

# SHOOTING SPORTS

*Sonoma County 4-H*

Name: \_\_\_\_\_ Date: \_\_\_\_\_

## Guidelines for Project Proficiency Award

### Intermediate:

	<u>Date</u> <u>Completed</u>	<u>Leader's</u> <u>Initials</u>
1. Demonstrate and explain the 4 rifle shooting positions that are allowed in competition.	_____	_____
2. Explain the importance of sight alignment and sight picture and its effect on bullet placement on the target.	_____	_____
3. Create a poster of 10 or more practical rules for safety related to shooting sports activities and find a way to share them with others outside the project.	_____	_____
4. Demonstrate how to zero a rifle by adjusting the sights.	_____	_____
5. Describe the different types of bullets (lead, hollow point, jacketed, etc.) and explain how and why they are used.	_____	_____
6. Explain the different types of qualification and competition targets and their uses.	_____	_____
7. Describe the terms misfire, hangfire, and squib. Explain the different steps you would take when these things occur.	_____	_____
8. Shoot at least 200 rounds and log the scores in your shooting diary.	_____	_____
9. Reviewing the fundamentals of rifle shooting, identify 2 faults in your shooting that are causing missed targets and develop a drill to correct these faults.	_____	_____
10. List and explain at least 3 ways firearms can be secured and made safe from unauthorized users.	_____	_____
11. Describe in sequence what occurs from when you pull the trigger to when the bullet exits the muzzle (report, poster or talk).	_____	_____
12. Participate in one activity where you promote 4-H and the shooting sports to the public.	_____	_____
13. Participate in a range set-up and clean-up.	_____	_____
14. Demonstrate how to properly clean a rifle.	_____	_____
15. Give a presentation at presentation Day.	_____	_____

Project Leader's Signature of Completion: \_\_\_\_\_ Date: \_\_\_\_\_

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