ELEY Congratulates USA Shooting Team

ELEY Limited, manufacturers of medal winning .22 cartridges is proud to sponsor USA Shooting
In my last column, I reported that Lones Wigger would be part of the elite class of 2008 to be inducted into the U.S. Olympic Hall of Fame. On June 19 in Chicago, retired Army Lt. Col. Wigger, 70, a three-time Olympian (two-time gold medalist and silver medalist) was formally inducted into the prestigious Olympic Hall of Fame along with wrestler Bruce Baumgartner, athletics athlete Joan Benoit, figure skater Brian Boitano, boxer Oscar de La Hoya, volleyball player Karch Kiraly, equestrian J. Michael Plumb, basketball athlete David Robinson, swimmer Amy Van Dyken and Paralympic swimmer John Morgan, who were all inducted as individuals. Figure skating coach Carlo Fassi was inducted in the Coach category along with Olympic figure skating gold medalist Carol Heiss Jenkins in the Veteran category. The members of the 1996 Women’s Gymnastics Team–Amanda Borden, Amy Chow, Dominique Dawes, Shannon Miller, Dominique Moceanu, Jaycie Phelps and Kerri Strug–were also honored in the Team category, as was legendary Hollywood producer Frank Marshall as the Special Contributor.

I am sure many of you were able to watch the induction ceremony, which aired August 3 on NBC, but if you missed out on seeing this incredible moment for Lones Wigger, I have included his heart-felt acceptance speech in full bellow so you can get a feel for what an incredible honor this was for one of the greatest shooters of all time. Lones was joined at the induction ceremony by his wife Mary Kay, daughter Deena and two sons Dan and Major Ron Wigger, who presented the Hall of Fame award to him at the induction ceremony and officially inducted him into the U.S. Olympic Hall of Fame.

“Thank you. This is a great honor for the Shooting Sport and for me.

Target Shooting is a lifetime sport. I have been competing for almost 60 years and don’t plan to stop anytime soon. At Camp Perry, the home of the NRA National Rifle Championships, it is not uncommon to be placed on the firing line with a 12 year old junior boy or girl, on your right and an 80 year old on the left. Unfortunately, I am fast becoming the guy on the left.
I want to thank everyone who supported me in the recent Hall of Fame voting. The support I received was truly awesome. I especially want to thank the USOC and the sponsors who helped make this night possible.

There are several other people who were instrumental in my success I would like to thank. First of all, my wife of 50 years in December, Mary Kay, and my family who put up with me and really had no choice but to become target shooters as well. I can’t say enough about my wife. Without her love, support and sacrifice these many years, I would not have been able to achieve any of my goals. Although she never became a shooter, she joined the sport as a volunteer and works in the stat office at many of the matches I compete in. Before we were married I wanted her to understand my commitment to my goals. I told her when we were married and if we had a baby and there was only money enough for milk for the baby or entry fees for a shooting match to be fully aware of where the priority would be. She thought I was kidding.

Secondly, I want to thank my father who started me in the shooting sports.

Without his support, effort and encouragement, none of this would have been possible. My father died about a year ago. He was my biggest fan and I wish he could have been here. Dad, thanks for everything.

I also want to thank my coach, Bill Pullum. He taught me to analyze and think for myself. It takes years of training and repetition to learn how to shoot, then it takes several more years to learn how to win. Winning is mostly mental, so a coach who helps to develop you mentally is vital. Thanks Bill for always being there.

Lastly, I want to thank the NRA, the governing body that helped support me for many years, and the US Army for a great career. I especially want to thank the US Army Marksmanship Unit for giving me the opportunity to train and compete and the support which allowed me to become the best I could be.

Everyone here knows what it takes to become a champion in any sport or a success in life. There are no secrets. It takes hours and hours of hard work, commitment, dedication and sacrifice. Everyone can be a winner, it just depends on how bad they want it! Never forget to dream.

On behalf of everyone at USA Shooting, we are extremely proud of our friend “Wig” and would again like to extend our sincere congratulations to him on this outstanding accomplishment.
A PLAN THAT WORKED

The Olympic plan was constructed by National Coaches Dave Johnson, Sergey Luzov, Lloyd Woodhouse, and Director of Operations Wanda Jewell, along with the guidance of our USOC sport partnership team. That four-year plan not only managed elite athlete training, but also included detailed competition scheduling, sports psychology, dietary analysis, equipment evaluation and testing, and physiological services. It included coaching and athlete development, with the task of balancing resources for preparing our top athletes versus developing shooters for the Games of 2012 and beyond. No plan survives without funding, so a vital segment of our quadrennial plan was marketing and fundraising. Also key was the Board of Directors and particularly the Executive Committee, whose operating policy and staff guidance helped meet strategic objectives.

No doubt, our Olympic plan overcame some clear disadvantages. We are less than five thousand members competing against countries with far more shooters and significantly more funding. Germany’s federation has more than 1.7 million members. While China has "only" 80,000 shooters, it evaluates tens of millions of youngsters for shooting potential in mandatory middle school sports programs. Countries with the most successful Olympic shooting programs typically focus only on the Olympic events, whereas Americans participate in a multitude of firearm activities ranging from recreational shooting to competitive silhouette and action events.

We have many to thank for our success and our programs, especially our loyal donors and sponsors, as well as the U.S. Olympic Committee. The USOC not only provides funding, but Kelly Skinner and his Sport Partnership Team offered invaluable guidance. We owe much to our coaches, and not just our national coaches. The coaches and volunteer officials who run club programs, train and motivate our young shooters, and commit so much of their time training athletes and conducting competitions certainly bring medal potential to our doorstep. Most importantly, we appreciate and thank our shooters who dedicate themselves to the Olympic ideals. These great athletes make significant personal sacrifices for the benefit of their sport and their country, rewarded primarily by self-satisfaction. Without this commitment to excellence, success in Olympic shooting would not be possible.

I would like to thank all of those in our support structure in advance as we begin the road to the 2012 Olympic Games in London, as the building of that plan has already begun!
I Wish You Could Have Been There

I wish each and every one of you could have been in Beijing for the many magical moments created by our U.S. Olympic Shooting Team members as they chased their dreams and caught the attention of the world with their magnificent performances. I wish you could have seen their many shots—perfect and precise—punch right through the center of those itty-bitty or elusive targets. It was pure inspiration!

I wish you could have seen a determined Jason Turner as he plowed like a bull through the final round and then nailed the sudden death shoot-off against teammate Brian Beaman to grab the bronze medal in 10m Air Pistol. You would have marveled at Corey Cogdell in the four-way shoot-off for the women’s trap bronze medal in a driving rain. While the three shooters before punched holes in the sky around their clay targets, she willed a fragment off her target to bag the prize she’s been hunting for the past two years. I wish you could have gasped in fright with all of us as Glenn Eller whiffed his first two targets in the finals of double trap, only to go on to crush 45 X 50 as he set an Olympic record and claim the gold he’s been seeking for three Olympic Games.

My friends, you would have instantly recognized that willowy, tough and otherworldly-talented skeet shooter with the flowing golden locks, Kim Rhode, the four-time Olympian who put a “silver” lining on the rainy day when she won her medal. Her fourth Olympic medal gives her a complete set with two golds (’96 and ’04), one silver (’08) and one bronze (’00). I wish you could have seen the perfect 10s flash up time after time as Matt Emmons, the world’s best all-around smallbore rifle shooter, captured the silver medal in the prone event and then placed fourth in three-position rifle. And who wouldn’t have choked up with all of us as we watched with misty eyes Old Glory ascend the flag pole during Vinny Hancock’s gold medal ceremony on the most perfect day under China’s sky? I wish you could have been there.

You would have felt a tremendous sense of pride as each of our amazing athletes stood tall, held steady and put ’em in the middle. All 22 of our shooters poured their soul into every shot and I could not have been more pleased with the way they represented our sport, our team and our country. From our youngest team member, Sandra Fong, to our most senior and stately shooter, Libby Callahan, the courageous performances often represented a lifetime of dedication to their craft. Pride, country, courage, dedication and victory: the essence of your Olympic Shooting Team.

Even if you weren’t in Beijing, you know how they got there. Like them, you work hard, sacrifice much, dream big and look forward. You stand on the line to tame your heartbeat, train your eye and test your nerves. And whether or not you wore the Big USA on your back and shot the lights out, you’ve been an important part of our Olympic triumph, in my opinion the greatest shooting performance in the history of USA Shooting. To say thanks is wholly appropriate, but simply inadequate. Instead, let me marvel at your generosity, tenacity and support, and encourage you to continue in our quest for competitive excellence. After all, the 2012 Olympic Games in London are already beckoning for the best.

I wish you the best . . . and I hope you’ll be there.

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Dwayne Weger “Model” Team Leader

By Bill Roy, Director of Operations

He didn’t win a medal—in fact, he didn’t even fire a shot at the 2008 Olympiad. Yet Dwayne Weger played one of the most prominent roles in the success of the U.S. Olympic Shooting Team. The Muenster, Texas native served as the Team Leader during the Games, providing the leadership necessary for our athletes to excel.

A former double trap shooter, Weger embraced this unique position. “Although I wanted to be an Olympian as an athlete, it was extremely satisfying to lead this great group in this role,” said Weger. “Everyone was upbeat, energetic, focused and we all bonded as a team.” Weger’s diverse duties included team strategies, logistics and even sideline encouragement.

Weger won praise at every turn, gaining the respect of the USOC Sport Partnership staff as well as the Olympians. “One of the best features of this Olympic games,” said Brian Beaman, Air Pistol finalist, “was the phenomenal work of Dwayne Weger. He was organized, approachable and always positive.” Keith Sanderson, Rapid Fire Pistol finalist added, “For the first time, all the athletes in all the disciplines came together in support of each other. Even though I’m a pistol shooter, I hung out with the shotgun shooters and watched the finalist in those events. It was a great environment.”

USA Shooting Executive Director, Bob Mitchell, also recognized the crucial role Weger played. “Dwayne was the perfect leader for this team, and we owe a lot of our success to him,” said Mitchell. But Weger didn’t see it that way, saying, “Serving as Team Leader was a lot of work, but I’d do it again in an instant. It was an honor just to be associated with the team.”

Dwayne Weger may not have won a medal, but he certainly won the praise and respect of the Team members. “Remember,” he said, “it’s all about the team. All about the team . . . .”
“Awesome”! The one word I would use to describe the 2008 Olympic Games in Beijing. The Chinese people and city of Beijing rolled out the red carpet to welcome the world as hosts of the Games of the XXIX Olympiad. With a record $42 billion spent on infrastructure, energy, transportation and supply programs in preparation for the Games, Beijing’s investment in hosting the most spectacular Olympics ever was apparent. In addition to Beijing’s new international airport terminal—the world’s largest and most advanced—twelve new venues were constructed specifically for the Olympics, including the Beijing National Stadium, nicknamed the “Bird’s Nest,” and the Beijing National Aquatics Center, called the “Water Cube.” Both architectural marvels quickly became focal points of NBC’s nightly broadcasts and icons of the Beijing Olympics.

Equally impressive was the $100 million National Shooting Center, site for all 15 Olympic shooting events, and home for the USA Shooting Team members for nine days. The U.S. Team’s seven-medal performance at the Beijing test event at this facility in April was a tough act to follow, but the Olympic squad continued their winning ways by collecting the most medals (six) won by a U.S. Olympic Shooting Team since 1984. The U.S. was represented in 10 of 15 event finals with team members challenging for medals on each occasion and establishing five new Olympic records along the way. Seeing our athletes have such great performances, make finals, win shoot-offs, win medals and receive a tremendous amount of media attention was awesome! Not only was it exciting to witness, but I was amazed by the number of text messages from people back in the States following the competitions and finals live on the internet at 2:00 a.m.

I am often heard saying that shooting is an individual sport but winning is a team effort. What took place in Beijing was a perfect demonstration of this statement. Supporting the athletes in Beijing were no less than five coaches, three sports psychologists, a physiotherapist, USOC staff, USA Shooting, the Army Marksmanship Unit, administrators from the World Class Athlete Program (WCAP) and over 30 family members and friends. Support for this team reached far beyond those cheering for the team in China. Over the past four years an incredible number of individuals, companies and organizations have supported the USA Shooting Team and played a tremendous role in this team’s success. Congratulations to all of our Olympians on their Olympic success and fantastic job representing the shooting sports and USA Shooting, before, during and after the Games. To all of our donors, sponsors and supporters, thank you for being part of our winning team. Your support has been simply…Awesome!
Competitions Corner

By Cynthia Jackson, Competitions Assistant

2009 Rifle/Pistol State Junior Olympic Host Information Now Available

The application to host a USA Shooting State Junior Olympic Championship has been posted on the USA Shooting website (www.usashooting.org). There are a couple of important changes to the score submission process and competitor information that should be noted.

First, there will be two steps involved in submitting your scores. It will be mandatory to submit your results to USA Shooting on the Excel template that will be provided on our website. Fax or mailed scores will not be accepted. You are welcome to submit scores on a CD, but floppy disks are no longer accepted. An original copy of the entry and signed score is still required.

In addition, you are also required to upload your scores to the Hang-A-Star system just as you would for a PTO. Payment can be made at the time of upload. Please note that we will not accept paper scores or paper targets.

If there is more than one location sanctioned to host a JO match, you must submit your scores to your designated state coordinator (selected by USA Shooting) to be compiled and submitted to USA Shooting. You will receive a notification of who your state coordinator will be along with their contact information. This will prevent any confusion in naming the true state qualifier and delays in processing invitations.

Non U.S. citizens will be eligible to compete in state Junior Olympic matches and will be offered invitations to the National Junior Olympic Championships. However, at the NJOSC foreigners will not be eligible to make the finals or receive awards.

All State JO Championships must be held between November 1st, 2008 and February 1st, 2009. The deadline for submitting an application was October 1st and all applicants will be notified by mail no later than October 10th as to whether or not the application has been accepted.

For more detailed information and a 2009 State Junior Olympic Qualifier application, please log on to our website at www.usashooting.org. If you have any questions, please contact Cynthia Jackson at 719.866.4882 or Cynthia.Jackson@usashooting.org.

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The STANDARD is a simpler version of the Super. The equipment is made out of double canvas, with a section of suede in front for better friction in standing. The neck, elbows and the front of the left leg are leather for a better fit in the different positions.

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Progressive Position Air Pistol and Three Position Air Rifle
Junior Olympic Championships

The Civilian Marksmanship Program (CMP) moved up the construction schedule on an 84 firing point airgun facility in Anniston, Ala. to accommodate the Junior Olympic Championships for Three Position Air Rifle and Progressive Position Air Pistol. The new facility is absolutely amazing and received rave reviews from numerous participants. Photos are available on the CMP website: www.odcmp.com. CMP also provided very helpful support for all of these matches. The Competition Tracker system from CMP allowed fans to follow the results in real time from anywhere in the world by accessing www.odcmp.com (results are archived there). The ORION target scoring system gave great feedback to the shooters about their scores and groups. We also used it to score finals targets in tenths of a scoring ring, similar to the Olympic Games.

Precision Air Rifle was the first event, with several college coaches in attendance, scouting for future team members. Abbey Stanec from the Ashland Eagles in Ohio had a commanding five point lead going into the final and came out on top, finishing well ahead of Janine Dutton, the silver medalist from Borealis Bullseyes in Alaska and bronze medalist Alix Moncada, a visitor from Mexico. Katie Kostal from Riverside Shooting Club in Michigan was the third American finisher. Both before and after the final, only five points separated second from eighth. Abigail Casey joined Stanec and Dutton on the AG1 award stand. Dutton edged out Emma Lorenz from Liberty HS in Washington in a tie breaker for third. Emily Holsoopple (Pa.) once again won the AG2 gold by only 1 point over Alivia Yeager (Ky.) who was one ahead of Daniel Lowe (Wash.).

AG3, Jodi Ross (Wyo.) squeaked past Remington Lyman (Conn.) by a point. Raymond Freeman (S.D.) followed in third.

Union Grove HS (Ga.) won the Precision Scholastic Team match. St Louis University HS (Mo.) edged out Liberty HS (Wash.) by two points for the silver medal. The Precision Club Team match saw a new champion with another Washington team, Capitol City Junior Rifle Club beating Riverside Shooting Club (Mich.) by 10 points. Spalding County 4-H (Ga.) finished five points back in third.

Sporter Air Rifle was next on the agenda. Kelsey Hunt from Ozark HS (Mo.), last year’s silver medalist, moved up to gold this year. Her Ozark HS teammate, Shawn Spradling finished second, taking advantage of a disappointing final by eventual bronze medalist, Xentri Garza from RL Paschal HS in Texas. Sixth place finisher Rob Thompson also comes from Ozark. Garza did take top honors in the AG1 category followed by Hunt, then Spradling. In the AG2 match Noel Maxwell (Ky.) led Thomas Wheless and Nathan Switzer, both from Lafayette Gun Club in Virginia. The youngest (AG3) match was won by two more Lafayette members, with Matthew Brewer well ahead of Hannah Black. Kimberly Goldberg (Md.) was just one point back in third.

This year the Ozark HS team set several records and won the Scholastic Sporter Team Championship by a huge margin. Congratulations to coach Terry Thompson and the whole team! Buckhorn HS (Ala.) finished second, followed by Zion Benton Township HS (Ill.). Lafayette Gun Club (Va.) won the Sporter Club Team match handily as well, followed by Corvette City Shooting Team (Ky.) and Elbert County 4-H Sharpshooters (Ga.)

Progressive Position Air Pistol was the last event this year. This year marked the second year of a combined USA Shooting and NRA National Junior Olympic Air Pistol Championship with the NRA providing great financial support as well. This PPP match also serves as their National Championship, with scores being added to the Top Gun team scores from their air rifle events in Iowa in June.

Young athletes produced strong performances in all five positions. The overall champion is named from the One-Handed Unsupported position. James Stack from Arlington International Airgun Club (Ill.) dominated this event, winning by 19 points over Kelsey Imig (Mass.). Collene Kiefer, one of three Colorado shooters in the final, won the bronze medal.

The two highest one day scores for the whole event were the amazing 390 and 392 recorded by Kathryn Kananen (Colo.) in the Basic Supported position. Other position and division champions included: Leah and Weston Mayer from Kentucky, Michael Wilson from Lafayette Junior (Ga.) and Lafayette Gun Club Juniors (Va.). Only five points back was the Massachusetts team called Goal #1. Mixed (supported and unsupported) teams also fired a championship. The National Training Center Shooting Club Juniors scored an impressive 49 point victory over Colorado rivals Larimer County 4-H Shooting Sports and Shelby County Shooting Sports Association (Ala.).
After the Junior Olympics were over, we hosted events two of the next three weekends at the Olympic Training Center in Colorado Springs. The inaugural State Games of the West, for athletes from the 13 westernmost states, included airgun events at the OTC on July 27. American Legion staff arrived a week later to begin preparations for their National Championship which culminated on August 9 with two finals on our electronic targets and an awards banquet.

By the time you read this, we will have completed the National Youth Leadership Conference at CMP headquarters in Camp Perry, Ohio and the Shotgun Junior Olympic Development Camp at the OTC, partnered with Scholastic Clay Target Program. We will finish up the year with a quadrennial review and later the rifle and pistol Junior Olympic Development Camps at the OTC right before the 3xAir match.

USA Shooting is excited to finally import a youth air pistol from Air Arms, for sale now for $525. We will also offer an option for clubs to spread out payments over two years for orders of three or more pistols. Early reviews are very favorable, particularly when considering the affordable price. You may remember that this pistol is powered by compressed air and comes with an ambidextrous grip. It weighs in at about two pounds and is approximately the size and shape of current top-of-the-line models. An accessory weight on the rail helps the airgun to “grow with the athlete.” Prices on future orders are subject to the changes in the foreign currency exchange rate. More information and photos are available on USA Shooting’s website.

We consider coaches to be critical “multipliers” of our training efforts. We are also still focused on junior pistol programs, so USAS continues to offer subsidized coach schools for groups of pistol coaches interested in Progressive Position Air Pistol youth programs. Contact me to set one up in your area. We may also be able to connect you with a member of our National Coach Development Staff to help with camps/clinics. Please contact me at bob.foth@usashooting.org or (719) 866-4881 for more information. General information on the Coach Education Program is always available on the NRA website at: www.nrahq.org/education/training/coach_schools.asp
So what does the moment feel like when you realize you’ve just won an Olympic gold medal, setting an Olympic record in the process? Apparently, you’ll have to find out for yourself, because words are not sufficient enough to describe the experience. SPC Glenn Eller and PFC Vincent Hancock both claim the moment cannot be put into words. And they should know.

These two young men personify what it means to be “Army Strong.” Both of them recognized the United States Army as the catalyst they needed to super-charge their training plans. With training partners ranked among the world’s elite shooters, state-of-the-art equipment and facilities and a standard of excellence second to none, these Soldiers could envision nothing short of overwhelming success when they enlisted to be members of the U.S. Army Marksmanship Unit’s Shotgun Team.

But how did they put it all together? From January 1, 2008 until August 12, SPC Eller will tell you with absolute certainty that he pulled the trigger on 18,000 targets, either in match or in training. Of those 9,000 pairs, he broke 18 perfect rounds of 50-straight. PFC Hancock estimates that he fired at approximately 20,000 targets during those same eight months and recorded six one hundred-straight in the two weeks prior to departing for China. Three of those one-hundred straights came within a two day time span. Hancock’s philosophy? He simply states, “If I put everything I have into each round, no one can beat me.” Hard to argue with that.

There’s no doubt that SPC Eller and PFC Hancock left American soil primed for battle on Beijing’s Olympic venue and were equally prepared to devastate their competitors’ Olympic dreams. But even with this much preparation and confidence, the pressure of performing in the Olympic Games is an entity unto itself. It cannot be ignored, only mitigated.

SPC Eller, a seasoned three-time Olympian, World Champion, two-time World Cup Final Champion and five-time World Cup Champion, still feels pressure on the firing line. “If you don’t get nervous, you should quit,” Eller proclaims. Feeling nervous is an indication that the performance matters to you.

PFC Hancock, himself a World Champion, four-time World Cup Champion and owner of four World Records, says the pressure he feels comes from himself, from his own expectations. Regardless of the source, though, Hancock says he always wants the pressure on himself. “I want to know where I’m at (in the match) and what I have to do (to win),” he confides. Perhaps this is the secret of great champions – seek out the formidable challenge and face it with unequivocal knowledge of success.

For most athletes, rookies and veterans alike, an Olympic medal represents the accomplishment of a lifetime. These young Soldiers have already checked that block, so what comes next? The answer, spoken in the true spirit of “Army Strong,” could have been voiced by any of the Army’s champions: “To become the best shooter, the most decorated shooter the world has ever seen. Whatever I do, I want to be the best.”
The 2008 Olympic Games were phenomenal. Our marksmen made us proud and each of them "Deserved Victory!" Although the early morning shooting finals left many of us with work-life challenges later that day, watching our athletes perform was a small price to pay. My co-workers, however, paid a heavy price listening to my daily recaps of our team’s accomplishments.

While I enjoyed the drama of the Olympic Games immeasurably, the experience left me contemplating why our nation’s athletes pursue excellence in their sport. What forces drive them to undertake a journey where the odds against winning an Olympic gold medal for the U.S. fall somewhere between getting hit by a meteorite and being struck by lightning? By comparison, what drives an athlete to compete in our event when the odds of bringing home an Olympic medal are against us? In other words, “Why do athletes compete and why is it important?” I believe the answer is self-evident: motivation. In this article, Airmen will explore motivation and its impact on an athlete’s performance.

What is Motivation?

Motivation may be defined as a need or desire that causes a person to act in a certain way. It may be internal (intrinsic) or external (extrinsic), tangible or intangible. Motivation facilitates goal-oriented behavior and helps give it direction. A motivated athlete is one who is driven to succeed and behaves in a manner consistent with his or her goals.

A motivated athlete is easy to identify. The athlete is confident, enthusiastic, prepared, forward thinking, positive, purposeful, well groomed and expects to win. Make no mistake; a highly motivated athlete stands out in a crowd like battle-ready soldiers, sailors, airmen, Marines and Coast Guardsmen. Motivation is highly contagious and raises the level of competition.

What motivates you? If you do not know, you should examine your conscious and consider the following questions: Why do I compete in my sport? Why do I invest my time and money to pursue such lofty goals? What do I use to rekindle my desire to compete and win after a poor performance? To answer these questions, you need to know where to look.

Finding Your Motivation

An athlete’s behavior is influenced by many different factors. Understanding what motivates you to compete may be the key to maximizing your performance. For example, an athlete may compete to earn a reward or to reinforce the feeling of a positive outcome gained under pressure. Motivation keeps an athlete locked on his or her goals.

In 2007, The Washington Post published a series titled, “Why We Compete.” The eight-part series is a fascinating look at sports theory and the factors that motivate athletes. The author explores reasons why athletes compete and the enduring nature of sports within a larger, complex world. The author, Eli Saslow, interviewed sports historians, psychologists, sociologists, anthropologists and athletes around the world and concluded people compete for eight basic reasons.

According to Saslow, athletes compete for curiosity, money, ego, opportunity, community, adrenaline, identity and tradition. The author wrote “...These reasons are hardly self-contained....They bleed together to create a diverse, complex motivational brew. Every athlete usually competes for a few of these reasons—maybe even for new ones. But at the center of amateur competition, these eight basic reasons continue to compel us.”

To discover the source of your own motivation, I invite you to read each story in the series and learn from the example of others. The author will take you on a compelling journey and inspire you to examine why you compete. Each story outlines how people of diverse backgrounds and means are motivated to overcome serious obstacles in pursuit of their goals. Saslow’s message is clear: identifying the source of your motivation allows an athlete to persevere through adversity and maximize his or her performance. A link to the series appears at the end of this article. What is the source of your motivation? Consider the following:

- Are you curious to learn how well you can perform when measured against an international standard?
- Is competition your primary means to earn money and support yourself and your family?
- Does competition bolster your ego and enhance your self-efficacy?
- Will winning create opportunities for you in the future?
- Do you compete to bring pride to your community or advance the interests of others?
- Does competition satisfy your thirst for the adrenaline you enjoy?
- Will success identify you as a world-class athlete and make you famous?
- Do you compete for the love of the event and carry-forward a proud tradition of excellence for your family, unit, or country?

Improving Your Performance

Understanding motivation allows the athlete to learn about factors that may influence his or her performance. Whether an athlete realizes it or not, motivation is a desire that energizes goal-oriented behavior. As he or she progresses in his or her sport, the source of motivation may change or shift focus, but its effect on his or her performance will remain.

Motivation allows athletes to focus, or in some cases, refocus on their goal. When an athlete does not feel like training or finds himself in the midst of a performance slump, reflecting on why he or she chooses to compete may be the light at the end of the tunnel. Recovering
from an injury may be easier with the proper motivation. When an athlete finds him or herself at a crossroads, reflecting upon his or her motivation to compete may clarify his or her decision to continue in the sport. Although countless other examples exist, an athlete should use his or her influence to achieve peak performance.

The 2008 Olympic Games exposed dozens of successful athletes who used their own personal motivation to overcome performance obstacles and beat the odds. A brief review of an athlete’s biography and a few Internet queries will allow you to predict an athlete’s influence using one or more of Saslow’s categories as a guide. While an athlete’s motivation may not be the same, he or she can use another athlete’s example as inspiration for his or her own personal journey. Athletes should use motivation as a catalyst to improve their performance and they will understand why it is important to ask “why.”

One Final Shot

On behalf of the Air Force Shooting Team, let me extend our heartfelt congratulations to the Olympians - especially to our teammate Lt. Col. Dominic Grazzioli and our U.S. Army comrades Maj. Michael Anti, Sgt. First Class Daryl Szarenski, Sgt. First Class Jason Parker, Staff Sgt. Elizabeth Callahan, Staff Sgt. Keith Sanderson, Spc. Glenn Eller, Pfc. Vincent Hancock, Cadet Stephen Scherer, and Sgt. First Class (ret) Brett Erickson. Their personal commitment and dedication to our sport is inspirational. I was also proud to see the civilian athletes on the medal stand knowing they experienced the pride all of us feel everyday in uniform. Wherever our nation’s flag is raised— at home or abroad —the feeling is the same.

Until the next competition, the Air Force Shooting Team challenges each of you to leverage your personal motivation to reach your goals and pursue excellence in all you do. If you have any questions about the Air Force in general, please visit www.airforce.com for more information.

Coaches’ Corner

By Major David Johnson, National Rifle Coach

Here we are at the end of the last Olympic cycle and at the start of the drive for London 2012! Time passes swiftly—it seems we just finished the Athens Olympic Games and Beijing was upon us. Your U.S. Team had great success with a lot of drama in Beijing—in fact the U.S. Shooting Team was one of the most successful components of the overall U.S. Olympic Team 110 medal effort in China.

The Beijing success began in Athens 2004 and even out of the efforts of prior U.S. Teams. As a coaching and management staff, we try very hard to learn lessons, good and bad, from past efforts, leave “no stone unturned” in our preparation, and organize and plan the team activities and efforts towards the best chance for success.

Lessons from the past: team unity and cohesion issues. One of the challenges USA Shooting has, considering the diverse events of rifle, pistol and shotgun, is to help create and foster a team atmosphere and unity of purpose at the Olympic Games every four years. Throughout the quadrennial, the three disciplines do not always travel together. Shotgun normally has different world cup locations and dates than rifle and pistol. USA Shooting coaches and staff set out four years ago to make every effort to bring the athletes together with the idea that the veterans and the new folks from all disciplines can meet each other, learn how to support each other and most importantly gain from each other’s experiences and training. We did this with mandatory joint training camps, daily team meetings and promotion of an organized plan to the athletes.

“No stone unturned...”: sometimes you have to look backwards to move forward. Often, some of the most productive time is spent looking at what seemed to work and trying to figure out if what you did was really as it seemed to be or if there was actually a different result of your efforts and plans that were key to success. Our motto is to find the areas we need to help improve and make our athletes’ strengths even stronger. This cycle we investigated specific sports fitness, nutrition and diet, sports psychology strategies and periodization principles and did our best to implement them with the athletes so that they were prepared in every area we could think of for success in Beijing.

Organized Plan: four years ago, USA Shooting staff and some athletes recognized that one of the team’s success factors in Athens was having a training and acclimatization camp prior to the Games in a similar environment and time zone. For Beijing, we actually practiced the camp last October 2007 with athletes and staff in Changwon, Korea (Thanks USAMU and Mr & Mrs. Aylward!). We also held organized camps prior to many world cups and the 2006 World Championships, all in an effort to prepare the athletes and to learn what we needed to do for the pre-Beijing Olympic Camp. We set up the schedule of competitions in coordination with USAS Competitions staff and the USAMU so that athletes could follow basic periodization principles in their training and competitions as we approached Beijing. We set out a
On Stepping Up

“'It's the Olympics. If you aren't nervous, you aren't human!'”

We interrupt our “regularly scheduled programming” for a look at the recently concluded Beijing Olympic Games. The next installment of this series will follow up the previous article to continue the discussion of learning and ultimate performance. Insights gained because of the recently concluded Olympics, and discussed in this article, provide ideas that are closely related to that discussion.

The U.S. Olympic Shooting Team made many headlines at this Olympics. The six medals earned are the most won since the 1984 Olympics, additional athletes earned spots in their finals (placing the USA in contention for an additional six medals) and one athlete’s unusual story of adversity saw another chapter written. It was also fun to watch our “adopted team member” from the Czech Republic add to her Olympic experiences. Does he wish he had two more medals? Of course! Is he all broken up over the two missed opportunities? Not at all. Disappointed, but not debilitated. Not even close. Instead of focusing on the outcome, he focuses on the performance, and that focus carries through even to those famous two shots. What people forget is how strong the previous 129 shots were. It was a little more nervous on the last shot, but by no means out of control. Seriously. I had a plan for that final. I’ve done of all their performances, and plans for the future.

Naturally, the topic of the three position match was next. Matt’s comments:

“Ok, to be perfectly honest with you, I was a little more nervous on the last shot, but by no means out of control. Seriously. I had a plan for that final. I’ve been looking forward to that final for a long time because I knew if I did anything remotely close to normal, I’d be in there. I was following that plan. My visualization was good, I was able to keep my emotions under control and I was shooting good shots. I knew the 10th shot would be challenging and I wasn’t going to fool myself and think that my arousal level wouldn’t rise. I thought it would and I had a plan of how to deal with that. I knew how the crowd reacted to the shots, so I was prepared for that. I was doing fine with the crowd noise. It was really nothing more than noise in the background for me.

“In retrospect, I guess the last shot was a little faster than the others. I was told that it went off about 10 to 12 seconds faster than the others. So, had the shot made it down to the bull and I could have held, that would have been about five to seven seconds faster. I was told my first nine shots were like clockwork as far as they went off. It’s something I’m aware of now, but regardless, I’m still very confident that had that shot made it to the bull, it would have been good. I remember that when I looked through the sights as I was coming down into the target, I got a sense of confidence.
My body felt solid and I was ready for it. Like I said, as I was getting on the bull and getting on the first stage, it just went off. It surprised me. And that’s it.

Notice that Matt had prepared for that final and had a plan... even to the point of looking forward to it. His other comments in his email, and those from his open letter, are all positive. Those who know Matt are not surprised. Like any great athlete, he remains positive, toughs out the dark moments and strives to meet the next challenge.

Jason Turner – The Journey

Jason Turner earned a medal as well. His medal was in the men’s air pistol competition. The pistol discipline in this country has not established a dominant presence at the Olympics for some time, to say the least, so his medal is quite exciting! When asked about his trip to China, he said “I had a blast!”

Jason shared some insights about how he learned to perform in major competitions. His story is quite typical, starting shooting many years ago, then getting serious about 14 years ago, training, learning and competing. His journey is quite lengthy, lengthier than most athletes are willing to endure. Yet he persevered and stuck to his goals and dreams and enjoys the journey.

He attributes his success to “hard work and patience” through the years. At times, he would shoot well, and enjoy it. At others, his performances would falter. Rather than quit in disgust or pass them off as “just another bad day,” he examined those times to gain insight into why the performances were not up to par. These insights allowed him to improve. Otherwise, he would have only a memory of a bad performance and nothing learned from it.

Suffering through those many dark moments – and days – of frustration, yet maintaining perspective, motivation and learning is an example of one of the hardest parts of “hard” work... and patience. When he talked about those “dark moments,” there was no doubt that it was not easy at times to stay the course. Anyone can keep motivation going when all is going well. The best learn how to keep it going in the tough times.

Jason shared very interesting insights about his two Olympics event, and a couple of prior events that helped him gain the perspective needed to perform well.

In the 2004 Athens Olympics, Jason was squared next to one of the “big names” in men’s pistol. That added a bit of extra kick to his nervousness of being at his first Olympics. Like Matt said in the quote above this article, “if you aren’t nervous...”!

That experience, along with competition in numerous World Cup events through the years, helped Jason learn that he could compete with anyone and that gave him confidence to continue and to perform even better.

One watershed event in Jason’s development as a top athlete took place at the 2007 Pan American Games. Jason loves free pistol, relishes the intense challenge it provides, works hard at it and identifies more with free pistol than with air pistol. He was shooting very, very well in international competition and came into the Pan Ams with high expectations. Uh, oh... there is that “E” word again! Sure enough, his first 20 record shots were horrible. I am not being mean or critical here. Jason said he put all kinds of pressure on himself and said the shots were not at all good. He could easily have given up, “mailed in” the rest of the match and posted a low score. Instead, he stopped. He relaxed and reflected on what was happening and what needed to happen – especially with his thoughts. Then he refocused on what he needed to do and how he needed to do it. His last 40 shots were well above his average at the time.

This experience helped him truly understand the significance of his thoughts. Yes, something that is seemingly as insignificant as what he thought had a major impact on his score. This is true for all athletes – even the ones who deny it. He understood this, reoriented his thoughts and the performance was transformed.

In Beijing, Jason was entered in both air pistol and free pistol. Jason had started shooting strong air pistol scores a few months earlier, and had made the team, but had limited expectations. As a result, he said that he relaxed, found his optimal mode in order to “just focus” and “just do,” and came away with an Olympic medal. Note that he did not put his mental focus on past mistakes or future desires. He stayed in the present moment as much as possible and went about his business of “just shoot” the match.

In free pistol Jason shot several points off his average, despite shooting very strong scores for the entire quadrennial and being very consistent for about a year and a half leading up to the Olympics. Although many of his shots were very strong, he had too many that scored eight. He feels that he had a bit of loss of focus right at the critical moment of the shots. Notice how the slightest change in focus, visually away from the front sight or mentally from the present moment, have a profound effect on the performance.

Jason is another athlete who quietly goes about his business in a positive manner with a focus on performance as the path to outcome.

Nervousness & Stepping Up

How does one learn to “step up” to such a lofty level of pressure and competition? It turns out the key is to understand that it is not at all about stepping up to a higher level! Yes, that’s right. Instead, one must understand the challenge they wish to achieve, understand what is needed to meet the challenge, understand how to learn, then do the hard work and have patience in the dark moments and dare to strive. Meet that challenge, then set the next one. Repeat. Over and over.

Almost anyone can learn to shoot. It all comes down to mental toughness. Remember speed skater Dan Jansen? He was a master of technique and tactics. Yet, he fell in every Olympic event he entered. No medals. Finally, in his very last race, he won his gold. The difference was the work he and his coaches did to toughen him mentally so that his perception of his abilities and of the challenges was properly balanced. This allowed proper focus. Ultimately, mental toughness is nothing more than a solid recipe of experiences, perspectives, beliefs and appropriate
focus gained through proper training and competition.

This idea of “there are no levels” has developed in my mind over time. I didn’t invent it — rather discovering it for myself is but one example of the steps in my own journey of learning through reading, listening to my mentors, coaching athletes and my own training. To explain the concept of no levels and more fully explain the alternative of challenge cycles, the following paragraphs are slightly edited (to clarify and correct typos) from an email on this topic to one of my mentors.

Dear Doc Z…

I have noticed with many athletes that the first time (or first few times in some cases) they enter a competition at a new (higher) level, they falter. Then they learn that the other athletes are no different, that they can perform with them, come to terms with the new level and learn to perform well. The paradigm is that of “stepping up” to a new level. At first, thinking of them as levels seems an intuitive and obvious way of thinking about the issue. People will often say “You have no idea the pressure at the Olympics!”

In thinking about how to break that “try-fail first” cycle, I thought about one of the critical elements that must be in place to facilitate “flow” and how that element might apply to the situation above. The element of interest is that the challenge must be well balanced with the ability to meet the challenge. That is, the challenge must require effort, yet be attainable. If the two mismatch very much, the athlete is either discouraged (“I can’t”) or bored (“It’s too easy”) and therefore “flow” cannot be achieved and/or the performance is sub-par.

In my thinking about this element, some years ago I came to the conclusion that it wasn’t whether the two (challenge and ability) were well balanced, but whether or not the athlete’s perception of the two was well balanced. Since then, I have successfully assisted athletes in adjusting their perceptions in such a way that they achieved “flow” and/or performed consistently at levels far exceeding their previous belief pattern. This is not a mental trick nor giving of empty platitudes. It is helping the athlete understand and believe in their actual capabilities based on proper training and hard work.

While one can look at the larger or more important competition as being up one or more levels, that is done from a fixed, external reference. If we shift the reference to that of the athlete’s internal point of view (the one point of view that actually matters), the concept of levels can go away. Simplistically, a challenge is either easy, attainable with proper effort and focus or seemingly impossible in the mind of the athlete. It matters not where that challenge falls on an externally referenced scale.

Younger students have commented to me that the state high school championships was harder and more nerve wracking for them than national championships. (The former event had well balanced challenge/ability factors, the latter event was beyond their level of achievement at the time so they didn’t get the nerves of trying to win.) This lent insight. More interestingly, students have also commented that they found it easier to “step up” to a higher level when we had worked together to properly prepare them, as compared to earlier in their career when they didn’t feel mentally prepared. This is the perception adjustments work. They commented on how they had “stepped up” to very high levels without undue strain or trauma, and on a very consistent basis.

With that background, we come to the point. Rather than thinking about each new level as a new and higher level that one must learn to “cope” with, one might think about it as a continuous cycle of challenge, learn, achieve. Each time we increase the challenge, it is merely a matter of proper training (physical, technical, mental, emotional — all in proper proportion) and work to meet the new challenge. “I have increased the challenge before and then eventually met it, and done that several times, so I can do it again and again until I can meet any challenge.” As one repeats that cycle, one gains even more confidence in their ability to repeat the cycle. In effect, they become stronger as the challenge grows, rather than feeling like they have to start all over again for the next level.

That was the main body of my email. Along with a few words of encouragement, my mentor’s emailed response was “A most well thought out and on target (no pun) piece of writing. It is indeed the perception of the event and not its status on some external scale that matters. Working on an internal cycle of challenge, learn, achieve acknowledges this reality and returns more control to the athlete.” This comment is from a gentleman who has a PhD in psychology, and has worked professionally for decades in high performance enhancement in the fields of athletics, academics and military combat. For the past 15 plus years he has directed a performance enhancement laboratory in all those fields for a very well known university, including coaching work with numerous Olympic medalists in a wide variety of sports.

Notice that he mentioned an athlete’s sense of control. Athletes who feel in control have a lot of fun — and are very hard to defeat.

Stepping up is easy once we understand there is no stepping up merely a new challenge to be learned and met, just as with previous challenges. Yes, some challenges require more training, thought, patience and effort than others do, yet the principle is unvarying.

Ultimately, challenges are too hard only if we tell ourselves they are too hard.

Acknowledgements

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It takes guts to “put yourself out there” on the world stage. It also takes guts to allow your private thoughts and mistakes to be discussed publicly, such as in this article, so that others may learn. Jason’s and Matt’s willingness to do all those things provides us all with interesting lessons learned about times that do not go as planned and about how to meet the challenge. Congratulations on your Olympics gentlemen! Both of you represent the USA very well, both on and off the field of play.

Based in the Atlanta, Ga., area, JP O’Connor (jpoc@acm.org and http://www.america.net/~jpoc/) is involved in shooting as a competitor, is a former Assistant National Coach – USA Paralympics Shooting Team, serves on the National Coach Development Staff in both rifle & pistol, coaches the rifle and pistol teams at North Georgia College & State University, and coaches a junior club. He enjoys working with a number of pistol and rifle athletes from around the country, ranging from beginners to the highly advanced, in clinics and one-on-one private coaching. Previous installments of this series may be found at www.pilkguns.com.
BEIJING, China - The U.S. Olympic Team for Shooting turned out an outstanding performance at the 2008 Olympic Games in Beijing, China earning six medals to double the medal count from Athens four years ago. Arguably, the most successful showing for the U.S. in the history of the Olympic shooting competition, the U.S. Shooting team brought home two gold, two silver and two bronze medals and set a total of five new Olympic records.

Corey Cogdell (Eagle River, Alaska) won the first medal for the U.S. on August 11 when she took home the bronze in the women’s trap competition. Two-time Olympian and U.S. Army Marksmanship Unit (USAMU) member Glenn Eller (Katy, Texas) kept up the medal winning trend for the shooting team the next day when he claimed his first Olympic medal, earning the gold in men’s double trap. Kim Rhode (El Monte, Calif.) captured her fourth Olympic Games medal in four Olympic Games on Thursday, August 14 when she fought through the rainy weather conditions to claim the silver in women’s skeet.

Team USA earned two additional medals on Friday, August 15 when 2004 Olympic gold medalist Matt Emmons (Browns Mills, N.J.) took home the silver in Men’s 50m Prone Rifle and the U.S. also learned that same day that 2004 Olympian Jason Turner (Rochester, N.Y.) was awarded a bronze medal in the Men’s 10m Air Pistol event after Kim Jong Su from North Korea was disqualified for a positive drug test.

USAMU member Vincent Hancock (Eatonton, Ga.) capped off the impressive medal winning performance by the U.S. earning the gold in the men’s skeet event, which was the final medal won by the U.S. Shooting team at the 2008 Games.

August 9 was the first day of the shooting competition at the Beijing Shooting Range Hall and the Women’s 10m Air Rifle event was contested, which was the first event where medals were awarded at the 2008 Olympic Games. Jamie Beyerle (Lebanon, Pa.) claimed the fourth spot, barely out of medal contention, after an impressive performance shooting a qualification score of 397, a final score of 102.8 for a total of 499.8.

“That is the best I shot since the World Cup USA last year, so I am really happy with it," Beyerle said following her fourth place finish.

Emily Caruso (Fairfield, Conn.), a 2004 Olympian, finished in 15th place with a score of 395 qualification points. The first gold medal of the 2008 Olympic Games went to Katy Emmons, of the Czech Republic, who finished with a qualification score of 400, a final of 103.5 for total score of 503.5, setting a finals Olympic record. Katy Emmons, who was the 2004 bronze medalist, is married to U.S. rifle shooter Matt Emmons. The silver medal in Women’s Air Rifle went to Lioubov Galkina of Russia with a score of 502.1 and Snjezana Pejic of Croatia took the bronze with 500.9.

With Kim Jong Su’s positive drug test, came a bronze medal for Turner, which was the first medal the U.S. has earned in pistol since Erich Buljung, won the silver in men’s air pistol at the 1988 Olympic Games.

Turner was presented his bronze medal by International Olympic Committee (IOC) member James Easton in a ceremony hosted by the U.S. Olympic Committee on Saturday, August 16 at the USA House in Beijing.

"It feels great to win the bronze, though I still don’t think it has all sunk in yet,” said Turner. “When (Team Leader Dwayne Weger) called me with the news I was dumbfounded, and for the next few days I was in shock and not really expecting it to happen. I didn’t consider being a medalist until they actually put it around my neck.”

Jason Turner and Brian Beaman (Selby, S.D.) turned out tremendous performances for Team USA in the Men’s 10m Air Rifle event. Turner finished the day in fourth place, which later ended up earning him the bronze medal. Beaman finished in fifth, but was eventually elevated to the fourth spot.

Turner entered the final with a qualification score of 583, while Beaman shot a qualifying score of 581. Turner shot a 99.0 in the final and Beaman fired a score of 101.0, each finishing the final with a score of 682.0. Turner earned fourth place with a 10.5 to Beaman’s 10.3 in a one-shot shoot-off.

Beaman’s total of 101.0 in the final round was second only to the eventual gold medalist Pang Wei of China, whose final score of 102.2 gave him a total of 688.2, nearly four points ahead of silver medalist Jin Jong Oh of Korea, who shot a total score of 684.5.

The men’s trap qualification was also held on the first day of competition at the Beijing Shooting Range Clay Target Field (CTF) and after 75 targets U.S. Air Force shooter and 2008 Olympic Shooting Team Captain Dominic Grazioli (San Antonio, Texas) was holding 16th place with an overall score of 69 targets. Three-time Olympian Bret Erickson (Bennington, Neb./Muenster, Texas) was in the 31st spot with 65 targets going into the second day of competition. Grazioli ended up finishing his first...
Olympic Games in 22nd place on Sunday with an overall score of 113 targets, while 47-year old Bret Erickson (Bennington, Neb.) took 23rd place, also with 113 targets.

"Obviously I wish I could have performed better," Grazoli, 44, said after the competition. "I didn't live up to my capabilities, but overall I had a great time and now I have to decide whether or not I am going to retire."

David Kostelecky of the Czech Republic captured the gold in men's trap, shooting a perfect score of 25 in the final, finishing with a total of 146 targets. Italy's Giovanni Pellielo won the silver medal with 143 targets. Olympic gold medalists Michael Diamond of Australia and Alexey Alipov of Russia each finished the final tied at 142 targets. In the shoot-off, Alipov took the bronze medal after hitting three targets to Diamond's two.

Shooting in her first ever Olympic Games, Brenda Shinn (Riverside, Calif.) finished 37th in the Women's 10m Air Pistol event after firing a score of 373. Shinn, 46, who began shooting in 1979 and stopped competing in 1987 after the birth of her son, took up the sport again in 2006. Her goal when she came back to shooting was to make the 2012 Olympic team.

"To come in at my age after only shooting competitively for the past two years, it's amazing for me to be at the Olympics," said Shinn. "Of course I am disappointed with my performance, but it's been such a great experience and one I am going to build from."

Three-time Olympian Beki Snyder (Colorado Springs, Colo.), who was competing in the first of her two events at the 2008 Olympic Games, ended the competition in 41st place with a score of 370.

The gold medal in air pistol went to China's Guo Wenjun, the number one ranked female air pistol shooter in the world. Guo finished in first place with an overall score of 492.3, which is a new Olympic record. Natalia Paderina of Russia took the silver with a total score of 489.1 and Georgia's Nino Salukvadze claimed the bronze with 487.4.

Twenty-one year old Corey Cogdell took home the bronze medal for Team USA after an exciting shoot-off in the final of the women's trap competition on August 11.

Cogdell, who has only been shooting International Trap competitively for a little over two years, entered the final round with a qualification score of 69 out of 75 targets. In the 25 target final, Cogdell shot a score of 17 and ended the final round in a four-way tie at 86 targets with Japan's Yukie Nakayama, Diana Gudzinevicuice from Lithuania and Elena Struchaeva of Kazakhstan.

Cogdell drew the fourth spot for the shoot-off and after the first three shooters missed their targets, Cogdell hit a small piece off her target to take third place and claim the bronze.

"I didn't expect to do this well after only shooting competitively for the past two years," Cogdell said. "I wasn't even supposed to get on the Olympic team. My goal was to be on the 2012 Olympic team, so to win a medal at the Olympics at this point in my career is really a dream come true."

Cogdell has two medals from previous international events, having claimed the bronze medals at the 2007 World Cup in Korea in her first international competition, as well as the 2007 Pan American Games.

Finland's Satu Makela-Nummel won the gold with a final score of 21 targets, setting a new finals Olympic record and finishing with an overall score of 91 targets. Zuzana Stefecekova of Slovakia took the silver with 89 targets.

In the Men's 10m Air Rifle event, which was held the same day, two-time Olympian and USAMU member Jason Parker (Omaha, Neb.) placed 23rd with a total score of 591, while 19-year old West Point Cadet Stephen Scherer (Billerica, Mass.) took the 27th spot with 590.

Men's air rifle was the first of two events for Parker in Beijing, who also shot men's 3 position on the final day of competition.

"It's great to be shooting in my third Olympics," said Parker right after the match. "My performance was disappointing, but I think I did some things right and I plan on taking that with me into my 3 position competition on Sunday."

Abhinav Bindra of India took home the gold in men's air rifle with a total score of 700.5. The silver went to China's Zhu Qinan with 699.7 and Henri Hakkinen of Finland claimed the bronze with 699.4.

The following day at the Beijing Shooting Range CTF, Glenn Eller captured the gold medal and set two Olympic records in the men's double trap competition.

Eller is no stranger to finishing on top of the podium in double trap. On the world cup circuit in 2007, he claimed the gold medal in Korea and also took home the gold at the world cup final. He captured the silver medal at the 2008 "Good Luck Beijing" ISSF World Cup, which...
served as the Olympic Test Event, this past April.

Eller’s USAMU teammate Jeff Holguin (Yorba Linda, Calif.), who was competing for the U.S. on his first Olympic team, went into the double trap final in third place with a score of 140, shot 42 targets in the final and ended in fourth place with an overall score of 182.

“I got off to a bad start and couldn’t really figure out what I was doing wrong,” Holguin said of his performance. “I came here to win; my goal wasn’t just to make the team. I am disappointed, but hats off to Glenn who is not only my teammate, but a good friend.”

D’ Aniello took the silver with 187 targets, while the bronze medal was won by Hu Binyuan of China with 184 targets.

Jason Turner was back on Tuesday along with Daryl Szarenski (Saginaw, Mich.), a two-time Olympian and member of the USAMU, to compete in the Men’s 50m Free Pistol event.

Szarenski, who claimed the bronze medal at the “Good Luck Beijing” 2008 ISSF World Cup this past April, which was the first World Cup medal won by a U.S. shooter in Men’s Free Pistol since 2000, was the top American finisher in men’s free pistol at the 2008 Olympic Games, taking 14th place with a total score of 555. Turner took 21st place with 553.

Speaking about his performance following the match, Turner said, “It was a little rough. I had to work very hard just to accomplish what I did today. I didn’t have any expectations going in to the match. I just went in and tried to execute each shot as well as I could.”

The gold went to Jin Jong Oh of the Republic of Korea, the silver medalist in 2004, with an overall score of 660.4. Kim Jong Su from the Democratic People’s Republic of Korea finished second with 660.2 and therefore should have taken home his second medal of the Games, but because of his positive drug test, the silver went to China’s Tan Zongliang who finished with overall score of 659.5 and the bronze was awarded to Vladimir Isakov of the Russian Federation with 658.9.

The Women’s 25m Sport Pistol competition took place the following day at the Beijing Shooting Range Hall. Fifty-six year old Libby Callahan (Columbia, S.C.), who is the oldest known American woman to compete for the U.S. at an Olympic Games (winter or summer), was the highest U.S. finisher in the event, taking 25th place with a total score of 575.

“I made some mental errors that cost me from being competitive in the match,” said Callahan after her competition. “I am really disappointed, but I have enjoyed being here in Beijing for the Olympics and overall it’s been a great experience.”

Beki Snyder, who was competing in her second event of the 2008 Olympic Games, also earned an overall score of 575 points, finishing in 28th place. Both Callahan and Snyder have competed in three previous Olympic Games.

Chen Ying of China won the gold medal with a final score of 793.4, which is a new Olympic record. Mongolia’s Otryad Gundegmaa earned the silver medal with 792.2 and the bronze went to Dorjsuren Munkhbayar of Germany with 789.2.

Kim Rhode (El Monte, Calif.) added to her Olympic medal tally on Thursday when she captured the silver medal in the women’s skeet event.

Rhode, who won the gold in women’s double trap in 1996 and 2004 as well as the bronze in 2000, also shot in the skeet event at the Sydney and Athens Olympic Games, but switched to skeet shooting full-time after the women’s double trap event was removed from Olympic competition in 2004.

“After double trap was eliminated in 2004, it was a bittersweet win for me,” said Rhode. “On one hand I won the gold, but on the other hand I knew the challenge I faced in completely switching to skeet. I couldn’t be happier with winning a medal today. Gold, silver or bronze, I don’t think it matters. I am just so glad to be back at the Olympics and representing my country.”

Rhode came out tied for first place at 93 targets with Italy’s Chiara Cainero and Christine Brinker of Germany. In the sudden death shoot-off, Rhode and Brinker each missed a target on their first pair, while Cainero hit both of her targets, giving her the gold medal. Battling for the silver in a second shoot-off, Brinker missed one of her targets and Rhode hit both to take home the silver.

In a tremendous effort, Jamie Beyerle barely missed out on earning a spot on the medal podium for the second time at the 2008 Beijing Olympic Games, this time in the Women’s 50m 3 Position Rifle event. Beyerle entered the final with a score of 586, just three points out of first place, which was held by China’s Du Li. Despite shooting an excellent final score of 100.9 and standing in second place overall going into the final shot, Beyerle fired a score of 8.7, which wasn’t enough to land her on the podium and she finished in fifth place with an overall score of 686.9.

“It was a great match. I am disappointed, but to finish in fifth place isn’t bad and it’s really been a great experience overall shooting at the Olympics,” said Beyerle.

Beyerle has dominated the women’s 3 position for the U.S. over the past few years. She is the bronze medalist from the 2007 World Cup USA and claimed the gold at the 2007 Pan American Games. At the 2008 U.S. Olympic Team Trials, Beyerle finished on top by a substantial margin of 22 points, to claim her first berth to the U.S. Olympic Team. Most recently, Beyerle captured the silver medal in Women’s 3 Position at the 2008 World Cup in Milan, Italy.

Sandra Fong (New York, N.Y.), the other U.S. shooter competing in women’s 3
I had the best match of my life today, but it turned out that someone else shot a little better," Emmons said of taking the silver in the Men's 50m Prone Rifle event. Emmons had an extremely successful 2007, winning a total of eight medals on the ISSF World Cup circuit. He secured his two spots on the 2008 U.S. Olympic Team in men's prone and men's 3 position rifle and won a gold medal in 3 position at the Beijing Shooting Range Hall on Saturday when Vincent Hancock captured the gold in men's skeet and set two Olympic records.

Hancock was in first place going into the final after hitting 121 out of a possible 125 targets in the qualification round, which is a new Olympic record. Hancock shot 24 targets in the final to finish tied with Norway's Tore Brovold, who shot a perfect 25, at 145 targets. Both shooters hit their first pair in the first shoot-off and in the second shoot-off, Brovold missed one of his targets, while Hancock hit both to claim the gold medal and set another Olympic record for the final.

“I've always dreamed of getting gold and now I've got it,” said Hancock. “I like to deal with pressure and now it's paid off. This is such an amazing feeling and I wouldn't trade a minute of it.”

Already at the young age of 19, Hancock is a World Champion, Pan American Games Champion, 2007 World Cup Italy Champion and world record holder, World Clay Target Championship bronze medalist and now an Olympic Champion.

Brovold took the silver in men's skeet and Anthony Terras of France claimed the bronze in a shoot-off with Antonis Nikolaidis of Cyprus.

U.S. shooter Sean McLelland (Mission, Texas) finished the qualification round tied for sixth place at 118 targets with six other shooters, but missed a target on his first pair in the shoot-off, failing to qualify for the six-person final. McLelland ended the competition in 11th place overall.

U.S. Army Staff Sgt. Keith Sanderson (San Antonio, Texas), a member of the World Class Athlete Program (WCAP) stationed at Ft. Carson, Colo., placed fifth in the Men's 25m Rapid Fire Pistol event.

Sanderson had an exceptional qualifying round, scoring an Olympic record of 583 points and lead the field by two points entering the final round, which was the first time he has ever held the lead going into a final. Sanderson's disappointing score of 193.6 in the final dropped him out of medal contention and he finished in fifth place overall with 776.6.

“I am happy with how I shot today in the regular match, but I shot horrible in the final and I am pretty disappointed,” said Sanderson. “I had a lot of fun in the qualification round though. I don't always get to say I truly had fun in a match, but I can honestly say I had fun today. I wish it could've turned out different, but the whole Olympic experience has been great, especially being here to represent my country.”

The rapid fire gold medal went to Oleksandr Petriv of the Ukraine, who shot an Olympic finals record of 780.2, including a 200.2 in the final round. Germany's Ralf Schumann took the silver with a 779.5, while Christian Reitz of Germany won the bronze medal with a 779.3.

The nine-day shooting competition at the 2008 Olympic Games concluded at the Beijing Shooting Range Hall on Sunday, August 17 with Matt Emmons finishing in fourth place in the Men's 50m 3 Position Rifle event.

Emmons, who won the silver medal in men's prone earlier in the competition shot a tremendous qualification round, finishing with scores of 399 in prone, 389 standing and 387 kneeling, which put him in second place overall at 1175 going into the final. Emmons was right behind 2000 Olympic gold medalist Rajmond Debeve of Slovenia, who had a qualification score of 1176.

Reminiscent of the final shot in the same event in Athens when Emmons was on his way to a gold medal, then cross-fired finishing in eighth place, he was once again in the same situation. Heading into the final shot standing comfortably in first place by 3.3 points, Emmons accidentally hit the trigger prematurely with his finger and fired a disappointing 4.4 to finish in fourth place.

“I didn't feel my finger shaking, but I guess it was," Emmons said after his
match. “I realized it went off and I hoped it made it into the black. I call it a freak of nature; I felt normal in this match, maybe just a little bit more nervous. If it had made it to the bullseye, it would have been great.”

Emmons had an outstanding final, shooting seven 10s in a row, but the 4.4 on his last shot just wasn’t enough to keep him in medal contention. “In an Olympic final to shoot that many 10s in a row, that’s as good as it gets and I am happy with it,” Emmons said. “I would love to have a medal around my neck right now, but I had 129 really good shots today and a phenomenal final, so I really can’t complain. I don’t know why I am not supposed to win this event, but everything happens for a reason and it will be good motivation for me for the next four years.”

The gold medal went to Qiu Jian of China who shot a total score of 1272.5. The silver medal was claimed by Jury Sukhorukov of the Ukraine with a 1272.4, while Slovenia’s Rajmond Debevec won the bronze medal with a score of 1271.7.

Jason Parker who was competing in his second event of the Beijing Games finished in 22nd place with a prone score of 393, a standing score of 384 and a kneeling of 387 for a total of 1164 points.

After competing at the highest level and turning out personal best and record breaking performances at the 2008 Olympic Games, the U.S. Shooting team walked away with an impressive six medals, increasing the all-time Olympic shooting medal tally from 97 to 103. The accomplishments of Team USA in Beijing help to make these Games one of the most successful Olympic Games to date for the sport of shooting.

“We are extremely pleased with our success at the Beijing Games, which goes beyond winning six medals, but also with the additional strong performances in all three disciplines,” said USA Shooting Executive Director Bob Mitchell. “Our team’s performance bodes well for the future with many of our shooter athletes being at an early stage in their shooting careers.”
END OF AN ERA

Eras come and go. People come and go. Some are remembered and some are not. One person that will always be remembered within the ranks of USA Shooting is National Shotgun Coach Lloyd Woodhouse. After winning an unprecedented four medals at the Beijing Olympics, two gold, one silver and one bronze, Coach Lloyd Woodhouse has retired as the team coach after 24 years of leading the Team USA to a record of number international medals and records.

Growing up in what is now Virginia Beach, the first memory that Lloyd Woodhouse remembers is the air raid drills during WWII. Huddled in the dark with his family, he would think of his biggest passion; hunting butterflies. As he grew older, he amassed an enormous bug collection.

Born May 14, 1935 Lloyd Woodhouse has touched many lives throughout his career. The Norfolk, Va. native began shooting at the early age of eight years old, hunting with a sling shot and then later a Daisy Red Ryder BB gun with his father and brother. The consummate athlete, Lloyd played football, basketball and ran track. Enjoying the competition, he excelled in those sports and received numerous scholarships for track and basketball, but instead of going to college to further his education, he chose a different direction.

During his senior year in high school in 1952, the then 17 year old followed in his family’s military footsteps, joining the Naval Reserves during the Korean conflict. He spent his summer vacation in Naval Reserve School learning to be an Aviation Ordinance technician. Spending only three years in the Navy, his love of airplanes pulled him in another direction and in August of 1955 he joined the United States Air Force. Chosen to go into Fire Control Systems, Lloyd spent 58 weeks training at Lowry Air Force Base in Denver, Colo. Graduating with honors and at the top of his class, the USAF recognized his communications skills and ability to teach and he was selected to become an instructor teaching at Lowry for the next few years. Late in 1958, he was transferred to a base in Illinois to a Field Training Detachment Assignment, (Mobile Training Detachment) and became a traveler going from base to base training airmen. On assignment to San Francisco in 1959, he was visiting family and saw a picture of a young woman at the beach playing in the surf. Entranced with the photo, he asked to be introduced to her and three months later on June 19, he married his wife Bobbie.

Returning back to central Illinois, he continued to instruct, spending the next 14 years teaching the Air Force’s Hound Dog System. It was there in 1961 that several hunting buddies introduced him to trap and skeet to improve his pheasant hunting. Little did they realize the importance of that introduction and how it would lead him in yet another direction.

Starting out in American skeet, his passion for the game was soon apparent and he quickly moved to the international sports. As a part time hobby in Illinois, he started running the trap and skeet range which allowed him to shoot more often. Continuing to improve, he began shooting with the Air Force shooting team and attended his first big international match; the U.S. National Championships in 1971 in Litchfield Park in Phoenix, Ariz. In 1975, he transferred to San Antonio and in 1976 accepted the head coaching position with the U.S. Air Force Skeet Team and competed in 1976 Mexico’s Benito Juarez Championships. He stayed in San Antonio running the skeet team for nine years and retired from the Air Force in 1985 as a Chief Master Sergeant.

That same year, he applied for the Shotgun National Team Coach position in Colorado Springs. For the next 23 years, Coach Woodhouse guided the United States Shooting Team to over 428 medals in the shotgun disciplines of trap, double trap and skeet. That includes 127 individual gold medals, 109 individual silver medals, 100 individual bronze medals and countless team medals, both in junior and open events. In 1992, he created the Junior Olympic (JO) Team, raising the money for that program through private donations. Introducing kids to the international shooting sports has been at the forefront of Coach Woodhouse’s career and many an Olympian was introduced to the international shotgun sports through that program.

The highlight of this coaching career came when the shotgun athletes won gold, silver and bronze medals at the 1996 Olympic Games in Atlanta. As a result, he was named the USA Shooting Coach of the Year in 1996 and again in 1999 and 2003. His athletes also won bronze medals at the 2000 Olympic Games in Sydney and a gold medal in Athens in 2004.

In 2003, Coach Woodhouse led the shotgun team to six gold and one silver medal at the Pan American Games, sweeping the shotgun events to secure the maximum number of 2004 Olympic quota slots and three individual world titles. That feat earned him recognition from the United States Olympic Committee and he was named Coach of the Year in 2003; the only shooting coach in the history of the shooting team to receive that honor.

During the course of his tenure with the U.S. Shooting Team, Coach Lloyd Woodhouse headed up six Olympic teams, six Pan American teams, six World Championship teams, numerous Olympic festivals, Championships of the America’s, countless World Cups and has been instrumental in raising funds so that future shooters can continue their journey in the international shotgun shooting sports.

Coach Woodhouse’s decision to retire was one of soul searching and reflection.
Upon announcing his retirement, cries of protest came from around the country. A beloved and respected man was moving on. What better way to celebrate his decision than to honor him with a retirement party. Over 200 people from around the country trekked their way to Colorado Springs in mid-July to celebrate the life and accomplishments of Lloyd Woodhouse.

Held at the El Pomar Foundation, athletes from years gone by showed up to honor their Coach. Col. Steven Richards, former president of the USA Shooting Board of Directors flew in from San Antonio to speak on the contributions of this selfless man. Shooters from the 60’s, 70’s and 80’s surprised the coach when they stood up to share their remembrances of how Coach Woodhouse affected their lives, not only in competition, but as young adults. Skeet shooter Bob Schuele came in from Chicago to regale the attendees of World Cup trips and matches from the early 70’s. From the 80’s, World Champion Trap shooter, Frances Strodtman drove in from Montana and reminded the room of how Woodhouse stood his ground to fight for women’s participation in the shooting sports during those turbulent times. While the rest of the world was content to let women sit on the sidelines, Lloyd Woodhouse fought the battle many women were not allowed to fight, and as women’s participation in the shooting sports grew year after year, Lloyd Woodhouse’s labors were not always recognized. But that never stopped him. He just kept plugging along, with an unmatched tenaciousness. Newly appointed USA Shooting Director of Operations, Bill Roy, who in the 90’s was a member of the Air Force shooting team, told us of the 19 countries that he and Coach Woodhouse traveled, representing the U.S with the rest of the team.

During the course of the evening there were many tears shed, but none from sadness. Tears of joy, of laughter and of remembrance flowed freely throughout the evening. As Lloyd and his wife Bobbie sat quietly with smiles of gratitude and embarrassment, the international shooting community presented them with a parting gift of a vacation trip to Paris. After 24 years of giving their time and love to the shotgun athletes of yesterday, today and tomorrow, it was time for the athletes to give back to them what they gave without thought or regret.

Eras may end but they are never erased. It is because of Coach Woodhouse’s efforts that not only the athletes of today are successful, but the athletes of tomorrow will have a chance. From all of us in the international shooting sports to Coach Lloyd Woodhouse….Salute! A legacy is never forgotten, only revered.
Rifle/Pistol Nationals


Matt Emmons (Browns Mills, N.J.), the 2004 Olympic gold medalist, captured the national title in the Men's 50m Prone Rifle event after shooting a score of 597 in his first match, followed by a perfect 600 in his second match and secured the win with a final of 105.1. Emmons finished with a total score of 1302.0. Cody Rutter (Palmyra, Pa.) took second place with 1279.6 and Thomas Santelli (Prosperity, Pa.) finished in third place with 1277.3.

In the Men's Rapid Fire Pistol event, 2008 U.S. Olympic team member Keith Sanderson (San Antonio, Texas) finished in first place, claiming the national title and setting a new national record for his second match score of 590. Sanderson shot a 577 in his first match and a 198.2 in the final to finish with an overall score of 1365.2. USAMU member John Ennis (Simi Valley, Calif.) took second place with 1339.3, while USAMU member Brad Balsley (Uniontown, Pa.) finished in third place with 1338.4. Balsley also claimed the junior national title.

In the Men's Air Pistol event, 2004 Olympian Jason Turner (Rochester, N.Y.) took the national title for the second year in a row with a final score of 1270.8. Turner also set a new national record for a match score of 587, plus a final score of 101.8. Turner's 2008 U.S. Olympic teammates Brian Beaman (Selby, S.D.) and USAMU member Daryl Szarenski (Saginaw, Mich.), a two-time Olympian, finished in second and third places respectively with scores of 1254.5 and 1254.0. For the junior men, Nick Mowrer (Ramsay, Mont.) finished first with 1237.2, Alex Callage (Columbia, Md.) took second with 1223.2 and Anthony Lutz (Tonkanoxie, Kan.) finished in third place with 1204.4.

In Women's Air Pistol, 2008 U.S. Olympic team member Brenda Shinn (Riverside, Calif.) claimed the national title with an overall score of 854.6. Three-time Olympian Libby Callahan (Columbia, S.C.), finished second with 832.5 and Teresa Meyer (Dearborn, Mich.) took third place with 831.8. Courtney Anthony (Lexington, Neb.) earned the national title for the Junior Air Pistol Women with 830.0, while Kelsey Imig (Westminster, Pa.) finished in second place with 824.3 and Hannah Lewis (Colorado Springs, Colo.) took third with a total score of 806.7.

In the Women's 3-Position Rifle event, Jamie Beyerle (Lebanon, Pa.), the 2007 National Champion in Women's 3 Position and 2008 U.S. Olympic team member, won the national title, finish-
ing in first place with an overall score of 1269.0. Amy Sowash (Richmond, Ky.) finished second with a total score of 1258.3 and USAMU member Nicole Cooper (Kearny, N.J.) took third place with 1255.2.

Abigail Fong (New York, N.Y.) won the national title for the Junior 3 Position women for the second year in a row, finishing with a total score 1253.5. Sarah Scherer (Billerica, Mass.) took second place with 1252.7 and Fong's sister Sandra Fong (New York, N.Y.), a 2008 U.S. Olympic team member, claimed the third spot with 1250.8

Elisabeta Nishica (Acworth, Ga.) claimed the national title in the Women's Sport Pistol event with a total score of 1343.1. Libby Callahan took second place with 1337.8 and Janine Mills (Granbury, Texas) finished in third place with 1326.8. For the junior women, Kelsey Imig (Westminster, Mass,) captured first place with 1272.1, while Lauren Brester (Bozeman, Mont.) finished second with 1211.9 and Hannah Lewis (Colorado Springs, Colo.) took third place with a total score of 1186.0.

In the Men's Free Pistol event, Daryl Szarenski captured the national title with a total score of 1200.7. Two-time Olympian and USAMU member Jason Parker took second place with 1288.9. Last year's National Champion, Ryan Tanoue (Honolulu, Hawaii), finished in third place with 1286.1. Ethan Settemires (Walnut, Miss.) took first place for the juniors with a score of 1282.5, while 2008 Olympic team member Stephen Scherer (Billerica, Mass.) finished in second place with 1279.1 and Dustin Chesebro (Laramie, Wyo.) took third place with 1278.7.

Amy Sowash claimed the national title in Women's Air Rifle after finishing the event with a total score of 894.9. Jamie Beyerle finished in second place with 893.3, while Meghann Morrill (Verdi, Nev.) took third with 890.7. Megan English (Boulder, Colo.) finished in first place for the junior women with 886.7. Sandra Fong took second with 883.8 and Ida Peterson (University of Alaska) captured third place with 883.4.

The 2008 USA Shooting National Championships for Rifle/Pistol concluded on July 5 with the top three finishers in the Men's 3 Position Rifle event matching the top three in the prone competition that took place earlier in the week. Matt Emmons earned his third national title of the competition finishing on top with a final of 101.1 and a total score of 2455.1. Eric Uptagrafft took second place with a total score of 2437.1 and Michael McPhail finished third with 2435.8.

In the Junior Men's 3 Position event, 2008 U.S. Olympic team member and West Point Cadet Stephen Scherer (Billerica, Mass.) captured the national title with an overall score of 2404.8. Cody Rutter (Palmyra, Pa.) took second place with 2388.1 and Thomas Santelli (Prosperity, Pa.) finished in third place with 2386.3.

For complete results from the 2008 USA Shooting Rifle/Pistol National Championships, please visit www.usashooting.org.

**Shotgun Nationals**

The 2008 USA Shooting National Championships for Shotgun were held July 13-20, 2008 at Ft. Carson's International Shooting Park just outside of Colorado Springs. The event featured over 200 shotgun shooters, who were vying for national titles in men's and women's trap, double trap and men's and women's skeet.

In the trap event, Lance Bade and Miranda Wilder captured national titles in the open category, with Wilder also earning the junior women's trap title and Jacob Turner taking the men's junior trap title.

Three-time Olympian and 1996 bronze medalist Bade (Colorado Springs, Colo.) shot a qualification score of 265, a final score of 25 for a total of 290. Bade beat out Air Force shooter and 2008 U.S. Olympic Team member Dominic Grazioi (San Antonio, Texas) who finished in second place with 287 targets. Jacob Turner (Los Alamos, N.M.) rounded out the podium in third place with 286 targets. United States Army Marksmanship Unit (USAMU) members Matthew Wallace (Ft. Benning, Ga.) and Ryan Hadden (Phenix City, Ala.) finished in fourth and fifth places with total scores of 286 and 280 targets respectively. Air Force shooter Michael Herman (Peyton, Colo.) finished in sixth place with 278 targets.

In the women's competition Miranda Wilder (Diana, Texas) took home the national championship with a qualifica-
fourth place with 322 and Bryce Gearhart (Freeburg, Pa.) took fifth place with 313 targets. Ian Rupert (Muncy, Pa.) finished in the sixth spot with 312 targets.

Gearhart claimed the top spot for the juniors with 317 targets. Rupert finished right behind Gearhart in second place with 316 targets and Jared Fodor (Centerburg, Ohio), who was last year’s junior National Champion, took third place with 313. Billy Crawford (Johnstown, Ohio) captured fourth place with 307. Sam Lutz (Schnecksville, Pa.) and Garrett Walters (Burr Oak, Mich.) finished in fifth and sixth places with scores of 294 and 283 targets respectively.

The men’s and women’s skeet finals concluded the final day of competition at the 2008 USA Shooting National Championships for Shotgun with Jon Michael McGrath and Kim Rhode capturing national titles.

McGrath (Tulsa, Okla.), Frank Thompson (Alliance, Neb.) and Scott Schroeder (Niceville, Fla.) all finished the men’s open final tied at 310 targets. In an exciting shoot-off, McGrath shot 18 targets to Thompson’s 17 and Schroeder’s five to take home the title. Thompson claimed second place, while Schroeder took third. Allen Treadwell (Seligman, Mo.) and BJ Blanchard (Vidor, Texas) each ended the final with a score of 305 targets. Treadwell took fourth place after shooting 14 targets in the shoot-off, while Blanchard shot 13. USAMU member and 2004 Olympian Shawn Dulohery (Lee’s Summit, Mo.) finished in sixth place with 302 targets.

In the men’s double trap competition, USAMU teammates Glenn Eller (Katy, Texas), Jeff Holguin (Yorba Linda, Calif.), Josh Richmond (Hillsgrove, Pa.) and Bill Keever (Rutherfordton, N.C.) claimed the top four spots. Two-time Olympic and 2008 U.S. Olympic team member Eller captured the title with a match score of 289, a final of 48 and a total score of 337. Holguin, Eller’s 2008 Olympic teammate took second place with an overall score of 333 targets, while last year’s National Champion, Richmond, took third place with 328 targets. Keever finished in fourth place with 322 and Bryce Gearhart (Freeburg, Pa.) took fifth place with 313 targets. Ian Rupert (Muncy, Pa.) finished in the sixth spot with 312 targets.

Turner not only took the bronze medal in the men’s open category, but he also took home the gold in the men’s junior trap every with a score of 290 targets. Daniel Shineovich (Pueblo, Colo.) finished in second with a score of 281 and Dustin Anderson (Woodstock, Ga.) finished in third place with 275 targets. Seth Politi (Lexington, Mass.), Josh Cresswell (Bonnette, Mo.) and Jake Wallace (Castaic Calif.) rounded out the final in fourth, fifth and sixth places with scores of 273, 273 and 271 respectively.

In the women’s junior competition, Wilder doubled her 2008 National Championship titles finishing in first place with a score of 269. Browning took home the silver with 261 targets. Barney finished right behind Browning with 260 targets. Hadden finished fourth with a score of 256, Stephanie Martinago (Roseville, Calif.) finished fifth with a score of 252 and Tori Burch (Mountain Home, Texas) rounded out the final six with a score of 252 targets.

In the men’s double trap competition, USAMU teammates Glenn Eller (Katy, Texas), Jeff Holguin (Yorba Linda, Calif.), Josh Richmond (Hillsgrove, Pa.) and Bill Keever (Rutherfordton, N.C.) claimed the top four spots. Two-time Olympic and 2008 U.S. Olympic team member Eller captured the title with a match score of 289, a final of 48 and a total score of 337. Holguin, Eller’s 2008 Olympic teammate took second place with an overall score of 333 targets, while last year’s National Champion, Richmond, took third place with 328 targets. Keever finished in fourth place with 322 and Bryce Gearhart (Freeburg, Pa.) took fifth place with 313 targets. Ian Rupert (Muncy, Pa.) finished in the sixth spot with 312 targets.

American McGlone (Peyton, Colo.) took home the gold in the men’s junior category with a score of 294 targets. Nick Kimbrough (Atlantic, Ga.) finished in sixth place with 286 targets.

Last year’s national champion in women’s skeet and a 2008 U.S. Olympic Team member, Rhode (El Monte, Calif.), a three-time Olympic medalist (1996 and 2004 gold medalist, 2000 bronze medalist) in women’s double trap won her second consecutive national title in women’s skeet, finishing the event with 306 targets.

Brandie Neal (Spencer, Ind.) claimed second place for the skeet women with a final score of 25 targets and an overall score of 302 targets. Ali Chang (Redwood Shores, Calif.) took third place with 293 targets. Amber English (Colorado Shores, Colo.), Caitlin Connor (Winfield, La.) and Shari LeGate (Peyton, Colo.) finished in fourth, fifth and sixth places with overall scores of 292, 288 and 285 targets respectively.

Chiang earned the national title for the junior skeet women with a score of 294 targets. English took second with 292 and Connor finished third with 291. Jaiden Grinnell (Port Angeles, Wash.) finished in fourth place with 281 targets, while Sally Coggins (Bogart, Ga.) and Brandi Drozd (Bryan, Texas) took fifth and sixth places with 274 and 256 targets respectively.

For complete results from the 2008 Shotgun National Championships, please visit www.usashooting.org.
The 2008 Shotgun National Junior Olympics were held August 23-28 at the National Shotgun Range on Fort Carson, in Colorado Springs, Colo. The competition saw over 250 competitors participating in International Trap, Skeet and Double Trap events, many for the first time. Juniors qualified for the event by winning their State Junior Olympic Championships, or by shooting a qualifying score.

For the second year, USA Shooting and the Scholastic Clay Target Program (SCTP) teamed up to put on the National Junior Olympic Championships, giving many more kids the opportunity to travel to Colorado Springs, Colo. and compete in the event.

The competition kicked off with the Trap events. Winning the event for the men was Brian Burrows (Fallbrook, Calif.) who shot a perfect score of 125 targets in match competition and 23 targets in the final, giving him an overall score of 148. Seth Politi (Lexington, Mass.) took home the silver with a match score of 120 targets and a final score of 21 targets, for a total of 141. Rounding out the top three was Jacob Turner (Richland, Wash.) with a match score of 117 targets and a final of 21 targets for a total score of 138. Both Brian Burrows and Seth Politi were appointed to the National Development Team (NDT) for their first and second place finishes.

For the women’s side, Miranda Wilder (Diana, Texas) beat out Rachael Heiden (Clinton, Mich.) for the gold medal in a shoot-off. Wilder went into the final with a match score of 115 targets and Heiden went into it two targets down with 113. In the final, Wilder shot a 21 and Heiden shot a 23, leaving the two women tied at 136 targets total. Wilder won the shoot off 3 to 2, securing the gold medal. Both women made the NDT as the top two finishers. Receiving the bronze medal was Victoria Burch (Mountain Home, Texas) with a match score of 109 targets and a final score of 22 targets for a total of 131 targets. Finishing in the top SCTP spot for Women’s Trap, securing her spot on the JOST, was Rickelle Pimentel (Fenton, Mo.) with a score of 123 targets.

In Men’s Double Trap, Billy Crawford (Johnstown, Ohio) won top honors with a match score of 141 targets and a final score of 49 targets for a total of 190 targets. Jared Fodor (Centerburg, Ohio) finished in second place with a match score of 138 targets and a final score of 46 targets, for a total score of 184 targets. Both Crawford and Fodor secured their spots on the NDT as the top two finishers. Ian Rupert (Muncy, Pa.) won the bronze medal in a shoot off for third with Garrett Walters. Both men finished with a total score of 180 targets, but Rupert won the shoot off 10 targets to 9.

Rounding out the competition were the Men’s and Women’s Skeet events. Winning the Men’s Skeet event was Olympic Training Center Resident Athlete, Frank Thompson (Alliance, Neb.) who shot a match score of 118 targets and a final score of 21 targets for a total score of 139. Only one target down, finishing with the silver medal was Wilfred (B.J.) Blanchard (Vidor, Texas) with a match score of 114 targets and a final score of 24 targets for a total score of 138 targets. Both Thompson and Blanchard have secured their spots on the NDT. Chris Haver (Clinton, Mich.) finished in the third spot with a match score of 113 targets and a final score of 22 targets for a total score of 135 targets. The SCTP top finisher was Thomas Bayer (College Station, Texas) with a total score of 132 targets, securing his spot on the JOST.

In Women’s Skeet, Caitlin Connor (Winfield, La.) took home the gold medal with a match score of 112 targets and a final score of 23 targets for a total score of 135 targets. Winning the silver medal was Amber English (Colorado Springs, Colo.) with a match score of 106 targets and a final score of 25 targets for a total score of 131 targets. Jaiden Grinnell (Port Angeles, Wash.) finished with bronze medal with a match score of 107 targets, a final score of 21 targets for a total score of 128 targets. The top SCTP shooter was Morgan Craft (Hughesville, Pa.) who finished with a total score of 81 targets.

For complete results from the 2008 Shotgun National Junior Olympic Championships, Please visit www.usashooting.org
Jamie Beyerle Claims Silver Medal, Matt Emmons Wins Bronze at World Cup in Milan, Italy

Jamie Beyerle (Lebanon, Pa.) took home the silver medal in Women's 3-Position Rifle at the 2008 ISSF Rifle/Pistol World Cup in Milan, Italy on May 27, 2008.

Beyerle entered the final in second place with a qualification score of 587 points. Beyerle fired excellent scores of 10.0, 10.8 and 10.4 in her final three shots to finish with a final score of 98.7 and an overall score of 685.7 points to secure the silver medal.

Germany's Sonja Pfiefsicher started the final in third place with 587 points and claimed the gold after shooting a final score of 100.6 for a total of 687.6 points. Kristina Vestveit of Norway, who entered the final in first place with a qualification score of 588 finished with the bronze medal after shooting a final score of 97.3 for a total of 685.3.

Chinese shooter Wu Liuxi took fourth place with a total of 678.4 points.

The silver medal went to France's Anthony Terras, who finished in second place with a total score of 145 targets. He had entered the final in fourth place with a qualification score of 120 targets, but he managed to climb up the score-board after shooting a perfect score of 25 targets in the final. Italy's Ennio Falco claimed the bronze medal in a shoot-off. The 1996 Olympic Champion Falco shot six hits to Leos Hlavacek's (Czech Republic) five hits in the shoot-off to win the medal with 144+6 targets. Hlavacek took fourth place with 144+5 targets.

Antonakis Andreou of Cyprus and Cristian Eleuteri of Italy finished in fifth and sixth places with total scores of 143 and 140 targets respectively.

Two days before Hancock's gold medal win, Bret Erickson (Bennington, Neb./Muenster, Texas), the 2008 Beijing World Cup bronze medalist, claimed the silver medal in men's trap.

Erickson shot 23 targets followed by three perfect scores of 25 targets and a 24 in the qualification round to finish with a score of 122 out of 125 targets. In the final, Erickson hit 22 targets, finishing with an overall score of 144 to claim the silver medal behind Australia's Michael Diamond.

The silver medalist Matt Emmons (Browns Mills, N.J.) took home the bronze medal in the Men's 50m Prone Rifle event.

Emmons claimed the bronze after a close struggle against his 2008 U.S. Olympic teammate Mike Anti (Winterville, N.C.), the 2004 silver medalist in 3-Position.

Emmons and Anti both entered the final with a qualification score of 595, and had very strong performances, but Emmons closed the final with two excellent shots of 10.8 and 10.4 points, finishing in third place with a final score of 103.8 and an overall score of 698.8 points.

“I am quite satisfied of my performances here in Milan,” said Emmons right before lining up for the final match. “I made it into the three rifle finals, I am there, so that's a good indicator in this moment.”

Anti finished in fifth place with a final score of 103.0 and a total score of 698.0, right behind Jury Sukhorukov of Ukraine, who took fourth place with a total of 698.1 points.

Vincent Hancock (Eatonton, Ga.) captured the gold medal in the men's skeet event on the final day of competition at the 2008 ISSF World Cup for Shotgun in Suhl, Germany on June 12, 2008.

Hancock took home the gold medal with 144+6 targets. Hlavacek took fourth place with 144+5 targets.

Vincent Hancock (Eatonton, Ga.) captured the gold medal in the men's skeet event on the final day of competition at the 2008 ISSF World Cup for Shotgun in Suhl, Germany on June 12, 2008.

Hancock shot 22 targets in the final to finish with a total score of 145 targets, taking home the gold.

Russia's Alexey Alipov, the 2004 Olympic gold medalist, earned the bronze medal with a total score of 143 targets. Italy's Daniele Resca finished in fourth place with 142 targets. Bostjan Macek of Slovenia and Marian Kovacocy of Slovakia ended the final tied at 141 targets and in the shoot-off, Macek out-shot Kovacocy 2 to 1, taking fifth place, while Kovacocy finished sixth.

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

Vincent Hancock Captures Gold, Bret Erickson Takes Home Silver at World Cup Suhl

Vincent Hancock (Eatonton, Ga.) captured the gold medal in the men's skeet event on the final day of competition at the 2008 ISSF World Cup for Shotgun in Suhl, Germany on June 12, 2008.

Nineteen-year-old Hancock, a World Champion and world record holder, entered the final in first place with 123 qualification targets and shot an excellent final round of 24 hits, finishing in first place to take home the gold medal with a total score of 147 targets.

Of missing a single target on the third station in the final, Hancock said, “It happens. I have been working on that with my coaches and when you miss a target it’s important to remain focused. Bad things out, positive thinking in.”

On the final day of competition at the Milan World Cup, 2004 Olympic gold medalist Matt Emmons (Browns Mills, N.J.) took home the silver medal in Women's 3-Position Rifle at the 2008 ISSF Rifle/Pistol World Cup in Milan, Italy on May 27, 2008.

Beyerle entered the final in second place with a qualification score of 587 points. Beyerle fired excellent scores of 10.0, 10.8 and 10.4 in her final three shots to finish with a final score of 98.7 and an overall score of 685.7 points to secure the silver medal.

Germany’s Sonja Pfiefsicher started the final in third place with 587 points and claimed the gold after shooting a final score of 100.6 for a total of 687.6 points. Kristina Vestveit of Norway, who entered the final in first place with a qualification score of 588 finished with the bronze medal after shooting a final score of 97.3 for a total of 685.3.

Chinese shooter Wu Liuxi took fourth place with a total of 678.4 points.

The silver medal went to France’s Anthony Terras, who finished in second place with a total score of 145 targets. He had entered the final in fourth place with a qualification score of 120 targets, but he managed to climb up the score-board after shooting a perfect score of 25 targets in the final. Italy’s Ennio Falco claimed the bronze medal in a shoot-off. The 1996 Olympic Champion Falco shot six hits to Leos Hlavacek’s (Czech Republic) five hits in the shoot-off to win the medal with 144+6 targets. Hlavacek took fourth place with 144+5 targets.

Antonakis Andreou of Cyprus and Cristian Eleuteri of Italy finished in fifth and sixth places with total scores of 143 and 140 targets respectively.

Two days before Hancock’s gold medal win, Bret Erickson (Bennington, Neb./Muenster, Texas), the 2008 Beijing World Cup bronze medalist, claimed the silver medal in men’s trap.

Erickson shot 23 targets followed by three perfect scores of 25 targets and a 24 in the qualification round to finish with a score of 122 out of 125 targets. In the final, Erickson hit 22 targets, finishing with an overall score of 144 to claim the silver medal behind Australia’s Michael Diamond.

Two-time Olympic gold medalist Diamond, who was coming off a gold medal win at the World Cup USA in Kerrville, Texas in May, entered the final with a qualification score of 123 targets. He shot 22 targets in the final to finish with a total score of 145 targets, taking home the gold.
USAS Board of Directors Election

The Nominating Committee is seeking qualified candidates to serve on the USA Shooting Board of Directors for four seats that are up for election this fall. Three at-large positions will be elected by the Board with the new directors seated at the spring meeting for either a two or four-year term. The nominating committee is seeking candidates who will measurably add to the breadth and scope of the Board and whose abilities are not adequately represented on the board currently.

The Committee is also seeking nominations for the Coach-Official director position on the board. Candidates must be either currently licensed USA Shooting officials or USAS-NRA international coaches.

Nominations should include a biography of the candidate and can be sent to the attention of Robert Mitchell at USA Shooting by mail, or faxed to 719-866-4687 or sent to President James Lally, Chair of the Nominating Committee, at 2496 Sierra Dr. Upland, CA 91784.

Golden Anniversary Celebration for Lones and Mary Kay Wigger

Congratulations to Lones and Mary Kay Wigger for their 50 year Golden Anniversary on December 28, 2008! Ron, Dan and Deena (Lones and Mary Kay’s children) would like to extend an invitation to all of their friends and family to help celebrate this monumental occasion. To say shooting has been a major part of their marriage would be an understatement, as most know. For that reason, the reception will be held in conjunction with the 3XAir Match as an opportune time and excuse to get everyone together. We will host a reception on December 6th beginning at 5:00 p.m. at the historic Meadow Muffins Sports Grill & Saloon in Old Colorado City.

Bill Roy Hired as Director of Operations for USA Shooting

USA Shooting hired Lt. Col. Bill Roy (Colorado Springs, Colo.) as the new Director of Operations on July 25. Roy recently retired from the U.S. Air Force after 27 years of service. He most recently served as an English instructor and Assistant, then Head Coach of the Cadet Rifle Team at the U.S. Air Force (USAF) Academy for the past four years.

“I have shot for so long and it’s been such a big part of my life, that it is very gratifying to be able to give back to the sport that has taught me so much,” said Roy. “Shooting is an endeavor that has such a positive impact on people. It teaches them discipline, focus, self control, perseverance, goal setting and learning to deal with disappointment as well as success. I am really looking forward to helping USA Shooting give our athletes the opportunity to succeed.”

A 1996 Olympian, 11-time member of the U.S. Shooting Team and 18-time member of the U.S. Air Force Shooting Team, Roy brings an extensive amount of competitive experience to his new role at USA Shooting and specializes in sports psychology and mental training.

Roy is a 1981 graduate of the USAF Academy, where he majored in Humanities and was a member of the cadet trap and skeet teams. Much of his career was spent as a fighter pilot and he also served as the Commanding Officer of a cadet squadron and instructor pilot for the cadet flying program.

Roy served in the Headquarters of the North American Aerospace Defense Command before returning to the USAF Academy as a coach. His competitive accomplishments include numerous Interservice victories, three National Championships, four World Championships and three Pan American Games medals. Roy was also a member of the U.S. Air Force Reserves and was a commercial airline pilot.

Originally from Thousand Oaks, Calif., Roy now resides in Colorado Springs with his wife, Vickie, and has five daughters.
2008 Senior Open for International Trap

Article and photo submitted by Maxey Brantley

“Record highs” at the 2008 Senior Open for International Trap had double meanings August 15-17 at the Hillsboro Trap and Skeet Club near Portland Ore. Thirty-three shooters ages 45 and over from the four corners of the U.S. and Canada endured 100+ degree temperatures during this year’s event. All three senior category national records were smashed with some sizzling scores as well!

The Senior Open for International Trap is a 125 target match conducted over two days. Competitors are divided into three equal classes based on their performance over the first 75 targets from day one. Each class (A, B, C) complete the course of fire on day two and round out the match with a “final” by class.

Going into the Championship (A Class) single barrel finals, Guy Avedisian (Ocala, Fla.) lead with 118 x 125, with S.L. Wang (San Gabriel, Calif.) and Maxey Brantley (New Braunfels, Texas) tied for second with 112. Rounding out the top six were Dave Senter (St. Helens, Ore.) - 111; Richard Lichtenberg, (Bellevue, Wash.) - 109; Cosimo Greco, (Richmond, B.C., CAN) - 108. Breaking a solid 21 x 25, Guy Avedisian emerged as the Champion for the second straight year. New national records include: Senior 1 - 118 x 125 (Guy Avedisian); Senior 2 – 112 x 125 (S.L. Wang); Senior 3 – 109 x 125 (Richard Lichtenberg).

New this year was a USA Shooting sponsored perpetual trophy, presented to the Champion and then displayed in Colorado Springs in the USAS National Office along with the other National trophies. Lindsay Brooke, Director of Competitions at USAS was present as an event observer and addressed the shooters during the club dinner on Saturday night. “USAS recognizes the contributions of the senior shooters to our shotgun programs. We are keenly aware they are the backbone behind many local competitive events, range projects and junior-shooter development. This trophy is part of our way of saying thank-you for that involvement,” Brooke said.

Dave Senter, President of the International Shooting Sports of Oregon, sponsor of this year’s event, thanked everyone for their participation. “Compared to the 2008 USAS Trap National Championships, this match rivals its popularity with virtually the same number of seniors in attendance at both events.”

Maxey Brantley, the event organizer said, “We are working to make this competition the crown jewel of the shooting year for ‘seasoned’ shooters. We virtually doubled the attendance from last year’s event in Kerrville, Texas. The fact that so many people helped shoulder the load for running this year’s shoot speaks volumes and demonstrates ‘Sport for Life’ isn’t just an empty slogan.”

Planning for the 2009 event is underway and the need for a larger capacity is obvious. San Diego, Calif. and Gainesville, Fla., each with two bunkers, are being considered for next year’s event.
A Capitol Fourth:
Dominic Grazioli (second from left), a member of the 2008 Olympic Team, was one of 15 other Olympians, past and present, honored at the annual Fourth of July celebration on Capitol Hill in Washington, D.C. A Capitol Fourth was aired on July 4th on PBS stations and was simulcast across both National Public Radio and the American Forces Network.

Corey and Jay:
2008 Olympic Bronze medalist in Women’s Trap, Corey Cogdell, appeared on the Tonight Show with Jay Leno on July 17th, before heading to the Olympic Games in Beijing. Cogdell was featured in a segment called “You Make the Call” alongside Emmy Award Winning actress, Betty White, who stared in The Golden Girls.

Oprah:
Five of our six 2008 Olympic Medalists appeared on the 23rd Season Premiere of The Oprah Winfrey Show on September 8th. Along with over 175 other medalists, Shooting medalists (from left): Glenn Eller, Vincent Hancock, Corey Cogdell, Jason Turner and Kim Rhode, celebrated their return from the Games with Oprah Winfrey at the Pritzker Pavillion in Chicago’s Millennium Park.

Vogel USA Inc.
Congratulates Ozark H.S. JROTC Rifle Team

for Setting TWO back-to-back National Records at the Junior Olympics in Anniston, Alabama and becoming the 2008 National Champions

Their Pellets of choice...
## Schedule of Events

<table>
<thead>
<tr>
<th>Match #</th>
<th>Match Name</th>
<th>Club Name</th>
<th>Match Level</th>
<th>Discipline Name</th>
<th>City</th>
<th>State</th>
<th>Start Date</th>
<th>End Date</th>
<th>How to Register</th>
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<tbody>
<tr>
<td>3721</td>
<td>Louisiana-Mississippi State Air Pistol Championship</td>
<td>Southwest Gun Club Inc.</td>
<td>Preliminary Tryout</td>
<td>Pistol</td>
<td>Mccomb</td>
<td>MS</td>
<td>10/17/08</td>
<td>10/19/08</td>
<td>Club Rep: Mickey Brondum Phone: (504) 543-7587 Email: <a href="mailto:mickbrondum@bellsouth.net">mickbrondum@bellsouth.net</a></td>
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<tr>
<td>3722</td>
<td>Louisiana-Mississippi State Air Rifle International Championship</td>
<td>Southwest Gun Club Inc.</td>
<td>Preliminary Tryout</td>
<td>Rifle</td>
<td>Bogue Chitto</td>
<td>MS</td>
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<td>10/19/08</td>
<td>Club Rep: Mickey Brondum Phone: (504) 543-7587 Email: <a href="mailto:mickbrondum@bellsouth.net">mickbrondum@bellsouth.net</a></td>
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<td>3723</td>
<td>The Sharon Wintertional Pistol PTO</td>
<td>Sharon Fish &amp; Game Club Inc.</td>
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<td>Sharon</td>
<td>MA</td>
<td>10/19/08</td>
<td>10/19/08</td>
<td>Club Rep: Peter R. Jones Phone: (571) 333-0034 Email: <a href="mailto:prjassociates@worldnet.att.net">prjassociates@worldnet.att.net</a></td>
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<tr>
<td>3600</td>
<td>Southeast Texas Prove League</td>
<td>Austin County 4-H Shooting Sports</td>
<td>Preliminary Tryout</td>
<td>Rifle</td>
<td>Rosenberg</td>
<td>TX</td>
<td>10/19/08</td>
<td>10/19/08</td>
<td>Club Rep: Brian Gardner Phone: (979) 637-0001 Email: <a href="mailto:brian@alot.com">brian@alot.com</a></td>
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<td>3478</td>
<td>USA Shooting Air Rifle and Pistol PTO Match</td>
<td>Cedar Hill Jr. Gun Club</td>
<td>Preliminary Tryout</td>
<td>Rifle, Pistol</td>
<td>Blackfoot</td>
<td>ID</td>
<td>10/25/08</td>
<td>10/26/08</td>
<td>Club Rep: Randy Shikashio Phone: (208) 785-4800 Email: <a href="mailto:randy@bigsky.net">randy@bigsky.net</a></td>
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<td>3570</td>
<td>Riverbend Gun Club Monthly Pistol League</td>
<td>River Bend Gun Club</td>
<td>Preliminary Tryout</td>
<td>Pistol</td>
<td>Cowcreek</td>
<td>GA</td>
<td>10/25/08</td>
<td>10/25/08</td>
<td>Club Rep: Dennis Lindsermo Phone: (770) 576-0046 Email: <a href="mailto:dlindsermo@comcast.net">dlindsermo@comcast.net</a></td>
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<tr>
<td>3386</td>
<td>Black Mountain Monthly PTO Match</td>
<td>Black Mountain Shooting Club</td>
<td>Preliminary Tryout</td>
<td>Pistol</td>
<td>Chino</td>
<td>CA</td>
<td>11/2/08</td>
<td>11/2/08</td>
<td>Club Rep: Greg Knutzen Phone: (650) 856-0154 Email: <a href="mailto:gregknutzen@hotmail.com">gregknutzen@hotmail.com</a></td>
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<td>3803</td>
<td>Delaware State Pistol Club Nov Free Pistol PTO</td>
<td>Delaware State Pistol Club</td>
<td>Preliminary Tryout</td>
<td>New Castle</td>
<td>DE</td>
<td>11/9/08</td>
<td>11/9/08</td>
<td>Club Rep: Fred Manion Phone: (302) 478-7206 Email: <a href="mailto:fredmanion@aol.com">fredmanion@aol.com</a></td>
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<td>3609</td>
<td>Delaware State Pistol Club Nov Air Pistol PTO</td>
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<td>New Castle</td>
<td>DE</td>
<td>11/9/08</td>
<td>11/9/08</td>
<td>Club Rep: Fred Manion Phone: (302) 478-7206 Email: <a href="mailto:fredmanion@aol.com">fredmanion@aol.com</a></td>
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<td>3673</td>
<td>November International Air Pistol PTO</td>
<td>Los Angeles Sportman’s Assoc.</td>
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<td>Bedford</td>
<td>MA</td>
<td>11/9/08</td>
<td>11/9/08</td>
<td>Club Rep: Dick Dyer Phone: (714) 786-9400 Email: <a href="mailto:dyer937@verizon.net">dyer937@verizon.net</a></td>
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<td>3405</td>
<td>2008 USA Shooting A &amp; HHSS Quarterly PTO</td>
<td>Fort Bend County 4-H Shooting Sports</td>
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<td>Pistol, Rifle</td>
<td>Rosenberg</td>
<td>TX</td>
<td>11/14/08</td>
<td>11/16/08</td>
<td>Club Rep: Dorothy Shureman Phone: (832) 549-4905 Email: <a href="mailto:shureman.dorthy@comcast.net">shureman.dorthy@comcast.net</a></td>
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<td>3722</td>
<td>NW. Open International Air Pistol Match</td>
<td>Southwest Gun Club Inc.</td>
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<td>Mccomb</td>
<td>MS</td>
<td>11/14/08</td>
<td>11/16/08</td>
<td>Club Rep: Mickey Brondum Phone: (504) 543-7587 Email: <a href="mailto:mickbrondum@bellsouth.net">mickbrondum@bellsouth.net</a></td>
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<td>Bogue Chitto</td>
<td>MS</td>
<td>11/14/08</td>
<td>11/16/08</td>
<td>Club Rep: Mickey Brondum Phone: (504) 543-7587 Email: <a href="mailto:mickbrondum@bellsouth.net">mickbrondum@bellsouth.net</a></td>
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<td>3906</td>
<td>Phoenix RGC November PTO</td>
<td>Phoenix Rod &amp; Gun Club</td>
<td>Preliminary Tryout</td>
<td>Pistol</td>
<td>Gilbert</td>
<td>AZ</td>
<td>11/15/08</td>
<td>11/16/08</td>
<td>Club Rep: Donald Pond Phone: (480) 556-1900 Email: <a href="mailto:dpond@yaho.com">dpond@yaho.com</a></td>
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<td>3402</td>
<td>INTERNATIONAL PRELIMINARY TRYOUT</td>
<td>Los Angeles Rifle &amp; Revolver Club</td>
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<td>Rifle</td>
<td>South El Monte</td>
<td>CA</td>
<td>11/15/08</td>
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<td>Club Rep: Ray Del Rio Phone: (714) 777-4585 Email: <a href="mailto:hammersru@yahoo.com">hammersru@yahoo.com</a></td>
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<td>2008 Air Rifle / Pistol PTO</td>
<td>Riverside Shooting Club</td>
<td>Preliminary Tryout</td>
<td>Pistol, Rifle</td>
<td>Bay City</td>
<td>MI</td>
<td>11/16/08</td>
<td>11/16/08</td>
<td>Club Rep: Thomas Morton Phone: (989) 631-3078 Email: <a href="mailto:rlfenn@msn.com">rlfenn@msn.com</a></td>
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<td>Sharon</td>
<td>MA</td>
<td>11/16/08</td>
<td>11/16/08</td>
<td>Club Rep: Peter R. Jones Phone: (571) 333-0034 Email: <a href="mailto:prjassociates@worldnet.att.net">prjassociates@worldnet.att.net</a></td>
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<td>Blackfoot</td>
<td>ID</td>
<td>11/22/08</td>
<td>11/23/08</td>
<td>Club Rep: Randy Shikashio Phone: (208) 785-4800 Email: <a href="mailto:randy@bigsky.net">randy@bigsky.net</a></td>
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<td>Arcadia</td>
<td>FL</td>
<td>11/22/08</td>
<td>11/22/08</td>
<td>Club Rep: Pete Slack Phone: (853) 494-5853 Email: <a href="mailto:pete@vibrantmail.com">pete@vibrantmail.com</a></td>
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<tr>
<td>3533</td>
<td>Shooting Stars (Winter) PTO</td>
<td>NASSA</td>
<td>Preliminary Tryout</td>
<td>Pistol, Rifle</td>
<td>Carrollton</td>
<td>TX</td>
<td>12/6/08</td>
<td>12/6/08</td>
<td>Club Rep: E.J. “Coach” Wong Phone: (972) 234-8788 Email: <a href="mailto:dragon154@bigsky.net">dragon154@bigsky.net</a></td>
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<tr>
<td>3387</td>
<td>Black Mountain Monthly PTO Match</td>
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<td>Chino</td>
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<td>Club Rep: Greg Knutzen Phone: (650) 856-0154 Email: <a href="mailto:gregknutzen@hotmail.com">gregknutzen@hotmail.com</a></td>
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<tr>
<td>3388</td>
<td>2009 California State Junior Olympic Pistol Championship</td>
<td>Black Mountain Shooting Club</td>
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<td>Chino</td>
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<td>12/7/08</td>
<td>12/7/08</td>
<td>Club Rep: Greg Knutzen Phone: (650) 856-0154 Email: <a href="mailto:gregknutzen@hotmail.com">gregknutzen@hotmail.com</a></td>
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<td>12/14/08</td>
<td>Club Rep: Randy Shikashio Phone: (208) 785-4800 Email: <a href="mailto:randy@bigsky.net">randy@bigsky.net</a></td>
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<td>3276</td>
<td>Great Lakes Invitational</td>
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<td>Jackson</td>
<td>MS</td>
<td>12/13/08</td>
<td>12/14/08</td>
<td>Club Rep: J. Michael O’Connor Phone: (517) 308-0057 Email: <a href="mailto:jmccorkin@crossenergy.com">jmccorkin@crossenergy.com</a></td>
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<td>3378</td>
<td>2008 California State Free Pistol Championship</td>
<td>Palm Aire Rod &amp; Gun Club</td>
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<td>Pistol</td>
<td>Redwood City</td>
<td>CA</td>
<td>12/14/08</td>
<td>12/14/08</td>
<td>Club Rep: Bill Lane Phone: (562) 656-0154 Email: <a href="mailto:laneway656@att.com">laneway656@att.com</a></td>
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<td>December International Air Pistol PTO</td>
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<td>Bedford</td>
<td>MA</td>
<td>12/14/08</td>
<td>12/14/08</td>
<td>Club Rep: Dick Dyer Phone: (714) 786-9400 Email: <a href="mailto:dyer937@verizon.net">dyer937@verizon.net</a></td>
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### RIFLE, PISTOL

- **Events**: RIFLE, PISTOL
- **Name**: City, State
- **Start Date**: End Date
- **How to Register**: Email, Phone, Website
global plan and then integrated athlete training and plans into the overall template and effort.

All three disciplines had great success in Beijing. Kudos to shotgun for their four medal effort and to pistol for their first medal since 1988! In rifle, we were very competitive in almost every event; Matt Emmons had a silver in men’s prone to follow his Athens gold medal effort in one of the most impressive shooting performances I have seen in extremely difficult wind conditions. Jamie Beyerle and Matt were both in two finals with 4th and 5th place finishes. Mike Anti just missed the men’s prone final in a tie breaker after a strong performance in the wind and a challenging start. Emily Caruso, Jason Parker and “freshmen” Sandy Fong and Stephen Scherer all had bright spots in Beijing and were part of the four year effort towards success.

Going forward, we will learn from the lessons (both good and bad) of Beijing and begin our plan for success in London 2012. We have a great group of young talented athletes that will join the veterans of the U.S. Team as we prepare for the 2010 World Championships, World Cups and then the London Games. Thank you for all your support!

Continued from 15 - Coaches’ Corner
WINCHESTER

AA

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WINCHESTER AMMUNITION

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Winchester® AA® Target Loads

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- Clean burning AA primer and powder
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Official Ammunition of the USA Shooting Shotgun Team
The entire 2008 U.S. Olympic Team for Shooting poses for a team photo at Olympic Team Processing in San Jose, Calif. at the end of July before leaving the U.S. for a training camp in Korea, followed by the 2008 Olympic Games in Beijing, China. Front Row (from left): Brenda Shinn, Libby Callahan, Vincent Hancock, Jeff Holguin, Daryl Szarenski, Matt Emmons, Jamie Beyerle, Sandra Fong. Second Row: Kim Rhode, Beki Snyder, Mike Anti, Jason Turner, Bret Erickson, Dominic Grazioli, Sean McLelland, Corey Cogdell, Emily Caruso. Third Row: Team Physiotherapist Nick Potter, Keith Sanderson, Stephen Scherer, Glenn Eller, Jason Parker, Brian Beaman, Team Leader Dwayne Weger. Back Row: Pistol Coach Sergey Luzov, Shotgun Coach Lloyd Woodhouse, Rifle Coach Dave Johnson