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# USA Shooting News

## Volume 16, Number 6 • March/April 2008

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**Cover design by Claire Landis-Tyson**

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USA Shooting News is published six times a year, 1 Olympic Plaza, Colorado Springs, CO 80909. USA Shooting is the national governing body for Olympic Shooting sports in the United States. USA Shooting News is produced as a service to international shooters, coaches, officials, and media who cover Olympic-style shooting. Shooters featured in USA Shooting magazine may be photographed without eye protection. These are posed photographs using unloaded guns and do not represent actual competition. USA Shooting encourages all shooters to use proper eye and ear protection when shooting. Inclusion of advertisements in USA Shooting does not constitute endorsement of advertised products or services by USA Shooting, its staff, or its sponsors.
I had the opportunity to attend my first Shooting, Hunting, Outdoor Trade Show or “SHOT Show” in Las Vegas, Nev. Feb. 2-5. The U.S. hunting and shooting sports industry is estimated to be a $3.7 billion per year industry, and if anything demonstrates its enormous size, it is the SHOT Show. I had been hearing about this trade show since I began working at USAS last June, but it turned out to be much bigger than I ever imagined!

Owned and sponsored by the industry’s trade association, the National Shooting Sports Foundation (NSSF), the SHOT Show is by far the largest trade show of its kind. It is where the industry each year rolls out the latest hunting, shooting and outdoor gear that will adorn sporting goods store shelves and equip law enforcement agencies in the coming year.

A huge success, the 2008 SHOT Show smashed all-time records in its 30th year, posting new highs in attendance, exhibition space, exhibiting companies and media turnout.

This year’s show comprised 715,000 square feet of exhibit space, a gain of nearly 60,000 over 2007, with 1,950 exhibiting companies, up from last year’s 1,870.

With a total registered attendance of 58,769, the show eclipsed last year’s attendance record of 42,216. The show attracted 30,686 buyers, 1,725 members of the press, 25,854 exhibiting personnel and 504 guests.

USA Shooting is fortunate enough to be able to have a presence each year at the SHOT Show and 2008 was no different. We were able to set up a booth to sell USAS and SHOT Show specific merchandise, as well as to bring six of our National Team members to help promote Olympic Shooting at the largest shooting trade show in the world. Rifle shooters Eric Uptagrafft and Joe Hein, pistol shooters Sandra Uptagrafft and Keith Sanderson, as well as shotgun shooters Corey Cogdell and Susan Sledge helped represent USA Shooting at the SHOT Show, being featured in USAS sponsors booths such as Eley, Kimber, Winchester and Child Guard.

At the opening day of the SHOT Show, USA Shooting received a record-setting contribution check from Kimber Manufacturing, Inc. bringing their total contribution to the U.S. Shooting team to $600,000. Based on sales from the Kimber Team Match II Pistol, this is the largest contribution to USA Shooting by any firearm manufacturer in the shooting industry. On the second day of the SHOT Show, USAS also received a check from Eley for $12,000 based on the sales from two levels of USAS co-branded ammo sold during 2007.

USA Shooting also conducted two drawings for a Kimber Team Match II Pistol and a Ruger 10/22 Rifle. The lucky winners were Tom O’Neill from Hendersonville, Tenn., who won the Kimber Team Match II pistol and Mark Saunders from Erie, Pa. claimed the Ruger/USST 10-22 rifle.

USA Shooting will once again be a part of next year’s SHOT Show as it moves to Orlando, Florida. The 2009 SHOT Show will be held January 15-18 at the Orange County Convention Center. For more information on the SHOT Show, please visit www.shotshow.com.
In the last issue of USA Shooting News my article announced the formation of the USA Shooting Endowment Fund. We now also plan to expand our fundraising efforts through the solicitation of major gifts. While related, these fundraising efforts will be approached differently. The first question that comes to mind is, “What is the difference and why two programs”? Secondly, “why is USAS taking on two projects almost simultaneously”?

Fundraising through major gifts and philanthropy is not new. We have recognized for quite some time that there is a definite need to explore these additional revenue sources. Our current funding comes from our successful direct mail program, sponsorships, the U.S. Olympic Committee, internal operations via membership and entry fees and gifts both unrestricted and those restricted for specific use, such as the Junior Olympic Shotgun Program. While efforts continue to increase each of these revenue streams, it is obvious that a more significant untapped potential exists through gifting. This is an area which we have not explored largely due to lack of expertise. An endowment effort was initiated seven years ago with the assistance of Dr. John White, an Atlanta sportsman and fundraiser. That project however, was derailed as our efforts became focused on saving the 1996 Olympic shooting venue at Wolf Creek. Unfortunately Fulton County chose to convert that range complex into offices for fire and police department administration. Two years ago an MBA class from the Ross Business School at the University of Michigan did a business strategy and governance analysis for USAS. Their recommendations stressed a major gifts effort. They saw USAS as an entity similar to that of a university, where the solicitation of gifts is more efficient than funding through sponsorships.

At the fall 2006 USAS Board of Directors meeting, the directors authorized hiring a staff member to manage a gifting program. Efforts to hire a well qualified person were not immediately successful followed shortly by an additional financial commitment to further enhance our efforts to win medals at the Beijing Olympics. As a result, the gifting project was put on hold.

Addressing my second question, first regarding the initiative for these fundraising efforts, recent developments make these projects timely and viable. Colonel Dennis Behrens who is responsible for the fundraising efforts of the Bunker Club has long identified with the need for an endowment program. It was his offer to dedicate the balance in the Bunker Club coffers of almost $300,000 to be the founding gift for our endowment with a commitment to continue this effort. As stated in last issue’s article, the Board authorized the endowment project with President Lally appointing the initial Endowment Committee and those efforts are getting underway.

The USOC has long stressed their desire and the need to assist sport governing bodies to becoming increasingly self sufficient, and therefore, relying less on the USOC for subsistence funding. Last month the USOC made the decision to do a pilot program to help NGBs start major gifts programs. USA Boxing and USA Shooting were the two NGBs that were extended the offer to participate in this pilot. Under their plan, the USOC will fund expenses for two experienced fundraisers for one year to work with USAS in establishing a program after which we will be responsible for program continuity. Initial meetings have been held among the USOC, USAS, Scott Hall and Tom Jackovic who are the two fundraisers that will work with Boxing and Shooting. Scott and Tom have excellent credentials with both being former members of the USOC major gifts staff. Scott is currently on the staff of Hillsdale College, which raises more money per student than Harvard. Tom helped Executive Director Craig Masbeck put together the USA Track & Field Foundation which has raised $17 million in its five years of existence. Both Scott and Tom are low key professionals that know their business. This is truly an exciting opportunity that cannot be ignored.

There is simply not a better time to delve into these two fundraising opportunities. The need for both has been long recognized. We are embarking on the final year of the Olympic quadrennial. The cost to implement these programs will never be more appealing. The expertise being offered is certainly what is needed. Our Endowment Committee will be expanded adding additional expertise and leadership to that already provided by the Committee and our Board of Directors.

An obvious question is, “why two separate programs”? As outlined in last issue’s article, the endowment effort will be targeted at gifts designed to fund programs in perpetuity. Only the income from this fund will be used to finance athlete programs. This is an appealing opportunity for those desiring to offer a gift in memory of a family member, friend, a gift from a will or simply a gift that is designed to provide funding into the future to ensure program continuity. The endowment program will be managed directly by USAS with
funds restricted to uses identified by the Endowment Committee. Specific donations will be solicited to fund expenses so that 100% of endowment gifts will fund athlete programs. On the other hand, a separate foundation will be formed for the major gifts program. That foundation will be a subsidiary of USAS and will provide the opportunity for supporters to be a more integral part of our organization, sit on the foundation board and be involved in the specific allocation of funds raised through major gifting. Oftentimes, foundation directors contribute needed product, services and expertise in addition to their own fundraising efforts. And there will be supporters that over time will provide gifts to both the endowment and major gifts programs. The two efforts can mesh and compliment one another very nicely.

We face two challenges in effectively implementing these fundraising projects. We are a very small organization with approximately 5,000 members. However, our reach can be large. The shooting community and industry are large. Increased visibility and awareness of our organization and programs are ingredients to successful fundraising. A second challenge is time. Our Board of Directors with 17 members is largely constituency based and our staff of 12 is small. I have always been proud of the work our staff does considering our size. However, an advantage of being small is the fact that dollars donated can go to programs with little to no administration expense. Our overhead is covered and supplemental income can go directly to athlete programs. With our smaller size, we can not only show donors specifically what their gifts will support, but we can introduce them to the shooter athletes that will benefit from their generosity.

We look forward to bringing these two new funding programs on line so that we can better support our shooter athletes and help ensure the viability of our sport into the future.

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For the second year in a row, the Western Hunting & Conservation Expo was held Feb. 6-9 at the Salt Palace Convention Center in Salt Lake City, Utah. USA Shooting athletes and staff attended the Expo at the invitation of USAS sponsor Wild Sheep Foundation (WSF), formerly the Foundation of North American Wild Sheep (FNAWS).

Produced by the Wild Sheep Foundation, the Mule Deer Foundation and Sportsmen for Fish & Wildlife, the Expo was the place to be for sportsmen and wildlife conservationists looking for informative and entertaining seminars and the chance to investigate and purchase hunts or related items. In addition to attracting guests from around the globe, the Expo drew thousands of people from the local area and surrounding states. USA Shooting Team members had an opportunity to meet hundreds of people and spread the word about the Olympic shooting sports. USA Shooting participated in several functions and activities including the opening ceremony with Army Marksmanship Unit and team members SFC Shawn Dulohery, SGT Josh Richmond and PFC Vincent Hancock performing color guard duties. A team highlight video was shown during the opening ceremony, which provided a preview of what’s anticipated from the U.S. Shooting Team in this Olympic year.

Throughout the Expo there were several fundraisers and auctions held to benefit the conservation efforts supported by the host organizations. At the closing banquet, USA Shooting was given the opportunity to auction an item with the proceeds going to support the U.S. Shooting Team. Several companies in the shooting industry collaborated on a project to provide USA Shooting with an outstanding package for this year’s auction.

The auction item project was spearheaded by Bob Coyle of TALO Distributors and started with Ruger donating a Number 1 model rifle with a special serial number to commemorate the new Wild Sheep Foundation name -WSF001. The rifle was turned over to Baron Engraving where Dave Baron and his team went to work adding a “Victory in Beijing” banner with the USA Shooting and Wild Sheep Foundation logos, in addition to the beautiful engraving and gold inlays on the receiver. Hardigg Storm Cases contributed to the project by providing a custom travel case for the rifle and Hornady loaded custom factory .375 Ruger caliber rounds packaged in a wooden safari case.

This one-of-a-kind rifle with case and ammo proved to be an attractive package for WSF member John Dietrich who eventually won the auction with a bid of $25,000. USA Shooting appreciates the collaborative effort of all the individuals and companies involved in putting together this unique auction package. Special thanks to the Wild Sheep Foundation for having the shooting team involved once again with this Expo and helping USA Shooting’s fundraising efforts by allowing us to participate in the closing auction.
Lones Wigger has served on the Board of Directors for USA Shooting for eight years. At the end of 2008, he will conclude his second term and retire from the Board. Lones has spent his time on the Board sharing his perspective as an accomplished athlete, advocating for the things that he knows it takes for athletes to win. Lones says that in his eight years, the Board and federation have evolved quite a bit.

“I have seen USA Shooting go from a federation that tried to be everything to everyone, to a federation which now promotes performance,” said Lones. “Outstanding performance equals Olympic medals, which in turn equals USOC support. I have always stressed performance through standards and athletes earning their way to travel and represent the USA.”

As for the future of the Board, Lones hopes he has laid the groundwork for it to continue to “stress and reward performance.”

“If we have a few winning athletes then we need to give them the support necessary and motivate them to compete in as many Olympic Games as possible,” he said. “We must retain and utilize their winning capability. Winners help promote the overall standards of our programs and motivate other to become winners.”

Lones Wigger, a five time U.S. Olympian, has won more medals in international shooting competition (111) than any other shooter athlete in the world and is the only athlete to win medals in three Olympic rifle shooting disciplines. He was selected as one of the USOC’s 100 Golden Olympians in 1996 and carried the Olympic Torch in 1996 and 2002. A member of four Halls of Fame, his international shooting career spanned 25 years, 1961-1986.
While the staff at USA Shooting (USAS) would like nothing more than to take a deep breath and relax for a while after an Olympic Games, things need to keep rolling for the next year and quadrennial. All of the Policies and Procedures are reviewed to ensure they fit the needs of the organization and provide the athletes the means to compete and reach their goals. Selection procedures are updated to fit the events being held in the quad. Budgets are projected and fit to the specific needs, along with examining the new rules from the International Shooting Sport Federation (ISSF) and developing strategies to cope with the changes.

After the Olympic Games, the USAS members of the Ten Year List will be asked to nominate and select an Athlete's Advisory Council (AAC) member. This is an important position, as the AAC represents the interests of all shooting athletes on the USAS Board of Directors, as well as within the overall AAC. The AAC has a member on the USOC Board representing all athletes of all sports. Additionally, a new Pistol Athlete Representative will be elected during the National Championships this year. The Pistol Representative will speak for pistol athletes on the USAS Board of Directors.

During the 2008 quad, several new initiatives were tried and it will be time to examine the effectiveness of the program, change it if necessary, or make the decision to continue or discontinue. One of the top initiatives started in this quad was the Progressive Position Pistol program. It has certainly grown over the last couple of years and looks promising. Shortened National Championships, split selection matches and bringing foreign competitors to our matches are a few items to be looked at.

USA Shooting’s National Coaches, Competitions staff, the athlete representatives and myself will be spending our autumn days going over draft updates and working on coming to good solutions for the future of the sport.

An update on the web store is in order here. USA Shooting is going to a little bit different format for selecting items to be sold. We will be using a committee concept with input from athletes and staff. We have several new items with our theme: Shooting Is My Olympic Sport. Additionally, many items will be put on sale over the course of a year. We invite you to take a look at our store (www.usashootingstore.com) and provide comments or ideas (constructive of course) for items of merchandise or the management of the store.
As the 2008 shooting season begins, it is important to sharpen our focus by setting new goals for the upcoming season and reflecting upon the progress made over the past year. To set our sights toward the future, it is important to take a close look at all of the tangible and intangible factors that may influence our performance. In this article, I will focus on the linchpin of Olympic shooting sports and a key contributor to each athlete’s success.

If you look at all of the causal factors that allow marksmen to succeed, you will find that each competitor stands in the shadow of our sports most valuable resource – the matchmaker. I am not talking about “matchmaking” in the context of relationship building but rather in an effects-based manner of speaking. A “matchmaker” is a person who volunteers their time and talents to positively influence the outcome of an activity. In other words, they are the unsung volunteers who set the conditions that allow us to train, compete and win.

If you are new to Olympic shooting sports, you will find one constant that transcends every shooting discipline. It is that an athlete’s success depends on the generosity of a corps of silent, dedicated volunteers.

The Elusive Wingman

Matchmakers are present at every event. They are the first to arrive and the last to leave; they look tired at the end of the match but have the biggest smiles; they have dirt on their clothes and oil on their hands; they are posted at the gates, scoreboards and registration tables; they prepare our food, provide us water and clean up the range long after we are gone; they fix our gun but leave their own in its case; they bear witness to our perfect scores and work long hours to get ready for the next day’s event; they donate money but may never see us shoot; they support us unconditionally but may not understand the rules of the game; and they provide for our needs in a foreign country even though we may not speak a common language. Some matchmakers are also competitors but many are not.

Matchmakers have ghost-like qualities that allow them to disappear in plain view. They may stand right beside us but unless we look closely we may never meet. Matchmakers serve silently and transparently and when they do their job no one may notice because athletes expect everything to be perfect.

You may never meet all of the matchmakers personally or even know their name but they are watching over us ready to help. Look carefully, because matchmakers have names like Mom, Dad, Brandon, Sam, Harvey, Marsha, Betty, Bobby, Jesse, Charlie, Rex, Steve, Bill and Coach. They are powered by a competitor’s smile, the cheer of a crowd and a press release that announces our success. They exemplify the Air Force core values of integrity first, service before self and excellence in all we do. And, their cumulative impact, like water dripping on a stone, creates a lasting impact on the future of our sport.

Lead from the Front

On behalf of the Air Force Shooting Team, I ask all competitors to seek out the matchmakers in their discipline and recognize their efforts. At every level of competition – local, regional, national and international – we must thank each volunteer and never forget that they are the linchpin of our sport. As competitors, we must share the stage because winning is not the sole domain of the person with the medal around their neck. Each matchmaker carries a piece of that victory with them and keeps it deep inside where no one else can see it. You should never miss an opportunity to thank them for their support – especially if you receive an award. Get even with the unsung volunteers by publicly thanking them for their support.

Finally, we must ask ourselves if we are a matchmaker who competes or just a lowly competitor. If practicable, we must step up and help when necessary and use our talents to advance our sport. We must all become matchmakers. Everyone is qualified as the only special equipment needed is a big heart. As the noted British statesman and wartime Prime Minister Winston Churchill once said, “We make a living by what we get, but we make a life by what we give.”

One Final Shot

To all of the matchmakers who support us before, during and after each competition and training session, we stand in front of a long line of competitors who wish to shake your hand and say thank you.

Until the next competition, the Air Force Shooting Team challenges each of you to recognize our matchmaker wingmen 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 Airmen’s perspective. Master Sgt. Julig is a member of the Air Force International Trap Team and is currently 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.
Every USA Shooting member club has a story unique from itself. The one thing they have in common is their dedication and love for the sport of shooting. USAS considers every member club an integral part of the organization. Each club raises awareness about safety and promotes the international style of shooting, as well as creating an environment where every person who is interested is welcomed.

One club that raised my eyebrow in my search for the next club to be spotlighted is one of USAS’s original member clubs, Ridgewood Rifle Club (club no. 14!), having had four of its members recently set new USAS National Records. A member of USAS since 1996, all together RRC members and shooters have set approximately 100 records between the National Rifle Association and USAS.

Primarily an Air Rifle, Smallbore 3 Position and even 4 Position club based out of New Jersey, RRC has withstood over a century’s worth of change and continues to welcome new members. Established in the late 1800’s, Ridgewood Rifle Club constructed the building they call home in 1951, which houses an eight point range. Today, RRC has approximately 100 members and remains the oldest shooting club in New Jersey!

Mandy Otero primarily oversees the shooting operation of RRC and became involved with the sport in 1968. When I asked what he thought was the key to RRC’s longstanding success, he responded humbly by giving credit to all of the volunteers, parents, long-standing members of RRC and The Association of New Jersey Rifle and Pistol Clubs for their unfailing commitment to the sport and to the development of junior shooters throughout the state of New Jersey.

What is the secret RRC holds that makes their shooters perform so well? “Must be the water,” Otero says, quoting a statement once said to him by USAS National Rifle Coach Dave Johnson about New Jersey. If that is the case, then 2004 Olympic Gold Medalist Matt Emmons (Browns Mills, N.J.), for one, is a product of whatever is in that Jersey H2O.

Otero’s delight with the sport lies with the notion that in the sport of shooting, “Shooters do not keep secrets. If a shooter finds something that works, they share it.”

The coaching styles of RRC are laid back and simply accommodating to different levels of shooters, from the novice shooter all the way to elite level athletes.

RRC’s goals are to get kids the best training and experience, and eventually for them to continue on to college with a scholarship. They also plan to continue to host sectional tournaments, state championships and continue to welcome leagues. RRC’s doors are open to new members from hunters, to target shooters.

All of RRC’s profits go right back into the club’s expenses and maintenance of its facility. It is clubs like Ridgewood Rifle Club that have contributed to the success and respect USAS has achieved within the Olympic family.

To learn more about our Spotlight Club of the month, contact Mandy Otero at 201-653-0347 or at mandy_otero@att.net. If you have a club you feel has a unique story or has gone above and beyond the “call of duty,” write us at USA Shooting, Club Corner, 1 Olympic Plz., Colorado Springs, CO 80909, or e-mail Cynthia.Jackson@usashooting.org.
USA Shooting’s Volunteer of the Spring

She is the smiling face shooters are pleased to see as they approach the shotgun field. Some would even suggest that SHE has more fun at shotgun events than the shooters! She’s the feisty, but always friendly rule enforcer, Vickie Cowin.

Vickie Cowin started off in the shooting world as a spectator, cheering on her son Robert as he competed as a trap shooter for years. Always eager to lend a helping hand, Vickie soon started running score sheets and then assisting in the competitions office. Vickie noticed the shortage of trained referees at USA Shooting matches and intrigued by the challenge, she soon became a licensed referee and took to the field. It didn’t seem to faze Vickie that she would probably be the only female referee on the field at most matches. On the field, her fair play attitude has gained the respect of both shooters and referees. Ten years later Vickie is still going strong and will soon experience her first time as a World Cup Chief Referee, this May in Kerrville, Texas.

Vickie’s favorite match to referee has always been the National Junior Olympic Shotgun Championships. Seeing the kids develop and advance in the sport of shooting has kept her coming back year after year. Teaching and reinforcing the rules of the game is an important aspect of the USAS Junior Olympic program. Vickie makes a special effort to ensure each child walks away from the competition with a positive outlook and some new knowledge. She says the children “are the future of the sport and we really need to do all we can to make them enjoy the experience and succeed in the sport.”

When she’s not donating her time to USA Shooting or working at UPS, Vickie can be found ushering hockey games and concerts at the Honda Center in Anaheim, Calif. She is also an active member of California International Clay Target Shooters Association (CICTSA) and is currently serving as secretary.

Tell us about an exceptional volunteer in your area, please e-mail Lindsay at Lindsay.brooke@usasheooting.org
Changes in the 3PAR and PPP Championships

Plans for the National Junior Olympic Three-Position Air Rifle (3PAR) and Progressive Position Air Pistol (PPP) Championships have changed. The Civilian Marksmanship Program has kindly offered to host the event at their new facility in Anniston, Ala. They will make significant improvements to the building on a very rapid schedule to get it ready for this summer and plan on 80 firing points. We hope to be able to offer some great new team awards on top of the medals offered in the past. We will run Precision AR July 10-12, Sporter AR July 13-15 and PPP July 16-18. The qualification process is similar to last year. The top teams in 3PAR in both Sporter and Precision equipment classes in both Scholastic and Club team types from each state are invited to participate. This allows up to four teams from each state to enter and those invitations are passed down should the top team be unable to attend. Individuals may also qualify by firing at least 525 in Sporter or 580 in Precision in the State Junior Olympic Championship/Qualifying Match. 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. Please watch the USAS website for updates, which will be posted there first.

By March we expect to be able to sell a brand new, light weight, affordable, junior air pistol from Air Arms. 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.” Only 75 will be available at the introductory price, which we hope to keep under $500. 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. We may also be able to connect you with a member of our National Coach Development Staff to help with camps/clinics in your area. Please contact me at bob.foth@usashooting.org or (719) 866-4881 for more information.
One of the challenges athletes and coaches face in our sport is that it is a small sport family and that it is highly technical.

Coaches and athletes tend to “follow the leader” in many productive ways, but also in destructive ways. Consider the following definitions:

**A. Imitate**
1. to follow or endeavor to follow as a model or example;
2. to mimic; impersonate;
3. to make a copy of; reproduce closely;
4. to have or assume the appearance of; simulate; resemble.

**B. Emulate:**
1. to try to equal or excel; imitate with effort to equal or surpass;
2. to rival with some degree of success.

Which definition describes your study of another athlete’s techniques and processes?

One of the common themes in presentations I give is to be sure that good athletes are a student of the sport and that their goal should be to EMULATE successful athletes’ techniques and methods of work, not just imitate.

The problem with purely imitating another athlete is that some of their technique may be the result of long study that customized it to their physiology and abilities. A common example is a hand position or foot position in standing. A top shooter may put their support hand a particular or even peculiar way while holding the gun in position. Before you go and simply copy what they are doing (imitate), try to ask them why they are doing what they are doing so that you can apply it to your own situation. The question might be “how did you arrive at that position to support the rifle”? Top athletes can tell you why they do what they do—you might find out that their process does not fit your situation—key information.

To properly emulate another athlete you must study what they are doing, investigate the “why” behind their processes and then customize it to yourself so that you can possibly improve your own technique. Pure imitation may flatter the person you are imitating, but rarely leads to your own improvement.

Study, learn, investigate and then try techniques with the help of a coach so that you can evaluate your efforts properly. A rule of thumb is to give a new technique at least 10 training sessions of smart and consistent effort before making a judgment.

And remember, the goal is to not “exasperate” your coaches while you seek improvement!

**Exasperate:**
1. to irritate or provoke to a high degree; annoy extremely:

Sources: Dictionary.com

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**Check back regularly to the USA Shooting Web Store for new merchandise, discounts & promotions**

www.usashootingstore.com
Greetings to all USA Shooting Members from the Army Marksmanship Unit’s International Rifle Team. My name is Sergeant First Class Michael Moore and I will be contributing to the “AMU Corner” column.

I was born and raised in Wisconsin and started 3 position smallbore and air rifle shooting at the age of 12. I continued through high school in Wisconsin and later competed in collegiate shooting at Texas A&M University. I joined the AMU in 1987, competing in running target and service rifle. I had a break in service and returned to the AMU in 1996. I became the International Rifle Team Non-Commissioned Officer in Charge (NCOIC) in January 2004. It has been an honor to lead such a great team with its rich history and outstanding current team members. My first year on the team was an Olympic year (2004), the pinnacle of the quadrennial matches. My work with the team during that time has provided me with valuable experience that will undoubtedly prove helpful as we approach another Olympic season.

There are four quadrennial matches that are fired, one each year during the four year period. The order for these matches remains the same for the four year cycle: Olympic Games, Championship of the Americas (CAT Games), World Championships and the Pan American Games. Our team uses these competitions as key matches to plan from.

Using these key matches as our top priority for the year, we adjust our training calendar backward from these dates. You may use a national championship or state championship, for example, as your key match. A key match is a final test of a well-planned season. From this point, look backward to secondary matches. Secondary matches are matches that you use to do a final test of equipment, test ammo, finalize a position or other skills. Examples of secondary matches may be regional matches or Preliminary Tryouts (PTOs). Next are training matches. An example of a training match may be a club or local match or a specific day that you deem as a record day, firing the prescribed match course of fire. Training matches are yearly seasonal matches that you can use to experiment, trying a new rifle, new ammo, new equipment or new training technique. These matches are not used primarily as a score outcome, but instead as a tool to evaluate predetermined training objectives.

By using the Olympic Games as the top match, we plan backward from that point to form a four year schedule. This allows us to use monthly, yearly and quadrennial calendars to plan more efficiently over a longer period of time. Utilizing the backward planning method, you too can achieve success in upcoming competitions.

I encourage you to take a look at our website USAMU.com. You will find a lot of useful information about the AMU, upcoming events and pro tips, as well as the ability to contact the teams if you have any questions pertaining to the shooting sports. Good luck and good shooting!
Self Talk

The inner dialogue we carry on has a profound effect on our performance and even upon our mental health. Most people are not aware of their self-talk or, even if aware, do not understand its importance. Moreover, self-talk can be modified to achieve desired ends. This is especially important in the case of negative self-talk.

This article and the previous installment of the series explore the concepts of confidence and self-talk. Both articles are based on work by Dr. Nate Zinsser (2006), and provide, of necessity, only a short synopsis of each topic. Dr. Zinsser is Director of the Performance Enhancement Program, a cornerstone of the Center for Enhanced Performance at the United States Military Academy, in West Point, NY.

“The key to cognitive control is self-talk.”

“Self-talk becomes an asset when it enhances self-worth and performance. Such talk can help the athlete stay appropriately focused in the present, not dwelling on past mistakes or projecting too far into the future.”

“Self-talk becomes a liability when it is negative, distracting to the task at hand, or so frequent that it disrupts the automatic performance of skills.”

How important is self-talk? At least one researcher (Seligman 1991) describes depression as nothing more than a disorder of conscious thought (negative self-talk), and not an issue of anger turned inward or brain chemistry imbalances, as maintained by some theories. In effect, the negative self-talk is the disease! In these cases, changing the self-talk from negative to positive eventually resolves the depression. Whether or not this is the only correct theory of depression, and there are likely others, changing self-talk from negative to positive has a dramatic positive effect on athletic performance.

We will confine the rest of this article to a discussion of self-talk for enhancing sport performance.

“The uses of self-talk are almost as varied as are the different types of sports. The effective coach and sport psychologist can use self-talk to aid athletes in learning skills, correcting bad habits, preparing for performance, focusing attention, creating the best mood for performance, and building confidence and competence.”

Identifying Self-Talk

Self-defeating “chatter” only leads to poor performance. Positive self-talk is a powerful “secret weapon” in training and competition. As with any phase or aspect of enhanced performance, becoming aware of self-talk is the critical first step. By doing so, an athlete understands what kinds of self-talk are effective and can take charge of their self-talk. There are a number of ways to enhance an athlete’s awareness of self-talk.

Retrospection – Taking time to reflect on past performances and the associated feelings and self-talk, especially when the performance was notably above or below average, athletes gain an understanding of how their self-talk affects the performances.

Imagery – Athletes who use imagery or mental rehearsal as part of their training can “relive” an event to recall their feelings and thoughts.

Self-Talk Log – Some athletes have difficulty with retrospection or imagery and all athletes are susceptible to having memories altered by personal perceptions or forgetting events and thoughts. Keeping a log of self-talk, whether by itself or as part of a more comprehensive sport log or journal, allows the athlete to record and later review what their thoughts were before, during, and after a performance.

When using any of the above techniques, especially the self-talk log, athletes should address questions such as the following suggested by Dr. Zinsser:

- When I talk to myself, what do I say?
- What thoughts precede and accompany my good performances?
- Not only what thoughts, but how frequently am I talking to myself?
- When performing poorly, do I depreciate myself?
- Do I stay in the present moment, or revert to dwelling on past performance?
- Do I call myself names and wish I were sitting on the bench?
- Does the content of my self-talk center on how I feel about myself, or how others feel about me, or on not letting down my friends and teammates, or on how unlucky I am?

Knowledge of one’s self-talk allows the athlete to alter their self-talk patterns for future performances. It is vitally important that self-talk in practice and training sessions, indeed at any time, must be positive and set the stage for good performance. One cannot suddenly “turn on” proper self-talk habits that are not used in training.
Controlling and Modifying Self-Talk

Thought Stoppage – If self-talk is so constant as to distract from the performance or if it leads to self-doubt, it must be terminated. Choose a trigger word (“stop”) or action (finger snap or light clap of thigh with hand) to use as an aid in breaking the thought pattern and redirecting it to something helpful or to quiet down. Select a memory of a time when negative thought contributed to bad feelings or performance. Vividly recreate the feelings and negative self-talk. Then interrupt and stop those thoughts with the trigger word or action. Practice this and it will become second nature so that it will work in competition.

Changing Negative Thoughts to Positive Thoughts – Stopping negative thoughts can be difficult. Countering them with a positive thought is an effective strategy. When challenged by a new skill or technique, instead of thinking “I’ll never learn this new thing coach just showed me.” The athlete should replace that thought with “I’ve learned lots of hard things, so if I work at this one I can learn it as well.” Or other positive affirmation. Athletes can make a list of their most common negative thoughts on the left side of a page, and then list a countering positive thought on the right side. Review and revision on a regular basis is a powerful tool for improving the athlete’s self-talk. At times, it may also provide them with a bit of humor as they look at some of their old thought patterns!

Countering – Merely changing a thought from negative to positive may not be enough if the athlete still believes the negative thought. Countering is a process of the athlete using facts and reasons to refute their own negative thought. The athlete realizes that the negative thought is a habit and untrue.

Reframing – Often, a negative thought can be turned positive by looking at things from a different frame of reference. Our world is what we make it, so change it! An example might be changing “I’m feeling tense and anxious about the match today.” to “I’m feeling excited and ready! I’m more alert and am really on my game today!”

Identifying Irrational and Distorted Thinking – In addition to negative self-talk patterns, athletes often engage in self-talk that is irrational. These irrational thoughts are based on one or more false beliefs:

- I must at all times perform outstandingly well.
- People who are important to me must approve and love me.
- Everyone must treat me kindly and fairly.
- The conditions of my life, especially in sport, must be arranged so that I get what I want when I want.

We wish! If athletes subscribe to any one of these false beliefs, let alone two or more, their progress is blocked. These false beliefs foster a number of irrational thought patterns, any one of which debilitate an athlete’s ability to perform.

- Perfection is Essential –This is probably one of the most debilitating thought patterns of all. No one is “perfect” all the time. Strive for perfection. Do not demand it. Coaches need to remember this as well.

- Catastrophizing – Perfectionist athletes often feel that the slightest mistake is a catastrophe and humiliation. Failure is not humiliation and is not disappointing parents, friends, and coaches; it is an opportunity to learn. Everyone makes
• Worth Depends on Achievement – Worth as a human being is based on factors other than the win-loss record. This comes as quite a revelation to many young athletes conditioned by a culture of winning is everything.

• Personalization – Athletes susceptible to linking self-worth to sport achievement often personalize everything. People are not laughing at you and the coach is not upset with you when helping you correct a skill you have trained to do? It takes hard work, including appropriate responses to adversity, to succeed. There is no substitute. The choice is yours.

• Blaming – In the face of perceived unfairness or conditions that are less than ideal, it is easy to blame other people or things. How often has a coach heard a new athlete blame the gun for the wild shots? Blaming allows the athlete to abdicate responsibility, which is absolutely nonproductive.

• Polarized Thinking – Sport is not made up of absolutes. Athletes are not all “good” or all “bad” nor are their performances. Labeling oneself (“choker”, “loser”) is disabling.

• One-Trial Generalizations – Just because something happens once or twice, does not mean it is the general rule. It rarely is the rule! Believing that one or two unsuccessful performances defines the general “rule” blocks future performance. If the “rule” is based on many occurrences, then the repeated shortcoming points the way for special emphasis in training.

Modifying Irrational and Distorted Thinking – Athletes who use any of the above irrational thought patterns need to change the situation. One excellent method is ABC Cognitive Restructuring. Using this method, athletes follow a four step (ABCD) process. It is helpful to set up four columns across a wide sheet of paper to record each step. The explanation and example shown here is adapted directly from the work of Dr. Zinsser. (Zinsser 2006, Figure 17-1) Athletes should follow all four steps for each type of self-talk pattern that they wish to modify.

• Activating Event – Instructions: Briefly describe the actual event that led to the feelings and behavior. Athlete’s entry: Fouled in final ten seconds of game – missed free throw.

• Beliefs or Interpretations – Instructions: Record the actual dysfunctional self-talk and, if appropriate, include mental pictures. Athlete’s entry: I lost the game for the team. (The athlete is using personalization and blaming.) I always choke in pressure situations. (The athlete is using overgeneralization and catastrophizing.)

• Consequences – Instructions: Identify feelings, bodily reactions, and behavior. Athlete’s entry: Depressed, tensed up, blew defensive assignment after free throw.

• Dispute or Refutation – Instructions: Write rational response(s) to the automatic thoughts. Athlete’s entry: I am disappointed but that is just one point out of 40 minutes of play. I missed this shot, but there are other times when I have come through under pressure. I will put extra time into free throw practice and work on staying loose and positive.

To aid the process, athletes may stimulate their thinking with the following questions:

• Are the beliefs based on objective reality?

• Are they helpful? Self-destructive thoughts are usually irrational.

• Are they useful in reducing conflicts with others or do they set up a me-versus-them situation?

• Do they help you reach your short and long term goals, or do they get in the way?

• Do they reduce emotional conflict and help you feel the way you want to feel?

Constructing Affirmation Statements – positive, present focused statements of fact or desired behavior are powerful aids. An excellent example is “I play well under pressure.” Note that the following two examples, while seemingly very similar, are ineffective statements: “I want to play well under pressure.” (…but I cannot yet.) or “I always play well under pressure.” (perfectionism). Affirmations are not sufficient by themselves to turn a negatively thinking athlete into one with a more positive mindset. However, as part of a broader program of training, they are quite useful and powerful. Affirmations must be phrased as if the athlete has already achieved the desired state. For example, in 1985 Ivan Lendl had a 9-12 record against John McEnroe. As part of a broader training program, Ivan started writing each day in his notebook, “I look forward to playing John McEnroe.” By 1991 his record was 19-15, including winning the last 10 matches in a row.

Designing Coping and Mastery Self-Talk Tapes – Mental rehearsal or imagery are enhanced through the use of recordings that aid the athlete in mastery of a skill (or their belief in their mastery) or that aid them in handling adversity in a positive manner during performance. A mastery tape may rehearse a routine, such as a shot process, series of shots, or an entire competition, along with the internal thoughts and feelings of the athlete.

A coping tape may rehearse challenges that the athlete may face, whether they be external or internal. Knowing what to do and how to think, and rehearsing those responses, assures that the correct response will take place in the heat of competition.

One athlete who went on to become an Olympic finalist was prevented from shooting for 3 months due to injury. She rehearsed every day of her recovery. Some days her “match” resulted in Olympic gold and a world record. Other days she rehearsed and imagined everything going wrong: from officiating, to range and weather problems, equipment malfunctions, and even an official stepping on her while about to release a shot. Others laughed when they heard her mention the latter possibility. “Ridiculous!” A few months later, while officiating at a World Cup, I witnessed another official step on her leg while she about to release a shot.
from the prone position! She shot a quick “look that could kill” at the official - and blithely returned to shooting tens. Her mastery and her coping skills were enhanced by the long layoff due to her constant rehearsal of her mastery and her coping strategies.

Many athletes have not yet developed the vivid mental rehearsal skills of this athlete, and benefit from use of pre-recorded tapes or MP3 files. These may be recorded by others or by the athlete.

Using Videotape and Electronic Trainers to Enhance Performance – Reviewing video of a properly executed skill, whether it be of the athlete them self or of another, allows the athlete to get an external perspective and truly visualize the action. This is also useful to show when an action needs to be modified. Computer-based training devises, such as the Noptel, provide another avenue of “video” review. While working with an athlete to rebuild her confidence prior to the national championships, we identified her belief that her hold on the aiming area was too loose. We could see that her hold was world class, but she didn’t believe it. After watching only three of her shots on the Noptel, she commented: “My hold seems to be pretty good today!” We spent a moment to discuss what she was seeing and how she might respond to what she was observing. After that, her shot release was smooth and decisive, as it had been in prior years. With renewed confidence - and two months of very hard mental, physical, and technical work on her part - she was national champion.

Clearly, these past two articles can only provide an overview of the topics of confidence and self-talk. For more on these topics, and the much broader range of sport psychology, see (Zinsser 2006). The book covers the entire range of sport psychology – that is, the entire range of the elusive concept of “mental training” that is so often talked about and so seldom understood. It provides underlying theory and research findings, as all good texts on the topic do, but does so in a style that is at once rigorous and accessible to the everyday reader. In addition, it provides plenty of examples of the practical application of the techniques. We regularly take concepts directly out of the book and apply them in our training with great success.

References

Acknowledgement
Special thanks to Dr. Nate Zinsser for assisting my use of applied sport psychology in coaching through his generous encouragement and suggestions.

Based in the Atlanta, Ga., area, JP O’Connor (jpoc@acm.org and http://www.america.nontrolet/~jpoc/) is involved in shooting as a competitor, is the Assistant National Coach – USA Paralympics Shooting Team, serves on the National Coach Development Staff, and coaches the rifle and pistol teams at North Georgia College & State University. He enjoys working with a number of pistol and rifle athletes from around the country, ranging from beginners to the highly advanced, in clinics and one-on-one private coaching. Previous installments of this series may be found via his web page.
A Plea for Improved Scoring

Ten-meter air rifle targets and 50-foot smallbore targets are very difficult to score accurately because their scoring rings and 10-dots are small and easy to misjudge. Unfortunately, many match sponsors and coaches score these targets inaccurately, with a result that scores given are usually higher than scores fired. This article seeks to challenge everyone who scores targets to place greater emphasis on learning how to score accurately to assure that paper target scoring becomes significantly better than it is now.

As a result of administering postal competitions with thousands of participants every year and of providing results services for several major air gun competitions, the CMP staff has accumulated considerable experience in scoring targets and in evaluating the scoring done by match sponsors. We know that many air rifle targets are not being scored accurately and that most of these errors can be eliminated by better knowledge of how to score and by better training of scorers. A few examples should illustrate our concern and conclusions.

The CMP acts as the clearinghouse for Three-Position Air Rifle National Records that are fired under National Three-Position Air Rifle Council rules. The process of submitting national records for approval also requires match sponsors to submit the targets. Two recent four-person team records were scored too high, by a minimum of six and 13 points respectively. A couple of recent individual record scores are also in danger of being rejected because they were scored too high. In evaluating these potential record targets, no shots that were marked as having been gauged and judged by at least two scorers were determined to be incorrect even if there were concerns that the scorers’ decisions were correct. The shots that were scored down were in almost every case, shots that should have been gauged, but were not.

Accurate scoring begins with using the correct scoring gauge and knowing how to read that gauge. All air rifle shots except shots in the 1 and 2-rings must be scored with a 5.5mm “outward gauge.” New scorers must be taught to begin by studying the scoring rules. Rule 8.0 in the National Standard Three-Position Air Rifle Rules governs air rifle scoring. Pay particular attention to the diagram on how to read an outward gauge. To score a higher value, the outer edge of the gauge must be tangent to or inside the outer edge of the second scoring ring away from the value being determined.

A primary reason why inaccurate air rifle scoring takes place is that scorers do not know how to look at a shot hole and properly determine whether it should be gauged. The examples provided with this article demonstrate how initial appearances can be deceiving. In each of these shots there is some visual indication that the shot might score the higher value. We have found that many scorers simply “eyeball” shots like these and decide they are “in” without even gauging them. In each case, the gauge shows that the shots are clearly “out.” A lot of extra points are being given to shooters because of this error.

One of the primary reasons why looking at air rifle shot holes is so deceptive is due to the poor quality target paper available in the U.S. Air rifle pellets typically cut shot holes that are larger than the 4.5mm pellet on virtually all U.S. targets. As it punches through the paper, the pellet tears small bits of target paper fibers from outside of the pellet diameter to leave an enlarged shot hole. We have seen several shot holes so large that the 10-dot is obliterated; yet the shot still scores a nine when a gauge is inserted.

Accurate scores are determined by how far the center of the shot hole is from the center of the target, not by whether an enlarged shot hole touches a scoring ring. The scoring gauge can accurately find the true center of the shot hole, but because the outside of
the shot hole may be larger, accurate scoring can only be done by using an outward scoring gauge that is 5.5mm in diameter, not 4.5mm, and by reading the gauge on the outside of a scoring ring that is not damaged by the pellet hole.

Good scorers understand that shot holes may be larger than 4.5mm and that they must gauge every shot that is doubtful. Do not determine whether a shot is doubtful by looking at the inside of the shot hole. The illustrations here show how deceptive that can be. Instead, look at the outside of the shot hole. If there is not a distinct black gap between the outside of the shot hole and the inside of the outer scoring ring, the shot is doubtful and must be gauged.

If scorers learn that air rifle shot holes are typically larger than 4.5mm and that looking at the outside of the shot hole is a surer way to determine whether a shot hole is doubtful and must be gauged, and if they do this with an outward gauge that is properly read, most of the errors in scoring we have seen would be eliminated. After all, the objective of target scoring is to give the shooter the score they actually fire, not an inflated, false score.
YOU HAVE MADE THE NATIONAL JUNIOR OLYMPIC SHOOTING CHAMPIONSHIPS -- NOW WHAT?

By R. Craig Johnson

After a successful performance in your state Junior Olympic Shooting Championship Match, you receive that coveted letter from the Olympic Training Center inviting you to the National Junior Olympic Shooting Championships! As the day approaches, you get more and more excited and nervous about what to expect. Your parents are elated and they see you as one of the next Olympians. Your coaches and teammates are both congratulatory and excited. Your name has appeared in the club bulletin and people have told you how great an experience you will have! But secretly, down deep inside, you have started to stress out from all the pressure. Indeed, in the month prior to your scheduled departure, your scores may have actually started to fall. You try to make sudden changes in your rifle and your position to get back to that high level of performance. But nothing you try seems to work. Finally, the day is here and both nervously and feeling unprepared, you get on the bus, plane or climb into your parents or coach’s car to take you to the Olympic Training Center in Colorado Springs. You wonder if things have been built up so large in the minds of parents and coaches and teammates that you wonder if you can perform even to your previous expectations, let alone the expectations that have been created now by all the folks surrounding you. After all, the term “Olympics” is in the name of the match. You know there will be some of the hottest shooters from around the country there. You will be competing, for the first time, not with just the folks you have known and shot with for the last few years, but from competitors from all around the country.

Well, kid, lean back, grab a nutritionally sound sports drink, hook up your iPOD, put on your music, read this article and know that things will be ok. Here are some thoughts for you while attending your first Junior Olympics at the Olympic Training Center.

Dealing with the three “U”s: the Unknowns, the Unexpected and the Undesirable.

The Unknowns include your new surroundings (the entire facility is new to you), including where you are housed, how your roommate is assigned, where the dining hall is, where the shooting building is, where the range is in the shooting building, where you will be shooting, the lighting conditions on the range, the temperature, whether there will be three feet of snow outside and innumerable other conditions. It is important to realize that you can never identify all of the unknowns and thus it is impossible for you to prepare for all of the unknowns. While you should learn as much as you can about the surroundings (look at photos, look at the website, talk to people who have been there, etc.) before you go, there will still remain a lot of unknowns that you will face when you get there. And since you can’t prepare in advance for each thing you don’t know about, what you need is a process for dealing with the unknowns.

That process is as follows:

Establish Priorities:
Focus first and foremost on those things that are of the highest priority to your reason for being there – the range, location of the shooting building, where the equipment room is, where you will be storing your equip-
Unfixed: If the unknown becomes the unexpected, then stay calm don’t get rattled and follow the process for the unexpected below.

Often, when people get out of their own comfortable surroundings, they tend to get rattled and let the unknown dictate how they will respond. But as you will learn in life, each time you go somewhere else and in each new situation in which you are placed, there are unknowns. It is how you deal with them and how quickly you learn about the unknowns that will determine how well you adapt.

The Unexpected
There are a couple of things to know: First, the unexpected WILL happen. Second, just like you can’t even identify let alone prepare for all the unknowns, you can’t plan for every unexpected thing. Your rifle breaks in a match; your luggage doesn’t arrive; your room is locked; your roommate goes nuts on you; your registration has been lost; you get sick or your equipment gets stolen. Because we cannot plan for each unexpected event, then just like the unknowns, you need a process for dealing with all unexpected things.

That process is as follows:

Stay Calm and Focus on FIXING the Problem, instead of ON the Problem: First and foremost, don’t get excited or rattled. All problems are either fixable or they are not. Fixable problems are generally fixed rather quickly by the people in charge of the match, or your housing or wherever else the problem has arisen. All YOU need to do is let them know, calmly but firmly, what the problem is. Remember, that most of the folks running the match or helping out down there are volunteers. While most of them know what they are doing, some of them do not. But yelling at them won’t make them learn. The first thing you should use in the process is to: a) Identify the person in immediate charge of the area in which the problem occurs (range officer during the match, for example), b) Explain what the problem is and ask them how they can help you fix it and then c) if it is obvious that they have no clue, ask to see whoever is in charge and escalate up the chain of command until you find someone who can help you. The vast majority of problems are fixed like this.

Unfixable Problems: Problems that are unfixable are those that you can’t do anything about. For example, on your way to the match you slip and wind up in the infirmary with a broken wrist. But even there, does that mean that the whole experience was wasted? Not in the least. Generally, even with unfixable problems, how you respond to those is far more important than the event that occurred itself. Go to the range. Sit and watch. Take notes. See if you can help. Pick up pointers. Watch how the really good shooters do. Watch how the stats office works. Take photographs of the good shooters in position. Attend the clinics. In almost every situation you will be able to get valuable information that will serve you well in the NEXT time you participate.

Stay away from the “party” kids: It seems at times some kids think they are at summer camp and are far more interested in showing that they can violate the rules than in focusing on why they are there in the first place. If you get one of these people for a roommate, ask to be reassigned. How they behave and what they do will have a dramatic effect on your performance and may actually wind up having you expelled from the event. Kids that violate the rules often are not invited back. Remember, you are also an ambassador for our sport.

Dealing with Match Pressure
Clearly one of the principle reasons you are at the OTC is to compete. But suddenly, you find yourself for the first time surrounded by VERY good shooters. You see some folks who seem to be able to hit a 10.9 every shot in practice. It can be VERY intimidating, particularly your first time there. So here are some helpful hints.

Shoot Against Yourself – ONLY: Remember, you should have been taught to focus on performance goals, not outcome goals. Regardless of how you perform, the sun will set and tomorrow the sun will rise again no matter how you shoot at the Junior Olympics. So what does it mean to shoot against yourself? First, in a large match like this, you will find your excitement, if properly controlled, will actually help. Set your MATCH goal (and write it down) to be no more than five points higher than your average, but it should be at LEAST your average. For instance, if you have been shooting
370 air rifle, set your goal to maybe a 373 for the match. That will tend to make your performance a bit stronger, but realistic. Some folks say to just shoot in your comfort zone – I think that is unrealistic because the excitement can actually help if it is directed properly. And setting a goal to shoot slightly higher than your average is a good way to do that. But recognize the reason you are there at the competition is NOT to “win” the matches. The main reason you are there is to learn and get “big” match experience.

**Practice Objectives:** You should get on the range and practice. But the focus and the objectives for your practice at this match is to make the slight adjustments in your position and other adjustments that are dictated by the surroundings and the new environment in which you are in. The light will be different, the equipment will be different, the sounds will be different, etc., etc., etc. You are NOT practicing to change from being a 350 shooter to a 385 shooter. That won’t happen. The time for building your position and all of the other things that have made you a good shooter are over for the time being. The time for those fundamental changes is over, at least until you have completed the match. During the practice times at the Junior Olympics, you are practicing so you can change the unknown to the known and NOT to make fundamental changes. So, practice should be comfortable. But put in a good solid practice, with plenty of breaks to sit, think and evaluate what the conditions are and how you will be dealing with them during the match. The main focus on the practice is to get your equipment properly set and to get accustomed to the sights, sounds and smells of the new range. If you are so trained, do some visualization – picture what it will be like to be shooting standing air rifle for instance, with 140 other shooters at the same time. Then when you are actually in the match, you have already visualized it and it will seem almost home to you already.

**Equipment Checks:** One of the things that seems to affect young shooters most often is that they find their shooting coats or other items of equipment don’t meet the strict rules that they may face for the first time. It is a VERY good idea to see if you can get make sure your equipment meets standards BEFORE you leave home. After arriving at the OTC, get a knowledgeable official to measure and evaluate these items early, while there is time to get used to any changes that are needed in your practice. All too often, I have seen kids going through coat check just before their match, only to be told that their buttons are too tight and they are then fighting to adjust to the coat fit during the match. This is the one area where you should see the shooting folks as early as possible and see if you can get someone to help check your equipment to make sure it meets the rules. Then, you can adjust to it in practice, instead of trying to adjust to it in the match. This doesn’t mean, of course, that when you go through equipment check at the match that there may be some final slight adjustments that may be needed. But those will be minor and will not affect your performance.

**Sighting Shots:** Work out your initial match pressure by being attentive to your sighting shots. You will find that when you first start shooting in a big match like this, your body will take some time to settle down. So it is a good idea to dry fire a few shots first and then use your first sighters to settle down into your rhythm. Then, move to your next sighter to make your fine sight adjustments and shoot at least the LAST five sighters as if they were record shots. DON’T be tempted to immediately go to record if you shoot a 10 on the first of those five. Shoot the other four as if they were record shots. The result may surprise you. There is a tendency to try to save your good shots if you shoot a couple on sighters. There is no “shot savings bank” that allocates only a set number of 10’s to you and you must realize that you are not “wasting” all of your 10’s in your sighters.

**“One Shot” Matches:** Your coach should have drummed this into your brain, but in the heat of a match, it is often a tough thing to remember. A 40 shot match is comprised of 40 ONE SHOT matches. If you muff a shot (and presumably it is not because you haven’t sighted in your rifle), look at it, make any corrections, then forget it. Go on to the next shot, dry fire if you want and focus on that shot. Check your natural point of aim, but then use the process for shooting the shot that you have trained yourself to do. You must remember that whether it is a good shot or a bad shot, after it has been shot there is nothing you can do about it.

**Mental Vacation:** When you get into “trouble” in a match (and in a big match, almost everyone does), take a mental vacation. That may involve sitting down off the line for a few minutes while you think of something else. If you have music that you like, step off the line for

Continued on page 28
In a mere four-year period Jared Fodor rose from near complete firearm unfamiliarity to become an accomplished Double Trap competitor, propelling himself to the international scene.

To say that Fodor had humble beginnings is an understatement. Despite growing up in rural Ohio, Fodor had never been introduced to the shooting sports. Previous to 2003, Fodor had never even fired a firearm.

That all changed when Fodor got his first taste of the addicting sport at a shoot sponsored by the Future Farmers of America in the fall of 2003 when Fodor was 15. Jim Eyster, president of Centerburg Youth Shooting Sports in Centerburg, Ohio, was supervising the shoot when he happened upon Fodor.

"The shoot was wrapping up when I went into the clubhouse to invite the workers in the kitchen out to shoot," said Eyster. "That’s when I found Jared fraternizing with the girls in the kitchen."

Eyster quickly pulled Fodor out to shoot and one thing became apparent— he was hooked.

Fodor quickly bought a twelve gauge Remington 870, which he dubbed "Ole Bessy." Along with this newest companion, Fodor joined the ranks of a handful of dedicated shooters in Centerburg and trained through the winter.

Fodor then came out in the spring of the following year and got his feet wet as he joined a squad in the Senior Novice division for the Scholastic Clay Target Program (SCTP), shooting in both the Ohio State Shoot and the Nationals at Vandalia.

"It went quickly, but it gave me a desire to compete at bigger levels than just local," said Fodor.

In the summer of 2005, Fodor experienced an exciting new variation of American Style trap— bunker.

In pursuit of this intriguing new style, Fodor attended the Ohio Advanced Shotgun Camp in July, where the camp’s focus was singles. But the camp’s instructor was the accomplished Double Trap coach, Lester Greevy, and he decided to introduce this discipline to the camp’s participants.

"Originally, I thought Les was very strict and intimidating, but, after working with him for a little bit, I realized he was an excellent coach," said Fodor. "I found doubles even more exciting than singles."

The experience kindled Fodor’s interest in this new discipline, so he traveled to Greevy’s bunker in Pennsylvania where he received much appreciated coaching and training.

Fodor then qualified for the 2005 Junior Olympic Development Camp at the Olympic Training Center in Colorado Springs. This camp is designed to introduce SCTP shooters to the bunker style trap. During the camp he met National Shotgun Coach Lloyd Woodhouse and B.J. McDaniel and focused on singles, relentlessly burning endless numbers of rounds per day.

"At the end of the camp, we had a 75-target match for the camp crown," Fodor said jokingly. "It was my first competition in international-style trap, and I finished fairly well, which gave me some confidence."

Fodor journeyed to the National Junior Olympic match in Colorado Springs in September to shoot both singles and doubles.

"I didn’t know what to expect when I got there, but what I found is that there are a lot of competitive junior shooters in the United States. Needless to say, I shot decent scores and finished in the middle of the pack, but I got my first experience of what it was going to be like."

The National Junior Olympics marked the end of the 2005 season and Fodor continued training, looking toward the upcoming season.

Once 2006 rolled around, Fodor decided to focus on Double Trap.

Jared’s father, Scott Fodor, decided to attempt to simulate Double Trap at the Centerburg range.

"He needed a place to practice, and even though it’s not like an actual bunker, it simulates [one] and has helped
him to develop his technique,” said Scott.

Scott’s creation has been called the “Hillbilly Bunker” by some of the shooters, but, by whatever means, it achieves its purpose. The hillbilly bunker started out as an ATA house with two machines. Scott first fabricated a mount for the two machines, but due to the limited size of the house, he is restricted to adjusting only to schemes A and B. He replaced the springs with more powerful ones and purchased a radar gun to determine the speed of the targets. And, at the recommendation of Greevy, he installed a skeet cord for drills. The final touch is a platform that closely resembles a picnic table for the shooter to stand on in order to achieve the same height as the house.

Fodor increased his training and shot at the Spring Selection Match with little success, but progress became evident at the 2006 Junior Olympics.

Shooting a 119 in the match, he snagged a spot in the finals, but, even though he gained targets on his nearest competitor in the finals, he maintained sixth place.

“It was a big step making the finals,” Fodor said. “The weather wasn’t ideal, which caused low scores across the board. That’s when I realized the importance of shooting less-than-ideal targets in practice to shoot well in competition.”

Shortly after the Junior Olympics, Fodor continued his shooting career at Lindenwood University, where he earned a half ride with all shooting expenses paid.

As a member of the Lindenwood Shooting Team, Fodor competed in the Fall Selection Match. During the match, Fodor drastically improved his score in the second day of competition, allowing him to take third place for the juniors. This accomplishment earned Fodor a spot on the USA Shooting National Development Team.

“I was extremely excited; it was a major goal for shooting at the time,” said Fodor. “I was then able to wear the USA team vest and also gained financial support from USA Shooting and Winchester.

However, Fodor left Lindenwood after the fall semester because he decided to increase his focus on Double Trap, so he returned to Ohio and to the hillbilly bunker. He continued to train, and when the 2007 season rolled around, he was prepared.

Combined with the 2006 Fall Selection Match, the 2007 Spring Selection Match would determine who would be chosen to represent the U.S. Shooting Team at the World Championships in Cyprus. Fodor was in third place going into the match, and, shooting a 259 with a 45 in the final, he maintained his position (edged out by Justin Richmond of Pennsylvania in the single-elimination shoot-off) and earned the last spot on the team.

Fodor then competed at Nationals, taking first place for juniors by five targets.

In the following competition, the Fall Selection, Fodor shot a 266, missing the finals but placing third for juniors.

Fodor then headed for the World Championships, where the team earned the team silver and Jared tied for tenth with a 128 individually.

“It was a good experience to get a feel of what it’s going to be like in the future world competitions,” said Fodor. “We didn’t perform as well as we thought we could, but we still got second.”

At the 2007 Junior Olympics Fodor demonstrated his growing ability. Shooting a 132 out of the initial 150 and edging out Sam Lutz with a 47 in the final, Fodor won the match.

Fodor enjoys the success, but he continues to train and look toward the future, setting his goals in advance.

“I hope to get accepted for residency at the Olympic Training Center and continue to successfully compete at the national and the international levels,” said Fodor.

Fodor’s coach certainly applauds his commitment and skill.

“Jared Fodor came into Olympic shooting without a long background in American or ATA trap shooting but has reached the top end of junior double trap shooters in a few short years,” said Greevy. “I think this is a result of steady growth and development and adherence to good basic fundamental training principles. In matches he shows a calmness and maturity that gets him through the rough parts that we all experience without causing a train wreck. He shoots steady good scores and that is what it is all about.”
Continued from page 25

a few minutes and listen to that, if time permits. Then get back and finish the match. Sometimes, you MUST take a mental vacation if nothing else is working. If nothing else permits, just close your eyes for a moment and think of your favorite spot on earth and visualize yourself there for a few moments. But remember, you must get permission to leave and re-enter the firing line. Plus you will have to re-establish your position and continue record shots.

Establish Your Rhythm: Don’t try to shoot too fast – or too slow. Just establish your own normal rhythm. Lots of people tend to try to hurry when they get in trouble. That generally results in a worse performance.

Count Your Targets: In air rifle (if they use paper targets) DO look over your target pack BEFORE you step to the line to shoot it to make sure the proper number of targets and sighters have been issued AND after the target pack is shot and before you put your equipment away to make sure you have SHOT all the targets. Losing points by missing a shot is too bad, but it may have been the best shot that you were capable of making at that particular moment in time. Losing points by not having the proper number of targets shot is not ok and is just like handicapping yourself by 10 points for every target that is not in the pack. By the way, the sighter targets are the ones with the diagonal line across the corner.

FOCUS each time on YOUR target: It is very easy to cross fire in a major match. Find something on the wall next to your target (whether it is a number, a crack or something) and visually check that EACH time you shoot. And watch for cross fires from others. It really helps to have a set of foam ear plugs for air rifle to block out distractions of all types to enable you to focus on your own performance.

Keep to YOUR Game Plan: Resist the temptation to change your position, equipment or methods because of something you see another shooter, even a good shooter, do. IT IS FATAL TO A SHOOTER IF THEY SEE THE WAY SOME OTHER SHOOTER IS DOING IT AND SUDDENLY CHANGE THE WAY YOU HAVE TRAINED TO TRY TO EMULATE THAT OTHER SHOOTER. It is perfectly fine, however, to write down what this or that shooter did, and try that later. In short, don’t make major changes in your position, your process or your equipment. Make only those changes that are necessitated by the different range conditions and no more. Now is NOT the time to fundamentally alter the way you shoot or how you set up your equipment.

After Your Match. After you shoot, get packed up. But make sure you do two things: 1) Check your targets to make sure they are properly scored as soon as they are scored and lodge any necessary challenges. 2) Pull out your shooter’s diary and write down your thoughts, feelings, what you did right, what felt good and some pointers that you may see from other shooters. Remember, the primary purpose you are there is to learn.

Enjoy the experience! This is the REWARD you have for your good performance. You will learn more there if you ENJOY the experience and recognize it is the pinnacle of your performance this year!

Dealing with Others

This may be the first time in your life that you have experienced so many people in your age group who have the same interests as you have. You are suddenly surrounded by people from all walks of life and areas of the country. You will see kids that are well-funded and individuals who were barely able to afford Brown Box ammo. Regardless of whether you have the best equipment available or you are one of the shooters who has saved enough money to buy Eley Brown Box or you are somewhere in between, how you conduct yourself with respect to other competitors, coaches and match officials will establish a reputation that will continue with you for a long time. You should never look down on someone with lesser equipment, nor should you assume that someone with better equipment is a better shooter than you. In all cases, you are at that match because you have earned the right to be there. You would not be there if you didn’t deserve to be there. There will usually be better shooters there than you and there will usually be worse shooters, or you may find yourself at one end or the other. But you will be seeing those kids for a long, long time and they will form the friendships that are great to have in this sport. Get to know some of them. Trade ideas, thoughts and feelings. Make friends. Enjoy the experience! If you continue in the sport, and we hope you will, those kids that you meet at the Junior Olympics will be the same kids you will be shooting against again at the next Junior Olympics, at the National Championships and in college! You can form some of the best friendships in your life at these events because you share a same interest for perhaps the first time in your life! So, you should live by a simple, fundamental rule. Treat everyone with same respect that you would want someone to give you. Be friendly, be helpful, but avoid situations that can be destructive or unhelpful. Sometimes when kids first leave home, they treat it as a license to engage in bad behavior. You should avoid those types of kids, just as you have been told at home. There are plenty of other kids that will build you up and you can structure a relationship that will be a great solid long lasting friendship!

What a great opportunity awaits you at the Junior Olympics! It is one of fun, excitement and learning that is unparalleled for a young person! You will naturally be excited and you will often be inspired to go on to a great shooting career! Especially for your first time at the Junior Olympics, lots will be new and there is lot that will make you nervous. There will be lots of distractions and lots of pressure. But you can withstand all of that and have a great time if you read and keep a copy of this article in your bag. When things seem too hard, or the pressure seems too great, when you are trying to be perfect or others expect you to be perfect, pull this out and re-read it. Your enjoyment of the experience and your learning will be greatly improved if you do. Remember, we are all rooting for you to achieve the best YOU can achieve as YOU, and not as someone who is not you! So relax a bit and as my old cowboy buddy says, “enjoy the ride!”
REAL ATHLETES SHOW RESPECT

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Recent News & Events

USA Shooting Hires Membership/Merchandise Coordinator and Competitions Assistant

USA Shooting recently hired two new staff members in the Competitions Department. Nichole Rae was hired as the Membership/Merchandise Coordinator and Cynthia Jackson will serve as the Competitions Assistant.

Nichole Rae comes to USAS after serving in various roles for 24 Hour Fitness for four and a half years. She held positions of Fitness Counselor, Assistant General Manager, Fitness Manager and Personal Fitness Trainer during her tenure with 24 Hour Fitness and also received many sales awards while she was employed there. Nichole currently runs an internet marketing and direct sales business in the evening. She also has a background in photography. Raised in Northwest Arkansas, Nichole started shooting at the age of 10 and still enjoys shooting at her ranch property in the Sangre de Cristo Mountains.

Nichole’s primary responsibilities at USAS include membership, merchandise and event sanctioning.

Cynthia Jackson comes to USAS with four years of Olympic National Governing Body experience. A native of Los Angeles, Calif., Cynthia originally began her NGB career as Assistant Athlete and Tournament Coordinator with U.S. Fencing in 1998. She later relocated to Atlanta, Ga. for five years where she worked for Zurich North America in the Global Corporate Casualty insurance department.

Cynthia moved back to Colorado Springs in the fall of 2004 and jumped at the opportunity to return to the Olympic Family by joining USA Archery and later USA Boxing as Executive Assistant. Her various responsibilities at these two NGBs included apparel selection, team travel, event administration and board meeting administration.

In her free time, Cynthia enjoys hiking and spending time with her two children.

Cynthia's primary role at USAS is to assist Competitions Manager Lindsay Brooke with national events and says she is very excited to be working with such a respected sport and is even more excited to get to know and serve the athletes and members of USAS.

Red River Regional Marksmanship Center to Build Two and a Half Million Dollar Indoor Shooting Facility in Fargo, N.D.

FARGO, N.D. (January 3, 2008) --- The Red River Regional Marksmanship Center, Inc. announced plans to build a $2.5-million-dollar indoor shooting facility in West Fargo, N.D. for use by the region. Fundraising is currently underway, land has been purchased and the facility is scheduled to open at the end of 2008. Architectural designs have already been completed and bids for the project will be evaluated in early 2008.

The mission of the Red River Regional Marksmanship Center, Inc. is to foster and promote the safe and responsible use of firearms through education, safety training, marksmanship, competitive and recreational shooting. The RRRMC’s goal is to have a place to practice shooting sports and train new shooters. Specifically, a portion of the facility will be constructed to meet the educational needs of new shooters, such as hunters’ safety education and junior shooting programs such as those conducted by the Boy Scouts and the Jaycees.

Discussions regarding the RRRMC have been ongoing for about three years and major funding has been committed by the North Dakota Game and Fish Department, as well as several organizations and individuals. Additional donors and contributors are being sought.

The range is a result of several groups and individuals gathering to plan a facility in the region's largest population center for the benefit of firearms enthusiasts all over the region. The area has produced several world-class and junior marksmen but has limited potential for increasing the skills of young shooters and others due to the restrictions of inclement weather during the winter months. Shooters would be able to use the range all year, with open shooting planned for each day, as well as organized shooting of numerous types, including smallbore and high-power rifle, cowboy action, concealed carry, action pistol shooting, conventional pistol (bullseye) and law enforcement.

According to plans, the facility would include two 15-firing point ranges for rim fire and handguns, a 10-point air BB gun range and four 100-meter rifle tubes. It would also feature a conference room for classes and would be capable of hosting major shooting events. Further details can be obtained at www.rrrmc.com.
USA Shooting Saddened by the Passing of National Development Coach James Kinkade

By Mary Beth Vorwerk

USA Shooting was deeply saddened by the sudden passing of James Kinkade December 6 at the U.S. Olympic Training Complex. Kinkade, 67, was visiting the OTC in Colorado Springs for the 2007 USA Shooting College and Conference.

Kinkade was a long-time volunteer for USAS and the shooting sports. He was a member of the USA Shooting National Rifle Association and Civilian Marksmanship Program National Coach Development staff, which is the group that teaches coach schools, camps and clinics and helps promote shooting programs at the state and regional level.

Kinkade was also the coach of a very successful club in Illinois called Sandy Ford Junior Shooters. Each summer, Kinkade volunteered a week of his time at the 4-H Invitational (Nationals) and conducted numerous camps and clinics every year.

Kinkade was in Colorado Springs for the National College and Conference as well as for the Level 3 Pistol Coach School, which is the highest level of training in the USA, NRA and CMP Coach Education Program.

"Jim was one of those guys with the sweetest, kindest spirit and he loved helping kids and growing the sport of shooting," said Bob Foth, USA Shooting Manager of Youth Programs and Coach Development. "He loved being able to volunteer his time and invest in kids, coaches and shooting programs. He died doing one of the things he loved most in the world, getting the training to be a better coach and to be able to help kids and grow the shooting sports. We consider this a great loss to USA Shooting."

Kinkade is survived by four children.

USA Shooting Board Members Mike Krei and Kinsey Robinson join Bunker Club members Tom Held, Mona Robinson and Col. Dennis Behrens at the “Toys for Tots” shoot in Glendale, Maryland.

The annual event, chaired by Colonel Behrens, collects Christmas gifts for the neediest of children in the Washington, DC metropolitan area.

On December 4, 2007 Patrick J. O’Dea, a longtime supporter of USA Shooting, lost his last battle - he was a fighter to the very end. If you knew Pat you may have heard him say “life is like a poker game, you have to know when to hold them and when to FOLD.”

Born east of Rapid City, S.D. out near Cottonwood in June 1922, Pat’s early years were spent on the family homestead. In 1940 he joined the Army and then transferred to the Army Air Corp and flew as Co-Pilot on B-17’s in Europe.

After the war he stayed in the service and retired in 1961 with 21 years of active duty. He always loved competitive shooting and high power was number one on his list. One of Pat’s proudest days was the day he received his Distinguished Medal #37 from the Air Force with 3 Hard Legs, 1 Gold and 2 Silver, with one of those from Camp Perry. His love of shooting never left him and even though he could not physically compete in his later years, he turned his time and knowledge to helping any and all juniors that came his way in rifle, pistol, shotgun, running target and silhouette.

Pat is survived by his wife Marian of Dillon, Montana and three sisters in North and South Dakota.


Trude Schlernitzauer (nee Siltala), age 86, was born on November 30, 1920 in the upper peninsula of Michigan in Negaunee to Victor and Matilda Siltala. In 1943 she married her beloved husband, Richard (Dick) F. Schlermi-
tzauer, and cherished him throughout their nearly 50 years of marriage. Together, they owned and managed the Frank’s 5¢ to $1 Store in Locust Grove, Ga. and Frank and Marlene Horner of Spring Lake, Mich. for their donations to USA Shooting in memory of Trude Schlernitzauer.

In 1946, Trude’s father-in-law first introduced her to the art of target shooting. Due to her Finnish heritage of determination and tenacity, Trude excelled. She became the first civilian woman to represent the United States at the 38th World Pistol Championships held in Cairo, Egypt in 1962, where she won a bronze medal. Her medal is on display at the National Firearms Museum in Fairfax, Virginia. At that time, Trude was one of only two women to hold the International Distinguished Gold Badge for Pistol in the U.S. In addition, Trude was the National Women’s Pistol Champion in 1965, 1968 and 1969. In recognition of these accomplishments, she appeared on the popular TV show “To Tell the Truth” in New York City.

Trude and Dick lovingly raised three children. Her children and grandchildren held a special place in her heart and she greatly enjoyed just spending time with all of them. Trude was preceded in death by her husband, Dick, and her brother, Wills Siltala and is survived by her three children, five grandchildren and five great-grandchildren.

Memorial contributions may be made in Trude’s name to the USA Shooting Team, 1 Olympic Plaza, Colorado Springs, CO 80909. A special thank you to Linda and Jon Dameron of E. Grand Rapids, Mich., Aubrey Smith of Locust Grove, Ga., and Frank and Marlene Horner of Spring Lake, Mich. for their donations to USA Shooting in memory of Trude Schlernitzauer.

Jacob Turner Participates in Make-A-Wish Foundation Holiday Party

Jacob Turner, a trap shooter, attended the Make-A-Wish Foundation holiday party event held at the Olympic Training Center in Colorado Springs December 10, 2007. Eight OTC Resident Athletes attended this annual event to help 90 kids with life-threatening illnesses pick out gifts for family members. The Gifts are donated by local businesses and each child brings a list of family members to pick out holiday gifts for. The Athletes take the kids around and help them pick out the gifts and also take the children to visit with Santa Claus.

Since 1980, the Make-A-Wish Foundation has enriched the lives of children with life-threatening medical conditions through its wish-granting work. The Foundation’s mission reflects the life-changing impact that a Make-A-Wish experience has on children, families, referral sources, donors, sponsors and entire communities.

Jacob Turner, a trap shooter and U.S. Olympic Training Center resident athlete, participated in the Make-A-Wish Foundation holiday party event held at the Olympic Training Center in Colorado Springs December 10, 2007. Eight OTC Resident Athletes attended this annual event to help 90 kids with life-threatening illnesses pick out gifts for family members. The Gifts are donated by local businesses and each child brings a list of family members to pick out holiday gifts for. The Athletes take the kids around and help them pick out the gifts and also take the children to visit with Santa Claus.

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### Shotgun

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<td>3343</td>
<td>Olympic Team Trials - Air Rifle and Air Pistol</td>
<td>USA Shooting</td>
<td>Selection Match</td>
<td>Shotgun</td>
<td>Colorado Springs</td>
<td>CO</td>
<td>3/1/08</td>
<td>3/2/08</td>
<td>Phone: (719) 866-4670 Email: <a href="mailto:competitions@usashooting.org">competitions@usashooting.org</a></td>
</tr>
<tr>
<td>3503</td>
<td>CRSSA Monthly PTO</td>
<td>Cross Roads Sport Shooting Association</td>
<td>Preliminary Tryout</td>
<td>Rifle</td>
<td>Glen</td>
<td>MS</td>
<td>3/1/08</td>
<td>3/1/08</td>
<td>Club Rep: Matthew Hendrie Phone: (662) 287-3234 Email: <a href="mailto:crossa@earthlink.net">crossa@earthlink.net</a></td>
</tr>
<tr>
<td>3507</td>
<td>Shooting Stars (Spring) PTO</td>
<td>NASSA</td>
<td>Preliminary Tryout</td>
<td>Rifle</td>
<td>Carrollton</td>
<td>TX</td>
<td>3/1/08</td>
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<td>Club Rep: E.L. Teach</td>
</tr>
<tr>
<td>3525</td>
<td>March International Air Pistol Competition</td>
<td>Woburn Sportmen's Assoc.</td>
<td>Preliminary Tryout</td>
<td>Pistol</td>
<td>Bedford</td>
<td>MA</td>
<td>3/2/08</td>
<td>3/2/08</td>
<td>Phone: (781) 275-7323 Email: <a href="mailto:mary@idaho.com">mary@idaho.com</a></td>
</tr>
<tr>
<td>3104</td>
<td>Delaware State Pistol Club Free Pistol PTO</td>
<td>Delaware State Pistol Club</td>
<td>Preliminary Tryout</td>
<td>Pistol</td>
<td>New Castle</td>
<td>DE</td>
<td>3/2/08</td>
<td>3/2/08</td>
<td>Club Rep: Jim Conlin Phone: (302) 928-8886</td>
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<tr>
<td>3097</td>
<td>DE State Pistol Club Free Pistol PTO</td>
<td>Delaware State Pistol Club</td>
<td>Preliminary Tryout</td>
<td>Pistol</td>
<td>New Castle</td>
<td>DE</td>
<td>3/2/08</td>
<td>3/2/08</td>
<td>Club Rep: Jim Conlin Phone: (302) 928-8886</td>
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<tr>
<td>3108</td>
<td>Michigan USA Air Pistol PTO</td>
<td>Riverside Shooting Club</td>
<td>Preliminary Tryout</td>
<td>pistol</td>
<td>Bay City</td>
<td>MI</td>
<td>3/9/08</td>
<td>3/9/08</td>
<td>Club Rep: Thomas Monto Phone: (989) 631-5079 Fax: (989) 631-5079 <a href="mailto:kers_ATOM@att.net">kers_ATOM@att.net</a></td>
</tr>
<tr>
<td>3429</td>
<td>March Open International Air Pistol Match</td>
<td>Riverside Shooting Club</td>
<td>Preliminary Tryout</td>
<td>Rifle</td>
<td>Bay City</td>
<td>MI</td>
<td>3/9/08</td>
<td>3/9/08</td>
<td>Club Rep: Thomas Monto Phone: (989) 631-5079 Fax: (989) 631-5079 <a href="mailto:kers_ATOM@att.net">kers_ATOM@att.net</a></td>
</tr>
<tr>
<td>3122</td>
<td>Western NY Air Gun PTO</td>
<td>Rochester Rifle Club</td>
<td>Preliminary Tryout</td>
<td>Pistol</td>
<td>Rochester</td>
<td>NY</td>
<td>3/9/08</td>
<td>3/9/08</td>
<td>Club Rep: Dennis Schröder Phone: (504) 303-2602 <a href="mailto:info@rochesterrifleclub.org">info@rochesterrifleclub.org</a></td>
</tr>
<tr>
<td>3122</td>
<td>Western NY Air Gun PTO</td>
<td>Rochester Rifle Club</td>
<td>Preliminary Tryout</td>
<td>Pistol</td>
<td>Rochester</td>
<td>NY</td>
<td>3/9/08</td>
<td>3/9/08</td>
<td>Club Rep: Dennis Schröder Phone: (504) 303-2602 <a href="mailto:info@rochesterrifleclub.org">info@rochesterrifleclub.org</a></td>
</tr>
<tr>
<td>3122</td>
<td>Phoenix RGC March PTO</td>
<td>Phoenix Rod &amp; Gun Club</td>
<td>Preliminary Tryout</td>
<td>Pistol</td>
<td>Gilbert</td>
<td>AZ</td>
<td>3/15/08</td>
<td>3/15/08</td>
<td>Club Rep: Donald Plante Phone: (480) 855-0002 Email: <a href="mailto:dolp404@msn.com">dolp404@msn.com</a></td>
</tr>
<tr>
<td>3402</td>
<td>2008 MARYLAND STATE-JUNIOR OLYMPIC STATE CHAMPIONSHIP</td>
<td>Damascus Air Rifle Club</td>
<td>State Junior Olympics</td>
<td>Rifle</td>
<td>Damascus</td>
<td>MD</td>
<td>3/15/08</td>
<td>3/15/08</td>
<td>Club Rep: Thomas Maloney Phone: (240) 245-6841 Email: <a href="mailto:tmaloney@comcast.net">tmaloney@comcast.net</a></td>
</tr>
<tr>
<td>3151</td>
<td>Blue and Gray Free Pistol League</td>
<td>Blue and Gray R&amp;P Club</td>
<td>Other Event</td>
<td>Pistol</td>
<td>Grant</td>
<td>AL</td>
<td>3/15/08</td>
<td>3/15/08</td>
<td>Phone: (256) 673-0861</td>
</tr>
<tr>
<td>Event</td>
<td>Club Name</td>
<td>Competition Type</td>
<td>Location</td>
<td>Date</td>
<td>Contact Information</td>
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<tr>
<td>3413 Desert GC Monthly Match PTO</td>
<td>Desert Gun Club Inc.</td>
<td>Preliminary Tryout</td>
<td>Phoenix FL</td>
<td>3/22/08</td>
<td><a href="mailto:jpc144@gmail.com">jpc144@gmail.com</a></td>
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<tr>
<td>3434 NYCD Indoor Prime Rifle Championships</td>
<td>Schenectady County JRC</td>
<td>Preliminary Tryout</td>
<td>Rottersdm NY</td>
<td>3/22/08</td>
<td><a href="mailto:cmeyer1@nycap.rr.com">cmeyer1@nycap.rr.com</a></td>
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<tr>
<td>3619 2007-2008 NY Capital District-Monthly Indoor Prime Rifle PTO Match</td>
<td>Schenectady County JRC</td>
<td>Preliminary Tryout</td>
<td>Scotia NY</td>
<td>3/22/08</td>
<td><a href="mailto:cmeyer1@nycap.rr.com">cmeyer1@nycap.rr.com</a></td>
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<tr>
<td>3484 Minnesota State Championships</td>
<td>Minneapolis Rifle Club</td>
<td>Preliminary Tryout</td>
<td>New Castle DE</td>
<td>5/30/08</td>
<td><a href="mailto:minris@usa.net">minris@usa.net</a></td>
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<tr>
<td>3541 USA Shooting Air Rifle and Pistol PTO Match</td>
<td>Black Mountain Shooting Club</td>
<td>Preliminary Tryout</td>
<td>New Castle DE</td>
<td>4/6/08</td>
<td><a href="mailto:shteyman.dmitriy@corp.sysco.com">shteyman.dmitriy@corp.sysco.com</a></td>
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<tr>
<td>3350 CRSSA Monthly PTO</td>
<td>Cross Roads Sport Shooting Association</td>
<td>Preliminary Tryout</td>
<td>Glen MS</td>
<td>4/5/08</td>
<td><a href="mailto:shteyman.dmitriy@corp.sysco.com">shteyman.dmitriy@corp.sysco.com</a></td>
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<tr>
<td>3382 Black Mountain Monthly PTO Match</td>
<td>Black Mountain Shooting Club</td>
<td>Preliminary Tryout</td>
<td>New Castle DE</td>
<td>4/6/08</td>
<td><a href="mailto:shteyman.dmitriy@corp.sysco.com">shteyman.dmitriy@corp.sysco.com</a></td>
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<tr>
<td>3105 Delaware State Pistol Club Free P6 Matching</td>
<td>Delaware State Pistol Club</td>
<td>Preliminary Tryout</td>
<td>New Castle DE</td>
<td>4/6/08</td>
<td><a href="mailto:shteyman.dmitriy@corp.sysco.com">shteyman.dmitriy@corp.sysco.com</a></td>
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<tr>
<td>3108 USA Shooting &amp; 4HSS Quarterly PTO</td>
<td>Ft. Bend County 4-H Shooting Sports</td>
<td>Preliminary Tryout</td>
<td>Rosenberg TX</td>
<td>5/23/08</td>
<td><a href="mailto:cmeyer1@nycap.rr.com">cmeyer1@nycap.rr.com</a></td>
<td></td>
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</tr>
<tr>
<td>3141 Desert GC Monthly Match PTO</td>
<td>Desert Gun Club Inc.</td>
<td>Preliminary Tryout</td>
<td>Arcadia FL</td>
<td>5/24/08</td>
<td><a href="mailto:shteyman.dmitriy@corp.sysco.com">shteyman.dmitriy@corp.sysco.com</a></td>
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<tr>
<td>3563 CRSSA Monthly PTO</td>
<td>Cross Roads Sport Shooting Association</td>
<td>Preliminary Tryout</td>
<td>Glen MS</td>
<td>6/7/08</td>
<td><a href="mailto:shteyman.dmitriy@corp.sysco.com">shteyman.dmitriy@corp.sysco.com</a></td>
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<tr>
<td>Event</td>
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<td>Type</td>
<td>Event</td>
<td>Host</td>
<td>Date</td>
<td>Location</td>
<td>Club Rep.</td>
<td>Phone</td>
<td>Email</td>
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<td>3384 Black Mountain Monthly PTO Match</td>
<td>Black Mountain Shooting Club</td>
<td>Preliminary Tryout</td>
<td>Pistol</td>
<td>China</td>
<td>6/8/08</td>
<td>CA</td>
<td></td>
<td>(909) 591-988</td>
<td><a href="mailto:gregkuzmin@msn.com">gregkuzmin@msn.com</a></td>
</tr>
<tr>
<td>3307 Shooting Stars PTO</td>
<td>NASAA</td>
<td>Preliminary Tryout</td>
<td>Pistol, Rifle</td>
<td>Carrollton</td>
<td>6/8/08</td>
<td>TX</td>
<td></td>
<td>(920) 234-8700</td>
<td><a href="mailto:gregkuzmin@msn.com">gregkuzmin@msn.com</a></td>
</tr>
<tr>
<td>3474 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>6/14/08</td>
<td>ID</td>
<td></td>
<td>(208) 785-4680</td>
<td><a href="mailto:randy@bigskytel.com">randy@bigskytel.com</a></td>
</tr>
<tr>
<td>3372 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>6/14/08</td>
<td>CA</td>
<td></td>
<td>(714) 777-4585</td>
<td>hammermill@yahoocom</td>
</tr>
<tr>
<td>3482 Free Pistol &amp; Standard Pistol, PTO</td>
<td>Chabot Gun Club Inc.</td>
<td>Preliminary Tryout</td>
<td>Pistol</td>
<td>Castro Valley, CA</td>
<td>6/15/08</td>
<td>CA</td>
<td></td>
<td>(415) 392-1243</td>
<td><a href="mailto:peck@jaspel.net">peck@jaspel.net</a></td>
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<tr>
<td>3373 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>7/12/08</td>
<td>CA</td>
<td></td>
<td>(972) 234-8700</td>
<td><a href="mailto:gregkuzmin@msn.com">gregkuzmin@msn.com</a></td>
</tr>
<tr>
<td>3375 2008 USA Shooting Air Rifle and Pistol PTO Match</td>
<td>Fort Bend County 4-H Shooting Sports</td>
<td>Zone Championship</td>
<td>Rifle, Pistol</td>
<td>Rosenberg</td>
<td>7/18/08</td>
<td>TX</td>
<td></td>
<td>(909) 591-988</td>
<td><a href="mailto:gregkuzmin@msn.com">gregkuzmin@msn.com</a></td>
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<tr>
<td>3475 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>7/26/08</td>
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<td>(909) 591-988</td>
<td><a href="mailto:gregkuzmin@msn.com">gregkuzmin@msn.com</a></td>
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<td>3385 Black Mountain Monthly PTO Match</td>
<td>Black Mountain Shooting Club</td>
<td>Preliminary Tryout</td>
<td>Pistol</td>
<td>China</td>
<td>8/3/08</td>
<td>CA</td>
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<td>(208) 785-4680</td>
<td><a href="mailto:randy@bigskytel.com">randy@bigskytel.com</a></td>
</tr>
<tr>
<td>3499 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>8/8/08</td>
<td>CA</td>
<td></td>
<td>(714) 777-4585</td>
<td>hammermill@yahoocom</td>
</tr>
<tr>
<td>3083 Michigan USA Outdoor Smallbore Championships</td>
<td>Riverside Shooting Club</td>
<td>Preliminary Tryout</td>
<td>Rifle</td>
<td>Midland</td>
<td>8/10/08</td>
<td>MI</td>
<td></td>
<td>(989) 651-3079</td>
<td>rivershootingatwil.com</td>
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<tr>
<td>3483 Free Pistol &amp; Standard Pistol, PTO</td>
<td>Chabot Gun Club Inc.</td>
<td>Preliminary Tryout</td>
<td>Pistol</td>
<td>Castro Valley, CA</td>
<td>8/17/08</td>
<td>CA</td>
<td></td>
<td>(909) 591-988</td>
<td><a href="mailto:gregkuzmin@msn.com">gregkuzmin@msn.com</a></td>
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<tr>
<td>3376 2008 USA Shooting Air Rifle and Pistol PTO Match</td>
<td>Fort Bend County 4-H Shooting Sports</td>
<td>Region Championship</td>
<td>Rifle, Pistol</td>
<td>Rosenberg</td>
<td>8/29/08</td>
<td>TX</td>
<td></td>
<td>(909) 591-988</td>
<td><a href="mailto:gregkuzmin@msn.com">gregkuzmin@msn.com</a></td>
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<tr>
<td>3500 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>9/13/08</td>
<td>CA</td>
<td></td>
<td>(714) 777-4585</td>
<td>hammermill@yahoocom</td>
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<tr>
<td>3405 Phoenix RGC September PTO</td>
<td>Phoenix Rod &amp; Gun Club</td>
<td>Preliminary Tryout</td>
<td>Pistol</td>
<td>Gilbert</td>
<td>9/20/08</td>
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<td>(480) 992-6602</td>
<td><a href="mailto:donjoh@msn.com">donjoh@msn.com</a></td>
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<td>3415 DeSoto GC Monthly Sept. PTO</td>
<td>DeSoto Gun Club Inc.</td>
<td>Preliminary Tryout</td>
<td>Pistol</td>
<td>Arcadia</td>
<td>9/17/08</td>
<td>FL</td>
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<td>(832) 549-5853</td>
<td><a href="mailto:pete@emberwhite.com">pete@emberwhite.com</a></td>
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<tr>
<td>3476 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>9/27/08</td>
<td>ID</td>
<td></td>
<td>(909) 591-988</td>
<td><a href="mailto:gregkuzmin@msn.com">gregkuzmin@msn.com</a></td>
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<tr>
<td>3501 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>10/13/08</td>
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<td>(714) 777-4585</td>
<td>hammermill@yahoocom</td>
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<tr>
<td>3478 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>10/25/08</td>
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<td><a href="mailto:gregkuzmin@msn.com">gregkuzmin@msn.com</a></td>
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<tr>
<td>3386 Black Mountain Monthly PTO Match</td>
<td>Black Mountain Shooting Club</td>
<td>Preliminary Tryout</td>
<td>Pistol</td>
<td>Chino</td>
<td>11/2/08</td>
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<td>(909) 591-988</td>
<td><a href="mailto:gregkuzmin@msn.com">gregkuzmin@msn.com</a></td>
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<tr>
<td>3355 USA Shooting &amp; 4HSS Quarterly PTO</td>
<td>Ft. Bend County 4-H Shooting Sports</td>
<td>Preliminary Tryout</td>
<td>Pistol, Rifle</td>
<td>Rosenberg</td>
<td>11/14/08</td>
<td>TX</td>
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<td>(909) 591-988</td>
<td><a href="mailto:gregkuzmin@msn.com">gregkuzmin@msn.com</a></td>
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<td>3406 Phoenix RGC November PTO</td>
<td>Phoenix Rod &amp; Gun Club</td>
<td>Preliminary Tryout</td>
<td>Pistol</td>
<td>Gilbert</td>
<td>11/15/08</td>
<td>AZ</td>
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<td>(480) 992-6602</td>
<td><a href="mailto:donjoh@msn.com">donjoh@msn.com</a></td>
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<tr>
<td>3502 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>11/15/08</td>
<td>CA</td>
<td></td>
<td>(909) 591-988</td>
<td><a href="mailto:gregkuzmin@msn.com">gregkuzmin@msn.com</a></td>
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<tr>
<td>3416 DeSoto GC Monthly Nov. PTO</td>
<td>DeSoto Gun Club Inc.</td>
<td>Preliminary Tryout</td>
<td>Pistol</td>
<td>Arcadia</td>
<td>11/22/08</td>
<td>FL</td>
<td></td>
<td>(832) 549-5853</td>
<td><a href="mailto:pete@emberwhite.com">pete@emberwhite.com</a></td>
</tr>
<tr>
<td>3419 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>11/22/08</td>
<td>ID</td>
<td></td>
<td>(909) 591-988</td>
<td><a href="mailto:gregkuzmin@msn.com">gregkuzmin@msn.com</a></td>
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<tr>
<td>3387 Black Mountain Monthly PTO Match</td>
<td>Black Mountain Shooting Club</td>
<td>Preliminary Tryout</td>
<td>Pistol</td>
<td>Chino</td>
<td>12/7/08</td>
<td>CA</td>
<td></td>
<td>(909) 591-988</td>
<td><a href="mailto:gregkuzmin@msn.com">gregkuzmin@msn.com</a></td>
</tr>
<tr>
<td>3388 2008 California State Junior Olympic Pistol Championship</td>
<td>Black Mountain Shooting Club</td>
<td>Preliminary Tryout</td>
<td>Pistol</td>
<td>State Junior Olympics</td>
<td>12/7/08</td>
<td>CA</td>
<td></td>
<td>(909) 591-988</td>
<td><a href="mailto:gregkuzmin@msn.com">gregkuzmin@msn.com</a></td>
</tr>
<tr>
<td>3480 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>12/13/08</td>
<td>ID</td>
<td></td>
<td>(909) 591-988</td>
<td><a href="mailto:gregkuzmin@msn.com">gregkuzmin@msn.com</a></td>
</tr>
<tr>
<td>3407 Phoenix RGC December PTO</td>
<td>Phoenix Rod &amp; Gun Club</td>
<td>Preliminary Tryout</td>
<td>Pistol</td>
<td>Gilbert</td>
<td>12/20/08</td>
<td>AZ</td>
<td></td>
<td>(480) 992-6602</td>
<td><a href="mailto:donjoh@msn.com">donjoh@msn.com</a></td>
</tr>
</tbody>
</table>

**Note:** For more information, please contact the respective clubs or organizers using the provided contact details.
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USA Shooting National Office Staff: Left to right: National Rifle Coach, Dave Johnson; Executive Director/CEO, Bob Mitchell; National Shotgun Coach, Lloyd Woodhouse; Media and Public Relations Manager, Mary Beth Vorwerk; Membership/Merchandise Coordinator, Nichole Rae; Competitions Intern, Nathan LaRiccia; Competitions Assistant, Cynthia Jackson; Accountant/Controller, Karie Wright; Director of Marketing, Buddy DuVall; Competitions Manager, Lindsay Brooke; Director of Operations, Wanda Jewell; Youth/Coach Development Manager, Bob Foth; National Pistol Coach, Sergey Luzov. Not pictured: World Cup Manager, Lones Wigger (volunteer) and Marketing/Media Assistant, Claire Landis-Tyson (part-time).