

TRACS

Teaching Recreational & Competition Shooting



Professional Shooting Sports Instructor Certification



Discover
Recreation
Education
Competition

Define
Goals
Objectives

Develop
Knowledge
Skills
Ability



*“Leadership is not
just giving directions
It’s liberating
people to do what is
needed in the best
possible way”
— John Graham*

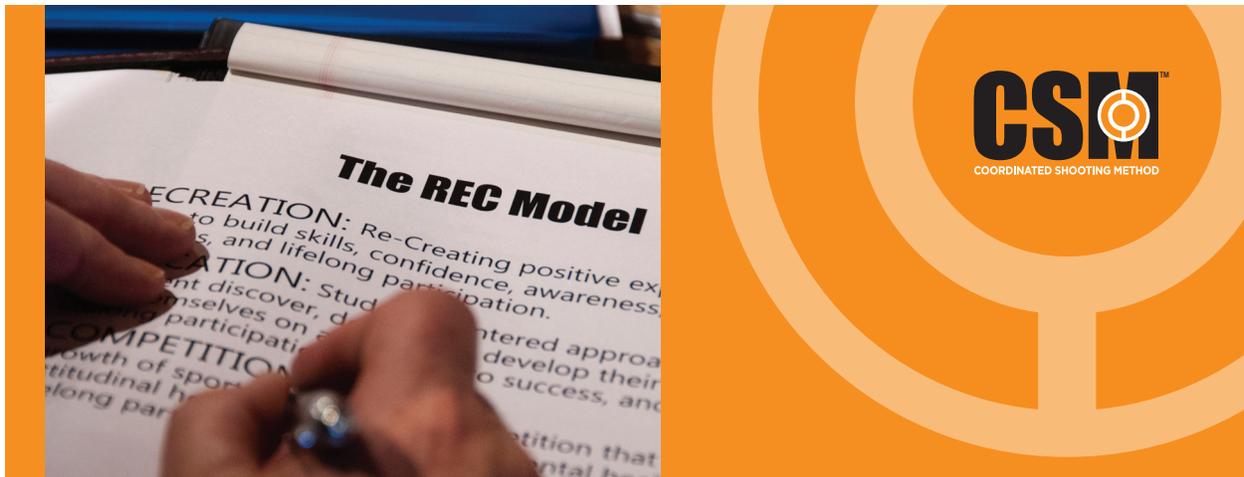
Training and Certification Course Overview

The CSM instructor certification course, Teaching Recreational And Competition Shooting or TRACS, is designed to train instructors in modern shotgunning theory, student-centered teaching, leadership, and how to effectively teach these to others - regardless of the discipline.

The result is a robust, applied curriculum that is continually updated and enhanced to reflect the latest developments in the sport and teaching philosophy. The TRACS course offers a modern approach and professional quality of training that will transform enthusiasm and skills within the sport into a passion for teaching it to others.

Equipping instructors with the necessary tools to take students to higher levels of responsibility, confidence, positive attitude, and performance is the goal of the TRACS course.

This is accomplished by using a curriculum that is based on sound educational principles that invigorate the learning process by providing a robust, definitive, and authentic course that inspires instructors to think outside the box.



"I fear not the man who has practiced 10,000 kicks.

I fear the man who has practiced one kick 10,000 times"

— Bruce Lee

Course Outline

Day 1

The first day of the course is to be completed at home. The text portion of the course is lengthy and there are review questions as well as a sample test that must be completed and turned in at the beginning of the range portion of the class.

Day 2

The second day of the class focuses on teaching skills, and is based on a combination of in class lectures, group discussions, and time on the range. Class time will be used to introduce CSM, explain the CSM teaching philosophy in depth, and introduce the clock. Range time will be spent working on the essential hard skills of shooting using the clock and incorporating both gun-up and gun-down positions.

Day 3

Day three continues to build on the concepts and skills learned on day 2, and a student teaching component will be introduced. Each instructor candidate will have an opportunity to teach for a two hour period. More classroom time will be dedicated to teaching skills and time will be spent on the range to continue working on hard skills. A combination of lectures, discussions, and activities will be used to review and introduce new materials.

Day 4

Day four is the final day of the course. Class time will be spent reviewing and discussing teaching skills. There will also be a two hour student teaching opportunity. The afternoon portion of the day will be spent reviewing the course, and spending more time working on hard skills.



*“Keep your face
always toward
the sunshine—and
shadows will fall
behind you”*
— Walt Whitman

The CSM Teaching Philosophy

We Define Success As:

- Being committed to being the best instructor that one can be within the scope of individual limitations.
- Setting high but realistic goals and training hard to reach them.
- Pursuing those goals and enjoying the pursuit.
- Asking for help when help is needed.

Our Goals:

- To call attention to the importance of what is done by instructors.
- To make shooting sports instruction more flexible, adaptive, and creative by using a targeted training system.
- To seek and provide continuous learning experiences.
- To provide advocacy for and awareness of the sport at all levels.
- To encourage professional collaboration at all levels.
- Strive for excellence in all that is done.

We Believe:

- That the curriculum, program design, and training system can make a definitive and lasting impact on the current instructional paradigm.
- That the curriculum is the heart of what is done.
- That the curriculum will allow a positive paradigm shift to occur.
- That the curriculum will lead from what is to what can be.

FROM

- Expert Driven
- Focusing on Deficits
- Skilled Incompetence
- Score-Based

TO

- Student-Centered
- Building Knowledge Skills, and Attitude
- Confident and Successful
- Behavior-Based



“Disciplining yourself to do what you know is right and important, although difficult, is the high road to pride, self-esteem and personal satisfaction”
—Margaret Thatcher

Student-Centered Teaching

What is it?

- A teaching method focused on discovering and developing each student’s preferred learning style (visual, auditory, or kinesthetic).
- An approach engendering self-confidence and belief in each person’s own capabilities.
- A way for learners to become active participants in the learning process.
- An action plan where the instructor plays a supporting, coaching role in the learning process, rather than simply ordering and directing it.

Why it is important?

- Helping students understand how they learn will carry over into other aspects of life.
- Believing in one’s own capabilities is crucial to success in any venture.
- Participating in the learning process develops the executive functions of the brain including: problem solving, planning, time management, attention, integrating past experiences with present actions, and task flexibility.

What Can You Do?

- Provide fun-filled, outdoor learning experiences.
- Insist on safety.
- Encourage positive social interaction.
- Foster compassion.
- Strive for excellence.
- Maintain a positive attitude.



“Always bear in mind that your own resolution to succeed is more important than any other”
— Abraham Lincoln

Leadership

What is Leadership?

- Having the capacity to move others towards goals shared with you.
- Focusing on skills that learners wouldn't achieve on their own and liberating them to do what's needed in the best possible way.
- Having the courage that it takes to stand and lead.
- Earning the trust of the people being lead.
- Inspiring good performance, not just mandating it.

Why it is important?

- Leadership style and attitudes greatly influence the final results.
- Sound leadership adds meaning to the lives of the instructors and students and is a lifelong endeavor benefiting us in everything we do.

What Can You Do? Practice Leadership.

- Give students a task and let them surprise you with their ingenuity.
— General George Patton
- Tell them what to think about instead of what to think.
- Provide solid information on what to think about so students have something to think with.
- Present problems and allow students to solve them.
- Encourage students to think and communicate the results of that thinking.

What Sets The TRACS Certification Course Apart?

- Student-centered and Relevant
- Flexible and Adaptable
- Modern and Creative



“There is little difference in people, but that little difference makes a big difference.

The little difference is attitude.

The big difference is whether it is positive or negative”

— Anonymous

Eligibility Criteria And Cost

- Must be at least 18 years of age
- Must have at least intermediate level shooting skills
- Must have a positive attitude
- Must be willing to learn
- Must be willing to accept constructive criticism from examiners, peers, and students.

The cost of the program is \$750 per person. The price includes training, course workbook, study guide, and a certificate upon completion. Clays and cartridges are additional. Travel expenses may be applied depending upon the course location.

For More information Contact:

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Check out Clays Corner, our News and Events Blog at www.csminstruct.com. Feel free to comment and share!



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Thank You for Your Interest in The Coordinated Shooting Method!

Name _____

Address _____

City _____ State _____ Zip _____

Phone _____ Email _____

This is a Four DAY Course.

The first day is completed as individual study and there will be three days at the range. Course location & date that you will be attending: _____

- Payment is due 14 days prior to the course date. Cancellations must be made within 7 days of the course date for a refund. Please make checks payable to Coordinated Shooting Method LLC.
- Please bring your shotgun along with at least 250 cartridges to the class.
- Target fees are additional and will be paid directly to the host club.
- Instructor expenses may be added depending on the course location.
- You will receive your TRACS Professional Shooting Sports Instructor Certification manual when payment is received.

Return This Application Along With Your \$750 Registration Fee To:

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Check out Clays Corner, our News and Events Blog at www.csm instruct.com. Feel free to comment and share!

