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

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

Learn More // www.winchester.com

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.

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

Official Ammunition of the USA Shooting Shotgun Team

DISCIPLINES

10 KEEP IT IN LINE
Learn how to maintain balance between muscle work and stability in your stance. When National Assistant Pistol Coach Vladimir Chichkov speaks, it’s time to listen . . .

12 EYES ON THE PRIZE
Marcus Raab helps you keep an eye on the fundamentals with a closer look at . . . the eye, and its importance in shooting.

15 STAY COOL IN THE HEAT
Humidity and high temperatures can wreak havoc on your shooting. Don’t let the heat index get you down, follow the advice of Tucson’s Rob Larson.

18 CELEBRATE GOOD TIMES
Sep. marked the 25th Anniversary of the Olympic Shooting Center. Take a look back at how it all began and the recent improvements that keep the OSC on top.
FROM THE EXECUTIVE DIRECTOR

VALUABLE VOLUNTEERS

Volunteers are the key to the success of all non-profit organizations and USA Shooting (USAS) is no exception. We rely on volunteer coaches and competition staff at our member clubs, as well as at the national level. Serving as a coach or competition director can certainly be challenging and time consuming, but it is also gratifying to watch the progress of young athletes, as well as taking pride in conducting a well-managed event.

The USAS staff members appreciate the quality work of our volunteers who have demonstrated a positive impact on our sport. As a result of their hard work, developing athletes are learning proper techniques and mental skills at an earlier age. Shooters funneling into our athlete pipeline are at a much higher skill level than even five years ago. Our Preliminary Tryouts (PTOs) and Junior Olympic qualifier matches are being conducted efficiently and professionally. It is no secret that our volunteers who organize national level matches conduct competitions that exceed the quality of many international events.

We are always in need of more coaches and competition staff. At the club level, it is common for one or two key people to manage programs. Having additional help makes the task of managing a club program less burdensome on leaders and creates a more enjoyable experience for all parties. USAS and the National Rifle Association (NRA) offer excellent coach education courses that help provide the training for new and developing coaches. Moreover, we are in the process of creating and compiling information for potential and current volunteers to better illustrate common volunteer roles. There are numerous USAS volunteer tasks ranging from range officers to shotgun referees to results management to target maintenance and more. Naturally, some tasks require more training than others, which our staff and lead volunteers are most willing to provide. For those volunteers desiring to officiate at national and world level events, we ask that referees and/or range officers work toward becoming certified by USAS and/or the International Shooting Sport Federation (ISSF).

In addition to the personal satisfaction derived from positively impacting all shooting events, our volunteers enjoy the camaraderie of socializing and developing long lasting relationships with other volunteers and staff. If you have yet to experience serving as a volunteer, please give it a try, and if you are currently involved, please recruit more capable individuals. Volunteering is not only a gratifying experience but also a way to promote the shooting sports!

- Robert Mitchell

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

Whether you are a 20-year veteran or a first-time rookie, it never hurts to review the rules of the game.

As a matter of fact, as I was researching the International Shooting Sport Federation (ISSF) and the USA Shooting (USAS) rulebook for this article, I learned a few things. For instance, years ago when I first joined the U.S. Army Shotgun Team under the leadership of coach Burl Branham, one of the unwritten, yet thoroughly understood, range rules was to never shoot a “tweety-bird.” I had always thought that rule originated with Burl, but I’ve discovered that according to the USAS rulebook, “aiming or shooting at another shooter’s targets or deliberately aiming or shooting at live birds or other animals is prohibited (Sect. 9.2.3.2).” I also discovered that regulations differed across the disciplines. Being a trapshooter, I assumed that the marker tape on a skeet vest was to be placed at the highest point of a skeet shooter’s hipbone. While this may coincidentally be true, the word “hipbone” never actually appears anywhere in the marker tape placement rule (Sect. 9.6.14.12.3).

An aspect of the game that deserves review is the importance of the assistant referees or “flankers.” The rulebook states that the referee must be assisted by two or three assistant referees and that all shooters must serve in this function when designated (experienced substitutes being acceptable). Some of the main duties of the assistant referee include watching each target thrown, signaling lost targets, maintaining an unobstructed view of the shooting area and indicating targets hit outside of the boundaries in skeet (Sect. 9.5.6.2).

Additionally, while the referee must always make the final decision, if an assistant referee is in disagreement, it is his or her duty to advise the referee by lifting an arm or otherwise attracting the referee’s attention (Sect. 9.5.6.4). In other words, if the referee calls a lost target, but you (as the flanker) saw a piece come off that target, you have an obligation to gain the referee’s attention and advise him/her. So, if you are the shooter on the line, wouldn’t you appreciate a flanker who is paying attention? Moreover, the assistant referee’s duty is taken seriously enough by the ISSF and USAS that a shooter will be assessed a one target penalty for each absence or failure to provide a substitute (Sect. 9.5.6.3).

Should you ever find yourself in disagreement with a referee’s call, you may choose to file a protest (Sect. 6.15). In USAS-sanctioned matches, it will cost you $25.00 to file a protest and the jury’s decision will be final (there is no jury of appeals in the United States, so the competition jury’s decision is final [Sect. 2.6.5]). If the jury finds in your favor, your $25.00 will be returned. In the event of a verbal protest, competition officials must consider the protest immediately and take action to correct the situation or refer the matter to the jury (Sect. 9.13.7.1.2). Any shooter or team official who does not agree with the action or decision taken on a verbal protest may make a formal protest in writing to the jury (Sect. 9.13.7.2.1). Keep in mind that a written protest may be submitted without first making a verbal protest (Sect. 9.13.7.2.2).

A protest begins when a shooter disagrees with the referee’s decision regarding a particular target or recognizes a rules violation, for instance (Sect. 9.13.7.1.1). The shooter must act immediately before the next shooter fires by raising an arm and saying “PROTEST” (Sect. 9.13.8.1). The referee must interrupt the shooting, discuss the situation with the assistant referees and make a decision. If the shooter is still in disagreement, he or she continues the round under protest, and then files a written protest (with the appropriate fee) within 30 minutes after the end of the round in which the alleged incident occurred (Sect. 9.13.7.2.3). If the shooter has to flank, the protest must be filed immediately after the flanking round.

Knowing and understanding the rules that apply to your sport facilitates a cooperative spirit between competitors and officials. But because the rules are not always written in unequivocal language, there is a caveat. It is the duty of all competition officials to apply the rules fairly, faithfully and impartially. Yet in cases where ambiguity or doubt exists regarding a rule interpretation, the benefit of doubt must go to the competitor (Sect. 2.6.1). Don’t forget to take a look at the regulations and remember to stay Army strong!

SFC Terri DeWitt

WWW.USASHOOTING.ORG 5
Where Are You Looking?

“But I Must Have a Precise Reference!”

Visual skills are very important in the target shooting sport. A great deal of time, money and effort are invested in attempting to optimize the athlete's visual environment. Special lenses, glasses and apertures or other devices are often put to use. In some cases visual training activities and routines are utilized. As with many aspects of the sport, the visual fundamentals often become overlooked once an athlete passes the learning stage and moves to the “advanced” aspects.

Unlike shotgun athletes, target pistol shooters look at the front sight. No, not at the target! While looking at the front sight is fairly universally understood and accepted, there are subtleties that are generally overlooked. Where? Just as with the pistol shooter in the previous article, we strive to look at the front sight, yet often end up with our focus on the target and the front sight becomes blurry. Why is this? There are at least two primary reasons: eye physiology and outcome concern.

Our eyes, regardless of the use of corrective lenses, naturally focus at a great distance when relaxed. Bringing the plane of focus back from the distant target to the much closer front sight requires muscular effort. We may see a sharply focused front sight at first, only to see it eventually become less distinct and then fairly blurred as our eye rapidly fatigues. This situation worsens as the match progresses as the eye muscles fatigue, along with the rest of the mind and body.

For most people, adjusting their normal lens correction by +0.50 diopter sphere results in the front sight being so sharp that it almost seems to snap out of the picture. The eye is at rest and the front sight is crisp. For those who need no everyday eyewear correction, just wear a +0.50 diopter sphere lens.

At this point, many people notice the target is no longer sharply defined. See Figure 1 and notice the target is not crisp or deep black. (In practice, the target is not as grey as shown here, though it is still very indistinct.) Athletes either reject the lens or add an adjustable iris to their shooting glasses in an effort to re-sharpen the target. Although adjustable apertures are useful in some situations, this is not one of those cases.

It is a mistake to believe that the target must be sharp in order to shoot with precision. This has been proven by many, especially those who train on a special target with a black center that fades to white at the edge of the target card. There are no rings, center black or boundaries—just a continuous fade from black to white. Despite the lack of clear aiming reference, it is easier for most advanced athletes to shoot very tight groups on this training target than on a regulation target.

Outcome concern is the other major reason our eye ends up out on the target. After all, we are looking at what we think is our “goal.” The target is not the goal. It is a mental and visual distraction—especially when worried about a poor shot. The target is only required for an aiming reference and scoring. This principle applies universally in all target shooting disciplines. Make sure to separate outcome from doing.

We now turn our attention to the topic of where to look when actually on aim. Though it seems obvious, pistol shooters often hear: “Look at the front sight!” Does that mean at the middle of the top edge, across the top edge or checking the white gaps on both sides?

When on aim, the eye should rest quietly on the center of mass of the part of the front sight that is visible through the rear sight. Figure 1 clearly shows a white dot on the spot where the eye must sit during the aiming process. When an athlete builds a solid physical and technical routine, he/she finds that when resting his/her eye on the white dot he/she is able to perceive whether or not the sights are aligned without “looking around” at the sight picture. With the eye resting in one spot, and the brain having less processing to perform, the hold area is dramatically reduced. Remember, active visual processing, or merely thinking, opens up the hold. Nothing raises confidence like steadiness!

Having determined where to look with respect to the front sight, now we must determine where to hold. Pistol shooters have a lot of choices: 1) center of the target, 2) bottom edge of the black, 3) very thin line of white between the front sight and the edge of the black, 4) measured white space between the front sight and the bottom of the black that equals the white space on either side of the front sight, 5) deep down in the white and possibly others. All have their proponents and detractors.

Center hold is very popular in standard pistol because of the mix of time limits for the 5 shot strings. It is essentially universal in the rapid stages of sport/center and in the rapid fire pistol event due to the design of the target. Some air and free shooters also choose this method.

Bottom edge of the black hold and thin line of white hold are two common aiming techniques, especially for the precision events and stages. Many athletes dislike the black-white-black-white “flicker” above the front sight as their area of hold takes the sight above and below the bottom edge of the black. This aiming technique is distracting as it magnifies the perception of movement, thus reducing athlete confidence.

Measured white hold reduces or eliminates the flicker problem (if the gap is large enough), while still providing an aiming reference that feeds the perceived “need” of many shooters to have a “precise” aiming reference; however, measuring is a very active visual and cognitive process and is counterproductive.

6 USA SHOOTING NEWS
Deep down in the white, interesting things happen. First, the athlete notices a lack of distinct aiming reference, which is frightening. Those who are willing to experiment, learn that, if they let their eye rest on the front sight—yes, the white dot spot—the aiming area is “sensed” and the target is so far above the front sight that its movement is no longer a distraction. Note that the apparent movement is now the target’s because the eye is gently following the front sight as if “locked on” and the perception of movement is diminished. Despite the target seeming to “float” well above the front sight, the brain is quite easily capable of finding the same “spot” for shot release. Of course, the aiming “spot” must be thought of as an area of hold and accepted without reservation. This hold method is conducive to deeper shot process techniques that result in shot delivery that is more consistent, confident and decisive.

This technique is especially powerful in air and free events. Decreased distraction of the target movement and a “quiet eye” allow an athlete to instinctively know where to hold. Yes, this takes guts and time to develop, but it is a rewarding and powerful technique that results in small, confidently delivered groups. A quick “try” will give a false result and the technique will be prematurely and erroneously rejected. Now you know why the bull is so high above the front sight in Figure 1.

Finally, we must explain why the gaps on either side of the front sight are so wide. Many pistol shooters, especially in the precision events of air and free, prefer very thin gaps and adjust their rear sight accordingly. Taken to an extreme, this is counterproductive, as will be seen in the discussion in the next article about rifle front aperture sizes. The same principles apply. This, and other related topics of interest to both rifle and pistol shooters, will be discussed in more detail in the next article.

IP O'Connor

Based in the Atlanta, Ga., area, IP 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.

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.

Coach’s Philosophy

The soft overcomes the hard, the slow overcomes the fast, let your workings remain a mystery, just show people the results.

-Lao Tzu

Silvino Lyra

Air Pistol Shooting Academy

Range located in Boise, Idaho

For more information on how I can help you improve, email: sillintercoach@yahoo.com

If you follow the instructions and don’t improve your score in two months, you will receive your money back!
The Powerful Impacts of Shooting Sports and Paralympic Update

The Paralympic shooting sports offer competitive opportunities for people with a wide range of physical disabilities. The members of our National Team include athletes with spinal cord injuries, Cerebral Palsy and an amputee. Yet, despite these obstacles, during training we focus on their abilities rather than disabilities. This simple distinction is a crucial element of what makes the shooting sports an amazing vehicle for personal development and teaching/learning life skills for all participants, not just the disabled. Paralympic shooting is a great rehabilitative and therapeutic tool for many of the same reasons. Though someone with a brain injury is not necessarily “classifiable” for a Paralympic sport, the mental skills and feedback loop in target shooting may be very powerful tools in rehab.

Most shooting programs begin by teaching people how to safely and responsibly handle firearms. Developing said accountability is particularly helpful for children starting a shooting sport as it creates feelings of maturity and trustworthiness. Because shooters normally fire a large number of shots, the frequent, unbiased feedback the target provides is an opportunity to learn and continually improve their performance. This is one of the most unique aspects of shooting as it empowers shooters to “coach” themselves.

Moreover, shooting is a participant-friendly sport because it welcomes people of all shapes, sizes, sexes, abilities or disabilities. Shooting provides a constant challenge, and can serve to motivate athletes to develop their analytical and problem solving skills while aspiring for more 10s. A shooter must improve concentration, focus and the ability to control his/her attention in order to improve. Not surprisingly, I have often heard that kids’ grades will also improve in school after they get involved in target shooting. The shooting sports also help athletes continually seek improvement, even in small increments, which often transitions to other facets of their lives.

Similarly, shooting is an excellent way to learn about goal setting, long term planning and training to accomplish objectives. Such characteristics like determination and persistence are readily developed at the same time. This combination of life skills, developed through an engaging and challenging individual sport, gets people to work hard to improve and achieve. The shooting sports are also excellent tutors in all aspects of competition. Both young and old shooters alike are constantly reminded about the values of winning and losing. Additionally, intense situations, such as shooting competitions, teach individuals to stay calm under pressure in order to perform. Shooting parents seem to mimic that calm as we (as coaches) are fortunate in avoiding most of the “little league parent syndrome.” Another redeeming quality of shooters is that they are generally respectful, even with rivals, as they tend to focus on their own scores since they are unable to impact a competitor’s score. Shooters are also very gracious and helpful to new and developing athletes—it is a strong tradition that the elite athletes help others on the way up.

In 2011, USA Shooting (USAS) aspires to host at least two Paralympic shooting competitions. The most important will be an International Paralympic Committee (IPC) Shooting World Cup (Paralympic Qualifier), tentatively scheduled at Ft. Benning in the fall. Only three of those World Cup (Paralympic Qualifier) matches will be held this quadrennial, with the other two slated for Europe and Australia. Direct country quota places are available to the winners of those matches. Since Paralympic Athletes must achieve a Minimum Qualifying Score (MQS) at least twice, USAS is also considering a second IPC sanctioned event. The total number of U.S. athletes that achieve MQS qualification will also help determine the number of entries the U.S. is allowed in the 2012 Paralympic Games. In addition to providing opportunities for American shooters to reach MQS, these events may also provide international relations benefits and exposure for Paralympic shooting. It will also give the U.S. an opportunity to develop trained officials and classifiers (medical personnel who determine details of how the injury or condition impacts competitive classes within the sport). Officials with International Sport Shooting Federation (ISSF) training can easily learn the IPC shooting regulations as most of the rules are similar. Many of our current volunteers are interested in helping, and there are likely to be openings for others. If you know anyone interested in helping out or learning more about Paralympic shooting, please have them contact me at bob.foth@usashooting.org.

“The shooting sports also help athletes continually seek improvement, even in small increments, which often transitions to other facets of their lives.”

National Paralympic Coach Bob Foth

8 USA SHOOTING NEWS
German engineering – not just for cars

60% of the pellets used in the Olympics are H&N.

When you need power and accuracy, Baracuda pellets provide both.

Hard to choose? We don’t make it easy. Over 30 different pellet shapes and weights.

Haendler & Natermann • Made in Germany • Since 1825

Buy 4 tins, pay for 3
Put 4 tins in your cart & the least expensive gets a $0.00 price!
During the training camp before the World Shooting Championship in Munich in August, National Pistol Coach Sergey Luzov and I spent a lot of time talking about the training process, the specifics of the 25m pistol disciplines and the benefits of sharing knowledge and opinions of coaches, psychologists, physiotherapists and athletes. So, where to start? Perhaps we should begin with the discovery of powder. So, powder was discovered in... just joking. Those interested may enjoy reading Wikipedia.

Shooting is a complicated process with many elements and connections. In my practice, I have always tried to follow the principle: Simplify - Rationalize - Improve. As an individual sport, shooting lacks a unified “gold” recipe for success. In this article, I will offer my personal opinion on aspects of Rapid Fire, Sport, Center Fire and Standard Pistol disciplines. There are three major aspects of the shooting preparation: technical, physical and mental readiness. All are equally important and should not be ignored or underestimated. In a series of short articles, I would like to entertain the essential elements of technical preparation: position, posture, grip, gripping, gun lift, aiming and trigger work.

Posture and Position

Shooting is a stationary sport but one should not negate the importance of the physical elements in the sport. Many simplify the role of the shooter to grasping the gun, aligning the natural point of aim with the target and firing. The perceived road to success is to shoot as much as possible and wait for improvement. This is only true if one shoots either for pleasure or to be no more than “good.” An athlete who strives to compete at a top level and reach for the stars needs to take advantage of all opportunities to get closer to perfection. “Good enough” is not good enough for elite shooters. That is why we need to analyze and optimize every element of the shooting process. For pistol events, athletes are not allowed to wear any special attire or accessories (with the exception of low-profile shootings shoes) that could improve the shooter’s body/pistol connection and stability. Therefore, it becomes even more important to utilize all possible recourses to train our bodies to serve us best when shooting.

All athletes work hard to perfect their position and movements, and shooters are no exception. Shooters cannot accept whatever is convenient or “natural.” When observing athletes on the firing line, there are many varieties in posture and position. So, which position is right and which is wrong? How to choose what is best for us? I believe that based on our individual anatomical characteristics, we need to modify the posture that best suits our goals, then train repetitively to create muscle memory, so that it becomes natural. The purpose is to ensure continuous stability and control in order to achieve precision.

In order to achieve the best posture and position, let’s begin with the foundation. The feet should be shoulder-width apart. While holding the pistol, the dominant arm rises comfortably. The upper body should be tilted in the opposite direction of the hand in order to secure balance. The non-dominant hand must stay relaxed in the pocket or rest on the belt. The dominant eye should align with the sights and the target. And this is only the beginning… the rationale for improvement is based on the rules of physics and biomechanics. The closer the center of gravity is to the geometrical center of the supporting area, the more stable the posture. For example, the supporting area is ABCD with a geometrical center M (Figure 1). The main point is to keep the Projection of our Center of Gravity (PCG) and the Center of Gravity (CG) itself, as close as possible to the geometrical center (M). For the purpose of further explanation, we will use the geographical orientation North to South for the supporting area. We need to maintain a delicate balance between muscle work and stability. However, the harder the muscles work, the more the body tremors, which translates into less stability.

All 25m disciplines, in contrast to the Free and Air Pistol, have one thing in common. In each 25m discipline, at least half of the shooting is dynamic, requiring movement and active compensation of the recoil. Rapid Fire Pistol also includes aiming at different targets in a short period of time. Therefore, the attention to posture and position is of paramount importance. How can we meet this demand? The most critical step to achieve this is consistency. We have to become meticulous and be able to replicate our ideal posture until it becomes natural. Once consistent, the posture will be easier to control. This will result in improved...
Precision, consistent aiming and a controlled and quick arm lift.

One way to optimize the position is by keeping the feet almost parallel or at a small angle (Figure 2). This slight inward twist, compared to the natural positioning of the feet, will increase the stability of the ankles, knees, and pelvis. The exact degree of the angle should be determined on an individual basis in collaboration with the coach.

Even though neutral balance is necessary for precision shooting, 25m disciplines will find more success by bringing the weight a little in the direction to the toes (Figure 3). This will create a very slight imbalance that can be leveraged by both feet in the direction of north to south. This will move the Center of Gravity (CG1) and the Projected Center of Gravity (PCG1) to new positions (CG2 and PCG2). Consequently, the tension in the lower extremity (abdominal and back muscles) will increase and augment the support of the arm and contribute to improved balance control. Forward bearing weight will also help the body accommodate changes in position caused by lift and recoil. Too much imbalance is undesirable, since it will activate more muscles and increase body tremor and fatigue.

Many argue about the best orientation of the body in relation to the target. In my opinion, when shooting 25m disciplines, it is best to have the feet, the hand holding the gun, and the target in a straight line. It will be easier to compensate the movement of the Center of Gravity which will stay on the same line while executing the hand lift for the rapid-fire stages. Another benefit of this orientation is that the main direction of recoil will align with the position, which will allow maximum leverage of the (north to south) supporting area and ensure better ability to keep the balance and recover from the recoil. Better control of the aiming position can be achieved by raising the shoulder to touch the cheek (Figure 4). If doable, the whole extremity can serve as a rifle stock and add stability while providing an additional reference point for replication of posture and aiming. In a “ready” position, when the arm is lowered at 45 degrees, the shoulder does not necessarily touch the cheek. Once the arm is raised to aim, everything comes back in place. Athletes who cannot bring the shoulder and cheek together should continue replicating their best position until it becomes natural.

We shoot at different ranges, levels of physical readiness and endurance during competitions. Therefore, we must fine tune our posture and position. The goal is to keep the aligned sights in the aiming area with minimum effort. It is important not to change posture or adjust the aiming point by moving the hand. Correction and verification of position will suffice.

For any rapid fire series, it is important to check and adjust one’s position prior to each string. More details will come in our discussion regarding the hand lift. Left and right adjustments can be achieved by moving the leg in second position slightly to right or to the left for right-handed individuals, and vice versa for left-handed. Increasing the span between the feet will raise the arm, while decreasing it will lower their position. For right-handed shooters, left and right adjustments of the aiming point can be achieved by moving of the left foot. Whereas moving it forward, the aiming point moves to the right; with moving backward, it goes to the left. Left-handed individuals have to use the same principle by using the right foot. Increasing the span between the feet will raise the arm, while decreasing it will lower its position.

I wish everyone straight shooting and good luck!

Vladimir Chichkov
Fundamentals of Rifle Shooting

The job of the shooter is to fire one perfectly executed shot!

When one analyzes the general process of shooting in competition and what the athlete must do to be successful, it boils down to what we call the “job of the shooter” which is to fire one perfectly executed shot. Then analyze, reset and repeat. The job, as in every other, consists of tasks or skills accomplished in a specific way and general order. When we analyze these tasks, we can break them down to five essential components or fundamentals. Skip one or do it incorrectly and the result is very likely to be less than the acceptable standard.

A fundamental is an essential component of a system that, without it, the system fails or the structure falls. The five fundamentals of rifle shooting are: aiming, breath-control, hold-control, trigger-control and follow-through. For new shooters, learning the fundamental skills correctly provides a strong foundation to build upon, without which, the athlete will not progress as quickly or be able to reach his or her potential in the sport.

Aiming

We begin with the fundamental process of aiming. The most common type of sighting system used in rifle shooting is an aperture or peep rear sight affixed to the receiver, in conjunction with a front sight tunnel attached to the muzzle end of the barrel with changeable or adjustable front sight inserts. The most commonly used front-sight insert is an appropriately sized round aperture although a post insert may be used. Using this type of sighting system makes aiming much easier and more precise than using open sights like those found on pistols with a notch and post.

In order to hit the target consistently, the barrel must be pointed in the correct place. To do this the shooter must align their eye with the rear sight and front sight. The small opening of the rear sight should appear round with the front sight centered in the field of view. The target is not included in the definition of sight alignment.

Sight picture, on the other hand, is the combination of aligned sights and the aiming point or target. The sight picture shown is an ideal image because the gun is continuously moving and so the aiming point does not stay perfectly still inside the round aperture insert ring. Aiming, then, is the dynamic process of aligning the eye, the rear sight, the front sight and the target. In theory, the aiming method described above seems quite simple and easy to understand. However, when the shooter tries to aim it can prove to be much more challenging as difficulties often arise from the peculiarities of the eye and its use during aiming.

The Eye

Aiming places great demands on the shooter’s visual capacity. Accuracy and consistency directly depend on visual acuity and the conditions that determine visual acuity. As the sensory organ, the human eye, coupled with the processing of the brain is capable of distinguishing millions of different colors, shapes, size, brightness and location of objects in the environment. We depend on this sense more than any other of the five senses, especially in the shooting sports, so it is important to know what we are dealing with as we aim.

The eyeball is an optical device for focusing light. The front portion of the eye consists of several refractory tissues and surfaces, the cornea, aqueous humor, the iris, which has an opening called the pupil, the crystalline lens and the vitreous humor, through which light passes to stimulate a light sensitive membrane, the retina. The image formed on the retina, albeit smaller and upside down, is converted to nerve impulses by a photochemical reaction and transmitted to the visual cortex portion of the brain via the optic nerve that processes what we see.
In order to see the world around us clearly, the image formed on the retina must be sharp. The normal eye at rest (or relaxed) is focused at infinity, so distant objects appear in focus, but nearby objects appear out of focus. To see closer objects clearly, the ciliary muscle contracts reflexively to change the shape of the crystalline lens to a more convex form increasing the refractive power and bring the near object into focus on the retina. This ability is called accommodation. Distant objects will now be out of focus. The eye cannot clearly focus on objects located at different distances at the same instant. While the reflex action of accommodation can take place quickly (especially in younger people when the crystalline lens is quite flexible) this puts a strain on the visual apparatus and must be avoided.

The eye also responds automatically to varying amounts of ambient light, by opening or closing the pupil via another reflexive action of the group of smooth muscles that controls the iris. This dilation or contraction of the pupil, called adaptation, regulates the amount of light entering the eye. The normal pupil opening ranges from a maximum of approximately eight millimeters to a minimum of two or three millimeters. As we age, the maximum opening decreases to six millimeters making it more difficult for older people to see at night. The pupil opening adapts much more quickly to increased illumination (a few seconds) than it does to a decrease in illumination (a few minutes). Therefore, it is critical to avoid looking at brightly illuminated objects before or during shooting, and a major reason flash photography is not permitted during shooting competitions.

The action of the pupil is similar to the f-stop in a camera. The depth of field or the range of distances that the camera (eye) sees as being in focus increases as the f-stop aperture (pupil) size becomes smaller. The artificial pupil of the fixed rear aperture, or an adjustable rear iris, takes advantage of this thereby allowing the shooter to increase the depth of field so all the elements of the sight picture are clearly seen in focus.

**Imperfections of the Eye**

As a result of optical imperfections of the various components of the eye, the edges of the image produced on the retina are not always perfectly clear. This is the ultimate limit of the resolution of the eye or visual acuity. However, under differing conditions of ambient light and/or fatigue, visual acuity is not constant and can change.

There are several inherent phenomena that occur as a result of the eye being an optical instrument. The first is spherical aberration, which occurs when parallel rays of light passing through the crystalline lens are refracted differently and thus not focused at a single place on the retina. Light passing near the edge of the pupil, farther from the center of the opening, are refracted more than those passing through the center. This appears as a circle of diffused light rather than a sharp image. Spherical aberration is at a maximum when the pupil is open the most. Image clarity can be improved if one can eliminate the outer rays by either contracting the pupil or using an artificial pupil like that on the rear sight.

A related problem is chromatic aberration. Visible light is made of all the colors of the spectrum. When visible light passes through a lens, light in the blue and violet region refracts more than that in the orange and red region of the spectrum focusing each color at a slightly different point, causing a fringe or margin of colors to appear around the edges of the image, especially around bright objects. This occurs because lenses have different refractive indexes for different wavelengths of light. Eliminating or reducing the amount of shorter wavelength (blue) light by a filter can improve image clarity.

Another phenomenon occurs when light passes through small openings, like the pupil or rear aperture, the rays bend and produce an image on the retina that is not a single point, but a circle surrounded by a number of concentric light and dark rings of decreasing brightness. This is called light diffraction and is due to the wave nature of light. Diffraction rings are only noticeable when the pupil is very small and is the opposite of the cause of spherical aberration (large pupil). Diffraction effects are more noticeable when bright light is shining into the eyes causing the pupil to contract. Another demonstration of diffraction is found when looking through a small aperture. Looking carefully at the center of the opening, there seems to be a faint grey ring floating there, it is not dirt or fuzz, it is the diffraction pattern of the light.

Light can also be diffused as it passes through the various eye media, which are not absolutely transparent. Light diffusion manifests itself as a radiance or weakly luminous haze covering the field of vision, and is especially noticeable as a halo of light around brightly illuminated objects against a dark background or when bright light enters the eye directly.

Light irradiation is probably more applicable to pistol
shooting with open sights, but it is included here for those
who may use a post insert to show the effect of optical over-
estimation of sizes of objects set against a dark background.
The widths of the black and white stripes are identical but the
white stripes appear larger than the black ones do. The effect
is related to the amount of light illuminating the surface. A
change in the brightness of the target's white background will
cause the eye to perceive the space between the front sight and
the lower edge of the target as being different even though it is
the same, resulting in high or low shots.

The eye is considered normal if the rays of light from a dis-
tant object entering the eye focus exactly on the retina without
any effort at accommodation. However, other optical imper-
fections of the eye affect visual acuity including nearsighted-
ness (myopia), farsightedness (hyperopia) and astigmatism.
Nearsightedness occurs when the parallel rays entering
the eye are focused in front of the retina. This is typically the
result of an eyeball that is too long or a lens that has too much
refracting power. Myopia is easily corrected with proper cor-
rective lenses. Many top-level shooters are nearsighted and
wearing glasses does not interfere with their performance.
Farsightedness is the opposite condition from myopia. An
eyeball that is too short and/or a lens that has too little refract-
ing power causes light entering the eye to focus behind the ret-
ina. Shooters over the age of about 40, suffer from presbyopia,
which is due to the gradual hardening with age of the crystal-
line lens so that it is no longer flexible enough for the ciliary
muscles to change the shape sufficiently to focus on close
objects. These conditions are a bit more challenging to correct
but can be resolved by selecting appropriate corrective lenses.
An eye where the cornea and the crystalline lens do not have a
perfectly spherical shape is astigmatic. The light rays entering
the eye do not form a single focused image on the retina, but
rather several foci at various distances from the retina. This
causes the image to be indistinct and erratic. Corrective lenses
can also be used to fix astigmatism but it is important that the
orientation of the lens in shooting glasses be maintained cor-
rectly. If the lens is rotated off the correct axis in relation to the
eye, the shooter's vision will be affected. Even if the eye and its
structures are perfectly normal, the tear layer on the outside of
the cornea can cause slight astigmatism that can be transient.
Dry weather can reduce the amount of tear layer present at
various places on the cornea and this can influence clear vision
until the tear layer refreshes by blinking the eyelids.

Every shooter should have their vision checked regularly
with a thorough eye examination, and even small defects
should be corrected. Over long courses of fire, the extra effort
to accommodation will fatigue the eye with a deterioration of
vision. It is also important that a corrective lens is placed so
that the line of sight is perpendicular to the surface of the lens
and through the center of the lens. This is because the center
of the lens is ground more precisely to the prescription. Special
shooting glass frames that can be adjusted to hold the lens in
the correct orientation when the head is in the aiming position
are essential once the shooter advances.

There is still more we need to know about the eyes and how
they work including binocular vision and how to adjust and
optimize the aiming aids available to the shooter. More on
that in the next installment, until then, keep your eyes on the
target.

* Marcus Raab
Shooting in extreme heat is a challenge. There will come a time in your shooting careers when you will shoot in the heat. For example, at this year's ISSF Shotgun World Cup in Lonato, Italy, the temperature (in June) was 89 degrees with 59% humidity. During the same month in Tucson, Ariz., the temperature will easily register over 100 degrees with 20% humidity. While the temperature in Tucson is at least ten degrees higher than Lonato, the heat index tells a different story. The heat index is a combination of temperature and humidity, which dictates the human perceived temperature (check out http://www.hpc.ncep.noaa.gov/html/heatindex.shtml to calculate the heat index). The heat index of both locations was 97 degrees. Regardless of where you are shooting, make sure to check both the temperature and the humidity. Humidity can cause a lot of problems. For example, when it is humid, you can overheat quicker than if you were shooting in hot, dry weather conditions. Humidity can also cause issues with your shotgun, shells and targets, but this article will only address how heat affects your body.

The first item to remember is to stay hydrated; this starts days before the competition. Prior to a competition in hot weather, you need to drink enough fluids—mostly water—so that your urine will be a very light color. Just like taking care to eat right before a match, you need to remember to drink plenty of the right kinds of fluids. There is a lot of information on what you should eat and at what time before competitions, but the best advice I can offer is to pay attention to how your mind and body respond to different foods and drink and use what works best for you. The day of the competition, stay away from caffeinated drinks because they act as a diuretic and will make you lose more fluids. Eat light but eat often, and try to drink water between rounds and even between stations. It is also wise to get in the shade whenever you can. Be aware that you can drink too much water, which can cause an imbalance of sodium and electrolytes leading to a condition known as hyponatremia that can be worse than being slightly dehydrated. For more information on Hyponatremia, please read http://www.trainingbible.com/joesblog/2008/09/hydration-and-exercise-part-1.html. A damp towel around your neck or under your hat will help you feel a little cooler, but remember you still need to drink water and replenish your electrolytes. Provided that you have successfully supplied your fluid and nutritional needs, another aspect to consider is protective eyewear. Be sure you have the right lenses in your shooting glasses (everyone's preference is different here). Even when you are not on the firing line or even the range, it is critical to wear some type of eye protection. It will also be helpful to bring a towel to wipe your hands and gun to make sure to maintain a strong, non-slip hold. Some people like wearing gloves because the barrel and action can get hot. If gloves are your preferred method of a non-slip grip, then practice with them on because it can change your grip which will affect your gun and handling.

In regard to clothing, it is best to wear light-colored clothing that fits a little loose. This will allow the air to circulate over your skin. A hat is a must. I do not recommend sun visors because it leaves the top of your head exposed and you can get sunburned through your hair. Sunscreen is also very important. Try to purchase a brand that has 45 SPF or clear zinc oxide for those, such as myself, that are allergic to the glycerin in most sunscreen brands.

Just like the buddy system, if you are shooting on a team or with a friend/parent, be sure to watch each other for signs of sunburn or sunstroke. It's helpful to shoot with people you know or trust as you can spot slight changes in your body language that can point to dehydration or worse. Look out for each other, carry extra water if you can and don't be afraid to offer it to someone you might think is suffering from dehydration.

Though shooting in the heat offers several challenges, it also has a few benefits. I've noticed that my muscles and joints are a little looser when it is nice and warm, allowing more ease of movement. You will still need to stretch and warm up before shooting, but probably not as much as if it were 50 degrees out. A word to the wise: when you clean your shotgun don't use a lot of oil or grease because it tends to migrate more when it gets hot and will collect more dust.

The heat, just like the wind, can work against you if you let it. Learn how to compete in different temperatures and you will be ready to compete anywhere in the world. I would like to welcome everyone to visit Tucson. There are plenty of attractions, great shooting at a nice club and on the average we have 300 days of sunshine a year. The one last thing you have to do when shooting in the heat, whether it's in Tucson or anywhere around the world: SHOOT THE TARGET. Do this, remember to have fun and you will have a great match.

Rob Larson
The Citadel

he Citadel Pistol Club is unique from USA Shooting’s other prominent clubs because of its prestigious collegiate affiliation. Funded by the South Carolina military school’s physical education program, the Citadel Pistol Club dates back to the early 1960s when Colonel Michael Swanwick donated pistols to the college while his son was enrolled. In 1969, graduate Ron Burgy formed the competitive pistol shooting team, acquiring additional pistols from the United States Navy in conjunction with Navy ROTC training on campus.

Offering Air Pistol, Standard Pistol, Women’s Sport Pistol and Free Pistol, the Citadel Pistol Club regularly hosts Preliminary Tryouts (PTOs), State Junior Olympic and Regional matches. The Citadel is also closely affiliated with the Newberry Pistol Club based out of Newberry, S.C. In an effort to promote international Olympic-style shooting, the two clubs share coaches and equipment and engage in a mentor program between the older Citadel shooters and the young Newberry members.

Currently at maximum capacity, the Citadel Pistol Club has 18 members, three coaches and one gunsmith. As a state supported school, the club’s funding and space is limited. Due to graduation and attrition, constant turnover takes place in the club’s membership. Consequently, the club elects officers each year from the cadet membership to provide leadership to the team. Despite these obstacles, a few key individuals have contributed to the club’s consistent success.

Volunteer Team Armorer Thelbert Almond has selflessly donated his time, shooting materials and experience to the program since 1974. Doctor “Doc” Joel Sexton has served countless hours as club coach since 1972 and has had the privilege of working with 28 All-Americans from 74 teams, and six team members on eight National Development Teams. Robert Patton, a 1988 graduate of the Citadel, has been involved with the program since his graduation, and has recently taken over as the Head Coach. Lee Gessner IV, a 2000 graduate, has been the most recent addition to the club as Volunteer Assistant Coach.

In 1989, the Citadel’s range was shut down, and remained so until 2006. For 17 years, the Citadel Pistol Club struggled with members’ enthusiasm while traveling to other South Carolina ranges for practice. With a lack of local and school recognition, members’ time and efforts were spread thin amongst other commitments such as their studies, ROTC and extracurricular activities. However, in spite of these challenges, the club’s training remained steadfast.

Doc Sexton reflected back on his time spent with the club, stating that he has “enjoyed seeing the transition of athletes as they add responsibilities, yet find the time to train in the evenings and shoot well.”

The club’s hard work and diligence has paid off—they are currently ranked second in the nation after finishing second at this past year’s collegiate National Pistol Championship.

With only about one-third of the college’s graduating class commissioned into military service, the Citadel Pistol Club has produced over 400 competitive shooters that have left the program to go on to lead successful lives both in the military and as civilians. While many remain competitive shooters, club members take away positive life lessons learned from a military collegiate club environment. The success and happiness that each member enjoys later in life makes the Citadel Pistol Club a truly remarkable representative of USA Shooting and an ambassador of the shooting sports.

Nicole Levine

“The club’s hard work and diligence have paid off—they are currently ranked second in the national after finishing second at this past year’s collegiate National Pistol Championship.”
(Athlete Spotlight)

Christopher Hudock

ardini. Morini. Tesro. These are considered typical models of .22 pistols that one would see on the Men’s Rapid Fire shooting line. Walther GSP Conversion: This is what the Citadel Pistol Club has dubbed the gun that they created for member Christopher Hudock. When the Rapid Fire rules changed from using a .22 short barrel, hair trigger to a Standard Pistol, the cost was too great for the club to make the change. Instead, the club gunsmith built weights on the bolt, created a long barrel out of a Douglas barrel blank and added new magazines, a heavier spring and a new trigger. Thus, the Walther GSP Conversion was created and Hudock was approaching the Rapid Fire line in unique style.

Currently a junior at the Citadel and a Political Science major, Hudock first began shooting when he was about five years old. With a pellet gun his parents gave him, Hudock shot at cans in his backyard before transitioning into competitive rifle shooting after encouragement from Boy Scout instructors. Hudock fine-tuned his skills and was offered a position on the Citadel’s intercollegiate Rifle Team during his senior year of high school. Later followed by a scholarship offer, Hudock was on the path to becoming a successful collegiate rifle shooter.

After rifle practice one day during his freshman year, Hudock decided to attend the Citadel Pistol Club’s tryout and “wowed” club coach Dr. Joel Sexton. Making the team, Hudock found more personal success against other collegiate pistol shooters than he saw in rifle. With that, he decided to transition full time into pistol shooting.

Hudock participated in the 2009 National Junior Olympic Championships for the first time in pistol and placed fifth in Junior Men’s Free Pistol and 19th in Junior Men’s 10m Air Pistol. In the 2010 event, he placed second in Junior Men’s Sport Pistol and seventh in Junior Men’s 10m Air Pistol. Hudock went on to compete in the 2010 USAS National Championships where he finished second in Junior Men’s Air 10m Pistol, second in Junior Men’s Free Pistol and third in Junior Men’s Sport Pistol. His National Championships performances earned him a spot on the 2010 World Championship Team, where he finished in the middle of the pack in Munich, Germany.

In only his third year of competitive pistol shooting, Hudock’s philosophy of “practice makes perfect” has propelled his early success and development. Hoping to attain his Distinguished Pistol badge from the Civilian Marksmanship Unit this coming year, Hudock will become Double Distinguished, already honored as a Distinguished Rifleman.

With another school year left at the Citadel, Hudock looks to venture back into rifle training while continuing his efforts in competitive pistol shooting. Upon graduation, Hudock will join the percentage of Citadel cadets who are commissioned into the U.S. Army. Chasing a slot as an officer in the infantry, Hudock not only looks forward to a bright future with the U.S. Army but also with USA Shooting.

Nicole Levine

Hudock was the champion of the national M-9 match.
September 2010 marked the 25th anniversary of the opening of the Olympic Shooting Center (OSC) at the Olympic Training Center in Colorado Springs. Upon completion in 1985, the OSC opened as one of the premier indoor shooting facilities in the world and remains as such today. For the past quarter century, the OSC has served as the year-round training facility for rifle and pistol Resident Athletes. Additionally, it is the headquarters and administrative offices of the National Governing Body of Olympic shooting, known as USA Shooting since 1995. Built by the National Rifle Association in the mid 80s with funds from private and corporate donations, the OSC was one of the first new facilities constructed at the Colorado based Olympic Training Center—beginning the transformation of the former Ent Air Force Base into the world-class facility of today which supports hundreds of athletes in a variety Olympic sports.

Not just a training facility, the OSC has been the venue for many shooting competitions such as the National Junior Olympic Championship (rifle and pistol), National Collegiate Athletic Association (NCAA) Rifle Championship and Olympic Trials. As the largest indoor shooting facility in the Western Hemisphere and second largest in the world, the OSC features two levels of ranges that can be configured for 28 firing points for 50 meter rifle and pistol events, 72 firing points for 10 meter air rifle and pistol or 40 firing points for 25 meter pistol events.

Over the years, this climate-controlled facility has provided a training and competition environment for thousands of elite and development level shooters and has been the primary training facility for numerous rifle and pistol Olympians. Moreover, several Resident Athletes have honed their skills at the OSC on the way to international success and Olympic medals including Launi Meili (Ol-
Olympic gold ’92), Bob Foth (Olympic silver ’92), Matt Emmons (Olympic gold ’04 and silver ’08) and Jason Turner (Olympic bronze ’08).

Annually, over 150,000 visitors touring the Olympic Center have the opportunity to learn about the history of international shooting through the displays of sport memorabilia, national championship trophies and U.S. International Shooting Hall of Fame. Through large double glass viewing windows, visitors have the opportunity to observe the athletes training or competing. For many visitors, this is both an introduction to competitive shooting and the Olympic shooting sports.

With upgrades to target systems to meet the changes in our sport, the OSC continues to maintain a reputation as a world-class training and competition facility. USA Shooting is fortunate to have a facility that has been and continues to be significant in the success of our athletes and organization.

Explore the variety of choices available to you with Instructor Plus Insurance Coverage

The USA Endorsed Insurance Program can provide you with real options. Whether you’re coaching, training, or instructing classes, we have a plan designed specifically to meet your needs.

Call us today at: (888) 839-3118
OR
Contact us online at: www.usashooting.locktonaffinity.com

Coverage offered through the NRA Endorsed Insurance Program Program Administered by Lockton Risk Services, Inc.
Miranda Wilder's life revolves around shooting. This 16-year-old has led anything but a "typical" life thus far. Wilder spent her toddler years in South Carolina, where her father first put a pistol in her hands at 4 years old. As her family moved with her father's job, the schools and houses would change, but shooting always remained consistent. Still just a single digit old, Wilder's father encouraged her to shoot on the skeet field with a .410 and positioned her ten meters behind the bunker. As she began to break more and more targets, Wilder received a Beretta 391 .12 gauge shotgun and became involved in American Trap Association (ATA) competition. It should be noted that both the her grandfather and uncle are also ATA shooters, so competitive shooting runs in the family.

The Wilder family moved to Florida and began to manage the local shooting club in Gainsville. At 12 years old Wilder spent her time in school, shooting and setting up the skeet and trap fields. Wilder's father had a "new game" that he wanted to show Miranda and her mother—International Skeet. Ever the competitor, Wilder was motivated to win. "I wanted to go out there and beat him, so I beat him in the first round at 11 targets," said Wilder. Other than available training, one of the many advantages of working at the shooting range was meeting the talent that shot at competitions. Wilder had the opportunity to meet former Olympians Collyn Loper and National Shotgun Coach Bret Erickson, who gave her pointers and inspired her to continue with shooting.

In 2006, Wilder claimed the gold medal in Junior Women's Trap at the National Junior Olympic Championship. She repeated that feat in 2007 and 2008. At the 2008 USA Shooting National Championship, 14-year-old Wilder not only competed in the Women's Trap, but claimed the national title. In that same match, Wilder became the first and currently only American woman to shoot 25 straight targets in a single-shot final. In 2010, she beat the competition in a 10 target shoot-off for the gold medal in Junior Women's Trap at the World Championship.

Now, as a 17-year-old, Wilder resides with her parents in College Station, Texas, on a 40-acre farm with six horses, two donkeys, two dogs and a cat. She has enrolled in a home-school program that allows more flexibility for her training and competition schedule. Instead of the Beretta she began with, Wilder now shoots a Perazzi MX8 that she contributed to with money from her savings account and a lucky ATA raffle ticket. Moreover, Wilder's parents purchased one of the old trap machines from the shooting club in Gainsville. With the help of her grandfather and father, the trio built a bunker in the family's backyard. Her father, an electrical engineer, used a new system for pouring the walls in lieu of cinder blocks to create solid concrete walls. With her cheek tight on the comb, Wilder continues to aim and train for five-ring success.

Will Brown's story is similar to that of many shooters—he began hunting with his father and then progressed to a gun club in Twin Falls, Idaho. Brown started shooting in a National Rifle Association (NRA) rifle league. At a qualifier match in Idaho, Randy Shishasko sparked Brown's interest in pistol. But this young athlete—known around the Olympic Training Center for his Wranglers, belt buckles and John Deere hats—is a more complex character than what meets the eye.

Brown's first rifle was the same Remington .22 that his grandfather was given at 8 years old. Consequently, Brown also received it at the same age. After shooting pistol for three years, Brown made the National Development Team and decided to focus on pistol. At the 2009 and 2010 National Junior Olympic Championships, Brown was the gold medalist in Junior Men's 10m Air Pistol. In '09 he also won the Junior Men's Free Pistol competition, but that was eliminated from the program in 2010. Brown is most proud, however, of his second day of competition at Bavarian Air Gun—he shot a 579 for a National (Junior) Air Pistol Record.

Brown graduated from high school in June, packed his bags and moved to the Olympic Training Center in Colorado Springs, Colo., to train full-time and attend college. Though he has mechanical engineering aspirations, Brown is also passionate about his grandfather's farm in Idaho. This avid outdoorsman cites hunting, fishing, hiking, camping and even muni (mountain unicycling) as some of his favorite activities. Brown and his 15-year-old brother, Wyatt, are both accomplished unicycle riders and outfit their bikes with beefy, off-road tires to tackle the rugged terrain. Not only does it take an incredible amount of balance, but Brown claims it is excellent core strength training for pistol shooting. Last year, Brown bagged an impressive six-by-six bull elk after putting in for a bull tag in Idaho every year since he was 12. Expect to see more medal-winning performances from this talented shooter, student, unicyclist, Resident Athlete and aspiring Olympian.
Collin Wietfeldt is quick to snap up any and all opportunities that pass his way. Growing up in Hemlock, Mich., the closest bunker was seven hours away in Cincinnati, Ohio. In order to stay sharp for international trap competition, Wietfeldt practiced religiously on a wobble trap, or “hillbilly bunker” as he fondly referred to it. Within six months of international trap training, he made his first team—the National Shotgun Development Team—in 2008.

But before this 20-year-old found his place on the National Shotgun Team, he was a 9-year-old out in the field hunting with his father and grandfather. Wietfeldt first learned how to shoot with a .22 rifle, aiming at squirrels and pop cans. Wietfeldt’s father worked the second shift, so his mother began taking Wietfeldt to the gun club as an extracurricular activity. Though he still enjoyed hockey, Wietfeldt found his niche in shooting. He practiced until he finally qualified for the Scholastic Clay Target Program (SCTP) Team, the beginning of Wietfeldt’s competitive shooting career. At 13 years old, Wietfeldt pursued individual competition through American Trap Association (ATA) matches throughout the country and eventually earned a spot on the 2007 and 2009 ATA All-American Team. At the 2008 USA Shooting Fall Selection match, he qualified for a spot on the 2009 World Clay Target Championship Team where he finished seventh individually and helped put the Junior Men’s Trap Team on the podium for the silver medal. Also in 2009, Wietfeldt claimed the title of National Junior Olympic Champion in Junior Men’s Trap.

Wietfeldt was on the cusp of beginning college when a fateful call from the National Shotgun Coach offered an invitation to live and train at the Olympic Training Center (OTC) in Colorado Springs. With more than a year of training at the OTC under his belt, Wietfeldt has taken advantage of all the amenities: sports psychology, strength and conditioning, full-time training with an international bunker, health food options and nutritional support. When asked how life at the OTC has helped his training, Wietfeldt said, “Having the opportunity to shoot with elite athletes everyday—some of my biggest competition—has made me a better competitor and person because it pushes me to continue to work, train and study hard.” Wietfeldt’s singular focus of becoming a better shooter pushed him to lose 30 pounds with the help of the OTC strength and conditioning trainers. As the reigning 2010 National Junior Olympic Champion and bronze medalist at the USA Shooting National Championship, Wietfeldt is on his way to a luminous career.

Amanda Furrer doesn’t like to be left behind. Furrer’s older sister suffers from mild Cerebral Palsy. Her parents wanted to find an extracurricular activity that offered their daughter an opportunity to excel and have fun without feeling different from her peers. Furrer’s sister signed up for the Spokane Rifle Club’s junior team. At the time, Furrer was involved in soccer and dance, but decided that she wanted to join her sister on the junior rifle team; however, Furrer was too young, but persisted and kept asking her parents to join. Her father, an avid shooter, relinquished and decided to be her coach for the time being. Armed with an old air rifle, Furrer sheltered herself in the garage and shot across the way onto a target that was taped on the doors of the shop. “After my dad discovered dings and dents all over the garage doors from me missing my target, he convinced the coach of the junior rifle team to let me join and shoot with them,” said Furrer. Within two years of shooting, she made her first national match—the National Junior Olympic Championship. Perhaps it was the glory of the Olympic Training Center or the medals in the lobby, but Furrer promptly informed her father that she was quitting soccer to become an Olympic shooter.

Her intense training began at 13 years old, where she would often practice before and after school. She skipped out on slumber parties and hanging out with friends frequently because she “wanted to be the best.” During high school, she spent countless hours with a sports psychologist who taught her how to control her mind to ignore distractions during a match, lower her heart rate to calm down and focus. Furrer also began learning more about strength and conditioning to be in peak shooting condition. All her hard work has paid off because she is now a member of the Ohio State University (OSU) Rifle Team and student at the Fisher Business Program. After talking to the rifle coach, Furrer landed a scholarship that paved her way to higher education. She is currently in her sophomore year at OSU and excelling in both shooting and academics. Though she misses her family back home in Washington, Furrer persists in studying and training hard.

A week before Furrer’s grandmother passed away in 2009, Furrer sent her a letter thanking her for supporting her through her experiences as her grandma always sent newspaper clippings and emails. In that letter, Furrer promised “grandma” she would make an Olympic Team in her honor. With yet another reason to surge forward, Furrer is focused on her team, fitness, family, shooting and leading the pack for London 2012.
They say you’re only as good as the company you keep. For us, it’s a bragging right.

As an Olympic Medalist I know the importance of having top quality equipment that you can trust when the shot really counts, whether I’m on the range or in the field Cabela’s provides me with equipment I can trust.

Corey Cogdell
Cabela’s Pro Staff

At Cabela’s, developing, testing and evaluating gear is a big part of what we do every day. It’s our job to make sure the products we sell live up to your expectations. For us, that’s business as usual.
Winning a World Cup medal is an honor in itself, but an invitation to the World Cup Finals (WCF) is a proud accomplishment for any shooter. Organized by the International Shooting Sport Federation (ISSF), the World Cup Final has been held annually since 1988. Though there are typically separate World Cup Finals for shotgun and a combined rifle/pistol, the competitions are always held at the end of a given World Cup series. According to the ISSF’s qualification guidelines, an invitation is extended to “the top eight shooters in each event with the highest qualification values.” Moreover, each nation is only permitted two athletes per event. Adding to the competition pool, wild cards are given to the Title Defenders as well as the three Olympic medalists and World Champions (following these major competitions) for a total of twelve athletes per event.

This season's ISSF Shotgun World Cup Final was held in Izmir, Turkey, and featured the following eight American shooters: Kim Rhode, Sean McLelland, Corey Cogdell, Cpl. Jeffrey Holguin, Staff Sgt. Joshua Richmond, John Mulkins, Haley Dunn and Amber English. With fierce competition—the best of the best—Kim Rhode was the only American to reach the podium. In Women's Skeet, Rhode equaled the world record of 74 out of 75 targets in qualification, but shot 21 targets in the final to finish with the silver medal.

The ISSF Rifle/Pistol World Cup Final was held at the site of this year’s World Championship in Munich, Germany. The U.S. delegation included Sgt. 1st Class Daryl Szarenski, Amy So-wash, Sgt. 1st Class Jason Parker, Sgt. Joseph Hein, Spc. Matt Rawlings and Jamie Beyerle. With a solid performance of six appearances in final competition and three medals, the American rifle and pistol athletes provided excellent competition. Szarenski started off the red, white and blue success in Men's 50m Free Pistol. His total score of 662.5 points won the gold medal with an impressive five-and-a-half point margin above the silver medalist. Wrapping up his best season ever, Szarenski's victory put a huge smile on his face during an interview with the ISSF.

In Women’s 10m Air Rifle, Jamie Rhode equaled the world record of 74 out of 75 targets in the Women’s Skeet qualification round.

Rhode (far left, back row) completed this season with a silver medal at the World Cup Final.
Beyerle was the underdog. Facing competition from the Chinese team that has dominated this season’s World Cup medals, Beyerle remained focused and shot her way up in the final. At 499.2 total points, Beyerle entered a single-shot shoot-off with Italy’s Elani Nardelli for the bronze medal. Nardelli walked away in fourth as she fired a 9.8 point shot to Beyerle’s 10.5 point shot. Though her bronze medal doesn’t count toward U.S. Olympic point selection, Beyerle was the recipient of a crystal trophy and a big boost of confidence. Her teammate and Olympic Training Center Resident Athlete Amy Sowash finished eighth with 102.6 points in the final for 492.6 total points.

The following day, Beyerle continued to put on an award-winning performance as she stole the show in Women’s 50m Rifle Three Position. With a qualification score of 590 points, Beyerle had to fend off one other competitor—Serbia’s Lidija Mihajlovec. Beyerle took aim and fired 100.7 points in the final to shut the door against any opposition and secure the gold medal with 690.7 total points. On the men’s side, Sgt. 1st Class Jason Parker was 1.5 points shy of medal contention in Men’s 50m Rifle Three Position. Parker finished fourth with a match score of 1170 points and the highest scoring final of 100.1 points.

The ISSF World Cup Finals mark the end of a very successful World Cup season for the United States. With 28 medals and 54 appearances in the finals, the American shooters were on their game this season. Though 2010 was an important competition year because of the 50th World Shooting Championship, next year will be even more crucial for the USA Shooting Team as 2012 Olympic quota spots are on the line. The U.S. already holds five quota spots won at the World Championship and has an opportunity to win more at the Championship of the Americas in late Nov. Until then, the athletes will continue to set goals, train and compete in various matches across the U.S.

■ Katie McGinty

Photos courtesy of Marco Dalla Dea & Wolfgang Schreiber (c) 2010 ISSF
Locked tight! Collin Wietfeldt’s exclamation rang across the range and echoed off the skeet houses as he jiggled the door handle to the International Trap bunker. The shivering shooters shagged their shells and swept the sidewalks as the sun slipped behind Cheyenne Mountain. It was deep fall, and the evening chill settled quickly in the shadows of the mountain range. Wietfeldt, a USA Shooting National Team member, buttoned up the range and the 2010 season with a telling proclamation: “Field One down!”

Though a squad or two might open up that trap field a few times before early spring, most of the U.S. Shotgun Team members will be in a rest-and-recovery mode as they plan and prep for another great season.

And what a season 2010 was! Among my sharpest memories of the ’10 competitive season was a sound: the clanking of medals as our athletes would hoist them high on the award stand, rattling gold, silver and bronze in an ebullient expression that was louder than words. The U.S. medals stacked up early, with a total of seven in March at the Acapulco World Cup alone. Six more draped the necks of U.S. athletes at the Beijing World Cup, and another half-dozen at the USA World Cup in Fort Benning, Ga. More than 30 international medals became the rightful property of our rock-solid shooters, and that many more medals were a mere point or single target away from being grabbed by American athletes with steady hands and sharp eyes.

Among the steadiest and sharpest were Kim Rhode and Staff Sergeant Josh Richmond, both 2010 World Champions in Women’s Skeet and Men’s Double Trap respectively. They were nearly crowded out of the limelight by a World Shooting Championship Junior Team that collected more than 15 individual or team medals. But you don’t need to be the king or queen of the shooting world to have had a great year. As I watched hundreds of shooters pour their soul into every shot this year, I very often recognized the same zeal and satisfaction in those athletes—young or old—that I saw in our metal-clanking mega-shooters. After all, shooting—any shooting—is fun!

Of course, the shooting doesn’t stop when winter starts. In fact, Wietfeldt and friends will pull out their deer rifles or sporting guns, and ‘rifle nation’ will be punching paper all the way through spring. Shooters all over this great land will align the sights or peer down the rib with the pure intent to hit their targets and make it a great year. Sometimes, even one shot can accomplish that feat, as you well know.

You should also know this great year was more than medals and shining moments. USA Shooting staff and National Coaches, team members and certainly your fellow shooters reveled in the record number of participants at matches, tremendous spirit of teamwork and sportsmanship and pervasive sense of community that helped us all feel “locked tight.” With Thanksgiving close enough I can smell the stuffing, I’m certain we have another gift for which we can be grateful: our incredible sport and the splendid shooters who make it grand.

With relatively few days until the New Year, I’m already in the mindset of a fantastic 2011. With plans for spectacular events and in anticipation of countless inspiring performances, I can hardly wait to put 2010 in the books. Spring is not far off, after all. The days will fill with light and warmth, and before long, bright shooters across the country will be shouting, “Field One up!”

— Bill Roy, Director of Operations
From the Youth Programs Coordinator

Your Country Needs You!

As a new hire with USA Shooting, many questions come to mind. What is the scope of this job? How do I get my arms around it? And how do I accomplish everything required to make Youth Programs successful? I’ve learned that I could not walk on water, no matter how hard I tried. I’ve been handed a huge responsibility with limited resources. I am attempting to absorb inputs from the sources here at USAS, the Certified Training Center directors, NRA, 4-H and CMP youth program leaders, leaders from successful shooting clubs and other related youth programs. As I progress and learn more, I’m excited about the good ideas, many challenges and the numerous “dots to connect” in order to move toward success. The story of my Olympic journey is not unlike many others. My dad gave me a BB gun at 8 years old, my first pellet gun at age 10 and my first .22 rifle at age 12. I was lucky to have a Junior ROTC rifle team at my high school, and I gained valuable match experience traveling with my college ROTC rifle team. It was there I learned about the United States Army Marksmanship Unit (USAMU). Upon graduation I was lucky enough to be assigned to the USAMU, and the rest is history. Not every Olympic hopeful wants to go into the military, but for me it was the best opportunity at that time. USA Shooting and its resources did not exist back then.

I have been involved in junior shooting sports as an instructor and coach for several years. Over the years I have learned that one person can make a difference, but it’s through the building of many relationships that makes things happen in a way that is much bigger than what one person is capable of accomplishing. Before I can communicate and engage the American youth who are involved in a wide variety of shooting sports about Olympic shooting sports, I need hundreds or thousands of trained coaches located in every area of the country that can work with these junior shooters to help them achieve their Olympic dreams.

If you want to help educate our youth in Olympic shooting sports, “your country needs you.” We need your help to reach out to parents and club leaders everywhere who are working with dozens or more youth each year to communicate the opportunity to represent their country at the Olympic Games. We need your help to identify, encourage and help aspiring new Olympians elevate their skills and compete in USAS sanctioned matches. Together we can make it happen. You can contact me at michael.theimer@usashooting.org and you can get valuable information from our website www.usashooting.org.

Other valuable information that can assist you with youth shooting sports programs can be found at:

- Find a USAS Affiliate Club: http://www.usashooting.org/club-Map.php
- Civilian Marksmanship Program’s (CMP) website: http://www.odcmp.com/
- Certified Coach program information can be found at this website: http://www.nrahq.org/education/training/coach_schools.asp

Michael Theimer, Youth Programs and Athlete Development Coordinator
USA Shooting Team Members Help DSC Youth at SAFETY Event

On Sep. 18, USA Shooting Team athletes Jaiden Grinnell, Caitlin Connor and Miranda Wilder assisted with coaching the youth at the Dallas Safari Shooting Archery Field Excellency Trials for Youth (S.A.F.E.T.Y.) Event. These talented ambassadors specifically helped instruct at the shotgun station. Participants and their parents were briefed on shotgun safety and then introduced to the USA Shooting Team members. Though the participants were enrolled in the DSC hunter's safety course, many had never fired a shotgun and were eager to learn from some of the top shooters in the U.S. DSC holds this event twice each year at the Greystone Castle in Mingus, Texas. USA Shooting and USA Shooting Team members also provided their expertise at the event held in April.

NHF Day Cabela’s Athlete Appearances

The USA Shooting Team was honored to celebrate its place as the honorary chair of National Hunting and Fishing Day (NHF Day) with special athlete appearances at select Cabela’s locations on Sep. 25 and 26. USA Shooting Team members Collin Wietfeldt, Teresa Meyer, Rachael Heiden, Brian Beaman, John Mullins, Jaiden Grinnell, Frank Thompson and Mike Anti were available for autographs, clinics and hunting and/or fishing discussions. NHF Day was established by Congress to recognize hunters and anglers for their leadership in fish and wildlife conservation. Since launching in 1972, the day has been formally proclaimed by every U.S. President and countless governors and mayors.
**Air Pistol Coach Sill Lyra is opening an air pistol shooting range** in Boise, Idaho. The Sill Lyra Air Pistol Shooting Academy will offer five firing points with electric carriers. Coach Lyra will use the range for air pistol students, but the range will also be available Monday to Friday for those interested in training 10m events. The shooting range is completely accessible to Paralympic shooters as well. The Sill Lyra Air Pistol Shooting Academy will also promote regular PTO's and other air events. For more information, contact Sill Lyra at sillintercoach@yahoo.com.

**USA Shooting’s Sarah Scherer and Sarah Beard met the President.** Their collegiate team, the Texas Christian University (TCU) Rifle Team, was this year’s NCAA Champion. Scherer also won the Individual Title in Air Rifle. As a result of their terrific season, the TCU Rifle Team had the unique opportunity to visit the White House and meet President Obama. All NCAA Champions were invited to celebrate athletics and their accomplishments with the President. National Rifle Team member Sarah Scherer said, “It was a once in a life time experience. The whole trip was very honoring, yet humbling. We got to shake hands with our President and he even gave us a shout out in his speech! Also, when we were meeting him he saw our TCU Rifle boots and said, ‘Check out the boots! It was awesome!’” Photo courtesy of Sarah Scherer. (Sep. 24, 2010)

**USA Shooting is pleased to announce a new partnership with Trijicon, Inc.** as a Gold Level Supporting Partner. Through its partnership, Trijicon will provide USA Shooting with various models of innovative AccuPoint® riflescopes and compact RMR® series sights for use by athletes and groups hosted by USA Shooting at the Olympic Shooting Center in Colorado Springs. “Trijicon is delighted to partner with USA Shooting,” said Tom Munson, Trijicon Director of Sales and Marketing. “USA Shooting plays a critical role in governing, promoting and preservation of our nation’s Olympic shooting sports. We are proud to offer our support to this vital organization.” (Sep. 27, 2010)

**Eric Hollen (Johnson City, Tenn.) medaled for the United States** at the International Paralympic Committee (IPC) Shooting World Cup in Stoke Mandeville, England. The event, held Oct. 1-3, included over 75 shooters from 15 different federations. Hollen completed the competition with a solid fifth place finish—in the P1 Men’s Air Pistol SH1 event—posting a total score of 645.1 points (550 match points and a 95.1 point final). National Paralympic Coach Bob Foth commented, “It was a great chance to get familiar with the way the English run things as well as getting to know some of the likely 2012 [Paralympic Games] match staff. It was also a good opportunity for Eric Hollen to gain more finals experience too.” (Oct. 7, 2010)

For full press releases on all USAS Bulletin and Performance Reports, please visit www.usashooting.org.

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
USA SHOOTING
HOLIDAY SALE

FREE SHIPPING!
ORDER ONLINE
USASHOOTINGSTORE.COM

SALE DATES
DEC. 7 - 15

BACK OF SHIRT
USA Shooting is made possible through generous donations, sponsorships, funding from the United States Olympic Committee and various other resources. One such avenue is the Bunker Club and the Athlete Endowment. Col. Dennis Behrens spearheaded the Bunker Club effort, which was originally established to help purchase new trap machines for the U.S. International Shooting Park in Colorado Springs. With that objective accomplished, the sportsmen and sportswomen of the Bunker Club, decided to continue to raise funds for the fuel of USA Shooting: the athletes. The Bunker Club still exists but with a larger objective—to help fund the Athlete Endowment. Membership to the Bunker Club requires a $3,000 donation to the Athlete Endowment, but anyone can contribute to the Athlete Endowment.

As is often said in the act of bolstering resources—any amount helps. The Athlete Endowment was created to help aspiring and junior athletes become high level competitors. As is obvious, such talent is the lifeblood of USA Shooting’s continued international success. The Athlete Endowment is unlike any other funding as it is not specific to any discipline and is more flexible, supporting rifle, pistol, and shotgun. The immediate goal is to raise $1.5 million and then distribution of funds will begin. That money will be given directly to individual athletes. The long-term goal of the Athlete Endowment is to raise $3 million to help sustain Olympic shooting in America. All of the money collected will be placed in the endowment. The endowment remains in perpetuity and will provide money for athletes forever. Payments to athletes will be made from interest and investments made by the endowment.

If you would like to make a contribution to the Athlete Endowment, please send a check to USA Shooting, c/o Athlete Endowment, One Olympic Plaza, Colorado Springs, CO, 80909. You can also make a contribution with credit card by calling Karie Wright, USAS Comptroller, at 719-866-4887. If you want to donate securities or property, call Robert Mitchell at 719-866-4899. Any amount or contribution will be greatly appreciated. Clubs could also consider adding a small premium to entry fees to help support the Endowment. We need the whole shooting and hunting community to help build this legacy of developing shooters.

Members of the Bunker Club gather around the U.S. to shoot, socialize and discuss initiatives.

The Members of the Bunker Club (and accompanying spouses) celebrate Halloween with a visit to the Ford Plantation in Georgia.
We suggest the following wording: I bequeath $____ (or ___% of my residuary estate) to USA Shooting, a non-profit 501c3 National Governing Body of Olympic shooting sports, with its principal offices located in Colorado Springs, Colo., for its ongoing programs in Olympic shooting.

For more information, please contact: Buddy Duvall, Executive Director of the USA Shooting Team Foundation, USA Shooting, One Olympic Plaza, Colorado Springs, CO 80909, or call 719.866.4880.

Think of your bequest to USA Shooting as an investment. Here are some of the dividends...

As one of the most historic Olympic competitions, shooting has been a part of the Olympic program since 1896. Members of the USA Shooting Team have claimed over 100 medals. In fact, several shooters are recognized as some of the most decorated Olympians in U.S. history. Please support USA Shooting to prepare athletes to win Olympic medals, promote the shooting sports and govern the conduct of international shooting in the USA by including a bequest in your will, or by naming USA Shooting as a beneficiary of your retirement plan assets.
If the shooting sports had an equivalent of a hat trick, triple-double or grand slam, Kim Rhode (El Monte, Calif.) would have accomplished it. Rhode has won four Olympic medals since 1996—one in each Olympic games. After winning her first Olympic medal at 16, Rhode dominated Women's Double Trap and more recently, Women's Skeet. When Women's Double Trap was removed from the Olympic program after 2004, Rhode turned her attention to Women's Skeet and won Olympic silver in Beijing in 2008. While all of this is certainly impressive, Rhode put the icing on the cake in August as she won her first World Shooting Championship gold medal. With her qualification score at 72 targets, Rhode entered the final tied with Slovakia’s Danka Bartekova. Knowing that the gold was on the line, Rhode stayed straight for 25 perfect targets while Danka cracked under the pressure and shot 23 targets. “It's great to finally win a world title in front of my parents [who traveled with her],” said Rhode who shot 97 out of 100 total targets. Don't forget that USA Shooting employs a point system to help select athletes for the Olympic Games and Rhode's win gives her 53 total points. With the threshold at 45 points, Rhode is well on her way to qualifying for London 2012, her fifth games. Moreover, if she medals in London she will add her name to the record books as the first individual American athlete to win five medals in five consecutive games. USA shooting would like to congratulate Kim Rhode, the Athlete of the Month for August. (Photo Courtesy of Wolfgang Schreiber © 2010 ISSF)

Staff Sgt. Ryan Hadden (Pendleton, Ore.) is on target. Hadden was the number one Men's Trap shooter selected to the 2011 World Clay Target Championship Team given his stellar performances at the USA Shooting National Championship and the Fall Selection match. Hadden was also the bronze medalist earlier this year at the Beijing World Cup. He was on fire during the 2009 season—winning two gold medals at the Cairo and San Marino World Cups. Hadden has persevered and finished strong in 2010. National Shotgun Coach Bret Erickson remarked, “Ryan has been our most successful World Cup competitor over the last couple of years winning three medals in three World Cups. It's great to have him on the team again so he will have more opportunities to win medals.” Moreover, SSG Hadden has more to smile about than just an Athlete of the Month nod—he and his wife announced that they are expecting a baby girl in March 2011. When prompted about the World Cup chances he will have in 2011, SSG Hadden replied, “It is definitely a good thing. Especially with the number of U.S. Olympic selection points that are available for the 2011 World Cup season. It would be nice to win a few World Cup or even a World Championship medal to qualify for the 2012 Games. That’s the goal.” As the leader of the U.S. Army Marksmanship Unit’s Trap Team and an Army soldier for 13 years, SSG Hadden will continue to train hard for 2011 with his U.S. Army Marksmanship Unit teammates. USA Shooting would like to congratulate SSG Ryan Hadden for being selected as the Athlete of the Month for the month of September.
UNITED STATES SHOOTING TEAM ALUMNI ASSOCIATION

In August, USA Shooting sent a letter and application to approximately 500 eligible shooters and officials informing them about the newly formed USSTAA by USA Shooting. As of Oct. 1, we have sent Life Membership Certificates and lapel pins to the following Life members:

- Adam Curtis
- Allyn Johnson
- Ann-Marie Johnson
- Arlie Jones
- Arnold Vitarbo
- Aubrey Smith
- Benton Enomoto
- Bill Morris III
- Bob Merritt
- Bobbi Vittone
- Bobby Tiner
- Boyd Goldsby
- Brad Carnes
- Breanna Heckenkamp
- Bruce Meredith
- Burl Branham
- Carl Bernosky
- Cathy Winstead-Severin
- Charles Davis
- Col D.D. Behrens
- Col. Oliver Reeves Davis
- Connie Smotek
- Corey Sidorek
- Dallas Krapf
- Dan Jordan
- Daniel Krumbein
- Darius Young
- David Alcoriza
- David Johnson
- David Kimes
- David Ross
- Dayne Johnson
- Debra Enger
- Denise Morrison
- Dennis Dingman
- Dennis Ghiselli
- Donald Harmon
- Dorian Ann Jones
- Eduard Suarez
- Edward Schumacker
- Elizabeth McKay George
- Ellen Dryke
- Emil Heugatter
- Eric Weeldreyer
- Ernest Vande Zande
- Frances Strodtman-Royer
- Francis Higginson
- Frank Woolard
- Gloria Parmentier
- Gordon Horner
- Gordon J. Taras
- Hezekiah Clark Jr
- Iryt Chance Troutman
- J. Michelle Isherwood
- Jack Foster
- James Clark
- James Eberwine
- James Lally
- James McDaniel
- James Reiber
- James Smith
- Jay Waldron
- Jeremiah Prough
- Jim Poindexter
- Joan Gladwell
- Joe Deckert
- Joe Steed Jr
- John Berta
- John Bickar
- John Ditmore
- John Herr
- John Mullins
- John Rost
- Jonathan Hall
- Joseph DeFazio
- Jospeh Hall
- Kelly Hill
- Kenneth Buster
- Lana Ward
- Leigh Haase Damare
- Leslie Foster
- Lones Wigger
- Loral I Delaney
- Lori Kamler
- Loyd G. Crow Jr.
- Margaret Murdock
- Marianne Wallace-Pena
- Marie Alkire
- Michael Coleman
- Michael Johnson
- Michael Theimer
- Mike Herman
- Neal Johnson
- Pam Vossen
- Ray Carter
- Richard Smith
- Richard Valdez
- Robert Dickens
- Robert Mitchell
- Robert Whitacre
- Ron Wigger
- Roy E Hill
- Ruby Fox
- Ryan Tanoue
- Sam Baiocco
- Samuel Hunter
- Sharee Waldron
- Sidney Carpenter
- Steve Holtzclaw
- T.D. Smith
- Talmadge Wilkins
- Taylor Lynn-Marie Beard
- Ted McMillion
- Thomas Tamas
- Thomas Treinen
- Weldon Griggs
- William Blankeship
- Willis Platt

We are missing addresses from approximately 200 eligible members. Anyone who has represented the United States as a shooter or official on any International Shooting Sport Federation (ISSF) international shooting team or knows of anyone who did not receive a letter and application to join is eligible to become a Life Member of the Alumni Association for $35. Please contact Lones Wigger at USA Shooting, One Olympic Plaza, Colorado Springs, CO 80909 or at email Lones.Wigger@usashooting.org for an application.

We look forward to building the Alumni Association’s membership and keeping our U.S. Shooting Team members involved with our sport as well as maintaining the great relationships that have been established through our competitive shooting careers.

Lones Wigger
President
U.S. Shooting Team Alumni Association
A Very COOL Way To Support Your Team

Ruger’s USA Shooting Team III
This limited edition rifle includes a special stock & serial number, extra magazine, & bipod.
A donation will be made to the USA Shooting Team for each rifle sold.
Limited to 650. Ask your dealer for Ruger #1244.
Visit www.taloinc.com for more information
## Schedule of Events

<table>
<thead>
<tr>
<th>Date Range</th>
<th>Event Description</th>
<th>Location</th>
<th>Discipline</th>
<th>Contact Name</th>
<th>Phone Number</th>
</tr>
</thead>
<tbody>
<tr>
<td>12/03/2010 - 12/05/2010</td>
<td>USA Shooting Winter Airgun Championship</td>
<td>Colorado Springs, CO</td>
<td>Air Pistol &amp; Air Rifle</td>
<td>Lindsay Brooke</td>
<td>719.866.4885</td>
</tr>
<tr>
<td>12/03/2010 - 12/05/2010</td>
<td>2010 Florida State Bunker Trap</td>
<td>Gator Skeet &amp; Trap Club</td>
<td>Trap</td>
<td>Thomas Baber</td>
<td>352.372.1044</td>
</tr>
<tr>
<td>12/04/2010 - 12/04/2010</td>
<td>SC State JO Air Rifle Championship</td>
<td>Union, SC</td>
<td>Air Rifle</td>
<td>John Odell</td>
<td>864.429.1750</td>
</tr>
<tr>
<td>12/04/2010 - 12/04/2010</td>
<td>OH State JO Pistol Championship</td>
<td>Columbus, OH</td>
<td>Air Pistol &amp; Sport Pistol</td>
<td>Fred Totts</td>
<td>330.325.7517</td>
</tr>
<tr>
<td>12/04/2010 - 12/05/2010</td>
<td>ME State JO Air Pistol Championship</td>
<td>Augusta, ME</td>
<td>Air Pistol</td>
<td>Julian Beale III</td>
<td>207.622.1157</td>
</tr>
<tr>
<td>12/05/2010 - 12/05/2010</td>
<td>HI State JO Championship</td>
<td>Honolulu, HI</td>
<td>Rifle &amp; Pistol</td>
<td>Lindsay Brooke</td>
<td>808.597.8966</td>
</tr>
<tr>
<td>12/05/2010 - 12/05/2010</td>
<td>NJ State JO Air Rifle Championship</td>
<td>Gibbsboro, NJ</td>
<td>Air Rifle</td>
<td>Ann Marie O’Brien</td>
<td>856.435.1832</td>
</tr>
<tr>
<td>12/05/2010 - 12/05/2010</td>
<td>Junior Olympic Air Rifle Competition</td>
<td>Gibbsboro, NJ</td>
<td>Air Rifle</td>
<td>Michelle Bauer</td>
<td>856.622.4801</td>
</tr>
<tr>
<td>12/05/2010 - 12/05/2010</td>
<td>Capitol City Air Pistol &amp; Rifle PTO</td>
<td>Augusta, ME</td>
<td>Air Pistol &amp; Air Rifle</td>
<td>Ronald Vail-lancourt</td>
<td>207.785.7989</td>
</tr>
<tr>
<td>12/10/2010 - 12/12/2010</td>
<td>Cedar Hill Rifle Club Air Rifle &amp; Pistol PTO</td>
<td>Blackfoot, ID</td>
<td>Rifle &amp; Pistol</td>
<td>Randy Shikashio</td>
<td>208.785.4860</td>
</tr>
<tr>
<td>12/10/2010 - 12/12/2010</td>
<td>Cedar Hill PTO</td>
<td>Blackfoot, ID</td>
<td>Rifle &amp; Pistol</td>
<td>Randy Shikashio</td>
<td>208.785.4860</td>
</tr>
<tr>
<td>12/11/2010 - 12/12/2010</td>
<td>MI State JO Rifle Championships</td>
<td>Kalamazoo, MI</td>
<td>Rifle</td>
<td>Russel Hol-lister</td>
<td>269.685.2301</td>
</tr>
<tr>
<td>12/11/2010 - 12/19/2010</td>
<td>MS State JO Championships</td>
<td>Oxford, MS</td>
<td>Rifle &amp; Pistol</td>
<td>Nathan Hend- drix</td>
<td>662.287.3235</td>
</tr>
<tr>
<td>12/11/2010 - 12/12/2010</td>
<td>OR State JO Smallbore Rifle Championship</td>
<td>Salem, OR</td>
<td>Rifle</td>
<td>Chris Kraft</td>
<td>503.564.4658</td>
</tr>
<tr>
<td>Date</td>
<td>Event</td>
<td>Location</td>
<td>Category</td>
<td>Driver</td>
<td>Phone</td>
</tr>
<tr>
<td>-----------</td>
<td>--------------------------------------------</td>
<td>-------------------</td>
<td>---------------------------------</td>
<td>-------------------------</td>
<td>-------------</td>
</tr>
<tr>
<td>12/11/10-12/12/10</td>
<td>Michigan Junior Olympic Rifle Championship</td>
<td>Kalamazoo, MI</td>
<td>Air Rifle, Smallbore</td>
<td>Rusel Hollister</td>
<td>269.685.2301</td>
</tr>
<tr>
<td>12/12/10-12/12/10</td>
<td>Woburn Sportsmen Air Pistol PTO</td>
<td>Bedford, MA</td>
<td>Air Pistol</td>
<td>Richard Dyer</td>
<td>781.275.9485</td>
</tr>
<tr>
<td>12/12/10-12/18/10</td>
<td>AK State JO Championship</td>
<td>Fairbanks, AK</td>
<td>Air Rifle, Smallbore</td>
<td>Cheryl Plowman</td>
<td>907.479.2600</td>
</tr>
<tr>
<td>12/17/10-12/18/10</td>
<td>NM State JO Air Rifle Championship</td>
<td>Belen, NM</td>
<td>Air Rifle</td>
<td>Joel Martin</td>
<td>505.550.7988</td>
</tr>
<tr>
<td>12/18/10-12/18/10</td>
<td>Monthly Tournament-Dec. 2010</td>
<td>Colorado Springs, CO</td>
<td>Pistol, Rifle</td>
<td>Jim Shaver</td>
<td>719.597.7909</td>
</tr>
<tr>
<td>12/18/10-12/18/10</td>
<td>Phoenix Int'l Pistol PTO</td>
<td>Phoenix, AZ</td>
<td>Pistol</td>
<td>Donald Plante</td>
<td>480.855.0002</td>
</tr>
<tr>
<td>12/18/10-12/18/10</td>
<td>Machias Air Pistol Club PTO</td>
<td>Machias, ME</td>
<td>Air Pistol</td>
<td>Peter Slack</td>
<td>207.255.0701</td>
</tr>
<tr>
<td>12/19/10-12/19/10</td>
<td>12th Precinct Pistol Club PTO</td>
<td>Harwood, MD</td>
<td>Pistol</td>
<td>Kathryn Calahan</td>
<td>410.293.2736</td>
</tr>
<tr>
<td>12/21/10-12/21/10</td>
<td>HSH Precision Shooters 600/400 Match</td>
<td>Oklahoma City, OH</td>
<td>Air Pistol &amp; Air Rifle</td>
<td>Charles Meloy</td>
<td>405.834.3020</td>
</tr>
<tr>
<td>01/04/11-01/10/11</td>
<td>ID State JO Sport Pistol Championship</td>
<td>Blackfoot, ID</td>
<td>Sport Pistol</td>
<td>Randy Shikashio</td>
<td>208.785.4860</td>
</tr>
<tr>
<td>01/07/11-01/09/11</td>
<td>UT State JO Championships</td>
<td>Salt Lake City, UT</td>
<td>Rifle &amp; Pistol</td>
<td>Matthew DelLong</td>
<td>801.867.8158</td>
</tr>
<tr>
<td>01/07/11-01/09/11</td>
<td>Utah State Junior Olympics</td>
<td>Salt Lake City, UT</td>
<td>Rifle &amp; Pistol</td>
<td>Cory Simon</td>
<td>801.867.8158</td>
</tr>
<tr>
<td>01/07/11-01/09/11</td>
<td>UMPS Jan. Rifle &amp; Pistol PTO</td>
<td>Salt Lake City, UT</td>
<td>Rifle &amp; Pistol</td>
<td>Cory Simon</td>
<td>801.867.8158</td>
</tr>
<tr>
<td>01/08/11-01/08/11</td>
<td>AL State JO Smallbore &amp; Sport Pistol Cham-</td>
<td>Jacksonville, AL</td>
<td>Smallbore &amp; Sport Pistol</td>
<td>Sam Richardson</td>
<td>205.424.8040</td>
</tr>
<tr>
<td>01/08/11-01/08/11</td>
<td>VA State JO Rifle Championships</td>
<td>Annapolis, MD</td>
<td>Rifle</td>
<td>Norris Diefenderf</td>
<td>301.797.4282</td>
</tr>
<tr>
<td>01/08/11-01/08/11</td>
<td>SD State JO Championships</td>
<td>Mitchell, SD</td>
<td>Rifle &amp; Pistol</td>
<td>Bryon Hahn</td>
<td>605.941.3926</td>
</tr>
<tr>
<td>01/08/11-01/09/11</td>
<td>TX State JO Rifle Championship: Ft. Worth</td>
<td>Fort Worth, Texas</td>
<td>Rifle</td>
<td>Neil Shipley</td>
<td>979.865.5515</td>
</tr>
<tr>
<td>01/08/11-01/09/11</td>
<td>TX State JO Rifle Championship: El Paso</td>
<td>El Paso, Texas</td>
<td>Rifle</td>
<td>Gary Crafton</td>
<td>914.873.5593</td>
</tr>
<tr>
<td>01/08/11-01/09/11</td>
<td>MT State JO Championships</td>
<td>Bozeman, MT</td>
<td>Rifle &amp; Pistol</td>
<td>Nichole Wirtz</td>
<td>406.587.0575</td>
</tr>
<tr>
<td>01/08/11-01/08/11</td>
<td>NY State JO Smallbore Championships</td>
<td>Rotterdam, NY</td>
<td>Smallbore</td>
<td>Charles Meyer</td>
<td>518.265.3555</td>
</tr>
<tr>
<td>01/08/11-01/09/11</td>
<td>OR State JO Air Rifle Championships</td>
<td>Sherwood, OR</td>
<td>Air Rifle</td>
<td>Scott Bittler</td>
<td>503.924.1593</td>
</tr>
<tr>
<td>01/08/11-01/08/11</td>
<td>IL State JO Pistol Championships</td>
<td>Streator, IL</td>
<td>Pistol</td>
<td>Raymond Odle</td>
<td>815.939.4854</td>
</tr>
<tr>
<td>01/08/11-01/09/11</td>
<td>IN State JO Championships</td>
<td>Fort Wayne, IN</td>
<td>Rifle &amp; Pistol</td>
<td>Alan Conrad</td>
<td>360.483.1102</td>
</tr>
<tr>
<td>01/08/11-01/09/11</td>
<td>MO State JO Championships</td>
<td>Kansas City, MO</td>
<td>Rifle &amp; Pistol</td>
<td>Lindsay Brooke</td>
<td>816.333.7559</td>
</tr>
<tr>
<td>01/08/11-01/09/11</td>
<td>ME State JO Smallbore Championship</td>
<td>Augusta, ME</td>
<td>Smallbore</td>
<td>Julian Beale III</td>
<td>207.622.1157</td>
</tr>
</tbody>
</table>

USA SHOOTING NEWS
<table>
<thead>
<tr>
<th>Date 1</th>
<th>Date 2</th>
<th>Event Description</th>
<th>Location</th>
<th>Event Type</th>
<th>Competitor</th>
<th>Contact Information</th>
</tr>
</thead>
<tbody>
<tr>
<td>01/08/2011-</td>
<td>01/09/2011</td>
<td>2011 CA State JO Air Pistol and Zone 11</td>
<td>Redwood City, CA</td>
<td>Pistol</td>
<td>John Bickar</td>
<td>719.963.8949</td>
</tr>
<tr>
<td>01/08/2011-</td>
<td>01/09/2011</td>
<td>CA State JO Pistol Championships</td>
<td>Redwood City, CA</td>
<td>Pistol</td>
<td>Steve Lum</td>
<td>719.866.4885</td>
</tr>
<tr>
<td>01/08/2011-</td>
<td>01/08/2011</td>
<td>FL State JO Rifle Championship</td>
<td>Titusville, FL</td>
<td>Rifle</td>
<td>Margaret Langfield</td>
<td>407.671.2955</td>
</tr>
<tr>
<td>01/14/2011-</td>
<td>01/15/2011</td>
<td>GA State JO Championships</td>
<td>Griffin, GA</td>
<td>Rifle &amp; Pistol</td>
<td>Lisa Kelley</td>
<td>770.467.4225</td>
</tr>
<tr>
<td>01/14/2011-</td>
<td>01/16/2011</td>
<td>SW Gun Club PTO</td>
<td>McCombs, MS</td>
<td>Rifle &amp; Pistol</td>
<td>Mickey Brondum</td>
<td>504.343.7597</td>
</tr>
<tr>
<td>01/14/2011-</td>
<td>01/16/2011</td>
<td>ID State JO Championships</td>
<td>Twin Falls, ID</td>
<td>Rifle &amp; Pistol</td>
<td>Dan Brown</td>
<td>208.734.8217</td>
</tr>
<tr>
<td>01/15/2011-</td>
<td>01/15/2011</td>
<td>KS State JO Rifle Championships</td>
<td>Salina, KS</td>
<td>Rifle</td>
<td>Lindsay Brooke</td>
<td>316.788.2027</td>
</tr>
<tr>
<td>01/15/2011-</td>
<td>01/16/2011</td>
<td>KY State JO Championships</td>
<td>Lexington, KY</td>
<td>Rifle &amp; Pistol</td>
<td>Lindsay Brooke</td>
<td>859.357.1281</td>
</tr>
<tr>
<td>01/15/2011-</td>
<td>01/16/2011</td>
<td>CA State JO Rifle Championships</td>
<td>Yuba City, CA</td>
<td>Rifle</td>
<td>Allen Jaynes</td>
<td>530.755.1016</td>
</tr>
<tr>
<td>01/15/2011-</td>
<td>01/16/2011</td>
<td>NY State Rifle Championships</td>
<td>Jamestown, NY</td>
<td>Rifle</td>
<td>Jennifer Canfield</td>
<td>716.487.2487</td>
</tr>
<tr>
<td>01/22/2011-</td>
<td>01/22/2011</td>
<td>WI State JO Championship</td>
<td>De Pere, WI</td>
<td>Rifle</td>
<td>Sheila Reynolds</td>
<td>920.336.2049</td>
</tr>
<tr>
<td>01/22/2011-</td>
<td>01/22/2011</td>
<td>NY State JO Air Rifle Championships</td>
<td>Troy, NY</td>
<td>Air Rifle</td>
<td>Charles Meyer</td>
<td>518.265.3555</td>
</tr>
<tr>
<td>01/22/2011-</td>
<td>01/22/2011</td>
<td>OK State JO Air Rifle &amp; Air Pistol Championships</td>
<td>Oklahoma City, OK</td>
<td>Air Pistol &amp; Air Rifle</td>
<td>Charles Meloy</td>
<td>405.834.3023</td>
</tr>
<tr>
<td>01/22/2011-</td>
<td>01/23/2011</td>
<td>CA State JO Pistol Championships</td>
<td>Rowland Heights, CA</td>
<td>Pistol</td>
<td>In Kim</td>
<td>353.919.0582</td>
</tr>
<tr>
<td>Date</td>
<td>Event Description</td>
<td>Location</td>
<td>Sport</td>
<td>Organizer</td>
<td>Phone</td>
<td></td>
</tr>
<tr>
<td>------------------</td>
<td>--------------------------------------------</td>
<td>-----------------</td>
<td>------------------------</td>
<td>---------------</td>
<td>-----------------</td>
<td></td>
</tr>
<tr>
<td>01/29/2011-01/30/2011</td>
<td>Murphysville Rifle Club PTO</td>
<td>Murphysville</td>
<td>Rifle</td>
<td>Scott Marne</td>
<td>724.244.2959</td>
<td></td>
</tr>
<tr>
<td>02/01/2011-02/06/2011</td>
<td>2011 USAS Shotgun Spring Selection</td>
<td>Tucson, AZ</td>
<td>Shotgun</td>
<td>Lindsay Brooke</td>
<td>719.866.4885</td>
<td></td>
</tr>
<tr>
<td>02/20/2011-02/20/2011</td>
<td>SW Gun Club PTO</td>
<td>McCombs, MS</td>
<td>Air Pistol, Air Rifle, PPP</td>
<td>Mickey Bron-</td>
<td>504.343.7597</td>
<td></td>
</tr>
<tr>
<td>02/20/2011-02/20/2011</td>
<td>WNY PTO</td>
<td>Rochester</td>
<td>Air Pistol, Free Pistol</td>
<td>Dennis Schrieber</td>
<td>585.293.3052</td>
<td></td>
</tr>
</tbody>
</table>

Competitions listed in order by date. For specific information on a particular event, please visit www.usashooting.org >>competitions>>interactive calendar and browse upcoming events or call the event organizer.

---

**Gold Medal Mental Training**

**Dan Vitchoff’s 33 Method**

*Shotgun Mental Training and Performance Coaching*

- Improve Mental Toughness
- Intense Focus & Concentration
- Develop an Effective Pre-Shot Routine
- Achieve the Competitive Edge

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 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

---

38 USA Shooting News
<table>
<thead>
<tr>
<th>Rifle</th>
<th>Pistol</th>
<th>Semi-Auto</th>
<th>Hunting</th>
<th>NEW</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td>Tenex</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td>The highest quality cartridge for semi automatic pistols and rifles, featuring a round nose bullet profile.</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td>Impressive results from a competition cartridge featuring many attributes of Tenex. Amazing value for money and excellent accuracy.</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></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>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td>Slick round with reliable functioning and high accuracy in all popular pistols. Reduced velocity cartridge.</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td>New product for 2008! An improved version of the ELEY Club cartridge, using the same flat nose bullet as used for Tenex and Match.</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td>Accurate and reliable mid-range cartridge used in all disciplines up to 50m range. A consistent winner at club competitions.</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td>An affordable general purpose cartridge, which is a great quality entry level round.</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td>Combining ELEY’s leading edge technology and Hornady’s 17 grain V-Max® tip bullets, to create affordable cartridges with unbeatable stopping power and tack driving accuracy.</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></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 Limited, Selco Way off First Avenue, Minworth Industrial Estate, Sutton Coldfield, West Midlands B76 1BA, England. Tel: +44 (0)121 313 4567 Fax: +44 (0)121 313 4568

Visit ELEY website to download guides and locate your local UK dealer.
USA Shooting wishes to thank its sponsors and supporting partners.
To learn how these sponsors support USA Shooting,