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USA Shooting Receives Unprecedented LIVE Coverage of 2008 Shotgun Fall Selection Match on ESPN360.com

Soldiers Staying Busy in the Fall

2009 World Shotgun Championship Team Determined at Fall Selection Match

Haley Dunn, Vincent Hancock Capture Silver Medals in Skeet at Shotgun World Cup Final

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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For the first time, ESPN360.com, the online home for live sports, webcasted a USA Shooting competition. ESPN360.com telecasted LIVE the Double Trap and Skeet World Shotgun Championship Team Selection match finals from Ft. Carson’s International Shooting Park in Colorado Springs on September 15 and 16. This was the first time a USA Shooting national event was broadcast on live television.

“ESPN was very excited about doing this,” said Executive Producer and former National Team member Shari LeGate. “It was a test event for broadcasting shooting competitions LIVE. We wanted to see how it would go and it turned out to be very well received and well viewed and as a result, we are looking at doing more events in the future in both shotgun and rifle.”

LeGate, who is an independent packager for ESPN and produces shooting shows for ESPN2 and ESPNU said ESPN is even thinking about expanding their coverage of Olympic style shotgun and rifle shooting to international events in 2009 and beyond on additional ESPN networks.

“It was a new step for ESPN getting into the competition shooting sports and one that was greatly anticipated,” said LeGate. “They have wanted to broadcast these types of shooting events for a long time and were really looking forward to doing it. We definitely had challenges, but nothing we can’t change and make better in the future.”

LeGate says that ESPN has very high quality production standards and what they do for the web is the same as television, so the Fall Selection Match was very good preparation for expanding their coverage of shooting for live TV in the future.

“Clearly, this was a huge success for the shooting sports and ESPN360.com,” added LeGate. “Yes, there were things we didn’t anticipate based on coverage of other sports, but we found that we could adapt how we cover those sports to the shooting sports and that was a big step. Without a doubt, we will be able to continue covering competitions LIVE with the goal of elevating the shooting sports to the same level of mainstream sports.”

**About ESPN360.com**

ESPN360.com is ESPN’s signature broadband sports network. It is the online home for live sports, giving fans a 24/7 online destination delivering thousands of live, global sports events annually. The service is available at no additional charge to fans who receive their high-speed Internet connection from an affiliated service provider, and is currently available in over 25 million homes nationwide via more than 25 Internet service providers nationwide including AT&T, Verizon, RCN, Frontier, Cavalier, Charter, Mediacom, Conway, Grande Communications and more. It has more than doubled its distribution since November 2006. In addition, ESPN360.com is available to all College/University campuses and Military Bases in the United States, equaling an estimated additional 18 million US customers.

Consumers wanting more information about ESPN360.com, which Internet services currently provide it, and how they can get it should go to www.espn360.com.
Director's Column

By Robert Mitchell, Chief Executive Officer

In the last issue I concluded that we were working diligently on developing a plan for the 2009-2012 quadrennial. Most certainly that plan emphasizes winning Olympic medals. However, our mission at USA Shooting also charges us with the responsibility to “promote the shooting sports.” This portion of our mission is extremely important as it has been long recognized that we cannot exist on elite programs alone. If we are to be successful in the quest for Olympic medals, a strong development program is imperative. Our board of directors has identified a number of issues being most critical to the future of USAS. One of those topics is the development of our athlete pool. In comparison to most other sports in the Olympic family, our athlete pipeline is very small. While we have a huge shooting family of hunters, sport shooters and competitors, backed by a very large industry which few other sports share, the shooting sport is fragmented into more options than any other. The martial arts have many sport variations and disciplines but none equal the varied opportunities that shooting offers. As a result, Olympic-style shooting is very small in the United States. Our membership of coaches, officials, supporters and shooters is less than 5,000. The athlete pool of competing countries is 10 to more than 100 times that of ours. While China has “only” 80,000 active members of their Olympic shooting program, they screen millions of school age youth for shooting. The German shooting federation has approximately two million members. All considered, our training programs are amazingly efficient and effective when our numbers are measured against that of other countries. But, think for a moment how successful we could be if we increased our development program and doubled our pool of athlete talent!

Our Junior Olympic program is the centerpiece of our development efforts. Affiliations with the NRA, ATA, NSSA and SCTP have been allied groups that feed shooters into our athlete pipeline and have proven to be most important. In recent years, three-position air rifle and the progressive position pistol programs have been grassroots efforts that are benefiting our pipeline. If we are to experience continued success in the Olympic environment, we need to do much more in exposing youth and adults to the Olympic path. During the next quadrennial we will be focusing efforts on further developing our

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Giving long-term appreciated stock to USA Shooting offers you a two-fold tax saving. First, you avoid paying any capital gains tax on the increase in value of your stock. You also receive a tax deduction for the full fair market value of the stock on the date of the gift. For income tax purposes, the value of such gifts may be deducted up to 30% of adjusted gross income, with an additional five-year carry forward.

Gifts of Life Insurance
If you own a life insurance policy that is no longer needed, consider donating it to USA Shooting!
To receive a charitable deduction, name USA Shooting as both the owner and beneficiary of the policy. If the policy has a cash value, you can take a charitable deduction approximately equal to the cash value at the time of the gift.
In addition, if the annual premiums are still to be made and you continue to pay them, those premiums will become tax deductible each year.
Contact your life insurance agent for details on the simple process to complete a gift of a life insurance policy.

Bequests
A charitable bequest in your will can provide significant estate tax savings while ensuring the long-term success of USA Shooting. Please contact us if you’d like help developing proper language to include USA Shooting in your estate plans.

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If you have owned your home, a vacation home, acreage or a farm for several years, a charitable gift of that real estate can be especially tax advantageous.
The property may have so appreciated in value over the years that its sale would result in a sizeable capital gains tax. If given to USA Shooting instead, you avoid the tax and also realize a charitable deduction for the full fair market value of the real estate.
You may also consider a gift of your personal residence or farm, reserving the right to continue to live in the house or farm property for life (and, if applicable, for a lifetime of your surviving spouse). Through such an arrangement, you will be entitled to a current income tax deduction for a portion of the fair market value of the property.
relationships with allied shooting organizations, building more club programs and training more coaches. Where facilities and shooting programs exist, there is no shortage of people desiring to participate.

Program development and expanding our athlete pool depend largely upon two limiting factors: funding and volunteers. More shooters require more ranges, all of which are expensive. While air gun ranges are more affordable, the construction of rifle and shotgun ranges require land, equipment, and usually lots of money. Just as local funding can be prohibitive, financial resources for USA Shooting aren’t unlimited. We must judiciously balance our resources and investments between our elite programs and our developmental efforts.

The second limiting factor is just as crucial to development: volunteers. It takes committed volunteers to manage clubs, run competitions and coach youth programs. We’re blessed to have the best volunteers in amateur sports. Coaches and officials not only give unselfishly of their time, but also perform in those roles most professionally. The best evidence of our volunteers’ professionalism is the high-quality shooters who flow into our pipeline, for which we are grateful.

Increased emphasis will be placed on growing our athlete base, but the USAS staff cannot do it alone. We need the help of our membership, clubs and allied shooting organizations if we are to be successful in exposing more people to the Olympic sport of shooting.

 Millions of people are involved in a wide range of youth programs throughout the U.S. Those who remain involved for any length of time experience satisfaction and a sense of accomplishment in seeing young people develop knowledge and skills. However, there is no greater gratification than seeing someone climb to the pinnacle of their endeavor and win the Olympic gold medal, as the parents and coaches of Glenn Eller and Vincent Hancock will verify. We look forward to working with you and others in growing our sport and developing future champions in both sport and life!

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STANDARD
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It was a lesson I’ll never forget . . .

The event was the 1987 U.S. Olympic Festival at Raleigh, N.C., and I was the least experienced team member swinging a shotgun at that match. I was in the company of the great Matt Dryke (he of Olympic Gold medal fame), the ubiquitous Al Mullins, Todd Graves and Brett Erickson (now with eight Olympic berths between them) and Bonnie McLauren, among others.

Crowds, cameramen, competition and consternation—a splendid intro to the Big Leagues.

I crafted a pretty little 100 straight the first day, one of the sweetest strings of black puffs you’ll ever see, and then backed it up with a solid 95 on the second day. That 195 was good enough to get me tangled up with Bonnie in a shoot off for the bronze medal. The loser would miss a high-five-single to cough up the contest . . . and that was me. Bonnie was—as ever—tough as nails, and I learned a good lesson about grit and guts from her that day.

But that wasn’t THE lesson. My 195 score in that match was about seven points above my head, and I reflected long and hard on how it came to be, how I might string together another good run like that. THE lesson came to me via my teammates, Terry Bankey and Eva Funes, and it was simply this: Teamwork is good.

Two decades later, that lesson still guides me. Teamwork is good; in fact, it’s critical. On the night before that match in 1987—a match that seemed like the very Olympic Games to me—we sat in the dining hall for more than two hours and just talked about shooting . . . about shooting tips, competition, techniques, hold points, sight pictures and teamwork. Terry’s parting statement to me that night : “Good luck, Bill. We’re pulling for you.”

That sense of teamwork, of being on a team, of contributing to a team is indispensable in sports. And even though ours is largely an individual activity, the synergistic effect of pulling together for a common purpose or a higher cause can erase self-doubt and trigger inspired performances. We all saw one of the clearest examples of this concept with our own Olympic Shooting Team in Beijing this summer. Seared into my memory forever is the image of all the team members lining the rail at the trap range in a driving rain as Corey Cogdell fought her way to a bronze medal. The cheers, the hugs and the hollers did not come from rifle or pistol or shotgun shooters, they came from teammates.

So what’s your team? At the very least, I hope it’s you and your family. It certainly should be you and your shooting team or club, if you’re fortunate enough to be thus affiliated. If not, don’t forget the team formed by you and your coach, your shooting partner or your friends. As you move up the ranks in this sport, we’ll try to stamp the big USA on your back, and then it will be easy and important to embrace that sense of team. If you don’t quite reach that level, you’re still a member of the team of USA Shooting, and I can assure you, I’m pulling for you. Your success is our success, and as long as you take part in this great endeavor, you’ve got a teammate cheering for you every stirring step of the way.

Rudyard Kipling’s famous poem, “The Law of the Jungle” closes with this sweet couplet:

The strength of the pack is the wolf;
The strength of the wolf is the pack.

Years ago, I was the commanding officer of an Air Force Academy cadet squadron nicknamed the “Wolfpack.” I often quoted Kipling’s lines to emphasize the importance of teamwork, and the magic of collaboration. As I reflect on the bright, young (and not-as-young) members of our Shooting Team, I think of this:

The strength of the Team is the shooters;
The strength of the shooters is the Team.

That shooting station or firing point can be a lonely place. The steel of the barrel and the flight of the bullet often provide little comfort in a sport as precise and unforgiving as ours. But look around you after pulling the trigger sometime. We are there for you my friend. And just as comforting, you’re there for us.

And that’s a lesson I hope we never forget . . .
The 18th episode of “Inside USA Shooting” airing on the Outdoor Channel in November will mark the end of the series. This post-Olympic finale will feature Olympic team members and medalists as they discuss their experiences in Beijing and plans for the future. We hope viewers have enjoyed this unique series and that it has provided insight into the Olympic shooting disciplines, as well as profiles on U.S. Shooting Team athletes.

For the past three years the production company of Visual Thinking has followed the shooting team to Ft. Benning, Ga., Colorado Springs, Colo., Kerrville, Texas and Belgrade, Serbia covering national championships, team selection competitions, world cups and the 2007 Shotgun World Cup Final. Show host Mike Smith and producer Kevin Raichl have treated viewers to not only competition coverage, but explained the nuances of each shooting discipline, provided technical information on equipment, followed athletes in their daily routines, given shooting tips and conducted in-depth interviews with athletes, family members and coaches. Visual Thinking has done an excellent job of providing an entertaining and informative show, which allows fans to follow the sport and develop considerable new interest in international style shooting.

USA Shooting and a number of other Olympic sports have reached an agreement with the U.S. Olympic Committee to provide content for a proposed Olympic channel and web based media. Development is in the works and more information on this initiative will follow as it becomes available from the USOC. Future collaborations between USA Shooting and Visual Thinking may emerge on the new Olympic channel and webcasts as we continue to work on projects to promote our sport.

I would like to take this opportunity to thank all of our athletes for their participation in the “Inside USA Shooting” series and making it such a huge success. I would also like to thank Kevin Raichl and Mike Smith and all of our friends at Visual Thinking for their dedication to the project and excellent work promoting our organization, athletes and sport through the series.

Please watch for exact dates and times for the final episode of “Inside USA Shooting” on our website at www.usashooting.org.

Wishing you all an enjoyable and safe holiday season and all the best in 2009!
USA Shooting recognizes Volunteer Mary Takanabe for 24 Years of Service

As the end of another exceptional year at USA Shooting approaches, it is time to reflect and give thanks to our volunteers. USA Shooting is incredibly fortunate to have such passionate and dedicated volunteers. Whether it’s at the grassroots level, hosting monthly PTOs, being a range officer, referee or helping out at our national level events, the success of USA Shooting depends on the dedication of our volunteers.

This year, at the USA Shooting National Championships in Ft. Benning Ga., Mary Takanabe was recognized for her outstanding service over the past 24 years. Mary, like many of our golden volunteers, began her journey with shooting when a venue was constructed for the 1984 Olympic Games in Los Angeles. With no prior experience in shooting, she responded to an article in her local paper seeking volunteers to assist with the Olympic shooting venue. Mary’s first assignment was on the 50 meter range, keeping the unofficial scoreboards up-to-date. This position was important, but Mary had the itch for something a little more invigorating. “I wanted to be where the action was, on the 25 meter range,” she said. So she trained to become a range officer and soon became the heart of the 25 meter pistol range in Chino, Calif. Mary enjoyed the fun and excitement that came with the 25 meter range; it kept her active and busy. When the 1984 Games concluded, Mary was hardly ready to give up. So she kept with the sport, helping to keep the range in Chino running straight through until the 1996 Atlanta Games. Her volunteer tenure with shooting took Mary to two Olympic Games, multiple World Cups and almost every USAS National Championships.

Mary Takanabe is a familiar face that we have all become accustomed to on the 25 meter range. Her outgoing, bubbly personality has made every shooter feel welcome and kept a smile on all our faces. She has been there since the beginning and we will miss her, as she has officially announced she will be retiring after 2008.

The friendships that developed amongst the volunteers of USA Shooting are immeasurable. With every event, new memories are made and the old ones are revisited. Even though Mary has decided to retire from shooting, her name will live on through the stories and in the hearts of the volunteers, staff and shooters.

A sincere thank you goes out to Mary Takanabe for giving so much of her time and energy to our sport over the past two and a half decades. To all of our volunteers- hats off to you! Your support is so very important, especially during this year leading up to the Olympics, we could not have made it through with out you!

WHAT TO KNOW ABOUT MAKING THE JO’S

By Cynthia Jackson, Competitions Assistant

Earning an invitation to the Junior Olympic National Championships is a coveted accomplishment for young shooters. They get to make new friends and compete with the best young shooters our country has to offer.

To earn an invitation, you must begin by participating in a State Junior Olympic qualifying match. This will prepare you for the real deal. You must then do your best to meet a state or automatic qualifying score.

What are the state and automatic qualifying scores and what do they mean? A state qualifying score is a minimum score that must be met by the highest scoring shooter according to their individual discipline and their age category in order to receive an invitation. An automatic score is the minimum everyone else and out-of-state shooters must meet in order to receive an invitation. Here are the minimum scores:

**AIR RIFLE**

<table>
<thead>
<tr>
<th>Discipline</th>
<th>State Qualifier Score</th>
<th>Automatic Invite Score</th>
</tr>
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<tbody>
<tr>
<td>40 shot</td>
<td>J1 380 / 60 shot</td>
<td>J1 390 / 580</td>
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<tr>
<td>60 shot</td>
<td>J2 370 / 565</td>
<td>J2 385 / 575</td>
</tr>
<tr>
<td></td>
<td>J3 360 / 545</td>
<td>J3 370 / 560</td>
</tr>
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</table>

**SMALLBORE RIFLE**

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<tr>
<th>Discipline</th>
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<tr>
<td>Women / Men</td>
<td>J1 560 / 570</td>
<td>J1 575 / 575</td>
</tr>
<tr>
<td></td>
<td>J2 550 / 550</td>
<td>J2 565 / 570</td>
</tr>
<tr>
<td></td>
<td>J3 540 / 540</td>
<td>J3 545 / 550</td>
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**AIR PISTOL**

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<th>Automatic Invite Score</th>
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<tbody>
<tr>
<td>40 shot</td>
<td>J1 330 / 510</td>
<td>J1 575 / 575</td>
</tr>
<tr>
<td></td>
<td>J2 330 / 500</td>
<td>J2 565 / 570</td>
</tr>
<tr>
<td></td>
<td>J3 330 / 490</td>
<td>J3 545 / 550</td>
</tr>
</tbody>
</table>
Automatic Invite Score
40 shot score / 60 shot score
J1 360 / 550
J2 350 / 530
J3 340 / 520

SPORT PISTOL
State Qualifier Score
J1 460
J2 460
J3 460

Automatic Invite Score
J1 530
J2 510
J3 500

FREE PISTOL
State Qualifier Score
J1 480
J2 480
J3 480

Automatic Invite Score
J1 530
J2 510
J3 500

Frequently Asked Questions
Q: If I am a J2 and meet the state score, will I get an invite?
A: Only if you are the highest scorer for that discipline in the state.

Q: If I score the highest in my state but do not make the state qualifying score for my age category, do I get an invitation?
A: No, you must meet the minimum score.

Q: If I score the highest in my state and I am a J1, but do not meet the state qualifying score for my age group, and a J2 shooter shot a score 1 point below me, who gets the invitation?
A: The invitation would then be extended to the J2 shooter because they were the highest shooter to meet the minimum qualifying score for their age group.

Q: So what happens to the rest of us?
A: Once a state qualifying shooter has been determined, you will be grouped into the Automatic Invite Score category. USA Shooting will then begin the process of inviting more of the best shooters in each age category based on the national average score per discipline and age category.

Q: Will I be invited if I am not a U.S. citizen?
A: Yes, you will be invited if you meet the qualifying score, but you will not be eligible to make a final or receive awards.

Q: I got invited, now what?
A: USAS will send you a packet of information to be filled out by you and your parents. USAS will have accommodations, meals and transportation available for some shooters for a cost of $40 per day at the Olympic Training Center. Not everyone will be able to receive housing at the OTC due to space limitations.

We want to make this a positive and memorable experience for everybody. As always, if a slot opens up, we will invite another shooter in their place to allow for as many shooters as we can possibly hold. GOOD LUCK TO EVERYONE!

To locate a State Junior Olympic qualifying match in your area, visit our website at www.usashooting.org for up-to-date information. If you have any questions regarding the JO’s, contact Cynthia Jackson at cynthia.jackson@usashooting.org.

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Pilkington Competition
Quality has no regrets

USA Shooting News  November / December 2008  11
On the cusp of a new shooting season, and the beginning of our planning phase for the 2009 Rifle/Pistol National Junior Olympics, I wanted to highlight a club that deserves a big pat on the back: Cedar Hill Jr. Gun Club.

Located in Blackfoot, Idaho, CHJGC is run by Coach Randy Shikashio. Randy started the club 10 years ago with the help of a few other folks. "I saw the need to improve our juniors and I got tired of watching other countries win," Randy said of why he decided to form the club. He made the decision to grow the sport from where he thought it would make most sense; America's youth.

Although CHJGC is not a large club and is now practically a one-man operation, you would never know it based on the large number of matches Randy holds each year. CHJGC hosts monthly PTO's and annually hosts the Idaho State Junior Olympic Championships and the Northwest Regional with participants who come in from all over the northwest region. He credits his volunteers, Cedar Hill (Adult) Gun Club and A to Z Guns Shop for allowing the club to use their space and time to conduct matches.

This year, Cedar Hill Jr. Club member Nick Mowrer claimed victory at the 2008 National Junior Olympic Rifle/Pistol Championships by finishing in first place in both the Men's Air Pistol and Men's Free Pistol events. He is now attending the University of Ohio on scholarship. The ultimate goal of CHJGC is to see more juniors like Nick move on to become successful in their discipline and continue with the sport. Most importantly, Randy wants juniors to be excited about the sport.

Like any club, CHJGC faces challenges. Lack of exposure to international shooting creates a hurdle when trying to grow a member base. Randy believes the best way to get more juniors involved is by word of mouth. He hopes that his aspiration of starting a shooting program at a local high school will “create synergy and take off with the help of parents.” Randy would also welcome the opportunity to introduce a shotgun program to the club since he was once a shotgun shooter himself. He feels that even though some may be hesitant to try an air gun or shotgun for the first time, that once they do give it their first shot, they will love it as much as he does.

Well Randy, USA Shooting agrees. To learn more about our Spotlight Club of the month, contact Randy Shikashio at (208) 785-4860 or at randy@bigskytel.com. If you have a club you feel should be spotlighted, write us at USA Shooting, Club Corner, 1 Olympic Plz., Colo. Springs, CO 80909, or e-mail Cynthia.Jackson@usashooting.org.
September finished on a high note with the National Youth Leadership Conference hosted by CMP at Camp Perry, Ohio. Ralf Horneber from Germany was great as the keynote speaker and attendees heard many other interesting presentations, including two from National Rifle Coach Dave Johnson. Quite a few people came in early to attend the NRA/USAS/CMP Coach Schools offered there too. One additional highlight was a chance for everyone to shoot a fun sporter air rifle match at the fantastic new CMP airgun hall with 80 electronic targets.

October 5-12 USA Shooting hosted the Scholastic Clay Target Program (SCTP) Junior Olympic Development Camp (JODC) and Coach Education Program. The staff of amazing volunteers, once again led by B. J. McDaniel, recognized this camp as the best ever with strong coach candidates and athletes eager to learn more about the ISSF style shotgun sports. The first three days were set aside for an NRA/USAS/CMP Coach School with 18 top SCTP athletes joining us for the last four days, culminating in a camp “match” Sunday morning. With coaching from the new Level 1 coaches and supervised by B. J. and several members of our National Coach Development Staff (NCDS), the athletes showed remarkable progress. Recently retired National Shotgun Coach Lloyd Woodhouse, new USAS Director of Operations Bill Roy, OTC trainer Bo Sandoval and I all enjoyed the opportunity to work with this group as well.

Zach Snow and Jack Robertson from the NSSF also provided tremendous support for this program. For FUN, the participants even enjoyed a chance to learn air pistol Saturday evening with Bud Kucera from the NTCSC Junior Club and National Team member Nicholas Budnella.

Starting in December we will have a JODC for the top athletes from the National Junior Olympic 3PAR and Progressive Position Air Pistol Championships and their coaches. They will have the chance to stay on and shoot the big 3xAir match at the OTC Dec. 5-7.

We are pleased to announce that the National Junior Olympic 3PAR and Progressive Position Air Pistol (PPP) Championships are planned for July 4-12, 2008 in Camp Perry, Ohio at the new airgun hall there. If the schedule goes according to plan, Precision 3PAR will immediately follow the NRA’s 3PAR Championships at Camp Perry. Sporter 3PAR comes next and PPP ends on July 12, which is the registration day for the Small Arms Firing School and the Pistol Camp which are also held at Camp Perry. Many 3PAR shooters may not be familiar with the prominent role Camp Perry has played in the traditional American shooting sports as the home of the National Matches each summer. Note that the new National 3PAR Council rule book is now available on-line at www.odcmp.com and the revised PPP rule book should be ready this fall.

USA Shooting imported 75 youth air pistols from Air Arms and sold all of them in less than seven weeks. Early reviews are very favorable, particularly when considering the affordable price. 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. More information and photos are available on our website. I hope to have the next shipment of pistols about the beginning of December. Back orders are already being taken. We will once again offer an option for clubs to spread out payments over two years for orders of three or more pistols.

Finally, USAS continues to offer subsidized coach schools for groups of pistol coaches interested in Progressive Position Air Pistol youth programs. We may also be able to connect you with a member of our National Coach Development Staff to help with camps/clinics. Please contact me at bob.foth@usashooting.org or (719) 866-4881 for more information on any of these programs.

Great Shooting!
We have all been hearing a lot about “change” over the last few months leading up to this month’s Presidential election, and as most of you already know, we have had a big change here at USA Shooting. I am honored and excited to be the new coach of the shotgun team. For those of you who don’t know me, I have been competing in skeet events with USA Shooting since 1992. I have spent the last eight years serving in the United States Army Marksmanship Unit at Fort Benning, Georgia. I would not trade anything for my Army experiences. The lessons that I learned at the USAMU will continue to help me throughout the future, and I would like to take this opportunity to thank all of my teammates and staff at the USAMU for eight wonderful years.

As excited as I am to be a part of the changes at USA Shooting, I am equally excited about continuing the winning traditions established by Coach Woodhouse and executed by our athletes. I was able to attend the Beijing Games as an assistant coach, and the Games truly were the highlight of my shooting career. I know that sounds a little crazy since I didn’t get to compete as an athlete in the Games, but I still had the opportunity to be part of an amazing team that won more medals than USA Shooting has ever won before. In addition to bringing home a record medal count, I got to witness something that excited me even more—a strong sense of teamwork. Our athletes went the extra mile to support their teammates and present a unified U.S. team. For the first time in my shooting career I saw everyone in each discipline, from head coaches all the way down to the family members sitting in the stands, work together and support each other to make the Beijing Games successful. We truly were a TEAM.

The one memory that stands out for me was on day three of the Games during the men’s trap competition. Four-time Olympian Bret Erickson had just finished his last round, and we were both in the athlete prep area. Bret was feeling really down. Although he expected to do very well in Beijing, he just didn’t have a good match. As we sat there talking about it, I tried to offer some comfort even though I knew as a shooter that no words help much at that moment. I really thought that after that his performance Bret’s disappointment could affect other people on the team, and I expected him to head back to the Olympic Village to be alone while the women’s trap shooters had official training. Instead, Bret put his gun away and got back on the field to help Corey Cogdell. Prior to Beijing, Bret had been working a lot with Corey to help prepare her for her first Olympics. Bret put his own feelings aside and put his teammate’s needs first. And we all know the result—Corey won a bronze medal in her match, and she set the tone for USA Shooting’s success for the remainder of the Games.

Before the Olympics, there was a part of me that thought that I was going to have a hard time putting the gun down to become a coach. But, after witnessing the Beijing Games, there is nothing I want more than to be the leader of the USA Shooting shotgun program. As most of you heard me say at the Fall Selection Match, it is a great time to be part of USA Shooting, and especially to be a part of our shotgun team. I look forward to meeting more of our shooters, parents and supporters and creating a team that will work together for success in 2012. Have a safe holiday season and I will see you next year.

By Mark Weeks, National Shotgun Coach
Greetings from Fort Benning! WOW, the year has passed us by quickly! It has been a great year for all our teams at the AMU. Congratulations especially to SPC Eller and PFC Hancock on winning Olympic gold in Beijing. Our Service Rifle and Pistol Teams did very well, both with dominating seasons. Many National Champions were crowned and we also just concluded our 52nd Unit reunion sponsored by the Military Marksmanship Association.

The pace at the AMU is now slowing on the competitions front, but the tempo of the soldier/athletes shifts gears and we stay very busy. What happens now during a slower competitive period are a lot of things. The following are some of the events that take place during the fall. Teams have planned major maintenance and upgrades to their ranges, soldiers are attending a variety of military schools, marksmanship instruction to the support the war fighter and public relations events are scheduled which include, rifle and pistol clinics, displays at conventions, high school visits and many other public venues.

One of the range maintenance items that is scheduled for this fall is the addition of another trap bunker to be added to the shotgun range. This will eventually give the AMU the ability to host higher level competitions at Hook Range. A second major improvement will be the International Rifle Team upgrading and performing maintenance on all of the 300 meter targets. This is preparation for the upcoming Fall Selection Match to be held next September. The match will include 300 meter competitions.

All soldiers are required to attend professional development schools in order for career progression. Many soldiers this fall will be attending three different classes. The first professional development class the soldiers will attend is Warriors Leaders Course. The course prepares a younger soldier to take on additional responsibilities of a sergeant, the first true leadership position. The second class is the Basic Non-Commissioned Officer Course. This course prepares a sergeant for additional responsibility and a position that requires a better working knowledge of his or her military skill occupation.

The last class the some of the AMU soldiers will attend is the Advanced Non-Commissioned Officers Course. This class prepares a senior soldier with additional skill and knowledge to take a leadership position placing him or her in charge of up to 30+ soldiers. The above courses range in length from four weeks to six months. With the length of the courses, the downtime of the competition season in the fall provides the soldier/athlete the opportune time to complete the course with minimum disruption to the competitions schedule.

The Service Rifle and Pistol Teams also conduct many war fighter training classes. The Service Rifle Team conducts the Squad Designated Marksmanship class. This class is one week in length and teaches the soldier advanced marksmanship skills and practical exercises engaging targets out to 500 meters. The Service Pistol Team conducts a Close Quarters Marksmanship class. The class teaches a soldier the skill necessary to engage targets in room clearing type scenarios.

Public relations is another area that keeps us busy during the fall. Many clinic requests are fulfilled during this time of year. This includes assisting and recruiting at major junior competitions, conducting marksmanship clinics (all teams), attending major trade conventions manning the AMU display and hosting the reunion this year.

As you can see the AMU is very busy even during the fall. By scheduling non-shooting events during the fall period allows our soldier/athletes the opportunity to fulfill their military schooling and career development courses, conduct clinics and attend many public relation events.

I encourage you to take a look at our webpage, USAMU.com. You will find a lot of information about the unit, upcoming events, pro tips, as well as the ability to contact the teams if you have any questions pertaining to the shooting sports.

“Keep them in the middle and Stay Army Strong”
Unity of effort is a fundamental military doctrine that is equally applicable to shooting sports. In a military context, unity of effort requires a commander to employ his or her forces together to leverage the capabilities of each Service to dominate the enemy’s air, surface, space and cyberspace forces. By contrast, a successful athlete combines physical and mental elements to achieve his or her peak performance. In both cases, unity of effort requires the actor to use available tools to accomplish a mission. For a marksman, a partnership between hard work and mental toughness improves performance. For a military commander, the combined capabilities of a joint team create a lethal, battle-ready force. In this article, Airmen will explore the value of combining two elements of performance: hard work and mental toughness.

**Does it Matter?**

A strong work ethic and mental toughness are two timeless traits found in nearly all successful athletes regardless of sport or generation. Choose your favorite athlete, past or present, and apply the test: Did this individual have a strong work ethic? Did he or she excel under pressure? Did he or she both traits at the pinnacle of his or her career? If not, what if he or she did? If so, what if he or she did not? How did the presence or absence of one of these traits influence his or her performance?

Countless examples support the premise that success is based on the sum of both elements: a strong work ethic during training, and mental toughness during competition. A small minority of athletes may overcome either trait to succeed on occasion, but the overwhelming majority of the elite athletes leveraged both elements to remain at the top. Therefore, an athlete that possesses both traits concurrently is more likely to reach his or her peak performance. In other words, the sweet smell of success usually has the scent of sweat about it.

**Half Mental**

When Hall of Fame baseball player and amateur philosopher Yogi Berra said, “90 percent of this game is half mental,” he could have easily described competitive shooting. Few would argue that competitive shooting is a physically demanding sport. In addition, it should come as no surprise to coaches and athletes that a successful marksman requires some mastery of the mental aspects of the sport. However, will exclusive focus on the mental aspects of the game yield success? Perhaps in the short term, but as the pressure increases and the conditions change, an athlete is required to use his or her subconscious mind to reach back to the fundamentals he or she practiced thousands of times.

I submit that it is more accurate to say that 90 percent of mistakes are mental, but mental acuity and a strong work ethic is needed to sustain a marksman’s performance at a high level. As previously noted, success is based on the sum of both parts: a strong work ethic during training and mental toughness during competition. Both legs of the performance are equally influential to the outcome – half preparation and half execution. The ratio may vary among athletes with different levels of experience, but each element will nevertheless depend on the other. At the end of a multi-day competition, many of the same athletes continue to rise to the top because they are mentally tough and use their skills gained through hours of training.

A unity of effort is required to reach peak performance as its presence or absence separates the medalists from the rest of the field. Training allows an athlete to improve his or her skills needed during a competition and mental toughness enables the athlete to use the skills to avoid, mitigate or overcome mistakes. For example, an athlete with a weak work ethic and strong mental skills may fail to perform under pressure because he or she did not acquire the fundamental skills gained during thousands of hours of practice. This athlete is unable to perform under pressure or adapt to changing conditions as he or she only has limited experience to draw upon. By contrast, an athlete with a strong work ethic and poor mental skills may fail to perform because he or she will be unable to acquire and apply the skills learned during training due to a mental block or loss of focus.

**Thrust and Vector**

When evaluating the performance of an Airman, a supervisor may refer to him or her as “all thrust and no vector” (ATNV for you text message addicts). While this may appear as a negative contrast, an Airman with a strong skill set and little direction presents the supervisor a leadership opportunity. Work ethic—when properly channeled—is a powerful asset. Left unchecked however, it can have a deleterious effect on the mission. A motivated, hardworking Airman is usually responsive to training. The supervisor is able to train the Airman, evaluate his or her performance, and provide feedback and make course corrections along the way to continuous improvement. A marksman may use a similar methodology to unify his or her performance elements.

The cause and effect relationship between preparation and performance requires the athlete to keep each element in mind as he or she trains and competes. During preparation, the athlete must work very hard to learn the skills needed during the competition. On competition day, the athlete must have confidence that his or her hard work during training built a solid foundation for him or her to draw upon. The cycle begins again after the competition. The athlete must work hard to improve and apply the lessons learned from the previous competition (e.g., what went well, what are areas for improvement, equipment changes).
During the next competition, the athlete must use the new skills gained during training (e.g., breath control, imagery, affirmations) and continue the endless cycle of improvement.

**Improving Your Performance**

1. Unify your efforts. It is important to understand all of the factors that influence your performance. Identify positive and negative elements to determine where you need to place your focus. Although work ethic and mental toughness were highlighted in this article, many other performance elements are equally important. Athletes should channel their efforts to create a singular focus on enhancing their performance.

2. Focus on continuous improvement. Establish a cyclic process for improvement and execute it with machine-like efficiency. Remain optimistic about your ability to improve your skills and look to your previous competitions to judge your progress – not just other competitor’s scores. Set realistic goals and a manageable pace for improvement and avoid a warrior’s “blood makes the grass grow” reckless optimism. Evaluate the lessons you learned after each competition and adjust your training to fill any gaps. Use competitions to build your confidence and feed your training program.

3. Work harder than the competition. As part-time competitors and full-time Airman, Air Force marksmen must work within time and resource constraints. Even though training time is limited, I have personally never left the line without knowing I worked as hard as I could within those boundaries. A strong work ethic will allow you to lower your firearm after the last shot with confidence knowing you worked harder than everyone else did even though you may not have posted the highest score. Although another athlete may win, you should never feel defeated if you made full use of your preparation time and performed well during the competition.

**One Final Shot**

A strong work ethic and mental toughness are critical elements needed to maximize an athlete’s performance. In a sport where winners and losers are determined by small margins, athletes may find an edge by unifying his or her efforts. A partnership between hard work and mental toughness is critical to success. The accomplishments of our sport’s top athletes testify to this fact as will a brief conversation or interview with the best athletes of any sport. Seek them out as you undoubtedly discover a consistent pattern of hard work and mental toughness.

Until the next competition, the Air Force Shooting Team challenges each of you to unify your efforts to improve your performance 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 deployed in support of Operation IRAQI FREEDOM in the International Zone, Baghdad, Iraq. 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 human brain and mind are quite amazing and wonderful. The brain (physical) and mind (psychological) are so complex that even after generations of study we are constantly learning more about how they operate. While we refer here to a simplistic boundary between the physical and the psychological, even that classification is subject to discussion.

Despite the lack of a complete and universally accepted model for how our brain and mind work, significant knowledge is available that aids us in the areas of clinical psychology, developing expertise and performance psychology, among others. As athletes and coaches, we are especially interested in the latter two areas.

It is often not required to understand exactly how the mind works in order to understand what it does in various situations. An analogy is helpful in understanding this assertion. Most modern automobiles in this country have an automatic transmission. While most of us may have little or no understanding of how an automatic transmission works, we clearly understand what it does and are able to use it with little effort.

By now, alert readers have discerned the meaning of this article’s title! Regardless of the make or model of an automobile, setting the transmission’s control lever to P, R, N, D or other settings is clearly understood in terms of what the transmission will do, even if we are ignorant of how it does what we have asked.

It is no different in the use of the brain and mind in sport or other performance. While we may disagree on, or have no knowledge of, the internal mechanisms of how they work (e.g. conscious, subconscious, unconscious and any number of other concepts), we can study the actual results of what they do in differing situations. Applied sports psychology places emphasis on the “what” rather than the internal “how” of the operation of the brain and mind as the athlete trains or competes. Thus, while the quote at the beginning of this article could apply to the automatic transmission, it also applies to the human mind. Ask any athlete who has experienced flow or other performance far beyond their expectations!

It turns out that the biggest challenge in unleashing and utilizing the power of the mind for performance, and learning to perform, is not our understanding of the mind. Instead, the obstacle is staring back at us from the mirror! The Interfering Self insists in ruling all activity and, as discussed two articles ago, it is incapable of performing as we wish and it prevents us from utilizing the resources available to us in our learning and training.

Frequently we hear: “That athlete/coach can’t possibly help me reach (a given level of performance) since he/she has never competed at that level.” Nothing could be further from the truth. This is the Interfering Self, specifically the Ego, taking charge. After all, the Ego, that is “I,” knows all, so another person cannot possibly help because they are deemed inferior.

Open-minded athletes are able to learn from others without feeling inferior. Indeed, the most helpful teacher often turns out to be someone with a very different set of experiences. These athletes, while working to enhance their performance, also work to reduce their internal interference. Have you ever had a shot that seemed to go off “by itself,” often before you felt you were ready? Have you noticed where those shots end up most of the time? While a few do end up in the white, or in the backstop, the vast majority end up in the black — dead center. How is this possible? After all, the Interfering Self was not “in control” of the shot, so how could it possibly end up in the center? (That is the Ego talking!) In thinking about the Two Selves (the Performing Self and the Interfering Self) and the Three Levels of Performance, one realizes that those shots are generally at Level Three — Full Automation. For some reason, for that shot, the Interfering Self was distracted or not paying attention to “taking control,” and the Performing Self was — finally — free to perform as only it can. The result is astounding. And repeatable.

Many coaches and athletes say that these shots are mistakes and must be avoided at all costs. After all, one must be “in control” they say. This mires the athlete in the Level Two — Partial Automation performance mode. While many athletes are quite successful in this mode, their results are variable and rarely sustainable, even with high levels of work and training.

Other coaches and athletes intrigued by these “by itself” shots do not ignore them. Understanding the Three Levels of Performance, and the Two Selves, they explore deeper. Even then, when the number of unexplainable “flyers” increases, coupled with the Ego’s sense of lack of “control,” many step back from their exploration and revert.

A brave few realize that any change in technique, even if “only” mental, often results in temporary decrease in results while the new process is assimilated and solidified. Parts of their training may even revert to Level One — Active Learning & Control. Having confidence, and ignoring the criticism of unknowing naysayers, they soon discover that the “flyers” start to decrease in frequency and severity before disappearing altogether. This is not theory, having been observed in actual training and...
In fairness, one must look at alternate points of view. One athlete provides a very interesting perspective on this topic. Abhinav Bindra set a junior men’s air rifle world record as a teenager when he won a World Cup with a score of 597. Among other things, he described having been in the “zone of forgetfulness,” which is a way of describing being “mindless,” “just shooting” or letting the Performing Self take over and experiencing Level Three performance.

Abhinav had learned how to get the Interfering Self to step back and allow the Performing Self to take over. At the time, he was training a great deal, so his confidence was high and he had trained to the point that it was difficult not to follow his shot process. Later, his ability to manage the Two Selves showed when he competed in the smallbore rifle 3x40 event for the very first time in his life. We watched him post a very good score in that match... a World Cup no less.

Despite these successes, Abhinav noticed that at times one could not achieve the same levels of confidence and automation when forced to dramatically reduce the quantity of training or when facing tougher pressures. He then worked on how one could reliably “manufacture a shot” when full automation could not be achieved. While this creeps a tiny bit back toward Level Two, the issue was one of striking an appropriate and delicate balance so that the Ego would not be tempted to take “control” and completely revert to Level Two. Regardless of the actual psychological mechanisms (how), this model worked for him (what) so that he was more adaptable to varying situations in his career. The specific details of his shot process, especially at the critical moments, are such that he has almost everything automated and lets the process control itself for the most part, even when “manufacturing” the shot.

Of course, one of the dangers is that, upon reading the previous paragraph, one’s Ego says, “See, if it’s good enough for Abhinav, it’s good enough for me so I don’t need to worry about that stupid Level Three stuff!” without truly understanding. Of course, lack of understanding is not a problem either, since the Ego already “knows everything” any way!

We get wrapped up in the technical aspects of our shooting, positions, balance, natural point of aim, trigger adjustments, gun adjustments, where and how to aim, what makes a good shot process and on and on. We ignore what is going on in our head and our heart. Hopefully, the concepts presented two articles ago provide insight into what is happening and what is needed in training.

The previous article provided insight into one of the critical elements of an athlete’s journey of growth to be able to meet any challenge. Not one word was about physical or technical aspects of shooting or performance. The article also told a bit of the story of two very successful shooters. It is highly unlikely that Matt Emmons will say that his two most famous shots are due to physical or technical aspects of his game, or that those aspects are the only critical components of all his world class shots and performances. In Jason Turner’s story, one of the major events in his journey of growth took place at the 2007 Pan Am Games. Again, the insight he gained there was not physical or technical. True, both athletes have solid physical and technical games. Those aspects are obviously necessary. Not so obviously, those aspects are not sufficient on their own without the incorporation of the mental and emotional aspects.

The Interfering Self hurts our performance, and it even stands in the way of our learning and training. The best coach in the world is helplessly ineffective in the face of an intransigent athlete. Similarly, the best athlete in the world is helplessly debilitated by an oblivious coach. It takes clear, well informed communication between coach and athlete, and a “rage to master,” that is a constant journey of learning, on the part of both.

Careful and methodical study of the previous two articles will provide many opportunities for enhancing one’s journey of learning and achieving. This article, by design, is much less detailed and intended to stimulate renewed thought in these areas.

Self-awareness and open mindedness are powerful tools that open many doors.

Based in the Atlanta, Ga., area, JP O’Connor (jpoc@acm.org and http://www.america.net/~jpoc/) is involved in shooting as a competitor, is a former Assistant National Coach – U.S. Paralympics Shooting Team, serves on the National Coach Development Staff in both rifle & pistol, coaches the rifle and pistol teams at North Georgia College & State University, and coaches a junior club. He enjoys working with a number of pistol and rifle athletes from around the country, ranging from beginners to the highly advanced, in clinics and one-on-one private coaching. Previous installments of this series may be found at www.pilkguns.com.
The 2009 World Shotgun Championship Team was decided during the 2008 USA Shooting Shotgun Fall Selection Match, which was held Sept. 13-20 in Colorado Springs, Colo. The top three finishers in each category (open and junior) for a total team of 30 shooters will represent the U.S. at the 2009 World Shotgun Championships August 7-16 in Maribor, Slovenia.

Leading the U.S. team in men’s double trap will be 2008 Olympic gold medalist and U.S. Army Marksmanship Unit (USAMU) member Glenn Eller (Katy, Texas), who won the match with a qualification score of 293 out of 300 targets, hit 45 in the final and ended with an overall score of 338 out of 350 targets. Eller’s USAMU teammate Josh Richmond (Hillsgrove, Pa.), the 2007 Pan American Games gold medalist, finished in second place to secure his spot on the 2009 World Championship Team with a match score of 287, a final of 49 and a total score of 336 targets. USAMU member and 2008 Olympian Jeff Holguin (Yorba Linda, Calif.) took the third spot with a match score of 286 targets, a final of 48 for a total score of 334 targets.

For the junior double trap men, 15-year-old Billy Crawford (Johnstown, Ohio) finished in first place, securing his spot on the 2009 World Shotgun Championship junior team in double trap, finishing with a match score of 284 targets, a final of 48 and a total of 332. Crawford also finished in fourth place in the men’s open category. Bryce Gearhart (Freeburg, Pa.) grabbed the second spot with a match score of 277, a final of 46 and an overall score of 323 targets. Derek Haldeman (Sunbury, Ohio) finished in third place, hitting 272 targets in the qualification, 45 in the final and ending the match with a total of 317 targets.

Leading the way in the men’s skeet open category, USAMU member and 2004 Olympian Shawn Dulohery (Lee’s Summit, Mo.) finished in first place with a match score of 244 out of 250 targets, a final of 23 for a total score of 267 out of 275 targets. Dulohery’s USAMU teammate Vincent Hancock (Eatonton, Ga.), the 2008 Olympic gold medalist in skeet, finished in second place with an overall score of 265 targets. Hancock, a world champion and world record holder, started out with 92 out of 100 targets on the first day of the match, then missed only two targets the rest of the competition. He hit a perfect 100 on the second day, followed by 49 out of 50 on the final day of the match, then 24 out of 25 in the
final. Earning a spot on his first world championship team in the men’s open category is Frank Thompson (Alliance, Neb.) who finished in third place with a qualification score of 238, a final of 24 and a total of 262 targets.

BJ Blanchard (Vidor, Texas) claimed the top spot for the junior men finishing with a match score of 236, a final of 24 for a total of 260 targets. Right behind Blanchard was 2008 World Champion Jon Michael McGrath (Tulsa, Okla.), who also shot 236 targets in the qualification, but shot 23 targets to Blanchard’s 24 in the final. McGrath hit 24 targets in the open final, claiming fourth place. Chris Haver (Clinton, Mich.) captured third place in the men’s junior category with a match score of 227, a final of 24 and a total of 251 targets.

Haley Dunn (Eddyville, Iowa), who was coming off a bronze medal win at the 2008 Beijing World Cup and a gold from World Cup USA took the top spot in women’s skeet with a match score of 239, a final of 24 and a total of 263 targets. Four-time Olympian and 2008 Olympic silver medalist in skeet, Kim Rhode (El Monte, Calif.), finished second with a qualification score of 238 targets, a final of 23 and a total of 261. Seventeen-year-old Jaiden Grinnell (Port Angeles, Wash.) made her first world championship team in the open category by taking third place. Grinnell hit 234 targets in the match, 24 in the final and ended with 258 targets.

Grinnell also hit 24 targets in the junior

final and ended with 258 overall in the junior category to claim first place. Amber English (Colorado Springs, Colo.) took second with a match score of 230, a final of 24 and a total of 254. English also finished in fourth place in the open category after shooting a final of 24 targets. Caitlin Connor (Winnfield, La.) captured third place after a shoot-off with Ali Chiang (Redwood Shores, Calif.). Connor had a match score of 225, a perfect final score of 25 targets and an overall score of 250.

Since Grinnell already claimed a spot on the 2009 World Championship team in the open category, Chiang’s fourth place finish qualifies her for a spot on the 2009 Junior World Team.

In trap, three-time Olympian and 1996 bronze medalist Lance Bade (Colorado Springs, Colo.) lead the way for the men, while Susan Sledge (El Cajon, Calif.) finished on top for the women.

Bade went in to the final with a match score of 246 out of 250 targets after hitting 98 on the first day of competition, followed by a perfect 100 on the second day. On the last day of the event, Bade hit 48 out of 50 targets in the last match, then 23 out of 25 targets in the final to finish with 269 out of 275 targets to take first place. Dominic Grazioli (San Antonio, Texas), a 2008 U.S. Olympic team member, finished in second place with a match score of 243, a final of 23 and an overall score of 266 targets. USAMU member Amber English (Colorado Springs, Colo.) also finished in fourth place in the junior category to claim first place.

For the junior men, Olympic Training Center Resident Athlete Jacob Turner (Richland, Wash.) took the top spot with a match score of 237, a final of 23 and a total of 260 targets. Collin Wietfeldt (Hemlock, Mich.) landed a spot on his first world championship team, finishing in second place with 254 total targets. Seth Politi (Lexington, Mass.) finished one target behind Wietfeldt in third place with 253 targets.

Sledge took first place in the women’s open category with a match score of 237, a final of 22 and ending with a total of 259 targets. Finishing in second place was 2008 Olympic Bronze Medalist Corey Cogdell (Eagle River, Alaska), who hit 233 targets in the qualification, 22 in the final, for a total of 255 targets. USAMU member and 1996 Olympian Theresa DeVitt (Cincinnati, Ohio) took third place with 252 targets.

In a close match for the junior trap women, Kayle Browning (Wooster, Ark.) grabbed the title, finishing with a match score of 225, a final of 22 and an overall of 247 targets. Molly Bender (Montoursville, Pa.) finished right behind Browning in second place with 246 and Brandi Hobbs (Edinboro, Pa.) took third with 245 targets.

For complete Shotgun Fall Selection results, please visit www.usashooting.org.

2009 World Shotgun Championship Team (Continued)

SKEET

Open Men
Vincent Hancock (Eatonton, Ga.)
Shawn Dulohery (Lee’s Summit, Mo.)
Frank Thompson (Alliance, Neb.)

Open Women
Kim Rhode (El Monte, Calif.)
Haley Dunn (Eddyville, Iowa)
Jaiden Grinnell (Port Angeles, Wash.)
Competition for the 2008 ISSF World Cup Final in Shotgun was held September 27-30 in Minsk, Belarus with Haley Dunn (Eddyville, Iowa) and 2008 Olympic gold medalist Vincent Hancock (Eatonton, Ga.) taking home silver medals for the U.S. in the skeet event.

Fifty-eight shooters from 18 countries qualified for the 2008 ISSF World Cup Final. Among the shooters competing were the 15 2008 Beijing Olympic Medalists, the title defenders from the 2007 World Cup Final in Belgrade and the best shooters from the 2008 ISSF World Cup circuit who qualified by points from four World Cup Stages held in Kerrville, Texas; Beijing, China; Suhl, Germany and Belgrade, Serbia.

Eleftheriou in first place taking home the gold, while Dunn claimed the silver with an overall score of 93 targets. Italy's Katiuscia Spada took the bronze with 92 targets and four-time Olympian and 2008 silver medalist Kim Rhode (El Monte, Calif.) finished in fourth place at 91 targets after a shoot-off with Nathalie Larsson of Sweden.

On the final day of competition at the 2008 ISSF Shotgun World Cup Final, Hancock, the 2008 World Cup Suhl gold medalist and member of the U.S. Army Marksmanship Unit (USAMU), entered the men's skeet final with a qualification score of 123 out of 125 targets, after hitting 23 targets in his first match, followed by four straight perfect 25s in his next four matches. Hancock went into the final tied for first place with Tore Brovold of Norway, who was the silver medalist in Beijing, after losing a shoot-off for the gold to Hancock.

In the final, Brovold shot a perfect 25 targets to Hancock's 24 targets to claim the gold with a final of 148, giving Hancock the silver with 147. Jan Sychra of the Czech Republic earned the bronze with 144 targets after a shoot-off with Abdullah Alrashidi of Kuwait.

Frank Thompson (Alliance, Neb.) finished in 11th place with a qualification score of 141 targets. This was Thompson's first World Cup Final appearance.

Men's double trap was the first event
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Criteria for Accuracy Testing in Airguns

The last article about pellets in the May/June 2008 issue of USA Shooting News dealt with specifics related to manufacturing and packaging, and what did NOT determine the best pellet for your competition airgun, such as a factory test target head size or what someone’s similar gun liked. It did not cover the aspects of choosing a pellet that shoots best in your individual gun. The criteria for an air rifle is completely different than for an air pistol, so we will cover these topics separately. We will be using metric measurements, since the pellet size is 4.5 millimeter and the target specifications are all metric.

For an air rifle, first we need to look at the target and determine what a critical group size needs to be. Let’s look at the 10 ring, since that is what we are most interested in trying to hit. The ISSF standard for air rifle is a 0.5mm diameter white dot that is the 10 ring. That's pretty small. Do you have to shoot a group smaller than half a millimeter to score a 10? That’s pretty impossible to do since the pellet is 4.5 millimeter in diameter itself. You would be surprised how often we get questioned about this issue. If you shoot 10 shots and every pellet went through exactly the same hole, this hole can’t be any smaller than 4.5mm or thereabouts. So if the smallest pellet size hole is 4.5 mm and we know that a shot that just barely touches the white 10 ring is a 10, so a 4.5 mm hole on the right and a 4.5 mm hole on the left, and a 0.5mm dot in the middle, is in effect a 9.5 mm wide circle that the pellets can shoot in and still score 10 points.

Now we know that 9.5 mm is as big of a group that we can have and still shoot 10s all day long. This 9.5 mm group is measured from outside edge to outside edge. Most groups shot with firearms are measured center to center of each hole, but since we normally only have a single, solid hole with airguns we have to use the outside edge to outside edge method. We need to be sure that the pellets we are using are capable of shooting 9.5 mm groups or less. To do that, the simple solution is to buy good quality match pellets from respected makers such as RWS, H & N or Vogel. These companies have been around many years, and their pellets have all been used to shoot “possibles” or perfect scores like 400/400 or 600/600. In my 20 years of involvement with airgun shooting, both with the military teams and now as a civilian, I have tested many different match air rifles with all sorts of pellets from these makers and I would say on average, any match pellet from any one of these three makers fired in any precision 10m air rifle, will average a 8 mm or less size group, assuming a ten shot group. An extreme case would get you outside of a 10 mm group, which is now in the 9 ring territory, but we are talking averages here and those are well within the size of the 10 ring. For the average shooter, especially beginners, it is a waste of time to test pellets. The reality is that a proper functioning 10 m rifle with a good match pellet is going to shoot within the 10 ring 99% of the time without testing. Higher scores are going to come faster with training than with specially tested pellets.

So when should a rifle shooter have his or her rifle tested for pellets? Dave Johnson, the U.S. National Rifle Team Coach recommends when a competitor gets to the 80% level. Basically this means that they have an “8 ring hold” or are capable of shooting an 8 or higher with every shot. Score wise this is a 320 plus for the ladies or 480 plus for men. When a shooter has reached this point, then getting a rifle tested for better pellets can possibly pick up another 10 points or so if the group size drops from an 8 mm group to 6 mm group. The group testing is a validation to the shooter that the rifle can do its part and increases their confidence in their gun.

In my previous article, I discussed that lot number is a more important discriminator than pellet size or brand. So what kind of group improvement can be achieved by testing pellets selecting a specific lot number for your specific barrel size? On average, you should be able to get down into a 5.5 mm group with ten shots and 5 mm is not unheard of. A 5 mm group is normally about as big as you can get width wise and still hold the “proverbial” skirt of the pellet in the target.

All but one of these eight groups of ten shots each are 10 ring groups

Often considered the holy grail of pelletdom, the skirt is holding the pellet in the group hole.
How does a 4.5 mm pellet hold in a 5 mm or larger hole? This occurs for two reasons. The first explanation is the head of the pellet is slightly smaller than skirt after the skirt is blown out by the impact of air from firing. The second is that the flat head of the pellet, called a wadcutter in gun circles, pushes the paper outward slightly before cutting it, and when the paper snaps back into the straight position it has a slightly smaller hole than the original pellet head.

Since not all barrels are made equal, it is possible to get smaller groups, even down to just barely over 4.5 mm. Getting groups this size is going to take much testing to really determine the actual potential of a given lot, and normally will require tweaking of the regulator and the gun velocity. Given specific pellets with a given gun fired over a chronograph at various speeds, you will find accuracy “sweet spots” of velocity, where the accuracy increases fractionally at a given speed change. Tuning the speed of the gun for example from 530 fps to 590 fps and firing various lot numbers at every 15 fps of change, you will find various speeds that will open or close up the group size of a given lot number. Three or four groups of each lot number at each velocity should be fired to determine the best averages. As you can imagine, this takes a lot of shooting and comparisons and sometimes you find that lot number XXX will shoot very good at 560 fps while pellets from lot number YYY shoot equally well at 590 fps. It takes a lot of time to do this type of testing and is only worthwhile for elite level athletes.

For air pistol, the simple answer is that pellet testing is a waste of time. Modern air pistols and pellets are so good, and the 10 ring is so big, that pellet testing even for the world’s best shooters is really unnecessary. The ISSF dimensions for the 10 ring is a whopping 11.5 mm in diameter. Add the potential of the pellet diameter on either side of that 11.5, and you have a group capable of shooting nothing but 10s that is 20.5 mm in diameter. Okay, I hear you ask, if the bullseye is a lot bigger, isn’t the accuracy a lot worse for that shorter barrel necessitating a bigger bullseye? Actually, no. In most cases an air pistol is capable of the same 8 mm average group size as a rifle. The discriminating factor requiring that bigger target is the shooter’s arm and hold, not the pellet group size. The group size can be almost 3 times larger and still hold the 10 ring. In my opinion, the only air pistol competitors that need to have their pistols pellet tested, are those members on the U.S. Team traveling to world cups, and then it is mostly for the comfort of mind that you have the best, not that it will make a significant impact on scores.

Next time, we will talk about gun rests and holding issues for pellet testing.
The 2008 USA Shooting Southwest Regional Championships in Rosenberg, Texas August 29-31 was a huge success! Twenty-eight shooters competed in 12 rifle and pistol events with the total of 58 event entries.

In the Men's 50ft. Prone Rifle event, Samuel Muegge, a member of 4-H Outdoor Sports Club from Rosenberg, Texas, shot an awesome score of 590 with a final of 100.0 to win the gold medal with a total score of 690.0. His sister Hannah Muegge, also a member of the 4-H Outdoor Sports Club in Rosenberg, claimed the gold medal in the Women's 50ft. Prone Rifle event, shooting her personal best score of 593.

In Men's 50ft. Rapid Fire Pistol, 16 year old junior shooter Christopher Nona, also a member of the 4-H Shooting Sports Club, shot his personal best score and set a new National Record in the J2 category with a 450 in the qualification and a total of 568.9 (including a finals score of 118.9).

J2 junior shooter Alexandria Strudwick from Coppell, Texas (NASSA, Dallas Pistol Club) earned the gold medal in the Women's 10 meter Air Pistol event with a qualification score of 354, a finals score of 92.0 for a total of 446.0.

In the Men's 10m Air Pistol event, Jack du Toit from Plano, Texas, a junior member of the NASSA, Dallas Pistol Club, shot an awesome score of 566, a finals score of 98.2 for a total of 664.2 to capture the gold medal. He shot his personal best score and was only three points away from the National Record in the J1 category. Jack was also the Champion at the 2008 Zone 8 Championships in the same event. Earning second place in men's air pistol was Stephen Swartz from Denton, Texas with a qualification score of 563, a finals score of 96.7 for a total of 659.7. Third place went to Brooks Brinson of McKinney, Texas with 560 in the qualification, a finals score of 99.4 and total of 659.4.

The top three shooters in each championship event were presented gold, silver and bronze medals provided by USA Shooting in an awards ceremony following the competition. Each champion also received a special perfume gift from Ft. Bend County 4-H Shooting Sports Club.

During the three days of competition in Rosenberg, there was a special display table set up featuring photos, souvenirs, Olympic pins, Chinese newspapers and other memorabilia from Dmitriy's Shteyman's recent trip to the 2008 Olympic Games in Beijing.

“I am very proud that the Southwest Regional Championships is getting more popular every year and participation in this tournament is increasing every time," said Shteyman, who was the director of the match. Two rifle and pistol shooters from Anchorage, Alaska even traveled all the way to Texas to participate in the the Championships. “The Shooters from Anchorage were very happy they were able to participate in such a great competition at one of the best 50ft. indoor shooting ranges in the country,” said Shteyman. “They said that it was their best vacation trip ever and they will be back next year!”

The 28 Shooters Participate in Southwest Regional Championships

[Image of the top three shooters in each championship event]
Gold Medal Shooting Announcement

USA Shooting has reached an agreement with Gold Medal Shooting, LLC of Hampton, Va. to provide officially licensed, high quality competition targets for both our clubs and members. Gold Medal’s targets are equal to the high quality German targets and are available at competitive prices. This is the first time that USA Shooting has officially licensed the sale of an entire line of competition targets. USA Shooting encourages all members and clubs to consider purchasing the targets provided by Gold Medal Shooting.

Additional information and updates regarding the availability of targets can be found at: www.goldmedalshooting.com.

New Regional Training Centers

Buckeye International Junior Shooting Sports, Inc., South Georgia Youth Shooting Club and Bridge Creek Clays were recently awarded USAS Regional Training Center status.

The Buckeye International Junior Shooting Sports, Inc. located in Marengo, Ohio entered the ranks this past June as a Bronze Level Regional Training Center in international shotgun featuring an international bunker for Trap. This RTC has qualified coaches to assist with training and offer top notch facilities. USA Shooting encourages shooter athletes and coaches to check out the facility and schedule training or matches for your programs at this Center. For more information on the range and setting up training, contact coach Tim Young at ohiotim@gmail.com. You may also visit their website at www.buckeyeinternational.org.

USAS awarded Regional Training Center status to the South Georgia Youth Shooting Club and Bridge Creek Clays in September. The new Training Center is located in 3760 Dunn Rd., Hartsfield, Ga., home training range of former USA Shooting Team member Emma Simpson. Her father, Mike Simpson, is the chief instructor at the center. He holds instructor certifications with USA Shooting, the American Trapshooting Association, and 4-H. The facility includes one international trap bunker with plans to build another, and a skeet field.

According to Coach Simpson, the program features more than 100 youth, and the program’s primary features include instruction in the international game, and a focus on building the life skills that shooting helps develop. For more information on this Regional Training Center, call Coach Simpson at 229-941-5071, or email him at ermasmom@yahoo.com.

Regional Training Center status is a partnership with USA Shooting that will help promote the shooting sports, recruit and train shooters in the international shooting disciplines, conduct USA Shooting certified matches, and support the quest to win medals in national, international, and Olympic competitions.
The 2008 U.S. Olympic and Paralympic Teams gathered together October 7 in Washington, D.C. to visit President George W. Bush and First Lady Laura Bush. Members of the 2008 U.S. Olympic Team for Shooting were among the athletes at the traditional White House visit.

More than 500 Olympians and Paralympians thanked the president and first lady for their support of the Olympic movement throughout the Beijing Games. The president, in turn, thanked the athletes for their inspirational performances.

Along the way, 43 world records were broken as an estimated 4.7 billion television viewers watched from around the globe.

“I know the entire Olympic teams worked hard to get to this moment,” Bush said. “Whether you won a medal or not really doesn’t matter in the long run. What really matters is the honor you brought to your sports, and to your families, and to your country. Bush said the Olympians made an indelible mark on both him and his wife. “Long after we leave the White House, Laura and I will remember the extraordinary spirit and kindness of the athletes that we have met here at the White House and in Beijing,” he said.

The Olympians and Paralympians thanked President and Mrs. Bush by making them honorary members of Team USA and presenting them with official team jackets, a framed photograph of the Opening Ceremony and an American flag that flew in China throughout both Games.

“I’m not easily excited,” said Staff Sgt. Keith Sanderson, who posted an Olympic record qualification score of 583 before finishing fifth in the 25-meter rapid-fire pistol event in Beijing. “But it was cool to see the president talk. It’s kind of surreal. ‘Hey, that’s the guy on TV, but he’s right here in front of me.’”

National Rifle Coach Maj. David Johnson, a U.S. Army World Class Athlete Program (WCAP) Soldier, has participated in three Olympic White House visits – once as an athlete and twice as a coach.

“This is a very important part of the whole Olympic process,” Johnson said. “Representing the USA and then bringing it all the way home to the White House and being honored with the president here and his wife, it’s incredible. It really brings the Olympic movement full circle.

“I think it’s great because it’s a day where you truly see politics disappear. Everybody is red, white and blue, and you can see everybody is excited. It’s a rare opportunity to come here to the White House.

“To me, it’s very much an honor and a pleasure. It’s team USA, all the way from the top down to the bottom up. I
definitely want to keep coming back. I get charged up to come here, even as a coach, to watch. It’s a lot of pride and a lot of fun to watch the athletes after so many hard years of work. It’s just icing on the cake.”

In addition to the traditional Olympic Team White House visit, Secretary of Defense Robert Gates and the Department of Defense invited military Olympians and Paralympians to the Pentagon in conjunction with the White House visit to honor them for their service. Nine Army shooters from the 2008 U.S. Olympic team were among those military Olympians invited to spread the word about Soldiers’ involvement in the Beijing Games and to thank senior military leaders for their support. WCAP Maj. Michael Anti, a four-time Olympian who won a silver medal in three-position rifle shooting at the Athens Games in 2004, was joined by fellow WCAP Olympian shooters Staff Sgt. Sanderson and Maj. Johnson. Spcs. Walton Glenn Eller III and Vincent Hancock, who won gold medals in double trap and skeet shotgun shooting respectively in Beijing, represented the Army Marksmanship Unit, along with Sgt. 1st Class Daryl Szarenski and Spc. Jeffrey Holguin. Army Reserve Staff Sgt. Elizabeth “Libby” Callahan, 56, the oldest female competitor in U.S. Olympic history, completed the group.

Spc. Hancock was asked to address Secretary Gates and thanked him for his support. “It is an honor to represent my country as a serviceman and as an elite athlete. I would also like to thank the non-commissioned officers of the Army. If it wasn’t for a few good NCOs, I wouldn’t be able to be standing here with a gold medal hung around my neck.”

Gold medalists Eller and Hancock received the troops’ preferential treatment, which included a personal visit with Vice President Richard Cheney in the west wing of the White House.

“This is still more than I can believe, to tell you the truth,” Hancock said. “It really is a dream come true. I’ve said that since the moment I got the gold medal around my neck. Every day is surprising what new comes about. I couldn’t ask for anything better.”

Willawalla Creek Shooting Center in Saint Jo, Texas hosted a weekend long celebration October 10-12 for Lloyd and Bobbie Woodhouse in appreciation of the 23 years they dedicated to the shotgun sports.

The event kicked off Friday with the Wingding Open Golf Tournament. The game within the game, Golf Hold’em Poker, proved there’s power in numbers when the team of Shawn Duloh-
held at the Shotgun World Cup Final with 2008 Olympian and USAMU member Jeff Holguin (Yorba Linda, Calif.), along with last year’s World Cup Final Champion and 2008 Olympic gold medalist, Glenn Eller (Katy, Texas), also a member of the USAMU, finishing in seventh and 10th places respectively. Holguin ended the qualification with 136 out of 150 targets, while Eller had 135 targets, which did not qualify either for the final. Sweden’s Hakan Dahlby took the gold with 191 out of 200 targets. Hu Binyuan of China claimed the silver with 188 targets in a shoot-off with Vasily Mosin of the Russian Federation, who took home the bronze.

In women’s trap, 1996 Olympian and U.S. Army Marksmanship Unit (USAMU) member Theresa DeWitt (Cincinnati, Ohio) took fifth place, which was the highest finish for the U.S. trap women. DeWitt, the 2008 World Cup USA gold medalist, entered the final in sixth place with 66 out of 75 targets and shot 20 out of 25 targets in the final to finish with a total of 86 targets. DeWitt’s USAMU teammate Joetta Dement (Renton, Wash.), finished in seventh place with 66 targets, while 2008 Olympic bronze medalist Corey Cogdell (Eagle River, Alaska) finished in 10th place, also with 66 targets. DeWitt and Cogdell were tied with DeWitt and two other shooters at 66 targets at the end of the qualification and DeWitt won the shoot-off to earn the sixth spot in the final. Irina Laricheva of the Russian Federation took the gold in women’s trap with a total of 94 targets, while Liu Yingzi of China claimed the silver with 92 targets and Italy’s Giulia Iannotti took home the bronze with 90 targets.

In men’s trap, 2008 Olympian Dominic Grazioli (San Antonio, Texas) missed a spot in the final by one target, finishing the qualification round in seventh place with 117 targets. Four-time Olympian Bret Erickson (Muenster, Texas) was unable to finish the match due to a shoulder injury. Italy’s Giovanni Pellielo, the silver medalist from Beijing, shot a perfect 25 in the final and took home the gold in men’s trap with an overall score of 145 targets. Michael Diamond of Australia earned the silver with 144 targets and 2008 Olympic bronze medalist Alexey Alipov of Russia captured the bronze with 142 targets.

For complete World Cup Final results, please visit www.issf.tv.
### SHOTGUN

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### RIFLE, PISTOL

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<td>Club Rep: Randy Shikishino&lt;br&gt;Phone: (208) 736-4269&lt;br&gt;Email: randy@b Digital.net</td>
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<tr>
<td>3741 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, ID</td>
<td>Club Rep: Phil Slate&lt;br&gt;Phone: (631) 694-5553&lt;br&gt;Email: <a href="mailto:pslate631@enterprise.com">pslate631@enterprise.com</a></td>
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<tr>
<td>3741 Desoto GC Monthly Nov. PTO</td>
<td>Desoto Gun Club Inc.</td>
<td>Preliminary Tryout</td>
<td>pistol</td>
<td>Arcadia, FL</td>
<td>Club Rep: Jim Holman&lt;br&gt;Phone: (217) 650-8923&lt;br&gt;Email: <a href="mailto:joholman@its.wisc.edu">joholman@its.wisc.edu</a></td>
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<tr>
<td>3762 Illinois State Indoor Rifle Championship</td>
<td>Quincy Senior High School</td>
<td>Preliminary Tryout</td>
<td>rifle</td>
<td>Quincy, IL</td>
<td>Club Rep: Matt DeLong&lt;br&gt;Phone: (617) 234-2470&lt;br&gt;Email: mdelong@<a href="mailto:414@shuttermail.net">414@shuttermail.net</a></td>
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<td>3777 2008 USA Shooting Steel Car pistol Match</td>
<td>USA Shooting</td>
<td>Other Event</td>
<td>pistol, rifle</td>
<td>Colorado Springs, CO</td>
<td>Club Rep: Lindsay Brodie&lt;br&gt;Phone: (714) 646-8958&lt;br&gt;Email: <a href="mailto:lindsay.brodie@usashooting.org">lindsay.brodie@usashooting.org</a></td>
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<tr>
<td>3791 Utah December Rifle and Pistol PTO</td>
<td>Utah Precision Marksmanship Society</td>
<td>Preliminary Tryout</td>
<td>pistol, rifle</td>
<td>Salt Lake City, UT</td>
<td>Club Rep: Matt DeLong&lt;br&gt;Phone: (801) 587-6163&lt;br&gt;Email: <a href="mailto:dierong@agnessaclub.edu">dierong@agnessaclub.edu</a></td>
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<td>3793 Shooting Stars (Winter) PTO</td>
<td>NASSA</td>
<td>Preliminary Tryout</td>
<td>pistol, rifle</td>
<td>Carrollton, TX</td>
<td>Club Rep: E.S. &quot;Coach&quot; Wong&lt;br&gt;Phone: (922) 234-2470&lt;br&gt;Email: <a href="mailto:joholman@its.wisc.edu">joholman@its.wisc.edu</a></td>
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<td>3797 Black Mountain Monthly PTO Match</td>
<td>Black Mountain Shooting Club</td>
<td>Preliminary Tryout</td>
<td>pistol</td>
<td>Chino, CA</td>
<td>Club Rep: Greg Knutzen&lt;br&gt;Phone: (909) 915-3753&lt;br&gt;Email: <a href="mailto:gregknotten@hotmail.com">gregknotten@hotmail.com</a></td>
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<tr>
<td>3798 2009 California State Junior Olympic Pistol Championship</td>
<td>Black Mountain Shooting Club</td>
<td>State Junior Olympics</td>
<td>pistol</td>
<td>Chino, CA</td>
<td>Club Rep: Greg Knutzen&lt;br&gt;Phone: (909) 915-3753&lt;br&gt;Email: <a href="mailto:gregknotten@hotmail.com">gregknotten@hotmail.com</a></td>
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<td>3798 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, ID</td>
<td>Club Rep: Randy Shikishino&lt;br&gt;Phone: (208) 736-4269&lt;br&gt;Email: randy@b Digital.net</td>
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<td>3798 Great Lakes Invitational</td>
<td>Jackson County Sportsmans Club</td>
<td>Preliminary Tryout</td>
<td>rifle</td>
<td>Jackson, MS</td>
<td>Club Rep: J. Michael Tantis&lt;br&gt;Phone: (517) 206-6587&lt;br&gt;Email: <a href="mailto:jmtantis@crossenvvy.com">jmtantis@crossenvvy.com</a></td>
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<td>3803 NTCSC Monthly PTO</td>
<td>National Training Center Shooting Club</td>
<td>Preliminary Tryout</td>
<td>pistol, rifle</td>
<td>Colorado Springs, CO</td>
<td>Club Rep: Jim Halter&lt;br&gt;Phone: (719) 597-7909&lt;br&gt;Email: <a href="mailto:joholman@its.wisc.edu">joholman@its.wisc.edu</a></td>
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<td>3807 Sandy Ford’s USAS Indoor International Pistol Tournament</td>
<td>Sandy Ford Junior Shooters</td>
<td>Preliminary Tryout</td>
<td>pistol</td>
<td>Strasburg, IL</td>
<td>Club Rep: Sandy Ford&lt;br&gt;Phone: (610) 695-4064&lt;br&gt;Email: raymond <a href="mailto:deflate@Yahoo.com">deflate@Yahoo.com</a></td>
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<td>3813 Washington State Air Rifle PTO</td>
<td>West Seattle Sportman’s Club</td>
<td>Preliminary Tryout</td>
<td>pistol</td>
<td>Seattle, WA</td>
<td>Club Rep: Fred Burr&lt;br&gt;Phone: (206) 683-4958&lt;br&gt;Email: <a href="mailto:fredburr@msn.com">fredburr@msn.com</a></td>
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<td>3818 2008 California State Free Pistol Championship</td>
<td>Palo Alto Rod &amp; Gun Club</td>
<td>Preliminary Tryout</td>
<td>pistol</td>
<td>Redwood City, CA</td>
<td>Club Rep: Greg Knutzen&lt;br&gt;Phone: (909) 915-3753&lt;br&gt;Email: <a href="mailto:gregknotten@hotmail.com">gregknotten@hotmail.com</a></td>
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<td>3818 December International Air Rifle PTO</td>
<td>Woburn Sportsman’s Assoc.</td>
<td>Preliminary Tryout</td>
<td>pistol</td>
<td>Bedford, MA</td>
<td>Club Rep: Dick Dyer&lt;br&gt;Phone: (717) 275-9465&lt;br&gt;Email: <a href="mailto:averte99@windows.com">averte99@windows.com</a></td>
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<td>3820 Delaware State Pistol Club Dec Air Pistol PTO</td>
<td>Delaware State Pistol Club</td>
<td>Preliminary Tryout</td>
<td>pistol</td>
<td>New Castle, DE</td>
<td>Club Rep: Fred Mannis&lt;br&gt;Phone: (302) 478-7025&lt;br&gt;Email: <a href="mailto:frmannis@atril.com">frmannis@atril.com</a></td>
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<td>3820 Delaware State Pistol Club Dec Air Pistol PTO</td>
<td>Delaware State Pistol Club</td>
<td>Preliminary Tryout</td>
<td>pistol</td>
<td>New Castle, DE</td>
<td>Club Rep: Fred Mannis&lt;br&gt;Phone: (302) 478-7025&lt;br&gt;Email: <a href="mailto:frmannis@atril.com">frmannis@atril.com</a></td>
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<td>3820 Delaware State Pistol Club Dec Air Pistol PTO</td>
<td>Delaware State Pistol Club</td>
<td>Preliminary Tryout</td>
<td>pistol</td>
<td>New Castle, DE</td>
<td>Club Rep: Fred Mannis&lt;br&gt;Phone: (302) 478-7025&lt;br&gt;Email: <a href="mailto:frmannis@atril.com">frmannis@atril.com</a></td>
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<td>3820 December International Air Rifle PTO</td>
<td>Woburn Sportsman’s Assoc.</td>
<td>Preliminary Tryout</td>
<td>pistol</td>
<td>Bedford, MA</td>
<td>Club Rep: Dick Dyer&lt;br&gt;Phone: (717) 275-9465&lt;br&gt;Email: <a href="mailto:averte99@windows.com">averte99@windows.com</a></td>
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<td>3820 Monthly Air/rifle PTO 400/400</td>
<td>H &amp; H Precision Shooters, Inc.</td>
<td>Preliminary Tryout</td>
<td>pistol</td>
<td>Oklahoma City, OK</td>
<td>Club Rep: Charles F. Minick&lt;br&gt;Phone: (450) 834-9320&lt;br&gt;Email: <a href="mailto:cm1619@msn.com">cm1619@msn.com</a></td>
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<td>3825 Open Air Rifle International Match</td>
<td>Southwest Gun Club Inc.</td>
<td>Preliminary Tryout</td>
<td>rifle</td>
<td>Bogan Chato, MS</td>
<td>Club Rep: Mickey Brundium&lt;br&gt;Phone: (914) 543-7597&lt;br&gt;Email: <a href="mailto:mbrundium@belkSouth.net">mbrundium@belkSouth.net</a></td>
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<td>3825 Dec. Open International Air Match</td>
<td>Southwest Gun Club Inc.</td>
<td>Preliminary Tryout</td>
<td>pistol</td>
<td>McComb, MS</td>
<td>Club Rep: Mickey Brundium&lt;br&gt;Phone: (914) 543-7597&lt;br&gt;Email: <a href="mailto:mbrundium@belkSouth.net">mbrundium@belkSouth.net</a></td>
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<td>3825 Phoenix RGC December PTO</td>
<td>Phoenix Rod &amp; Gun Club</td>
<td>Preliminary Tryout</td>
<td>pistol</td>
<td>Gilbert, AZ</td>
<td>Club Rep: Donato Fante&lt;br&gt;Phone: (460) 556-1960&lt;br&gt;Email: <a href="mailto:donato@msn.com">donato@msn.com</a></td>
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<td>3825 2006 Michigan USA Shooting Jr. OLY</td>
<td>Riverside Shooting Club</td>
<td>State Junior Olympics</td>
<td>pistol, rifle</td>
<td>Bay City, MI</td>
<td>Club Rep: James R. Stamos&lt;br&gt;Phone: (988) 631-3079&lt;br&gt;Email: <a href="mailto:rrottini@msn.com">rrottini@msn.com</a></td>
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<td>3825 International Pistol PTO</td>
<td>Oklahoma City Gun Club Bullseye Pistol Division</td>
<td>Preliminary Tryout</td>
<td>pistol</td>
<td>Arcadia, OK</td>
<td>Club Rep: Charles F. Minick&lt;br&gt;Phone: (450) 834-9320&lt;br&gt;Email: <a href="mailto:cm1619@msn.com">cm1619@msn.com</a></td>
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<td>3834 Twelfth Precedent Air Pistol &amp; Free Pistol PTO</td>
<td>Twelfth Precedent Pistol Club Inc.</td>
<td>Preliminary Tryout</td>
<td>pistol</td>
<td>Annayack, MD</td>
<td>Club Rep: Kathy Callahan&lt;br&gt;Phone: (410) 653-7126&lt;br&gt;Email: <a href="mailto:Kathy@usna.edu">Kathy@usna.edu</a></td>
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<td>3835 2008 Idaho State USAJ DO Championship</td>
<td>Cedar Hill Jr. Gun Club</td>
<td>State Junior Olympics</td>
<td>pistol, rifle</td>
<td>Blackfoot, ID</td>
<td>Club Rep: Randy Shikishino&lt;br&gt;Phone: (208) 736-4269&lt;br&gt;Email: randy@b Digital.net</td>
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<td>3846 International Air PTO</td>
<td>Vermon Crew 935</td>
<td>Preliminary Tryout</td>
<td>pistol, rifle</td>
<td>Bogan Chato, MS</td>
<td>Club Rep: Mickey Brundium&lt;br&gt;Phone: (914) 543-7597&lt;br&gt;Email: <a href="mailto:mbrundium@belkSouth.net">mbrundium@belkSouth.net</a></td>
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<td>3849 2008 Florida State USAJ DO Rifle Championship</td>
<td>Central Florida Rifle &amp; Pistol Club</td>
<td>State Junior Olympics</td>
<td>rifle</td>
<td>Titusville, FL</td>
<td>Club Rep: Margret Langfield&lt;br&gt;Phone: (407) 891-3563&lt;br&gt;Email: rcoss&lt;j&gt;thatpost.com</td>
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<td>3858 2009 Kansas State USAJ DO Championship</td>
<td>X-Ring Junior Shooters</td>
<td>State Junior Olympics</td>
<td>pistol, rifle</td>
<td>Tongassaw, KS</td>
<td>Club Rep: Kelly Shockey&lt;br&gt;Phone: (919) 915-6944&lt;br&gt;Email: <a href="mailto:decony@stirl.com">decony@stirl.com</a></td>
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Shoot For The Gold

Winchester® AA® Target Loads

- Hard shot for tight patterns
- Clean burning AA primer and powder
- Reloadable high-strength hull
- Loads for every shooter's needs
The 2008 U.S. Olympic Team members for Shotgun pose during a photo shoot for shotgun ammunition sponsor Winchester at the 2008 Fall Selection Match, about three weeks after the conclusion of the Beijing Olympic Games. Pictured from left to right: Jeff Holguin, Kim Rhode, Glenn Eller, Corey Cogdell, Dominic Grazioli, Vincent Hancock, Bret Erickson and Sean McLelland.