

# YELLOW JACKETS RIFLE TEAM APPLICATION

Shooters Name: \_\_\_\_\_ Shooter Birthdate: \_\_\_\_\_

Telephone: (\_\_\_\_\_) \_\_\_\_\_ BC Target Sports #: \_\_\_\_\_ Rod & Gun #: \_\_\_\_\_

Email Address: \_\_\_\_\_

Parent or Guardian: \_\_\_\_\_

Mailing Address: \_\_\_\_\_

\_\_\_\_\_

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Things we should know about the shooter (Health, medication allergies etc.):

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## ATHLETE'S CODE OF CONDUCT

The athlete/coach relationship is a privileged one. Coaches play a critical role in the personal as well as athletic development of you as an athlete. This code of conduct has been developed to aid you as an athlete in achieving a level of behavior which will allow you to work with your coaches in becoming a well-rounded, self-confident and productive human being, as well as aiding you while you represent the Yellow Jackets Rifle Team, your Sport and your Province in all levels of Competition. At all times you will remember:

- Safety first! No horse play of any kind will be tolerated.
- Shooters must complete a range and safety briefing before shooting regardless of past experience.
- Commands of the Range Officer must be obeyed at all times.

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## ATHLETES HAVE A RESPONSIBILITY TO:

1. Pay the annual registration fees as necessary for the team, provincial and national sport organizations.
2. Adhere to the instructions issued by the coaches or other representatives of the team concerning team selection and programs.
3. Follow the training and competitive program mutually agreed upon by the team coach, your personal coach and yourself.
4. The athlete will have a responsibility to;
  - Abstain from the use of tobacco products or alcohol while in a training or competitive situation.
  - Refrain from the use of profane , insulting, harassing or otherwise offensive language in the conduct of his/her performance.
  - Refrain from public criticism of fellow athletes or coaches especially when speaking to the media or other athletes.

5. Communicate and cooperate with registered medical practitioners in the diagnoses, treatment and management of any athletes' medical or psychological problems
6. Regularly seek ways of increasing athletic development and self-awareness.
7. Treat opponents, coaches and officials with due respect, both in victory and defeat, and encourage fellow athletes to act accordingly.
8. In an educational institution, be aware of the academic pressures placed on yourself and work with your coach to conduct practices and competitions in a manner so as to allow academic success.

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#### ATHLETES MUST:

1. Participate in scheduled training camps, seminars or competitions as you have agreed to in your personal training plan.
2. Provide your coach with regular reports as set out in your personal training plan.
3. Avoid any action or conduct that would reasonably be expected to significantly disrupt or interfere with a competition, or another athlete's preparation for a competition
4. Never use, advocate or condone the use of, drugs or other banned performance enhancing substances as itemized in the international Olympic list of banned and restricted substances.
5. Utilize any hearing and appeal procedures set out by the Yellow Jackets Rifle team or any other governing body as applicable for competitions for remedy of complaints and issues.

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#### EMAIL AND PHOTOS

By joining the team you are giving permission to receive team related emails and to have your image used in promotion of the team.

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#### ACKNOWLEDGEMENT OF RISK

Shooting is a sport that carries with it inherent risks. By participating in this program you acknowledge you are aware of those risks and fully understand them.

ATHLETE'S SIGNATURE: \_\_\_\_\_ GUARDIAN'S SIGNATURE: \_\_\_\_\_

NAME (Printed) \_\_\_\_\_ DATE: \_\_\_\_\_ WITNESS: \_\_\_\_\_

# EXPECTATIONS AND FEES

Welcome to the Yellow Jackets! For the new shooter we have most everything you need to get started. As you progress you will probably want to invest in some personal equipment and if you become a serious Match Rifle shooter you will also want a shooting jacket, sling, kneeling roll etc. But on day one you can just show up and shoot. You will learn more about equipment as you go along in your training. Discuss any concerns you have with the head coach.

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## OUR GOAL

We focus on 3 position shooting i.e. Prone, Kneeling and Standing. Indoors we shoot at 20M and outdoors at 50M. A new shooter is moved through the positions at their own pace. We try to have our team members master the very basic skills of sight picture, trigger control etc. in the prone position and then introduce the others as their confidence grows. Each team member will get coaching appropriate to their skill as well as interest and dedication.

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## BASIC PERSONAL EQUIPMENT

As a new shooter you will need a few basic things to start your shooting program. Equipment such as rifles and spotting scopes are available for your use at the club, however after a few visits you will need to provide your own:

1. Shooting Mat (a closed foam pad works well)
2. Elbow pads (Canadian Tire sells volleyball knee pads that work great)
3. Eye protection and/or eye blinder (ask to see one at the range you can make one)
4. Ammunition (see below for comments on ammunition)

This equipment is not necessary for your first few lessons, but is strongly recommended for your comfort and progression.

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## INSURANCE

To join the team you must be a Rod & Gun Club member so that you have insurance. Please see the Rod & Gun club website for information on membership.

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## COSTS

We charge \$50 a year for targets, payable in January of each year. If you join the team after April of each year the \$50 is pro-rated for the balance of the year.

Of course if you travel for competitions you are expected to cover your own expenses but that is optional.

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## AMMUNITION

You must supply your own ammunition. Which costs from \$3.00 a box (50 rounds) and up. It is highly recommended for target shooting you spend a bit more on ammunition. Good target ammunition is about \$5.00 to \$7.00 a box and you will shoot about one box a practice. Also it is highly desirable that you buy your ammunition in large quantities to ensure supply and consistency. If you don't have a PAL we can make arrangements for you to have ammunition during a practice. Please discuss this with the head coach if you need additional details.

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## PERSONAL FIRE ARMS

Personal firearms are permissible if they are bolt action, have appropriate sights (if you want to compete) and are used as single shot only, a clip is ok as long as it is not used to hold bullets. Rifles with tube feed magazines are not permitted. The R&G Club has seven 22 LR rifles with target sights that can be used at practices. That said, like any sport you will eventually want your own rifle. A good target rifle starts at about \$500 and goes up to thousands for a high level competition rifle.

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## PRACTICE TIMES

Thursday 6:30 PM, indoor in the winter and 6:00 PM outdoors as the weather permits. Check the club calendar for times and schedule changes.