

SEITZLAND RIFLE CLUB

Prone School

June 13th thru the 16rd, 2023
Corrected due to error in scheduling



What/When: Seitzland's Annual Prone School on June 13-16, 2023.

Where:

Seitzland Rifle Club
3938 Bowser Road
New Freedom, PA 17349

Description: This is a four-day school that provides detailed instruction and considerable range firing to both beginner and advanced prone competitors. The emphasis is on wind/mirage reading, with a thorough review of prone shooting fundamentals. At the conclusion of the school, a two-day Prone Registered Match is held at the hosting range. This is a good opportunity for prone school students to test their newly acquired knowledge in a match setting.

Participants: In past years, very experienced prone competitors have attended the school alongside beginner level competitors. This broad range of experience translates to a considerable exchange of knowledge and assistance in becoming better competition shooters.

Instructor: George Harris, veteran smallbore rifle competitor and recently retired from the NRA, is the chief instructor.

Cost: Cost of the school is \$300. Students are responsible for their own transportation, housing, and meals during the school. Some meals ARE provided. See daily schedule for details. Included in the \$300 fee is entry fee for the registered match on Saturday June 17th and Sunday June 18th.

Registration: <https://www.signupgenius.com/go/10C0E4FA4AF23A0F9C16-seitzland>

For information, please contact:

Kathy Livingstone

2502 Crestview Drive
Fallston MD 21047

Cell: 410-442-5152

Email: Seitzlandsmallbore@gmail.com

2023

Prone School Outline

Tuesday

12:00-1:30	Getting acquainted/set up equipment
2:00-4:00	80 shots 50 yards—40 shots metallic/40 shots any sights
4:00-5:00	Gun cleaning
	Discussion Topics: rules, scoring, diary, mental preparation, and nutrition
5:30-6:30	Supper
7:00-9:00	Discussion Topics: physical conditioning – range environment

Wednesday

8:00-9:00	To range- set up equipment (check equipment orientation) Discuss goals for day – wind – mirage- scope shading
9:00-10:00	40 shot 100 yard any sights – wind flags and mirage
10:00-10:30	Discussion Topics: flags and mirage (Individual positions development as needed)
10:30-11:30	40 shots 100 yards metallic sights
11:30-12:00	Discussion time
12:30-1:00	Lunch and target scoring – Introduction to shading
1:00-2:00	40 shots 100 yards any sights
2:00-2:30	Discussion Topic: shading
2:30-3:30	40 shots 50 yards any sights
3:30-5:00	Gun cleaning – Scoring
5:30-6:30	Supper
7:00-9:00	Discussion Topics: physical conditioning- range conditions – scope shading

Thursday

8:00-9:00	To range- Set up equipment, discuss goals for day – wind – mirage – metallic shading
9:00-10:00	40 shot 100 yard any sights
10:00-10:30	Discussion Topics: mental approach – wind and mirage (position development as needed)
10:30-11:30	40 shots 100 yards metallic sights
11:30-12:00	Discussion Topics: flags – mirage – metallic shading – diary
12:00-1:00	Lunch and scoring
1:00-2:00	40 shots 100 yards metallic sights
2:00-2:30	Discussion Topic: See above
2:30-3:30	40 shots 50 yards metallic sights
3:30-5:00	Gun cleaning – Scoring
	Review – rules, wind, mirage, shading, equipment, diary, mental approach (tactics)
5:30-6:30	Supper
7:00-9:00	Discussion Topics: continue review of equipment care, ammo selection

2023 Prone School Outline

Friday

8:00	Meet on range- Set up equipment, prepare for day, review diary
9:00-10:00	Any Sight Dewar
10:00-10:30	Rest/ Discussion/ Score
10:30-11:30	Metallic Sight Dewar (reverse)
11:30-1:00	Gun Cleaning / Score/ Lunch – course review
1:00-5:00	Instructors – practice for regional Championship Students –relax or go home

Saturday

8:00-4:00	Regional; Metallic Sight Championship Review with participants during match or after supper
-----------	--

Sunday

8:00-4:00	Regional; Any Sight Championship Review with participants during match
-----------	---

Note: The after dinner discussion (7-9pm) may be incorporated into the meal depending on the size of the school and the restaurant accommodations.