2010 Athletes of the Year

Joshua Richmond

Kim Rhode
### ELEY World Cup 2010 Medal Tally

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

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

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

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

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### Bullet Types

<table>
<thead>
<tr>
<th>Type</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Tenex</strong></td>
<td>Olympic standard, medal winning, premium quality cartridges</td>
</tr>
<tr>
<td></td>
<td>used by experienced club shooters and internationals.</td>
</tr>
<tr>
<td><strong>Tenex Pistol</strong></td>
<td>The highest quality cartridge for semi-automatic pistols and rifles,</td>
</tr>
<tr>
<td></td>
<td>featuring a round nose bullet profile.</td>
</tr>
<tr>
<td><strong>Match</strong></td>
<td>Impressive results from a competition cartridge featuring many attributes</td>
</tr>
<tr>
<td></td>
<td>of Tenex. Amazing value for money and excellent accuracy.</td>
</tr>
<tr>
<td><strong>Match OSP</strong></td>
<td>Designed to appeal to shooters seeking high quality at a competitive</td>
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<tr>
<td></td>
<td>price. Suitable for use in semi-automatic pistols and rifles and</td>
</tr>
<tr>
<td></td>
<td>rapid fire pistols.</td>
</tr>
<tr>
<td><strong>Match Pistol</strong></td>
<td>Softer round with reliable functioning and high accuracy in all popular</td>
</tr>
<tr>
<td></td>
<td>pistols. Reduced velocity cartridge.</td>
</tr>
<tr>
<td><strong>Team</strong></td>
<td>New product for 2008! An improved version of the ELEY Club cartridge,</td>
</tr>
<tr>
<td></td>
<td>using the same flat nose bulk as used for Tenex and Match.</td>
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<tr>
<td><strong>Club</strong></td>
<td>Accurate and reliable mid-range cartridge</td>
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<td>used in all disciplines up to 50m range.</td>
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<td><strong>Sport</strong></td>
<td>An affordable general purpose cartridge, which is a great quality</td>
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<td>entity level round.</td>
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<tr>
<td><strong>.17 Mach 2</strong></td>
<td>Combining ELEY’s leading edge technology and Hornady’s 17</td>
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<td>grain V-Max blue tip bullets, to create affordable cartridges with</td>
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<td></td>
<td>unbelievable stopping power and back driving accuracy.</td>
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<tr>
<td><strong>Subsonic Hollow</strong></td>
<td>Super accurate and one of the quietest subsonic rounds on the market.</td>
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<tr>
<td></td>
<td>A lower velocity hunting cartridge with target shooting accuracy.</td>
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Please note this is a simple guide illustrating which ELEY products are suitable for different applications. NB Some of our products may also be appropriate for other applications not shown above, this may depend on how Firearms are set up and maintained.

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2012 PARALYMPIC HOPEFUL, MIKE Dickey
FROM THE EXECUTIVE DIRECTOR

FALL BOARD OF DIRECTORS MEETING

The semi-annual meeting of the USA Shooting (USAS) Board of Directors was held Oct. 23 at the Olympic Training Center in Colorado Springs. President Gary Anderson presided over the meeting. John Groendyke was seated as an At-Large director and welcomed by the group. Bob Mitchell and Bill Roy updated the directors on recent topics of interest. Gary reported on actions taken by the Executive Committee at their monthly conference calls since the November Board meeting.

Two By-law amendment proposals were adopted. The fundraising director position was changed to an At-Large director as the USA Shooting Team Foundation has taken on the organization’s fund development responsibilities. Chairman Ron Schauer represented the Foundation as a USAS director. The second amendment placed the same term limits on the Counselor as with other director positions.

Three At-Large director positions were up for election. The Nominating Committee reported there were a considerable number of well-qualified candidates that expressed interest in serving as directors. Kinsey Robinson was re-elected for a second term of four years. Dr. Jim Lally and Chris Stone were also elected as directors. Lally is a former director and USA Shooting President and is returning to the Board following a two year hiatus. Chris Stone is a West Point graduate and decorated Vietnam veteran. He is retired from Regions Financial Corporation. Chris is currently a member of the Board of Directors of the First National Bank of Omaha and is a member of the Board of Directors of the Civilian Marksmanship Program. Chris is expected to assume the role of Treasurer when seated next spring replacing Butch Eller, who has reached term limits.

Department managers and the national coaches provided updates on 2010 activities and accomplishments as well as objectives for 2011. Considerable time was devoted to continuation of last meeting’s strategic planning work. The focus was on the three identified projects of expanding and energizing the USAS fan base, increasing the number of Olympic-style shooting venues and providing accessible on-line marksmanship instructional materials.

The Board also adopted an Olympic athlete performance incentive/reward program for the 2012 London Games. The program is identical to that offered last quadrennial providing athletes with the opportunity to earn up to $80,000 for an Olympic gold medal, $40,000 for silver and $24,000 for a bronze medal. A similar reward program is under development for the Paralympic discipline.

The final action topic was adoption of an operating budget for 2011. As the meeting drew to a close, departing directors were recognized and thanked for their service. Those directors are Eric Uptagrafft (Rifle), Haley Dunn (Shotgun), Leland Nichols (At-Large) and Butch Eller (At-Large). Directors will continue to serve until their replacements are seated at the spring meeting April 2, 2011.

- Robert Mitchell
Recognizing Excellence

She's been shooting rifles competitively since she was 8 years old. She's wanted to be a part of the United States Army Marksmanship Unit (USAMU) since she was 10 years old. When she finally joined the U.S. Army three years ago, Sgt. Sherri Jo Gallagher's name and resume preceded her. As a civilian, she certainly was no stranger to winning. As a member of the USAMU Service Rifle Team, she's elevated the standard of excellence to a record-breaking level.

She wasn't always a Service Rifle competitor; Gallagher shot smallbore and air rifle while at the University of Nebraska and was on the National Development Team for a couple of years. Her Service Rifle roots pulled her back though, which was no surprise since her family is practically legendary in that sport.

After she joined the U.S. Army in 2008, Gallagher set four goals for herself: win the High Power Nationals, win the Long Range Nationals, win the Army Best Warrior Competition and win Olympic gold. In 2009, she achieved the first of these goals by winning the Long Range National Championships at Camp Perry.

This past August, again at Camp Perry, Gallagher crossed another goal off her list; she not only won the High Power National Championships, she set a new national record with her score of 2396 x 2400 (with 161x), disintegrating the old record of 2389 X 2400. She is only the second female ever to achieve this distinction – Nancy Tompkins, her mother, was the first! The last U.S. military competitor to win the High Power National Championships, by the way, was in 1987. Adding to the magnitude of this achievement is the knowledge that Gallagher shot a record-breaking score while suffering from the effects of a concussion sustained during her training in preparation for the Army Best Warrior Competition.

In early 2010, Gallagher was asked to compete for Soldier of the Quarter for the USAMU. These “boards” consist of the senior non-commissioned officers, prepared to answer a myriad of questions relating to Soldier skills, current events, history, etc. Winning this board set in motion a chain of events leading to subsequently higher-level board competitions. By October 2010, Gallagher eventually found herself sitting in front of Sergeant Major of the U.S. Army, Kenneth Preston, at the U.S. Army Best Warrior Competition at Fort Lee, Va.

The U.S. Army Best Warrior Competition is a test of mental and physical toughness, as well as leadership and decision-making skills designed to determine the U.S. Army's one best soldier for that year. Over the course of four days, soldiers take written and oral exams, write an essay, take a physical fitness test, qualify with the M-16 service rifle, conduct military operations on urban terrain (MOUT), react to fire, administer first-aid under simulated combat scenarios and demonstrate combative skills (hand-to-hand combat with mixed martial arts). Gallagher's injury was sustained while attaining Combative Level I certification, prior to the Service Rifle National Championships.

Following her amazing record-setting performance at Camp Perry, Gallagher returned to Fort Benning where she and her sponsor, Sgt. 1st Class David Steinbach, devoted the next two months to training and studying for the Best Warrior Competition. The goal of course, was to win. And when the dust finally settled and the rounds were all downrange, she had done exactly that. Gallagher became the first female to ever win the title of the U.S. Army’s Best Warrior.

Three out of the four goals she set for herself have been realized. What does it take to set such high standards for yourself and be confident enough to get there? “As long as you take everything one step at a time,” said Gallagher, “and just keep pushing forward, set small goals and just work at them little bits at a time, then eventually you’re going to hit whatever goal that you’re looking for.”

So what about that last goal of winning Olympic gold? It may not happen as soon as her other accomplishments–Gallagher’s time comes at a premium these days. Having returned from the Best Warrior Competition, Gallagher had a class date for Airborne School at Fort Benning. Upon graduation from Airborne, she entered the Warrior Leader Course (a U.S. Army promotion school) the very next week. In February, she will deploy for a tour in Afghanistan and she’d like to obtain her Combatives Level II certification at some point as well. If it were possible for females to attend Ranger School, you’d see her there too.

Making an Olympic Team may be on the back burner, but for now Gallagher is honored to represent the USAMU and the U.S. Army as the 2010 Army Soldier of the Year. “Nothing is better than being a Soldier,” said Gallagher.

Sgt. 1st Class Terri DeWitt
Where Are You Looking?  
Part II

“I have a team full of shooters with a world class hold;  
And almost none of them can deliver the shot!”

In the previous article, we explored two important aspects of the sight picture for target pistol shooters, both resulting in seemingly large white spaces instead of what are mistakenly thought to be “precise” references. We now take this theme to rifle, with surprising results. Pistol shooters should carefully read this article just as rifle shooters should have carefully read the previous article. Both articles hold insights for both disciplines. The quote at the beginning of this article is from a national team rifle coach a few years ago. He was commenting to me on the inability of many of his athletes to confidently, decisively and consistently deliver quality performances under pressure. Each athlete had his or her own challenges and reasons.

One challenge that many of them shared, and that almost none of them or their coaches understood, was that their front apertures were too small. The vast majority of shooters have selected a size that is too small for them, especially if they have a great hold. On the contrary, a small percentage of shooters use what appears to others to be huge front apertures. What is going on here, and why do we make the assertion that most have their aperture too small?

First, we must explore why smaller apertures, consistent with one’s ability to hold the rifle steady, are thought to be best. As an athlete improves his or her ability to hold the rifle steady, he or she may choose to reduce the front aperture size. In all cases, the size is generally recommended to be large enough to contain the hold so that the bull is not disappearing outside the front aperture ring. As a result of this advice, once an athlete develops a tight hold, he or she may choose an extremely tight aperture.

The reason for small apertures is visual precision. Without a doubt the smallbore ten-ring and ten-dot for air rifle are very small and consistently hitting them demands a high degree of repetitive precision. The “engineers” among us want measureable precision; they choose the bottom of the black or thin line of white pistol holds and tight front apertures on rifles. The good news is this provides an opportunity for improved visual precision. The bad news is this causes lots of eye movement and it increases the sensation of movement of the hold. These themes should be familiar from the previous article.

With tight front apertures, one is tempted to “check” all around the white ring between the bull and the front aperture ring to ensure it is even. This is done by following the ring in a circle or by bouncing around in sort of a star pattern. Additionally, the athlete is constantly trying to discern the very small white ring to evaluate the aim causing eye strain.

A few years ago, triangular apertures were made available on the market. An “engineer” had the bright idea that a triangle provided only three places to check, instead of the entire ring. While that was true, it involved eye movement. The apertures were a failure because holds opened up and results were worse than before. This was no surprise to athletes and coaches who understand the need for, and power of, the quiet eye.

When the eye is moving, the gun is moving. When the mind is thinking, the gun is moving. Both subtle eye movements and increased brain activity cause the hold to open up. The tight front aperture magnifies the apparent movement of the gun. This erodes the athlete's confidence and destroys the ability to follow a high performance style of shot process. Trigger jerking and/or flutter finger become quite common in this situation. Many a triggering problem has been solved with a large front aperture. The result of tight apertures is the perception of increased hold motion, eroded confidence, added eye strain, increased brain processing (visual and otherwise), significant and debilitating triggering issues and a greatly increased difficulty in shooting. When the hold looks bad to the athlete, it may as well be horrid.

A penny's worth of gain through perceived aiming “precision” comes at the cost of a dollar's worth of performance degradation in several other critical areas. Ten years ago, in the third article in this series, we explored the challenges an Olympian and very dominant rifle shooter was having in decisively delivering shots. The primary technical issue for that athlete was a front aperture that was too small.

The appropriate size front aperture is not very tight. See Figure 1 of a typical front sight with a generously sized front aperture and a target bull. (The rear sight is not shown.) This diagram does not represent a specific target with a specific front aperture, meaning that it is not necessarily to scale. It does clearly illustrate two important factors: 1) a wide ring of white between the bull and the front aperture ring (which could be even wider than shown here), and 2) a very thin front aperture ring.
When introduced to an aperture of appropriate size, many a rifle athlete has been stunned at the almost immediate transformation in their shooting. Others have taken a short time to warm up to the sometimes dramatically changed sight picture, but ultimately are very pleased with how it feels to deliver the shot and with the results.

Observant readers will notice that no actual aperture sizes have been given. What size is bull? How far target? How the surface of eyeball to the front sight knowing these is optimal? We must question first, in order to determining actual sizes.

Many years ago, Precision Shooting, in one of their magazines or annuals, published an article that discussed research on front aperture size. It turned out that the width of the white ring between the front aperture ring and the aiming black must cover at least three minutes of angle (MOA) from the shooter’s point of view. Angles are often measured in degrees, with 360 degrees in a circle. A degree may be further divided into 60 “minutes.” Thus, 60 minutes of angle (60 MOA) make up one degree of angle.

About 50 to 60 years ago, the Soviets studied many aspects of rifle sights and sighting systems, among other things, in great detail. Front aperture size, aperture ring thickness, and interestingly, front aperture insert color, were among the numerous factors studied. For shooting outdoors, they found light pink apertures to be most effective. Now you know why Anschutz sells that color! They also found that very thin front aperture rings were the most effective. Air events were not studied as they were not part of Olympic shooting at that time. Sadly, the paper(s) with the results of the research activities cannot be found; however, references to the studies shed some light. Taking the published statements and translating them in terms of MOA, one gets identical results to the above article.

It was interesting to discover that these two different resources came to the same conclusion. Unfortunately, there are no other known studies or resources on this topic. Therefore, a number of empirical observations and informal studies were performed with athletes at all levels to explore this topic. In some exercises, athletes used aperture sizes that were changed randomly for each shot, ranging in size from very tiny, with almost no white ring between the bull and the front aperture, all the way to so large the bull seemed to be floating on its own.

In all cases, when the front aperture size was chosen to show the athletes a white ring width of 3 MOA or more (often much more), the athletes felt confident about their shot delivery, were decisive, had smooth triggering, and shorter holds. Sometimes the difference was so profound that the athletes would comment on how much easier it was to shoot and that the results were better and more predictable than normal. It was discovered that front aperture sizes could be larger than the 3 MOA size by as much as 0.5 mm or more with identical and sometimes even better effects.

When the aperture size was such that the athlete was presented with a white ring width that was less than 3 MOA, even by the tiniest amount, profound changes took place: confidence took a dive, hold times increased, triggering became rough, and overall shot delivery was less decisive. If the aperture size was only 0.1 mm too small, the negative effects were observed by both coach and athlete.

Remember the minority of coaches and athletes, and those few elite athletes, with the really big apertures? Now you know one of their “secret” keys to success. What about the common advice to change aperture sizes between positions? What about the advice to try a smaller aperture in order to decrease the hold area? Be careful! In the case of an elite athlete with an extremely small hold area in the sling positions, one might consider a slightly smaller aperture. The hold area must be considerably smaller than in the standing position and the athlete must not already have any issues with decisiveness or clean triggering. Even then, careful experimentation is required.

In the standing position, some athletes have developed extremely small holds. (E.g. hold area contained well inside the diameter of a pellet on the air rifle target.) Again, very careful experimentation is required.

In both of the above cases, more often than not, the athlete and coach, even at the elite level, in search of what they believe is good visual precision, talk themselves into using an aperture that is too small, rather than obeying all the signs to the contrary.

However, an increase in size for a shooter with a looser hold (e.g. a newly beginning shooter’s standing position) is certainly appropriate. One is well advised in almost every case to stick with the three MOA rule as the bare minimum size. One may use an even larger aperture, 0.5 millimeters or more, with no problem. To go smaller, even by the tenth of a millimeter, is fraught with serious peril. There are exceptions, but regardless, it is very rarely safe to assume you are one of those exceptions. Refer again to the Olympic
athlete in the third article in this series; only a handful of current athletes in this country shoot as well as that athlete and a three MOA or larger aperture was needed even in that case.

Why must the white space be three MOA or more? If the band of white between the front aperture ring and the aiming black is too thin, there is so much “flicker” that it overwhelms the perception of the ring of white, making it more difficult for the mind to center the sights and increasing the visual processing load in the brain. There are likely additional visual processing factors also involved.

Tight front apertures encourage “checking” with eye movement. The tighter the ring, the more the perception of movement is magnified, eroding the athlete’s confidence. The wider the front aperture ring, the smaller the aiming mark appears. Thin front aperture rings and unobstructed apertures (no cross bars) help reduce the perception of “grey bull” some shooters experience.

In pistol, using a wide rear notch in order to have wide gaps of white on either side of the front sight is very beneficial, especially when one is looking at the right spot. This is imperative in the rapid fire events and stages, and is very important in the precision events and stages. All the same theories apply.

Theory is of limited value without practical application. Let us now finally translate the three MOA rule into actual rifle front aperture sizes. The question may be reduced to a single answer chart requiring one simple measurement, shown in Table 1. Measure the distance in inches from the surface of the athlete’s eyeball to the aperture inside the front sight globe (please measure off to the side of the eye). The chart uses eye distance in inches since that is the most commonly available measuring unit in the U.S., and the apertures are listed in millimeters since that is the most common sizing unit used in most target rifle apertures. In some cases, two sizes are shown for a given distance. In those cases, it is best to choose the larger size of the two, especially if the eye distance is “…and a half” inch. Remember to always re-measure and adjust the front aperture size if you move the front sight forward or back as you refine your rifle setup and position to assure that you still have the correct size aperture.

As with many of the articles and ideas in this series, one’s perception and beliefs are tested by some of the ideas in this and the previous article and one is asked to consider ideas that seem counter-intuitive or are even thought to be wrong by some. The best athletes are the ones who work the hardest and have the most open minds. Results are results. Enjoy!  ■ J.P O’Connor

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.

### Table 1 – Minimum Rifle Front Aperture Size – Millimeters

<table>
<thead>
<tr>
<th>Eye Dist. Inches</th>
<th>ISSF Air 10m</th>
<th>ISSF SB 50m</th>
<th>USAS SB 50ft</th>
<th>USNRA SB A-36 50ft</th>
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Table 1 – Minimum Rifle Front Aperture Size – Millimeters – Use of apertures smaller than listed, even by only 0.1 mm, cause numerous triggering, confidence, and shot process problems.
I receive phone calls every week from shooters who would like to get started on the path to their Olympic Dream. I often get the same question: “How do I get started?” I understand the process may seem rather complicated, so this article will explain the various teams and how to win a spot on a team.

There are several levels of teams within our shotgun program. The entry level team is our Junior Olympic Team. This team is open to anyone under 21 years old and who has at least some international shooting experience at the local club level. The Junior Olympic Team is unique because that it is the only team not selected based on the results of the selection matches.

Athletes must apply for Junior Olympic Team selection and they are selected using a variety of criteria to include shooting, school grades and letters of recommendation. All of these criteria are reviewed by a panel including the National Coaches, and then athletes are appointed to the Junior Olympic Team for the calendar year.

The rest of our shotgun teams are selected based on score and placement in USA Shooting selection matches. These matches are held at clubs around the country and include: a Spring Selection match (between Feb. and April), a Fall Selection match (between Sep. and Nov.), the USA Shooting Shotgun National Championships (between June and July) and the National Junior Olympic Shotgun Championships.

The National Junior Team is strictly for junior shotgun shooters. To make this team you must be a competitor under the age of 21 by Dec. 31 of the year in which you are competing. The first step for the National Junior Team is finish first or second at the National Junior Olympic Championships or at the USA Shooting National Championships (junior category). Thus, the top two finishers in each event at the Junior Olympic Championships will be added to the National Junior Team. Lastly, at the Fall Selection match, the scores from the USA Shooting National Shotgun Championship and the Fall Selection match are combined and the top three finishers in each event are named to the Junior World Championship Team for the following year.

In a normal shooting season for USA Shooting we not only conduct our domestic matches but we compete at four World Cups and a World Championship or the Olympics every year at shooting venues around the world.

We use the above teams to select athletes to compete in these events for the USA. Scores from the Spring Match are also used to fill open slots in these events. Usually, the top three in each event (no juniors) are selected to participate in a World Cup and these athletes are named to the National Development Team. This team is a non-funded or partially funded branch of the National Team.

Olympic team selection procedures must be approved by the United States Olympic Committee (USOC) and often change, but for this quadrennial we will shoot a Fall Selection match in Kerrville, Texas (between Sep. or Oct.) and a Spring Match in Tucson, Ariz., in the spring of 2012. These match scores will be added together to select the Olympic Team in London 2012. All these matches are open to any member of USA Shooting up to range capacity. There is also a point system that aids in the selection process. Athletes are awarded a certain number of points at an eligible competition for a finish above seventh place. If an athlete reaches a set threshold, then he or she will be nominated to the team provided no other athletes have accumulated the same or greater number of points. If no athletes reach the point threshold, then the U.S. Olympic Trials are used to select the team.

As you can see, all the shotgun teams, with the exception of the Junior Olympic Team, are selected based on scores. Most of the teams are intact from the National Championship to the next National Championship; however, sometimes the World Championship Team overlaps.

In reality, it is fairly simple—come shoot the National Championship and the Fall Selection match and try to make a team. If you don’t reach your goal then, add the Spring Selection match for a second chance. If you are a junior, then don’t forget to sign up for the National Junior Olympic Championships.

In order to start shooting and competing, first join USA Shooting and visit a local gun club that throws international targets. Practice, shoot often and seek out the help of other shooters or a coach. Then, come to the National Championship and see how you stack up against some of the best shooters in the world. It’s never too late to start on your path to the Olympic dream; I made my last Olympic Team when I was 48 years old and the 1984 Olympic Gold Medalist was 52 years old. So give your Olympic dream a chance and start shooting today!

- National Shotgun Coach Bret Erickson
Have you ever heard someone in the shooting world say, “If you lift weights you will bulk up and not be able swing to the target” or “working out will hurt your shooting?” Have you ever heard the line “Eat your way to double A,” or how about “We are shooters we don’t have to watch what we eat or workout?” Over the last few years I have heard these lines over and over. My belief is that strength and conditioning training, along with good nutrition, can dramatically improve your shooting performance. I have asked myself the question “Do I want to miss targets because I did not feel good or because I was tired?” Personally, I never want to miss a target, especially for the reason of not being in shape or not eating the right things before I shoot.

After shooting a round or shooting all day do you feel like your shoulders hurt, or do you have a burning sensation in your shoulder or even a clicking noise when you move your arm? Most of us would not think anything of it, but it could actually be a warning sign of a muscle imbalance caused from repetitively lifting the gun and shooting. When we lift the gun up from the mat and put it to our shoulders we use the chest, biceps, trapezius, forearms and some back muscles. Over time, raising the gun up and down 100 to 200 times a day six days a week can create a muscle imbalance that pulls our shoulders up and forward. Proper strengthening exercises can prevent this from happening. Dr. Robert Duvall, one of the USA Shooting Team physiotherapists, works with us to improve our shooting. He discovered that I had a muscle imbalance in the shoulders that caused an impingement. After learning this I was advised to begin working out and complete rehabilitation exercises to correct the issue. I have less pain, the ability to train longer, and no more impingement. One thing I might suggest is to regularly check gun fit because a shooter loses weight one of the first places may be in your face. It is normal if you have to start raising your comb or putting more pitch in or taking pitch out of the gun.

Your workout plan does not have to be extreme. Be sure to start out slow and gradually develop a routine. Start by taking a walk or jog three or four days a week or start stretching before you shoot. It is always helpful to enlist the support of a workout partner. When you have somebody to work out with it helps you stay committed because someone else is dependent on you and you feel like you are letting him or her down when you don’t show up to work out.

Proper nutrition while shooting can make a huge difference. A couple of foods you always see at shooting ranges are hamburgers and hot dogs. Have you ever eaten one or two of them after shooting a round, then shoot your next round and feel sluggish or react slowly to the target? That’s usually from the high fat content of said foods and quick rise and fall of your glucose or blood sugar levels. This can have a dramatic effect on your performance! At the Olympic Training Center, we work with Jim Pulliam, the United States Olympic Committee’s nutritionist. He monitors our glucose levels during mock competition days we have at the range. From the results, we are able to see which eating schedules and foods best fit our body to maintain a consistent glucose level throughout our shooting. One thing our nutritionist stresses is to eat mini-meals every two to three hours. These meals should include protein, complex carbohydrates and higher amount of fiber to help sustain glucose levels.

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One way you can start to practice good nutrition is to bring a healthy snack with you to the range. Excellent choices are fruit, cheese sticks, nuts, tuna packs or a homemade sandwich with lean lunchmeat. One of my favorite range snacks are the “Lunch to Go” tuna packs with crackers, a banana and a bottle of water. Another important tip to remember is to stay well-hydrated. Try drinking water as much as you can throughout the day and stay away from pop or soda. Hydrating your body is crucial to everything you do, especially in hot weather and higher altitudes such as Colorado.

After moving to the Olympic Training Center in September of last year, I started a workout routine and eating right. I have seen a huge improvement in my endurance, focus and confidence when I am training and competing. I have lost more than 30 pounds since then. I am a firm believer in strength training and proper nutrition for shooting. I would like to see more people take advantage of the benefits they can achieve from eating right and working out. It has helped me, and I’m sure it could help improve your shooting whether you are a novice or a serious shooter!

* Collin Wietfeldt
Many people ask how to shoot the same scores in matches as they do in training. All shooters have the ability to fire a ten, and elite shooters train to shoot multiple tens. In practice, do you shoot solid scores, efficiently duplicating the tens process, and then enter a match and walk away discouraged because the score you shot is much lower than your practice scores?

Don’t worry, this has happened to everyone. The label is sometimes given to these people as “practice champions.” All shooters experience this frustration at some time during their shooting career. Many years ago, I was at a mental management seminar by the sports psychologists of West Point.

They discovered that I had the technical skill (gained from training), but that I didn’t trust my ability. I needed to develop a trusting mindset. When we train, we build the subconscious and show it how to shoot a ten. When we train a lot, we reinforce how to shoot a ten. When we go to a match, we do not trust that what we have practiced is correct; thus the outcome does not match the training scores. While training, we must also remember to build self-confidence and trust.

When training, it is best to start simple and slowly increase the difficulty. First, do you know how to shoot a ten? Second, can you duplicate the process of shooting a ten? Last, establish a goal of a score that would be comfortable for you to attain in a match, and decide what you have to shoot to accomplish that goal. Shoot the match, and try to hit the same goal that you have already set and attained during training. After the match, if you hit your mark, then raise the goal a little. Practice achieving that goal and feel comfortable attaining it, and then relax at a match and duplicate that goal and so on. Some people make the mistake of making a higher goal during a match because it counts in a match.

The goal in a match is to accomplish what you know that you can already do and have already proven to yourself. For example, if you are taking beginning physics, don’t expect to take a test on solving the theory of relativity. It is not going to happen at that point of your studies. One day, you will be able to accomplish that, but not at this point of your mental development. Therefore, your match goal should be somewhere around what you shoot in practice. I have met people that will shoot around 530s or 540s in practice, and then have the goal of winning nationals or making the Olympic team. They are creating unnecessary stress because their bodies cannot accomplish this at that point in their career. Your goal should be a challenge, but still within reach. Accomplish it a couple of times in practice so you know that if you just do A, B and C, then you will create a result that you can be happy with.

Shooting is an individual sport, so set individual goals. Everyone wants to win, but only one person can. If you set attainable goals for yourself, then there is not such an urge within the match that “I have to start shooting better” or “I sure have shot a lot of tens. I am going to win at this rate.” You are just going to the match to accomplish what you have done everyday in practice. You know what you have shot in practice, so just relax and try to accomplish this result in the match. Push the envelope during training, and then shoot a match inside your comfort zone.

The goal should be performance oriented rather than outcome oriented. For example, I aim to shoot 16 tens out of every 20 shots instead of only shooting 98s. This goal offers more wiggle room and is easier on the mind. The first benchmark leaves you room to make a mistake, yet it also gives you a chance to improve. The first example also takes overall score out of your mind and brings you back to shooting one shot at a time.

Trusting yourself when you shoot a match will make your match scores and your training scores come out closer together. Make it challenging, but not something that you have never done before. When you shoot with trust, then when you are performing at exceptional levels, you know that there are highs and lows in your shooting.

Moreover, when you are shooting an excellent match, then you can calm yourself by saying, “I know for every up there is a down. I will keep it up as long as I can. I am going to shoot somewhere in this range, because this is what I have been training.” If there is a low, then you know, “I am down right now, but I have done this before. It will come back up if I apply the techniques that I have drilled to shoot a ten.” When you attend your next match, set your goal, forget your nervousness and learn to trust yourself and trust your training.

Sgt. 1st Class Daryl Szarenski

www.usashooting.org
Fundamentals of Rifle Shooting:
Aiming & the Eye Part II

The job of the shooter is to fire one perfectly executed shot!

There is one more peculiarity of the eyes and human vision that is important in the aiming process: binocular vision. With both eyes looking forward, our vision system developed so that both eyes normally work together as a pair, however, there is a tendency for the brain to prefer visual input from one eye over the other. This is eye dominance. It is similar to handedness, which is the preference to perform fine motor skills with one hand or side of the body over the other. The non-dominant eye provides supplementary information that the brain uses to determine distance, speed and depth perception and can take over that role if the dominant eye is ever damaged or compromised.

The general population is about 90 percent right-handed, whereas approximately two-thirds is right-eye dominant. The remainder of the populations favors the left hand and left eye, and a small fraction of people prefer neither eye. A coach is able to see that there is a small but significant portion of new shooters who will be right handed but prefer visual information from the left eye. Much less frequent would be right-eye dominant left-handers. These shooters are termed “cross-dominant.” Unfortunately, to complicate matters for coaches, there are also degrees of eye dominance with individuals ranging from strongly to weakly dominant and the fact that dominance can change due to fatigue.

To conduct an eye dominance test, have the shooters stand and with their arms fully extended in front of their body, crossing their hands to form a small opening with their thumbs. Next, with both eyes remaining open, have them look through the opening at a distant object (your nose is a good focal point). At this point, you can easily identify the dominant eye, which you can now see through the opening in the shooters hands. Have the shooters bring their hands slowly toward their face, keeping the selected object in view at all times. When their hands touch their face, the opening in the hands will be over the dominant eye. Repeat the exercise if necessary to clarify ambiguous results.

Shooters who have strong eye dominance on the same side as their preferred hand are a simple case. They shoot from the preferred shoulder. The next segment comprises those who are weakly dominant on the same side as their preferred hand. These shooters may be confused by a double vision of the front sight and need to block the extraneous information coming into that eye. The third group includes new shooters who are weakly cross-dominant and may be able to shoot from their preferred hand side but will definitely need to block the confusing visual image. You should also try shooting from the opposite shoulder to see if these shooters can perform better. If they are strongly cross-dominant it is probably best to shoot from the shoulder of the preferred eye. These cases are easy to spot because shooters will try to see through the sights with the opposite eye and forcing their head into an unnatural position.

Olympic Training Center Pistol Resident Athlete, Anthony Lutz, demonstrates the beginning position of the arms during the eye dominance test. Notice the clear result of this test.

The picture illustrates the final phase of the eye-dominance test. Please pay attention to how close his hands are to his eye. Throughout the entire test, the coach/tester should have a clear view of the shooter’s dominant eye. As anticipated from the primary phase of the test, Lutz is a left-handed pistol shooter who is clearly left-eye dominant.
**Occluders, Blinders, Hats and Visors**

Squinting or closing of the non-aiming eye to eliminate the double image of the front sight can cause eye fatigue and muscle strain. Additionally, by closing the non-aiming eye, that pupil will dilate because it is not receiving the amount of light it normally would, and because of a sympathetic response, the aiming eye's pupil will open more than normal. This can cause a loss of focusing ability and increase eye fatigue. As coaches, we should strive to have our athletes utilize the body's natural tools in the performance of a task; therefore, both eyes should remain open. The solution for the double image is to use an occluder.

Often made of an opaque material like target paper or a translucent material like plastic milk carton, an occluder is an object that blocks some of the field of view reaching the non-shooting eye. Translucent material allows some diffused light to enter the non-shooting eye, allowing both eyes to receive similar amounts of light. Occluders are attached to the either the rear sight or the shooter's glasses. Avoid black color or covering the eye completely with an eye patch, as this will trigger the sympathetic pupil response.

Blinders, like horse blinkers, are made of paper or other material and serve to stop light and distracting movements from entering the eyes from the left and right sides of the head. Check the competition rules for restrictions on the size and placement of blinders and occluders.

Hats or visors prevent overhead light or glare from interfering with obtaining a clear sight picture. Again, there may be limitations on hats and visors. The brim of the hat or visor should not touch the rear sight as this may be against the rules, but more importantly it may cause flinching or blinking of the eyes as a conditioned response in anticipation of the shot.

**Practical Use of the Eyes for Shooting**

No two sets of eyes are identical. Even between a shooter's set of eyes there are differences in acuity and light sensitivity. It is impossible, therefore, to formulate an exact missive concerning the aiming process and system that applies to all people; but some generalities apply to most, but not all, people. We will assume the shooter's eyes are in good health (or aided by corrective lenses), and that the sights and accessories are in good condition and the shooter knows how to use them. So with all of this knowledge, how do we use the visual faculty to the best advantage?

If the eye focuses intently on an object longer than eight to ten seconds the photochemical reaction associated with the rods and cones becomes overloaded and the regeneration that normally takes place slows down. The shooter can then experience a false or "burned image" on the eye's retina. This false image continues transmitting to the brain, which perceives a "correct" sight picture, when in reality the sight has drifted away from the center. The shooter swears the shot was good but it often lands in a very different place. You can try it yourself. Look intently at the sight picture (Figure 1) here for ten to twelve seconds then look at a blank wall. You will see a ghost image of the sight picture even though you are no longer looking at it.

Encourage shooters to look away from the sight picture between shots with an unfocused gaze into the distance at a neutral colored background, to allow the eyes to rest and recover between shots.

A common error in aiming, especially for beginners, is aiming too long as they try to hold the gun on the target. It should be fairly evident how important it is to not abuse the eye focusing muscle by shifting focus too frequently from one point to another, for example from the sights to the target and back to the sights. The shooter must also not aim for extended periods without resting the eye. Thus, eight to ten seconds of intense aiming is the limiting time for the entire shot process, as we shall see later. Over-aiming beyond 10 seconds causes premature eye fatigue and even one occurrence can compromise vision for subsequent shots unless time is given for the eyes to rest and recover.

Another common aiming error occurs when shooters pick up the rifle and immediately begin intense aiming. They are trying to obtain a good sight picture before they are really ready, which leads to over-aiming. Only allow aiming when every other aspect of preparing for the shot is complete.

* Marcus Raab
Female Athlete of the Year is an honor reserved for an individual who has exceeded all expectations, performed exceptionally well, demonstrated good sportsmanship and is an upstanding ambassador of the shooting sports. Though the selection procedure for the Male and Female Athlete of the Year is a point system dominated by performance, the other factors are part of subjective criteria used by the Athlete of the Year committee. Kim Rhode and Staff Sgt. Joshua Richmond are not only leading the national scene, but were crowned world champions this year as well.

Rhode is a household name in the international shooting world. Since achieving success as a 16-year-old in the 1996 Olympic Games, Rhode hasn’t strayed from the podium. When her event (Women’s Double Trap) was removed from the Olympic program, she switched to Women’s Skeet and won the silver medal in the 2008 Olympic Games. This year, Rhode rocked the international shooting world with two World Cup gold medals, a World Championship title, a World Cup Final medal and a world record. Somewhere amidst the endless travel, she also won a national title. She started things off with a terrific showing at the Acapulco World Cup, nailing 97 out of 100 targets for the gold medal. In the next World Cup, she equaled the world record in Beijing as she shot 98 out of 100 targets for gold. In the Dorset World Cup in England, Rhode finished fourth with 92 out of 100 targets. At the USA Shooting National Championships, she won the competition with 267 out of 275 targets. Moreover, her score from Nationals—combined with her Fall Selection total of 235 out of 250 targets—landed her a spot on the 2011 World Clay Target Team. Finally, the pinnacle moment of the year—the Fiftieth World Shooting Championship in Munich, Germany. Rhode has attended several World Championships, but returned home each time without the gold. This year, Rhode entered the final in the top position and stayed straight to secure the gold medal and World Championship title with 97 out of 100 targets. Her gold medal also earned a valuable Women’s Skeet quota spot for the USA Shooting Team in London 2012. Finally, Rhode’s gold medal year was worthy of an invite to the prestigious World Cup Final, where she equaled the qualification round world record of 74 out of 75 targets and shot 21 out...
Male Athlete of the Year

of 25 targets in the final for the silver medal. National Shotgun Coach Bret Erickson said, “Kim is a dominating force on the international scene and has been for years. If you look at the results for this year, I think she is still getting better.” And Rhode’s lustrous career is only expected to shine a little brighter.

She currently leads the point total in the U.S. Olympic Team selection, and unless another shooter equals or exceeds her point total, she will have earned her berth to the 2012 Olympic Games. A particular event that holds much importance for Rhode because she is chasing a new record—five in five: if Rhode makes the team and medals in London, she will be the first American athlete of an individual sport to win five medals in five consecutive Olympic Games. In regard to her Athlete of the Year nod, Rhode said, “This last year was my best year to date and I appreciate being selected for Athlete of the Year. I couldn’t have done it without help from USA Shooting, the coaches and sponsors. USA Shooting Team sponsors, such as Winchester Ammunition, Perazzi and SHE Outdoors have helped members of the team bring home medals this last year. As a team member I thank all the sponsors for their support of our shooting team.”

Staff Sgt. Joshua Richmond turned 25 years old on Dec. 19, and had a lot more to celebrate than simply adding a year. Richmond began his top-notch year in Acapulco, Mexico, at the first shotgun World Cup of the season. Richmond scored 192 out of 200 targets for the gold medal and a solid start on the year. Shortly thereafter, he finished fourth at the Dorset World Cup with a score of 188 out of 200 targets. In Colorado Springs, Richmond won the silver medal at the USA Shooting National Championship with 333 out of 350 targets in the qualification and final. At the World Shooting Championship in Munich, Germany, Richmond was on fire. He nailed an amazing 146 out of 150 targets in qualification and stayed straight in the final for a total of 196 out of 200 targets—an equalled world record score, gold medal, World Championship title AND an Olympic quota for Men’s Double Trap. Richmond topped the ranking at the Fall Selection Match in Kerrville, Texas, shooting 328 out of 350 targets and was named to the 2011 World Clay Target Championship Team. National Shotgun Coach Bret Erickson said, “Having one of the deepest and most talented Men’s Double Trap teams in the world, it is a huge accomplishment for Josh to step out and be the leader of that team.” Though his birthday is on the horizon, Richmond is still out at Hook
Range at the U.S. Army Marksmanship Unit in Fort Benning, Ga., training for 2012. "I would like to thank the USAMU for molding me into a champion, Winchester for building a great international load to use for the 2010 season and Perazzi shotguns for building a flawless competition over-under. I would also like to thank family and friends for supporting me through this journey as well as Les Greevy (USA Shooting regional coach, Northeast), for molding the way for me and many junior shooters to experience this great sport. Shoot to win!" said Richmond. He also wanted to note the accomplishments of fellow USAMU Shooter Daryl Szarenski "who has had an outstanding year as well and it is unfortunate that they don't give two awards for this."

In addition to the Female and Male Athletes of the Year, USA Shooting also recognizes discipline athletes of the year. Sgt. 1st Class Daryl Szarenski of the U.S. Army Marksmanship Unit deserves a standing ovation for the remarkable year he had in Men's Pistol. Szarenski was only the second American pistol athlete to win two gold medals at a World Cup as he claimed both the Men's 10m Air Pistol and Men's 50m Free Pistol national titles at the USA Shooting National Championships at Fort Benning, Ga. Shortly thereafter, Szarenski traveled to Munich, Germany for the World Shooting Championship. He placed sixth in Men's 50m Free Pistol with a qualifying score of 562 points and 93 points in the final for 655 total points. Given his terrific year, Szarenski accepted an invitation to shoot at the World Cup Final. Shooting once again in Munich, Szarenski brought home the crystal trophy and top honors from the World Cup Final in Men's 50m Free Pistol. He shot 565 qualification points and 97.5 points in the final for 662.5 total points and the gold medal. Shooting and excelling in two separate events is no easy task, yet Szarenski does so with ease. USA Shooting would like to congratulate Sgt. 1st Class Daryl Szarenski on an outstanding year and wish him continued success in 2011.

The next shooter is known world-wide for his winning ways and amicable demeanor. Matt Emmons is a two-time Olympic medalist and proved in the 2010 season that he is on target for 2012 as he is the Male Rifle Athlete of the Year. Emmons attended three World Cups and earned three gold medals in Men's 50m Rifle Three Position in each World Cup—a rare feat. Moreover, he also consistently made the finals in Men's 10m Air Rifle and Men's 50m Rifle Prone throughout the season. This triple-threat athlete won the gold medal in Men's 50m Rifle Three Position starting in Sydney, Australia with 1170 points in qualification and a strong final of 102.6 points for 1272.6 total points. He then conquered World Cup USA with 1178 points in qualification and 98.6 points in the final for 1276.6 total points and the gold medal on American soil. Emmons also won the bronze medal in Men's 50m Rifle Prone at Fort Benning with a qualification score of 598 qualification points and 104.1 points in the final for 702.1 total points. He then claimed the gold medal at the Belgrade World Cup in Men's 50m Rifle Three Position with 1181 qualification points and 97.4 points in the final for his highest score yet in the World Cup season—1278.4 total points. In Belgrade, he also finished fourth in Men's 50m Rifle Prone with 598 qualification points and 103.4 points in the final for 700.4 total points. At this year's World Shooting Championship in Munich, Germany, Emmons won the bronze medal and 2012 Olympic quota (for the USA Shooting Team) in Men's 50m Rifle Prone with 598 qualification points and 104.2 points in the final for...
702.2 total points. He also finished seventh in Men's 10m Air Rifle with 597 qualification points and 101.5 points in the final for 698.5 total points.

The Female Rifle Athlete of the Year is Jamie Beyerle for her outstanding performances at various World Cups, the World Shooting Championship and the World Cup Final. Beyerle began her winning ways at the World Cup in Sydney, Australia. She brought home the silver medal in Women's 50m Rifle Three Position with 579 qualification points and 101.2 points in the final for 680.2 total points. Beyerle then went on to win the bronze medal in Women's 10m Air Rifle with 396 qualifying points and 103.6 points in the final for 499.6 total points. At World Cup USA in Fort Benning, Ga., Beyerle topped the podium in Women's 50m Rifle Three Position with 591 qualification points and 96.7 points in the final for 687.7 total points. Despite battling a severe cold, Beyerle finished sixth in Women's 10m Air Rifle with 397 qualifying points and 101.5 points in the final for 498.5 total points. She then traveled to Belgrade, Serbia, where she finished fifth in Women's 10m Air Rifle with 397 qualifying points and 103.2 points in the final for 500.2 total points.

At the World Shooting Championship, Beyerle had an outstanding come-from-behind victory in Women's 50m Rifle Three Position. In the lower half of the final, Beyerle shot her way up to fifth place to clinch the 2012 Olympic quota. She shot for 582 qualifying points and 97.9 points in the final for 679.9 total points. Her top performances of the year, however, came at the World Cup Final in Munich, Germany. Beyerle won the gold medal in Women's 10m Air Rifle, an event primarily dominated by the Chinese, with 396 qualifying points and 103.2 points in the final for 499.2 total points. She also won the gold medal in Women's 50m Rifle Three Position with her highest international score of the year—590 qualifying points and 100.7 points in the final for 690.7 total points. USA Shooting would like to congratulate Jamie Beyerle on a great year and wish her straight shooting in 2011.

Finally, Eric Hollen is the esteemed recipient of USA Shooting's Paralympic Athlete of the Year. Hollen started off the year by winning the bronze medal at the 2010 International Paralympic Committee (IPC) World Cup in Spain. In P4, the Mixed Free Pistol event, Hollen shot for 525 qualifying points and 90.5 points in the final for 615.5 total points and the bronze medal by a one-point margin. At the IPC World Shooting Championship, Hollen scored 559 points to finish in fourteenth place in a field of 57 competitors in P1, Men's Air Pistol SH1 event. His shining moment, however, came during the Mixed Free Pistol event where he won the prestigious "Fair Play Award." In the match, Hollen accidentally fired a shot barely above the target while working on early trigger pressure during the approach. Unfortunately for Hollen, this occurred twice during the match as he fought with his trigger, yet he reported both incidents though it cost him 20 points. Interestingly enough, there was another competitor in the same match who tried to cover-up his misfire, yet the Range Officer saw the infraction. Hollen's integrity and sportsmanship impressed the match officials so much that they awarded him the "Fair Play Award" at the end of the IPC World Shooting Championship. Though he may not have brought home a medal from that particular event, Hollen brought pride to his country as he was a prime example of good sportsmanship. Hollen finished his competition year with a fifth place finish at the IPC Shooting World Cup in Stoke Mandeville, England. In P1 (Men's Air Pistol SH1 event), Hollen fired 550 qualifying points and 95.1 points in the final for 645.1 total points.

These five recipients of the various Athlete of the Year awards have proven their mettle over the past competitive season, but all of them have their sights on the biggest medal of all—the one they could grab at the 2012 Olympic Games. Clearly, that goal is possible if these fine athletes continue their winning ways.

* Katie McGinty
The USA Shooting CAT Men’s and Women’s Trap Teams shooting official training. (L to R) Collin Wietfeldt, John Mullins, Kelsey Zauhar, Rachael Heiden and Corey Cogdell.
Rio de Janeiro, Brazil, had an influx of Americans in the month of November, yet these individuals weren’t tourists. They were members of the USA Shooting Team representing the red, white and blue in the Confederación Americana de Tiro (CAT Games) or Championships of the Americas, an intercontinental championship featuring North, South and Latin American federations. The top podium finishers will earn 2012 Olympic quotas for their nation. With five quotas from the World Championship, the USA was looking to grab a few more Olympic quotas in the heat of Brazil. Jumping out of the gate with the nine out of eleven shooters in the finals, the U.S. was off to a terrific start. Spc. Matt Rawlings won the first quota in Men’s 10m Air Rifle with 597 qualification points and 100.7 points in the final for 697.7 total points. Olympic Training Center Resident Athlete Bryant Wallizer fired 591 points in qualification, yet shot up in the standings with the highest final of 102.2 points. Wallizer finished with 693.2 total points and the bronze medal. In Men’s 50m Free Pistol, 2008 Olympians Jason Turner and Brian Beaman both made appearances in the finals. Turner claimed top honors and the quota with a world-class score of 568 points in qualification and 97.6 points in the finals. Beaman finished eighth with 631.1 total points. The U.S. was also well represented in the Women’s 25m Pistol final as all three Americans qualified. Libby Callahan shot 565 points in qualification and an outstanding 202.5 points in the final to finish fifth. Teresa Meyer shot for 571 points in the qualification round and 196 points in the final to finish sixth. Brenda Shinn tallied 568 points in qualification and a final of 197.1 points for 765.1 total points and seventh place.

The action heated up on the shotgun range with Women’s Trap, the first shotgun event of the championship. The American women brought home a winner—three to be exact. Rachael Heiden entered the final with 73 out of 75 targets and shot 17 out of 25 targets in the final. Corey Cogdell shot 72 out of 75 targets in qualification and made up the difference with a final of 18 out of 25 targets. Tied at 90 targets, Heiden and Cogdell entered a shoot-off for gold and the quota. Cogdell won after hitting four straight targets. Heiden finished with the silver medal. Their teammate, Kelsey Zauhar shot 62 out of 75 targets to tie with two other shooters for a chance at the finals. Zauhar shot her way into the finals and fired 19 out of 25 targets to tie hometown favorite Karla de Bona of Brazil. In a fight for the bronze, Zauhar beat the Brazilian after just three targets; however, a single country sweep...
of the podium (gold, silver and bronze) is not allowed, so Zauhar finished fourth.

Back at the rifle range, Amy Sowash narrowly missed the quota as she finished third in Women's 10m Air Rifle with 392 qualification points and 102.7 points in the final for 494.7 total points. Meghann Morrill tied Sowash with 391 qualification points and a strong final of 103.7 points for 494.7 total points. In a shoot-off for the bronze, Sowash fired a 9.9 to Morrill's 9.8 for the bronze medal. In Men's Trap, Collin Wietfeldt marked 117 out of 125 targets in qualification and 19 out of 25 targets in the final for fourth place. National Shotgun Coach Bret Erickson, said, "In one of his first international competitions, Collin delivered a solid performance and handled the pressure like a veteran."

Halfway through the competition, the U.S. maintained its record of posting a shooter in the finals in all entered events. Keep up that trend was Emil Milev in Men's 25m Rapid Fire Pistol. Milev shot for 576 points in qualification (286 stage 1 and 290 stage 2) and 198 points in the final for a total of 774.0 points and the silver medal. His teammate, Cpl. Brad Balsley, shot 568 points in qualification (282 stage 1 and 286 stage 2) and 192.1 points in the final for 760.1 total points and a fifth place finish. In Men's Double Trap, Junior Team Members Ian Rupert and Billy Crawford made a fierce run for the gold medal. Rupert shot 134 of 150 targets in qualification and a solid final of 44 targets for the silver medal. Crawford scored 130 out of 150 targets in qualification and was seeded low in the final. With a solid final of 46 out of 50 targets, he shot his way up to tie Brazil's Luiz Fernando Mogor da Garca. Crawford powdered the first two targets as Mogor da Garca missed both, and ended the shoot-off for the bronze.

After narrowly missing quotas for a few days of the competition, the final of 98.8 points for 1255.8 total points. Continuing the strong American showing was Matt Wallace who shot 1160 points in qualification and 91.9 points in the final for 1251.9 total points. Wallace's score was mathematically the bronze medal winner, but regulations once again prevented the U.S. from sweeping the podium.

In Women's 10m Air Pistol, Olympic Training Center Resident Athlete Nick Mowrer shot a solid 570 points in qualification and a terrific final of 101.3 points for 671.3 total points and fifth place. Hein's time to shine came in Men's 50m Rifle Three Position. Hein shot a world-class score of 1170 in qualification and 98.4 points in the final to finish with 1268.4 total points. His superior score was the gold . . . and quota standard. Sgt. George Norton brought home the silver medal with 1157 points in qualification and a solid

Men's Trap athlete Collin Wietfeldt poses for a picture between rounds.

USA Shooting Team came back with a fury. On Nov. 27, Brian Beaman and Sgt. Joe Hein both won quotas. In Men's 10m Air Pistol, Beaman was seeded in the middle of the final with 580 points in qualification. The leader, Brazil's Julio Almeida, had a commanding 585 points in qualification. Beaman forged ahead with an outstanding 102.3 points in the final. With just one shot left, Beaman fired a 9.7 to Almeida's 7.5 for the gold medal and quota. Teammate Jason Turner finished fourth with 578 qualification points and 99.5 points in the final for 677.5 total points. Olympic Training Center Resident Athlete Nick Mowrer shot a solid 570 points in qualification and a terrific final of 101.3 points for 671.3 total points and fifth place. Hein's time to shine came in Men's 50m Rifle Three Position. Hein shot a world-class score of 1170 in qualification and 98.4 points in the final to finish with 1268.4 total points. His superior score was the gold . . . and quota standard. Sgt. George Norton brought home the silver medal with 1157 points in qualification and a solid

Men's 25m Rapid Fire Pistol silver medalist, Emil Milev
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Jamie Beyerle, one of America’s top rifle athletes, boasts a resume that includes three medals and a quota place in Women’s 50m Rifle Three Position and yet another medal in Women’s 10m Air Rifle . . . all during 2010. Beyerle was invited to compete in the 2010 International Shooting Sport Federation (ISSF) Rifle and Pistol World Cup Final in both the Women’s 10m Air Rifle and Women’s 50m Rifle Three Position events. Competing against some of the best athletes in the world, Beyerle beat all expectations. She entered the Women’s 10m Air Rifle final in the lower half of the field with 396 match points. A strong final of 103.2 points left Beyerle tied with Italy’s Elani Nardelli for the bronze medal at 499.2 points. In the shoot-off, Beyerle succeeded with a 10.5 point single shot to Nardelli’s 9.8 point shot. Beyerle once again brought her medal winning ways to the Women’s 50m Rifle Three Position event. She finished the qualification round with 590 points, tied with only one other shooter. Beyerle shot for 100.7 points in the final to win the gold medal with 690.7 total points. National Rifle Coach Major Dave Johnson said, “She’s been shooting great and working towards this success for a long time. It’s nice to finally see things coming together. I’m looking forward to see her accomplishing planned goals for the quad in the future.” USA Shooting would like to congratulate Jamie Beyerle, the Athlete of the Month for November, and wish her continued success for 2011. Photo, (c) 2010 ISSF.
FROM THE DIRECTOR OF OPERATIONS

High Four? No More!

I wanted to get better.
And I was willing to do anything legally possible to make it happen. My main problem, however, was that I didn’t know what to do or where to start. And then I got lucky with some bad luck.

The bad luck was that in 1984, most gun clubs around the country used the old single-stack Winchester-Western machines in their skeet and trap houses. You remember those machines—they were fantastic for throwing American-style targets in skeet or trap. I once saw a machine tuned so well it could throw through a ten-inch hoop and float five targets into a camouflage baseball cap propped against the distance marker. Right down the pipe, and the machine could spit out all 135 targets in the stack with nary a chip. But crank that spring eleven clicks and drop in International clay targets, then that throwing arm would slap those rims like a bandit with a baton. It would break more targets than it would throw—really.

But the Western machine was all I had, and International Skeet was all I wanted. With the high rate of breakage throwing international birds, the gun club manager threatened to jack up the cost of a round of skeet (though a mere $1.50 in those days, steep enough that I didn’t want the price to go higher). So I asked my faithful puller (gracious wife Vickie, my first spot of good luck) to scratch a hash mark on the back of an ammo box lid every time the machine threw a broken target so we could settle up fairly with the club manager.

And then came the good luck. Not only did Vickie mark the broken targets, she also marked the missed targets, the targets that I missed in each round . . . and I had plenty of misses back then. She had a simple system. She took a piece of notebook paper and wrote the numbers one through 25 in a column. Then whenever I would miss a target she would scratch a hash mark by the number that corresponded to the target on the skeet field. Oddly enough, I had no idea she was doing this until one day she asked, “Bill Roy, which target do you think you miss the most?”

No brainer. Had to be one of the low-house targets on station five, or maybe the problematic low six. Hardest targets on the field, even for the best shooters. “Low five double,” I said.

“Nope,” she said. “High four. Look here.”
Sure enough, there was an entire colony of hash marks marking their way to the edge of the paper, about twice as many as bunched up on the dreaded low five! No way, I thought—high four is one of the easiest “baseline” targets on the field. Then I reflected on the many rounds I had shot and I realized that I had indeed missed a few high fours now and again . . . and again, and again, and again. But when that happened, I’d say to myself, “No problem, easy target, just wasn’t thinking about it.” Wasn’t thinking indeed.

So many lessons to be learned in that precious moment. And that’s the point: I was neglecting the lessons that I could learn from my own shooting. Instead of a systematic and organized way of analyzing what was happening on the field and in my mind, I was mindlessly fielding the happenings as they came at me. Bang, miss, forget it; or bang, hit, forget it. But after Vickie’s surprise, I determined to stop those marks in their tracks, smash the hash by smashing those high fours.

So I started my own simple tracking system, at first merely marking the misses on a score sheet and studying the zeros as if they were ruinous bacilli spreading epidemic-like from square to square. I learned a lot. That rudimentary method expanded to a more complete process, then to systematic journal entries and eventually to a comprehensive analytical program that tracked everything from visual acuity to miss patterns to biorhythms. I soon added goals and milestones, markers of progress and statistics that would make an accountant swoon. Video analysis followed, and before long, I was starting to develop the real awareness that really leads to progress. I began to learn the lessons of my own shooting.

And how about you? At virtually all the matches I attend, aspiring gold medalists will ask me for advice to improve their shooting. I often tell them the same thing: learn the lessons of your own shooting. Start by setting your goals and then construct your path to reach those goals. And then just start writing. At the very least, record your training sessions and include the details that can help you improve for the next session. Take a few minutes to reflect on the one central lesson you gained from that session, and then write it down in a place or manner that you can easily identify as you look back through several sessions. You’ll be surprised at how much quicker you begin to internalize those lessons and then take proactive measures to avoid your common pitfalls or focus on your clear strengths. Humans are learning creatures, and we are often our own best teachers!

The best shooters are often the best keepers of shooting journals. Matt Emmons, Jamie Beyerle, Rachael Heiden, Teresa Meyer and many other elite athletes have discovered that a critical key to strengthening their mental game is to spend time analyzing, learning and preparing for excellent shooting. And while there are an endless number of types of journals or methods for reflection and analysis, the concept is the same: Learn the lessons of your own shooting. Keep a shooting journal. Improve. Progress. Achieve.

The pages of this magazine and a passel of champion shooters have often praised shooting journals, and have even offered specific strategies and types of journals, and even journal “systems” that could heat up the newest quad-core processors. What’s best for you? Start with something simple, perhaps a piece of notebook paper. You already have what I had: I wanted to get better. I did. You can too. ■ Bill Roy
From the Competitions Director

New USAS & ISSF Rules Update

USA Shooting has revised the USA Shooting Rules for the 2011 competition season. All new rules will be integrated into the current rule book and will be highlighted as “NEW” in the left hand column for 2011 edition. Here is an overview of the changes:

USA Shooting will adjust the senior age group categories starting Jan. 1, 2011. Senior age groups will be reduced from three to two and the starting age will increase to align with other organizations. An Intermediate Senior will be aged 55-64 and a Veteran Senior will be aged 65 and up. All current senior records will be retired.

USA Shooting will also adopt the Orion system for air and smallbore rifle and provisionally for air pistol. The Orion system requires specific targets and scanner, but is becoming a popular scoring system. Matches shot using the Orion system will treated as electronic targets for scoring and protests.

For more information about this product, please visit www.orionscoringsystem.com. Please watch the USA Shooting website for further information regarding this new targeting system and the introduction of the air pistol for the Orion System (expected mid-year).

The ISSF has also made amendments to their rules regarding finals procedures, as well as a new format for Rapid Fire finals. Here is a summary of these rules, courtesy of the ISSF:

ORDER FOR PREPARATION, SIGHTING SHOTS AND ATHLETE PRESENTATION FOR RIFLE AND PISTOL

Previous ISSF Rules called for the presentation (introduction) of finalists BEFORE the preparation period, sighting shots and the pause to reset the targets for the first record shot. This created a big problem for television because they want to cover the athlete presentations, but they are not interested in the 8 ½ minutes of warm-up activities between the presentations and first record shot. After analyzing this problem, we decided to reverse the final round procedure so that athlete presentations will now take place AFTER the warm-up activities. The new rifle-pistol presentation order is shown in Table 1.

The announcement of scores after each final round shot will be followed by a short commentary about the current rankings. Television needs a delay of approximately 30 seconds after each shot to be able to show the scoreboard and current rankings.

A ranking monitor will be placed in front of each finalist so that all shooters will know their current rankings even if they do not understand the language of the commentator. After the Finals, tie-breaking shoot-offs will be conducted only for the first, second and third places. Other ties will be broken by the final round score and then by the Qualification ranking.

Rapid-Fire Pistol Finals Format

The new Rapid-Fire Pistol Final is much faster moving, easier for spectators to understand and offers many moments of action and drama throughout the final. Here is a summary of the new rapid-fire final (complete details are in the rules):

1. Three 5-target units are used. Six finalists are assigned to the targets with two finalists on each 5-target group. There will be a 1.5m space between the two finalists’ firing points on each 5-target group.

2. Six competitors will advance from the Qualification to the Final.

3. All competitors will start at zero (0) in the Final. Note: the final is designed so that to win a gold medal a competitor must fire eight 4-second series; that is two times more 4-second series than competitors fire in the Qualification round.

4. Hits are scored on the basis of hits and misses (similar to biathlon, easy for spectators to understand). The hit zone encompasses shots scoring 9.7 or higher.

5. The preparation period and sighting series are completed before the presentation of finalists.
6. Presentation of finalists—this will begin the television production.

7. Immediately after the presentation, all shooters are instructed to take their positions and load.

8. The Range Officer then calls the first shooter by name and after 15 seconds announces ATTENTION. The red lights come on immediately and change to green after seven seconds to start the 4-second firing period.

9. Within 10-14 seconds after one shooter has fired his 4-second series, the Range Officer calls the next shooter by name, waits 15 seconds and announces ATTENTION. This continues until all six shooters have fired one 5-shot series.

10. There is a one-point deduction for each over-time shot. One Allowable Malfunction during the Final is permitted; the original score is cancelled and the series will be repeated immediately after the malfunction is confirmed. There is a two-point penalty for a non-allowable malfunction.

11. In the Final, eliminations will start after all shooters have fired four 5-shot series. The 6th place shooter is eliminated after the 4th series, the 5th place shooter is eliminated after 5th series and the 4th place shooter is eliminated after the 6th series. Ties will be broken immediately by 5-shot shoot-offs.

12. The bronze medalist is eliminated after the 7th series. The 8th series is the gold medal series where the gold and silver medalists are determined.

- Lindsay Brooke

According to the new rules, Eric Uptagrafft would be introduced after preparation time and shooting sighters, then allowed two and a half more minutes for prep/sighters.

### Table 1: New Rifle & Pistol Presentation Order

<table>
<thead>
<tr>
<th>Time before Start of Final</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>30:00 minutes before</strong></td>
<td>Finalists Report, Juries complete equipment checks, finalists change clothing.</td>
</tr>
<tr>
<td><strong>20:00 minutes before</strong></td>
<td>Finalists move equipment to firing points.</td>
</tr>
<tr>
<td><strong>14:30 minutes before</strong></td>
<td>Before Eight (8:00) minutes combined preparation and sighting period—will be announced and controlled by the Range Officer.</td>
</tr>
<tr>
<td><strong>6:30 minutes before</strong></td>
<td>Sighting period ends. All rifles or pistols must be unloaded, checked and placed on the shooting mats or benches. Finalists must stand (includes 50m prone finalists) turn to the rear to face spectators and be introduced.</td>
</tr>
<tr>
<td><strong>5:30 minutes before</strong></td>
<td>Announcer introduces finalists.</td>
</tr>
<tr>
<td><strong>2:30 minutes before</strong></td>
<td>Before finalists are instructed to return to their shooting positions and will have two minutes to resume their positions, prepare and fire sighting or warming shots before the first Final Round shot.</td>
</tr>
<tr>
<td><strong>00:30 seconds before</strong></td>
<td>Pause to reset targets.</td>
</tr>
<tr>
<td><strong>00:00</strong></td>
<td>Range Officer commands, FOR YOUR FIRST COMPETITION SHOT, LOAD…ATTENTION, 3-2-1, START.</td>
</tr>
</tbody>
</table>
Yes . . . You Can!

Can I, or do I have the ability to win a place on the U.S. Olympic Team and to win medals at the Olympic Games? I recall shooting in my backyard or on my aunt's farm as a pre-teen wondering what it would be like to compete in the Olympics. If you are asking yourself "am I good enough," or "can I compete at the international or Olympic level," the answer is YES you can, IF you are willing to work and train for gold.

For me, the answer to this question came about one year after I joined my high school Junior ROTC rifle team. I was a sophomore shooting every day for an hour and a half or more, entering local competitions and eventually watching my skills and scores increase. Being pushed, challenged and supported by my JROTC coach made it easy for me to picture myself on the podium in the future. It wasn't a question of "if," but "when."

Between my junior and senior year I worked all summer saving nearly every dollar to purchase my own Anschutz 1413 Super Match target rifle. My dad agreed to buy the leather shooting jacket if I saved the money for the rifle. This put my shooting career in high gear. My freshman year in college, I was on the varsity rifle team, a feat that no freshman had ever achieved. I was motivated to be the best. I learned about the U.S. Army Marksmanship Unit in my junior year of college, and five years later I was competing in the Olympic Games.

When you read articles and profiles of past and current Olympians, you see common threads in how they all started—hunting with grandfathers, dads or uncles at an early age, or starting with a BB gun, pellet gun, .22 rifle, pistol or shotgun. It starts as a lesson in gun safety or having fun shooting at cans or targets either in your backyard, someone's farm or at a local shooting club. You realize how much fun shooting is and want to improve, getting more time on the range or on the field.

And then you get the urge to shoot the local turkey shoot or club competition. Now you're hooked. You watch your skills increase along with your confidence. When you ask for help there are plenty of adults and competitive shooters offering to help in any way they can. It's the way of our sport—like an extended family. The details of the path to the Olympics play out differently for each of us, but the underlying basics exist in the stories for most Olympic shooting athletes.

The big "IF" at the end of "yes you can" refers to your willingness to practice hard, learn from a good coach and others in the sport, compete in as many matches as possible, join a club or facility that you use on a regular basis, obtain and maintain good equipment/guns and stay focused on your goals. As with any sport, there is a learning curve and how fast you progress depends on your commitment to continuous improvement. The path to the Olympic Games isn't for everyone, but if you have the drive and commitment, YES you can and USA Shooting is here to help you along the path.

Michael Theimer
USA Shooting Team members attend Second Annual Annie Oakley Boom Days. National Shotgun Team members Caitlin Connor and Jaiden Grinnell traveled with USAS staff to Pinehurst, N.C., from Dec. 3-4, 2010. The event was established to celebrate Annie Oakley’s legacy. Grinnell, Corrie West USAS Director, Marketing & Communications and Connor (L to R) are the center three women in the picture with the G.R.I.T.S. (Girls Really Into Shooting) team. The group enjoyed honoring Oakley’s legacy, shooting with Clay and Quail Cup participants and talking with area residents at the Community Celebration.

USA Shooting staff participated in a local Adopt-a-Family program for the holiday season. With item donations and monetary gifts, the staff raised over $700 to help brighten the family’s holidays. Athletes Emily Caruso, Caitlin Connor and Jaiden Grinnell volunteered their time to shop for items on the family’s need and wish lists. Moreover, during the drop-off day at the Community Partnership for Childhood Development (CPCD) headquarters, Olympic Training Center Resident Athletes Connor, Grinnell and Anthony Lutz (pictured L to R) spent the afternoon helping unload vehicles that dropped off Adopt-a-Family goods. Overall, USA Shooting contributed to the 250 families that were adopted this year.

USA Shooting is now on Facebook! Get the latest competition news, athlete profiles, advice from national coaches and more. From your Facebook account, search “USA Shooting, National Governing Body” and “like” our page to subscribe to updates. Also, be sure to check out posted events and the picture gallery. Please feel free to “tag” pictures of friends, teammates and more.
July 25, 1928 – Dec. 11, 2010

The International Shooting Sport Federation (ISSF) announces with great sorrow that ISSF Secretary General Horst G. Schreiber has passed away. Mr. Schreiber departed this life at the age of 82, on Saturday, Dec. 11, 2010, in Munich, Germany. Mr. Schreiber was first elected as the ISSF Secretary General in 1980 and has served continuously in that capacity since. He was most recently re-elected at the ISSF General Assembly in July 2010. Together with ISSF President Vázquez Raña, he was part of a leadership team that transformed the ISSF into the international governing body of a world sport with 160 member federations as well as into one of the strongest Olympic sports. His service to the shooting sport was always distinguished by complete, unselfish dedication to the best interests of the shooting sport and its athletes and national federations.

Mr. Schreiber was trained as a lawyer at the University of Munich and Harvard University in the USA. He practiced law in Munich since 1959, appearing before many courts in Munich and the Bavarian Supreme Court. His personal activities included leadership roles in the GAISF and in sports clubs for tennis, shooting and golf. Mr. Schreiber was honoured with many awards that include the Blue Cross of the International Shooting Sport Federation, the Olympic Order in Silver from the International Olympic Committee and the Federal Cross of Merit with Ribbon of the Federal Republic of Germany and the highest honor granted by the ISSF, the President's Button.

The ISSF President and the members of its Executive Committee and Administrative Council express their deepest sympathy and sincere condolences to his wife Heidi Schreiber, to his sons Wolfgang and Franz Schreiber, to his sister Wilma Schreiber, as well as to all members of his family.

For the ISSF,
Olegario Vázquez Raña, President

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**Schedule of Events**

**Presented By:**

![Winchester](image1.png)

![Eley](image2.png)

Competitions are listed in order by date. For specific information on a particular event, please visit [www.usashooting.org](http://www.usashooting.org) >> competitions >> interactive calendar and browse our upcoming events or call the event organizer listed.

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<th>Discipline</th>
<th>Organizer</th>
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<td>First Stage LA &amp; MS PPP Championship</td>
<td>McCombs, MS</td>
<td>Pistol-PPP</td>
<td>Mickey Brondum</td>
<td>504.343.7597</td>
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<tr>
<td>03/04/2011-03/06/2011</td>
<td>UT State International Rifle &amp; Pistol Indoor Championship</td>
<td>Salt Lake City, UT</td>
<td>Pistol &amp; Rifle</td>
<td>Cory Simon</td>
<td>801.867.8158</td>
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<tr>
<td>03/11/2011-03/13/2011</td>
<td>Second Stage LA &amp; MS PPP Championship, Open Pistol &amp; Air Rifle</td>
<td>McCombs, MS</td>
<td>Pistol &amp; Rifle</td>
<td>Mickey Brondum</td>
<td>504.343.7597</td>
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<tr>
<td>03/12/2011-03/12/2011</td>
<td>Sandy Ford March International Pistol</td>
<td>Streator, IL</td>
<td>Pistol</td>
<td>Gary Riss</td>
<td>815.939.4854</td>
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<tr>
<td>03/18/2011-03/20/2011</td>
<td>Third Stage LA &amp; MS PPP Championship</td>
<td>McCombs, MS</td>
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<td>Mickey Brondum</td>
<td>504.343.7597</td>
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<tr>
<td>03/19/2011-03/19/2011</td>
<td>CMP Monthly Match Anniston</td>
<td>Anniston, AL</td>
<td>Air Pistol &amp; Air Rifle</td>
<td>Katherine Harrington</td>
<td>256.835.8455</td>
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<tr>
<td>03/19/2011-03/19/2011</td>
<td>Monthly Tournament</td>
<td>Colorado Springs, CO</td>
<td>Pistol, Rifle, PPP</td>
<td>Jim Shaver</td>
<td>719.597.7909</td>
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<td>03/19/2011-03/19/2011</td>
<td>CMP Monthly Match Camp Perry</td>
<td>Port Clinton, OH</td>
<td>Air Pistol &amp; Air Rifle</td>
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<td>256.835.8455</td>
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<tr>
<td>03/20/2011-03/20/2011</td>
<td>2011 Michigan USAS/CMP Air Rifle Championship</td>
<td>Salzburg Bay City, MI</td>
<td>Air Rifle, Rifle, PPP</td>
<td>Thomas Monto</td>
<td>989.631.3079</td>
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<td>04/03/2011-04/03/2011</td>
<td>APR 2011 Airgun PTO</td>
<td>Troy, NY</td>
<td>Air Pistol &amp; Air Rifle</td>
<td>Charles Meyer</td>
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<td>Buckeye International Pony Express 100</td>
<td>Marengo, OH</td>
<td>Trap</td>
<td>Hal Hare</td>
<td>614.501.8535</td>
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ARE YOU A NATURALLY TALENTED SHOOTER WANTING TO IMPROVE?

With hard work and professional guidance I can help you reach your peak performance.

Silvino Lyra is a 1999 USA/NRA International Advanced Shooting Coach who has coached gold and silver medalists at the Pan American Games and 5 Olympians in the 2000 & 2004 Olympic Games in the 10m air pistol element of Modern Pentathlon.

Coach’s Philosophy
The soft overcomes the hard, the slow overcomes the fast, let your workings remain a mystery, just show people the results.

-Lao Tzu

Silvino Lyra
Air Pistol Shooting Academy
Range located in Boise, Idaho

For more information on how I can help you improve, email: sillintercoach@yahoo.com

If you follow the instructions and don’t improve your score in two months, you will receive your money back!
USA Shooting's Certified Training Center at the Los Angeles Rifle and Revolver Club (LAR&R) conducted two intermediate three-position rifle clinics this fall. Coach David Kimes invited Bill Boyle as the main instructor for these two-day clinics. The clinics were a success at both the northern and southern California locations. Organizers and young shooters were grateful to USA Shooting for its generosity in providing World Shooting Championship t-shirts, U.S. Olympian posters, as well as athlete cards of prominent international shooters—Jamie Beyler, Matthew Emmons and Michael McPhail.

The first clinic was held at the Santa Clara Valley Rifle Club in San Jose on Sep. 18-19. Four coaches helped instruct 15 junior shooters from 13 to 18 years of age. With the help of local parents, Coach Dean Peterson organized this event.

The classroom and firing line instruction were interlaced. Coach Boyle handed out an abundance of current and extremely relevant course material. Topics included: goal setting, training plan, fitness and nutrition, shooting diary, shot plan/mental programs, contingency planning, mental training and visualization, wind reading, match conditions, winning attitudes and the availability of USOC Sport Psychology services.

Coach Kimes showed a video of Coach Ernest Vande Zande's Wind Camp held for members of the U.S. World Shooting Championship team this past July at LAR&R. You can read Coach Ernie's wealth of knowledge on wind management when it is printed in four different issues of the NRA Shooting Sports USA digital edition in the near future.

Three weeks after the San Jose Clinic a similar course was held at the LAR&R Certified Training Center in southern California. Eight shooters and four coaches came from as far as Arizona to attend this clinic. In addition to the San Jose clinic curriculum, Edward Knutson delivered three topics on three-position rifle settings, gravity model of standing position, and an elite training theory: periodization. He suggested that our bodies and the shooting position we assume contains certain variables and constants. For example, the sight line to the hook vertical dimension in the standing position is a relative constant. The fine adjustment of the cheek-piece should not influence the butt hook setting. Knowing the constants helps lay a solid foundation of consistent performances. This is especially true when challenges arise in a match at an unfamiliar range, such as sloping down position or target height is out of the range of your usual setting. The palm rest adjustment offers the correct compensation for this vertical natural point change. If you adjusted the butt hook height, consistent desirable outcome will be difficult to obtain. By breaking the constant, muscle usage is introduced, which is the very thing we are trying to eliminate. In today’s free rifle, every effort should be made to make the rifle come to the shooter.

Knutson continued to describe a concept named “Gravity Model” in position shooting. This model emphasizes natural body position and natural head position. The core concepts are skeletal support and constant cheek pressure. Skeletal support

Above: A group photo from the camp at the Santa Clara Valley Rifle Club in San Jose.

Left: LAR&R's head coach David Kimes (also a USAS volunteer Assistant Rifle Coach) offering advice between shots with an attendee of the LAR&R Rifle Camp.

Right: USAS volunteer Assistant Rifle Coach Bill Boyle explains positioning to a young shooter.
Coach David Kimes advises a junior athlete on the intricacies of shot execution. Minimizes muscle usage and enables prolonged relaxed shooting in position, as well as making consistent performance possible. A more seasoned shooter pays very close attention to applying constant cheek pressure. By assuming a natural head position and resting comfortably on the cheek-piece, a shooter can achieve constant cheek pressure. This task requires brutal honesty of the shooter to him/herself, meaning if the slightest cheek piece height adjustment is required to look through the sights, the shooter will need to make that adjustment instead of lifting the cheek or pushing down on the cheek-piece.

Lastly, he introduced a rather atypical training methodology used in the shooting sport, called Periodization published by Tudor O. Bompa, PhD. Knutson explained “Volume” verses “Intensity” training as stated by said theory. He gave examples on how to apply the “Intensity” training; as a result many young shooters have benefited from this theory. The “recovery” phase of the Periodization training is very beneficial to young shooters as well.

The one-on-one firing line instruction was another highlight of the clinic. Zack Kofron, a young shooter from Arizona, had his rifle settings completely re-adjusted and the improvement in his performance was instant, without extra effort. Using a 3x5 card occasionally held in front of the rear sight, Coach Kimes helped shooters realize they did not have the quality natural point of aim (NPA) that they thought they had. The instructors at both clinics used USA Shooting Magazine March/April 2010 issue of Coach Ernest Vande Zande’s article about how to acquire NPA in the standing position.

These clinics are a part of the progressive and continuous rifle athlete development program outlined by Coach Kimes. Visit www.LARRClub.org for details and visit www.JuniorShooters.com for our junior program.

Hammer Sui, Photos courtesy of Hammer Sui & Dean Peterson

Senior International Trap shooters met Oct. 1 - 3 for the Fourth Annual Senior Open for International Trap. Thirty shooters from the U.S., Canada and Peru met at the Martinez Gun Club, Calif., to contest the 2010 title. A newly installed removable cover for the firing line and a much-improved front berm greeted the shooters upon their arrival. The Senior Open, sponsored by the International Shooting Sports of Oregon and sanctioned by USA Shooting (USAS), is a 125 target match conducted over two days, providing a World Cup flavor for shooters over age 45. Competitors are divided into three classes based on their performance on the first 75 targets from day one. Each class (A, B, C) completed the course of fire on day two and finished the match with a final.

This year’s championship saw Dave Senter (Saint Helens, Ore.) take a comfortable lead of nine targets into the A Class Final, finishing with a 124 out of 150 and claiming his first Senior Open title. Guy Avedisian (Ocala, Fla.), the reigning champion, shot a solid 18 targets in the final to push Senter, but came up short, with a total of 117 out of 150 targets. Senter also took the High S2 title, just two targets shy of the current National Record. Maxey Brantley (New Braunfels, Texas) won B Class with 106 out of 150 targets, and Hal Hitchcock (Blaine, Minn.) took C Class honors with 90 out of 150 targets. Sandra Honour, of Edmonton, Alberta, Canada, was named the High Woman with 109 out of 150 targets. Ron Cleland (Martinez, Calif.) was crowned High S3/Veteran with 105 out of 150 targets.

This year, more than $2000 in trophies and awards were returned to the participants, ensuring few went home empty-handed. Saturday night included a dinner at the club, hosted by manager Greg Fahmie and prepared by his wife, Mindy, for all competitors and their families. Fahmie said, “We were excited to host this year’s event, and hopefully the improvements made to the bunker will bring the shooters back. We welcome everyone at the “New” Martinez Gun Club, the oldest Gun Club in America!” Bunker Chairman, Ken Fong, marshaled four local USAS certified referees to generously donate their time to help make the event a quality experience: Stan Marubayashi, BJ McDaniels, Michael Flores, and Jim Wollacott. “The Senior Open was our first major bunker event for many years. Lots of volunteer time and labor went into the range to make needed improvements. We couldn’t have done this without a tremendous amount of team work and too many people to name had a hand in the improvements,” said Fong.

Planning for next year’s event is underway and the dates and location will be listed on the USAS website early in 2011 for the Fifth Annual Senior Open for International Trap.

Maxey Brantley

WWW.USASHOOTING.ORG 33
What’s on the Horizon for 2011

As you read this article, the 2012 Olympic Games will occur in 18 months. That makes 2011 a critical year to prepare athletes to win medals. To maximize our Olympic medal potential, participation quotas must be won and 2011 is the next major qualifying opportunity. The USA Shooting Team went to Beijing with the ambitious goal of winning six medals. We achieved our objective and marked the best ever Olympic results for any U.S. Olympic Shooting Team. As we prepare for London, the expectation is now a minimum of six medals—no easy task. China was the only country to win more than six medals in 2008.

We can be proud of our 2010 accomplishments in winning 28 ISSF World Cup medals and three more individual medals at the World Shooting Championship. A most gratifying experience at this year’s World Championship was the performance of our junior athletes, whose results exceeded our expectations. We will continue investing in this talent to develop them into our medal winners of the future. Our athletes are performing at a high level. However, competition continues to be even more competitive with increased strength from Russia, India, Ukraine, Germany and a resurgence from Canada where we expect to do extremely well. Our efforts as a team are paying off. Our athletes are shooting medal winning, world-class scores. That said, our staff has implemented a performance plan to keep the team on track and ensure continued success.

Objectives for 2011 include the implementation of several strategic initiatives identified by the Board of Directors. Our focus has been on the critical success factors of revenue generation, talent pool development and organizational visibility and brand development. In 2010, the Board and staff took on three projects to positively impact critical success factors that will propel our organization forward. Those strategic initiatives are building the USAS fan base, developing on-line instructional materials and increasing the number of Olympic-style shooting ranges. To date, USAS has entered the social networking world and our website is in the process of redevelopment. The website will have an instructional section with a library of articles on competitive shooting and related materials. Work is in progress to incorporate more Olympic-style shooting programs at clubs and commercial ranges throughout the country. An additional overlaid trap and skeet field is expected to be completed at our International Shooting Park in Colorado Springs, which will accommodate the growing participation in that discipline.

Youth and shooter development will be a larger priority in 2011. Mike Theimer has joined the staff to push the development of our junior camps, three-position air rifle and expand the pistol talent pool. To that end we will be working jointly with National Rifle Association (NRA) to grow the Progressive Position Pistol (PPP) program that introduces youth to pistol shooting in a safe environment. We are also working with NRA to more closely align our competition category and classification systems with incentives for clubs to register competitions with both organizations.

The USA Shooting Team Foundation is now fully functional as our fundraising arm. Executive Director Buddy DuVall had good success in 2010 and we are optimistic for the future as our gifts program develops. Tom Harris, who served as a gifts officer for the Rocky Mountain Elk Foundation and Ducks Unlimited, recently joined our staff to assist Buddy in the development and implementation of that program. I know that 2011 will be a busy year and the outlook is indeed exciting!

- Robert Mitchell

U.S. SHOOTING TEAM ALUMNI ASSOCIATION

Since the November/December issue of USA SHOOTING NEWS 12 additional members have joined the Alumni Association. Life Membership Certificates and lapel pins will be sent to these new members along with several from the original list who did not receive certificates and pins. The new members are:

- Waymond Alvis
- Robert Alyward
- William Blankenship
- Peter Durbin
- Bret Erickson
- Linda Ferrence
- Shasta L. Little
- Lonn Saunders
- Shiela Louise Sexton
- Randy Stewart
- Willis Platt
- Beth Herzman-Welch

We are missing addresses for approximately 200 athletes we would like to contact. Any shooter who represented the United States on any official international team is eligible to join the Alumni Association. Listed below are some of these athletes. If you know the address or email of any of them please notify me at USA Shooting in Colorado Springs, CO 80909 or at Lones.Wigger@USAShooting.org

- Justin Barberi
- Leah Baugher
- Brian Burrows
- Sheldon Benge
- Roxane Conrad
- Brad Deauman
- Joseph Dickson
- Charvin Dixon
- William Dodd
- Henery Dominick
- Amanda Dorman
- Daniel Durben
- Joan Elkins
- Edward Etzel
- Jonathan Frazer
- Kristin Peterson-Frazer
- Janet Fridel-Spohn
- James Gouger
- John Gray
- Matthew Heck
- Summer Hutton
- Hattie Ponte-Johnson
- Lance Lazoff
- Nelson Lincoln
- Marcello Mancini
- Kelly Mansfield
- Byron Marshall
- Kenneth McNally
- Alvin Merx
- Robin Orth

Thank you,
Lones Wigger
President
U.S. Shooting Team Alumni Association
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