

Riflery Pre-Camp Prep

Riflery instructors are hired with vast differences in their personal skill levels from being involved with competitive shooting to doing some occasional recreational shooting. Our goal with the pre camp work is to have all of our instructors arrive with the same basic knowledge of terms, actual shooting and coaching skills. This will allow us to focus our camp training on interactive ways of teaching kids.

The Riflery program at Foley is designed to give campers their first look at the sport as well as sharpen their skills. We use Anschutz .22 caliber, bolt action rifles with peep sights. The varying degrees of difficulty come from shooting higher scores on targets and shooting from different positions (prone, sitting, kneeling and standing). The staff is there to ensure proper handling of the equipment, safety and coaching the campers to become better shooters.

TASK:

1. **Read** the *CMP Rifle Instruction Guide* (on the Session 7 page) paying particular attentions to coaching techniques. Complete the Riflery Study Guide. It is important to have a good knowledge base for teaching the kids proper technique and coaching them to become better shooters. Study up! Below is a list of some sites that may also be helpful. When done send the completed Study Guide to alli@campfoley.com
2. **Read** through and have a good knowledge of the Rifle Orientation that is given to the campers at the end of this document.
3. **Shoot.** It is important to be fresh on what works for you when you shoot. The goal here is for you to have fired at least 500 rounds in the past year, the more the better! When shooting: Think about the things that you are doing, the position of your body, the way you hold your hands, lean, etc. Remember you are going to have to teach someone to do this soon. Think about how you are going to transfer this information to the different ability levels. Try different shooting positions. Being good at one position will be of little help with the other positions! Shoot, shoot, and shoot some more!

Riflery Orientation

Day 1

Range Set Up

1. Lay out mats, eyes, ears, rifles, stands just like normal (use lighter non-competition rifles)
2. Fill blocks with 5 rounds each
3. Put 1 target up per position
4. Gather instructional posters and visual aids

Rules of the Range

1. Introduce yourself and talk about your riflery experience and describe what will be happening on this first day.
2. Have campers sit on the benches – explain this is where one sits (behind the line of fire) unless given the command to come up and get your blocks and find a mat.
3. Have a camper take attendance.
4. Go over and **stress** the **three main rules of Firearm Safety** explaining the necessary parts along the way, e.g. trigger, muzzle, etc.)
 - a. Always handle a Firearm as if it is loaded!
 - b. Never touch the trigger until you are ready to fire!
 - c. Use two hands and keep muzzle pointed in a safe direction. At the Foley range it is pointed up and away from others. It is unsafe to point at concrete floor.
5. **Eye Dominance** - Have the campers determine eye dominance by making a triangle with their hands and spotting at a tree approximately 30ft away through the triangle. Once they all have the tree spotted

through the triangle, have them slowly move their hands toward their face, keeping the tree in view at all times. The eye that the triangle in their hand ends up at is their dominant eye; therefore the eye they should use to look through the rifle sights.

6. Use the teaching poster and/or the sighting tool to explain how to sight the rifle.
7. Have a camper hold any teaching aid posters that you are using while you explain how to:
 - a. Load/Unload the rifle
 - b. Shoot the rifle
8. Go over the **Riflery Range commands** (see Clipboard)
9. Inform the campers on what a “Miss Fire” is and what to do if it happens.

Practice Rounds

1. Call the first group of shooters up to the concrete, and give campers blocks with only five bullets and have them find a mat – if 10 kids or less they should all go at the same time.
2. Once each camper is settled in at a station, give the remaining commands
3. During this time the instructor(s) should be moving back and forth along the firing line and looking for/addressing any difficulties or safety issues.
4. When the shooters confirm that they are ready, instruct the campers to begin firing; wait for each station to fire five shots while continuing to move around and help shooters
5. Give the commands to check and change the targets addressing;
 - a. The proper way to leave the rifles on the mats, by gently positioning the rifle on the center of the mat, end extended six to eight inches beyond front of cement, bolt open and upward (so you can see the empty chamber) and sling not under rifle stock.
 - b. How to enter/exit the range, down the steps on the right hand side and back up the stairs on the left hand side. **Never exit or enter through the front of the firing area!**
6. Have campers switch groups and repeat process (if necessary)

The Do's and Don'ts

1. Go over **Camper rules and Regulations**
 - a. Campers must have on shoes (no sandals), shirts, and shorts or long pants. Long pants are suggested if troubled by mosquitoes. Ear and eye protection must be worn.
 - b. **Never run** while on the range.
 - c. Handle a rifle with permission only.
 - d. Improper handling or abuse to rifle is never ok. Gently set gun down. Do not drop or bang barrel or sights on mat or concrete. Keep sand off mat, that helps keep sand out of gun.
 - e. A camper posing a discipline or safety problem is asked to sit out or is sent immediately to the office.
 - f. Never take live bullets or used brass from the rifle range.
 - g. **Only shoot at targets.** Never aim or shoot at anything besides the targets. A .22 caliber rifle can easily shoot a bullet over a mile. This means that a bullet that is shot over or around the mound of dirt could easily go through the woods.
 - h. If **passing a rifle** to another person, pass with muzzle up, bolt open, and two hands on the rifle. When receiving the gun, immediately check to make sure there is not bullet in the action.
 - i. When at the mat, put on your eye and ear protection and sling if you plan to use it. Adjust sling on upper arm making the length of the sling snug - holding the weight of the gun.
 - i. **Awards:** If you are shooting for an award, an instructor must score the target. Put your name at upper right hand corner in big letters and put where directed.
 - j. **Misfires:** Anytime your rifle fails to shoot when you pull the trigger is called a misfire. Do not open bolt to check the bullet; instead yell “Misfire” to get assistance from an instructor.
 - k. **Never pull trigger** of gun without cartridge in it. This is called ‘dry firing’ and is bad for the firing pin.

2. Explain the awards system.

- a. Explain how a target is scored (refer to the “Scoring Pointers” on the clipboard)
- b. Have each camper fill out an award card, then paper clip them and label the class period

Processing

1. Do a review of commands, rules, and proper technique.
2. Possible questions include: What are the three main gun safety rules? Why are the gun safety rules so important?

Day 2

Range Set Up – Normal, 10 shots per block, 2 targets

Review

1. Have a camper come up to help demonstrate **proper form** (ask if you can mold them into prone shooter position); Discuss:
 - a. *Weight distribution*- laying on stomach with legs laying two feet apart.
 - b. *Gun support*- both elbows should be in contact with mat and they should prop up the gun to a stable sighting position with the stock pressed into the shoulder.
 - c. *BRASS* – Breathe, Relax, Aim, Squeeze, Shoot
2. Have the first group of shooters take a position on the mat. At the same time the instructor(s) should be moving back and forth along the line looking for/addressing any difficulties or safety issues and giving pointers on form. Once everyone has is ready, give the commands to begin shooting.
3. Switch groups, and repeat.
4. Continue shooting and coaching with remaining time, leaving time to process at the end.

Consecutive Classes - Think Planning Sheet

1. Introduce the advantages of using a sling and have a camper help demonstrate proper use
2. Review or advance shooting skills and concepts; working on awards.
3. Have each camper set a goal for himself or herself for that Riflery class (i.e. hitting target for the first time, hitting a bulls-eye for the first time, hitting all five shots, etc.)
4. Coach, Coach, Coach!
5. Shooting practice, working on awards