

ANNOUNCEMENT



The Hol-Field Rod & Gun Club NRA/ATA TRAP COACH SCHOOL IN THE STATE OF New York September 6th & 7th, 2008

GRADUATES WILL RECEIVE NRA AND ATA COACH CREDENTIALS FOR THREE YEARS

TOPICS COVERED

- SAFETY AND RISK MANAGEMENT
- ATA RULE BOOK & TRAP ETIQUETTE
- COACHING ETHICS
- EQUIPMENT -- GUN FIT -- AMMUNITION
- FUNDAMENTALS OF TRAPSHOOTING
- COACHING
 - METHODOLOGY
 - SKILLS TRAINING
 - COMMUNICATION
 - PROBLEM SOLVING
 - MENTAL TRAINING
- TRAINING PLANS
- BUILDING A QUALITY TRAP PROGRAM

COST \$175

FOR INFORMATION CONTACT:

- Jim McDiffett: Lead Trap Coach Instructor: trapcoach@hotmail.com
- Peter Hamann NYS SCTP Director: peterh3200@yahoo.com
- Edie Fleeman: ATA Youth Development Director:
efleeman@shootata.com

VISIT THE ATA WEBSITE:

http://www.shootata.com/Content/Youth_Trapschooling/Schools.aspx

NRA/ATA TRAP COACH SCHOOL

The Ho-Field & Gun Club has the pleasure of inviting you to the NRA/ATA Trap Coach School in New York, September 6th & 7th, 2008, Address: 2857 Whalen Road, Bloomfield NY. The Club is located 25 min South East of Rochester

Those attending the NRA/ATA Trap Coach School must meet one of the following prerequisites:

1. Have shot registered trap targets
2. Have shot competitive trap (formal league, club shoot, etc.)
3. Be a current NRA Certified Shotgun Instructor
4. Be a current NSSF-approved coach for an SCTP trap team
5. Show other evidence of experience in trapshooting

The course will run from 8:00 AM to 5:00 PM each day. The cost will be \$175 which will include credentials for three years from both ATA and NRA. The class is limited to 30. Contact Peter Hamann, NYS SCTP Trap Director (peterh3200@yahoo.com 585-657-7507), Jim McDiffett, ATA Lead Trap Coach Instructor (trapcoach@hotmail.com), or Edie Fleeman, ATA Youth Development Director (efleeman@shootata.com, 937-546-0055).

To register for the Coach School, please use the attached Registration Form and send it with your payment of \$175 to ATA, 601 West National Road, Vandalia, OH 45377, or call Vickie Hagerty at ATA, 937-898-4638 x 517, with your credit card number.

Classroom work will require pen/pencil and paper and a highlighter if desired. On Sunday only, bring gun, gear (including eye and ear protection) and ammo (two boxes) for the range activity. Targets will be provided by the Club. Lunch will be provided for \$8.00 each day.

For more information on how to sponsor an ATA/NRA Coach School, see http://www.nrahq.org/education/training/sponsors_guide.pdf or contact Edie Fleeman, ATA Youth Development Director, efleeman@shootata.com, or 937-546-0055.

This NRA/ATA Coach School is the weekend before the Northeastern Grand.

NRA/ATA TRAP Coach School

Hol-Field Rod & Gun Club

Bloomfield NY

September 6th & 7th, 2008

Instructions by: Lead Trap Coach Jim McDiffett

Saturday

8:00-8:45	45 min.	Welcome & Introduction
8:45-9:00	15 min.	Break
9:00-10:00	60 min.	Safety & Risk Management
10:00-10:15	15 min.	Break
10:15-11:30	75 min.	Rule Book & Coaching Ethics
11:30-12:30	60 min.	Lunch
12:30-1:15	45 min.	Equipment & Gun Fit
1:15-1:30	15 min.	Break
1:30-3:00	90 min.	Trapshooting Fundamentals
3:00-3:15	15 min.	Break
3:15-4:45	90 min.	Coaching Methodology
4:45-5:00	15 min.	Day One Questions & Instructions

Evening Assignment: Complete open-book exam and application

Sunday

8:00-9:15	75 min.	Beginning Mental Training
9:15-9:30	15 min.	Break
9:30-10:15	45 min.	Planning the Training
10:15-10:30	15 min.	Break
10:30-11:00	30 min.	Building Quality Shooting Programs
11:00-11:15	15 min.	Break
11:15-12:00	45 min.	The Other Shotgun Sports
12:00-1:00	60 min.	Lunch
1:00-1:30	30 min.	Grading the Exam
1:30-1:45	15 min.	Travel to Range
1:45-4:45	180 min.	Range Practical Exercises
4:45-5:00	15 min.	Questions & Class Wrap Up

NRA/ATA TRAP COACH SCHOOL COURSE OUTLINE

Introduction

- [Training System](#)
- [Coach Levels](#)
- [National Coach Development Staff](#)
- [Course Goal and the Coaches' Job](#)
- [Disabled Shooting](#)

Safety & Risk Management

- [Gun Safety](#)
- [Range Safety & Supervision](#)
- [Risk Management & Negligence](#)
- [Coach Responsibilities](#)
- [Insurance](#)

Rule Book

- [Philosophy](#)
- [Format](#)
- [Rule Book Quiz](#)
- [Etiquette](#)

Coaching Ethics

Equipment

- [Guns](#)
- [Gun Fit](#)
- [Ammunition](#)
- [Eye and Ear Protection](#)
- [Clothing & Accessories](#)

Fundamentals of Trapshooting

- [Position](#)
- [Mount](#)
- [Vision](#)
- [Movement](#)

Coaching

- [Methodology](#)
- [Skills Training](#)
- [Communication](#)
- [Introduction to Problem Solving](#)

Mental Training

- [Coaching Young Shooters](#)
- [How We Learn](#)
- [Goal Setting](#)
- [Imagery](#)
- [Self Talk](#)
- [Energy Management](#)
- [Concentration](#)
- [Pre-shot Routines](#)
- [Self-Confidence](#)
- [Preparation](#)
- [Handling Competition Pressure](#)

Training Planning

- [Assessing Training Needs](#)
- [Season Plan Components](#)
- [Shooter's Diary](#)

Quality Shooting Programs

- [Building Successful Programs](#)
- [Affiliation](#)
- [Tournaments](#)

Introduction to the Other Shotgun Sports

- [American Skeet](#)
- [Sporting Clays](#)
- [International Trap](#)
- [International Skeet](#)

NRA/ATA TRAP COACH SCHOOL REGISTRATION FORM

DATE AND LOCATION OF COACH SCHOOL:

September 6th & 7th, 2008
Hol-Field Rod & Gun Club
2857 Whalen Road
Bloomfield New York 14469

Contact: Peter Hamann peterh3200@yahoo.com , 585-657-7507

Contact: Edie Fleeman, ATA Youth Development Director
937-546-0055, or efleeman@shootata.com

NAME: _____

STREET ADDRESS: _____

CITY: _____ STATE: _____ ZIP CODE: _____

E-MAIL ADDRESS: _____

TELEPHONE: (day, night, cell) _____

PAYMENT:

_____ Check enclosed

_____ Credit Card: Card Type: _____

Card Number: _____ Expiration Date: _____

Last Three Digits on Back of Card: _____

Prerequisite:

- Have shot registered trap targets
- Have shot competitive trap (formal league, club shoot, etc.)
- Be a current NRA Certified Shotgun Instructor
- Be a current NSSF-approved coach for an SCTP trap team
- Show other evidence of experience in trapshooting:

Please feel free to call in your credit card number after you mail in form

DEADLINE TO REGISTER IS August

Send Registration Form with payment to ATA, Attn: Coach Schools, 601 W. National Road, Vandalia, OH 45377, or call Vickie Hagerty at ATA, 937-898-4638 ext. 517 with your credit card number.