Code of Conduct and Oath – Fall 2022

Athlete Code of Conduct

As a member of the Spring Lake Park High School Trap team, you understand that you have been given a unique privilege to participate in this High School Sport. All athletes and their parents must read, agree to, and sign this Team Code of Conduct and Oath form before participating on the team.

By signing this form, you are agreeing to the team's code of conduct as laid out in the Team Handbook and agreeing to the Team Athlete Oath laid out below.

Athlete Oath

I, _____ (Athlete printed name), am committed to being a good team member. I will achieve this by being safe, having fun, listening to the advice of the coaching staff, and being respectful to those around me.

I understand that while I am having fun with those around me, I will be aware and respectful to myself and those athletes preparing to shoot, currently on the line, or those having just completed competition by not being too loud, not creating excessive distracting movement, and offering continuous support to others.

I understand that while I am having fun with those around me, I must also be aware and respectful to those athletes preparing to shoot, currently on the line, or those having just completed competition. This includes not being too loud, not creating excessive distracting movement, and offering continuous support to others.

I understand that the advice given from the coaching staff is meant for use as an improvement tool and should be carefully considered before declining acceptance. This advice may create an initial uncomfortable shooting position with varied scores, due to the fact that corrections are being made.

I agree that I will arrive on time (15 min. prior to scheduled shooting time) and will give as much notice to the coaching staff as possible if this cannot be met. Multiple late arrivals or no shows may result in removal from the team with no refund of costs. If this is the case, the entire coaching staff will be consulted in the final decision.

If there is any issue with team members, coaching staff, or personal events, I can reach out to the head coaches in total confidentiality to gain insight and possible resolution over the issue.

Please print and sign your name below. By signing this form, you are agreeing to the team's code of conduct as laid out in the Team Handbook and agreeing to the Team Athlete Oath.

Athlete Signature: _____

Parent Printed Name and Signature: _____



Athlete Information Form

The following form will be distributed and filled out by all athletes prior to participating on the team.



Athlete Information – Fall 2022

Athlete Information

Please fill this information out as complete as possible. If you need more room, write on the back of this page.

Athlete Printed Name: _____ Athlete Grade: _____

R or L handed: _____ Eye Dominance (if known): _____ Shotgun Gauge: _____

If you are willing to have a coach contact you, provide your cell number: _____

Please list and describe your shotgun and other shooting experience:	
Please list your active shotgun sports:	
Please list your MAIN season goals for this season i.e., have fun, raise average, letter, shoot a 25, or top ten in conference/state/etc.):	
What is the level of coaching input you would like (this may require a new stance, mount, or head position and may result in an initial drop in scores):	
Do you have other activities or hobbies going on this season that may conflict with your team activities? It is OK to be busy – listing items here will help the coaches understand you and your schedule!	
What else would you like the coaches to know about you?	



Important Websites and Email Addresses

- Team Email Address: SpringLakeParkClayTarget@gmail.com
- Team Website: <https://www.springlakeparkclaytarget.com/>
- Metro Gun Club Website: <http://www.metrogunclub.com/>
- Forest Lake Sportsmen's Club Website: <https://flscmn.com/>
- USA Clay Target League: <https://www.usaclaytarget.com/>
- MN Clay Target League: <http://mnclaytarget.com/>
- League Policies and Procedures: <http://mnclaytarget.com/policies-procedures/>
- Athlete and Team Scoring: <https://www.claytargetscoring.com/>
- Midway USA Foundation – Team Endowment:
<https://www.midwayusaoundation.org/team-profile/?id=R50528>
- MN Youth Shooting Sports Foundation: <https://www.mnyssf.org/>
- Minnesota State High School League - <https://www.mshsl.org/sports-and-activities/clay-target>





We hope that you find the information in this handbook useful. It is recommended to keep this book handy throughout the season.

Let's have a great Season!

