



2017

Tennessee Junior Olympic State Championships

Training Schedule

*All First Time athletes must attend one of the training sessions on their disciplines training day in order to compete (no exceptions).

*Athletes will receive their squading & flanking assignments on their training day

Trap Training Day Friday, April 21

-Includes USAS Technical & General rules overview, on field practice & 2 practice rounds of Int'l Wobble Trap. Athletes must pay \$6.00 per round

-Athletes will be taken on first come first serve basis starting 30 min before each session.

- Trap Training Session #1 9am- 11pm (50 Athletes max)
- Trap Training Session #2 12pm- 2pm (50 Athletes max)

Skeet Training Day Friday, April 28

-Includes USAS Technical & General rules overview, on field practice & 2 practice rounds of Int'l Skeet. Athletes must pay \$6.00 per round

-Athletes will be taken on first come first serve basis starting 30 min before each session.

- Skeet Training Session #1 11am- 1pm (30 Athletes max)
- Skeet Training Session #2 1pm- 3pm (30 Athletes max)