

## **2013 Scholastic Clay Target Program National Championship**

Monday, July 13 – Friday, July 19th

Sparta, Illinois

Please Bring the following to this Sunday's, JUNE 30<sup>th</sup>, meeting:

To be loaded in Trailer

- Athlete BSS Chair and chair for each parent/guest attending
- Range Bags / Luggage you wish to send instead of checking at airport.
- Personal coolers – small one for Frog Togg or personal cooler to be kept in your trunk or hotel room during the competition week.
- Insulated Personal 1 gallon or ½ gallon water jug. Athletes do not need to drag from station to station because of golf carts. Hydration impacts athlete performance and space is limited on golf carts so thank you all for this accommodation. Parents your health care is equally impacted by hydration.
- Umbrella's

Packing List:

Rain Gear:

- Hooded Rain Jacket / pants / or Extra Large Ponchos for everyone
- Extra pairs of sock and shoes in case feet get drenched

Mid-West Summer storms have been frequent and severe this year. Day-time storms begin with heavy (humid) still air, as systems build, then progress with high winds, driving rain, then temperatures drop 15 to 20 degrees after storm. If air temps are dropping before storm hits, expect hail. We have one of the United States greatest weather experts –Doug Meyers on staff to advise our TEAM. Thx Doug.

Hydration/Health:

- Pepto / Tums
- Pain Relievers
- Electrolyte packets for personal water container ( See De Castro info sent home with athletes)
- Insulated 1 Gallon Personal Water Jug for each person. Packet full of ice, then add water at start of each day.
- Sunscreen – looks like a big chap-stick. It will not sweat into eyes and sting. ( See De Castro info sent home with athletes )

### Cooling:

- Frog Toggs or something like them
- Small Cooler to fill with ice/water for Frog Toggs, ( Could be purchased at Target in O'Fallen )
- Add  $\frac{1}{4}$  cup iso alcohol to ice/water to cut down on germs and increases evap rate.. do not get in eyes, obviously.
- Parents should also all have large drinking water containers filled to the top with ice, then water added. Water alone will not help cool anyone down if weather is hot and humid... Must have ice. Thank you and you will be glad you did.

### Clothes:

- At least 2 pairs of black competition shorts
- At least 2 competition tee-shirts
- BSS Hat
- BSS Polo for athlete ( keep in back of vehicle at all times... used for media interviews, award ceremonies, meet and greets, ect.... )
- Travel Clothes
- Parent's please plan on 2 red/white shirts. Please wear to opening ceremony and last nights awards.

### Misc>... To purchase in O'Fallen, Illinois....

- Laundry soap
- Little coolers or any item you might need from a SuperTarget that you may have forgotten.
- Any personal items that you need you can get across the interstate at the PowerPad. Shops like, Target with a Pharmacy, Cost Plus World Market, Starbucks, Grocery store-pharmacy, bakery, deli counter, ect., Bank, Tire Repair shop... many chain-restaurants.
- Grocery Store opens at 6 AM. Daily ice run and team sandwich provisions, chips, and snacks we get from here. See: Sign-up Genius Same task(s) daily for max efficiency. Keep your receipts for Head Coach Brown and give to him on last day of event.
- Stuff for Spirit Posters for Grand Stands.... Bringing our beautiful BSS Banner...

**What is in your TRUNK?**

**Everyday plan on having the following in the back of your trunk.**



**Athlete's should have car packed and ready before breakfast and Team Briefing. See daily Schedule**

1. Range Bag
2. Athlete's Competition Gun
3. Bag with your family rain gear, extra socks, shoes. Umbrella for sun/rain. Varsity Polo: Keep in car all week.
4. Athlete's favorite snacks.
5. Personal 1 gallon water containers for each athlete, parent and guest. Prepared before you leave hotel. Load completely with ICE...
6. Team Groceries – Per Sign-Up Genius Same task all week.
7. Varsity Polo Shirt ( Need for Public Relations events and Awards Ceremony's)
8. Personal Cooler for food if needed.
9. Small personal cooler for FrogToggs, pre-packet with ice/water/alcohol before you leave hotel.
10. Schedule / Maps / Athlete packets / Tickets... ect....
11. Camera's
12. Family health items, electrolytes, pain relievers, pepto, tums, prescriptions needed, ect.

13. Umbrella for rain/sun...

14. Please advise head coach of any major medical conditions, including parents.

### **BRONCO SHOOTING SPORTS TEAM TRAILER:**

All hands on deck...

Every morning and evening. Nice, neat, orderly, team work happens here.

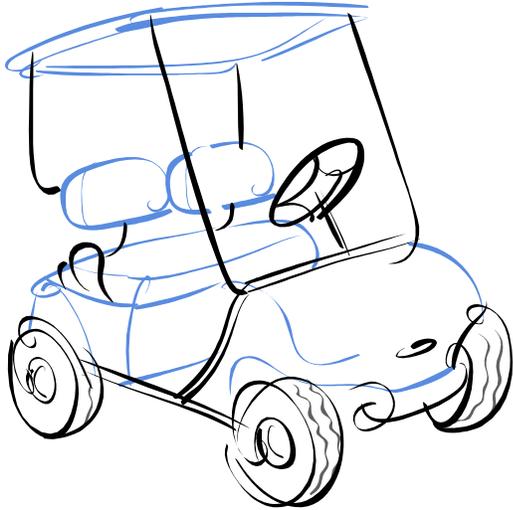
Also the site of Golf Cart hitch every night before we leave.

Who has a key to the Trailer? Boss Men: Tom Bowman, Fernando De Castro, and Doug Meyers.



What is in the trailer? Planning to leave on site at World Shooting Complex.

- Ammo
- Canopies
- Chairs
- Squad Coolers (Athletes/parents clean these out every night so they are ready for fresh food and ice every morning. )
- Water ( gallons preferred ) Used to put on carts for the day.
- Bulky stuff that you do not wish to haul back to the hotel. If personal item make sure it is well labeled with your name on it. All coolers, chairs, ect. Use racks to keep organized. Be neat and orderly. Place like things in one place so the AM goes efficiently.
- Box with Golf Cart keys... Sign-out sheet for each day... Who has the Key?
- Box with Shade Screens
- Box with Bungie Cords
- Orange Home Depot buckets for Canopy ballast.



**Golf Carts: ( SCTP Rule... Must be coach/parent driving. ) This is a bummer but it is the rule for entire event. The only injuries reported from SCTP events involve athletes and carts, so that is the “why”. Do not be offended, it is just the way it is !**

**Upon arrival:**

**Load Athlete Six Person Cart**

**5 athletes and 1 coach**

- 15 minutes for athletes to load cart with
- Personal 1 gallon ice/water, range bag on floor against seat.
- Cart needs 3 Flats of ammo on each of the six-person ATHLETE carts
- Coaches/Athletes: Head to practice field then to competition venue.

**Load each Parent Cart:**

- From Trailer get a Team Cooler ( Red and White )
  - 2 bags of fresh ice from the IceMan
  - Transfer sandwiches to Team Cooler.
- One Flat of ammo for athlete back-up. Put back unused in trailer at end of each days competition event, so that it doesn't get taken off an unattended cart.
- Skeet and Trap days (Wednesday/Friday) load canopies and chairs take to base-camp site.
- Place personal gear at on your seat or under your feet. Your 1 gallon water jug preloaded with ice/water for the day.
- Get shade screen from the trailer. Hang using bungee cord system. ( Shade screens move around as needed from carts to canopies. Monday and Tuesday hang on carts as needed for Sporting Clays. The rest of the week they will be used for canopies. )
- Skeet and Trap days get orange buckets for canopy ballast.
- Set-Up Base camps for Skeet/Trap. We will use Carts to transport to site and parent seating while athletes are competing.