



Wyoming Valley Rod & Gun Presents

ATA/NRA Coach School
Java Village, NY 14083
May 9 - 10, 2009

GRADUATES WILL RECEIVE NRA, ATA, and AIM COACH
CREDENTIALS FOR THREE YEARS

Topics Covered

BUILDING A QUALITY TRAP PROGRAM

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

Cost \$175

FOR INFORMATION CONTACT:

Steve White: krieghoff200@verizon.net - (716) 864-0246

Edie Fleeman: efleeman@shootata.com - (937) 546-0055

VISIT THE ATA WEBSITE:

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



Wyoming Valley Rod & Gun is located at:
686 Route 78
Java Village, New York 14083

Those attending the NRA/ATA Trap Coach School must meet at least 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. This coach school will also satisfy the coach school requirement for AIM coaches. The class is limited to 30.

Contact Steve White (kreighoff 200@verizon.net) at 716-864-0246 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 x517, 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.

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.

Hotels

Nellie's Arcade Village Motel: (585) 492-3600
Byrncliff Resort: 585-535-7300

Agenda

Introduction:

Saturday May 9:

8:00-8:45 Welcome & Introduction
8:45-9:00 Break
9:00-10:00 Safety & Risk Management
10:00-10:15 Break
10:15-11:30 Rule Book & Coaching Ethics
11:30-12:30 Lunch
12:30-1:15 Equipment & Gun Fit
1:15-1:30 Break
1:30-3:00 Trapshooting Fundamentals
3:00-3:15 Break
3:15-4:45 Coaching Methodology
4:45-5:00 Day One Questions & Instructions
Evening Assignment: Complete open-book exam and application

Sunday May 10:

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

NRA/ATA TRAP COACH SCHOOL COURSE OUTLINE

- 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

- 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

Coaching:

NRA/ATA TRAP COACH SCHOOL REGISTRATION FORM

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Contact: Steve White
kreighoff200@verizon.net or (716) 864-0246

OR

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: _____

Expiration Date: _____ Card Number: _____

Last Three Digits on Back of Card: _____

DEADLINE TO REGISTER IS May 1, 2009

Send Registration Form with payment to:
Amateur Trapshooting Association
Attn: Coach Schools
601 West National Road
Vandalia, OH 45377

or call:
Vickie Hagerty (ATA)
937-898-4638 Ext. 517 with your credit card number.

