

# **Bullseye Indoor Program**

**2020 – 2021**

1. **Situation.** Due to necessary Covid-19 restrictions, this season presents some challenges for conventional shoulder-to-shoulder, bullseye shooting. However, a modified indoor program can be undertaken without compromising personal safety. This document provides details of such a program.

2. **Mission.** From early November 2020 until mid-February 2021, the shooting program will focus on essential skills for the Standard Pistol Match. From mid-February until end April 2021, the focus will be on the Centre Fire Pistol discipline. The ISU Rapid Fire Match will not be fired this season.

3. **Execution.**

A. **General Outline.** Training sessions will centre on self-organized, small groups of two to four shooters who will select a convenient day/time for a weekly live-fire session. Following the training syllabus and assisted by the handouts provided, these groups will conduct their own tutorials and live-fire sessions. Scores will be recorded in order to chart individual progress and to identify areas for more detailed focus. During the week that the two final matches are scheduled, a Range Officer will be available to conduct the match for each group. Tutorials via Zoom may be instituted.

B. **Grouping and Tasks**

(1) **Supervisory Section.**

(a) Grouping: - D. Lawrence; 2 i/c I. Smeath

(b) Tasks: - develop and manage program  
- prepare and distribute weekly tutorial notes  
- maintain contact with Shooting Sections  
- maintain contact with FRPC Board of Directors  
- maintain progress chart for participants  
- act as Range Officer for matches

(2) **Shooting Sections.**

(a) Grouping: - self-organized, 2 to 4 members

(b) Tasks: - select Section Leader to be single Point-of-Contact  
- select suitable day/time for live-fire sessions  
- maintain contact with Supervisory Section  
- attend weekly training sessions  
- submit progress scores to Supervisory Section

C. Coordinating Instructions. Program will be conducted iaw attached schedule. Shooting sections to ensure their selected day/time does not interfere with officially scheduled range commitments.

4. FRPC Support. Targets will be available through normal Club repayment arrangements (patching is encouraged to reduce waste). Club will arrange for engraving of trophy for match winners. All other logistics will be arranged by individual sections/shooters.

5. Contact. Point-of-contact for this program is D. Lawrence. He may be reached at 613-387-2094 or by email at “dglawrence.1309@gmail.com”.

Recommended:

D. G. Lawrence  
3 November 2020

Approved:

## Bullseye Indoor Program

### Schedule 2020-2021

<b>Week of</b>	<b>Discipline</b>	<b>Training Focus</b>	<b>Comments</b>	<b>Record</b>
01 Nov	<b>Standard Pistol</b>	course of fire, ammo grouping & zeroing	match rules (esp. malfunctions) should group at least in 9 ring	group size
08	“	trigger & sights	seated, from sandbag, calling shot	group size
15	“	grip & stance	standing, one-handed	group size
22	“	Slow fire	sequence, shot planning	1x10 rds
29	“	Slow fire	visual acuity, sighting aids	1x10 rds
06 Dec	“	Slow fire	trigger release, follow-through	2x10 rds
13	“	Timed fire	use of time, breathing	nil
20	“	<b>Holiday</b>	<b>stand down</b>	n.a.
27	“	Timed fire	trigger release, follow-through	1x10 rds
04 Jan	“	Timed fire	mental process & control	2x10 rds
11	“	Rapid fire	sight/target acquisition	nil
18	“	Rapid fire	shot planning, use of time	1x10 rds
25	“	Rapid fire	trigger release & follow-through	2x10 rds
01 Feb	“	practice, half-match	10 slow, 10 timed, 10 rapid	3x10 rds
08	“	practice, full-match	20 slow, 20 timed, 20 rapid	3x20 rds
15	“	final - Std Pistol Match	20 slow, 20 timed, 20 rapid	3x20 rds
22	<b>Centre Fire Pistol</b>	course of fire, ammo grouping & zeroing	match rules (esp. malfunctions) should group at least in 9 ring	group size
01 Mar	“	trigger & sights	seated, from sandbag, calling shot	group size
08	“	Precision fire	grip, stance, sight adjustment	1x10rds
15	“	Precision fire	timing, sighting, trigger release	1x10rds
22	“	Precision fire	trigger release, follow-through	2x10 rds
29	“	Rapid fire	sight/target acquisition, POA	nil
05 Apr	“	Rapid fire	planning 5 shot string	1x10 rds
12	“	Rapid fire	full use of time	1x10 rds
19	“	practice, half-match	10 precision, 10 rapid	2x10 rds
26	“	final - CF Pistol Match	20 precision, 20 rapid	2x20 rds