



LOS ANGELES RIFLE & REVOLVER CLUB  
ORGANIZED 1906

## LAR&R - USA Shooting Regional Training Center

### Intermediate 3-Position Smallbore Rifle Clinic South El Monte, California October 9 and 10, 2010

Dear Prospective Clinic Applicant:

July 4, 2010

We invite you to attend the first intermediate 3-Position Rifle Clinic conducted by the LAR&R USA Shooting Regional Training Center (RTC).

#### **Curriculum:**

This Clinic features theoretical and practical tips in competitive shooting and many useful handouts for reference. Class room and live firing combine for an almost immediate application of new knowledge - both challenging and fun. Other topics planned, time permitting: Fitness and Nutrition, Diary, Shot Plan/Mental Program, Contingency Planning, Mental Training and Visualization, Vision/Glasses, Wind Reading, Training Planning, Goal Setting, Winning Attitudes, Match Conditions, Finals, USOC Sport Psychology Services, Rifle Care and Cleaning.

#### **Instructors:**

**BILL BOYLE** (primary instructor) - Level-III coach and member of the National Coach Development Staff; World Cup Team Moscow 1988; World Championships Moscow 1990 in a Team support role plus World Cups in Sydney Australia 2000, 2002, 2004, 2007, and 2010; World Cup Beijing 2008 and 2009 with coach David Johnson. Coach support -World Championships, Munich 2010; Advanced Junior Camps coach & instructor - US Olympic Training Center.

**DAVID KIMES** (instructor) - Level-III coach; US International Rifle Team, '66,70, 73, 74, 78, 79, 80, 82 and 1986; 1980 Olympic team; two-time world champion with world record 3-P 300 meter Standard Rifle. Head Coach, LAR&R - USA Shooting Regional Training Center.

**Rifle coaches** – you are welcome to attend at a discount - for both the contribution of your knowledge and to share class content with the athletes you coach.

**Date:** October 9-10, 2010; **Time:** 8:00 a.m. to 4:00 p.m.

**Location:** LAR&R-RTC, Los Angeles County Whittier Narrows Recreation Area, Athletic Area A;  
1700 Loma, South El Monte, CA 91733

**Fees:** \$60 for shooters, \$50 if shooter is a junior – 20 and under, and \$25 for rifle coaches or non-shooters. The fee includes all class materials, 2 lunches, bottled water and soft drinks. If the clinic is cancelled your fee will be refunded. A participant may cancel up to 72 hours before the start of the clinic and the fee will be refunded.

**Minimum of 10 Shooters, Maximum 18 plus 6 Coaches/Non-shooters;**

#### **Cancellation Policy:**

We reserve the right to cancel the clinic if less than 10 applications. Clinic date may change or be cancelled due to unforeseen circumstances. If the clinic is canceled your fee will be refunded. A participant may cancel up to 72 hours before the start of the clinic and have the fee refunded. So, please do not wait, send your application today.

#### **Application and waiver forms:**

Please take a moment to complete the application and waiver forms. Parents must sign the waiver form if applicant is a minor. Forms can be obtained on-line from our junior program website – [www.JuniorShooters.com](http://www.JuniorShooters.com) – see the clinic information frame then click on “[Click here for more information](#)”, or you may request them from our local contact (below).

**Deadline for applications and fees is SEPTEMBER 10, 2010.**

Visit [www.JuniorShooters.com](http://www.JuniorShooters.com) for more information, directions, application packet and future updates.

#### **Equipment:**

As an intermediate level position shooter, you will need to bring your own equipment (as if for a match, including mats) and standard velocity ammunition to the clinic. (see attached equipment list)

#### **Point of contact:**

David Kimes - 714-739-5819 (leave a message, if home we will pick up) or email: [dwkimes@earthlink.net](mailto:dwkimes@earthlink.net) if you have any questions. (put “RTC” in the subject line) The application form should be sent, preferably by email as an attachment. You will be notified when to send signed waivers and clinic fee. The waivers can be filled out on the computer, but must be signed by hand and sent in with the fee. In the case of minors (under 18), their waivers must be signed by their parent or legal guardian.

We are looking forward to seeing you in October!



LARR USA *Shooting* Regional Training Center  
[www.juniorshooters.com](http://www.juniorshooters.com)  
Intermediate 3-P Smallbore Rifle Clinic May 9 and 10, 2010

APPLICATION

Instructions: Put cursor on first gray box and type in information, tab to next box and so on.

Name:

DATE:

Parent's Name, if Minor (under 18):

Address:

City:

St.:

Zip:

Phone Home:

Email:

Phone Cell:

Age:      DOB:

Competition Classification:

NRA #

Coach Classification:

Prior Shooting Experience:

Non-Shooter: Sponsor     Parent

Shooting Equipment: Bring all equipment needed for a 3-P match including mats and rule books. (see attached list for an example). Also bring approximately 500 rounds of ammunition.

Procedure:

1. Send completed application as an attachment to **dwkimes@earthlink.net** (put "3-P clinic" in the subject line). Or send via mail to LAR&R Club 3-P Clinic, C/O David Kimes, 5712 Conifer Drive, La Palma, CA 90623. Space is determined by date of receipt of application.
2. When contacted by LARR – RTC send waiver forms along with a check made payable to LAR&R Club. Put 3-P Clinic on the "for" line of the check.  
Mail to: David Kimes, 5712 Conifer Drive, La Palma, CA 90623. (\$60 Senior, \$50 Junior (20 and below), \$25 Coach/non shooter.
3. Note: classroom space is limited to 18 shooters and 6 coaches/non-shooters. If there 6 coaches and more non-shooters, coaches will have priority to the classroom space regardless of when application is received.
4. You will receive a receipt

All participants will have to sign a range-photograph waiver.

*July 3, 2010*

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### **Equipment List**

1. .22 Caliber Smallbore Target Rifle with Metallic Aperture Sights (must meet NRA Smallbore Rule 3.2 – see below
  - a. Tools for adjusting the rifle's hardware
  - b. Rifle case
2. Hearing Protection: Ear Plugs and/or Ear Muffs
3. **Eye Protection - Shooting Glasses, Safety Glasses or Prescription Safety Glasses**
4. Yellow Open Bolt Indicator
5. Ground Cloth - Shooting Mat, 3' wide by 5' long (approximately) Heavy Carpet, or Heavy Blanket
6. Sling with Sling Swivel **on** Rifle hand stop
7. Shooting Glove or Shooting Mitt
8. Shooting Jacket -- Cloth with Leather/Rubber Shoulder-Ann-Elbow Pads or NRA Leather or International Style
9. Sweat Shirts (2) - Medium to Heavy Thickness, Non-hooded recommended, Zipper Front is OK
10. Spotting Scope with Stand for use in Prone to Standing Positions (Recommend 20X min.; Higher Power or Variable Power - Optional)
11. Kneeling Roll
12. Loading Block
13. **16 Target Clips (binder clip No. 100 - Large)**
14. Standing Position Rifle Stand
15. Cleaning Rod Guide
16. Cleaning Rod, Single piece, plastic coated recommended, with JAG.
17. 2-3 Bore-Brushes, .22 Cal. Rifle (other than for pistol)
18. Bore Cleaning Solvent, 4-6 ounce bottle (If glass bottle, should be wrapped with several layers of Masking Tape to help prevent breakage.)
19. 50-100 Bore Cleaning Patches
20. Tooth Brush for Rifle Cleaning
21. Q-Tips for Rifle Cleaning
22. Bloop Tube cleaning equipment
23. Ammunition: 500 rounds of standard velocity target ammunition
24. Equipment carry case or box

### **OPTIONAL ITEMS**

1. Shooting Trousers
2. Shooting Boots
3. Wind Gauge
4. Stopwatch or Electronic Timer. A timer that will permit the count-down of hours and minutes is recommended.
5. Telescopic Sight for Rifle
6. Rain Gear - Rain Suit or Poncho
7. Bug repellent
8. Sun Screen

**Acceptable Rifle** - The clinic will accept any .22 caliber target type rifle that meets Rule 3.2 of the current NRA Smallbore Rifle Rules.

**NRA Smallbore Rifle Rule 3.2** ~ A rifle authorized for use in smallbore rifle matches using cartridges commercially catalogued as die ".22 Short," ".22 Long" or ".22 Long Rifle" cartridges. There are no restrictions on the barrel length or overall weight of the rifle and accessories. No portion of the rifle or any attachment to the rifle shall extend more than 3 inches beyond the rear of the shooter's shoulder. A butt-plate conforming with NRA Rule 3.15 may be used. "Around the body", or "around the shoulder" hooks are not permitted. The same rifle must be used throughout all stages of any one match (except aggregate) except in the case of a malfunction or disabled rifle when the competitor may change rifles with permission of the Chief Range Officer. In NRA 3-Position Course shooting this rule will govern the conduct of the match and may not be waived by the Match Sponsor.

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WAIVER

I agree to indemnify and save harmless the LARR USA *Shooting* Regional Training Center, Los Angeles Rifle & Revolver Club, The LARR Junior Club, its instructors, Coaches and all officers and volunteers thereof, from all suits or actions brought for, or on account of any injuries or damages received or sustained by any person or persons by or from the consequences of any negligence or any act or omission of the above named occurring during the course of said Instruction.

I certify that I am in good health and able to participate in this event.

I agree that any photographs or video that is taken during the clinic may be used to promote LARR-USA *Shooting* Regional Training Center.

Dated:

Signed: \_\_\_\_\_

Print Name:

Parents Signature: \_\_\_\_\_

Parents Name:

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**AUTHORIZATION AND CONSENT TO TREAT FORM FOR MINOR**

Please fill out on computer and print out or print plainly in ink.

Date:

Parents Name:

Minor's Name:

Address:

City:

State:

Zip:

Phone No.

Cell Phone No.:

Email:

Minor's Birth Date:

Age:

We the undersigned parent/legal guardian of \_\_\_\_\_, a minor, do hereby authorize the LARR USA *Shooting* Regional Training Center, Los Angeles Rifle & Revolver Club, The LARR Junior Club, 1300 Loma Aye., South El Monte, CA 91733 as agents for the undersigned to consent to and to provide any first aid as required, including paramedics and ambulance as well as any x-ray examination, anesthetic, medical or surgical diagnosis or treatment and hospital care which is deemed advisable by, and is to be rendered under the general or special supervision of any physician and surgeon licensed under the provisions of the Medical Practice Act, whether such diagnosis or treatment is rendered at the office of said physician or at a hospital.

It is understood that this authorization is given in advance of any specific diagnosis, treatment, or hospital care being required but is given to provide authority and power on the part of our aforesaid agents(s) to give specific consent to any and all such diagnosis, treatment or hospital care which the aforementioned physician in the exercise of his best judgment may deem advisable; and neither said agent or any organization involved assumes any financial responsibility for exercising this action.

This authorization is given pursuant to the provisions of Sections 25.8 of the Civil Code of California.

Name of Insurance Company: \_\_\_\_\_ Policy No. \_\_\_\_\_

Doctors Name: \_\_\_\_\_ Doctors Phone Number: \_\_\_\_\_

Doctors Address: \_\_\_\_\_

Special Medical and/or Psychiatric information of minor:

Dated:

Parents'/Legal Guardian's Signature: \_\_\_\_\_

Print Parent/Legal Guardian Name : \_\_\_\_\_