Rachael Heiden Shines in Slovenia
<table>
<thead>
<tr>
<th>Rifle</th>
<th>Pistol</th>
<th>Semi-Auto</th>
<th>Hunting</th>
<th>Product Name</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>Yes</td>
<td>Yes</td>
<td>Yes</td>
<td>Yes</td>
<td>Tenex</td>
<td>Olympic standard, medal winning, premium quality cartridges used by experienced club shooters and internationals.</td>
</tr>
<tr>
<td>Yes</td>
<td>Yes</td>
<td>Yes</td>
<td>Yes</td>
<td>Tenex Pistol</td>
<td>The highest quality cartridge for semi automatic pistols and rifles, featuring a round nose bullet profile.</td>
</tr>
<tr>
<td>Yes</td>
<td>Yes</td>
<td>Yes</td>
<td>Yes</td>
<td>Match</td>
<td>Impressive results from a competition cartridge featuring many attributes of Tenex. Amazing value for money and excellent accuracy.</td>
</tr>
<tr>
<td>Yes</td>
<td>Yes</td>
<td>Yes</td>
<td>Yes</td>
<td>Match OSP</td>
<td>Designed to appeal to shooters seeking high quality at a competitive price. Suitable for use in semi automatic pistols and rifles and rapid fire pistols.</td>
</tr>
<tr>
<td>Yes</td>
<td>Yes</td>
<td>Yes</td>
<td>Yes</td>
<td>Match Pistol</td>
<td>Softer round with reliable functioning and high accuracy in all popular pistols. Reduced velocity cartridge.</td>
</tr>
<tr>
<td>Yes</td>
<td>Yes</td>
<td>Yes</td>
<td>Yes</td>
<td>Team</td>
<td>An improved version of the ELEY Club cartridge, using the same flat nose bullet as used for Tenex and Match.</td>
</tr>
<tr>
<td>Yes</td>
<td>Yes</td>
<td>Yes</td>
<td>Yes</td>
<td>Club</td>
<td>Accurate and reliable mid-range cartridge used in all disciplines up to 50m range. A consistent winner at club competitions.</td>
</tr>
<tr>
<td>Yes</td>
<td>Yes</td>
<td>Yes</td>
<td>Yes</td>
<td>Target</td>
<td>An affordable general purpose cartridge, which is a great quality entry level round.</td>
</tr>
<tr>
<td>Yes</td>
<td>Yes</td>
<td>Yes</td>
<td></td>
<td>.17 Mach 2</td>
<td>Combining ELEY's leading edge technology and Hornady's 17 grain V-Max blue tip bullets, to create affordable cartridges with unbelievable stopping power and tack driving accuracy.</td>
</tr>
<tr>
<td>Yes</td>
<td>Yes</td>
<td>Yes</td>
<td></td>
<td>Subsonic Hollow</td>
<td>Super accurate and one of the quietest subsonic rounds on the market. A lower velocity hunting cartridge with target shooting accuracy.</td>
</tr>
</tbody>
</table>

Please note this is a simple guide illustrating which ELEY products are suitable for different applications. NB Some of our products may also be appropriate for other applications not shown above, this may depend on how Firearms are set up and maintained.

ELEY World Cup 2010 medal tally

**2010 ISSF World Cup 1 – Sydney**
- 50m Free Pistol
- 25m Sport Pistol
- 25m Rapid-Fire Pistol
- 50m Rifle Prone
- 50m Rifle 3x20
- 50m Rifle 3x40

**2010 ISSF World Cup 2 – Beijing**
- 50m Free Pistol
- 25m Sport Pistol
- 25m Rapid-Fire Pistol
- 50m Rifle Prone
- 50m Rifle 3x20
- 50m Rifle 3x40

**2010 ISSF World Cup 3 – Fort Benning**
- 50m Free Pistol
- 25m Sport Pistol
- 25m Rapid-Fire Pistol
- 50m Rifle Prone
- 50m Rifle 3x20
- 50m Rifle 3x40

**2010 ISSF World Cup 4 – Belgrade**
- 50m Free Pistol
- 25m Sport Pistol
- 25m Rapid-Fire Pistol
- 50m Rifle Prone
- 50m Rifle 3x20
- 50m Rifle 3x40

**2010 ISSF World Cup Final – Munich**
- 50m Free Pistol
- 25m Sport Pistol
- 50m Rifle Prone
- 50m Rifle 3x20
- 50m Rifle 3x40
- 50m Rifle 3 x 40
- Rapid-Fire Pistol
Four pages of the latest athletes to earn a nomination to the 2012 U.S. Olympic Team. Discover how Jamie Beyerle, Josh Richmond, Matt Emmons and Eric Uptagrafft qualified for a nomination pending approval by the U.S. Olympic Committee.
MEMBERSHIP MATTERS

By Robert Mitchell

Membership is an important facet of any non-profit organization and USA Shooting is no exception. As a service organization, membership is paramount and it is the heart of our national governing body (NGB).

USA Shooting is a small organization with less than 5,000 members. At this level the Membership department operates on a mostly break-even basis whereas larger organizations generate millions of membership dollars for services and overhead operations. More importantly, a lower membership results in a smaller athlete pool to develop our medal winning athletes. Building our athlete pool and development pipeline is a critical success factor. The shotgun discipline is growing. The rifle group has been relatively stagnant and the pistol discipline has declined in participation and membership over the years. Many factors contribute to membership activity but the point is, USA Shooting needs to grow our support base, the athlete pool and promote the shooting sports.

With a small staff of 15 individuals, including a one person Membership Department, our capabilities are limited. However, membership is everybody’s business. It is not just one staff member but rather for all to promote our sport: employees, volunteers, coaches, athletes and parents. Nichole Rae has instituted a Club Rewards program and added member benefits to promote growth. Buddy DuVall, Corrie West and Katie Yergensen are creating more organizational visibility and seeking supporters via associations with conservation groups, industry partners and the public through personal contact and web-based efforts.

A common statement we hear from many individuals we contact is that they are not active shooters or do not participate in the Olympic disciplines. Regardless, anyone with an interest in the shooting sports can, and in our thoughts should, follow and support your Olympic Shooting Team. Yet for our membership effort to have an impact, we need your help as well. It is our members that are familiar with your clubs and local shooting environment. We need your assistance to spread the word, tell the USA Shooting story and encourage others to be Olympic-style shooting competitors and/or supporters.

He stated that USAS needs to do something. I agree but it is our members in the field that know the local clubs and shooters that can enjoy and grow our sport. Bringing more people to USAS not only helps the organization but it also helps club growth but also builds the athlete pool resulting in more coaches, volunteers and shooters at your local and regional areas.

Certainly the staff will continue efforts to grow our support base and are most pleased to assist you in doing so. Let’s all pull together to get more people involved and enjoying the Olympic shooting sports!
Q & A WITH JASON PARKER

By Sergeant George Norton

Jason Parker has been a household name in the shooting sports for a long time. In addition to his countless National titles, world medals and world records, Parker also won the 2011 National Champion title in both Men’s 50m Rifle Prone and Men’s 50m Rifle Three Position events. Many USA Shooting News readers know of Sergeant 1st Class Parker’s extensive list of accolades, but they might not know the man behind the rifle. In this month’s “AIM with AMU” column, Sgt. 1st Class Parker talks about his life, shooting and more.

Q: How did you get started in competitive shooting?
A: I was 13 years old when I started shooting competitively. For a starter rifle my parents bought me a Daisy air rifle that I practiced with in the basement of my house.

Q: Did you compete in any other sports in your youth?
A: I’ve always enjoyed sports, so I tried just about all of them. In addition to shooting, the sports that I spent the most time playing were soccer, golf and even a little bit of tennis.

Q: Many know that you attended Xavier University, but what did you study while you were there?

Q: What was the highlight of your collegiate shooting career?
A: While shooting in college I was a four year All-American, but the highlight of my collegiate shooting career was in 1996 during my senior year when our team won the Air Rifle National Championship.

Q: After graduation, what lead you to enlist with the U.S. Army and join the U.S. Army Marksmanship Unit (USAMU)?
A: When I was younger I shot many of the same competitions that the Soldiers from the USAMU were competing in. Because of their professionalism, I always looked up to them and wanted to be a part of their team.

Q: Many know of the privileges of being a member of the USAMU, but what are some of your responsibilities off the firing line?
A: In the shooting community people always see the U.S. Army Team competing, but one thing they might not know is that shooting is only the way we accomplish our missions, not our actual mission itself. Here at the USAMU we have three different aspects of our mission that we are always working to accomplish. They are training Soldiers in basic and enhanced marksmanship skills to help them survive on the battlefield, enhancing the recruiting effort by forging positive images of the U.S. Army and conducting research and development to improve small arms weapons.

Q: Some fans may not know that in 2009 you deployed to Afghanistan to support Operation Enduring Freedom. Could you give us some insight to your deployment?
A: The soldiers of the USAMU were deployed to Afghanistan to improve the marksmanship skill of the Afghan National Army. They needed to raise their level of marksmanship proficiency so that they could fight with our American Soldiers and protect their own country. We worked with the Afghan basic trainees, but our focus was on the Afghan Instructors and Drill Sergeants so that they could continue to deliver the best marksmanship instructions by themselves indefinitely.

Q: As the reigning Men’s 50m Rifle Prone and Men’s 50m Rifle Three Position National Champion, you must train a lot. How many hours a week do you train and what things do you work on?
A: How much I train and what I work on all depends on the time of year. Most of our matches are in the spring and early summer, so this is when I want to be at my peak performance levels. At this time of the year I am training exactly like I am going to shoot my matches. I focus on my pre-shot routines and shot execution and ensure that my energy levels are always where they need to be so that I shoot my best in competitions. During the late summer and early fall, I spend much of my time testing and evaluating any new equipment that I might want to try and also ensuring that the equipment that I have been using is in good condition.

Q: Do you have any meals that are a part of your pre-match diet?
A: A pre-match diet is very important to me, especially the dinner and breakfast before the match. Think of yourself as a finely tuned piece of equipment. You need the best fuel so that you can perform at your best. With that kind of strategy, any good nutritious food is what I look for. I stay away from food that is high in salt, fat or any kind of fast food.
Q: At the age of 37, what keeps you in the game and motivated this whole time?
A: I have been shooting some kind of firearm since I was 3 years old. I love shooting. I've always enjoyed the challenge that shooting presents whether its hitting a tin can with a bb gun or trying to be the best in the world. Right now my motivation is to win an Olympic gold medal next year.

Q: You have won many medals and set many records, but are there any performances that stick out in your mind as favorites?
A: The performance that sticks out in my mind was during the 2002 World Championships in Lahti, Finland. After 60 record shots and 10 more shots in the final, I was tied with Li Jie from China for the gold medal. This forced us to shoot an additional shot to decide who would win and be crowned the World Champion that year. I was very nervous before that shot, but once I started my pre-shot routine I calmed down. I fired first and scored a 10.5 on the shot and he fired a 10.1. With that one shot I realized the importance of a pre-shot routine and how that can carry you thru any situation that might arise. I continue to focus all of my training on improving my preparations for every shot that I fire.

Q: We are one year out from the Olympic Trials. What are you doing to capture a spot on the 2012 Olympic team?
A: Right now it is the middle of July and the shooting season is starting to slow down. I am preparing for a final push to the Olympics. The Olympics start just three weeks after the U.S. Olympic Trials! There is a long run up to both of those events. That being said, I will compete in the Pan-American games where our country will earn its second Olympic quota spot for the the Men's 50m Rifle Three Position and Men's 10m Air Rifle events. I am going to train for that competition and then do my final evaluation for equipment and any other skills so that I will be in top form for the U.S. Olympic Trials and the Olympics.

Q: If you had one piece of advice to give a beginning shooter, what would it be?
A: Practice, Practice, Practice. Many of the younger shooters that I run into want a quick fix to any problems that they are having. More specifically they want someone to wave a magic wand so they can set a world record tomorrow. It doesn't work that way. It takes years of dedication and practice to win at the world level. You need to set your goals and pursue them, single-mindedly, every day. That advice doesn't pertain to just shooting but anything that you do in life. Set your goals and go after them every day!
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2010 World Championship, Jr. Gold Medal
2010 National Championship, Silver Medal

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Learning How to Win

By Bret Erickson, National Shotgun Coach

There are basically three phases in a shooting career. The first is learning to break targets; the second is learning how to win; and the third is learning how to deal with winning. There are many talented individuals competing in our sport today, yet we consistently see the same group of people at the top in our major competitions. Why is this? When coaching in the shooting sports, the first thing coaches and athletes work on is how to break targets. This fundamental athlete’s confidence is our system of measurement for determining the winners—those who break the most targets. That’s the baseline of success in the sport.

With good equipment, good coaching and lots of time on the range, virtually everyone will get better and become more proficient at breaking targets. So, why can’t we all win if we can all break a target? Herein lies the second phase, learning how to win, which is much more difficult to teach and much more demanding as an athlete to learn. We hear so many topics on sports psychology, having a good mental game, focus, distractions, etc.; in a nutshell, just being mentally strong. All are big factors in learning how to win, dealing with distractions on the line, dealing with winning and dealing with pressure. Pressure is nothing more than the fear of failure.

Here at the Olympic Training Center (OTC) we have sports psychologists on staff and many of the other athletes, including the U.S. Army team, use sports psychologists. Sports psychology is probably one of the largest, untapped resources that major tool that can help us all be winners. I suggest that you don’t put the cart before the horse. Sports psychology is a huge asset to the shooting sports, but before you seek the assistance of a sports psychologist you must have the proficiency to be able to break all the targets. There is a huge difference between fundamental misses or misses caused by under-trained, under-skilled shooters and mental distractions. That is where the sports psychology comes in and is a great help. I think the biggest misnomer that I hear is people all in the process of building not only the ability to break targets, but also a mental game. All the things a good coach teaches a young shooter, such as solid fundamentals, pre-shot routine, shooting one target at a time, etc., are all building blocks for a strong mental game and tools that we use to regulate the controllable factors.

There are parts of the game that we cannot control and we should not focus on these. We need to focus on the things that we can control in a match. In the process of learning how to win as opposed to learning how to break targets we take all these tools, including our sports psychology, pre-shot routine, and fundamentals, and put them to the test in a match. There is a belief that if it takes 98 out of 100 to win a match, then you should stay at home and practice until you can break 98, and you are guaranteed a win. This seldom ever works. Many fail to take into account the distractions and pressure of the match that aren’t present in training.
Conditions. Therein lies the secret to learning how to win. Once we put ourselves in a position to win a match, the pressures and distractions compound and become difficult to control. We feel everyone is watching us and basically have a fear of failure.

I had a coach many years ago tell me “put yourself in position to win.” When you go out for that last round or advance into the final you will make mistakes. Learn from them. Your palms are sweating, your heartbeat is racing, you get panicky and things change. Remember these feelings, because after you mess up, you need to get back on the horse, shoot the next match and put yourself in that same position. In the simplest terms, you learn how to deal with it or it beats you. The best way to mimic these positions and feel the pressure to learn how to win is to shoot in small local matches.

The competition might not be as stiff, but you still feel the pressure of having to win. Unfortunately, a lot of USA Shooting members shoot only two or three matches a year—USAS Nationals, Fall Selection and Spring Selection. As a young junior coming up through the ranks, these are very difficult to win. Go to the small matches, feel the pressure, learn how to win so that you are better able to deal with the pressure and are better equipped to make a USA Shooting National Team when you go to these very important competitions.

Once we put the whole package together and become not only a physically good shooter but a mentally strong shooter, then we reach the third phase of our shooting career, which is dealing with winning. For some this could be even more difficult than the first two. Some of us put the winning aside and go out and do the best we can and continue to win. Others feel the pressure and the weight of the world on their shoulders. They feel everyone watching and believe they are expected to win, which increases the pressure and fear of failure. In turn, this makes it more difficult to win. Hopefully everyone will have the opportunity to feel this pressure.

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The history of the Paralympic Games goes back to 1948 where, following World War II, paralyzed veterans had their first "Games" organized by Sir Ludwig Guttmann, a neurologist from a hospital in Stokes Mandeville, England. Guttmann founded these events for his patients' rehabilitation. These early disabled competitions were also known as the Stoke Mandeville Games, and are considered the origins of today's Paralympic Games. For years, Guttmann worked to tie his wheelchair competition to the Olympics.

In 1960, the first official Paralympic Games took place in Rome. However these Paralympic Games were limited to only wheelchair events for those with spinal injuries. Of interest, "Mandeville" is one of the two official mascots for the upcoming 2012 Games in London. The Agitos (Latin for "I move"), which is the Paralympic symbol, was also the inspiration for the shape of mascot Mandeville's head and is decorated in a colored pattern representing the athletes who come together to compete from around the globe.

Beginning in 1976 in Toronto, athletes with other physical disabilities and visual impairments joined the competition. Athletes with cerebral palsy joined in 1984. By 1988 in Seoul, Korea, the Paralympics began following the Olympic Games in the same city and using the same venues. The fact that the Games followed the Olympics was where the term "Paralympic" began being used to signify that these elite athletes were competing alongside their Olympic counterparts. This was an historic accomplishment for the progression of Paralympic sport.

In 2001, the International Olympic Committee (IOC) and the International Paralympic Committee (IPC) joined together to establish the IPC as the governing body of the Paralympic Games. The Rome 1960 Games involved 400 competitors in comparison to the upcoming London 2012 Paralympic Games with 4,200 expected athletes. Today, there are more than 132 countries that participate across six disability categories. Though the Olympics in 2012 will be London's third Olympic Games, it will be London's very first time hosting the Paralympics.

As for shooting events at the London 2012 Games, both Olympic and Paralympic competitions will be held at the prestigious and historic Royal Artillery Barracks. There will be 15 Olympic shooting events and 12 Paralympic shooting events. The events will take place at this amazing venue comprised of three enclosed ranges along with three open-air ranges. At the Toronto 1976 Paralympic Games, the shooting sport only consisted of three events. Later, the number of events would grow to 29. From the Sydney Paralympic Games onward, the number of events has been reduced to 12 events.

With Paralympic shooters joining the resident athlete program at the OTC, the hope is that shooting will soon be added to the overall success of the United States in taking the most Paralympic medals. One additional amazing accomplishment of several of our own USA Shooting (USAS) Paralympic athletes is that they compete in ISSF events, in addition to Paralympic events as well. Please look to the future installments in this section for more on the USAS Paralympic shooting events and rules, athletes, coaches and more! We have an incredible team of outstanding Paralympic shooters and you’ll be amazed at all they accomplish every day and through their sport.

Did you Know?

A significant percentage of Paralympic athletes use wheelchairs for mobility and/or their sport. Some of the best high-performance competition wheelchairs can run over $20,000 and even some of the “everyday” chairs used by our Paralympic shooters can cost $6,000 fully-loaded as they are made of materials such as titanium, magnesium and carbon fiber. London 2012 is expected to be the most accessible ever for both athletes and spectators.
Common Mistakes of Junior Shooters

By Steve Faught, Assistant National Junior Pistol Coach

The challenges are diverse and interesting when working with junior and junior development team athletes. In this article I would like to discuss a couple of the more common errors we are finding in these young competitors.

Natural Point of Aim

By the time an athlete makes an intermediate skill level, they have a fairly well developed natural point of aim. An error we commonly see is that many developing shooters are not aligning their NPA to the target. We must use the position that our body naturally wants to move to. If we are not in our NPA during the course of a shooting session, the shots will drift in the direction of the body instead of on target. A good tool for coaches to use is the video camera. More than one junior team member has insisted that their stance did not change during a match but video has shown otherwise. Video taken directly behind the shooter showed the competitor’s number was not visible. Halfway through the match, the shooter had turned enough so you could easily read the number.

A good drill to determine if the shooter is obeying his or her NPA is to have the shooter take position, sights on target – then close his or her eyes. Lower the gun to the ready position – raise it again to sights on target. Repeat this sequence two or three times before instructing the athlete to open his or her eyes. Has the gun drifted left or right? If so, maybe the first position was not the natural point of aim.

Grip and Trigger Placement

Another area where we commonly see problems is in the grip and trigger finger placement. We especially noticed issues with grip fit. The root of this issue is that kids grow and so do their hands! I remember one individual in particular who was shooting well towards the end of the season and then took most of the summer off. When he started again that fall, he was struggling to keep his shots in the black. The groups were erratic and hard to read. Once we realized he had grown nearly two inches that summer, we took a quick look at his grip and finger placement. The problem became obvious. Not all growth spurts are this dramatic, but it would be a good idea for a coach to do an in-depth review of a junior shooter’s grip and trigger placement every couple of months. If the shooter is training regularly once or twice a week, he or she will not notice the gradual changes in grip fit.

Let’s examine the palm rest of the grip rest first. Most junior shooters tend to have the palm rest too tight. Several things happen with a palm rest that is too tight—the hand cups-out losing contact with the grip; fatigue will set in early from lack of blood flow and most importantly, the slightest change in grip pressure will cause erratic shot placement. If you are working on palm rest placement, intentionally set the palm rest too tight and dry fire on a blank sheet of paper or reversed target. Also try aligning the sights and change grip pressure to see where the front sight moves. Then take the palm rest completely off and repeat the tests. Try the tests again with various amounts of support from the palm rest and go with a setting that is comfortable and produces the least amount of front sight movement in the event of errors in triggering or change of grip pressure.

Now that the hand is properly supported in the grip, look at the placement of the finger on the trigger. As the finger gets longer, the tendency is to reach around the trigger and pull from the side of the trigger shoe. On most guns, it is quite simple to move the trigger shoe forward. It is imperative that at the point of sear release the trigger is being pulled directly to the rear. Once again, dry firing on the back of a target while focusing on the front site is a good check for proper finger placement.

If your trigger is set with very little over travel—you can do some further testing. Pull through the break until the trigger hits the stop, in the case of an air pistol pull with two or three pounds of pressure and see if this moves the front sight out of alignment. This may uncover some errors in finger placement that dry firing with a standard weight trigger may not reveal.
AIM FOR THE BEST AMMO

By Sgt. 1st Class Eric Uptagrafft, National Rifle Team

A n accurate shooting .22 caliber rifle is all about vibrations. How the natural vibration of the barrel of your rifle interacts with a particular lot of ammunition directly influences how well it will group. When we lot test ammunition, we are trying to find the lot that works best with a particular barrel on a particular rifle. Just because I have a lot of ELEY Tenex that shoots great in my rifle doesn't guarantee it would shoot great out of yours.

I'm fortunate to be able to shoot a lot of Tenex. But, even so, there can be a huge difference between lots of the same grade of ammo. I've had test groups vary from as small as 10mm to greater than 25mm with the same rifle but with different lots. It all depends on what your rifle likes to shoot. The trick is to try different lots, brands or grades to see what works best. My old Anschutz shot great with one lot of 1993 vintage ELEY Tenex, while it grouped like a shotgun with the original lots of Tenex EPS when it debuted. The first lots of EPS shot great in everyone's rifle except mine. The newer EPS (2006 and later) seems to shoot fine in my rifle now though. Some shooters can't get one brand of ammo to shoot in their rifle, but another lot or year works like a charm.

It is my firm belief that it is statistically improbable to get a rifle capable of shooting a 600 prone in International Shooting Sport Federation (ISSF) style competition with a random factory new rifle and a random lot of ammo. The difference between the normal Sunday shooter and a world-class prone or three-position finalist is that the finalists work hard and spend the money necessary for the optimum rifle-ammo combination. They also practice a lot! These are going to be the guys and gals bringing home the medals. Everyone has access to the best ammo batches. You just have to be willing to do what it takes (in regard to price and time) to get those batches. In some cases you might have to fly over to ELEY, you take. Also, just because my rifle and ammo shoots 12mm (on occasion), doesn't mean you should quit if yours doesn't. It depends on what you are trying to accomplish-I'm trying to be the best prone shooter on the planet. Many rifles/ammo are "good enough" for certain kinds of shooting or levels of shooter. For example, most good quality match rifles can shoot very well at 50 foot and on American prone targets. It is when shooters move from 50 foot indoor match to 50m outdoor match that they may start seeing problems. Some of these problems might be the rifle, or it could be the ammo or the wind.

Lot testing is very important and there are many ways of doing it. Anschutz tests their rifles by clamping the barrel of the barreled action in a lead-jaw vise. ELEY tests by putting your barreled action in a chopped off Gemini rifle stock and putting that in a vise. Bench-rest guys test by shooting off of sandbags, albeit "fancy" sandbags. Some shooters test by shooting 100 yard prone with a scope. I begin my testing by clamping my complete rifle in a fixture and shooting many different lots. After narrowing my selection down to maybe five or six "best" lots, I shoot those off of a bench with a scope on my rifle. After that narrows my selection further, I test the remaining two or three lots from the shoulder in prone...just the way I shoot in a match. I will continue to test ammo out of the shoulder for a few weeks until I get a good feel of what shoots the most consistently without unexplained flyers. That is where I choose my match lots and decide which ones are practice lots.
The best rimfire bench-rest shooters have rifle-ammo combinations that can shoot better than my rifle, and I'd hazard a guess that few if any of them have ever tested at a factory test range. They just know how to tweak the most accuracy out of their equipment. Their approach to this is a little different than most of us position shooters. They attempt to directly control the vibrations in the rifle barrel, instead of relying solely on lot testing. They do this by what they call tuning their rifle. This is accomplished by adjusting their bedding screw torque and by adjusting "tuners" or "muzzle devices" that attach to their barrels for maximum accuracy. Because of this, these bench-rest shooters get great results with some of the lower grades of ammo, like ELEY EPS Black and Team. Don't get me wrong, they do lot test. But they don't have to go through nearly as much good results, be careful about changing anything that touches the barrel. Taking off the front sight and putting it back on slightly different could change the vibrations in your barrel, and thus the accuracy potential. Adding a front riser block (or two or three) for standing/kneeling can change things. When you spend a fortune in time and money testing ammo in the prone configuration, be aware that your rifle may shoot different when configured for another position. This difference may not be enough to be concerned about, but there may be a difference. Some questions to ask yourself: can you get your front sight back in the EXACT same place after removing it? Do you loosen and re-torque your bedding screws frequently? My advice is to get everything set where it works best and leave it alone unless there is a good reason to change. What I'm hoping most of all is to get you to think and make your own decisions and plan of attack with regards to choosing the best ammunition for your rifle. Don't give up! It is worth it when you finally reach your goals!
A
fter four fuel stops, a
McDonald's, a quick
tour through Bass Pro
Shops and 19 hours 26
minutes of driving I could finally see
the mountains approaching in the
distance. This place I was arriving
to would help me fulfill my goals
and offer opportunities to further
my shooting career. The Olympic
Training Center (OTC) in Colorado
Springs, Colo., is home to some of the
best athletes in the world all working
towards achieving their dreams.
Athletes of a variety of sports, such
as bobsledding, swimming, wrestling
and my favorite—shooting, all live at
the OTC. Though all have different
training, nutritional, sport psychology
and recovery needs, everyone still eats in
the same cafeteria, uses the same weight
room and represents the same team—
Team USA.

The training center provides the
resources to make each and every one
of us “OTC Residents” better athletes.
These resources include the following:
sports psychologists who help us
mentally prepare for matches, personal
trainers who help keep us physically fit
by targeting the parts of our body that we
use most in our sport, nutritionists
who help keep us on track for when and
what we should eat so we are fully alert
before and during a match, and lastly
the physios at sports medicine who help
athletes with ailments from training
injuries to the common cold.

As a shotgun shooter, our training
is unique in that it is difficult to have
four trap fields along with four sket fields all in the center of town. Thus,
our training facilities are located about
15 miles south of town on Fort Carson.
We have the opportunity to train every
day, which is one of the key factors to
being successful. Some shooters prefer
shooting cases of shells a day, whereas
others will only shoot a couple boxes
every other day. Your training should
depend on your plan, goals and coach's
guidance.

Every shooter needs a break now
and then, and personally, I like to take
a break after large matches. It gives me
time to think about what I did really
well and what I need to work on to get
to the next level. So, what do some of the
shotgun residents like to do with our time
off the gun? I prefer hunting or fishing. It
gives me time away from the hustle and
bustle and allows me to relax outdoors.
It's difficult to find a better place to
wind down than Colorado. Everyone is
different, and not all shooters like the
outdoors. I'm sure some may not take
any time off from training, but for me, it
is a strong asset to being competitive and
not getting burned out.

Being a resident athlete is a great
opportunity and I would recommend it
to anyone that gets offered the position. It
has made me a better shooter and athlete;
I have achieved goals that I know would
have never happened if it wasn't for the
great staff, awesome facilities and many
services offered at the OTC. I'm very
grateful for the awesome opportunity and
I know all the athletes that reside here
are as well. We all want to do our best to
achieve our Olympic dreams and with
the help of the OTC, we will be a bigger
and better Team USA.

Garrett Walters has utilized the athletic services at the Olympic Training Center to help become a better athlete. He is shown competing in the 2010 National Junior Olympic Shooting Championships.
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Once a year, American shooters have the opportunity to earn a berth onto the USA Shooting National Team. The exception to that rule occurs if a shooter makes an Olympic or World Championship Team, then he or she is automatically a member of the National Team. At the 2011 USA Shooting National Championships for Shotgun, six new faces staked a claim to a spot on the National Team in June in Colorado Springs, Colo. Just a few weeks later, four additional National Team members were added at the USA Shooting National Championships for Rifle and Pistol in Fort Benning, Ga.

In the USAS National Championships for Shotgun, the thirteen day event began with Men’s and Women’s Trap. In a field of young talent, Matt Gossett (Springville, Ala.) won not only the National Title in Men’s Trap, but the Junior National Title as well. At only 19 years old, Gossett is chasing a spot on the 2012 U.S. Olympic Team. Despite gusting winds, Gossett shot 241 out of 250 targets over three days of competition. He stayed strong in the final to shoot 23 out of 25 targets for a one target victory. Brian Burrows (Fallbrook, Calif.) captured the silver medal with 242 out of 250 targets and 21 targets in the final. Burrows is a Resident Athlete at the Olympic Training Center in Colorado Springs and trains daily at the International Shooting Park. Also finding the podium was Staff Sergeant Ryan Hadden (Pendleton, Ore.) of the U.S. Army Marksmanship Unit (USAMU). Wearing the signature black and yellow of the USAMU, Hadden shot 238 out of 250 match targets and 23 targets in the final for the bronze medal. Hadden was already a member of the National Team, but Gossett and Burrows bring fresh faces to the roster.

Also added to the National Team was Kayle Browning (Wooster, Ark.). Browning shot 231 out of 250 match targets and 23 targets in the final for the gold medal and National Title. Teammate Miranda Wilder (Diana, Texas) also made her first National Team with 234 out of 250 match targets.

In the USAS National Championships for Rifle and Pistol, the three day event began with Men’s 50m Rifle Prone and Men’s 50m Rifle Three Position Champion Sergeant First Class Jason Parker.

Wilder delivered a 19 target final to secure the silver medal. Both Wilder and Browning are unique in that each built their own trap bunkers to take advantage of daily training as Olympic-style bunkers are hard to find in the U.S. Resident Athlete Rachael Heiden (Clinton, Mich.) shot 237 out of 250 targets and 15 targets in the final for a total of 252 targets. Tied with the USAMU’s Sergeant First Class Terri DeWitt (Smiths Station, Ala.) at 252 targets, Heiden and DeWitt entered a shoot-off for the bronze medal. After one target, Heiden was victorious. DeWitt, a world-class shooter for decades to include countless World Cups, a handful of National Championships and an Olympic Games, announced her retirement from the shooting sports and was met with a standing ovation.

The USAMU is known not only for its trap talent, but also its sharp-shooting Men’s Double Trap trio of Sergeant Jeffrey Holguín (Yorba Linda, Calif.), Staff Sergeant Joshua Richmond (Hillsgrove, Pa.) and Sergeant Glenn Eller (Katy, Texas). Holguín topped the podium with 289 out of 300 match targets.
targets and 48 out of 50 targets in the final for the National Title. Richmond, the 2010 World Champion, won the silver medal with 335 total targets (287+48) and Eller, the 2008 Olympic Games gold medalist, scored the bronze medal with 285 match targets and 46 targets in the final for 331 total targets. All three were previously members of the National Team and also the 2011 World Clay Target Championship Team. They will represent the USA both individually and as a team in Belgrade, Serbia, from September 3 to 14. National Shotgun Coach Bret Erickson said, “The U.S. Army Men’s Double Trap shooters are on top of their game and dominating the sport. We can’t ask for a better team as we look to win our second Olympic participation quota in Serbia.”

Also representing the USAMU was Sergeant Vincent Hancock (Eatonton, Ga.), one of the highest ranked Men’s Skeet shooters in the world. Hancock was the 2008 Olympic Games gold medalist and added his third straight National Title to his shooting resume with the win this year. With a match score of 247 out of 250 targets, Hancock only dropped one target in the final for 24 out of 25 targets and a total of 271 targets. The silver medalist was Olympic Training Center Resident Athlete Frank Thompson (Alliance, Neb.). Thompson was also the silver medalist at the 2010 Championships of the Americas, where he secured the USA’s second Men’s Skeet quota place for London 2012. He shot 240 out of 250 match targets and made up ground in the final with 25 out of 25 targets. Tied with fellow Resident Athlete Sean McLelland (Harlingen, Texas), Thompson and McLelland battled it out in a 14 target shoot-off. McLelland finished with the bronze medal and a spot on the National Team.

Finally, four-time Olympic medalist Kim Rhode (El Monte, Calif.) stepped up and earned another National Title. Rhode, who is already nominated to the 2012 U.S. Olympic Team for Women’s Skeet, shot 241 out of 250 match targets and 24 targets in the final for a total of 265 targets and the gold medal. At 17 years old, Brandy Drozd (Bryan, Texas) became one of the youngest shooters ever to make the National Team. Drozd shot 241 match targets and 22 targets in the final for the silver medal. The bronze medalist was Olympic Training Center Resident Athlete Caitlin Connor (Winnfield, La.) with 235 match targets and 25 straight targets in the final for 260 total targets. Rhode and Connor were already on the National Team roster and solidified their spots with medal-winning performances this year.

Shortly thereafter, the USAS National Championships for Rifle and Pistol took place at Fort Benning, Ga., at the home of the USAMU. Meghan K. Morrill (Boerne, Texas), who made herself internationally known with an eighth place finish at the 2010 World Shooting Championships, executed a come-from-behind victory to claim the national title in Women’s 10m Air Rifle. Morrill shot 790 match points over the two-day event and tied for the highest final of 102.9 points. Steady aim and focus propelled her past the silver medalist, Sarah Beard (Danville, Ind.), by just two-tenths of a point. Beard, a member of the Texas Christian University Rifle Team, also shot 790 match points. She followed it up with a 102.7 final for a total of 892.7 points. The bronze medalist was Jamie Beyerle (Lebanon, Pa.) who shot 791 match points and 101.1 points in the final for 892.1 total points.

In Men’s 50m Rifle Three Position, Sergeant First Class Jason Parker (Columbus, Ga.) topped the podium with not only one, but two National Titles (he also won Men’s 50m Rifle Prone). Parker was untouchable as he shot 2344 match points and 99.6 points in the final to win by nearly eleven points. Parker’s USAMU teammate Sergeant Joe Hein (Mason, Mich.) shot 2336 match points and 96.7 points in the final for a total...
of 2432.7 points and the silver medal. J1 shooter Thomas Kyanko (Wellsburg, W.Va.), a student and member of the Rifle Team at West Virginia University, finished with the bronze medal at 2324 match point and 97.8 points in the final. Kyanko was also the gold medalist in the Junior Men's 50m Rifle Three Position event.

Climbing to the top of the podium in his second event, Sgt. 1st Class Parker continued to dominate the smallbore field. Parker shot 1195 match points in Men's 50m Rifle Prone. With a high final of 104.5 points, Parker claimed his second gold medal of the championships. His USAMU teammate Sergeant Michael McPhail (Darlington, Wisc.) finished in second place with 1194 match points and 103.8 points in the final 1297.8 points. Sergeant First Class Eric Uptagrafft also shot 1194 match points and 103.5 points in the final for 1297.5 total points and the bronze medal. Already a member of the National Team, Uptagrafft has also secured a nomination to the 2012 U.S. Olympic Team in Men's 50m Rifle Prone.

Sergeant First Class Daryl Szarenski (Seale, Ala.) is the new Men's 10m Air Pistol National Champion. Szarenski shot 1163 match points and 96.9 points in the final for a total of 1259.9 points. Brian Beaman (Selby, S.D.) finished in second place with 1159 match points and 99.3 points in the final for a total of 1258.3 points. The USAMU's Specialist Greg Markowski won the bronze medal with 1254.6 total points (1156+98.6).

In Women's 10m Air Pistol, Teresa Meyer (Dearborn, Mich.) claimed the title of National Champion with 753 match points and 94.9 points in the final for 847.9 total points. Petty Officer First Class Sandra Uptagrafft (Phenix City, Ala.) finished with the silver medal and 843.1 total points (747+96.1). Junior shooter Kylie Gagnon (Bozeman, Mont.) won the bronze medal with 744 match points and 98.6 points in the final for a total of 842.6 points.

Emil Milev (Temple Terrace, Fla.), the recent 2011 ISSF World Cup Munich bronze medalist in Men's 25m Rapid Fire Pistol, added a National Title to his resume. Milev fired 1196 match points for an impressive five point victory. Sergeant Brad Balsley (Uniontown, Pa.) shot 1191 match points for the silver medal. The bronze medalist was Specialist Sean Ragay (Buena Park, Calif.) with 1161 points.

Corporal Matt Rawlings (Wharton, Texas) is the new Men's 10m Air Rifle National Champion. Rawlings shot an impressive 1188 match points and 103.1 points in the final for a total of 1291.1 total points. The silver medalist was junior shooter Daniel Herrmsmeier (Chesterfield, Mo.) with 1183 match points and the highest final of 103.5 points for a total of 1286.5 points. The bronze medalist was Jonathan Hall (Carrollton, Ga.) with 1285.1 total points (1183+103.5).

The junior shooters made their presence known in the Women's 50m Rifle Three Position event. Sarah Beard topped the podium with 1263.9 points. She tied for second with Amanda Furrer (Spokane, Wash.) at 1164 match points. With the L: Meghann K. Morrill focuses on executing a solid shot in the final that propelled her to the top of the Women's 10m Air Rifle podium.

R: Corporal Matt Rawlings, the Men's 10m Air Rifle National Champion, will be attending the 2011 Pan American Games.
highest final of the match, Beard overtook Emily Holsopple (Wilcox, Pa.) with 99.9 points in the final for the gold medal. Holsopple, a student at the University of Kentucky, shot 96.5 points in the final for the silver medal and 1263.5 points. Furrer, a student at the University of Ohio, shot 95.2 points in the final for 1259.2 total points and the bronze medal.

Olympic Training Center Resident Athlete Nick Mowrer (Butte, Mont.) won his first National Title with a gold medal finish in Men’s 50m Free Pistol. Mowrer shot 1113 match points (with a personal best of 562 points in day two of competition) and a solid final of 97.1 points to win with 1210.1 total points. The silver medalist was Sergeant First Class Daryl Szarenski with 1106 match points and 93.8 points in the final for 1199.8 total points. Jason Turner (Rochester, N.Y.) won the bronze medal with 1198.6 total points (1106+92.6).

In the final event of the competition, Petty Officer First Class Sandra Uptagrafft once again reached the podium in her second event. Uptagrafft took a one-point lead over Teresa Meyer with 1148 match points. With 198.7 points in the final, she secured the gold medal with a score of 1346.7 points. Meyer fired 197.5 points in the final for the silver medal with 1344.5 total points. The bronze medalist was Libby Callahan (Columbia, S.C.) with 1334 total points (1141+193).

The men and women of the USA Shooting National Team are making strides toward London 2012. The first place finishers of both National Championships will represent the USA at the 2011 Pan American Games in Guadalajara, Mexico, from October 14 to 23. Over the next year, USA Shooting Team members will continue the quest for U.S. Olympic Team spots. With Olympic Trials spread out over late 2011 and the first two quarters of 2012, the team is expected to be announced mid-June of 2012. Follow the action at www.usashooting.org, as your National Team and aspiring Olympians shoot for gold over the next year.
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Coach Mike Simpson has been developing outstanding youth trap shooters and promoting the Olympic path for over 20 years. The South Georgia Youth Shooting Club had its highest number of automatic qualifiers for Nationals when it played host to the Georgia State Junior Olympic Championships on May 26-30. The competition was a success with 60 registered shooters. There were 12 athletes who shot a score of 105 targets or better.

After the competition was completed, 14 young shooters qualified for the 2011 National Junior Olympic Shooting Championships (NJOSC) for shotgun. They traveled to Colorado Springs, Colo., to shoot at the International Shooting Park for NJOSC glory. Of those 14 shooters, two competed in Trap and fourteen competed in Men's Double Trap. Additionally, 10 teams qualified for the Scholastic Clay Target Program's National Championships in late July, also in Colorado Springs.

In addition to those shooters who received automatic invitations by scoring 105 targets or better, nine more were added to the list when the qualifying score was lowered to 90 targets. Many of the shooters are members of the Youth Shooting Club who come from other parts of the state to take advantage of the instruction offered at the facility. Simpson's facility has been a USA Shooting Certified Training Center since 2008. Simpson, who holds certifications with USA Shooting, NRA level II instructor, the American Trapshooting Association and 4-H, serves as the chief instructor of the center. Will Hinton and Gray Hinton, who competed are sporting clays All-Americans.

Will is the number two ranked shooter in the country as a sporting clays shooter. Dustin Anderson of Woodstock, a member of the USA Shooting National Junior Team, helped with the awards presentation.

In 2005, Simpson added an international trap bunker and has a second bunker built, which is awaiting equipment to make it functional. And when USA Shooting asked him to provide more skeet talent, Simpson added a skeet range this year. Among the features the club plans to add to facility is a computerized dry firing range where the young shooters will be able to watch their performances on a screen and video equipment to study performance.

Simpson said plans are in the works for Scholastic Clay Target Program camps and USA Shooting clinics to be held at the facility. Young shooters from all over the country will be able to attend. Plus the facility will be hosting more junior and open competition events. “That will be a huge plus for our kids to be part of that talent pool,” Simpson said. And Simpson would like the public to know more about the program and the opportunities it offers on the Olympic path.

Simpson's daughter Emma is a former member of the National Team, team member Josh Webb is a member of the U.S. Army marksmanship team and Shane Slocumb a past Junior team member. “The opportunities are here for these kids,” Simpson said. Contact Mike Simpson at 229-454-0669 or visit our web at: http://25coachmike.shutterfly.com/
USAS Nominates
Jamie Beyerle
2012 U. S. Olympic Team

USA Shooting is pleased to announce that 2008 Olympian Jamie Beyerle (Lebanon, Pa.) has qualified for a nomination to the 2012 U.S. Olympic Team pending approval by the United States Olympic Committee. Upon approval, Beyerle will be competing in her second consecutive Olympic Games in Women's 50m Rifle Three Position. At the 2008 Olympic Games in Beijing, Beyerle finished fourth in Women's 10m Air Rifle and fifth in Women's 50m Rifle Three Position. After strong performances in 2010 and 2011, Beyerle has solidified her reputation as a front runner for Olympic gold. Following the 2008 Olympic Games, USA Shooting adopted a point selection procedure for athletes to gain an Olympic nomination. Points are awarded based on competition performance at International Shooting Sport Federation (ISSF) World Cups and World Championships.

Beyerle began her quest for London 2012 in 2010 at the second International Shooting Sport Federation (ISSF) World Cup in Sydney, Australia, with a silver medal in Women's 50m Rifle Three Position. Beyerle shot 579 match points and followed it up with a strong final of 101.2 points for a total of 680.2 points. Shortly thereafter, Beyerle climbed the podium in Fort Benning, Ga., at the ISSF World Cup USA. With 591 match points and 96.7 points in the final, Beyerle set a new national record for a high match score and tied her previous record of 687.7 match and final points. She picked up a few more points at the ISSF World Cup Belgrade with 582 match points and 95.9 points in the final for a seventh place finish. At the 2010 World Shooting Championships, Beyerle became the third American athlete to win an Olympic quota for Team USA qualification points and 100.7 points in the final to win the gold medal and the Champions trophy at the ISSF World Cup Final in Munich, Germany.

Beyerle's name appeared in every Women's 50m Rifle Three Position ISSF World Cup final she shot in 2011. Again, starting off this year in Sydney, Beyerle commanded the competition with 589 match points and 96.3 points in the final for a total of 685.3 points. She surged ahead in the U.S. Olympic selection points with another gold medal at her home range in Fort Benning, Ga., at the 2011 ISSF World Cup USA. Situated in the middle of the final with 585 match points, Beyerle reminded her competitors and the crowd that it's not over until the last shot. With perfect execution, she fired a deep 10.8 point tenth shot for a gold medal victory by just one-tenth of a point to finish with 683.2 total points. In June, she finished fourth at the ISSF World Cup Munich with 585 qualification points and 97.2 points in the final for 682.2 points.

National Rifle Coach Major Dave Johnson said, “Jamie has continued her march to the top of our sport. In the last 12 months, Jamie has earned three gold medals in World Cups and placed in the top five in two more starts. Her performance has earned her a spot on the U.S. Olympic Team as one of the best in the World. Congrats to her—her determination, discipline, and smart hard work is continuing to pay off.”

"It is an honor to be nominated to represent the United States in the 2012 Olympic Games. I would not have that honor without the support of USA Shooting and Coach Dave Johnson as well as the U.S. Army Marksmanship Unit and Coach Tom Tamas, who have all helped me to achieve my goals thus far. With support from ELEY and the rest of USA Shooting's sponsors I am excited to work hard to have a successful Olympic Games. I am also lucky to have a very supportive group of people around me including my family and fiancé. I would like to thank all of the people who have played a part in my success,” said Beyerle in regard to her 2012 Olympic nomination. USA Shooting would like to congratulate Jamie Beyerle on breaking the point threshold with consistent medal-winning performances.
USA Shooting is proud to announce that Staff Sergeant Josh Richmond (Hillsgrove, Pa.) has qualified for a nomination to the 2012 U.S. Olympic Team pending approval by the United States Olympic Committee. Upon approval, Richmond will be competing in his first-ever Olympic Games in London 2012 as a Men’s Double Trap athlete. At just 25 years old, Staff Sgt. Richmond has dominated the international scene since clinching the World Championship title in 2010.

With consistent podium-topping performances since that time, he has surpassed the point threshold to earn a 2012 nomination. Following the 2008 Olympic Games, USA Shooting adopted a point selection procedure for athletes to gain an Olympic nomination. Points are awarded based on competition performance at International Shooting Sport Federation (ISSF) World Cups and World Championships.

It should also be noted that Staff Sgt. Richmond is a full-time soldier and member of the U.S. Army Marksmanship Unit stationed in Fort Benning, Ga. Moreover, prior to shooting for his Olympic dreams, this fall Staff Sgt. Richmond will deploy to serve the USA in Afghanistan.

Starting off his quest for London 2012, Staff Sgt. Richmond took charge at the first ISSF World Cup of the season in the sun and sand of Acapulco in 2010. He shot 144 out of 150 match targets and 48 targets in the final for a total of 192 targets and the gold medal. Shortly thereafter, he finished fourth at the ISSF World Cup in Dorset, England, with 143 match targets and 45 targets in the final.

In undoubtedly his best performance thus far, Staff Sgt. Richmond started off the ISSF World Shooting Championships in Munich, Germany, by dropping only four targets throughout the entire match to enter the final with 146 targets. With a singular focus, he surged ahead to equal the final world record score of a perfect 50 out of 50 targets to finish with 196 targets and the title of World Champion. As a result of these performances, he earned the title of USA Shooting’s 2010 Male Athlete of the Year.

In 2011, a bronze medal got the season off to a solid start as Staff Sgt. Richmond shot 143 match targets and 46 targets in the final for a total of 189 targets in Chile. He continued to find the podium in Sydney with 140 match targets and 46 targets in the final for a total of 186 targets and the silver medal, Australia. In his third ISSF World Cup appearance of the year, Staff Sgt. Richmond shot 145 match targets and 47 out of 50 targets in the final for a total of 192 targets and fourth place in Slovenia.

National Shotgun Coach Bret Erickson said, “Josh is the top ranked Men’s Double Trap shooter in the world because he consistently delivers medal-winning performances. His Olympic nomination comes from outstanding performances in 2010 and 2011 and I’m looking forward to having him represent our country in his first-ever Olympic Games. If he continues on the same path as the past two seasons, he will be a contender for the gold medal.”

“It was a great feeling to know that I have qualified to compete in the Olympic Games, which has been a long term goal of mine. After I made the threshold I immediately began thanking all of the coaches, family, friends and organizations that made this goal a reality; starting with United States Army Marksmanship Unit for not only molding me into a Soldier, but giving me the opportunity to compete and win at the highest level. I look forward to representing the country not only in my upcoming deployment but also in the Olympic Games where my goal is to bring home the gold for the United States,” said Richmond. USA Shooting would like to congratulate Staff Sgt. Josh Richmond on his 2012 Olympic nomination, wish him success at his first Olympic Games and thank him for proudly serving our country.
USAS NOMINATES
Matt Emmons
2012 U.S. Olympic Team

USA Shooting is pleased to announce that 2004 and 2008 Olympic medalist Matt Emmons (Browns Mills, N.J.) has qualified for a nomination to the 2012 U.S. Olympic Team pending approval by the United States Olympic Committee. Upon approval, Emmons will be competing in his third consecutive Olympic Games in Men’s 50m Rifle Three Position. Emmons was the Men’s 50m Rifle Prone gold medalist in 2004 in Athens and the silver medalist in the same event at the 2008 Beijing Olympic Games. He also placed in the top ten in Men’s 50m Rifle Prone in 2004 and 2008. Emmons is working toward a bright future as he solidified a nomination for the 2012 U.S. Olympic Team following stellar performances in 2010 and 2011. Following the 2008 Olympic Games, USA Shooting adopted a point selection procedure for athletes to gain an Olympic nomination. Points are awarded based on competition performance at International Shooting Sport Federation (ISSF) World Cups and World Championships.

Emmons started off 2010 with an unprecedented three International Shooting Sport Federation (ISSF) Men’s 50m Rifle Three Position gold medals. He began the season in Sydney, Australia with 1170 match points and 102.6 points in the final for a total of 1272.6 points. Emmons continued to dominate with a gold medal victory at the ISSF World Cup USA. He followed up with 101.2 points. Emmons finished with 1172 points and 98.6 points in the final for a total of 1276.6 points.

In the end of June, he upped his medal total with his third gold medal of the season at the ISSF World Cup in Belgrade, Serbia. Emmons led the pack with 1181 match points. He followed up his five point lead with 97.4 points in the final for 1278.4 total points.

In September of 2010, he was diagnosed with thyroid cancer, and as a result had his thyroid removed. After only an eight-week recovery, he finished second at the USAS Winter Airgun Championships and thereby earned a place at two 2011 ISSF World Cups in Men’s 10m Air Rifle. He continued to shine in February on the domestic scene, setting a new national record in the three shooting range with 1188 points in Men’s 50m Rifle Three Position.

Back in Sydney, Australia for the first ISSF World Cup of the 2011 season, Emmons brought home a silver medal in Men’s 50m Rifle Three Position. At 1169 qualification points, Emmons was situated in the middle of the final. Facing a deficit of seven points after China’s Qinan Zhu shot a commanding 1176 qualification points, Emmons fired 101 points in the final to outlast the rest of the field and finish with the silver medal. Shortly after, he shot the highest final of the ISSF World Cup USA with 101.2 points. Emmons finished qualification with 1172 points and scored 50.7 points in a shoot-off to earn the seventh position in the final. He shot his way up to fifth place and finished with 1273.2 total points to add to his U.S. Olympic point selection total.

National Rifle Coach Major Dave Johnson said, “Matt continues to overcome personal challenges and push the limits of the sport. In Australia he won a silver medal against many odds and earned a U.S. Olympic Team nomination. I expect him to contend for Men’s 10m Air Rifle and Men’s 50m Rifle Prone and I know he’s passionate about reaching the Olympic podium again.”

“I can’t wait to have the opportunity to compete at the Olympic Games next year. I have a lot to work on between now and then, but I’m really looking forward to it. I’m also very thankful of the people who have helped move me along the path and help keep me at the top. I have to thank USA Shooting and the sponsors of USAS, the United States Olympic Committee, and my coach, Dave Johnson. Further, the sponsors of USAS play a vital role in helping the whole team achieve Olympic dreams. Without them, very little would be possible. I’d also like to thank my sponsors: ELEY, H&N, Anschutz and AHG, Gehmann and Deerassic Park. Thanks for everything, let’s go win more medals together!” said an enthusiastic Emmons. USA Shooting would like to congratulate Matt Emmons on working hard to earn his 2012 Olympic nomination.
In patriotic fashion, USA Shooting is honored to announce that 1996 Olympian Sergeant First Class Eric Uptagrafft (Phenix City, Ala.) has qualified for a nomination to the 2012 U.S. Olympic Team pending approval by the United States Olympic Committee. Upon approval, Sgt. 1st Class Uptagrafft will compete in his specialty event—Men's 50m Rifle Prone. Sgt. 1st Class Uptagrafft is a member of the U.S. Army Marksmanship Unit stationed in Fort Benning, Ga. As a proud soldier and American, Sgt. 1st Class Uptagrafft will compete in his second Olympic Games with golden dreams. Following the 2008 Olympic Games, USA Shooting adopted a point selection procedure for athletes to gain an Olympic nomination. Points are awarded based on competition performance at International Shooting Sport Federation (ISSF) World Cups and World Championships.

Uptagrafft has been a dominating force in Men's 50m Rifle Prone for the past two seasons. He began 2010 with a sixth place finish at the first International Shooting Sport Federation (ISSF) World Cup in Sydney, Australia. Sgt. 1st Class Uptagrafft scored 594 match points and 103.1 points in the final for a total of 697.1 points. At the second leg of World Cup competition in Beijing, China, he climbed onto the podium with 598 match points and 103.2 points in the final for the bronze medal. Sgt. 1st Class Uptagrafft continued to solidify his top-three world ranking with a silver medal at his home range during the ISSF World Cup USA. In the presence of U.S. Army dignitaries, Sgt. 1st Class Uptagrafft's hold didn't falter as he shot 597 match points and the highest final of 105.8 points for the silver medal. At the 2010 ISSF World Shooting Championships in Munich, Germany, he placed seventh overall with 598 match points and 102.3 points in the final for a total of 700.3 points.

Maintaining his forward momentum, Sgt. 1st Class Uptagrafft was on target at the first ISSF World Cup of 2011 in Sydney, Australia. He shot 599 match points and 104.2 points in the final for a total of 703.2 points. Sgt. 1st Class Uptagrafft's performance earned him a silver medal and an Olympic participation quota for Team USA in London 2012. Shortly thereafter, he followed up that performance with yet another silver medal at the ISSF World Cup Changwon. Sgt. 1st Class Uptagrafft shot 699.6 total points (596+103.6) to break the U.S. Olympic selection point threshold.

In his most recent match at the ISSF World Cup USA, he finished fifth overall with 598 match points and 101.9 points in the final for 699.9 total points.

National Rifle Coach Major Dave Johnson said, "Eric is one of our most experienced international athletes. This benefited him in his pursuit of the point system slot for the U.S. Olympic Team. He's had an outstanding year and has earned the slot and the respect of his competitors worldwide. I expect to see him on the podium in London."

Sgt. 1st Class Uptagrafft said, "It is the realization of a dream to compete in the Olympics again. I've learned a lot since Atlanta and look forward to the challenge. I'd like to thank the U.S. Army, the USAMU, and USA Shooting for helping me reach my intermediate goal of making the team and for helping me prepare for next summer." USA Shooting would like to congratulate Sgt. 1st Class Uptagrafft and wish him success in his training for London 2012.

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The system comes complete with Voice release and control console.

**Additional features include**
* multi positional practice modes and ABT/Continental/Wobble trap facility.

Canterbury Trap International
www.canterburytrap.co.nz
Phone: +64 3 3844524
Fax: +64 3 3844501
The USA Shooting Team sent 15 talented shotgun shooters to compete in the International Shooting Sports Federation (ISSF) World Cup Slovenia from July 8 to 15. This was the final leg of ISSF World Cup competition and one of only three remaining opportunities for the USA to pick up its final Men’s Double Trap and Men’s Trap quotas. With over 589 competitors from 77 different federations, the competition was fierce as Olympic quotas were on the line.

Rachael Heiden (Clinton, Mich.) delivered an award winning performance in Women’s Trap. Heiden shot 72 qualification targets to tie with four other athletes for three spots in the final. Shooting four targets, Heiden and Slovakia’s Zuzana Stefecekova and France’s Delphine Racinet advanced to the final. Heiden attacked the field, hungry for the gold. With the highest final of 23 targets, she surpassed the competition to secure the highest spot on the podium with 95 targets. Teammate Corey Cogdell (Eagle River, Alaska) shot 72 match targets to qualify for the shoot-off, but finished in eighth place with two shoot-off targets.

In Men’s Double Trap Staff Sergeant Joshua Richmond (Hills Grove, Pa.) climbed to fourth place overall in the Men’s Double Trap final. Richmond nailed 145 match targets and 47 out of 50 targets in the final for 192 total targets. Adding to his point total for U.S. Olympic point selection, Richmond is well on his way to attending the 2012 London Olympic Games.

The Team finished with one gold medal and two appearances in the finals by Heiden and Staff Sergeant Richmond. Many of the American shotgun athletes that shot in Slovenia will also be returning to Europe to appear in the World Clay Target Championship in Belgrade, Serbia, from September 3 to 14.

Photo: Wolfgang Schreiber, ISSF
L: Rachael Heiden was on a mission to win gold and did so with 23 out of 25 targets in the final. Heiden’s concentration in the Women’s Trap final never waivered as she set out to achieve her goals.
R: Staff Sergeant Josh Richmond shot his way up to fourth place in the Men’s Double Trap final.

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Canterbury Trap have developed another world first, a fully automated Bunker system that only requires one shooter to set up and operate.

The Canterbury Auto Trench replicates a traditional 15 trap ISSF layout with simple push button controls for set up and changing between ISSF programs. The system comes complete with Voice release and control console. Additional features include multi positional practice modes and ABT/Continental/Wobble trap facility.

Canterbury Trap International
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U.S.A distributor
Mr Bob Schultz
Target Shotguns, Inc
Tel: 1-800-684-6329
e-mail: targetshotguns@aol.com
Web: www.targetshotguns.com
Rifle and Pistol members of the USA Shooting Team traveled to Munich, Germany, for the International Shooting Sport Federation (ISSF) World Cup Munich. The ISSF announced that this World Cup set records with 884 registered athletes from 85 international federations. With a total of 1485 starts, ISSF Secretary General Franz Schreiber said, “It’s a record, no doubt about it. Never before, a Rifle and Pistol World Cup Stage registered this participation.” The event took place on the prestigious 1972 Olympic Shooting Range from June 17 to 22. This was the last opportunity American athletes had to earn 2012 Olympic quotas from an ISSF World Cup.

In the Men’s 25m Rapid Fire Pistol event, the USA’s Emil Milev (Temple Terrace, Fla.) brought home the bronze medal. Not only did Milev earn a spot on the podium, but a very important second quota for the USA. This quota now allows two Men’s 25m Rapid Fire Pistol shooters to compete in the 2012 Olympic Games. Milev shot 583 qualification points for an opportunity at the new finals format. With a solid start of 4, 5 and 3 hits, Milev finished with 25 total hits for the bronze medal. National Pistol Coach Sergey Luzov said, “Milev wasn’t holding anything back—he was ready to attack, he approached the match today ready to win. He got distracted by the target malfunction in the final, but he returned strong after only 15 seconds of prep time. Now we have two great American rapid fire shooters who have won quotas and are promising medal potential for the 2012 Olympic Games.”

Teammate Sergeant First Class Keith Sanderson (Colorado Springs, Colo.) finished in eighth place. Sanderson shot 581 qualification points to tie Schumann and Vietnam’s Thanh Ha Minh for one spot in the final. Sanderson fired 44 points to Ha Minh’s 47 points. Most notably, this is the first time in nearly two decades that the USA has won both Men’s Rapid Fire Pistol quotas, thus increasing our chances of medaling at the Olympic Games.

Top ranked Jamie Beyerle (Lebanon, Pa.) finished in fourth place in Women’s 50m Rifle Three Position. Beyerle, who has already secured a 2012 Olympic nomination, shot 585 match points. Shooting 97.2 points in the final, Beyerle finished with 682.2 total points. The USA Shooting Team left Munich with one medal and two appearances in the finals. Milev was the top performing American athlete. Teammate Beyerle just missed the podium, yet still added to her 2012 U.S. Olympic point total. The People’s Republic of China was the most medal-winning federation with six total medals. Munich was the final leg of ISSF Rifle and Pistol World Cup competition for 2011. The ISSF World Cup Finals (invite only) will be held from September 18 to 24 in Wroclaw, Poland.
Top Ten Ways to Get Hooked on Olympic Shooting

The Olympic shooting sports are enjoying rapid growth around the globe. As one of the top medal winning Olympic sports, shooting dates back to the 1896 Olympic Games. Here are ten ways to learn more about USA Shooting and get hooked on rifle, pistol and shotgun events.

1. Visit www.usashooting.org
   Everything you need to know about Olympic shooting, your USA Shooting Team and more.

2. ‘Like’ USA Shooting on Facebook
   Get the latest news, pictures, videos and connect with fellow shooting fans in one place. We post frequent updates that you can even receive on your phone.

3. Participate in Your Local Club
   Visit our Certified Training Centers for Olympic style camps, instruction and matches. Get involved with your local club to learn gun safety and have fun. Need help finding a club? Visit the Club section of our website.

4. Learn about the 15 events on YouTube
   Do you know the course of fire in Men’s 10m Air Rifle? What about the speed of the targets thrown in Women’s Trap? Visit USA Shooting’s YouTube Channel to watch video on each event.

5. Attend one of the U.S. Olympic Trials
   U.S. Olympic Trials begin in the fall of 2011 with the first leg of shotgun trials. Check out the schedule on page 30 to cheer on your favorite athletes as they shoot for their Olympic dreams.

6. Find a Coach
   Whether you are a beginner or an expert, there are USA Shooting certified coaches all over the nation that can help you hit your target. Visit the Youth Programs section of our website to find a coach.

7. Shop the Team Line
   Get your gear for London 2012. Shop the new USA Shooting Team Line and show your team spirit with a new Team warm-up suit, shoulder bag and more! Visit www.usashootingstore.com to buy online!

8. Follow USAS on Twitter
   Looking to shout your USA Shooting Team love to the world? Follow USA Shooting on Twitter and catch the latest info as we enter U.S. Olympic Trials season.

9. Watch the Team on ISSF TV
   Visit the International Shooting Sport Federation’s (ISSF) YouTube Channel to replay interviews, epic finals moments and full finals coverage from all ISSF World Cups.

10. Read USA Shooting News
    Enjoy this top-ranked member benefit. Stay on target as you read about USA Shooting Team performances, learn tips and tricks from the pros and explore the world of Paralympic shooting.

BECOME A USAS MEMBER
VISIT WWW.USASHOOTING.ORG TO BEGIN ENJOYING YOUR BENEFITS TODAY!
The U.S. Olympic Trials, in addition to the U.S. Olympic point selection system, determines the members of the 2012 U.S. Olympic Shooting Team. Some athletes will compete in multiple competitions to earn their Olympic berth. Two U.S. Olympic Trials events will be held in 2011 and the remainder will be contested in 2012. The complete U.S. Olympic Team will be announced by June 17, 2012. For more information on the U.S. Olympic Trials, please visit www.usashooting.org. Also, all events are spectator friendly, so come cheer on your favorite shooters as they take aim at their Olympic dreams.

**SHOTGUN**
September 22 to October 2, 2011: Kerrville, Texas
May 12 to 25, 2012: Tucson, Arizona

**AIRGUN**
December 1 to 4, 2011: Anniston, Alabama
February 23 to 26, 2012: Camp Perry, Ohio

**SMALLBORE**
June 2 to 12, 2012: Fort Benning, Georgia
Emil Milev is familiar with the stress and pressure of competing in the Olympic Games. He is a four-time Olympian for Men’s Rapid Fire Pistol and was also the silver medalist at the 1996 Olympic Games. However, at the time he was competing for Bulgaria. He passed on the opportunity to compete in the 2008 Olympic Games as he was in the process of becoming an American citizen. Now with USA emblazoned on the back of his jacket, he’s once again rising in the ranks of Men’s Rapid Fire Pistol athletes. After a quiet entrance to the 2011 season, Milev brought the crowd through an emotional rollercoaster in the Men’s Rapid Fire final at the final stage of the International Shooting Sport Federation (ISSF) World Cup in Munich, Germany. Milev earned a spot in the final with 583 qualification points. With a solid start of 4, 5 and 3 hits, he powered through a target malfunction to finish with 25 total hits for the bronze medal.

National Pistol Coach Sergey Luzov said, “I’m glad to see a champion perform at the level he deserves. I’m excited to see Emil competing in the 2012 season.” Not only did Milev score a very important medal for his country and personal pride, but he also won a 2012 Olympic participation quota for the USA. When asked about his accomplishment, Milev said, “I’m excited and honored to be named the ELEY Athlete of the Month. It was the first final that I participated in this year and it was a long fight for a spot on the podium. I’m glad I persevered until the end.” USA Shooting would like to congratulate Emil Milev on his tenacious performance and wish him luck at the 2011 ISSF World Cup Final.

Rachael Heiden (Clinton, Mich.) may still be a junior category shooter, but that certainly isn’t reflected in her scores. Heiden competes at a world-class level and hasn’t let her age stop her from winning two international medals in the last two months. At the 2011 International Shooting Sport Federation (ISSF) World Cup in Beijing, Heiden fired 73 out of 75 match targets to tie the junior world record. Despite windy conditions, she shot 16 targets in the final to finish with 89 targets for the silver medal. Yet, her most recent and lustrous accomplishment came in the beginning of July at the 2011 ISSF World Cup in Gaj Maribor, Slovenia. With 72 out of 75 match targets, she maintained a cool head to shoot 23 targets in the final for the gold medal victory. National Shotgun Coach Bret Erickson commented on her success of late as he said, “Rachael had a fantastic showing in Slovenia to win the gold. Despite shooting in poor light, she put up a superb final. She is a hard-working athlete and has made herself as a front runner for the 2012 Olympic Team.”

Heiden, an Olympic Training Center Resident Athlete and University of Colorado at Colorado Springs senior. When asked about her Winchester Athlete of the Month nod, Heiden said, “I am honored. I can’t thank everyone enough for helping me to get to this point. There are still things I need to work on, but I’m looking forward to the remaining competitions this year!” USA Shooting would like to congratulate Rachael Heiden and wish her good luck at the ISSF World Clay Target Championships in Belgrade.
A record breaking 223 precision air rifle athletes squared off at Camp Perry with the first day starting on June 27 and culminating with the second day relays and finals on June 28. The CMP range team was organized and supported by well choreographed collegiate summer camp instructors who did everything from registration, equipment checks, range officers, range clean-up and spectator seating.

This year the South African National Schools Shooting Union (SANSSU) sent their best athletes to compete shoulder to shoulder with this year’s 3PAR Junior Olympic Championship athletes from all over the U.S. The CMP identified a U.S. team to compete with the South African team in a friendship match which was won by the U.S. team. The South African Team made an excellent showing, considering their long trip to Camp Perry. Not to mention that they arrived too late at Camp Perry the first night to get their hut assignments and spent their first night sleeping in their rental mini-vans (or attempted to sleep that night).

Day 1
The first day started with high expectations and you could feel the tension in the air. Kelsey McHugh led the first day with a perfect 200 points in prone and followed it with 196 points in both standing and kneeling for a total of 592 points. Samantha Bullard of the Magic City Gun Club in Alabama was only one point behind first with 591 points. Patrick Sunderman of the Minnesota Centershots came in third with 591 points. South Africa’s Bartholomeus Pienaar was fourth with 590 points.

Day 2
The second day was full of surprises. Connor Davis of the Shelby County High School Marine Corps JROTC in Kentucky jumped from tenth to first place by shooting 199 points in prone, 199 points standing and 196 points kneeling! Mitchell Van Patten of the Meridian Optimist Jr. Rifle Club in Idaho jumped from seventh to second place by improving his first day score by two points. Heather Kirby, also of the Shelby County High School Marine Corps JROTC, went from eighth to third place by improving her first day score by only one point.

Sonya May of the Taunton Wolfpack in Massachusetts made a huge leap from fifty-fourth place to fourth place on day two, shooting 579 points on day one to shooting a 590 points on day two. Unfortunately it wasn’t enough for her to make the finals. Bullard maintained second place by consistently shooting well both days.

Aggregate and Finals
In the aggregate, the top eight for finals were Connor Davis, Samantha Bullard, Daniel Lowe, Mitchell Van Patten, Heather Kirby, Kelsey McHugh, Jedidiah Huie and Patrick Sunderman respectively.

Davis went into the final with a one point lead over Bullard. He was able to hold his lead after the final ten shots, but Bullard closed the gap to within six-tenths of a point, claiming and holding on to second place. Lowe shot an excellent final coming from eighth place and taking third place, only three-tenths of a point ahead of Van Patten and Kirby who had a shoot-off for fourth place.

Van Patten broke the fourth place tie by shooting a 9.9 point shot, just one-tenth of a point better than Kirby. The gold medal went to Davis, silver medal went to Bullard and Lowe took the bronze in a very exciting, ever changing, shot-by-shot final.

The talent at the 3PAR precision competition was exceptional with 84 out of 223 competitors posting 1150 points or better. Half of the competitors posted 1145 points or better. The precision athletes that attended the 3PAR JO Championship are definitely the best in the country which made for an exciting and tough competition.

USA Shooting wants to thank all the
parents and coaches for their dedication to the sport and their shooting athletes. USA Shooting also thanks the CMP for a well-run competition and looks forward to next year in Anniston.

Hunting Heritage Trust Donates $5000

The Hunting Heritage Trust has donated $5000 to USA Shooting in support of the training and competition effort underway for the 2012 Olympics. Created in 2002 by leaders from hunting, shooting sports and conservation organizations, the Hunting Heritage Trust's mission is to help generate funding for promising hunting and shooting sports initiatives and to support broad-based efforts that make existing hunting and shooting sports groups more effective. For more information on the Hunting Heritage Trust visit www.huntingheritagetrust.org. USA Shooting wishes to thank the Hunting Heritage Trust for this most recent contribution and ongoing support.

USAS HIRES PETE CARSON

USAS is pleased to announce the new Competitions Coordinator, Pete Carson. Born and raised in rural Michigan, Pete Carson graduated from UCCS (CU-Colorado Springs) with a degree in Communications. While attending college, Pete assisted in the management of the Campus Recreation Center and also held marketing, public relations and sport operations internships.

Carson's passion for the Olympic Movement became a reality when he was selected to intern for the USOC in the Operations Department and now brings this passion and excitement to USA Shooting. An avid outdoorsman, Pete enjoys hunting, hiking, camping and playing sports.

Carson's primary role at USAS is to oversee the Junior Olympic programs and to assist the Director of Competitions with national events. He is also responsible for national records and national rankings and heads up ISSF officials renewals and USAS certification programs. Please help us welcome Carson to USA Shooting.

USAS HOSTS EXECUTIVE SPORTS LEADERSHIP CONFERENCE

Coach Bret Erickson and resident athletes hosted participants of the Executive Sports Leadership Conference at the International Shooting Park July 22nd. General Sports and Entertainment hosted a conference for professional sports leaders at the Broadmoor Hotel. Following the Friday meetings participants could participate in golf, fly fishing or experience the Olympic shotgun sports. The shooting event was fully subscribed although the number decreased slightly when the pro football labor agreement was settled and free agency began.

Participants were provided demonstrations of both trap and skeet by resident athletes who then provided personal coaching to each of the attendees. Among those participating were Basketball Hall of Fame honoree Rick Barry who is an experienced bird hunter and definitely knows how to handle a shotgun.

The participants had a most enjoyable afternoon and everyone was hitting more targets by the time shooting concluded thanks to good coaching from our athletes who enjoyed socializing and shooting with our guests. The event also provided the opportunity to showcase Olympic shotgun to some of professional sports’ top executives. A good time was had by all and a request to host the group in 2012 has already been received.

Above: Connor Davis proudly displays his gold medal hardware.

National Shotgun Team member Rachael Heiden explains the inner-workings of the trap bunker.
Meet the New Athlete Representatives

The Shotgun Rep: Josh Richmond

I would like to thank the shotgun athletes who voted me to be their Athlete Representative. For those of you who don’t know me, my name is Josh Richmond and I’ve been an International Double Trap athlete for the past eight years. Currently, I am a Staff Sergeant serving with the United States Army Marksmanship Unit (USAMU) at Fort Benning, Ga., since 2004. The leadership skills I have learned through the Army, my sport specific knowledge I have gained from seven consecutive U.S. National Teams and my problem solving skills will provide me the tools I need to be your Athlete Representative.

I started in the shotgun shooting sports at a local 4-H shooting club in my hometown of Sullivan County Pennsylvania, at the North Mountain Sportsmen Club. From there I competed in American Trap shoots and SCTP on the east coast through most of my high school years until trying the international shotgun disciplines in Colorado Springs in 2003. After trying all three, I settled on Double Trap and have been on the National Double Trap Team since 2004.

I look forward to helping this great organization and the athletes in any way that I can. Below is my contact information and would ask that if any athlete or parent has any topic(s) they would like to discuss, please email me with specific examples.

Anonymous letters are acceptable but if you would like to hear back from me, please include your contact information.

Josh Richmond contact:
Email: jrrchmnd@yahoo.com
Cell: (706) 570-7455

The Rifle Rep: Janet Raab

I am often asked if I am a shooter or if I got into the sport because of my husband Marcus. In fact, I grew up on the Blue Trail Range and Bell City Rifle Club in Connecticut. My father was a competitive smallbore and high power rifle shooter, so I was going to matches to watch my father shoot since I was a toddler. When I was old enough, I got to go to the pits with my father to help pull targets and wave “Maggie’s Drawers” to indicate a miss.

Since I was an only child, I was brought up like the son my parents never had. My father taught me to shoot smallbore in our basement when I was 8 years old. I was the only girl who shot rifle at the Polish Falcon’s Club in Middletown, Conn. I was taught that there is nothing that girls cannot do. So I went to Rensselaer Polytechnic Institute in Troy, N.Y., at a time when few women went into engineering. I earned my degree in Materials Engineering in 1980 and a MBA in 1984. I was treasurer for a year, then president of the Rensselaer Rifle Club, since rifle was not yet an NCAA sport.

I continued to shoot smallbore after college and took up high power shooting in 1986 and earned my Distinguished Rifleman Badge in 1987. I moved to Illinois in 1989 to work in Small Arms Engineering at AMCCOM at Rock Island Arsenal where I worked on the M14 match rifle and 7.62mm match ammunition. With the wide open spaces of the Midwest and availability of 1000 yard ranges, I took up long range and Palma shooting and set several national records. In 1994 at the National Matches at Camp Perry, I won High Civilian and High Woman in the National Trophy Match. To this date, I am the only woman to win High Civilian in this match.

In 1996, Marcus and I became full time coaches of the Thailand National Rifle Team, where we coached the future world record holder, Tevarit Majchacheep. Upon our return to the U.S., we took additional coaching courses through the National Rifle Association (NRA), ASEP (American Sport Education Program) and International Shooting Sport Federation (ISSF). I have been on the National Coach Development Staff since 1998 and am an Advanced Certified Rifle Coach, level 3. I am an ISSF Class “A” Coach and also an ISSF Class “B” Judge.

Needing a new challenge, I took up 300 meter shooting. Placing first in women’s 300m prone in the 2002 and 2005 National Championships, I qualified for the 2006 World Championship Team. Along with Nicole Allaire and Reya Kempley, the U.S. team won the 300m Women’s Prone event setting a new world record.

In 1998, we began our own shooting supply business, Center Shot Sports. Rifle shooting has been my whole life, whether on the range, coaching juniors or helping customers.

As your new Rifle Athlete Representative, I would love to hear from you and talk about shooting. Please email me at jraab@cox.net or call me at 703-266-1874 with any questions or concerns.
Are you a certified coach who wants to know when the next Coaches College and Conference will be held at the Olympic Training Center (OTC)? Please be patient as the announcement has been delayed due to the approval process for dorm rooms here at the OTC. We have formal approval from the USOC and by the time this article is printed, there will be more detailed information available on our website and the NRA website. The online registration will be available in August. This year, we put together a program of topics that are relevant to the problems and issues our coaches are experiencing. The below is an overview of the program:

**LEVEL 1 COACHES COURSE (RIFLE, PISTOL OR SHOTGUN)**
- Arrive and check in November 14
- Course will begin on November 15 and end on November 17 with the ASEP course
- Marketing and promoting your junior program
- How to join the U.S. Army Marksmanship Unit shooting team

The Coaches Conference general session will begin on November 19 and end after lunch on November 20. During the general session you will have the opportunity to learn from a wide variety of presentations. The presentations are as follows:
- Risk management – how to protect your juniors and your club from sexual molestation and child predators
- Lead abatement and remediation
- USAS Junior Programs and Athlete Development update
- Olympic path for juniors (panel of National Coaches)
- ‘Fundraising 101’ and grant opportunities for clubs
- Coach Certification Program update
- How to apply for collegiate shooting scholarships and NCAA rules/regulations
- What are the characteristics that make a junior shooting program successful, how-to discussion (panel of club coaches)?
- Range development, range design, where to set up ranges, partnering, etc.
- Sports psych, mental training, relaxation techniques, stress control, etc. (USOC)
- The Effect of Stance Variations on the Postural Stability, Shoulder Muscle Recruitment and Shooting Performance of Air-Pistol Competitors
- ISSF update and CMP update

The CMP is sponsoring a dinner at the Flying W Ranch Dinner Show. This is an optional social event which will cost $10 at the time of your online registration.

We will close the conference after lunch on Sunday to allow everyone to catch an afternoon flight back home. We have a limited number of dorm rooms available at the OTC. These will be reserved on a first-come, first-served basis. I look forward to seeing you at the Coaches Conference in November. Please email michael.theimer@usashooting.org with questions.

On November 18, all coaches will spend the morning meeting with one of the National Coaches in their discipline of choice. In the afternoon, we will be hosting several optional ‘pre-conference’ presentations and clinics. The sessions will include:
- Orion electronic scoring system clinic (air rifle and air pistol)
- American Collegiate Unions International shotgun program and Scholastic Clay Target Program presentations
- Coaching from an athlete’s perspective – a panel of resident athletes
On the Road with the Junior Team

At the 21st Meeting of the Shooting Hopes in Plzen, Czech Republic, the USA Shooting Team sent a talented team of junior athletes. The competition began with Junior Women's 10m Air Pistol shooting. Athletes Alana Townsend (Kalispell, Mont.), Kylie Gagnon (Bozeman, Mont.), Taylor Gallegos (Prosper, Texas), Shelby Cammack (Sturgis, S.D.) and Starlin Shi (Potomac, Md.) represented the red, white and blue in fine form.

Townsend was the highest placing American with 373 match points—she missed the final by just three points to finish in eleventh place. Gagnon shot 368 match points to finish in twenty-fourth place. Gallegos shot 364 match points and Cammack tied 361 match points. Shi shot 329 match points. In the team competition, the trio of Townsend, Gagnon and Cammack finished sixth overall with 1102 combined points.

In Junior Women's 10m Air Rifle, Abagail Stanec (Wadsworth, Ohio) shot 389 match points to finish in thirtieth place. Stanec was the only USA Shooting Team athlete to participate in the women's air event.

Daniel Hermsmeier (Chesterfield, Mo.) shot 592 match points in Junior Men's 50m Rifle Prone. Of the six rounds he shot, Hermsmeier shot a perfect 100 points in three rounds to finish in twelfth place. Teammate Ryan Anderson (Great Falls, Va.) shot 589 match points to finish in twentieth place. Samuel Muegge (Bolig, Texas) finished in thirtieth place with 587 match points. Michael Liuzza (New Orleans, La.) shot 581 match points. The team of Hermsmeier, Anderson and Liuzza finished in fifth place overall with a combined score of 1762 points.

In Junior Men's 50m Free Pistol, Matt Pueppke (Amenia, N.D.) shot 519 points to finish in twenty-ninth place overall. Alexander Chichkov (Temple Terrace, Fla.) shot 523 match points in Junior Men's 25m Rapid Fire Pistol to place twenty-sixth overall. Chichkov also shot in Junior Men's 10m Air Pistol where he also finished twenty-sixth with a score of 563 points. Pueppke shot 551 match points to finish fifty-fourth overall.

In the Junior Women's 25m Sport Pistol event, Shi was the first American to break into final competition. Shi shot 567 match points to qualify for one of eight spots in the final. Shi finished in sixth place with a final of 194.3 points for 761.3 total points. Cammack finished in forty-fourth place with 528 match points and Gallegos was not far behind with 524 match points. The American team of Shi, Cammack and Gallegos finished ninth overall with a combined score of 1619 points.

In Junior Women's 50m Rifle Prone, Stanec finished in seventeenth place with 588 points. In the Junior Women's 50m Rifle Three Position event, Stanec fired 569 match points to finish thirty-fourth overall.

In Junior Men's 10m Air Rifle, Muegge the National Junior Olympic Men's 10m Air Rifle Champion won the first American individual medal with 692.6 total points. Muegge fired 591 out of 600 match points and 101.6 points in the final for the bronze medal. Teammate Hermsmeier finished in eleventh place with 588 match points. Liuzza shot 582 points for thirty-sixth place overall and Anderson shot 566 match points. The men's team of Muegge, Hermsmeier and Liuzza technically tied the Russian team for the bronze medal, but the Russians scored higher center tens with 118 compared to the USA's 105 center hits.
Reflections from Plzen

Eric Pueppke, Assistant National Junior Pistol Coach

It was mid-June in the Atlanta International Airport. Assembled in the crowded gate area were seven junior pistol shooters and four junior rifle shooters. Despite cancelled flights and perniciously close connections, we had all finally made it onboard the international flight that would take us to the Czech Republic and ultimately to Plzen and the 21st meeting of the Shooting Hopes.

The Shooting Hopes match is an annual junior-only match that featured junior talent from 26 different federations this year. This match was truly the place for our junior shooters to gain experience on the international level. This was a first rate competition with world-class scores being fired in all events.

As coaches, we made preparations for this match months beforehand. For the shooters on the Plzen team, preparations truly have been going on for years. One does not become a great shooter overnight. Just ask one of our National Team members and I’m sure you’ll hear about years of dedication and hard work.

Success usually comes in small steps. For example, a State champion might feel very confident until his or her first National Championships when the discovery is made that other shooters can best them. The shooters return home with a renewed desire to train and improve because they now know that the scores that won the State matches aren’t necessarily good enough to put them on the podium at Nationals. Experiencing that defeat firsthand is what really fans the fire inside of a shooter to excel, and so it was with our Plzen team.

If you’ve never traveled overseas before, there’s this little thing they call the time zone and it can really mess up one’s body clock. For most of the team, Plzen was seven or eight hours ahead of their home time. Without some time for adjustment, it would be like shooting at 3:00AM in the morning. We arrived four days before the match to allow everyone to acclimate, train and be at their best for the match. On top of this, the pistol team was able to spend five days in Colorado Springs for pre-event training.

Plzen is a very nice place, and after training we took some time to walk around and explore the city. Founded in the 1200’s, it is a very interesting place to see. We visited a museum that had an exhibit of guns made in 1400s. I must say that the modern Anschutz and Feinwerkbau rifles that our team used are just a tad more advanced than those from the fifteenth century! All enjoyed the good food found in dozens of small restaurants within walking distance of our hotel. We also took a day trip by train to Prague to see one of the only cities in that part of Europe that was not bombed in World War II.

Back in Plzen, the team had one more day of official training and the following morning the matches began. We donned our team uniforms and headed to the ranges. It is an honor and a privilege to wear a USA Shooting Team uniform. Our team members took a lot of pride in wearing the uniform. They were representing our country at this match, and they were there as a team. Even though they were shooting for individual awards, when not shooting they were behind the lines watching and supporting their teammates. This team spirit goes beyond the lines of shooting discipline, and it was the norm to see our rifle team members watching the pistol shooters and vice versa. Team members were there to share the victories and encourage each other.

Shooting in another country, being in another culture with its language, customs and food can be challenging. A shooter has no way of knowing how they will react personally in these environs until they actually experience it. Our team performed very admirably. Some shot personal bests. Some made finals and the bronze medalist in Air Rifle was our own Sam Muegge. Others struggled in their first event, learned from that experience, and did very well in their second event. Some of these young people are on the threshold of advancing to the next level and this match showed them that with a bit more mental training, they will be on the medal podium. It was a great experience for all!

For you junior shooters who are reading this, (and I’m writing this with you in mind), keep on training. There are many rewarding experiences in your future if you have the desire to become a champion and are willing to work for it. The Shooting Hopes match is a great event to compete in, and a trip overseas is always an adventure.

The road to Plzen and beyond is attained one shot at a time. The key is to have that burning desire deep down inside to reach your goal. Get to as many big matches as you can, and take time to talk to our Junior National Development Team members about your shooting goals. Someday you might be on the podium with the stars and stripes flying overhead and the national anthem playing!

For those Plzen team members who are reading this, it was an honor to be your coach and I look forward to continuing to work with all of you. I’d like to think that it was one of you who called the airline and had Char and I bumped up into first class for the leg back from Prague to Atlanta! Good Shooting!
MEMBERSHIP
Any shooter or official who represented USA Shooting in any past ISSF Official sanctioned competition is eligible to join the USSTAA. Please remit this application to USA Shooting if you would like to become a life member and receive a certificate and life membership pin.

NAME __________________________________________
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EMAIL ___________________________________________
CURRENT MEMBER OF USA SHOOTING--YES____ NO___

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For Additional Information, Contact Lones Wigger at 719 866 4670 or via email at Lones.Wigger@usashooting.org

Last year, USA Shooting initiated an alumni group for the benefit of all shooters, coaches and officials that have been members of U.S. International shooting teams. The objectives include: a means for former members and officials to remain in contact with the sport and themselves, a means of recognition of former team members, promotion of the traditions and history of international shooting competition and of the U.S. Team, to inspire new shooters who may become U.S. Shooting Team members through the publication of memoirs, anecdotes, stories, lessons learned from those who have experienced international competitions and to encourage past members to support USA Shooting through memberships, donations, written articles, trophy donations, bequests or gifts of memorabilia and or firearms and accoutrements.

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