



Congratulations on Joining and Welcome to the Lone Star Select Shooting Team Texas' Premier Youth Shotgun Sports Team

This package aims to answer your biggest questions on what to expect going forward including introduction to our coaching staff, team structure, team policies, practice schedules, main tournament schedule, the organizations that LSSST are associated with, glossary of terms and FAQ.



Follow us on social media!



<https://www.facebook.com/lonestarselectshootingteam>



<https://www.instagram.com/lone.star.select/>



Meet the Coaches

Coach Ron Ingels

Ron founded LSSST in July 2020. Ron has coached for Ridge Point High School, taught karate and has coached other youth sporting teams throughout his career. Ron is a master class (National Sporting Clay Association (NSCA)) shooter and a NSCA Level 3 certified instructor. He previously served as the Vice President of Texas Sporting Clay Association (TSCA) and remains on the board as well as chairs the youth shooting committee.



Coach Wade Berger

Wade is a competitive shooter and previous Head Coach of the Katy Dusters shooting team. Wade is a level 2 NSCA Instructor. He has been coaching youth shooting sports athletes since 2018 and his goals “as a coach are to teach young athletes how to safely handle and respect firearms, learn to be competent in the shooting sports, and help them understand that with discipline and practice there are no boundaries to what they can attain in both shooting sports and more importantly, life.”



Coach Shyuemin Pang

Shyuemin began shooting skeet with his son in 2015, and eventually became involved in coaching to assist the Katy 4H team. After starting the Katy Dusters SCTP team, Shyuemin served as their head coach for several years, along with being an SCTP field-day trainer and SCTP state advisor. This fall, he will become an NSSA Level III Instructor and NSCA Level 1 Instructor. He became hooked on the game of skeet after shooting his first 100-straight at a Buckle Race two years ago, and loves the opportunity it provides to be in shoot-offs with some of the best skeet shooters around. He is excited to continue his coaching journey with the Lone Star Select Shooting Team and all of its very talented shooters and strong coaching staff!



Coach Dominic Grossi

Dominic's experience as a top competitor has given him a unique understanding of the game that only a few possess. He has been a member of the U.S. Sporting Clays Team for several years, has had the opportunity to represent the United States at World Championships and other international events. In addition to titles, he has also set several records including becoming the youngest male PSCA professional shooter in history and winning a world concurrent title by the largest margin ever recorded.





Coach RJ Mehnert

RJ started shooting in 2002 and has been a member of Greater Houston Sports Club since 2005. RJ competed in Skeet in 2005-2006. In 2012-2013, and after a five-year layoff, he switched from shooting skeet to shooting sporting clays. RJ has competed in sporting clays for the past 5 years and is a master class shooter as well as being a NSCA Level I Instructor. He will be conducting monthly lessons as well as assisting at practices!



Coach Savanna Barks

Savanna started shooting as a freshman in high school in 2019 for a local 4-H team, later joining LSSST in 2021. A Master Class shooter and Level I Certified Instructor, she has made the NSCA Ladies All-American team 3 consecutive times and has hit the podium at multiple NSCA Regional Events. In 2024, Savanna was the Lady Runner-Up at the World Sporting Clays Championship and made the 2025 USA Sporting Clays Team. She will be providing monthly lessons as well as helping with practices and clinics on occasion.



Coach Connor Smock

Connor began shooting in 2012 through Katy 4-H and shot his first NSCA event in 2014, quickly becoming hooked on competing against shooters of all ages. In 2017, he became a Master Class shooter after punching out of AA class at Nationals. In 2024, he earned his Level I NSCA coaching certification and joined LSSST as a coach. Connor looks forward to sharing his experience and passion with the next generation of shooters, helping them build skills, confidence, and a lifelong love for the sport.



Coach Austin Kiemsteadt

Austin began shooting sporting clays in 2016 for Coach Ron on the Ridge Point High School FFA team. Since then, Austin has earned many accolades in the NSCA, including 4x Open All-American status, 2x Team USA Sporting Clays, and 2020 Team USA FITASC. Austin became certified as a NSCA Level I Instructor in 2021, and is excited for the opportunity to help LSSST team members improve their abilities in the sport.





Coach Grace Mabry

Grace began shooting in 2018 for Coach Ron on the Ridge Point High School FFA team. Since then, she has become a Master Class shooter, been named to the NSCA Lady All-American Team 3 consecutive years, and become a certified NSCA Level I Instructor. Some of her other accomplishments include being a 2-time member of the Texas A&M Trap and Skeet National Champion Team, several podium finishes in NSCA Championship Tour events in the Lady concurrent, earning the 2021 and 2022 GHSC Lady Club Champion titles, as well as the 2022 GHSC HOA Skeet Club Champion title. Grace looks forward to supporting Coach Ron's teaching style and passing her knowledge along to LSSST members!



Coach Blake Bajjali

Bio Coming Soon!



Coach Cam Dickenson

Cam Dickinson began his shooting journey in 2017 with West Montgomery 4H. Over the years, he has competed in 4H, NSCA, and SCTP events—earning HOA honors at the 2021 SCTP State Championship. During his time in 4H, Cam obtained his 4H coaching license and devoted much of his high school career to assisting with team practices. Now a Master Class shooter and NSCA Level I Instructor, he's passionate about sharing his knowledge of sporting clays and helping others advance their skills to new heights.



Coach Theo Ribbs

Bio Coming Soon!





Coach Kim Shapiro

Kim started competitive shooting in 2017, taking her first shot with Desirae Edmunds and continued with extensive training that led to her earning a place on the 2023 All-American Ladies Sub-Gauge Team. A lifelong athlete, Kim has won major events in tennis, motorcycle and car racing, and is a two-time world champion in cutting horses. She even broke barriers early on as a junior-high wide receiver on an all-boys football team. Kim is committed to channeling the discipline, competitive mindset, and diverse skill sets she gained from these sports into her coaching. Her broad athletic background allows her to understand training, focus, and performance from multiple angles—making her uniquely equipped to help athletes of all ages grow in confidence, technique, and passion for the sport.



Coach Brandon Schmidt

Bio and picture coming soon!



Coach Jeff Sieler

Bio Coming Soon!





LSSST Team Policies & General Shooting Rules

Safety will never be compromised and is of top priority.

- Eye and ear protection is required at all times
- Treat all guns as if they are loaded. Keep finger off the trigger until ready to shoot. Always carry your gun so others can see it is unloaded
- Always load the proper gauge shells
- 7.5, 8 or 9 shot shells are the only shot sizes permitted
- Never load more than two shells
- Guns **MUST** be open and empty unless you are in the designated shooting stand
- **ALWAYS** make sure your gun is open and empty before leaving the designated shooting stand
- While shooting sporting clays, if you arrive at a station that has an orange cone inside the cage, that signals that the staff is performing maintenance on that station. You can either wait for the staff to finish or move to another station. **DO NOT** attempt to shoot that station until it is clear of Greater Houston Sports Club (GHSC) staff
- No person under the age of 16 is to operate golf carts, mules, Polaris, or any other motorized vehicle at GHSC grounds
- No firearms in the Club House at anytime
- The only place the members and guest are allowed to shoot from is within the designated shooting areas
- Before loading your gun on sporting clays, please be sure to have your gun over the rail of the shooting cage
- No Crocs, sandals, or other slip-on/open shoes will be allowed at practice or at tournaments.
- No cell phones during practice

Shooting Tournament Etiquette

- Aside from following all safety procedures, being aware of how you are impacting those around you is a large part of good shooting etiquette. Many people refer to this sport as “golf with a shotgun” and this name has come about, in part, by how shooters and spectators alike are expected to behave while on the course.

Some basic guidelines include:

- Speak softly while at each station
- Avoid interrupting anyone actively shooting in any way (ex. Attempting to talk to the trapper, throwing trash away in the bin next to the stand, leaving golf cart/side-by-sides running, making loud noises, etc.)
- Park golf carts in a manner allowing other groups to arrive and depart the station easily
- Dispose of empty shells in the trash bin
- Arrive at your starting station 15 minutes before your start time
- Respect the trappers and their decisions at each station



Invoice & Payment Policy

- 1) Invoices are emailed on the first of every month and due on receipt.
- 2) Payment that is 31-60 days after receipt will be considered past due
- 3) Payment that is 61-90 days past due will result in suspension from practices and lessons
- 4) Payment that is more than 90 days past due will forfeit the students place on the team

Scheduling Lesson Policy

- Each student will be assigned to a coach at the beginning of each month
- Ultimately, it is the shooter's responsibility to schedule each lesson, not the coaches
- If a lesson is not scheduled before the month ends, that lesson is lost for the month.
- If a lesson is scheduled and either the shooter fails to show up on time or gives adequate notice of cancellation, that shooter's lesson is lost for the month. There are no exceptions.

Competition Requirements

Beginning January 2022, there will be a yearly competition target requirement in order to continue to be a part of LSSST. To fulfill this requirement, shooters must participate in a minimum of 1,000 NSCA, NSSA, 4-H or FFA tournament birds. The LSSST Elite Team must meet a minimum of 1,500 targets in the same disciplines.

Team Apparel

- Each shooter needs to purchase at minimum a team vest, one red jersey and one blue jersey. Sleeve length is of your choice. All can be ordered from www.lsst.org
 - Jersey: @<https://g2gemini.com/ps/lone-star-select-shooting-team-order-form/>
 - Vest: <https://barepelt.com/products/team-vest>
 - Fan Gear: <https://lsst-store.itemorder.com/shop/home/>
- Hats and gun sleeve provided by the team

Fundraiser

Each year, LSSST will have a fundraiser (typically around April – June). It is expected that each student and family participate in the fundraiser by working at the event, getting sponsors/shooters to the event and/or donation of items. If a student/family does not participate, that student will not be eligible for foundation activities/assistance for the next year. Foundation activities/assistance can include, but are not limited to special camps, clinics with prestigious shooters, entries into tournaments and other assistance the Foundation elects.



Ammo Orders

- For those team members whose accounts are current and in good standing, ammo is available at a special price from Federal every other Thursday at Greater Houston Sports Club. Please make checks payable to **LSSSF**. Only checks and cash are accepted.

Clay Target Purchases -

- Greater Houston Sports Club has a special contracted rate for clays with LSSST. You will receive a card with a sticker to indicate to GHSC staff that you should be receiving the special rate when purchasing your clays.

Basic Team Policies

In addition to general safety practices, it is expected that all LSSST team members and families follow our outlined team policies, including

- Arriving to practice prepared
 - Meet at the designated location at GHSC
 - Bring adequate ammo
 - Ensure adequate targets are on practice card - including ensuring target card has sufficient targets before attending a Tuesday practice, when the club office is closed
 - Wear appropriate clothing & shoes
- Use only one golf cart per squad
- Drive golf carts no faster than 10 miles per hour
- Ensure every golf cart is put away after practice
- Eye and ear protection should be in place upon entering any shooting course and stay in place until you have completely left the course
- Follow any instructions regarding safety and other matters provided by the coaches and the GHSC staff
- Purchasing and wearing team apparel
- Tournament etiquette
 - Use respectful and polite language to trappers (yes sir/yes ma'am, please, thank you)
 - Never argue with a trapper's call
 - Never throw shells, kick trash cans, or any similar behavior
 - Always arrive at their assigned station a minimum of 15 minutes before their start time

Levels Within the Team

Similar to the belt system in karate, LSSST uses a series of levels that mark your child's growth and achievements throughout their shooting journey.



Regular Team

- The regular team consists of any and all athletes with accounts in good standing. These students receive a blue team hat with a red/white star.

Elite Team

- The Elite Team consists of athletes that have achieved NSCA Class B or higher and have accounts in good standing. Wednesdays are reserved for Elite Team practice, overseen by a select group of high-level coaches. Athletes must attend a minimum of 25% of practices to retain their spot on the Elite Team.

Master Class

- Once a student reaches NSCA Master Class, they will be presented the Black Star hat to commemorate their accomplishment.

Pro Team

- The Pro Team is a select group of athletes, sponsored by Federal Ammunition, Greater Houston Sports Club and Barepelt, that have applied for membership and been accepted by the sponsors and coaches. Enrollment is open from September 15 to October 15 annually. Membership and benefits begin the following January 1st of each year. It is the shooters responsibility to contact Coach Ron if they have interest in joining the Pro-Team. Space is limited.
 - **Requirements:**
 - Must maintain a NSCA Class of AA or higher
 - Must attend FOUR NSCA competitions of 500 or more competitors - *not in the Houston area*
 - Examples: State, Nationals, World English, US Open, South Central Regionals, North Central Regionals, Southeast Regionals, Northeast Regionals and Western Regionals
 - Must wear the provided uniform of the Pro-Team - Hat, Jersey, Vest
 - Must attend at least 25% of practices
 - Account must be in good standing
 - **Benefits:**
 - 500 Targets provided monthly by GHSC
 - 2 Flats of 12ga shells provided monthly by Federal



Practice Schedule

Practice schedule as follows*:

Tuesday	4:00 – 6:00 pm	All Team Practice
Wednesday	4:00 – 6:00 pm	LSSST Elite Team Only
Thursday	4:00 – 6:00 pm	All Team Practice
Saturday	9:00 – 11:00am	All Team Practice

*Schedule is subject to change and varies with time of year. Practices are approximately 2 hours.

Coaches understand there are conflicting school schedules and at times students might be late. Please always communicate with the Coaches if you will be late.

The above schedule is effective January 1, 2025 and subject to change. Changes will be announced via email, in person, GroupMe or text.

Tournament Schedule

All tournament information and registration links can also be found on www.LSSST.org under the "Shoot Schedule" tab <https://www.lssst.org/schedule-and-results>



LSSST Affiliations

NSCA -National Sporting Clays Association

LSSST is a primarily NSCA (National Sporting Clays Association) focused team. This means that most of the competitions our team participates in will be “NSCA Registered” tournaments. The NSCA is the governing body for sporting clays in America and coordinates all major tournaments as well as the annual National Championship and facilitates the selection of All American teams and USA teams.

All LSSST members should also become members of the NSCA in order to participate in these events. This can be done at the NSCA website (www.nsca.nssa-nsca.org). Upon registration, you will be given a NSCA number. Keep track of this number as it will be needed when registering for competitions. If you wish, you may also sign up for NSSA - Skeet - at the same time if you choose to participate in skeet events. You will receive a different number for NSSA.

Registration for NSCA tournaments occurs through two main websites: www.iclays.com, and www.scorechaser.com (see next section)

Registration for NSSA tournaments occurs through myskeet.com.

Each tournament is listed on one of the above sites, where you will be able to find both registration information and results once they are available. iClays normally hosts smaller local NSCA tournaments, and most large tournaments can be found on ScoreChaser. Direct links to register for most main tournaments can be found on our website (see “Tournament Schedule” above)

LSSST has concierge service available. For any tournament registration, contact Gretchen Menke at sonandmoonclays@gmail.com or 832-878-5797 (call or text).

Team members can also register on their own.

NSCA Structure

“European rotation”

- Most local, smaller NSCA shoots will follow the “European” style
- Essentially, this means that you may start each event at any time during shooting hours, on any station of the course.
 - This also means that you need not shoot the stations in order—if one is overly crowded, you may move on and come back
- When shooting an event that follows the European style, no more than 4-5 shooters should be shooting together as a squad



“Squadded”

- For other, larger NSCA tournaments, the events may be “squadded”. This is more or less the opposite of the “European” format.
- When registering for each event in this type of tournament, you must choose a time slot to begin shooting, and will then be assigned a station to start upon registration. It is **your responsibility** to arrive at your assigned station 15 minutes before your stated start time.
- During squadded shoots, you may **NOT** skip stations and must shoot with your assigned squad at all times.

NSCA Class System

The NSCA consists of 6 “classes” whose purpose is to separate shooters into different skill levels

- Master, AA, A, B, C, D —Master Class being the highest.
- All new members of the NSCA are placed into C Class.
- At each tournament, shooters compete within their class to earn “punches”, a points system that determines how shooters move up through the classes.
 - Each class requires a certain number of punches to move up and into the next higher class, and punches are earned by placing in the top of your class.
 - More information on this is provided on the NSCA website or on your NSCA membership card you receive upon joining.

In addition to the classes, the NSCA has “concurrents”

- Sub-Junior, Junior, Ladies, Veteran, Super-Veteran, and Senior Super-Veteran. Members of our team will be involved with Sub-Junior, Junior, and Ladies
- Sub-Junior shooters are all NSCA members that are younger than 16 at the beginning of each year
- Similarly, Juniors are all NSCA members ages 16-21 at the beginning of each year
- And finally, Ladies are any female NSCA member of any age

You will compete within each concurrent you are eligible for, meaning if you are a 14 year old girl, you will be placed in both the Sub-Junior and Ladies concurrents (in addition to your NSCA Class).

FFA/4H

Team members who are involved in a 4H Club or FFA chapter may also compete in specified FFA/4H tournaments.



LSSST 4H Chapter - Lonestar proudly operates an LSSST 4H Chapter in Harris County, available to every team member. Our dedicated 4H liaison, Mikie Sopczak, can assist you with joining and participating in our 4H Chapter. His contact information is listed on our website under [SHOOT SCHEDULE](#). Major 4H competitions will be updated on our shoot schedule page on our website and additional shoots will be posted in GroupMe as they become available. Contact Mikie for assistance.

Again, these are separate from NSCA tournaments, and you will receive more information as needed. Becoming a member and participating in 4H or FFA competitions is solely up to the athlete and is not required to shoot in NSCA tournaments or to be a member of the Lonestar Select Shooting Team.



How to Register for NSCA Shoots

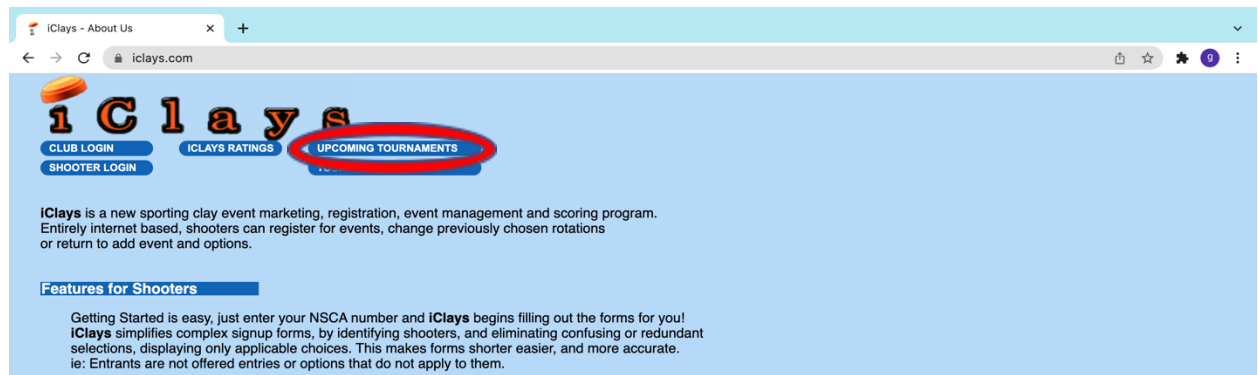
Registration for NSCA tournaments occurs through two main websites: www.iclays.com, and www.scorechaser.com

For any question or help registering please contact Gretchen @ sonandmoonclays@gmail.com
The following screenshots illustrate the registration process on each of these sites.

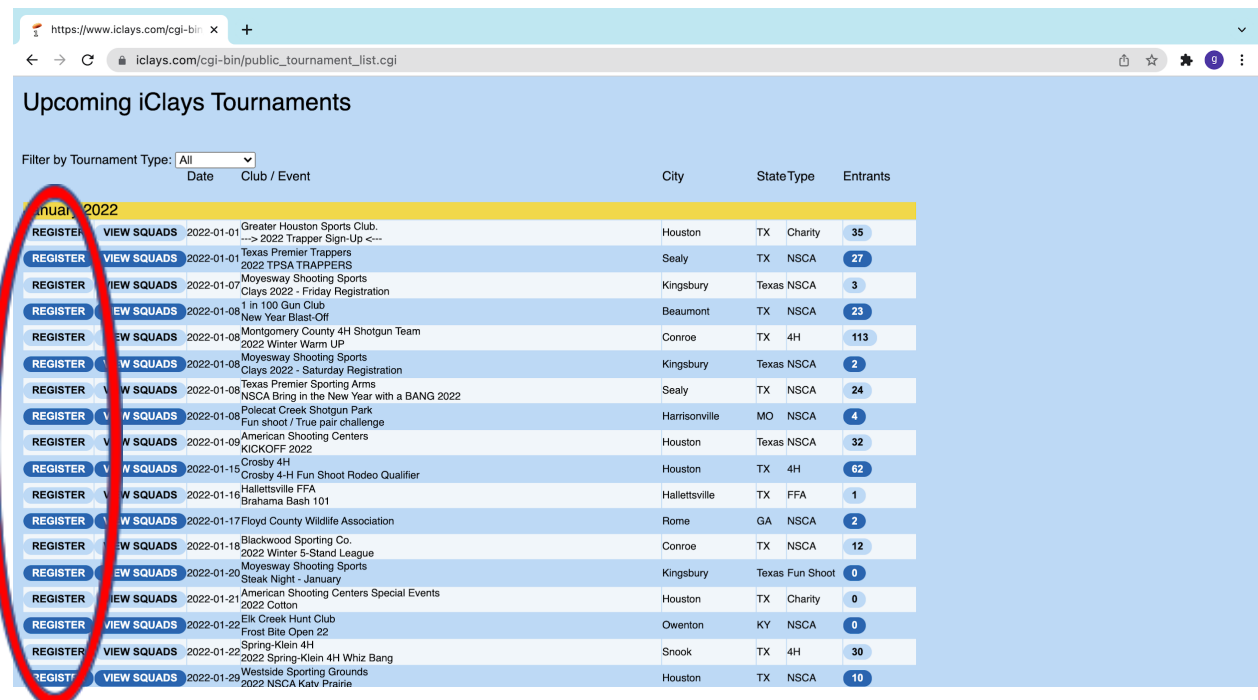
iClays

www.iclays.com usually hosts smaller, local NSCA tournaments.

This is the iClays homepage. To begin registering for a shoot, click the “upcoming tournaments” link.



Next, select the tournament you wish to sign up for by clicking the “register” link.





Next, you will enter your (child's) NSCA number, last name, or email and select their name.

NSCA Bring in the New Year with a BANG 2022
January 8th 2022 -> January 8th 2022

Search and select yourself, then the events will be listed

Search for yourself by any ONE of the following criteria:

Last Name

Email

NSCA #

SEARCH

SHOOT AS A GUEST

NSCA ID	First	Last	City	State	Zip	County
674851	GRACE	MABRY	MISSOURI CITY	TX	77459	

CHOOSE THIS

If you are not listed above, you can

Search Again

You will then be taken to the registration screen where you can select the events you wish to enter in, and finalize your registration and payment if required. This screen varies from tournament to tournament. Be sure to click submit at the bottom!

Click To Enroll **Main Event** 100 Targets

NSCA Entrant \$75.00

European Rotation

Click To Enroll **Super Sporting** 50 Targets

Sporting

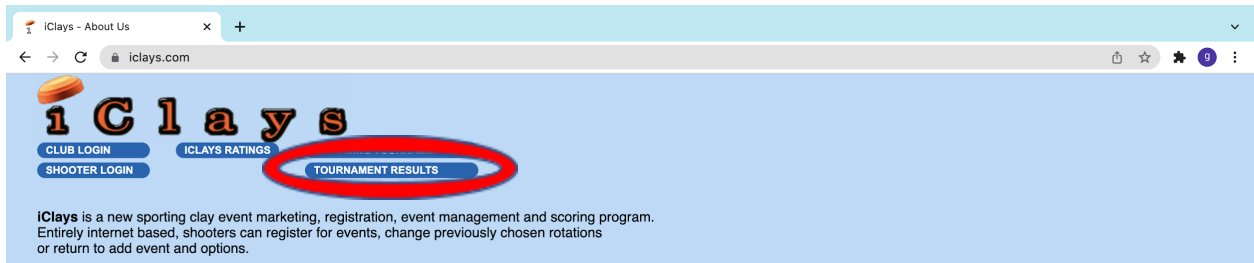
Click To Enroll **Golf Carts** Golf Cart

Click To Enroll **Guest Lunch Only** Other

Click To Enroll **5-Stand** 50 Targets

5 Stand

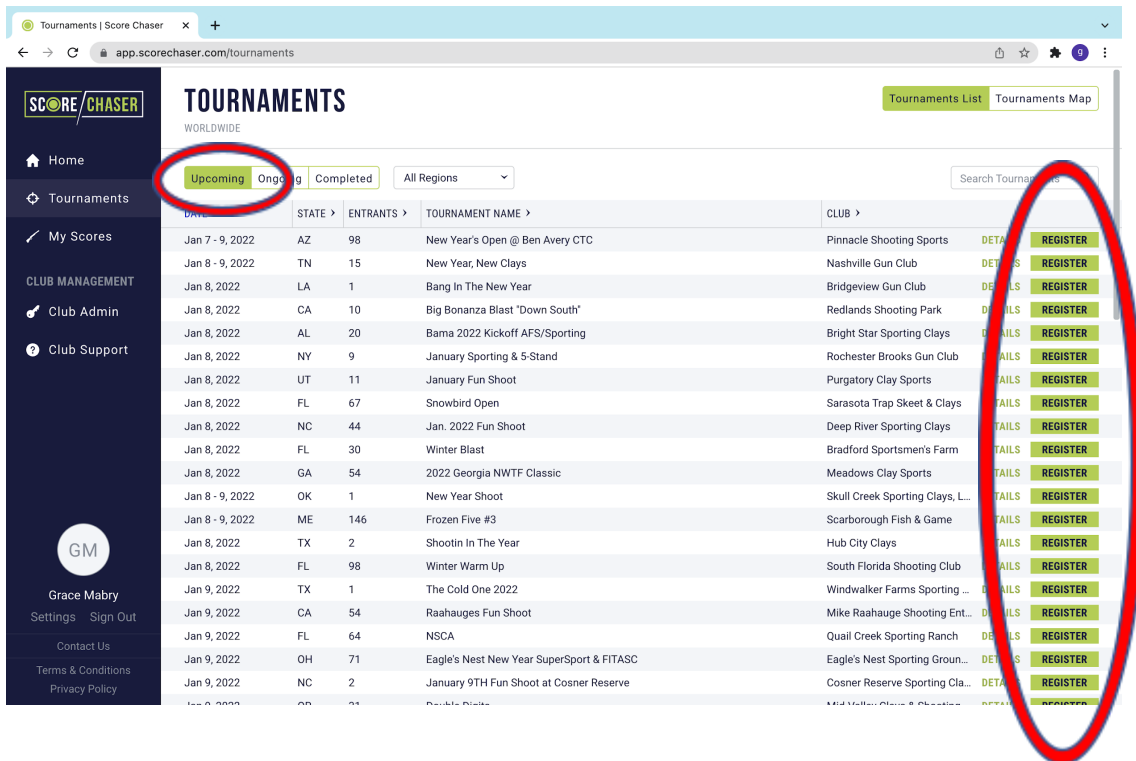
To view tournament results, navigate back to the home page and select "tournament results," then the link of the corresponding tournament.



ScoreChaser

Most major tournaments are hosted on ScoreChaser.

Under the “tournaments” section, select “upcoming tournaments” and click the “register” button of the tournament you wish to register for.



If prompted, sign in to your ScoreChaser account, create an account, or select “continue as guest”.

Navigate through the menu, sign up for desired events, and complete your registration.



SCORE/CHASER

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GM
Grace Mabry
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TOURNAMENT REGISTRATION
NEW YEAR'S OPEN @ BEN AVERY CTC
Pinnacle Shooting Sports
Phoenix, AZ
Jan 7 - 9, 2022

Shooter info > Squadding Requests > **Events and Options** > Amenities > Payment > Receipt

EVENTS AND OPTIONS

Event	Price	Registered / Spaces Free
☐ REGISTER FOR MAIN EVENT	\$159	84 registered, 56 spaces free
☐ REGISTER FOR SUPER SPORTING PRELIM	\$79	75 registered, 75 spaces free
☐ REGISTER FOR FITASC	\$119	47 registered, 25 spaces free
☐ REGISTER FOR FRIDAY 5-STAND	\$55	13 registered, 72 spaces free
☐ REGISTER FOR SATURDAY 5-STAND	\$55	50 registered, 35 spaces free
☐ REGISTER FOR SUNDAY 5-STAND EVENT	\$55	23 registered, 62 spaces free

FRIDAY SCHEDULE SATURDAY SCHEDULE SUNDAY SCHEDULE

← SQUADDING REQUESTS AMENITIES →

Once you click on the event you'd like to participate in, you will see the available ROTATION TIMES. Below this tab there may be two additional tabs reading: SHOW FIRST TIMES and SHOW ALL TIMES. If that option is there, be sure to choose SHOW ALL TIMES so that you can see all rotation times for multiple day events.

To view tournament results, return to the "tournaments" tab, then select either "ongoing" or "completed" based on whether the tournament is still in progress, and select the "results" button for the tournament you wish to view.

SCORE/CHASER

Home
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My Scores
CLUB MANAGEMENT
Club Admin
Club Support

TOURNAMENTS
WORLDWIDE

Upcoming **Completed** All Regions

DATE	STATE	EVENTS	TOURNAMENT NAME	CLUB	RESULTS
Jan 1, 2022	FL	96	January 2022 Registered Shoot	Vero Beach Clay Shooting	RESULTS
Jan 1, 2022	NC	79	NC Bean & Bang	Shane's Sporting Clays	RESULTS
Jan 1, 2022	FL	41	New Year's Blast	FishHawk Sporting Clays	RESULTS
Jan 1, 2022	GA	40	Happy New Year's Shoot	Big Red Oak Plantation	RESULTS
Jan 1, 2022	WI	92	2022 Chili Shoot	Waukesha Gun Club	RESULTS
Jan 1, 2022	GA	40	New Year's Day Feast And Fun Shoot	Southwind Sporting Clays	RESULTS
Dec 26, 2021	FL	48	Another One Gone	Polk Sporting Clays	RESULTS
Dec 26, 2021	FL	16	Tristmas Tinsel Triple 100 Target Fun Shoot	Amelia Shotgun Sports	RESULTS
Dec 26, 2021	FL	70	Bud Wolfe Classic	Markham Skeet, Trap and Sport...	RESULTS
Dec 26, 2021	GA	14	Triples Classic	Old Hudson Plantation	RESULTS
Dec 26, 2021	OK	31	Clays and Holidays	Chisholm Trail Sporting Clays	RESULTS
Dec 24, 2021	LA	34	Club Championship	Wilderness Gun Club	RESULTS



Upon registration, you will be emailed a Registration Confirmation and shortly after a Squadding Update from Score Chaser. These forms will include your shooting times and the names of the other shooters you will be squadded with.



Frequently Asked Questions

What is needed to participate?

- In general, your child will need their coach approved 12 or 20 gauge shotgun, corresponding lead ammo in 7.5, 8, or 9 shot size, and eye and ear protection at every practice and tournament
- Ammunition is typically available to purchase by the box (25 shells) or by the flat (1 flat = 10 boxes = 250 shells). If purchasing on team ammo days, you will purchase by the flat.
- Shooters should have their own "range bag" that includes all necessary items for practice and tournaments. This bag should include:
 - Eye Protection & lens wipe
 - Ear Protection (with extras)
 - Vest/Pouch
 - Sporting Clays Target Card
 - Skeet Target Card
 - Chokes & grease
 - Towel
 - Sunscreen & bug repellent
 - It is recommended that girls keep a pair of leggings or longer shorts/skirts and a shirt with sleeves in their range bag for FITASC competitions, due to FITASC dress code rules
 - Anything else you think you may need on the course

Important items to complete at joining

- Upon joining the team, please be sure to fill out and return the provided forms to Coach Ron before their first practice
- Groupme - Please make sure you are keeping up with the team GroupMe messages. All parents and shooters are responsible for and should be familiar with any information conveyed on GroupMe. If you are not yet on GroupMe, please let one of the coaches know ASAP, or email newsletter@lssst.org with your name and phone number to be added.

What does the LSSST team uniform consist of?

- LSSST members are expected to wear their team hat, team jersey and team vest/shell bag at all tournaments they attend. Instructions for ordering team apparel can be found under the "Team Apparel" tab of the LSSST website (www.lssst.org).



What is needed at practice?

- Each team member should have their own “shooting bag” that holds their eye and ear protection (with extras), their shell bag or vest, their loaded target card, and anything else they may need- chokes, grease, etc. This bag should accompany them to each practice and tournament
- Each team member will be given a LSSST club target card for skeet and sporting clays (white=skeet, black=sporting clays). It is their responsibility to ensure they have adequate targets loaded onto their card for each practice: at least 250 sporting clays targets and 3 rounds of skeet.
- The club office is closed on Tuesdays so be sure to fill your target cards at the previous practice to ensure you do not run out for a Tuesday practice.
- Each team member should bring at least 8 boxes of ammo to each practice

What is needed in tournaments?

- At tournaments, each team member will need their shooting bag, shotgun, and enough ammo to cover each event they are shooting plus extras. As a general rule of thumb, bring 1 extra box for every 100 targets you are shooting of normal sporting clays. For events such as 5 Stand, Super Sport or FITASC that involve shooting singles, bring 2-3 extra boxes of shells.

How do I register my child to become a NSCA member?

- Navigate to www.nsca.nssa-nsca.org and follow the instructions on the “Sign-Up/Renew” page found under the “Members” tab.

What are the ongoing costs?

- There are several associated ongoing costs with LSSST, including: monthly team dues, target card charges, and ammo orders
- Please note that team members are responsible for purchasing their own targets from the GHSC office. The office is **CLOSED** on Mondays and Tuesdays, so if your child is planning on attending practice on either of those days please ensure that they have adequate targets beforehand as they will **NOT** be able to purchase targets on these days!



Glossary of Terms

Disciplines & Types of Games

- **Sporting Clays:** Sporting clays involve a complex course made of 10 to 15 stations. The stations have launchers (traps) that throw pairs of clay targets at different angles and heights to test your shooting skills.
- **FITASC:** FITASC is the international version of sporting clays. It is composed of at least 2 layouts in which 25 clay targets are shot at by each competitor in a manner where the gun is not on the shoulder when the target is released from the thrower and the shooter may not mount the gun until they see the target.
- **5 Stand:** 5 Stand is another version of sporting clays. In 5 Stand, there are 5 shooters and 5 different shooting positions, with each shooter eventually attempting to hit 5 targets from each shooting position. There are usually at least 2 layouts following this format.
- **Skeet:** created in the 1920s, skeet shooting is the second oldest type of clay pigeon shooting. There are two variations: American and Olympic, and both use a pair of launchers. They are set at two towers with different heights that throw clays at a variety of angles in order to imitate the shots encountered by upland hunters in the field
 - **American Skeet:** Shooters attempt to hit 2-4 crossing targets at 8 different shooting positions, adding up to rounds of 25 targets
 - **Olympic Skeet:** Olympic skeet follows the same format as American skeet, but the targets are larger and thrown at a faster velocity with the gun off of the shoulder when the target is launched.
- **Trap:** Trapshooting is one of the major disciplines of clay pigeon shooting that began in the 18th century. It has two variations, including American trap and Olympic Trap. Both involve a trap house in the middle of a field that contains a target launcher.
 - **American Trap:** Practiced at various shooting facilities in America, this discipline uses a single trap to release a clay away from five shooters standing in a line. As the game progresses, all five shooters will shoot at five targets from each stand.
 - **Bunker trap:** Similar to American trap, Bunker trap has five shooters shooting at five different targets from the stands. The differences include faster target velocity, the use of 15 throwing machines instead of 1, further distance between the shooter and the machines, and different trajectories of the targets.



Terms of the Games

Quartering bird: A target that is moving at an angle in relation to the shooter.

Incoming bird: A target that is moving towards the shooter.

Call: It is referred to as the signal from the shooter for the release of the clay target.

Dead: This term refers to the target broken by the shooter.

Dusted: When the target is hit with one or two pellets but doesn't break completely, and only a puff of dust is seen, it is known as dusted. Dusted targets are considered missed.

Lost: When the target fired at is missed completely or only dusted, it is referred to as "lost."

No-Target/No-Bird: This is a call given by the referee when the target comes out of the trap broken, and the shooter does not have to hit it. The targets will then be repeated so that the shooter has a fair chance to hit them.

Option Bird: In skeet, the immediate repeat shot at the first missed target given to shooters is called option bird

Pair: Two targets fired simultaneously or in succession is known as a pair.

Report Pair: A pair of targets in which the first target is launched when the shooter calls, and the second is launched immediately after the shooter fires at the first target is called a "report pair".

True Pair: A pair of targets in which both are released at the same time when the shooter calls is known as a "true pair".

Pull: The call, which is a signal given from the shooter for the release of a target.

Trapper/Puller: The person responsible for releasing the target from the trap house is known as the puller. He does so usually by an electric switch.

Squad: The group of five or fewer shooters who shoot a round of clays together is called a squad.

Swing: The movement of the gun when a shooter tracks a target is known as swing.

Trap: The machine that propels the target into the air is called a trap.



Station: The place where the shooter will shoot is called a station. “Station” and “stand” are often used interchangeably.

Stand: The positions where the shooters stand and fire shots from is the stand. “Station” and “stand” are often used interchangeably.

House / Shed (Skeet Shooting): A trap covered by a small shed is known as a house in skeet shooting.

High house single: In skeet, high house targets move from left to right at about 15 feet above the ground.

Low house single: In skeet, low house launches a target at about three feet off the ground, moving from right to left.

High house/Low house pair: In skeet, High house/Low house pair launches the target as doubles (at the same time).

Lead (Forward Allowance): The place or the amount of space in front of where you shoot at a flying clay to break it is called lead.

Range: The place of shooting is known as the range. Another term for range is “club”.

Trap House: In trap, the structure placed at 16 yards from the station that keeps the trap machine.

Trap Machine: The machine that houses the targets and launches them into the air. Used interchangeably with “trap”.

Thrower: Another name for the trap machine. It launches the targets at different angles.

Tournament Terms

Squadding: Refers to the assignment of shooters to shoot together in an event at a tournament.

Trapper: The referee found at each station that launches the targets and determines if each was hit (“dead”) or missed (“lost”) by the shooter, and records said hits or misses on the scorecards.

Buckets: The bins next to each station that serve as trash cans for used shells.

Punches: The points system the NSCA uses to allow shooters to move up in NSCA class.

Shootoff: A method used for deciding the winner in case of a draw with the tied shooters attempting to hit additional targets.



HOA: “High Overall,” used to describe the shooter who shot the highest score in the tournament.

Challenge: Occurs when the shooter disagrees with the call a trapper makes regarding a hit or missed target

Equipment Needed

Ears (Ear Protection): Ear protection is inserted into the ears to protect them from any damage due to the loudness of gunfire. It can be in the form of a sponge plug or a plastic plug.

Eyes (Glasses): Specialty glasses that protect the eyes of shooters and spectators from clay fragments, stray shots, and powder burn. They also help in cutting down the glare, thereby helping the shooters see the clays clearly.

Shotgun: A long barreled gun that fires shells containing small pellets often used for hunting in short range and clay shooting.

Shotgun Shells: Ammunition for shotguns. Different from bullets in the sense that they launch many small pellets (shot) as opposed to one projectile. Shells are typically sold by the box (1 box = 25 shells) or by the flat (1 flat = 10 boxes). Flats are also sometimes called cases.

Shell bag (optional): A belt with a small bag attached to the hip and sometimes other pockets to hold shells and other items needed when shooting clays.

Shooting Vest (optional): A sleeveless jacket with multiple pockets to hold shells and a leather patch on the shoulder to absorb recoil and keep the gun in place.