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Pictured on the cover are the 13 shooters who have already qualified for the 2008 U.S. Olympic Team (cover design by Claire Landis-Tyson): Bottom row, from left: Jason Turner, Jason Parker, Beki Snyder, Stephen Scherer
Second row, from left: Bret Erickson, Corey Cogdell, Dominic Grazzoli, Emily Caruso
Top row, from left: Sean McLellan, Kim Rhode, Vincent Hancock, Jeff Holguin, Glenn Eller

Inside the Blue: The Balancing Act

2008 U.S. Olympic Team Trials for Shooting (Airgun)

2008 U.S. Olympic Team Trials for Shooting (Shotgun)

About Pellet Numbers and Pellet Testing

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.
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USA Shooting News
May / June 2008
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USA Shooting recently recognized Jamie Beyerle and Bret Erickson as the 2006 USAS Athletes of the Year, presenting a glass trophy to Jamie at the Airgun Olympic Trials and also to Bret at the Shotgun Olympic Trials. On behalf of USAS President James Lally and Executive Director Bob Mitchell, all of us at USA Shooting would like to extend our congratulations to these well deserving athletes, as well as a sincere apology for not recognizing their outstanding achievements as the 2006 USA Shooting Athletes of the Year sooner.

Due to a six month lull in the publication of USA Shooting News at the end of 2006 and beginning of 2007, USAS unfortunately erred in failing to recognize our 2006 Athletes of the Year. Although an oversight, we realize this was a mistake, which should not have been made. Action has been taken to ensure this will not happen again. Again, we apologize to the athletes who did not receive the appropriate and timely recognition they deserved and I would like to take the opportunity in my column this month to spotlight the 2006 USA Shooting Athletes of the Year Jamie Beyerle and Bret Erickson as well as the Discipline Athletes of the Year Matt Emmons (Rifle) and Connie Smotek (Shotgun).

These athletes were chosen based on the USAS Athlete of the Year Policies and Procedures and were selected by a points system.

Beyerle (Lebanon, Pa.) earned the Female Athlete of the Year honor in 2006 after success on the international circuit. She finished in fourth place in Women’s 3 Position Rifle at the World Cup Finals and took fifth place in 3P at World Cup Brazil. She also took seventh place in 3P at the 2006 World Championships. Nationally, Beyerle claimed first place in 3P at the Spring Selection Match and was the National Champion in 3P. She also finished in third place in Women’s Air Rifle at the National Championships. Beyerle finished the 2006 season ranked number six on the international charts in Women’s 3 Position and ninth in Women’s Air Rifle.

Three-time Olympian Erickson (Bennington, Neb./Muenster, Texas) claimed a bronze medal in Men’s Trap at the 2006 World Shooting Championships, earning himself the top points needed to receive the USA Shooting Male Athlete of the Year honor. He also finished in fourth place in Men’s Trap at the World Cup Final. Erickson was the Men’s Trap National Champion in 2006 and finished in first place at the Shotgun Fall Selection Match. He also took second at the Shotgun Spring Selection Match.

Bret Erickson

Men’s Air Rifle. In addition, Emmons earned the Spring Selection titles in Prone, 3 Position and Air Rifle.

Two-time Olympian Smotek (Bryan, Texas) claimed the gold medal in Women’s Skeet at the 2006 Shotgun World Cup USA in Kerrville, Texas.

Matt Emmons

She also finished in sixth place at the 2006 World Championships. Smotek had impressive performances nationally in 2006 as well, taking second place in the National Championships and Shotgun Fall Selection Match.

Connie Smotek

Congratulations again to all four of these incredible athletes!
The USA Shooting Board of Directors met March 29th for their spring meeting. In addition to reports from the staff including updates from the National Coaches, Operations and Marketing departments, the board took a number of important actions.

In following up on my article in the last issue of USA Shooting News regarding fundraising, the Board authorized the formation of the USA Shooting Team Foundation as a separate organization for the purpose of fundraising in support of the USAS mission. The foundation will be a Colorado based corporation with USA Shooting as the only voting member. An application will be made to obtain favorable 501(c)3 tax status from the IRS. Following initial meetings to establish business operations and adopt bylaws, the foundation will seek directors who are interested in supporting the USAS mission through both cash and value in kind gifts. The foundation directors will allocate the organization’s resources to assist USAS in accomplishing our mutual objectives.

The board approved a number of amendments to the USAS Bylaws. Two amendments were made to more accurately define “Active Athlete” and bring our definition and bylaws to parallel those of the U.S. Olympic Committee. Another related amendment was passed permitting the use of electronic voting for both nominations for the Athletes Advisory Council (AAC) Representative and the election of that position. This will not only make the nomination and election process more efficient, but will also simplify and expedite the procedure for nominations as well as voting.

Two other Bylaw amendments clarified and changed Articles XXI and XXII. Bylaw Article XXI relates basically to the Codes of Conduct and Article XXII to grievance procedures. Clarification was made providing Article XXI to deal solely with Codes of Conduct and Conflicts of Interest with Article XXII oriented exclusively to grievance procedures regarding the right to compete as related to the USOC Bylaws and Ted Stevens Olympic Sports Act. The original bylaw articles were somewhat inconsistent and called for the complex grievance procedures to be used for all Code of Conduct violations as well as right to compete issues. The amended articles provide clarification, a grievance and appeal process meeting USOC and Sports Act requirements with more streamlined procedures.

The changes to Article XXI also now state clearly that our Code of Conduct applies to all members of USA Shooting at USAS conducted activities and competitions. This action has allowed the Code to be organized into annexes with the basic Code of Conduct applicable to all and Team Rules and Dress Code applicable only to supported Team members. A reminder statement will be included on all registration forms of USAS hosted competitions that participants are subject to the Code of Conduct. A recent situation has brought to our attention the difficulty and confusion of the Code being applicable only to team members where there is a constant change of membership. The purpose here is to provide uniformity and simply reinforce general rules of conduct and good sportsmanship. The Code of Conduct itself has not been substantially changed, but rather reorganized with administration of the Code being streamlined. The amended Bylaws and revised Code with Annexes is posted on the USAS website (www.usashooting.org).

The board continued their discussion on the three identified topics that are most important to the future of USAS with those being funding, brand development and visibility and development of our athlete pool. Actions taken to date to move forward were identified and additional concepts solicited and discussed. This is a continuing strategic planning topic to be discussed, ideas solicited, vetted and relevant actions taken at each meeting of the board.

With elections coming up this fall for three at-large director seats and the coach-official position, President Lally appointed a nominating committee of himself as outgoing Chairman, Connie Smotek, Gary Anderson, Colonel Dennis Behrens and Bob Mitchell. Also to be elected this year is the pistol discipline representative and the AAC rep. Both of the latter positions are elected by athletes with the pistol seat elected at the National Championships and the AAC nomination and election process in the fall. Only those members of U.S. Shooting Teams during the previous 10 years are eligible to nominate and vote.

The next meeting of the Board of Directors will be October 25th.
On February 23, USA Shooting was contacted by concerned individuals about publicly posted comments by a young man in our Resident Athlete program. The contacts prompted USAS to look into the obscene postings and subsequently remove the athlete from the program as well as transfer him to the “B” Team in an unfunded/unsupported status.

The purpose of this notice is to express to those who contacted us a sincere thank you for bringing to our attention something that is a bad reflection on USA Shooting and our sport as a whole. Secondly, we wish to express to everyone that the goals of the Resident Athlete Program and our shooting programs are to produce, first and foremost, international medal winners and, secondly, good citizens and role models who represent our sport in the best possible manner. Many of our athletes are winners in both categories and 99% of our athletes and members are successful in the second category.

USA Shooting can effectively manage those who don’t wish to meet the established sportsmanship and honorable standards long associated with our sport, but more importantly, we would like to call on our athletes and members to lead the way in increasing the positive perception of our sport and our athletes. In today’s environment, with the recent shootings around the country, we cannot afford a moment of negative perception as a result of unsportsmanlike conduct, bad behavior, vulgar language or unacceptable attire. It is increasingly important that all associated with our sport conduct themselves in the most sportsmanlike manner to portray the sport for what it is, an Olympic sport where everyone looks up to those participating. It is no longer good enough to say we are an Olympic sport if the perception we promote doesn’t portray the Olympic ideal.

A recent message from Peter Ueberroth, Chairman of the U.S. Olympic Committee, stressed the exact same need for all sports representing the United States in the upcoming Olympic Games in Beijing. USAS has become a recognized leader among National Governing Bodies by performance and programs. We can lead the way in lifting the perception of our sport, sport in general and by having our athletes be role models of sportsmanship.

Operation Know How

A Letter to Athletes, Members, Donors, Supporters and Friends of USA Shooting

By Wanda Jewell, Director of Operations

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Marketing Corner

By Buddy DuVall, Director of Marketing

ON TARGET

Inside USA Shooting on the Outdoor Channel

On April 2nd USA Shooting’s TV show “Inside USA Shooting” began airing as a weekly series on the Outdoor Channel. Through August, a new episode will air every Wednesday at 7:00 p.m. (EDT) and again on Thursday at 3:00 a.m. (EDT) and 6:30 p.m. (EDT). For the past two years “Inside USA Shooting” Producer Kevin Raichl of Visual Thinking Northwest, Inc., and show host Mike Smith have been following the progress of USA Shooting Team members at national and international competitions. Each show provides competition coverage in addition to profiles on veteran shooters as well as future stars of our sport.

Through this series, viewers will get to know members of the USA Shooting Team, learn about each of the 15 Olympic shooting events and see how our athletes are preparing for the upcoming Olympic Games in Beijing this August.

The first two shows of the series previously aired as quarterly specials before changing to the weekly format.

A preview of episodes 3 through 16 follows. For more information on the show schedule or to view shows that have previously aired, please visit the Outdoor Channel’s website at www.outdoorchannel.com.

Episode 3: Colorado Springs, CO – “3X Air” Rifle/Pistol Events
This show covers the Men’s and Women’s 10m Air Rifle events, which serve as selection matches to determine the air rifle and air pistol representatives for the Pan American Games in Brazil. Men’s Air Rifle event winner Matt Emmons shoots scores above the world record and Women’s Air Rifle specialist Emily Caruso shoots a perfect score of 400 out of 400. Special profiles in this episode feature rifle team members Matt Emmons and Jamie Beyerle.

Episode 4: Colorado Springs, CO – “3X Air” Air Rifle/Pistol Events
This show covers the Men’s and Women’s 10m Air Pistol events for determining the U.S. representatives for the 2007 Pan American Games in Brazil. A special feature on team members Eric and Sandra Uptagrafft show how they balance Eric’s military deployment with preparation for the upcoming Olympic Trials. Also featured is junior pistol shooter Heather Deppe talking about how shooting brought her and her family to Colorado Springs so Heather could train at the Olympic Training Center.
**Episodes 5 & 6: Colorado Springs, CO – Olympic Shotgun Selection Competition**

This show covers the first half of the Shotgun Olympic Team selection from the International Shooting Park on the grounds of Ft. Carson just outside Colorado Springs. World Record holders in Men’s and Women’s Skeet, Vincent Hancock and Kim Rhode, take early leads in the Skeet event in their quest to make the 2008 Olympic Team. Two-time Olympian Glenn Eller (Double Trap), three-time Olympian Lance Bade (Trap) and 2004 Olympian Collyn Loper (Women’s Trap) lead the way in their respective events. Up and coming Trap shooter Corey Cogdell is profiled as she prepares for the 2007 World Clay Target Championships in Cyprus.

**Episode 7: Ft. Benning, GA - World Cup USA – Rifle Events**

In this show, 500 of the world’s top rifle and pistol shooters from 60 countries come to Ft. Benning, Ga. to compete in World Cup USA. This episode features the 10m and 50m rifle events. Watch American team members take on the world with Matt Emmons, Jamie Beyerle and Jason Paker making the finals rounds and contending for medals. Sixteen-year-old junior shooter Amanda Furrer is profiled as she competes in her first World Cup competition.

**Episode 8: Ft. Benning, GA - World Cup USA – Pistol Events**

This show follows the 10m Air Pistol, 25m Men’s Rapid Fire and Women’s Sport Pistol and 50m Men’s Free Pistol events. “Inside USA Shooting” goes behind the scenes with the U.S. Army Marksmanship Unit to take a look at the extensive preparation necessary to host a World Cup competition.

**Episodes 9 & 10: Belgrade, Serbia – World Cup Finals – Shotgun**

“Inside USA Shooting” travels to Belgrade, Serbia with members of the shotgun team for the World Cup Final. This invitation only competition features the top shotgun finishers from the 2007 World Cup circuit. Tune in to see how Haley Dunn, Kim Rhode, Lance Bade, Bill Keever, Josh Richmond and Glenn Eller fare against the best of the best. Three-time Olympian and Olympic medalist Lance Bade is profiled in this episode.

**Episodes 10 & 11: Kerrville, TX – Final Olympic Team Selection – Shotgun**

These two shows cover the second half of the shotgun Olympic selection with winners of the Women’s Skeet and Trap events qualifying for the 2008 U.S. Olympic Team, along with the first and second place finishers in the men’s events (Skeet, Trap and Double Trap) making the Olympic Team.

**Episodes 13 & 14: Ft. Benning, GA – Final Olympic Team Selection - Rifle/Pistol**

These two shows cover the final Olympic Team Trials for the .22 caliber rifle and pistol events held at Ft. Benning, Ga. The final nine 2008 U.S. Olympic Team slots remaining will be awarded to the top shooters after three days of competition in 3-Position Rifle (men and women), Prone Rifle, Free Pistol, Rapid Fire Pistol and Women’s Sport Pistol.

**Episodes 15 & 16: Colorado Springs, CO – Olympic Team Preview**

Before the Olympic Team departs for China, “Inside USA Shooting” stops at the Olympic Training Center in Colorado Springs to get updates from all the national team coaches and interviews from our Olympic Shooting Team. These shows will provide an overview of all the Olympic events, our U.S. team representatives and who’s hot heading into Beijing!
Greetings from Fort Benning! As the Olympic Selection Match is fast approaching, I thought it would be interesting to get a perspective from the youngest member of our team, 21-year-old SPC Dave Sprecher. A native of Tarpon Springs, Fla. Sprecher graduated from Tarpon Springs High School in 2005. He enlisted the Army in June of 2005, with a direct assignment to the Army Marksmanship Unit’s International Rifle Team. I sat down with Dave to discuss his time thus far as a member of the AMU.

**MM:** How did you get started in shooting?

**DS:** I began shooting black powder rifles with my grandfather when I was around eight years old. I found out there was a junior rifle team at the range where we shot at. I started shooting on the junior team at the age of eleven.

**MM:** What made you want to join the Army/AMU?

**DS:** Ever since I heard about the AMU I thought it would be a great opportunity to serve my country and be able to shoot. When the AMU showed interest and offered me a letter of acceptance I said “where do I sign?”

**MM:** How has being in the Army changed you?

**DS:** The Army has changed me in the way that I have more confidence in myself. I am more mature and focused on what I do.

**MM:** Who has the biggest influence on you since joining the team?

**DS:** Pretty much my whole team has been a big influence. They’ve all helped and supported me in one way or another.

**MM:** What has been the biggest adjustment to your life since joining the Army?

**DS:** The biggest adjustment has been adapting to Army life and building up the endurance to be able to shoot five hours a day, five days a week.

**MM:** What are the future goals you wish to achieve as a soldier and shooter?

**DS:** My future goal as a soldier would be to go to Sniper School. My shooting goals are to compete in the 2012 Olympics and win gold medals in both air rifle and smallbore. Personal goal, I’d like to earn a college degree.

**MM:** Were you intimidated when you came to the team right out of high school?

**DS:** I was intimidated at first, shooting side by side with Olympians and World Record holders, but now I see myself as one. It’s pushed me to push myself.

**MM:** What has been the highlight thus far in your time at the AMU?

**DS:** My highlight in the AMU would have to be how much I’ve improved in shooting since I first got to the team.

**MM:** What are your hobbies away from the range?

**DS:** I enjoy fishing the most, and recently I just bought a small salt water boat. I also go hunting with my teammates.

**MM:** What advice would you give to a young shooter to help them build a shooting résumé?

**DS:** My advice to young shooters would be to always set a goal for yourself, long term and short term, go to as many matches as possible to gain match experience and train like you want to win.

The last three years have gone by quickly. It seems like only yesterday that Dave joined the team. It has been a pleasure to watch him grow personally and professionally.

Until next month, “Keep them in the middle and stay Army Strong.”
Work-life-sport balance is a healthy life position that facilitates happiness and satisfaction in our personal, professional and recreational endeavors. Although it will not guarantee happiness at home, productivity at work or an Olympic medal, a work-life-sport balance sets the conditions for an athlete to maximize their opportunities and minimize distractions on the firing line. Airman-marksman, like most athletes, face this challenge everyday. How do I succeed in my sport and manage my other competing priorities? In this article, Airmen will explore “The Balancing Act.”

Understanding Work-Life-Sport

The Work-Life-Sport Triangle

Work-life-sport triangle: If an athlete shifts their focus toward any one point on the triangle, they do so at the expense of the other two. Because each point of the triangle has an equal opportunity to offset the work-life-sport balance, the athlete must consider how much time is spent in any one area.

Balance

As a concept, work-life-sport balance may be viewed as an equilateral triangle where one point of the triangle represents an athlete’s work, the second his or her life, and the third their sport. If competitive shooting is the athlete’s profession, the triangle may appear as work, life and recreation with the third point representing a hobby or something the athlete enjoys doing in his or her free time. In either case, the triangle represents three broad focus areas that compete for an athlete’s limited time. It is used to illustrate how shifting focus to one area may limit opportunities in others. Ideally, a successful athlete’s focus would remain in the center of the triangle with his or her attention equally divided among the three focus areas. However, competing demands will oftentimes force the athlete to shift their focus to reach their goals.

When balancing priorities, the athlete can use this triangle to understand the relationship among competing interests. If an athlete shifts their focus toward any one point on the triangle, they do so at the expense of the other two. In other words, if more attention is given in one area, expectations in the other two may need to be adjusted as the balancing act is a zero sum game. Coaches and athletes must recognize that adding more time to one area may require an offset in another. As the triangle shows, shifting focus to one area draws attention and time away from others. Achieving a work-life-sport balance is about setting priorities and making informed choices that bring an athlete closer to his or her goals.

Take the Balance Test

Understanding work-life-sport balance helps athletes set realistic goals and adjust expectations based on their work, life and sport priorities. Ideally, an athlete will maintain a perfect work-life-sport balance and reach their goals without any substantial sacrifice. In reality, veteran athletes will tell you success does not happen by chance or without some amount of sacrifice. Athletes should evaluate their willingness to make sacrifices for their sport and understand how their level of commitment influences their ability to achieve their goals. For example, staying home while their friends go out on the town may be the price the athlete has to pay to get the most out of the next day’s training session.

The Balance Test is an interesting conundrum. To what extent is the athlete willing to shift focus toward their sport and sacrifice in other areas? If the athlete chooses a perfect work-life-sport balance, he or she may not meet the demands necessary to excel in their sport, but the athlete may find success professionally and personally. On the other hand, focusing on their sport may limit career opportunities and impact the athlete’s social life, but it may give the athlete the opportunity to compete and win. What is the athlete willing to sacrifice to achieve their goals? Objectively and honestly evaluating priorities will help an athlete pass this test.

Managing Competing Priorities

The United States Air Force Academy (USAFA) is a case study for balancing...
Priorities and time management. Cadets are under pressure from multiple angles and must quickly learn to balance academic, military, athletic and spiritual priorities. Maj. Robin Orth, a former USAFA Assistant Rifle Team Coach and eight-year veteran of the Air Force International Rifle Team explains: “Work-life-sport balance is critical to an athlete with competing priorities. During my tenure with the Academy’s rifle team, one of our biggest challenges was working around the Cadet’s schedule. Attention to detail and discipline were key factors in allowing the Cadets to compete and win because every minute of their day was accounted for. Like other Air Force shooters, a Cadet’s first commitment is to the Air Force; everything else is second. Cadets who were unable to balance competing priorities did not remain on the team.”

An athlete’s success at the USAFA is the product of a deliberate plan executed with full knowledge of the commitment required in all areas. For Cadet-athletes to succeed, they must carefully balance competing demands to achieve professional, personal and athletic goals. If Cadets focus their attention exclusively on training for their sport, it would be difficult to sustain the other areas at an acceptable level. In essence, this is a Cadet’s balancing act. “At the Academy, success is not all about shooting, or all about grades, or all about military performance; it requires a balance from all angles.” Maj. Orth, a four-time NCAA All-American in both air rifle and small bore, continued. While most athletes will not face this type of pressure, the Cadet’s example is useful to determine ways to achieve a work-life-sport balance.

**Improving your Performance**

Maintaining a work-life-sport balance may improve performance by allowing the athlete to control life’s competing interests through informed decision-making. Countless stories exist of Olympians who made substantial personal sacrifices to reach the medal stand. To succeed, each athlete undoubtedly made sacrifices to balance their competing priorities. Some Olympians postponed personal and professional opportunities in order to reach a higher priority athletic goal. Since it is impossible to be all things to all people, an athlete must make informed choices based on their own priorities and accept performance results commensurate with those decisions. Athletes should consider the following areas as they seek to balance their work, life and sport:

**Determine your priorities.** Sit down and carefully think about your priorities. What is most important to you? Is it winning an Olympic medal, finishing a college degree, achieving a promotion at work or spending time with your family? Knowing where you are trying to go is the first step in getting there. Determining your priorities will allow you to make informed choices about which areas will support your goals and how much time you can devote to each area. For USAFA Cadets, graduating is the highest priority.

**Make informed choices.** Now that you’ve determined your direction, you need to figure out how you will get there. If you intend to focus on your sport, what discretionary areas are you willing to eliminate? If you choose to give equal attention to all areas, will you be satisfied with the outcome? Is spending time with friends more important than training? Is taking an extra college class more important than a trip to a national competition? Will accepting a promotion at work impact your ability to travel? Make a decision consistent with your goals and press forward. As full-time Airmen and part-time competitors, Airmen must make decisions with the Air Force mission in mind.

**Maximize your opportunities.** You’ve determined your priorities and made choices, now maximize the use of the time you’ve set aside. Guard your time carefully and resist adding new items on your to-do list. If you only have one opportunity to train each week, how can you best use this time? Is your range time a social opportunity or a training session? Do you work efficiently while on the job to avoid bringing work home? Make a good faith effort to use your available time for its intended purpose. Recognizing the importance of opportunity, the Air Force considers “excellence in all you do” as one of its three core values.

**Ask for help.** Successful athletes are not islands unto themselves. Seek assistance to manage your time and take advantage of your support network to help you meet your goals. Mobilize your friends and family to assist you and include them in your activities. Let them share your experience and see how committed you are to reaching your goals. When you succeed, you’ll be ready to thank your biggest supporters. In addition, countless resources are available on the Internet to help you; a quick query of “work-life balance” will produce thousands of results. As leaders, shooting team Airmen are charged with taking care of and developing our people; seek a mentor to help you reach your goals.

**Take time for yourself.** Remember to take care of number one. Exclusive focus on any single area may be counterproductive to an athlete’s physical and mental health. Athletes will always have competing priorities to contend with so have a flexible plan to help manage them. How you deal with competing interests will help you reach your goals. By law, military members have 30 days of annual leave and good leaders ensure their Airmen use this opportunity to reset physically and mentally. Learn from this example and schedule time to rest and relax.

**One Final Shot**

Work-life-sport balance is a key contributor to an athlete’s success. An objective review of your life position and an honest self-assessment will help you achieve the proper balance based on your individual priorities. Balancing your work, life and sport priorities is an intensely personal matter as a single solution cannot possibly account for all circumstances. However, appreciating the need to balance competing priorities will enable an athlete to seek a solution to meet his or her requirements. Each athlete must perform their own balancing act. What are you willing to do to achieve your goals?

Until the next competition, the Air Force Shooting Team challenges each of you to maximize your opportunities through work-life-sport balance and pursue excellence in all you do. If you have any questions about the Air Force in general, please visit www.airforce.com for more information.

**Inside the Blue** is a running series that looks at international shooting sports from an Airman’s perspective. Master Sgt. Julig is a member of the Air Force International Trap Team and he is presently assigned to Bolling Air Force Base, Washington D.C. The views expressed in this article, unless otherwise indicated, are that of the individual author. They do not purport to express the views of the Department of the Air Force or any other department or agency of the U.S. Government.
The Shotgun season is now upon us and the junior shooters are revving up for the 2008 Junior Olympic program. This will be the second year USA Shooting and the NSSF’s Scholastic Clay Target Program (SCTP) have partnered up to promote Olympic style shooting among the nation’s youth.

State qualifier matches will be held between April 15th and July 31st 2008. A list of all State Junior Olympic Champions are posted on the USAS website. All juniors interested in qualifying for the National Junior Olympic Championship must shoot a State Junior Olympic Championship. Those who live in a state without a qualifying match may shoot “At-Large” in another state or compete at the USA Shooting National Championships, July 12-20 in Colorado Springs, Colo.

Each state’s top SCTP team and top SCTP male and female shooters in international skeet and bunker trap will earn an invitation to the National Junior Olympic Shooting Championship (NJOSC) in Colorado Springs, Colo. The top USAS shooter (male and female) from each state will also qualify on the condition they shoot the state qualifier score. There is also an “Automatic Invitation” score. Those who shoot in a state outside their own must shoot “At-Large” and must shoot the automatic invitation score in order to receive an invitation to the National Junior Olympic Championship. Juniors may shoot in more than one State Junior Olympic Championship, but only the first scores shot will count toward their qualification to the NJOSC. All junior shooters who compete at the

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The Latest in Youth Programs and Coach Development

I recently had a chance to tour the new Civilian Marksmanship Program (CMP) facility in Anniston, Ala. The planned “extreme makeover” is very impressive! 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 will run Precision AR July 10-12, Sporter AR July 13-15 and PPP July 16-18. 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. An interesting addition for this year is the likely inclusion of a team from Mexico in the Precision event. We will evaluate how it goes this year and may look to expand this program in the future.

CMP also partnered with USA Shooting to host the JROTC Western Regional championships in February. Nearly 300 cadets competed in sporter or precision three position air rifle in the special setting afforded by the Olympic Training Center.

As I am writing this, plans are uncertain about the junior air pistol from Air Arms I mentioned in the last issue. Watch the USA Shooting website (www.usashooting.org) for updates. If we do import this pistol, I expect the price to be roughly in the $550 price range. You may remember that this pistol is powered by compressed air and comes with an ambidextrous grip. It weighs in at about two pounds and is approximately the size and shape of current top-of-the-line models. An accessory weight on the rail helps the airgun to “grow with the athlete.” Prices on future orders are subject to the changes in the foreign currency exchange rate.

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

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USA Shooting National Championship in Colorado Springs will also receive an automatic invitation.

The National Junior Olympic Shooting Championship for shotgun will be held August 23rd to 28th in Colorado Springs, Colo. This year, unfortunately, housing will not be available at the Olympic Training Center. Competitors will be responsible for finding their own transportation and accommodations.

For more information please visit www.usashooting.com or www.nssf.org/scpt or feel free to contact the USAS competitions office at 719-866-4885.

2008 Shotgun National Junior Olympic Championship Schedule:

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I recently came across an article on “pre-shot routine” that BJ McDaniel told me about. I was so impressed with it that I feel it should be shared with all. Throughout my many years of coaching, I have on many occasions shown athletes different ways a technique could be done with repeated success and consistency. It seems to be successful for the athletes I coach and most of the time they shoot good scores for a day or two. Then, the next time I see them, usually three months or so later, they have gone back to shooting poor scores again. When asked about their pre-shot routine they typically say “I forgot.” Below is a reprint of an article by Sean McCann, PhD, Sports Psychologist at the U.S. Olympic Training Center. It’s not only worth reading but worth putting into practice.

Perfomances Services Sport Psychologist (Strength and Power Sportfolio)

I have a pre-shot routine for every shot, but none is more important than when I have to hit a big drive in a pressure situation. Not only does my pre-shot routine allow me to focus on the task at hand, but it also keeps me in my natural rhythm. Every 300-yard bomb in my bag starts with a pre-shot routine that has a calming effect on me as much as anything. Tiger Woods

“We are what we repeatedly do. Excellence then, is not an act, but a habit.”
-Aristotle

Pre-competitive routines have been studied by sport psychologists for a long time, and there is good evidence that routines increase consistency of an athlete’s thinking, feelings, and pre-sport behavior. Because of these effects, routines also produce more consistent sport behavior. This produces better results. Routines therefore, can make you a better athlete. There are a number of reasons why routines work, but you may find that many of your athletes resist routines. At the USOC, I have heard all sorts of reasons for this resistance, including:

“It slows me down”
“I don’t want to get locked into anything”
“I like being flexible in case things change”
“I used to do it, and it was helpful, but I just stopped. I’m not sure why.”

My personal opinion is that many athletes don’t develop effective routines simply because nobody ever taught them how important and helpful they are. Take Tiger Woods, for example:

My pre-shot routine, taught to me years ago by my father, didn’t come naturally or easily. Like most kids I was of the grip-it-and-rip-it mentality. I had to learn patience and how to find my natural rhythm. Pop finally convinced me a pre-shot routine was necessary for consistency, and I’ve used the same one ever since. -Tiger Woods

If even Tiger Woods resisted routines at the beginning, why would you expect your athletes to suddenly embrace them? As a coach, you need to develop a sales pitch that gets past initial resistance and makes a compelling argument for change. One tactic is simply to list all the things that routines do for you, by both ensuring good things happen and preventing bad things from happening.

Routines- Helping an athlete do the right things

1) A routine increases the sense of familiar in a new environment. Routines are portable, transferable, and adaptable. Remind your athletes that an iPod and headphones can mentally transport you from a treadmill in a hotel basement to a familiar run in the woods when you last listened to this music. Similarly, a routine can make even the strangest sport environment seem normal, familiar, and most importantly, comfortable. This is a powerful effect when the
environment of the competition is full of distractions. I cannot overemphasize how helpful this has been to countless Olympic medal winners I have known when faced with the circus of the Games.

2) A routine helps an athlete stay active and focused on useful behaviors. One of the worst things an athlete can do in a high pressure environment is to stop and think about it. At the Olympics, when I see an athlete starting to freeze up, glaze over, and think too much (usually about the dreaded “what ifs”), I will try to get them talking, moving, and laughing. Much better than this emergency interaction by a sport psychologist, however, is a routine that keeps an athlete moving, on a schedule, and focused on the things that help.

3) A routine enhances feelings of control and confidence. Going through the same routine in practice and competition is a useful reminder that you have done this a thousand times. The old expression of “practice like it is a competition, compete like it is a practice” describes an athlete with an effective, consistent routine. I have heard from countless athletes that simple routines enhance a sense of control and confidence. The Tiger Woods quote at the top of this column says it plainly. A routine helps an athlete feel in control, no matter what the stakes of success or failure.

4) Routines help make useful behavior automatic. Some psychologists believe that over 90% of our behaviors are automatic habits or unconscious, learned behavior patterns. This is why parents and first coaches in a sport play such a critical role in introducing positive behaviors. If you learn how to do something the right way at the beginning, you don’t have to fix mistakes later, because you always do it the correct way, without any conscious thought. John Wooden was famous for teaching his freshman basketball players the correct way to put on socks and tie sneakers. As a coach, if you invest the energy at the front end, you have the opportunity to create a positive routine for your athlete’s entire career. These routines will become automatic and help the athlete avoid all kinds of challenges that many athletes struggle with.

5) Routines increase the opportunity for the brain to focus on the proper things. Our brains have limited capacity. The remarkable increase in the number of accidents for people on cell phones is an example of this. Routines that take care of all the little things an athlete has to do to get ready, free up brain space to focus on the things that really matter. If you want to have an excellent warm-up, you must be fully focused on the warm-up, and not wondering about something left undone.

**Routines- Helping an athlete avoid doing the wrong things**

6) Routines help reduce thinking and decision making. When an athlete is stressed, anxious, and concerned about outcomes (a typical state for many athletes at their biggest competitions), thinking often transforms to worry. In addition, decisions about simple things become overemphasized, and athletes will often freeze up, wasting valuable time as they agonize over which pair of shoes to put in their backpack. Athletes weighted down with worry or unable to make a decision are wasting energy. At big events, energy is a precious commodity. An effective routine eliminates decisions (because, if you always do it the same way, you don’t have to decide), and keeps an athlete too busy to think too much.

7) Routines help prevent dumb mistakes. Under great pressure, athletes begin to leak energy, and become more vulnerable to a variety of distractions and challenges. When an athlete is preparing intently for a key performance, the last thing they should be doing is making critical decisions. Unfortunately, I have seen Olympic medals lost by athletes who decide to try something new, or do something new, based on a decision made under pressure. An effective routine keeps an athlete busy, productive, and reduces the probability that the athlete will make a bad call, making a mistake that they cannot recover from.

**The Coaches Role in Building Routines**

Coach Shula had a very strict schedule in the last two days before the Super Bowl. He never let us go more than 2 hours without checking in for something. It helped us stay focused on the game. Larry Czonka, member of 1972 “Perfect Season” Miami Dolphins

We first make our habits, and then our habits make us.

**John Dryden**

While most coaches will not follow John Wooden’s example by teaching their athletes how to dress properly for practice, all coaches can benefit from understanding the value of this effort. By starting with the most basic aspects of a sport, and ensuring that athletes develop great routines, a coach begins to develop the foundation of great performances. While it can take a tremendous investment of effort by a coach to develop new routines, the cost of not making this investment can be high. As the Larry Czonka quote suggests, Don Shula knew the cost of losing focus at the Superbowl, and invested energy in creating a program that prevented that loss of focus.

On the other hand, an argument can be made that a coach will end up using a great deal more energy if they don’t help athletes develop great routines. As the John Dryden quote suggests, an initial investment of energy in developing good habits will create a great return down the road. I see this all the time in sports, and I’ll never forget what a great coach once said to me. “Why are all these coaches screaming from the sideline? If they had done their job in practice they wouldn’t have to say anything during a game.” If a coach develops great routines, and the athletes develop great habits, then the habits make them great players.

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“Sleep? Who needs sleep?”

Sleep is a very low priority in the minds of many folks. Even as awareness grows in the minds of athletes and coaches of the need for and value of proper breathing, hydration and nutrition, sleep is almost ignored. Even worse, there are many misconceptions about sleep, causing decisions to be made that are detrimental to ultimate performance. Sleep is a basic need that is equally as important as air, water and food, whether for survival, or for sport performance.

In a recent article in Olympic Coach magazine, Mark Rosekind, President of Alertness Solutions discussed sleep and its effect on athletes. This article summarizes his findings and suggestions.

The National Sleep Foundation conducted a simple test to determine knowledge of sleep concepts. About 82% failed! They failed spectacularly with an average score of 42%. Flipping a coin would have at least given a higher score! This indicates that most of what people think they “know” about sleep is incorrect. There are four fundamental concepts that everyone should know about sleep and circadian rhythms.

Sleep Need – The human organism needs about eight hours of sleep every night. The amount needed by a particular individual is genetically determined and generally varies between seven and nine hours. There is no “training” that will allow individuals to reduce their own sleep requirement.

People between the ages of about 11 or 12 up through about 22 or 23 – in the age ranges covered by junior high or middle school, high school and college – all require about nine to 10 hours of sleep each night. The very age groups that get the least amount of sleep actually require the most sleep!

Sleep Debt – Lost sleep builds up and accumulates as a “sleep debt” that is unhealthy and that degrades alertness and abilities.

Circadian Rhythms – Our bodies and minds work best on a regular rhythm of sleep and wakefulness. Upsetting this internal rhythm affects health, alertness, performance and even our moods.

Perception Is Not Reality – Our ability to perceive our own level of fatigue does not reflect reality. We think we are awake and alert and say that we feel fine. Yet actual ability and performance show the huge negative effects of fatigue or upset of circadian rhythm. We believe that these factors do not affect us because of this gap between our perception and the reality of our significant impairment.

Because we do not understand these concepts, and especially because we are unaware of (or let our ego tell us we can ignore) the negative effects of sleep deficit, we allow ourselves to undertake sleep behaviors that are actually quite detrimental.

Staying up all night to cram for an exam is a prescription for failure. Students who have a nice supper (not too light nor too heavy) and then spend one or two hours reviewing their material, followed by a good night of sleep, perform much better.

Many athletes say “I perform better when I don’t have enough sleep.” One high school athlete, along with several friends and parents (who monitored for health and safety), actually did a study in an attempt to test that hypothesis. The results seemed to “prove” they were better off with some sleep deprivation. However, the study design did not account for or control additional factors.

For intermediate level shooters, who often have a great emphasis on outcome and are thus susceptible to “match nerves” and choking, a sleep debt dulls the active thought part of their mind. The usual negative chatter is diminished or absent and no longer interfering with the performance because they are too tired to think. Thus, a higher score is achieved. These athletes lose a bit of “sharpness” in the performance, but gain much by not freaking themselves out. Even many “advanced” shooters fall into this same category, their protestations notwithstanding. Unfortunately for them, this relationship does not hold true at the very highest levels of performance and use of this “technique” slows their progress. Shooting is a very complex sensori-motor task requiring a very alert mind.

Numerous studies show degradation in performance, judgment, reaction time, attention, memory, learning, communication skills, memory and other factors. These degradations vary from 10 to 50% in most cases. How many students or athletes are willing to take a 10 to 50% drop in their test score or shooting score? Performance during the lowest circadian point in the night is reduced 30%. This is not a great time to study!

It does not take much sleep loss to reduce abilities. Loss of two hours of sleep equates to the impairment of two or three beers or about a .05% alcohol level in the blood. A four hour sleep deficit equates to the impairment of five or six beers or about a .10% level. One is seemingly legally “drunk” at that point, at least in terms of impairment! Paradoxically, one feels alert yet, performance is measurably impaired.

Rosekind has the following sleep suggestions:
**Good Sleep Habits** – Following good sleep habits should become a part of everyone’s daily routine in order to obtain optimal sleep.

- Protect sleep from intrusions
- Keep a regular bedtime and wake time whenever possible
- Use a pre-bedtime routine to prepare for sleep
- Use the bed and bedroom for relaxation and sleep
- Avoid work and worry in the bed and bedroom
- Learn and practice a relaxation technique for sleep
- Avoid caffeine, alcohol and exercise within at least two hours of sleep
- Get the sleep you need – make sleep a priority

**Strategic Naps** – A planned nap is a very powerful alertness strategy that can significantly enhance alertness and performance. Note that naps are not a substitute for a proper sleep strategy. They are a helpful component.

- Short naps – should last 30 to 40 minutes in order to avoid deep sleep
- Long naps – about two hours and will need more wake up time
- Avoid long naps too close to planned bedtime
- Always allow at least 10-15 minutes of wake up time.
- Use eye mask and ear plugs if needed

Because our perceptions of the effects of sleep deficit do not agree with the proven realities, we often vastly underestimate the negative effects and thus do not obtain nearly enough sleep. As we obtain sufficient sleep, our performance is enhanced – as is our mood. You are encouraged to give this topic some thought.

**Environmental Factors** – Evaluate and address the following bedroom factors in order to allow optimal sleep.

- Noise – background or intrusive events
- Temperature – cooler is better than warmer
- Light – dark room, dim night light
- Alarm clock – reliable and effective
- Determine personal comfort of mattress and pillows
- Consider privacy and security
- Use the bed and bedroom for relaxation and sleep
- Avoid work and worry in the bed and bedroom
- Learn and practice a relaxation technique for sleep
- Avoid caffeine, alcohol and exercise within at least two hours of sleep
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**Reference**

Rosekind, Mark, Peak Performance Requires Optimal Sleep and Alertness, Olympic Coach magazine, Vol. 20, No. 2, pp 4-7

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, coaches the rifle and pistol teams at North Georgia College & State University and coaches a junior club. He enjoys working with a number of pistol and rifle athletes from around the country, ranging from beginners to the highly advanced, in clinics and one-on-one private coaching. Previous installments of this series may be found via his web page.

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2008 U.S. Olympic Team Trials for Shooting (Airgun)

The 2008 U.S. Olympic Team for Airgun was determined on March 3, following the 2008 U.S. Olympic Team Trials - Shooting (Airgun), which were held March 1–3 at the U.S. Olympic Shooting Center in Colorado Springs, Colo. The U.S. Olympic Team Trials – Shooting is a collaborative partnership between the U.S. Olympic Committee (USOC) and USA Shooting.

There are a total of five spots available for air rifle and air pistol on the 2008 U.S. Olympic team. There are two spots in Men's Air Rifle and one spot each for Women's Air Rifle, Men's Air Pistol and Women's Air Pistol.

Airgun athletes were selected to the 2008 U.S. Olympic Team on the final day of competition by a combination of the match scores from all three days of competition, plus each athlete's top two finals scores.

After an exciting three days of competition, Stephen Scherer (Billericia, Mass.) and Jason Parker (Omaha, Neb.) captured the two spots on the 2008 U.S. Olympic Team in Men's Air Rifle, while Emily Caruso (Fairfield, Conn.) qualified for the team in Women's Air Rifle. Rebecca Snyder (Grand Junction, Colo.) and Jason Turner (Rochester, N.Y.) both qualified in Air Pistol.

Nineteen-year-old West Point Cadet Scherer earned his first berth to the U.S. Olympic Team by finishing the Olympic Trials with a total score of 1994.1 in the Men's Air Rifle event. In a close race for the second U.S. Olympic Team spot in Men's Air Rifle, U.S. Army Marksmanship Unit (USAMU) member and two-time Olympic Jason Parker (Omaha, Neb.) pulled out the second place finish, qualifying for his third U.S. Olympic Team. Parker finished the competition with a final score of 1990.8. Matthew Rawlings (Wharton, Texas) finished right behind Parker in third place with 1989.8.

Matthew Emmons (Browns Mills, N.J.) a 2004 Olympic gold medalist finished in fourth place with 1986.1 Emmons has already secured two spots on the 2008 U.S. Olympic Team in Men's Prone Rifle and Men's 3 Position Rifle. Ryan Tanoue of Honolulu, Hawaii took fifth place in Men's Air Rifle with 1975.8, while Matthew Wallace (Fairbanks, Alaska) finished in sixth place with 1974.3.

In Women's Air Rifle, 2004 Olympian Emily Caruso (Fairfield, Conn.) qualified for her second consecutive U.S. Olympic Team, taking the top spot at the Olympic Trials with a total score of 1397.6.

"I am very excited and happy that all my hard work and training has paid off," said Caruso. "This competition was difficult with so many girls shooting such high scores, but I stayed focused and accomplished my goal."

Stephen Scherer's younger sister Sarah Scherer finished in second place for Women's Air Rifle with a total score of 1393.3, while Jamie Beyerle (Lebanon, Pa.) finished in third with 1391.7. Amy Sowash (Richmond, Ky.) finished fourth with 1389.8 and Emily Holsopple (Wilcox, Pa.) took fifth place with a final score of 1378.1.

Three-time Olympian Snyder earned a berth to her fourth consecutive U.S. Olympic Team by finishing the Olympic Trials in first place for Women's Air Pistol with a total score of 1332.9. Brenda Shinn (Riverside, Calif.) took second place with 1316.1 and 2000 Olympian Christina Cassidy (Colorado Springs, Colo.) finished in third with 1314.1.

Sandra Uptagraff (Los Angeles, Calif.) took fourth place in Women's Air Pistol with 1309.3. Teresa Meyer (Dearborn, Mich.) and Heather Deppe (Monument, Colo.) finished in fifth and sixth places respectively with final scores of 1306.6 and 1304.1.

In Men's Air Pistol, 2004 Olympian Turner qualified for the 2008 U.S. Olympic team after finishing with a total score of 1935.4. Brian Beaman (Selby, S.D.) took second with 1930.4 and two-time Olympian and USAMU member Szarenski finished close behind Beaman in third place with a score of 1930.1.

Szarenski’s USAMU teammate, Thomas Rose (Central Point, Ore.), finished in fourth place with 1928.7, while John Bickar (Canton, Ohio) took fifth place with 1923.1. Bill Demarest, a 2000 Olympian, finished in the sixth spot with 1918.5.

The final set of Olympic Trials for rifle/pistol will be the 2008 U.S. Olympic Team Trials for Shooting (Smallbore), which are being held May 12-22 at Ft. Benning’s International Shooting Complex in Columbus, Ga., home of the USAMU.

“Such a well organized event by the Games themselves,” said USA Shooting Executive Director, Bob Mitchell. “This is the time when athlete athletes experience the thrill of victory and the agony of defeat. It is the time when all associated with the Olympic Movement realize satisfaction from their work.”

Top rifle and pistol smallbore shooters from around the United States will be vying for spots on the 2008 U.S. Olympic Team at the 2008 U.S. Olympic Team Trials for Shooting (Smallbore). In smallbore rifle, there is one Olympic team spot available for Men's Prone and Men's 3-Position (Matt Emmons has already secured a spot in both Prone and 3P) and there are two spots available in Women's 3-Position. In pistol, there are two Olympic team spots available for Men's Free Pistol and one spot in Men’s Rapid Fire Pistol. There are two spots for Women’s Sport Pistol.

Look for complete coverage of the U.S. Olympic Team Trials for Smallbore, as well as profiles on the athletes qualifying for the Olympic team in smallbore in the July/August issue of USA Shooting News.

The 2008 Olympic Games in Beijing will be held August 8–24, with the shooting portion of the competition taking place August 9–17.

Complete 2008 U.S. Olympic Team Trials results as well as complete Olympic Team athlete bios can be found by visiting www.usashooting.org.
Meet the 2008 U.S. Olympic Airgun Team:

**Men's Air Rifle**

Stephen Scherer (Billerica, Mass.)

Stephen started shooting at age 11 and he just completed his freshman year at the U.S. Military Academy at West Point, N.Y. Stephen enjoys deer hunting, playing the guitar, basketball and any type of card game.

**Women's Air Rifle**

Emily Caruso (Fairfield, Conn.)

Emily has been shooting since she was 11 years old and earned a spot on her first U.S. Olympic Team in 2004. She is a graduate of Norwich University in Vermont where she earned her degree in psychology and is currently living and training at the U.S. Olympic Training Center in Colorado Springs, Colo. Emily has won the USA Shooting National title in Women's Air Rifle multiple times.

**Men's Air Pistol:**

Jason Parker (Hometown: Omaha, Neb.)

Jason represented the U.S. at both the 2000 and 2004 Olympic Games. He joined the U.S. Army Marksmanship Unit (USAMU) in 1997, after graduating from Xavier University. When he is not competitively shooting, Jason enjoys hunting, fishing and entering triathlons. Jason is married with two sons.

**Women's Air Pistol**

Rebecca (Beki) Snyder (Grand Junction, Colo.)

Beki was born in Didsbury, Alberta, Canada and her father taught her to shoot when she was 12 years old. Beki has since competed for the U.S. in three Olympic Games—1996, 2000 and 2004. Beki lettered in diving in high school and has a black belt in taekwondo. She also enjoys snowboarding in her free time.

**Men's Air Pistol:**

Jason Turner (Rochester, N.Y.)

Jason was a member of the 2004 U.S. Olympic Team. Among the championships he's earned have been multiple national and Pan American Games titles. He shot rifle competitively for four years before switching to pistol. Jason enjoys playing softball and golf in his free time.
2008 U.S. Olympic Team Trials for Shooting (Shotgun)

Top shotgun shooters from around the United States gathered at the Hill Country Shooting Sports Center in Kerrville, Texas March 8-16 to compete for a spot on the 2008 U.S. Olympic Team at the 2008 U.S. Olympic Team Trials – Shooting (Shotgun). The U.S. Olympic Team Trials – Shooting is a collaborative partnership between the U.S. Olympic Committee and USA Shooting.

There are eight spots available to the U.S. Olympic Shotgun team: Men’s Skeet, 2; Men’s Trap, 2; Men’s Double Trap, 2; Women’s Skeet, 1 and Women’s Trap, 1.

Shotgun athletes were selected to the 2008 U.S. Olympic Team based on the aggregate score from both the Fall Selection competition, which was held last August in Colorado Springs, and the 2008 U.S. Olympic Team Trials – Shooting (Shotgun).

Bret Erickson (Bennington, Neb./Muenster, Texas), Dominic Grazioi (San Antonio, Texas) and Corey Coggdell (Eagle River, Alaska) were selected to the 2008 U.S. Olympic Team in Men’s and Women’s Trap, while Glenn Eller (Katy, Texas) and Jeff Holguin (Yorba Linda, Calif.) qualified for the Olympic Team in Double Trap. Vincent Hancock (Eatonton, Ga.), Sean McLelland (Mission, Texas) and Kim Rhode (El Monté, Calif.) all made the Olympic team in Skeet.

Three-time Olympian Erickson will represent the U.S. on his fourth Olympic team in Beijing this August after finishing the U.S. Olympic Team Trials in first place for Men’s Trap with a final score of 499 targets. The second U.S. Olympic team spot for Men’s Trap came down to the final shot between Air Force shooter Grazioi and John Mullins (Bremerton, Wash.), with Grazioi claiming the spot with a total score of 491 targets, while Mullins finished in third place with 490 targets. Three-time Olympian and 1996 bronze medalist Lance Bade (Vancouver, Wash.) finished in fourth place with 488 targets, while U.S. Army Marksmanship Unit (USAMU) shooters Matthew DePuydt (Houghton, Mich.) and Matthew Wallace (Stanton, Tenn.) finished in fifth and sixth place with 485 and 484 targets respectively.

Coggdell, the 2007 Pan American Games and World Cup Korea bronze medalist, secured her spot on the 2008 U.S. Olympic team, finishing on top in Woman’s Trap with a final score of 475 targets.

“I knew with the level of competition I would face going into the final Olympic Selection Match, that I would have to do something no one ever expected, and come from eight targets back,” said Coggdell. “I feel extremely proud and grateful to have won the Olympic spot.”

USAMU shooter Joetta Dement (Renton, Wash.) finished in second place with 463 targets. Susan Sledge (El Cajon, Calif.) took third place with 457 targets. Kelsey Zauhar (Lakeville, Minn.) finished in fourth place with 454 targets, while USAMU member and 1996 Olympian Theresa DeWitt (Cincinnati, Ohio) took fifth place with 453 targets. Collyn Loper (Indian Springs, Ala.), a 2004 Olympian, finished in sixth place with 447 targets.

In Double Trap, USAMU shooter Eller finished the competition in first place with a total score of 615 targets, earning a spot on his third consecutive U.S. Olympic team. Eller’s USAMU teammate, and 2007 Pan American Games silver medalist, Holguin, shot a perfect score of 50 targets in the final to earn his first berth to the U.S. Olympic Team. Holguin finished with a total score of 612 targets.

“I expected to make it, so when you see it over and over again in your mind, it really helps,” said Holguin. “I felt really confident coming into this match in the position I was in.”

Fellow USAMU members Josh Richmond (Hillsgrove, Pa.), the 2007 Pan American Games Champion, and 2000 Olympian Bill Keever (Rutherfordton, N.C.), finished in third and fourth place respectively with 606 and 596 targets. Jared Fodor (Centerburg, Ohio) finished in fifth place with 570 targets, while Bryce Gearhart (Freeburg, Pa.) finished in the sixth spot with 564 targets.

In Men’s Skeet, USAMU member Hancock, the 2007 World Cup Italy Champion/world record holder and 2007 Pan American Games gold medalist, earned a berth to his first U.S. Olympic Team finishing with a total score of 511 targets. McLelland and USAMU member Mark Weeks (Clinton Township, Mich.) were tied at 478 targets going into the final, but McLelland earned the spot on the 2008 U.S. Olympic Team shooting 24 targets to Weeks’ 22 targets in the final. McLelland finished with a total score of 502 targets, while Weeks finished with 500 targets. Jon Michael McGrath (Tulsa, Okla.) finished in the fourth spot with 497 targets. USAMU member and 2004 Olympian Shawn Dulohery (Lee’s Summit, Mo.) finished in fifth place with 496 targets, while Frank Thompson (Alliance, Neb.) took sixth place with 495 targets.

In Women’s Skeet, three-time Olympic medalist (1996 and 2004 gold medalist, 2000 bronze medalist) Kim Rhode (El Monte, Calif.) earned a spot on her fourth consecutive U.S. Olympic Team, finishing with a total score of 497 targets. Pan American Games gold medalist Haley Dunn (Eddyville, Iowa) finished right behind Rhode in second place with 496 targets. Two-time Olympian Connie Smotek (Bryan, Texas) took third place with 493 targets. Emily Blount (Tucson, Ariz.), the 2007 Junior World Clay Target Champion, finished in fourth place with 471 targets, while Brandie Neal (Spencer, Ind.) and Jaiden Grinnell (Port Angeles, Wash.) tied for fifth place with 470 targets.

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Meet the 2008 U.S. Olympic Shotgun Team:

**Men’s Trap**

**Bret Erickson (Bennington, Neb./Muenster, Texas)**

Bret started shooting with his father at age 10, and at the current age of 47 is an extremely accomplished shooter, having competed in three Olympic Games and earning six National Championships, as well as several World Championship and Pan American medals during his career. Bret briefly retired from shooting in 1999, but made a comeback in 2001, when he made the world team and won a silver medal. In 2004, Bret earned a spot on the Olympic Team, but five weeks before the Olympic Games, his heart stopped during a run with his teammates. His teammates were able to get his heart going again and the doctors installed a pacemaker. Four weeks later, he shot in the Olympic Games in Athens. Bret retired from the USAMU in 2005 and currently runs the Willawalla Creek Shooting Center where he spends most of his time coaching, developing juniors and working with the local 4-H.

**Dominic Grazioli (San Antonio, Texas)**

Dominic’s father encouraged his shooting when he was young, hoping he would follow in the footsteps of his grandfather, a top pigeon shooter in the early 1900s. Dominic served as an alternate in Men’s Trap to the 1996 Olympic Team and the following year tied the then-national record of 295/300 at the National Championships. The next year, he won gold and bronze medals at the same World Cup. He has since earned several more World Cup medals. Dominic currently serves as a major in the Air Force at Lackland AFB in Texas.

**Women’s Trap**

**Corey Cogdell (Eagle River, Alaska)**

Corey grew up hunting with her father, which fostered a love for shooting, so she joined the 4-H program and started to develop her trap shooting skills. Corey made the National Development Team in 2006 at Fall Selection when she placed first in Junior Women’s Trap. That same day, she made the National Team when her score also placed her third in the open Women’s Trap event. Corey was home schooled and received her high school diploma in May of 2005. Corey also worked in a cooking school for two years as an assistant chef. As part of her job, she traveled to Italy to study how to prepare authentic Italian food. She is currently living at the Olympic Training Center in Colorado Springs as a resident athlete.

**Men’s Double Trap**

**Glenn Eller (Katy, Texas)**

Walton Glenn Eller III began shooting at the age of eight. In 1996, Glenn was the first American to win the prestigious British Open Sporting Clay junior title. He has been a member of two U.S. Olympic Teams (2000 and 2004) and was the 2005 World Cup Korea Champion. Glenn had an extremely successful 2007, winning the gold at the World Cup Changwon as well as the World Cup Final. He is currently a member of the USAMU. Glenn enjoys hunting game birds and deer and was a pole vaulter in high school.
Jeff Holguin (Yorba Linda, Calif.)
Jeff’s father and grandfather, regular ATA shooters, taught Jeff how to shoot. He made his first national team in Trap at the 1997 National Championships. Soon after, he switched to Double Trap. Jeff was a resident athlete at the Olympic Training Center in Colorado Springs before joining the USAMU in 2006. He graduated with a Bachelor’s of Science degree in Health Care Science and Forensic Science from the University of Colorado at Colorado Springs. In 2007 at the Pan American Games in Rio, Jeff earned the silver medal in Double Trap. He played baseball from the time he was five years old until his graduation from high school. In his spare time, Jeff enjoys waterfowl hunting, bass fishing, golf, snowboarding and watching USC football.

Men’s Skeet

Vincent Hancock (Eatonton, Ga.)
Only 19 years old, Vincent has already earned some of the most prestigious titles in competitive Skeet shooting. At the young age of 16 he won his first World Championship in Men’s Skeet and was awarded the International Shooting Sport Federation’s (ISSF) Shooter of the Year Award. Vincent is a product of the National Shooting Sport Foundation’s Scholastic Clay Target Program and is currently a member of the USAMU. In 2007, Vincent won the gold at World Cup Italy, setting a finals World Record. He also earned the gold at the 2007 Pan American Games.

Sean McLelland (Mission, Texas)
Sean started shooting at clay targets when he was 14 and now shoots com-
petitively for the nationally ranked Lindenwood University Shotgun Team, in St. Charles, Mo., where he is majoring in Business. Sean first began shooting in 4-H, where he later became the 2004 High Overall Individual National 4-H Shooting Champion and the President of the Sharyland 4-H Group. In high school he was also active in football and track. In his free time, Sean enjoys bird and big game hunting, hiking and fly-fishing.

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**Women’s Skeet:**

**Kim Rhode (El Monte, Calif.)**

Kim got her competitive start in shooting in American Skeet. After winning the championship at age 13, she became captain of the All-American Team at 14. Currently at the age of 28, Kim is an incredibly accomplished shooter, having won two Olympic gold medals and one bronze in Women’s Double Trap. When Double Trap was removed from the Olympic schedule after the 2004 Games, Kim turned her attention to international skeet and after taking time off after her success in Athens, Kim returned in 2006 where she finished third at the National Championships, earning her place on the U.S. National Team in Skeet. Kim enjoys public speaking, giving shooting demonstrations, skiing and hunting and is an avid builder and restorer of cars. She is a member of the Safari Club International and is a recipient of her hometown’s prestigious “El Monte Title.” She is currently studying to become a veterinarian.
USA Shooting officially announced the hiring of Mark Weeks (Clinton Township, Mich.) on March 31, 2008 as the new National Head Coach for Shotgun.

After more than 20 years of dedicated service to USA Shooting as the National Shotgun Coach, Lloyd Woodhouse will be retiring at the end of August and Weeks will take over on September 1.

Weeks began shooting with his father, Dan Weeks, but credits Woodhouse with showing him the intricacies of the sport. Weeks brings 21 years of shotgun shooting experience to USA Shooting and has pursued modern coaching and training techniques for the past two years.

"USA Shooting is very excited to add Mark to the coaching staff," said Wanda Jewell, USA Shooting Director of Operations. "His expertise both on the field and with young athletes will be a real asset for our competitive program."

Twenty-nine year old Weeks was a resident athlete at the Olympic Training Center in Colorado Springs from 1998 to 2000 and joined the U.S. Army Marksmanship Unit (USAMU) in 2000, where he has been stationed for the past eight years.

Weeks most recently finished in third place in Men’s Skeet at the 2008 U.S. Olympic Team Trials for Shooting (Shotgun), narrowly missing a spot on the 2008 U.S. Olympic Team by just two targets.

"I am very excited to be the new National Coach for Shotgun," said Weeks. "Competition shooting has been my whole life and I now am looking forward to being on the coaching side and seeing our athletes excel in the sport and win medals. I feel that we have a very good talent pool in shotgun and the future looks promising."

Weeks attended Troy University and is married to Mary Elsass, a past member of the National Rifle Team.

2008 Senior Open for International Trap

The 2008 Senior Open for International Trap will be held August 16-17 at the Hillsboro Skeet and Trap Club in Hillsboro, Ore. (www.hillsborotrapandskeetclub.com), near Portland, and is sponsored by the International Shooting Sports of Oregon (ISSO). Open practice is scheduled for August 13 & 14 and a 100 target preliminary event will take place on Friday August, 15 with the 125 target main event August 16-17. Saturday is 75 targets; Sunday is 50 targets and three Finals, Class A, B and C. Shooters are classified on Saturday’s scores. Shooters must turn 45 years old this calendar year per USAS rules to be eligible to compete.

ISSO President Dave Senter guarantees a truly international flavor, with entries expected from Australia, Canada and the U.S. Event Organizer and Match Director, Maxey Brantley is expecting the range capacity of 42 shooters to be reached quickly and encourages interested shooters to register as soon as possible. Once the entries reach capacity, a waiting list will be established in the event there are cancellations.

New for this year, USA Shooting is providing a perpetual trophy for the HOA winner. The trophy will reside at USAS Headquarters in Colorado Springs on display.

Match information is available from either Dave Senter, (sendr25@hotmail.com) or Maxey Brantley (brantleymd@earthlink.net). Please use "Senior Open - International Trap" in the subject line to ensure prompt attention.

Board of Directors Election Notice

The election for the Pistol Athlete Representative to the USA Shooting Board of Directors will take place during the 2008 USA Shooting Rifle/Pistol National Championships, which are being held June 28 - July 6 at Ft. Benning, Ga. The election will take place at the USA Shooting Annual Membership Meeting on the afternoon of Tuesday, July 1. The Pistol Rep. will be female and the alternate will be male for the 2009-2012 quad.
Morgan Hicks (Roy, Wash.), a 2004 Olympian and Head Coach for the University of Nebraska Rifle Team, won the gold medal in the 50m 3 Position Women’s Rifle event on March 28 at the 2008 ISSF World Cup for Rifle and Pistol in Rio de Janeiro, Brazil. Hicks finished in first place with a total score of 677.9 points (581 + 96.9). She was joined on the medal podium by Lidija Mihajlovic of Serbia and Annik Marguet of Switzerland.

Danish shooter Charlotte Jakobsen entered the qualification round with the highest score of 583 points, but finished the final round in last place after scoring a series of disappointing shots. Her final score of 670.7 points (583 + 87.7) placed her in eighth place and left room for Hicks, who managed to move from the third spot up to first place. Hicks gained the lead after a few final shots and eventually closed the match winning her first ever World Cup medal.

Mihajlovic, the current number one shooter in the world in this event, battled to the end to get a spot on the podium after starting in seventh place with a five point disadvantage from the leaders. Shooting today’s highest 10-shot score (97.3 points), Mihajlovic earned the silver, leaving the bronze to Swiss’s Marguet who closed just two tenths of a point behind her.

Norwegian shooter Ingrid Stubsjoen placed fourth, followed by Esmari Van Reenen, who finished fifth. U.S. shooter Amy Sowash (Richmond, Ky.) competed in her first ISSF World Cup final match, shooting a total score of 672.3 points (577 + 95.3), placing in sixth place in front of Darya Shytko of Ukraine, who took seventh.

The 50m 3 Position Women’s Rifle event was the last match of the 2008 ISSF Rifle/Pistol World Cup in Rio de Janeiro.

Additional results for other U.S. shooters competing at the Rio World Cup include:

**Rifle:**

**Men’s Air Rifle**

- Jason Parker (2008 Olympic team member in Men’s Air Rifle) – 6th place, 697.6
- Hank Gray – 21st place, 589

**Men’s 3 Position Rifle**

- Jason Parker – 4th place, 1263.4
- Mike Anti – 8th place, 1257.5
- Hank Gray, 10th place, 1161

**Men’s Prone Rifle**

- Chris Abalo - 18th place, 594
- Hank Gray - 24th place, 592
- Mike Anti – 25th place, 592

**Women’s Air Rifle**

- Amy Sowash - 13th place, 392
- Morgan Hicks - 30th place, 387

**Women’s 3 Position Rifle**

- Morgan Hicks – 1st place, 677.9
- Amy Sowash – 6th place, 672.3
- Nicole Cooper – 17th place, 571

**Pistol:**

**Men’s Air Pistol**

- Brian Beaman – 12th place, 577
- Jason Turner (2008 Olympic team member in Men’s Air Pistol) – 13th place, 576

**Men’s 50m Pistol**

- Jason Turner – 4th place, 651.7
- Brian Beaman - 6th place, 650.9

**Women’s Air Pistol**

- Sandra Uptagrafft – 23rd place, 375
- Libby Callahan – 26th place, 372

**Women’s 25m Pistol**

- Libby Callahan – 11th place, 575
- Sandra Uptagrafft – 20th place, 568

For complete results from the Rifle/Pistol World Cup in Rio, please visit the ISSF TV website at www.issf.tv.
About Pellet Numbers and Pellet Testing

The first thing you need to know is that competition airguns used in the Olympic disciplines are .177 caliber, which is equal to 177 thousandths of an inch. The metric equivalent to .177 inch is 4.50 millimeters, therefore the European caliber designation is 4.5 mm.

Next, you should know that the smallest quantity of match pellets are typically packaged as 500 pellets and are in containers called tins. When ten tins are packaged together, they are called a sleeve. A sleeve contains 5,000 pellets and weighs a little more than six pounds. Five sleeves packaged together are called a case. A case contains 25,000 pellets and weighs about 32 pounds. Case quantities are normally bought by schools, clubs, very serious competitors or those stocking up early for Y3K.

RWS does make a special 100 pellet pack with two layers of individually packed pellets in Styrofoam. While it certainly appears that these much more expensive pellets should be more accurate and look so pristine with their skirts all pointing upward, the reality is that they are made with the same dies and tumbled the same way. The proof is in the shooting and every test comparison I have done, or am aware of others performing, is that on average this specially packed pellets shoot no better or no worse than those packed 500 to a tin.

Next, you need to know that these .177 caliber or 4.50 mm match pellets are made in different sizes. As a way of refining accuracy and to most perfectly fit an individual group of pellets to the exact size and characteristics of your gun barrel, pellets are made in different head sizes. Head sizes start at 4.48 mm and continue through 4.49, 4.50, 4.51 and 4.52 mm. These sizes are determined by the various size molds used to create the pellets in the manufacturing process. But, you ask, isn’t one .177 barrel the same size as another .177 barrel? No, not really.

In the barrel manufacturing process, the tolerances are such that the finished size of the lands and grooves of the rifling will vary enough from one barrel to another that, while one barrel coming off of the assembly line might prefer the undersized pellets of 4.48 mm, the next barrel might be happier with oversized pellets of 4.51 mm.

In a perfect world, you would discover which head size fits your gun and that would always be the perfect pellet for your gun - but, we all know we do not live in a perfect world. Nonetheless, a myth has arisen in the shooting world saying that a specific pellet head size is the only information you need to know to obtain maximum accuracy from a particular target airgun. This myth is derived from a misunderstanding of a small piece of paper that comes with every target airgun sold and that paper is called a test target.

The airgun manufacturers (Anschutz, Walther, Steyr, FWB, Morini, etc.) include a test target with each new airgun showing a very small group shot from that specific airgun. Generally, scribbled beside the group will be some initials denoting the mfg of the pellet (H & N, RWS, JSB, or Vogel) and a head size diameter (4.48, 4.9, 4.50, etc.). It is a profound misunderstanding of this test target which causes so much confusion for parents, athletes and coaches.

Unfortunately, the conclusion of proper head size pellets for this particular airgun is drawn when the new owner opens up his or her prize new airgun and looks at the owner’s manual for guidance and sees the head size written on the test target. The owner immediately thinks that it was selected by the factory as the perfect sized pellet for use in this airgun, somewhat akin to Moses bringing the 10 commandments off of Mount Sinai. The reality is that the head size on a factory test target has about as much relevance to your final decision on what is the most accurate pellet for your airgun as Bugs Bunny making that proverbial left turn in Albuquerque.

The test target is nothing more than a validation from the factory that this particular airgun is capable of shooting well. The factory IS NOT trying to determine the best pellet for your gun. In fact, as I will discuss in a moment, they cannot do this. What the gun factories want to do is put a sample of various pellets through their guns to see if they are shooting to their accuracy expectations. The test targets are shot with a
group of five pellets. If they shoot the one group of five pellets and they get a great looking group, you can bet the next thing that gun will see is the inside of a packing box, not shooting more than five shot groups of pellets.

If they shoot the first four groups and none of the groups are as tight as they should be, then they will shoot another sample of four groups possibly on the opposite extreme of the pellet size spectrum. Normally, for air rifles, one or more of these groups will be able to hold an unfired pellet up by skirt, when holding the target horizontally in the air. As soon as they find a good looking group, that target will go out with the gun. If none of these attempts show accuracy, then the gun will go back to have its barrel or regulator checked before coming back to the test range. The point is, shooting test targets are not attempts by the factory at defining what shoots well in their barrel, but only that their barrel does indeed shoot well.

Now then, if this head size number indicated on your gun’s test target is not the key to the accuracy then what is? How do you know what pellets you should buy? To really get true information requires testing your airgun from a solid rest with a variety of head sizes and lot numbers. Lot numbers you say? What are those? Lot numbers are used by manufacturers to differentiate between various groups of pellets having different production characteristics.

In firearms ammunition there are a lot more variables that can prompt a lot number change. Anything that is different in the production requires a new lot number. A change from one group of primers to another, a new box of gun powder, a change in brass, a change in the roll of lead wire used to make the bullet, a change in the adjustment of the machine or even a simple tweak will necessitate a new lot number. Often this means that single machine operating in a normal eight hour work day could produce five or more different lot numbers.

For airgun pellets, there are really only two variables that create a different lot number; a change in the lead wire or a change in the machine adjustment. For us at Vogel USA, if everything goes well and an entire roll of lead wire runs through the machine without any machine tweaking taking place, then a lot will not be any larger than 12 sleeves, or approximately 60,000 pellets. If production is stopped in the middle of a roll of wire and a machine adjustment is made, then that creates a new lot number. If we stop again and make another machine adjustment, then that creates another new lot number. So you can see that it’s possible that lot number could cover only two or three sleeves of pellets.

To determine what a given pellet’s lot number is, we normally only have to look at the tins, often they are stamped on little stickers on the bottom of the tin and they will also be found on the corresponding sleeves and cases. It is important when choosing lots to be tested, that you determine if the supplier has a large enough quantity on hand of each lot number in the event you choose it as the best shooting lot in your gun. Often, a supplier will have to hold back those lots being tested until you make your final purchase, so they won’t sell out of the lot you eventually choose. In fairness to the vendors, you should do your pellet testing as soon as possible upon receiving the sample lots, so as not to tie up their inventory of pellets for weeks on end.

Next issue, I will talk separately about rifle testing versus pistol testing, since the two have vastly different requirements.

Scott Pilkington has been involved with Olympic shooting since 1991 as a gunsmith, importer, photojournalist, youth coach and now as a manufacturer of American made match pellets.
### Table: Match Schedule

#### Shotgun Match Schedule

<table>
<thead>
<tr>
<th>Match #</th>
<th>Match Name</th>
<th>Club Name</th>
<th>Match Level</th>
<th>Discipline Name</th>
<th>City</th>
<th>State</th>
<th>Start Date</th>
<th>End Date</th>
<th>How to Register</th>
</tr>
</thead>
<tbody>
<tr>
<td>3455</td>
<td>2008 World Cup USA - Out of Competition Entry</td>
<td>USA Shooting</td>
<td>Other Event</td>
<td>Shotgun</td>
<td>Kerrville</td>
<td>TX</td>
<td>5/1/08</td>
<td>5/10/08</td>
<td>Phone: (719) 866-4670 Email: <a href="mailto:competitions@usashooting.org">competitions@usashooting.org</a></td>
</tr>
<tr>
<td>3458</td>
<td>Zone 11 and Vegas Crap Shoot</td>
<td>California Int'l Target Shooters</td>
<td>Zone Championship</td>
<td>Shotgun</td>
<td>Las Vegas</td>
<td>NV</td>
<td>5/3/08</td>
<td>5/3/08</td>
<td>Phone: (302) 632-0662 Email: <a href="mailto:info@aimshot.com">info@aimshot.com</a></td>
</tr>
<tr>
<td>3456</td>
<td>Fairfield Sportmen's Association International Trap Championship</td>
<td>Fairfield Sportmen's Assoc.</td>
<td>Preliminary Tryout</td>
<td>Shotgun</td>
<td>Harrison</td>
<td>OH</td>
<td>5/10/08</td>
<td>5/10/08</td>
<td>Phone: (505) 338-8027</td>
</tr>
<tr>
<td>3571</td>
<td>2008 Northwest Regional - Trap</td>
<td>Missoula Trap &amp; Skeet Club</td>
<td>Regional Championship</td>
<td>Shotgun</td>
<td>Missoula</td>
<td>MT</td>
<td>5/31/08</td>
<td>6/1/08</td>
<td>Phone: (406) 544-3348 Email: <a href="mailto:cjparson@bighawk.net">cjparson@bighawk.net</a></td>
</tr>
<tr>
<td>3438</td>
<td>Zone 2 Championship</td>
<td>Quantico Shooting Club</td>
<td>Zone Championship</td>
<td>Shotgun</td>
<td>MCB Quantico</td>
<td>VA</td>
<td>6/14/08</td>
<td>6/15/08</td>
<td>Club Rep: Sam Work Phone: (703) 626-8490 Email: <a href="mailto:awalk20@comcast.net">awalk20@comcast.net</a></td>
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<tr>
<td>3457</td>
<td>One State International Trap Championships</td>
<td>Fairfield Sportmen's Assoc.</td>
<td>Preliminary Tryout</td>
<td>Shotgun</td>
<td>Harrison</td>
<td>OH</td>
<td>7/5/08</td>
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<tr>
<td>3560</td>
<td>2008 USA Shooting National Trapshoot Championships</td>
<td>USA Shooting</td>
<td>National Championships</td>
<td>Shotgun</td>
<td>Colorado Springs</td>
<td>CO</td>
<td>7/12/08</td>
<td>7/13/08</td>
<td>Phone: (719) 866-4670 Email: <a href="mailto:competitions@usashooting.org">competitions@usashooting.org</a></td>
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<tr>
<td>3430</td>
<td>Support the Troops PTO</td>
<td>Quantico Shooting Club</td>
<td>Preliminary Tryout</td>
<td>Shotgun</td>
<td>MCB Quantico</td>
<td>VA</td>
<td>8/30/08</td>
<td>8/31/08</td>
<td>Phone: (703) 626-8490 Email: <a href="mailto:awalk20@comcast.net">awalk20@comcast.net</a></td>
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<td>3442</td>
<td>Northeast Regional International Trap Championships</td>
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<td>Regional Championship</td>
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<td>OH</td>
<td>9/3/08</td>
<td>9/7/08</td>
<td>Phone: (513) 338-8027</td>
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<td>3440</td>
<td>Belway 250</td>
<td>Quantico Shooting Club</td>
<td>Preliminary Tryout</td>
<td>Shotgun</td>
<td>MCB Quantico</td>
<td>VA</td>
<td>10/4/08</td>
<td>10/5/08</td>
<td>Club Rep: Sam Work Phone: (703) 626-8490 Email: <a href="mailto:awalk20@comcast.net">awalk20@comcast.net</a></td>
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</table>

#### Rifle Match Schedule

<table>
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<tr>
<th>Match #</th>
<th>Match Name</th>
<th>Club Name</th>
<th>Match Level</th>
<th>Discipline Name</th>
<th>City</th>
<th>State</th>
<th>Start Date</th>
<th>End Date</th>
<th>How to Register</th>
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<tbody>
<tr>
<td>3456</td>
<td>Oregon State Junior Indoor Rifle Championship</td>
<td>Cross Roads Sport Shooting Association</td>
<td>Preliminary Tryout</td>
<td>Rifle, Pistol</td>
<td>Glen</td>
<td>MS</td>
<td>5/3/08</td>
<td>5/3/08</td>
<td>Phone: (503) 871-3459 Email: <a href="mailto:cross@crossroads.org">cross@crossroads.org</a></td>
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<tr>
<td>3445</td>
<td>Oregon State Junior Indoor Rifle Championship</td>
<td>Tri County Gun Club</td>
<td>Preliminary Tryout</td>
<td>Rifle</td>
<td>Sherwood</td>
<td>OR</td>
<td>5/3/08</td>
<td>5/4/08</td>
<td>Phone: (503) 944-1569 Email: <a href="mailto:brian@usa.net">brian@usa.net</a></td>
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<tr>
<td>3383</td>
<td>Black Mountain Monthly PTO Match</td>
<td>Black Mountain Shooting Club</td>
<td>Preliminary Tryout</td>
<td>Rifle</td>
<td>Chino</td>
<td>CA</td>
<td>5/4/08</td>
<td>5/4/08</td>
<td>Phone: (770) 381-9888 Email: <a href="mailto:greangephotography@comcast.com">greangephotography@comcast.com</a></td>
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<td>3461</td>
<td>2008 Rifle and Pistol Spring Selection &amp; Smallbore Olympic Team Trials</td>
<td>USA Shooting</td>
<td>Selection Match</td>
<td>Pistol, Rifle</td>
<td>Ft Benjamin</td>
<td>GA</td>
<td>5/12/08</td>
<td>5/12/08</td>
<td>Phone: (714) 499-8160 Email: <a href="mailto:competitions@usashooting.org">competitions@usashooting.org</a></td>
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<td>3404</td>
<td>Phoenix RGC May PTO</td>
<td>Phoenix Rod &amp; Gun Club</td>
<td>Preliminary Tryout</td>
<td>Rifle</td>
<td>Gilbert</td>
<td>AZ</td>
<td>5/17/08</td>
<td>5/17/08</td>
<td>Club Rep: Dan Plante Phone: (480) 665-3927 Email: <a href="mailto:dplante@crossroads.org">dplante@crossroads.org</a></td>
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<tr>
<td>3473</td>
<td>USA Shooting Air Rifle and Pistol PTO Match</td>
<td>Cedar Hill Jr Gun Club</td>
<td>Preliminary Tryout</td>
<td>Pistol, Rifle</td>
<td>Blackfoot</td>
<td>ID</td>
<td>5/17/08</td>
<td>5/19/08</td>
<td>Club Rep: Randy Shirk Phone: (208) 386-4650 Email: <a href="mailto:randy@loopwink.com">randy@loopwink.com</a></td>
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<tr>
<td>3425</td>
<td>Febru. Open International Air Pistol Match</td>
<td>Northwest Gun Club Inc.</td>
<td>Preliminary Tryout</td>
<td>Pistol, Rifle</td>
<td>McComb</td>
<td>MS</td>
<td>5/17/08</td>
<td>5/18/08</td>
<td>Club Rep: Mickey Brodrum Phone: (509) 343-3967</td>
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<tr>
<td>3404</td>
<td>Phoenix RGC May PTO</td>
<td>Phoenix Rod &amp; Gun Club</td>
<td>Preliminary Tryout</td>
<td>Pistol</td>
<td>Gilbert</td>
<td>AZ</td>
<td>5/17/08</td>
<td>5/17/08</td>
<td>Club Rep: Tom Fendler Phone: (480) 855-0000 Email: <a href="mailto:dplante@crossroads.org">dplante@crossroads.org</a></td>
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<tr>
<td>3516</td>
<td>Minneapolis Rifle Club Olym. Free Pistls May PTO</td>
<td>Minneapolis Rifle Club</td>
<td>Preliminary Tryout</td>
<td>Pistol</td>
<td>St. Francis</td>
<td>MN</td>
<td>5/17/08</td>
<td>5/17/08</td>
<td>Club Rep: Bill Miranda Phone: (612) 499-8164 Email: <a href="mailto:rmiranda@hotmail.com">rmiranda@hotmail.com</a></td>
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<tr>
<td>3109</td>
<td>Michigan USAS Air Pistol PTO</td>
<td>Riverside Shooting Club</td>
<td>Preliminary Tryout</td>
<td>Rifle</td>
<td>Bay City</td>
<td>MI</td>
<td>5/18/08</td>
<td>5/18/08</td>
<td>Club Rep: Thomas Motto Phone: (517) 631-3079 Fax: (517) 631-3079 Email: <a href="mailto:rwmotto@msn.com">rwmotto@msn.com</a></td>
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<td>USAS Air Rifle / Pistol PTO</td>
<td>Riverside Shooting Club</td>
<td>Preliminary Tryout</td>
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<td>Bay City</td>
<td>MI</td>
<td>5/18/08</td>
<td>5/18/08</td>
<td>Club Rep: Thomas Motto Phone: (517) 631-3079 Fax: (517) 631-3079 Email: <a href="mailto:rwmotto@msn.com">rwmotto@msn.com</a></td>
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<td>3394</td>
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<td>Ft. Bend County 4-4 Shooting Sports</td>
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<td>Rosenberg</td>
<td>TX</td>
<td>5/23/08</td>
<td>5/25/08</td>
<td>Club Rep: Jim Wilson Phone: (832) 549-4650 Fax: (714) 499-0684 Email: <a href="mailto:jwilson@usa.net">jwilson@usa.net</a></td>
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<td>3414</td>
<td>Desert GC Monthly PTO</td>
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<td>Arcadia</td>
<td>FL</td>
<td>5/24/08</td>
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<td>Club Rep: Pete Borch Phone: (509) 444-5853 Email: <a href="mailto:pborch@rcdrc.com">pborch@rcdrc.com</a></td>
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<td>3574</td>
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<td>Preliminary Tryout</td>
<td>Pistol</td>
<td>Dawsonville</td>
<td>GA</td>
<td>5/24/08</td>
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<td>Club Rep: Dennis Lindemann Phone: (710) 378-0046 Email: <a href="mailto:dlindemann@comcast.net">dlindemann@comcast.net</a></td>
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<td>3448</td>
<td>2008 Northwest Regional Rifle &amp; Pistol Championship</td>
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<td>Magazine, Rifle</td>
<td>Middletown</td>
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<td>6/1/08</td>
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<td>Club Rep: Thomas Motto Phone: (517) 631-3079 Fax: (517) 631-3079 Email: <a href="mailto:rwmotto@msn.com">rwmotto@msn.com</a></td>
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<td>Glen</td>
<td>MS</td>
<td>6/7/08</td>
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<td>Club Rep: Bill Miranda Phone: (612) 499-8164 Email: <a href="mailto:rmiranda@hotmail.com">rmiranda@hotmail.com</a></td>
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The Zone 5 Championships held by Cross Roads Sport Shooting Association in Mississippi brought kids from all over the state, including many from Louisiana. The kids participating in the match were Adrianne James, Sheila Leet, Sarah Zuccarrello, Mike Liuzza, Matt Savage, Austin Litherland, Mark Baldwin, Christian Hashagen, Luke South, Jacob Gilmore and Kayla Parker.