

How to join the rifle Team

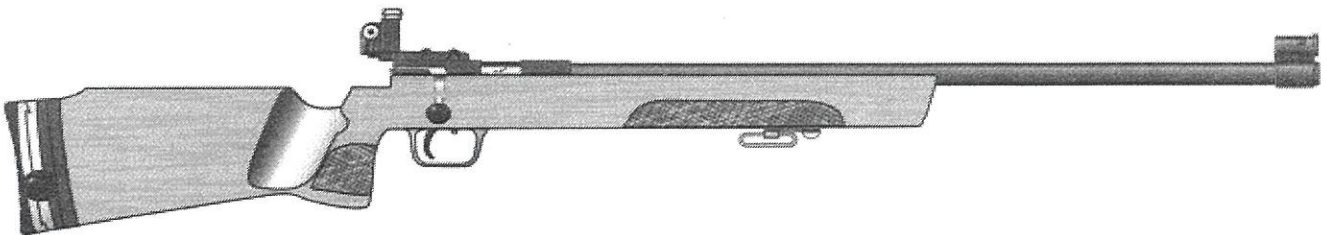
1. Sign List
2. Pick up and read this booklet
3. Come to a voluntary Practice on Wednesday or Thursday
4. Get Safety Info from coach and Pass safety test (Not required every year only once)
5. Hand in a physical form at nurses Office or Athletic office) or recertify (if you already have a physical for a sport) it must be dated after October 7 (Forms available on school's website, at athletic office or nurse) IRMC-Urgi-Care gives free physicals.
6. Fill out personal form in Packet and hand in by first date of mandatory practice, Nov 18
7. Pick up pay to play form in front of athletic office and hand in to **east pike**
8. Sign and hand in cautionary statement in packet
9. Come to practice after school every day starting November 18.
10. Fill out medical card (Card will be handed out first week of practice)

Indiana Varsity & JV Rifle

2019 - 2020

(Both Parents and Students need to read this entire document!)

Head Coach: John Hartman
Assistant Coach: Marquette Pizarchik



Team Rules

1. **Safety** is number one. No horseplay will be tolerated.
 - A. Hearing protection **will** be worn while on the firing line.
 - B. Eye protection is recommended but not required.
 - C. You will only point your rifle at a target; other objects downrange including the clips, thumb tacks, and target holders **will not** be used as a target.
 - D. Everyone has the right and responsibility to call a cease-fire if an unsafe condition exists.
2. Range commands are as follows:
 - A. To start a relay: "Ready on the firing line? The line is hot! You may remove your empty chamber indicators. You may load, lock and commence firing."
 - B. To end a relay: "Cease Fire! All Bolts Open! Insert Empty chamber indicators! Clear on the firing line? The firing line is now clear. You may go down range."
3. Each relay will be 1/2 hour in practice (15 min in competition). Develop a pace. You may shoot more than one relay only at the discretion of the coach. If you wish to fire at additional positions you may do so at the discretion of the coaches after practice, as time permits.
4. **First Relay starts at 3:00 PM.** Be on time. Go directly to the range from school. The 2nd relay starts immediately after 1st relay, etc. till all relays are completed. **During your wait time it is advised that you do your homework or prepare to shoot.** Practice should be over between 4:30 PM and 5:00 PM. (Please arrange to be picked up by 5:00 PM.)
5. The rifles **will** be cleaned regularly. Each rifle will be assigned to at most four people. **These persons will be responsible for the rifle's condition.**
6. **No food** will be allowed in the range area.
7. **The range must be kept clean. All team members** are responsible for its condition. Our Practice range is also our competition range, KEEP IT CLEAN.

Policy on cutting: I may make some cuts this year to save time, effort, money, and to better serve the remaining shooters. This has not been necessary in the last 15 years. I cannot accommodate more than 28 shooters (4 relays x 7 positions). I will keep 30 shooters. The following criteria will be used to select who stays – not in any particular order.

1. Experience with this rifle team.
2. Experience with other shooting teams and leagues.
3. The year of school – i.e. A freshman with marginal skills will be given the benefit of the doubt but a senior with marginal skills may be cut. I discourage seniors from trying out for the team if they have never shot before.
4. Attitude
5. Discipline
6. Academics
7. Attendance
8. Performance

Varsity Letter criteria:

During competition you can earn varsity points.

Varsity points can be earned as follows:

If you shoot a 100 you will receive 10 points.

If you shoot a 99 you will receive 9 points.

If you shoot a 98 you will receive 8 points.

If you shoot a 97 you will receive 7 points.

If you shoot a 96 you will receive 6 points.

If you shoot a 95 you will receive 5 points.

Etc. to 91.

If you shoot 90 or less you will not receive any points for the score.

You will also receive one point for every x regardless of the numerical score.

JV Matches receive the same points

(A 100-10x is therefore awarded 20 varsity points. This is the assumed maximum points for every match.)

To receive a varsity letter **you must compete in at least one varsity match** and achieve 50% of your maximum varsity points possible. (i.e. If you shoot in 5 matches you could score 100 pts with 5 perfect 100-10x performances [5 x 10 for the score + 5 x 10 for the x count) you must score 50 % or more to letter or 50 points.)

To receive a JV Award **you must compete in at least one JV match** and you must achieve 30% of the points possible.

The coach reserves the right to give an honorary varsity letter to an athlete that does not match the above criteria but has contributed to the team effort in other ways.

The coach also reserves the right to take varsity points away from the shooter if the shooter does not come to practice or contributes negatively to the team.

Some brief notes on performance:

We **are** an excellent team and I aim to keep it at this competitive level. In order to achieve this you **must** learn some simple techniques.

1. **Relaxation** - We have relaxation mp3 available for your use. Tension must be eliminated if you are going to maintain concentration. Stress reduction **will** improve shooting. **Do not interfere** with others while they are preparing. At matches, buffer the next shooters from distractions and stress that may be accidentally or purposely placed on our team.
2. **Avoid distractions** such as shot counting and mental failure. **Every shot** that is fired is a **perfect shot** in your mind. You can do nothing to correct the hole in the paper, so forget about it and move on to the next bull. Do your absolute best every time. Do not count on a teammate to pull the team through a match. Above all, do not let the team down by deliberately shooting a bad bull for the "fun" of it. I see no humor in this immature behavior.
3. **Visualize** every step from preparation to shooting of a target at least twice every day. Shoot only 100 - 10x's in your dreams. **Remember: Sight alignment, sight picture, breathing, trigger control, and follow through. (It as easy as 1,2,3,4,5!)**
4. **Positive mental attitude** will help you when all else fails. **You are the best**, that's why I picked you for competition in the match. **You can shoot** a perfect score. It is not that hard, it just takes total concentration. As long as you do your best, the team will do its best. Your coach, fellow team mates and your parents will love you no matter what the score is, provided you put your best effort into the competition. **Relax, concentrate and above all have fun!**
5. **Keep your body healthy!** Do not engage in unhealthy behaviors (i.e. smoking, drinking, dangerous horseplay, etc.) Even Caffeine, sugar, and salt in the body to excess will cause a loss in your ability to shoot well. **If you are caught smoking, drinking or doing drugs, I will suspend you for one match. This includes during your free time. If the occurrence happens at a school or on a bus or during practice at the range you will also be subjected to the school's discipline policy. If you are a smoker. QUIT!** The use of drugs will not be tolerated at all. Although our district does not have a mandatory random drug test policy for its athletes, these policies have been upheld by the courts and the district has the right to randomly test any athlete at any time for substance abuse. **You may be forced to submit to a random drug test during the season.** Several schools in our area have instituted drug testing (Seneca Valley, Latrobe, Greensburg Salem, etc.) If positive, you will be removed from the team, you will receive treatment and you may be removed from school. In addition, **any matches that you competed in may be forfeited to the opposing team** because WPIAL strictly forbids competition of any kind while under the influence. **Please do not put yourself or this team in jeopardy.**
6. **No hazing.** Indiana School District has a **strict** anti-hazing rule. **If the school does not control hazing, all teams from the school may be removed from championship playoffs according to WPIAL policy.** In 2001, Central Catholic removed themselves from the football playoffs to avoid all their teams being sanctioned by the league for the year.

Team Goal: One shot at a time! One target at a time! One Relay at a time! One match at a time! One WPIAL Championship at a time!

Parents,

The personal form and medical cards are taken to every away match and are always with me. I depend on this form to make any critical decisions that I may have to make. This form and medical card information is **never released** to anyone except emergency personnel, legal and school authorities. **However, your address, phone number, and email will be forwarded to the Rifle Boosters so that they may contact you about their organization.** I encourage them to set up a phone tree so that you will know when to meet your child when we return from away matches.

In addition to this form, your child must have a **signed physical form at the nurse's office by November 18.** Your child cannot practice without this physical. Recertification forms and physical forms must be dated after October 7. IRMC Urgi-care offers free physicals. Take forms with you. Your child must pass a safety exam. Also, if your child has repeated a year in school, I must know this. His PIAA and WPIAL eligibility may be in question. To stay eligible your child must **be passing 4 credits, must not be failing two or more subjects in a week, and must not miss more than 20 days of school.** If he is tardy, he **must be in school by 8:54 a.m.** to participate in competition. **If your child is ineligible for a week, they may not attend practice or competition from Sunday to the next Saturday night.** If your child turns nineteen during the year he may continue to compete provided his birthday is on or after July 1st of the present school year. These are PIAA rules and **no exceptions** can be made. Feel free to call me anytime you have questions.

As always, I have an open door policy at our practices. **You are permitted to visit and observe any practice or match at any time.** If on the range, you will have to follow our range rules. There is not much to see during competition. Many visiting coaches do not want spectators on the range during the relay, but they will have to get over that. I might be able to allow several people on our range during competition as long as the opposing coach does not complain of distraction. During away matches, there is no room on some ranges for any spectators. In fact there is barely room for the competitors, so spectators are rare. Please see me if you are considering attendance at any away match.

I will make every attempt to use your child in competition at least 3 times in a year. I will try to take your child to at least 1 away match. I usually take only 15 children to away varsity matches unless the away range is large. (10 children are guaranteed to shoot, 2 might shoot if the opposing coach wishes to shoot a JV score, 3 children could shoot if space and time permits but usually they will only act as support personnel and replacement shooters in case of illness or emergency.) At JV matches I will try to use all athletes not on the present varsity team, I will take as many as I can to away matches. As the year progresses, I will rotate some players on and off of the varsity team. This usually occurs because of performance, but could be the result of eligibility. **I keep statistics on every shooter throughout the whole year, and use the statistics and my "*coach's intuition*" to help pick the team.**

If you have a question about my judgment, I will set up a conference with you and your athlete to discuss the rationale behind my choices. I try to weigh the best interests of the team with the best interests of each athlete. Although rifle is an individual sport, **it is also a team sport.** Therefore, it is my responsibility (and I take it seriously) to not only be competitive but also to always look at development of future team members. Even if your child does not make the varsity team, please encourage him to compete as a JV member. Seniors are permitted to compete on JV in this sport but will be used sparingly. **Seniors are not guaranteed a spot on varsity.** In fact, **no one is guaranteed a spot and everyone on varsity could be replaced** at any time if his or her performance drops. **Freshman can and have shot at varsity matches.** Your child may develop to varsity performance level by the end of the year. Without serious practice, your child will never know their true potential. Please help to encourage your child to continue to improve. Patience is a blessing in this sport. Like many sports, it takes a while to learn the fundamentals.

Coach Pizarchik is my assistant coach. She is a very qualified and skilled marksman. She and I look forward to meeting all of you at some point in the season. At the end of the season we will have a parent, faculty, and administration fun shoot. Also, the Rifle boosters will set up a banquet and awards ceremony in March. Please support our boosters. All money raised goes to your children's awards and away meals.

Coach Hartman 724-388-7060

Jhartman@iasd.cc

Due to me by November 18

Personal Form

Name _____ Birth Date _____

Address _____

Parent's Phone: _____ Year of Grad 2020 2021
(circle one) 2022 2023

Parent's E-Mail _____

Parent/Guardian Name(s) _____

Alternate Person to call in case of emergency _____

Emergency Phone Numbers :

1 _____ 2 _____

Allergies? _____ Carries an epi-pen, or medication? _____

Is your son/daughter able to take extra strength Tylenol? _____

Due to the nature of shooting sports, are there any physical or emotional problems I should know about?
Any signs I should look for?

If your son/daughter must take any medicine at any time during the year, **I must know what they are taking**. Sorry, but this is a safety precaution for shooting sports. Medicine ?

If your son/daughter has asthma and uses an inhaler, I must know. Also, WPIAL rules state that an athlete must be removed from competition if they must use their inhaler more than 3 times during the event.
Inhaler? (Circle one) Yes No

Do I have your permission to discuss medical conditions with a doctor **in case of an emergency?** (HIPA regulations forbid me from this unless you permit) Yes No (circle one)

If you cannot be reached in the event of an emergency, do I have permission to make emergency decisions, for your child, on your behalf? Yes No (circle one)

Signed

Signed

Student (if 18yrs. Old)

Parent or Guardian (all)

** (The above info does not replace the school's medical card which is required of all athletes.

Due to me by November 18

Personal Form

Name _____ Birth Date _____

Address _____

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Rifle Cautionary Statement

Rifle is a great sport. It is one of the most enjoyable sports that can last a lifetime. Enjoyment, improved play and competition safety can be ensured by paying attention and adhering to the following considerations and procedures.

Preparing for Practice:

1. High school shooters may practice or play competitively in rifle under the sponsorship of Indiana School district only when authorized and supervised by a school district coach or supervisor. During all practice and competitions and while preparing for practice or departure for competition, participants are expected to observe and follow all school district policies and rules in addition to the specific rules in this document. Shooters are expected to follow NRA rules in competition and to display proper etiquette and demeanor as a representative of the Indiana School District. Any practice or competition without school supervision or authorization will be at the shooter's expense and personal liability for damage, loss or injury. All students wishing to compete on an individual basis during the regular rifle season must also inform the principal of this action prior to the competition.
2. Choose proper clothing for competition. A medium weight sweatshirt and heavy weight pants (jeans) should be worn to provide adequate protection.
3. Protective hearing devices must be worn at all times when in the shooting area. Protective eye wear is recommended but not required.
4. Avoid all horseplay with rifles and equipment.
5. Medical eligibility is required and a physicians approval must be obtained before any practice session.
6. If ill, dizzy, or otherwise impaired, notify the coach immediately. Do not practice.
7. Check all rifles regularly for signs of deterioration and malfunction. Rifles must be cleaned regularly to maintain their performance and to insure safety. Bring any deficiencies to the attention of the coach immediately.

Travel to Matches

1. Be cautious in the parking lots to avoid injury to people or property.
2. Be alert to changing weather patterns, and adjust your driving according to the road conditions.
3. Travel to matches other than on district transportation is not permitted except in extreme circumstances. You must obtain written permission well in advance of the match.
4. Travel from matches other than on district transportation is permitted by written permission only. Please see the coach for a form.

Cautions Specific to Rifle

1. The rifle must be treated as if it is loaded at all times. Keep the muzzle pointed away from all persons and toward the ground.
2. When on the firing line, keep the muzzle pointed down range at all times.
3. Do not load the rifle till you are given the command to load.
4. Do not fire the rifle until you are given the command to commence firing.
5. Everyone has permission to yell cease fire if an unsafe condition appears on the line.
6. During competition the home coach acts as the range officer. His commands must be obeyed by all competitors.
7. Horseplay will not be tolerated.
8. Do not shoot at anything downrange except the paper targets unless instructed to do so. Avoid shooting at metal clips, metal target holders, wooden framing or supports.
9. Be alert to the competitors laying beside you. Do not distract or interfere with this person's safe operation of his rifle.
10. If a misfire or other unusual occurrence happens while on the line, notify the range officer immediately.

Emergencies

Because of the nature of rifle sport, injuries could potentially be life threatening. All injuries must be called to the coach's attention immediately. A medical kit with basic first aid supplies is available for most minor injuries. However, some injuries need more serious management and may require fellow shooters to act.

1. Immediately cease all firing and unload your rifles. Clear the firing line.
2. Call the coach to manage the situation if not already at the injury site.
3. Sit quietly in the ready area. Assist by:
 - a. Helping the injured person.
 - b. Calling 911 for help.
 - c. Bring first aid equipment or supplies to the injury site.
 - d. directing rescue squad to the accident site.
4. Fire or Fire Alarm
 - a. Cease Fire and unload all rifles.
 - b. Pick up all ammunition and take it with you to the nearest exit.
 - c. Move at least 150 feet away from the building and remain calm and quiet.
 - d. Attendance will be taken and each person must be accounted for.
 - e. Ammunition will be collected by the coach and secured as soon as possible.
 - f. Be prepared to implement an evacuation from the site if such evacuation is needed.

ACKNOWLEDGMENT

We certify that we have read, understand, and agree to adhere to the cautions, considerations and responsibilities required for participation on the Indiana Area School District Rifle Team.

Athlete Signature

Date

Parent/Guardian Signature

Date

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