ELEY congratulates Lones Wigger on his place in the U.S Olympic Hall of Fame

Lones W. Wigger, Jr
A legend that made shooting history setting 29 World Records and winning 72 medals in Olympic, World and Pan American competitions.
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As I am sure most, if not all of you know by now, USA Shooting’s Lones Wigger is part of the distinguished class of 2008 that was inducted into the U.S. Olympic Hall of Fame. At press time, the induction ceremony had not yet taken place, but was set for June 19 at Harris Theater in Chicago.

At this time, we at USA Shooting would like to say congratulations to “Wig” for this outstanding achievement. There is no one more deserving of this honor than Lones Wigger and we are extremely proud of him for reaching such an incredible milestone, following an even more incredible shooting career!

Lones is a three-time Olympian, whose career spanned 25 years. He competed at the 1964 Olympic Games in Tokyo, the 1968 Olympic Games in Mexico and the 1972 Olympic Games in Munich, where he won a combined two gold and one silver medals. In addition, he qualified for the 1980 Olympic Team.

Lones also competed on five Pan American Games teams, where he won five silver and 13 gold medals. During his shooting career, he won 111 medals and set 29 world records in international competition, more than any other shooter in the world. He is a member of the USA Shooting Hall of Fame and was also honored in 1996 by the USOC as a “Golden Olympian.” A retired Army Lt. Col., Wigger is a two-tour Vietnam Veteran and spent 25 years on active duty.

“It’s a tremendous honor to be inducted into the U.S. Olympic Hall of Fame and especially to represent the shooting sports,” Lones said to me right after he found out he would be inducted. “I am overwhelmed and can’t hardly believe it. I would like to thank everyone who voted for me and supported me.”

The U.S. Olympic Hall of Fame Class of 2008 is comprised of nine Olympians, one Paralympian, an Olympic Coach, Veteran, Team and Special Contributor.

Along with Lones, the outstanding 2008 U.S. Olympic Hall of Fame Class inducted as individuals include wrestler Bruce Baumgartner, athletics athlete Joan Benoit, figure skater Brian Boitano, boxer Oscar de La Hoya, volleyball player Karch Kiraly, equestrian J. Michael Plumb, basketball athlete David Robinson, swimmer Amy Van Dyken, and Paralympic swimmer John Morgan. Figure skating coach Carlo Fassi was inducted in the Coach category along with Olympic figure skating gold medalist Carol Heiss Jenkins in the Veteran category. The members of the 1996 Women’s Gymnastics Team – Amanda Borden, Amy Chow, Dominique Dawes, Shannon Miller, Dominique Moceanu, Jaycie Phelps and Kerri Strug – were also honored in the Team category, as was legendary Hollywood producer Frank Marshall as the Special Contributor.

Although the U.S. Olympic Hall of Fame Induction Ceremony, Presented by Allstate, took place on June 19, the made-for-television event will be aired Sunday, August 3, 2008 on NBC from 1:30pm to 3:00pm ET. As part of the broadcast, viewers will be treated to competition footage as well as insights from friends and competitors of the honored legends who will be inducted into the exclusive group of U.S. Olympic and Paralympic greats.

Coverage of the U.S. Olympic Hall of Fame Induction Ceremony will also be included in the September/October issue of USA Shooting News.

About the U.S. Olympic Hall of Fame

The U.S. Olympic Hall of Fame was established in 1979 to celebrate the achievements of America’s premier athletes in the modern Olympic Games. The first U.S. Olympic Hall of Fame class was inducted in 1983 during ceremonies in Chicago. That Charter Class, which included Olympic Greats such as Jesse Owens, Jim Thorpe and Cassius Clay, remains the largest group (20 individuals and one team) ever inducted. In 2004, after a 12-year hiatus, the U.S. Olympic Hall of Fame was revived through the support of the Allstate Insurance Company as the presenting sponsor.

To date, 213 athletes (including seven U.S. teams), coaches, and 13 special contributors to the U.S. Olympic Movement have been enshrined in the U.S. Olympic Hall of Fame. From the Charter Class of 1983 to the 2008 inductees, Hall members represent an American honor roll of athletic ambassadors representing the ideals of brotherhood and fair play.

For more information on the U.S. Olympic Hall of Fame, please visit www.usolympichalloffame.com
I was selected to serve as the International Shooting Sport Federation (ISSF) Technical Delegate for the Milan World Cup 2008. The Technical Delegate is the onsite representative of the ISSF that addresses questions, provides assistance to the Organizing Committee (OC) and ensures that established procedures are followed, making world cup operations consistent from one event to another. While I have been a coach and team leader at many international events, this opportunity provided a different perspective on ISSF competitions and USA Shooting’s participation.

Many world cup hosts have an opening ceremony that typically includes a parade of participating countries. While the OC goes to considerable effort to hold such a ceremony, attendance of the nations is relatively poor with many countries not participating. Many are found at the hotels, being tourists and shopping. I was very proud to not only have a strong representation from the U.S., but also to have our shooter athletes look very professional, dressed alike in their red, white and blue uniforms. As the teams paraded in, the Italian federation president, Ernfried Obrist, commented to me, “Your team looks the best,” which was affirmed by Mr. Tito Suss, Director of the Organizing Committee. At the final awards and closing ceremony, our team was one of the few teams present and again presented themselves appropriately.

We know that our team represents us well in competition but our shooters and coaches always exhibit excellent sportsmanship. They are the first to congratulate other medalists, recognize strong performances and are humble in winning. Such conduct is not unusual but is the norm for our team.

The same appearance and conduct were witnessed at our shotgun world cup held in Kerrville, Texas in May. It is a proud feeling when good conduct and dress is recognized by others. Without question, your team sets the example for others to emulate!

This was the 17th ISSF Rifle and Pistol World Cup conducted by the Union of Italian Target Shooting. Based on this vast experience, I was somewhat surprised to receive a number of questions from the OC, experience complications with the schedule and variances from ISSF procedures. They are still holding 25 meter events on paper targets. The OC, including all of the 100+ staff, was an excellent group to work with and very responsive to requests. Reflecting back on world cups that we have hosted in the U.S. again makes me feel very good about the quality competitions we conduct with one fourth the staff and volunteers.

My experience as Technical Delegate was a rewarding one but made me most proud and appreciative of our shooters, coaches and volunteers who make USA Shooting what it is today!
The Olympic try-outs are over, the team has had time to get used to their new status, airplane tickets have been purchased and the plans are being finalized. Now it is time to think about how USA Shooting athletes will prepare for competition beyond the 2008 Olympic Games.

First, Chicago has been put forward as the bid city for the 2016 Olympic Games. Being an Olympic athlete is always spectacular but being an Olympic athlete in your home country is truly awesome and very meaningful.

The quad leading up to the London Games in 2012 will bring some changes for USA Shooting athletes as well as shooting athletes around the world. The International Shooting Sport Federation (ISSF) will be looking at the finals in an attempt to make them even more interesting to spectators and TV audiences. Rules will be updated or changed. The ISSF is again looking at the rifle clothing and a method to make Skeet more challenging. USA Shooting will update and change rules accordingly, along with updating policies and procedures for the selection of teams and training requirements. The Olympic team selection process will be updated and published for 2012 and emphasis will start almost immediately on preparing for the 2010 World Shooting Championships.

The Championship of the Americas, normally held in the year following the Olympic Games has been scheduled for 2010 and will have Olympic participation quotas associated with most of its events. A great deal of planning will need to go in to the 2010 year to maximize training potential and earn the quota slots.

And once again, USA Shooting will start another quad with a new coach. Upon Coach Lloyd Woodhouse’s departure, Mark Weeks will become the National Shotgun Coach. There will be some changes in the shotgun program too.

Does this sound like USA Shooting is trying to get you ready for some change, and asking you to be flexible with the change? Probably.
The Sporting Arms and Ammunition Manufacturers’ Institute, Inc. (SAAMI®) held its 52nd annual meeting this year in Avon, CT. SAAMI, established in 1926, is an association of the nation’s leading manufacturers of sporting firearms, ammunition and components. Since its inception, SAAMI has been actively involved in the publication of industry standards, coordination of technical data and the promotion of safe and responsible firearms use. SAAMI currently publishes more than 700 voluntary standards related to quality and safety in the manufacturing, transportation and storage of firearms, ammunition and components. In addition to setting product standards for firearms and ammunition, SAAMI proposes legislative developments at the state and federal level and is an accredited United Nations ECOSOC Non-Government Organization.

At the conclusion of the meeting, members participated in the annual “SAAMI Shoot” held at the nearby Hartford Gun Club followed by an awards banquet and fundraiser. Event organizers of the 52nd Annual SAAMI Meeting and Shooting Tournament continued a tradition of raising money for organizations dedicated to promoting the shooting sports. For the eighth consecutive year, SAAMI selected USA Shooting as the beneficiary of the annual fund-raising event. This year’s event raised over $18,000 and exceeded last year’s record-breaking effort of $15,000, bringing the total amount of team funding raised by SAAMI to over $100,000.

USA Shooting appreciates the fantastic support from the many companies in the shooting industry that provided auction items for the fundraiser, making this event so successful. USA Shooting wishes to thank SAAMI and its members for their generous contributions and support of USA Shooting and the 2008 Olympic Shooting Team. For more information on SAAMI, please visit www.saami.org.

52nd Annual SAAMI Meeting held in Avon, CT
Fundraiser pushes contributions over $100,000

By Buddy DuVall, Director of Marketing
Volunteer on the 25 Meter Range- Once you try it, you’ll never look back!

The 25 meter range has always been a favorite playing field for pistol fanatics. If you have ever experienced a 25m event at a National Championships or World Cup, you know the excitement! When it comes to pistol shooting, this is where the action is. A pistol shooter’s paradise; where you can experience multiple events using more than one gun. At the USA Shooting National Championships we host four different events: rapid fire, sport, center fire and standard.

If you have a passion for pistol, but prefer to stay behind the scenes, USA Shooting is looking for new people to join our 25 meter range staff. Chairman of the ISSF Pistol Committee, Susan Abbott was bit by the 25 meter “bug” back in the 70’s and hasn’t looked back since. “Everywhere I go the 25m range always has a different feel from 10m and 50m ranges; different in a good way that is,” Abbott said.

The 25m range events are filled with action and are very fast paced. It takes a good crew of people, who are always kept on their toes. Susan has always enjoyed the camaraderie between the 25m range staff. “We work hard from the early morning hours through until dusk, but once the work is done the fun continues on. You become a very close knit family,” Abbott said.

Even the Abbott grandkids, Natalie (15) and Michael (13) decided back in 2005 that they wanted in on the action and joined their grandparents for the National Championships. They enjoyed their experience so much, they have been returning every year since. Natalie really enjoys volunteering in the pits with her grandfather Robert, while Michael’s highlight is meeting the Olympians. This year Natalie and Michael have even chosen to miss a family 4th of July party to help out at Ft. Benning.

Bring your passion for pistol alive and think about becoming a pistol range official. USA Shooting will provide hands on training at an upcoming event and becoming a USA level 1 official is as simple as completing the open book test. For more information, please call Lindsay Brooke at 719-866-4885 or by e-mail at Lindsay.brooke@usashooting.org
Greetings again from Fort Benning! With the Olympic selection match behind us, attention turns to the upcoming USA Shooting National Championships. Many matches are held at our facility each year. From World Cups to local PTO’s, regardless of the size of the match, the ranges must be in top shape. There are many things that have to be accomplished leading up to the start of the match. This issue’s article will give you some insight on what goes into the ranges being readied.

Depending on the level of the match, our preparation begins four to six weeks in advance, starting with a checklist of over one hundred tasks to be completed before turning the ranges over to the group hosting the match. The list is a compilation of years of experience of our soldiers on the team. Items on the list vary from target calibration to changing the batteries in the clocks the day before the event.

We begin by gathering items we will need to support maintenance of the range. Next, we assign individuals on the team certain major projects, followed by taking a look at the calendar for events we may have to work around in order to complete certain projects. Once this is done, items are prioritized and placed on the calendar.

Furthest out on the calendar is the gathering of supplies and coordinating maintenance with individuals that help support of our facilities. Examples of supplies include restroom items, target equipment, shipped items from the organization running the match and many other necessities. The coordination of target maintenance comes from our target maintenance expert Mr. Jim Blackwell and the grounds maintenance guys, Mr. Cochran and Mr. Hart. They always keep the grounds looking sharp.

As the time draws closer, the biggest event that takes place is the ongoing upkeep of the electronic targets. With a total of nearly 200 electronic targets, this takes the most time. With hosting multiple events throughout the year, our targets have to be running at peak performance. Each target must be serviced, the 10-meter targets must be vacuumed out, rubber bladders checked, backer paper changed, target faces changed and black paper rolls must be kept full. The 50-meter targets are checked in a similar fashion, with the only difference being that each target box is brushed out using paint brushes to ensure each is free of any debris since these targets are exposed to the outdoors. In addition, all rubber target rolls must be checked. Once this is complete, we fire three to five shots at each target and run a calibration program which gives us data to verify the shot groups electronically, ensuring accurate electronic scoring. The targets are tested one to two weeks prior to the event, allowing time in case repairs need to be made.

The housekeeping items are considered light duty and allow the soldiers to focus on fine tuning prior to the start of the match.

All of these tasks take place before events that are held on the Pool Range Complex. The tasks are completed by the soldiers in addition to morning physical training, several hours of shooting training and other military business. With a well organized plan that comes together week by week, the large task of hosting a major competition is broken down into smaller, more manageable tasks; doing a little each day makes a big job seem easy. When we hand the range facility over to the hosting organization, it is a pride of ownership of the soldiers of the AMU that says “We are proud to welcome you to our house.” So the next time you are at a match at the AMU take the time to thank the soldiers for their hard work.

Until the next article, “Keep them in the middle and Stay Army Strong.”
Inside the Blue: Deserve Victory!

During World War II, the great British leader Sir Winston Churchill wrote, “We cannot guarantee victory, but only deserve it.” This statement, pulled from the writings of Churchill, was part of a campaign to urge his countrymen to take all actions necessary to defeat their enemy. At a time when the fate of the British Empire was in serious doubt, Churchill’s message reminded the British subjects of their duty to make sacrifices to help ensure their nation’s survival.

Churchill believed that meritorious performance, even in the face of defeat, was a true measure of character. He reasoned that an individual who put forth his or her best effort would then deserve victory. While the context of Churchill’s message has changed, “Deserve Victory!” is an equally poignant message for an athlete who aspires to reach a seemingly impossible goal. From an athlete’s perspective, deserving victory means maximizing his or her effort to achieve peak performance. In this article, Airmen will explore what it means to deserve victory.

Defining Victory

Whether we like it or not, success is a subjective standard. Using Churchill’s philosophy, victory may be judged by looking at factors beyond the outcome. In other words, the journey is just as important as the destination. While individual success is oftentimes measured against the performance of the sport’s top marksman, this view overlooks an athlete’s individual progress vis-à-vis his or her own effort.

Deserving victory requires an athlete to put forth a total effort to reach his or her personal goal. This performance-centric focus views the outcome as a product of the athlete’s effort and shifts focus to an aspect the athlete can control. Therefore, the amount of mental and physical effort the athlete expended is the extent to which he or she deserves victory. With this concept in mind, is an athlete successful if they put forth their absolute best effort but fail to win a medal?

According to Churchill, a person may deserve victory through the actions he or she takes to reach his or her goals. Focusing on the factors within their control, athletes who fall short of the medal stand can take pride in knowing they put forth their very best effort. In other words, if an athlete puts forth maximum effort in training and posts his or her personal best score during the competition, he or she deserves victory even though he or she finished behind other athletes. Athletes who take full advantage of their opportunities to maximize their performance deserve victory.

Lone Witness

Only the athlete knows if he or she truly deserves victory. As athletes prepare to fire their first shot of a competition, they alone know the extent of their preparedness and the level of effort they put forth before the match. In 1934, Peter “Dale” Wimbrow Sr. wrote a timeless poem titled “The Guy in Glass.” The last stanza of the poem reads:

You can fool the whole world down the pathway of years,
And get pats on the back as you pass,
But your final reward will be heartaches and tears
If you’ve cheated the guy in the glass.

Deserving victory is a personal endeavor and each athlete is a reflection of his or her own effort. An athlete’s legacy — hard work, determination, sportsmanship, humility and commitment — is the product of his or her effort.

Evaluating Effort

Deserving victory is an important tool when evaluating performance. An honest self-evaluation can uncover causal factors that led to a missed opportunity or identify areas for improvement. While the following is not an exhaustive list, below are several self-inspection areas used to determine the merit of an athlete’s actions:

Training opportunities. An athlete should evaluate whether his or her training time was well spent. Did the athlete work to improve specific skills or was the training event a social opportunity? Did the athlete stick to an exercise program or identify areas for improvement. While the following is not an exhaustive list, below are several self-inspection areas used to determine the merit of an athlete’s actions:

Pre-match preparation. Pre-match preparation is important to ensure that the athlete is ready to perform when called upon. Is the athlete hydrated, well-rested and nourished? Did the athlete take time to mentally prepare for the event? How committed was the athlete to his or her fitness program? Is
the athlete focused on the task before him or her and ready to compete? Pre-match readiness is critically important. The top marksmen are ready to compete and execute each task with machine-like efficiency. An athlete who fails to prepare is not ready to put forth his or her maximum effort. Athletes should evaluate their pre-match preparation to determine if they are ready to compete.

**Discipline.** Making informed choices consistent with an athlete’s goals ensures that the athlete understands the scope of his or her responsibilities. Did the athlete stay out late before the match? Are matches social opportunities to party and consume alcohol? Did the athlete skip a training session because he or she was too tired? Self-discipline is necessary to ensure the athlete makes choices to advance his or her goals. If athletes are subject to the influence of others and are unable to make choices consistent with their goals, they may not realize their full potential. The biographies of successful athletes are filled with examples of tough choices. An athlete must make choices that will improve his or her performance.

**Adaptability.** An open mind facilitates improvement. Did the athlete respond to coaching and take advantage of available resources to improve his or her performance? Did the athlete make a good faith effort to make a change to improve his or her game? The ability to adapt to changing circumstances enables an athlete to grow and mature. Athletes should evaluate their responsiveness to coaching and their ability to apply new methods to improve their performance.

**One Final Shot**

There is no magic formula when it comes to deserving victory. It is an individual and personal affair. All eyes are upon the athlete during the competition, but only the athlete knows if he or she truly deserves victory. The Air Force Shooting Team wishes all of our sport’s Olympians, especially our teammate Lt. Col. Dominic Grazioi, success at the Beijing Olympics. We are confident each athlete will deserve victory and look forward to celebrating their accomplishment, regardless of whether they bring home a medal.

Until the next competition, the Air Force Shooting Team challenges each of you to “Deserve Victory!” and pursue excellence in all you do. If you have any questions about the Air Force in general, please visit www.airforce.com for more information.

*Inside the Blue* is a running series that looks at international shooting sports from an Airman’s perspective. Master Sgt. Julig is a member of the Air Force International Trap Team and he is presently assigned to Bolling Air Force Base, Washington D.C. The views expressed in this article, unless otherwise indicated, are that of the individual author. They do not purport to express the views of the Department of the Air Force or any other department or agency of the U.S. Government.
"It takes guts to stand out from the crowd.
You must trust your instincts over the voices of dissent, including your own."

For those few who achieve at the highest level and do so consistently, repeatedly and over a long career, there is no real mystery. It just seems that way. This article will provide a very high-level outline of four interrelated concepts that shed light on how the very few dominant athletes or performers become so dominant. They are keys to true performance.

1. The Performance Equation

2. Your Two Selves

3. Improving the Results

4. The Three Levels of Performance

1. The Performance Equation

The Performance Equation is quite simple. "R = P – I" meaning "Result = Potential – Interference." This is the big "secret". No one is hiding it – most do not realize it exists, do not understand how to train because of it or refuse to believe that it applies. Again, "Results equal Potential minus Interference." This equation rules all performances – in sport, in performance and in life.

Potential – Potential is the vast store of all the experiences of your life. Incredible detail and "knowledge" is stored in the "memory" of your mind. This is not just data; it is feelings, impressions, kinesthetics, tastes, smells, sounds and any other sensation, thought or feeling you experience. This is where true talent lies – deep within us. Can you quickly compute the calculus in your head to determine how to catch a fly ball? Of course not! Yet, you catch it effortlessly with very little training and effort! Potential is:

- Talent
- Skill & Ability
- Knowledge & Experience
- Enhanced Through Training

Actual training in this context takes many forms:

- Traditional technical training
- Traditional physical training
- Participation in different disciplines (e.g. rifle, pistol, shotgun, archery, crossbow)
- Participation in different sports (e.g. ice skating, swimming)
- Participation in different activities (e.g. music, dance)
- Participation in alternate forms of training oneself and one’s mind and heart (e.g. Yoga, Pilates)
- Making time to plan, think, dream, set goals, evaluate progress and take control of your training and your life.
- Realizing that it is what you think and how you feel – your mind and emotions – that have the greatest effect.

How many forms of training on this list are incorporated effectively and appropriately in the “training” activities of most athletes and coaches? All are critical to ultimate success.

Interference – Around age 8 or so, our childlike innocence begins to be modified by perceptions, judgments and biases. This closes us off from our performing self. We no longer think, or even breathe, naturally as a child. We no longer “just do”. We think about everything, attempt to control it, and lose our natural rhythms, actions and thoughts. We are loaded with a burden that is fatal to performance:

- Judgments & Baggage
- Doubts & Fears
- Results & Appearance Concerns
- Societal Bias & Judgment

The negative effects on our results are astounding. Athletes who perform well in training, especially solo training, and who perform poorly in competition or intensity training have developed the Performance side of the equation and neglected the Interference aspects. The same is true of athletes who sometimes do perform at seemingly incredible levels now and then, but cannot sustain their performances. We will return to this theme after exploring the next topic.

2. Your Two Selves

Remember your best performance? Remember how easy and effortless it was? Remember your worst performance? Remember how difficult and painful it was? Why, when we “try” hard for an outcome, do we do so poorly? Why, when we “just do,” is the result so great? Most importantly, why do we repeatedly forget or ignore this lesson? The answer becomes clearer as you examine “Your Two Selves” – the Interfering Self and the Performing Self. Fear not! We are not schizophrenic – just multi-faceted! We should understand and use each “self” for the benefit of our training and results.

Interfering Self – This “self” is the “voices” that we hear in our head when performing. This “self” is full of constant
chatter, judgment, bias and evaluation. It places a large emphasis on past and future, right and wrong, correct and broken. The Interfering Self has a number of unhelpful attributes.

- Judgmental & Critical
- Focus on Past & Future
- Closed Minded & “Knows Best” – HUGE EGO
- Constant Chatter & Criticism

This “self” can be useful for analysis... but only at the appropriate time and in the appropriate way. Otherwise, it is a burden.

**Performing Self** – This “self” utilizes all the “memory” in our body, mind and nervous system. It operates in Present Moment without care or concern and is capable of “superhuman” feats with little effort. Most of all, it yearns to be free of the Interfering Self in order to soar! The Performing Self has a number of helpful characteristics:

- Deepest Talents & Skills
- Carefree & Childlike
- Effortless Performance
- Operates Only In Present Moment

Now that we have looked at the Performance Equation and Your Two Selves, bringing the two together lends insight for improvement in our results.

### 3. Improving the Results

There are two primary methods for improving our results. The obvious method is to improve performance. The overlooked method is to reduce interference. Both seem obvious, yet one is routinely ignored.

Our society is all about physical and technical, thus the typical narrow emphasis in training on those two aspects. If you break your leg, people think you are “crazy” if you do not see a doctor. Our society is afraid of the mental and emotional. If you have emotional or mental problems, people think you are “crazy” if you do see a doctor. This is ludicrous! Seeking help for mental or emotional problems should be as normal as for physical or technical problems!

Because it isn’t all the same in our society, we fear the topics, even when there is no illness or problem involved. Paradoxically, we wish to “work on our mental game” – without having a clue what it really means.

What good is it to train the Performing Self if we do not really believe in it and if we interfere with it? Why do we ignore the Interfering Self and allow it to sabotage our performances? Because it is “scary,” like other mental or emotional topics. Release that bias and learn to soar!

Before we look at increasing performance and decreasing interference, there is one more concept required. In a typical 60 shot match, what percent of the time is actually spent shooting, that is, releasing the shot? It turns out that the actual shooting time is roughly 5% of the entire match. (One may quibble with the actual number. It is close enough for the purposes of this discussion.) Thus, we spend about 5% of a match actually releasing the shot. With this in mind, we turn our attention to increasing potential and decreasing interference.

**Increasing Potential** – Current training focuses almost exclusively on the technical and physical aspects of the sport, addressing only the “5%” part of the game. Yet, within that 5%, traditional training misses the essential elements of the most critical moments of all. It also ignores what is going on during about 95% or more of the competition. Clearly, one must have a solid foundation – quality breathing and sleep, proper hydration and nutrition, physical stamina and flexibility and technically correct equipment and technique. We spend a great deal of time on the technical part! Yet our results fall short. The missing elements are found in the other half of the equation.

**Decreasing Interference** – One must understand the power of the Performing Self and the debilitating effect of the Interfering Self. Alternate forms of “training” are critical. New patterns of thoughts and emotions are essential. You can change the way you think! You must decide to do so. Your coaches cannot do it for you.

This involves activities that some folks call “weird” or “soft” or “fruits-cake” training. However, it addresses the critical moments of the shooting and it addresses the other 95% of the competition. One must utilize the power of the Mind in both mental and emotional aspects.

There are three essential attributes one must develop to conquer the Interfering Self, decrease interference, and unshackle the Performing Self.

**Awareness / Sensing** – Awareness and focus are two very different things. While you are focused in the Present Moment on the task at hand, you are also aware. Information gathered is passed to the Performing Self without “comment,” judgment or bias where an automatic response takes place – all without breaking focus. Sensors “on.” No judgment or “processing.” No Thoughts. Merely “sensing.” See, Feel, Hear, Taste, Smell, “Sense,” Be.

**Will / Determination** – Force of will is powerful – direct it appropriately! Appropriate goals are a true and driving self-motivator, not a burden. (If your goals, or goals placed on you, are a burden, resolve that now!) You must have or develop the will to actually DO what you need and want to do. Rejecting shots takes will power! Breaking an old habit or pattern takes will power!

Look beyond the current obstacle to your goal on the other side. Instead of “observation, judgment, reaction” resulting in obstacles and bad actions, use “awareness, response” to resolve issues without concern and the issues never become obstacles.

**Desire** – to do correctly. Goals – strive and work. Action – actually do right things. Yes, it is “hard” work. Above all, DO IT! Get over yourself, stop reminding yourself that you cannot or that this “mind” stuff is stupid, and just DO it!

**Trust / Faith** – How often do we say we trust someone or something – and then retain control? That is not trust! We are wrong to think that our actively controlling, arrogant, Interfering Self can do it all – it cannot. Release active, Interfering Self “control” – LET GO! GIVE IT UP! The Performing Self actually has far better and true control!

Trust in self & training. Relinquish perceived active “control.” FAITH – trust without reservation. Scary at first, when experienced all of this is incredibly liberating. Then it is trusted and sought after. Very few fully make this transition; those that do are often unbeatable.

### 4. The Three Levels of Performance

All of the concepts discussed so far...
come together in this final topic, the three levels of performance.

These three levels are a natural progression. There is no mystery about how to get from one level to the next, though it is seldom taught. Accordingly, traditional training methods mire us in level two and make level three a mystery.

1) Active Learning & Control – The Beginner

Task is learned systematically through repetition. Basic timing is also learned. This can be natural if an athlete is not over taught with traditional “training” methods.

Operating mode:
- Learn steps one by one
- Learn sequence and timing
- Constant active thinking and chatter

Role of the two selves:
- Interfering Self – In “control” and quite happy
- Performing Self – Quietly assimilating information

This is our normal mode for initial learning and is well understood.

2) Partial Automation – the Intermediate / Improver / Advanced level athlete.

Most athletes and performers operate in this mode. Although much is automated, it is not truly trusted. Ultimate, or level three performance is repressed – though it does break out at moments. Misunderstood, this glimpse of level three is feared and repressed because we are “not in control”. This is the Interfering Self holding us back because – remember it has an ego – it wants to be in what it thinks is control.

Operating mode:
- Partial sequences automated
- Some great results – highly variable
- Great deal of chatter

Role of two selves:
- Interfering Self – Dominant and quite happy about it
- Performing Self – Crying for freedom, rare and short breakouts

This mode is reached rapidly by beginners and is the mode where a great deal of time is spent. Indeed, for most athletes this is where they spend their entire careers.

3) Full Automation – The Master

We “Just Be” and “Just Do.”

This is the “Zone” or “Flow State” or “Zen” performance that is talked about, yet so poorly understood. There is nothing mysterious about it… the Interfering Self is out of the equation! Flow has been researched and techniques for facilitating it almost (but not quite) on demand are easy to learn and incorporate into an athlete’s routine.

This type of performance reaches deep within our being – and can be very emotional. The feelings are beyond description and the emotional release is astounding! Of course, that is yet another reason so many in our culture recoil from it. Athletes who understand it are overjoyed and dominate their matches.

Operating mode:
- Performance seemingly on “autopilot” athlete is spectator

Continued to 34

New Team is Heading to Beijing.

By the time this magazine comes out, our Olympians will be about ready to take off for Beijing. Still, I want to seize the opportunity to address a few words to our Olympic crew.

After the Beijing World Cup this past April, I knew that this time around we would have a very different Olympic Team. For the first time, I felt like our team came to Beijing with a clear mission to win medals. No nonsense, no strings attached and a lot more focused and supportive of each other than we used to be. Everyone’s effort in building a unified U.S. Shooting team has finally paid off. Any coach dreams to have a team like this heading off to the Olympic Games. Interest in each other’s success creates some kind of medal hunt rush and it is contagious. It does help athletes in performing world-class results in a highly competitive environment and we have a lot of potential at the upcoming Olympics.

With a positive attitude, focus and support there are no boundaries. I am looking forward to experiencing this exciting ride with the team again. We can keep it going the way we did this past spring. I am really proud to be a part of this team and will do everything I can to help our athletes to bring Olympic medals home. I would like to wish good luck to all Olympians competing in Beijing next month.
USA Shooting named four collegiate shotgun shooters to the National Development Team (NDT) at the Association of College Unions International (ACUI) 40th annual International Clay Target Championships. The event was held at the National Shooting Complex in San Antonio, Texas April 10-13 and featured 295 collegiate athletes from 38 colleges and universities.

First up was International Skeet where Troy Kensinger of Texas A&M University (TAMU) earned his spot on the NDT with a 93 plus a perfect 25 in the final to edge Brazos Lackey (TAMU) and Derrick Mein from Kansas State (KSU) who were tied one point back. Lackey took four shots to beat out Mein for the silver medal. In Women’s International Skeet, Alexandra Chiang of Lindenwood University (LU) took her place on the NDT with a ten point victory over Rachael Heiden of Schreiner University in Kerrville, Texas. Laura Kolb (TAMU) took the bronze one target back. TAMU won the team gold, followed by LU and Colorado State University.

International Trap was next. Mimi Wilfong (TAMU) earned her place on the NDT beating out Laura Kolb and Cassandra Ding (LU). Kory Stassi (LU) beat Jesse Molstre (LU) by two targets to win a berth on the NDT. Kaleb Crutcher from Western Texas College took third. This time LU beat KSU by two to win the team event, with Trinity University a close third.

The ACUI also includes American Trap and Skeet as well as a Five Stand Sporting Clays event. The Men’s Skeet gold went to Mark Schutzius who led his LU team to victory with a perfect 100 plus eight in the shoot-off. Laura Kolb won the women’s event. In Trap, Derrick Mein won his tie-breaker with Dean Dierksen, who also fired a 99 + 25, while Katherine Fichtner from the United States Military Academy won the women’s event (and had her first 25s) with a 99 followed by a perfect 25 in the shoot-off round. Lindenwood University also won the Trap team event. Five Stand golds went to Travis Mears (LU) and Laura Kolb and the team from LU. Detailed results from these events and several combined events are available on the ACUI website.

If you live in one of the 13 westernmost states, consider entering State Games of the West. We will host airgun events at the Olympic Training Center on July 27th.

Preparations are well under way for the 3PAR and PPP Junior Olympics at CMP’s new facility in Anniston, Ala. Once again, we are pleased to invite all athletes from the State Junior Olympic Championship/Qualifying Matches in PPP. This PPP match is run jointly with the NRA and serves as their National Championship as well, with scores being added to the Top Gun team scores from their air rifle events in Iowa in June. The PPP coaches’ meeting will likely focus on proposed rule changes for 2009.

It does (once again) appear that we will be able to import a youth air pistol from Air Arms roughly in the $550 price range. You may remember that this pistol is powered by compressed air and comes with an ambidextrous grip. It weighs in at about two pounds and is approximately the size and shape of current top-of-the-line models. An accessory weight on the rail helps the airgun to “grow with the athlete”. Prices on future orders are subject to the changes in the foreign currency exchange rate.

We consider coaches to be critical “multipliers” of our training efforts. We are also still focused on junior pistol programs, so USAS continues to offer subsidized coach schools for groups of pistol coaches interested in Progressive Position Air Pistol youth programs. Contact me to set one up in your area. We may also be able to connect you with a member of our National Coach Development Staff to help with camps/clinics. Please contact me at bob.foth@usaschooting.org or (719) 866-4881 for more information.

Georgia High School Shooting News

In Georgia, an all-time high of 124 schools have submitted intents for entry in the Three-Position Air Rifle competitions for the coming year.

The Georgia High School Association (GHSA) has also added another tier to the playoff schedules. This year, six scholastic teams (up from four) from each of the eight areas advance to sectionals, the 24 winners advance to the state semifinal and the 12 winners there advance to the championship; plus two schools with the highest losing scores at semifinals go to the championship. This brings the total number of teams going to the championship to 14. Individual MQS qualifiers are also invited.

The 2007-2008 school year was also an amazing one for the Georgia JROTC schools. Last year 5974 individuals and 1101 teams entered the National JROTC qualifying competitions. At the 2008 JROTC National Championship, Georgia schools took both the top three team and the top three individual places in the precision events.

On the collegiate level, Mercer has been the only Georgia school competing in the NCAA rifle events. This coming year, North Georgia College and State University says it is in as well. Next year Columbus State University is planning to enter in both smallbore and air rifle.
Selecting a club to spotlight is not always an easy task. For this issue, however, the answer was clear: Palmyra Sportsmen’s Association. Palmyra is not only highly respected as a shooting sports club among other clubs, coaches and athletes; it is also a club that prides itself in community involvement and the development of young shooters.

Palmyra was established in June of 1941 by a half dozen World War II veterans who simply wanted a place to shoot. They began with self financing a purchase of 35 acres. Little did they know back then what it would grow to become. Nestled in the mountains of south central Pennsylvania, Palmyra now boasts 2100 members, 137 acres of shooting property, three indoor ranges, five outdoor ranges and three trap fields!

I spoke with club President Skip Klinger on what he felt were Palmyra’s best attributes and about plans for the future. Palmyra operates on generous contributions from fundraising efforts and also by the labor of approximately 50 volunteers who help to keep the club operational 24 hours a day. Skip stressed how integral a role their volunteers play in the day to day operation of the club. Keeping up the ranges is key to the desire of members wanting to shoot, whether as a hobby or to try to reach a lifetime achievement.

With the 2008 Summer Olympic Games upon us, Palmyra is home to many aspiring shooters and has been home to one of your 2008 U.S. Olympic Team members, Jamie Beyerle. In addition to becoming a Regional Training Center in August 1997 for International Rifle, Palmyra has youth BB-Gun and Air Pistol programs in place for shooters ages 9-14 to prepare them for the real deal.

I asked Skip what he thought was the most important aspect to the continued success of Palmyra. He responded, “Continuing the growth and development of youth shooters to provide them training and education to become good citizens, and for them to have strong leadership ability.” Three of Palmyra’s high school seniors are moving on to college with shooting scholarships this fall; Jed Neidigh plans to attend Ohio State University, Tom Carr will be joining the ranks at the United States Military Academy at West Point and Allison Paulson is signing on for the U.S. Naval Academy.

It is hard to believe that many of Palmyra’s officers have been involved with the club since the ’60s and only now are they looking at actually having to pay themselves staff wages. That in itself speaks volumes about the dedication and love for shooting sports the people behind the success of Palmyra have.

To learn more about our Spotlight Club of the month, contact Palmyra at 717-832-0488 or at info@palmyrasportsmens.com. If you have a club you feel has a unique story, write us at USA Shooting, Club Corner, 1 Olympic Plz., Colo. Springs, CO 80909, or e-mail Cynthia.Jackson@usashooting.org.

By Cynthia Jackson, Competitions Assistant

USA Shooting Spotlight Club: Palmyra Sportsmen’s Association
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U.S. Shooting Team Prepares for Olympic Games at Beijing World Cup

The U.S. Shooting Team captured a total of seven medals (two silver medals, five bronze medals) at the “Good Luck Beijing” 2008 ISSF World Cup, which was held April 11-20. The Beijing World Cup served as the official test event for shooting for the 2008 Olympic Summer Games in Beijing. Three-time Olympian Bret Erickson (Muenster, Texas) earned the bronze medal in Men’s Trap, while 2004 Olympic gold medalist Matt Emmons (Browns Mill, N.J.) took the silver medal in Men’s Air Rifle and two-time Olympian Glenn Eller (Katy, Texas) captured the silver in Men’s Double Trap. Erickson, Emmons and Eller have all qualified for the Beijing Olympic Games.

Two-time Olympian Daryl Szarenski (Saginaw, Mich.) claimed the bronze in the Men’s 50m Pistol event. Szarenski will represent the U.S. in the same event at the Olympic Games in Beijing this August. Haley Dunn (Eddyville, Iowa), 2007 Pan American Games gold medalist, also claimed the bronze medal in Women’s Skeet. Two-time Olympian and world record holder Tom Tamas (Columbus, Ga.) and Michael McPhail (Darlington, Wis.) claimed the silver and bronze medals respectively in the Men’s Prone event.

The U.S. Shooting Team traveled to Beijing to preview the new Olympic shooting facility and try their mettle against other Olympic hopefuls in what was considered a sneak preview of the August Games. The Beijing facility for the Olympic Games is overwhelming in so many ways. It is a facility that is obviously intended for long-term usage by the Chinese athletes unlike other past facilities whose only function seemed to have been to meet the IOC requirements for an Olympic venue, with little thought for the future. The facility covers more than 200 acres with numerous buildings throughout for housing of athletes, coaches and staff. Unlike some expectations of a bleak utilitarian facility, the Beijing range was an architectural feast for the eyes, with sweeping curves making up the roofs and overhangs along with multiple metal designs on the exterior walls. The floors of the buildings were covered in marble of several colors and even the walkways and patio areas around the buildings were made up a mixture of marble, stone and wooden planking laid out in various geometric designs.

Unlike other pre-Olympic test events at other Olympic venues in previous quads, the landscaping was finished with many full-sized trees and numerous bushes and flowers sitting in the assigned rows and sections, complementing the geometric designs of the walkways and building walls. It is easy to see how a country as large as China boasts of no unemployment as I am sure that the groundskeepers alone for this facility outnumber the average shooting facility’s entire staff.

The central piazza between the 25 and 50 meter building and the Finals Hall building was an elaborate stone work representation of the Olympic Rings that several times daily erupted into geysers of water shooting skyward from each of the individual rings and from their outer border. The fountain display was choreographed to various musical overtures which were the scene of many cell phones and video cameras capturing the gushing display by delighted athletes and spectators.

Despite the magnificent facility, it was not without its occasional technical problems expected of a brand new venue. The ISSF officials and judges worked hard with the Chinese range officials to fix problems and keep things running smoothly. One problem discovered on the 50 meter range was the early morning sun shining brightly on the last few targets on one side. On the shotgun range, a major topic of discussion was the alleged hardness of the Chinese-made clay targets. Many shooters claimed to have seen the birds move from the shot strike, however, no chips came off to score the target as hit. One of the European clay target makers was carrying around several complete targets with multiple holes in them picked up from the backfield. One thing not controllable by technical delegates or the Chinese organizers was the atmospheric conditions jokingly referred to as “Beijing Spring.” A combination of blowing sands from the Gobi desert, the urban smog of the industrial city, pollen from numerous sources lead by the snow-like, floating catkins from thousands of poplar trees had many of the competitors complaining of low grade fevers, watery eyes or running noses. More than one medal winner made the statement that they shot better than they felt and were surprised by their result considering their physical state. One aspect of the hazy smog on the sunny days that was appreciated by the rifle, pistol and shotgun shooters alike was the translucent even bright light which gave a very good contrast to the targets both on the partially shaded 25m and 50m ranges, as well as the totally exposed shotgun fields.

Beijing is not the first Olympic city to have major smog concerns that could affect the athletes’ performances. The first was Los Angeles in 1984, although the shooting venue was out of the immediate downtown area. Current team leader Wanda Jewell, who won a bronze medal in Women’s 3P in the ‘84 Games,
said she did not remember the smog being an issue at all back then. Whether that was from the outlying shooting venue in Chino Valley being removed from the smog or from her excitement at competing in the Games, she was not sure.

Women’s Air Rifle is the event with the traditional first medal of the Olympic Games and this was continued at this World Cup on Saturday, April 12th. Amy Sowash (Richmond, Ky.) lead the U.S. ladies with a 396, which was a 10th place finish. Amy finished strong with two 100s. Emily Carusso (Fairfield, Conn.) and Jamie Beyerle (Lebanon, Pa.) were tied with 395s, which gave them 17th and 19th place finishes respectively. Kitty Emmons of the Czech Republic had one of three 399s after the qualification round, with all eight finalists separated by two points. Kitty went into the final in first place and shot an excellent final with a 105.9 to win the gold medal and to set a world record as well. Kitty, who married Matt Emmons last summer, is considered nearly a member of the U.S. team, so her gold medal won brought lots of smiles to Team USA. Sonja Pfelschifter of Germany won the silver with a 502.4 and China’s Li Du received the bronze with 502.2. Sandra Fong (New York, N.Y.) shot an MQS score of 395 while her sister Abigail shot a 389.

Women’s Air Pistol is the event with the most gold medals. The event was held by Stephanie Tirode of France, with a qualification score of 585 and a final score of 683.7. Vladimir Gontcharov of Russia finished second with a 682.2 while the bronze went to Jong Su Kim of People’s Republic of Korea with a 682.0. Frank Dumoulin who in the past has characterized his stance to be as steady as his country’s famous icon, the Eiffel Tower, summed up this final as more of an elevator since he had many good shots and many bad shots. North Korea’s bronze medalist said he was not very pleased, since ten bronze medals all together do not equal one gold medal.

On Monday, Men’s Air Rifle was up next. Matt Emmons went into the final tied for first place with Hungarian shooter Peter Sidi with a 599, while all of the eight finalists were less than three points under. In a very exciting final, where positions changed frequently, the Chinese shooter Qinan Zhu won the gold medal with a score of 700.8, while Matt Emmons finished .1 under with a 700.7 to take the silver. Matt, who considers Air Rifle his weakest event, was surprised with his good qualification score because he just did not have the right “feeling” in this hold and position and was fighting some of the flu effects of the smoggy atmosphere. He said “Second place is wonderful. There has to be number one and number two. You’ve got to be happy. I’m happy with the result, I really am.” Qinan Zhu, who had moved up from fifth place to win the gold was also surprised with his good performance.
a score of 700.3. Two-time Olympian Jason Parker (Omaha, Neb.) finished in 24th place with a 594, while Stephen Scherer (Billerica, Mass.), finished 57th with 585 points. Scherer, the surprise winner in the March Olympic selection tryouts for Men’s Air Rifle, was competing both as a medalist and to get his MQS so that he could officially compete in the Beijing Olympics. He had to take a leave from the U.S. Military Academy at West Point to attend his first ever international competition. Matt Wallace (Fairbanks, Alaska) shot a score of 590 as an MQS shooter.

The Women’s Trap even finished up next, where the U.S. Team was lead by Corey Cogdell (Eagle River Alaska) in 12th place with 66 targets, followed by Joetta Dement in 17th place with 65 targets. The medals in this event were won by E Gao from China with a 71 qualifier and a 22 in the final, Yong Hui Pak from People’s Republic of Korea took the silver with a 69 and a 21, Irina Laricheva of Russia placed third with 68 and 21.

Despite continuing to shoot in the snow storm of catkins from the millions of poplar trees that surround Beijing, Glenn Eller finished with the silver medal in Men’s Double Trap. This match was shot in a variety of weather conditions from hot and sunny to cold and foggy and finally with hazy sunshine. Eller entered the final in a two way tie for fourth place with a total score of 140 targets, five points down from Vasily Mosin of Russia. Eller shot the best final score by two birds with a 48 over Mosin’s 46, but it was not enough to overcome the qualification lead, so Mosin took the gold with a 191 while Eller claimed the silver with 188. Saif Alshamsy of UAE, came in third with a 185. Eller and Mosin seemed to noticeably break the targets the fastest as they came out of the trap.

Of the conditions on the field, Eller said he felt like he was a lot more worried between rounds about possibly breathing the catkins in, but once he was looking down the barrel of the gun in the final, all he concentrated on was the target. “This is one of the best ranges I have ever seen. I got second place here and it’s great,” said Eller. “I have had a lot of practice and I will try my best to get the gold at the Games.”

The conditions at the Men’s Free Pistol match were a bit on the windy side, but that was just fine for American Daryl Szarenski, who shot a 570 in the qualifying round to land in second place, just one point behind China’s Zhongai Lin with a 571. Daryl’s final was going fine until the fourth shot when he held very late and fired a 7.5. He followed that with a 10.3, but on the next shot his 9.7 dropped him into third place and he went on to claim the bronze medal. Rashid Yunusmetov of Kazakhstan who started with a 565 had an excellent final of 101.0 to finish with a 665.0 and take the silver medal. Szarenski said he was really happy to be in the final and tried to concentrate on the execution of each shot. Jason Turner finished in tenth place just out of the final with a 561, while 2002 and 2006 World Champion, Zongliang Tan of China, finished in 16th place with a 560. Brian Beaman finished in 34th with a 552.

In the Women’s Sport Pistol event, the U.S. competitors were Callahan, Snyder and Shinn. Snyder came in 25th with a 576, Callahan finished in 43rd place with 568 followed by Shinn in 50th place with 565. The gold went to Jasna Sekaric of Serbia with a qualifying score of 585 and a final score of 784.4. This actually was a tied score with Stephanie Tirode of France and a shoot-off ensued to determine the gold medal that Jasna won by .2 of a point. The bronze medal was won by Muniku Tsoqbadrah of Mongolia with a 783.4.

In Women’s Skeet, two-time Olympic gold medalist Kim Rhode finished in 10th place with 67 targets, while Haley Dunn’s 70 made a four-way tie for third place going into the final. China’s Ning Wei was in first place with a 73. At the end of the final round, Haley had dropped one target and now sat in a three-way tie for second place and a shoot-off for the silver ensued. Dianna Bacosi of Italy won the second place shoot-off leaving Haley in another shoot-off for third place with Nathalie Larsson of Sweden. Two puff balls of orange in the sky later, Haley had taken the bronze medal. Haley said, “I was shooting at my potential even though it was a very close match. I was happy to win the bronze.”

Seventy-three competitors from 38 countries participated in the Women’s 3 Position Rifle event, with Abigail Fong (New York, N.Y.) finishing in ninth place for the U.S. with a score of 582, while Jamie Beyerle (Lebanon, Pa.) ended up in 11th place, also with a score of 582. Sandra Fong, Abigail’s younger sister, finished 27th with a 577 and shot her personal best in an overseas competition. Amanda Furrer (Spokane, Wash.) shot an MQS score of 580, while Amy Sowash shot a 572.

On Friday, Men’s Finals for the 50m Prone Rifle event took place. Going into finals, World record holder, Tom Tamas was tied for first place with Australia’s Warren Potent, while Tamas’s teammate Michael McPhail was tied for third place with a 598. Less than three points separated the first 13 places. Tamas jumped in the lead by .6 on his first shot of the finals, a position he held until the fifth
shot when Potent jumped ahead by .2. On the seventh shot Tamas was back in the lead by .3. On shot eight, they were tied. After shot nine, Tamas was ahead by .1. On the tenth shot, Potent shot a 10.7 to Tamas’s 10.1 to win the gold and set a final World Record of 704.8. Tamas’ silver was a 704.3 while Michael McPhail was right behind with a 704.1. When Tamas was asked if he would share his shooting secrets with the Chinese team, he replied “Aim in the middle of the target.” Matt Emmons finished 12th with a 596. MQS shooters, Matt Wallace and Hank Gray (Belgrade, Mont.) shot scores of 594 and 588 respectively.

In Rapid Fire Pistol, American hopes centered on John Ennis (Simi Valley, Calif.) and Keith Sanderson (San Antonio, Texas). Sanderson, who won the bronze medal and the Olympic quota slot at the 2007 Munich World Cup had some good eight and six second series but, was still six points shy of making the finals. Sanderson came in 18th with a 575 while Ennis placed 25th with a 571. Sergei Alifirenko of Russia took home the gold with a 786.7, Alexei Klimov also of Russia received the silver with a 780.9 and China’s Penjhui Zhang won the bronze with a score of 778.3.

The first day of skeet was still mostly sunny with comfortable temperatures. However, the catkins continued to fall like a midwinter snow storm. At the end of the first day, 19-year-old World Champion Vincent Hancock (Eatonton, Ga.), was sitting in first place, only one target down. Rain and cold were the order of the day for the last day’s events in Beijing. The bus ride out to the range in the morning was foggy and gray, and shortly after arriving at the range the cloud of fog turned into rain, which poured incessantly throughout the day and did not let up until the next morning. Despite the cold, blowing rain, Hancock only missed three more birds going into the final with a score of 121, followed by three 120s close on his heels. Early in the finals on station 3, Vincent missed two targets and then another on difficult station 4, ending the final round with 21, while China’s Ridong Qu had only missed one bird, giving the host country another gold medal. Vincent had to be content with winning the shoot-off for fourth place. On the bus back to the hotel, coach Lloyd Woodhouse told Vincent, “Now that you have that out of your system, don’t let it happen again.” American teammates Mark Weeks (Phenix City, Ala.) came in 39th with a 113 and Sean McLelland (Mission, Texas) finished 49th with a 109.

The same cold, wet and windy conditions were playing havoc with the Men’s 3P competitors and we were happy to see Matt Emmons finish up with 1169, which put him into third place going into the final, four points behind the leader Josselin Henry of France who had a score of 1173. Matt was able to maintain his third position up until the tenth shot of the final when he dropped .8 points to finish behind bronze medalist Sergei Kovalenko who had a 1266.9. Silver medalist, Jury Sukhorukov of Ukraine shot a 1268.0 while Josselin held onto his lead with a 1268.8. Jason Parker finished 26th with 1151and Mike Anti (Winterville, N.C.), the 2004 Olympic silver medalist in this event, finished 49th.
2008 U.S. Olympic Team Members Selected at Rifle/Pistol Smallbore Olympic Trials

Over 170 top rifle and pistol shooters from around the United States competed for spots on the 2008 U.S. Olympic Team at the 2008 U.S. Olympic Team Trials – Shooting (Smallbore) May 12 – 22, which was held at Ft. Benning’s International Shooting Complex in Columbus, Ga., home of the U.S. Army Marksmanship Unit (USAMU). The U.S. Olympic Team Trials – Shooting is a collaborative partnership between the U.S. Olympic Committee and USA Shooting.

In smallbore rifle, there are two 2008 U.S. Olympic team spots available for Men’s Prone, Men’s 3 Position and Women’s 3 Position. In pistol, there are two U.S. Olympic team spots available for Men’s Free Pistol and one spot in Men’s Rapid Fire Pistol. There are two spots for Women’s Sport Pistol.

The rifle/pistol athletes were selected to the 2008 U.S. Olympic Team based on a combination of the three days of match scores, plus each athlete’s top two finals scores.

On May 15, Mike Anti (Winterville, N.C.), Beki Snyder (Colorado Springs, Colo.), Libby Callahan (Columbia, S.C.), Jason Turner (Rochester, N.Y.) and Daryl Szarenski (Saginaw, Mich.) were the first five athletes to qualify for spots on the 2008 U.S. Olympic team at the Olympic Trials for Smallbore.

Three-time Olympian Anti, a member of the USAMU, will represent the U.S. on his fourth Olympic team, after finishing the Men’s Prone event in first place with a total score of 2002.6. Two-time Olympian Tom Tamas (Columbus, Ga.), Anti’s USAMU teammate, finished close behind in second place with 2001.1.

“I am very excited about making the team, but we have so many good prone shooters in the U.S., so it is kind of a bittersweet victory for me,” said Anti. “SFC Tamas is the best prone shooter I have seen in the world and a very good friend of mine, so it is a little disheartening not to have him on the team as well.”

Anti will join Matt Emmons (Browns Mills, N.J.), the 2004 Olympic gold medalist in Men’s Prone, on the 2008 U.S. Olympic Team in Men’s Prone Rifle. Emmons had previously secured two Olympic team spots in both Prone and 3 Position Rifle.

Jason Parker (Omaha, Neb.) finished in third place overall in Men’s Prone with a total score of 1999. Michael McPhail (Darlington, Wis.) finished in fourth place with 1997.9 and 1996 Olympic gold medalist Eric Uptagrafft (Spokane, Wash.) took fifth place with 1997.3. Shane Barnhart (Ashley, Ohio) finished in sixth place with 1990.8, while Glenn Sulser (Burlington, Wis.) ended in the seventh spot with 1987.9. The top seven finishers in Men’s Prone event at the Olympic Trials are all members of the USAMU.

In Women’s Sport Pistol, three-time Olympian Snyder earned her second spot on the 2008 U.S. Olympic Team, finishing on top with 2136.1 points. Fifty-six year old three-time Olympian Callahan landed a spot on her fourth U.S. Olympic Team, finishing the Women’s Sport Pistol competition in second place with 2129.2 points. Sandra Uptagrafft (Los Angeles, Calif.), the 2007 Pan American Games gold medalist, took third place with 2123.7.

Elisabeta Nishica (Acworth, Ga.), Diana Nee (Arcadia, Calif.) and Vladimir Borisova (Elgin, Ill.) finished in fourth, fifth and sixth places respectively with total scores of 2106.3, 2104.6 and 2100.8. Heather Deppe (San Antonio, Texas) took seventh place with 2054.8 and Brenda Shinn (Riverside, Calif.) finished in eighth place with 2047.9 points.

In Men’s Free Pistol, 2004 Olympian Turner qualified for his second consecutive U.S. Olympic Team, finishing in first place with 1868.7 points. Two-time Olympian and USAMU member Szarenski will represent the U.S. on his third U.S. Olympic Team, taking second place with a total score of 1849.3. John Zurek (Chandler, Ariz.) finished right behind Szarenski in third place with 1847.9. Turner will compete in both Free Pistol and Air Pistol at the 2008 Olympic Games in Beijing, having previously qualified for a spot in Men’s Air Pistol.

USAMU member Thomas Rose (Central Point, Ore.) took fourth place.
with 1833.3 and Brian Beaman (Selby, S.D.) finished in fifth place with 1819.0. Cody Owlsley (Tonganoxie, Kan.), Rich Gray (Fredericksburg, Va.) and Jay Shi (Gilbert, Ariz.) finished in sixth, seventh and eighth places with scores of 1810.5, 1802.4 and 1788.7 respectively.

Jason Parker and Keith Sanderson (San Antonio, Texas) were named to the 2008 U.S. Olympic Team after the conclusion of the Men’s 3 Position Rifle and Men’s Rapid Fire Pistol events on May 19.

After holding the lead throughout the three days of the Men’s 3 Position Rifle competition, two-time Olympian Parker finished on top with an overall score of 3709.5 points to earn his second spot on the 2008 U.S. Olympic Team. Parker will represent the U.S. in both Men’s 3-Position Rifle and Men’s Air Rifle at the Olympic Games in Beijing this August.

Mike Anti, who is the 2004 Olympic silver medalist in Men’s 3 Position finished in second place with 3701.3. USAMU members Michael McPhail, Eric Uptagrafft and Hank Gray (Belgrade, Mont.) finished in the third, fourth and fifth spots with total scores of 3687.3, 3684.2 and 3683.5 respectively. Joe Hein (Lansing, Mich.) ended the competition in sixth place with 3678.5, while USAMU members Shane Barnhart and 1996 Olympic silver medalist Rob Harbison (State College, Pa.) finished in seventh and eighth places with 3676.0 and 3673.4.

Sanderson, the 2007 World Cup Munich bronze medalist and Olympic quota slot winner in Men’s Rapid Fire Pistol, earned his first berth to the U.S. Olympic Team, after finishing the Rapid Fire competition in first place with a total score of 2129.5 points.

“I am very excited about making the team, but I have a lot of work ahead of me,” said Sanderson. “I shot pretty good finals here, so I accomplished a lot of my goals, but I still have a lot to do to prepare for Beijing to give myself the highest likelihood of success. I want to win a gold medal at the Games and I am pretty confident that I will be ready.”

USAMU member John Ennis (Simi Valley, Calif.) finished in second place in Men’s Rapid Fire with a total score of 2119.0 points. Ennis’s USAMU teammate Brad Balsley (Uniontown, Pa.) finished in the third spot with 2110.5. Five-time Olympian John McNally (Heath, Texas) took fourth place with 2102.7 points, while John Bickar (Canton, Ohio) and USAMU member James Ruiz (Dublin, Calif.) finished in fifth and sixth places with 2100.6 and 2049.6 points respectively.

The Women’s 3 Position competition concluded the 10 day Trials event with Jamie Beyerle (Lebanon, Pa.) and Sandra Fong (New York, N.Y.) finishing in first and second places respectively, each earning a berth to the 2008 U.S. Olympic team.

Beyerle, the 2007 Pan American Games gold medalist, won the match by a substantial margin, finishing with a total score of 1959.0 and securing a spot on her first U.S. Olympic team.

“I have been waiting a long time for this,” said Beyerle. “This is what I have been training for the past six years and it feels great. My goal was to come in and shoot world-class scores and I think I accomplished that.”

Eighteen-year-old Fong finished in second place with 1937.6 to earn a spot on the 2008 U.S. Olympic Team athlete bios can be found by visiting www.usashooting.org.

Meet the 2008 U.S. Olympic Smallbore Team

Men’s Rifle

Mike Anti (Winterville, N.C.) – Prone

Mike Anti, the 2004 Olympic silver medalist in Men’s 3 Position Rifle, once again secured a spot on his fourth Olympic team, this time in Men’s Prone Rifle. Mike learned to shoot at a junior club when he was just nine years old so that he could hunt with his father, who was also the rifle coach for the Marine Corps and the Naval Academy. Mike went on to become a four-time All-American at West Virginia University, where he led the WVU rifle team to three NCAA Championships. He graduated with a B.S. in business from WVU and is now married with two boys. Mike is currently a Major in the U.S. Army. He joined the Army in January of 1988 and was stationed in Korea before being assigned to the U.S. Army Marksmanship Unit (USAMU) at Fort Benning, Ga. as an international rifle shooter from 1991 to 1994. He was then stationed at Fort Hood, Texas and joined the USAMU again in 1998, where he remains presently.
Matt Emmons (Browns Mills, N.J.) – Prone, 3 Position

Matt Emmons is coming off an Olympic gold medal in Men’s Prone from the 2004 Olympic Games. He has already earned two World Cup medals in 2008; a silver in Beijing in Air Rifle and a bronze in Milan in the Prone event. He had an extremely successful 2007; securing two spots on the 2008 U.S. Olympic Team and a gold medal in the Men’s 50m 3 Position Rifle event, as well as a silver in the Men’s Prone Rifle event at the 2007 ISSF Rifle/Pistol World Cup Final in Bangkok, Thailand. Matt captured a total of eight medals on the World Cup circuit in 2007. Along with his gold and silver at the World Cup Final, Matt also claimed the gold in Men’s Prone along with the silver in Men’s 10 Meter Air Rifle at the 2007 World Cup USA at Fort Benning, Ga. He took the bronze in Men’s 50m 3 Position Rifle at the 2007 World Cup in Sydney and took home the silver at the 2007 World Cup Bangkok. He also won the silver in Men’s Prone as well as 50m 3 Position at World Cup Munich. Matt also married Katerina (Katy) Kurkova in Pilsen, Czech Republic on June 30, 2007. Katy and Matt first met at the 2004 Olympic Games, where Katy won a bronze medal and Matt, of course, took gold. Katy will be a member of the 2008 Olympic Shooting Team. The Fongs will have two members of their family competing in Beijing as the youngest Fong sister, Danielle, 16, recently qualified for a spot on the U.S. Paralympic Team. The Fongs have dominated both Air Rifle and 3 Position. He is a former World Champion and has also won numerous world cup medals and national titles. When he is not competitively shooting, Jason enjoys hunting, fishing and entering triathlons. Jason is married with two sons.

Women’s Rifle

Jamie Beyerle (Lebanon, Pa.) – 3 Position

Jamie Beyerle has dominated the Women’s 3 Position Rifle event over the past few years. She won a bronze medal at the 2007 World Cup USA and claimed the gold at the Pan American Games. At the 2008 U.S. Olympic Team Trials, Jamie finished on top by a substantial margin of 22 points, to claim her first berth to the U.S. Olympic Team. Most recently, she captured the silver medal in Women’s 3 Position at the 2008 World Cup in Milan, Italy. Jamie got her start in shooting when she began with a BB gun program at the age of eight. In high school she was a member of the National Honor Society and also played varsity soccer, basketball, and softball. Jamie graduated from the University of Alaska Fairbanks and shot for its nationally-renowned rifle team.

Sandra Fong (New York, N.Y.) – 3 Position

At 18 years of age, Sandra Fong is the youngest member of the 2008 U.S. Olympic Shooting team. For Sandra, shooting is a family affair. She finished in second place at the 2008 Olympic Trials, to claim her spot on the Olympic team, while her older sister Abigail, 20, finished just two spots behind in fourth place. Both are members of the USA Shooting National Team. The Fongs will have two members of their family competing in Beijing as the youngest Fong sister, Danielle, 16, recently qualified for a spot on the U.S. Paralympic Team in shooting. Sandra’s major interest outside of shooting is performance art. She writes and directs plays. She also plays trumpet and sings with her school jazz band. She will be attending Princeton University in the fall, where she will major in theater and history of jazz.

Men’s Pistol

Keith Sanderson (San Antonio, Texas) – Rapid Fire

Keith Sanderson, who won the bronze medal at the 2007 World Cup in Munich and secured an Olympic participation slot, has dominated the Men’s Rapid Fire event since coming on the scene in late 2004. At the 2005 Championship of the Americas, Keith won two gold, one silver and two bronze medals. He also won the silver medal at the 2007 Pan American Games. Keith started shooting in 1996 in Marine Corps matches. He spent eight years of active duty in the Marine Corps and is currently assigned to active duty infantry in the U.S. Army.

Daryl Szarenski (Saginaw, Mich.) – Free

Veteran Daryl Szarenski, a two-time Olympian and member of the USAMU, recently claimed the bronze medal at the “Good Luck Beijing” 2008 ISSF World Cup, which was the first World Cup medal won by a U.S. shooter in Men’s Free Pistol since 2000. Daryl was the 2003 Pan American Games Champion in free pistol and won the silver at the 2007 Pan Am Games. Daryl began shooting in 1979 when his father enrolled him in a junior shooting program. He studied industrial technology at Tennessee Tech University on a rifle scholarship, where he was a member of both the pistol and rifle teams. His brother Dan was an All-American rifle shooter at West Point from 1976-79. Daryl continued his course of study at Roger Williams University in Bristol, R.I. His hobbies include fishing. He is mar...
ried to Amy, a former member of the national pistol team as well.

**Jason Turner (Rochester, N.Y.) – Free (also qualified in Air Pistol)**

Jason Turner earned his first trip to the Olympic Games in Athens in 2004 and secured two spots on the 2008 U.S. Olympic Team in Men’s 10m Air Pistol as well as Men’s 50m Free Pistol, finishing in first place at both Olympic Trials. Among the championships he’s earned have been multiple national and Pan American Games titles, including two gold medals at the 2007 Pan American Games in Rio. Jason shot rifle competitively for four years before switching to pistol. He enjoys playing softball and golf in his free time.

**Women’s Pistol**

**Libby Callahan (Columbia, S.C.) – Sport**

Libby, a three-time Olympian, is the most experienced shooter on the U.S. Women’s National Pistol Team. At age 52, Libby was the eldest U.S. Olympic Team member from 2004. Now 56, she is not only the eldest member of the 2008 U.S. Olympic Shooting team, but is also the oldest known American woman overall to compete in the Olympic Games. Equestrian Kyra Dutton previously held the record at age 55. Dutton competed in the 1968 Olympic Games held in Mexico City. Libby is still making great strides internationally, having won a World Cup medal in Women’s Air Pistol in 2005 and reclaiming the National Championship in 2006 in Women’s Sport Pistol after three years of finishing as the runner-up in this event. She also won the national title in 2007.

**Beki Snyder (Colorado Springs, Colo.) – Sport (also qualified in Air Pistol)**

Three-time Olympian Beki Snyder earned two spots on her fourth U.S. Olympic Team. Beki will represent the U.S. in both Women’s Sport Pistol and Women’s Air Pistol at the Beijing Olympic Games. Beki was born in Didsbury, Alberta, Canada and her father taught her to shoot when she was 12 years old and she has been competing ever since. She lettered in diving in high school and has a black belt in taekwondo. Beki also enjoys snowboarding in her free time.

The U.S. earned a total of seven 2008 Olympic quota slots for pistol (women’s air – 1, men’s air – 1, men’s free – 2, women’s sport – 2 and men’s rapid fire – 1). A slot equals a person, so because Beki Snyder and Jason Turner already qualified previously in Air Pistol, and are now doubling in Sport Pistol and Free Pistol respectively following the Olympic Trials for Smallbore, Brenda Shinn and Brian Beaman, who were the second place finishers at the 2008 U.S. Olympic Team Trials for Airgun, have now qualified for spots on the U.S. Olympic Team in Air Pistol. There will be seven total people competing in pistol at the 2008 Olympic Games in Beijing.

**Brenda Shinn (Riverside, Calif.) – Women’s Air Pistol**

Brenda learned to shoot in the Orange County Sheriff’s Police Explorer Program in 1979. She won the 1980 National Police Pistol Match and was invited to the Olympic Training Center. There she was introduced to air pistol. Brenda shot for two years as a junior and shot in the 1982 Nationals where she finished in 11th place. She stopped shooting air pistol after that Nationals and joined the Orange County Sheriff’s Department Pistol Team. She shot for three years as a distinguished master. She stopped competitively shooting in 1987 after the birth of her son. In 2006, after her son started college, Brenda came back on the shooting scene, earning top honors at the Nationals and Fall Selection and a spot on the National Team in air pistol. Brenda works full-time as a Lieutenant with the Riverside County Sheriff’s Department at the Jurupa Valley Patrol Station. She has been a peace officer for 25 years and still loves her work. She graduated from Chapman University in 1998 with a Bachelor’s degree in Criminal Justice and again in 2002 with a Master’s degree in Organizational Leadership. In her spare time, Brenda enjoys camping, gardening and reading.

**Brian Beaman (Selby, S.D.) – Men’s Air Pistol**

Brian attended South Dakota State University for two years majoring in Agriculture, before he transferred to Jacksonville State University. At JSU he majored in Emergency Management and shot on their NCAA rifle team. Today, Brian does quite a bit of farming, mainly wheat. Brian has a passion is for archery. He got his start in shooting through his love of archery. Brian made his first national team in free pistol when he had only been shooting for three months. In his free time, Brian likes to practice his archery, go hunting and go snowmobiling.
Approximately 300 top junior rifle and pistol shooters from around the U.S. traveled to the Olympic Training Center in Colorado Springs, Colo. April 4-19 to compete for National Junior Olympic Titles. Competition for the Rifle/Pistol National Junior Olympic Championships began with the rifle events and concluded with the pistol competition.

To participate in the National Junior Olympic Championships, athletes had to shoot in their State Junior Olympic Championships and either win the match or shoot above a certain score to be invited to the competition. Athletes who are invited have the opportunity to stay at the Olympic Training Center and get a glimpse of what it is like for full-time resident athletes, living and training for the Olympic Games.

National Junior Olympic Championship titles are awarded to top open, J2 and J3 athletes in each event. The following is a list of medal winners and scores for each event:

### Men's 50m Free Pistol
- **Champion**: Dempster Christenson (Sioux Falls, S.D.) - 2398.0
- **2nd Place**: Jonathan Hall (Carrollton, Ga.) - 2392.6
- **3rd Place**: Cody Rutter (Palmyra, Pa.) - 2383.1

### Men's 50m Three Position Rifle
- **Champion**: Matthew Pueppke (Amena, N.D.) - 1149
- **High J3**: Soren Butler (Casselton, N.D.) - 1161
- **2nd J3**: Tim Sherry (Highlands Ranch, Colo.) - 1134
- **3rd J3**: Dalton Strayer (Highlands Ranch, CO.) - 1125

### Men's 10m Air Rifle
- **Champion**: Jonathan Hall (Carrollton, Ga.) - 1288.0
- **2nd Place**: Michael Kulbacki (Dubois, Pa.) - 1280.1
- **3rd Place**: Ethan Settlemires (Walnut, MS.) - 1274.6
- **High J2**: Cody Enders (Dauphin, Pa.) - 1156
- **2nd J2**: Michael Liuzza (New Orleans, La.) - 1152

### Women's 25m Sport Pistol
- **Champion**: Heather Deppe (Monument, Colo.) - 747.3
- **2nd Place**: Rebekah Jennings (Boerne, TX) - 724.4
- **3rd Place**: Alex Callage (Columbia, Md.) - 702.4

### Women's 10m Air Pistol
- **Champion**: Heather Deppe (Monument, Colo.) - 841.5
- **2nd Place**: Kelsey Imig (Westminster, Mass.) - 832.7
- **3rd Place**: Kylie Gagnon (Bozeman, Mont.) - 803

### Women's 50m Three Position Rifle
- **Champion**: Sandra Fong (New York, N.Y.) - 1258.1
- **2nd Place**: Abigail Fong (New York, N.Y.) - 1252.8
- **3rd Place**: Sarah Scherer (Billerica, Mass.) - 1250.7
- **High J2**: Amanda Furrer (Spokane, Wash.) - 1147
- **2nd J2**: Emily Holsopple (Wilcox, Pa.) - 1140
- **3rd J2**: Alivia Yeager (Louisville, Ky.) - 1127
- **High J3**: Megan Lee (Fugay-varin, N.C.) - 1106
- **2nd J3**: Forest Masters (Valdez, Alaska) - 1099
- **3rd J3**: Alyssa Gestl (Palmyra, Pa.) - 1097

### Women's 10m Air Rifle
- **Champion**: Sarah Scherer (Billerica, Mass.) - 892.2
- **2nd Place**: Erin Lorenzen (Fort Wayne, Ind.) - 885.6
- **3rd Place**: Brandi Eskew (Arthur, W.V.) - 885.3
- **High J2**: Emily Holsopple (Wilcox, Pa.) - 784
- **2nd J2**: Amanda Furrer (Spokane, Wash.) - 783
- **3rd J2**: Emily Quiner (Brooklyn Park, Minn.) - 776
- **High J3**: Forest Masters (Valdez, Alaska) - 771
- **2nd J3**: Camille Lathbury (Alexandria, Va.) - 757
- **3rd J3**: Alyssa Gestl (Palmyra, Pa.) - 754

Please visit [www.usashooting.org](http://www.usashooting.org) for complete 2008 Rifle/Pistol National Junior Olympic Championship results.
U.S. Claims Seven Medals at the 2008 ISSF World Cup USA for Shotgun

Approximately 180 shotgun shooters from 37 different nations participated in the 2008 ISSF World Cup USA May 3-10 at the Hill Country Shooting Sports Center in Kerrville, Texas with the U.S. taking home an impressive seven medals.

The U.S. swept the medals in the Women's Skeet event on the first day of competition with Haley Dunn (Eddyville, Iowa) claiming the gold medal, while Kim Rhode (El Monte, Calif.) took the silver and Connie Smotek (Bryan, Texas) earned the bronze. In Double Trap, Jeff Holguin (Yorba Linda, Calif.) captured the bronze medal. Theresa DeWitt (Cincinnati, Ohio) and Joetta Dement (Renton, Wash.) claimed the gold and bronze medals respectively in the Women's Trap event, while Dominic Grazioli (San Antonio, Texas) captured the bronze medal in Men's Trap.

Competition at the 2008 ISSF World Cup USA for Shotgun kicked off with a bang on May 4, with the United States capturing all three medals in Women's Skeet. Haley Dunn, who was fresh off her bronze medal win at the “Good Luck Beijing” 2008 ISSF World Cup claimed the gold medal finishing with a total score of 97 targets. Three-time Olympic medalist (1996 and 2004 gold medalist, 2000 bronze medalist) and 2008 U.S. Olympic Team member Kim Rhode finished right behind Dunn with 96 targets to claim the silver medal. Two-time Olympic Connie Smotek and Italy's Katiuscia Spada were tied at 92 targets at the conclusion of the final, with Smotek earning the bronze after an exciting shoot-off, hitting seven additional targets to Spada's six.

In Men's Skeet, Mexico's Ariel Mauricio Flores took home the gold, while Tore Brovold from Norway claimed the silver and Italy's Valerio Luchini earned the bronze.

Flores, the 2007 Pan American Games bronze medalist, claimed the gold after shooting a perfect score of 25 targets in the final and finishing with a total score of 147 targets. Brovold took the silver with 146 targets and Luchini captured the bronze with a final score of 144(+2) after a shoot-off with Russia's Valeriy Shomin, a 2004 Olympian and 2007 Santo Domingo World Cup gold medalist.

Twenty-year-old Frank Thompson (Alliance, Neb.), who was competing in his first ever World Cup final, finished in fifth place with 143 targets, while Germany's Tino Wenzel took sixth place with 142 targets.

U.S. shooter Jeff Holguin, a 2008 U.S. Olympic team member, captured the bronze medal in the Men's Double Trap event. Hakan Dahlby from Sweden claimed the gold and Great Britain's Richard Faulds took the silver.

Dahlby, a 2004 Olympian and 2007 Santo Domingo World Cup Champion, finished in first place with a total score of 190 targets. Holguin, the 2007 Pan American Games silver medalist, and 2000 Sydney Olympic Games gold medalist Faulds finished the finals tied at 189 targets to force a shoot-off for the silver. In the shoot-off, Faulds shot 14 targets to Holguin's 13 targets to take the silver, while Holguin claimed the bronze.

Two-time Olympic gold medalist Diamond claimed the gold medal after shooting a perfect score of 25 targets in the final, finishing with a total score of 148 targets and matching his own world record.

After the final, Grazioli, a 2008 U.S. Olympic Team member, Mola and 2004 Olympic gold medalist Alexey Alipov (Russia) were tied at 143 targets. In the shoot-off, Alipov missed his first target, which eliminated him from medal contention. Mola hit two targets to Grazioli's one target, to claim the silver, while Grazioli took the bronze. Alipov finished in fourth place and Italian shooters Rodolfo Vigano, a 2000 Olympian, and Mauro De Filippis took fifth and sixth places with 142 and 141 targets respectively.

For complete World Cup USA results, please visit www.issf.tv.
Jamie Beyerle Claims Silver Medal in 3 Position, Matt Emmons Takes Bronze in Prone at World Cup Milan

Jamie Beyerle (Lebanon, Pa.) took home the silver medal in Women’s 3 Position Rifle at the 2008 ISSF Rifle/Pistol World Cup in Milan, Italy on May 27, while 2004 Olympic gold medalist Matt Emmons (Browns Mills, N.J.) captured the bronze in the Men’s 50m Prone Rifle event on the final day of competition on May 29.

Beyerle, who qualified for the 2008 U.S. Olympic team in Women’s 3 Position less than one week prior to winning the silver in Milan, entered the final at the World Cup in second place with a qualification score of 587 points. Beyerle fired excellent scores of 10.0, 10.8 and 10.4 in her final three shots to finish with a final score of 98.7 and an overall score of 685.7 points to secure the silver medal.

Kristina Vestveit of Norway, who entered the final in first place with a qualification score of 588, finished with the bronze medal after shooting a final score of 97.3 for a total of 685.3.

Chinese shooter Wu Liuxi took fourth place with 685.1, while Olga Dovgun of Kazakhstan, finished in fifth place with 683.4 and China’s Du Li finished in the sixth spot with a total of 682.7 points. Ukraine’s Natalia Kalnych took seventh place with 681.8 and Kamila Krawczyk of Poland finished in eighth place with 678.4 points.

Emmons, who will represent the U.S. on the 2008 Olympic team in Beijing in both Prone Rifle and 3-Position Rifle, claimed the bronze medal in Men’s Prone after a close struggle against his 2008 U.S. Olympic teammate Mike Anti (Winterville, N.C.), a three-time Olympian and the 2004 silver medalist in 3 Position.

Emmons and Anti both entered the final with a qualification score of 595, and had very strong performances, but Emmons closed the final with two excellent shots of 10.8 and 10.4 points, finishing in third place with a final score of 103.8 and an overall score of 698.8 points.

“I am quite satisfied of my performances here in Milan,” said Emmons right before lining up for the final match. “I made it into the three rifle finals, I am there, so that’s a good indicator in this moment”.

Anti finished in fifth place with a final score of 103.0 and a total score of 698.0, right behind Jury Sukhorukov of Ukraine, who took fourth place with a total of 698.1 points.

Denmark’s Torben Grimmel won the 50m Prone Rifle event, shooting the highest overall score of 701.3 points. Toshikazu Yamashita of Japan followed him in second place with 699.3 points.

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

Vincent Hancock and Rebekah Young were married in Eatonton, Georgia on May 31, 2008. Hancock, a World Skeet Champion and World Record holder will be representing the U.S. on his first Olympic team in Beijing this August. Young is also a former shotgun shooter, having been competitive in the Women’s Trap event. The Hancock are currently stationed in the U.S. Army Marksmanship Unit at Ft. Benning, Ga. (photos provided by Craig Hancock)
### Shotgun

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<td>7/19/08</td>
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<td>Club Rep: Michael Marzitelli Phone: (651) 489-9164 Email: <a href="mailto:mmarztelli@hotmail.com">mmarztelli@hotmail.com</a></td>
</tr>
<tr>
<td>3475</td>
<td>USA Shooting Air Rifle and Pistol PTO Match</td>
<td>Cedar Hill Jr. Gun Club</td>
<td>Preliminary Tryout</td>
<td>Pistol, Rifle</td>
<td>Blackfoot</td>
<td>ID</td>
<td>7/26/08</td>
<td>7/27/08</td>
<td>Club Rep: Randy Steketee Phone: (208) 755-4805 Email: <a href="mailto:randy@skylark.com">randy@skylark.com</a></td>
</tr>
<tr>
<td>3576</td>
<td>Riverside Gun Club Monthly Pistol League</td>
<td>River Bend Gun Club</td>
<td>Preliminary Tryout</td>
<td>Pistol</td>
<td>Dawsonville</td>
<td>GA</td>
<td>7/28/08</td>
<td>7/28/08</td>
<td>Club Rep: Dennis Lindenbaum Phone: (704) 373-3046 Email: <a href="mailto:dlindenbaum@comcast.net">dlindenbaum@comcast.net</a></td>
</tr>
<tr>
<td>3636</td>
<td>Oakland Olympic Free Pistol August PTO</td>
<td>Oakland Gun Club</td>
<td>Preliminary Tryout</td>
<td>Pistol</td>
<td>Lake Elmo</td>
<td>MN</td>
<td>8/2/08</td>
<td>8/2/08</td>
<td>Club Rep: Michael Marzitelli Phone: (651) 489-9164 Email: <a href="mailto:mmarztelli@hotmail.com">mmarztelli@hotmail.com</a></td>
</tr>
<tr>
<td>3633</td>
<td>CRSSA Monthly PTO</td>
<td>Cross Roads Shooting Sports Association</td>
<td>Preliminary Tryout</td>
<td>Pistol, Rifle</td>
<td>Glen</td>
<td>MS</td>
<td>8/2/08</td>
<td>8/2/08</td>
<td>Club Rep: Michael Marzitelli Phone: (651) 489-9164 Email: <a href="mailto:mmarztelli@hotmail.com">mmarztelli@hotmail.com</a></td>
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<tr>
<td>3385</td>
<td>Black Mountain Monthly PTO Match</td>
<td>Black Mountain Shooting Club</td>
<td>Preliminary Tryout</td>
<td>Rifle</td>
<td>Chino</td>
<td>CA</td>
<td>8/3/08</td>
<td>8/3/08</td>
<td>Club Rep: Greg Krueger Phone: (909) 591-9888 Email: <a href="mailto:greg@gkrueger.com">greg@gkrueger.com</a></td>
</tr>
<tr>
<td>3499</td>
<td>INTERNATIONAL PRELIMINARY TRYOUT</td>
<td>Los Angeles Rifle &amp; Revolver Club</td>
<td>Preliminary Tryout</td>
<td>Rifle</td>
<td>South El Monte</td>
<td>CA</td>
<td>8/9/08</td>
<td>8/9/08</td>
<td>Club Rep: Ray Del Rio Phone: (714) 777-4585 Email: <a href="mailto:hammermanay@yahoo.com">hammermanay@yahoo.com</a></td>
</tr>
<tr>
<td>3083</td>
<td>Michigan USAO Outdoor Smallbore Championships</td>
<td>Riverside Shooting Club</td>
<td>Preliminary Tryout</td>
<td>Rifle</td>
<td>Midland</td>
<td>MI</td>
<td>8/10/08</td>
<td>8/10/08</td>
<td>Club Rep: Thomas Monto Phone: (989) 631-5509 Fax: (989) 631-3679 Email: <a href="mailto:tmonuto@hotmail.com">tmonuto@hotmail.com</a></td>
</tr>
<tr>
<td>3539</td>
<td>Minnesota Rifle Club Olympic Free Pistol August PTO</td>
<td>Minnesota Rifle Club</td>
<td>Preliminary Tryout</td>
<td>Pistol</td>
<td>St. Francis</td>
<td>MN</td>
<td>8/16/08</td>
<td>8/16/08</td>
<td>Club Rep: Michael Marzitelli Phone: (651) 489-9164 Email: <a href="mailto:mmarztelli@hotmail.com">mmarztelli@hotmail.com</a></td>
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<tr>
<td>3483</td>
<td>Free Pistol &amp; Standard Pistol, PTO</td>
<td>Chabot Gun Club Inc.</td>
<td>Preliminary Tryout</td>
<td>Pistol</td>
<td>Castro Valley</td>
<td>CA</td>
<td>8/17/08</td>
<td>8/17/08</td>
<td>Club Rep: Dave Gaye Phone: (415) 386-1243 Email: <a href="mailto:guyadave@gmail.com">guyadave@gmail.com</a></td>
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<tr>
<td>3598</td>
<td>Southeast Texas Prone League</td>
<td>Austin County 4-H Shooting Sports</td>
<td>Preliminary Tryout</td>
<td>Rifle</td>
<td>Rosenberg</td>
<td>TX</td>
<td>8/17/08</td>
<td>8/17/08</td>
<td>Club Rep: Brian Gardner Phone: (972) 837-0207 Email: <a href="mailto:brian@3181.com">brian@3181.com</a></td>
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<tr>
<td>3638</td>
<td>2008 USA Shooting Northwest Regional Tournament</td>
<td>Cedar Hill Jr. Gun Club</td>
<td>Region Championship</td>
<td>Pistol, Rifle</td>
<td>Blackfoot</td>
<td>ID</td>
<td>8/22/08</td>
<td>8/24/08</td>
<td>Club Rep: Randy Steketee Phone: (208) 755-4805 Email: <a href="mailto:randy@skylark.com">randy@skylark.com</a></td>
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<td>3577</td>
<td>Riverside Gun Club Monthly Pistol League</td>
<td>River Bend Gun Club</td>
<td>Preliminary Tryout</td>
<td>Pistol</td>
<td>Dawsonville</td>
<td>GA</td>
<td>8/23/08</td>
<td>8/23/08</td>
<td>Club Rep: Dennis Lindenbaum Phone: (770) 518-0046 Email: <a href="mailto:dlindenbaum@comcast.net">dlindenbaum@comcast.net</a></td>
</tr>
<tr>
<td>3376</td>
<td>2008 USA SOUTHWEST REGIONAL CHAMPIONSHIPS</td>
<td>Fort Bend County 4-H Shooting Sports</td>
<td>Region Championship</td>
<td>Pistol, Rifle</td>
<td>Rosenberg</td>
<td>TX</td>
<td>8/29/08</td>
<td>8/31/08</td>
<td>Club Rep: Dmitry Shityman Phone: (502) 545-4095 Fax: (315) 498-0684 Email: <a href="mailto:shityman.dmitry@corp.sysco.com">shityman.dmitry@corp.sysco.com</a></td>
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<td>3332</td>
<td>Oakdale Gun Club Olympic Free Pistol September PTO</td>
<td>Oakdale Gun Club</td>
<td>Preliminary Tryout</td>
<td>Pistol</td>
<td>Lake Elmo</td>
<td>MN</td>
<td>9/8/08</td>
<td>9/8/08</td>
<td>Club Rep: Michael Marzitelli Phone: (651) 489-9164 Email: <a href="mailto:mmarztelli@hotmail.com">mmarztelli@hotmail.com</a></td>
</tr>
<tr>
<td>3634</td>
<td>CRSSA Monthly PTO</td>
<td>Cross Roads Shooting Sports Association</td>
<td>Preliminary Tryout</td>
<td>Pistol, Rifle</td>
<td>Glen</td>
<td>MS</td>
<td>9/8/08</td>
<td>9/8/08</td>
<td>Club Rep: Michael Marzitelli Phone: (651) 489-9164 Email: <a href="mailto:mmarztelli@hotmail.com">mmarztelli@hotmail.com</a></td>
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<td>3522</td>
<td>Shooting Stars (Fall) PTO</td>
<td>NASSA</td>
<td>Preliminary Tryout</td>
<td>Pistol, Rifle</td>
<td>Carrolton, TX</td>
<td>TX</td>
<td>9/8/08</td>
<td>9/8/08</td>
<td>Club Rep: E.C. &quot;Coach&quot; Wing Phone: (970) 334-8380 Email: <a href="mailto:dragonfly4@adelphia.com">dragonfly4@adelphia.com</a></td>
</tr>
<tr>
<td>3500</td>
<td>INTERNATIONAL PRELIMINARY TRYOUT</td>
<td>Los Angeles Rifle &amp; Revolver Club</td>
<td>Preliminary Tryout</td>
<td>Rifle</td>
<td>South El Monte</td>
<td>CA</td>
<td>9/13/08</td>
<td>9/13/08</td>
<td>Club Rep: Ray Del Rio Phone: (714) 777-4585 Email: <a href="mailto:hammermanay@yahoo.com">hammermanay@yahoo.com</a></td>
</tr>
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<td>3252</td>
<td>New York State International Championship</td>
<td>Syracuse Pistol Club</td>
<td>Preliminary Tryout</td>
<td>Pistol</td>
<td>Liverpool</td>
<td>NY</td>
<td>9/13/08</td>
<td>9/13/08</td>
<td>Club Rep: Robert Callahan Phone: (315) 695-5734 Email: cc@<a href="mailto:callahan@windstream.com">callahan@windstream.com</a></td>
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<td>3305</td>
<td>Phoenix RGC September PTO</td>
<td>Phoenix RGC &amp; Gun Club</td>
<td>Preliminary Tryout</td>
<td>Pistol</td>
<td>Gilbert</td>
<td>AZ</td>
<td>9/20/08</td>
<td>9/20/08</td>
<td>Club Rep: Donald Price Phone: (480) 855-0002 Email: <a href="mailto:donpla@msn.com">donpla@msn.com</a></td>
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<td>3599</td>
<td>Southeast Texas Prone League</td>
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<td>Preliminary Tryout</td>
<td>Rifle</td>
<td>Rosenberg</td>
<td>TX</td>
<td>9/21/08</td>
<td>9/21/08</td>
<td>Club Rep: Brian Gardner Phone: (970) 637-0307 Email: <a href="mailto:brian@3181.com">brian@3181.com</a></td>
</tr>
</tbody>
</table>
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with 1135. Michael McPhail shot an MQS of 1167 and Matt Wallace shot 1163.

The hotel where the U.S. Team and many athletes and officials from other countries were staying was the Mercure Wanshang Garden Hotel, about a ten minute taxi ride from the range. When it became apparent that many of his guests were winning gold, silver and bronze medals, hotel manager, Michael Lucas, decided to plant a tree in honor of each medalist that stayed in his hotel. This would help the environment as well as acknowledge the historic significance of his guests. Of course, the residual future business of athletes or their country’s teammates returning to his hotel to visit the trees was not a bad business move either.

Confucius, the famous Chinese philosopher, said that there were six traits of the virtuous man. They were etiquette, math, history, music, poetry, mechanics and archery, being the only shooting sport existing at that time. The shooting sport was chosen for two reasons, one, it required an equal or greater application of mental skills as well as physical ability, the second was because shooting was really a competition not waged directly against your competitors, but rather against yourself and then your individual scores were weighed to determine a winner.

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Perhaps some of Confucius’s wisdom could have consoled the U.S. Team on the last day at the Beijing World Cup when we had some of our best competitors like Matt Emmons and Vinny Hancock lose medals by mere fractions. However, seven medals at a World Cup with this large of an attendance of the World’s best athletes was a very good outcome and it bodes well for a repeat performance at the Olympic Games in Beijing next month.

Continued from 15 - OnTheFiringLine

- Results are staggeringly great
- Quiet Body, Quiet Mind, Quiet Heart, Quiet Eye – Peaceful Warrior

Role of two selves:
- Interfering Self – Totally silent and trusting
- Performing Self – In true total control

Those who grow to understand this type of performance embrace it and refuse to revert. Many others may experience it at times and then give it up because of their Interfering Selves and the criticism of others who also do not understand.

Final Thoughts
This article merely scratches the surface of the topics discussed. However, enough information is provided to allow one to evaluate and then make up their mind to take initial steps, ultimately leading to understanding level three and experiencing it in regular competition. In many quarters, these ideas are thought to be stupid, wrong or worse. Those who have the guts to break out of “The Matrix” reap the rewards.

In the next installment, we will explore the ramifications of these ideas, look at actual examples, and the impact of these ideas on training, competition, … and winning.
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IT'S BREAK TIME™.
USA Shooting Team members pose for a group photo as they get ready to take in the Opening Ceremony at the 2008 ISSF World Cup USA for Shotgun in Kerrville, Texas on May 3. Pictured from right to left: Ali Chiang, Caitlin Connor, Jaiden Grinnell, 2008 U.S. Olympic team member Corey Cogdell, Mark Weeks, Jon Michael McGrath II and 2008 U.S. Olympic team member Sean McLelland.