Daryl Szarenski, Dominating the Pistol World

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Left to Right: Kim Rhode, Vincent Hancock, Corey Cogdell & Glenn Eller

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FROM THE EDITOR

GENERATIONS OF SHOOTING

Father’s Day 2010 was a memorable one in the McGinty family. I was planned and plotted a memorable weekend for my own father, the man who taught me everything I know about shooting, hunting, and fishing – and his job isn’t done yet. My dad visited Colorado Springs to experience the Olympic Training Center, the illusive fishing streams, and German cuisine at a local restaurant.

Like many generations of shooters, I was taught by my father who was taught by his father. Legacies are often established when fathers and grandfathers impart their wisdom on an ignorant young tot. Like golf, chess, and billiards, shooting is a life-long sport that brings family together and bridges age gaps. So it doesn’t matter if your thumbs get more exercise dealing cards and paging through the newspaper or furiously texting, shooting can be a common interest.

While writing a press release about Matt Emmons and his 3-Position Rifle win at World Cup USA, I was nosing around for an interesting quote and realized his father, Dick Emmons, was conveniently volunteering at the 50m range. Anxious to talk to the man who introduced him to shooting, I went in search of Mr. Emmons. I was humbled to realize that while Dick is proud of his son’s shooting accomplishments, he couldn’t be happier than receive compliments on Matt’s personality: “We’re proud parents but when a lot of the other parents come up and compliment us on how nice he is and how good he is with their kids, that’s probably when we are more proud of him than anything.”

So if it’s not about the medals won or the life lessons learned, then what do hours at the range mean? Time. They are indicative of memories created and priceless time spent with those we respect and love. This summer, make a point to go watch your shooter at a match or visit the range together because… it’s time.

Wishing you a relaxing and rewarding summer,

Katie McGinty

USA Shooting News is published six times a year. USA Shooting is the national governing body for Olympic Shooting sports in the United States. USA Shooting News is produced as a service to international shooters, coaches, officials and media who cover Olympic-style shooting. Shooters featured in USA Shooting News magazine may be photographed without eye protection. These are posed photographs using unloaded guns and do not represent actual competition. USA Shooting encourages all shooters to use proper eye and ear protection when shooting. Inclusion of advertisements in USA Shooting does not constitute endorsement of advertised products or services by USA Shooting, its staff or its sponsors.

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Corey Cogdell
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At Cabela’s, developing, testing and evaluating gear is a big part of what we do every day. It’s our job to make sure the products we sell live up to your expectations. For us, that’s business as usual.
The U.S. Shooting Team travels to all parts of the globe to compete in international competitions. Perhaps you’ve wondered what it might be like to step onto a firing line in some exotic country such as Egypt, Argentina, Australia, China, Italy or Belarus. Sounds glamorous, adventurous and exciting, right? While wearing your national colors and shooting for your country is living the dream, the journey is long and arduous.

Departure day has arrived and an early morning flight coupled with a two hour drive to the airport leaves you groggy and tired. You have been awake since 3:00 AM. However, this sacrifice can sometimes lead to a smoother check in and security screen. It would be wise to check with the airport prior to know what their screening procedure entails. Keep your fingers crossed that the airline agent who checks your bags has experience checking firearms. If not, you will be waiting while the agent confirms the procedure with the shift supervisor, the arrival airport, the FAA, and the janitor down the hall.

Do not be put off if the agent then asks you for all of your travel documents and possibly even your third grade report card. Given their lack of experience, the agent will want to look inside your gun case and inquire if the firearm is loaded. Because you are a savvy traveler and are blessed with infinite patience, you are able to proudly answer “no” with a smile on your face. After this process, it is likely that the agent will need to make some phone calls for confirmation purposes. Even though the agent was very thorough, it would behoove you to double check the bag tags to ensure that they align you’re your final destination. You have probably been the victim of lost luggage on a vacation – do all you can to prevent lost baggage while traveling to a competition.

A 30-hour travel day can be made less unpleasant if you plan ahead when packing your carry-on luggage. Be sure to include the following for a seamless travel experience: toothbrush, toothpaste, deodorant, shooting glasses and vest, aspirin, a stomach agent such as Pepto-Bismal or Imodium, ear plugs, and a USADA approved sleep aid. If it works with your travel and sleep schedule, it helps to take a sleeping aid to catch some Z’s on a 13 hour flight. Also, be cognizant of your seat selection. If you’re sleeping then the window may be a good spot for you, but if you need to stretch your legs and use the restroom, an aisle seat is easier than climbing over sleeping teammates. Getting stuck in a middle seat on an eight hour flight is like enduring an MRI; you are stuffed into a small space where your only thought is, “How long do I have to be here?!”. And when ultimately faced with the decision between chicken or pasta, well… it really doesn’t matter at that time.

Patience is especially helpful when travelling with a full team – up to fifteen athletes as well as coaches and team leaders. Getting through customs in a foreign country with fifteen guns can be an exercise in patience as well as diplomatic relations. However, since the Policia hold all the cards (as well as your passport), it’s best just to say “si” or “da” or “danke”. See how those key phrases come in handy? Once you have arrived at your destination, it will be helpful to learn a few key phrases in the native language. While your attempts in a foreign tongue are a sure clue of your tourist status, they are practices of good manners and will serve you well; the people with whom you interact will appreciate your efforts to speak their language. Bear in mind, however, that speaking English more
LOUDLY to a foreigner does not make you better understood – you’re just gathering attention with increased volume. Another important thing to remember is to stay flexible. Bus schedules, start times, and even the event day itself can change overnight. European beds are notoriously small and hard – don’t expect a Serta – and often there is only one to be shared with a roommate. Moreover, most overseas hotel rooms do not have air conditioning, so get comfortable feeling sweaty. Remember that deodorant you packed early? Well, when you are squeezed onto buses and trains like sardines, you may be grateful for your deodorant even if no one else thought to swipe their underarms that day. Be advised that other countries have different interpretations of personal space compared to USA standards. Keep an open mind and do not be offended by different customs or cultures. Rather, look at it as a test of patience and broadening of intercultural relations.

So in spite of all the potential for inconvenience, unpleasantness, and discomfort, why does the U.S. Shooting Team continually want to travel and compete overseas? Is it because of the glamour, adventure, and excitement? No. We journey to foreign countries as the U.S. Shooting Team to become a part of something bigger than all the distress of traveling. We come together as a team to proudly wear our colors whenever any one of us is successful. We stand tall, with hands over hearts as our National Anthem reverberates through the crowd and the Stars and Stripes are raised in victory.

Stay Army Strong!  ■ SFC Theresa DeWitt

USAMU members bedecked in red, white, and blue celebrating their International victories. L to R: SFC Daryl Szarenski, SFC Todd Graves, and CPL Jeff Holguin

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HAVING explored the true nature of natural point of aim (NPA) and a natural progression that takes place over the course of an athlete’s development, we complete our discussion of hold and the stopped the gun.

We have previously touched on the topics of “everything affects everything” and the dynamic nature of the human body and mind. When we understand and apply true NPA, commit to our shot process, are decisive in action without “trying to decide” whether to continue the hold or shoot or reject, we set the stage for the natural progression from “drive by” snap shooting to calm, steady – and confident – shooting. Often this culminates in an exceedingly tight hold and a high level of confidence in the shot process.

PASSING THE TEST
Several years ago, Dr. Dan Durben (former world record holder, Olympian, Olympic coach, and certainly one of the best coaches in this country) accompanied a coach to the range to observe and assist with a junior club practice session. While watching one particular athlete shooting outdoor 50 meter standing smallbore rifle, the coach explained that the athlete had been trained to fully focus on and commit to her shot process and delivery, while at the same time having an awareness to allow ruthless rejection of any shot that was not unfolding properly. She was using her awareness to sense what was actually going on, without breaking focus, and then rejecting if warranted.

Dr. Durben was skeptical, and rightfully so. After all, the majority of athletes, especially young and inexperienced athletes – and even some national team members – struggle to master these concepts. This athlete in particular was only 15 years old and had less than a year of experience in shooting. Based on these facts, and despite her excellent hold steadiness, Dr. Durben’s skepticism was well founded.

While the athletes were downrange for a target change, Dr. Durben asked the coach if the athlete was actually sensing things and doing what the coach had described, or if the athlete was merely rejecting shots based on nothing more than a short, self-imposed time limit. (Many coaches work with their long-holding athletes by giving them a time limit as a training aid.)

The coach thought “What a great question!” and instantly formulated a way to test the athlete. Once the range was again clear and made ready for firing, the athletes went back to shooting. After the athlete in question had settled in with a number of shots, the test began.

Just as the athlete lifted the rifle from her offhand stand, the coach got in position behind and to the side so that she could not see him. Then, while watching her front sight, when he saw the gun arrive and settle, he very, very subtly applied a slight tension for only a moment to the prone strap on the back of her jacket. She could not feel this slight pull through the jacket, and it was small enough to only slightly affect her otherwise excellent hold. As she continued to allow the hold phase of her shot process to unfold, the coach would again apply a slight pull as he saw the gun about to settle again. Very quickly, after only about three steady states or less (all of which the coach had disrupted), she sensed that the process was not unfolding properly, rejected the shot, set the gun down, and prepared for a completely new shot process. Notice: same cartridge… a whole new shot process! The coach varied the amount of disruption and both coaches noticed that the more the disruption, the sooner the rejection and even with very little disruption rejections still came fairly quickly. There was no set timing for rejection on the athlete’s part.

After she had rejected the shot 3 times and started over each time, the coach finally allowed her to shoot without interference on the fourth attempt. Despite her mounting frustration, she stuck to her plan, did not allow the frustration to affect her work, and a deep ten was the result. Several shots later the experiment was repeated with identical results. The coach was not surprised, knowing his athlete well, while the other athletes and Dr. Durben were pleasantly surprised.

Afterwards, the two coaches confessed to the athlete and congratulated her on her technique and determination to only allow a good shot process. She was very happy to learn that the difficult parts of the session were not due to errors on her part!

As an important aside, it was very important to tell the athlete what had transpired since the difficulties on some of the shots, and the unknown source of those challenges, could have had a negative impact on the athlete’s confidence. We could not give any indication to the athlete in advance without affecting the activity. The coach and athlete already had a deep understanding of each other; the athlete trusted the coach, was used to unusual and “hard” training exercises, and had long before granted blanket permission for such training exercises to help in the athlete’s development as a tough and confident competitor. The result of this exercise and session debrief was an athlete who was happy to have “passed the test” and whose confidence increased based on the validation of her perceptions that the exercise afforded her.

The athlete had learned robust techniques from her coach, trained and trusted the approach, and thrived. While many athletes bemoan having to shoot finals, she relished them! Where did the coach learn the techniques he taught this athlete? Most of them came from his studies of applied sports psychology and coaching resources from overseas. Most of the coach’s early studies were guided primarily by Dr. Durben, with assistance from a number of other excellent coaches. A few months later, the athlete found herself in her first big final. She started back in the sixth position, grit her teeth so to speak, and took the gold. The “Believe In Me” section of article 25 tells that story.

THE GUN DOES STOP MOVING!
When an athlete fully understands the underlying concept of NPA (where does the gun want to point – without regard to the target), truly applies the concept, optimizes position, balance, and NPA together as a dynamic and cohesive whole, treats “hold” as a noun (something that is) instead of a verb (“trying”
to hold the gun still), utilizes solid trigger technique (including appropriate preloading of the final stage), and quiets their mind and even their eye – then their hold becomes so steady that at some points in the steadier states, the gun appears to the athlete to have actually stopped moving with respect to the target.

Remember, it is the athlete's point of view that is important here. We all know there is some movement going on at all times, however slight. However, the perception of stillness from the athlete's perspective is the critical element. One does not have to be anywhere near making an Olympic or even a national team to experience the kind of shooting described in these last three articles.

Article 40, "On Stepping Up," provided another example where the athlete's perspective is the critical element. The concept discussed in that article of “challenge cycles” illustrates the importance of an appropriate frame of reference – and of ignoring certain irrelevant external concepts that are often mistakenly thought to be important.

Having just mentioned quieting even the eye, it is critical to note that merely looking around the sight picture to “check” things, instead of quietly allowing the eye to rest in one place, will increase the size of the hold. If the eye is moving around, so is the gun. Yes, it is that subtle. Fear not, solid training and belief will take an athlete to that level.

Numerous athletes have observed and reported the phenomenon of the gun seeming to stop, while coaches who are carefully watching their athlete’s front sights (instead of being glued to the spotting scope) have observed the same thing. During “The Test” discussed above, the coach was looking for the front sight to steady in anticipation of the “stop” state in order to know when to gently apply a slight pull to the athlete’s jacket strap.

To experience the gun “stopping” an athlete must combine numerous aspects of the game. Certainly all of the physical and technical aspects that are so often studied and discussed are required. Similarly, one must explore the psychological: mental and emotional. Don’t worry guys, “emotions” in this context aren’t what you might think! Emotions in this context are about sensing and mastering such things as fear, anger, patience, and having “heart” and “guts” to dig deep to “just do” and to relish competition.

When an athlete reaches a high level of understanding they may already start to experience the stopped gun, even as they are still growing as an intermediate shooter. Even a middle-aged coach, who has the understanding, but not the physical stamina nor training time to compete at the top level, can experience several shots in a row where the free pistol at 50 meters comes down on the area of aim, stops, and goes off just as it arrives and stops. The group is so tight that a click is applied without thought or hesitation to move the group, already inside the X ring, closer to the center. Total Zone! Highly trained athletes who apply the same understanding take it even further.

The athletes described in this and the previous article all experience and trust this type of shooting. Built on solid foundations, the technique is robust and sets the stage for greater things. ■

JP O’Connor

Based in the Atlanta, Ga., area, JP O’Connor (jpoc@acm.org and http://www.america.net/~jpoc/) is involved in shooting as a competitor, is a former Assistant National Coach – USA Paralympic Shooting Team, serves on the National Coach Development Staff in both rifle & pistol, coaches the rifle and pistol teams at North Georgia College & State University, and coaches a junior club. He enjoys working with a number of pistol and rifle athletes from around the country, ranging from beginners to the highly advanced, in clinics and one-on-one private coaching. This article is forty-ninth in a series and previous installments of this series may be found at www.pilkguns.com.

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Established in 1934, the Rochester Brooks Gun Club (RB) is one of USA Shooting’s oldest clubs. Located in upstate New York, RB is one of the largest shooting complexes in the United States – it was initially built with 24 skeet fields that are all outfitted with trap overlays. Currently, however, there are 14 skeet fields, three trap fields, four lighted trap and skeet fields, two sporting clays courses, a 50-bird field course and 50-bird park course for smaller gauges. Moreover, RB is outfitted with an archery range, 100 and 200 yard rifle ranges, seven pistol bays, a full service bar and kitchen, over 200 acres for outdoor activities, and world-class coaching. With membership numbers over 600, it is easy to see why RB is host to numerous shooting tournaments and events of all disciplines.

RB Gun Club is home to multiple shooting disciplines – Rifle, Pistol, International Trap and Skeet, Archery, and non-Olympic events such as American Trap and Skeet, 5 Stand, and Sporting Clays. RB has sponsored State Junior Olympic Championships, numerous USA Shooting sanctioned competitions and many club championships at its facilities.

Much of the club’s success comes from its great staff and the welcoming environment they create. From the hard work of former Managers George Lehr and Jim Waterman, to that of active volunteers, current management staff members and the club mechanic Roger Brooks, the club has flourished over the decades and continues to increase the numbers of members and level of shooting.

Through grassroots initiatives, RB has strengthened many of its programs. With the international shotgun program, for example, RB holds introductory clinics to offer hands-on training for inexperienced shooters. RB also has a women’s-only group that introduces women to the clay shooting sports. In addition to club programs, RB members stay involved in the community through charity shoots and instructing members of the Boy Scouts of America and Venture Scouting Crew.

RB continues to grow its membership base each year. With such large participation numbers, keeping all dynamics of the club running smoothly at all times can be challenging. The biggest obstacle that RB faces is keeping a staff of dedicated employees and managers that will continue to help make the club grow in the years to come.

Despite this obstacle, USA Shooting is confident that Rochester Brooks Gun Club will remain a positive influence in the sport of shooting. • Nicole Levine
Colton Yehl: Standout Shooter

A standout of the Rochester Brooks Gun Club is eighteen-year-old Colton Yehl. Yehl was first introduced to the sport at eight-years-old when his father brought him to Amateur Trapshooting Association (ATA) events at a local conservation club.

Developing his skills with the Scholastic Clay Target Program (SCTP), Yehl transitioned to International Trap shooting about five years ago. His first match was a New York State Junior Olympic Championship held at Rochester Brooks Gun Club. After shooting quite well at the match, Yehl continued training with RB under the direction Bob Kalwas, RB's International Chairman.

In the past few years, Yehl has competed in numerous USA Shooting PTOs, Club Championships, and State and National Junior Olympic Championships. Yehl currently possesses two NY State JO gold medals and one bronze. Moreover, with the exception of the National Junior Olympic Championships, Yehl has finished in the top-three of all shooting matches he has entered.

A junior at Portville Central School, Yehl looks forward to pursuing studies in Environmental Conservation upon graduation. With few collegiate shooting opportunities in Western NY, Yehl plans to continue his sport through club and national organizations.

Yehl says his largest obstacle is finding a place to train since the closest ranges are at least two hours away. Despite this challenge, Yehl speaks of shooting as, “a great sport and I hope to be able to compete for many years to come.”

Nicole Levine

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Silvino Lyra is a 1999 USA/NRA International Advanced Shooting Coach who has coached gold and silver medalists at the Pan American Games and 5 Olympians in the 2000 & 2004 Olympic Games in the 10m air pistol element of Modern Pentathlon.
Building Your Training: A Three-Stage Match Preparation Technique

Quality preparation for each match requires organizing and structuring your training. Since these preparatory steps are indispensable to your success, take the time necessary for this planning, and avoid the temptation of shortcuts. Don't be intimidated or confused by various and myriad approaches to your training; simply maintain consistent and disciplined practice.

The following is a sample of a three-stage cycle, an effective preparation plan for competition. Normally, this cycle lasts three weeks, one week for each stage. This approach demands a minimum of five days of training per week.

The first stage focuses on shooting technique refinement. This initial stage is designed to re-evaluate and define the correct execution of your shooting fundamentals. Take time at the beginning of your training cycle to reassess your position, adjust your equipment, or try different triggering techniques. This stage is the time for experimentation to create harmony between various fundamental and technical components of the shot. For example, use of a SCATT or RIKA device and other feedback-oriented electronic trainer systems are worthwhile and rewarding ventures. The ability to receive instant feedback is critical for identifying subtle trends in movement throughout the course of your shot. The objective of this stage is to move as close to your ideal standard of correct technique as possible. You may need to spend about 3-4 hours on the range each day working with these fundamentals, but it will not involve a lot of shooting. Instead, you will be carefully evaluating and analyzing the details of your shot process and making adjustments. Some days you may not fire a single shot.

Once you have fine-tuned the technique underlying each shot across the entire sequence of motions, it is time to transition into the next stage of the cycle: making it consistent. This is the time for grounding consistent, successful execution of a desired technique, thus turning sporadic moments of peak performance into advanced ability that can be executed at will. Internalizing this level of control is the most difficult portion of your preparation, since it requires repetition of the determined technique. The only way to attain an adequate level of consistency is through long hours on the range repeating the same procedure. This stage also offers the option to implement several sub-stages, each one focused on polishing a certain task to develop perfection and consistency. Moreover, you will develop both mental and physical endurance by the repetitive nature of this stage.

Here are several drills that should challenge you to work harder to properly execute a shot, thereby establishing consistency:

- **Hold Training:** Take a 30-second hold, with breaking the shot after the hold period.
- **Focus on the triggering process:** 50-shot non-stop training in Air Pistol, Free Pistol, or precision in Sport Pistol on the blank back of a target.
- **Reinforce the attention to sight alignment and clean triggering technique:** Shooting on call, calling and evaluating the quality of every shot.
- **Reinforce focusing entirely on the shot procedure:** Short matches of 20 shots or 10-shot strings without looking at the target before finishing the match or string.

Long endurance matches can be built into this stage as well, like an 80-shot Free Pistol match or a 30+30+30 shot Rapid Fire match. The goal in such matches is extending a shooter’s ability to fire quality shots even when fatigued. Additionally, tracking the results of your 5-shot or 10-shot strings helps evaluate the quality of your work and builds confidence as your results become more reliable in the targeted score levels. Persistently practicing these types of drills and tracking your results are essential aspects of developing consistency. Use these drills to occupy your second week of training for four hours each day, focusing specifically on repeating quality shot procedures.

The third and final stage of the cycle is pressure training, which is intended to prepare you to shoot (to the best of your ability) in demanding competitive situations. This stage includes finals training, shooting directional shots on demand (purposely shooting in the nine-ring at six o'clock, for instance), number of tens in a row, and short or full matches focused on achieving match-level results. This stage also tests the strength of the technical skills you have built thus far. Like stage two, it also builds confidence as you succeed in achieving your score goals set for this period of time. Here are some drills for this stage:

- **Preparation for commitment to the execution of the shot procedure at will:** Fire 10 shots with no abort allowed, thereby training yourself to create a good shot.
- **Training the ability to deal with score counting:** Fire short strings, and keep your focus on the shots in the string, and not on the effect on the entire match.
- **Training the ability to regroup and refocus:** Stop your training after shooting two nines in a row; refocus and assess, then begin again.
- **Training the ability to employ all set of skills for achieving desired and difficult goal(s):** Shoot a 10-shot match with the score goal set at the high end of your personal best.

Training the ability to switch to recorded shooting: Shoot five minutes of sighting shots and then one record shot that must be a 10.

If followed diligently, this three-stage approach will help you thoroughly prepare for your next match. Give it a try and good luck in your next match!  **Sergey Luzov**
We are proud to announce the introduction of a new model gun for 2009, the TM9. There will be two versions available of this new, single-barrel gun. One version, the TM9, will have a fixed, ramped rib and a fixed comb stock. The second version, the TM9X, will have an adjustable rib and an adjustable comb stock.
Holding an Area

What is the difference between a hold and a sight picture/aiming area? The concepts are easily confused, but not the same. I am often asked “what is your hold?” Yet, I have come to interpret this as “where is your area that of hold on the target?” People are normally not interested in my ability to HOLD the gun, but rather how I hold the gun.

Hold means exactly what it implies—holding is maintaining a gun in a given area without instability. Shooters can work to decrease their hold through exercising and drills. Thus, the smaller the hold, the better sight picture a shooter can achieve. Regardless of whether you are on target or not, your hold should remain consistent.

Sight picture and aiming area are interchangeable terms, referring to where the sights are aligned with the target. The reason that some people mistakenly use the term aiming area is because the hold is the AREA in which the shooter executes a shot. In pistol it is best to shoot for a given area. If a shooter tries to pin-point the shot, he or she has a tendency to lose the sight picture. You will never be perfectly still, so learn to trust the area. In pistol, the ten-ring is an area—not a point. Thus, it makes sense to “area aim” rather than “aim.” So, now you know that hold is merely the action of holding a gun, whereas sight picture is what you see on the target.

In international pistol, there are three types of sight pictures. The first sight is center. A center aiming area is where a person places their sight alignment in the center of the bulls-eye. The concept is easy: aim where you want to hit. Most practical shooting is taught seeking the point of impact. Obviously, it is easy to teach newcomers to aim at the center of the target; therefore, people can be very successful with this hold. Center sight is helpful when shooting rapid fire or the rapid phase of sport pistol. In those instances, the target is all black. Thus, it is easy to aim in the center of the target as opposed to elsewhere. For precision events, a center sight picture is difficult because it is hard for the eye to gauge the center when looking at black on black. Subsequently, most shooters (looking for precision) use a six o’clock aiming area or sub-six o’clock aiming area.

A six o’clock sight picture looks like a flat tire or line of white (sub-six). Six o’clock refers to the location of the sights on the target. For me, this is the most challenging aiming area because the target will look different from range to range due to lighting conditions, which often requires more sight adjustment. With a six o’clock sight picture, it is tempting to look towards the target to determine if your sights are covering the bulls-eye. Yet this poses a problem because it causes shooters to loose focus of the front sight and choose their shots. Look at Figure-1 for an illustration of the three sight pictures.

Currently, I am using a sub-six sight picture for international air pistol and precision phase of sport pistol. In the past, I used a center sight picture for all events and phases, but National Pistol Coach Sergey Luzov advised me to change from center aiming area to sub-six o’clock aiming area. At first, my inclination was to rebel because center was my second-nature and it made sense. Center aiming area was also my universal—I used it in Conventional Pistol, Service Pistol, and Highpower Rifle. I switched to sub-six when Coach Luzov told me that a majority of international shooters use sub-six and I needed it to be competitive and successful.

It took time to adjust because old habits are hard to alter. For awhile, I would sneak shots out the top of the bulls-eye because it was automatic to shoot into the black. After a few months, I settled into using a sub-six sight picture. My aiming area for sub-six is in the middle of the white, located between the bulls-eye and the bottom of the target. So in other words, I cut the white in half—it is about the three-ring for me.

The benefits for the switching were two-fold. I wear corrective lenses, so it was difficult for me to differentiate black sights on a black target. When I moved to a sub-six aiming area, it was easier to see the alignment of my sight and the target. Thus, I was able to focus on the front sight instead of moving my focus between the target and the sights. Sub-six requires more trust, but emphasizes the idea of shooting in an area of hold instead of picking shots. No matter where you hold on the target (center, six o’clock or sub-six), you must stay consistent. If you are thinking of switching from one aiming area to another, give it time. Again, remember that aligning your front sight with your rear sight in focus is more important than placing the shot. Trust your Area. • Teresa Meyer
Gaining and Maintaining a Zero

If you walk the firing line at Nationals or any other match for that matter, you will see that many of the shooters either do not understand how to achieve a zero or do not realize the importance in keeping their zero. So, what exactly is a zero? When your coach talks about being “zeroed,” they are actually referring to getting the center of your group in the center of the target. This is critical as no one, not even a member of the United States Army Marksmanship Unit, has a rifle that consistently shoots one-hole groups. Most guns generally shoot in a round, but random pattern. Depending on how small that pattern is will determine how critical it is to be zeroed.

If your rifle shoots very small groups, and you have an outstanding hold, you may be able to get away with your group slightly off to one side. Yet, if you watch some of the top level shooters competing outdoors you may notice that their groups are not centered. More than likely, they had trouble identifying a particular wind condition and did not think it would affect their ability to shoot tens unless the condition drastically changed. However, I would not recommend this for anyone unless he or she is a world class shooter with an accurate rifle. If you watch that same shooter competing indoors nine times out of ten, he or she will be at, or very close, to being perfectly zeroed.

In order to properly zero in, it is wise to know how your equipment works. Your sights should be in good working condition, and don’t forget to check to make sure they are tightly secured to your rifle (front and rear). How many clicks is it to move the center of your group from one side of the ten-ring to the other? If you do not know that, take the time to figure it out. With a twenty click sight and an average length sight radius (distance from rear sight to the front sight) it should take about ten clicks to move from a 10.0 on one side to a 10.0 on the other side. Mathematically, this logic is sound but your rifle does not shoot one-hole groups; you need to look at and possibly move the center of the group. For this reason you can not make an accurate sight correction after only one or two shots.

Once you have taken the time to identify the zero, be aware that it isn’t permanent. A zero can change when the conditions, such as wind speed or direction, differ from the time you initially zeroed.

Therefore, knowing how to adjust your sights is obviously very important. For example, at 2004 Olympic tryouts I shot the first final of my career. I was so nervous that in the final, not only was I not zeroed, I also clicked my sights the wrong way. Needless to say, I did not have a good final. Learning from that mistake, at the 2009 World Cup Final I was struggling to shoot tens; however, I was able to keep the center of my group in the center of the ten-ring and gave myself the best chance to shoot a ten. At the end of the match, the box (marking the center of the group on the electronic target monitor) was dead center in the x-ring. I would not have won silver at that match if I had zeroed slightly off center.

I hope this gives you an idea of the importance of maintaining your zero throughout the match. Keep in mind that if two equally talented shooters are on the line, the one that is constantly checking and correcting their zero will most likely have a better score than the one who is either unwilling, or does not know how to make the correction. Always remember to stay zeroed in and I will see you in the finals. • SGT Michael McPhail

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The Value of Chipped Targets

O
ne of the many confusing issues that clay target shooters of any discipline encounter is consistently chipping targets. I view chipped targets as a negative because that generally means I am not solidly hitting the target with the center of the pattern because of improper execution. For consistency purposes in skeet (where the targets are systematic and never change), chipped targets are a sign that the fringe of the pattern is barely breaking the target. This is problematic in a game where a 98% break rate is considered internationally competitive; solidly breaking the target is a must for consistency when competing against the best.

It is easy to get wrapped up in choke selection and the equipment blame game rather than addressing a lack of fundamentals and execution that causes poorly hit targets. Properly executing each shot with solid fundamentals is a great way to build consistency and confidence shot after shot. When lacking good execution, chipped targets indicate that your mount or move speed may be too slow or too fast, which in turn will change where the target is broken. For example, a chip from the front of the target indicates that you are slightly ahead of the target when firing. While conversely, a chip in the rear of the target is indicative of halted follow-through, delayed firing, or a slow mount. This is especially true for trap, where targets are thrown at different speeds and angles.

Chipped targets can also indicate whether barrel height hold points are too high or too low. A high barrel hold point will yield a move that is back handed, causing the end of the barrel to dip into the target line bisecting from above. A hold point that is too low will cause the gun to bisect the line from below and is equally inconsistent. Uniformity in hold point and your move to the target will breed consistency in the targets breaking harder.

As a training tool, choke selection is often a good indicator of how hard targets are being broken. It is always important to pattern any of the chokes that are going to be used for training and competition to make sure they have a uniform pattern. Patternning each of your chokes is crucial because not all chokes of the same brand and constriction will pattern uniformly without holes. It is also important to remember that when patterning your shotgun for any game, a simulated move and mount must be made each time the pattern board or paper is shot.

Matching the move on the pattern board exactly as you would move>mount>shoot at the target will give the most accurate results to where the gun is shooting in relation to where you are looking. The results are usually different if the gun is hard mounted into the shoulder and then shot, as opposed to a move>mount>shot where the butt of the gun will impact you lower in the pocket than your hard mount will. This process will produce a great representation of the center of the pattern, so that more targets can be smoked and not just chipped.

Selecting tight chokes in training provides important insight on where you are consistently placing your pattern. Skeet chokes (.005) often yield very light breaks that do not show exactly where the shot is being placed, therefore allowing you to make fundamental mistakes and still chip the target. Light modified (.015) and modified (.020) chokes will give very distinct breaks every time a target is hit. Both are great training tools because when targets are chipped off the front or back, easy corrections can be made. This type of precision training will lead to higher scores and fewer chipped targets because there is an increased likelihood of using the center of the pattern when transitioning to a more open choke in competition.

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It is important to remember that success in hitting targets harder begins with a solid pre-shot routine and ends with a clean follow through finish with few chips in the air. Chipped targets are excellent training tools that provide instant feedback on mount speed and follow-through. So whether your coach is standing directly behind you or helping a teammate on the other bunker, you have the ability to self-analyze simply by knowing where and how the target breaks. Keep in mind that a constant drive to improve your move and approach to the target is ultimately more important than the finest firearm, ammunition, and choke tubes. • Sean McLelland
Team Match II pistols feature an adjustable sight with positive steel-on-steel clicks for match-winning accuracy, ambidextrous thumb safety & Premium Aluminum Trigger™ that breaks clean at 4-5 pounds.

USA Shooting Team logo grips, 30 lines-per-inch front strap checkering, beavertail grip safety & extended magazine well have a striking appearance and speed operation.

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The USA Shooting Pistol Team trains for Olympic and international competitions at action matches, going head-to-head against the world’s fastest guns. They shoot a Kimber® Team Match II. A match grade barrel, chamber and trigger ensure accuracy, and dependability is guaranteed by machining the finest materials to unequaled tolerances. Equally important, all work is done in Kimber’s American factory. The same Team Match II is available to the public, and $100 from each sale goes to the Team. Get one, and shoot the gold standard.

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Welcome to Fort Benning, Ga., home of the US Army Marksmanship Unit (USAMU) and for a few weeks in May, home to the International Shooting Sport Federation’s (ISSF) World Cup USA. Throwing aside hindrances such as excessive heat and humidity, the world – 53 federations to be exact – came to compete for World Cup glory. Fort Benning saw it all, from triumphant victories to the tenth-shot plague, there was never a dull moment at the Pool and Phillips Ranges. The US Rifle and Pistol Shooting Team members in stood proudly on the podium for a total of six medals, second only to China.

This grand event began with an opening ceremony at the prestigious National Infantry Museum in Columbus, Ga. Towering columns and gigantic statues, featuring America’s finest servicemen and women, greeted the 500+ attendees. The athletes were welcomed by Deputy Chief of the Organizing Committee, USA Shooting’s own Lindsay Brooke. The speeches and southern hospitality continued with Executive Director, Robert Mitchell, USAMU’s Colonel Dan Hodne, ISSF Vice-President Gary Anderson, and the President of the Columbus Visitor’s Bureau, Peter Bowden. Athletes, coaches, officials, and volunteers noshed on food from “around the world” as provided by Valley Hospitality. From carving stations with pita to steamed mussels and a pasta bar, this was by far the most successful World Cup opening ceremony to date.

**Men’s 10m Air Rifle**

US athletes were slow to show up on the podium and first breached finals when Jonathan Hall competed against as one of the top-eight finishers in Men’s 10m Air Rifle. He finished eighth with an aggregate score of 697.7 points, just .2 shy of the seventh place athlete. A few slots behind Hall were Matt Emmons with 595 points and USAMU’s Specialist (SPC) Matt Rawlings with 594 points.

**Women’s 10m Air Rifle**

Jamie Beyerle, the USA Shooting June Athlete of the Month, demonstrated that mental tenacity can outlast any ailment. Beyerle was fighting off a head-cold that plagued her throughout Spring Selection, yet didn’t deter her from dominating in Women’s 50m 3 Position Rifle a week prior to World Cup USA. Beyerle brought that same focus to the Women’s 10m Air Rifle event on day two. She finished sixth with a final score of 498.5, just .1 shy of fifth place. Her USA teammate Emily Caruso finished 14th with a match score of 395 points, as well as Sarah Scherer who scored 392 points for 32nd place.

**Men’s 50m 3 Position Rifle**

Three days after Hall’s appearance in the finals, the US crushed their medal hiatus with not one, but two athletes on the podium. Currently ranked the top Men’s 50m 3 Position shooter in the world, US’s own Matt Emmons swept the competition with a combined score of 1276.6 points. Making the win all the more memorable was Dick Emmons, Matt’s father, as he was able to take a break from his Range Officer duties to watch Matt’s final. “It’s fun for me to watch Matt work on cer-
tain things to make himself better," said Dick when asked how he feels watching his son shoot. "We're proud parents [...] but when a lot of the other parents come up and compliment us on how nice he is and how good he is with their kids...that's probably when we are more proud of him than anything." Standing proud and "ARMY STRONG" next to Emmons was USAU's Sergeant First Class (SFC) Jason Parker, who returned from deployment to Afghanistan. Parker is living proof of natural talent and ingrained skills – he did not train while abroad. "I didn't shoot too many World Cups last year and coming back I forget the excitement and rush of being in the finals," said SFC Parker on his first World Cup appearance of the year. After the ninth shot of the final, SFC Parkers was third to Italy's Niccolo Campriani. For your next competition shot...load. Attention! Surprised gasps from the crowd first as Emmons shot an 8.9 final shot, and then Campriani – a 7.0. Emmons had enough of a cushion on his match score that he couldn't be touched; however, Campriani lost the silver and SFC Parker picked up the silver with 100.2 points in the final. "While I'm shooting, I'm not concentrating on scores, just performance," said SFC Parker as he remarked on the heated competition with Campriani, "You push thoughts [scores] aside, shoot the next shot as best as you can." Also competing in the final and finishing eighth was SPC Joe Hein.

Women's 50m 3 Position Rifle
Keeping the US medal rally alive was rifle athlete Jamie Beyerle. Still struggling with the health – head cold and ear infection – Beyerle battled fatigue and balance problems to make America proud. Not only did she win a gold medal, but Jamie Beyerle also tied her own national for Women's 50m 3 Position, Italy's Niccolo Campriani scored 703.2 points for the gold medal. The US, however, was creeping closer as SFC Eric Uptagraffit shot a 105.8 point final – the highest by over a point. "It was the right final at the right time," explained US Army Marksmanship Unit's SFC Uptagraffit, the silver medalist of Men's 50m Rifle Prone. "I didn't have a strong qualifying score, so to shoot that well in the final was great." Not only did he perform at a world-class level in his home range, SFC Uptagraffit did so in front of an audience that included Major General Michael Ferriter, Commander of the Maneuver Center of Excellence at Fort Benning. SFC Uptagraffit shot up from sixth and surpassed teammate Emmons with his strong final. Emmons entered the final in second, but fell seven-tenths behind Uptagraffit for third place and a bronze medal. "It was hard shooting out there, I had trouble reading the wind," said Emmons, "It wasn't my best final, but I certainly can't be displeased. I'm quite satisfied." And satisfied is what the US team was feeling at this point with five medals in the kitty and one day left.

Men's 50m Rifle Prone
The second to the last day of World Cup USA brought fierce competition from some of the world's best in Men's 50m Rifle Prone. With all shooters in the final holding world rankings in the top-twenty and four in the top ten, these talented shooters were separated by mere tenths of a point. Recovering from his tenth-shot mishap in Men's 50m 3 Position, Italy's Niccolo Campriani scored 703.2 points for the gold medal. The US, however, was creeping closer as SFC Eric Uptagraffit shot a 105.8 point final – the highest by over a point. "It was the right final at the right time," explained US Army Marksmanship Unit's SFC Uptagraffit, the silver medalist of Men's 50m Rifle Prone. "I didn't have a strong qualifying score, so to shoot that well in the final was great." Not only did he perform at a world-class level in his home range, SFC Uptagraffit did so in front of an audience that included Major General Michael Ferriter, Commander of the Maneuver Center of Excellence at Fort Benning. SFC Uptagraffit shot up from sixth and surpassed teammate Emmons with his strong final. Emmons entered the final in second, but fell seven-tenths behind Uptagraffit for third place and a bronze medal. "It was hard shooting out there, I had trouble reading the wind," said Emmons, "It wasn't my best final, but I certainly can't be displeased. I'm quite satisfied." And satisfied is what the US team was feeling at this point with five medals in the kitty and one day left.

Men's 50m Pistol
Daryl Szarenski has taken the international pistol scene by storm lately, piling up World Cup medals like logs on a fire. Adding to his blaze, USAMU's SFC Szarenski scored silver in the Men's 50m Pistol event. He was situated fourth in the final with a match score of 563 and shot up with a 95.8 point final. SFC Szarenski was in first place with one shot left, and then lost the gold with a 7.0 tenth shot. A rough break, but his strong final and match score kept him 1.4 points above the bronze medalist. "I was nervous the whole final...I've been working on putting the gun down on long holds," said SFC Szarenski after his disappointing tenth shot, "and that one [the tenth shot] I didn't. I should have put it down. I thought 'last shot let's get it done', and I didn't. It was just a bad idea." However, SFC Szarenski has no reason to be anything but pleased with his silver medal.

It's a Wrap
The US has more than six (metallic) reasons to be pleased with its performance as a host country. From a warm welcome from the Columbus Visitors Bureau to excellent food and service from Valley Hospitality to an organized and immaculate range from the United States Army Marksmanship Unit to outstanding performances by our athletes, the US ended up with an event that will be hard to top for World Cup USA 2011. Rifle National Coach Dave Johnson was thrilled with his team's performance and looking forward to taking on the best at the World Shooting Championships in Munich, Germany. "We had a really good World Cup -- some of our young folks shooting to attain Minimum Qualifying Scores, senior veterans hitting the top of the podium, and we were in every final. We are contending everywhere," said Coach Johnson as he reflected on this year's show. World Cup USA 2011 promises to be an even larger event as Olympic quota slots will be awarded beginning next year. This year's World Cup season wraps up in June with the final Rifle and Pistol World Cup in Belgrade, Serbia. The US is looking forward to once again asserting its dominance on an international level. Look to usashooting.org and your next edition of USA Shooting News for complete coverage of the World Shooting Championships in Munich, Germany.
In mid-May the Olympic Training Center was bustling with activity. So busy in fact, that hunting down a parking space, usually an easy feat, became difficult. Nearly 200 athletes from all branches of the military traveled to Colorado Springs to compete in the inaugural Wounded Warrior Games. These courageous servicemen and women experienced injuries while serving our country, and through a Department of Defense and US Paralympics initiative, had the opportunity to vie for gold medals and glory. The athletes competed in shooting (air rifle and pistol), archery, wheelchair basketball, track and field, swimming, cycling, and sitting volleyball.

With a large number of spectators including dignitaries, families, peers, and fans, this event far exceeded expectations. Charlie Huebner, the Chief of Paralympics, U.S. Olympic Committee, remarked on the motivational aspect of the Wounded Warrior Games as he said “These past five days have had an incredible impact on the athletes and ignited a spark in them all. But, what’s more important, is that they’re living active lives in their communities the other 360 days of the year with access to sport and recreation opportunities year-round.”

US Paralympic Coach, Bob Foth, was the Chief Range Officer during the rifle and pistol competition. Much like the Paralympic Games, the shooting events were categorized by SH1 and SH2 athletes. Though more complicated, a basic explanation is that SH1 athletes have the ability to hold their rifle without additional support – typically individuals in wheel chairs; whereas, SH2 athletes require the use of a bi-pod to help support the weight of a rifle. One important difference to note is that Wounded Warrior athletes (either SH1 or SH2) had mental injuries such as brain trauma or post-traumatic stress disorder – mental injuries are not currently given Paralympic status. US Air Force Staff Sergeant Marc Esposito (Boardman, Ohio), a triple Wounded Warrior Games medalist, claimed the gold medal in the Air Pistol event. “The Warrior Games are a great tool to help facilitate recovery and motivation. These Games are a new battlefield where no one is getting hurt and we come back stronger,” said Staff Sgt. Esposito as he described the importance of the WW Games to the morale and outlook of injured servicemen and women. Top team honors, the Chairman’s Cup, were awarded to the Marines who bested the Air Force team by 26 points.

**Air Pistol**
- Gold - Marc Esposito (Air Force)
- Silver - Alan Marley (Army)
- Bronze - Ryan Shurtleff (Army)

**Air Rifle - Prone, SH1**
- Gold - Juan Guerrero (Army)
- Silver - Nick Beach (Marines)
- Bronze - Richard Tack (Marines)

**Air Rifle - Standing, SH1**
- Gold - Shawn Porter (Army)
- Silver - Justin Widhalm (Army)
- Bronze - Paul Roberts (Army)

**Air Rifle - Prone, SH2**
- Gold - David Bratton (Army)
- Silver - Matthew Benack (Marines)
- Bronze - Stacy Pearsall (Air Force)

**Air Rifle - Standing, SH2**
- Gold - Jantzen Frazier (Army)
- Silver - Matthew Benack (Marines)
- Bronze - Sergio Lara (Army)
Kim Rhode

Matt Emmons

SFC Daryl Szarenski

Photos by Marco Dalla Dea © 2010 ISSF
Let the countdown begin to the most prestigious shooting event this summer. What other than the International Shooting Sport Federation (ISSF) World Championships? And what more appropriate location to celebrate the 50th Anniversary of the World Championships than Munich, Germany… often considered the home of competitive shooting. This year's competition will feature over 2,500 shooters fighting for not only World Championships glory, but the first Olympic quota slots awarded for the 2012 Games. The World Championships will feature 55 shooting events – including junior and non-Olympic events. The US has chosen the majority of its team, with the junior rifle and pistol member selection finalizing at the USAS National Championships.

The opening ceremony will take place in the historic central square of Munich, Marien Platz, which has hosted tournaments and markets in its vicinity since 1158. The President of the International Olympic Committee, Jacques Rogge will officially open the championship. The host, the German Shooting Federation, has more than 400 volunteers and 100 staff members working to create a spectacular event. To date, thousands of spectator tickets have already been sold two months out! The below are the rosters of the National and National Junior teams for each discipline:

**National Rifle Team:** Matt Emmons, Jonathan Hall, SPC Joe Hein, SPC Matt Rawlings, SFC Eric Uptagrafft, SGT Michael McPhail, SFC Jason Parker, Stephen Goff, Tari Kempley, Jamie Beyerle, Sandra Fong, Amy Sowash, Emily Caruso, Meghan Morrill, Rhonda Bright, Reya Kempley, Kelly Tomasie.

**National Junior Rifle Team:** Dustin Chesebro, Dempster Christenson, Michael Kulbacki, Scott Franz, Michael Liuza, Jimmie Cooper, Ryan Dunham-Bender, Michael Seery, Sharon Barazani, Denis Martin, Sarah Beard, Amanda Furrer, Janine Dutton, Sarah Scherer.

**National Pistol Team:** SFC Daryl Szarenski, Brian Beaman, Jason Turner, SPC Brad Balsley, Emil Milev, Keith Sanderson, John Bickar, John Zurek, Teresa Meyer, Brenda Shinn, PO1 Sandra Uptagrafft, Elizabeth Callahan.

**National Pistol Junior Team:** Will Brown, Alexander Chichkov, Christopher Huddock, Christopher Nona, Matthew Pueppke, Hannah Lewis, Taylor Gallegos, Kathryn Kananen, Kylie Gagnon, and Lauren Brester.

**National Shotgun Team:** Dominic Grazioli, John Mullins, Jacob Turner, William Crawford, CPL Jeff Holguin, SSG Josh Richmond, Shawn Dulohery, SGT Vincent Hancock, Randal McLelland, Kim Rhode, Haley Dunn, Amber English, Corey Cogdell, SFC Terri DeWitt, Susan Sledge, Shari LeGate.

**National Shotgun Junior Team:** Matthew Gossett, Morgan Harbison, Casey Wallace, Kelcey Depatis, Derek Haldeman, Ian rupert, Thomas Bayer, BJ Blanchard, Jon Michael McGrath, Caitlin Connor, Ashley Carroll, Rachael Heiden, and Miranda Wilder.

The United States is heading to Germany with loaded guns – talented athletes that is. With the likes of Matt Emmons, Kim Rhode, Daryl Szarenski, Jamie Beyerle, Jeff Holguin, and nearly 90 other US athletes, the rest of the world better step up to the plate because we're coming not just to win, but dominate.

**“What is an Olympic Quota Place?”**

The US is not guaranteed to participate in the Olympic Games – quota places must be earned to send athletes to the Games. A quota place is the equivalent of one starting position. Of the 15 Olympic shooting events at the Games, only 390 athletes will have the opportunity to compete for medals. Quota places are awarded when an athlete wins a gold medal at ISSF World Cups (starting in 2011) or a gold medal in an event at the World Championships. The quota place winner is not guaranteed to compete in the Olympics, but rather the country has a place for a competitor in that event at the Games. Nations are allowed to win up to 28 quota places – only one each in Women's Skeet and trap – yet the host country has 9 quota places that are reserved for Men's and Women's Trap and Skeet, Men's 50m Rifle 3 Position, Women's 10m Air Rifle, Men's 10m Air Pistol, Women's 25m Pistol, and Men's 25m Rapid Fire Pistol.
May: Daryl Szarenski

The USA Shooting Athlete of the Month for May is US Army Marksmanship Unit’s Daryl Szarenski. He captured two gold medals at the Beijing World Cup – one in Air Pistol and the other in 50m Free Pistol. Not only did Szarenski achieve a personal best in terms of hardware, but his performance marked the second time a US Pistol Shooter won two gold medals at a World Cup – Erich Buljung did so in 1988 in Rio. Moreover, it has been 22 years since an American won a World Cup Gold in Air Pistol (also by Buljung in ’88). Let’s not forget the third medal that Szarenski won – a bronze at the Sydney World Cup in March. Three Medals in two months makes Daryl Szarenski a hands-down winner for USAS Athlete of the Month.

June: Jamie Beyerle

Fatigue? Check. Sinus Pressure? Check. Poor balance? Check. Gold Medal? Check. National Record? Check. Brushing aside her cold symptoms and rising to the top at the World Cup USA in Women's Rifle 3 Position was Jamie Beyerle. Comfortable with the stress and demands of a world-class athlete, Beyerle not only tied her National 50m Smallbore Rifle 3 Position “Women w/ Final” Record (set in 2002 at the Fall Selection Match), but she also set a new record in Women's Match Score. Beyerle shot for an unprecedented 592 points in the match and followed it up with 96.7 point final. Though not the best final, her initial six-point lead left the competition in the dust. Rifle National Coach Dave Johnson expressed his praise saying, “Jamie has earned her world-class level through pure hard and smart work. She was ill during the World Cup, but maintained a level of performance that will contend for the Gold anywhere, anytime.” A native of Lebanon, Pa., Beyerle currently trains at Fort Benning. Moreover, this 2008 Olympian is well on her way to securing a spot for the 2012 Games in London. With each World Cup medal - silver in Sydney and gold in Fort Benning – she comes one step closer to repeating her Olympic dreams. Let’s not forget she is a multi-talented athlete who shoots both Women’s 50m Rifle 3 Position and 10m Air Rifle. Beyerle also claimed Olympic Team qualification points in Air Rifle as she finished sixth at Fort Benning and received silver in Sydney. With one World Cup yet in Belgrade, Serbia, she may qualify for both events in points alone. And performance like that…deserves USA Shooting's Athlete of the Month distinction.
USA World Cup Success

USA Shooting hosted its 11th International Shooting Sports Federation World Cup May 22-31 at Columbus – Fort Benning, Georgia. On the competitive side, our rifle and pistol athletes excelled by winning six medals with world-class scores. Jamie Beyerle won the gold in Women's 50 meter Three-position Rifle, followed by the tandem of Matt Emmons and Jason Parker earning gold and silver respectively in Men's 50 meter Three-position Rifle. Eric Uptagrafft then won the silver in the Men's Prone event, with Matt winning his second medal, capturing third place. Daryl Szarenski concluded the competition by continuing his excellent shooting in winning the silver medal in the 50 meter Free Pistol event. In addition to those great performances, several of our athletes made finals in their events or scored personal bests among the world's best shooters.

We were honored to host an event in which there were 396 athletes and 144 coaches and officials from 53 countries. When we submitted our bid to host this world Cup, participation was a big question mark. The International Olympic Committee determined there would be no Olympic qualifying until two years prior to the 2012 opening ceremony. This was a blow to all 2010 ISSF World Cup organizers who expected strong participation from countries vying for London Olympic participation quotas. In fact, India cancelled their Rifle/Pistol World Cup as a result. So we were determined to host a fantastic event that would attract athletes from around the world, as well as offset the tremendous financial investment it takes to run a world-class event. Even without government or Olympic Committee event support, were able to clear the financial hurdles and host an excellent competition, the exact combination we were shooting for.

The USAS staff and volunteers did an outstanding job conducting the event, with much credit to Bill Roy and Lindsay Brooke as the main coordinators on the Organizing Committee. Operations flowed smoothly from greeting countries at the Atlanta airport through the illustrious victory ceremonies. The range officers did an exceptional work managing training and competitions through to the last shot in the last final. All involved can take pride in conducting our best and truly a marvelous ISSF World Cup.

The most significant difference at this USA World Cup was the partnerships established with the Columbus Convention and Visitors Bureau and Valley Hospitality Services. The Columbus CVB provided required bus transportation both from and to the Atlanta airport as well as local service among the official hotels and the Fort Benning ranges. Additionally, the services provided by Southern Coaches was the best experienced in hosting world cups to date. Valley Hospitality, a subsidiary of the Pezold Companies, provided three office trailers for needed administrative space at Pool Range Complex, excellent food service, and hosted a simply fantastic opening reception at the new National Infantry Museum that was highly acclaimed by all. Additionally, the United States Army Marksmanship Unit worked hand-in-hand with the Organizing Committee assisting in range preparations and support that continually contributed to making the World Cup a memorable and highly successful event.

A standard of excellence in planning, execution, and performance has been established and we look forward to the continued support of volunteers and partnerships with the Columbus CVB, Valley Hospitality, and USAMU in hosting the 2011 ISSF World Cup USA!

- Bob Mitchell

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The last ten shots were a crescendo of intensity and excitement to match any sport.


Perhaps 100 spectators from all points of the globe huddled around Firing Point #54, where Jamie Beyerle methodically zipped lead through the same tiny hole in that itty-bitty black circle 50 meters away. Shot-after-shot, ten-after-perfect-ten, she simply was the Borg, the machine that National Rifle Coach Dave Johnson cranked up and cut loose at the 2010 World Cup USA in Fort Benning, Ga.

Instead of fighting in the kneeling position in the Women's 3 X 20 Smallbore event, she should have been lying on her back in a warm, comfy bed where she could recover from the severe case of sinus AND ear infection that had a vice grip on her head. She was sick as a dog, but with the dogged determination seen only in special breeds, Jamie Beyerle worked her way to a national record of 581 X 600 and a gold medal in the Women's premier Rifle event.

The symmetry of it all was beautiful: 197 in prone, 197 in standing (yes, the offhand standing position!), and 197 in kneeling. And never a more compact and balanced athlete have I seen; she was virtually planted in the concrete of Point #54, a rock on a slab or a log in a jam, locked into position and squared up for the fight. And whenever she dug her cheek into the comb of her rifle we all leaned forward—all 100 of us—in anticipation of something special.

Jamie delivered.

Years from now I'll mist up a bit when I think of that moment in 2010 at Point #54, the same way proud parents reminisce about their kids' home runs or game-winning field goals or virtuoso piano recitals. Oddly, I won't think so much about the score as I will about the feeling we all shared: That transcendent moment when sport was life and struggle was victory, and the best shot of all was the blast of adrenalin triggered by the last crack-ten (a 10.8, by the way) fired by a young woman with an old head and huge heart. Those moments—when we persevere and overcome on our way to victory—provide the richness in our lives that make us all lean forward when anyone with a fighter's fortitude digs a cheek into the rifle stock, so to speak.

Over the years I've been keeping a log of "match wisdom," a journal of sorts in which I record the significant learning points in my shooting competitions. Point #1, for instance, is that they count every shot, so we should therefore make every shot count. A point that took me a long time to learn is that a competition is about me and myself, me and the targets; it's not about watching the other big dogs in the match or the score I was chasing. And many, many more points have filled the pages of a journal that, in hindsight, I should have read more often.

After watching the 2010 World Cup USA, my most recent learning point is that toughness matters, and when the going gets tough . . . well, you've probably learned that point long ago. But a refresher of that concept is always useful, and we pullers of the trigger—whether on the same grand stage as Jamie Beyerle, or simply on the makeshift range in our basement—must remember that tenacity, resilience, and just plain guts are critical elements to success in sport and in life. Toughness matters. And what point will that be in my match wisdom journal? Point #54, of course. • Bill Roy

Matt and Katy Emmons
Trusted Kustermann in Beijing

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The choice of Katerina Emmons

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Railstation Update

Online match sanctioning, score uploading and payments now available!

How to submit an online application to conduct a USA Shooting sanctioned match:

- Go to www.usashooting.org and click on the Apply for a Local Match link (this will direct you to the Rail Station login page)
- Login to Rail Station using your USA Shooting member login information. You will then be directed to your personal profile page.
- Please verify your personal information and click NEXT to advance to the next page which is the Application for Match Sanctioning.
- Complete all of the information for the match including the venue and the events that your club will be hosting during the match. Once you complete this, click the NEXT button to save the event.
- Once the NEXT button is clicked the event is saved in the USAS database and an application verification page will appear with your application number. Please print this page or write down your application number for future reference.
- The next step is for USA Shooting's Competitions Department to approve or deny the match.

How to submit scores and payment of a completed USA Shooting sanctioned event online:

- Once your match has been held, and scores and payment have been received by your participants you are now ready to upload the scores online and make payment to USA Shooting.
- Go to www.usashooting.org and log in to the Existing Members section.
- Once you are logged into your online account click on the Match Schedule tab near the top of your page.
- Search the event for which you want to upload scores to and click on the Match Start / End Date hotlink to get to the event / score entry page.
- Click on the ENTER RESULTS & PAY button on the bottom left side of the page.
- Search each member one at a time and add them to the list. When you have entered all participants for whom you have a score then click the NEXT button.
- You will then enter the scores for each participant and click NEXT.
- You are now at the payments page. The payment will be calculated based off of what type of match you held (PTO, Junior Olympics, Regional, etc…)
- Your final step is to make the online payment using Visa, MC or American Express.

If you have any questions please do not hesitate to contact the USAS Competitions Assistant Nicole Levine at Nicole.levine@usashooting.org or (719)-866-4882.

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Test Your USA Shooting Knowledge

How much do you know about Olympic shooting and USA Shooting's history? Try your hand at mastering this fun, new feature in USA Shooting News. Circle your best guess and compare with the answers found on page 34. Good luck!

1. 1. Which rifle shooters hold an all-time shooting record of 11 medals?
   a. Alfred Lane
   b. Kim Rhode
   c. Carl Osburn
   d. Lones Wigger

2. 2. How long has shooting been part of the Olympic program?
   a. 80 years
   b. 57 years
   c. 159 years
   d. 114 years

3. How many shooting events are included in the Olympic Games?
   a. 3
   b. 12
   c. 9
   d. 15

4. When was the United States Olympic Shooting Center built?
   a. 1985
   b. 1999
   c. 2000
   d. 1973

5. Who is the first markswoman to win an Olympic shooting medal?
   a. Launi Meili
   b. Margaret Murdock
   c. Ruby Fox
   d. Pat Spurgin

6. How many shooting events are contested in the Paralympic Games?
   a. 4
   b. 9
   c. 15
   d. 12

7. Who was the last American to win a medal in Men’s Trap?
   a. Thomas Garrigus
   b. Vincent Hancock
   c. Bill Roy
   d. Glenn Eller

8. Which US Shooting Athletes are in the Olympic Hall of Fame?
   a. Lones Wigger
   b. Gary Anderson
   c. Carl Osburn
   d. Alfred Lane

9. Who was the first US Paralympian to win an Olympic Shooting medal?
   a. Roger Withrow
   b. Eric Hollen
   c. Mike Dickey
   d. Dan Jordan

10. In which year(s) was Women’s Double Trap an Olympic event?
    a. 1996
    b. 2000
    c. 1972
    d. 1976

www.usashooting.org
Gary Colson Mahan (Col. USA retired) passed away on Sunday, April 18, 2010, in San Antonio, Texas, after a long and courageous battle with cancer. Col. Mahan was born in Camden, Arkansas on October 11, 1931.

He graduated from Bolles Military Academy in Jacksonville, FL before entering the University of Florida in 1949 where he was a member of Sigma Alpha Epsilon Fraternity. He enlisted in the US Army in May, 1951 and was assigned to the 8th Infantry Division at Ft. Jackson, SC. In 1952, he attended Officer’s Candidate School at Ft. Bliss where he was the Honor Graduate of his class. Col. Mahan had a long and illustrious career.

He fought in both Korea and Vietnam. In Korea he was assigned to the 7th Infantry Division where he commanded HQ Battery and C Battery of the 15th Airborne Division and was S3 of the 80th Airborne AAA Bn. In Vietnam he was an assistant G3 in HQ, II Field Force at Long Bien. His career history included service as a paratrooper with the 82nd Airborne at Ft. Bragg, NC, command of a double Nike battery in the 54th AAA Missile Bn in Maryland, command of the 8 inch Howitzer Battery of the 1st Bn, 9th Artillery, 3rd Infantry Division in Germany, and attendance at Command and General Staff College at Ft. Leavenworth, KS in 1964. Following his service in Vietnam, Col. Mahan was assigned to the Pentagon in 1969 as an assistant to the Secretary of the General Staff where he performed the duties of Congressional Assistant to the Chief of Staff of the Army, General William C. Westmoreland, for three years.

He commanded the 31st ADA Brigade at Homestead AFB, FL followed by assignment to the Army War College in Carlisle, PA in 1974. He completed his military career as the Commander of the 1st ADA Training Brigade at Ft. Bliss, TX, retiring on August 1, 1981. Col. Mahan holds the following decorations and awards: three Legions of Merit, Army Commendation Medal, Korean Service Medal, National Defense Service Medal, Vietnam Service Medal with four Campaign Stars, United Nations Service Medal, Republic of Vietnam Campaign Medal, Meritorious Unit Citation, Korean Presidential Unit Citation, Vietnam Gallantry Cross with Palm, Parachutist’s Badge, and Army General Staff ID Badge. Col. Mahan completed his Bachelor of Science degree at St. Benedict’s College graduating Summa Cum Laude.

Following his military career, he joined Westinghouse in Baltimore as an executive for 15 years. Col. Mahan had a passion for genealogy and reading, particularly American and World History, frequently astounding his friends and family with his recall of details and ability to bring history to life. He was an often requested Docent at the San Jose Mission for this reason. His thirst for knowledge was unquenchable. He was a 32nd Degree Mason in the Scottish Rite, an accomplished photographer, an avid fly fisherman and skeet and trap shooter belonging to Hill Country Shooting Sports Center and the Bunker Club. His shooting excellence earned him a spot in the Olympic Trials in 1988 and again in 2008. He was a warrior, patriot, leader, gentleman, and gracious host; a great man to his children and beloved granddaughters.

Burial with full military honors will take place at Arlington National Cemetery on Tuesday, August 10, 2010 at 1:00 PM. All friends and family are welcome to attend.

In lieu of flowers, memorial contributions may be made to Friends of Hospice and Palliative Care, 4241 Woodcock, San Antonio, Texas 78228, 210-785-5850.
U.S. Olympic Hopefuls to Compete with Help from Dallas Safari Club - America’s vaunted team of junior shooters will compete in this summer’s World Shooting Championships fueled by the horsepower of the Dallas Safari Club (DSC). “The grant from DSC is unique because it’s specifically for our junior team and specifically for this one major competition,” said Buddy DuVall, executive director of the USA Shooting Team Foundation. “We’re enormously grateful for this support and we’ll show it by competing with Dallas Safari Club logos on our shirts and caps—which will be another first for us.” DSC Executive Director Ben Carter said, “We’re honored to help these rising stars make their mark for our country,” said Carter. “But we’re also pleased to be increasingly involved with a sport and athletic organization that reflect so well on the hunting and conservation community. Most of these athletes come from a hunting background—they are tremendous international ambassadors for hunters, conservationists and an outdoor way of life that is underappreciated by too many people, both at home and abroad.” (June 28, 2010)

Emmons named Youth Olympic Games Athlete Role Model - USA Shooting Team’s Matt Emmons was recently named to the list of Athlete Role Models (ARMs) for the inaugural Youth Olympic Games (YOG) in Singapore in mid-August. Emmons joins Michael Gebhardt (sailing) as one of two American athletes honored. “When the ISSF first asked me to be the Shooting role model, I was certainly honored. Of all of the people they could have chosen, they thought of me and that’s extremely flattering. From what I know about the role models for the YOG, they were looking for people who live the Olympic ideals. To me that means someone who plays the game the right way, which is very important to me. To be recognized for that makes me proud that I’m on the right path,” said a very humble and gracious Emmons. (June 22, 2010)

New Level 1 Coaches Course – The National Training Center Shooting Club, in cooperation with USAS, is sponsoring a NRA-USAS-CMP Level 1 Coach Training Course. The Level 1 Coach Training Course is an entry level course for shooting coaches. It also allows juniors to obtain credentials as Junior Rifle or Pistol Trainers. The basic course is Saturday, 21 August; the Rifle Course is Sunday, 22 August, and the Pistol Course is Saturday, 28 August. All courses will be held at the Olympic Training Complex in Colorado Springs, Colo. Space is limited to 25 students and registration ends 1 August, so sign up today! (June 11, 2010)

USA Shooting, 24 Hour Fitness Offer Special Memberships – As part of a special promotion that can help build your fitness and also channel a percentage of membership proceeds to USA Shooting, USAS members may now receive a special 24 Hour Fitness pricing of $0 initiation fee and a low monthly rate (restrictions apply). Your participation in this program can help fund the programs that ensure our National Team members remain dominant in world competition, as well as keep you at the top of your game. For more information, please visit the USAS member benefits page or your local 24 Hour Fitness. (May 7, 2010)

USA Shooting Announces New Partnerships with Pyramyd Air and H&N – Pyramyd Air and H&N have signed on as Official Suppliers of USA Shooting through 2012. Pyramyd Air, U.S. importer of H&N pellets, will provide USAS with air rifles and air pistols for programs at the Olympic Shooting Complex in Colorado Springs. H&N will supply match rifle and pistol pellets for members of USAS National and Development Teams for training and competition. “Pyramyd Air is honored to help USA Shooting meet its needs, provide strong leadership for competitive shooters and promote the sport in the United States,” said Joshua Ungier, Pyramyd Air President and CEO. (April 23, 2010)
USAS Rifle & Pistol National Championships Wrap-Up - "D" is for domination and Daryl... Sergeant First Class Daryl Szarenski to be exact. SFC Szarenski claims his second national title, this time in Men's 50m Free Pistol. With a final score of 1196.8 points, SFC Szarenski solidified first place. USAMU member Greg Markowski claimed second place, scoring 1187.8 points. John Zurek finished in third with a total score of 1177.1 points. Women's 25m Sport Pistol was dominated by Teresa Meyer, who marked 1338.1 points. Brenda Shinn finished second with a total score of 1131 points. In third was Cara Krauss with 1296.3 points. Jonathan Hall shot an outstanding 1289.5 points for first place in Men's 10m Air Rifle. Bryant Wallizer finished second, putting up 1287.7 points. In third was SPC Joe Hein at 1286.9 points.

Amy Sowash conquered Women's 3 Position Rifle with 1265 points for a gold medal and national title. She was followed by Sarah Scherer scoring 1287.7 points. Sandy Fong filled in third with 1256.7 points. USA Shooting would like to recognize and thank our dedicated and hard-working volunteers for making the National Championships a successful event. (June 19, 2010)

USAS National Championships: Szarenski All the Way - Daryl Szarenski is a medal winning machine. Not only World Cup medals, but SFC Szarenski can now add a national title to his resume. In Men's 10m Air Pistol, he walked away an easy winner with a total score of 1257.4 points. Greg Markowski finished in second with 1249.7 points and Nick Mowrer in third scoring 1247.8 points.

In the Men's 50m Prone Rifle event, SPC Joe Hein out-shot the competition with 1299.4 points. SFC Uptagrafft finished with 1297.9 points, holding down second place. In third was their AMU teammate, SGT Michael McPhail with 1294.6 points. In Women's 10m Air Pistol, Teresa Meyer was on top of her game with 761 match points and a 100.1 final for first. Brenda Shinn finished second with a total score of 845.3 points. In third was J1 Courtney Anthony with 837.1 points. Finally, Men's 25m Rapid Fire Pistol national title belongs to SPC Brad Balsley who shot nearly 20 points ahead of second place finisher Emil Milev, who tallied 1340.9 points. In third was John Bickar with 1332.9 points. (June 17, 2010)

Hancock Closes Business with Bronze – 2008 Olympic Gold medalist, SGT Vinny Hancock, won a bronze medal at the World Cup in Lonato, Italy. The US Army Marksmanship Unit's SGT Hancock entered in the bottom half of Men's Skeet final and shot up to third. Just shy of the finals, US teammate Sean McLelland finished in 8th place with 121 hits and Shawn Dulohery in 12th, also with 121 targets. (June 15, 2010)

Time to Get it Dunn – Also in Lonato, USA's Haley Dunn staked claim to the Women's Skeet gold medal. “I am back, and my next aim is the ISSF World Championship in Munich, where the first 2012 Olympic Quotas will be awarded. There, I will compete with Kim Rhode and Amber English. It's not going to be easy, but I am really motivated,” said Dunn. Teammate Caitlin Connor, the youngest shooter in the final, finished sixth after missing five targets in the final. (June 14, 2010) Photo by Marco Dalla Dea © 2010 ISSF

Holguin Finds Bronze in Britain – Yes, that's Jeff Holguin checking out the scoreboard—he has little reason after the consistent match he shot. Three straight 48's and a solid final helped Jeff Holguin earn bronze. Finishing 4th was AMU’s Josh Richmond. In Men's Skeet, USAMU's Vincent Hancock finished fourth and Sean McLelland finished 7th with a final score of 122. In Women's Skeet Kim Rhode also found fourth with 92 targets. (May 16, 2010) Photo by Marco Dalla Dea © 2010 ISSF

Emmons Rocks Spring Selection – At the Spring Selection Match in Fort Benning, Ga., it should come as no surprise that top-ranked Matt Emmons takes home first place yet again. With an aggregate score of 3732.8 points from his top two finals in Men's 50m Rifle 3 Position, Emmons easily walks away a champion. SFC Jason Parker of the USAMU finished second with 3723.3 points. Third place belongs to SPC Joseph Hein. Emmons took home first again in Men's 50m Prone. He was followed by SFC Eric Uptagrafft with 2002.8 points and SGT Michael McPhail with 2001.6 points. In Women's 50m Rifle 3 Position, Jamie Beyerle extended her reign with a first place score of 1961.9 points. She was followed by Amy Sowash with 1942.5 points and Sandra Fong with 1937.3 points. In Men's Rapid Fire, Champion Keith Sanders topped the competition with 2126.5 points. The second place athlete was Emil Milev, followed by Brad Balsley in third. Men’s 50m Free Pistol was won by 2008 Olympic bronze medalist, Jason Turner. Behind Turner was the USA Shooting's May Athlete of the Month, Daryl Szarenski with 1851.2 points John Zurek in third. Finally, in Women's 25m Pistol, Petty Officer First Class Sandra Uptagrafft was first, with Elizabeth Callahan in second and Brenda Shinn as the third place finisher. (May 15, 2010)
National JO Championships Concludes with Pistol Events – In Men's 10m Air Pistol, Will Brown aced the competition with a score of 1231 points. Matthew Pueppke finished second, followed by Grant Adams in third. Women's 10m Air Pistol was led by Courtney Anthony who took home gold with a final score of 832.3 points. Alana Townsend shot a total score of 825.1 points for the silver medal. Kylie Gagnon earned third place with 819.6 points. Joseph Totts won the Men's 25m Sport Pistol competition with a total score of 763 points. Following Totts was silver medalist Christopher Hudock, with a final score of 749.7 points. Bronze medalist Wen Chyan shot for 744.8 points. In Women's 25m Sport Pistol, Anthony again claimed top spot with a final score of 760.7 points. She was followed by Kelsey Imig with a score of 743.8 and Hannah Lewis with 726.7 points. For all categories, visit the press release. (April 25, 2010).

Hadden Takes Bronze in Beijing – USAMU's Ryan Hadden took home bronze in Men's Trap at the World Cup in Beijing, China. Hadden finished one-point behind the silver medalist with a total score of 138. With the lowest score in finalist pool, Hadden shot up as he nailed 20 targets in the final. (April 25, 2010)

Szarenski and Hein: Golden Boys in Beijing – SFC Daryl Szarenski captured gold in Men's 10m Air Pistol, silencing the competition with 103.2 points in the final, for a total score of 686.2. The US added two more medals to its current tally of four with help from SFC Joe Hein of the US Army Marksmanship Unit. In Men's 50m Rifle Prone, Hein shot a final score of 104.2, earning a total score of 702.2 for gold. Conquering another milestone for USAS, Hein captured his first gold medal at a world cup. Only one point behind him was SFC Eric Uptagraff with a total score of 701.9 points and a bronze medal. (April 20, 2010)

Nanooks Franz and Bures Win Gold - Leading the way with Men's 50m Rifle 3 Position was University of Alaska-Fairbanks' Scott Franz; he captured gold with a final score of 2405.1 points. In second place was Daniel Hermersmeier who shot 2386.5. He was followed by Michael Matthews with a total of 2386.4 points. Franz's teammate at Alaska, Cole Bures won the Men's 50m Prone Rifle with a total of 1288.3 points. Less than a point shy of tying Bures was Jimmie Cooper who shot for a total of 1287.4 points and secured the silver medal. In third was Ryan Dunham-Bender with 1283.5 points. For all category awards, please visit the press release. (April 20, 2010)

Rhode and Szarenski: Gold in Beijing – Kim Rhode tied her world record score of 98 in Women's Skeet at the 2010 ISSF World Cup in Beijing, China. Adding to the medal count for the US was pistol-shooter Daryl Szarenski, whose 662.1 final score set a gold standard for Men's 50m Pistol. Szarenski walked away 5.7 points ahead of the silver medalist. (April 19, 2010)  Photo by Marco Dalla Dea © 2010 ISSF

Cheeseboro Conquers Men's 10m Air – In the Men's 10m Air Rifle event at the National Junior Olympic Championships, Dustin Cheeseboro edged out the competition with a final score of 99.2 and total score of 1269.2. Cheeseboro and Michael Matthews of Johns Creek, Ga., were tied with 1170 coming into the final round. Matthews fell just shy with a total score of 1269.0. In this game of tenths, Casselton, North Dakota's Soren Butler found third place with 1268.9. (April 16, 2010)

Scherer and Furrer Dominate NJOSC Women's Rifle Events – Sarah Scherer captured first place in Women's 10 m Air Rifle at the 2010 USA Shooting National Junior Olympic Championships. She tallied a final score of 892.4, topping the next competitor by 1.2 points. Following Scherer, were second-place finisher Abigail Stanec of Sharon Center, Ohio with 891.2 points and Denise Martin of Chewelah, Wash., with 891.1 points. In the Women's 50m Rifle 3 Position, winner Amanda Furrer tied a national record with 1266 points. Scherer earned second place with a score of 1261.9 points and Sarah Beard shot for 1255.1 points in third. (April 12, 2010)

For full press releases on all USAS News and Performances, please visit www.usashooting.org.
USA Shooting’s shotgun athletes Frank Thompson, Caitlin Connor, Jaiden Grinnell, Brian Burrows, and BJ Blanchard were five of 72,128 spectators who traveled to Charlotte, N.C., for the 2010 National Rifle Association (NRA) Convention. This large crowd set a record breaking attendance—smashing the former record of 66,229 people in Louisville. The athletes, accompanied by USAS Team Foundation’s Buddy Duvall and USAS staff Corrie West and Katie McGinty, served as excellent ambassadors at the USAS booth greeting fans, educating the public, and conducting drawings. And the winners are:

Nate Gallup of N.M. – proud owner of a Ruger 10/22 signed by Olympic and Resident Athletes
Danny Cagle of N.C. – winner of a USAS special edition Benchmade knife
Joe Ramsey of N.C. – successful entrant who won a Kimber .22 Conversion Kit
Tom Boyd of N.C. – top bidder on a new Colt National Match Royal Stainless Gold Cup Pistol

Skeet shooter Caitlin Connor discusses the Olympic shooting with young fans.

Athletes (L to R) Jaiden Grinnell and Caitlin Connor proudly displaying the special edition Ruger 10/22.

Test Your USAS Knowledge: ANSWERS

1. A, Alfred Lane – American pistol shooter who competed in the 1912 and 1920 Olympic games in both individual and team events; 2. D, 114 years – Shooting has been part of the modern Olympic Games since 1896; 3. D, 15 events – Olympic shooting events include Pistol (Men: 10m Air, 50m Free, 25m Rapid Fire; Women’s 10m Air, 25m Sport), Rifle (Men: 50m 3 Position, 50m Prone, 10m Air Rifle; Women’s: 50m 3 Position, 10m Air Rifle), Shotgun (Men’s: Skeet, Double Trap, Trap; Women’s: Skeet, Trap); 4. A, 1985 – The Shooting Center is the largest indoor shooting facility in the Western Hemisphere and the third largest in the world. Three separate ranges provide 29 firing points from 50 meters and 73 firing points from 10 meters for training and competitions. It also houses the administration offices, a gunsmith room and locker rooms for resident and visiting athletes.; 5. B, Margaret Murdock – She won the 1976 silver medal for Open 50m 3 Position Rifle.; 6. D, 12 events – Paralympic shooting events include Rifle (Men’s: 10m Air Rifle Standing SH1; Women’s: 10m Air Rifle Standing SH1; Mixed 10m Air Rifle Prone SH1; Mixed 10m Air Rifle Prone SH2; Mixed 50m Rifle Prone SH1; Men’s: 50m Free Rifle 3x40 SH1; Women 50m Sport Rifle 3x20 SH1; Men’s: 10m Air Pistol SH1; Women’s: 10m Air Pistol SH1; Mixed 25m Sport Pistol SH1; Mixed 50m Free Pistol SH1; 7. D, Glenn Eller – SGT Eller won a gold medal at the 2008 Beijing Games; 8. A, Lones Wigger – Lones is the only shooter in the USOC Hall of Fame, he was inducted in 2008; 9. D, Dan Jordan, silver medal in the 2004 Athens Games in Men’s 3-Position Rifle; 10. A &B, Women’s Double Trap was also contented in 2004, but removed as an Olympic event after the 2004 Paralympic Games in Athens.

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Congratulations to all in the USA Shooting TEAM, and especially those who’ve medaled in small-bore events so far in the 2010 World Cup season; Matt Emmons, Eric Uptagrafft, Jamie Beyerle, Daryl Szarenski, Jason Parker, Joe Hein and coaches Dave Johnson and Sergey Luzov.

- 6 out of a possible 18 medals in small-bore events for USA at the World Cup USA.
- 12 medals in small-bore events for USA athletes in World Cups so far in 2010.
- 12 out of 12 Golds in 50m events for ELEY Tenex in World Cups so far in 2010.

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