



## Ladies Only 2 Day Rifle Clinic Oct 29th & 30th

See club site for directions

### Dundee, OR

[www.cvsc.us](http://www.cvsc.us)

Register now @ [www.appleseedinfo.org](http://www.appleseedinfo.org)

*Hosted by Chehalem Valley Sportsman Club*

Learn the *fundamentals* of Rifle Marksmanship!

- 6 steps of firing a shot
- Steady Hold Factors for field position shooting (prone, sitting, kneeling and standing)
- How to use a sling for stability
- How to set up and use your Natural Point Of Aim
- How to zero your rifle using Inches, Minutes & Clicks

Everything you need to know to engage a 20" target out to 500 yards or the Rifleman's Quarter Mile.



### Who can come?

- This is a special event for women shooters only. Jane Ross will be the shoot boss for this event. Jane will likely be supported by some male instructors.
- Appleseed is very family friendly. We are working with firearms so a level of maturity is expected. Young shooters need to be able to change their own magazines and manipulate the bolt by themselves.
- Everyone needs to hear the story of April 19th, 1775 and the start of the American Revolutionary War. It is a day ordinary men and women stood against tyranny and gave us the gift of Liberty. Come learn about your heritage as an American—as a Rifleman!
- Registration fees: \$60 for adults—\$20 for youth (under 18) - Active Duty Military and LEO are free

### What to bring:

- A rifle—anything up to 8mm. Our suggestion is a semi auto, magazine fed with adjustable sights (or scope) and an adjustable sling (GI style web sling is ideal). .22LR is fine
- Ammo—about 400 rounds
- A teachable attitude—even if you 'know how to shoot' let us add some tools to your range bag
- Eye and Ear protection
- A shooting matt or carpet remnant to lay on
- Lunch, water bottle and high protein snacks
- Some loaner equipment may be available—contact us via [loaners@appleseedinfo.org](mailto:loaners@appleseedinfo.org)
- .22lr available for purchase at the event for youth shooters



Northwest Region Project Appleseed

# LadySeed

# [www.appleseedinfo.org](http://www.appleseedinfo.org)