

Northern Freeze Trap Team



Welcome/Commitment to the Team:

Welcome to one of the fastest growing sports in the nation. It is important that you honor your commitment to the team. Each student athlete registered to participate, is encouraged to finish out the season and score each week. We expect all of our athletes to have a great attitude towards our coaching staff, volunteers, parents and each other.

Contact Info:

Coach - Cory Gustafson Phone: 218-686-2178 Email: wankel295@gmail.com
NF Trap Communications - Kami Klegstad Phone: 218-790-8142 Email: kamik@wikel.com

Fees:

You will receive an email with a link to USA Clay Target League to register your student athlete for trap. At that time, a \$35.00 fee is payable. Online registration must be complete by 12:00 p.m. (Noon) on March 20, 2023. Please keep track of your login information for future use. Please do not wait until the deadline to complete your registration.

Aside from the USA Clay Target League Fee, the Trap Team Association requires each student athlete to pay a fee of \$75.00 to the Association to cover expenses such as clay targets and other administrative items. **Payment is due prior to first day of shooting.** Payment can be made with exact cash or by check. **Checks should be made payable to NF Trap Association.**

Schedule/Forms:

The team shoots two days a week in Newfolden. We shoot Sunday afternoons (12:00 pm) and Tuesday evenings during the week (4:30 pm). A score must be recorded each week. We would like to see most, if not all, of our athletes shoot on Sundays. Student athletes are responsible to arrange their own firearm, shells and transportation. Spring season we shoot a total of eight scores.

Shooting days are as follows:

Practice - Mar. 26 **Practice - Apr. 2** **Reserve - Apr. 9** **Comp Wk 1 - Apr. 16**
Comp Wk 2 - Apr. 23 **Comp Wk 3 - Apr. 30** **Comp Wk 4 - May 7** **Comp Wk 5 - May 15**

If you are unable to shoot on Sundays, you are responsible to make up your score on Tuesday. **Please note that we shoot in all weather conditions. Rain, snow, wind, hot, cold....please dress accordingly. Waterproof footwear is recommended.**

PLEASE NOTE: Reserve scores can only be used in specific situations. If you know that you will not be able to shoot due to a planned trip etc., please speak to the coaching staff prior to being gone. Scores can not be recorded after a deadline has passed.

Forms are required at the start of each school year. Forms turned in for Fall League are good for Spring League.

Equipment:

Student athletes must wear safety glasses and ear protection on the field. Firearm must be either a 20 gauge or a 12 gauge. Athletes shoot 50 rounds of shells per week, which is 16 boxes of shells for the regular season. Shells must be:

20 Gauge Shot - 7/8 oz. Shot Size - #8 OR #9
12 Gauge Shot - 1 oz. OR 1 1/8 oz. Shot Size - #7.5 OR #8 OR #7

Athletes should purchase either a shooting vest or pouch. These can be found online or at many stores in the area. Athletes are not allowed to wear open-toed shoes while participating.

Communications:

It is important for our team to be able to communicate effectively. We have chosen two methods of communication, the Group Me App and NF Trap Communication emails. You have a choice of whether or not you choose to receive messages through Group Me, emails or both. They have been great tools for any weather announcements and general information. Some information is also shared on Facebook ([Northern Freeze Trap Team](#)) but we do not rely on Facebook as a form of communication.

High School Requirements to Participate/MN State High School League:

All student athletes must adhere to the rules set by the school in order to participate. Please visit with Missy Bjorgaard/Brian Longerbone at MCC or Gary Taylor at Tri-County to obtain any forms or information necessary to participate in this school activity. All paperwork must be complete before the season starts (March 26, 2023).

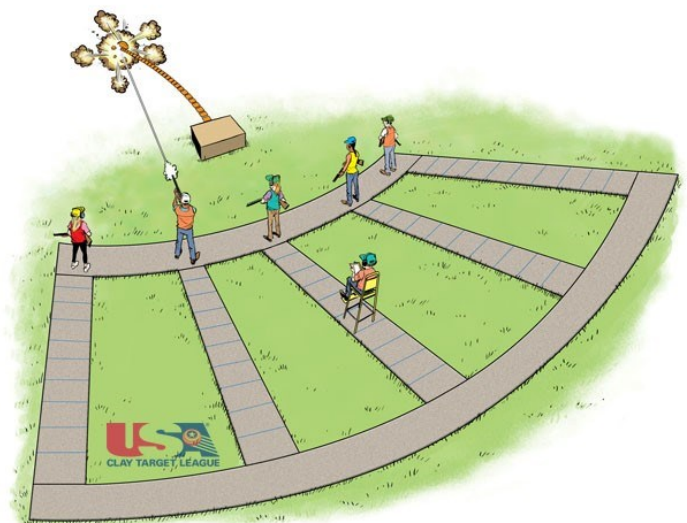
All student athletes must also adhere to the rules set by the Minnesota State High School Clay Target League. For more information, please visit [MNClayTarget.com](#).

Ineligibility:

Student Athletes who are serving time for ineligibility are required to be at the trap house for at least one hour on Sunday and may return to the trap house on Tuesday to shoot. Scores will not be recorded with USA Clay Target for any week(s) served. If the athlete does not show up on Sunday to serve, he/she may come on Tuesday to serve, but will not be allowed to shoot. If an athlete chooses not to serve an hour during the week, he/she will not earn a week of ineligibility. Time served is relayed to the school.

Shooting Trap - The Basics:

When you arrive at the trap house, please make sure you get signed up for a squad. Station one is assigned as the Squad Leader. Each athlete will take five shots from each of the five stations. After the first five shots are completed by the entire squad, athletes rotate clockwise to the next station. The squad will complete each station until each shooter has taken 25 shots. The squad will then take a short break and resume shooting another 25 shots for round two.



Volunteers/Fundraising:

We are always looking for parents to score and mentor our student athletes. You may be asked to help with fundraising by selling tickets or asking for donations from local clubs or businesses. Sometimes we ask our athletes to appear at meetings, such as MDHA, to speak about their personal experiences and how trap has enriched their life as a student, athlete and teammate. Requests for participation will be sent via email to our parent group.

Invitationals and Championship:

Our Spring league offers an opportunity for our student athletes to compete in a local invitational in Greenbush (1 round - 2 boxes of shells) and Championships in Alexandria (2 rounds - 4 boxes of shells). We encourage all of our Trap Team athletes, no matter the skill level, to compete in both. Please keep an eye on your email for information throughout the season! Championships are in June. We will not find out which day we shoot until our normal season is almost over. You are responsible for your own lodging/transportation.

If you have any questions or concerns, please reach out to Cory or Kami at the contact information provided. We look forward to a great season!