

## JLAB 2019 JROTC UNIT BEST PRACTICE

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| <u>Date:</u><br>5/7/19 | <u>School:</u><br>Douglas County High | <u>School Address:</u><br>8705 Campbellton Street, Douglasville, GA 30134 |
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| <u>JROTC Unit Name:</u><br>Tiger Battalion | <u>Unit Telephone Number:</u><br>7706516675 | <u>Unit Email Address:</u><br>kelley.french@dcssga.org |
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| <u>JLAB Team Member Names:</u><br>Faith Guger, Michael Smith, Yanhari Molina-Castro,<br>Leine Frutoz | <u>Name of SAI/AI:</u><br>1SG (Retired) Kelley French |
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JROTC Unit Best Practice (one per form only):

**Rifle Team**

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Discussion (The who, what, when, where and how of the Best Practice, e.g., components of the function, organization (staff responsibilities, command and control), resources needed (money, people, supplies, transportation, and equipment) timeline from planning to completion, etc.):

**What is Rifle Team?**

Rifle Team is a GHSA sport in which a team of five shoots pneumatic air rifles at small bull targets ten meters away. LTC Lark is in charge of it at Douglas County High. Because it is a state sport, tryouts are open to the school, but only JROTC cadets tend to try out. Our team is usually among the top five teams in the Area.

**Safety**

Although there are certain connotations attached to "Rifle Team," it is a safe activity. To ensure this, all cadets must score a 100% on the safety and procedures test before setting foot in the range. Goofy or dangerous behavior displays that a candidate is not serious and will be kicked out of tryouts.

**Schedule**

Every year, October through March, LTC Lark supervises the selection and training of our Pneumatic Air Rifle Team. In past years, we have met every week Monday through Thursday for practice, which works well to keep us in good shooting condition. This year, we are making Mondays a day off because half of our members are on JROTC Staff. The new schedule gives us Tuesday to work on individual weaknesses, Wednesday to hold a mock match, and Thursday, the typical day for a real match.

**Organization and Coordination**

When enough competent shooters try out, we form a varsity and a JV team, ten members in total. The top five are on varsity, and everyone practices together unless a certain day is varsity only.

Mock matches not only rank shooters but also show improvement and allow them to practice in a format of friendly competition. JV members step in when a varsity member is unavailable for a regular match. To communicate, we make a chat on Group Me.

**Equipment**

Following our final match in southern Georgia last season, we learned from the other coach about Orion mapping. Now that we know how useful the resource is, we will use it next season to sight in and self-correct. The mapping is a collection of colored circles which marks the skew of one's shots. It will be quicker and more accurate than the human eye for sighting in.

In addition to the Orion system and the rifles themselves, the sport calls for equipment such as scopes, pellet stands, mats, and shooting jackets and pants. It is easy for something to be misplaced, so everything is numbered and laid out on our chairs in a way that is easy to individually keep track of personal equipment.

**Learning differentiation**

As team captain, I wanted to teach more than how to set up and pull the trigger. Certain strategies make the difference between just a member and a skilled shooter. The problem was, I had learned to shoot over time, and LTC Lark had learned to shoot too many years ago to articulate his riflery tips, so last year, I created a "Comprehensive List of Shooting Tips for Nerds". I based it on an article about shot technique as well as personal habits which I found effective. The list ranged from adjusting aperture sizes to drinking water the day of a match. Some noticed an overall improvement in their shooting after I posted my tips on the wall, but the greatest jump in scores came weeks later, when an alumnus came to visit. He was a marine now, and he gave us three pieces of advice, which one of the JV boys scribbled on the back of a target and taped over my list on the wall. Our improviso instructor expanded on and demonstrated each technique, but they were simply to breath right, keep the holding arm vertical, and lay straight. These rules were far simpler than anything I had tried to explain, and I should have remembered that my teammates were smart enough to take the basics of

shooting and develop their own style. Instead, I had tried to supply them with every quirk which worked for me, but given simple corrections and their own common sense, several on the team saw 10-20 point increases in their scores nearing the end of the season.

### **Incentive**

Riflery is a sport of self-motivation, but even so, LTC Lark offers a steak dinner to the shooter who can score a hundred in prone, kneeling, or standing during a match.

### **Personality Factor**

When everyone gets along, we relax and enjoy each other's company. We play road trip games en route to away matches. We take turns restocking the snack supply on a rotation. On the off season, we will shoot posters of zombies to stay sharp. We keep in touch year-round and hang out because the team is a second family.

### **Attitude**

All the training we can give is worth nothing if cadets are tired, unmotivated, or stressed. There is an obvious positive correlation between scores and mood. The best thing we can do is to make rifle team something to look forward to. If shooting becomes a way to relax, cadets stay positive and focused in the range, regardless of what stressors they have outside of the range. Sometimes, we snack and chat for the first few minutes of practice and play music. Rifle team should not be a chore. If a shooter sees it that way, scores will reflect her tension and apathy.

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We all do some things better than others. Likewise, some JROTC units are better at some things than other JROTC units. We call those Best Practices. We think that the “best” best practices come from the best units. If your unit’s day-to-day performance is a reflection of your accomplishments on JLAB Level I and Level II, and we think that it is, then we believe your unit to be among the best. We want you to tell us about your best practice(s). Complete and submit this form on one or more of your unit’s best practices. Use a separate form for each Best Practice. Be detailed in your report so that the other 3,400+ JROTC units in the country with whom we will share it can read and execute it without questions! This report form is designed to expand as you type. It should accommodate your report without attachments. Should that not be the case, submit your report(s) in a format that works for you. Please name your file with your school name.

Below is a non-all-inclusive list of possible unit best practices.

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| <ul style="list-style-type: none"> <li>● Academic Team</li> <li>● Drill Team</li> <li>● Orienteering Team</li> <li>● Raider Challenge Team</li> <li>● Rifle Team</li> <li>● Color Guard</li> <li>● Marksmanship Training</li> <li>● Awards Ceremony</li> <li>● Awards support from outside organizations</li> <li>● Cadet retention in JROTC</li> </ul> | <ul style="list-style-type: none"> <li>● Fundraising</li> <li>● Leadership Team</li> <li>● JCLC</li> <li>● Service Learning/Community Service</li> <li>● Military Ball</li> <li>● Cadet Commander and Staff Organization and Functions</li> <li>● Cadet Scholarships</li> <li>● Technology support of unit from school and community</li> <li>● Educational and Orientation Trips</li> <li>● Cadet Challenge</li> </ul> |
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**THIS IS NOT A GRADED ASSIGNMENT BUT IT IS REQUIRED FOR YOUR TEAM TO COMPETE IN THE CHAMPIONSHIPS.**