

CONSTRUCTING A KNEELING ROLL

If you have \$30 to \$40 to spare, contact any one of the competition shooting supply dealers for a top quality kneeling roll. Add a few bucks for shipping cost. If on the other hand you operate on a tight budget, you can make your own kneeling rolls for the cost of a zipper and some rice.

An old pair of denim or fatigue pants will provide all the material you need. You can, however, get sturdy material in your school or club colors at any fabric store.

In addition to the material, you will need one 7" neckline-type nylon zipper for each kneeling roll.

If you are building quite a few rolls, you can save money by buying the rice in 25 pound bags at a large quantity discount store (Sam's, etc.).

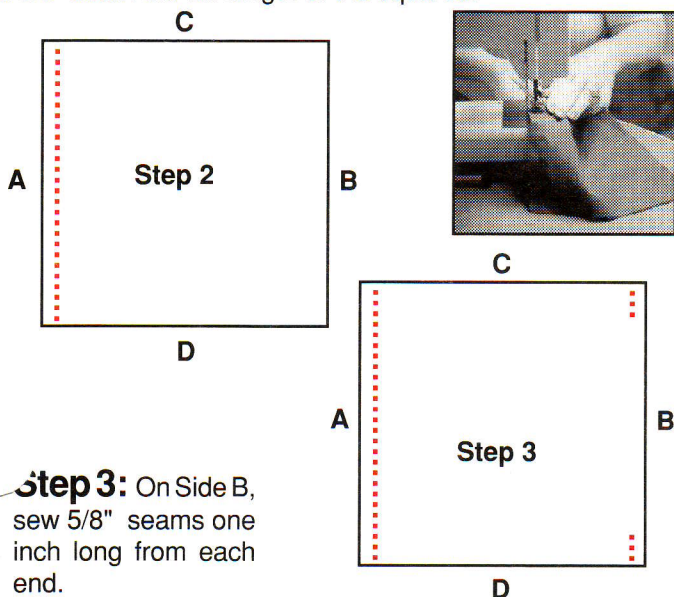
The most important step is finding someone who is moderately handy with a sewing machine. You can usually find a parent who will take this on as a project.

Assembly Instructions:

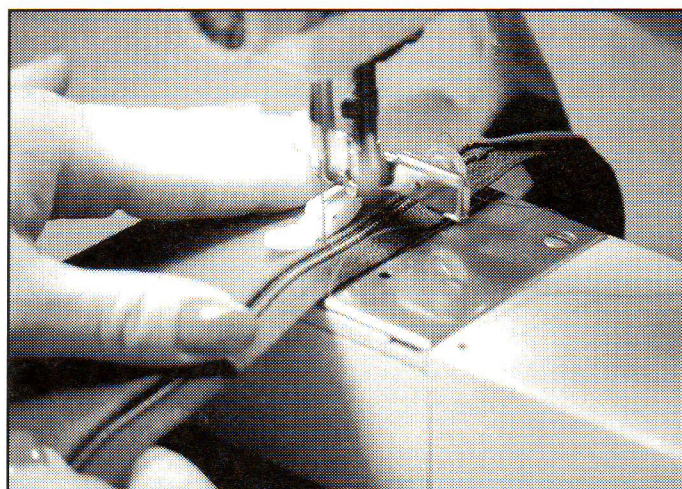
Step 1: Cut two 6" circles and two 9" squares out of your material. If you plan to make several kneeling rolls, making "mark around" cardboard templates for patterns will save time. Cut the material with pinking shears if you have them.



Step 2: Place two 9" squares together. On Side A, sew a 5/8" seam the full length of the squares.



Step 4: Insert the 7" zipper on Side B between the 1" long seams. Once the zipper is sewn in, be sure to open the zipper about 2" before the installing the ends.

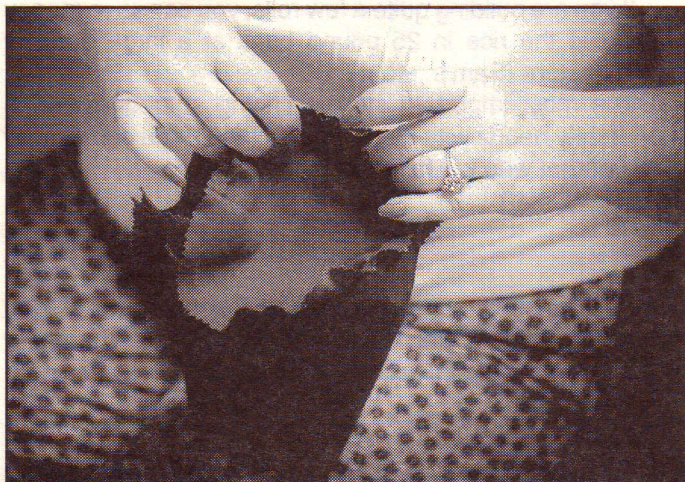


Step 5: Sew a basting stitch around each circle 1/4" in from the edge.

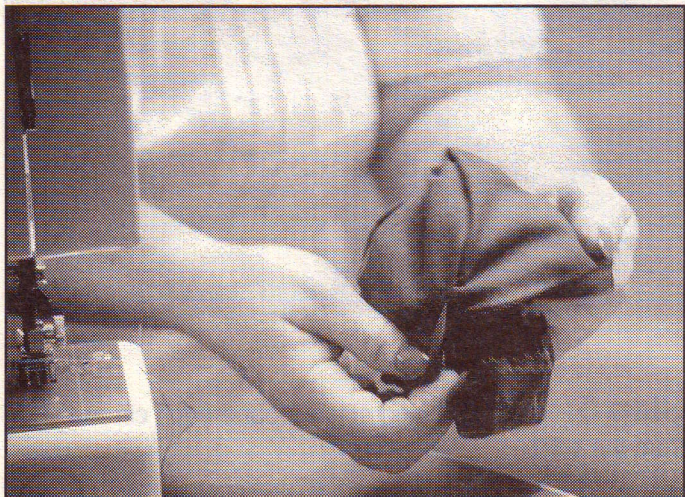
Step 6: Pull the basting stitch slightly so that each circle gathers to form a shallow cup. Do not pull too tightly.



Step 7: Ease one of the gathered circles into End C of the squares and pin the circle in place. Sew the circle into the square using a 5/8" seam. Then repeat this instruction sewing the remaining circle into End D.



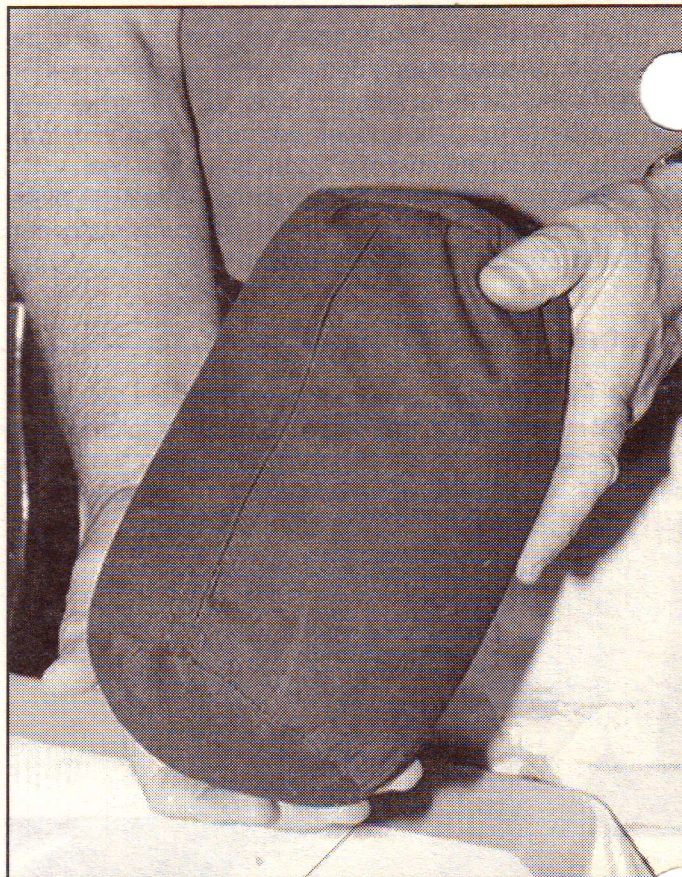
Step 8. If you left the zipper open a few inches, you can now open the zipper fully and turn your kneeling roll right-side out.



Then fill with the shell with rice; it takes about 12 cups. Before filling, make sure that you have not left any small openings where rice can leak out or your shooters will be trailing rice wherever they take the roll.



Voila! The finished product.



NOTE: Your kneeling roll will withstand the abuse of junior shooters much longer if you double sew all seams. Do not use birdseed as a filler. It is lighter than rice but it tends to start growing if it gets wet.

Our thanks to Lola Miller of Lakeside, CA for this idea. Judy Gaither of Franklin, TN helped articulate this plan.



SHOOTING TEAM

Please send your comments or ideas for inexpensive shooting equipment and training aids to: USST Office of Junior Development; PO Box 3207; Brentwood, TN 37023-3207.