



The goal of the Ladies Pistol League is to empower women with knowledge, skills and confidence through training and education!

Ladies Saturday Pistol League: 2nd Saturday of each month from 1-4pm, (beginning March 11, 2023).

Ladies Sunday Training/Practice League: 4th Sunday of each month with two training times available; AM (9am-12) & PM (1-4pm) (when RSVP'ing for these events please specify which session you plan on attending)

Location: Training Range (unless otherwise noted on the club calendar)

Cost: \$10 for OKCGC members/\$15 for non-members

Who can attend: Women, 21 and older (unless accompanied by a parent or guardian). All experience levels are welcome and you do not need to be a club member to attend.

Items needed:

- Proper eye and ear protection
- Reliable handgun
- 150 rounds of ammunition
- At least 3 magazines for your firearm loaded to a maximum of 10 rounds in each magazine (unless your firearm is of a lower capacity then please load 5 rounds)
- Non-collapsible holster with sturdy shooting belt, & 2 magazine pouches that can be worn on the belt
- Loaner equipment is available upon request (must reserve 48 hours in advance of class)

The Saturday Shooting League will consist of scored drills that will be shot from the holster at distances ranging from 3 to 25 yards. These scores will be logged and shared with the group after each session. All participants are encouraged to attend the Sunday training/practice events prior to participating in the Saturday Pistol League.

The Sunday Training/Practice League is designed to help women develop and grow their skillset under the direction of a certified female instructor. Training topics include: firearm safety; range etiquette; gear/holster selection and skills; basic handgun fundamentals; mental mindset; pepper spray training; handgun cleaning; malfunction training; marksmanship skills; and much more. All levels of experience are welcome, and loaner equipment is available upon request.

ALWAYS check the website calendar for updates or weather cancellations.

If you have any questions, or would like to RSVP, please contact Jamie Meyer at 405-613-6541 or email oklahomaguntraining@yahoo.com

List of 2023 Events

<u>Saturday Pistol League 1-4pm</u>	<u>Sunday Training/Practice League (AM 9-12 & PM 1-4pm)</u>
March 11, 2023 – Training Range	January 22, 2023 – Clubhouse – Pistol Cleaning Clinic
April 8, 2023 – Training Range	February 26, 2023 – Clubhouse
May 13, 2023 – Action Pistol Bay (Plate Rack)	March 26, 2023 – Training Range
June 10, 2023 – Action Pistol Bay (Plate Rack)	April 23, 2023 – Training Range
July 8, 2023 – Training Range	May 28, 2023 – Training Range
August 12, 2023 – Training Range	June 25, 2023 – Training Range
November 11, 2023 – Training Range	July 23, 2023 – Training Range
December 9, 2023 – Clubhouse (Christmas Party)	August 27, 2023 – Training Range
	September 24, 2023 – Training Range
	October 1, 2023 – Training Range (GSSF Practice)
	October 8, 2023 – Training Range (GSSF Practice)
	November 26, 2023 – Training Range