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USA Shooting wishes to thank its supporting partners.
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Starting with this issue of USA Shooting News, we are incorporating more informational articles on each of our three disciplines—rifle, pistol and shotgun—into as many issues of the magazine as possible. It is imperative that you, the reader, open up each issue of USA Shooting News to find the most valuable articles on subjects most important and beneficial to you. So I am asking, what do you, the shooter, want to know most about? We are looking for members of the USA Shooting family to help us identify potential topics as well as writers who can assist us in accomplishing our goal of appealing more to the every-day shooter. If you have any ideas for topics you are eager to learn about, I encourage you to email me and let me know what they are. I am also asking for more contributing writers and searching for the experts who can write about the elements in shooting (rifle, pistol and shotgun) our shooters want to know more about. Please contact me at media@usashooting.org if you have any ideas or if you would like to contribute to the magazine. We are striving to make this the best possible magazine for ALL USA Shooting members and enthusiasts!

You will also notice in this issue that our layout has changed a little bit to accommodate more “feature” articles related to our three disciplines. We hope you will enjoy the new layout, and please feel free to let me know if you have any recommendations to help us make USA Shooting News even better!
In my previous column, we discussed the logic of grip-fitting and the various ways to test the “feel” of a grip. I encouraged you to start with a grip that already fits pretty well.

New pistols are almost always available with different sized grips so it’s important to tell the dealer the grip size you would like on your new pistol. You should also inquire about fees to place a specified grip on the pistol. If you are purchasing a used pistol, it is often easier in the long run to buy a new grip that is close to the right size instead of trying to add lots of filler to that large grip when you have an extra small hand. The opposite can happen by taking too much support off a grip when trying to fit your large hand into a small grip. Pilkguns is usually set up on the range at the USA Shooting Rifle/Pistol National Championships with all different types and sizes of grips and would be happy to help you find what you are looking for. Even if you do not buy a grip, you will know which grips fit better.

Do not neglect the importance of safety equipment in grip fitting. Safety glasses are a must when working with high-speed rotary tools (such as a Dremel tool) or any other tools that put wood chips or filler into the air. A rotary tool removes wood and filler in tight curved spots. These tools are very versatile and you can purchase them at any home improvement store. You can vary the speed to grind hard wood, soft wood and filler. The bits I prefer are the course sanding drums. They are available in several sizes, which is helpful for working the various and dynamic shapes of a grip. Another bit I use is the cut-off disk for cutting the fine line in grip halves after you have filled across the grip seam. You'll also need a mask. Grinding on filler releases chemicals and can cause damage to the lungs. Disposible gloves are also useful; I have seen some pretty bad chemical burns from filler when people put it on the grip and then stick their hand in the filler until it dries in order to get the lines correct. Also, ear plugs help when using power tools if for nothing more than to help keep your sanity.

Before I discuss the fitting of the grip, I want to review some vocabulary. When I refer to a wood remover, I am referring to the rotary tool, file, sand paper, rasp or anything else that could remove wood and filler. The main parts of the grip are as follows (starting from the wrist and moving to the finger tips): The palm shelf supports your hand on the pistol, and the thumb rest supports your thumb on the pistol. The crotch lies under the rear sight and is in contact with the web between your thumb and index finger. The palm ridge line is the line from your wrist towards your fingers. The ball is the portion of the grip that fits into the space formed as you cup your palm. Moving towards the fingers is the valley where the meat right below your fingers forms a valley in the grip. Next, there is the finger ridgeline where the fingers and the palm meet. Between your middle finger and trigger finger is the middle finger shelf. Finally, there are the finger grooves with the three segments of the fingers being the lower segment, middle segment and tip segment of the fingers.

In Grip Fitting 103, we will discuss in detail the actual fitting of the grip using the terms above, as well as the other important elements discussed in Grip Fitting 101.

Until next issue, keep your sights aligned and STAY ARMY STRONG!
Rules of Engagement

By: Master Sgt. Jeffrey J. Julig, Air Force Shooting Team

Rules govern our actions in all aspects of life and are necessary to preserve order and address the common interests of society. In the military, rules of engagement are the set of rules used to control the use of lethal force against the enemy. Like many concepts, the phrase “rules of engagement” is often used in a wider context to identify a collection of rules that apply to a specific event or activity.

While never a popular topic, rules in sports are necessary to set the limits of fair and open competition and measure the skill of an individual or team under similar circumstances. Rules set boundaries but do not limit drive, determination, hard work, focus and intensity. An athlete’s knowledge of the rules allows him or her to maximize effort and focus on specific tasks within defined limits. In this article, we will explore how understanding the “rules of engagement” that govern our sport may help improve performance.

Student of the Game

Elite athletes are often referred to as “students of the game” for good reason. High performers pursue every possible edge over their competition and plan to overcome obstacles that may adversely impact their performance. As an athlete advances and becomes more competitive within his or her sport, the rules become more restrictive and apply both on and off the firing line. Rules may govern areas such as controlled substances, personal conduct, performance equipment and competition. Understanding the rules that apply to an athlete’s level of competition will improve performance and may help place a marksman on the medal stand.

Presumed Knowledge

A well-established legal principle holds that a person is bound by the law even though he or she is unaware of it. This principle, commonly known as “Ignorance of the Law is No Excuse,” presumes that an individual is aware of laws within his or her jurisdiction. Athletes are judged by the same standard.

When an athlete chooses to compete in a match or accept membership on a team, that athlete is bound by the rules associated with that group or event. The athlete must understand the “rules of engagement” that govern his or her actions on and off the firing line.

While it is not practicable for an athlete to memorize all of the rules and account for each nuance that applies to his or her sport, it is important to understand the rules that may influence his or her performance. When seeking knowledge, an athlete should consider the following areas:

- Know the competition rules and where to find them. An athlete has a personal duty to read and comprehend the rules that apply to his or her level of competition. It is unwise to rely on the advice of “clubhouse lawyers” to know the rules or interpret them for you. Separate those who think they know from those who actually know the rules. Seek out the rules and study them on your own. Not once, but review them before each competition as part of your training. The first time you read the rule book should not be when you are filing a protest.

- Ask for clarification before you act. If an athlete is unsure whether a rule or a policy applies, he or she should seek guidance and clarification before his or her actions are challenged. Consult the competition manager, a referee, coach, physician or other subject matter expert to avoid an unexpected outcome. An athlete’s personal knowledge of the rules allows him or her to identify areas of concern prior to a competition or a drug test. Become an informed athlete and do not be afraid to ask for clarification when necessary.

- Understand your right to protest or appeal. Most rule sets and policies have provisions to ensure due process. An informed athlete increases his or her chance to successfully appeal an errant ruling if he or she is fully aware of the process. Protests or appeals are usually limited in scope and must be filed within a specific timeframe. In addition, an appeal or protest may take time to prepare and may require the athlete to pay a fee. An athlete who understands the rules and policies is better equipped to file a timely, well-supported appeal. Hard lessons are often learned after a protest is lost because action or inaction prevented some form of relief.

- Uncommon Sense

The daily news reveals far too many examples of self-destructive behavior that begs the question, “What was he or she thinking?” Lapses in judgment, social influences and other factors may lead an otherwise disciplined athlete off target away from his or her goals. Following the rules outside of competition appears to be common sense to many, but it is not as common as it should be.

Athletes are required to adhere to rules that extend beyond the firing line. To protect the identity of the group as a whole, organizations publish rules to govern the conduct of its members outside of competition. Marksman-athletes are no exception and remain subject to the standards set forth by the sport’s governing bodies. While an athlete may not agree with a particular rule or policy, his or her membership in a group is contingent on compliance with its standards. Failure to comply with the rules may terminate the relationship.

Listed below are several timeless pitfalls that are worth revisiting:

- Standards of Conduct. Athletes should review the standards of conduct to learn the limits of acceptable behavior on and off the range. An athlete is accountable for his or her actions and has a duty to seek out and comply with any applicable standards of conduct. While standards of conduct limit individual freedom, it is necessary to create a minimum standard of behavior to advance the interests of the group.

- Dress and Appearance Standards. Dress and appearance standards help cultivate an “athlete image” for an organization and advance its brand. Market yourself and your sport by knowing and following the dress and appearance standards. An athlete is judged using impressions formed based on subtle characteristics of personality, attitude and appearance. Whether you like it or not, dress is an important element.

- Endorsements, Marketing and Sponsorship. Specific rules exist for amateur athletes in this area to protect the interests of the athlete, cooperate and private sponsors, and the sport. Understand the limits of support and sponsorship and that certain actions may have unintended consequences.

- Group Mores and Etiquette. All rules are not reduced to writing. Many groups establish practices and adhere to unwritten rules to influence individual behavior. These rules, as determined by the group as a whole or members at a specific location, are also important. An athlete must account for cultural and regional differences both in and outside the United States to avoid offensive behavior. Athletes should recognize what is socially acceptable before they travel to ensure he or she will leave a positive, lasting impression.

- Perception is Reality. An athlete’s actions – especially non-verbal communication – shape the opinion of those he or she encounters. Human nature and personal experience encourage people to act upon stereotypes and prejudices; recognize how others may perceive you. Athletes should consider how their actions may influence another’s perceptions and possibly affect their personal safety when traveling abroad.

- A Thought Left Unspoken. It is important for an athlete to exercise his or her ability...
to remain silent under certain circumstances. If an athlete believes changes are necessary, he or she should step-forward and help solve the problem diplomatically and professionally. Athletes are known for both what they say and how they say it. They are their own ambassadors and represent their family, friends, community and nation. An athlete should be remembered for his or her accomplishments and not an unfortunate confrontation or lack of judgment.

**Improving Your Performance**

Studying the rules rarely rises to the top of any athlete's to-do list. However, it is an important aspect of training and could make a difference during a competition or help an athlete avoid an unfortunate decision. Below are several areas that may improve your performance:

- **Use index cards to list the most likely encountered rules.** Index cards are a great way to capture important information. List the rules or references to the rules you are most likely to encounter on the firing line so you can make an informed decision during a match or raise an issue to a referee. An athlete may also make a list of banned performance-enhancing substances for easy reference.

- **Rehearse responses to a situation or a referee's decision.** The military uses “lane training” to simulate a situation before it actually happens. Lane training uses realistic simulations and “what if” scenarios to test an Airman's response without the life and death consequences. Athletes may use a similar method to test responses to equipment malfunctions, irregular targets or a mistaken call by a referee. For example, “If my firearm malfunctions, I will _________. ”

- **Serve as a member of a Jury or as an Assistant Referee or Range Officer.** An athlete may gain experience applying the rules as a member of the Jury or in another capacity. Setting targets, observing officials and viewing other competitors offers a unique insight into the practical application of the rules.

- **Use knowledge to bolster your confidence.** Informed athletes use their knowledge of the rules to overcome a setback and minimize its effect on their performance. For example, if something unexpected happens during a match like a firearm malfunction or an errant call, an athlete that is aware of the rules is able to calmly react to the situation and continue on with the match. If necessary, an athlete will take the proper actions to preserve the issue on appeal. Athletes who know the rules are better equipped to deal with a crisis free from emotion.

- **Seek Positive Change.** Athletes have the ability and opportunity to change rules and policies that affect the entire shooting community. If an athlete believes a rule or policy is unnecessary or oppressive, he or she should seek to change the rule through the governing body. The process may require some effort but athletes interested in advancing their sport should seek constant improvement.

**One Final Shot**

In a sport where the winner is determined by a fraction of a point or a single broken target, an athlete should never let his or her lack of knowledge of the rules affect the outcome of the match. Athletes should use their knowledge of the rules to their advantage and put forth maximum effort within the rules. Rules may appear burdensome but do not handicap your performance or potential because you failed to obey the rules. Seek a competitive advantage by knowing what to do or who to ask for assistance in any given situation. Understand the “rules of engagement” to maximize your opportunity to succeed on and off the range.

Until the next competition, the Air Force Shooting Team challenges each of you to train, compete and win within the bounds of the rules of engagement and pursue excellence in all you do. If you have any questions about the Air Force in general, please visit www.airforce.com for more information.

“Inside the Blue” is a running series that looks at international shooting sports from an Airman’s perspective. Master Sgt. Julig is a member of the Air Force International Trap Team, and he is presently deployed in support of Operation IRAQI FREEDOM in the Baghdad International Zone, Iraq. The views expressed in this article, unless otherwise indicated, are that of the individual author. They do not purport to express the views of the Department of the Air Force or any other department or agency of the U.S. Government.

**Athlete Resources**

USA Shooting Policies & Procedures  
http://www.usashooting.com/policy.php

USA Shooting Rules  
http://www.usashooting.com/rulebook.php

United States Olympic Committee Legal Resources  
http://teamusa.org/content/index/1540
There is an old saying that in order to become a very good shooter, one must be “knee deep in brass” on a frequent and regular basis. In other words, one must do a lot of shooting. This may come as a shock to regular readers of this series of articles: I completely agree.

As most coaches will assert, one must have quality practice not just the quantity. In this article series, we spend the vast majority of the time exploring self-talk, confidence, attitude, training, competition techniques and any number of additional topics drawn from applied sports psychology. Those topics are critically important—and often overlooked by many athletes and coaches. Yet, they are useless without a solid foundation of technical training.

Interestingly, even those who do not embrace the value of applied sports psychology and who believe only in training, training and more training, often do not do enough training! Recreational shooters are limited in their training time and have no choice. Athletes who are serious about reaching the top levels of the sport need to utilize applied sports psychology—and do a great deal of training.

Training Effect
Shooting in multi-day competitions, especially those of four or more days duration, often notice a “training effect” over the course of the competitions. As long as their stamina holds out, they find that they shoot better as the days go by. This is especially true at competitions such as the weeklong USA Shooting National Championships and at the various NRA championships held each summer at Camp Perry. One of the best examples is in NRA conventional prone. Some of these competitions involve 160 record shots a day for four days. Including sighting shots for each stage, an athlete will use over 800 rounds of ammunition and more typically closer to 900, 1,000 or more over the four days. For those who are only able to train infrequently, this is an intense “training” period and an improvement is often noted.

There are some athletes who understand the value of volume training. They notice that through the volume, awareness builds and they are able to discern and refine ever-finer aspects of their shooting technique. They become adept at handling different situations that come up in training and competition. Some of the best shooters of all time, while not studying applied sports psychology, became their own experts in the field through their shooting. Many athletes are very poor teachers and coaches, whether technically or mentally, yet have come to hold an incredible understanding of what they need to do themselves to shoot well.

Volume Works
Two-time Olympic gold medalist Lones Wigger provides an interesting example of a top shooting athlete. Certainly one of the best rifle shooters ever, Lones worked very hard at his game. Equipment had to be working properly and adjustments refined. He learned and refined his tactics as well. How? Lots of shooting. While it is unlikely that he will sit with anyone and discuss the finer points of applied sports psychology, it is almost as unlikely that you will beat him in a competition!

In addition to the preparation and volume in his training, one of the critical elements in his own words is “Shoot in every darned match you can!” He knew that technical training alone was not enough. He built up confidence and a well-stocked tool kit of tactics and techniques in the crucible of competition. Yet, he also knew that this would come only through volume and intensity of training—and a high volume of competition.

Familiarity and Automation
Training with significant volume on a frequent and regular basis builds familiarity to a degree that we seldom experience. Tasks become automated to such a degree that it is difficult to do them incorrectly. Under pressure, we tend to do that which is most familiar. What do we want to do on the last shot of the big match where we feel the pressure? More importantly, what will we do? The answer to the latter is that we will do what we have done most often in training.

In the precision rifle and pistol events, one of the fastest ways to raise one’s score is to reject the shots that do not unfold properly. As one learns to reject, a debate often rages while on aim: “Should I reject this shot or is it ok?” Of course, that kind of thinking is fatal to a good performance! Through volume training, one becomes so familiar with what it feels like for a shot to unfold properly, that shot rejection becomes an automatic response to even the slightest awareness of something being off plan. There is no thought or judgment. Note that this familiarity is both physical and mental. It only comes through volume training.

Conversely, in the shotgun and rapid-fire phases of the 25 meter pistol events, one does not have the luxury of rejecting shots that do not unfold properly. The only option is to have one’s body and mind so familiar with the routine that there is almost no chance of error. When the target launches, one must swing the shotgun now, and properly, in order to get a nice burst shot after shot.

Training to this degree is also of benefit to the precision rifle and pistol shooter, since it reduces the number of rejections, thus saving critical energy and time. This also frees the body and mind to handle deeper tasks since there is no internal distraction over mundane details that should be trusted. An example of automating and trusting the details illustrates the benefits.

Automation Works
Tom Suswal is a very good smallbore prone shooter and provides a good example of a shooter who understands both quantity and quality in training. He trains as much as possible consistent with family, work and other obligations. He does so frequently and regularly. His self-directed training sessions are planned, focused and provide him with quality training. He has a great deal of competition experience and many lessons-learned stock his tool kit. When he is working his game, he is among the very best.

One year, during the second day of the iron sight matches at Camp Perry for the prone competition, Olympian Jack Foster watched Tom clean a 20 shot match stage in very, very tricky conditions. Tom ended up with a perfect 1600 and high X count (inner tens) on a
very difficult and windy day, and was among the very top finishers at the end of the four days of competition. Afterward, they talked, and Jack commented that Tom was apparently sensing when his conditions were about to return, adjusting sights if needed and was always ready to shoot immediately when the conditions changed back to the prevailing mode.

Discussing this incident and concept with Tom recently, he said, "I seem to have developed a feeling when things are about to change for the bad and/or the good. Many times I would be waiting out a condition, and even though it was not changing I started to prepare to shoot as I felt it was ready to revert back to my condition. I cleared my mind, breathed, settled and started to squeeze, and at that point the condition came back, I shot, and got an X." He went on to comment that this is not something you teach a beginner, and I agree. One must take care of all the "basics" first.

Many shooters are unaware of condition changes until after they actually happen. Because Tom had trained so much and so well, almost all the aspects of the shooting took care of themselves. All he had to do was remain aware, and he could sense impending condition changes. Thus, he was less likely to get caught in a switch and shoot a wide shot. Instead, he always stopped, made sight adjustments if needed and was ready to shoot again quickly when the desired conditions returned. Prone shooters know that conditions are everything. Thus, Tom's ability to anticipate and instantly know how to respond is priceless. No delay, no debate, no hesitation. This would not be possible if he were still thinking about the details of actually delivering the shot. Tom developed these skills through a great deal of training and competition over the years.

Final Thoughts

The paraphrased quote at the beginning of this article speaks volumes. At first, we strive to learn how to do something. Then we think to ourselves, “I’ve got it!” Finally, we wonder why we still fail so often in competition.

Just because we can do something properly some of the time, especially in training, does not mean we can do it consistently, on demand or under pressure. We do what is most familiar under pressure. We must work well past being able to do something correctly to excel. We must work to the point that the proper physical and mental technique becomes the most familiar method.

Training volume is but one component of a holistic plan. Very recently, a young athlete commented that they “hate finals”—just before starting an important final! Despite being very well practiced, and despite having a great deal of practice volume, the athlete is still developing and has not yet developed the requisite mind-set and techniques for performing under pressure. Regular training with finals, triple shot finals and a variety of intensity training, among many other things, would benefit this shooter—and many other shooters. It is the combination of physical and mental skills that make the difference. “Work smart and work hard!” Both in balance.

Mere volume will not assure success. A well-balanced program and plan work wonders. Even some of our very best shooting athletes would benefit from an evaluation of their balance in this regard.

Now, let’s go shooting!

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. Previous installments of this series may be found at www.pilkguns.com.
A New Coaching Era

By Mark Weeks, National Shotgun Coach

As many of you know, the United States Army Marksmanship Unit (USAMU) hosted the Spring Shotgun PTO in March. The USAMU commander, LTC Frank Muggeo, Dean Clark and the staff at the USAMU Shotgun Section did a tremendous job as hosts. The match ran smoothly, was well-organized and the USAMU staff was as professional as always. I would like to thank LTC Muggeo, Dean and the USAMU Shotgun section for a job well done. I look forward to more matches being held at Fort Benning.

Leading up to the Spring PTO and during the match itself, I was approached by many shooters who have been wondering about my coaching philosophy and why I am making various changes to the match schedules. It has now been about seven months since I took over the head coaching job full-time. I had an opportunity to talk to many shooters at the Spring PTO, but since the same questions keep coming up, I thought I’d address them to a broader audience.

One thing that amazes me is how long you can be successful in this sport. The longevity of a great shooter’s career is one thing that separates us from many other sports. We have athletes that have been to three or four Olympic Games and are still looking for more. I have been part of USA Shooting for 17 years as a competitor and now a coach, so I have had a lot of time to observe great athletes and great coaches and absorb their great ideas. This is how I developed the three key areas that make up my coaching philosophy: planning for peak periodization, treating some selection matches as “marathons,” and teaching self-awareness.

The first part of my coaching philosophy focuses on planning and “peak periodization.” Peak periodization is a system that allows a shooter to select a few key matches during the year to achieve a top level of success. The rest of the shooter’s training plan is really focused on “peaking” at those key matches. It is unrealistic to expect a shooter to perform at his or her absolute best every single time he or she steps on the field. Peak periodization gives a shooter a better chance for success at more important competitions. This is also the reason I decided to make the National Championships and Fall Selection Matches the two matches that pick the next year’s World Championship Team. The World Championships are a key match where I want my shooters to achieve maximum success. By shifting the selection process back a few months, the World Championship Team will be able to plan their season in August or September instead of March or April. This will allow them more time to develop a training program that will allow them to reach a maximum level of success at the World Championships. Of course, we already have a tradition of success on the world stage, but I believe giving shooters more time to plan will lead to more medals. I also believe that it will help us turn some silver and bronze medals into gold medals.

The next part of my coaching philosophy involves treating some selection matches as “marathons” and others as “sprints.” Last August, I decided that I would make the Spring PTO match mirror a World Cup. I also decided that the Open World Championship Team would not compete at the Spring PTO. These decisions were for specific purposes. First, I wanted to show those shooters and parents who had never been to a World Cup how they are run and some issues a shooter might encounter at a World Cup. Second, and perhaps more importantly, I wanted to differentiate between shooters who could shoot “sprints” and those who could shoot “marathons.” In the past, most World Cup slots were filled by those shooters who shot well at our 525-target “marathon” selection matches. However, World Cups are “sprint” matches—they are only 75 or 125 targets. I wanted to make sure that I left some World Cup slots open for those shooters who could shoot a great 75 or 125 match, but who might get left out during a “marathon” selection match. I believe that our best teams are chosen using the “marathon” system, and I still plan to use 525 target matches to select teams. In addition, I will use designated PTOs to fill World Cup slots with additional shooters who demonstrate the ability to shoot a great “sprint” match. This change to the World Cup selection process will give more shooters more experience and will help increase our overall depth.

Finally, my coaching philosophy involves increasing my athletes’ self-awareness. In order to be a truly great shooter, you must be aware of your body and mind and you must be able to teach and correct yourself to some extent. The reality of this sport is that once the match starts, there is very little a coach can do. It is the job of the shooter to make any necessary corrections. In fact, it is against the rules for any person to coach while the shooter is on the line! I view my job as giving you access to tools and coaching during training, and then helping you implement those tools into your own customized match plan. I also understand, however, that not all shooters think alike or respond to the same type of coaching. My plan is to get team members the best coaching possible, and if I can’t get you what you need, then I will find someone who will. I am pleased to announce that Dwayne Weger, Bret Erickson, Dan Carlisle and Joe Bernolfo will be my assistant coaches. I believe that between all of us, we will be able to meet any shooter’s needs.

As with any changes, there are sure to be some bumps along the way. In the long run, I believe these changes will improve the success we are accustomed to. I appreciate your continued support, communication and patience. GO USA!

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Fundamentals of Pistol Marksmanship

By Keith Sanderson,
2008 Olympian
Pistol shooting, at least good pistol shooting, involves many skills. Each skill overlaps another and the large number of seemingly intangible aspects of each skill can make learning this sport difficult. There is no such thing as a “naturally great” shooter and even the finalists in the Olympic Games trained to the very limit of their capacity.

But how do you start? How do you get better than you are now? How do you stop making as many mistakes? You need a guide, but what? The Fundamentals of Pistol Marksmanship are your guide to improvement. Improvement results from training to perfect the application of the fundamentals. The challenge is to use your mistakes to show you where you need to improve and then replace mistakes with the perfect application of a specific fundamental that applies to each mistake.

Let's distill the fundamental areas of pistol shooting into these categories: Position, Grip, Trigger, and Sights. In your shooting, you can use these one-word terms to signal the entire range of fundamentals in each category, so a mental shout to yourself of “Sights!” can surface all the critical concepts. These Fundamentals of Pistol Marksmanship are interconnected in successful shooting, but clearly separate in their unique elements.

To begin, Sights are a subset of Trigger, Trigger is a subset of Grip, and Grip is a subset of Position. In addition, the ordered application of the fundamentals is your shot-process. Everything we do in training and preparation is to support the shot-process and the individual fundamentals.

**POSITION**

Position is the foundation of your shooting. Position is more than how you stand and hold your arm—it includes the control of your muscles and bones to set up proper execution of the other fundamentals.

Position also controls sight picture. Your position determines your natural point of aim, which is simply where your body wants to point. Proper natural point of aim is refined after hours of training, and results from muscle memory. Muscles need consistent training to build a consistent memory. Holding drills develop the muscle memory needed to build a consistent position and natural point of aim. Your aiming area is the smallest when your natural point of aim is centered on the target, since you’re not fighting your own muscles to align your sights on the target. Natural point of aim is important even in Rapid Fire, where you shoot at five targets. Position is more dynamic for Rapid Fire, but developing a consistent natural point of aim will help build the muscle memory necessary for center shots on all five targets.

You must know and be able to repeat your position. My position is this: my toes are 33 inches apart with my left foot almost parallel to the target (I’m a right-handed shooter), and my right foot at around 45 degrees to the target; I am evenly balanced between my feet; I lean slightly to the left while keeping my shoulders on the same plane as my hips (in Rapid Fire you move from target to target using your ankles and hips. The entire torso, shoulders, arms, and head move as one); my head faces the target and is straight and erect so that I am looking out of the approximate center of my ocular cavity. Your position might be a little different but all positions will have common elements: feet about shoulder width apart, arm extended toward the target, head erect, balanced, etc. A mirror or video camera is a great training tool if you don’t have a coach.

**GRIP**

Grip is the source of sight alignment. That means that if your grip isn’t consistent, your sight alignment isn’t consistent. There can be NO fluctuations at all in your grip during the final part of your shot-process. When the trigger pressure is building the grip pressure must remain absolutely consistent.

Grip is independent of the trigger. The intensity of your grip must remain completely consistent throughout the shot process. How hard should you squeeze? The default answer is to squeeze as hard as you can without shaking. Your perceived grip pressure should be very hard for Rapid-Fire, Center-fire, and Sport; hard to medium in Air Pistol; and medium to light with Free Pistol. Several factors influence grip pressure, including recoil, grip angle, trigger weight, and how well the pistol fits your hand. (See “Grip Fitting 102,” page 6). In Free Pistol the grip is angled down and the triggers can be very light (mine is ten grams) so you can reduce grip pressure. With Rapid Fire and Sport Pistol, the grips are limited, the triggers have to be greater than 1000 grams and there is a measure of recoil to deal with, so grip pressure should be more intense. Personally, I try to crush the grip on my Rapid Fire pistol.

Since the primary purpose of grip is to align the sights, every finger has an important role in that effort. You should have uniform and even pressure on every part of your fingers and palm. Your middle, ring, and pinkie finger are all helping equally to align the sights. When your trigger control is truly smooth and uninterrupted, your trigger finger helps too. The grip pressure also helps control the recoil. Recoil moves the sights out of alignment; grip pressure helps return them. More pressure equals faster recovery.

**TRIGGER**

Trigger is independent of the sights. This

“*There is no such thing as a ‘naturally great’ shooter and even the finalists in the Olympic Games trained to the very limit of their capacity.*

means that what you see (movement, errors in sight alignment, etc.) cannot affect the movement of the trigger. Once you begin to exert pressure on the trigger that pressure must build at the same rate until the hammer falls. Period. You must move the trigger as if your eyes were closed. In fact, dry-firing (which you should practice at least ten times as much as live-firing) with your eyes closed is the best way to develop and polish trigger control.

Determine your rate of trigger movement before the shot. In Rapid Fire, the timed series determines the pace of trigger control. How long it takes for your hold to settle and the trigger weight governs trigger pace in slow fire events. Once you start trigger pressure it has to build without regard for anything until the hammer falls. The movement has to be uninterrupted. Awareness and focus must shift to the sights after the start of trigger control and before the shot. Remember, the trigger is independent of the sights.

Most match pistols have an adjustable trigger. I prefer a “long roll” with near zero over-travel, for instance, but your preference may be different. Your trigger finger should
contact the trigger shoe where your finger naturally lays when you grip the pistol. It is critical that your grip is the same every time you shoot/dry-fire in order to maintain consistent trigger finger placement.

SIGHTS

Grouped under the term “Sights” is Sight Alignment and Sight Picture. Sight Picture is where you are pointed. Sight Alignment is where the pistol is pointed.

Your sights are aligned when the top edge of the front sight is level with the top edge of the rear sight and centered in the rear sight notch (relative to your aiming eye). To align your sights you have to focus on them. This means that the sights are clear and the target is blurry. This might seem counterintuitive: “The target is my goal, why don’t I look at it?” Sight alignment is the goal; the target is just a bullet trap. Focusing on the sights is the way to focus training on sight alignment. However, having your eye focused on the sights isn’t enough. You must also have your mind focused on them. It’s almost as if the pistol knows how hard you are trying. One hundred percent focus on the sights produces tens; anything less invites failure. Sight alignment must be your primary fixation as the shot happens.

You should attempt one of the three common sights pictures: Center mass, six o’clock line of white, and sub-six.

Center mass occurs when you hold your aligned sights in the middle of the target. This is also called “point of aim, point of impact,” meaning that the bullet should impact wherever you aim the top of the front sight post. This is the only place to hold when shooting Rapid Fire.

Six o’clock line of white occurs when the black of the target is above the sights with a thin “line of white” between the sights and the black. The thickness or thinness of that line depends on what you can see and hold repeatedly. It is usually the thickness of a scoring ring.

Sub-six is a six o’clock hold very similar to six o’clock line of white but with a much bigger line of white. The top of the sights should be in the middle of the white, some distance below the black. Exactly where depends upon where you can hold it consistently. Stick with the sight picture you pick because it takes many hours of training to get it right. Switching back and forth will lead to frustration.

SHOT-PROCESS

Shot-process is the ordered application of the fundamentals, from position to sights. The last step in shot-process is follow-through. There is no change in any of your fundamentals during follow-through. Your focus must be just as intense as if the shot never happened. Follow-through lasts anywhere from a fraction of a second (Rapid Fire) to greater than five seconds, but every shot must have follow-through. The transition from position to follow-through in the shot-process must be seamless.

When considering the four fundamentals we’ve discussed, remember that position and grip are the physical elements of pistol shooting: sights and trigger are the mental elements. Understanding the distinction will help you maximize training value. Holding drills will physically develop your position and grip. Dry-firing will mentally develop your trigger and sights. Visualization is the best tool for mental training, but disregarding the physical half of training will result in only shallow improvement.

Thankfully, shooting pistols doesn’t require a great amount of coordination or balance or I wouldn’t be here. The truly great thing about pistol shooting is that anybody can become successful in it. All it takes is smart training, discipline and faith in the fundamentals.

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www.nssf.org/sctp
Building Your Path to Achievement

By Ernie Vande Zande
My experience coaching juniors, collegiate shooters and members of the National and National Development Teams for rifle has taught me that athletes sometimes are unable to move past a certain level of accomplishment because they can’t see themselves as a shooter at a higher level. There are many reasons rifle shooters are mentally “stuck” at a performance or score level. One common reason is that the athlete simply isn’t able to see how to progress from their current performance level to the higher level they seek; they cannot see “their way.”

Obviously, you need to know what you are trying to achieve, and how to go about arriving at that achievement or destination. How you reach the achievement or get to the destination requires a plan. And this is where many athletes fail, because they don’t understand how to develop a plan. Planning the achievement is an interesting point. Winners plan to win; it is that way now and will continue to be that way—winners plan. The plan is nothing more than an examination of all that is necessary to reach your goals and how to work to overcome the obstacles that might prevent you from reaching them.

A plan is a means of changing potential into goal achievement. Can you visualize a ship’s captain sailing toward a destination with no plan or an airline pilot flying without a plan? Can you imagine directing your life, business or sporting interest with no plan? Certainly, wherever you ended up would have been by accident rather than directing yourself to your goals on purpose and living your life on purpose. And when you stop and think about it, is it not better to have lived your life on purpose rather than by accident? Is it not better to direct yourself to achieve your goals on purpose rather than by accident?

Let me suggest the six-step Goal Achieving Process, developed by rifle shooting Olympic medalist Lanny Basham, a formula designed to assist you in making your goals become a reality.

**Step One: Define Your Goal**

First, you must define your goal. This goal must be yours and not something anyone else wants you to do. Since it is your goal, the desire to reach it is also yours. The greater your personal desire, the greater your chance of goal achievement.

In defining your goals you can utilize the SMART process, a goal-definition approach endorsed by National Coaches Dave Johnson (Rifle) and Sergey Luzov (Pistol). Your goals should be Specific, Measurable, Attainable, Realistic and Timely. Look for an expansion on this topic by the coaches in future issues of USA Shooting News.

Write down your goals. Once you write them down, they are no longer abstract; they are real. Read them, embrace them and think about them. Writing your goals significantly increases your chances of achieving them.

In this world, unfortunately, there is a great deal of negativity. There are enough barriers to overcome without receiving negativity from others, so be selective in sharing your goals with others. Take this scenario, for example: You go to your club and tell a friend that you want to win the gold medal in Air Rifle at the 2012 Olympic Games. Your friend looks at you, gets a wild look in his eyes, laughs aloud and then begins to tell you why you cannot become the Olympic champion. The negativity others project might negatively affect your personal belief of goal attainment. Share your goals with those who will support you, like a coach or ardent supporter.

One of my personal goals is to have the shooting performance level of an Olympic gold medalist. In your position you might want to start with the performance level of a club champion, or a state champion. As your performance approaches one goal, move up and reset your goals to a higher level.

**Step Two: Select a Time Frame for Accomplishment**

Second, define when you want to achieve the goal. In the example above, the time frame was winning the gold medal in 2012. Select a time frame for accomplishment. Just as important, set specific dates for the attainment of objectives or milestones on the way to your larger, primary goal. For instance, if you’re an 1140 shooter in 3X40 small-bore rifle, set a goal to improve by eight points within six months from today, and so forth, until you are at the level of an Olympic champion in your event.

**Step Three: Determine Your Obstacles**

Third, you must determine the obstacles that presently prevent you from accomplishing the goal. It is very important to fairly appraise your weaknesses and determine all obstacles—mental, physical, technical or whatever—that prevent you from attaining your desired goal. In rifle shooting, there often seem to be obstacles around every corner, from butt plate adjustment to scarce range access to the price of ammunition. As you progress along the path to your goal, continue to identify the obstacles that pop up along the way.

In your event you might want to start with the shooting performance level of an Olympic gold medalist. In your position you might want to start with the performance level of a club champion, or a state champion. As your performance approaches one goal, move up and reset your goals to a higher level.

**Step Four: Plan to Overcome Obstacles**

Fourth, develop your plan to overcome the obstacles. Now list each obstacle one at a time and plan a way to overcome each obstruction. Analyze all the courses of action, be definite in your plan and select the best, most logical course of action. If an obstacle for you has been fatigue in the last 10 shots of an Air Rifle match, defeat that obstacle by improving your fitness and making your training sessions on the rifle range more demanding. Your selection of plans may prove to be incorrect. If this occurs, be flexible and develop a second plan. Again, planning is the key to achievement.

**Step Five: Make a Commitment to Yourself**

Fifth, make a commitment to yourself. After the planning phase, it is essential that you make a decisive commitment. Say to yourself, “I am going to follow my plans to overcome the obstacles and achieve my goal.” The key is decisive and total commitment. By making a decisive commitment you increase the probability tenfold that you will achieve your goal.

**Step Six: Take Action on Your Plans Now**

Finally, start to take action with your plans now. Tomorrows often stretch out endlessly. Yesterday is in the past and nothing can change it. The only time for positive possible change is now, the present.

You are obviously dedicated to this sport to some degree or you would not be reading this article. The goal achieving process gives you direction. The shortest distance between two points is a straight line. The goal achieving process helps you plan out your straight line. The result is dedication to your sport with the direction to achieve your goal—dedication with direction!
What it Takes to Look at a Target

By Dean Clark,
U.S. Army Marksmanship Unit Shotgun Coach
One of the most basic fundamentals of clay target shooting is focusing clearly on the target, with both the barrel and bead(s) slightly blurred. Ever hear a coach say, “focus on the target,” “focus on the front edge” or “look at the target so hard you can see the rings on it?” Why is visual focus so important? Why do coaches continually stress something so basic? I’ll answer these questions with a discussion of the brain and a couple of exercises.

The brain is an amazing computer capable of making thousands of near-instantaneous calculations, using the eyes to collect input and directing the hands for output. If a shooter’s focus shifts from the target in attempt to confirm the bird-bead relationship (or sight picture), the brain cannot make these calculations and the hands slow down or stop, causing an athlete to miss the target.

To complicate matters, your computer must deal with a physical limitation of the human body. It is called human reaction time (the elapsed time between the presentation of a stimulus and the subsequent response). The average human reaction time is 215 milliseconds (0.215 seconds). A target travels at 60 miles per hour (88 feet/sec). Couple those facts together to realize a target travels up to 18 feet during the standard human reaction time!

During this reaction time things happen that you, the athlete, cannot recognize or see. A good example to show how far a target can travel during your reaction time is to stand on a skeet field at station four. Hold the shotgun completely still over the center stake and try to hit a single high four without moving the shotgun (hint; you have to shoot when the target approaches about 13-18 feet to the left of the barrel to hit it). When your brain recognizes the target at 13-18 feet to the left of the barrel, it sent the message to your finger. You actually fired the shot when the target approached four feet from the center stake, but your vision could not process everything that really happened. Since the physics of the flight of the target and speed of the shotshell load require about four feet of lead, the 13-18 feet of lead you saw when you pulled the trigger translated to only four feet of lead at the time of the actual shot.

Pulling the focus off of the target just before and during the shot accounts for most misses on any clay target field. Unfortunately, shooters rarely realize when it happens except in those cases when their focus comes all the way back to the front bead. Typically, a shooter’s focus comes slightly off the target and back toward the barrel in an attempt to form a better sight picture right at the moment of the shot. The hands slow down and the athlete shoots just behind the target. All this takes place in under a quarter of a second!

Too often, shooters don’t realize what just took place. In their mind, the sight picture looked perfect and the target should have broken. In reflecting on the shot, however, they may recognize a sensation of slowing down even losing track of the target, or may notice the target instantly moved six to seven feet after the shot even though the sight picture looked perfect when they pulled the trigger. This visual phenomenon may occur in almost any sport where hand and eye coordination involves moving objects. In football, when a quarterback makes a pass to his receiver, he focuses on the receiver. Quarterbacks do not focus on the ball, but on the receiver, just like you would focus on a clay target. The quarterback must remain focused on the receiver for the brain to make the calculations to throw the ball accurately to the receiver. Try throwing a football to a receiver while looking at the ball and see what happens.

The best way to understand this phenomenon is to try a simple drill. You need an assistant or coach to throw a target, an unloaded shotgun with the safety on and two clay targets. The athlete stands 20 yards from the thrower. For safety purposes, have your thrower stand behind a barrier, such as the skeet house or a fence. (For illustration purposes only, our photo shows the thrower in the open). The athlete calls pull and the thrower tosses a target into the air with the colored dome facing the shooter, making a large U-shaped arch. The shooter keeps the focus on the target and follows it all the way to the ground (see photo). The shotgun should move smoothly while following the target along this arch.

Call for a second target, but when it reaches the top of the U-shaped arch, the shooter moves the focus from the target back to the front bead of the shotgun. Once the shooter “consciously” sees the front bead clearly, then return the focus back to the target and continue tracking it to the ground. Communications between the brain and the hands stops, causing the barrel to stop movement along the target flight path. The target moves about three to six feet in an fraction of a second and the shooter is now left with no option but to jerk the gun in an attempt to get on track with the target. This exercise demonstrates an extreme case when vision comes all the way back to the barrel, but will clearly illustrate to the athlete the importance of keeping focused on the target.

Very often, the reason the athlete pulls the focus off the target is a desire to do well; the impulse to perfect the “sight picture” in order to hit the target is a very common mistake. You are trying to win! You may even want to...
win the greatest sporting event in the world, the Olympic Games, and even those athletes fall prey to the same blunder.

Generally, the athlete who wins is the one who does the best job of keeping focus locked on every target. There are no real secrets that will keep your vision locked on a target; your pre-shot routine is an excellent tool to battle this issue. Conscious statements in your pre-shot routine could include, “focus on the front edge,” “watch the target break,” “go after a piece,” “see the target rings.” These conscious thoughts reinforce what our subconscious mind must do.

The harder athletes look and focus on a target, the better they are able to slow the target down with their vision. If athletes focus hard enough they will be able to enter the “zone” and slow down the target even more. This is why coaches stress vision over and over again. It’s a never-ending battle, but once athletes get deep into the zone and are able to slow down targets with their vision, they will truly understand “what it takes to look at a target.”

For safety purposes, have your thrower stand behind a barrier, such as the skeet house or a fence. (For illustration purposes only, our photo shows the thrower in the open).

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Regional Training Centers Update

The Cardinal Center

The Cardinal Center is one of the nation’s premier shooting facilities. Cardinal features International Trap, Double Trap and in the near future, International and American Skeet. The club is also home to Buckeye International Junior Shooting Sports, Inc., whose mission is to develop young shooters in the international disciplines. The Cardinal Center features onsite camping, cabin rentals, a fishing pond, indoor swimming pool, banquet room and other shooting opportunities. Home grounds of the Ohio State Trapshooting Association, it is located in Marengo, Ohio, accessible from Interstate 71, and only a 30 minute drive from Columbus International Airport.

Jack Fishburn, owner of Cardinal Campgrounds and Shooting Center, is the force behind constructing a premier shooting facility in Ohio. With Mr. Fishburn’s vision and input from USA Shooting, the club will host national and international competitions in the future.

With one bunker and plans for additional bunkers, the facility is available for coaching junior athletes in the international disciplines. Coaches Tim Young and Jim Eyster are recognized by NRA, CMP and USA Shooting as Level II international shotgun coaches and serve as members of the NRA National Coach Development Staff. They are well-versed in the shotgun sports and have developed elite athletes from the Ohio region.

In March, the club hosted the highly successful Jack Fishburn Classic International Trap Championship, and the Ohio Junior International Trap Championship. Future plans include an NRA Junior Advanced Shotgun Camp June 30 through July 4, and an International Skeet and Double Trap event. For further information and events contact Tim Young at ohiotim@gmail.com or view their website, www.buckeyeinternational.org.

North Mountain Regional Training Center

The North Mountain Regional Training Center (NMRTC), the home of the Youth Development Shotgun Team, is located at the North Mountain Sportsman Association grounds in southern Sullivan County, Pa. near the village of Muncy Valley.

The facility is open year-round, although activities are somewhat limited during the holidays and in the heart of winter.

We have a full bunker with covered shooting points and a small clubhouse, plus a skeet field which can be set for the International or the American game and an ATA field, along with a larger club house with all amenities. NMRTC boasts a strong staff of coaches including Les Greevy and Jim Rupert in Double Trap, Linda Fountain in bunker, Charles Zeigler and Dave Craft in International Skeet. It originated with the NRA Advanced Junior Shotgun Camp and hosted that camp for five years. Eight of the fifteen Junior Shooters who will be competing in the 2009 World Championships graduated from the NRA camp. NMRTC has produced many champions.

Funds are raised through the Youth International Shotgun Training Coalition, Inc. a 501(c)3 corporation. The NMRTC is more dedicated to training than to competitions and offers an opportunity for young shooters or shooters of any age to learn and train in the International shotgun disciplines on the east coast. The bunker is open almost every Sunday beginning at noon unless the team is traveling to a major shoot.

Les Greevy can be reached at Les@greevy.com. The North Mountain Sportsman Association website is www.northmt.com.
Palmyra Sportsmen’s Association

The Palmyra Sportsmen’s Association, located in Palmyra, Pa. is home to rifle, pistol, shotgun and archery events. The club is very forward-thinking and constantly reinvests revenue back into the programs. In addition, the club leaders realize the youth of today are the sportsmen of tomorrow and now support over 150 youth in 6 different programs. We established the Palmyra Junior rifle team in 1995 based on these principles.

Since then our program has grown and we have been competing and hosting competitions including the Palmyra Invitational. That event celebrated its 10th year with a near-capacity 312 competitors. The competition includes two 60-shot events: Air Rifle and Smallbore 3-position each fired on a separate range. This year also marks the inauguration of a permanent bronze eagle statue, which will bear the names of the individual and team winners. We are constantly trying to improve the Invitational and are currently working towards acquiring electronic targets.

This year we have partnered with USA Shooting to establish a Northeast Regional Training Squad as a pilot program. The purpose is to help train juniors who have the potential to become future members of the National Development Team or National Team. We’ll accomplish this through a series of weekend clinics hosted by the Palmyra Sportsmen’s Association.

Upcoming matches at Palmyra include outdoor 3-position matches, May 23-24 and September 26-27, a 4-day prone match, June 11-14, and the Palmyra Invitational on January 9-10, 16-18, 23-24, 2010. For more information on the Regional Training Squad or the Palmyra Invitational, please visit our club’s website, www.palmyrasportsmens.com or contact Erin Gestl at egestl@wcupa.edu.

Tucson Trap and Skeet Club

Tucson Trap and Skeet Club consists of 25 trap fields, 14 skeet fields, two 5-Stand fields, a wobble trap field and a walk-thru Sporting Clays course. Our 9000 square-foot clubhouse includes a restaurant and bar, lounge, meeting room, pro shop, registration and cashiering area. Our 80 acre facility has 205 full RV hook-ups.

We host several major registered shooting events as well as charity events, fund-raisers and corporate events. This year we’ll host the ATA Arizona State Trapshoot, NSSA Skeet, USAS International Skeet, NSCA Sporting Clays, Zone 11 USAS International Skeet and NSCA Zone 7 Sporting Clays, and Arizona State Junior Olympic Skeet Championships.

We have 10 Level 1 NRA/USAS Coaches, four NSCA Youth Coaches and two certified Target Line Instructors. All coaches have passed a fingerprint background check.

Our third annual Arizona State Junior Olympic Skeet Championships will take place on May 23 2009. This year we will also host the Blount Challenge Cup, named in honor of Emily Blount, our two-time World Junior champion. Her interest in International Skeet led Tucson to acquire its first International Skeet field. Since then we have upgraded nine more skeet fields to throw International targets.

Tucson also held its first International Skeet Clinic on March 21–22 with Marvin Spinks as the Instructor. We had great attendance with 12 athletes and 10 coaches for two 10-hour days. Everyone learned a lot and the athletes’ training regimens improved. We will conduct clinics and PTO’s throughout the year, so please contact the Tucson Trap and Skeet Club to get on the mailing list. Email address is tts@theriver.com, and our website is tuscontrapandskeet.com. We are located West of Tucson, eight miles from the I-10/I-19 exchange. We are 12 miles from Tucson International Airport, an easy drive of about 20 minutes.
The South Georgia Youth Shooting Club is nestled in the plantation-filled region of South Georgia, where the Bob White quail reigns, most youngsters grow up with shotguns in hand and hunting is a main past time. Serving as a State 4-H shooting sports board committee member for 11 years, I have had the privilege of watching more than 1,000 youngsters compete in shotgun each year, as well as over 500 rifle and pistol shooters. Yes, that’s right, over 1,500 young men and women! I’m proud to be a part of a program that is producing Junior Olympic Team members, National Development Team members, National Team Members, Olympic medalists and hopefuls. We strive to inspire young people to desire the highest level of achievement, conduct, and leadership, while promoting self-esteem, self-worth and self-control to achieve their dreams and goals.

We have under construction a beautiful new club house, with a second bunker and skeet range in the works, thanks to some wonderful parents and volunteers. We are looking forward to hosting the Georgia-Alabama State Junior Olympics for the fifth year in Trap and Double Trap June 12 - 14 as well as youth shooting camps with some of the top coaches in the game in late June. Everyone is welcome here at South Georgia Youth Shooting Club Regional Training Center and Bridge Creek Clays to shoot and experience some of the best southern hospitality anywhere.

We are located at 3760 Dunn Road, Hartsfield, GA 31756, only one hour north of the Tallahassee, Fla. airport, and thirty minutes south of the Albany, Ga. regional airport, and three hours south of Atlanta, Ga.
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Economic Impact
By Robert Mitchell, Chief Executive Officer

At this reading you are likely growing weary of the economic downturn, financial crises, bailouts and seeing both interest rates and the stock market suffer most significant declines. Yet positive news exists; our membership has been trending upward and participation at national championships and selection matches has held up very well during a time when many organizations are experiencing decreases.

Unfortunately, however, USA Shooting is not immune to the negative economic impact. Projecting revenues and expenses through 2009 confirms that we are facing a financial challenge. Donations have dropped off substantially and the sponsorship market is very challenging. Our direct marketing program is the heart of our fundraising effort and at this point, we forecast those revenues to be down approximately 20% ($250,000). We stretched our budget as never before in 2008 as a result of a hefty investment in our Olympic preparations and the desire to provide rewards to medal-winning Olympians and coaches. With our success in Beijing, those checks were a pleasure to write.

Still, USAS is financially strong and has an operating reserve. Our philosophy requires USAS to operate in the black each year and bank a reserve that allows us to fund large events such as the World Shooting Championships and Championship of the Americas, both of which occur in 2010. Those two competition events alone are budgeted at $450,000. It is not possible to fund events of that magnitude from an annual operating budget.

With uncertain economic forecasts, it may be some time before people will feel comfortable making gifts and expanding sponsorships. Thus, USAS must take prudent measures to ensure our viability. The Board of Directors and staff evaluate and implement measures for controlling costs and generating additional revenue. I take pride in the efficiency with which USAS operates. The National Coaches make the best use of available training dollars. We conduct events with the minimum number of staff and volunteers. But with the current situation, we will consider shrinking expenses by reducing and reallocating department budgets, cutting costs associated with USA Shooting News (including the possibility of deferring an issue or publishing on-line), pay cuts and/or reductions in staff.

But we can only trim so much for so long and still provide the quality service and programs our membership deserves. The key to solving the current challenge as well as our future growth is increasing revenue. Toward that effort, we have hired Corrie West as a marketing assistant to Buddy DuVall to help in attracting sponsorships and making our gifts program and Foundation successful. Nichole Rae does an excellent job securing additional benefits for our members, which we anticipate will increase our membership. To bump revenues for 2009, we may also mine the lead at the International Shooting Park where shotshell lead has accumulated for 20 years. Another revenue-generator is selling the accumulated shotgun hulls to reloaders.

We feel good about our efforts to keep participant costs low in spite of increased costs. At some point, however, we will have to compensate for the increasing costs of target materials and volunteer expenses by raising entry and membership fees, but we prefer not to put extra burden on our members during difficult economic times.

As a member and/or supporter of USA Shooting, your help is critical. Please continue to participate in competitions and practice your sport. Ask a club member, fellow shooter, friend or family member to join USAS. Pass along referrals or offers to make introductions to potential sponsors or gift prospects, and when possible contribute to one of our fundraising campaigns that show up frequently in your mailbox. USA Shooting donor Wayne Brosius of Frackville, Pa. is a perfect example of why donating pays off. Mr. Brosius won $2,500 in the USA Direct Mail Campaign’s Sharpshooter Sweepstake this past January. He was extremely excited about his win and said, “I hope my donation will help the team as much as this prize money helped me.”

Shooting is your Olympic sport and USA Shooting is your organization. With your help, we will continue to prosper!

USA Shooting and ELEY extend partnership through London 2012
By Buddy DuVall, Director of Marketing

USA Shooting is pleased to announce its partnership with ELEY has been extended through the 2012 Olympic Games in London. Since 2000, ELEY Limited has been the Official Sponsor and Supplier of .22 rimfire ammunition for USA Shooting’s Rifle and Pistol Teams.

“For the past decade, USA Shooting has relied on ELEY to provide .22 ammunition of the highest quality, accuracy and consistency,” said National Rifle Coach Dave Johnson. “ELEY ammunition helps our athletes to perform at their very best and provides the greatest opportunity to reach the podium. The partnership between ELEY and USA Shooting has proven to be a winning combination.”

For more than 50 years ELEY has remained at the forefront of international shooting, winning more Olympic medals, ISSF World Cups and setting more World Records than any other manufacturer.

At the 2008 Olympic Games ELEY’s premium cartridge Tenex recorded its 100th medal since its introduction into Olympic competition in the Tokyo Games of 1964. Using ELEY Tenex in Beijing, U.S. Shooting Team member Matt Emmons added a silver medal to the gold he won in Athens in 50m Men’s Prone Rifle. The Prone event demands the highest degree of accuracy of all the disciplines as medals are often decided by tenths of a point. Also in Beijing, pistol shooter Keith Sanderson set an Olympic Record using Tenex in the Rapid Fire Pistol event which, not only requires accuracy, but flawless function.

For top competitors seeking every possible advantage, ELEY provides a service allowing shooters from around the world to visit ELEY’s manufacturing facility to make a selection of a “matched batch” of Tenex for individual rifles and pistols. At the beginning of each season, USA Shooting’s coaches and athletes pay a visit to ELEY’s plant in Sutton Coldfield, United Kingdom to test pre-selected batches of Tenex from production lines. Testing is conducted in a state-of-the-art facility under optimal conditions, using patented software and electronic target systems to identify the absolute best test groups. Selected lots of Tenex are “matched” to each barrel and subsequently reserved for team members and shipped to USA Shooting through Zanders Sporting Goods (exclusive ELEY U.S. importer and distributor).

With talented rifle and pistol members of the USA Shooting Team using ELEY ammunition, we continue to look forward to four more years of a great partnership producing winning results. For more information on ELEY please visit their website at www.eleyammunition.com. For information on how to purchase ELEY in the U.S. please visit www.gzanders.com.
Arkansas Game and Fish and ATA Trap? My Favorites!

By Bill Roy, Director of Operations

That fat clay target floated out over the horizon, slow and straight away, surely shouting “Smoke me!” And I did: 1 1/8 ounces of #7.5 shot through a super-full choke at 1250 fps nuked that fragile little pill into a nasty 20” sphere of black dust. Easy.

Ah, ATA Trap . . . ya gotta love it! Actually, it hasn’t been my favorite version of the shotgun sports; too slow, too unforgiving and too impersonal. But all of that changed when Kayle Browning glided across the stage this January in an auditorium filled with hogs. Razorbacks, that is. Three hundred Arkansas originals, beards and boots and hats and . . . heart. You see, they were all gathered for their annual pow wow to gear up for the Arkansas Youth Shooting Sports Program (AYSSP), a freight train of a program that has nearly 4,000 teenagers in teams across the state shooting—you guessed it—ATA style Trap.

Those 300 coaches huddled in Little Rock, Ark., on their own dime and on their own time, to follow the AYSSP director, Mr. Chuck Woodson, as he lead them through the intricacies of a program designed to build shooters, sportsmen and Little Rock-solid citizens. Chuck works for the Arkansas Game and Fish Commission (check out www.agfc.com), the farsighted sponsor of this little gem. It took me about three minutes and one conversation with Chuck to realize this is a community that simply cares—cares about their sport, cares about their state and cares about their kids.

Sorry . . . “kids” probably is not the best word. Kayle Browning is a 16 year-old U.S. Shooting Team member with an angel’s face but a devilish drive for atomizing clay targets. She is poised and simply dynamite with a shotgun in her hands. Hard-working and humble, this bright star is the poster-girl for excellence on the range and brilliance in life. The guest speaker invited her to respond to a few questions:

“Has shooting taught you important life lessons?” Kayle: “Yes.”

“Have you developed a stronger body, mind and heart as a result of shooting?” Kayle: “Yes.”

“Have you grown closer to your family due to your shooting?” Kayle: “Yes.”

Yes, yes, yes. In every conceivable way, Kayle has grown into a better person because of her shooting endeavors. And win, lose or draw, Poster-girl will always be Super-girl in our view. Even more exciting: There likely will be 4,000 more just like her as a result of the ASSYP and the coaches who lead them.

How about those 300 coaches? No, they did not all have beards and boots and hats, but definitely all had heart. One hundred and forty of them came back in March—again, own dime, own time—for a Level 1 Coaches’ School sponsored jointly by the NRA, USA Shooting and the Civilian Marksmanship Program. Now they are locked ‘n’ loaded to give those student-athletes an even stronger foundation in the shooting sports and citizenry. Sorry Texas, not you or any other state has ever turned a coach school into a coach convention. Yo Hogs: Guess you’re right on target!

Of course, it’s fun to chide the Bubba-state but this group of heroes is a serious, committed and enthusiastic army of sportsmen who couldn’t be more dedicated to this worthy cause. They have strived and sacrificed in this labor of love, all to create in their “kids” an appreciation for shooting, the outdoors and the precious relationships that develop between supporters, coaches and teammates. Indeed, they have pulled together to create in Arkansas a little slice of heaven . . . Hog Heaven.

USAS Fundraising Campaign—a Hull of a Deal

If you’re a reloader, you know the satisfying magic of loading your own. The feel, the sounds, the sights and even the smell of reloading—and then shooting—your own shells is a pleasing benefit to our little shooting passion. Most reloaders we know even opine about reloading’s “therapeutic” quality, not to mention the often-necessary cost savings it provides.

Reloaders often bemoan the never-ending search for fresh hulls. Well, USA Shooting now has a hull-of-a-deal for strong-armed scattergunners. We’re selling once-fired, Winchester AA 12 Ga. hulls as part of a campaign to raise funds for our shotgun facilities and athlete programs.

Most of these red beauties popped straight out of the barrels from the likes of Corey Cogdell, our 2008 Olympic bronze medalist, or 2008 gold medalist Vinny Hancock, or any other of the U.S. National Team members at the U.S. Olympic Training Center in Colorado Springs, Colo. And we’ve got mounds of them.

We will send them directly to you from our webstore at usashootingstore.com, in quantities that can keep your entire club or team churning out reloads all season long. For $100 total, we’ll send you 1000 of these little gems. I promise, we’ll put that Ben Franklin to good use. In addition, if you purchase 5000 at a time, we’ll give you a discount.

Every cent of the proceeds of this campaign goes right back into our aging facilities at the International Shooting Park and to our athlete programs directed by the USAS National Coaches.

So check out the webstore and start cranking out those ‘loads. We are grateful for your support, and can’t thank you enough for your contribution. If there’s anything we can do for your reloading needs, know the answer will always be, “Hull, yes!”
Shifting Focus
By Bob Foth

Last fall, I had a chance to tour the new Civilian Marksmanship Program (CMP) airgun facility in Camp Perry, Ohio. The fully electronic 80 point facility is very impressive! The schedule there represents great progress as well. The NRA will host their 3PAR Championship there July 1-3. Junior Olympics will start with Precision AR July 4-6, followed by Sporter AR July 7-9 and PPP July 10-12. Immediately following PPP will be the Small Arms Firing School then the NRA Pistol Camp. Instructors at the camp will include National Pistol Coach Sergey Luzov, Olympic silver medalist Ruby Fox and Brian Zins. Once again, we are pleased to invite all athletes from the State Junior Olympic Championship/Qualifying Matches in PPP. This match is run jointly with the NRA and serves as their National Championship as well, with scores being added to the Top Gun team scores from their air rifle events held July 1-3.

History was made in Little Rock, Ark. March 14-15 when we conducted an NRA/USAS coach school for 140 coaches involved in their Arkansas Game and Fish youth shotgun program. This program benefits over 4,100 young shooters as well. Instructors Marvin Spinks and Don Sipes did an incredible job with this huge group. We are very excited about ongoing programs with them!

USA Shooting took the opportunity to bring four collegiate shotguns into our fold at the Association of College Unions International (ACUI) 41st annual International Clay Target Championships. The event was held at the National Shooting Complex in San Antonio, Texas March 18-22 and featured 337 collegiate athletes from 37 colleges and universities, including seven new schools.

First up was International Trap, where Travis Mears of Lindenwood University (LU) took a 10 shot shoot-off to break a tie with LU teammate Jake Wallace. In Women’s International Trap, Caitlyn Barney of Shreiner University earned the top spot. After the American Trap and Skeet and a five-stand sporting clays events, International Skeet was the last event. Frank Thompson of University of Colorado – Colorado Springs won the men’s match. The most impressive performance of the match was the 98/100 fired by Women’s Champion, Ali Chiang on a windy, gusty day. She started the final two points higher than Thompson had and far ahead of the other women in the event.

Russ Arnold headed up a great match staff that also included Don Sipes from NRA, Jack Robertson, Garry Barney and Tom Morgan.

Detailed results from these events and several combined events are available on the ACUI website, www.acui.org.

It is with mixed feelings that I move on to the next portion of my article. I believe strongly in our youth programs and am very proud of what we have accomplished. However, given the realities of the current economic situation, USAS is no longer able to fund that position and program. We will look to distribute parts of that program to our partners and within other USAS departments. While I am writing this, many details remain to be worked out. We are confident that with your help and patience, we can continue to grow youth shooting sports.

Paralympic Shooting
I am so excited to have the opportunity to shift my focus to working with disabled athletes with Paralympic aspirations. I love working with athletes on the range and trained along with Roger Withrow at the Olympic Training Complex many years ago as well as working with Dan Jordan during summer camps more recently, so I have some ideas of the things we can start working on right away.

This presents a great chance to build on the program that U.S. Paralympics started. I will be coaching athletes as well as managing and raising some of the funding for the program. I am confident that my strengths in understanding positions, shooting techniques, sport science, sport psychology and knowing what it takes to win at the highest levels within the shooting sports will help us have a fantastic team.

We will have great partners going forward. U.S. Paralympics will work closely with us. The AMU looks to add more athletes to join Josh Olson in their system and a number of military programs are springing up for wounded soldiers. The NRA also has a growing disabled shooting program managed by Vanessa Warner. Numerous other organizations offer a variety of programs to give the disabled shooting sports opportunities.

I am very much looking forward to putting the pieces of this puzzle together to build the world’s best Paralympic shooting program! for Setting TWO back-to-back National Records at the Junior Olympics in Anniston, Alabama and becoming the 2008 National Champions

Their Pellets of choice...
### New Event to be Launched at 2009 Rifle/Pistol National Championships

By Lindsay Brooke, Competitions Manager

This year, USA Shooting is excited to offer a new event for pistol shooters! USAS will introduce 10m Standard Air Pistol as a demonstration event at the 2009 National Championships. Earlier this year, the Competitions Department conducted a survey to determine if there was interest in Five-Shot Standard Air Pistol. The feedback was so overwhelmingly positive, that USAS decided to add it to the 2009 program as the opening event. Competition will begin on the afternoon of June 13 and will conclude on the 14th.

The pistols used for Five-Shot Standard Air Pistol must be a 4.5mm (.177) compressed air or gas pistol, with a magazine which can be loaded with five pellets. The match will consist of two courses of fire without a final and will be open to men and women of all age groups. The event will include 40 shots for men and 30 shots for women and is divided into series of five shots, each in ten seconds. In each series, five shots are fired on one stationary Air Pistol target in the time limit for the series. Cash awards will be given to the top three shooters in the Open (Men's and Women's) and Junior (Men's and Women's) events, provided there are at least six competitors in each event. We are offering an introductory entry fee of $30 for the Five-Shot Standard Air Pistol event and encourage all shooters to take advantage of this new opportunity!

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**Monaco Comfort**

The combined leather/canvas shooting jacket Model MONACO Comfort combines all the desirable and conceivable details that top shooters desire such as:

- Highest possible stability
- Adaptable to all three positions
- Top Grip Rubber
- Suede leather shoulders

**Monaco Fusion**

Same cut as model Monaco Comfort but the back part is made from a firm but flexible elastomer which is fixed onto a cotton basis.

The outstanding feature of the Fusion-material is its permanent stability which does not change even during fluctuations in temperature and climate.

**Monaco Evolution Boots**

**Winner Profi Glove**

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For a complete schedule of events in your area visit www.usashooting.org

Go to the competitions drop down and click on the Interactive Map

Click on your state or surrounding states to find local competitions

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West Virginia Captures Gold at NCAA Rifle Championships

The University of West Virginia took home the overall title March 14 at the 2009 NCAA Rifle National Championships held at the Texas Christian University (TCU) campus in Fort Worth, Texas. After a strong showing on the air rifle range in the Daniel-Meyer Coliseum, the Mountaineers tallied a two-day total of 4643. On day one, Jacksonville State claimed top honors in smallbore, while West Virginia took first in Air Rifle.

Bryant Wallizer led West Virginia's strong air rifle performance with a score of 591. Individual competitor Jenna Compton from the University of Akron fired a 590 and a final round score 101.6 giving her the individual title over Wallizer by a margin of .6 of a point.

The following are the final standings for the teams that competed in this year's competition:

- West Virginia: 4643
- Kentucky: 4638
- Jacksonville State: 4636
- Alaska-Fairbanks: 4624
- TCU: 4614
- Army: 4611
- Navy: 4606
- Nevada: 4586

The following are the top eight Air Rifle competitors in this year's competition:

- Jenna Compton (Akron): 691.6
- Bryant Wallizer (WVU): 691
- Andy Lamson (WVU): 689.7
- Wesley Hess (Army): 689.1
- Thomas Santelli (WVU): 687.5
- Michael Kulbacki (WVU): 686.9
- Mattie Brogdon (TCU): 686.6
- Chris Burleson (Navy): 686.1

Host TCU finished fifth for its third straight top-five finish at the NCAA Championships. Horned Frog freshman Mattie Brogdon qualified for the Air Rifle finals and was seventh. Please visit TCU’s website at www.gofrogs.com for complete match results.

Corrie West Joins USA Shooting as Marketing Manager

USA Shooting is pleased to announce the hiring of Corrie West as Marketing Manager for the organization. West officially started her new position at USAS on March 16. In her role as Marketing Manager, West will assist Buddy DuVall, USAS Director of Marketing, with the organization's marketing and fundraising activities.

“We are very excited to have Corrie join USA Shooting in our marketing department,” said DuVall. “Corrie's extensive experience in sports marketing will help USA Shooting achieve our marketing objectives, specifically in the areas of sport promotion, sponsor relations and fundraising.”

West comes to USA Shooting with nearly a decade of sports marketing research and sponsorship experience. During this time she worked with a wide range of corporate sponsors and sports properties interpreting research results into actionable strategies. Prior to her tenure in the sports industry she was an operational consultant to independent grocery retailers across Colorado and the surrounding states.

Originally from Germantown, Wisconsin, West received a Bachelor of Science degree in 1994 from the University of Wisconsin, Oshkosh where she was a member of the women's soccer team. In 1997, she earned a Master of Business Administration in Marketing from Concordia University in Wisconsin and in December 2002 she received a Master of Sports Administration from the University of Northern Colorado. In August of 2008, West earned her Black Belt in Olympic Style Taekwondo and enjoys biking, whitewater rafting and hiking. West resides in Colorado Springs with her husband Jason.
In January Dr. James Lally, Chairman, ISSF Medical Committee and Former USAS Board President, traveled to Kuwait. While he was there, His Excellency Salman S.S.H. Al Sabah, the President of the Asian Shooting Confederation and member of the ISSF Executive Committee arranged for Dr. Lally to tour their National Shooting Facility and provide a lecture to the coaches, shooters and staff about doping and anti-doping. His Excellency presented Dr. Lally with a commemorative plaque and in turn, Dr. Lally was able to provide him with the handmade flag that the U.S. typically gives to medal winners at the major shooting events. Photo courtesy of Dr. James Lally.

Los Angeles Celebrates 25th Anniversary of 1984 Olympic Games
Olympic-themed Dinner and Show at Coliseum

LOS ANGELES - On Saturday, July 18 the famous L.A. Memorial Coliseum, site of the spectacular Opening and Closing Ceremonies of the 1984 Los Angeles Olympics, again will be center stage for a special gala celebrating the 25th anniversary of those memorable Games, arguably the greatest event in the history of Los Angeles.

The celebratory dinner will be held that evening on the floor of the Coliseum. Many Olympic notables are expected to attend, including 1984 Los Angeles Olympic Organizing Committee President Peter V. Ueberroth, Coliseum Torchbearer Rafer Johnson, Opening and Closing Ceremonies Producer David L. Wolper and many Olympic athletes, among others.

The event, co-sponsored by the Los Angeles Sports Council and the Southern California Committee for the Olympic Games (SCCOG), will feature an Olympic-themed show that will incorporate various elements from the acclaimed 1984 Games and ceremonies, including a few surprises. In addition, there will be a special exhibition showcasing the extraordinary talents of Olympic athletes.

The gala is the cornerstone in a series of celebrations that will take place during the year at sports venues throughout the region to commemorate the 25-year anniversary.

To register to receive an invitation when they become available this spring, please visit www.sccog.org.

Sydney, Australia to Host 2009 World Masters Games

Sydney will host the World Masters Games this October with over 30,000 athletes from across the globe set to compete in a nine day festival of sporting competition.

Many athletes at the Sydney 2009 World Masters Games will have the unique opportunity to participate in their sport at the same world class arenas used for the Sydney 2000 Olympic Games. Over 60 high quality competition venues across the Sydney metropolitan area and beyond will be used to host the Games.

The sports included in the Sydney 2009 World Masters Games are: archery, athletics, badminton, baseball, basketball, canoe/kayak, cycling, soccer, golf, field hockey, lawn bowls, netball, orienteering, rowing, rugby union, sailing, shooting (clay target, pistol, smallbore and air rifle), softball, squash, swimming, table tennis, tennis, touch football, volleyball, water polo and weightlifting.

Anyone who meets the minimum age requirement for their specific sport can take part in the World Masters Games. Check out their website at www.2009worldmasters.com for details.
Olympic Gold Medalists Matt and Katy Emmons Welcome a Baby Girl

Two-time Olympic medalist Matt Emmons and his wife Katy, a three-time Olympic medalist for the Czech Republic, welcomed their first child, Julie Jamie Emmons on April 2. Julie (pronounced “Yulia” in Czech) arrived at 4:45pm in Plzen, Czech Republic and weighed 2.68 kg and was 50 cm long; or six lbs and 19.5 inches. Matt said, “Both mom and baby are doing very well and are home already. Dad is just smiling all the time!”

Bob Foth Hired as Paralympic Coach for USA Shooting

USA Shooting is pleased to announce the hiring of Olympic silver medalist Bob Foth as its new Paralympic Shooting Coach and Program Manager. Foth previously held the position of Youth Programs and Coach Development Manager for USAS and will retain some of those duties in his new position.

A three-time Olympian in rifle, Foth brings a tremendous amount of experience to his new position. He began shooting competitively in 1972 and won numerous national and international medals during his shooting career. He was part of several world champion teams and set six world records. He joined the USA Shooting staff as Youth Programs and Coach Development Manager in 2006 and assumed his new role as Paralympic Coach/Manager on April 6.

“I am very excited to be able to work with such a great group of shooters and to spend more time working directly with athletes on the shooting range,” said Foth. “I think this will be a great opportunity to take over the program U.S. Paralympics has started and I hope to take it to the next level for our Paralympic athletes.”

Foth’s primary duties as Paralympic Coach and Program Manager will include preparing elite disabled shooters to compete in national and international competitions. He will also work with the National Rifle Association, U.S. Army Marksmanship Unit and other organizations with programs for disabled shooters to build a pipeline for athletes who wish to pursue the Paralympic dream. Foth will design a comprehensive program that includes recruiting, competitions, administration and a Resident Athlete program.

Bill Roy, USA Shooting’s Director of Operations, predicted a highly successful program under Foth. “Bob has the perfect mix of credentials, experience, temperament and vision for this endeavor,” said Roy. “As in his own shooting career, Bob will place our Paralympic athletes on a track to excellence in competition and in life.”

USAS took over the Paralympic Shooting program from the U.S. Paralympics division on January 1, 2009.

Spring Board of Directors Meeting Summary

The Spring USA Shooting Board of Directors (BOD) meeting was held April 4 at the Olympic Training Complex in Colorado Springs, Colo. The Board welcomed three new members, including Launi Meili (Coaches & Officials), Sandra Uptagrafft (Pistol Athlete Rep) and Patrick Laux (At-Large). Dr. James Lally completed his tenure as President and Gary Anderson was elected as the new BOD President. The Board also elected Allen Harry and Butch Eller to retain their current positions as Vice President and Secretary-Treasurer, respectively. USAS staff members each reviewed their programs in presentations to the Board, and the National Coaches reported on progress and outlooks for the shooting disciplines.

The Board also addressed the current economic situation and brainstormed fundraising opportunities for USAS to ensure the USAS athletes and programs remain competitive. USAS is also establishing a USA Shooting Team Foundation, and the Board passed the bylaws for the foundation and elected Buddy DuVall to serve as its Executive Director. The Board approved the creation of two new membership categories, including a “Junior Individual” membership for $20 and “Junior Olympic Limited” for $10. The next Board meeting will take place November 21, 2009.
Gary Anderson was selected to serve as President of the USA Shooting Board of Directors at the Spring BOD meeting on April 4, 2009. Anderson is replacing Dr. James Lally, who has been a member of the Board since 1998 and President since 2004. Dr. Lally will remain on the Board as Immediate Past President and will continue to serve as the USA Shooting Team Doctor.

“T’ve had a chance to see USA Shooting since its inception and it’s gone through a marvelous transition,” said Anderson. “Today USA Shooting is a highly successful and respected organization. It’s respected highly by both the USOC and ISSF. The success our team achieved in Beijing is a fantastic testimony to how far USA Shooting has come, but with that success comes the obligation and challenge to do better and do even more. I would like to pay tribute to Dr. Jim Lally who has given this organization strong leadership, a vision and challenged us to do better.”

Anderson is a two-time Olympian, and the only shooter to win two Olympic gold medals (1964 and 1968) in the 300m Three Position Center Fire Rifle event before it was discontinued. He also won seven World Championships.

A former U.S. Army Marksmanship Unit soldier, Anderson retired from active international competition in 1969. His two Olympic gold medals, seven World Championship gold medals, six world records and 12 national titles were and continue to be the most major international shooting titles ever won by an American.

Following retirement from active competition, Anderson has continued to devote his time and energy to shooting sports by coaching young shooters, teaching shooting clinics, speaking at numerous shooting sports functions and authoring hundreds of magazine articles and three books about shooting.

Anderson is a graduate of Hastings College in Nebraska, and the San Francisco Theological Seminary in California. Anderson worked at the National Rifle Association (NRA) where he served as Executive Director of General Operations and was responsible for the development of safety, training and competition programs. Among hundreds of other honors, Anderson was awarded the National Board for the Promotion of Rifle Practice (NBPRP) Distinguished International Shooting Badge (Serial number one) in April 1963 by President John F. Kennedy. While at the NRA, Gary served on the NBPRP board, and was one of the first people to advocate and pioneer a shift in priorities to youth and junior shooting. As a result of this shift, Anderson became the founding and administrative director of the U. S. Shooting Team Foundation and, in 1993, he moved to Atlanta to become the Shooting Competitions Manager for the 1996 Olympic Games. In 1996, Anderson accepted a position with Fulton County Georgia, to manage the Wolf Creek Shooting Venue, a facility destined to become a premier national and international center for the shooting sports.

Anderson’s influence on shooting sports extends well beyond the United States. He has traveled extensively throughout his career in shooting, serving as a genuine ambassador for shooting sports, attending 11 Olympic Games, three as a competitor and eight as technical delegate or a jury member. He is the first American ever elected to the position of Vice President of the International Shooting Sports Federation, and still serves in that capacity today.

Anderson has served as the Director of the Civilian Marksmanship Program (CMP) since 1999. In addition to promoting firearms safety training and rifle practice for all shooters, Gary’s primary focus at CMP has been to develop and sustain successful youth shooting programs at both regional and national levels.

USA Shooting Executive Director Bob Mitchell presented Dr. James Lally with an autographed photo of Dr. Lally and the six 2008 Beijing Olympic medalists at the USA Board Meeting on April 4. The photo was given to Dr. Lally as a gift in appreciation for his leadership as Board President.
The 2009 National Shotgun Junior Olympic (JO) Championships are set to be held July 25 through August 1, 2009 in Colorado Springs, Colo. To qualify for the competition a shooter must compete in a State Championship or attend USA Shooting's Shotgun National Championships (USASNC) held July 11-19 in Colorado Springs, Colo. Individuals who attend Nationals will receive an automatic invitation to the National Junior Olympic Championships (NJOSC). State Championship competitors will receive invitations based upon a cutoff score of 90 out of 125 targets for a Trap/Skeet State Qualifier bid and a cutoff score of 105 out of 125 targets for a Trap/Skeet At Large bid. Double Trap invitations will be based upon a cutoff score of 75 out of 150 for a State Qualifier bid and 125 out of 150 targets for an At Large bid. State Championship hosts are to hold their match between March 1 and June 28, 2009. Please refer to the chart below or to the USA Shooting website for a complete list of State JO hosts.

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<td>Deb Barney</td>
<td>Kerrville, TX</td>
<td>830-995-5118</td>
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<td>GA</td>
<td>Flying V Shooting Sports</td>
<td>Jay Reid</td>
<td>Acworth, GA</td>
<td>770-294-8545</td>
<td><a href="mailto:jwright2@att.net">jwright2@att.net</a></td>
<td>June 13-14, 2009</td>
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</tr>
<tr>
<td>GA/AL</td>
<td>Shooting Club/Bridge Creek Clays</td>
<td>Mike Simpson</td>
<td>Hartfield, GA</td>
<td>229-941-5071</td>
<td><a href="mailto:ermasd@gmail.com">ermasd@gmail.com</a></td>
<td>June 12-14, 2009</td>
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<tr>
<td>TN</td>
<td>TNSCTP</td>
<td>Chad Whittenburg</td>
<td>Paris, TN</td>
<td>615-353-1133</td>
<td><a href="mailto:cwhittenburg@tnwf.org">cwhittenburg@tnwf.org</a></td>
<td>June 17-21, 2009</td>
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<tr>
<td>IN</td>
<td>Atterbury Shooting Range</td>
<td>Ron Mason</td>
<td>Edinburgh, IN</td>
<td>812-526-6554</td>
<td><a href="mailto:ron2131@aol.com">ron2131@aol.com</a></td>
<td>June 13, 2009</td>
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<tr>
<td>CA</td>
<td>Coon Creek Trap &amp; Skeet</td>
<td>James Woolacott</td>
<td>Rio Osa, CA</td>
<td>916-709-6156</td>
<td><a href="mailto:jwoolacott@surewest.net">jwoolacott@surewest.net</a></td>
<td>April 25-26, 2009</td>
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<tr>
<td>AZ</td>
<td>Tucson Trap &amp; Skeet Club</td>
<td>Rob Larson</td>
<td>Tuscon, AZ</td>
<td>520-883-6426</td>
<td><a href="mailto:tinner44@earlhlink.net">tinner44@earlhlink.net</a></td>
<td>May 23, 2009</td>
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<tr>
<td>OH</td>
<td>Buckeye Int'l Junior Shooting Sports</td>
<td>Tim Young</td>
<td>Morengo, OH</td>
<td>740-404-9575</td>
<td><a href="mailto:ohioTim@gmail.com">ohioTim@gmail.com</a></td>
<td>March 13-15, 2009</td>
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<tr>
<td>MO</td>
<td>St. Louis Skeet &amp; Trap</td>
<td>Steve Wirth</td>
<td>Pacific, MO</td>
<td>636-733-7636</td>
<td><a href="mailto:steven.p.wirth@smithbarney.com">steven.p.wirth@smithbarney.com</a></td>
<td>May 29-31, 2009</td>
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<td>CO</td>
<td>Tri-Service Sportsman's Club</td>
<td>Mike Gutierrez</td>
<td>Aurora, CO</td>
<td>303-979-3773</td>
<td><a href="mailto:michael.gutierrez@yahoo.com">michael.gutierrez@yahoo.com</a></td>
<td>May 3, 2009</td>
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<td>MI</td>
<td>Great Lakes Shooters</td>
<td>Sharon Haver</td>
<td>Brighton, MI</td>
<td>517-423-3455</td>
<td><a href="mailto:havers@tc3net.com">havers@tc3net.com</a></td>
<td>May 23, 2009</td>
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<tr>
<td>IA</td>
<td>New Pioneer Gun Club</td>
<td>Guy Thomas</td>
<td>Waukee, IA</td>
<td>515-229-4544</td>
<td><a href="mailto:guy.thomas@mchsi.com">guy.thomas@mchsi.com</a></td>
<td>June 19-20, 2009</td>
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<td>LA</td>
<td>Louisiana Clay Target Program</td>
<td>Brian Brewton</td>
<td>Burleson County, TX</td>
<td>318-613-5169</td>
<td><a href="mailto:brian@clay-wings.com">brian@clay-wings.com</a></td>
<td>June 6-7, 2009</td>
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<tr>
<td>NY</td>
<td>Rochester Brooks Int'l Trap and Skeet Club</td>
<td>Robert Kalwas</td>
<td>Rush, NY</td>
<td>585-464-9174</td>
<td><a href="mailto:bykalwas@rochester.rr.com">bykalwas@rochester.rr.com</a></td>
<td>June 20-21, 2009</td>
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<tr>
<td>AR</td>
<td>Arkansas Game &amp; Fish Commission</td>
<td>Jerry (Chuck) Woodson</td>
<td>Little Rock, AR</td>
<td>501-223-6300</td>
<td><a href="mailto:jdwoodson@agfc.state.ar.us">jdwoodson@agfc.state.ar.us</a></td>
<td>June 26-28, 2009</td>
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<tr>
<td>MA</td>
<td>Minuteman Gun Club</td>
<td>Hank Garvey</td>
<td>Newburyport, MA</td>
<td>978-465-8558</td>
<td><a href="mailto:hhgarvey@comcast.net">hhgarvey@comcast.net</a></td>
<td>May 16-17, 2009</td>
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<tr>
<td>CT</td>
<td>Fairfield County Fish and Game PA</td>
<td>Brian Terry</td>
<td>Weston, CT</td>
<td>203-613-2005</td>
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<td>June 18-19, 2009</td>
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The Choice Of Champions.
Winchester® AA® Target Loads

• Hard shot for tight patterns
• Clean burning AA primer and powder
• Reloadable high-strength hull
• Loads for every shooter’s needs

In 2008, The USA Shooting Shotgun Team recorded the most medals won by any country—four—taking on the toughest competitors in the world with Winchester AA ammunition.

Left to Right: Kim Rhode, Vincent Hancock, Corey Cogdell & Glenn Eller
Pan American Games gold medalist Sandra Uptagrafft, 2008 Olympian Brenda Shinn and four-time Olympian Libby Callahan finished in first, second and third places respectively in the Women’s 25m Pistol event at the 2009 Rifle/Pistol Spring Selection Match. The Rifle/Pistol Spring Selection was held March 22-26 at Ft. Benning’s International Shooting Complex in Columbus, Ga., home of the U.S. Army Marksmanship Unit. The competition served as a selection for the USA Shooting team traveling to the rifle/pistol European World Cups in May. For complete Spring Selection results, please visit www.usashooting.org. Pictured from left: Shinn, National Pistol Coach Sergey Luzov, Uptagrafft and Callahan. Photo courtesy of Ray Arredondo