

# Poulsbo Sportsman Club Junior Rifle Team

## Mission

The Poulsbo Sportsman Junior Rifle Team's mission is to provide youth 11 to 20 years of age the necessary coaching and skills to successfully compete in junior precision smallbore rifle competitions. The team will provide a professional and positive learning environment. We will culture competitive teams and individual shooters.

## Team Rules

- 1) All youth participating in the team are expected to attend weekly practice to the best of their ability and to possess and maintain a shooting journal at every practice and match.
- 2) All youth participating in the team are expected to work toward competing in matches as posted in the yearly Washington State Open & Junior Smallbore & Air Rifle Matches schedule.
- 3) Intermediate and advanced competitors are required to attend smallbore matches as scheduled by the team coach. A consistent record of match score progression determines match classification ratings and provides us and college coaches with the necessary match scores for potential recruiting and scholarships.
- 4) All competitive shooters must maintain their school grades. As an athlete, you are expected to maintain a B average unless specifically excused by the team coach through discussion with parents.
- 5) Dress Code – Participants are expected to dress appropriately for the events in which they will participate. Team uniforms or shirts are encouraged, but not required. Both young people and adults should wear attire appropriate for the weather while remaining modest and socially acceptable. Clothing with sexually suggestive wording or graphics; and alcohol or tobacco advertisement is not appropriate or acceptable. All participants should remember that they may be having photographs taken or be asked to interview for the media.
- 6) All youth participating in the Junior Rifle Team are considered athletes. As an athlete you should always take care of yourself including your diet, exercise, and rest. You will be expected to come to practice rested, maintain proper nutrition, be fit and ready to compete both physically and mentally.

- 7) Parent/Guardian Role – Provide safe storage and transportation of their firearms, transport their youth to and from practice and competitions, provide necessary gear, and provide resources and materials suggested by their coach and as they can accommodate. Be available for coach meetings. Provide assistance with range set-up, breakdown and other support as requested.
- 8) Only approved coaches are permitted to coach/instruct on the range. Precision Rifle consists of precise detailed positioning, equipment settings and adjustments, and a focused positive attitude. The competitors are trained to follow a shot plan and it requires quiet and concentration on the range to be successful.
- 9) Behavior and Sportsmanship - Competitors must respect each other and recognize each other as team members. Competitors do not judge others scores, ability, or effort. All participants, coaches, and spectators are expected to demonstrate the highest level of sportsmanship. We ask that comments related to any individual's scores, ability and efforts remain private or with their coach.
- 10) Knowledge of Rules and Procedures – This program follows the ISSF and USA Shooting formal sanctioning body general rules for range safety procedures and rules. All Coaches and participants will operate in accordance with the prescribed rules as cited in the ISSF and USA Shooting General Technical Rules, Edition 2013, Second Print 1/2014.

It is the responsibility of each participant and coach to understand the procedures in each event, and comply with the rules and standards of the events. Questions are encouraged to clarify any areas of misunderstanding or lack of knowledge. Ignorance of the rules in any event does not obviate their existence. At matches, parents are not allowed to intercede in the scoring, challenge process or related discussions with statistical staff or match director. Range protocol allows only for the competitor to address his/her issues with range personnel unless directed otherwise. Learning the rules of the events is part of the educational process for shooting sports participants.

- 11) Team coaches have made personal investment in developing their coaching credentials and continuing education with shooting associations to serve the shooting athletes. We are, however, volunteers in this team. Please offer us the same respect you desire. We want this club to be a positive experience for all and a successful program for the youth.
- 12) Every participating team member and parent or guardian is responsible for following the PSC Standard Operating Procedures for the range activity.

## General Information

**The Sport:** Olympic technique .22 caliber precision rifle shooting. Competitions include, indoor/outdoor three position rifle shooting (prone, standing, kneeling) and prone only competitions. Our practice includes distances of 50 feet, 50 yards, 50 meters and 100 yards on USAS/NRA official competition targets.

**Date and Location:** Practice takes place at the Poulsbo Sportsman Club rifle range every Thursday from 4:30 pm to 8 pm. First shot is at 5:10 so it is very important to be ready with gear and target stands by 5 pm. If you cannot be on time, please notify the team coach in advance (text or email works best).

**Equipment required by the Youth/Spectators:** Youth and spectators are required to have eye and ear protection at the Poulsbo Sportsman Club. We encourage the youth to use the ear plugs as these do not hinder proper position with the rifle. Consider a small portable fuel heater in winter during practice.

Provide your own .22 caliber long rifle ammunition. Different levels of ammunition are available for varying levels of skill.

The club retains a small inventory of beginner rifles, scopes and stands for use. Purchasing a competition rifle and personal gear is encouraged when a long term commitment is desired by the youth. We have extensive resources to share when considering purchases and encourage you to check with the team coach prior to investing in a rifle or gear. Listed below is gear necessary to compete in this precision sport:

Precision Universal Sight Set	ISSF Shooting Coat	Silent Timer
Offhand Stand	ISSF Shooting Pants	Ammo Block
Scope Stand	Shooting Boots	Riser Block/Palm Rest
Handstop	Shooting Glove	ISSF Sling
Kneeling Roll	Spotting scope capable of 50 ft to 100 yards	Prone Mat

**Equipment Provided:** The coach will provide each team member with a target frame, stand and target holder. Members are responsible to provide medium size binder clips for their target holders and to maintain their complete target assembly. Any damage to the frame is the responsibility of the user assigned.

**Program Fee:** \$75 per year. No refunds will be given. The fee covers cost of targets. The range is provided free of charge for practice on Thursday evenings.

Ammunition, match fees, and team shirts/placards are not included in the program fee.

Membership fees in NRA, USA shooting, and Washington Pistol Rifle Association are required for competitions. Costs vary from match to match.

**Competitions:** Matches are scheduled throughout the year in Tacoma, Puyallup, Olympia, Vancouver, Seattle and Wenatchee. A schedule is provided on the Washington State Rifle and Pistol Association website located at [www.wsrpa.net](http://www.wsrpa.net) , under the TAB smallbore.

**Common Goals in Shooting:** Many shooters aspire to become state and national champions and compete in college and Olympic qualifiers. Please identify your goals - you need them to succeed.

**To get started:** Practice is every Thursday from 4:30-8 pm. If you are interested in joining the Junior Rifle Team, please make arrangements by contacting:

**Team Coach, Jeff Phillips 360.340.6635 or [ams@nwinet.com](mailto:ams@nwinet.com)**

I have read and understand the information provided in this document and will participate within the guidelines of the Poulsbo Sportsman Junior Rifle Team.

Team Member:

Signature:

Date:

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Parent/Guardian:

Signature:

Date:

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# RELEASE OF LIABILITY / WAIVER OF RESPONSIBILITY for the Poulsbo Sportsman Junior Rifle Team

In consideration of the benefits to be derived, and in view of the fact that the Poulsbo Sportsman Club is an educational facility, membership in which is voluntary, and having full confidence that every precaution will be taken to ensure the safety and well being of my son/daughter/ward, while participating with the **Poulsbo Sportsman Junior Rifle Team, 16990 Clear Creek Road NW, Poulsbo, WA.**, I agree to their participation and waive all claims against the leaders of this activity and the officers, agents, instructors, coaches and representatives of the Poulsbo Sportsman Club.

In the event of an emergency, the leader of the activity named below has my permission to obtain medical treatment (only that which is absolutely necessary) for this youth at the nearest hospital or doctor, at my expense.

\_\_\_\_\_  
(Name of youth participant)

\_\_\_\_\_  
(Name of parent of guardian)

\_\_\_\_\_  
(Signature of parent or guardian)

\_\_\_\_/\_\_\_\_/\_\_\_\_  
(Date)

During the activity listed above, I can be contacted at the following phones and will accept long distance collect calls.

( ) ; or ( )

\_\_\_\_\_  
(Insurance ID and Policy Carrier)

Are there any medical conditions that the instructors or coaches should be aware of?

\_\_\_\_\_  
This youth is highly allergic or sensitive to:

\_\_\_\_\_  
What, if any, medication is this youth taking?

\_\_\_\_\_  
Are there any special instructions for this medication?

\_\_\_\_\_  
Do you want the instructor or coach to carry the medication? YES \_\_\_\_\_ NO \_\_\_\_\_

**Image and Voice Consent for the  
Poulsbo Sportsman Junior Rifle Team**

Participant, and his/her parent or guardian (as appropriate), hereby grant permission to Poulsbo Sportsman Junior Rifle Team to be photographed or otherwise have images or voice recordings made (including but not limited to digital photographs, video or digital moving images, and/or voice recordings), for PSC publication or promotional purposes in any medium (including but not limited to print media, newspaper, television, video, motion picture, or Web site on the Internet). We additionally consent to the use of the student (or adult) participant's name and/or interview comments in connection with PSC publication or promotional purposes in print media, newspaper, television, video, motion picture, or Web site on the Internet. We understand that consent to use of the student participant's likeness or voice recordings is not a condition of participating in the activity and that consent can be refused without any impact in the ability to fully participate in the program. No inducements or promises beyond our acceptance of an opportunity to promote PSC and its programs have been given to the persons signing below. Any other use of images and/or recordings, my name, and/or interview comments requires advance permission. We understand that we can revoke this consent at any time upon notice to PSC, at which time either, or both of us will sign a copy of the denial (below) for use of images or voice recordings.

- We AGREE to the use of digital images or voice recordings as set forth above.

-OR-

- We DO NOT AGREE to the use of digital images or voice recordings as set forth above.

I have read, understand and consent to the foregoing statements. I am the parent or guardian of the child (minor under the age of eighteen, or other person legally incompetent to contract), whose name is set forth on this form or I am an active team member eighteen or older.

Team Member:

Signature:

Date:

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Parent/Guardian:

Signature:

Date:

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