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**USA Shooting News** is published six times a year, 1 Olympic Plaza, Colorado Springs, CO 80909. 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 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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Introducing
Mary Beth Vorwerk -
New Media and Public Relations Manager for USA Shooting/USA Shooting News Editor

Being in the Olympic family for almost six years now has really prepared me for my new role as Media and Public Relations Manager for USA Shooting. I am truly honored and excited to be in this position, and as the previous Media and Public Relations Manager at USA Archery for over four years, I have gained extensive experience in the USOC and National Governing Body (NGB) world. I am looking forward to bringing my knowledge of target shooting sports and NGB media and public relations experience to this outstanding organization, especially with the 2008 Olympic Games just around the corner.

Two of my highest priorities are to bring back USA Shooting News on a regular and timely basis, as well as making the final additions to our new website. I understand we still have some changes to make to the website in order for it to be as efficient and user friendly as possible, and I am working on making improvements on a daily basis. I appreciate all of your patience with these matters as I move forward. It has been a tremendous help to me in the short time I have been with USA Shooting to hear from our members on different issues associated with the website and magazine. Please continue to let me know how I can improve these important communication resources for the USA Shooting Membership as I get settled into my new position.

About Mary Beth Vorwerk

A 2001 graduate of the University of Iowa, in Iowa City, Vorwerk holds a degree in Journalism and Mass Communications as well as a Minor in Sports Studies. She comes to USAS with nearly six years of experience in the Olympic Movement. She most recently held the position of Media and Public Relations Manager for USA Archery for over four years. During that time, Vorwerk served as a United States Olympic Committee (USOC) Press Officer for both the 2003 Pan American Games in Santo Domingo, Dominican Republic and the 2004 Olympic Games in Athens, Greece.

Vorwerk began her career in the Olympic Family in the fall of 2001 with a USOC internship at Wheelchair Sports, USA, followed by a second USOC internship in the winter of 2002 with USA Canoe/Kayak in Lake Placid, N.Y. Vorwerk joined USA Roller Sports in Lincoln, Neb., as Media and Public Relations Director in April 2002, until January of 2003 when she began her role at USA Archery.

As the Manager of Media and Public Relations for USAS, Vorwerk will oversee website content for www.usashooting.org, USA Shooting News magazine, Quick Shots e-newsletter and media services on behalf of USA Shooting athletes and the organization.

Please feel free to contact Vorwerk at marybeth.vorwerk@usashooting.org with any questions, concerns, ideas or suggestions related to USA Shooting publications, web content or any other media services.
We live in a fast paced, high technology era. Our world is constantly changing and changing for the better. Certainly the world, the United States and USA Shooting all have their challenges and we refer to “the good old days,” but no one desires to revert back decades in time. Progress and change is mandated by today’s society. It is our objective to continually move USA Shooting forward and keep the organization on the cutting edge of progress by providing technologically current services. To that end, a new database system was implemented as 2006 came to a close. As you are likely aware from using the system, the HangAStar (HAS) database can be accessed by members electronically, providing the ability to renew memberships and update information via the internet. It provides real time shooter classifications and national rankings in each of the Olympic events. The new system allows match sponsors to submit competition sanctioning requests online and provides the capability to upload competition results electronically, saving time, reducing staff work and providing a more efficient system for members, web site visitors and staff. The HangAStar system provides many additional capabilities and benefits not possible with the previous Alpha Five database built by volunteer Tim Conrad some years ago. Scheduled to closely follow the implementation of the HangAStar database was to be the activation of our new website. The website used in recent years was easy for staff to manage and update. However, it lacked the multidimensional aspect and interactive capability that we desired. Over time it became increasingly obvious that a more robust website was needed to not only serve members and sponsors, but also to promote the international shooting sport and our organization. The model we chose to emulate was the USA Diving website.

Clearly, the implementation of the new database and website would place USA Shooting as a leader in amateur sports and competitive shooting. However, planning and design is only one aspect with implementation another distinct and challenging task. Certainly we were not naïve enough to believe there would be no problems in bringing these new systems online. The transfer to the HangAStar database actually went more smoothly than expected. The most significant complication was that our website had been hacked into and was reactivated after a down period with limited functionality.

Shortly after bringing the HangAStar database online last December, a glitch occurred in that available member data was exposed to those logging into the HangAStar portion of the site. This was quickly recognized by a member and the link removed within hours. However, the database remained open over a weekend for anyone who had the URL to access the HAS portion of the website directly. The situation was corrected Monday morning and a procedure put in place to prevent any such future occurrence. An investigation was made and all changes to the database were verified as being entered by the member or a staff person with authorized access. While we are confident steps have been taken to ensure member data security, we cannot guarantee that someone did not access and collect data during the hours the system was open. Available personal data was limited to member number, name, address, telephone number, e-mail address, birth date and last four social security digits only. There was absolutely no exposure of financial or credit card data. Should anyone have additional questions or concerns, please contact either myself or the USAS webmaster.

The new website was scheduled to be activated at year end. This obviously did not happen and the building of the site became delayed for one reason and then another on a seemingly continuing basis. While we know this entire process was frustrating for our membership, it has been extremely frustrating for staff as we were not able to effectively communicate information regarding events, news and other important information. The new website was finally activated the first week of May and while some additional content remains to be loaded and the web store activated, we do have a fully functioning website that provides much more capability, information and services in addition to interactive capability.

During this process of website development, we missed deadlines for USA Shooting News resulting in unacceptable delays in publishing our bimonthly magazine. Producing a timely bimonthly publication will be a top priority for our new Media and Public Relations Manager, Mary Beth Vorwerk.

Some members and match sponsors have been frustrated in using the database and/or the new website. While both are designed to be user friendly, the systems will not be straight forward and logical for every user. Additionally, terminology used may not be equally familiar to rifle, pistol and shotgun shooters. Please be patient and call our Competitions, Membership or Media departments with your questions and issues. Our staff will guide you and provide any needed information. Sometimes software systems on personal computers are not compatible with online systems resulting in reduced access or capability. Whatever problem you experience, our staff will be pleased to assist you. The more you use the database and website, the more you will enjoy it and realize the capability it offers and that these progressive changes are in fact positive.

We very much appreciate your patience and understanding in bringing these new services to you in keeping USA Shooting in a leadership position in the shooting sports. Progress does present challenges and we certainly have had our share. However, we are confident that the progress will be well worth the pain.
While my competitive pistol shooting days are now just distant memories, I still enjoy getting out to shoot. Unlike our athletes who train full-time, I no longer shoot on a daily basis but still manage to dabble in different shooting disciplines and just shoot for “fun.” Two summers ago while attending the Amateur Trap Association (ATA) Grand American Trap Shoot, one of our shotgun team members coaxed me out to the practice range to “attempt” to break a few targets. This was my first real experience shooting a shotgun and even with my lack of fundamentals and laughable form, I was somehow able to break the majority of targets. Call it beginner’s luck, but what a blast. I was immediately hooked! So much so that I went out and bought a shotgun and joined a local gun club so that I could have some fun shooting trap on weekends.

There have been many things I’ve learned since taking up shotgun shooting and one of the first things I learned after a long day at the range was that gun cleaning is NOT my idea of fun! I realize proper cleaning is one of those necessary “chores” to keep my firearm functioning properly, performing accurately and free from rust and corrosion. However, like many shotgun enthusiasts, I often find myself leaving the gun club, only to put my shotgun away and save cleaning for another day. When I finally give in to the task of cleaning my shotgun it typically takes me 15 minutes just to find all of the cleaning components required: rod, brushes, patches, solvents, lubricants, etc. I don’t like the smell of the strong fumes associated with cleaning so I try to get through the cleaning as quickly as possible, which still takes me at least 20 minutes. I just wish there was an easier, if not better, way!

As luck would have it, last November while attending the National Association of Sporting Goods Wholesalers Tradeshow, I was fortunate enough to discover a new product designed specifically for cleaning shotguns quickly and easily. At the booth for Rolling Hills Outdoor Sports Enthusiasts (RHOSE), Michael Nafziger, President of RHOSE, Inc., introduced me to a new and innovative patented product called the Stinger Bore Cleaner™. What RHOSE has done in developing this new product is micro-encapsulate five different stages of cleaning, including the cleaning and preserving chemicals into a single shotgun cartridge. You simply load one of the Stinger Bore Cleaner™ cartridges, aim in a safe direction and fire. The primer energy in the cartridge ejects a cord out the end of the barrel and attached to the cord is the Stinger cleaning unit. Pulling the Stinger through the bore applies 360° of cleaning pressure with multiple stages of cleaning that finishes with a coat of special TW25b® oil. It doesn’t get much easier than this!

Currently available in either 12 or 20 gauge, the Stinger Bore Cleaner™ comes packaged with five cartridges per pack, each of which can be used to clean up to two more bores (depending on the amount of bore residue). If you’re like me, shooting an over-under, the same Stinger can be used to clean the second bore by manually dropping the cord through the barrel and pulling through again. All the cleaning and preserving oils used in the Stinger Bore Cleaner™ are synthetic and non-flammable. Stingers are disposable and very much “earth friendly.”

My cleaning session now goes like this; I load it, pop it, pull it and I’m done in three minutes! Because it already has the cleaning and preserving chemicals, it is by far the fastest and most convenient cleaner I know of, and it works! What it means for me, and for others like me, is that I have a shotgun cleaner I will actually use! No, it won’t replace (and isn’t meant to) the traditional “tear-down” solvent based cleaning. But it does do what I need, most of the time, a quick clean and lube. I was quite impressed by this product, but wondered how well it would be received by the athletes who shoot every day. After several of our team members put the product to the test, the response seemed to be unanimous – the product is so quick and easy and really works!

Recognizing the potential for a mutually beneficial relationship, RHOSE, Inc. has partnered with USA Shooting to become an “Official Supplier”, providing the Stinger Bore Cleaner to USA Shooting’s Shotgun Team. For more information on RHOSE Inc’s Stinger Bore Cleaner and where to purchase please visit www.rhoseinc.com. Look for more innovative and environmentally friendly products like a disposable chamber/breach wipe and a dry chemical choke cleaner coming soon from RHOSE, Inc. Give the Stinger Bore Cleaner™ a try and I guarantee you’ll spend more time shooting and less time cleaning!
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USA Shooting is very happy to announce the addition of the Willawalla Creek Shooting Center as its very first Regional Training Center (RTC). Willawalla Creek has been awarded the designation of Regional Training Center, Gold Level for the shotgun sports. It features an international skeet field and international trap bunker. Bret Erickson is a certified coach as well as an Olympian and offers a full range of shooting expertise in the shotgun sport. USA Shooting wishes to congratulate the Willawalla Creek Shooting Center for earning this designation and urges those interested in training sessions, lessons, or a great place to train to check out the facilities. For more information, visit their website at www.Breterickson.com or call (706)577-1963.

The RTC concept was initiated a few months ago by USA Shooting in an attempt to support those ranges that have programs and facilities focused on the international shooting sports. Most of these ranges also support many other styles of shooting and are a great resource for local or regional shooters wanting to become better in the sport. Any club wishing to become an RTC can download the application from the USAS website, www.usashooting.org. The RTC application is located in the Policies and Procedures portion of the website.

Remember that the Olympic selection process for shotgun events starts this fall with the Fall Selection Match. The rifle/pistol events are ongoing for the points process and will culminate in the spring of 2008 at the selection match. Schedules are being finalized and will be posted in the next couple of months. If you are interested in the selection processes, you can find them on our website, www.usashooting.org, under the Competitions section. Currently, there are two athletes qualified for the Olympic Team under the points system, Matthew Emmons and Thomas Tamas. Congratulations to them and all the great shooting they have done so far this quadrennium.

Willawalla Creek Shooting Center Becomes First Regional Training Center; USA Looks Ahead to 2008 Olympic Games

While USA Shooting is continuing to advance to the 2008 Olympic Games, we are also looking at several other areas to initiate benefits for our membership and volunteers. Please continue to watch the website for additions and improvements throughout the fall.

After more than 20 years of dedicated service to USA Shooting as the National Shotgun Coach, Lloyd Woodhouse will be retiring in August of 2008. Therefore, USA Shooting is now accepting letters of application and resumes for the National Shotgun Coach position. This position will not be filled until the spring of 2008 and will not include a berth as the 2008 Olympic Shotgun Team Coach. Included in your resume should be any relevant information on coach training and/or certification as well as teaching, management, program development and communications experience/capabilities. The job description for the National Shotgun Coach is available under the downloads section of USA Shooting’s website, www.usashooting.org.

Please submit to:

USA Shooting
ATTN: Wanda Jewell
1 Olympic Plaza
Colorado Springs, CO 80909
Fax: 719-635-7989
wanda.jewell@usashooting.org

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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 event of Modern Pentathlon.
Leagues Make a Comeback

USA Shooting is reintroducing shooting leagues! Leagues are a great opportunity to compete on a regular basis in your region and build local competition. Leagues must consist of at least three matches and no more than twelve. League matches can rotate host locations, as long as each is recognized as a USA Shooting Club. Competitors must be individual members of USA Shooting and pay a one-time fee of $6.00 to compete in the league.

Here are the basics:

1. Clubs interested in hosting a league must download and complete the sanction form from the downloads section of the USA Shooting website.
2. Leagues can only be one event (i.e., prone rifle league or free pistol league)
3. Mail in a one time administrative fee of $10.00, along with the completed forms. Once a sanction certificate is issued for the league, we will advertise the league on our website.
4. Membership applications and league fees are due after the first match is held.
5. Scores must be mailed in within two weeks of each match.
6. Leagues will not use the online system, all information will be manual until further notice.

For more information please contact the Competitions Division at 719-866-4670.

New Volunteer Recognition Program

USA Shooting volunteers are the key to our success. Without their hard work, dedication and expertise, our events would not be possible. USAS volunteers work an average of 70 hours per event and often sacrifice their vacation days to help with our matches. We are grateful to have such a great group of people and to show our appreciation; USAS has started a volunteer recognition program. Starting in July, USAS will spotlight one volunteer in our magazine each quarter for their outstanding efforts. The volunteer of the quarter will receive a USAS recognition gift, certificate and a write-up in our magazine.

We also want to recognize every volunteer and their years of service to our sport. Over the next couple of months USA Shooting will be contacting our current volunteer base to develop a database to track the years of service everyone has contributed. In December, each volunteer will receive their first USAS service pin, recognizing his or her years of service. Each year thereafter, a new pin will be issued.

1 year: bronze USAS volunteer pin
2-4 years: bronze bars
5 years: silver USAS volunteer pin
6-9 years: silver bars
10 years: gold USAS volunteer pin
11-14 years: gold bars
15 years: platinum USAS volunteer pin
16-19 years: platinum bars
20 years: diamond USAS volunteer pin
21-24 years: diamond bars

Tell us about an exceptional volunteer!
We are always looking for feedback from our members, so please feel free to drop us a line at competitions@usashooting.org and let us know about an outstanding volunteer at your club.

Interested in becoming a volunteer?
Please download a USAS Level 1 test from our website (www.usashooting.org) and mail it in along with $10.00 to become a level 1 official. Once you are certified, contact Lindsay Brooke at Lindsay.brooke@usashooting.org or 719-866-4885 for a volunteer application and details on volunteer benefits.

Volunteer of the Summer: Ray Cormier

Ray Cormier (Windsor, Conn.) was recently voted USA Shooting’s Volunteer of the Summer by the participants of the 2007 National Championships held at Ft. Benning, Ga. Ray has been a dedicated USAS volunteer for over 12 years. He became involved with USAS after attending a course held by Gary Anderson in 1995. Soon after he was asked to be apart of the 1996 Atlanta Olympic Games, operating the gun vault. Since then he has played a key role in each World Cup USA for rifle and pistol, as well as nationals and selection matches.

Always smiling and keen to tell a joke or story, the 50m range just wouldn’t be the same without Ray Cormier. During a match, you can find him down in the pits or working the line, but one thing is for sure, once START has been called, he’s all business. After hours, you can catch Ray as the social director of nightly gatherings in the parking lot of the Sleep Inn. It’s an opportunity to relax after a long day’s work, catch up with old friends and meet new ones.

Back in Connecticut, Ray practices at his local gun club two to three times a week, dabbling in rifle, pistol and trap. Off the range, you can catch Mr. “green thumb” Cormier tending to his garden where he specializes in tomatoes, producing over 16 varieties!

A big thanks goes to Ray for all of his hard work and dedication at USA Shooting events!
USA Shooting member clubs are an integral part of the organization and its growth as a whole. They are a support system on a local and regional level, promoting the international style of shooting and its attributes. With the aid of our clubs’ grass roots programs and their participation in hosting local competitions, zones and regionals, USA Shooting has truly grown to be one of the most successful and respected organizations of the United States Olympic Committee.

This year, USA Shooting has decided to pay tribute to certain national clubs that have gone above and beyond the proverbial “call of duty”. These clubs host more Preliminary Try Outs (PTOs) than any other club to date, they annually run the State Junior Olympics, the Zone and Regional Championships and several other impressive invitational events such as the Maple Leaf and the Golden Bear International Clay Target Championships.

Our first Spotlight club meets our specifications and then some. This club has been an avid participant in USA Shooting for quite some time. Not only do they host more Preliminary Try Outs (PTOs) than any other club to date, they annually run the State Junior Olympics, the Zone and Regional Championships and several other impressive invitational events such as the Maple Leaf and the Golden Bear International Clay Target Championships.

The Spotlight Club USA Shooting would like to honor this month is the California International Clay Target Shooters Association (CICTSA). Established in 1989, CICTSA’s basis stems from International Clay Target Shooting, which consists of International Skeet, International Double Trap and International Trap or “Bunker, the latter being what CICTSA is more well known for. Steve Lakatos, who is arguably one of the best Chief Range Officers (CROs) USAS has had the pleasure of working with, is the Field Captain for CICTSA as well as the Trap Director. He is in charge not only of sanctioning PTOs, but improving club participation and furthering the outstanding grass roots program they have in place. Steve’s counterpart is Ken Vail, who is the Skeet Director.

Although the California International Clay Target Shooters Association traditionally hosts more registered PTOs in each of the clay target disciplines than any other organization in the U.S., they do so without skeet houses or a bunker of their own. They rent or lease the ranges from the city, using the San Diego bunker and the Triple B bunker for most of their shoots.

CICTSA boasts a national and world class talent development program that is unprecedented in the world of clay target shooting today. Their grass roots development program has placed more individuals on the U.S. Junior Olympic Team than any other organization. According to Steve, a key component aiding that achievement is “holding a lot of shoots” (18 shoots a year, on average, to be exact). Steve believes the best way to train young shooters is to get them into a tournament atmosphere as much as possible. He holds 100 target club events on Saturdays with a cash prize incentive, where coaching is allowed on the line. Other two-day shoots, like the Pacific Coast Open and the Top Gun are held to hone the young shooters skills.

Currently, the CICTSA club membership list is enviable to say the least and is growing strong. Not only do they boast members who’ve held spots on the National and Olympic Teams, they have former and current World Champions and medalists from the 1996 Olympic Games. And if that wasn’t enough, their membership list includes individuals from Oregon, Arizona, Hawaii, Mexico, Czech Republic and Japan. Not bad for an organization based in San Diego, Calif.

If you are interested in learning more about our Spotlight Club of the Month, please visit their website at www.cictsa.com or you can reach Steve Lakatos at 801 Adelaine Ave. South Pasadena, CA 91030, (626) 403-0723 or (626) 304-9489.
The habitual use of alcohol, coffee, tobacco and various drugs is harmful to the average person and in no way promotes better body function or better shooting. Any drug which causes the body organs to perform their work at greater rates than normal fatigues them sooner and causes them to age more rapidly. Much has been written and said both pro and con concerning the habitual use of alcohol, coffee, tobacco, drugs and their temporary and permanent effects on the human body, both mentally and physically. Although all shooters are not in agreement that complete abstinence by habitual users is the solution, all will agree that these agents will in no way help to improve shooting performance or scores. The top shooters in the nation today unanimously agree that control is the most important factor in becoming a top competitor. Control can best be explained as the coordination of mental and physical effort, born in thought and culminating in a concentrated, precise action. This effort must be natural, unstrained and smooth flowing.

What can you the shooter do about sustaining control? When you find yourself having difficulty in maintaining your shot groups in the center of the target, you analyze and make corrections. Sometimes when control is declining, analysis may pinpoint some cause other than faulty technique in employment of the fundamentals. What did you have for breakfast? Two cups of coffee and two cigarettes are enough to ruin anyone’s control. Whatever the reasons, they should be noted in your shooting journal just as you would enter unusual conditions at a match. In a short period of time, if you are honest with yourself, you will be able to piece together enough information upon which to take remedial action.

By SFC Rick Merrill and the USAMU International Pistol Team

Effects of Alcohol, Coffee, Tobacco and Drugs on Shooting

Contrary to popular belief, alcohol acts as a depressant rather than a stimulant. It dulls the senses, lessens the desire to win, destroys coordination and lessens the shooter’s ability to concentrate. Alcohol taken at the proper time and in the proper amounts might possibly lessen the shooter’s anxiety, but by doing so, other effects are released that are far more harmful to the body and detrimental to the shooter’s score. No one can say what the right amount is or when it should be taken. Some shooters may shoot a good score with a hangover. But, the second day is when the after effects become acutely noticeable, and the shooter’s control may disintegrate on the firing line.

Many coffee drinkers say they cannot do without it as a pick-me-up during the day. But let us see what really happens after that coffee break. Dr. Rolf Ulrich, in his book Coffee and Caffeine, reports that after coffee consumption, mental tempo rises first and speeds of association increases, but there is a noticeable decrease in the quality of work being done. In test examinations, it was seen that the subjects finished quicker, but that false conclusions were more frequent. Reliability and accuracy definitely took a beating as a result of a coffee pep-up. Are you considering a change of pace drink, like tea? Before you do, consider this: It is not generally known that tea has large amounts of caffeine and tannic acid. The general effects of caffeine are cerebral, cardiac and diuretic (copious urination) stimulation. As to tannic acid, tea leaves have about ten percent, while coffee berries have only about five percent content. Tannic acid, when brought into contact with mucous membrane, acts as an astringent and diminishes its secretions. It coagulates albuminous substance and thus hardens animal source food matter in the stomach with which it comes in contact. A shooter should also stay away from the caffeinated colas. Caffeinated cola drinks, in addition to other caffeinated soft drinks, contain that well known perk-up ingredient, caffeine. The bottles of some brands contain a listing of cola contents which should serve as a reminder. Know them and avoid them while shooting.

Cigarette smoking should be avoided at all costs. Simply explained, it affects the body by initially, slowing the pulse rate, increasing the pulse rate, increasing blood pressure and overworking the heart, reducing the oxygen capacity of the blood, causing shortness of breath, bringing on fatigue more quickly and decreases visual activity. The combined effects of nicotine and carbon monoxide explain why the shooter must avoid smoking if he is to shoot with the greater possible skill. The top competition today does not allow a margin of indulgence if you expect to win. Any shooter, whose goal is to become the best, must make a total commitment to this goal. Smoking is an obstacle to this goal. Can the shooter afford obstacles such as this?

Some shooters, no doubt, prescribe certain remedies for themselves when they have a cold, a stuffed-up nose or a headache. Most of the effects of the drugs found in these and other preparations are not conducive to good shooting. Most drugs are habit-forming and all are a deterrent to good health if used frequently without proper medical advice. A depressant slows reflexes, lessens the desire to win, promotes carelessness and causes loss of concentration and coordination. A stimulant causes nervousness, hypertension, increases heartbeat, excessive movement of the hands and trembling. Drugs affect different people in different ways, so dosage would be a problem even if they did any good toward reducing anxiety, nervousness, etc. Anytime medication or drugs are used that affect the body functions, there is a chance that the side effects will do more harm than good to the shooters performance.

There is no substitute for good clean living and a healthy body. Commit yourself and your shooting to doing everything you can to accomplish your goals.
Not only did the U.S. Army Marksmanship Unit (USAMU) get a new commander in May, but the elite unit also got a new flag.

The passing of the colors is the traditional act used to designate the passing of authority and responsibility from the outgoing commander to the incoming commander. Ybarra passed the new colors to Connett, which represented his last act of service to the outgoing commander. Connett then passed them to Herd, symbolizing the passing of the authority of leadership through the senior commander.

Herd presented the colors to Muggeo giving him responsibility of the unit. Muggeo then returned the colors to Ybarra; Ybarra’s receipt symbolized his first act of allegiance to the new commander.

“Ty, you did a great job of commanding the Army Marksmanship Unit; you couldn’t have done anything better,” Herd said to the crowd of 225 people at the ceremony. Looking at the USAMU’s 90 Soldiers standing in formation, Herd commented that there was “an abundance of talent right here on this field” and reminded everyone that the 2008 Olympic Games are only a little over a year away.

Connett addressed the USAMU for the last time and said it was “an awesome privilege” to command the unit. “I’m pulling for each of you,” he said in reference to the upcoming Olympic Games. “You make me proud to be an American.”

He thanked the Fort Benning community as well as the Accessions Support Brigade and the Military Marksmanship Association, the alumni organization of the USAMU. He also stated his appreciation for the support of USA Shooting, the national governing body for Olympic shooting sports, as well as the Civilian Marksmanship Program of Camp Perry, Ohio.

Addressing the USAMU for the first time, Muggeo said it was “an unexpected honor” to command the unit - “a unique organization with a long and proud history” - and said it would continue to support Soldiers on the battlefield. He thanked his family, Herd and the Connett family for their support.

Before the ceremony, Herd awarded the Meritorious Service Medal to Connett and presented Army Certificates to his family. The Infantry Band provided the music for the ceremony, after which a reception was held in the Pool 10-Meter Indoor Range.

Connett received his commission as a second lieutenant of infantry in 1987 from the University of Northern Kentucky. He served as a light infantry rifle platoon leader, rifle company executive officer and Headquarters company executive officer in the 1st Battalion, 503rd Infantry Regiment (“The Rock”), 2nd Infantry Division, South Korea.

Upon successful completion of Special Forces assessment and selection, Connett then commanded two Special Forces Operational A-Detachments consecutively and served as a Special Forces company executive officer with the 1st Special Forces Group (Airborne) in Okinawa, Japan.

After serving in Okinawa, he was assigned as a Training and Operations branch chief and trainer, at the U.S. Army John F. Kennedy Special Warfare Center and School at Fort Bragg, N.D. While there, Connett was selected for and promoted to the rank of major.

In 2002, after completion of the Command and General Staff Officer Course at Fort Leavenworth, he was then assigned to the 10th Special Forces Group (Airborne) at Fort Carson, Colo. While assigned to the 10th Group, Connett commanded two consecutive companies that deployed for Operations Joint Guardian (Kosovo), Enduring Freedom, and Iraqi Freedom both I & II.

At the U.S. European Command’s Special Operations Command in Stuttgart, Germany, Connett served as the chief of Current Operations and also the current operations chief, Joint Special Operations Task Force-Trans Sahara for initiation of Operation Enduring Freedom-Trans Sahara.

While Connett is going to the 5th Corps Special Troops Battalion in Hanover, Germany, Muggeo, his replacement, is coming from Strategic Command, Joint Forces Component Command, International Military Division, of Colorado Springs Colo.

Upon graduation from Western Connecticut State University in 1987, Muggeo was commissioned as a second lieutenant in the field artillery.

Muggeo enlisted in the Connecticut Army National Guard as an Infantry Scout in 1983. He served as a fire support officer with the 2nd Infantry Division in Korea and the 7th Infantry Division at Fort Ord, Calif.

Upon successful completion of Special Forces Assessment and Selection, Muggeo commanded a Special Forces Operational A Detachment with the 1st Battalion, 5th Special Forces Group. After serving as the battalion adjutant.

By Paula J. Randall – U.S. Army Marksmanship Unit

Continued on page 16
The Scholastic Clay Target Program is the fastest-growing youth shooting program.

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Learning To Compete

"I shoot well in practice! Why can’t I do it in competition?"

The 2007 USA Shooting National Championships provided another illustration of the dichotomy between practice and competition. While some of the athletes performed well, even achieving personal records, many others were unable to duplicate their practice scores. Beginners, intermediates and elite athletes alike fell victim to the syndrome. Why is this and what can be done about it?

We rarely follow this principle: "Train like you compete and compete like you train." In competition, many athletes focus on the outcome in one form or another. Score, place rank, making a team, impressing someone, not embarrassing themselves, concern about outcomes as a reflection of self worth and other outcome-based issues interfere with the athlete's ability to perform the skills they have learned. This destroys the performance – the "doing" – thus destroying the outcome. Note the paradox: focusing on the outcome actually destroys the outcome.

Everyone loves a winner and we are encouraged to be the winner. Emphasis is placed on winning and on outcome. Nothing is said about how to achieve the outcome! We are erroneously taught to just focus on outcome. Nothing is said about how to achieve the outcome. Emphasis is placed on winning and on outcome.

"Feet like this, hold it like this, look there…". This is a hard lesson to believe, much less put into effect in our activities.

The first step in learning how to compete is to think about the differences between outcome and performing or doing. Outcome is something over which the athlete has no direct control. All of the outcome factors listed above in the second paragraph are beyond the athlete’s direct control. At this point, some protest that they can control the score outcome and they can shoot a ten on demand. While they may shoot a few consecutive tens on demand as "proof," this is a false belief as proven by their inability to do so 60 times in a row in an important 60 shot competition. Realizing that outcome is beyond the athlete’s direct control is critical.

How an athlete performs or goes about doing the activity is in the athlete’s direct control. What one does and thinks can be learned, trained and directly controlled. Again, some protest that they are controlling what they do and think. The challenge is that they are controlling and thinking the wrong things. To understand this, we must explore the differences between learning and doing the activity, which brings us to the next step.

The second step in learning to compete requires an understanding of how the activity is best performed. Shooting, archery, golf, darts and many other activities are best performed when the athlete has "programmed" a robust process and then allows that process to unfold without intervention. Golfers who think "swing smoothly" just before addressing the ball and then who quietly allow the swing to unfold on its own, do much better than those who "talk" themselves through each part of the swing since they want to "control" the swing in order to get a good drive.

To understand this we need to review how a complex task is learned.

In the first phase of learning a task, the athlete carefully monitors each aspect of the task and often "talks" their way through it when first learning how to perform the activity. "Feet like this, hold it like this, look there…" and additional dialogue goes on in the athlete’s mind.

Rather quickly, parts of the task are learned and "programmed" so that the athlete no longer needs to walk themselves through each little step or component. This second phase of learning a task is characterized by much of the task being automated while still retaining a significant amount of monitoring and control on the part of the athlete.

The third phase of learning a task is the full automation of the performance. This requires complete trust on the part of the athlete and it requires that the athlete's mind remain quiet. This is in stark contrast to the mind state of the first two phases. This fact, coupled with the cultural conditioning discussed earlier, makes it difficult for many athletes to relinquish the perceived "control" they think they have over the process and just allow the process to unfold.

In the seemingly simple task of tying one’s shoelaces, there is no stress over outcome. We just tie the laces...
and move on. Imagine being so concerned about the outcome that we insert our ego into the process and attempt to control each step of the process, and even attempt to control each muscle movement within each step. Utter failure! We learn how to sit down, stand up, walk and climb stairs, yet are incapable of describing or controlling each muscle movement. Similarly, attempting to control the shot release or golf swing destroys the subtle movements and timing of each.

The third step in learning to compete is proper training. Mere practice of shooting skills is not enough. Training encompasses skill acquisition, skill refinement, skill practice, skill assessment, skill expansion, physical training to create aerobic capacity and smooth, aerobic muscle and fitness and much more. Training is also a mindset of stretching one’s limits and continually expanding them. The concept of skills is understood by most as encompassing physical and technical aspects of the activity. Often overlooked, the mental and emotional aspects of the activity are equally important. They become even more important under the pressure of competition. The most frequently overlooked aspect of training is training under true competition conditions. Merely hanging a target and shooting for score does not create the proper environment. Intensity training is required.

Intensity training – creating training situations where the athlete cares about the outcome – is of paramount importance. Here the athlete is able to experience the “match nerves” and explore the techniques of just “tying the shoelaces” instead of controlling the actions. At first, intensity training works just like competition. The athlete often chokes. Then, through learning about thought patterns and self-talk, the athlete is able to experience shooting that “feels like practice” because they have patterns and self-talk, the athlete is able to experience the shoelaces” instead of controlling the actions. At first, many athletes rarely or never experience intensity training, thus having to learn these lessons in actual competition. This becomes a long, frustrating and often heartbreaking process.

A very few examples of intensity training:

- **First to Five Tens** – After a short sighting period, a “Go!” signal is given and athletes must shoot until they have five tens. Each time they shoot a ten, they loudly call out their count of tens: “One” then “Two” and so on. The race is on to see which athlete reaches five tens first. The loud count serves to increase the pressure. One of the most effective ways to use this drill is to evenly match pairs of athletes so they have head-to-head competition. This can be expanded into a single elimination tournament where the winners of each pair advance to the next round until an eventual champion is determined.

- **How Many Tens In Five Shots** – Effective in group and in solo training scenarios, the athlete is given five shots and strives to get as many tens as possible. Highly advanced athletes can expand this to ten shots or more. Athletes who merely go through the motions gain no benefit, just as in any other type of training when they do not strive for improvement. Those who do strive and push themselves obtain great benefit.

- **Tens In a Row** – This drill has no upper limit! That’s the point! Count how many tens in a row are shot. When a shot scores less than a ten, start the count over. Athletes must learn to shoot long strings of tens... and expand the upper limit of their comfort zone to match.

- **Shoot An X** – After a sighter/warm-up period, the shooter’s ammunition is removed. One bullet or pellet is provided with instructions to shoot an X with this one shot. Tens are not acceptable! Athletes notice quite a boost in intensity! This is repeated as the coach monitors the athletes state of mind and assists the athlete in working into the appropriate mindset.

Notice that all of the above examples are stated in terms of outcome. The athlete must dissociate the desired outcome from the doing in order to excel. This is no different than in competition. Notice also, that anything less than a ten is not good enough. Too often we accept nines as being ok. Difficulty should be adjusted up or down to match athlete skill levels. This still provides the intensity benefit. Tasks that are too easy or too hard might aid skill development in some cases but have no intensity training benefit and either bore or discourage the athlete.

An underlying theme of this article is the concept of focusing on and enjoying the journey of improvement and discovery. The so-called “Type A” hard-chargers have difficulty with this idea at first. Those who embrace it are transformed.

Clearly an article of this brevity can barely scratch the surface of a topic as complex as learning how to compete. The topics discussed provide a framework for further study. A number of previous articles in this series have touched on related themes.

Based in the Atlanta, Ga., area, JP O’Connor (jpoc@acm.org and http://www.america.nonstralot/~jpoc/) is involved in shooting as a competitor, is the Assistant National Coach – USA Paralympics Shooting Team, serves on the National Coach Development Staff and coaches the rifle and pistol teams at North Georgia College & State University. 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. Previous installments of this series may be found via his web page.

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**Continued from page 13**

he was selected to command the Group Headquarters Company.

Muggeo served as the program manager for Special Operation Counterproliferation at the Defense Threat Reduction Agency in Alexandria Va. In 2000, he took command of Company A, 2nd Battalion, 3rd Special Forces Group, until 2002. He then served in NATO Allied Forces Northern Command as the assistant Joint Land Operations.

He deployed many times including tours in Haiti, Kuwait, Afghanistan, Bosnia, and he is most recently returning from a year in Iraq as an embedded advisor to an Iraqi Army Brigade.

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Muggeo has been awarded two Bronze Star Medals, three Defense Meritorious Service Medals, two Joint Service Commendation Medals, Combat Infantry Badge, Senior Parachutist Badge, Air Assault Badge and Special Forces Tab.
Sporting competitions always challenge athletes of all disciplines to face and overcome difficulties throughout the event. Our pistol events are no exception and I often observe athletes trying to get through a tough spot without really having a solid strategy to identify, deal with and overcome the challenge. It is hardly possible to get over the difficult situation, if the athlete never thought of the possible scenario ahead of time and did not create a contingency plan of action. What can an athlete do if they hit a tough spot during the competition? Here is a simple example of a Match Strategy and how it can be used successfully.

Match strategy is an action plan through the match that includes common challenges faced in a match and plans for dealing with them.

1. Identify problematic areas usually experienced in matches.
2. Develop a logical plan for handling those situations.
   It is important to learn to recognize arising challenges early so timely action can be taken to prevent a performance decline.

Example:

The first shot in a slow fire match: Often I see athletes perform very well and smoothly in the sighting shots and then change their performance with a push of a button on the first record target. If you face this challenge, try the following process to overcome it.

Identify the problem that is causing the “symptoms” to appear. Normally a shift in mental focus is the number one problem. Outcome related thoughts are replacing a shot process: “What if?” The result (symptoms) is multiple over holds and a hesitation in triggering. At this point, you have enough data to apply an action plan.

1. Mental Check: Clarify the picture of a correct shot delivery process mentally, and then start the physical check.
2. Physical Check: Lift, approach and hold with the front sight focus a few times. No dry fire.
3. When the mental check is achieved and physical check confirms it, you can proceed.
4. Now, add your triggering technique, and you will be focused back on the shot process again.

There are more challenges in a match that all athletes know about and even more still to learn in the future. Every athlete can develop a personal core match strategy on dealing with common difficulties to start with, and then work on mastering it. Use the above example as a clear and simple start to approaching any challenge.

Some action plans will work right away, but some will take more time to develop. Research and development of more strategies will result in an athlete’s handling a greater variety of difficult situations successfully—which takes confidence to the higher level. Ultimately, you can develop match strategies that are trained for use on demand and that are flexible to deal with any challenges that appear. Your decision making ability during competition stress will become clear and will result in a greater level of confidence and performance in any match situation.
Performance Nutrition for Shooting

This article will be the first in a three-part series. The goal of this article is to provide you with some basic nutrition concepts that should be understood by all athletes who would like to be competitive at an elite level. Shooting is quite different than other sports, but one basic principle remains the same: a high-performing athlete is a healthy athlete!

What you eat and drink on a daily basis will affect your immune system, your ability to concentrate during training sessions and your ability to recover from training and workouts. Believe it or not, what you ate (or didn’t eat) for breakfast or lunch today will affect not only your workout today, but also your workouts next week, next month and even your next competition. Finding accurate nutrition information, however, especially shooting-specific information, can be confusing. We will cover recovery and competition day nutrition in the next two articles, but for now, this article will focus on developing a sound nutrition base.

To develop a shooter’s potential, training sessions should change throughout the year in order to build upon base skills previously learned. The same concept should also be applied to nutrition strategies. An athlete must first master the basics before moving on to shooting-specific tactics. Here are the top five strategies that must be mastered in order to build a solid nutrition base from which to build.

**Eat frequently**

Consuming calories every 3-4 hours, starting in the morning, can improve body composition (increase lean mass/ decrease fat mass), decrease total calories consumed over a day, increase total calories burned over a day, improve blood chemistry (fats circulating in the blood) and help control appetite. Portion sizes will depend on weight and performance goals and are different for each athlete. If you are currently eating 3 meals per day, scale back lunch and dinner to accommodate a morning and afternoon snack. Most athletes tend to gain 1-2 pounds upon adopting this strategy due to poor portion control, but be patient! After a couple of weeks, portion sizes tend to adjust to eating frequency and level off. Adjust portion sizes according to weight changes.

**Consume foods that contribute to a strong immune system**

Antioxidant-rich foods are key! Consuming colorful fruits and vegetables (blueberries, sweet potatoes, etc.) and whole grains (whole wheat bread, oatmeal, etc.) can decrease your chances of developing various diseases and conditions. Specific to you as an athlete is the power of these foods to boost your immune system relative to performance. Whether it’s at school, work or while traveling to different competitions, shooters are regularly in contact with foreign bacterium and viruses. The best way to ensure your body is prepared to deal with these microorganisms so you don’t get sick, is to build and maintain a strong immune system. Don’t be that athlete that performs well in the first few competitions only to pitter out as the season goes on.

Lean proteins are also essential to a healthy immune system. Quality protein sources include seafood, lean cuts of meat & pork, poultry, legumes (beans), low-fat dairy and tofu.

**Decrease intake of foods that degrade the immune system**

Saturated and trans fats are found in fried foods, fast foods, ready-made baked goods, full-fat dairy products and fatty meats. The reason these fats are unhealthy is due to their pro-inflammatory properties. Diets high in these fats have been associated with high cholesterol, high LDL-cholesterol (AKA bad cholesterol) and inflammatory markers. This translates into an increased risk for cardiovascular disease. As an athlete, it’s important to know that these fats are also associated with decreased endothelial function. In layman terms, this means that blood vessels lose their ability to open fully when needed, potentially limiting nutrient- and oxygen-carrying blood to muscles; not exactly advantageous to peak performance!

Luckily, nature has provided us with fats that have the opposite affect and have anti-inflammatory properties. Omega-3 and monounsaturated fats are healthier fats and can be found in cold-water fish, some nuts.
avocados and flax seeds. Substitute saturated and trans fats with omega-3 and monounsaturated fats whenever possible. Remember though, all fats have 9 calories per gram (compared to 4 calories per gram for carbohydrates and protein), so watch portion sizes.

**Focus on hydration**

Even moderate dehydration (weight loss of 2% of total body weight) can decrease mental performance by decreasing the ability to concentrate and decreasing movement accuracy. For a 150 lb athlete, 2% of total body weight is 3 lbs. Although a crude gauge, urine color is an effective measure of hydration status. Urine should be pale yellow; the darker the urine, the more dehydrated you are. Weighing yourself before and after training (range practice, cardio and/or strength training) will help determine the amount of fluid that should be consumed in future sessions.

**Have a plan!**

As with training, an athlete should have a basic plan for the day. You wouldn’t wake up in the morning and head out to the range without knowing what you were going to work on that day. If you do, you’ll likely never reach your full potential as an athlete. Similarly, before you pick up a plate to serve yourself, you should know what you are going to put on it. Always look over your options and identify lean proteins, quality carbohydrates and produce so you’ll know exactly what to put on your plate as you serve yourself. If you like dessert, don’t leave it as an after-thought; plan for it by compensating for the calories in your meal.

The key to establishing a strong nutrition base is to set small achievable goals. It’s unrealistic to think that you’ll be able to re-vamp your whole diet at once. Unlike radical New Years’ resolutions that fall by the wayside after a couple of weeks, your goal of improving nutrition for better performance is attainable. Even an athlete whose diet is composed primarily of fast food burgers & fries, sodas and sugary snacks can set three small goals that will affect his/her overall health and performance. Eliminating just one fast food meal and one soda twice a week to start with can decrease calories and saturated & trans fat totals for the week. Don’t fall prey to the all-or-nothing mentality. Just because you may have consumed more of a food or beverage (or type of food or beverage) than you had intended, don’t allow the rest of the day to stray from your plan.

In the next article, we will discuss recovery nutrition for shooting. Until then, set three small goals with a measurable outcome and focus on those changes. Remember that successful athletes have plans! Do you?

Photos courtesy of Karen Daigle.
Eight Shooters, Four Continents, Twelve Medals

**GOLD MEDAL** – Matt Emmons, USA
597 + 104.6 = 701.8

**SILVER MEDAL** – Christian Lusch, Germany
594 + 103.2 = 699.2

**BRONZE MEDAL** – Nemanja Mirasavijev, Serbia
595 + 103.6 = 698.6

**GOLD MEDAL** – Warren Potent, Australia
598 + 102.8 = 701.2

**SILVER MEDAL** – Tom Tamas, USA
597 + 103.8 = 699.8

**BRONZE MEDAL** – Valerian Saugeplane, France
597 + 103.7 = 699.7

**GOLD MEDAL** – Warren Potent, Australia
598 + 104.3 = 702.3

**SILVER MEDAL** – Hyeon Tae Lee, Korea
597 + 103.4 = 700.8

**BRONZE MEDAL** – Matt Emmons, USA
597 + 103.0 = 700.0 – 600 in Elimination (EMIR)

**GOLD MEDAL** – Gil Simonitch, Israel
598 + 104.6 = 702.6

**SILVER MEDAL** – Matt Emmons, USA
597 + 104.3 = 701.3

**BRONZE MEDAL** – Tom Tamas, USA
597 + 104.9 = 701.9

ONE AMMUNITION!

At the 4 x World Cups in 2007, all Prone medals were won with Eley Tenex Ultimate EPS.

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FORT BENNING, Ga./KERRVILLE, Texas -- The 2007 USA Shooting National Championships were held simultaneously in two different locations for the very first time this year. The shotgun portion of the competition took place at the Hill Country Shooting Sports Center, June 16-24 in Kerrville, Texas, while the rifle and pistol events were held June 17-24 at Ft. Benning’s International Shooting Complex in Columbus, Ga., home of the U.S. Army Marksmanship Unit (USAMU).

Approximately 285 rifle and pistol shooters as well as 185 shotgun shooters from across the nation competed in the week-long national championships conducted by USA Shooting.

“I always love when everyone can work together to make a really great thing happen,” said Rifle/Pistol Match Director Wanda Jewell. “With input from our members and volunteers over the past couple of years, this year’s Nationals for rifle and pistol were fun, competitive and successful. Kudos to the participants that offered helpful hints to USAS staff during the participant’s meeting. Incorporating these small things will make our matches even better in the future.

“The Army Marksmanship Unit has outdone itself in supporting international shooting efforts with the new and upgraded target systems on the 25 m range and the great range conditions on the 10 and 50 m ranges,” Jewell added.

At this year’s Shotgun Nationals, the field was comprised of 53% (98) juniors, 27% (50) open and 20% (37) seniors. That is a 20% increase in junior shooters from last year.

“Shotgun Nationals was very successful this year,” said Shotgun Match Director Lindsay Brooke. “The turnout was consistent from last year, but with growth in the Junior and Senior categories. Next year we plan to expand award categories in these areas to reach as many participants as possible.”

Awards were given in the open men’s, women’s, junior and senior categories, as well as for top collegiate, junior and disabled entrants. Class awards were also given out.

In the first finals of the competition, Josh Richmond (Hillsgrove Pa.), two-time Olympian Glenn Eller III (Katy, Texas), Jeff Holguin (Yorba Linda, Calif.) and Bill Keever (Rutherfordton, N.C.), all members of the U.S. Army Marksmanship Unit (USAMU) and dominating the men’s double trap scene, finished in the top four spots in the Men’s Double Trap event.

Richardson, who recently took the gold medal and won the Olympic country quota for the U.S. at the World Cup in Lanato, Italy, finished in first place with a score of 332. Eller took second with 331, while Jeff Holguin captured third place with 318. Keever finished in fourth place with 314.
On the second day of competition at the 2007 USA Shooting Rifle/Pistol National Championships, USAMU members Jason Parker (Omaha, Neb.), a two-time Olympian, and 2004 Olympic Silver Medalist Mike Anti (Winterville, N.C.) took first and second places respectively in the Men’s Three Position Rifle event with final scores of 2444.4 and 2440.5. Matthew Wallace (Fairbanks, Alaska) took third with 2418.6. For the juniors, Thomas Csenge (Keene, N.H.) took first with 2397.7, while Phillip Huckaby (Griffin, Ga.) finished in second with 2391.1 and Michael Dickinson (Ozark, Ala.) took third with a score of 2390.0.

Emily Caruso (Fairfield, Conn.), a 2004 Olympian, earned the top spot for Women’s Air Rifle after shooting a score of 892.9, while Jamie Beyerle (Lebanon, Pa.) took second with 889.2 and Becky Hershberger (Bedford, Pa.) finished in third place with a final score of 884.9. Hershberger also claimed first place in the junior category. Abigail Fong (New York, N.Y.) and Shasta Little (Redmond, Ore.) finished in second and third places respectively with 884.4 and 879.4 for the juniors.

In Women’s Air Pistol, Sandra Uptagrafft (Longmont, Colo.) grabbed the national title with a score of 847.4, while three-time Olympian Libby Callahan (Columbia, S.C.) finished second with 845.0 and Brenda Shinn (Riverside, Calif.) took third with 841.6. Heather Deppe (Monument, Colo.) earned the national title for the Junior Air Pistol Women with a score of 825, while Courtney Anthony (Lexington, Neb.) finished right behind her in second with 824 and Kelsey Imig (Westminster, Mass.) took third place with a score of 801.

USAMU member John Ennis (Simi Valley, Calif.) took first place in the Men’s Rapid Fire Pistol event with a score of 1349.8. Keith Sanderson (San Antonio, Texas) finished second with 1343.7 and five-time Olympian John McNally (Heath, Texas) took third with 1338.3. For the junior men, Brad Balsley (Ft. Benning, Ga.) took the national title with 1092, while Sean Ragay (Buena Park, Calif.) and Tyler Imig (Westminster, Mass.) took second and third respectively with 1077 and 988.

In Men’s Standard Pistol, USAMU member Thomas Rose (Central Point, Ore.) captured the national title after shooting a final score of 1141. John Ennis finished second with 1134 and Richard Kang (Delmar, Md.) took third with a score of 1118. Sean Ragay took first for the junior men with 1107, while Tyler Imig finished second with 1034 and Cody Owsley (Tonganoxie, Kan.) took third place with a final score of 1012.

USAMU member and 2004 Olympic Shawn Dulohery (Lee’s Summit, Mo.) grabbed the national title in Men’s Skeet with a score of 307, while fellow USAMU member and 2000 Olympic Bronze Medalist James Graves (Laurel, Miss.) took second and 305. Randal McLelland (Harlingen, Texas) finished in third with 304. In Junior Men’s Skeet, Jon McGrath (Tulsa, Okla.) took first, with 305, Hunter Wise (Coleman, Texas) finished second with a score of 294 and Frank Thompson (Colorado Springs, Colo.) took third with 280.

Olympic Gold Medalist Kimberly Rhode (El Monte, Calif.) won the national championship in Women’s Skeet after shooting a score of 309. Two-time Olympian Connie Smotek (Bryan, Texas) and Brandie Neal (Spencer, Ind.) took second and third place respectively with final scores of 305 and 304. Emily Blount (Tucson, Ariz.) captured the national title for the junior women with a score of 275, while Alexander Chiang (Redwood City, Calif.) finished second with 272 and Caitlin Connor (Jena, La.) took third with 265.

The Men’s Prone Rifle finals were held on June 21 with USAMU member and two-time Olympian Thomas Tamas (Columbus, Ga.) taking the national title with a score of 1293.6. Mike Anti took second place with 1292.9, while West Point Cadet Chris Abalo (Glendora, Calif.) finished second with 1292.1.

Philp Huckaby (Griffin, Ga.) claimed the national title in Junior Men’s Prone Rifle after finishing the finals with a score of 1280.8. Andrew Roland (Lake Oswego, Ore.) took second place with 1279.2 and Michael Dickinson (Ozark, Ala.) finished in third with 1278.4.
Finals were held June 22 in the Women’s Sport Pistol, Men’s Air Pistol and Women’s Three Position Rifle events. Libby Callahan claimed the national title in the Women’s Sport Pistol event with a score of 1352. Elisabeta Nishica (Acworth, Ga.) took second place with 1344.8 and Sandra Uptagrafft finished in third with 1343.6. For the junior women, Heather Deppe took first with 1080, while Courtney Anthony finished second with 1042 and Kelsey Imig took third place with 1041.

In the Men’s Air Pistol event, Jason Turner (Saginaw, Mich.) took the national title with a final score of 1253.2. Brian Beaman (Selby, S.D.) finished in second place with 1248.3 and USAMU member and two-time Olympian Daryl Szarenski (Saginaw, Mich.) took third with 1247.1. For the junior men, Stephen Lutz (Tonganoxie, Kan.) finished first with 1225.4, Edward Huo (Cambridge, Mass.) took second with 1217.9 and Cody Owsoley finished in third place with 1198.6.

In the Men’s Free Pistol event Jason Turner captured the national title with a score of 1211.0, while Daryl Szarenski finished second with 1206.5 and Dwaine Hurt (Red Oak, Iowa) took third with a total score of 1188.3. The National Championship title in Junior Men’s Free Pistol went to Sean Ragay, who finished with a total score of 1140. Tyler Imig took second with 1130.9 and Stephen Lutz finished in the third spot with 1123.9.

For Men’s Air Rifle, Ryan Tanoue (Honolulu, Hawaii) won the national title with a score of 1284.0. Jason Parker took second with 1281.5 and Matthew Rawlings (Wharton, Texas) finished in third place with 1279.0. Thomas Csenge took first place for the juniors with a score of 1275.6, while Phillip Huckaby finished in second with 1273.7 and Jonathan Hall (Carrollton, Ga.) took third with 1271.3.

In the Men’s Trap event, Dominic Grazzoli (San Antonio, Texas) took the national title with a final score of 291, while Michael Herman (Peyton, Colo.) finished second with 286 and John Mullins (Bremerton, Wash.) took third with 283. Mullins also took first place for the juniors with a 284. Richard Vandel (Cedarville, N.Y.) took second for the junior trap men with a 282 and Casey Wallace (Castaic, Calif.) finished in third place with 280.

For Women’s Trap, USAMU member Joetta Dement (Renton, Wash.) captured the national championship title with a score of 294. Molly Bender (Montoursville, Pa.) finished second with 286 and Corey Cogdell (Eagle River, Alaska) took third place with 285. Bender also finished in first place for the junior trap women with a score of 287. Tamara Desso (Castaic, Calif.) took second for the juniors with 274, while Breanna Heckenkamp (San Diego, Calif.) finished third with 269.

For complete results from the 2007 USA Shooting National Championships, please visit www.usashooting.org.
Pilkington Competition Offers Cash and Prizes to Non-Supported Participants at Rifle/Pistol National Championships

For the third year in a row, Pilkington Competition Equipment LLC (www.pilkguns.com) out of Monteagle, Tenn., gave away cash and prizes to non-supported shooters of various disciplines at different levels at the 2007 USA Shooting Rifle/Pistol National Championships. Scott Pilkington started this program in 2005 as a way to bring more money into Olympic Shooting by adding cash incentives to the National Championships.

“I thought this would be a great way to bring attendance up at the nationals and I wanted to give incentive to all shooters (the prizes are spread out throughout the shooting line) and not just the top shooters,” said Pilkington.

In addition to the numerous individual prizes given away, Pilkington also offers some team prizes and a “Family Pairs” prize. A Family Pair can be made up of siblings, parent/child or a married couple. All Family Pairs must register with Pilkington Competition on site prior to the first shot of the competition. All Family Pair results are scored based on the first 40 shots of each participant’s match.

Prize amounts are doubled if the winner was the original purchaser of the winning gun that was purchased from Pilkington Competition (this did not apply to the last place incentive prizes).

Competitors are required to register prior to the beginning of the match and show serial number proof of purchase to be eligible for the double amount.

Vogel pellet users who are in one of the winning slots also receive an additional prize from Pilkington Competition.

If a junior shooter wins the top open prize, the second place junior prize will get the original first place junior amount.

NCAA NOTE: Any winning shooter who is concerned about their NCAA eligibility being affected by accepting cash or merchandise can designate their prize to their hometown junior club to help other shooters.

COMPETITORS MUST BE PRESENT AT THE AWARDS CEREMONY TO WIN!

Stay tuned for rules for next year’s Pilkington Cash and Prizes at the 2008 USA Shooting Rifle/Pistol National Championships. Information will be posted on www.usashooting.org and available in USA Shooting News.

The following prizes were awarded at the 2007 Rifle/Pistol National Championships:

<table>
<thead>
<tr>
<th>Team Prizes:</th>
</tr>
</thead>
<tbody>
<tr>
<td>$100 Family Pairs Air Rifle - NO ENTRIES</td>
</tr>
<tr>
<td>$200 Family Pairs Air Pistol - KURT &amp; MICHELLE ISHERWOOD (DOUBLED)</td>
</tr>
<tr>
<td>$150 Top Jr Team - NOT ENOUGH CONTESTANTS</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Women’s Air Rifle</th>
</tr>
</thead>
<tbody>
<tr>
<td>$200 Top Overall - SHASTA LITTLE</td>
</tr>
<tr>
<td>$150 Top Jr - CAITLIN MORRISSEY</td>
</tr>
<tr>
<td>$100 7th Place Jr - JESSICA LEVINE</td>
</tr>
<tr>
<td>$100 Last Place - NOT PRESENT TO RECEIVE AWARD</td>
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</table>

<table>
<thead>
<tr>
<th>Women’s Air Pistol</th>
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</thead>
<tbody>
<tr>
<td>$250 Top Overall - SANDRA UPTAGRAFFT</td>
</tr>
<tr>
<td>$150 Top Jr - HEATHER DEPPE</td>
</tr>
<tr>
<td>$200 Most Improved - TESS SALB (DOUBLED)</td>
</tr>
<tr>
<td>$200 Last Place - KATHLEEN WITHERS</td>
</tr>
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</table>

<table>
<thead>
<tr>
<th>Men’s Air Pistol</th>
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</thead>
<tbody>
<tr>
<td>$800 Top Overall - BRIAN BEAMAN (DOUBLED)</td>
</tr>
<tr>
<td>$250 Top Jr - STEPHEN LUTZ</td>
</tr>
<tr>
<td>$150 2nd Place Jr - NICK MOWRER</td>
</tr>
<tr>
<td>$300 10th Place - DWAIN HURT (DOUBLED)</td>
</tr>
<tr>
<td>$200 13th Place - DAVID LANG (DOUBLED)</td>
</tr>
<tr>
<td>$85 17th Place - NOT PRESENT TO RECEIVE AWARD</td>
</tr>
<tr>
<td>$110 29th Place - KURT ISHERWOOD (DOUBLED)</td>
</tr>
<tr>
<td>$250 Last Place - PETER SLACK</td>
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<table>
<thead>
<tr>
<th>Men’s Air Rifle</th>
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<tbody>
<tr>
<td>$225 Top Overall - RYAN TANOUE</td>
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<tr>
<td>$150 Top Jr - DEMPSTER CHRISTENSON for HUMBOLDT SHARP SHOOTERS</td>
</tr>
<tr>
<td>$55 17th Place - THOMAS SANTELLI</td>
</tr>
<tr>
<td>$25 25th Place - ETHAN SETTLER</td>
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<tr>
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<table>
<thead>
<tr>
<th>Men’s Free Pistol</th>
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<tr>
<td>$600 Top Overall - JASON TURNER (DOUBLED)</td>
</tr>
<tr>
<td>$400 Top Jr - SEAN RAGAY (DOUBLED)</td>
</tr>
<tr>
<td>$150 2nd Place Jr - TYLER IMIG</td>
</tr>
<tr>
<td>$100 7th Place - RUSLAN D’ATLOY</td>
</tr>
<tr>
<td>$85 13th Place - RICK MCCONNELL</td>
</tr>
<tr>
<td>$25 25th Place - RONALD MORALES</td>
</tr>
<tr>
<td>$250 Last Place - NOT PRESENT TO RECEIVE AWARD</td>
</tr>
</tbody>
</table>

Pilkington Competition or its appointed designee will be the sole deciding authority on prize eligibility. Pilkington Competition reserves the right to modify rules and requirements as it sees fit.

Photos courtesy www.pilkguns.com, Deb Barney, Randy Shikashio and USA Shooting
On May 5th, 2007 136 sportsmen and sportswomen gathered at Pintail Point in Queenstown, Maryland for the 2007 USA Olympic Shooting Team Sporting Clays Fundraiser. Thanks to the enthusiastic team participants and generous financial contributions made during the live and silent auctions, this year’s event raised $42,690.80, making an exceedingly successful fundraising event!

This bi-annual fundraiser, which is hosted by Paul V. Facchina, Sr., Chief Executive Officer of Facchina Group of Companies, L.L.C., and coordinated by Dana Gomez, is of tremendous value to USA Shooting, aiding in continuous efforts to develop world class athletes and to keep those athletes highly competitive in Olympic shooting events.

Partially funded by the U.S. Olympic Committee, USA Shooting relies on donations from supporters of the Olympic Movement, membership dues, event fees and the corporate partners who take a strong interest in the development of the U.S. Shooting Team. To date, U.S. Shooters have won 97 Olympic medals with hopes of adding to that tally during the 2008 Olympic Summer Games in Beijing.

Facchina used to shoot sporting clays competitively and still enjoys hunting today. He is a world traveler and hunts all over the globe. He travels to places like Africa, Spain, South America, the Arctic, Alaska, Canada and Mexico to hunt as much as he can.

The next sporting clays fundraising tournament will be held for the fifth time at Pintail Point in Queenstown, Maryland in May of 2009. Facchina will once again host the event and Gomez will again be the official event coordinator.

“"The 2007 fundraiser was the first opportunity I had to coordinate this event," said Gomez. "Thanks to the support I received from the efficient staff at Pintail Point, our generous donors, and keen participants the event proved to be a huge success for USA Shooting. I really enjoyed the energy of the event and truly look forward to supporting this event in 2009."
Munich, Germany – Rifle/Pistol

Team USA Takes Silver, Bronze in Men’s Rifle at World Cup Munich; Keith Sanderson Claims Pistol Bronze, Secures Quota Slot

On May 31 in Munich, Germany, Team USA captured hardware in the men’s prone rifle event for the fourth consecutive World Cup this season. Olympic gold medalist Matt Emmons (Browns Mills, N.J.) and two-time Olympian Tom Tamas (Columbus, Ga.), a member of the U.S. Army Marksmanship Unit (USAMU) won the silver and bronze, respectively.

After the qualification rounds, the USA placed all three shooters in the finals. In addition to Emmons and Tamas, Naval Reservist Lt. Eric Uptagrafft (Longmont, Colo.), a 1996 Olympian, rounded out the U.S. men. Uptagrafft, who at the time was on leave from his deployment in Kuwait to shoot as part of the U.S. Team, entered the finals tied for the lead with Israeli shooter Guy Starik at 599 points. The pair was only one point ahead of Emmons and the eventual gold medalist Gil Simkovitch, as well as two points in front of fellow U.S. shooter Tamas.

Uptagrafft fired scores of 10.6 in the first two shots, but in his fourth and seventh shots dropped 9.9 and 9.7 to land him off the podium in fifth place. Tamas scored 104.9 in the finals, including a perfect 10.9 in his first shot, for an overall total of 701.9. Emmons stole second place by just four tenths of a point, for a silver medal finish with 702.3 overall. The competition was so close that three tenths of a point would have given Emmons a shot at the gold. Simkovitch took the top honor with a total score of 702.6.

Another Uptagrafft came to the line on May 31, only this time it was a pistol shooter. Sandra Uptagrafft (Longmont, Colo.), wife of the rifle shooter Eric, shot in the women's air pistol competition firing for a score of 371. Fellow air pistol shooter Elizabeth Callahan, a three-time Olympian, shot a 376 overall. Their totals were not high enough to place them in the women’s finals.

The following day, on June 1, U.S. soldier Keith Sanderson (San Antonio, Texas) became the first U.S. pistol shooter of the 2007 season to capture an international medal as he shot for the bronze in the men’s rapid fire event. His finish also secured a 2008 Olympic quota slot for the U.S.
Lonato, Italy - Shotgun

Josh Richmond Snatches Gold, Quota at Shotgun World Cup Italy

USAMU soldier Josh Richmond (Hillsgrove, Pa.) earned the gold medal in men’s double trap on June 11 during the shotgun World Cup in Lonato, Italy. The finish secured yet another quota slot for the U.S. to compete in the 2008 Olympic Games.

This was the first major international medal Richmond has claimed and he says it was one of the greatest feelings he’s had in the sport of shooting to date. “I was so happy to be able to represent the USA on foreign soil in such a positive way,” he said.

Richmond cruised to the victory after shooting a 142 in the qualification rounds, just one point ahead of India’s Ronjan Sodhi. Richmond fired a 47 in both the first and third rounds, and a 48 in his second round of shots. He was also the top finisher in the final, shooting a 49 for the gold medal finish with an overall score of 191.

Following in second with a combined score of 188 was Russia’s Vitaly Fokeev, and hometown hero Daniele Di Spigno of Italy followed in third with a total of 187.

Richmond has had a very successful year so far, winning the gold in Italy, while securing the quota slot for the U.S., as well as winning the national championship title in men’s double trap at the 2007 Shotgun National Championships. Richmond says his being a member of the USAMU and extensive training has contributed to his recent success.

“Every day I work on my weaknesses to better myself,” said Richmond. “I prepared for these specific events and was confident going into these competitions that I would succeed and meet my goals. I have also been working with mental coach Dan Vitchoff out of Pittsburgh, who has taken my mental game to a very high level.”

Being a member of the USAMU for the past three years has also drastically helped Richmond’s game. “Not only am I getting the best support and funding, but I am training around Olympians, Olympic medalists and most importantly, all world class athletes on a day to day basis,” he said. “This alone makes you step up your game and train harder.”

Next up, Richmond is hoping to bring home a gold medal from the Pan American Games. He also has high hopes for of making the 2008 Olympic Team and says he believes he has a very strong chance of medaling in the Beijing Games.

Richmond and USAMU teammate Glenn Eller (Katy, Texas) are training side by side every day for the next Olympic Team. Along with them are USAMU members Bill Keever (Rutherfordton, N.C.) and Jeff Holguin (Yorba Linda, Calif.), who also competed at the Shotgun World Cup in Italy. Holguin landed in seventh place with 137 points in the qualification and Keever shot a 129 for 41st place.

Vincent Hancock Wins Gold, Sets World Record

USAMU member Vincent Hancock (Eatonton, Ga.), the shotgun phenom in men’s skeet who snatched the world title in 2005, earned himself another spot in the history books on June 14, 2007, by taking the top step on the medals stand during the World Cup in Italy. He was also the top finisher in the final, shooting a 49 for the gold medal finish with an overall score of 192.

Italy’s Francesco Daniello won the gold with a final score of 192, while Hakan Dahlby (Sweden) took the silver with 190. The Italians also took fourth and sixth places with Daniele Di Spigno and Claudio Franzoni finishing with 187 (+2) and 183 respectively. China’s Hu Binyuan finished in fifth place with 187 (+1).

Eller was the Men’s Double Trap Gold Medalist in Changwon, Korea in April, where he also secured an Olympic participation slot for the U.S. Shotgun Team at the 2008 Olympic Games in Beijing. He recently finished first at the Shotgun Spring Selection Match, setting a national record of 149, which also exceeded the world record, and finished second at the USA Shooting National Championships in June.

Also competing in the men’s double trap event in Maribor was USAMU member Bill Keever (Rutherfordton, N.C.), who finished in 36th place with a score of 130. The finals of the men’s trap competition were held on Sunday, where USAMU member Matthew Wallace (Stanton, Tenn.) took the 10th spot with 120 (+1) and three-time Olympian Lance Bade (Colorado Springs, Colo.) finished in 37th place with 116.

The next step for shotgun on the international level will be the World Clay Championships September 1-16 in Nicosia, Cyprus, followed by the ISSF World Cup Final October 15-21 in Belgrade, Serbia.

For complete ISSF World Cup results, please visit www.issf.tv.

Photos courtesy Wolfgang Schreiber, ISSF News and Gary Anderson

Maribor, Slovenia - Shotgun

Eller Claims Bronze at World Cup Maribor

Two-time Olympian and member of the U.S. Army Marksmanship Unit (USAMU), Glenn Eller (Katy, Texas), took home the bronze medal at the ISSF Shotgun World Cup in Maribor, Slovenia July 3. Eller was tied for fifth place going into the finals and shot a 47 finishing with a total score of 188 to claim the bronze.

Eller’s Francesco Daniello won the gold with a final score of 192, while Hakan Dahlby (Sweden) took the silver with 190. The Italians also took fourth and sixth places with Daniele Di Spigno and Claudio Franzoni finishing with 187 (+2) and 183 respectively. China’s Hu Binyuan finished in fifth place with 187 (+1).

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Photos courtesy Wolfgang Schreiber, ISSF News and Gary Anderson
## 2007 USA Shooting Shotgun National Junior Olympics

<table>
<thead>
<tr>
<th>Match #</th>
<th>Match Name</th>
<th>Club Name</th>
<th>Match Level</th>
<th>Discipline Name</th>
<th>City</th>
<th>State</th>
<th>Start Date</th>
<th>End Date</th>
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<tr>
<td>2967</td>
<td>2007 Tall Selection Shotgun and First Olympic Team Trials</td>
<td>USA Shooting</td>
<td>Selection Match</td>
<td>Shotgun</td>
<td>Colorado Springs</td>
<td>CO</td>
<td>8/11/07</td>
<td>8/18/07</td>
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<td>2976</td>
<td>Adolph Haugen Memorial</td>
<td>Renton Fish &amp; Game Club</td>
<td>Preliminary Tryout</td>
<td>Shotgun</td>
<td>Renton</td>
<td>WA</td>
<td>8/11/07</td>
<td>8/12/07</td>
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<td>2910</td>
<td>Virginia State Championship</td>
<td>Quantico Shooting Club</td>
<td>Preliminary Tryout</td>
<td>Shotgun</td>
<td>Quantico</td>
<td>VA</td>
<td>8/14/07</td>
<td>8/26/07</td>
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<td>2919</td>
<td>Don Haldeman Memorial</td>
<td>Delauney Red &amp; Gun Club Inc.</td>
<td>Preliminary Tryout</td>
<td>Shotgun</td>
<td>New Tripoli</td>
<td>PA</td>
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<td>9/23/07</td>
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<td>3011</td>
<td>2007 SENIOR OPEN PRELIMINARY MATCH</td>
<td>Hill Country Shooting Sports Center, Inc.</td>
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<td>Shotgun</td>
<td>Kerrville</td>
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<td>9/28/07</td>
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<td>2007 SENIOR OPEN FOR INTERNATIONAL TRAP</td>
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<td>2938</td>
<td>Golden Pumpkin Skeet</td>
<td>Fairfield Sportsmen’s Assoc. Inc.</td>
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<td>Harrison</td>
<td>OH</td>
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### PISTOL, RIFLE

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<th>Match Name</th>
<th>Club Name</th>
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<tbody>
<tr>
<td>3030</td>
<td>2007 USA SHOOTING SOUTHWEST REGIONAL CHAMPIONSHIPS</td>
<td>Team Ultralite</td>
<td>Preliminary Tryout</td>
<td>Pistol</td>
<td>Rosenberg</td>
<td>TX</td>
<td>8/24/07</td>
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<td>3036</td>
<td>2007 Northeast Regional Free Pistol Championships</td>
<td>Team Ultralite</td>
<td>Preliminary Tryout</td>
<td>Pistol</td>
<td>Glenn Rock</td>
<td>NJ</td>
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<td>3067</td>
<td>Outdoor International Pistol</td>
<td>North Georgia International Shooting Club</td>
<td>Preliminary Tryout</td>
<td>Pistol</td>
<td>Dawsonville</td>
<td>GA</td>
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<tr>
<td>3001</td>
<td>Free Pistol Match</td>
<td>Wildlife Committee of Washington</td>
<td>Preliminary Tryout</td>
<td>Pistol</td>
<td>Bothell</td>
<td>WA</td>
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<tr>
<td>3034</td>
<td>2007 USA SHOOTING SOUTHWEST REGIONAL CHAMPIONSHIPS</td>
<td>Los Angeles Rifle &amp; Revolver Club</td>
<td>Preliminary Tryout</td>
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<td>CA</td>
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<td>3014</td>
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<td>Syracuse Pistol Club</td>
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<td>Liverpool</td>
<td>NY</td>
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<td>2715</td>
<td>Monthly Int’l Pistol Match</td>
<td>Fort McPherson Rifle and Pistol Club</td>
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<td>Bedford</td>
<td>MA</td>
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</tbody>
</table>
USA Shooting will host the 2007 Coach College and Conference Dec. 1-9 at the U.S. Olympic Training Center in Colorado Springs, Colo. The first few days are the discipline coach schools:

- **Dec. 1-3**: National Coach Development Staff schools (by invitation only)
- **Dec. 4-5**: Level 1 schools for all three disciplines
- **Dec. 6**: Level 3 (advanced) discipline schools
- **Dec. 7**: ACEP Coaching Principles class
- **Dec. 7**: Marks the beginning of the conference with a full day with the National Team coaches. The general conference, focused on running complete and effective programs will run all day Dec. 8 through about noon on Dec. 9.

**Coach Program Information**

Coach Program information can be found at the following link:

www.nrahq.org/education/training/coach_schools.asp

Watch www.usashooting.org for registration information!

<table>
<thead>
<tr>
<th>Match #</th>
<th>Match Name</th>
<th>Club Name</th>
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<td>Club Rep: JP L Conner Phone: (710) 537-3911 <a href="mailto:jpcostello@gmail.com">jpcostello@gmail.com</a></td>
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<tr>
<td>322</td>
<td>2007 Southeastern Regional Rifle Champion of Champions</td>
<td>Ft. Benning Jr. Rifle Club</td>
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<td>September 2007 Utah PTO</td>
<td>Utah Precision Marksmanship Society</td>
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<td>Pistol, Rifle</td>
<td>Salt Lake City</td>
<td>UT</td>
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<td>Club Rep: Matthew Illingworth Phone: (801) 581-7862</td>
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<td>Tacoma Rifle &amp; Robe Club</td>
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<td>Rifle</td>
<td>Tacoma</td>
<td>WA</td>
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<td>Club Rep: Nathan Hendrix Phone: (651) 287-3735 <a href="mailto:cpenx@ecs.com">cpenx@ecs.com</a></td>
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<td>3038</td>
<td>USA Shooting Zone 5 Championships</td>
<td>Cross Roads Sport Shooting Association</td>
<td>Zone Championship</td>
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<td>Glen</td>
<td>MS</td>
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<td>Club Rep: Nathan Hendrix Phone: (651) 287-3735 <a href="mailto:cpenx@ecs.com">cpenx@ecs.com</a></td>
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<td>2886</td>
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<td>Blackfoot</td>
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<td>9/29/07</td>
<td>9/30/07</td>
<td>Club Rep: Randy Johnson Phone: (208) 785-4860 <a href="mailto:randy@tegaps.com">randy@tegaps.com</a></td>
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<td>Monthly PTO Match</td>
<td>Black Mountain Shooting Club</td>
<td>Preliminary Tryout</td>
<td>Pistol</td>
<td>Chino</td>
<td>CA</td>
<td>10/1/07</td>
<td>10/1/07</td>
<td>Club Rep: Greg Knutzen Phone: (909) 591-9908</td>
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<tr>
<td>3046</td>
<td>October International Air Pistol Competition</td>
<td>Woburn Sportsman's Assoc.</td>
<td>Preliminary Tryout</td>
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<td>Bedford</td>
<td>MA</td>
<td>10/1/07</td>
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<td>Phone: (781) 275-7333 <a href="mailto:wa1033@asl.com">wa1033@asl.com</a></td>
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<td>Chino</td>
<td>CA</td>
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<td>Club Rep: Greg Knutzen Phone: (909) 591-9908</td>
</tr>
<tr>
<td>3032</td>
<td>US INTERNATIONAL PRELIMINARY TOURNAMENT</td>
<td>Los Angeles Rifle &amp; Revolver Club</td>
<td>Preliminary Tryout</td>
<td>Rifle</td>
<td>South El Monte</td>
<td>CA</td>
<td>10/13/07</td>
<td>10/13/07</td>
<td><a href="mailto:berr.smallbear@gmail.com">berr.smallbear@gmail.com</a></td>
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<tr>
<td>3016</td>
<td>Monthly Int'l/Pistol Match</td>
<td>Port Madison Rifle And Pistol Club</td>
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<td>Pistol</td>
<td>Palm Bay</td>
<td>FL</td>
<td>10/13/07</td>
<td>10/15/07</td>
<td>Phone: (321) 988-8800 <a href="mailto:berr.smallbear@gmail.com">berr.smallbear@gmail.com</a></td>
</tr>
<tr>
<td>2887</td>
<td>USA PTO Match</td>
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<td>Blackfoot</td>
<td>ID</td>
<td>10/3/07</td>
<td>10/28/07</td>
<td>Club Rep: Randy Johnson Phone: (208) 785-4860 <a href="mailto:randy@tegaps.com">randy@tegaps.com</a></td>
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<tr>
<td>2889</td>
<td>Outdoor International Pistol Tournament</td>
<td>North Georgia International Shooting Club</td>
<td>Preliminary Tryout</td>
<td>Pistol</td>
<td>Dawsonville</td>
<td>GA</td>
<td>10/27/07</td>
<td>10/27/07</td>
<td>Club Rep: JP L Conner Phone: (710) 537-3911 <a href="mailto:jpcostello@gmail.com">jpcostello@gmail.com</a></td>
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<tr>
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<td>US INTERNATIONAL PRELIMINARY TOURNAMENT</td>
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<td>South El Monte</td>
<td>CA</td>
<td>10/11/07</td>
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<td><a href="mailto:berr.smallbear@gmail.com">berr.smallbear@gmail.com</a></td>
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<td>2898</td>
<td>USA Shooting Sanctioned Quarterly Preliminary Tryouts, Rifle and Pistol</td>
<td>Fort Bend County 4-H Shooting Quarters</td>
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<td>Rosenberg</td>
<td>TX</td>
<td>11/10/07</td>
<td>11/11/07</td>
<td>Club Rep: Emily Stitesman Phone: (281) 499-0664 <a href="mailto:stitesman.Emily@nasa.gov">stitesman.Emily@nasa.gov</a></td>
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<tr>
<td>2717</td>
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<td>Palm Bay</td>
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<td>11/10/07</td>
<td>11/10/07</td>
<td>Phone: (909) 591-9908 <a href="mailto:secretary@portmalabarrpclub.com">secretary@portmalabarrpclub.com</a></td>
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<tr>
<td>3047</td>
<td>November International Air Pistol Competition</td>
<td>Woburn Sportsman's Assoc.</td>
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<td>MA</td>
<td>11/11/07</td>
<td>11/11/07</td>
<td>Phone: (781) 275-7333 <a href="mailto:wa1033@asl.com">wa1033@asl.com</a></td>
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<tr>
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<td>Blackfoot</td>
<td>ID</td>
<td>11/24/07</td>
<td>11/25/07</td>
<td>Club Rep: Randy Johnson Phone: (208) 785-4860 <a href="mailto:randy@tegaps.com">randy@tegaps.com</a></td>
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<td>Chino</td>
<td>CA</td>
<td>12/2/07</td>
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<td>Club Rep: Greg Knutzen Phone: (909) 591-9908</td>
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<tr>
<td>2825</td>
<td>2007 California State Junior Olympic Pistol Championship</td>
<td>Black Mountain Shooting Club</td>
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<td>Chino</td>
<td>CA</td>
<td>12/2/07</td>
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<td>Club Rep: Greg Knutzen Phone: (909) 591-9908</td>
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<td>12/8/07</td>
<td>12/8/07</td>
<td>Phone: (909) 591-9908 <a href="mailto:secretary@portmalabarrpclub.com">secretary@portmalabarrpclub.com</a></td>
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<td>December International Air Pistol Competition</td>
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<td>Bedford</td>
<td>MA</td>
<td>12/9/07</td>
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<td>Phone: (781) 275-7333 <a href="mailto:wa1033@asl.com">wa1033@asl.com</a></td>
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<td>USA PTO Match</td>
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<td>12/15/07</td>
<td>12/16/07</td>
<td>Club Rep: Randy Johnson Phone: (208) 785-4860 <a href="mailto:randy@tegaps.com">randy@tegaps.com</a></td>
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<td>January International Air Pistol Competition</td>
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<td>MA</td>
<td>1/13/08</td>
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<td>Phone: (781) 275-7333 <a href="mailto:wa1033@asl.com">wa1033@asl.com</a></td>
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<td>2899</td>
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<td>Riverside Shooting Club</td>
<td>Preliminary Tryout</td>
<td>Rifle</td>
<td>Bay City</td>
<td>MI</td>
<td>1/20/08</td>
<td>1/20/08</td>
<td>Club Rep: Thomas Monro Phone: (989) 631-3079 Fax: (989) 591-3070 <a href="mailto:tmonro989x40@msn.com">tmonro989x40@msn.com</a></td>
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<td>February International Air Pistol Competition</td>
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<td>3/1/08</td>
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<td>Phone: (781) 275-7333 <a href="mailto:wa1033@asl.com">wa1033@asl.com</a></td>
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<td>2872</td>
<td>2008 Michigan USPSA Smallbore indoor Championship</td>
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<td>Bay City</td>
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<td>Club Rep: Thomas Monro Phone: (989) 631-3079 Fax: (989) 591-3070 <a href="mailto:tmonro989x40@msn.com">tmonro989x40@msn.com</a></td>
</tr>
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Around the Range

U.S. Juniors Dominate Shooting Hopes Match in Czech Republic

Twelve junior members of the USA Shooting National Development Rifle and Pistol Teams and Pistol National Team traveled to Pilsen in the Czech Republic from June 4-11 to compete in the 17th annual Meeting of the Shooting Hopes. Rifle team members included Andrew Roland, Tom Csenge, Mike Kulbacki, Mike Dickinson, Ashley Jackson, Amanda Furrer, Taylor Beard, Abby Fong and Emily Holzopple. Abby and Amanda met up with the team in Pilsen after competing in the World Cup in Munich. They spent a couple of extra days in Munich training with Pistol Team members, Cody Owsley, Anthony Lutz and Heather Deppe at the famous Hauptschuetzengesellschaft (HSG), a 600 year old shooting club. Team leader and rifle coach, Janet Tomsyn Raab, was assisted by NRA National Coach Trainer, Marcus Raab and pistol coach, Igor Zolotarev.

“The year for the past three years, in partnership with the NRA Coach Education program, USA Shooting has been able to fund and support our nation’s top juniors to training opportunities overseas. For 2007, we were able to send a group of nine to perhaps the premier junior championship in Europe.” said David Johnson, National Rifle Team Coach.

The Shooting Hopes match is one of the largest international competitions for junior shooters in the world. This year’s match was no exception, with 284 competitors representing nineteen nations from three continents. The largest contingent comes from the Eastern European countries, but with a large team from India and the dozen from the U.S., it was truly an event with world class juniors.

Most of the team left the U.S. a couple of days early to adjust to the difference in time. After arrival, the delegation spent the day getting to know their way around Pilsen. The next day, many of the rifle team members took the train to Prague as part of a team building exercise. They hit most of the historic highlights, including the Old Town Hall and the Charles Bridge. Unfortunately, the Prague Castle and the castle grounds were off limits, since President Bush was meeting with Czech President Vaclav Klaus that day.

The team spent the next day in Pilsen, awaiting the arrival of their remaining teammates from Munich, so they busied themselves with some necessary shopping and sight seeing. Many of these exercises were designed to acquaint the athletes with how to do
things in a foreign country that they take for granted at home. For some of the shooters, it was their first time outside the U.S., and for most, it was their first time in the Czech Republic. The Pilsen range hosts many international competitions throughout the year, including the Grand Prix of Liberation and Grand Prix Kooperativa, which American shooters often attend. So this will most likely not be the only time these juniors get to travel to Pilsen.

Olympic Gold Medalist Matt Emmons was in town getting ready for his upcoming nuptials, so he spent most of the four days at the range giving the shooters some advice and helping the coaches to watch them while they shot the match. His help and extra pair of eyes were certainly appreciated.

On the first day of competition, the men competed in 50 meter prone and free pistol while the women shot air gun. The men’s prone team finished in third place behind France and Slovakia. Andrew Roland was the top U.S. shooter gaining a spot in the final with a 590. Some early low scoring nines dropped him from seventh to eighth place. Heather Deppe shot 371 in women’s air pistol and moved up from eighth to seventh place in the final. In women’s air rifle, Ashley Jackson was the high U.S. finisher with a 389. Amanda Furrer, who shot a 399 at the Munich World Cup the week before for MQS (out of competition) said, “I learned that you won’t always shoot your best all the time. Everyone needs to look at the things that did go well.”

Cody Owsey shot a 529 in men’s 50 meter free pistol and dropped from sixth to seventh in the final.

The second day of competition was the men’s three position smallbore and women’s prone. In the men’s smallbore event, Tom Csenge finished in first with an 1155 qualifying score and 94.4 in the final. Roland finished third starting in fifth place with 1147 and the best final score of 95.5. Mike Dickinson ended up in fourth with an 1150 and 89.4 in the final. The U.S. team won the gold medal over France and the Czech Republic. In women’s prone, the U.S. team of Amanda Furrer (590), Taylor Beard (589) and Abigail Fong (585) finished first by five points over Great Britain and Slovakia. Amanda was the fifth highest scoring individual in the match. In 25 meter pistol, Heather shot a 546 and in air pistol men, Stephen Lutz was the high finisher for the U.S. with a 557.
The last day of competition saw women competing in 50 meter women’s rifle three position and men in the 10 meter air rifle event. The U.S. had three shooters in the final in 3x20 with Amanda Furrer in first with a solid 585, Taylor Beard starting in second with a personal best of 580 and Abby Fong starting in sixth with 576. Amanda shot a solid 100.8 in final and Abby had a 98.9 to move her up to second place. Taylor missed making it an American sweep by only one tenth of a point. The team of Furrer, Fong and Holosopple took first place over Czech Republic and India.

Men’s air rifle also saw three American men in the final, Tom Csemege (592), Mike Dickinson (587) and Andrew Roland (586). Csemege started in first and hung on for the win. Roland started in seventh and shot a 101.1 to move up to third place. Dickinson finished in sixth in a wild final. The team of Csemege, Dickinson and Kulbacki won the air rifle team event over France and Czech Republic.

“Our kids did very well.” Johnson said. “In fact, I think that they built upon previous year’s successes with championships in both smallbore position events and in the team events. The opportunity to train and compete overseas during their formative years in this sport is critical to their development towards a World Cup, World Championship or even an Olympic performance in the future.”

The success of the athletes (three shooters in the final in three different events) was quite remarkable and the shooters focused on what they needed to do to perform well. It is not often that the U.S. shooters compete not only as an individual but also in team matches representing the U.S. They got the opportunity to know each other better as teammates and to rely on each other in a foreign country. Hopefully, the juniors also learned to become more open to new experiences and new people from different cultures.

Photos courtesy Janet and Marcus Raab

## Around the Range

### Twenty Six U.S. Shooters Compete at Pan American Games

RIO DE JANEIRO, Brazil (July 12, 2007) - A team of 26 USA Shooting athletes represented the United States at the 2007 Pan American Games in Rio de Janeiro, Brazil, July 13 – 28. The roster included nine U.S. Olympians and eight returning competitors from the 2003 Pan American Games.

At press time, the competition was not yet completed, but the shooting portion of the competition was set to take place July 15 – 21. Coming off a very successful 2003 Pan American Games, the U.S. Shooting Team was looking to capture titles in each of the Olympic disciplines. At the 2003 Pan American Games in Santo Domingo, Dominican Republic, the U.S. Shotgun Team took home all of the gold medals in the shotgun events, while the U.S. Rifle Team captured a medal in every rifle event. The pistol team captured two medals at the 2003 Pan Am Games.

The U.S. was not only looking to bring home hardware, but also to secure the required quota slot positions needed for U.S. athletes to compete in the 2008 Olympic Games. As of July 1, 2007, Team USA still needed to secure quota slots in five pistol events (women’s sport pistol, men’s and women’s air pistol, men’s free pistol, men’s rapid fire pistol) as well as two rifle events (women’s air rifle, men’s prone).

Among the nine Olympians on the Pan Am roster were three-time shotgun medalist Kim Rhode. Rhode held the Pan American Games title from both 2003 and 1999 in women’s double trap, an event that has been removed from the Olympic program. As a result, Rhode has made the switch to skeet shooting and is seeking to secure her fourth medal in four trips to the Olympic Games. In total, she has earned two Olympic gold medals (1996, 2004) and a bronze (2000) in women’s double trap.

A member of the U.S. Army Marksmanship Unit (USAMU), James Graves traveled with the Pan Am squad in shotgun as well. He has served on four Olympic Teams (1992, 1996, 2000, 2004), winning a bronze during the 2000 Olympic Games in men’s skeet. He was joined by fellow Olympian and retired military shooter Brett Erickson, who competed in the 1992, 1996 and 2004 Olympic Games. Erickson’s Pan American Games experience has earned him two silver medals in trap (1991, 1995).

Fellow AMU athlete, Jason Parker is the reigning Pan American Games champion in the men’s three-position rifle. He was looking to defend his title in three-position, but was also set to go to the firing line in air rifle in Rio.
**U.S. Pan American Games Shooting Team Roster**

### Rifle Team

<table>
<thead>
<tr>
<th>Athlete Name, Hometown, Current Residence, Event(s)</th>
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<tbody>
<tr>
<td>Jamie Beyerle, Lebanon, Pa., Colorado Springs, Colo., women's three-position rifle</td>
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<tr>
<td>Amanda Furrer, Spokane, Wash., Spokane, Wash., women's three-position rifle</td>
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<tr>
<td>Jessica Jasis, Dychsburg, Ky., Dychsburg, Ky., women's air rifle</td>
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<tr>
<td>Michael McPhail, Darlington, Wisc., Phenix City, Ala., men's three-position, prone rifle</td>
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<tr>
<td>Jason Parker, Omaha, Neb., Cusseta, Ga., men's three-position, air rifle</td>
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<td>Matt Rawlings, Wharton, Texas, Wharton, Texas, men's air rifle</td>
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<tr>
<td>Amy Sowash, Richmond, Ky., Colorado Springs, Colo., women's air rifle</td>
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<tr>
<td>Tom Tamas, Columbus, Ga., Columbus, Ga., men's prone rifle</td>
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### Pistol Team

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<td>Vladimira Borisova, Elgin, Ill., Elgin, Ill., women's sport pistol</td>
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<tr>
<td>Elizabeth Callahan, Columbia, S.C., Pawleys Island, S.C., women's air pistol</td>
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<tr>
<td>John McNally, Heath, Texas, Heath, Texas, men's rapid fire pistol</td>
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<tr>
<td>Teresa Meyer, Dearborn, Mich., Dearborn, Mich., women's air pistol</td>
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<tr>
<td>Thomas Rose, Central Point, Ore., Columbus, Ga., men's air pistol</td>
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<tr>
<td>Keith Sanderson, Plymouth, Mass., Colorado Springs, Colo., men's rapid fire pistol</td>
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<tr>
<td>Daryl Szarenski, Saginaw, Mich., Seale, Ala., men's free pistol</td>
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<tr>
<td>Jason Turner, Rochester, N.Y., Colorado Springs, Colo., men's free pistol</td>
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<tr>
<td>Sandra Uptagrafft, Los Angeles, Calif., Firestone, Colo., women's sport pistol</td>
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### Shotgun Team

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<tr>
<td>Corey Cogdell, Eagle River, Alaska, Colorado Springs, Colo., women's trap</td>
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<tr>
<td>Haley Dunn, Ottumwa, Iowa, Eddyville, Iowa, women's skeet</td>
</tr>
<tr>
<td>Bret Erickson, Bennington, N.E., Muenster, Texas, men's trap</td>
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<tr>
<td>James Graves, Laurel, Miss., Cusseta, Ga., men's skeet</td>
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<tr>
<td>Vincent Hancock, Eatonont, Ga., Eatonont, Ga., men's skeet</td>
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<tr>
<td>Michael Herman, Dayton, Wyo., Peyton, Colo., men's trap</td>
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<tr>
<td>Jeff Holguin, Yorba Linda, Calif., Ft. Benning, Ga., men's double trap</td>
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<tr>
<td>Kimberly Rhode, El Monte, Calif., El Monte, Calif., women's skeet</td>
</tr>
<tr>
<td>Josh Richmond, Hillsgrove, Pa., Ft. Mitchell, Ala., men's double trap</td>
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Check each issue of USA Shooting News for “hot shot” photos of your favorite athletes or events. If you have a hot shot photo that you would like to see included, please send your high resolution images to Mary Beth Vorwerk at media@usashooting.org. Be sure to forward the name of the individual featured, the event or location of the photo and the name of the photographer to include in the caption of the photo.

Pistol shooters Lauren Brester, Allie MacGregor, Kelsey Imig and Cheryl Roberts (not pictured) called themselves the “SWAT” team at this year’s national championships. The tradition of handmade team shirts for these girls started two years ago and is always “instigated” by Cheryl. Although the members of the group have evolved over time, the tradition - and Cheryl’s leadership - have not changed!

From left, “Triple Crown” team members Caitlin Barney, Joetta Dement and Theresa DeWitt won the team gold in the women’s trap three person team open event at the 2007 National Championships. Olympic Gold Medalist Matt Emmons married Katerina Kurkova in Pilsen, Czech Republic on June 30, 2007. Kurkova is a 2004 Olympic Bronze Medalist as well as a 2002 World Champion. Both are 2008 Olympic hopefuls. The new couple will be making their home in the U.S.
U.S. Trapshooters Allen Chubb (Elizabethtown, Pa.), Cadry Genena (Las Vegas, Nev.) and Robert Kalwas (Rochester, N.Y.) capture the Team Gold Medal at the “Sonnengruß” Swiss Grand Prix event in June, hosted annually in St. Moritz, Switzerland. After 39 years, Team USA once again stood atop the podium. Kalwas also won the individual bronze medal in this Grand Prix Event followed by Genena in 8th place and Chubb in 9th place. Photo provided by Allen Chubb