



STEADY PRESS

24661 VANTAGE HIGHWAY, Ellensburg WA 98926

MARCH 2024

www.CrossValley.Training

UPCOMING EVENTS

March 16th: Women's only
Firearms Safety (Classroom)
March 22nd: Rifle One
March 23rd: Rifle Two
April 6th: Handgun Basics/Women
April 6th: Defensive Rifle
May 4th: Open House
May 11th: Bolt Action Rifle

FEBRUARY IN REVIEW

February was a cold, wet month for us all. That did not stop anyone from showing up. We had an excellent turnout for our Med and Women's courses; the Press Check is in full force. CLEAN-UP day went well. Slow but sure we are out with the old and in with the new.

PRESS CHECK

Join us once a week for a FREE fitness accountability check-in.

- Compete with yourself and others for prizes and bragging rights.
- Learn to push your physical limits and grow as a shooter.
- Check Facebook or Telegram for the event of the week.

ALL EVENTS MAY BE SCALED TO MEET YOUR NEEDS.

www.CrossValley.Training/PRESS-CHECK/

CONTACT US

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24661 Vantage Highway
Ellensburg WA 98926
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FACEBOOK



REGISTRATION



WEB SITE



NEWSLETTER

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RIFLE 1 & 2

Cross Valley Training takes the rifle marksmanship fundamentals you have previously learned and applies them to real-world scenarios. This type of rifle training will help you understand how your rifle works outside of the structured and limited target practice you've experienced at the range. You'll take part in essential rifle training that will help prepare you for any situation requiring proficient handling, moving, and usage of your rifle.

Join us for both Rifle 1 & 2 Friday March 22nd and 23rd



What is a press check?



What is a press check? Traditionally, a press check refers to a process that you perform with a firearm. This process checks to ensure there is a round in the chamber. By doing so, you check the condition of that firearm and your readiness for the next step while in control of it.

Here, we have applied that same term to our fitness. We have organized three events to check your readiness to carry on with your daily life. This short test of endurance, physical abilities, and cognitive testing will show you where your overall fitness is lacking in as little as 6 minutes.

Join us every Saturday morning at Sunrise to test yourself. (continued)

Find more information about our upcoming events, site rentals and much more by visiting us at:
www.CrossValley.Training

PRESS CHECK CONTINUED

Is this for you? How does this apply to your everyday life? I do not have a physically demanding job, so this does not apply to me. I argue that everyone should have some cognitive ability that does not end after you walk up a flight of stairs or pick up a bag of groceries. You do not have to be a top shooter or bodybuilder to care about your health. You only have to want to be the best you can be.

These three events are scalable to you. You are only competing against yourself to become better every day. You are in good company if you can't shoot, Run, Steady your hand, or even do a single push-up. Everyone started somewhere; everyone is good at something, and only a few are excellent at multiple things. Join us, test yourself, Better yourself.

Endurance challenge

- EQUIPMENT
 - 1 rifle non-magnum
 - 6 rifle rounds
 - 1 handgun
 - 6 handgun rounds
 - 1 vest that weighs 18 – 20 #
 - 1 non-serpa holster that will secure your handgun outside your waistband while you run and jump.

->Complete a physical challenge ->
Shoot -> Complete mental Challenge
-> Repeat

Strength Challenge

- On the signal, move from the 30-yard line to the 15-yard line draw & fire one round on target after completing the challenge listed below.
- EQUIPMENT
 - 1 HANDGUN
 - 12 ROUNDS – OR MORE
 - 18 – 20 # vest
 - Personal protective equipment for shooting

Cardio:Complete 10 push-ups on the signal, then move to the first firing point. Once the target is hit, move to the next firing point. Your time stops on your hit on the 6th target.

- EQUIPMENT
 - 1 Rifle that is capable of shooting 100 yards (No magnums)
 - 6 to 30 rounds
 - 18-20 # vest