Corey Cogdell: Blessed with Bronze

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

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Kim Rhode shooting her way to another gold medal at the 2010 World Cup in Acapulco, Mexico.
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Welcome to your magazine. As a new USA Shooting member and rookie staff member of USA Shooting, I’m attempting to learn in leaps and bounds—feel free to help me if you offer expertise in a particular area. Please bear with me as I learn more about your unique sport. Fear not, I have wielded a gun or two in my day, but not in a competitive setting. I’m not a greenhorn, but I’m also not a Lones Wigger. Check out www.usashooting.com for my new hire press release and some more information about your new editor.

As we gear up for the US National Junior Olympic Championships, I am blown-away by the number of young athletes, parents, and bags of equipment in the hallway. Shooters, I hope you take a moment to thank those who have helped you on the path to your dreams. I had the opportunity to chat with a very talented and grateful athlete this month and I am happy that she is setting a good example for the younger generation.

It was my pleasure to interview bronze medalist Corey Cogdell and a treat to talk with her father, Richard, via telephone. It is refreshing to see a young athlete who has worked hard for her success and remembers to thank those that have helped her along the way. I wish you as much joy reading the article as I had writing it.

“Shooters, I hope you take a moment to thank those who have helped you on the path to your dreams.”

The “Corey Cogdell: Blessed with Bronze” that you will read in this magazine is an abridged version. Please refer to www.usashooting.org for the extended version, including her story from the 2007 Olympic Selection match and the reason behind Mrs. Cogdell’s decision to home school Corey and her sister. This is a new feature that we are pleased to bring our readers. We are limited by the number of words that go to print, so we have decided to post the extended versions online. This is one of many changes that you will see in the upcoming few issues and through the Media/Public Relations arm of USA Shooting.

I have a distinctive writing style and clear-cut ideas for improving your magazine. With the help of Mrs. Claire Sanderson, our very talented designer, I am looking forward to making some alterations. Is there something missing? If your USA Shooting News is not up to par, then please let me know how I can work to improve one of your many member benefits.

The next few editions will be part of my learning process as I begin to settle into a groove. In the meantime, please don’t hesitate to contact me with questions (I’ll answer what I can), story ideas, athlete features, and more. Also, feel free to send me your articles or pictures—I will read and respond to every submission, and if your content is appropriate for our readership, then you will get a page or two in the magazine. Again, welcome to your new USA Shooting News and I look forward to meeting you in the near future . . . did I mention that the Shotgun National Championships are in July in Colorado Springs? I know a great hotel . . . and hope to see many of you there.

Katie McGinty

USA Shooting News is published six times a year. USA Shooting is the national governing body for Olympic Shooting sports in the United States. USA Shooting News is produced as a service to international shooters, coaches, officials and media who cover Olympic-style shooting. Shooters featured in USA Shooting News magazine may be photographed without eye protection. These are posed photographs using unloaded guns and do not represent actual competition. USA Shooting encourages all shooters to use proper eye and ear protection when shooting. Inclusion of advertisements in USA Shooting does not constitute endorsement of advertised products or services by USA Shooting, its staff or its sponsors.
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As an Olympic Medalist I know the importance of having top quality equipment that you can trust when the shot really counts, whether I’m on the range or in the field Cabela’s provides me with equipment I can trust.

Corey Cogdell
Cabela’s Pro Staff

At Cabela’s, developing, testing and evaluating gear is a big part of what we do every day. It’s our job to make sure the products we sell live up to your expectations. For us, that’s business as usual.
Preserving Our Past

They say time marches on; however, if we are lucky, we may catch whispers of the past in our haste to move forward. If you have been to Hook Range at the U.S. Army Marksmanship Unit for a trap or skeet match in the last few months, those whispers could be heard more distinctly as the thumping of hammers reviving a dying icon. The Round House, or “Big House” as referred to by USAMU shotgun team members, is getting a much deserved, and long overdue, facelift. This architecturally unique structure has a history studded with military generals, Hollywood legends and, of course, Olympians. But its origins are much humbler.

Fort Benning began as a southern plantation spanning hundreds of thousands of acres. In 1918, it became a training post for World War I infantry troops. The undeveloped acreage offered a variety of activities, such as hunting, for stationed soldiers. In 1938, the U.S. Army built the Round House on the former southeastern edge of the developed area of Fort Benning. Its purpose was to function as a hunting lodge, but it was officially considered an annex to the Officer’s Club. The construction of the Round House coincided with the designation of Hook Range as the Fort Benning Skeet Range.

Paul W. Tibbets was a newly commissioned Second Lieutenant (2LT) in 1938, assigned to Lawson Army Air Field at Fort Benning as part of the Army Air Corps (the precursor of the U.S. Air Force). His unit’s mission was to provide support to troops at the Infantry School. As the Assistant Armament Officer, 2LT Tibbets was directed to supervise the construction of a skeet range. Its purpose was to train enlisted personnel to be aerial gunners incorporating the fundamentals of skeet shooting — specifically, leading a target. Tibbets recalls, “…the next thing I knew I was Assistant Skeet Range Officer for the Fort Benning Officer’s Club Skeet Range…and shooting every Sunday morning with Lieutenant Colonel George Patton.” Patton and Tibbets, along with other notable WWII leaders like Fort Benning stationed Generals Omar Bradley and Courtney Hodges, would wager .25 cents per round and “high man gets the money.” Tibbets revealed that Patton, “hated to lose, but he was a good competitor.”

In the course of Tibbets’ military career, he volunteered for the mission of piloting the aircraft that was to drop the first atomic bomb on the Japanese city of Hiroshima on August 6, 1945. Tibbets attained the rank of Brigadier General (BG) before retiring from the U.S. Air Force. The years rolled by; WWII concluded, the “police action” in Korea drew to a close and in 1956, President Dwight D. Eisenhower issued a directive ordering the establishment of the United States Army Marksmanship Unit. Its mission was to enhance the overall marksmanship skills of U.S. soldiers. By the fall of 1960, Hook Range and the Round House were now home to the newly formed International Shotgun Team.

Exterior of the historic Round House prior to its long overdue renovation.
The 1960/70’s brought Vietnam into America’s backyard and Hollywood had released several films using that conflict as a backdrop. “The Green Berets” was one of those films and its starring role was played by actor John Wayne. One scene was shot on location at Hook Range where Wayne, playing Colonel Michael Kirby, is shooting skeet with fellow “officers.”

Since becoming a part of the USAMU in 1960, the Round House has had 24 USAMU Olympians (seven of them medalists), numerous World Champions, and countless National Champions cross its threshold to relax or shoot a game of pool. Visitors to USAMU-hosted trap/skeet matches have also enjoyed meals or shelter within its walls. The last several years have not been kind to the aging wooden landmark. When a presidential order to take down all WWII wooden buildings was issued, it appeared as though the Round House’s time at Hook Range had come to an end.

This would have almost certainly been the case if not for more than ten years of persistent effort by a host of concerned individuals. Because of this dogged determination to save the Round House, renovation and reconstruction have begun to restore this historical structure to its former glory. Thanks in large part to significant financial backing from the Mellon Foundation, renovation should be completed this summer, with a tentative opening ceremony and dedication scheduled for 16 Oct 2010.

In a letter dated March of 1999 to the Officers, Soldiers and Civilians of the USAMU, BG (Ret.) Paul W. Tibbets states, "In the hearts and minds of those who trained and excelled at the USAMU shotgun ranges, that old 'round house' projects a strong nostalgic memory and image. It is not 'an old WWII building,' it is an 'icon' to be preserved."

Roger that, sir. ■

SFC Theresa DeWitt
What Does NPA Really Mean?

An aspect of shooting that is constantly taught – for very good reason – yet is not often understood in sufficient depth by many coaches and athletes is the ubiquitous concept of natural point of aim (NPA). NPA is not about being on target! We are so concerned about being on target, and adjusting our position so that our NPA is on target, that we often miss the essence of NPA.

NPA is about sensing where the gun wants to point when we are fully established in our position – without external reference to anything, including the target. One coach’s mantra is: “Position, balance, NPA, optimize them together.” When the focus is on discerning “where the gun wants to point” the athlete can easily sense the actual NPA, make appropriate adjustments, and end up with the NPA corresponding exactly with the target. Note that the athlete is focused on sensing what the gun wants to do and then adjusting, rather than imposing the athlete’s will on pointing the gun at the target. This is a very important distinction in the required mindset of the athlete.

NPA is not about getting the gun on target – NPA is about truly sensing where the gun wants to point and only then making adjustments until the gun arrives on the target of its own accord.

With the appropriate mindset, athletes can align their NPA with the target to an incredible degree of accuracy. Even the slightest misalignment results in muscle tensions, often undetected, that open up the target to an incredible degree of accuracy. Even the slightest misalignment results in muscle tensions, often undetected, that open up the target to an incredible degree of accuracy. Even the slightest misalignment results in muscle tensions, often undetected, that open up the target to an incredible degree of accuracy. Even the slightest misalignment results in muscle tensions, often undetected, that open up the target to an incredible degree of accuracy. Even the slightest misalignment results in muscle tensions, often undetected, that open up the target to an incredible degree of accuracy. Even the slightest misalignment results in muscle tensions, often undetected, that open up the target to an incredible degree of accuracy. Even the slightest misalignment results in muscle tensions, often undetected, that open up the target to an incredible degree of accuracy. Even the slightest...
noun, they notice that sometimes the gun seems to stop for a fraction of a second. (The deeper parts of the mind are at work and the active part of the mind is starting to be quiet for a change.)

3. Then they try to make the shot in that stop state which usually results in a pulled shot. (The active part of the mind woke up, took “control” and the athlete jerked the trigger.)

4. Then they break the habit but catch themselves admiring the stopped sight picture, yet still not able to get the shot off. (Trying too hard for score or perfection – the the kiss of death! Or, they are just incredulous that the gun can actually be that steady and “forget” to shoot.)

5. Later, they are able to “sense” that the gun is going to stop. This is fun! Eventually they trust this and are able to release the shot in the steady state. (This may sometimes involve somewhat active thinking at first and not the desired end state of full quiet mind. However, it is okay to walk before running!)

6. Finally the day comes where they realize that the gun went off seemingly “by itself” at exactly the instant that it stopped and right on the center of the area of aim, and after a very short time on aim. WOW! This is really fun! (The athlete will often describe it happening in front of them, almost as if they were a detached spectator.)

We must do things to facilitate this – we cannot force it.
We must allow it to happen – we cannot force it.
Trying to make it happen will cause a regression – sort of like chasing the cat. Chasing a cat is the hardest way to catch it. Sitting quietly on the floor is the easiest way. Tens are like cats that way.

Many people find it difficult to trust a style of shooting, such as was just described, where they do not take “control” of the process.
Welcome to Applied Sports Psychology! Indeed, this or any style of shooting requires the dynamic combination of numerous physical, technical, mental, and emotional aspects of the game and the athlete.

The stage is now set to explore stillness in the hold, the topic of the next article, and finally answer the question “Does the gun stop moving from the athlete’s point of view?”

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

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- Lao Tzu

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Silvino Lyra is a 1999 USA/NRA International Advanced Shooting Coach who has coached gold and silver medalists at the Pan American Games and 5 Olympians in the 2000 & 2004 Olympic Games in the 10m air pistol element of Modern Pentathlon.
Bret Erickson, Focusing on the Future

Passion and commitment are two words ingrained in the essence of Bret Erickson. USA Shooting’s new shotgun coach is no stranger to the dedication required to be a world-class athlete, the knowledge it takes to be a winning coach, and the trust that builds a healthy athlete-coach relationship. A small-town Nebraska native, Bret grew up hunting pheasants with his father from a young age. Like many other shotguns, Bret was introduced to American trap by his father and immediately developed a strong curiosity for another venue in which to shoot. While this column is typically devoted to tips or theories from our coaches, I have decided to shake things up a bit. Writing a biography isn’t nearly as fascinating or prestigious as an autobiography, so with great pleasure allow me to introduce USA Shooting’s Shotgun Coach, Mr. Bret Erickson.

Many of you may be familiar with Bret from his twenty-some years of competition. Though he may be reluctant to admit it, Bret originally went to school with the intention of becoming a CPA (Certified Public Accountant). Before entering the work world, he decided to give competitive shooting a try until his money ran out. Bret toured for nearly two years until he decided the “real world” and rent were calling.

Fate intervened with a call from the Army Marksmanship Unit – they wanted him on the team. Sergeant First Class Erickson went on to become a four-time Olympian, member of countless World and National Championship teams, and capture a gold medal and national record in both the 1990 World and 1997 National Championships. Let’s just say he brings a lot of hardware, National, World, and Olympic Championship experience through the doors of USA Shooting.

Bret is eager to gain their trust inspires, guides, and challenges, Bret is here to lead. With around sixty to seventy athletes that he instructs, guides, and challenges, Bret is eager to gain their trust and reciprocate the same. He has no longer support the weight of a shotgun. Bret has since worked with many USA Junior Olympians, National Team members, and Junior Team members either in the form of individual training or camps.

In terms of coaching theory, Bret strongly stresses the importance of a shooter’s ability to see a target/bird. In order to do so, one must understand the complexities and interworking of the eyes. In regard to his own vision struggle, Bret said, “It took me twenty years to figure it out on my own . . . I can make them [the athletes] all better, that’s why I’m here.” Between his old school ways and progressive thoughts, Bret is here to lead. With around sixty to seventy athletes that he inspires, guides, and challenges, Bret is eager to gain their trust and reciprocate the same. He has since taken an active role in providing feedback and guidance to the resident athletes for upwards of ten hours a day at the range. Moreover, a major cornerstone of his coaching philosophy is setting goals. Bret is a firm believer in the importance of accomplishing large milestones by overcoming small, marked obstacles. Erickson said, “I’m here just trying to give them some direction and give them some leadership, and on the simplest level teach them how to train, and not just practice.”

With two months under his belt as the National Shotgun Coach and fresh from seven medals at the World Cup in Acapulco, Mexico, the shotgun team and Coach Erickson are looking and feeling strong. A proponent of the importance of teamwork and support, even in an individual sport, Bret insists the team eats together, travels together, and works toward a common goal of excellence. An adamant Erickson said, “We shoot an individual sport, but without some support behind you, it’s tough to win.” With trust, a unified team, and a stronger coaching role, you’ll be seeing and hearing more success stories from the USA Shooting Team. In addition to his own coaching talent here at the Olympic Training Center in Colorado Springs, Bret is proud to introduce his National Assistant Coaches: Todd Graves of Columbus, Georgia, Tommy Browning of Wooster, Arkansas, Joe Bernolfo of Colorado Springs, Colorado, and Dwayne Weger from Saint Jo, Texas. Equally important, he brings an essential talent in wife and assistant Lisa Erickson, who keeps Bret in line and organized. When questioned whether his future holds taxes and audits, Bret insisted that his blood is colored with the smoke of a cracked gun, the orange of the bird, and an ardent love for shooting. He continued with, "It's been my life for so many years; I wouldn’t know what to do without it.”

Katie McGinty

“It’s been my life for so many years; I wouldn’t know what to do without it.”
Adapting Equipment for Shooters

As a competitive shooter, I created and used numerous accessories and modifications for my rifles – many of which were integral to my success in the sport. This experience with “adaptive” equipment continues to help me today as the National Paralympic Coach. I want to encourage you – whether an able-bodied or disabled athlete, to consider altering your equipment to potentially improve your (or your athletes’) performance.

One of the most critical changes I made was to switch to an aftermarket trigger on one of my guns. I felt I had an inability (disability) to shoot as well as I needed with the original manufacturer’s trigger on my rifle. Moreover, I built my own palm rest and modified my butt plate. I was able to achieve both with some epoxy putty on a contact surface to better fit my hand and shoulder. I also made my own weights by melting various metals to find the perfect balance. I cut up stocks, butt plates, sights, trigger guards, cheek pieces, etc., to feel different adaptations and discover what worked for me. I also added available accessories including adjustable iris/filter combinations, spirit levels, apertures, extension tubes, weight sets, vibration dampers, and more.

I had some of my shooting clothing tailored for a custom fit and added additional buttons for strength. I made my own sling stay for the left arm out of a coat hanger, nuts and bolts. In order to learn what improved each position, I experimented with varieties of gloves, slings, belts, boots, and even lacing techniques. Everything from headgear to underclothing was part of the process and analysis. This isn’t exactly an inexpensive endeavor. Frankly, the equipment is too expensive and you invest too much in the sport NOT to modify it to fit your needs and improve your game.

For example, USA Paralympics just finished an amazing Wounded Warriors Camp for eleven disabled shooters with military backgrounds. To get them properly outfitted for the shooting piece of the camp, we had to piece together a variety of equipment to help them perform. We used chairs, stools, and tables of varying heights, some moveable. We piled up combinations of prone mats, kneeling rolls, and stuff found around the range to achieve some balance and support. Each shooter had his/her own preference for the equipment that best suited the individual shooting style. While we had great instruction from Tom Monto and several of our NTCSC volunteers, you can find similar items at home. It does not have to be perfect, or even Paralympic “legal” at first, just functional, safe, and fun.

The bottom line is to GET STARTED. Do not focus on the negative or things people aren’t able to do, rather focus on what they can do and how you can help. As a range owner or manager, you will find it rewarding if you are able to integrate programs for people with disabilities into your current programs. Shooting is a sport where the able-bodied and disabled versions are similar. It is one of the easiest sports for disabled individuals to participate in with friends and family. Additionally, it is a wonderful sport for young athletes as they can identify with the learning process many disabled athletes encounter, particularly if they were injured. The frequent, unbiased feedback provided by the target is a great tool for anyone to (re)learn fine motor control along with all of the other things sports teach us.

Remember that all USAS and NRA sanctioned events are open to shooters with physical disabilities. NRA has Sectional and Regional events for disabled shooters. Info is available at: www.nrahq.org/competettle/disabled.asp.

For those who “catch the bug”, there are international events to aspire to. Info is available at: www.ipc-shooting.org. ● Bob Foth
We are proud to announce the introduction of a new model gun for 2009, the TM9. There will be two versions available of this new, single-barrel gun. One version, the TM9, will have a fixed, ramped rib and a fixed comb stock. The second version, the TM9X, will have an adjustable rib and an adjustable comb stock.
Precision shooting is a complex process. Athletes can spend a lifetime learning to perfect any one aspect that creates accurate precision shooting.

One of the most important aspects of shooting a precision stage of fire in Air Pistol, Free Pistol, or 25 meter Pistol is the shooting position. There are many different types of shooting positions; however, some of the areas you should pay close attention to are stability, pistol position, non-firing arm location, head alignment, proper grip, and accurate sighting.

Though simple, the main requirement of the shooting position is to be immobile and stable, yet comfortable. In order to accomplish this, a shooter must have his/her feet less than or shoulder width apart at a maximum. Make sure that the body weight is distributed evenly between both legs. One way to do so is by engaging the muscles of the feet and legs. Lean forward until the toes begin to feel weight. This will minimize body sway while the shot process is being applied. Holding your weight forward on the balls of your feet will fatigue your muscles. It also becomes more challenging to relocate the same position; however, over a period of time your muscles will strengthen and the position will become second nature. Many who use this method are very successful. Make sure to allow enough time for your muscles to adjust when experimenting with this position.

Another method involves placing your body weight in the center of your feet and slightly toward the heels. The position take advantage of your skeletal alignment, thus requires less energy. Make sure your knees are locked, but not stiff. Lean your upper body slightly away from the target. Your hips should be level and leaning slightly toward the target. The center of gravity is closer to the rear foot. This stance is especially useful to maintain stability for extended periods of time in Air Pistol, where competitions last one hundred and five minutes for men and seventy-five minutes for women. This is the most efficient position because there is minimal strain in obtaining and maintaining the position.

The next facet is the shooting arm, which should be stretched out. When the arm is completely stretched out, the distance between the eye and the front sight will remain consistent. Make sure the bend in the arm is facing up, as that will allow for the most strength in your lift and hold. The shoulder, arm, and elbow will become a compact unit allowing for better control of pistol movement and efficient recoil absorption.

Moving across the body, make sure to control your non-firing arm. Place your non-firing hand in the pocket, allowing the arm to hang comfortably along the body. A wise tip is to ensure that the pocket is empty to avoid distractions when shooting. Hook your thumb in your pocket and allow your hand to rest along the thigh or relax with fingers in a natural curl. A second option is to wrap your non-firing arm around the front and hold your belt. Both methods create a compact unit. A loose arm could move and transfer movement to the gun.

Next, turn your head to the right (if you are right-handed) to allow your eyes to work naturally. The vestibule mechanism will maintain equilibrium. The neck muscles will do their job and holding the head position without fatigue, which in turn allows the eyes to work effortlessly.

In order to get a grip on the pistol, use your non-firing hand to help align the pistol. Open your right hand to form a “U” between the thumb and index finger. Place the pistol into the “U” until the pistol contacts the crevasse of your hand. Then, wrap the palm around the grip until the base of the hand is on the palm rest of the pistol. Next, enfold the middle, ring, and little fingers (as a unit) around the front of the grip. Your
middle finger should rest under the trigger mechanism. Your trigger finger, or index finger, should be free of any contact with the grip. The correct grip will allow for natural sight alignment.

To properly sight in the pistol, make sure the front sight is located in the middle of the rear sight notch. Also ensure that the tip of the front sight blade is level with the rear sight. The space on either side of the front sight should be equal distance.

Finally, the area of hold varies from shooter to shooter and is optional. The following methods are suggested areas of hold: center, 6 o'clock, line of white, and sub 6 o'clock. Once the holding area is identified, make sure to use it on a consistent basis. The correct holding area is the one that gives you the best results for your effort. Figure-1 is an illustration of a sub 6 o'clock area of hold. I wish you the best of luck as you experiment and discover your perfect pistol position for perfect 10's.  

- Ray Arredondo
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Heavy Medal

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How to Cope with Injury

No one wants to endure an injury, whether it is sports-related or not. There are a few important steps you can take to minimize the impact of injury to your training schedule. In December of 2008, I had surgery on my right hip for an injury that took me off the range for seven months. I’m sharing my experience because I want to help educate other shooters on the importance of a slow recovery, positive attitude, and mental training when injured.

First, you must accept what has happened. It doesn’t matter how the injury took place; the important thing is to seek diagnosis and treatment as soon as possible. Remember that self-pity will not speed up the recovery process and may make the injury overwhelming. Recognize your limits and don’t push them because it could slow the healing process. Start focusing on what you can do rather than what you cannot. For example, you can work hard to complete physical therapy to the best of your ability each day. Your injury will not magically disappear – the recovery process is slow and tedious, but treated with care and patience, you will return a strong shooter.

I became anxious that other shooters were surpassing me because they were able to continue training. The longer my recovery took, the more worried I became about my skills and the opportunities that I may have missed. This is not true. People are not gaining and advancing as much as you think. The skills you have honed will be there when you return and opportunities will continue to come each week, month, and year.

Next, try to focus on the positive and approach recovery with an optimistic attitude. You now have an opportunity to specialize in skills that may have otherwise been ignored. Such skills include meditation and visualization. This is the time to strengthen your mental training. When I returned from my injury, I was confident I still had the ability to shoot tens because I continued to shoot in my head during recovery. Visualizing your shot process will keep you in the game. Moreover, the therapy that you complete will improve your overall fitness. You will be fresh instead of burnt out when you return, and you can always continue to talk with or coach other athletes for skill reinforcement.

Physical therapy and treatment can be agonizing, boring, and frustrating. Setting goals is the third step because it will help minimize these factors by giving you small hurdles to overcome. After my surgery, I set goals to build endurance and strength. Doing so helped establish a sense of accomplishment as I progressed closer to my goals.

Like all goal setting, working through injuries will bring setbacks and unexpected turns. You may find yourself getting better faster than you planned, or you may find that additional treatment is necessary. Stay positive. This plan is not written in stone. It is there to give you a sense of direction, an endpoint, and motivation, not make you feel like you are falling behind. Be dynamic in your thinking so that you can move through this situation as smoothly as possible.

Next, you must learn to draw from your experiences with physical therapy, surgery, and treatment. You have been afforded an opportunity to test your skills in different settings. For example, before my surgery I had an MRI. First they injected ink in my hip and then I spent 40 minutes in a tiny tube. It was loud, small, uncomfortable, and creepy. They even gave me a panic button in case I needed to get out fast. I survived by planning for it and using the same relaxation techniques I use for shooting. I calmed myself down with meditative breathing and focused my mind on other things using cue words and visualization. When I was done, I knew I had a great practice in a stressful environment other than the range.

Talking with other athletes who have been injured will give you a better idea of what to expect. Discuss your plan with your coach because he/she may be able to direct you to someone who overcame an injury similar to yours. Use your resources to guide you, especially family, friends, coaches, and mentors. I spoke with several people on a regular basis to stay motivated, realistic, and productive.

Finally, when you come back to your sport, remember that it will take some time to dust the cobwebs off. Ease back into your training and reevaluate your goals. Shooting twenty shots may be a great accomplishment for one day. Recognize those little accomplishments and celebrate them. If you expect yourself to do too much too fast you may re-injure yourself or over-train. This is a growth process that will make you a better shooter. Stay positive and keep working hard! • Amy Sowash
Are you Prepared?

It's game time. After working hard on the range, focusing on your mental training, and sweating it out in the gym, you're ready to travel to the big event. Are you ready for anything? Are you ready for inclement weather? What about equipment failures? Lost housing reservations are also a possibility. Don't worry – I'm here to help you prepare for the unforeseen.

First, when packing your suitcase have you researched the weather of your future match site? For example, while Texas is typically warm and sunny, you may encounter rain and gusting wind for your match. Prior to leaving, take inventory of your clothing layers in order to be comfortable at different temperature levels. Be sure to pack light layers so you can dress comfortably according to the temperature and weather conditions. Have you trained in your cold weather gear or various layers? Before leaving for the trip, practice in different gear a round or two to gain a feel for what will allow you to perform at your usual level. The sweatshirt you think is warm and toasty may be too thick to allow a proper gun mount or movement.

Make sure to consider all the elements – rain gear and waterproof footwear is helpful for blocking the wind in the cold, sunscreen is always great for skin protection, and never trust the forecast. For example, one of my first international matches was in Cairo, Egypt. The forecast called for dry, hot weather the entire trip. I traveled later than my teammates and was fortunate to be on the receiving end of a phone call to bring warm clothes and rain gear. We experienced a once-in-decade cold front! Needless to say, I was more comfortable than my teammates who had not packed for cold weather.

Another obstacle to consider is how to clean your equipment after a rainy match. Ask the hotel front desk for rags and they will be happy to give you towels that have already been ruined – do not take the towels from your room. If you are unable to carry oil or cleaner in your luggage, then put an oily rag in a zip-lock bag in your gun case. Sometimes travel security will not allow you to have an aerosol can in your luggage. Another suggestion is to arrange with your teammates to assemble tools and liquids for the cleaning process, so no one has to bring everything.

Now that both you and your gun are ready for inclement weather, what about a back-up plan for faulty equipment? If your equipment were to break on a trip, would you be able to fix it or would you hand it off to someone else for repair? As a precaution, it would be wise to look up both a reputable gunsmith and general store in the area you will be shooting. Another idea is to arrange to use a teammate's gun should anything occur with your own; talk to your teammates and discuss a plan that solves potential equipment issues.

Housing issues are possibly one of the most difficult to alter and anticipate. Given the number of athletes in a competition, the hotel will likely be full, so make sure the room you request meets your needs. Call the concierge or look online to see where in the city your hotel (and room) is located. If your accommodations are near nightlife, you may want to find new housing to ensure a restful sleep or be sure to pack earplugs and/or your iPod.

Don’t neglect your own personal health and well-being. If you take any medication, be sure to have an adequate supply for the duration of your trip. Also, are there any factors at your destination that may cause health issues? If so, don’t forget to tell the coach or team leader and educate them on how to be of assistance in the instance of an emergency. Make sure to research the local cuisine to uncover any foods that you may be allergic to or generally dislike. If either is the case, then pack extra snacks such as granola, jerky, peanut butter, canned meats, and other travel-friendly items.

These are just a few obstacles to think about as you prepare for a trip. There are many more issues that may arise, but hopefully some of these topics will help you think ahead to other potential issues. Ask a teammate who has traveled before for his or her tips; we are all willing to share our experiences and others may have unique solutions for addressing difficulties.

Simply having a plan is often the majority of the battle and will allow you to focus on the purpose of your trip – having a great performance! • Connie Smotek

“Ask a teammate who has traveled before for his or her tips; we are all willing to share our experiences and others may have unique solutions for addressing difficulties.”
Corey Cogdell

Photo courtesy of Marco Dalla Dea, © 2010 ISSF.
A check for $4,000 permanently altered Corey Cogdell’s life. Done as a chef’s assistant, it was time to either attend a university or pursue her love for shooting. As fate would have it, her older sister was attending nursing school at the University of San Antonio in Texas. Conveniently enough, the Hill Country Shooting Club in Kerrville was one of a handful of clubs in the United States that boasts International trap bunkers. So Corey phoned her sister to ask if she could live with her for six months to at least “give shooting a try.” Driving more than 120 miles a day, Corey became a sponge at the range, absorbing as much as she could about shooting, competition, and what it would take to make the Olympic team. Once again, the stars lined up for this ambitious athlete when she grabbed a position as Range Master and Assistant at Hill Country, packing her days with shooting and work. She moved closer to the range as the days grew longer and the drive home became later. With a blessing from the owner and almost all her savings, Corey paid $4,000 for a former gypsy’s travel trailer and lived at the range.

Born and raised in Alaska, Corey is the daughter of Richard Cogdell, a heavy-equipment operator, and Wendy, a homemaker. Richard taught the girls to shoot with a .22 single-shot Chipmunk. “I remember my dad taking my sister and me out on our back porch and teaching us how to shoot at three or four years old. So I started understanding shooting at a young age,” said Corey. Her older sister, Tanis, began shooting on her second birthday and killed a spruce hen within her first year of practice. Not one to be left behind, Corey begged her father to let her shoot, but he would always say, “Not until your second birthday.” As Corey blew out the candles on her second birthday cake, her mother reminded her to make a wish and keep it a secret. Richard asked his little girl what she wished for and after some coaxing, her reply was, “Shoot, daddy, shoot.”

Growing up in the woods in a log house built by her parents, Corey immediately developed an appreciation for nature. An avid hunter whose conquests include mule deer, a moose, bears, pheasants, waterfowl, and an upcoming South Africa safari, Corey’s hunting skills reflect her success on the range. At home, Richard always encouraged his daughters to shoot early and shoot often. He hung aluminum cans and targets from trees and then rigged plastic wire around the deck so the girls could steady their aimed. But Richard also taught Corey and Tanis the value of hard work and the importance of helping the family. “If there was snow to shovel, the girls were expected to pitch in,” said Richard. The girls and dad even built a 30’ x 40’ garage, including framing, drywall, and more.

In addition to helping out around the house, Corey attended public school before a transition to home-schooling prior to entering junior high school. Tragedy struck the family shortly thereafter when Wendy was killed in a car accident. The next day Richard took early retirement to stay home with the girls and continue home schooling. Their comprehensive curriculum included six months of cooking classes that resulted in two-and-a-half years as a chef’s assistant with studies in Italy, horseback riding lessons that led a job as an exercise rider at a local stable, and shooting lessons that catapulted a career. The latter was part of her 4-H classes that allowed Corey to shoot air rifle, air pistol, archery, and shotgun. Corey immediately took to shotgun shooting: “I had fun with everything, but definitely had a fire for shotgun. I guess I liked the instant gratification of seeing something explode,” she said. Corey hit nearly half of the clays her first round, and stunned would-be coach Dave Kaiser when he discovered that was her first experience with a shotgun.

Richard recalls a posting at Birchwood Recreation & Shooting Park that said, “WANTED: Girls, for an all-girls shotgun club.” After gaining approval from the home-school association for shotgun as an athletic event, Corey Cogdell began shooting trap. After enlisting the help of former Amateur Trap Shooting Association President, Dave Kaiser, Corey quickly progressed to the national level, and won the All-Around Alaska State Championship in 2003 after only one year of shooting. As a 16-year-old, Corey was introduced to International Trap when she was selected to attend a Scholastic Clay Target Program Junior Olympic Development Camp in
Colorado Springs. That camp was her first taste of Olympic-style shooting and fueled a desire to powder every target.

She relocated to Texas to “see if I was any good at it . . . you know I had only shot [International Trap] for a week when I was sixteen so I had no idea if I would suck at it, if I would hate it, or what was going to happen.” She shot at Kerrville beginning February, 2006; in September of 2006, Corey made the National Team at the Fall Selection match. A timely call from former National Shotgun Coach Lloyd Woodhouse brought Corey to the Olympic Training Center as a Resident Athlete in Colorado Springs in February, 2007. She attended her first World Cup in April of 2007 in Changwon, Korea, where she won a bronze medal. Oddly enough, with a medal around her neck, Corey still revered the more experienced shooters. US Army Marksmanship shooters Joetta Dement and Terri DeWitt also shot at the World Cup, and Corey thought, “man, if I could just beat them, then I’d be good.”

Early in 2007, the US Shooting Team attended a camp at current National Shotgun Coach Bret Erickson’s facility in Texas. Corey immediately connected with Erickson’s coaching style, saying “One of the things that Bret does is tell you the same thing five different ways until you understand. He’s really good about communicating what he wants you to do.” Since Bret was still competing at the time, Cogdell and Erickson went to almost every World Cup together as athletes. Ever helpful, Erickson would sacrifice relaxation time to stand behind Corey and watch her shoot. Though he would insist that Corey is the one who pulls the trigger, Cogdell attributes much of her success to Erickson: “Without him, I wouldn’t have been able to do it. He picked me up so many times when I wanted to quit,” said a very appreciative Corey.

After her win at the 2007 World Cup, Corey was on fire. She smoked the competition at the Spring Selection Match of 2007, where she earned the only spot to the Pan American Games, where she won a bronze medal. A poor showing at the 2008 World Cup in Germany left Corey confused and doubting her talent. “I remember sitting there thinking ‘I’m going to the Olympics in three months and I just shot a 58, what am I going to do? I’m going to go and embarrass myself.’” She called Bret after the match and asked if she could train with him.

Almost two years to the day after she moved, Cogdell once again packed her bags and headed back to Texas; however, in lieu of a travel trailer, she moved in with Bret and Lisa Erickson ninety days before the Olympics. Both training for the 2008 Beijing Games, Bret and Corey shot nearly everyday. Cogdell also reached out to US Olympic Committee sports psychologist Peter Haberl to aid in mental preparation. With a new attitude and focus, Cogdell was on the fast track to success. “At Left Photo: Corey Cogdell and her MX-10 Perazzi pose with the American flag for a Team USA photo shoot.
that point," she said, "I just decided that it was all or nothing and
even though it had only been two years, I had worked my butt off
for two years and I wasn't going to give up because I shot a 58 at a
World Cup."

In Beijing, after a poor first round, Erickson was out of medal
contention. Instead of going back to the Olympic Village or sulking,
he helped Cogdell calm her nerves and prepare for the first
round. "Bret's always been my coach," said Corey, "even when Lloyd
was there, Bret was my coach." With the support of Erickson, love
from her father, and cheers from her Grandparents, John and Mar-
rian Torgenson, and Aunt and Uncle, Barb and Roger Jacobson, in
Minnesota, Corey found herself in a four-way shoot-off for Bronze.
Wishing for the first slot, she drew the longest straw to shoot last.
One miss, two, and then three put Corey front and center in the eyes
of millions. With a quick prayer, Cogdell aimed, fired, and saw an
unbroken target fly by. "Hit!" declared the judge, who saw a small
chip from the target. As she fell to her knees and pointed to the sky,
Corey Cogdell rightfully claimed the Bronze medal. "I did it daddy!
" she said as she immediately called an anxious Richard. "I told her
she was going to win a medal," said Richard. "She worked so hard –
she deserves it." As the first American woman to win an Olympic
medal in International Trap, Cogdell set the standard.

Coming off the high of the Olympics, Corey took time off to eval-
uate her future. Both Erickson and Corey admit that her game was
"band-aided" for the Olympics. "She can get a lot better . . . you
never see an athlete shoot for two years and go to the Olympics –
she did. You never shoot two years and win a medal – she did," said
Erickson. Though she has a good working knowledge of the game,
Erickson wanted to tackle the fundamentals. Cogdell and Erickson
once again teamed up to change her stance, hold, and more.

Two days before the Fall Selection Match of 2009, Cogdell's pride
and joy, the MX-10 Perazzi she purchased as a teenager, had a major
malfunction. The side ribs blew off and the top and bottom barrel
separated. With no hopes to overnight the shotgun to Perazzi, she
found a gunsmith in Kerrville to weld the gun together. She shot the
rest of the match with her triaged gun and made the team. When
Perazzi contacted her a few weeks later, shotgun-expert Lucio men-
tioned that he was surprised she still made the team
because her bottom barrel was shooting high and
to the right – the gun had been welded that way. Without her MX-10, Cogdell has been shooting a
team gun, or the firearm equivalent of Frankenstein.
It's fashioned from a barrel of one gun, a stock from
another, a receiver from another, and forearm of a
fourth gun. Her MX-10 arrived two days prior to
the 2010 Acapulco World Cup, yet practicing with
Frankenstein didn't prevent Cogdell from shooting
her way to second place.

With four years of International Trap shooting
this April, Cogdell isn't going anywhere. She's travel-
ed through the peaks and valleys, altered her en-
tire game, beefed up her mental approach, been a
fixture in the Olympic Training Center's strength
and conditioning facility, and is equipped with a
new Perazzi. You can't keep this girl down because
she won't let a bad score, malfunctioning equip-
ment, or any obstacle stand in her way. Stubborn
as her mother and committed as her father, she is
determined to be the best and determined to win. Her sights are
now set on the 2010 Beijing World Cup, where she will be shooting
at a range familiar with her success.

When I wrapped up the interview, I asked Corey for her email
address to send a proof and follow-up questions. "Cogdell2012,"
she responded. "Oh, how fitting," I replied thinking of the upcoming
Who would have known that with a $4,000 travel trailer, talent, and
tenacity, Corey Cogdell would achieve her seven-year-goal a few
years early. ■ Katie McGinty

Corey Cogdell and the men (Lloyd Woodhouse- L, Bret Erickson-R) who guided her to a
bronze medal.

Proud father Richard poses with baby Corey, his latest kill, and sharp-shooter Tanis,
who is shown holding the notorious single-shot Chipmunk.
Queen's theme song, “We are the Champions” had been pounding in my head the entire match.

I called for the final target. Fat and slow, more like a Frisbee than a clay target, that fragile pizza pie popped into view and then smashed into the stinging swarm of #9 shot . . . and then that crispy disk blossomed into a dense, swirling cloud of orange and black smoke.

Prettiest little Low Eight I ever shot.

It stands as one of those rare moments that both transcends and defines a life event. It was the last competitive International Skeet target I ever shot, a way back on July 17th, 2004. It happened at the USA Shooting National Championships, an event that now ranks pretty high on my list of good times.

Oh, I've had plenty of rough times at the National Championships as well. After tearing up the first 75 targets in the 1986 Nationals, I slapped an embarrassing 19 X 25 on the scoreboard to end the day, and end my chances for a sure victory. A few years later I squirted a High Three when I pulled the trigger only to hear a “click”—not due to a faulty shell, but because I forgot to load my gun. And of course, there were simply lots and lots of misses in nearly 20 other Nationals.

But we can't deny it: The National Championships is an event we just can't miss! The culmination of days, weeks, and months of training, this sparkling event is as much about high drama as it is about high scores. Sometimes equal parts self-actualization and self-destruction,
the Nationals were, for me, 100% self-discovery. Other shooters surely have other perspectives, but we all share a common reaction to the Nationals: We love every minute of it.

Camaraderie, challenges, excitement, victories large and small. A small fortune to go there, but a Big Deal to be there, and worth every penny. A chance to shoot with the Big Boys and Girls—Vinny Hancock, Corey Cogdell, Matt Emmons, Jamie Beyerle, Jason Turner, Libby Callahan, and many, many others. Want some time with the National Coaches? You got it. Need a moment or two with the Director of Ops or the CEO? All yours. The Nationals is a shooter’s paradise, a cauldron of competition and exhilaration with a dash of frustration sprinkled in for good measure.

We just can’t miss it.

Go there, my friend. Click the “Competitions” then “Match Information” links on our website (www.usashooting.org), pull down the registration form, send in your registration fees (many events are less than $125) and book your hotel. Simple, swift, and stirring; in five minutes you’ve taken the first step on a memorable journey. All that’s left to do is shoot great—and that you can do.

We’re hoping to make this year’s Nationals the best ever, and I’d love to see you there building your own transcendent life event. Win, lose, or draw, you’ll walk away with something special, something you’ll have forever, and something uniquely yours: A “National” treasure that gets better with time and is never lost.

Oh, that Low Eight? It was the 318th target I broke in that match, and the one I needed to win the 2004 National Championships. Queen’s song played out well; I was lucky to put that match in the bag, but in reflection I realize that for all who shoot the Nationals, indeed, We are the Champions. • Bill Roy
The USA Shooting Team is one of the most successful and decorated programs in the history of the sport. Yet in order to remain competitive and continue performing at a level of excellence, the future demands resources beyond current levels of funding for our shooting program. Financial backing and award-winning performance are not mutually exclusive; the more money for athlete training, competitions, and coaching equals more opportunities for medals and success. In 2008, The USA Shooting Team Foundation (USASTF) was formed with the specific purpose of increasing support to ensure the continued success of USA Shooting. The Foundation was created as a separate non-profit organization to serve as the fundraising arm of USA Shooting. The mission of the USASTF is to “provide philanthropic support to USA Shooting, ensuring athletes have access to the best facilities, coaching, training, and support in the pursuit of Olympic and Paralympic medals.”

Since its inception, the Foundation has obtained 501(c)3 status and developed a board of directors with diverse backgrounds and impressive credentials. The Board of Directors is comprised of Ron Schauer, Bob Coyle, Steve Scott, Pete Brownell, Butch Eller, Randy Moeller, and Buddy DuVall. The former Director of Marketing for USA Shooting, DuVall will serve as the Executive Director of the USASTF and conduct day-to-day operations of the organization.

For more than a decade, USA Shooting has funded activities through sponsorships, internally generated fees, direct mail, and support from the USOC. Such fundraising efforts by USA Shooting will remain with the Foundation. Consequently, the Foundation is in the process of expanding existing corporate sponsorships and funding programs. Moreover, the USASTF is establishing new programs that will provide sustainable revenue streams to meet annual operating expenses and provide additional resources to help achieve Olympic success.

One such initiative is the Champions Circle Program that debuted in January of this year. The Champions Circle Program was created to provide individuals with an opportunity to support annual operating needs with contribution options from a one-time gift to annual gifts. Champions Circle members will enjoy access to exclusive promotions and industry programs in addition to the opportunity to attend the Olympics (and other international competitions) with arrangements coordinated through the Foundation. The Champions Circle Program will be expanded to include a major gifts program, which will provide additional funding for athlete support, new facilities, coaching and athlete pool development.

Last fall, the Foundation went through an extensive strategic planning process to understand and address the following funding needs of USA Shooting: athlete support, facilities, programs, coaching, etc. This process resulted in a comprehensive plan that details objectives, initiatives, and actions to help the USASTF uphold its mission. The Foundation is working closely with USAS staff and the Board of Directors to provide and direct resources that will place even more American shooters on the victory podium. For more information, please visit the Foundation’s website at www.usashootingfoundation.org or contact Buddy DuVall at 719-866-4880. Thank you for your continued support! - Buddy DuVall
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Board of Directors Spring Meeting

The semi-annual meeting of the USAS Board of Directors was held March 13th at the Olympic Training Complex in Colorado Springs. President Gary Anderson presided over the meeting. Gary began by recognizing National Pistol Coach Sergey Luzov as the USA Shooting Coach of the Year and the USAS nomination for the USOC Coach of the Year.

I updated the directors on recent topics of interest and Gary reported on actions taken by the Executive Committee at their monthly conference calls since the November Board meeting.

As chair of the Nominating Committee, Dr. Jim Lally recommended John Groendyke as the candidate to fill the currently vacant “At-Large” director position. John spent time in the U.S. Army, is a successful businessman, an avid hunter, member of the Bunker Club, USAS life member, and avid conservationist. John received full support from the Board and will be seated as a director at the October 23rd meeting.

Buddy DuVall provided a report on marketing and fundraising activities including an update on the USA Shooting Team Foundation. Significant success has been achieved to date with excellent fundraising efforts at various conventions and industry shows.

A Bylaw amendment was proposed by the Executive Committee that facilitates action without a meeting. A update to Colorado non-profit law provides this increased flexibility. That amendment was adopted.

Karie Wright provided a 2009 financial report stating that the year ended much better than was forecasted at last year’s spring meeting when an operating deficit appeared inevitable. However, due to a strong recovery of our mail fundraising campaigns, the sale of our shotgun hull inventory, successful competitions department operations, an estate gift, and more generous support, a year end surplus was experienced.

The majority of the day was led by Kae Rader and focused on strategic planning. At previous meetings, the primary critical success factors of building the athlete pool, brand development & visibility and funding have been identified. It was agreed that “Building the USAS Support Base” is instrumental in advancing each of the critical success factors. After thorough discussion, the following were identified as key points: 1) Expand and energize the fan base; 2) Increase the number of Olympic-style shooting venues; and 3) Provide accessible (on-line) marksmanship instructional materials. The goal for each project is to make a positive impact within one year. Working groups composed of directors and staff will bring these objectives to fruition resulting in growth of the Olympic shooting sport.

The strategic planning session concluded with a discussion on USAS funding priorities and provide the Foundation with the direction necessary to develop a comprehensive longer term fundraising plan.

Bob Mitchell

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RailStation Update

Have you logged on to your USA Shooting membership account lately? If not, you may be surprised to find things looking a little different. It has officially been a year since USA Shooting initiated a partnership with RailStation for our online database system. Although the transition was lengthy, we are pleased with the new membership perks the system offers. As a member, you are able to register for matches, view rankings, match history, edit your personal profile, search for matches and clubs in your area, and renew your membership . . . all online! So, if you have yet to log on, are concerned with how to navigate the membership site, or need a refresher with the features of RailStation, we hope the following article provides clarity.

Match Schedule and Online Registration
Once you are logged on, in order to find shooting clubs or upcoming events in your area, please visit the “Match Schedule” tab at the top of the home screen. Here you will find match dates, contact information, and program or online registration (if it is available). Click on the “Enter” hyperlink to return to your profile page. The reason you are routed back to your profile is to ensure that all of your information is correct prior to registration. If everything is accurate, scroll down to the bottom of the page and click “Next.”

How do I see who is Registered?
If you want to see who has registered for an event (that offered online registration), please click on the “Match Results” tab at the top of the screen. Find and select the match you are interested in. On the left hand side of the screen, please locate the “Reports” box. Next, click on the box labeled “Entrants List” and you will find a list of registered athletes.

Viewing Old Match Results
Within your member profile, on the left hand side, you will be able to view your match history. This new feature allows you to view a single match and the entire results of that particular match. Navigate to the “Match Schedule” tab and continue to select “Past Matches” to check old results.

Rankings
In order to view your ranking in comparison with other members, click on the “Rankings” tab at the top of the screen. In order to be ranked, you must have at least three match scores on file. Rankings are given in percentages for the most accurate rating and are based on your average for the last twelve months. On the right hand side of the screen, you will be able to see how many matches or exposures (EXP) were used to determine your ranking. If you cannot locate your name on the rankings list, then double check the number of match scores on file or your membership status. The ranking system only lists current USA Shooting members. Please contact the Competitions department if you have any questions or notice any irregularities in match scores or rankings.

Things to Come
In the next few months, expect to see classification for each discipline on your profile page. Until then we are asking members who want an accurate and current classification to average your last three match results and then consult the USA Shooting Rules (GR 5.3). By June, we anticipate that all clubs will have the ability to sanction events, upload scores, pay fees online, and look up members both alphabetically and by member number. Clubs will receive an e-mail from USA Shooting when that feature becomes available. We appreciate your patience as we continue to adapt this system to provide the best possible tool for our membership base. If you have any questions, comments or feedback on how we can better improve our services for members, please do not hesitate to e-mail Lindsay Brooke at Lindsay.brooke@usashooting.org or call 719-866-4885. ■ Lindsay Brooke
Welcome to show season – where blistering cold and banks of snow don't stop the elite of the shooting world from traveling near and far to reach out and meet fans, sponsors, and outdoorsmen. While many team members are preparing for early season competition and spring World Cups, others are taking time to travel to shows and conventions as USA Shooting ambassadors. Some of their recent conquests include the Dallas Safari Club Show in Dallas, NSSF’s SHOT Show in Las Vegas, The Wild Sheep Show in Reno, and the Western Hunting & Conservation EXPO in Salt Lake City.

In addition to representing sponsors and gaining visibility for USA Shooting and shooting sports, the show circuit allows team members to aid in fundraising activities. Auction items, raffle tickets, and merchandise sales netted over $235,000 of support for the Team. Needless to say, this show season proved an exceptional year for fundraising and athlete publicity. Throughout their time as representatives of USA Shooting, team members were exposed to and had the pleasure of meeting nearly 200,000 shooting, hunting, and conservation enthusiasts.

With the buzz still fresh from the Winter Olympics, the athletes encountered heightened awareness of Olympic sports and had many people stop by the booth for greetings and to inquire about shooting. This public curiosity served as an excellent opportunity to educate potential fans about Olympic shooting events and explain the differences between our summer events and winter Biathlon events. Show attendees had the opportunity to meet talent such as Connie Smotek, Haley Dunn, Corey Cogdell, Frank Thompson, Amber English, Keith Sanderson, Matt Emmons, Glenn Eller, Jamie Beyerle, Susan Sledge, Collin Wietfeldt, John Mullins, Terri DeWitt, Caitlin Connor, Jon Michael McGrath, Sean McEland, Mike McPhail, and Jeff Holguin. Their efforts, without a doubt, made a lasting and positive impression of USA Shooting and its athletes.

USA Shooting would like to thank all of our partners for the opportunity to participate in their 2010 shows and conventions. Thank you for all of your support! The final leg on our journey is the 2010 NRA Convention in Charlotte, North Carolina, May 14 – 16. We would love your support as we continue to promote USA Shooting, its athletes, and the shooting sports. • Buddy DuVall; Photos courtesy of Bill Honza
In April, athletes of the USA Shooting Team and USAS Staff participated in Shooting, Archery, Field, Excellency Trials for Youth (S.A.F.E.T.Y) events hosted by the Dallas Safari Club in Dallas, Texas. The Shooting Archery Field Excellency Trials for Youth involves competition and education for Texas youth. Students enrolled in the firearm safety class put on by the Dallas Safari Club have the opportunity to try out different methods of shooting. Students and a parent meet instructors at the Greystone Castle for an entire day of shooting and field training, with an emphasis on safety. Equipment for the day includes shotgun, pistol, rifle, muzzleloader, bow and arrow, and crossbow. With the help of USA Shooting team members Miranda Wilder, Caitlin Connor, and Rachael Heiden, students learned safety and ethical hunting practices. A fall edition of this program is scheduled for September 18, 2010.

Wilder, Connor, and Heiden will compete in junior shotgun events for the United States in the World Shooting Championships in Munich, Germany in August. USA Shooting is pleased to announce that the Dallas Safari Club is a Junior Team sponsor for this world championship event.

The Dallas Safari Club was established in 1972. The club is active in outdoor education, grants, and most especially conservation. Membership includes hunters, conservationists, and outdoor enthusiasts. The Dallas Safari Club is well-known for its annual convention, which is scheduled for January 6-9 of 2011. This four-day event will serve to create a convention standard for the 20,000+ attendees.

USA Shooting is proud to begin a cooperative relationship with such a highly regarded organization. We look forward to bringing the members of USA Shooting more information and updates regarding our work with the Dallas Safari Club. For more information about the Dallas Safari Club and its events, please visit www.biggame.org.

*Katie McGinty; Photos courtesy of Jennifer Wilder*
World Cup Update: Acapulco and Sydney

USA Shooting is proud to report the outstanding performance of shooters at the Shotgun World Cup in Acapulco, Mexico and Rifle/Pistol World Cup in Sydney, Australia. US participants captured a total of 11 medals. The US Shotgun Team traded the cool spring weather of Colorado Springs for the warm beaches and blazing sunshine of Acapulco in the first week of March. American shotguns garnered at least one medal in all five events: Women’s Trap, Men’s Trap, Double Trap, Women’s Skeet, and Men’s Skeet. This feat marks the most individual medals won by an American team at a World Cup in recent history.

Some notable moments include a silver medal by US Skeet shooter Sean McLelland, and 2008 Olympic bronze medalist in trap, Corey Cogdell, shot a 91 x 100 for a silver medal. Her teammate on the men’s side, John Mullins, had his best international performance to date with 144 X 150 to grab the bronze. The US trio of Josh Richmond, Jeff Holguin, and Billy Crawford won a team gold medal in double trap. Richmond also won an individual gold with a score of 192 x 200, followed by Holguin with 191 x 200 for bronze. America’s skeet queen, Kim Rhode, shot 97 x 100, good enough for gold. Just behind her was new-comer Amber English, who shot 96 x 100. English missed silver in a sudden-death shoot-off, but brought home bronze. The US Shotgun athletes are currently preparing for three remaining World Cups and the pinnacle event of the summer, the World Shooting Championship in Munich, Germany, in August.

In Sydney, Matt Emmons shot 1272.6 points in Men’s 3-Position Rifle for gold. Emmons has more hardware in 3-Position Rifle than any other active US rifle shooter. The second medal for the US came from Jamie Beyerle, with a bronze medal in Women’s 3-Position Rifle. Army Marksmanship Unit athlete, Daryl Szarenski, won bronze with a score of 567 in Free Pistol. For complete results of either competition, please visit the USA Shooting website and select “Match Results” under the “Competitions” tab.

Photos courtesy of Marco Dalla Dea, © 2010 ISSF.
Athlete Representative Elections This Summer

Nothing could be truer than this adage: The sport revolves around the athlete. In the International shooting sports especially, athlete input, suggestions, feedback and support are critical to the success of the sport.

This summer, athletes have the opportunity to elect USA Shooting Athlete Representatives for Rifle and Shotgun, both of whom will serve four-year terms. Nominations and elections for these representatives and alternates occur at the USA Shooting National Championships during meetings open to all USAS members.

The election for Rifle will take place on June 15th, at 3:30 pm at the pavilion on Hook range during the competitors’ barbecue. For Shotgun, the meetings for nomination and election will take place on July 2nd, 7th, and 10th, 4:00 pm, in the clubhouse of the International Shooting Park on Fort Carson, Colorado Springs.

As established by the USA Shooting By-Laws, during this quadrennial, the Athlete Representative for Rifle must be a female athlete, and the alternate must be a male athlete. For Shotgun, the Athlete Representative must be male, and the alternate must be female. Nominees need not be present during the nomination or election, but nominees must agree to serve in the position for the entire length of the four-year term.

Athlete Representatives are voting members of the USA Shooting Board of Directors, and interface with athletes in their respective disciplines on an ongoing basis. They also interact with the Athlete Advisory Committee Representative, as well as National Coaches and other members of the International shooting community. The Representatives offer input on team selection procedures, Code of Conduct issues, Board of Director actions, and a variety of shooting-related matters.

The outgoing Rifle representative is Eric Uptagrafft; the alternate is Morgan Hicks. The outgoing Shotgun representative is Haley Dunn, and the alternate is Dominic Grazioli. ■ Bill Roy
Established in 1906, the Los Angeles Rifle & Revolver Club (LAR&R) is a non-profit (501c3) organization with the mission of promoting competitive rifle shooting. Moreover, we strive to aid in the discovery and development of future Olympians. LAR&R is a smallbore rifle range located just east of Los Angeles. A major advantage that our club boasts is the ability to shoot outdoors year-round. The range currently offers 45 prone points, 18 three-position points, and 10 bench rest shooting points with up to 100 yards shooting distance.

We believe that world-class coaching at a world-class facility, in conjunction with hard work, produces world-class rifle athletes. Olympian, World Champion, International, and National caliber athletes have trained at LAR&R. We are proud to bring record-breaking talent in the form of Mr. David Kimes. He was a 1980 Olympian, two-time World Champion, and World Record holder, and now is the head coach at LAR&R. Paired up with the talent of Mr. Edward Knutson, our coaching duo has produced successful junior shooters in the past few years, including State and National Champions and record-holders.

The Los Angeles Rifle & Revolver Club is also devoted to increasing the pool of certified rifle coaches, officials, and volunteers for the next generation. So, even if you are not a competitive rifle athlete, we invite you to be a part of this exciting sport. We hold regular rifle coach schools and intermediate to advanced level rifle clinics. LAR&R is also the site of USA Shooting Preliminary Tryouts.

The club is located in the Los Angeles County Whittier Narrows Recreational Area, Athletic Area A, just northwest of the SR-60 freeway and Rosemead Blvd. Upon entry of the park, follow the circulation road to the right, pass the BMX track on your right, the range entrance is on your right. The club is open weekdays for members only, but offers public hours on Saturday and Sunday. For specific hours or more information, please visit our website at www.larrclub.org or contact Ray Del Rio at 714-998-1804. We look forward seeing you on our range.
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Matt Emmons
Double Olympic medalist,
ISSF World Cup 2009 Silver Medal Prone - WC3,
Bronze Medal 3P - WC3

Keith Sanderson
Multiple 2009 ISSF World Cup Rapid Fire Pistol medalist,
Silver Medal - WC1, Gold Medal - WC2, Bronze Medal - WC3

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