

NRA / ATA Trap Coach School

March 27-28, 2010



Buffalo Gun Club Buffalo, MN

- GRADUATES WILL RECEIVE NRA & ATA COACH CREDENTIALS FOR THREE YEARS

- TOPICS COVERED

- SAFETY & 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 OF SCHOOL & CREDENTIALS- \$175

- COURSE INSTRUCTOR:

Jim McDiffett
trapcoach@hotmail.com

- CLUB ADDRESS:

Highway 55 E
Buffalo, MN 55313
(Club is located 2 miles east of Buffalo)

- FOR MORE INFORMATION, CONTACT:

- LOCAL CONTACT-

Wally Shelstad:
612-483-6388 or buffalogunclub@charter.net

- ATA COACHING-

937-898-4638 or coaching@shootata.com

VISIT: SHOOTATA.COM FOR MORE COACH SCHOOL INFORMATION



NRA / ATA Trap Coach School

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 coach for a youth 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 20 students.

For local information, contact: Wally Shelstad (612-483-6388 or buffalogunclub@charter.net).

Classroom work will require pen or pencil and paper. Highlighters are helpful but not required.

Sunday only, bring: trap gun, gear (including eye and ear protection), ammo (50 rounds) for the range activity. Targets, breakfast items, and lunch will be provided free to the students.

To register for the Coach School, please use the attached Registration Form and send it with your payment of \$175 to:

Amateur Trapshooting Association
601 West National Rd
Vandalia, OH 45377

To pay by phone: call Vickie Hagerty at ATA, 937-898-4638 ext. 517, with your credit card number.

For more information on how to sponsor an NRA/ATA Trap Coach School, see:

http://www.nrahq.org/education/training/sponsors_guide.pdf

or contact ATA Coaching (937-898-4638 or coaching@shootata.com).

CONVENIENT LODGING SUGGESTIONS:

- Country Inn of Buffalo 763-682-5660
- Super 8 of Buffalo 763-682-5930
- Days Inn of Monticello 763-295-1111
- Select Inn of Monticello 763-295-4000



NRA / ATA Trap Coach School

March 27-28, 2010 Schedule

SATURDAY

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

SUNDAY

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

Evening Assignment:

Complete open-book exam and application

DETAILED 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

March 27-28, 2010
Buffalo Gun Club
Buffalo, MN

NAME: _____

ADDRESS: _____

CITY: _____ STATE: _____ ZIP: _____

EMAIL: _____

PHONE: _____

PAYMENT:

____ Check Enclosed

____ Credit Card - Card Type: _____

Expiration Date: _____ Card Number: _____

Last three digits on back of card: _____

REGISTRATION DEADLINE IS: March 10, 2010

For questions or concerns, please contact:

Local Contact:

Wally Shelstad

(612-483-6388 or buffalogunclub@charter.net)

ATA Coaching

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