

Welcome to Southwest Trap 2025



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Welcome and Websites

LSW is proud to be a member of the Central Division of the Eastern Cornhusker Trapshooting Conference the ECTC. You will find information at <http://www.shootectc.org/> including: rules, history, schedules, weekly stats & season averages. Consider sending this link to friends and family so that they can follow your shooter's progress!

- 1) **Team Website:** www.lswtrap.org. You must go here ASAP to sign up for the season by 2/05/2025.
 - a. **IMPORTANT NOTE:** All shooters must be fully registered at www.lswtrap.org prior to the beginning of the season in order to be able to practice (including up to date grade, school, personal information, and shoots you are planning to participate in for the current season).
- 2) **Stay Connected (mandatory):** To receive information regarding LSW Trap throughout the season you must download the **REMIND APP** on your smart phone or for email notifications go to www.remind.com/join/lswtr or Text 81010 to the number @lswtr (more information to be provided at mandatory pre-season trap meeting). *NOTE: it is very important that you sign up as this is the primary mode of communication for the team (squading, cancelled practices, etc.).*



- 3) **Stay Connected (optional):** Look for "Southwest Trap Team" on Facebook!



Expectations

As a student of Lincoln Public Schools, and a member of the LSW trap team, you are expected to conduct yourselves in a mature and responsible manner both on and off the line. To participate with the LSW Trap Team you must be enrolled in school, attending classes regularly & in good standing with the school.

Drug and Alcohol Use is Prohibited

Members may not consume alcoholic beverages, use illegal drugs or smoke or chew tobacco (including, but not limited to, any cigarette-like devices, tobacco product that is not lit, vaping devices or any device used to inhale a substance such as aerosol or aromatherapy oils) at any time while representing the LSW Trap Team. This includes before or during live firing or while on the premises for meetings, practices or events/meets. Anyone in violation of this rule will be subject to removal from the team immediately.

Hunter Safety

All participating members of the SW trap team and ECTC are required to successfully complete a Firearm Safety Training Course recognized by the Nebraska Game and Parks Commission. Here are a couple suggested avenues:

<https://staging.outdoornebraska.gov/hunt/hunter-education/>

<https://www.hunter-ed.com/nebraska/>

Hunter Education numbers must be provided to the Conference prior to participating in any Conference sanctioned shoots.

Gun Safety

There is Zero Tolerance for guns or ammunition at or near any school or school property, ever. Leave the guns and ammunition at home and pick them up after school on your way out to practice. There is no hurry to get out to the lkes. We will wait for you.

Once again, there can be absolutely NO suggestion of any gun or ammunition at or near school grounds.

- Muzzles must be pointed in a safe direction at all times. (When transporting firearms to and from the line, muzzles shall point in a safe direction, with action open). Guns may be rested on an approved pad, guns may NOT be rested on shoe/toes.
- Guns should be unloaded and stored away or on gun racks when not at the line
- Fingers must be off the trigger and outside the trigger guard, until the gun is mounted to the shoulder and ready to fire. Movement to mount gun shall NOT start until prior shooter has shot.
- The action of the shotgun must be open and the firearm unloaded until ready to use. On a trap range, this means that the shooter is on the line and it is their turn to fire.
- Shooters may never load their gun prior to changing positions. When shooters are rotating from post 5 to post 1 they must turn to the right to avoid bumping guns with the shooter coming from post 4. When moving from post 5 to post 1, shooters must always walk behind the other shooters with their action open and the muzzle pointed at the ground.
- Shooters shall load only one shell at a time for all ECTC events. If a delay occurs, all shooters in the squad must remove the shell from the chamber.
- Shoulder carry with the muzzle pointing behind is not allowed at any time on the line or in adjacent areas of the shooting facility.
- Participants are permitted to use only shotguns and ammunition gauges and loads deemed acceptable by the Shooting Range Management

Eye and Ear Protection

Every participant must have eye and ear protection during live fire, scoring, pulling, and shooting. Hearing protection that is capable of playing music ARE NOT allowed. This is a ECTC Rule.

Toe Tabs

The use of toe tabs for resting of muzzles is NOT permitted by the ECTC. Participants shall NOT rest muzzles on the top of their foot or any other part of their body.

NEW RULE 2025: AT NO TIME SHALL THE MUZZLE OF A GUN BE RESTED ON A SHOOTER'S TOE OR GROUND WHILE THE ACTION IS CLOSED. I.E. Shooters may not rest their gun on their gun rest pad in order to open the action of their shotgun.

Trapshooting Etiquette and Rules

- Shooters must be ready to shoot when their squad is called, and when it's their turn to shoot in the squad.
- The shooter assigned to post 1 shall be considered squad leader and shall visually and verbally ensure all shooters and scorers are ready prior to commencing shooting and the beginning of shooting as well as after each position rotation. The squad leader has the right to request a target be thrown prior to commencement of shooting. Gun cannot be shouldered at this time, nor any target tracked while in the air unless you are the one shooting at the target.
- All shooters are required to have either a shell pouch or shooting vest for empties. All empty shells go into the trash after your round if you don't want to keep them.
- Do not allow shells to be ejected from your gun onto the ground or to hit and annoy other shooters. Team members shooting semiautomatics must use a shell catcher.
- Shooters must not raise their gun until the shooter ahead of them has fired. This will be monitored during weekend shoots and State so please abide by this.
- All members of a squad shall remain on their post, standing facing the trap quietly, until the fifth person has fired their fifth shot, prior to moving to the next post. At the end of the round, shooters must remain still on their post facing the trap until the last person has fired the last shot.
- All shooters should not unnecessarily talk on the line; voices should be kept down when you are around other squads who are shooting.
- Shooters should time their shooting to establish a rhythm within the squad. Targets should be called for in a clear voice; do not call in such a loud voice so as to trip the voice release on the adjacent fields. Likewise, do not call with such a quiet voice so that the release does not trip.
- If you encounter a gun or ammo malfunction on the line, stop and raise your hand for a coach or range personnel to help you. Keep your muzzle pointed down range at all times until help arrives.
- Be a sportsman at all times. If you are shooting well, others will be aware of it. You don't need to brag unnecessarily. By the same token, if you are having a bad day, accept it without complaint or displays of anger.
- Place your shooting bag on the ground while shooting or waiting to shoot. Benches are for bodies.
- Observe all safety rules. Ear and eye protection are mandatory. Do not point your gun at another person, even if you think it's unloaded. Always keep your gun pointed toward the ground or the trap house. Off the firing line, keep your action open at all times

Practice and Practice Attendance

During most practices, we will be focusing on each individual shooter's fundamentals, technique, and gun safety. "Safety will be number one for every shooter." We plan on helping each shooter by providing informative training sessions, one-on-one instruction, simulation drills, as well as live practices. We will try to sharpen your skills and keep your mind focused on what it will take to become a successful trap shooter.

In order to get everything you can out of a practice: *"Make Every Shot Count"* Your coaches are there to make suggestions to help your shooting ability. Please respect what they are trying to pass onto you and use that information to benefit from it.

"To put it all together over the trap house, you have to put it all together in your head first."

Horseplay will not be tolerated. This includes shooting sitting, laying down, behind back, etc.

Once at practice, you are a member of a "TEAM". At no time should you assume that you can show up, shoot at 50 or 100 targets, and go home. We will all do our part by loading trap houses, pulling, scoring, and picking up boxes and empty shells.

Just as with any other team sport, we practice to improve. You need to come to practice with a good attitude and learn from your mistakes or successes. We will not tolerate team members who are just here to basically hear the gun go "Boom!" Meaning, you could care less whether you are hitting targets or not. "Don't waste Your Time & Your Money OR Our Time & Our efforts."

Going to practice is the most minimal thing you can do. Everyone goes to practice. Champions are great because of what they do outside of practice!

What to expect at practices

- All practices are held at Izaak Walton – M & W, 3:30 – 5:30
- Juniors and Seniors will shoot on separate traps.
- When you arrive, there may be a brief speech from the coach. You will then need to be squadded (sign up) in the Ike's office on a score sheet to shoot.
- Be prepared to help load the trap houses weekly.
- Two boxes of shells are to be shot (minimum); make sure everyone else has had a chance to shoot one box before you sign up for your second box.
- At least 1 parent/coach must be on each trap in order for you to shoot (and preferably two - one to pull and one to score). i.e. We NEED lots of parent/adult volunteers! We will train you!

Trap Meet Expectations

What do I need to bring to every practice & every meet?

- Gun
- Vest or shell bag
- 2 boxes (minimum) of shells
- Eye protection
- Ear protection
- Weather appropriate attire

What to expect at regular season shoots

- All regular shoots will be held on Saturdays (season meet schedule listed later in this packet)
- Arrive at least one hour prior to your squads scheduled shoot time, which will be available to you the Thursday prior to each shoot.
- Check in with the Coaches as soon as you arrive – look for the truck with the LSW Flag.
- Pay close attention to when your squad is ‘on deck’ and at that time, get your gun and everything you need to shoot ready to go. This includes eye and ear protection and 3 boxes of shells for juniors & 6 boxes for seniors (includes extras for shoot-offs), and always have at least 2 extra shells with you in case of a dud or a shot at a broken target.
- As soon as you are finished with your 1st box, get your 2nd box ready. You will shoot the 2nd box immediately.
- When you are finished with your 2nd box, you are done for the time being.
- You may not leave the meet until you have permission from the Coaches. In the event of a tie, a shoot off may be required. If you leave and are not there for a shoot off, the entire squad forfeits the opportunity for an award. They will be shooting off all required awards this year at every shoot, new requirement this year.
- Awards are not presented until mid to late afternoon at best. You have the opportunity to bring lunch or share in the cost of our ‘Chuckwagon’.
- These can be very long days. We would encourage families to bring a book, or a laptop for ‘down time’.
- Izaak Walton (The Ikes) is our home base. When shoots are hosted there, a work schedule will be assigned for loading the trap houses. Be ready to work!

Lunchtime (Chuckwagon)

There will be a grill going at nearly every senior high & combined meet, serving up burgers, hotdogs, etc., for a modest cost/donation to cover expenses and to help fund our end of year banquet. We do a sign-up for sides & dessert and we do ask that everyone participate. This is a GREAT opportunity to meet other families and to enjoy some GREAT food! Please do bring your own drinks. Of course, you are also more than welcome to bring your own lunches.

Parent Involvement

In order to make the club and the shooters successful, parent involvement is essential. Each family will be expected to help in some way. Contact a coach if you have questions on how you can best help or contribute.

Gayle Hanshaw All Conference Shoot – Lincoln Trap & Skeet & Izaak Walton

This event differs from regular season shoots, in that you will not be shooting in a squad consisting only of your LSW teammates. You will be placed in a squad based on your individual season average. Awards are given for high individual scores, per class, at this shoot.

In the week before this shoot, an email will be sent out stating which shooters have made the All Central and All Conference teams for the season. This will be based on each individual shooter's season average, with the lowest score of the season being dropped. It will also tell you which squad you will be shooting with, what trap you will be shooting on, and what time.

The Senior High All Conference Shoot will be held at Lincoln Trap & Skeet and the Junior High All Conference Shoot will be held at the Lincoln Izaak Walton.

State Trap Meet in Doniphan, NE – End of Season

This is the last shoot of the season. The one we have been working so hard for all season!

The week before this shoot, an email will be sent out with the squad assignments. Monday, at practice, you will shoot 4 boxes with your State Squad. There will be no practice on Wednesday, so that the Coaches can get ready for Doniphan.

Please arrive at least 90 minutes – 2 hours before you are scheduled to shoot so you can get checked in and shoot at least 2 rounds (of 10) of practice targets if applicable. We would like you to shoot your practice rounds with your squad.

Practice tickets are purchased at the clubhouse. One of these tickets will get your squad the 2 rounds of practice. Round up your squad and purchase one ticket instead of purchasing individually; it is much cheaper and simpler this way!

Usually, we plan on grilling (Chuckwagon) at the state meet. Each family is then asked to bring a side dish or desert to complete the meal, as well as your own drinks. Consider bringing chairs, blankets, sunscreen etc. to make the day more enjoyable! There will be several food, gun and accessory vendors at this meet. You will have the opportunity to purchase State Trap apparel, reloading supplies, guns, hunting & trap vests, coats, caps etc. Ducks Unlimited usually hosts some type of raffle as well as opportunities to winbut you have to sign up for BEFORE you shoot!!

On Thursday, the juniors will shoot 100-16 yard targets in a row, at one trap. After all squads are finished, it will be determined if any shoot offs are required. Once those are completed, awards will be presented.

****Juniors and their families may want to consider spending Wednesday night in Grand Island or Hastings. See the end of the packet for more information****

On Friday, the seniors will shoot 75-16 yards targets in a row, at one trap.

On Saturday, the seniors will shoot 75 handicap targets.

****Seniors and their families may want to consider spending Thursday and Friday night in Grand Island or Hastings. See the end of the packet for more information****

Please make sure to call the school and let them know your son or daughter will not be in school the day(s) that they will be shooting (i.e. This is YOUR responsibility).

STATE MEET BLOCK OF ROOMS RESERVED UNDER LSW Trap 2025

@ Hampton Inn Hastings, 215 E. 31st Street, Hastings, NE 68901. Call 402-303-6778 (option 2 for Group Reservations. \$206/night (2 queen); \$223/night (king))

LSW TRAP – Requirements to LETTER and to participate in meets.

- 1) Must participate in at least 70% of practices.
- 2) Must participate in at least 5 of 6 regular season meets.
- 3) Must participate in Cornhusker State Shoot.
- 4) Coaches Discretion: Team oriented / positive influence / team player / helps out at practice, etc.
- 5) Must be enrolled in high school and in good standing with the school

LSW Trap Team Awards Banquet

We will announce more details as the season comes to a close. This banquet is normally held at the Izaak Walton League Clubhouse at the beginning of May.

2025 TRAP MEET SCHEDULE

Lincoln Izaak Walton Gun Club --10801 South 134th Street; Bennett, NE (1/2 mile south on 134th street & Hwy 2)

Ashland Gun Club --426 County Rd C Ashland, NE (Off Hwy 6 approx 3 miles North of Ashland on Hwy 63 on right side, turn before big curve)

Lincoln Trap & Skeet Club --4855 N 48th St

Nebraska State Trap Shooting Association – N 1st Street, Doniphan, NE

MARCH 15 - Lincoln Izaak Walton Gun Club

MARCH 22 - Lincoln Trap & Skeet Club

March 29 - Ashland Gun Club

APRIL 5 - Lincoln Izaak Walton Gun Club

APRIL 12- Lincoln Trap & Skeet Club ***NOTE: Standing Bear Prom is Saturday, April 12, 2025!**

APRIL 19 - Ashland Gun Club

APRIL 26 (Gayle Hanshaw All-conference Shoot) ***NOTE: LSW Prom is Saturday, April 26, 2025!**

Seniors: *Lincoln Trap & Skeet Club*

Juniors: *Lincoln Izaak Walton Gun Club*

May 1, 2 & 3rd – CORNHUSKER NATIONAL INVITATIONAL @ NTA State Grounds DONIPHAN, NE

May 1st: Juniors Grades 6-8

May 2nd & 3rd: Seniors Grades 9-12

Sponsors and Awards

Past Gold Medal Sponsors (\$1,000 or more)

Union Bank & Trust
John Struwe
Whitetails Unlimited
LSW Chuckwagon
Juice Stop
Walmart-Dauenhauer
MidwayUSA Foundation

Other Sponsors:

Guns Unlimited
Scheels
NE National Guard
Harris Decals

GOLD Trailer Sponsors (2023-2024):

Tru-Built Construction
Midtown Body & Paint
Juice Stop
Klute Trailers
Aerni Law
Five Points Bank
Rapid Fire Spraying Detasseling
Ferris Financial Group
Muir Drywall

Other Trailer Sponsors (2023-2024):

Platte Valley Company, Inc.
Sluka Family Farms
H.R. Bookstrom Construction, Inc.
Jeremie & Danielle Johnson
KP Equipment, Inc.
IBEW Local 265 NE NECA Labor

LSW Trap Team History of Medals

2005 – 13 medals
2006 – 43 medals
2007 – 98 medals
2008 – 157 medals
2009 – 175 medals
2010 – 242 medals
2011 – 201 medals
2012 – 292 medals
2013 – 350 medals
2014 – 283 medals
2015 – 240 medals
2016 - 203 medals
2017 – 228 medals
2018 – 157 medals (w/ 1 meet cancelled due to weather)
2019 – 153 medals
2020 – 0 medals (season cancelled due to Covid-19)
2021 -- 150 medals
2022 – 98 medals
2023 – 117 medals
2024 – 107 medals

Estimated Costs

2025 Estimated Trap Club Costs - Senior High

24 days of practice...50 rounds of targets each day	
48 rounds @ \$5.00	\$240.00
48 boxes of Ammo @ \$9.00	432.00
6 conference shoots @ \$32.00	192.00
1 All-conference shoot @ \$16.00	16.00
1 State shoot @ \$60.00	60.00
34 boxes of Ammo (for meets) @ \$9.00	306.00
Team Fee (\$50) & Coach TU (\$10)	<u>60.00</u>
	\$1,306.00

Total Payable to LSW Trap - \$568.00

Total estimate needed to purchase ammo for season - \$738.00 (8 Flats)

(if you shoot more than 2 boxes at each practice (and we encourage you to as the season goes on) your costs WILL be higher)

2025 Estimated Trap Club Costs - Junior High

24 days of practice...50 rounds of targets each day	
48 rounds @ \$5.00	\$240.00
48 boxes of Ammo @ \$9.00	432.00
6 conference shoots @ \$16.00	96.00
1 All-conference shoot @ \$16.00	16.00
1 State shoot @ \$40	40.00
18 boxes of Ammo (for meets) @ \$9.00	162.00
Team Fee (\$50) & Coach TU (\$10)	<u>60.00</u>
	\$1,046.00

Total payable to LSW Trap - \$452.00

Total estimate needed to purchase ammo for season - \$594.00 (7 Flats)

(if you shoot more than 2 boxes at each practice (and we encourage you to as the season goes on) your cost will be higher)

The funds payable to LSW Trap will be placed in your personal account for the season. Your account will be debited according to how many targets you shoot and how many shoots you attend. You are encouraged to pay the full \$568 or \$452 at the beginning of the season (note, costs will vary and if your shooter shoots more than 2 boxes per practice, they will be). PLEASE check your account (www.lswtrap.org) regularly as shooters with a negative balance will NOT be allowed to shoot (this is your

responsibility to monitor). If you have excess funds at the end of the season, you can either leave it as a credit for next year or have it refunded.

You are responsible for purchasing your own gun, ammunition, eye and ear protection, etc.

Where to purchase ammo:

Guns Unlimited
4325 S. 120th Street, Omaha, NE - 402-339-0771

One Flat of shells contains 10 boxes (of 25) for total of 250 rounds (estimated price): -- Winchester Super Targets approx. \$90 per flat. Pricing & availability is questionable.

Jr - Sr. High School Program Discounts on Reloading Supplies & Equipment

Scheels All Sports
27th & Pine Lake Rd, Lincoln, NE – 402-420-9000

Scheel's will offer ???% off most reloading supplies & shooting vests etc. and give gift cards back on gun purchases to shooters on a list to be supplied by coaches.

If you have any questions about reloading or what type of shells to purchase, please see one of the coaches.

Team Apparel & Window Decals:

Will be available for you to purchase in the next few weeks. Look for information from the Remind App and Facebook Group

(T-shirts, sweatshirts, hoodies, caps, etc.)

Southwest Trap Team Liability Release Form

My son/daughter, _____ has my permission to be a member of the **Southwest Trap Team**. He/she has permission to take part in all practices, meets, and events offered by the club throughout the year. Most practices will be held at the **Izaak Walton League Range**. I understand that my son/daughter will need to find their own transportation to practices, meets, and other events offered by the club.

I understand that this is a club activity and that I am responsible for all expenses that my son/daughter may incur as a member of this club and its activities.

I understand that trap shooting can be a dangerous activity and I am knowingly granting my son/daughter permission to participate in and be a member of the Southwest Trap Team.

I understand that at NO time can a firearm be brought onto school property for any reason.

I understand and hereby waive & release the **Southwest staff, all club sponsors, administrators, Lincoln Public Schools, all coaches, The Izaak Walton League, its staff and other members** of any responsibility from injuries or accidents or COVID exposures which may result from Southwest Trap Team activities and events.

I understand that my son/daughter will need to supply their own firearm, ammunition, and fees for practices and meets in this club, and that **Southwest High School, Lincoln Public Schools, and the Izaak Walton League** will not be furnishing the equipment and supplies needed to participate.

I hereby certify that my son/daughter is properly enrolled with their respective school and is in good standing by providing two (2) ParentVue documents:

1) I will provide their Grade Book Print-out for *3rd quarter* 2024/25 class enrollment

2) I will provide a report showing their cumulative GPA for all classes;

and I hereby release both documents to the **Southwest Trap Team** and to the **Eastern Cornhusker Trapshooting Conference** for consideration of its **Academic Excellence Award**.

Parent/ Guardian Signature _____ **DATE** _____

Student Signature _____ **DATE** _____

Current School _____ **Grade** _____

Date of Birth _____ **Age as of January 1st 2025** _____

HUNTER ID# _____ (write TBD If you haven't yet completed your Hunter Safety Course)

Team Captains

<i>TEAM</i> over <i>Squad</i> over <i>me</i>	<i>T - Together</i> <i>E - Everyone</i> <i>A - Achieves</i> <i>M - More</i>
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Requirements:

- 1 High School Male and 1 High School Female
- 1 Middle School Male and 1 Middle School Female
- Captains are required to be a returning shooter
- High School Captains must be either a Junior or Senior
- Middle School Captains must be either in 7th or 8th grade
- Voting will occur on the Monday practice 2 weeks prior to the first conference shoot. Winners will be announced at the Wednesday practice of that week.
 - o Ballots will be provided to each shooter with eligible captains
- Votes will be counted by the Head Coach with the assistance of the other coaches.
- Qualities for Team Captain:
 - o Servant Leader
 - o Commitment and Passion
 - o Inspires and Encourages Teammates
 - o Respectful of Coaches, pullers, scorers, teammates and other teams
 - o Positive