

# NRA / ATA Trap Coach School

## April 10 - 11, 2010



### Williams County Gun Club Montpelier, OH

- 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 Eyster  
740-504-5650

#### **CLUB ADDRESS:**

12813 County Road J  
Montpelier, OH 43543

#### **FOR MORE INFORMATION, CONTACT:**

##### LOCAL CONTACT-

Joe Nester:  
419-769-0926 or [nesterag@bright.net](mailto:nesterag@bright.net)

##### ATA COACHING-

937-898-4638 or [coaching@shootata.com](mailto:coaching@shootata.com)

VISIT: [SHOOTATA.COM](http://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 25 students.

For local information, contact: Joe Nester (419-769-0926 or [nesterag@bright.net](mailto:nesterag@bright.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](http://www.nrahq.org/education/training/sponsors_guide.pdf)

or contact ATA Coaching (937-898-4638 or [coaching@shootata.com](mailto:coaching@shootata.com)).

## CONVENIENT LODGING SUGGESTIONS:

•Holiday Inn Express, Montpelier at 13399 State Rt 15 and I-80-90 Ohio Turnpike  
- 419-485-0008

•Ramada Inn & Suites, Montpelier at 13508 St Rt 15 and I 80-90 Ohio Turnpike  
- 419-485-5555

•Rainbow Motel, Montpelier 13402 St Rt 15  
- 419-485-3432

All within 5 miles of Williams County Gun Club



# NRA / ATA Trap Coach School

## April 10 - 11, 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

April 10 - 11, 2010  
Williams County Gun Club  
Montpelier, OH

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 26, 2010**

For questions or concerns, please contact:

Local Contact:

Joe Nester  
(419-769-0926 or [nesterag@bright.net](mailto:nesterag@bright.net))

ATA Coaching  
(937-898-4638 or [coaching@shootata.com](mailto:coaching@shootata.com))

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

To pay by phone, call:  
Vickie Hagerty at ATA  
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