How to diagnose a false NPA

College Rifle Shooting 101

Looking for a club? See our map!

Caitlin Connor and Kim Rhode Top the Podium in Sydney
<table>
<thead>
<tr>
<th>Rifle</th>
<th>Pistol</th>
<th>Semi-Auto</th>
<th>Hunting</th>
<th>Product Name</th>
<th>Description</th>
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<tr>
<td></td>
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<td></td>
<td></td>
<td>Tenex</td>
<td>Olympic standard, medal winning, premium quality cartridges used by experienced club shooters and internationals.</td>
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<td>Tenex Pistol</td>
<td>The highest quality cartridge for semi automatic pistols and rifles, featuring a round nose bullet profile.</td>
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<td>Match</td>
<td>Impressive results from a competition cartridge featuring many attributes of Tenex. Amazing value for money and excellent accuracy.</td>
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<td>Match OSP</td>
<td>Designed to appeal to shooters seeking high quality at a competitive price. Suitable for use in semi automatic pistols and rifles and rapid fire pistols.</td>
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<td>Match Pistol</td>
<td>Softer round with reliable functioning and high accuracy in all popular pistols. Reduced velocity cartridge.</td>
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<td>Team</td>
<td>An improved version of the ELEY Club cartridge, using the same flat nose bullet as used for Tenex and Match.</td>
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<td>Club</td>
<td>Accurate and reliable mid-range cartridge used in all disciplines up to 50m range. A consistent winner at club competitions.</td>
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<td>Target</td>
<td>An affordable general purpose cartridge, which is a great quality entry level round.</td>
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<td>.17 Mach 2</td>
<td>Combining ELEY’s leading edge technology and Hornady’s 17 grain V-Max blue tip bullets, to create affordable cartridges with unbelievable stopping power and tack driving accuracy.</td>
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<td></td>
<td>Subsonic Hold</td>
<td>Super accurate and one of the quietest subsonic rounds on the market. A lower velocity hunting cartridge with target shooting accuracy.</td>
</tr>
</tbody>
</table>

Please note this is a simple guide illustrating which ELEY products are suitable for different applications. NB Some of our products may also be appropriate for other applications not shown above, this may depend on how Firearms are set up and maintained.

ELEY World Cup 2010 medal tally

2010 ISSF World Cup 1 – Sydney
- 50m Free Pistol
- 25m Sport Pistol
- 25m Rapid-Fire Pistol
- 50m Rifle Prone
- 50m Rifle 3x20
- 50m Rifle 3x40

2010 ISSF World Cup 2 – Beijing
- 50m Free Pistol
- 25m Sport Pistol
- 25m Rapid-Fire Pistol
- 50m Rifle Prone
- 50m Rifle 3x20
- 50m Rifle 3x40

2010 ISSF World Cup 3 – Fort Benning
- 50m Free Pistol
- 25m Sport Pistol
- 25m Rapid-Fire Pistol
- 50m Rifle Prone
- 50m Rifle 3x20
- 50m Rifle 3x40

2010 ISSF World Cup 4 – Belgrade
- 50m Free Pistol
- 25m Sport Pistol
- 25m Rapid-Fire Pistol
- 50m Rifle Prone
- 50m Rifle 3x20
- 50m Rifle 3x40

2010 ISSF World Cup Final – Munich
- 50m Free Pistol
- 25m Sport Pistol
- 50m Rifle Prone
- 50m Rifle 3x20
- 50m Rifle 3x40
- 50m Rifle 3 x 40
- Rapid-Fire Pistol

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International Shooting Sport Federation President Olegario Vazquez Raña congratulates Jaiden Grinnell on her bronze medal victory in Concepción, Chile.
last issue, I spoke about a number of 2011 events and activities. Here is an overview of what is happening in the upcoming months.

In May, we will be hosting the International Shooting Sport Federation (ISSF) World Cup USA, which will be held at Fort Benning in Columbus, Ga. Last year’s event was a tremendous success and this year’s event promises to exceed our expectations. There will be 24 Olympic quotas awarded and well over 400 athletes in attendance—the largest number of any ISSF World Cup USA. We are anticipating a strong turnout at this year’s USAS Rifle and Pistol National Championships, also hosted at Fort Benning. In addition to the medals awarded, the match will be a selection gateway for the 2011 Pan American Games in Mexico this October.

Though we are knee-deep in the competition season, our staff is also busy planning for an International Paralympic Committee (IPC) World Cup in October. Even though we are still in the learning process for managing the Paralympic shooting program, National Coach Bob Foth is working hard to identify and develop talent to be successful at the London Paralympic Games. While it will be in the planning stage, the additional trap and skeet fields will be separate rather than overlaid; this will allow for increased flexibility in range use. We also hope to add an electronic scoreboard to the finals field to make the scores easier to track for spectators.

Also, if you have logged onto our website lately, you’ll notice a complete redesign. During a strategic planning discussion at the spring 2010 Board of Directors meeting, the consensus was that our website was due for improvements. The site was considered difficult to navigate, outdated and expensive to alter. The new site offers greater flexibility that didn’t exist in the past. Moreover, parents and fans will be able to watch live results for matches held at the Olympic Training Center via MegaLink and the new USAS website. The new site can be readily modified and updated by our staff. Our goal is for the new website to be much more effective and user-friendly, while showcasing our talented athletes as they work towards London 2012.

There are many ongoing projects and activities at USA Shooting. Please consider that all staff work is being accomplished by 16 employees and I’d like to compliment your staff on their dedication to our organization, mission and user-friendly, while showcasing our talented athletes as they work towards London 2012.

Also in progress is the addition of a trap and skeet field at the International Shooting Park on Fort Carson. Due to increased participation, the trap event is currently conducted over four days. The additional field will accommodate continued participation growth and ease of scheduling. While currently in the planning stage, the additional trap and skeet fields will be separate rather than overlaid; this will allow for increased flexibility in range use. We also hope to add an electronic scoreboard to the finals field to make the scores easier to track for spectators.

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Picking the right college can be an intimidating experience for a young shooter and their parents as well. Corporal Rawlings, NCOIC of the Fort Benning Junior Rifle Club, compiled a list of questions and answers from National Collegiate Athletic Association (NCAA) Rifle coaches from across the nation. These are important topics that should be discussed when pursuing a collegiate shooting career.

If you were a junior coach what events (PPP Air, Precision Standing, Sporter Rifle, Smallbore, etc.) would you recommend your shooters compete in to prepare for college?

- USA Shooting National Junior Olympic Championships, USAS National Championship junior events, some three position air and NO sporter unless limited or no access. We need athletes accomplished in both guns now.
- All shooting is good; we know smallbore access is down among juniors, to have smallbore experience is a plus.
- What is available will be the big thing. Three position air is fine, although it does not always correlate to three position smallbore. Precision standing matches offer the best information for projecting the future in collegiate air rifle. Smallbore is great, not enough shooters have smallbore scores we can use.
- I really don’t look that much into three position.

If you were a junior coach what events (PPP Air, Precision Standing, Sporter Rifle, Smallbore, etc.) would you recommend your shooters compete in to prepare for college?

- Shoot as many events as possible, try to work into smallbore if at all possible. Sporter will be “kind of” looked at. I know most kids in JROTC shoot that because it’s the only thing available, but I don’t know how serious they are if that’s as far as they are willing to invest in the sport.
- I think all of the above will get them ready to compete in college. The sporter is not the best as they get into their sophomore year in high school or later but it is a good place to start young. It really varies from kid to kid depending on their skills and work ethic. Most of the time I like recruits to have plenty of precision air and three position smallbore experience, yet we have had some great success with limited smallbore but a lot of three position air shooters.
- We are happy with them shooting anything.
- Since three position smallbore and precision standing are the two events in collegiate competition, they are top priority for preparing a junior shooter for college. Because of the number of competitions available thru American Legion, CMP, high schools, NRA and USA Shooting, the three position air at the precision level is also quite valuable. Many of us look mainly at the standing scores, multiplied by three to get a feel for how they would score in a collegiate event.
As a coach what matches do you look at when looking for prospects?

- I give scores fired in state and National Junior Olympics, NRA, junior sectionals and open tournaments (hosted by many colleges), the most consideration since I know the match conditions and standards for those events.
- A national match like the National Junior Olympic Shooting Championships (NJOSC), nationals or other major events where there is a lot of competition is always good. Yet for some, it may be hard to find due to location or finances. Matches where they are challenged are always a good indicator.
- I look at all matches, especially the larger ones, but will use whatever they shoot under match conditions.
- I like to see how recruits do at USA Shooting National Championships and NJOSC. I also look at scores they send me from state matches and such.
- The matches that mean the most to me are the national matches, winter and spring airgun championships, Nationals, NJOSC, etc. I also watch for matches shot on electronic targets because I know what we are looking at for targets, time, etc.
- Any and all shooting.

What are you looking for academically? Grade point average (GPA), SAT/ACT scores?

- We need a minimum GPA of 3.2 and ACT scores of 28 or better or SAT scores math/verbal of at least 600.
- Ah! Good scores obviously, ideally over 3.5 GPA and good test scores (upper 20’s ACT and 1200 SAT), but I’m realistic . . . an athlete's shooting ability will make a difference too!
- NCAA Qualifier at minimum. With tight budgets and less than four scholarships to use, any money in the form of academic scholarships, that does not detract from the athletic scholarship total, helps us sign top shooters.
- I push for strong academics, mainly because it helps the team and shows a student/athlete who can handle the balance in college, but also because we have a lot of academic scholarships here.

What would you like in the shooting resume?

- Shooting resumes should include the information from the above questions and a way to contact the shooter. A photo is also helpful. Resumes should be submitted early in the fall of the senior year since the early signing period for scholarships is in November.
- Things like type of equipment owned, scores indoor versus outdoor, number of training opportunities per week, goals for college and collegiate shooting, when you started shooting, the name(s) of your coaches, high school information and all other general questionnaire information.
- Your shooting resume should contain match locations, dates, scores and camps attended. Don’t worry about the place finished, I’m more concerned with the scores.
- As a coach I look for good personality. Not all coaches look at this first, most see scores, but I want someone who can mesh well with my team. On a resume I look for manners, academics, scores and well-rounded individuals who are involved in other things besides just shooting. Also, proper grammar is very important!
- We have a questionnaire online that asks for most of the information we want. The thing that most shooters don't include when they are developing the resume is their training time. I like to know how much they are training on each gun and what is included in the training.
- Scores are important! Also, grades and ambition are good too.

When is a good time for a shooter to submit a resume to his or her top school(s)?

- Shooting resumes and academic transcripts (with test scores) should be submitted to us no later than the spring of their junior year.
- As early as possible, particularly the spring or fall of your junior year. No later than summer going into senior year as people are already arranging visits in the fall.
- We can contact recruits September 1 of their junior year, and start to call after July 1 before their senior year. They can contact us at any time. It’s good when they send us info on their matches and how they are doing. Keep in mind—we can’t initiate contact until the proper time.
- Submitting your resume the spring of junior year, or summer before senior year is good.
- I think the best time is the fall of their junior year. Even though the coaches can only email the kids during their junior year, the kids can always call the coaches. This way we can track them for a full year before they turn seniors and see improvements. If the shooter is going to be looking for money or has a large pool of schools to look at, the earlier the better and then he or she can narrow it down when they get to the junior spring semester. The thing that gets many shooters less money for scholarships is that they wait to commit. The longer a shooter waits to commit, the more inclined a coach is going to be to look at other talent. Yet this varies from school to school pending on academic money and financial aid.

Make an unofficial visit early to get a feel for the campus during your junior year, and then follow-up with an official visit in your senior year.

- Resumes should be submitted early in the fall of their senior year since the early signing period for scholarships is in November.

**When is a good time to apply to the NCAA Eligibility Center?**

- Shooters should register with the NCAA Eligibility Center early in the senior year or late in the junior year. In order to take an official visit to a college where the college pays part or all of the expenses, a shooter must be registered with the Eligibility Center, provide the school with the ID number assigned by the Eligibility Center and provide the college with a transcript and test score.

- The best time to apply is the spring of the junior year, but make sure you know in advance what the requirements are, what classes you should take and what you need to succeed. This will also allow shooters to retake the SAT or ACT if necessary.

- They need to start their application with the NCAA Eligibility center before they can come on official visits, start that some time during their junior summer headed into their senior year.

- If they are serious about shooting in college, the kids to show you their report cards in order to practice is something to compare their scores against the year progresses and gives them goals to hit and allows them to follow the team as the year progresses and gives them something to compare their scores to.

- Of course we’d like scores in the 580s for air rifle and 570s in smallbore, but academically eligible recruits are very important. That being said, I also look at scores in the 570s air and 560s smallbore, but with high levels of motivation and work ethic.

- Scores are important for scholarships yet the amount of training time, skill level and effort also plays a large role. I think most coaches are going to look at the needs of the team in regards to air versus smallbore. Theoretically, the higher scores will get the best offers. Yet, the shooter also has to be a team player and have a good attitude. A great attitude and work ethic can make up for not so great scores if the coach feels the shooter can improve. I like scores in the mid-580s air and mid-570s in smallbore for any type of scholarship.

**OTHER HELPFUL TIPS**

- Ensure they know of the different options, different universities and do well in school and on the range will set you up for the future!

- Every year we take at least one shooter that has no shooting experience but does have superb academics and a great attitude.

- The most important thing you can do is emphasize the critical importance of academics. The kids need to be prepared for and take the SAT/ACT early and often until they achieve the best score possible. Making use of test prep services is encouraged. Requiring the kids to show you their report cards in order to practice is essential.

- Every recruiting class is a little different because we take all factors into consideration. The shooter should also look at how many other athletes are going to come out of high school that year that shoot competitively to his or her skill level. He or she should also realize how many spots are open at each school. I think this will give collegiate-bound shooters a better understanding of the opportunities for scholarship money. Yet I feel that many shooters make a mistake by selecting schools just based on money. They need to find the right fit in regards to academics, programs and coaching. Also, they should take into account personal goals. There are usually only a handful of shooters every year that have the numbers already on their resume that will get good offers.
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I often run into athletes that are “stuck” at a consistent level of performance with their shooting. Out of sheer will, they have resorted to creating huge piles of brass and targets in an effort to advance simply by a large quantity of training. Unfortunately, the problem is normally not lack of training or repetition, but more often a missed or poorly followed fundamental.

The most common, yet undervalued and neglected fundamental is proper NPA or Natural Point of Aim. Regardless of the skill level of a given athlete, over-holding, under-holding, snapping or jerking the trigger, inability to properly call shots, fatigue… all sorts of ills can be traced back to a poorly set up NPA.

NPA refers to where your body wants to point the gun when you are set up and relaxed in any position. Keep this in mind—you want to point the gun at the target in a natural and relaxed fashion; anything less means that you are forcing your muscles to point at the target.

Follow this method to improve your use of this key fundamental:

1) Determine where you should be on the firing point—be consistent. I recommend determining the center of the firing point, directly in front of the target. It doesn’t matter if you set up on the center of the lane; the most important thing is that you set up left, right or absolute center consistently each time you train.

2) Expect to spend a minimum of five minutes evaluating your NPA prior to dry firing or shooting. Use the whole amount of prep time, do not arrive late. You cannot find and evaluate your point of aim correctly by firing shots because when you transition into shooting the shot mode, your body will follow and push the gun to where you are sighting and desiring to shoot the shot. By going to the trigger, you distract yourself from actually seeing the location of your NPA.

3) Set up your position: make sure your technique is correct and consistent with what you have trained. Start at the ground and move up. Take several holds to continue to warm up your body before you start evaluating your NPA.

4) Once you are set up and believe your technique is normal; align yourself the on target. Once aligned, sight again, close your eyes and breathe normally. Open your eyes again and see where you are pointed. Repeat twice, noting where you are pointing each time.

5) Remember that NPA is in ALL directions, not just left and right of the target. If you are pointing high or low when you open your eyes, your NPA is off. The only way to get on target is muscle action—which you are trying to avoid. Vertical NPA errors are extremely common and overlooked.

6) Take your time and adjust to center yourself on the target, before shooting or dry-firing. Be consistent: make sure you follow all the key points in your position during each check. Once you are confident in your NPA, you can then take three dry fire shots. Watch where the gun points at the end of each dry fire. Your body will tend to relax after pulling the trigger if it has been actively pushing the gun in a false NPA and may highlight an NPA error by drifting off center.

7) If your dry firing and “recoil” is centered after the shot, you can move on to live shots. The most important feedback from the first live shots is to watch the recoil. Recoil will often go towards your real NPA. If recoil is clean and comes back to center, your NPA is probably on track. If your recoil does not bring the gun back to center, you are probably pushing the gun prior to the shot in a false NPA.

Other Drills you can do to learn your NPA:

a. Shoot American prone matches. One wonderful thing about American-style prone competition is that you are forced to find your NPA quickly on multiple spots on the 50 yard and 100 yard targets.

b. Do the “up and down” drill. Give yourself a time limit to set up, find your NPA, shoot a string of record shots, then get up, wait and make yourself do it again.

c. Have a qualified firearms instructor or coach walk you through the beginning NPA instruction that you may have long forgotten—it can be an eye opener! Proper NPA will solve or cure most ills! Good luck and more centered shooting!
My Journey
By 2012 Paralympic Hopeful Eric Hollen

Editor's Note: Welcome to the new Paralympic section of the magazine. Over the next few issues, expect to learn about the history, equipment, events and amazing athletes of the Paralympic side of USA Shooting. Paralympic athletes embody the true spirit of sportsmanship, athletic competition and triumph over tragedy. There are currently six athletes on the National Paralympic Team—Mike Dickey, Danielle Fong, Eric Hollen, Kisha Makerney, Tom Monto and Josh Olson. You will learn more about each in the upcoming issues, but for check out their biographies on www.usashooting.org. As with all National Team members, I sent biography forms to our four Paralympic athletes. The below is an excerpt from Eric Hollen's biography that caught my attention. This piece evokes strong passion for the sport Hollen loves, and how he used shooting, coupled with academics, as a vehicle for recovery and creating the amazing person Hollen is today. Enjoy!

When I got hurt, I had to go through the five stages of grief: anger, denial, bargaining, depression and acceptance in order to complete my mental recovery process. My entire recovery took about 18 months. I worked hard because I wanted to get myself back to the guy I was prior to the bone shattering moment that broke my body. I had never had a physical limitation before in my life, so I thought, “okay, I’ll just train my way out of this.” You have to understand I was psychologically focused on my physical ability.

I was six feet and four inches, weighed 230 pounds and had no physical limitations. When I pushed on something, it usually moved—I liked that. My accident changed everything, for the first time in my life I was physically and emotionally broken. I was shattered, devastated and truly broken. As a Special Operations Army Ranger, I had been scared before, but there is a difference between being scared and being afraid. And that was the first time in my life that I was truly afraid. In the line of duty, there are numerous times that you feel adrenalin dump and a little pit in your stomach that heightens your awareness, but it’s all about performance and action. But to feel afraid is different and that fear is paralyzing. It causes mental impairment and creates an inability to act. I was mentally and physically paralyzed.

I did not dwell on the negative aspects of my injury, that’s not to say that I did not cry in the shower when my legs were shrinking. I did not realize at that time my injury was going to provide me with a new chance at life. Maybe I was not going to be able to live my life as I had planned, but when does life ever go as planned? I trained for 18 months to get better—my sole focus was to regain my ability that I had prior to my catastrophic life-changing injury. Yes I was in denial, but you have to understand that I had been trained to work through adversity to never accept defeat and to fight through to complete the mission at all cost.

I used that mindset to cope. I wanted to get my legs working, so I used the skill sets that I had been trained to develop—mental and physical strength. For the first time in my life all the focused determination that led to success in the past was not working. My body was damaged past the point of my ability to fix it through training, so I was moving into acceptance of my new paradigm. I don’t mean to say that this is the most devastating injury ever faced in the world of injury, but it’s my injury. This journey was the path that I had to travel.

School and shooting became my new focus. Well maybe not so much school, but definitely shooting. Just kidding, school was providing me with a voice and the ability to focus my thoughts toward a new goal. I want to help newly injured Veterans find success through injury—school will provide the avenue to reach that goal. Sport is way more fun, and has provided me with a deeper sense of self and clarity of purpose. To me the sport of shooting helps me live in the moment.

There comes a peace during practice where all the everyday distractions fade—all the blunders made, failures past, accidents, injuries and nerve pain all are momentarily gone. The sights become clear and the focus is on total performance of function; the task at hand is complete and overpowering—all effort is maximized on the shot. I am totally committed to the moment, and understanding that this is what it takes to reach the next level. This is what it means to be an Olympian and this is how I live my life—with complete dedication to those dear to me. To some this may be extreme, but life is for living and maximizing opportunities.

To me, the concept of wearing “USA” on my back in the Paralympic Games in 2012 means that I have found my way through the fear factor. I have found a new sense of self and I have leveled the playing field from Special Operations soldier to Paralympic athlete. I have eclipsed all previous expectations of who I wanted to be and created a new pinnacle that exceeded all previous achievements and I did it without the use of my legs. My worst case scenario has become a vehicle of opportunity that I could not have ever reached without the devastating loss that had to occur. The darkest moment did not last, and I found the light at the end of the tunnel through academics and athletics.
Isometric Training & Pistol Shooting

By Assistant National Pistol Coach Vladimir Chichkov

As with any other sport, practicing sport shooting requires physical strength, endurance and developing specific athletic qualities. I would like to take a moment and elaborate on one of these qualities as related to pistol shooting.

When observing the shooting process, we do not see a lot of dynamic activities but this does not mean that there is no muscular work. To execute a perfect shot we need a well-trained, controlled and immobilized system from the body to the pistol; moreover, a system that is oriented to the desired point. To achieve this immobilization we need a specific strength—isometric strength. What exactly is an isometric activity? It is muscular work without visible movement. For example, there is neither change in the angles of the joints nor change in the length of the muscles. Thus, shooting is primarily an isometric activity. We, as shooters, need to stand still and hold the pistol with no movement in order to aim properly and execute a shot. Most of our physical activities are completed by the larger muscles and muscle groups, but the isometric hold requires the use of the small muscles that are not commonly engaged in the dynamic (isotonic) exercises. This is why it is very important to understand the need for isometric exercises and building a plan to improve your isometric strength.

Since the muscles responsible for isometric activities do not participate in dynamic exercises, we cannot expect to train them while performing a typical workout. How do we train them? The biggest advantage of isometric training is increasing the hand and forearm strength for pistol grip. However, it is important to train with both hands (regardless of your shooting hand) in order to keep the harmony of your body. Isometric exercises work only for a very limited angle, and only at the angle you train. So if you train at 90 degree angle, you are not gaining power for the position at 45 degrees. That is why you have to exercise at multiple positions. In my practice, training at fifteen degree intervals is proven to give the best results (Figure 1). To achieve improvement in all participating muscles, it is important to exercise in all four directions UP-DOWN (Figure 2), LEFT-RIGHT.

Isometrics are divided in two groups based on the amount of power you use: maximal isometrics—when you use your maximum strength against an unmovable object (pushing against the wall or a specifically designed stand) or submaximal isometrics—when holding an object in a certain position (holding the pistol in the aiming zone). Practicing maximal power exercises is building your strength. The submaximal exercises are very often used for rehabilitation, but in our sport they can be used for maintaining the level of our physical condition.

For practicing you can use simple accessories. The simplest one to use is a rope with a loop that can be put around the gun or with a knot so that you can hold it in your hand. Step on the rope and pull up with a straight hand. To change the angle, release a little bit of the rope and pull again. To exercise in the opposite direction you need to attach the rope to the ceiling (and not to dry wall please, I don’t want to be held responsible for damaging your living room) and pull down. Having loops or knots at different heights will allow you to practice different angles.

You can make another easy accessory with a two foot by four foot wood stud. Put four six-inch lag screws at different heights (corresponding to 45, 60, 75 and 90 degree angles). Then, insert the screws in precut pieces of rubber hose to make it more comfortable. Cut the top of the two foot by four foot stud so that it fits in the door frame. Make sure the stud is steady, and then you are ready to practice. You can

Figure 1: National Pistol Team member Emil Milev demonstrates isometric holds for a rapid fire pistol shooter. Notice the placement of his gun on each peg.
use a toy gun (so that you do not damage your competition pistol) or just push with your fist up and down against the lag screws. To exercise in the left-right direction you can push against the door frame. For safety, make sure that your finger is outside the trigger guard of your pistol and that your gun is unloaded.

There is no exact science to the organization of the drills. The general consensus is for one to three groups of five short attempts at any of the desired angles and directions. The length of the attempts is usually five to 10 seconds with maximal strength. Don’t forget to take a 15 to 30 second break between the attempts and rotate the right and left hand after each group. Three to five minutes breaks between the different directions are recommended.

Isometrics can be used for strengthening your entire body. Just determine which muscle groups you need to train and develop your exercises following the principles we just discussed.

Do not forget to properly warm up and never over-do it. You will see results in two to three weeks even if your attempts are as short as two to three seconds. If you are practicing air and free pistol you can train only at 90 degrees, but it is always beneficial to practice at multiple angles. For the sport and rapid fire pistol events, multiple angles drills are a must. I wish you all straight shooting and good luck!

Figure 2: The UP-DOWN series of isometric training for pistol shooting. Keep your training even by placing the pistol both above and below each peg.

ARE YOU A NATURALLY TALENTED SHOOTER WANTING TO IMPROVE?

With hard work and professional guidance I can help you reach your peak performance.

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

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O ur bodies must continually take in oxygen through the breathing process to continue functioning efficiently. The primary purpose of the respiratory system is to supply the blood with oxygen (O₂) for delivery to all parts of the body and to remove metabolic waste in the form of carbon dioxide (CO₂). The respiratory system does this through breathing.

The composition of inhaled or inspired air remains relatively constant. Air is primarily nitrogen (N₂) and several other inert gases, comprising 79.04 percent. Oxygen content is 20.93 percent and CO₂ comprises three-hundredths of a percent. Exhaled or expired air, excluding the excess water (H₂O) vapor, always contains more CO₂ (usually between two and five percent), less O₂ (usually 15 to 18 percent) depending on the individual and activity level, and slightly more N₂ (usually 79.04 to 79.6 percent) than the inhaled air. The slight increase in expired N₂ comes from the fact that the number of O₂ molecules taken in by the body are not replaced by the same number of CO₂ molecules produced through metabolic processes.

Air enters the respiratory system through the nose and the mouth. The sinus cavities and throat then warm the air. It then passes through a tube, the trachea, which enters the chest cavity. In the chest cavity, the trachea splits into two smaller tubes called the bronchi. Each bronchus then divides again forming the bronchial tubes. The bronchial tubes lead directly into the lungs where they further divide into many smaller tubes, which ultimately connect to tiny sacs called alveoli. The average adult's lungs contain about 300 million of these spongy, air-filled sacs surrounded by capillaries, providing a surface area of some 160 square meters (see Figure 1).

The blood arriving in the lungs from the rest of the body has a relatively high concentration of CO₂ and a relatively low concentration of O₂, compared to the inhaled air in the alveoli. Both gases diffuse in opposite directions along their concentration gradients, equalizing the concentrations between the blood and the air. The blood releases CO₂ into the alveoli. Meanwhile, the inhaled O₂ molecules in the alveoli diffuse through the capillaries into the arterial blood. The exchanged carbon dioxide follows the reverse path out of the lungs when we exhale (see Figure 2).

The lungs do not expand by themselves. Instead, they connect to the inside of the thorax via the inner and outer pleural membranes and comply with the movement of the chest. The physical process of inhaling occurs when the diaphragm, a dome shaped muscle sheet separating the thorax from the abdomen, contracts, pulling downwards, increasing the thoracic volume. Additionally, the external intercostal muscles connected to the rib cage, lift and expand the chest cavity, further increasing the thoracic volume. The increased volume of the lungs decreases the pressure inside. Atmospheric pressure air outside the body follows this low-pressure gradient to fill the lungs with fresh air.

Exhalation, on the other hand, is a relatively passive process. When the intercostal muscles and the diaphragm simultaneously relax, the tissues of the lungs and thorax stretched during inhalation naturally recoil. This in turn, reduces the thoracic volume and compresses the lungs thereby increasing the pressure inside the lungs. The increased pressure forces air out of the lungs through the mouth or nose.

The volume of air breathed in or out of the lungs during each breath is about one-half of a liter. This
amount varies by individual and increases during exercise. The amount of residual air remaining in the lungs even after maximal forced exhalation is about one-and-a-half liters.

**UNCONSCIOUS CONTROL MECHANISM**

The act of breathing is unconsciously regulated by specialized centers in the brainstem, which automatically regulate the rate and depth of breathing depending on the body's needs. It is a rising concentration of CO$_2$—not a declining concentration of O$_2$—that plays the major role in regulating the ventilation of the lungs.

Reacting reversibly with the water in blood, carbon dioxide released from cellular metabolism produces carbonic acid, lowering the pH.

$$\text{CO}_2 + \text{H}_2\text{O} \rightarrow \text{HCO}_3^- + \text{H}^+$$

This drop in the blood’s pH stimulates chemoreceptors in the carotid and aortic bodies in the blood system to send nerve impulses via the vagus nerve to the respiration center in the medulla oblongata and pons in the brainstem. Nerve impulses sent through the phrenic and thoracic nerves control the action of the diaphragm and intercostal muscles. As the lungs expand, the ends of the centripetal fibers of the vagus nerve are stimulated, leading to a retardation of the actions of the respiratory center, allowing the intercostal muscles and the diaphragm to relax, causing exhalation.

The rate of cellular respiration, and hence O$_2$ consumption and CO$_2$ production varies with level of activity. Vigorous exercise can increase the demand for oxygen by over twenty times. Lactic acid produced by anaerobic exercise can also lower blood pH. The respiratory center responds by increasing the number and rate of nerve impulses. This causes an increase in the rate and depth of breathing which soon brings the CO$_2$ concentration of the alveolar air, and then of the blood, back to normal levels.

The carotid body in the carotid artery does have receptors that respond to a drop in oxygen concentration. Their activation is important in certain situations, e.g., at high altitude, where oxygen supply is inadequate, even though there may have been no increase in the production of CO$_2$.

**CONSCIOUS CONTROL**

Breathing is one of the few bodily functions that (within limits) is controlled both consciously and unconsciously.

Normally, the rate of respiration at rest is between 12 to 15 breaths per minute. The inhalation phase takes about one second followed almost immediately with exhalation, which takes slightly longer. A pause of a second or two between the end of exhalation and the beginning of the next inhalation occurs as the CO$_2$ content of the blood increases to the point where it triggers the next cycle to start. Controlling and extending this respiratory pause occurs in many activities. For example, in swimming, cardio fitness or vocal training, one learns to discipline their breathing. Even human speech is dependent on breath control.

It should be obvious that the shooter must not breathe while aiming, as the movement of the abdomen, chest and shoulders causes the gun to move significantly making an accurate shot almost impossible. Therefore, the shooter must interrupt their normal breathing cycle in some way for a short period, long enough to settle the hold, aim and shoot the shot.

Figure 3 shows a hypothetical pneumograph of the normal breathing cycle. The lowest point on the graph is the natural respiratory pause. This is the point where the chest muscles are relaxed and the air pressure inside the lungs is essentially equal to that surrounding the outside of the body. At this point, there is no need to exhale further as the CO$_2$ level in the blood has not reached the concentration necessary to initiate the signal to inhale. In a healthy person, this pause can extended for 12 to 15 seconds without difficulty or experiencing an unpleasant urge to breathe. Ventilating the lungs with deeper inhalations and exhalations before interrupting the breathing cycle can further extend this time.

Figure 4 shows the typical breathing cycle for rifle shooting. Normal breathing should continue until the athlete begins to aim and the sights settle on the bull’s-eye. The breathing cycle is intentionally interrupted for six to eight seconds during which time the shooter will either fire the shot or reject that attempt and start the process again. Though the shooter may be able to hold their breath longer than eight to ten seconds, this causes problems with maintaining clear vision as the blood O$_2$ level is depleted. Additionally, the urgent feeling of the need to breathe due to the buildup of CO$_2$ in the blood ultimately becomes a distraction from the precise aiming task.

While attempting to fire a shot, a beginner will often take a deep breath and hold it in with his or her lungs fully inflated. Though he or she received instruction to avoid breathing during a shot, this is incorrect. Because the intercostal muscles are under tension holding the rib cage in its expanded position, the shooter will quickly feel uncomfortable, negatively influencing the stillness of the rifle.

Some experienced shooters pause their breathing after

---

**Figure 3**

Breathing cycle

- Inhalation
- Exhalation
- Respiratory Pause

---

**Figure 4**

Breathing cycle

- Aiming Begins
- Extended Respiratory Pause
- Shot Fired or Rejected

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several respiratory cycles of decreasing depth, starting with a deep breath and shallower inhale and exhale sequences until obtaining hold refinement (see Figure 5). This technique variation provides some fresh air to the lungs without inducing the major disturbance to the aiming position that a normal breath would.

A few shooters have experimented with inhaling partially after the normal pause (see Figure 6) or stopping their breathing prematurely before the natural pause (see Figure 7). These techniques, however, are potentially problematic as the amount of breath inhaled or held from shot to shot may not be consistent, leading to vertical alignment deviations. This often results in holding too long as they attempt to adjust their point of aim onto the target.

Another pitfall of purposely holding air in the lungs is that of air leakage. As the shooter aims, especially in a sling position, the air is able to escape slowly from the lungs through the nose or mouth. Thus, the position’s natural point of aim will gradually drift higher. In the standing position, it would sink lower. Add to this an over-aiming situation with declining visual acuity and the shooter can easily miss the center. It is much more consistent to exhale to the natural respiratory pause, which is the recommended method.

When you breathe from your chest, you inhale about half of that amount. The more air you inhale translates directly into increased oxygen supply to the brain and musculature.

Additionally, abdominal breathing by itself can trigger a relaxation response, improve concentration and reduce anxiety by stimulating the parasympathetic nervous system. This branch of the autonomic nervous system promotes a state of calmness and quiescence. It works in a fashion exactly opposite to the sympathetic branch of the nervous system, which stimulates a state of arousal and the physiological reactions underlying panic or anxiety. If a shooter’s mind is racing, it is difficult to focus his or her attention. Abdominal breathing helps to quiet the mind.

Some people do not even realize that they are breathing from the chest rather than the stomach. By changing their breathing pattern from their chest to their abdomen (stomach area), they can reverse the cycle and transform their breathing into a built-in tool for anxiety control.

You can see for yourself if you are stomach breathing by lying on your back and placing your hands on your stomach. Your stomach should rise and fall as opposed to your chest rising and falling. In order to practice this, picture your stomach filling up as a balloon would. Every time you breathe in, your stomach fills up and the balloon rises, and every time you breathe out, your stomach flattens. During this time, your chest should stay mostly still.

Chest breathing is not always a negative. It may also be a useful tool for the shooter. While we want to be relaxed and calm when firing a shot, a chest breath or two immediately after the shot can reenergize the shooter especially during long courses of fire. Coaches should suggest that athletes employ chest breathing immediately after the shot to invigorate and begin replenishing the blood oxygen level. Additionally, athletes should switch to stomach breathing to relax into the position prior to a shot. This procedure helps prevent premature fatigue over long courses of fire and provide the basis for a solid shot plan.

ABDOMINAL BREATHING VS. CHEST BREATHING

Under stress, breathing usually becomes shallow and rapid, and occurs high in the chest as the body goes into the “fight or flight” response. Shallow, chest-level breathing, when rapid, leads to hyperventilation. Hyperventilation, in turn, can cause physical symptoms associated with anxiety, such as light-headedness, dizziness, heart palpitations, or tingling sensations.

When relaxed and calm, you breathe more fully, more deeply and from your abdomen. Moreover, when you breathe from your abdomen, you inhale about one-half of a liter of air.
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Teamwork benefits a group and creates a support group for individuals. For example, if you shoot a bad round or a bad shot, members will be there to boost your morale. Groups that use teamwork can also increase their skill set by tapping into the abilities of all the members. These benefits and others can help determine the success of the entire team. Fostering an atmosphere centered on teamwork can be met with challenges, especially in an individual sport like shooting where we now use a points system to select the Olympic Team in addition to U.S. Olympic Trials. This is one of the primary reasons why support from coaches, family, friends and all the athletes will be vital to the USA coming together as a team once again to win more medals than ever before at the Olympic Games in 2012. I have seen it before and as we come closer and closer to the Olympic Games, I am excited to see us not only become a more unified USA Shooting Team but a stronger Team USA as well.
Conquering Concepcion
The USA Shooting Team began the 2011 World Cup season with the first International Shooting Sport Federation (ISSF) Shotgun World Cup in Concepcion, Chile on March 3. The event began with an applause worthy performance from Staff Sergeant Joshua Richmond (Hillsgrove, Pa.) Men’s Double Trap. The USA is home to some of the top Men’s Double Trap athletes in the world, and Richmond is no exception. The reigning world champion claimed the bronze medal with 143 targets in qualification and 46 out of 50 targets in the final to finish at 190 total targets.

National Shotgun Coach Bret Erickson remarked, “He’s number one in the world and showing it. Richmond is a great competitor and should be a promising future Olympian.” Richmond’s bronze medal also gave him a leg up on the competition in U.S. Olympic selection points. He has surpassed the 45 point threshold and is well on his way to earning a nomination for London 2012.

Next up was Women’s Skeet and, like Men’s Double Trap, didn’t disappoint. In dramatic fashion, 20-year-old Olympic Training Center Resident Athlete Jaiden Grinnell (Port Angeles, Wash.) won the bronze medal. Tied with five other shooters headed into the final at 72 targets, both Grinnell and Kim Rhode (El Monte, Calif.) knew the importance of every target. Grinnell dropped the first of the pair on station one and Rhode dropped the second low house target on station six. Grinnell and Rhode finished the finals with 24 targets a piece and 96 total targets. Once again tied with four other shooters, the Americans entered a shoot-off for the silver and bronze medals. In an unusually long sequence, Rhode lasted 15 targets to place fifth, while Grinnell shot 21 targets for the bronze medal. China’s Ning Wei claimed the silver medal with 22 targets in the shoot-out. National Coach Bret Erickson said, “Fantastic job by Grinnell for her first ISSF World Cup medal. Nearly 11 pairs in the miss-out was impressive work.”

Finally, Olympic Training Center Resident Athlete Frank Thompson (Alliance, Neb.) finished in fifth place with 146 total targets. In an event of only 125 qualification targets, athletes needed to shoot 123 targets to even have a chance at the final. Thompson was one of four athletes with 123 targets, while the leader shot a straight 125 in qualification. Thompson stayed strong throughout the final, but dropped two targets—one on station four and one on station five—to finish with 23 targets in the final. National Shotgun Coach Bret Erickson said, “It was a fantastic match for Frank. He shot a world-class score and deserved to be there.”

The USA Shooting Team left Chile with two total medal and five appearances in the finals. The shotgun athletes are also competing in Australia, China, Slovenia and at the 2011 ISSF World Clay Target Championships in Serbia. Follow the USA Shooting Team on www.usashooting.org.
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Corey Cogdell
Cabela’s Pro Staff
USA Shooting is pleased to announce that four-time Olympic medalist Kim Rhode (El Monte, Calif.) has qualified for a nomination to the 2012 U.S. Olympic Team pending approval by the United States Olympic Committee. Upon approval, Rhode will be competing in her fifth consecutive Olympic Games and chasing the record books as the first American Olympian to achieve five medals (in an individual event) in five Olympics. With podium-topping performances the past year, Rhode was the first member of the USA Shooting Team to meet and exceed the point threshold of 45 points for Women's Skeet. Following the 2008 Olympic Games, USA Shooting adopted a point selection procedure for athletes to gain an Olympic nomination. Points are awarded based on competition performance at International Shooting Sport Federation (ISSF) World Cups and World Championships.

In 2010, Rhode started the ISSF World Cup season with a bang by winning a gold medal in Acapulco. She repeated her performance in Beijing where she equaled her own world record of 98 out of 100 targets. Rhode then placed fourth at the ISSF World Cup in Lonato, Italy, earning three additional points. Yet, the greatest feat of her 2010 season came at the ISSF World Championships in Munich, Germany. Rhode nailed 97 out of 100 targets for the gold medal and title of World Champion for the first time in her career. She started the 2011 season with a fifth place finish at the 2011 ISSF World Cup Chile and sealed the deal with a gold medal performance at the ISSF Sydney World Cup on March 30. Rhode has now reached a point total that cannot be surpassed by other U.S. athletes based on remaining competitions with available Olympic qualification points. Though it didn't add to her point total, Rhode was also USA Shooting's Athlete of the Year for the third year in a row. "It is such an honor to be nominated for my fifth Olympic team and to have the opportunity to bring home a fifth medal for the United States. None of this would be possible without the support of all my sponsors like Winchester and all the family and supporters at home who have helped support me in this endeavor," said Rhode.

With a shooting career that began in her early years, Rhode won her first Olympic medal—gold—in Atlanta in 1996 in Women's Double Trap as a 17-year-old. Four years later, she won the bronze in Sydney, and then the gold in Athens in 2004. Since Women’s Double Trap was removed from the Olympic program after the Athens 2004 Olympic Games, Rhode now competes in Women's Skeet. At the 2008 Beijing Olympic Games, Rhode continued her winning streak with a silver medal. USA Shooting would like to congratulate Kim Rhode on an excellent start to 2011 and qualifying for a nomination to the 2012 Olympic Team.
The USA Shooting Team left the International Shooting Sport Federation (ISSF) World Cup Sydney the most victorious and medal-winning federation with eight total medals—three gold and five silver medals—won. China finished with a close second of eight medals—two gold, one silver and five bronze medals. Moreover, the USA brought home the second and final quota for Men's 50m Rifle Prone won by Sergeant First Class Eric Uptagrafft (Phenix City, Ala.). The USA Shooting Team had nine appearances in the finals that resulted in eight medals—the “Great Eight” of Sydney. With finals ranging from just a few tenths of a point difference to a walk-away victory, the USA Shooting Team didn’t disappoint.

The event was held at the site of the 2000 Olympic Games—the Olympic Shooting Range. This combined—rifle, pistol and shotgun—World Cup set records with 750 entrants from 68 different countries with over 1,000 registered starts. The highlight of the event, however, was the 34 Olympic quota places that were awarded to the top competitors. ISSF President, Olegario Vazquez Raña, served as the official ISSF representative and started the event off complimenting the Organizing Committee for their hard work and dedication to the shooting sports. Vazquez Raña awarded Nick Sullivan, the Chairman of the Organizing Committee, the President’s Button—the highest ISSF honor for putting together the largest ISSF World Cup of the season.

Please see the subsequent pages for an in-depth look at the “Great Eight” of Sydney.
Caitlin Connor
Matt Emmons (Browns Mills, N.J.) was the first American to step onto the podium at the International Shooting Sport Federation (ISSF) World Cup Sydney. Repeating his medal winning performance from 2010, Emmons secured the silver medal in the Men's 50m Three Position event. With 1169 qualification points, Emmons was situated in the middle of the final. Facing a deficit of seven points after China's Qinan Zhu shot a commanding 1176 qualification points, Emmons fired 101 points in the final to outlast the rest of the field and finish just 1.4 points behind Zhu. Moreover, this win puts Emmons above the threshold for U.S. Olympic point selection. With 48 total points thus far, Emmons is well on his way to becoming a three-time Olympian.

Sergeant First Class Eric Uptagrafft (Phenix City, Ala.) has two big reasons to be proud of his performance at the International Shooting Sport Federation (ISSF) World Cup Sydney. Uptagrafft's performance was not only worthy of a silver medal, but also the final Men's 50m Rifle Prone quota for the USA Shooting Team. Uptagrafft shot an outstanding 599 out of 600 qualification points. He followed up the strong score with an outstanding final of 104.2 points for a total of 703.2 points. Uptagrafft is knocking on the door of the threshold of U.S. Olympic point selection with 39 out of 40 points. His next opportunity to surpass the threshold will be at the ISSF World Cup USA, where Uptagrafft will be shooting on native soil at the U.S. Army Marksmanship Unit in Fort Benning.

Amy Sowash (Richmond, Ky.) was on target in Sydney. Sowash shot 586 qualification points and headed into the final with the silver medal in her sights. Sowash fired 90.4 points in the final for 676.4 total points and the silver medal. A Resident Athlete at the Olympic Training Center, Sowash has been training daily for a lustrous performance. She is now chasing U.S. Olympic selection points. With two quotas available for Women's 50m Rifle Three Position, Sowash currently has 14 of the 40 requisite points for the threshold. She will be competing in the next ISSF World Cup in Fort Benning, Ga. A gold and silver medal in both would put Sowash well on her way to competing in London 2012.

Jamie Beyerle (Lebanon, Pa.) got things off to a world-class start in the elimination relay with 591 total points. In the qualification round, 2008 Olympian Beyerle nearly matched her score with 589 total points. She had a three-point lead entering the final, and shot 96.3 points in the final for the gold medal and 685.3 total points. This win put Beyerle above the U.S. Olympic point selection threshold. With only 40 points required, Beyerle currently has 47 points. Though she has not yet secured a spot on the 2012 U.S. Olympic Team, the opportunity to compete in London is becoming a greater possibility with every win. Expect great things from Beyerle as she takes on the world at the ISSF World Cup USA in Fort Benning, Ga., and the ISSF World Cup Munich in June.
Jon Michael McGrath (Tulsa, Okla.), the reigning Junior World Champion, finished the ISSF World Cup Sydney with a golden glow. Olympic Training Center Resident Athlete McGrath was on target for not only qualification, but also the final. Shooting 124 out of 125 targets after five rounds left McGrath tied with three other shooters headed into the final. McGrath and Georgios Achilleos (Cyprus) were the only shooters that remained focused enough to shoot clean finals. With just a two target shoot-off, McGrath bested Achilleos for the gold medal for a total of 149 +2 targets. At just 18 years old, McGrath is one of the youngest members on the National Shotgun Team, yet didn't let his youth cloud the path to success.

Joshua Richmond (Hillsgrove, Pa.) is the top-ranked Men’s Double Trap shooter in the world. In demonstration of his prowess, Staff Sergeant Richmond of the U.S. Army Marksmanship Unit, won his second ISSF World Cup medal of the year in Sydney. After his recent bronze medal win at the ISSF World Cup Chile, Richmond was dialed in and shooting straight. He kept the momentum alive as he won a silver medal in Men’s Double Trap in Sydney. Richmond smashed 140 targets in qualification and 46 targets in the final for a total of 186. Richmond’s win in Chile placed him above the U.S Olympic point selection threshold, and the silver in Sydney was just icing on the cake. Richmond is well on his way to achieving his Olympic dreams and competing in London 2012.

Kim Rhode (El Monte, Calif.), the reigning world champion and two-time 2010 ISSF World Cup gold-medalist, started her 2011 collection. Rhode shot a solid qualification score of 72 out of 75 targets. Despite pressure from China’s Ning Wei, she stayed straight in the final for a total of 97 targets and the highest step on the podium. The four-time Olympic medalist solidified her nomination to the London 2012 Olympic Games with a win in Sydney. Rhode finished fifth at the first ISSF World Cup of 2011, and was determined to medal down under. Rhode’s last stop on the ISSF World Cup circuit will be Beijing, China.

Caitlin Connor (Winnfield, La.) put up one of her best performances of the year in Sydney. She shot 71 out of 75 targets to tie five other shooters for just four spots in the final. Making quick work of things, Connor earned her spot after just two targets. She wowed the crowd with a straight 25 target final to win the silver medal. Connor, an Olympic Training Center Resident Athlete, finished with 96 targets. Connor last medaled at the 2009 ISSF World Cup in Cairo, Egypt. A member of the Shotgun National Team since 2010, Connor’s shooting has taken a sharp turn uphill--she has made excellence an expectation.
March: Matt Emmons

At 19 years old, Jaiden Grinnell (Port Angeles, Wash.) seems too young to be dubbed a seasoned professional, yet nearly earned the title with a solid showing at the International Shooting Sport Federation (ISSF) World Cup in Concepcion, Chile. Just seven months after winning the World Championship Junior Women’s Skeet bronze medal, Grinnell made her 2011 World Cup debut with a bronze medal in open Women’s Skeet. Rather than a walk in the park, the competition was laden with nerves and edgy moments. Tied with five other shooters headed into the final at 72 targets, Grinnell was not giving up. In the final, she dropped the first of the pair on station one, yet finished with 24 targets. Once again tied with four other shooters, Grinnell entered a shoot-off for the silver and bronze medals. In an unusually long sequence, Grinnell shot 21 targets for the bronze medal. Adding to the sweet celebration, this hardware was Grinnell’s first ISSF World Cup medal. With a world-class score and unwavering nerves in the final, Grinnell earns the title of Winchester Athlete of the Month for April. USA Shooting would like to congratulate Grinnell on her first ISSF World Cup medal and wish her many more.

April: Jaiden Grinnell

Matt Emmons (Browns Mills, N.J.) is known for his outstanding competition presence and performance, so when he wasn’t on the firing line at the 2010 International Shooting Sport Federation (ISSF) World Cup Final in October, the shooting community took note. Emmons was in New York battling thyroid cancer and recovering from a surgery that removed his entire thyroid. Back at practice and hard at work, Emmons set his sights on the 2010 USA Shooting Winter Airgun Championship and reached the podium each day in Men’s 10m Air Rifle. His most recent and noteworthy performance came at the 2011 Rocky Mountain Rifle Championships in February. Emmons set a new USA Shooting National Record with 1188 points in Men’s 50m Rifle Three Position qualification. Moreover, Emmons finished the three-position match with a 19.6 point margin over the silver medalist. His final score was 1188 points in day one, 1179 points in day two and 101.6 points in the final for a total of 2468.6 points. He also topped the competition in Men’s 50m Rifle Prone with 600 points in day one, 598 in day two and 105.6 points in the final for 1303.6 total points. Finishing out his trifecta of gold, Emmons also ascended the podium for Men’s 10m Air Rifle with 596 points in days one and two and 103.3 points in the final for 1295.3 total points.
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Competitions are listed in order by date. For specific information on a particular event, please visit www.usashooting.org >>competitions>>interactive calendar and browse our upcoming events or call the event organizer listed. Please check the February/March 2011 edition of USA Shooting News or online for the May and June competition schedules.

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<td>Trap</td>
<td>Hal Hare</td>
<td>614.501.8535</td>
</tr>
<tr>
<td>07/15/2011-07/17/2011</td>
<td>California State Trap Championships</td>
<td>El Monte, Calif.</td>
<td>Trap</td>
<td>Steven Lakatos</td>
<td>626.403.0723</td>
</tr>
<tr>
<td>07/16/2011-07/16/2011</td>
<td>UPMS July Pistol and Rifle PTO</td>
<td>Salt Lake City, Utah</td>
<td>Pistol, Air Rifle</td>
<td>Cory Simon</td>
<td>801.867.8158</td>
</tr>
<tr>
<td>07/16/2011-07/16/2011</td>
<td>July Machias International Air Pistol Indoor PTO</td>
<td>Machias, ME</td>
<td>Air Rifle</td>
<td>Margaret Slack</td>
<td>205.255.0701</td>
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<tr>
<td>08/04/2011-08/07/2011</td>
<td>USA Shooting Northwest Regional</td>
<td>Blackfoot, Idaho</td>
<td>Pistol &amp; Air Rifle</td>
<td>Randy Shikashio</td>
<td>208.785.4860</td>
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We are proud to announce the introduction of a new model gun for 2009, the TM9. There will be two versions available of this new, single-barrel gun. One version, the TM9, will have a fixed, ramped rib and a fixed comb stock. The second version, the TM9X, will have an adjustable rib and an adjustable comb stock.
USA Shooting announces Krieghoff International as New Supporting Partner

USA Shooting is proud to announce Krieghoff International as a new Gold Level Supporting Partner. Through its partnership, Krieghoff will provide USA Shooting with in-kind firearms to be used in auctions that raise funds for the USA Shooting Team. Additionally, Krieghoff supports many of the USA Shooting Shotgun Team athletes with top of the line service and support to ensure they have the best shotguns on the line.

Henry Repeating Arms Renews Partnership

Henry Repeating Arms renews Bronze Level Supporting Partnership with USA Shooting. Henry has been a long-standing supporting partner of the USA Shooting Team and has renewed its agreement through 2011. Through its partnership Henry provides cash and is able to promote the Mini Bolt Youth Rifle as the “Official Youth Rifle of the USA Shooting Team.”

USA Shooting is teaming up with TargetTalk.org as “the” forum for buying, selling or trading international shooting equipment and guns. It also offers “the” forum for information on international shooting tips, equipment tips, gun tips and competition opportunities for beginners and experienced athletes and coaches. Mike Theimer, USAS Youth Programs Manager will be contributing to the ‘Youth Programs’ forum.

CORRECTION from the March/April issue in J.P. O’Connor’s Christmas Tens. In lieu of: “‘Releasing a shot is easy. Trivially easy. What about when the results matter? That is, in a practice session when no one is watching and when we do not care about the result.” Amended text: “Releasing a shot is easy. Trivially easy. That is, in a practice session when no one is watching and when we do not care about the result. What about when we do care about the outcome or in competition?” Also, “Those who have studied “flow” (popularly called the “zone”) will recognize that the degree of challenge she faced, which is often debilitating for many athletes. Yet, it is an aid to the well trained athlete.”
A new Olympic Trap venue opened on the east coast this spring. The Keystone Shooting Park (KSP), and is located in Northumberland County, Pa., about 45 minutes north of Harrisburg. KSP has plans for two fully covered fields with the possible inclusion of more in the future. The range is also conveniently located close to both a regional airport (Harrisburg International Airport) as well as a major international airport (Philadelphia International Airport) to better serve shooters. The range opened May 1 and will be operational 365 days a year, weather permitting. KSP will be the first fully automated Olympic shotgun range in the entire world. Operated on a smart-key card system, this benefit allows athletes to train at a time and frequency to meet their schedule. For the first time ever, Olympic shooting athletes and enthusiasts from all over the United States will have the opportunity to train in an uninhibited and constructive environment at a range complex that will offer unequalled access.

KSP has entered into an agreement with Perazzi to host the Perazzi USA Grand Prix in Olympic Trap, which will be held July 8 to 10. This Grand Prix will be an annual event and will showcase the Perazzi product line and integrates both innovative and competitor friendly features into the match. On-site gunsmithing will be offered by Dan Lokker of Giacomo Sporting USA. State Junior Olympic Championships as well as Olympic Camps will highlight the commitment of KSP to promoting Olympic shotgun sports in the United States. To that end, KSP has established special rates for juniors and both National and Developmental Team athletes in order to give them an affordable training experience at a World Class facility. KSP’s management-designed venue incorporates the latest innovative features such as a kiosk that contains a keyless digital locking mechanism, auto on-off switches for the trap machines, remote control hydraulic door assists, on-range flat screen scoring monitors as well as a smart card reader for training use. Another feature that competitors will enjoy is the score tracking system, which instantly updates all scores electronically during firing. Segmented results are shown on a large wall mounted flat screen television in the club house and live on the KSP website. KSP is also the first Olympic Trap venue in North America to incorporate a concrete tunnel system which offers protection for maintenance staff as well as provides a true in-house target storage capability of up to 200,000 clay targets.

The bunkers at KSP are European style “Flush” bunkers which face north-northeast for optimum training conditions. The range is equipped with Mattarelli Traps and Elfipa electronics, which have proven to be a winning team of durability and proven excellence at other venues. Designed from the ground up by shooters, KSP will be a breed apart. For more information call (717-903-9009). The KSP website address is www.keystoneshootingpark.com.

“KSP will be the first “Fully Automated” Olympic shotgun range in not only the United States, but the entire world. Operated on a smart-key card system, this benefit allows athletes to train at a time and frequency to meet their schedule.”
From Youth Programs & Athlete Development

Coach, Can I Get My Pin Now?

By Kevin Henry

A few years ago the Passport program was established in partnership with 4-H. It is designed to reward junior athletes for achieving the next level of skill in rifle, pistol or shotgun. It is an excellent tool for motivating juniors.

I was talking to one 4-H club coach, Kevin Henry about the success of the Passport program at this club and asked him to write an article about their experience. The following is an example of just one club's experience:

"Coach, can I get my pin now?" I looked up from scoring targets to find Cameron, one of our young air rifle shooters standing in front of me. I smiled and replied, "Well, if you can you wait until the end of practice, we will have a presentation in front of everyone." He paused to think about it, and then with a little bit of impatience said, "Alright."

Just three weeks earlier we introduced the USA Shooting Passport pin program to our shooters. During those three weeks, Cameron was on a mission. He worked extra hard to get the required score. He was very close a couple of times, but not quite close enough. When he finally reached his goal of his first pin, there was no doubt he knew that he had worked for and achieved something that had stretched him.

I am exactly one-half of our coaching staff at our local 4-H club. We are a young club, both in longevity and shooting experience. We only have some basic entry level equipment and our shooters are just starting to go to their first matches. We practice in "The Barn"—a metal building with a concrete floor and no air conditioning to combat the Texas heat. Show goats, pigs and an occasional steer live directly behind the barn. From time to time, the wall behind our backstops will rattle from a kick or head-butt. This usually is followed by a round of giggling from the younger shooters. We use these random distractions as part of our "Mental Conditioning and Focusing Program" to learn how to block out distractions at a match. The Barn actually is quite nice as it gets us out of the sun and wind.

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Our shooters don't have the benefit of looking to older, more experienced shooters to see how they are doing. All they get to see every week are their own scores; they have nothing else with which to compare results. As the coach, it's often difficult to find ways to stretch them. The USA Shooting Passport program provides us with an easy tool to grow and motivate our shooters. The bite-sized increments of the scores in the program give the shooters attainable and realistic goals to work toward. Everyone can see what they need to do in order to advance to the next level.

Every time an athlete earns his or her next pin, we make as big of a production out of it as possible. We gather everyone we can find: shooters, coaches and parents. We even had a goat try to get in once. One of the coaches announces what pin the shooter has won, congratulates him or her, and then we always take a picture and applaud. Every pin so far has produced a proud smile.

Recently we took one of our best shooters, Allie, to a Junior Olympic match that was held at a local university. This was the first match she has ever shot. She was shooting a sporter air rifle in a precision event wearing blue jeans and tennis shoes. Even though she needs a lot more experience and equipment to progress to the level of the top shooters, she rose to the occasion, beat her personal best and earned her next pin. I didn't tell her before the match, but I had her next pin in my pocket already. After the match, we stood by the university's flag and her father took a picture of her with a big smile and new pin. When asked about it later, Allie said, "It was a pleasant surprise when I scored high enough to receive my first pin!"

Back at the Barn, after one of our award ceremonies, our newest member eyed his fellow shooters newly awarded pin and asked, "What is the highest pin there is?" You could see a look of determination in his eyes already.

Thanks for sharing this with our members, Kevin. We look forward to seeing your juniors achieve higher goals. And with your help and guidance, maybe even a future Olympian.

You can order your Passports and pins from the 4-H National Supply Service: <http://www.4-hmall.org/Home.aspx>

Kevin Henry lives in Fort Worth, Texas, with his wife and two daughters. He is one of the coaches at the Eagle Mountain 4-H Club in nearby Saginaw, Texas. Both daughters are in the 4-H shooting club.

Being a family member of Team USA has its benefits.

Take advantage of partnership travel discounts.

United Airlines has flown Team USA for over 30 years, and we strive to be the airline of choice for Olympic family members as well. That's why we offer discounted fares to all USOC members for USOC/NGB associated events. Visit www.united.com/USOC to book your flight, or to learn more.

United Airlines
Flying America's Team for 30 Years
Meet the Guns-R-Us Shooting Club

By Vicki Thompson

It started with a marshmallow shooter. Roger and Barbie Applegarth were raising their four children in the country, across the road from the ranch home where Roger grew up. Looking for something fun to do, Roger built a marshmallow shooter out of two pieces of PVC pipe. It worked like a cork gun and shot miniature marshmallows. The kids had a blast! Shortly thereafter, Roger was talking to his cousin about trying to find a way to increase the focus and concentration of his then 8-year-old daughter, Ellie. His cousin, who was involved in the 4-H shooting club in Hyannis, Neb., suggested shooting sports to fill the need.

Since the marshmallow guns were so much fun, Ellie enthusiastically agreed to try a BB gun. There wasn’t a local 4-H shooting program, so Roger rounded up Tony Schmid, a co-worker of his at the agricultural co-op, and the duo started with two kids shooting in Roger’s little shop. In 2004, the two dads sought out long time 4-H shooting sports supporter Roger Eaton in Chadron, Neb. They both became certified 4-H instructors and quickly grew the “Guns-R-Us” Box Butte County Nebraska shooting club to ten members.

Although the dads had no technical shooting experience, they grew the club on the principles of safety, fun, focus and concentration. They also stressed always doing your best and improving on your last score to their impressionable young athletes. The kids developed problem solving skills by learning how to fine tune equipment, adjust positions and research into more technical aspects of the sport. They were joined by another dad, Dave Rischling, who is from a family of three generations of award-winning music educators. Next came, farming/ranching couple Bart and Kathy Dye. These folks are the current nucleus of club leadership. The club has grown to 30 members, but with no range to claim as its own. They practice once a week in the upstairs of a warehouse, shared with the Alliance, Neb., archery club.

Their target stands are homemade and cardboard is furnished by the local office supply store, a form of recycling their packing boxes. The club has received grants from the Wild Turkey Federation and the 4-H foundation to help growth and development. With this funding, they have purchased rifles, a pistol from USA Shooting and recently added a SKATT precision training tool. One member, Chase Dye, raised his score 30 points in just a few months using this system. The leaders rely on reading articles, including the ones in USA Shooting News for technical tips. They also employ any and all advice from experienced shooters who are willing to lend a hand.

There are currently seven clubs in the Nebraska panhandle that host matches throughout the February to April season. Many of the competitors will travel up to 180 miles to attend a shoot. The kids also participate in the State 4-H shoot and the Cornhusker games, and club member Eli Rischling has also shot in one of the junior matches at the Olympic Training Center in Colorado Springs. The club started hosting matches in 2005, and the latest competition drew 89 BB gun, 46 air rifle and ten pistol shooters from eight to 18 years old. In 2009, the club started purchasing USA Shooting merchandise to award as prizes in lieu of medals—this has become a very popular award program among the shooters. This year, first place in each category was awarded a USA Shooting membership.

The club has also hosted a Junior Olympic match for the past three years, since the only other qualifier was 360 miles away. The matches are held in school gyms and run by volunteers. While many clubs are formed by shooters for the pure love of shooting who then tackle the mental side of the sport; this is an atypical club formed by non-shooters wanting to develop a mental program that evolves into more technical shooting skills. Regardless, a local club is a great opportunity for kids and adults to work and spend quality time together. Every time a shooter improves on a score, he or she feels like a winner. Each time they solve a problem (whether individually or collectively), the shooters learn an important life skill and gain confidence.

Now, one of the club members, Lane, has shown an interest in shooting trap. How does he learn? In the pasture with a manual thrower mounted on a tire. There are no problems for the shooters of the “Guns-R-Us” Club, just opportunities. Recently the Applegarths’ oldest daughter, Amy, landed her dream job as 4-H program associate for Adams County, Colo. When asked what two areas of emphasis she would like to pursue, she replied with what were her obvious choices—fashion and shooting sports! So plant a seed and see what grows. Help is only a click or a phone call away.

“Although the dads had no technical shooting experience, they grew the club on the principles of safety, fun, focus and concentration.”
there is a renewed effort underway to grow and enhance our junior competitive pistol programs across the country. New coaches are being trained and with the advent of the Progressive Position Pistol (PPP) program, the world of competitive pistol shooting is opening up to a new generation of young men and women. We are committed to paving the way for more people to get involved in the shooting sports and to help them realize their goals and dreams.

One of the biggest shortcomings that many clubs and junior shooters have is the need for good equipment and quality, affordable pistols. Pistol clubs usually have tight budgets and families have budget constraints as well. Most could purchase pistols if they had the opportunity to spread out the payments. We have a program to address this situation, but we need your help.

Executive Director Bob Mitchell stated, “USA Shooting compliments the Pistol Development Program as a vehicle to make air pistol shooting more available to desiring young shooters. We endorse the initiative of Russ Doucette, Eric Pueppke and Steve Faught to make this program available.”

For further details and to learn how you can become a sponsor contact:

USAS Development Program
Russ Doucette
18 Whittemore Rd.
Framingham, Ma 01701
508-561-2327

We are soliciting sponsors, either individuals or companies, who would be willing to donate or loan the Pistol Development Program a minimum amount of $1000. After two years this loan would be returned to the sponsor in full. In this way a sponsor is truly only donating the interest on their money for the two year period. These funds would be used to purchase air pistols for qualifying clubs and individuals who would pay for them over a two year period.

We are working with Pardini USA and possibly additional suppliers who provide quality air pistols including the Pardini KID, a premier pistol sized for the small hands of young junior shooters. The air pistols are offered at an attractive price.

The Air Pistol Development Program is fully endorsed by USA Shooting who will provide recognition to program sponsors.

We will design an individualized mental training program that you can use throughout the year that will address pre-competition, competition and post-competition strategies. Beginner, Intermediate and Advanced Shooters Welcome

Some of Dan’s clients include Josh Richmond, Glenn Eller, Vincent Hancock, Ryan Hadden and Jeff Holguin.

2 or 3 Day Mental Training Camps Available: Come to one of our pre-scheduled Mental Training Camps for 2011 or we can come to you!

Call 866-258-2338 for more information or visit www.33method.com
President Lones Wigger and I are very pleased with the response to the formation of the USA Shooting Team Alumni Association. To date over 150 former USA Shooting Team members have joined. We solicit everyone’s assistance in making the association be successful. You can help by passing the word to former Shooting Team members and encouraging them to join. We do not have good contact information for many people and particularly from earlier team members. With the Alumni Association finally up and running there will be regular articles in USA Shooting News and correspondence to members primarily by email.

USA Shooting is developing a new website, which by the time you read this article, will be operational. There will be a tab to the Alumni Association that will be updated regularly with articles and pictures. However, we need member input to make that happen. We sincerely thank Ray Carter for his tireless efforts over the years in maintaining the alumni page on the USAS website.

This fall all Association members will receive the volunteer notice that Competitions Manager Lindsay Brooke sends to past and potential volunteers. We encourage you to become engaged, support USAS competitions and renew friendships.

Also, don’t hesitate to dust off the guns and participate. We have senior categories at most of our selection matches and national championships. Take a different viewpoint to competitions and participate to enjoy the Olympic shooting sport on a recreational basis, develop new friendships and see how the sport has developed. Many members have not experienced shooting on electronic targets which have certainly changed the sport.

Another way to contribute to the Association is to share some memorable experiences either about you, teammates or staff. Our members have some truly outstanding stories to tell related to shooting performances, funny stories, pranks, friends and places visited. Draft a story long or short. Media and Public Relations Manager Katie McGinty (katie.mcginty@usashooting.org) will be most pleased to help edit and prepare for publication. Sharing such stories will not only be fun for you to revisit but enjoyable reading for our membership.

There are numerous ways to be active in YOUR Alumni Association. Please help make it successful and rewarding for all!

Listed below are athletes with missing addresses or emails. Please help us locate them or anyone else who participated on an ISSF team and has not received an application. Please contact me at Lones.Wigger@USAShooting.org

The Alumni Association has added the following 11 new members and they have been sent their Membership Certificates and lapel pins.

<table>
<thead>
<tr>
<th>Bill Boyle</th>
<th>Ed Etzel</th>
<th>Daniel Ide</th>
<th>Daniel B. Puckel</th>
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<td>Dr. Henry Cross III</td>
<td>Terry M. Howard</td>
<td>Peter Piffath</td>
<td>William &quot;Bill&quot; Pullum</td>
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<td>Martin D. Edmondson</td>
<td>Eric Humphries</td>
<td>Mary Elizabeth Norckauer</td>
<td>Walter Zobell</td>
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Justin Barberi   James Gouger   Artie Osborn   Connie Tomsovic
Leah Baugher     John Gray      Colleen Rumore  Cecil Wallis
Brian Burrows    Summer Hutton  Adam Satthoff  Mimi Wilfong
Sheldon Benge    Hattie Ponte-Johnson  Grant Saylor  Ray Yong
Roxane Conrad    Lance Lazoff   Patricia Schroeder  John Hunt
Brad Deauman     Nelson Lincoln  Aaron Shader   Dave Mattice
Joseph Dickson   Marcello Mancini  Cindy Shenberger  Lou Palmisano
Charvin Dixon    Kelly Mansfield  Rebecca Snyder  Michael Remington
Henry Dominick   Byron Marshall  Tucker Stachitas  Jeff Sizemore
William Dodd     Kenneth McNally  Jan Schuler-Thomas  Bill Wiseman
Joan Elkins      Alvin Merx     Michael Thompson

Lones Wigger
President
USA Shooting Team Alumni Association
North Dakota State University

Returns to the Collegiate Pistol Roster
By Assistant National Pistol Coach Eric Pueppke

A fter a 9 year closure, North Dakota State University (NDSU) Marksmanship Club shooters are back on the firing line. NDSU has a long history of competitive shooting going back just after the turn of the last century. An outdated range with air quality issues finally led to the closing of the club in 2002. The recently completed Red River Regional Marksmanship Center in neighboring West Fargo is now the home range of the NDSU Bison shooters.

One of the biggest challenges that the new club faced was replacing equipment. The North Dakota Shooting Sports Association, Minot Rifle and Pistol Club, along with a number of other individuals and clubs really stepped up and helped out. The 2010-2011 season was one of building the program, with some equipment not arriving until in January.

Despite not really getting rolling until January, NDSU Marksmanship Club qualified an Air Pistol Team to the NRA Intercollegiate National Pistol Championships held in Fort Benning in March. Team members Tim Jacobson, Jesse Myers, Jacob Longlet and Matt Pueppke placed sixth as an Air Pistol Team. Pueppke finished third individually in Air Pistol and fourth in Free Pistol.

The NDSU Marksmanship Club would like to thank the coaches, staff and others from USA Shooting, NRA, as well as the many other collegiate shooting coaches who assisted us in getting this program running again. This is a great example of what can be accomplished when we pull our resources together.
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

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