

# HANDBOOK

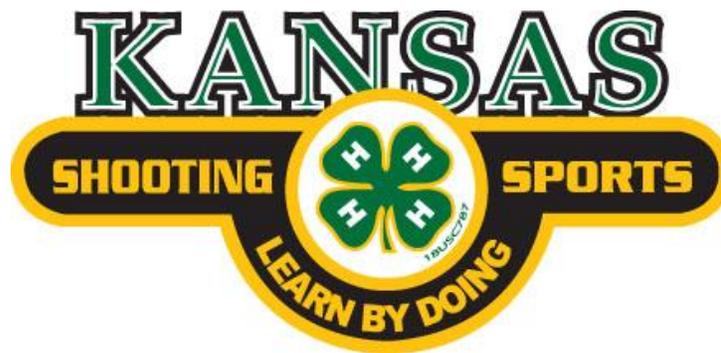
Updated May 2016

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## 4-H LIFE SKILLS

Representing those enduring qualities that help young people become confident, capable, caring and responsible citizens

- ★ a positive self-concept
- ★ an inquiring mind
- ★ a concern for the community
- ★ healthy interpersonal relationships
- ★ sound decision making



## **GENERAL OVERVIEW**

The 4-H Shooting Sports Program teaches young people the safe and responsible use of guns and the fundamentals of shooting BB guns, air pistols, air rifles, shotguns, muzzleloaders and archery.

The 4-H Shooting Sports Program uses the skills and disciplines of shooting to assist young people and their leaders to attain knowledge and develop essential life skills. In learning the rules of various firearms, members will learn safety, science and technology, youth development and interpersonal communication skills. Learning to handle firearms safely enables youth to develop important decision-making skills, an inquiring mind, and cultivate their knowledge of wildlife and natural resources.

Appealing to youth and volunteers from a wide range of urban and rural backgrounds, the curriculum uses a multi-disciplinary approach involving natural resources, wildlife, outdoor recreation and health.

## **OUR MISSION**

Provide a safe and comfortable atmosphere for youth to learn the safe handling of firearms and archery equipment while learning basic marksmanship skills with the opportunity to advance. The 4-H shooting sports project is a cooperative program between Midway District Extension and the 4-H Youth Development office at K-State Research and Extension. Through 4-H projects and programs, youth learn life skills, citizenship, communication, decision-making techniques, leadership, interpersonal relationships as well as community and global awareness. 4-H shooting sports enables youth to develop characteristics helping them become self-directing, productive, and contributing members of society.

## **QUALITY ASSURANCE**

The primary purpose of the shooting sports program is to provide a quality program serving all youth who wish to participate. The Midway District shooting sports program must offer participation for everyone from special needs participants to experienced youth. The offerings must be diverse enough to allow participation in a fun and safe, non-pressured environment and to allow advanced members the opportunity to develop their maximum potential in accordance with State and National 4-H guidelines.

## **MIDWAY DISTRICT SHOOTING SPORTS PROGRAM**

The Midway District shooting sports program is organized and operated by volunteers on behalf of the county extension offices. It is considered a District 4-H project group. Districtwide practices are run by certified coordinators and instructors along with volunteers in the following disciplines:

- air rifle
- archery
- BB gun

Each discipline is designed to teach safety, proper handling of equipment and marksmanship. Shooters will be able to continue past the beginning shooters education class in each discipline they choose to be involved in and will be notified of opportunities for competition. Whether or not they choose to participate in matches, they will be given instruction to improve their skills. Practices are run on 4-H approved ranges/areas and each discipline will have an appointed leader to run practices. Each discipline will hold enough sessions so youth can easily fulfill requirements. Each shooter and their family are considered a vital part of the program.

### **OBJECTIVES AND GOALS**

**Our Goal:** The goal of our program is to provide an avenue for the development of responsible, safe, and competitive shooters that display sportsmanship and a positive attitude when representing themselves, their families, and our group both now and in the future.

- Help area youth learn life skills through safe and enjoyable participation
- Offer a variety of disciplines offered at the State level
- Maintain a shooter to coach ratio that is safe and manageable

Our program is under the direction of the certified coordinator Tim Hays. We follow the rules and direction set by the State 4-H Youth Development shooting sports faculty advisor.

The current certified instructors are Tim Hays, Josh Womelsdorf, Cory Minear and Terry Kueser.

### **ENROLLMENT/PAPERWORK**

All members must have a standard 4-H participation/code of conduct form on file with the coach for their discipline.

### **EQUIPMENT**

Basic equipment, including safety glasses, is provided for BB gun, air rifle and archery. The equipment is shared by all youth. If youth wish to purchase their own equipment, the 4-H coordinators will provide the information necessary for the purchase and/or place the order.

## NON CERTIFIED SHOOTING SPORTS VOLUNTEERS

**Adult Participation:** We ask that 4-Hers be accompanied by at least one parent or guardian during class time. All parents or guardians are asked to help set up and clean up for practices. Our families have made this an outstanding program over the years.

As part of the shooting sports program, you are a member of 4-H and have agreed to abide by the 4-H Code of Conduct by your signature on the Kansas 4-H participation form.

### DRESS CODE

Dressing appropriately for the sport helps your performance. Would you wear ski boots to play basketball? The sport of shooting works the same way.

- You need to be comfortable in order to shoot well.
- Instructors need to be able to see how to adjust your position.
- There are clothing restrictions for formal target events.

Your clothing needs to allow you to move freely, protect your skin from the ground and shooting equipment and not be offensive to spectators. The best outfit for 4-H shooting sports is blue jeans, t-shirts and sweatshirts and athletic shoes or boots

Tank tops, midriff tops, tight pants, extremely baggy pants and shorts are inappropriate and not functional for shooting. Be sure the slogans and graphics on your shirts and jackets are appropriate.

### COMPETITION

There is opportunity for matches in each discipline at the local, regional, state and national levels. Each discipline will have a qualifying score and age requirement in order to go to any match. There is an entry fee for each match which each member is responsible for. We will send one registration form from our group for each match in which we have shooters attending. This verifies to the host match that the shooters are qualified to participate.

**Our Team:** First and foremost, it should be reiterated that ALL of our shooters are on our team. Whether their score is used to determine one of our team scores in a match or not, all of the kids participating in the program are on the team and contribute to the team.

**At any given match, the individual shooters that are chosen to represent our team will be determined by the following factors: Practice Scores, Match Scores, Attendance, Attitude, Dedication, Potential to Perform, Age, Improvement/Progression, and Team Dynamic. Obviously, many of these factors are subjective and will be determined by the coaches. However, in the end, the decision of the coaches/instructors is final.**

Some disciplines have attendance requirements for team selection. Specific rules will be shared at practices during individual disciplines.

Shooters selected for the team will be notified by the date of the match.

A complete list of state match rules can be found at [www.kansas4-h.org](http://www.kansas4-h.org) under the Shooting Sports Home Page.

## **FUNDING/FEE SCHEDULE**

At this time there is no fee to join.

To continue to provide equipment for all youth to use during the year, we may have a couple of concession stands at local matches. All shooting sports members are asked to help and work at these events. Funds are used to assist all disciplines.

## **INCLEMENT WEATHER**

At times there will be a need to cancel practices due to inclement weather. Notices will be posted on the Midway District Shooting Sports facebook page. When in doubt, call the coach before getting out.

## **COUNTY FAIR**

There is opportunity to exhibit at the Ellsworth and Russell County Fair. Exhibiting is a fun and educational way for youth to showcase their project work to judges and to the public after their participation throughout the year at practices and various matches. Ideas include a notebook of their progress (not eligible for state fair competition), a tri-fold educational display or a promotional poster for shooting sports. The instructors can suggest ideas when it is nearer to fair time in July. For more information, check the current County Fair Book. For state fair guidelines, consult the state 4-H web site at

[www.kansas.4-h.org](http://www.kansas.4-h.org)

## **RESOURCES**

Kansas 4-H Shooting Sports website: [www.kansas4-h.org](http://www.kansas4-h.org) Click on “projects” on the left hand side, then scroll down to shooting sports home page.

This website includes state match rules, county matches, match results, and other shooting sports information.

## HEALTHY COMPETITION

“To have fun” is the number 1 reason youth are involved in youth programs or activities! The Youth Sports Institute surveyed youth and found that the top 3 reasons youth drop out of youth activities and sports were:

- It was no longer fun
- There was too much pressure
- There was too much emphasis on winning

Competition is part of our lives and is important that youth develop positive attitudes about competition. Yet it is often the actions and attitudes of the significant adults in the youth’s life that determine their positive or negative reaction to competition. Understanding the youth perspective is the first step for adults to develop a positive environment. Adults need to understand the youth’s motivation and provide support rather than pushing their expectation upon the child. Younger members may be motivated more by being involved with friends, pleasing parents, and looking for competency.

Suggestions for parents to promote healthy competition:

- Praise the positive aspects throughout the process, not just the competitive part.
- Focus on the youth’s development of skills, abilities, and personal goals.
- Check your personal expectations or needs at the door.
- Don’t live out your own life’s dreams through your child’s participation.
- Support your child.
- Be a positive role model. Enjoy the event and activity in a socially appropriate manner.
- Provide the opportunity for your child to process their feelings and experiences after a competitive event. This can help resolve any sense of failure.
- Positive expectations and ethical standards encourage and support appropriate behavior.

Healthy competition can be a rewarding experience if the child is developmentally ready.

### **Sportsmanship and Conduct**

**What match rules say:** “Kansas 4-H Code of Conduct” will be followed (see Kansas 4-H Participation Form). One warning will be given. A second occurrence of an infraction will result in automatic disqualification.”

**Coaches’ Interpretation:** If you get a behavior warning, you’re out of the match. We are representing Midway District 4-H, and we expect the upmost sportsmanship, kindness, and class to be represented by our shooters, parents and leaders.

**Note from Coaches:** We firmly believe the shooters that qualify to shoot in matches proved they are completely capable of independently executing their shooting during the match without involvement from parents. Please respect your shooter and coaches by allowing your son or daughter the independence to enjoy the match they worked hard to qualify for without negative interference (such as pressure, coaching, or negative reactions to your shooter’s performance). What our shooters need at this point is positive parental support and for their parents to be proud and enjoy watching them at what they enjoy doing. We coaches who have kids shooting will be upholding ourselves to this same standard as coach/parents!

## **BEGINNING SHOOTERS SAFETY EDUCATION CLASS**

All first year 4-H members participating in Midway District 4-H Shooting Sports must participate in a mandatory safety training class. A parent must attend with the 4-H member, and the member must complete the entire training in order to be able to shoot in the 4-H program. The class covers gun safety, proper gun handling, rules for practices and hand's on practice in air rifle, air pistol and BB gun. All equipment, except safety glasses, will be provided for the members.

NOTE: This IS NOT a hunter's safety educational class.

Once shooters education has been completed, a certification of completion certificate will be given. In order to receive a certificate of completion, a shooter must:

1. Demonstrate safe gun handling skills at all times
2. Be present and on time for class practices

After the shooters complete the class, they will continue practicing in their enrolled discipline to work on developing their skill in the various positions.

## BB GUN

**Goal:** Youth will learn the fundamentals of BB Gun marksmanship, rules, and safety guidelines.

**Objectives:**

- Understand the fundamentals of safety
- Recognize and identify the basic parts of a bb gun understand their function
- Determine eye dominance
- Understand and practice proper sight alignment
- Know and obey basic range rules and etiquette
- Understand basic shooting procedures
- Have fun!

**Time frame for practices and matches:** Held during the months of November through April

*Age:* 8 years old before January 1<sup>st</sup> of current year

*Required:* Complete shooters education class – see Beginning Shooters Education

*Location:* Ellsworth Gun Club, 2 miles N off Hwy 40 on 13th Rd

*Date//Times:* Start October through the end of April. Second Sunday of the month 2-4

*Equipment:* BB Guns are provided for the shooters. If youth wish to purchase their own gun and other equipment, the coaches will provide the information necessary for the purchase and/or place the order for approved equipment and special pricing.

*Instructors:* Cory Minear                      Josh Womelsdorf                      Terry Kueser

**Match Qualification**

To be eligible to participate in a match hosted by another county, members must be able to shoot a score of 250 in practice, and be able to demonstrate proper gun handling skills

To be eligible for state match competition, members must shoot a score of 325 at any state qualifying match.

## AIR RIFLE

**Goal:** Youth will learn the fundamentals of rifle marksmanship, rules, and safety guidelines.

**Objectives:**

- Understand the fundamentals of safety
- Recognize and identify the parts of air rifles and their function
- Understand and practice proper sight alignment
- Practice trigger control
- Know and obey range commands
- Understand basic shooting procedures
- Have fun!

**Time frame for practices and matches:** Held during the months of November through April

*Age:* 8 years old and older before January 1<sup>st</sup> of current year

*Required:* Complete shooters education class – see Beginning Shooters Education

*Location:* Ellsworth Gun Club, 2 miles N off Hwy 40 on 13th Rd

*Date//Times:* Start October through the end of April. Second Sunday of the month 2-4

*Equipment:* Air rifles are provided for the shooters and youth will share equipment. If youth wish to purchase their own gun and other equipment, the instructor will provide the information necessary for the purchase and/or place the order.

*Instructors:* Cory Minear                      Josh Womelsdorf                      Terry Kueser

### Match Qualification

To be eligible to participate in a match hosted by another county, members must be able to shoot a score of 300 in practice, and be able to demonstrate proper gun handling skills

To be eligible for state match competition, members must shoot a score of 400 at any state qualifying match.

# ARCHERY

**Goal:** Youth will learn the fundamentals of archery marksmanship, rules, and safety guidelines.

**Objectives:**

- Understand the fundamentals of safety
- Recognize and identify the parts of bows and arrows and their function
- Determine eye dominance
- Understand and practice proper sight alignment
- Know and obey range commands
- Understand basic shooting procedures
- Have fun!

**Time frame for practices and matches:** Held during the months of May through October

*Age:* 8 years old and older before January 1<sup>st</sup> of current year

*Required:* Complete shooters education for archery

*Location:* Ellsworth Gun Club, 2 miles N off Hwy 40 on 13th Rd

*Dates/Time:* Start early May through the end of Sept. Second Sunday of the month 2-4

*Equipment:* Bows, arrows, finger tabs, arm guards, and quivers are provided for the shooters. If youth wish to purchase their own bow and arrows and other equipment, the instructors will provide the information necessary for the purchase and/or place the order.

*Instructors:* Tim Hays      Cory Minear

## Match Qualification

To qualify for state, you must shoot the following score at any state qualifying match

Recurve - Bare Bow - 80

Recurve - Olympic - 120

Compound - Bowhunter - 160

Compound - Open - 180

## **YOU NEED TO BRING**

A good attitude

A desire to learn

The willingness to practice safe handling of equipment at all times

The ability to have fun

## **RULES OF GUN SAFETY**

Always keep the muzzle pointed in a safe direction

Keep the action open & exposed and the safety on unless shooting

Keep your finger out of the trigger guard until ready to fire

## **RANGE RULES**

Shooters and Parents must sign in and out upon arrival and departure

Eye protection must be worn at all times

Anyone can call a "Cease Fire"

Electronic devices are not permitted on the firing line

Cell phones must be turned off or on vibrate

No food or drinks on the firing line

Respect the facilities and other's property

Wash your hands when you leave the range