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Will Brown shoots his way to a JO Championship in Men's Free Pistol.
USA Shooting wishes to thank its supporting partners.
Learn what these sponsors do for you.
Nov/Dec USA Shooting News Online; USAS Welcomes Rail Station
By Mary Beth Vorwerk, Media and Public Relations Manager

In an effort to maximize our valuable resources and to test the growing trend of online publications, USA Shooting will offer the November/December issue of USA Shooting News only online in PDF format, redirecting many thousands of dollars we will save in printing costs (in response to suggestions by several members). You will still get all the valuable information included in every issue, but instead of receiving the magazine in your mailbox, you can log onto www.usashooting.org and click on the “Media/USAS Magazine” tab on the left side of the navigation bar to find the November/December issue.

We hope you will enjoy reading USA Shooting News online and we appreciate your understanding; this short-term measure will help us continue to support our athlete programs. We look forward to your feedback, and we will certainly keep you updated on any future changes to the magazine.

Another change we hope you will welcome is the transition from Hang-a-Star to Rail Station membership and event databases services. By the time you receive this magazine, the membership services transition will be complete, but event services and statistics may not be available for up to 90 days. During this period memberships and events-related transactions such as entries, match event sanctioning and score reporting can be accomplished via email, phone, fax and postal service. We apologize for the temporary inconvenience, but we believe the change will allow improved and expanded functions as well as a more user-friendly system for members and clubs.

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Located on the 1600-plus acres of the Ben Avery Shooting Facility in Phoenix, Ariz., the Ben Avery Clay Target Center is part of the largest public shooting facility in the United States. The Clay Target Center (CTC) is currently owned and operated by the Arizona Game and Fish Department and offers trap, skeet, sporting clays, 5-stand, international skeet and wobble trap-with international bunker coming soon.

Home to numerous USA Shooting clubs, leagues, PTO’s and Junior Olympic State Championships, the CTC also houses a grassroots development program known as Desert Roses. Desert Roses is an introductory women’s shotgun program for ages nine and up that teaches the shotgun disciplines of sporting clays, trap and skeet in a friendly, welcoming environment with other women.

The CTC is also home to the Arizona Game and Fish Department Scholastic Clay Target Program (SCTP), a team-based youth development program that uses the shotgun disciplines of trap, skeet and sporting clays to instill discipline, safety, teamwork, ethics, self-confidence and other life values.

The CTC contributes its success largely to its brand new facilities and machines, dedicated staff and beautiful weather, enabling shooting every day of the year.

The range is currently throwing over four million targets a year but is constantly fostering new ideas to grow the numbers and skill levels of its shooters. This year’s plans include expansion of the RV campground, construction of an executive sporting clays course and additional towers, and development of a bunker trap field.

Despite facing urban encroachment, scheduling conflicts and some difficulties with range access for youth programs, the CTC has succeeded at attracting men, women and children of all ages and experience levels. With courteous staff members overseeing safety and offering informal coaching as needed, the Ben Avery Clay Target Center is an enjoyable home for shotgun shooters in the Sonoran desert.

For more information on the Ben Avery Clay Target Center, contact Range master Bill Kelsey of the Arizona Game and Fish Department at 623-236-7729 or 623-764-8392.

Ben Avery Clay Target Center Shooter Spotlight:
Arizona Dust Devils Squad

Frequenters of the Ben Avery Clay Target Center, eighteen-year-old Joseph Dodds, sixteen-year-old Jay Chapa and seventeen-year-old Adam DiCerbo are the number one international trap squad for the Arizona Dust Devils Team. Although they have been teammates for several years, these young men began competing together three months ago as a three-man squad under the coaching of Tom Slaughter. Showing great success as the second place squad at this year’s Arizona State Trap Junior Olympic Championships, all three show promise by qualifying as individuals for the 2009 National Junior Olympic Championships set to take place this July.

Dodds (Chandler, Ariz.), a 2009 graduate of Dobson High School, first started shooting shortly after completing a Hunters Education course almost five years ago. Chapa (Gilbert, Ariz.), who just finished his junior year of high school, started shooting shotguns in 2006, just three years ago, after being introduced to Coach Slaughter by his cousin. DiCerbo (Scottsdale, Ariz.), who is about to begin a summer volunteer internship with the Arizona Game and Fish Dept., has been shooting firearms since he was eight-years-old, but made the transition to trap and skeet after meeting Coach Slaughter at an outdoor expo.

Active on and off the range, these young men give back to the shooting community by participating in fundraisers, assisting with Hunter Education classes and shooting safety lessons offered to the public. They also participate in a program developed by Arizona Outdoor Sports and Paralyzed Veterans of America to provide clay target coaching and support for veterans.

These three shooters have made a long-term commitment to shooting and look forward to success at this year’s National Junior Olympic Championships.

If you would like your club’s accomplishments highlighted in an issue of USA Shooting News or know of a shooter that is deserving of a “spotlight,” contact Competitions Assistant Nicole Levine at Nicole.Levine@usashooting.org.
If you’ve reviewed my previous discussions on grip fitting, you should have a strong understanding of the logic of properly fitting a grip, specific shaping tools and techniques, and important terminology I will use in this article.

The pressures you exert on a pistol grip have a direct effect on your consistency and the placement of the shot. Therefore, your objective in shaping a grip is to manage the pressures to minimize counterproductive forces on the grip. Once you’ve firmly grasped the grip and are in position to fire, you want the primary pressures on the grip to run straight back into the crotch and straight forward into the middle segment of the fingers.

Even considering those primary forces, you still want to have maximum surface area of your palm touching the grip. However, the purpose of this contact is not to allow you to exert more pressure on the grip, but rather to prevent you from squeezing potential high points on a poorly-formed grip. For instance, if you added a big dollop of filler on the ball or the finger ridgeline, you might have a tendency to push sideways on the grip, causing misalignment of your sights. The ball and the finger ridgeline are key indicators of proper pressure to ensure you have a consistent grip. Those areas on the grip should be felt in the hand, but should not be so large as to cause misalignment in the sights.

Your pistol’s grip also helps control the balance of the pistol. Since pistols are front-heavy due to the weight of the barrel, you must design your grip to counteract those forces without negatively affecting the alignment of the sights. The weight of the pistol is supported by the middle finger shelf and the rear of the palm shelf. If there are no gaps between the hand and the grip, then there will be more friction and surface tension, resulting in less grip pressure and less pressure on the middle finger shelf and the rear of the palm shelf.

Shape your grip by starting at the back and working your way to the front. First, ensure that the grip is the proper length. In order to be legal for competition, the grip must fit in the equipment control measuring box, and cannot extend past the break in the wrist. The further the grip comes back, the more support it gives you. To add to the back of the grip simply glue on a small piece of wood and then grind off to the existing contours of the grip. Then, using a sander, grind the back down to a legal length. The break of the wrist is considered the front of the wrist bone or the first crease in the underside of the wrist moving from the hand to the wrist.

Next, fit the crotch of the grip. Your hand should be as far into and up in the grip as possible without cutting the frame. The closer the chamber is back in your hand, the less recoil you will feel. The lower the chamber is in your hand, the lower the recoil. Even for Free Pistol or Air Pistol, reduced recoil is important since it can help in the follow-through to tell if you are manipulating the trigger correctly. The cross-section of the crotch of most pistols is in the shape of a “U.” But if you look at the web between your trigger finger and your thumb, this shape is more like a “V.” Thus, you should attempt to shape the crotch from a “U” to a “V.”

Now you are ready to adjust the palm shelf. You will have a problem if the shelf is raised all the way and your hand is still not touching the shelf. The impulse is to add filler at the top of the grip in the crotch in order to get a tight fit. However, that would ruin the fitting of the crotch we discussed in the previous paragraph. Adding filler to the top moves your hand down, increasing recoil and the potential for muzzle movement. If you cannot move the shelf high enough for a snug fit, then expand the palm shelf adjustment slots, allowing you to move the shelf up to the proper position.

Finally, work on the position of the hand wrapped around the grip. Ideally, you could draw straight line down the barrel and continue up your arm. This portion of grip fitting is as much for comfort as function, and many people differ on how far to wrap their hand around the grip. In my experience, bullseye shooters have a tendency to wrap their fingers further around the grip. If that is your preference as well, you will need to add more filler to the rear of the grip where the palm touches.

The thumb shelf should allow your thumb to extend forward naturally, providing support without requiring any muscle to hold it there. Since everyone’s thumb has a unique curve, the thumb rest is a personalized fit.

In the next segment, we will discuss the fine tuning of the grip from the rear, forward. Until next issue, keep your sights aligned and STAY ARMY STRONG!
Inside the Blue: Second Opinion

By: Master Sgt. Jeffrey J. Julig, Air Force Shooting Team

A second opinion is critical to making informed decisions in many aspects of life. Few people would consider making important medical, legal or financial decisions on their own without seeking advice. Even relatively minor decisions like purchasing an automobile or reviewing an estimate for home repairs are not made in a vacuum. Should an athlete who invests a significant amount of his or her time, money and effort to compete make decisions without advice or assistance from others? In this article, we will explore how seeking guidance from others may help improve performance.

Second Opinions Are Invaluable

Measuring performance and overcoming obstacles is a challenge for even the most seasoned athletes. While an athlete may be his or her own best critic, it is often necessary to seek a second opinion to evaluate options and solve problems. Amateur athletes are charged with balancing many competing priorities on and off the range. Therefore, it is necessary for an athlete to seek assistance from others to objectively evaluate options in work, life and sport.

Athletes should enlist the help of a trusted agent or subject matter expert to advise them as they work to reach their goals. Advice gained through a mentor, coach, spouse, parent, friend, gunsmith or physician is critical to long term success. Autobiographies of successful athletes are filled with examples of influential people or groups that helped enable their success. Whether an athlete competes at a local shooting club or on a broader stage, self-knowledge and personal evaluation may only take him or her so far. Timely, relevant advice from a trusted agent may improve performance and allow an athlete to reach his or her full potential.

Seek Objective Feedback

A trusted agent should have professional competence when required; an unbiased, objective viewpoint; and most importantly, the athlete’s best interests in mind. When seeking advice, an athlete should look for someone who:

• Offers consistent, objective and relevant advice. There never seems to be a shortage of free advice on what someone else should do in a particular situation—especially from those who will not share in the consequences. As an athlete’s skills sharpen, advice from myriad sources will appear. Separate those who know from those who think they know. Athletes should seek guidance from those who deliver candid, objective advice. Avoid people with a positivity bias who will only sing Pollyanna’s praise. Remember, a trusted agent may not always deliver good news.

• Distinguishes between necessary, desirable and unnecessary changes. All performance issues cannot be corrected at once and some issues may be symptoms of a larger problem. To solve problems effectively, an advisor should help an athlete identify and prioritize root causes of problems. Well-reasoned advice should focus improvement efforts on actions that actually prevent or solve problems. A valued advisor will keep an athlete focused on solving problems while only making changes that will improve his or her performance.

• Pinpoints specific problems. To receive the best possible advice, an athlete must narrow the scope of his or her problem. Advisors are in a better position to assist the athlete if he or she is able to identify a causal connection between a behavior and an undesirable outcome. Athletes should seek help from those who are interested in solving problems by identifying causes before suggesting changes. An experienced advisor will not judge or assign blame but rather focus on changing behavior to improve performance.

• Addresses your weakness. Human nature encourages many of us to focus on our strengths because it is the path of least resistance. A visit to most golf driving ranges certainly illustrates this point as most golfers only practice with the clubs they hit well. It is not easy to focus on your weaknesses (whether personal or performance related) without proper motivation. An advisor may help motivate an athlete to workout, train, save money for new equipment, eat properly, rest and develop a match plan. Successful athletes surround themselves with others who will help them capitalize on their strengths and minimize their weaknesses.

• Concentrates on the marksman’s skill-set not their own style or personal preferences. Just as there are many styles used to shoot a free-throw in basketball, there are multiple ways to engage a target. At the end of the day, referees will score and count targets without awarding style points. An advisor should account for your natural tendencies and avoid cloning shooters into their own image.

Fight for Feedback

Athletes should use the skills and experiences of others to their advantage. Query experienced athletes to learn how he or she reacted in a particular situation and seek their counsel to build training and match plans to maximize performance on and off the range. Through periods of training, self-study, physical fitness and performance planning, athletes are better prepared by leveraging the assistance of others.

Accept Feedback

Sound advice is that which is acted upon; the balance is just background noise. If an athlete takes the time to locate an advisor willing to assist him or her, the athlete must make a good faith effort to consider the advice. If the athlete doubts the veracity of someone’s opinion or knowledge of a topic, he or she should seek other opinions until the athlete is able to make an informed decision. Only the athlete is accountable for the decisions he or she makes on and off the range.

Seeking feedback may be perilous or promising. An athlete must be prepared for responses he or she may not wish to hear. As the comedian Rodney Dangerfield once noted: “My psychiatrist told me I was crazy and I said I want a second opinion. He said okay, you’re ugly too.” If you open yourself up for criticism, use it in the spirit for which it was intended: to improve your performance. This is where choosing the proper advisor or mentor really pays dividends. Honest feedback, while sometimes painful, is often necessary to enable an athlete to reach his or her goals. Tiger Woods completely overhauled his golf swing TWICE to realize his full potential. Be skeptical of feedback that does not encourage continuous improvement but remain optimistic that an advisor has the athlete’s best interests in mind.

Provide Feedback

At some point, an athlete may be asked by a peer or novice for advice or coaching. When providing feedback to others, it is criti-
Feedback is better received if it is:

- **Descriptive rather than judgmental.** A mentor or coach should describe the behavior that needs to change to improve performance. Describe how best to accomplish a task or why a technique is used. Avoid judging a person's choices as right or wrong, rather focus on what changes are necessary to make him or her more successful.

- **Balanced considering both strong and weak points.** When offering feedback, take note of both what the person is doing well and areas for improvement. Reinforcing positive behavior is a strong catalyst for changing behavior in other areas. Encourage and facilitate change rather than criticize and demand improvement.

- **Specific to target areas for improvement.** Prioritize and target root causes of problems by citing specific areas for improvement. Broad comments are not measurable as potential solutions to a problem. Break problems down and focus on specific areas to ensure a recommendation helped solve the problem. Although a suggestion like “You need to work on your performance in the final” may be accurate, it is not specific enough to improve an athlete's performance. By contrast, feedback akin to: “You performed well. You appeared very relaxed and focused throughout the final, but we need to work on making adjustments to changing light conditions. The lighting appeared to limit your ability to see low-right targets…. “ is more specific and actionable.

- **Directed at areas within the marksman’s span of control.** An athlete may only change his or her own behavior and the situations he or she controls. Therefore, advice should be tailored to influence matters within his or her span of control. For example, if an athlete does not have the money to upgrade his or her equipment, recommending an expensive equipment change may not be the best near-term option. Seek creative solutions to problems that are actionable and reevaluate options if conditions or resources change.

### One Final Shot

While a marksman's efforts are measured and rewarded individually, it frequently requires a team to produce a positive outcome. The top shooter is therefore only the caretaker of the medal awarded to him or her on behalf of a team of advisors whose "second opinion" enabled the athlete to reach his or her goal. The next time you hear an athlete utter a statement that begins "I couldn't have done this without…”, think about his or her supporting cast who served silently in the background. Embrace the advice of others to close the gap on the competition and avoid making the same mistakes as your predecessors. Trusted advisors improve performance and are key components needed to help achieve a work-life-sport balance.

Until the next competition, the Air Force Shooting Team challenges each of you seek counsel from others to improve your performance and pursue excellence in all you do. If you have any questions about the Air Force in general, please visit www.airforce.com for more information.

"Inside the Blue" is a running series that looks at international shooting sports from an Airman’s perspective. Master Sgt. Julig is a member of the Air Force International Trap Team, and he is presently assigned to Bolling Air Force Base in Washington D.C. The views expressed in this article, unless otherwise indicated, are that of the individual author. They do not purport to express the views of the Department of the Air Force or any other department or agency of the U.S. Government.

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Not Shooting Not Tens
By JP O’Connor

Those who prefer a positive approach to life, and athletics, may be jarred by all the “negativism” in the title and quote above. Yet, by approaching the familiar “Shoot Tens” and “Shoot Good Shots” from the opposite direction, we discover an interesting perspective.

Though it is obvious that we want to “Shoot Tens” and “Shoot Good Shots” it is not so obvious why we do not always succeed. In striving for the “good” we often fail to spend a moment to understand the “bad” in order to learn from the mistake. Never should we “forget about” a bad shot as is often taught. Instead ignore the outcome and learn from the performance (or “doing”) error. This theme, learning from mistakes, is very important and appears in a number of previous articles, especially number 5, “Eights Are Your Friend.” True, forget the “bad” outcome. However, understand why (“what I did”) and move on.

In the precision rifle and pistol events, a variation of the lead quote is “The fastest way to raise your score is to reject the bad shots.” How many times do we hold on target and agonize over whether we should shoot or not? It happens so often one might call it an epidemic! There should never be any thought, hesitation or decision about rejecting.

Either the shot process is unfolding properly, and it continues without interruption, or it is not unfolding properly and we reject instantly with no hesitation. If there is the slightest hint of hesitation or doubt, the shot must be rejected immediately.

Watch a really good shooter: sometimes they will reject a shot so early in the process that they had barely begun. As many top athletes have said, “You can’t make them pretty. They are either there or they are not.”

In the shotgun events and rapid fire phases of pistol, athletes do not have the luxury (or dilemma!) of rejecting shots.

Any good international shotgun shooter will gladly tell a precision shooter how wickedly fast the clay targets move across the field – and how the slightest hint of hesitation, whether in body, mind or spirit will result in a clean miss instead of a nice bust. The same goes for the rapid fire pistol shooters. When the CRO says “Start!” your options are few: shoot well or else!

How then, does one not shoot ”bad” shots when there is no opportunity for rejecting shots? The answer provides the essence of good shooting, even for the precision shooters.

When one has no option for shot rejection, one must truly prepare and commit to the shot. It sounds so simple as to be trite or useless. Quite the opposite is true.

First, we need to understand the difference between “involved” and “committed” as concepts. Do you remember the story of the bacon and eggs breakfast? The chicken is merely involved. The pig, on the other hand, is fully committed! Happily, we may commit to our shots and not be killed. Conversely, athletes who are merely involved with their shots or their shooting are “killed” by the outcome. Many an athlete has joked “Be the pig!”

Second, we need to understand what it means to be committed to a shot instead of being merely involved.

Involvement looks and sounds like this: “I hope this one turns out better.” “I think I am ready… here we go.” “Is my hold good enough?” “Should I reject?” “Hurry up and get this over with.” “I can’t see where the targets are going today, How am I going to hit this next target?”

Involvement takes many forms including not caring, going through the motions, taking a defeatist attitude (article number 22 “Predator or Prey”), focusing on the past, taking “control” in order to “guarantee” the outcome, future and non-shooting thoughts, focusing on fear of failure, timidity and similar mindsets.

Commitment is quite different and often looks and sounds like this: “I am so ready for this shot (or series). I can’t wait!” “Just Be. Here. Now.” “Present Moment!” “I am ok no matter what happens.” “I own this shot (or series).” “I am up for the challenge!”

Commitment also takes many forms, including decisiveness, aggressiveness (in appropriate measure), self-confidence, laser focus at the appropriate moments, being in the Present Moment, trusting the process and allowing oneself to give up perceived “control” that never existed anyway and similar mindsets.

Precision shooters often think they are ready and committed to the shot. Shotgun and rapid fire pistol shooters learn quickly that they had better commit. Exposing precision shooters to the “do it now” events is a real eye opener for them!

A particular trigger technique developed for precision shooters provides insight, and a most useful tactic – especially under pressure, for developing commitment. First we explain the technique, discuss some alternatives and then explore the ramifications and insights.

Four steps to prepare the trigger:

**“The fastest way to raise your score:**

**Do not** shoot bad shots.”

1. **Mind Ready** – Focused on this shot now. All other thoughts and distractions have been allowed to run and are now gone. “Be here now!”
2. **Heart Ready** – Committed to this shot process. There is no outcome or trying. There is only doing. “I am ok no matter what happens!”
3. **Stage 1** – Take up the first stage of a two stage trigger, or touch the trigger on a one stage trigger.
4. **Stage 2** – Add and maintain a significant amount of pressure on the trigger. (When asked about this step in particular, Abhinav Bindra – 2006 World Champ and 2008 Olympic Champ – instantly replied “Oh, that is critical.”)

The first two steps must take place before the rifle or pistol comes off the bench or stand. The latter two steps must take place before the moment when the shooter is looking through/at the sights and the sights are on the area of aim. This is the scary part for many precision shooters! Hold that thought for a moment while we discuss objections/alternatives to the above.

Many shooters “pulse” their finger on the trigger. This tends to
work in rhythm with what is happening in their hold. In extreme cases, this takes the form of “flutter finger” followed by a sharp snapping shot release. Although performed by some top shooters, it is often not as robust a technique. In most cases it indicates some tentativeness or hesitation on the part of the shooter. While many shots will eventually hit the ten, others, even after much training, are still ill timed.

Other shooters start adding pressure and never stop adding pressure until the shot is released. This is often taught in pistol where the hold can appear to be rather large. At a certain stage of their development, the shooter will discover that they are making bigger mistakes in snapping the trigger while trying to catch the ten than they are if they just accept the hold and squeeze until the shot goes off. Indeed, over time, the deeper parts of the mind will help synchronize some of the shots. Still, many take place outside the ten. Having improved with this technique, they are reluctant to change.

With those perspectives, what is going on with the “Four Steps” trigger preparation technique?

When first told of the technique, many shooters are fearful. Some even feel the blood drain from their head! They are concerned about missing the target completely, and later are still concerned with having an early shot. Underlying this fear is the root of the issue. When one completes Step 3, the shooter and trigger are both in a state of rest. The shooter then must overcome mental and physical inertia to get things going. When Step 4 is completed... “Things are going to happen!” The shooter and trigger are no longer at rest. Indeed, the shooter is now in a very dynamic state, both physically and mentally. This is exactly what we want while on aim. When used as an important part of a broader program of shot process construction – this is but one small piece – the technique provides solid results. Unlike many techniques that work well in practice, it stands up under intense pressure.

What happens when this technique is introduced, and how do we prepare shooters to adopt this method?

First, the trigger must already be adjusted such that the athlete can discern the difference in weight between the first and second stages, or the let off weight of the single stage trigger. On a rifle, it does no good to have the first stage weight at 80 grams for example, and the total let off weight at 100 grams. True, the athlete can learn to discern the difference of 20 grams, though the technique will fail miserably when the athlete cannot feel the difference under match pressure. We have watched this happen many times at all levels. One young shooter insisted on having her trigger much heavier than is “normal” in shooting circles. She loved this technique and was able to shoot very well under intense pressure and always pounded the center in finals.

Second, the shooters must sit down, close their eyes (this is critical) and truly learn their trigger. This is done in such a way that all muzzles are pointed downrange, all ammunition is put away and a range officer is monitoring for safety. The drill is: 1) touch the trigger, 2) take up the first stage fully and feel the “stop” against the second stage, 3) gently add pressure but not enough to make the trigger go off. At first, one hears all kinds of trigger clicks! Soon, the shooters learn to “add and maintain” what we call a “fistful of trigger” without having the trigger go off. They then discover that they can then make the trigger go off just by thinking.

Third, the shooters actually dry fire and then live fire. They discover that if they complete Step 4, the shots are “effortless” and often very deep. Some of them also make the most powerful discovery of all. They think they have properly completed Steps 1 & 2, perform Steps 3 & 4, arrive on their area of aim... and discover that they are not ready! They cannot shoot because their mind is not ready! This forces them to go back to Steps 1 & 2 and really learn how to commit to the shot before arriving on the target. Now we are really ready to shoot – and shoot well. Accomplished shotgun and rapid fire pistol shooters smile knowingly!

Quickly, often in the very first session, shooters discover the gun seems to go off by itself and the outcome is a seemingly effortless deep ten. As mentioned above, the “Four Steps” for trigger preparation are but one small piece of a much larger shot process construction. Topics such as position, balance, a new way to think about and check NPA, a new way to think about the “hold” concept, outcome vs. performance, and many other related areas, are all critical elements.

For those working on “auto-magical shots,” this is a critical part of the technique. Soon the deeper parts of the mind, if allowed, take over and deliver incredibly deep and consistent shots. The so-called “flyers” are due to the active thought part of the mind attempting to take over again. Soon the flyers disappear if the shooter is patient with the process. Few are.

Very recently, a very good pistol shooter (who has adopted the program) and this author held a clinic for a group of accomplished junior rifle shooters and their coaches. Over the course of a day and a half, they learned the full program and were quite excited by how “easy” it was to shoot well, by how “bullet proof” they were under intense pressure and by their results. One shooter had 99-99-98-100 in standing air rifle during very pressure packed intensity training drills. This result was no surprise to the teachers. We have seen this technique yield excellent results on a consistent basis, when applied as part of a full shot process and shooting process program.

It was at this recent clinic that one of the local coaches commented that one way to look at shooting well is to learn to “Not shoot not tens.” With thanks, and apologies, the phrase became the title of this article.

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.
I have seen many athletes attempt to invent, analyze, test, reject and try an endless number of strategies, technical adjustments and focus shifts during one match in order to find the magical solution to perfect shooting. Unfortunately, it is virtually impossible to implement an action that you have not planned! In truth, all the tests and trials in your shooting should be accomplished as part of your match planning and during training. Ideally, you will have a match plan already in place when you show up for the competition.

Our 2009 World Cup experience proved once again that the athletes who had a match plan in place well prior to their big event performed much better than those shooters who were trying to form a plan at the last minute. Keith Sanderson, currently ranked number one in the world in Rapid Fire Pistol, is becoming an expert at forming a match plan and sticking to it through the last shot of the final.

So, what should your match plan consist of? Virtually every element of your life should figure into your customized match plan. The objective is to create a comfortable environment for yourself on and off the range so you can perform at your best.

First, preserve the clarity and freshness in your mind necessary to deal with match conditions. Maintaining a high energy level is critical, as well as being relaxed and positive. Those elements are manageable through proper and smart nutrition, sensible physical activities and adequate recovery time before, during and after the match. Sleep, recreation, meal and travel time are considerations for building your schedule. Of course, factor in your match preparation and warm-up time to avoid being rushed. Plan your wake-up time to allow for your normal routine so you can get to the range on time.

Are you organized with your equipment and set-up? You need to be. Staying organized will allow you to work through your warm-ups, match strategy, finals strategy and time-maintenance planning. Think about how you will pass the time on the range, and what you will do in between the match and the final. And do not forget to manage your food (meals or snacks and fluids) on the range. Use your time wisely so you can develop the proper mindset going into the final.

Your match strategy is actually a plan to deal with common distractions and problems during the match. Can you anticipate problems before they arise, and do you have a plan for dealing with them? You will face both internal and external distractions and challenges, and your ability to creatively manage those obstacles is your key to success. Of course, previous experiences are valuable in predicting problem areas, but if you expect the unexpected, you can overcome virtually anything. Also, do not neglect your coach as a key resource in personalizing your plan.

Be sure to build your plan around your match goals, experience and skill level. Your plan should revolve around a focused task which will result in executing a good series or shot. Yes, it boils down to ONE series or ONE shot. You may ask, "What is that focused task?" The answer is the basis for an entirely separate discussion, and it certainly will vary between each athlete; the athlete and coach should work together to determine the area of focus.

And when should the athlete and coach lock down the decisions on the match plan and focus areas? My experience has shown that the plan should be in place two to three weeks prior to the match, with only minor adjustments or fine tuning in the days leading up to the match . . . but no major changes!

Finally, let us discuss the key to successful match planning. Simply, it is discipline. You must force yourself to stay on the plan no matter how great the temptation to abandon it, and it often takes guts to do so. Backing out of your plan exposes you to all sorts of problems which could compound as the match goes on. In essence, you need to plan your match far in advance, use sound logic and wisdom in selecting your focus tasks and have the discipline to stick to your plan.
PARALYMPIC SHOOTING
By Bob Foth, National Paralympic Coach

My first months as National Paralympic Shooting Coach have been unbelievably busy and exciting. During my first two months I attended a USAS Board meeting, flew to Phoenix to help with an NRA Open Range Day, participated in a U.S. Paralympics Seminar, helped with Tim Sherry’s Eagle Scout shooting event for injured soldiers from Ft. Carson, took two athletes to Europe for 18 days and ran a training session at the Olympic Complex. By the time you read this, I will also have conducted a clinic at the Endeavor Games at the University of Central Oklahoma, coached at USAS Nationals and trained a trainer at Walter Reed Army Medical Center. My learning curve also includes understanding the rules of the sport, the organization of international Paralympic shooting, qualifying and competition opportunities and some of the differences and nuances to this version of the shooting sports.

At the NRA’s Open Range Day at the Ben Avery shooting complex north of Phoenix, Ariz., disabled visitors learned air gun and smallbore events as well as cowboy action and American Trap. One memorable part of the Trap event was watching an athlete with very limited upper body strength break a trap target with help from Vanessa Warner, NRA’s Disabled Shooting Sports Manager, while using a sip-n-puff device to work the trigger with breath control. Another incredible story came from a woman in a wheelchair who explained that she overcame some fears in order to participate. She had been shot by an ex-boyfriend, resulting in paralysis of her lower body. What a testimony about the ability to separate the equipment involved from the criminal misuse resulting in her injury!

The NRA will be a strong partner in developing the sport. They will also have a series of sectional matches for disabled shooters so they can compare their results nationally. I hope to develop some camps to reward top shooters from these events. Contact Vanessa at vwarner@nrahq.org for more information about their programs.

Did you know that disabled athletes may participate in all USAS matches? Organizers should include them in the result reports and may choose to offer separate categories for awards. Some athletes are eligible for both Olympic and Paralympic events. Some Prone shooters may need a wheelchair to get around, but can shoot Prone lying on a Prone mat. Some of you may also know the story of Karoly Takacs (HUN), the first person to repeat as Olympic Gold Medalist in Rapid Fire Pistol. He lost use of his right hand during WWII and retrained himself to shoot left handed! Numerous athletes now compete in pistol events in spite of limits on the use of the other arm.

I will be involved in a variety of outreach programs, everything from finding raw beginners to developing athletes able to shoot a Minimum Qualifying Score (MQS) to be eligible for the 2012 Paralympic Games in London. Unlike ISSF events, the number of MQS-qualified athletes in the U.S. will impact the number of entries we get in London. Those MQS scores are reasonably attainable for athletes that start training now and can contribute to the U.S. team effort. If you are involved in a local shooting sports program, please consider reaching out to disabled folks in your area and introducing them to our great sport. You may be surprised at the disabled shooting opportunities near your area.

I have saved one of the best parts for last. On the 18 day Europe trip in May, our athletes, Josh Olson and Eric Hollen, won three medals in six starts! Josh started in the .22 prone event in Bad Orb, Germany. He set a personal record with a 592 and ended up with a silver medal as he was beaten only in the new tie breaker based on center shot count. He would have won the match under last year’s rules. I know this fueled his determination heading into the match at Volmerange-Les-Mines, France. There he built a two point lead over second place in a very tricky wind during the qualifying round. He won the match by 1.1 points after an exciting final. Josh was visibly moved and said that he had never won any event as an individual before, only as a team member. Congratulations on your first gold medal Josh! Inspired by Josh’s performance, Eric shot in the last event of the tournament, winning the bronze medal in air pistol. While a few points below his best, it marked the first medal with a new Steyr pistol that should take him well beyond old records as he gets used to it. The year after the Paralympics is a great time to make a switch like that. Both athletes also benefited tremendously from a joint training session with the USAS World Cup team in Munich at the beginning of the trip.

The future already looks bright with those fine performances, Beijing Paralympic experiences for Mike Dickey (Lakeshore) and Danielle Fong (New York) and the possible return of 2004 Paralympic gold medalist, Dan Jordan.

For more information about Paralympic shooting opportunities and programs, my contact information has remained the same: bobfoth@usashooting.org (719) 866-4881

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Competitive pistol shooting is a sport that requires a tremendous amount of skill in order to be successful. This is an obvious statement for those who compete in pistol competitions. An often overlooked skill in the shooting sports is that of strength. Strength has been defined as the skill or ability to overcome a resistance. Strength training has been shown to improve and stabilize skills in a myriad of sports. In this regard, technique in pistol sports is no different. The proper application of a well designed strength training program can improve the performance of an athlete in a shooting sport through more consistent technique.

Imagine an athlete that was so weak it took every bit of strength one could muster in order to lift her pistol one time. How many times would she be able to lift the pistol? The answer is one time. How steady will that athlete’s hold be? It won't be very steady will it? Now imagine a very strong athlete who can raise a 100 pound dumbbell to shoulder height. How easy will it be for that athlete to lift a 2.5 pound pistol to her shooting position? Pretty easy right? With practice and increased strength it makes sense that an athlete will be able to hold her pistol more steady as well.

This may seem like an extreme example, but I believe it makes the point well. In pistol shooting, the resistance that must be overcome for a successful hold is the resistance of the shooting limb, the pistol and the round. This may not seem to be a tremendous amount of resistance in any single shot. However, by simply taking the weight of the pistol into account, the volume of weight lifted in a 40 shot match can exceed 100lbs or more than 150 lbs in a 60 shot match. Going back to the previous examples, I would argue the stronger athlete will have more consistent technique throughout a match than the weaker athlete. Clearly, this is all a moot point without ample practice shooting.

I suggest incorporating the dumbbell lateral raise into your training program. For the first month, I recommend adding this exercise to your training program three days a week with at least one day between workouts. For example, on Monday, choose a dumbbell that you choose should leave you feeling like you can complete another two or three repetitions at the end of each set. On Wednesday, I suggest doing four sets of 10 -15 second isometric hold with the dumbbell in a similar position as your shooting hold. For Friday’s workout do three sets of 10 repetitions, but select a weight that is 10 to 15 percent lighter than Monday’s workout.

To perform the dumbbell lateral raise, begin by grasping a dumbbell in both hands. Your feet should be placed slightly wider than hip width with the toes pointing forward. You should maintain a slight bend in your knees as well. For this variation of the dumbbell lateral raise, keep your palms facing forward throughout the lift (Figure 1).

Begin the movement by taking a big breath of air. This breath should be held while lifting the dumbbells to shoulder height. It will be beneficial if you imagine the dumbbells to simply be heavy pistols. Lift the dumbbells the same way you would your pistol. If you tend to raise your pistol with your arm slightly forward of your center line, do the same with the dumbbell. If you tend to raise your pistol more perpendicular to your body, then that is how you should raise the dumbbell. Pause briefly when your thumbs are level with your forehead. Count to three as you return dumbbells to the starting position. You should gradually release your breath while lowering the dumbbells. Repeat for the designated number of repetitions with 60 to 90 seconds rest between sets (Figures 2 & 3).

The dumbbell lateral raise can also be performed by doing isometric holds in your shooting position (Figure 4). The movement will be performed in a similar fashion as was described above. However, this time instead of pausing when your thumbs are at forehead level, you should begin to lower the dumbbells immediately to your pistol hold position. Pause in your shooting position for the designated amount of time. Then slowly lower the dumbbell to your side. Rest for 60 to 90 seconds and repeat. Be sure to do the exercise using both arms.

Incorporate this exercise into your training program, practice shooting diligently and I believe you will see improvements in your performance.
I recently read a very insightful quote that can apply directly to your shooting: “Watch your thoughts, as they become words. Watch your words, as they become actions. Watch your actions, as they become habits. Watch your habits, as they become belief. Watch your belief, as it becomes your destiny.”

This powerful quote summarizes what I have always believed: Putting thoughts into your mind can affect long-term outcomes in your life, taking you in virtually any direction you determine for yourself.

In this two-part series, I will first discuss concepts of belief and motivation, and then in the next issue I will outline some imagery techniques that can help you channel your motivation into positive results in competition.

We often categorize positive people by stating that they see the “glass half-full,” and negative people are often accused of seeing the “glass half-empty.” Either way, we recognize that individuals create their own cause-and-effect circumstances, and we need to be aware of the constructive or destructive results of self-talk and self-image.

If you are the kind of shooter who constantly beats yourself up after a bad shot or when the going gets tough. There is really nothing that can hold them back. For those who feel a bad day proves they really can not shoot, they are right as well, and need to work on changing their drive and core belief.

So, does this drive just come naturally or do you have to develop it yourself? Since everyone is different, from growing up with distinct cultural backgrounds, geographical areas and diverse personal experiences, the level of your personal drive could be a result of any one of those factors or probably a mixture of all of them.

The drive may start out small; just an interest in the sport and a fun time hitting the black or clay. You may get a comment from a coach, parent or teammate that “hey, that was a great target, round or match!” By the way, this is where perceptive coaches can really help young shooters plant the seed of belief, instilling thoughts that he or she can succeed and have a future in the sport with proper training. Be sure your comments are honest and constructive so the shooter continues to trust your guidance in the future.

From those encouraging comments, or just proving to yourself that you can get better when you put your mind to it, an idea starts to grow that the more you put into this sport, the more you can get out of it. This is a sport where the results of quality practice are quickly realized even the next time you step on the firing line. Proving you can accomplish what you put your mind to is like a force of energy. The more you do it, the more you want it and the more you trust you can take it all the way.

In order for the drive to turn into motivation for the long run, it has to come from you. If you are staying in the sport because your parents want you to, or because your best friend is shooting, then the drive will not last and there will not be any return when the going gets tough. You have to know why you are in the sport, and love accomplishing large and small goals along the way. If someone else is setting your goals for you, or you are setting yours according to someone else’s ability and drive, then you are setting yourself up for disappointment. Only you can determine where you want this sport to take you and how much you are willing to train to get there.

Once you determine and believe in your long-term goals, you will be on board to go the distance and your hard work and even setbacks will all be kept in perspective. At this point, you can really start utilizing im-
agery in your performance to help manage thoughts, actions and belief. Imagery is one of many mental training techniques, and is the one I feel is most closely related to the spirit of the introductory quote and to determining what kind of shooter you want to be.

Imagery is mentally rehearsing exactly what you want to happen when you pick up your gun and shoot a perfect shot. It encompasses all the senses including what you want to see, hear and even feel, physically and emotionally. I did not understand the emotional part of the imagery equation until I was shooting my first Olympic final in Smallbore rifle at the 1988 Olympiad in Seoul, Korea.

While preparing for the Olympics, I used imagery and relied on it a great deal. I thought I was going the extra mile in my training, but I did not realize I was leaving out an important element. I was able to see myself shooting perfect shots all day long, even at a record-level pace in my mind. My mental imagery paid off, and I set an Olympic Record in the preliminary match using it on every shot in my shot plan, just like I rehearsed thousands of times.

What I was not prepared for was the feeling going into the final in first place, and dealing with the pressure in a way that did not come up and bite me. It bit me hard, and I found out my shot plan and imagery were not tailor-made for this incredibly demanding situation. The nerves were controlling me, I was not controlling them. So over the next few years, I adapted my shot plan and the imagery in it to encompass those feelings and demands. I would not just see myself shoot a perfect shot, I would see and feel myself shoot a perfect shot being in first place in the final. I would imagine shots while thinking about being behind in the final, tied and just one-tenth of a point ahead in the final.

Every situation that I felt I could anticipate, I set up mentally in my training and then performed the perfect shot. Placing the demands on myself through imagery and in practice helped a great deal the next time I faced an Olympic final, four years later in Barcelona, Spain. During that match I again relied on the imagery that included my ultimate goal—winning an Olympic Gold medal by executing a perfect shot plan and shooting a tough final. And on July 30, 1992 at the Olympic 50 meter Smallbore range in Barcelona, my dream came true.

Obviously, I am a firm believer in the power of imagery to help strengthen and focus your motivation and belief in yourself. In Part Two of this discussion, I will offer some specific imagery techniques that will help you take advantage of the powerful forces of your mind that might otherwise remain untapped. We will examine relaxation, shot plans and outcomes, as well as optimal times to practice imagery. Those suggestions will all be geared toward one objective: Helping you achieve your dreams.
Since you are reading this article in USA Shooting News, it is safe to assume that you have an interest in the International Shotgun games. Coming from an American Trap Association (ATA) background and jumping into the International game myself many years ago, I realized what a drastic difference there is in the two games. Just to make sure everyone knows the differences between American Trap and International Trap, I will provide an explanation: An American trap field consists of a single machine 16 yards in front of the firing line. These machines oscillate on a 45 degree arc, 22.5 degrees either side of center. The targets are thrown 10 feet high at a distance of 10 yards in front of the house, and travel approximately 50 yards. The International Trap game consists of a ground level 60-foot long trench which houses 15 machines, three in front of each of the five shooting stations. These machines do not oscillate but are preset for angles up to 45 degrees left and right and heights at 10 meters in front of the trench, varying from 1.5 meters to 3.5 meters. All of these targets are set to a distance of 76 meters. Because of these variables, the target off each machine is a different speed, which drastically increases the difficulty. In the International game, competitors are allowed two shots at each target, counting the same whether the target is broken with the first shot, second shot or both.

Because of the wide angles, speed of the targets, varying heights and having two shots at each target, basic fundamentals are much more important. Gun fit, stance and balance are key aspects to these fundamentals and need to be choreographed by a qualified coach. Once good fundamentals are established, the shooting game, like any other moving target game; i.e., baseball, tennis, is all about vision. Talk to your career .300 hitters and they will almost always tell you that they can see the stitches on the baseball as it leaves the pitcher’s hand. The big difference between baseball and shooting is that their object is coming towards them and their eyes are able to stay focused on all the way, while in shooting, the target is going up and away from us and our eyes focus very slowly in that direction. With this knowledge, the key element of the vision game is focal length, meaning how far out in front of the trench our focus is. Our focus needs to be close to the “breaking area,” which for most people is 15 to 20 meters in front of the trench. There are competitors with faster focusing eyes that are able to look closer, but there are also people with slower focusing eyes that need to look further out. Focal length is an individualistic measurement. The key to it all is we want the target clear when we pull the trigger.

Along this same train of thought there is a lot of discussion in the International world on the advantages of the “high gun” like most people shoot in American trap. The general consensus for the International games, because of the varying heights, speeds and angles of the targets is to start the gun on the house where the targets emerge. Over the past couple of years, several shooters around the world have had great success with the gun above the house when they call for the target, but in essence, the gun above the house is not an advantage. It creates a blind spot for the eye so that the shooter cannot see the targets emerge from the house. With the inherent difficulty of the game we do not need to allow the targets to get this head start. I believe that the success these high gun shooters are having is completely visual in nature. With the gun down on the house these shooters are looking at the front lip of the house allowing the target to beat them visually and they are then chasing a blur. What the high gun has done for these competitors is it has forced their eyes up and out so that the focal length is correct, allowing them to see the target clearly and able to connect visually with the target, which makes it appear larger and slower.

Since there are a multitude of competitors around the world who are physically capable of breaking any target thrown, the true success is then measured by who can visually conquer the game. Competitors that can connect visually to the target shoot what appears to be a larger, slower and therefore easier target.

In future articles we can go into more detail on other aspects of the International game. If you have questions or any suggestions what you would like to see covered, please contact USA Shooting or Bret Erickson directly at info@breterickson.com.

Bret Erickson is a USA Shooting Assistant National Shotgun Coach and coaches full-time at Willawalla Creek Shooting Center. He has been a National Team member for 25 years, been on four Olympic Teams, 14 World Championship teams and three Pan American teams. He is a World Champion, world record holder and six-time U.S. National Champion. For more information, check out his website at www.breterickson.com.
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The U.S. continues World Cup success with 12 medals so far in 2009.
Sanderson Captures Silver in Men’s Rapid Fire Pistol - Changwon, Korea

Keith Sanderson (San Antonio, Texas), a 2008 Olympian, took home the first 2009 ISSF World Cup medal for the U.S. on April 14 when he claimed the silver medal in the Men’s 25m Rapid Fire Pistol event in Changwon, Korea.

Sanderson, a 2008 Olympic finalist and Olympic record holder entered the final round in third place with a qualification score of 589, which is six points higher than his Olympic record of 583 and two points under the World Record of 591. Sanderson shot a 198.3 in the final to finish in second place with a total score of 787.3.

World Record holder Alexei Klimov of Russia won the gold with a qualification score of 590, a final of 200.2 for an overall score of 790.2.

The bronze went to Jian Zhang of China who finished with a total score of 785.7 points (588+197.7). This was Zhang’s first ever ISSF World Cup appearance.

U.S. Army Marksmanship Unit (USAMU) member Matt Rawlings (Wharton, Texas) had the second highest finish for the U.S. in Changwon, making the eight-person final and finishing barely out of medal contention in fourth place in Men’s 10m Air Rifle. Rawlings entered his first ever ISSF World Cup final round in seventh place with a qualification score of 594. Rawlings and Gagan Narang of India were neck and neck in the final up until the last shot when Rawlings fired a 9.3 to Narang’s 10.2 to land himself in fourth place with a final score of 102.6 for a total score of 696.6. Rawlings finished one tenth of a point behind Narang, who grabbed the bronze with a final score of 102.7 and a total of 696.7.

“I have been looking to get in a final for a while, so it was great to be here today. This is a starting point, we’ll see in the future,” said Rawlings following the final match.

“It was great that we had Rawlings in the final round,” commented U.S. National Rifle Coach Dave Johnson. “He is a young shooter, and this was one of his first World Cup experiences.”

Michael McPhail (Darlington, Wis.) finished in fifth place overall in Men’s 50m Prone Rifle in Changwon with a match score of 595, a final of 103.4 for a total score of 698.4 points. Amy Sowash (Richmond, Ky.) also made the final in Women’s 10m Air rifle and finished in sixth place with 395 in the qualification, 102.2 points in the final for an overall score of 497.2.

Sanderson Claims Gold, McPhail Wins Bronze – Beijing, China

Eight days after taking home the silver medal in Changwon, Sanderson claimed the gold medal in the Men’s 25m Rapid Fire Pistol event at the 2009 ISSF Rifle/Pistol World Cup in Beijing. Sanderson won the gold on the same range where he finished in fifth place at the 2008 Olympic Games last August in the same event.

Sanderson went into the final in first place after shooting a match score of 584 points and maintained his lead through the final to finish on top of the podium after firing 196.5 points in the final, finishing with an overall score of 780.5 points.

“I had memories of the Olympic Games going through my mind,” Sanderson said following his match. “I have been replaying the Olympic final and these targets so many times after the Games that I still remember them. I had so many things going through my head today, but I am happy I was able to win the gold medal.”

India’s Vijay Kumar climbed up from fourth place to win the silver medal with 780.4 points. Teruyoshi Akimata of Japan earned the bronze medal climbing from sixth to third place with an overall score of 777.5 points.

Michael McPhail claimed his first medal of the 2009 ISSF World Cup season on April 20 when he took home the bronze medal in the Men’s 50m Prone Rifle event in Beijing.

McPhail entered the final in seventh place with a match score of 594 points and fired the highest final score of 104.7 to climb all the way to third place, finishing with a total of 698.7 points and only missing the silver by one tenth of a point.

France’s Josselin Henry claimed the silver with a total score of 698.8 points, while Warren Potent of Australia claimed the gold medal with a total score of 701.5.

McPhail’s USAMU teammate and 1996 Olympian Eric Uptagrafft (Phenix City, Ala.) qualified for the eight person final in Men’s Prone and finished in fifth place overall with a match score of 594, a final of 103.1 and a total score of 697.1 points.

The U.S. had some additional exciting performances in Beijing with two other shooters advancing to the final in their respective events. USAMU member Matt Rawlings (Wharton, Texas) took fifth place in Men’s 10m Air Rifle after shooting-off three times against Norway’s Ole Magnus Bakken. The two shooters were tied at 697.8 after the last shot of the final, then both fired a 9.8 in the first shoot-off shot and 10.2 in the second one. Rawlings fired a 10.6 to Bakken’s 10.3 in the third shot, finishing in fifth place, while Bakken took sixth.

Jason Turner (Rochester, N.Y.), the 2008 Olympic bronze medalist in Men’s Air Pistol, finished in seventh place in the Men’s 50m Free Pistol event with an overall score of 651.1. Turner fired a match score of 558 and shot 93.1 in the final.
The first ISSF World Cup of the season for Shotgun kicked off in Cairo, Egypt on May 4 with Ryan Hadden (Pendleton, Ore.) capturing his first ever ISSF World Cup medal when he took home the gold in Men's Trap.

U.S. Army Marksmanship Unit (USAMU) member Hadden entered the final round in fourth place with 116 out of 125 targets and climbed up from fourth to first place in the final after shooting 23 targets in extremely windy conditions. At the end of the final, Hadden was tied at 139 targets with Jesus Serrano of Spain, who was in first place going into the final with 118 targets. Serrano shot 21 targets in the final to end the round tied with Hadden, but Hadden upset Serrano in the shoot-off to take home the gold.

“It has been great, I have been working a lot for this medal and now I am looking forward to the next World Cup in Europe,” said Hadden right after the final.

Khaled Almudhaf of Kuwait took home the bronze in Men's Trap with a final score of 137 hits (118+19).

Seventeen-year-old Rachel Heiden (Clinton, Mich.) landed a spot on the podium in her first ever World Cup appearance in Cairo, taking home the bronze in Women's Trap.

Similar to Hadden's final, Heiden also battled severe wind conditions in the Women's Trap final. Heiden hit 66 out of 75 targets in the qualification round and then shot 15 out of 25 targets in the final, finishing in third place with 81 targets to capture the bronze medal.

“I am very excited about winning this medal and this shooting range in Cairo is spectacular,” said Heiden after her match. “I wanted to do something good for my country.”

San Marino's Daniela Del Din won the gold in Women's Trap with a total score of 89 targets (70+19), while Italy's Jessica Rossi took the silver with 86 hits (70+16).

USAMU member and last year's World Cup USA bronze medalist Joetta Dement (Renton, Wash.) finished in fifth place after losing a shoot-off for the fourth spot to Spain's Fatima Galvez. Dement shot 65 targets in the qualification and entered the final round in sixth place. She hit 15 targets in the final to finish with a total of 80 targets.

Two-time Olympian Connie Smotek (Bryan, Texas) won the third and final medal for the U.S. at the Cairo World Cup when she claimed the bronze in the Women's Skeet event.

Smotek, the 2008 World Cup USA bronze medalist, went into the final in fifth place after shooting 70 targets in the qualification. Smotek climbed to third place after shooting a perfect 25 targets in the final to finish with a total score of 95 hits and a spot on the podium.

“I am very happy with the way that I shot, and with the bronze medal,” Smotek said. “This is the only World Cup I am competing in this year, and I really loved competing at this shooting range.”

Slovakian shooter Danka Bartekova won the gold medal with a total score of 97 hits after a shoot-off with Thailand's Sutiya Jiewchaleommit. Bartekova entered the final match in third place, with a qualification score of 73 hits, and climbed the scoreboard to the highest step on the podium after a perfect final of 25 hits. Jiewchaleommit tied the current World Record of 74 hits in the qualification and shot 23 targets in the final.

U.S. shooter Caitlin Connor (Winnfield, La.) qualified for the six-person final in Women's Skeet in her first ever ISSF World Cup after hitting 70 targets in the qualification. Connor was tied with Smotek and China's Xiumin Yu following the qualification round and after the shoot-off, Connor took the sixth spot and shot 20 targets in the final for a total of 90 targets to finish in sixth place.

In Men's Double Trap, 2008 Olympian and USAMU member Jeff Holguin (Yorba Linda, Calif.) had the highest finish for the U.S. by qualifying for the final and finishing in sixth place overall. Holguin finished the qualification match tied for sixth place at 135 out of 150 targets with one other shooter, and won the shoot-off to get into the final. Holguin shot 42 out of 50 targets in the final to maintain sixth place, finishing with 177 hits overall.
U.S. Shooters Win Six Medals in Munich – Munich, Germany

Approximately 1,100 Rifle, Pistol and Shotgun shooters from around the world competed at the 2009 ISSF World Cup in Munich, Germany May 14-20, with the U.S. Shooting team doubling their 2009 ISSF World Cup medal tally by taking home an additional six medals.

The World Cup was held at the 1972 Olympic Shooting Range in Munich, which was recently renewed to host the event, with a brand new five-range shotgun venue re-constructed next to the 1972 Games rifle and pistol halls. The shooters competed in all of the 15 ISSF Olympic shooting events.

This world-level competition was also a unique chance to test the renewed shooting venue, where the ISSF World Shooting Championships will take place in 2010.

Josh Richmond kicked off the medal winning spree for the U.S. on May 17 when he captured the gold medal in the Men's Double Trap event.

U.S. Army Marksmanship Unit (USAMU) member Richmond (Hillsgrove, Pa.) entered the Double Trap final in second place with 145 targets and shot 43 targets in the final to jump into first place with a total of 188 out of 200 targets. The silver medal went to the 2000 Olympic Champion Richard Faulds of Great Britain with 187 (143+44) hits. Rashid Al-Athba of Qatar grabbed the bronze medal with 187 (144+43) hits. Richmond's USAMU teammate and 2008 Olympian Jeff Holguin (Yorba Linda, Calif.) finished in fifth place with 185 targets.

Two-time Olympian Matt Emmons (Browns Mills, N.J.), who is the Olympic gold medalist in Men's Prone from Athens, as well as the silver medalist from Beijing, took home his first of two medals at the Munich World Cup the following day when he claimed the silver in Men's 50m Prone Rifle.

Emmons was in sixth place going into the final with 597 and climbed up the scoreboard to finish second after shooting an excellent final of 105.0. Michael McPhail, who was fresh off a bronze medal win at the World Cup in Beijing, claimed his second medal of the season, finishing right behind Emmons in third place with 701.0 points to grab the bronze.

Guy Starik of Israel, who is the world record holder in Men's Prone, won the gold with a total score of 703.3 points.

Keith Sanderson captured his third ISSF World Cup medal of the season in the Men's 25m Rapid Fire Pistol. Sanderson shot a score of 585 in the qualification to enter into the final in third place. He kept his third place position shooting 195.0 points in the final round for a total of 780.0 points to earn the bronze.

Germany's Christian Reitz, won the gold in Men's Rapid Fire with a total score of 785.3 points. Martin Strnad of the Czech Republic won the silver medal with 780.2 points.

Four-time Olympian and 2008 Olympic silver medalist Kim Rhode (El Monte, Calif.) took home her first World Cup medal of the year, claiming the bronze in Women's Skeet.

Rhode shot an excellent qualification score of 73 out of 75 targets to enter into the final in third place. In the final, Rhode hit 20 out of 25 targets to remain in third place with 93 total targets to secure the bronze medal.

“This has been a positive trip,” Rhode said after the final. “I am going back home with a medal, but I am looking forward to achieving better results next time. I will compete at the World Cup in San Marino later on this year and I am planning to be back here in Munich for next year's World Championships.”

Ning Wei of China won the gold medal after equaling the world record with 74 targets in the qualification, then hitting 24 targets in the final to win with a total of 98 targets. The silver medal went to Russia's Svetlana Demina, who, along with Rhode, had a match score of 73 targets, then hit 24 targets in the final to finish in second place with 97 total hits.

Matt Emmons won his second medal on the final day of competition at the 2009 ISSF World Cup in Munich when he claimed the bronze in the Men's 50m 3 Position Rifle event.

Emmons was shooting his first international competition in Munich since winning an unprecedented three medals at last year's ISSF World Cup Final, where he took home the silver in prone and air as well as the gold in Men's 3 Position.

Entering the final round in fourth place with a qualifying score of 1176, Emmons fought neck in neck in the 10-shot final against Austria's Mario Knoegler. The two shooters battled it out right to the last shot, when Knoegler fired a 10.7 to Emmons' 9.3 to claim the silver, while Emmons earned the bronze. Emmons finished the competition with a final score of 99.8 for a total of 1275.8 and Knoegler ended a total score of 1276.7 (1178+ 98.7) points.

He Zhaohui of China took home the gold shooting a match score of 1182, a final round of 101.5 for a total score of 1283.5 points. "I am happy because I beat my all-time idol Matthew Emmons,” Zhaohui said after winning the gold. The 19-year-old just shot his very first ISSF World Cup in Beijing last month.

Jamie Beyerle (Lebanon, Pa.) and Brian Beaman (Selby, S.D.), both 2008 Olympians, turned out stellar performances by qualifying for the finals in their respective events in Munich. Beyerle fired 398 points in the qualification of the Women's 10m Air Rifle event and got into the eight-person final after a shoot-off for the seventh and eighth spots with six other shooters. Beyerle shot a score of 102.0 in the final to finish in seventh place overall with 500.0 points. Beaman finished in seventh place in Men's 10m Air Pistol, qualifying for the final with a score of 583 and firing 99.2 points in the final to finishing with an overall score of 682.2 points.
Jamie Beyerle Records Highest Finish for the U.S. in Milan – Milan, Italy

Jamie Beyerle finished in fourth place at the Women’s 50m 3 Position Rifle event at the ISSF World Cup for Rifle and Pistol in Milan, Italy, which was held May 23-28.

Beyerle went into the final round in sixth place with 583 points and fought to the last shot with Chinese shooter Wan Xiangyan for a spot on the podium, but ended up finishing in fourth place with a total score of 683.7 points. Beyerle’s overall score was only four tenths of a point from the bronze medal, which went to Wan, who ended with total score of 684.1 (585+99.1) points.

Beyerle fired 100.7 points in the final, which was the second highest final score behind Sonja Pfeilschifter of Germany, who shot a final of 101.9 to grab the gold with a total score of 686.9. Serbian shooter Lidija Mihajlovic took home the silver with a total score of 685.3 points (587+98.3).

The U.S. Shooting team’s second highest finish in Milan occurred when Keith Sanderson took fifth place in the Men’s 25m Rapid Fire Pistol event.

Sanderson was in 13th place with a score of 288 after the stage 1 qualification and climbed all the way up to second place after the second qualification round with an excellent match score of 297 points to enter the final in the second position with a total of 585 points. Sanderson fired a disappointing 192.7 in the final to finish in fifth place overall with 777.7 points.

Ukrainian shooter Taras Magmet won the gold with an overall score of 784.6 (584+200.6) points. China’s Jian Zhang finished in second to claim the silver medal with a total score of 781.1 points. The bronze medal went to Christian Reitz of Germany who fired a total score of 780.0 points.

Rounding out the top performances for the U.S. was Brian Beaman, who finished in seventh place in the Men’s 10m Air Pistol event. Beaman ended the qualification round tied for eighth place at 580 points with five other shooters and won the shoot-off to qualify for the eight-person final. Beaman fired 98.2 points in the final to finish in seventh place with an overall score of 678.2 points.

For complete ISSF World Cup results, please visit ISSF’s website at www.issf-sports.org.

ELEY is a Proud Sponsor of the USA Shooting Rifle and Pistol Teams:
ELEY Limited, manufacturer of the world’s most consistently accurate rimfire ammunition, has been the Official Sponsor and Official Supplier of .22 rimfire ammunition of the USA Shooting rifle and pistol teams since 2000. For more information on ELEY and their products, please visit http://www.eley.co.uk/.

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Winchester* Ammunition has been the exclusive ammunition sponsor and supplier of the USA Shooting Shotgun Team since 1999. Members of the 2008 shotgun team brought home four medals from Beijing using Winchester AA International Target loads. Winchester is an industry leader in advancing and supporting conservation, hunter education and our country’s proud shooting sports heritage. For more information about Winchester and its complete line of products, visit www.winchester.com.
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Over 300 of the nation’s best junior rifle and pistol shooters gathered at the Olympic Training Center in Colorado Springs, Colo. April 3-19 to compete for National Junior Olympic (JO) titles. The 2009 USA Shooting Rifle/Pistol National Junior Olympic Championships was an exciting 17-day event that began with the rifle competition and concluded with the pistol events.

Junior shooters from all over the United States competed in nine out of the 10 rifle/pistol events that are contested at the Olympic Games. Men’s Rapid Fire Pistol is the only Olympic event that is not fired at the JOs, but the Junior Sport Pistol event for both men and women will likely be included in the competition schedule for the 2010 National Junior Olympic Championships.

At the 2009 Rifle/Pistol JOs, the women’s rifle competition began on April 3 with 10m Air Rifle and concluded with 50m 3 Position on April 7. Men’s rifle events were held April 10-14, including Air Rifle, 3 Position and Prone and the men’s and women’s pistol events ran from April 17-19. Air pistol is contested for both men and women, while 25m Sport Pistol is shot by women and 50m Free Pistol is fired by men. All events were held at the U.S. Olympic Shooting Center, which is the largest indoor shooting facility in the Western Hemisphere.

To participate in the annual National Junior Olympic Championships, athletes must shoot in their State Junior Olympic Championships and either win the match or shoot above a certain score to be invited to the competition. Athletes who are invited have the opportunity to stay at the Olympic Training Center and get a glimpse of what it is like for full-time resident athletes, living and training for the Olympic Games.

National Junior Olympic Championship titles were awarded to the top open, J2 and J3 athletes in each event. The following is a list of medal winners and overall scores for each of the events:

**Women’s 10m Air Rifle**
- Champion: Emily Quiner (Brooklyn Park, Minn.) 888.2
- 2nd Place: Sarah Scherer (Billericia, Mass.) 885.9
- 3rd Place: Andrea Dardas (Essexville, Mich.) 885.0
- High J2: Chelsea Frink (New Philadelphia, Ohio) 782
- 2nd J2: Emily Holsopple (Wilcox, Pa.) 779
- 3rd J2: Alivia Yeager (Louisville, Ky.) 775
- High J3: Alison Weisz (Belgrade, Mont.) 765

**Women’s 50m 3 Position Rifle**
- Champion: Sandra Fong (New York, N.Y.) 1255.9
- 2nd Place: Amanda Furrer (Spokane, Wash.) 1254.4
- 3rd Place: Emily Holsopple (Wilcox, Pa.) 1253.1
- High J2: Alyssa Gestl (Palmyra, Pa.) 1143
- 2nd J2: Claudia Duksa (Bristol, Conn.) 1142
- 3rd J2: Samantha Trisdale (Aurora, Colo.) 1135
- High J3: Libby Tallberg (Stratford, Conn.) 1103
- 2nd J3: Victoria Wolfe (Trevorton, Pa.) 1098
- 3rd J3: Rachel Martin (Peralta, N.M.) 1097

**Men’s 10m Air Rifle**
- Champion: Ethan Settlemires (Walnut, Miss.) 1277.4
- 2nd Place: Dustin Chesebro (Laramie, Wyo.) 1271.4
- 3rd Place: Zach Wells (Sharpsburg, Ga.) 1265.7
- High J2: Taylor Ciotola (Pasadena, Md.) 1161
- 2nd J2: Michael Liuzza (New Orleans, La.) 1161
- 3rd J2: Matthew Martin (Eagle River, Alaska) 1156
- High J3: Kevin Sui (West Covina, Calif.) 1123
- 2nd J3: Leonard Smittner (North Haven, Conn.) 1122
- 3rd J3: Raymond Freeman (Brotn, S.D.) 1108

**Men’s 50m Prone Rifle**
- Champion: Samuel Muegge (Boling, Texas) 1286.3
- 2nd Place: Thomas Kyanko (Wellsburg, W.V.) 1284.8
- 3rd Place: Scott Franz (Livermore, Colo.) 1284.2
- High J2: Michael Liuzza (New Orleans, La.) 1183
- 2nd J2: Taylor Ciotola (Pasadena, Md.) 1176
- 3rd J2: Alexander Rivera (Kendall Park, N.J.) 1169
- High J3: Joseph Martin (Emerado, N.D.) 1163
- 2nd J3: Kevin Sui (West Covina, Calif.) 1161
- 3rd J3: Adam Wheland (Williamsburg, Pa.) 1157

**Men’s 50m 3 Position Rifle**
- Champion: Dempster Christenson (Sioux Falls, S.D.) 2400.2
- 2nd Place: Thomas Kyanko (Wellsburg, W.V.) 2390.0
### Men's 10m Air Pistol

<table>
<thead>
<tr>
<th>Position</th>
<th>Name</th>
<th>Score</th>
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<tr>
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<td>Will Brown (Twin Falls, Idaho)</td>
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<td>Bradley Bunner (Hyannis, Neb.)</td>
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<tr>
<td>3rd Place</td>
<td>Michael Wilson (Villa Rica, Ga.)</td>
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### High J2
- Garrett Wright (Boerne, Texas) 1093
- Joe Totts (Mogadore, Ohio) 1081
- Andrew Hazelton (Westford, Mass.) 1071

### High J3
- Kevin Chen (Belmont, Mass.) 1019
- Wyatt Brown (Twin Falls, Idaho) 1003
- Luke Mattox (Kankakee, Ill.) 984

### Women's 10m Air Pistol

<table>
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<td>Kylie Gagnon (Bozeman, Mont.)</td>
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<td>Courtney Anthony (Lexington, Neb.)</td>
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<td>3rd Place</td>
<td>Kelsey Imig (Westminster, Mass.)</td>
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### High J2
- Hannah Lewis (Colorado Springs, Colo.) 711
- Beth Lutz (Annville, Pa.) 697

### High J3
- Juliana Granato (Concord, Mass.) 456
- Joe Totts (Mogadore, Ohio) 444
- Bill Pesci (Larkspur, Colo) 439

### Women's 25m Sport Pistol

<table>
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<tr>
<td>2nd Place</td>
<td>Hannah Lewis (Colorado Springs, Colo.)</td>
<td>735.9</td>
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<tr>
<td>3rd Place</td>
<td>Kelsey Imig (Westminster, Mass.)</td>
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### High J2
- Juliana Granato (Concord, Mass.) 456
- Beth Lutz (Annville, Pa.) 395
- Cheyenne Arbach (Marion, S.D.) 394

### High J3
- Haylea Broughton (Tulsa, Okla.) 127

### Men's 50m 3 Free Pistol

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<tr>
<td>Champion</td>
<td>Will Brown (Twin Falls, Idaho)</td>
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<tr>
<td>2nd Place</td>
<td>Joe Totts (Mogadore, Ohio)</td>
<td>595.7</td>
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<tr>
<td>3rd Place</td>
<td>Andrew Sugaya (Cambridge, Mass.)</td>
<td>584.5</td>
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</table>

### High J2
- Andrew Hazelton (Westford, Mass.) 454
- Bill Pesci (Larkspur, Colo) 444
- Edward Ramsey (Jenkinsville, S.C.) 439

### High J3
- Kevin Chen (Belmont, Mass.) 418

For complete results from the 2009 National Junior Olympic Championships for Rifle and Pistol, please visit www.usashooting.org.
Customer Service

By Robert Mitchell, Chief Executive Officer

USA Shooting is foremost a service organization. Each and every staff member is responsible for providing the best possible service to our customers, without whom we would not have a viable organization. We often think first of our members when considering those we serve, but our customers actually include a much broader base than just our membership.

Vitality important to our organization is our active donor base of 60,000-plus, financial supporters, our sponsors, our volunteer coaches, officials and our member clubs who host competitions and provide local training facilities for active shooters. In addition, we have a wonderful relationship with the USOC staff that makes them both partners and customers; our work together in managing performance and funding allows us both to succeed.

Clearly, virtually everyone with whom we have contact is a potential customer and critical to the success of USA Shooting. Our staff lives by this philosophy, and we do our best to serve the various needs and interests of those in the shooting world. In today’s society people have a multitude of options for recreation with more sport opportunities than ever before, including a myriad of competitive and recreational shooting activities. We certainly hope a substantial segment of sport shooters pursue Olympic-style shooting, and USA Shooting’s responsibility is to meet or exceed their expectations for service, competitive opportunities and a meaningful shooting experience.

I am often tempted to consider our 14-member staff as the sole sentinels for customer service, but then I will see a USA Shooting member, athlete or other shooting enthusiast nail a perfect bullseye in terms of service, performing a very significant act of selfless contribution. Indeed, service is everyone’s responsibility. Every member and club represents Olympic shooting; each of us must do what we can to promote competitive shooting.

I am grateful for the vast degree to which all of us promote Olympic shooting. Obviously, many of you have answered the question, “What can I do to help my sport?” Daily, I see one of our army of supporters take a potential shooter to the range, or I note a personal best in a competition, watch a dedicated volunteer at a match or admire a skilled coach helping juniors discover new facets of their ability. These little things make a huge difference. Thank you all for reminding me: Being an active advocate for our sport involves good customer service and customer service is everyone’s responsibility!

Club & Athlete Rewards Program

By Nichole Rae, Membership and Merchandise Manager

USA Shooting is excited to announce the launch of our Club & Athlete Rewards Program. Part of our mission is to promote the shooting sports throughout the U.S. Local clubs and dedicated match directors are credited with the majority of the promotion and hard work that goes into promoting the sport of shooting, the sport we love so much! USA Shooting has been working hard to develop a program that supports both our mission and our dedicated clubs and athletes.

The Club & Athlete Rewards Program will reward those clubs that are inspired to host more USA Shooting sanctioned matches. This increase will bring more opportunity to shooters who will also be rewarded for their participation. The program consists of three achievable levels for both the clubs and the individual shooters. The first level of achievement is Bronze, the second is Silver and the top level is Gold. Each level of achievement will be rewarded with increasing benefits such as gun stock stickers, certificates, discounted event registrations and much more.

Test Market Clubs Needed!

Official launch of the program is scheduled for January 1, 2010. To ensure the program’s success, we are seeking a small group of USA Shooting clubs that are interested in participating in a test market group. The participating clubs and their members will receive all program benefits and direct support from the USA Shooting Membership and Competitions departments. The test market group will be selected by July 31, 2009 and a full list of participating clubs will be posted on our website by August 1, 2009. If you are a USA Shooting club interested in participating in the test market group please contact our membership office at 719-866-4743.

The feedback received during the five month trial period will be used to mold the program for its official launch in January. We believe that the success of this program lies in the hands of those at the local club level. We recognize that a successful model of how to implement this program from start to finish within each club will be necessary. An article will be included in the January/February 2010 issue of the USA Shooting News that will cover a complete plan compiled from the feedback received from the select test market group.

Packets explaining the program details, how to participate and qualify are scheduled to be mailed out to every USA Shooting club in December of 2009. Members interested in participating in the program will need to contact a local club in their area. If there is not a club in your area, please contact the Membership office at 719-866-4743. Our intention for the Club & Athlete Rewards Program is to offer the best support to both the clubs and the shooters and to reward those dedicated to growing the sport of shooting and striving towards individual achievement on any level.
2009 NRA Convention

By Buddy DuVall, Director of Marketing

On May 14-17, the Phoenix Convention Center was the site for the 138th NRA (National Rifle Association) Annual Meetings & Exhibits. The NRA put on a fantastic show—one that is sure to be remembered as one of the best ever! Record attendance of over 67,000 attendees visiting the exhibit hall provided a constant and sometimes overwhelming flow of people stopping by the USA Shooting booth to visit with athletes and staff.

Team members representing USA Shooting at the show were shotgun Olympians Bret Erickson and Sean McLelland, Jon Michael McGrath and Emily Blount (shotgun) and Alex Griffith (pistol).

It was great to see the number of NRA members, hunting and shooting enthusiasts interested in the USA Shooting Team and asking how to get involved. The excitement generated from our team’s success in Beijing was apparent by the number of supporters offering congratulations and the questions about the team’s preparation for London.

Recognizing a fundraising opportunity with the number of team supporters and gun enthusiasts at the show, long-time supporter and sponsor of USA Shooting, TALO Distributors Inc., partnered with USAS on a couple of promotions to help generate funding for the team. TALO Distributors donated two beautiful firearms for silent auction items that were on display in the Colt and Ruger booths. A Colt 1911 .38 Super, hand engraved by H. Roos and inlaid with more than 32 inches of silver was displayed in a magnificent custom case by Juan Martinez in the Colt booth. A one of a kind prototype Ruger Zapata Vaquero .357 revolver in stainless steel featuring special embellishments including a gold hammer and trigger was featured in the Ruger booth. These unique and highly collectable firearms generated $5,900 for the team through these promotions. Special thanks to Bob Coyle, Executive Director of TALO Distributors, for making these promotions possible. For more information on TALO Distributors and their partnership with USA Shooting please visit www.taloinc.com.

USA Shooting would like to congratulate the winners of other promotions conducted through Kimber, Ruger and at the USA Shooting booth. Bruce Tillotson won the USA Shooting Team Ruger 10/22 rifle, Kamee Chapman won the Kimber .22 conversion kit and Win Alme won the Ruger MKIII .22 pistol. Thanks to all that participated in these programs.

Special thanks to the NRA for hosting a great 2009 convention and supporting the rights of all firearm owners and shooting enthusiasts. For more information on the NRA and next year’s NRA Annual Meetings & Exhibits in Charlotte, NC please visit www.nra.com.
Golden curtains, hardwood floor, and a blue plush carpeted stage. A ballroom set for 500 banqueters, and this Queen chorus pulsing in the air: “Another one bites the dust. Another one bites the dust.”

It was the perfect photo op.

Twenty-four members of the U.S. Shooting Team were flowing up onto the stage at the closing banquet at the Munich World Cup, dressed to the nines and full of vim and vigor. It was pure American; an eclectic group of hard-core athletes reveling in the moment—a moment of victory, camaraderie and . . . flash pop.

Flash pop. I grabbed my camera and pawned it off on Susan Abbot, long-time match official and pistolier. As I herded and shuffled the team members for their Kodak moment, Susan began to snap picture after picture of the ebullient gang. Rapid Fire king Keith Sanderson was looking good in his black button down, and Prone medalist Mike McPhail was grinning from ear to ear. Matt Rawling's golden tie matched his aspirations, and there was Jamie Beyerle, pretty in pink. (By the way, she'll rip your lips off in a Smallbore final, and she closed out her sterling 10m Air Rifle match in Munich with a big 10.8.) They were all looking good, and even camera-shy National Rifle Coach Dave Johnson peeked out from the back row with an unmistakable grin that revealed what we all felt: Pride.

And why not? The U.S. Team walked away with six medals in a tidy little dress-rehearsal for next year's World Championships in Munich. Another one bites the dust . . . .

Susan froze us in time again and again, but the real magic moment materialized after she finished. Members of other countries started to walk up to the stage with their cameras. The Koreans, the Germans, the Italians and others. So we smiled that Dave Johnson smile as the ladies threw back their hair, the men threw back their shoulders and the cameras clicked away. Flash pop, flash pop.

As the team members were splashed with strobing adulation, my attention shifted to the eager photographers. Most were shooters I recognized from years on the circuit, and most are pretty hard-core competitors themselves. And then I looked closer and saw something in their eyes as they pressed closer to the stage: Admiration. Envy. Respect. They recognized in these Americans what I have known forever--this is a tight-knit group of champions who live large, shoot tough, and are proud to represent the good ol' USA. From Abby Fong to John Zurek, the U.S. Team members are a picture-perfect posse of patriotism.

You will read this article around the Fourth of July. I hope you will plan a shooting outing during that patriotic weekend, and I hope you will form a kinship with the team members who represent us out in the world. And then I hope you discover in yourself that magic moment of realization: You are an American shooter, proud and skilled and capable of hitting the middle. Clay targets, 10-rings, white dots or dreams of personal greatness--I absolutely believe you can hit your target.

Flash pop, flash pop. Another one bites the dust.
Smith & Wesson Provides Firearms for USA Shooting Junior Olympic Participants

Smith & Wesson Corp. teamed up with USA Shooting to sponsor training clinics for top junior qualifiers as part of the 2009 National Junior Olympic Shooting Championships, which took place April 15-20 in Colorado Springs, Colo. During the event, Smith & Wesson supplied Walther SP22 M4 pistols that were used for the developmental training clinics and for the Championship Event for Sport Pistol and Free Pistol.

The training clinics were reserved for junior competitors who received instruction and coaching by members of the USA Shooting staff. The Walther SP22 pistols were made available to those participants who were taking part in the sport for the first time along with those who did not have access to their own equipment.

“The USA Shooting Youth Programs are an essential element for young shooters seeking an introduction to Olympic Shooting,” said Leland Nichols, Senior Vice President of Sales and Marketing for Smith & Wesson. “It is through these programs and training clinics that these young men and women are provided with the instruction and tools to advance their futures in competitive shooting. Smith & Wesson is pleased to be working with USA Shooting to provide these junior competitors with the Walther SP22, an ideal entry-level sport pistol. Our recent donation of the Walther SP22 pistols is just one part of our larger commitment to USA Shooting, as we work with them to grow and strengthen their women’s sport pistol program for the 2012 Olympic Games.”

Buddy DuVall, Director, Marketing for USA Shooting said, “We are delighted that Smith & Wesson chose to join us in our efforts to expand our youth programs. Their donation allowed junior competitors who otherwise may not have had an opportunity, the chance to experience first hand the thrill of competitive shooting. These young men and women are the future of the USA Shooting team and it is through these programs that they are provided with the necessary tools to accomplish their dreams.”

Following on the success of the Walther P22, the recently introduced Walther SP22 delivers a state-of-the-art design with the flexibility and performance features needed for competition or plinking. Available in four models, the SP22 is manufactured with a high-strength aluminum housing and all-steel internal components. Each SP22 model is chambered in .22 LR and is standard with a 10-round steel magazine. The pistol is supported with a wide range of optional accessories for the shooting enthusiast and competitive shooter.

About Smith & Wesson

Smith & Wesson Holding Corporation, a global leader in safety, security, protection and sport, is parent company to Smith & Wesson Corp., one of the world’s largest manufacturers of quality firearms and firearm safety/security products and parent company to Thompson/Center Arms Company, Inc., a premier designer and manufacturer of premium hunting rifles, black powder rifles, interchangeable firearms systems and accessories under the Thompson/Center brand. Smith & Wesson licenses shooter protection, knives, apparel, and other accessory lines. Smith & Wesson is based in Springfield, Massachusetts with manufacturing facilities in Springfield, Houlton, Maine, and Rochester, New Hampshire. The Smith & Wesson Academy is America’s longest running firearms training facility for law enforcement, military and security professionals. For more information on Smith & Wesson, call (800) 331-0852 or log on to www.smith-wesson.com. For more information on Thompson/Center Arms, log on to www.tcarms.com.

Winchester Offers Commemorative USA Shooting Team AA Target 100 Round Packs

Beginning in June, Winchester® Ammunition will started offering a commemorative USA Shooting Shotgun Team, AA® Target 100 Round Value Pack. The Value Pack will consist of four, 25 round boxes of 12 gauge AA in Light Target, Super-Handicap® and Sporting Clays loads.

The patriotic packaging highlights Winchester as the official ammunition of the USA Shooting Shotgun Team, and features the four 2008 Olympic shotgun medalists. In 2008, the USA Shooting Shotgun Team recorded four medals—the most medals won by any country—taking on the toughest competition in the world with Winchester AA ammunition.

“As the official ammunition for the USA Shooting Shotgun Team, offering this special commemorative AA limited edition package showcases our support for the team,” said Dick Hammett, president of Winchester Ammunition. “This is an excellent opportunity to recognize these talented athletes and allow our customers to stock their shelves with the famous AA Target Loads.”

AA shotshells are designed for every shooter’s need, whether it is competing in a local or national competition or just practicing at a range with friends and family. They are designed with the Winchester High-Strength Hull for increased reloadability. In addition, AA loads use Winchester proprietary one-piece plastic wads, clean burning powder and hard shot for consistent pattern performance.

As an additional AA promotional offer, customers can earn up to $100.00 on all AA purchases made between June, 1, 2009 and October 31, 2009. Earn $2.00 for each 25 round box on a Winchester AA Debit card for each box of AA target loads purchased. Then, redeem the debit card anywhere Winchester Ammunition is sold. Load up with the choice of champions and save!

Visit a Winchester dealer for complete AA promotion details.

To receive more information about Winchester and its complete line of products, visit www.winchester.com.

WWW.USASHOOTING.ORG 33
USA Deaf Shooting Seeking Male and Female Shooters

The USA Deaf Shooting is seeking to identify deaf individuals who are interested in participating in shooting competition leading up to the 2009 Deaflympics in Taipei, Taiwan on September 5-15, 2009.

To be eligible for selection, a bona-fide athlete must be an U.S. citizen by November 1, 2007 and a registered athlete member of the USADSF and USA Deaf Shooting and NRA.

An athlete must have a hearing loss of at least 55dB in both ears (3 tone frequency average of 500, 1,000 and 2,000 Hertz, ISO 1964 standard) to be eligible to participate in the try-outs and the Deaflympics.

The events include 10m airgun, 25m pistol and 50m rifle and pistol.

If you are interested in participating, please contact:
Secretary
USA Deaf Shooting, Inc.
FAX: (860) 276-3859
E-mail: Lsoboleski@snet.net

Dennis M. Duffy, 64, lifetime resident of Olympia, Wash., who was a former USA Shooting volunteer, died of acute leukemia on May 2, 2009. He was born October 29, 1944, to Lester F. and Louise Bert Duffy.

Dennis was a long-time 25m range volunteer and Chief Range Officer for USA Shooting competitions. He was a judge for the ISSF and officiated at two Olympic Games and Pan American Games. Dennis was also a member of the Olympia Police Reserves and Army Reserves.

Dennis retired from HQ Design and MATS Lab, where he was the Bituminous Materials Engineer in 2006 after 42 years.

Dennis had three children with Arden Duffy: Michael (Sandra) of California., Jennifer (Corey) of Olympia and Ryan of Indiana. He has six grandchildren, Tehillah, Angel, Ryan, Cameron, Rayan, Bryanna and one great-grandson, Ryan.

Dennis married Diane Fluetsch Robinson in 2002. They had been classmates in 7th grade through high school and met again at their 40th class reunion. Dennis spent the last six years with Diane on the farm where he enjoyed animals, gardening, feeding wild birds and playing with grandson Cameron.

When will you make the switch?
The Choice Of Champions.
Winchester® AA® Target Loads

In 2008, The USA Shooting Shotgun Team recorded the most medals won by any country—four—taking on the toughest competitors in the world with Winchester AA ammunition.

Left to Right: Kim Rhode, Vincent Hancock, Corey Cogdell & Glenn Eller

• Hard shot for tight patterns
• Clean burning AA primer and powder
• Reloadable high-strength hull
• Loads for every shooter’s needs

The Choice Of Champions.
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