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USA Shooting News is published six times a year, 1 Olympic Plaza, Colorado Springs, CO 80909. 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.
USA Shooting wishes to thank its supporting partners.
The new USA Shooting website (www.usashooting.org) has come a long way in the past three months! Many changes and improvements have been made in order to give you a much better and more efficient communication tool. The website and the magazine, are the top two communication tools that you rely on for valuable USA Shooting news and information. These resources are the best ways for us to communicate with our members and it is vital that they provide you with the information you are looking for in order to keep you in tune with what’s going on with USA Shooting. When the new website was launched earlier this year, there were still many changes and additions which needed to be made in order to make it complete and user friendly. Since June, many of these improvements have been made and I think you will find that the website is more efficient and the information is much more up-to-date and thorough. I sincerely appreciate the assistance of the membership, as well as the countless efforts of the USA Shooting staff, to help provide me with the content needed to create a fully functioning website.

USA Shooting would also extend our sincere appreciation to Ron and Marlys Schauer for making our new website possible.

I want to point out some of the positive changes and additions that have been made to the website in the past three months so that everyone knows the information they rely on is correct, up-to-date and readily available.

- Updated national rankings
- Updated national records
- USA Shooting tournament results from 1999 to present are now available
- Club Listing is updated and available
- Interactive Calendar is updated and available
- A “Home” button has been added for easier navigation
- A Search Engine as well as a sign-up field for the Quickshots Newsletter is also now available
- Staff bios and photos have been updated
- Policies and Procedures are now available
- Downloads Section has been populated
- Alumni site is up and running

All of these things will continue to be updated on a regular basis and I urge you to let me know of any other sections on the website that are incomplete or need changes.

There are definitely some items that still need attention and I plan to make improvements on a continuous basis. The USA Shooting Web Store is currently in the process of being built and should be up and running on our site very soon. The National and National Development Team bios are being updated and I am currently seeking the help of those team members to provide accurate biographical information so you can get to know the top athletes in our sport through our website.

USA Shooting News is now back on schedule and will continue to arrive in your mailboxes bi-monthly and in a timely manner. I am always looking for ways to improve the magazine and make it more informative and more fun to read, so I am particularly interested in receiving story ideas and articles from our membership, as well as interesting and exciting photos for the “Hot Shots” section of the magazine.

If you have any ideas on how to help improve our website and magazine, please feel free to send them to my attention at marybeth.vorwerk@usashooting.org.
The United States is one of the very few countries, and perhaps the only country, where Olympic sports are not supported by the government. We continually point this fact out in our direct mail fundraising solicitations. Upon hearing this statement, a typical reaction is that this puts our Olympic sports programs at a distinct disadvantage. Our federal government seems to support most every other program with international visibility. Although they do not provide funding, the federal government is definitely still involved in amateur sports. Congress provided a special charter to the United States Olympic Committee (USOC) in 1961 and adopted the Ted Stevens Olympic and Amateur Sports Act in 1978. Since that time, Congress requires regular reports and monitors the Olympic program. In recent years they have demanded governance reform, threatening to legislate change if not done so internally. Wide sweeping changes were adopted at the USOC. No government funding has been provided to the USOC or any sport National Governing Body (NGB).

The subject of seeking government support has become an increasingly common topic in Olympic Committee discussions. Government support through the Department of Veterans Affairs is being provided to the USOC through a formal agreement consummated last year to support Paralympic programs. While the concept of additional funding is most appealing, the bureaucracy and potential loss of control is not.

Government funding of Olympic sport introduces the possibility of numerous challenges. The recent Pan American Games brought forward one such example. Rio de Janeiro hosted the Pan Ams and plans to bid for the 2016 Olympic Games. As part of that overall effort, a fabulous shooting venue was constructed. The design was almost identical to the 2000 Sydney Olympic shooting range complex, only larger. I was told the cost was more than $20 million U.S. dollars paid for by the government. At the conclusion of the Pan Am Games, the electronic targets were being placed in storage. The venue is located on a military complex to which the Brazilian shooting federation does not have access. The range will likely not be used again until an ISSF World Cup for rifle and pistol next spring. The Brazilian federation depends on assistance from others to conduct large competition events. They have no incentive to develop their own operating infrastructure.

Much of the government funding designated for sport programs supports bureaucracy rather than sport programs as intended. It is not uncommon for sport designated money to never reach the sport organization, but rather to be diverted or reallocated to other uses. A good example is the Central and South American programs that are continually unsure of funding, thus not able to make longer term plans. It is not uncommon for programs to receive or be denied competition funding days before a scheduled event.

Canadian shooters have struggled with government funding since the 1976 Montreal Olympics. Their federation and programs have continued to wither in spite of dedicated shooter athletes that have worked hard and surprisingly represent their country very well. While corporate and philanthropic funding has good potential, the Canadian federation does not have the infrastructure to support the initiation of an effective fundraising program.

USA Shooting’s funding structure is based upon a strong direct marketing program, corporate sponsorships, individual gifts and good support from the USOC. While there is much more we could and can do to better train current and developing athletes as well as promote the shooting sports, we are one of the better funded Olympic shooting programs in the world. Notice that I say “better funded” but when compared to the truly strong resources of the Russian team, the German shooting federation and the Chinese, it is surprising that the we compete with them as successfully as we do.

If and when the opportunity to receive government funding presents itself there is no doubt that organizational management will become more complex but it would be very difficult to say, “no thank you.”
For the second year in a row, the Amateur Trap Association (ATA) hosted the annual Grand American World Trap Shooting Championships at its new home at the World Shooting and Recreational Complex in Sparta, Ill., August 6-18. Attended by more than 6,000 competitors, this championship of American Trap Shooting included over 1,600 Scholastic Clay Target Program (SCTP) participants competing for top honors in the SCTP National Trap Shooting Championships. With the number of young and talented shooting stars participating, representatives from USA Shooting wanted to be on hand to discuss shooting opportunities beyond the scholastic program with shooters, coaches and parents. Most importantly we wanted to inform attendees about USA Shooting’s international shooting programs and competitive opportunities at the collegiate level.

The SCTP is highly regarded as one of the premier development programs for USA Shooting’s shotgun team as demonstrated by the number of former SCTP participants filling the Junior Olympic, National Development and National Team rosters. Three U.S. Team members and medalists from this year’s world cup circuit and the 2007 Pan American Games were former SCTP participants – Vincent Hancock (Pan American Games Gold Medalist and World Record holder in Men’s Skeet), Corey Cogdell (Pan American Games Bronze Medalist, Women’s Trap) and Josh Richmond (Pan American Games Gold Medalist, Men’s Double Trap). Representing USA Shooting at the Grand this year were team members Corey Cogdell, Jared Fodor and Sean McLelland. Each athlete was able to tell his or her story of how hard work, dedication and training led to their success in international style shooting and their desire for competing in the Olympic Games. Corey and Jared discussed their SCTP involvement and how it put them on the path to representing the United States in international competition. Sean also spoke of his collegiate shooting at Lindenwood University and participation at the 2006 World Shooting Championships in Zagreb, Croatia.

Across the country, nearly 10,000 students in more than 40 states competed this year in SCTP trap, skeet and sporting clays events. The Championship events alone drew over 2,000 competitors with 1,600 from 29 states competing at the Grand and a record setting 400 competitors from 19 states taking part in the skeet and sporting clays Championships held at the National Shooting Complex in San Antonio in July. SCTP teams compete in Varsity and Jr. Varsity (grades 9-12), Intermediate (grades 6-8) and Rookie (grades 5 and under) divisions. Several competitors from the SCTP national championships were selected to take part in a Junior Olympic Development program.

Continued on page 9

51st Annual SAAMI held in Grand Island, Neb.

The Sporting Arms and Ammunition Manufacturers’ Institute, Inc. (SAAMI®) recently held its annual meeting and “SAAMI Shoot” in Grand Island, Neb. with USA Shooting once again being designated as the beneficiary of a fundraising event following the shooting tournament. Event organizers of the 51st Annual SAAMI Meeting and Shooting Tournament continued its great tradition of raising money for organizations dedicated to promoting the shooting sports. For the past seven years, SAAMI has selected USA Shooting as the beneficiary of the fundraiser. This year’s event raised $15,000 and exceeded last year’s record-breaking effort of $13,000 bringing the total amount of team funding raised by SAAMI to over $75,000.

SAAMI, established in 1926, is an association of the nation’s leading manufacturers of sporting firearms, ammunition and components. Since it inception, SAAMI has been actively involved in the publication of industry standards, coordination of technical data and the promotion of safe and responsible firearms use. SAAMI currently publishes more than 700 voluntary standards related to quality and safety in the manufacturing, transportation and storage of firearms, ammunition and components. In addition to setting product standards for firearms and ammunition, SAAMI proposes legislative developments at the state and federal level and is an accredited United Nations ECOSOC Non-Government Organization.

USA Shooting wishes to thank SAAMI and its members for their generous contributions and support of the USA Shooting Team. For more information on SAAMI, please visit their website as www.saami.org.
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As the 2007 international shooting season comes to an end, the opportunity for additional quota slots is past and the USAS coaches are looking at proceeding down the Olympic Path with the slots we have secured and the individuals that are pursuing the medals.

The United States shooters have won 24 of a possible 28 Olympic quota (country participation) slots. They will head to Beijing with a full team in every event except Men's Air Pistol, Women's Air Pistol, Rapid Fire Pistol and Women's Air Rifle; each of these events will have one athlete representing our country. A full team consists of two slots in each of the five rifle events (six men’s slots, four women’s), two slots in each of the five pistol events (six men’s slots, four women’s), two in each of the three men’s shotgun events and one in each of the two women’s shotgun events (six men’s and two women’s).

Because these quota or country participation slots allow the country, not the athlete winning it, to participate in the Games, the next step on the path to the Olympic Games for athletes is to participate in the selection process approved by the U.S. Olympic Committee (USOC). The selection procedure to be used by USAS was approved by the USOC in late May, 2005 and can be found on the USAS website, www.usashooting.org under the Competitions tab.

As this article is being written, the shotgun team is undergoing its first competition to determine the 2008 Olympic Team. The Fall Selection Match consists of 250 targets which will be added to 250 targets to be shot at the Spring Selection Match to be held in Kerrville, Texas in March, 2008. The top six in both the men’s and women’s events will participate in a final of 25 targets. The results of these finals will be added on to the total score and the top two men and top woman in each event will be nominated to the Olympic Team. For more information on the exact dates of the Spring Selection Match, visit the USAS website.

The rifle and pistol athletes have been engaged in part of their Olympic Team selection process since the world cup season started in 2006. In this part of the procedure, athletes competing in international ISSF World Cup or World Championship competitions could earn points toward one team berth by winning a medal or placing in the finals. Rifle and pistol athletes may earn points toward this berth up to the completion of the 2007 World Cup Final. To date, three pistol athletes have earned points toward a berth with none reaching the minimum point total of 40 and nine rifle athletes have earned points toward a berth with none surpassing the minimum point requirement for a Men’s Prone berth. Both Emmons and Tamas will be undertaking the tiebreaking procedure at the first world cup in 2008 for the single berth available under this portion of the selection process. For all rifle and pistol events, a Spring Selection Match will be held in the May timeframe to fill all other available team slots.

Remember, the selection matches are open to all USA Shooting members so look for more details on our website, www.usashooting.org.

As the SCTP continues to experience tremendous growth each year, the number of talented shooters crossing over into international shotgun disciplines has, and will continue to have, a direct and positive impact on the U.S. Shooting Team. For more information on the SCTP and full results from the 2007 Championships please visit www.nssf.org/sctp.
Sanctioning Changes for 2008 Rifle and Pistol State Junior Olympics

USA Shooting frequently evaluates programs to ensure the best possible opportunities are made available for our membership base. We strive to provide high level matches in a fair and competitive environment. This year USA Shooting has revised the sanctioning process for state Junior Olympic competitions.

Sanctioning Process

1. Download an application to host a State Junior Olympic match, available online at www.usashooting.org under the Downloads section.

2. All interested clubs must submit an application by mail to the Competitions office at USA Shooting by October 1, 2007. Included in the application will be a portion where clubs must state why they are interested in holding the event, along with a description of the facilities being offered.

3. Clubs can request to hold a match between the dates of November 1, 2007 and February 4, 2008.

4. Applications will be evaluated by a non-biased panel at USA Shooting and sanctioned based on the best application. Items taken into account are geography, prior USAS sanctioned PTOs, club facilities and each club’s mission for grassroots development in the sport. Please note that in some states more than one host will be sanctioned, with one state coordinator selected by USAS.

5. All clubs will be notified by mail as to whether or not their application was accepted by October 10th, 2007.

6. The National Junior Olympic Championships will take place in Colorado Springs Colo., April 2 - 22. Please note these dates are tentative. Please keep in mind these changes are for the benefit of our junior shooters, in an effort to ensure the best possible competition. Our vision is for these state events to simulate the National Junior Olympic Championships on a smaller scale. This will draw competitors from all over the state to shoot side by side with the best juniors in the state.

If there are any questions about this new sanctioning process, please feel free to contact Lindsay Brooke at lindsay.brooke@usashooting.org or 719-866-4885.

Youth Programs

The 2007 Coach College and Conference will be later than usual this year to accommodate the schedule at the U.S. Olympic Training Center in Colorado Springs. The event will kick off with schools for National Coach Development Staff candidates in pistol, rifle and shotgun starting Dec. 1st. These schools are by invitation only and prepare current coaches to help teach coach schools and build broad programs around the U.S. Interested coaches should contact me at USA Shooting, or Marcus Raab or Don Sipes at the National Rifle Association. The Coach Education Program is a joint effort with the Civilian Marksmanship Program working with USAS and the NRA, which handles most of the administration of the program.

Coach schools for both Level 1 and Level 3 coach candidates will start Dec. 4th. At the time this article is being written, we hope to complete the Level 3 shotgun course before the December Coach College. We plan to teach the American Sport Education Program Coaching Principles class on Dec. 6th.

On Dec. 7th the conference starts with a day dedicated to time with the National Team coaches and their assistants, followed by a special dinner event that evening. Numerous speakers will present all day Saturday and Sunday until lunch time. CMP State Directors will meet Sunday afternoon. The conference will focus on helping you build complete shooting sports programs with practical applications in each presentation.

Watch www.usashooting.org for details on the program and registration as they become available.
Progressive Position Air Pistol and Three Position Air Rifle Junior Olympic Championships

Western Kentucky University in Bowling Green, Ky. once again provided a great, 71 firing point facility to host the Junior Olympic Championships for Progressive Position Air Pistol (PPP) and Three Position Air Rifle. A Civilian Marksmanship Program summer camp and the Daisy BB Gun and Air Rifle matches had already been fired there when we arrived, and a few people competed in those events and stayed over for our events.

The Civilian Marksmanship Program provided very helpful support for all of these matches. The Competition Tracker system from CMP allowed fans to follow the results in real time from anywhere in the world by accessing www.odcmp.com (results are archived there). The ORION target scoring system was introduced to the Junior Olympic crowd and gave great feedback to the shooters about their scores and groups. We also used it to score finals targets in tenths of a scoring ring, similar to the Olympic Games.

Sporter Air Rifle was first on the agenda. With over 120 shooters in attendance, Michaela Jochum, of Homestead, Neb., won by over 17 points with good scores starting within five points and only one point separating the top three. In the Individual championship, Ethan Settlemires from Cross Roads Shooting Sports (Mississippi) edged last year’s champion, Michael Kulbacki from Dubois, Pa., by just one point. Emily Holsopple, also from DuBois, was only 0.9 back in third place when the dust cleared. Joseph Walkowicz from Montgomery Bell Academy (Tennessee) followed Settlemires and Kulbacki in the AG1 awards.

Shelby County HS (Kentucky) won the Precision Scholastic Team match. Hope Christian School (Alabama) won another tie breaker over Spanish Springs HS AJROTC (Nevada) for the silver and bronze medals. The high one day score for the whole event was an incredible 392, fired by Hannah Haney from Ashby, Neb. in the Basic Supported position with a Division B (pumped pneumatic) pistol. Other position and division champions included: Bradley Bunner and Gunnar Johnson, both from Hyannis, Neb., Luke Scholl from Lincoln, Neb., Amanda Harrenga from Lander, Wyo., Leah Mayer from Ft. Collins, Colo., Sean Blanton from Newberry, S.C. and Ashley Casteel from Tulsa, Okla. The crowd favorites at the awards ceremony were the three youngest medalists from the Youth Basic position.

In the Club Unsupported Team matches, X-Ring Junior Shooters from Kansas ruled the range with an impressive 31 point win over Newberry Junior Air Pistol Club from South Carolina. Only five points back was the Massachusetts team called Goal #1. In the debut of the State Team match, Georgia GSSA took second between X-Ring and Newberry. Mixed (supported and unsupported) teams also fired a championship. The Grant County Sharpshooters team from Nebraska won a big victory over Lander Junior Rifle Club from Wyoming and Tulsa Red Castle from Oklahoma.

Precision Air Rifle was the final event, this time spilling over into three relays with 168 competitors. The final lived up to its potential with all eight athletes starting within five points and only one point separating the top three. In the Individual championship, Ethan Settlemires from Cross Roads Shooting Sports (Mississippi) edged last year’s champion, Michael Kulbacki from Dubois, Pa., by just one point. Emily Holsopple, also from DuBois, was only 0.9 back in third place when the dust cleared. Joseph Walkowicz from Montgomery Bell Academy (Tennessee) followed Settlemires and Kulbacki in the AG1 awards.

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Progressive Position Air Pistol was held next. This year marked the beginning of a combined USA Shooting and National Rifle Association (NRA) National Junior Olympic Air Pistol Championship with the NRA providing great financial support as well. Participation in the PPP event was up about 15% over 2006. Young athletes produced strong performances in all five positions. The overall champion is named from the One-Handed Unsupported position. Cody Owsley from Tonganoxie, Kan. dominated this event, winning by 16 points over teammate Anthony Lutz. Tyler Imig from Westminster, Mass. won the bronze medal. This year, eight different states were represented in the top 10 finishers.

The Civilian Marksmanship Program provided very helpful support for all of these matches. The Competition Tracker system from CMP allowed fans to follow the results in real time from anywhere in the world by accessing www.odcmp.com (results are archived there). The ORION target scoring system was introduced to the Junior Olympic crowd and gave great feedback to the shooters about their scores and groups. We also used it to score finals targets in tenths of a scoring ring, similar to the Olympic Games.

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The Precision Club Team match saw a repeat champion with the DuBois Junior Rifle Team Club beating a consistent
Shooting Health

Ok, so the big match is coming. How do I prepare myself physically? I have been training hard, following my training plan to the letter and my scores are looking good. But, how do I know that my physical health will be up to snuff on match day?

One of the biggest things we overlook when it comes to shooting is our physical health. We train our discipline hard and concentrate on our performance. Shooters come in all shapes and sizes and it is difficult to have the one plan that will suit all body types. It is up to you, the shooter/athlete to find the plan that best suits you. A healthy diet will help you stay mentally alert and physically strong when shooting the 90 or more minutes of a match, putting every ounce of your being into each shot. The shooting sports can be just as mentally and physically draining as track and field. Following the right steps for shooting health will help you to go the distance, making your last shot as good as your first. This information is plans that we have used. We are not a dieticians, doctors or clinical experts.

Start with your diet. Good physical fitness plan is just as essential as your diet. The question is, “How badly do you want it?” There will often be times when you may need to start your day at 5:00 AM in order to get your physical training in before you go off to work or whatever it is you do for income. There may be evenings when you will have to choose exercise over your favorite television show. It can be easy if you come up with a schedule that fits your lifestyle and stick to it.

Though we may not be able to get into the gym every day, there are many things we can do to stay fit. The easiest form of fitness is running or walking. You don’t have to go to the gym or buy special equipment, just make the time. These are both good examples of what we call “whole body” workouts. By elevating your heart rate and working your cardiorespiratory system you will develop your stamina, not to mention that the ability to lower your resting heart rate is extremely advantageous to shooting! The key to running or walking is training to a time standard and not distance. When running or walking, go for an established time. Usually 80 minutes on the long days and 40 on the short days.

During your lunch hour is a good time to fit in some sort of physical activity, such as training with weights. Though there are world class gyms here on Fort Benning, we have some weights at the range to train with. Our little gym here provides the athletes with a way to get a quick workout in even if they can’t make it to the gym that day. You can use free weights to target the muscles you use for shooting, such as your shoulders, triceps and core. You can really hit those muscles hard in as little as 30 minutes. Don’t forget that stretching is equally important as the physical activity. A few sessions of just stretching will help a lot in the long run. The following is an example of a five day physical training routine:

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<tr>
<th>Monday</th>
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<th>Cardio 60-80 minutes PM Weight Training</th>
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<tr>
<td>Tuesday</td>
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<td>Cardio 30-40 minutes PM Stretching</td>
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<td>Wednesday</td>
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<td>Thursday</td>
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<td>Cardio 30-40 minutes PM Stretching</td>
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<tr>
<td>Friday</td>
<td>AM</td>
<td>Cardio 60-80 minutes PM Weight training</td>
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Understandably, you may not want to conduct a physical workout prior to training with your firearm. So again, you need to find a time schedule that works for you and fit the physical plan in around your shooting. There was a shooter that got up at 5:00 AM, shot until 6:45 AM, went for a run or lifted weights until 7:30 AM and got to work by 8:30 AM. He then went home and shot some more after work! That is dedication.

Your fitness level comes down to dedication. Find an eating and exercise plan that works for you and stick to it. It could be the difference between a silver medal and a gold.
Mental Flexibility

“Insanity: Doing the same thing over and over and expecting a different outcome”

Athletes and coaches work long, hard hours training in their chosen sport. They invest huge amounts of time, money and energy striving for the seemingly elusive top prize. Too often, this effort is slow, frustrating and the athlete falls far short of the ultimate goal or leaves the sport before realizing his/her potential. Only a few participants seem to rise above the crowd. Why is this?

The majority of coaches and athletes who truly excel exhibit mental flexibility in their planning and work. They adapt their thinking and their actions as needed in order to reach their training and competition goals.

Eugenio Monti of Italy was a budding world-class skier as a young man when a bad injury ended his career in that sport. Rather than give up his dreams of world and Olympic competition, he switched to a very different sport, the bobsled. While this took mental flexibility on his part, it is not the biggest example that he provides on this topic. Eugenio became a world class bobsled pilot. He was a true sportsman and to this day bobsled is known as one of the greatest sports of all time. Monti is also known as one of the best bobsled pilots of all time. It turns out that his key "secrets to success" was nothing more than mental flexibility.

The fastest way down a bobsled track is on the optimal line. This is the line that provides the shortest route and the greatest speed in order to result in the shortest time. Most bobsled pilots spend the entire run down the hill attempting to hold the sled on that line and, when it wavers, working to get back on the optimal line as quickly as possible. When making corrections, most pilots attempt to do so with sudden corrections and scrub off lots of speed.

Eugenio “took what the hill gave” and calmly guided his sled through the course with gentle corrections. Thus, he did not scrub off lots of speed with sudden corrections. Rather than work to stay inflexibly on “the” optimal line, he realized that there was a “new” optimal line based on his position at any given moment. His mental flexibility allowed him to make corrections that were calmer, smoother and smaller. He was not fighting the sled, and the sled was not fighting the hill. He merely guided the sled on the new optimal line that existed at that moment.

Upon hearing this story, one young athlete realized it was like going off course when using a GPS unit to navigate on public roads. The unit detects a deviation from the original “optimal line” or route and recalculates a new optimal route instead of forcing the driver to go back immediately to the original route.

This same young athlete recently observed an example and a counter-example in his own training and competition. Upon arriving at a particular national competition, he and his teammates discovered that the competition would be conducted in a manner different than any other they had ever attended and deviated from any method covered in the rules. This particular athlete was so upset that his club coach had to stop a group meeting and remind him that he could either remain inflexible in his thinking and affect himself and the entire team, or he could be flexible, adapt his thinking and methods to the match conditions as they existed, and enjoy a successful competition. Despite some initial grumbling, to his credit, the athlete did quickly adapt and performed quite well.

That lesson allowed him to make a big change in his game a few weeks later. One of the “great debates” in international pistol shooting technique is where to aim. There are at least four different methods: center hold, bottom of the black hold, thin line of white hold and deep in the white hold. As a specialist in air pistol and free pistol, both of which demand great precision, and being quite analytical, the athlete had long ago decided that the thin line of white was “best” since he could be the most “precise” in his aiming. His private training coach, who prefers the deep in the white hold, did not insist on a change when the two started working together a year earlier. They discussed the different methods, the pros and cons of each, and agreed not to initially make a change.

A couple of weeks after competing in two national competitions, including the one mentioned above, the athlete noticed a number of subtle, yet critical errors in his technique. Based on ongoing discussions with his training coach, the athlete realized the errors were due, in part, to the aiming method he was using and that the deep in the white hold might alleviate all those issues. It took a great deal of mental flexibility for this athlete to experiment with a hold method that seemed so “wrong” and seemed to provide little if any precision. Despite his initial discomfort, the athlete discovered that the new method provided him with long strings of very precise shots that were “easy” to shoot. The technique also held up quite well during intensity training.

About two weeks later, the athlete’s younger sister made exactly the same
discovery and embraced the change. She reported that the shots were so “easy” and fun and her groups were significantly tighter. Once she learned to trust the technique, she was confident and performed well in intensity training.

The examples of where to aim with pistol were chosen for this article because the typical reaction to the deep in the white hold is quite negative. Athletes “try” the method and find it quite discomfiting because of the lack of “precision” or other related feelings. They reject the method after a quick trial. Of course, where to aim is only one piece of a much larger puzzle of pieces that one must assemble into an overall technique and process. It is dangerous to “try” something without understanding how it does or does not fit in to the athlete’s overall approach. Without mental flexibility, one gets hopelessly mired into making minor tweaks and trying “tips and hints” instead of stepping back and truly assessing their whole approach.

There is no question that top athletes spend a lot of time in training. One must be so familiar with the process of performing that it is beyond routine. All too often, practice sessions reinforce weak technique and processes. It is critically important that coaches and athletes make sure the basics are very robust and that practice sessions always require solid basics as a foundation. This requires flexible thinking and openness for evaluation and change when and where needed.

Flexible thinking sometimes needs to extend to “rules” that are “never” to be broken. One “rule” that is often repeated, and for good reason, is “Never make major changes just before a big competition.” In almost all cases, this is excellent advice. Most coaches and athletes can recall a time that an athlete tried something before a big competition, had a great result in training (due to honeymoon effect) and crashed at the competition. Therefore, one should never break the rule, or so we are taught.

Many years ago, a young athlete was introduced to and chose to work with a new training coach. After listening carefully to the athlete and assessing her situation, the training coach and athlete came to a radical conclusion after only two weeks of work together. Her standing position needed to be completely overhauled and changed, three weeks before a major national competition. Despite the fact that everyone “knows” this is wrong, coach and athlete agreed that the then current position technique would not work at all, so there was nothing to lose since she was unlikely to advance beyond her then current “club” level of shooting with the old position. Additionally, the position would soon cause physical injury to the athlete, which cannot be tolerated.

After exploring a new strategy for the standing position, the next decision was whether to use it right away or wait until after the competition. Their plan was for her to train with the new position for a week, then assess and decide. Then train another week and decide again, then stick with that choice for the last week. The athlete loved the new position and decided to stick with it. She won the first of five consecutive junior national championships, along with a number of other junior, open and international medals over the next few years. Her flexible thinking and ability to go against “conventional wisdom” allowed her to accelerate her training and her shooting career at a very young age.

In the psychological literature on people who become experts, one of the key attributes was a “rage to master” their field. Experts, and experts in training, constantly push the envelope of their knowledge and abilities. They constantly strive to go outside their comfort zone to learn more. This can only happen with people who learn to be flexible in their thinking. Conforming rarely yields spectacular results.

At the same time, coaches and athletes so often will point to an exception, such as the one above, and use it as an excuse to go against the grain even when the situation has not been carefully assessed and a plan carefully formulated. With or without flexible thinking, there is no substitute for hard work – whether physical or mental.

Learn the basics. Really learn them. Understand how they work and why. Then one can discern genuine opportunities for improvement. Flexible thinking does not mean do whatever one feels like. Flexible thinking means being open to new possibilities and ideas as they appear based on solid foundational work.

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

Continued from page 11

Spalding County Shooting Sports team that turned in all four scores in the 1160s. The National Training Center Shooting Club finished four points back in third.

We are once again very grateful to our “Miracle Man,” Joe Tinsley, for leading the volunteer effort in Kentucky and to the Kentucky National Guard for the assistance provided to the scoring office during the pistol match. Several college coaches were in attendance, scouting for future team members.
“Non-Olympic Events” refer directly to events in any sport that are not part of the Olympic Games program, but often may have had that status in the past. Shooting sport enthusiasts around the world continue to support a variety of events featuring different calibers, firearms and rule standards outside of the current Olympic shooting program.

The International Olympic Committee (IOC) controls the Olympic program in all sports. Our International Shooting Sports Federation (ISSF) works with the IOC to determine which events are on the Olympic program. The ISSF supports several non-Olympic events with World Championship status such as Women's Prone, 300 Meter Rifle, Center Fire Pistol and Running Target.

What determines whether or not an event stays in or joins the Olympic program? Several factors including the economics of the event, world participation levels and limits on participants in the Olympic Games are key considerations behind event status decisions.

The 300 Meter events were held in the Olympic Games through 1972. They were dropped after 1972 due to several reasons, including the economics of building and maintaining a larger range, and the cost of shooting the event (ammunition costs).

USA Shooting carries several non-Olympic events in the rulebook and in the program for the USA National Championships. Some are events that were in the Olympic program at one time (i.e. 300m events) and some are specifically developmental or grass roots level programs like 3-Position Air Rifle.

Our USA women have demonstrated great success in the last year in two of the non-Olympic Women's Prone events: 300 Meter and Smallbore. At the World Championships in Zagreb, Croatia last summer, the USA Team of Janet Raab, Reya Kempley and Nicole Allaire won the World Championship and shot a world record in the women's 300 Meter Prone event! Our ladies faced down in many cases much more experienced international competitors to take the gold. This spring, Jamie Beyerle tied the World Record for Women's Prone with a 597 during the World Cup in Australia. World Cup organizers can choose to support non-Olympic events during the Cup, however this is quite rare.

How do these events fit into your training program? As the National coach, I focus athletes on including events that will help develop skills that are helpful towards the Olympic events. A good example is the Women's Prone event at USA Shooting National Championships. Women’s Prone is good training for the 3x20 Olympic event. The ladies who seriously prepare and compete in prone, learn crucial wind conditions, position cues and other skills that carry over to the 3x20 event.

If you are in an area of limited smallbore events and access, the 3-Position Air events can be good training opportunities for your training plan. An added benefit is that most 3-Position Air events also include an Olympic style final, again great training for your Olympic Air Rifle event.

Our USA Men's Prone team has been very successful for a long time on the international stage. One of the home advantages that we have for our athletes is American style or NRA Prone competitions at 50 yards, 50 meters and 100 yards. Our athletes have long learned crucial wind reading and other skills by participating in these events even at an early age. Incorporate these events into your wind training goals and you will improve your performance.

Supplementing your training with non-Olympic events will also help directly with building one of the key skill areas: match preparation and successful execution during competition. These baseline tasks do not change with the caliber of firearm or rulebook. Use these match opportunities to practice the skills you are working on throughout the year.
Once a solid performance nutrition base has been established (previous article), it is much easier for a shooter to be physically and mentally prepared for training sessions. Whether your discipline is pistol, rifle or shotgun, quality and timing of foods consumed on training days will either enhance or impair your training session. In order to “recover” from the stressors of life and training, shooters must have a diet that enhances physical and mental readiness for training.

Even shooters who don’t consider themselves competitive and just go to the range to unload some brass and have fun are similar to shooters who compete internationally - you both have lives outside of shooting. Work, school, family and social commitments and a Western diet contribute to elevated cortisol levels. Cortisol is commonly referred to as a stress hormone because it enhances the fight-or-flight response. Short-term, cortisol reduces inflammation and helps the body to deal with the fight-or-flight situation at hand. Long-term however, this hormone can suppress the immune system, potentially opening up a window of opportunity for illness and injury. Elevated cortisol has also been associated with reduced mood and mental function.

Balancing life commitments is critical but usually doesn’t happen overnight. Making small changes to your diet can be implemented relatively quickly and can make a positive impact on your ability to handle stress.

Consuming carbohydrate has been shown to reduce cortisol levels during prolonged bouts of physical and mental exertion. The high level of mental focus required for accurate shooting requires sufficient carbohydrate for fuel. The long-standing myth that carbohydrate consumed before pistol or rifle shooting will cause a shooter to be jittery is just not supported by science. Carbohydrate consumption, especially prior to a morning session, has been shown to enhance target acquisition and accuracy. In fact, the brain’s preferred source of energy is carbohydrates. By the time you wake in the morning, your brain has used a substantial amount of carbohydrate fuel stores to keep you alive during the night. Be sure to take in protein with the carbohydrate to blunt quick absorption and ensure a steady supply of fuel throughout the training session. Hydration also impacts mental focus and muscle fatigue, so check urine color for hydration status often and drink accordingly.

Whether or not athleticism is required to be a good shooter is an ongoing debate. There’s no doubt however, that a shooter who is fit and healthy can better sustain the mental and physical stressors of long training sessions, frequent travel and stressful competition settings. A certain amount of stamina is required to compete consistently well over the course of a multi-day competition. For shooters who view themselves as athletes, it’s imperative for them to support their training (shooting sessions and strength & conditioning workouts) with appropriate fuel. To sustain mental focus and physical stamina for sessions lasting longer than 2-3 hours, be sure to fuel with carbohydrate and protein at least one hour prior to shooting. Bringing mixed macronutrient snacks (peanut butter & jelly or lean deli meat & cheese sandwiches, nuts, trail mix, fruit, yogurt, 1% chocolate milk and low-fat meal replacement beverages and sports bars) to the range will ensure a steady fuel supply to the brain and muscles during these longer sessions. For shooters with body weight concerns, reduce the size of the mid-day and evening meals in order to accommodate these snacks without adding calories.

Practical tips to enhance training sessions and recovery through nutrition:

1. Consume carbohydrate and protein at least 1 hour prior to training session
2. ALWAYS bring fluids to the range
3. Check urine color often and hydrate accordingly
4. For sessions lasting longer than 2-3 hours, bring snacks to the range

In the next issue, we’ll discuss competition day nutrition and how to plan for it. Until then, be mindful during training sessions and try to identify trends. For example, is there a point in training when you always feel mentally drained? Are there a typical number of shots you get off at which you start to feel physically fatigued? The answers to these questions will help guide your competition day nutrition plan.
Exercises for Strengthening Core and Stability
Featured Exercise: Back Squat

Balance and stability of the core and lower body can be critical characteristics for an athlete in shooting sports. Athletes, coaches and exercise professionals are constantly looking for the exercise that best enhances these vital characteristics and carries to performance. The conventional back squat can be an exercise to incorporate into your cross training program, which will assist in improving these characteristics. This article will provide exercise technique and an understanding of how to utilize the back squat in a daily exercise strengthening program.

Before performing a back squat in training, the athlete and coach should have a clear understanding of how the exercise can help to enhance performance. Through a trunk and lower body strengthening program, an athlete develops muscle groups that can contribute to sound core and lower body stability and balance. As muscle groups in these regions are strengthened, they assist in increasing efficiency of movement and help in reducing onset of fatigue. When battling environmental elements in outdoor shooting, developing a strong core and lower body may help in staying on target. These are just a few reasons to utilize lower body strengthening exercises within a cross-training program.

Proper technique of any exercise is critical to performance as well as the safety of the athlete. It is recommended that you find a qualified trainer or coach that can assist with proper movement, spotting and equipment. The back squat exercise will be utilizing barbell weighted resistance in a squat rack.

Barbell loaded with desired weight, athlete steps into squat rack facing the bar and places hands wider than shoulder width and evenly distributed on bar.

Lower head, step forward and place the bar on upper back just below the neck. Make sure both feet are under the bar and body, stand up with the external load and step away from bar holders by taking one step back. Feet should be positioned shoulder width apart. Chest up and out with shoulder blades squeezed together and hips underneath the bar.
Start movement by slightly pushing hips back and down. Control the movement, maintain balance across the feet and lower the hips until thighs are parallel with the deck. Upper body should remain upright with head focused in a neutral position.

Once the desired depth is achieved in the movement, ascend in a controlled manner to the start position. Focus on balance of pressure on the feet as well as maintaining a good upright trunk while moving back to the start. Complete the exercise for the desired number of repetitions. When placing bar in the rack take one step forward and allow the bar to rest in the holders before unloading the weight. Spotters on either side of the bar as well as behind the lifter are recommended for safety.

Although this is one exercise, there are many similar exercises that can be as effective for enhancing stability and balance in the lower body. The back squat can be beneficial to a shooter if used to in a methodical approach to training. Make sure you start with a load that is controllable and use gradual but progressive overload in your strength training.

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Twenty-six U.S. Shooters including nine U.S. Olympians and eight returning competitors from the 2003 Pan American Games represented the United States at the 2007 Pan American Games in Rio de Janeiro, Brazil, July 13 – 28.

The shooting portion of the competition took place July 15 – 21 at the Deodoro Sports Sports Complex.

The Pan American Games was the last chance for the U.S. to secure the required quota slot positions needed for U.S. athletes to compete in the 2008 Olympic Games. The U.S. team needed to secure quota slots in five pistol events (women’s sport pistol, men’s and women’s air pistol, men’s free pistol, men’s rapid fire pistol) as well as two rifle events (women’s air rifle, men’s prone). The U.S. ended up securing three more quota slots in women’s sport pistol, men’s prone and men’s free pistol and now has 24 out of the 28 slots needed for the 2008 Beijing Olympic Games.

On July 15, the U.S. Shooting Team started out the competition with a bang by earning four medals in three different disciplines.

Sandra Uptagrafft (Los Angeles, Calif.) claimed the first piece of hardware for the U.S. Shooting team by snagging a gold medal in the women’s 25 meter pistol event and also securing a quota slot for the 2008 Olympic Games. Uptagrafft is no stranger to the medal stand as she also took home gold at the 2003 Pan American Games.

“I was really happy with the results,” said Uptagrafft after her victory. “It was a real honor to compete with this great group of athletes.”

The United States also had a strong showing in men’s 10 meter air rifle, by occupying the top two spots on the medal stand. Two-time Olympian and U.S. Army Marksmanship Unit (USAMU) member Jason Parker (Omaha, Neb.) earned his first of two gold medals at the 2007 Pan Am Games with a point total of 695.8, while teammate Matt Rawlings (Wharton, Texas) took home the silver medal with a 694.2 point total.

On the second day of competition, the United States earned three additional medals in the men’s 50 meter pistol event. Jason Turner (Rochester, N.Y.), a 2004 Olympian, took home his first gold medal of the competition and secured an Olympic quota slot with his top finish. Two-time Olympian and USAMU member Daryl Szarenski (Saginaw, Mich.), finished the event with the silver medal.

“The facility is world class and is one of the best international ranges.”

In the women’s 10 meter air rifle event, the United States was represented by Amy Sowash (Richmond, Ky.) who claimed a silver medal behind Cuba’s Englis Yaima Cruz Farfan.

The U.S. Shooting Team earned three additional medals on the second day of competition at the 2007 Pan American Games. They started out strong by taking the number one and two positions on the medal stand in the men’s 50 meter pistol event. Jason Turner (Rochester, N.Y.), a 2004 Olympian, took home his first gold medal of the competition and secured an Olympic quota slot with his top finish. Two-time Olympian and USAMU member Daryl Szarenski (Saginaw, Mich.), finished the event with the silver medal.

“We had good competition here. We started off rocky but worked our way to the top,” Turner said after his victory. “I have enjoyed the experience here. The facility is world class and is one of the best international ranges.”
The third medal of the day came in the men's trap event. Three-time Olympian Bret Erickson (Bennington, Neb.) claimed a silver medal behind Argentina's Juan Carlos Dasque. Canada's Giuseppe di Salvatore snagged the bronze medal.

On the women's side, three-time Olympian Libby Callahan finished in seventh place in women's 10 meter air pistol. The crown was won by Canada's Avianna Chao.

The U.S. Shooting Team was on fire on July 17, grabbing five medals, including two gold. Turner, who earned a gold medal the day before, was crowned the Men's 10 Meter Air Pistol Champion and secured a quota slot for the 2008 Olympic Games.

"It is very exciting and always a goal when you are coming in to these (competitions) to try and win, but to actually achieve this is very satisfying," said Turner who also snagged the title at the 2003 Pan American Games.

Additionally, the U.S. grabbed double medals in the men's 10 meter air pistol event was USAMU member Thomas Rose (Central Point, Ore.) who earned a bronze medal.

Both McPhail and Tamas are members of the USAMU.

The final U.S. medal of the day was awarded to Corey Cogdell (Eagle River, Alaska.) in the women's trap event. Cogdell took home a bronze medal in her Pan American Games debut.

The U.S. Shooting Team added to its hardware collection on July 18 by claiming a gold and silver medal in the men's double trap event.

Josh Richmond (Hillsgrove, Pa.) took the top spot on the podium with a point total of 185 targets while teammate and 2003 champion Jeff Holguin (Fullerton, Calif.) grabbed the second place position with a total of 180. Both are members of the USAMU.

"It feels good," Richmond said of his first Pan Am victory. "I got what I what I came down here for and this was a great warm up for next year."

The U.S. earned two gold and two silver medals today in day five of the shooting competition at the Pan American Games. Parker added his second gold medal effort, claiming the title in the men's three-position event. McPhail finished in fourth place for the U.S.

Also tallying a spot on the podium was Keith Sanderson (Plymouth, Mass.) who grabbed the silver medal in the men's 25 meter rapid fire pistol event behind Cuba's Leuris Pupo Requejo. Teammate and five-time Olympian John McNally (Heath, Texas) finished in the sixth place position.

The U.S. Shooting Team wrapped up competition today at the 2007 Pan American Games on July 21. The team wrapped up competition today at the 2007 Pan American Games on July 21. The team finished out the event with a total of 22 medals including 10 gold.

Jamie Beyerle (Lebanon, Pa.) contributed to the medal count by claiming the top spot in the women's 50 meter rifle three-position event. Teammate Amanda Furrer (Spokane, Wash.) added to the hardware count by taking home the bronze medal.

In men's skeet, USAMU members Vincent Hancock (Eatonton, Ga.) and 2000 Olympic Bronze Medalist James (Todd) Graves (Laurel, Miss.) added to the medal collection by earning the gold and silver medals respectively.
## Top Pan American Games Finishers and Scores:

### Women's 50 Meter Rifle 3 Position
1. Jamie Beyerle, USA, 679.8; 2. Englis Yaima Cruz Farfan, CUB, 679.6; 3. Amanda Furrer, USA, 675.5

### Women's 25 Meter Pistol
1. Sandra Uptagrafft, USA, 771.9; 2. Laina Perez Facundo, CUB, 770.3; 3. Luisa Maida, ESA, 769.3

### Men's 10 Meter Air Rifle
1. Jason Parker, USA, 695.8; 2. Matt Rawlings, USA, 694.2; 3. Roberto Jose Elias Orozco, MEX, 690.9

### Women's 10 Meter Air Rifle
1. Englis Yaima Cruz Farfan, CUB, 496.1; 2. Amy Sowash, USA, 494.4; 3. Alix Rocio Moncada Aguirre, MEX, 493.5

### Men's 50 Meter Pistol
1. *Jason Turner, USA, 650.5; 2. Daryl Szarenski, USA, 646.4; 3. Yulio Zorrilla Pellejia, CUB, 639

### Men's 25 Meter Rapid Fire Pistol
1. Vincent Hancock, USA, 147+2; 2. Todd Graves, USA, 147+1; 3. Ariel Mauricio Flores Gomez, MEX, 144

*Indicates the fulfillment of an Olympic Quota Slot for the United States

### U.S. Pan American Games Shooting Team Roster

#### Rifle Team

<table>
<thead>
<tr>
<th>Athlete Name, Hometown, Current Residence, Event(s)</th>
<th>Event(s)</th>
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</thead>
<tbody>
<tr>
<td>Jamie Beyerle, Lebanon, Pa., Colorado Springs, Colo., women's three-position rifle</td>
<td>Women's 3 Position</td>
</tr>
<tr>
<td>Amanda Furrer, Spokane, Wash., Spokane, Wash., women's three-position rifle</td>
<td>Women's 3 Position</td>
</tr>
<tr>
<td>Jessica Jasis, Dychsburg, Ky., women's air rifle</td>
<td>Women's 50 Meter Rifle 3 Position</td>
</tr>
<tr>
<td>Michael McPhail, Darlington, Wisc., Phenix City, Ala., men's three-position, prone rifle</td>
<td>Men's 50 Meter Rifle 3 Position</td>
</tr>
<tr>
<td>Jason Parker, Omaha, Neb., Cusseta, Ga., men's three-position, air rifle</td>
<td>Men's 50 Meter Rifle 3 Position</td>
</tr>
<tr>
<td>Matt Rawlings, Wharton, Texas, Wharton, Texas, men's air rifle</td>
<td>Men's 50 Meter Rifle 3 Position</td>
</tr>
<tr>
<td>Amy Sowash, Richmond, Ky., Colorado Springs, Colo., women's air rifle</td>
<td>Women's 50 Meter Rifle 3 Position</td>
</tr>
<tr>
<td>Tom Tamas, Columbus, Ga., Columbia, Ga., men's prone rifle</td>
<td>Men's 50 Meter Rifle 3 Position</td>
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#### Pistol Team

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<tr>
<th>Athlete Name, Hometown, Current Residence, Event(s)</th>
<th>Event(s)</th>
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<tr>
<td>Vladimira Borisova, Elgin, Ill., Elgin, Ill., women's sport pistol</td>
<td>Women's Skeet</td>
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#### Shotgun Team

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<tr>
<th>Athlete Name, Hometown, Current Residence, Event(s)</th>
<th>Event(s)</th>
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<tr>
<td>Corey Cogdell, Eagle River, Alaska, Colorado Springs, Colo., women's trap</td>
<td>Women's Trap</td>
</tr>
<tr>
<td>Haley Dunn, Ottumwa, Iowa, Eddyville, Iowa, women's skeet</td>
<td>Women's Skeet</td>
</tr>
<tr>
<td>Bret Erickson, Bennington, N.E., Muenster, Texas, men's skeet</td>
<td>Women's Skeet</td>
</tr>
<tr>
<td>James Graves, Laurel, Miss., Cusseta, Ga., men's skeet</td>
<td>Women's Skeet</td>
</tr>
<tr>
<td>Vincent Hancock, Eatonton, Ga., Eatonton, Ga., men's skeet</td>
<td>Women's Skeet</td>
</tr>
<tr>
<td>Michael Herman, Dayton, Wyo., Peyton, Colo., men's trap</td>
<td>Men's Skeet</td>
</tr>
<tr>
<td>Jeff Holguin, Fullerton, Calif., Ft. Benning, Ga., men's double trap</td>
<td>Men's Skeet</td>
</tr>
<tr>
<td>Kimberly Rhode, El Monte, Calif., El Monte, Calif., women's skeet</td>
<td>Women's Skeet</td>
</tr>
<tr>
<td>Josh Richmond, Hillsong, Pa., Ft. Mitchell, Ala., men's double trap</td>
<td>Men's Skeet</td>
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*Photo credits: Photos courtesy of Tim Hipps, U.S. Army Public Affairs; Bob Mitchell and Sandra Uptagrafft*
Giving kids a sense of teamwork, competition, confidence. And the thrill of blowing little clay targets to smithereens.

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www.nssf.org/sctp
Nearly 200 top shotgun shooters from around the United States competed in the first of two USA Shooting Olympic Selection Matches August 11-18, 2007 at the International Shooting Park at Fort Carson Military Reservation outside of Colorado Springs, Colo.

The first set of finals were held in the trap event on August 14 with three-time Olympian Lance Bade (Vancouver, Wash.) taking the title for the men, while 2004 Olympian Collyn Loper (Indian Springs, Ala.) took first for the women.

Bade finished the event with a total score of 271 targets, while three-time Olympian Bret Erickson (Bennington, Neb.) took second place with a score of 268. Brian Burrows (Fallbrook, Calif.) finished in third place with 266.

Loper finished the women's trap event with 254 targets to take the title. Susan Sledge (El Cajon, Calif.) and Amanda Dorman (Colorado Springs, Colo.) were tied at 252 after the conclusion of the finals, but after a one shot shoot off, Sledge captured the number two spot, while Dorman finished in third.

Baver finished the junior men's finals in first place with 265, while Josh Cresswell (Bonneterre, Mo.) took second with 259 (16) and Richard Valdez (Canon City, Colo.) finished third with 259 (15).

Miranda Wilder (Longview, Texas) captured first place for the junior trap women after shooting a total of 243 targets. Tamara Desso (Castaic, Calif.) finished second with 241 and Lynsey Arnold (Ulster, Pa.) took third with 237.

Two-time Olympian and U.S. Army Marksmanship Unit (USAMU) shooter Glenn Eller (Katy, Texas) claimed the 2007 Fall Selection Double Trap Title on August 17 after finishing in first place with a final score of 336 targets.

Eller's USAMU teammates Jeff Holguin (Fullerton, Calif.) and Josh Richmond (Hillsgrove, Pa.) finished the competition in second and third place respectively. Holguin finished with a score of 334, just two targets back from Eller, while Richmond ended the competition with 325. Bill Keever (Rutherfordton, N.C.), who is also a member of the USAMU, finished in the fourth spot with 319.

Eller, Richmond and Holguin have dominated the podium in double trap competition on both the national and international levels in 2007. Eller claimed the gold medal at the World Cup in Korea in April and Richmond took the gold at World Cup Italy in June. Richmond and Holguin also claimed the gold and silver in men's double trap at the 2007 Pan American Games in July.

On the national level in 2007, Eller captured the Shotgun Spring Selection Title, while Richmond finished second and Holguin took third. Richmond claimed the 2007 National Championship title, with Eller taking second and Holguin finishing in third place.

In the junior men's double trap event, Bryce Gearhart (Freeburg, Pa.) finished the competition in first place with 312 targets. Sam Lutz (Schnecksville, Pa.) took second with 309 and Jared Fodor (Centerburg, Ohio) finished right behind Lutz in the third spot with 308.

Fall Selection came to a close on August 18 with Vincent Hancock (Eatonton, Ga.) and two-time Olympic Gold Medalist Kim Rhode (El Monte, Calif.) taking the titles in men's and women's skeet.

U.S. Army Marksmanship Unit (USAMU) member Hancock, who is the 2007 Pan American Games Gold Medalist and 2007 World Cup Italy Champion/world record holder, finished the competition with a score of 271 targets. Sean McLelland (Harlingen, Texas) took second with 268 and USAMU member Mark Weeks (Clinton Township, Mich.) finished in third place with 261.

Rhode took the top spot for the women after shooting a score of 261 targets. A three-time Olympic medalist (1996 and 2004 gold medalist, 2000 bronze
medalist) in women's double trap, Rhode made the switch to skeet following the 2004 Olympic Games after the women's double trap event was eliminated from Olympic competition. Two-time Olympian Connie Smotek (Lyons, Texas) and 2007 Pan American Games Gold Medalist Haley Dunn (Eddyville, Iowa) finished right behind Rhode in second and third places with 260 and 259 respectively.

Jon McGrath (Tulsa, Okla.) claimed first place for the junior skeet men with a score of 259, while BJ Blanchard (Vidor, Texas) finished right behind him in second with 258 targets. Hunter Wise (Coleman, Texas) took third with 256.

For the junior women, Ali Chiang (Redwood City, Calif.) took the top spot with 243. Emily Blount (Tucson, Ariz.) finished second with 241 and Jaiden Grinnell (Port Angeles, Wash.) took third with 238.

The 2008 USA Shooting Shotgun Olympic team will be nominated to the United States Olympic Committee (USOC) based on the aggregate score from both the Fall Selection competition as well as the Spring Shotgun Selection match, which will be held at the Hill Country Shooting Sports Center in Kerrville, Texas March 8-16, 2008. The top six finishers will compete in the final at the Spring Selection Match to determine the 2008 Olympic team. The USOC will have final approval of the team.

All eight quota slots needed to participate in the 2008 Olympic Games in Beijing, China have already been secured by the U.S. (men's skeet – 2, men's trap – 2, men's double trap – 2; women's skeet – 1, women's trap – 1).

The course of fire at each selection match consists of 250 targets in the trap and skeet events and 300 targets in the double trap event at each selection competition.

For complete Shotgun Fall Selection results, please visit www.usashooting.org.
The 2007 USA Shooting Zone 8 Championships took place in Rosenberg, Texas July 14-15 and the event was a huge success. Twenty-one shooters participated in 13 rifle and pistol events with a total of 43 event entries.

In the 50ft. Men's Prone Rifle event, Samuel Muegge, a member of the 4-H Outdoor Sports Club from Rosenberg, Texas shot two new national records. In the J2 category, he shot a 594 in qualification and in the overall men's category shot a total of 700.2 after an awesome 106.2 finals out of a possible 109.

In the 50ft. Men's Rapid Fire Pistol event, 15-year-old Christopher Nona, also a member of the 4-H Shooting Sports club from Rosenberg, Texas, shot a national record in just his second rapid fire pistol event. In the J2 category, he shot a 446 in qualification and in the overall men's category a total of 700.2 after an awesome 106.2 finals out of a possible 109.

In the 50ft. Men's Rapid Fire Pistol event, 15-year-old Christopher Nona, also a member of the 4-H Shooting Sports club from Rosenberg, Texas, shot a national record in just his second rapid fire pistol event. In the J2 category, he shot a 446 in qualification and in the overall men's category a total of 700.2 after an awesome 106.2 finals out of a possible 109.

The greatest honor for all of the shooters at the Zone 8 Championships was the participation of Karen Monez in the 10 meter Women's Air Pistol event, where she earned a gold medal.

As a veteran of many international and national competitions, Monez holds two world records. She has participated in several shooting disciplines over the past 35 years including smallbore, air rifle, 300-meter highpower, air pistol, smallbore silhouette, highpower silhouette and cowboy action shooting. In 1978, she earned a gold medal at the World Championships in women's air rifle in Seoul, Korea. Monez set world records in women's air rifle in 1978 and in the standard rifle 50-meter 3x20 competition in 1989.

Monez has spent 25 years of her life in military service. For three years she was a member of the U.S. Army Marksmanship Unit International Rifle Section and then spent 22 years as a member of the U.S. Army Reserve Shooting Team. She was also a resident athlete at the U.S. Olympic Training Center from 1989-1992. Her career has taken her to international shooting competitions in 19 foreign countries.

Karen Monez Participates in Zone 8 Championships

Monez was a member of three Championship of the Americas teams (1977, 1981 and 1985), three World Championship teams (1978, 1979 and 1982) and won individual medals in five World Cup competitions, including four gold medals. She competed in U.S. International Shooting Championships from 1974 to 1998 and won eight individual titles and 19 team titles. Over her career, she has totaled 55 individual titles and 42 team national records.

A life member of the National Rifle Association, Monez is also affiliated with USA Shooting, the Texas State Rifle Association and the Single Action Shooting Society. She and her husband, John Chapman, reside in Weatherford, Texas where they ranch and raise cattle and quarter horses. Karen is also head coach of the Texas Christian University (TCU) rifle team.
USA Shooting Participates at 2007 Shooting Industry Masters

Seven top USA Shooting athletes, along with many of the finest shooters in the shooting sports industry, attended the 2007 Shooting Industry Masters July 27-28 in Corona, Calif. U.S. Shooting Team members were treated to a day of sporting clays competition as well as cowboy action rifle and pistol stages at Mike Raahauge’s Shooting Complex.

USA Shooting Team members demonstrated that their shooting skills extend beyond their primary international discipline with Glenn Eller (Katy, Texas), Josh Richmond (Hillsgrove, Pa.), Keith Sanderson (San Antonio, Texas) and Breanna Heckenkamp (San Diego, Calif.) claiming third place in the open team category. Eller also took the top overall shooter award in the same category.

Other USA Shooting Team members participating in the event were Jason Turner (Rochester, N.Y.), Joe Hein (Lansing, Mich.), Tamara Desso (Castaic, Calif.) and USAS Director of Marketing Buddy DuVall.

The Shooting Industry Masters promotes the theme of the National Shooting Sports Foundation’s (NSSF) STEP OUTSIDE program which encourages sportsmen and women to introduce newcomers to hunting and target shooting, and also supports the program with a generous donation.

Added to this year’s shooting event was the Shooting Industry Academy of Excellence Awards presented by Randy Molde and Russ Thurmond of FMG Publications to honor those companies producing new and innovative products. For more information on the Academy of Excellence please visit www.shootingindustry.com.

U.S. Paralympic Shooting Team Competes at European Shooting Championships for the Disabled

The U.S Paralympic Shooting team, led by coach and athlete, Tom Monto, successfully competed in the 2007 Open European Shooting Championships for the Disabled in Suhl, Germany July 23-27, 2007. The six athletes made a strong showing in the rifle events. SSG. Josh Olson of the U.S. Army Marksmanship Unit (USAMU) took tenth place in the 50 meter mixed gender smallbore prone event with a score of 586, qualifying for the U.S. National Paralympic Elite Team. Danielle Fong took ninth place in the women’s ten meter standing air rifle event with a score of 385, also qualifying for the U.S. National Paralympic Elite Team. Mike Dickey achieved minimum qualifying scores for the Beijing Paralympics in three events, while Olson achieved a minimum qualifying score in his event and Fong in two of her events. After taking a gold medal at the NRA Beeman competition in California, Barbaro Ponce, who currently leads the NRA Beeman Championship series by a wide margin, flew all the way to Suhl to join his teammates and successfully competing in two air rifle events. Carol Tane (Misty) Guard-Allen returned to the international arena after a fifteen-year absence to successfully compete in air rifle.
Noel Maxwell, a thirteen year-old female shooter from Bowling Green, Ken. preformed under intense pressure in the final shoot-off to capture the sporter crown at the 17th annual American Legion Junior Air Rifle National Championship, August 9-11.

One record was broken as thirty junior air rifle competitors met at the Olympic Training Center in Colorado Springs, Colo. Maxwell, the youngest National Champion in the seventeen year history of the program, claimed the sporter championship firing a 2309.7/2509. She shoots for the Corvette City Shooting Team, which is sponsored by Post 23.

Seventeen year-old Dempster Christenson of Sioux Falls, S.D. won the overall Precision championship with a score of 2452.8 to capture third place. She shoots for the Valenciа County 4-H Shooting Sports team sponsored by Post 85.

Kaitlyn Martin of Peralta, N.M. fired a 2288.5 for third place. She shoots for the Valencia County 4-H Shooting Sports team sponsored by Post 85.

Taking fourth was Joe Montanez shooting a 2272.7. Montanez is also a member of the Pharr-San Juan-Alamo H.S. JROTC marksmanship team.

The tournament staff selected Kaitlyn Martin as the recipient of the annual Francis M. Redington Sportsmanship award. The Francis M. Redington Sportsmanship award was established in May 2005 in the memory of Redington, a long time tournament staff member, who passed away in 2003. Martin was selected as the athlete competing in the national championship who best exemplified good sportsmanship and fair play.

The American Legion’s Junior Shooting Sports program offers junior shooters the opportunity to participate in Olympic-style competition while also providing instruction on the safe handling of firearms.
Eight Shooters, Four Continents, Twelve Medals

**GOLD MEDAL** – Matt Emmons, USA
597 + 104.6 = 701.8

**SILVER MEDAL** – Christian Lusch, Germany
594 + 103.2 = 697.2

**BRONZE MEDAL** – Nemanja Miresavijev, Serbia
596 + 103.6 = 699.6

**GOLD MEDAL** – Warren Potent, Australia
598 + 102.2 = 700.2

**SILVER MEDAL** – Tom Tamas, USA
596 + 103.8 = 699.8

**BRONZE MEDAL** – Valerian Saupeplane, France
592 + 103.7 = 695.7

**GOLD MEDAL** – Warren Potent, Australia
598 + 104.3 = 702.3

**SILVER MEDAL** – Hyan Tae Lee, Korea
597 + 103.4 = 700.8

**BRONZE MEDAL** – Matt Emmons, USA
597 + 103.0 = 700.0 – 600 in Elimination (EMIR)

**GOLD MEDAL** – Gil Silkonitch, Israel
596 + 104.6 = 701.6

**SILVER MEDAL** – Matt Emmons, USA
596 + 104.3 = 700.3

**BRONZE MEDAL** – Tom Tamas, USA
597 104.9 = 701.9

ONE AMMUNITION!

At the 4 x World Cups in 2007, all Prone medals were won with Eley Tenex Ultimate EPS.

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## SHOTGUN

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<th>Club Name</th>
<th>Match Level</th>
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<td>Ontelaunee Rod &amp; Gun Club Inc.</td>
<td>Preliminary Tryout</td>
<td>Shotgun</td>
<td>New Tripoli</td>
<td>PA</td>
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<td>9/23/07</td>
<td>Phone: (610) 298-2265 ontelaunee.org</td>
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<td>TX</td>
<td>9/28/07</td>
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<td>Club Rep: Deborah Barney Phone: (830) 995-5118 Fax: (830) 995-2169 <a href="mailto:redrose@shootingandhunting.ne">redrose@shootingandhunting.ne</a></td>
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<td>2007 SENIOR OPEN FOR INTERNATIONAL TRAP</td>
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<td>Preliminary Tryout</td>
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<td>VA</td>
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<td>10/7/07</td>
<td>Phone: (703) 640-6336 <a href="mailto:info@quanticoshootingclub.com">info@quanticoshootingclub.com</a></td>
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<td>2838</td>
<td>Golden Pumpkin Skeet</td>
<td>California Int’l Clay Target Shooters</td>
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<td>South El Monte</td>
<td>CA</td>
<td>10/20/07</td>
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<td>Club Rep: Steven Lakatos Phone: (650) 405-9725</td>
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<td>Club Rep: Deborah Barney Phone: (830) 995-5118 Fax: (830) 995-2169 <a href="mailto:redrose@shootingandhunting.ne">redrose@shootingandhunting.ne</a></td>
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## PISTOL, RIFLE

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<td>Georgia Outdoor International Pistol State Championship</td>
<td>North Georgia International Shooting Club</td>
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<td>Dawsonville</td>
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<td>9/15/07</td>
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<td>Club Rep: JP ’O’Connor Phone: (770) 337-7911 <a href="mailto:joc.pods@gmail.com">joc.pods@gmail.com</a></td>
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<td>2720</td>
<td>2007 Southeastern Regional Rifle “Champion of Champions”</td>
<td>Ft. Benning Jr. Rifle Club</td>
<td>Region Championship</td>
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<td>Ft Benning</td>
<td>GA</td>
<td>9/24/07</td>
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<td>Phone: (706) 545-2343</td>
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<td>3018</td>
<td>September 2007 Utah P10</td>
<td>Utah Precision Marksmanship Society</td>
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<td>Pistol, Rifle</td>
<td>Salt Lake City</td>
<td>UT</td>
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<td>Club Rep: Matthew Dalong Phone: (801) 581-3462</td>
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<td>3038</td>
<td>USA Shooting Zone 5 Championships</td>
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<td>Glen</td>
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<td>Club Rep: Matthew Dalong Phone: (801) 581-3462</td>
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<td>Chino</td>
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<td>10/7/07</td>
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<td>3046</td>
<td>October International Air Pistol Competition</td>
<td>Woburn Sportsman’s Assoc.</td>
<td>Preliminary Tryout</td>
<td>Pistol</td>
<td>Bedford</td>
<td>MA</td>
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<td>US INTERNATIONAL PRELIMINARY TRYOUT</td>
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<td>Phone: (321) 858-8300 <a href="mailto:secretary@portmalabarpcclub.com">secretary@portmalabarpcclub.com</a></td>
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<td>10/28/07</td>
<td>Club Rep: Randy Shkasko Phone: (208) 785-4860 <a href="mailto:randys@bigskytel.com">randys@bigskytel.com</a></td>
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<td>2988</td>
<td>USA Shooting Sanctioned Quarterly Preliminary Tryouts, Rifle and Pistol</td>
<td>Fort Bend County 4-H Shooting Sports</td>
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<td>Rosenberg</td>
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<td>Club Rep: Dmitry Shteyman Phone: (281) 499-0664 <a href="mailto:shteyman.dmitry@corp.sysco.com">shteyman.dmitry@corp.sysco.com</a></td>
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<td>Phone: (781) 275-7323 <a href="mailto:wusa1933@aol.com">wusa1933@aol.com</a></td>
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<td>1/27/08</td>
<td>1/27/08</td>
<td>Club Rep: Thomas Monto Phone: (989) 631-3079 Fax: (989) 631-3079 <a href="mailto:riversideshoot@aol.com">riversideshoot@aol.com</a></td>
</tr>
<tr>
<td>3051</td>
<td>February International Air Pistol Competition</td>
<td>Woburn Sportsman’s Assoc.</td>
<td>Preliminary Tryout</td>
<td>Pistol</td>
<td>Bedford</td>
<td>MA</td>
<td>2/10/08</td>
<td>2/10/08</td>
<td>Phone: (781) 275-7323 <a href="mailto:wusa1933@aol.com">wusa1933@aol.com</a></td>
</tr>
<tr>
<td>3052</td>
<td>March International Air Pistol Competition</td>
<td>Woburn Sportsman’s Assoc.</td>
<td>Preliminary Tryout</td>
<td>Pistol</td>
<td>Bedford</td>
<td>MA</td>
<td>3/2/08</td>
<td>3/2/08</td>
<td>Phone: (781) 275-7323 <a href="mailto:wusa1933@aol.com">wusa1933@aol.com</a></td>
</tr>
<tr>
<td>3053</td>
<td>April International Air Pistol Competition</td>
<td>Woburn Sportsman’s Assoc.</td>
<td>Preliminary Tryout</td>
<td>Pistol</td>
<td>Bedford</td>
<td>MA</td>
<td>4/13/08</td>
<td>4/13/08</td>
<td>Phone: (781) 275-7323 <a href="mailto:wusa1933@aol.com">wusa1933@aol.com</a></td>
</tr>
<tr>
<td>2873</td>
<td>2008 Michigan USAS Smallbore Indoor Championship</td>
<td>Riverside Shooting Club</td>
<td>Preliminary Tryout</td>
<td>Rifle</td>
<td>Bay City</td>
<td>MI</td>
<td>4/20/08</td>
<td>4/20/08</td>
<td>Club Rep: Thomas Monto Phone: (989) 631-3079 Fax: (989) 631-3079 <a href="mailto:riversideshoot@aol.com">riversideshoot@aol.com</a></td>
</tr>
<tr>
<td>3007</td>
<td>Shooting Stars PTO</td>
<td>NASSA</td>
<td>Preliminary Tryout</td>
<td>Pistol, Rifle</td>
<td>Carrollton</td>
<td>TX</td>
<td>6/9/08</td>
<td>6/9/08</td>
<td>Club Rep: Brooks Brinson Phone: (972) 234-8180</td>
</tr>
<tr>
<td>3083</td>
<td>Michigan USAS Outdoor Smallbore Championships</td>
<td>Riverside Shooting Club</td>
<td>Preliminary Tryout</td>
<td>Rifle</td>
<td>Midland</td>
<td>MI</td>
<td>8/10/08</td>
<td>8/10/08</td>
<td>Club Rep: Thomas Monto Phone: (989) 631-3079 Fax: (989) 631-3079 <a href="mailto:riversideshoot@aol.com">riversideshoot@aol.com</a></td>
</tr>
</tbody>
</table>
Check each issue of USA Shooting News for “hot shot” photos of your favorite athletes or events. If you have a hot shot photo that you would like to see included, please send your high resolution images to Mary Beth Vorwerk at media@usashooting.org. Be sure to forward the name of the individual featured, the event or location of the photo and the name of the photographer to include in the caption of the photo.

A USA Shooting Skeet PTO was held for the first time at Tucson Trap and Skeet Club on July 28, 2007. Pictured left to right: Emily Blount - Winner female J1 division, Matt Ojerio - Second place Male J2 division, Tim Johnson Line Judge, Luis (Taz) Gloria - Winner Male J3 division, Rob Larson Match Director/Line Judge, Brandon Carlisle - Second place male J3 division, Harry Walker Chief Referee, Jimmy Gibson Winner J2 division. Photo by Larry Blount.

Haley Musselman accepts her certificate for finishing in fourth place in the Youth Basic position at the National Junior Olympic Progressive Position Air Pistol Championships in Bowling Green, Kentucky. Photo courtesy of CMP photographer Wendy Sedlacek.

Sandra Uptagrafft poses for a photo with fellow shooter and friend Luisa Maida from El Salvador. Uptagrafft won the gold medal in women’s sport pistol at the Pan Am Games and Maida took the bronze.

The National Junior Olympic Three-Position Air Rifle and Progressive Position Air Pistol Championships were held at Western Kentucky University in Bowling Green. Approximately 400 young shooters from around the country participated in these events July 4-12. Pictured is the sporter air rifle match. Photo courtesy of CMP photographer Wendy Sedlacek.


The SCTP overall Championship Team of Josh Webb, Carl Collins, Coach Mike Simpson and Shane Stocomb won the 2007 Georgia and Alabama State Junior Olympics and received an invitation to the 2007 USA Shooting Shotgun Junior Olympics September 15-23 in Colorado Springs, Colo.

This photo of the 2007 Pan American Games “Sun” Mascot hot air balloon was taken outside the shooting venue in Rio by USAS Executive Director, Bob Mitchell. The Sun represents the city of Rio de Janeiro’s landscape, Brazilian spirit and Olympic symbols – the torch, gold medals and championships.
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Thirty-seven shooters participated in the trap competition at the 2007 Georgia/Alabama State Junior Olympics, which were held July 14-15 in Hartsfield, Ga. When the kids finished the competition, there was a parent/child shoot where the kids enjoyed being able to critique their parents shooting style for a change! Photo provided by Mike Simpson.