

The background of the cover is a photograph of several rifles leaning against a wooden structure. The rifles have dark barrels and polished wooden stocks. The scene is outdoors on a gravel surface.

USA
Shooting

Volume 17, Number 6 • November/December 2009
The Official Publication of Olympic Shooting Sports

NEWS

ELEY[®]

the choice of **champions**

www.eleyammunition.com

World Class shooters shoot World Class ammunition

RIFLE

Matt Emmons

Double Olympic medalist,
ISSF World Cup 2009 Silver Medal Prone - WC3,
Bronze Medal 3P - WC3



PISTOL

Keith Sanderson

Multiple 2009 ISSF World Cup Rapid Fire Pistol medalist,
Silver Medal - WC1, Gold Medal - WC2, Bronze Medal - WC3



Proud Sponsor and Official Supplier of the USAS Rifle and Pistol Teams



Contents

NOV/DEC 2009
VOLUME 17, NO. 6



Vincent Hancock shows off his gold medal at the Shotgun World Championships.

FEATURE

- 22 **SHOTGUN WORLD CHAMPIONSHIPS**
By Mary Beth Vorwerk

DISCIPLINES

- 17 **PISTOL**
By Scott Pilkington
- 18 **RIFLE**
By Eric Uptagrafft
- 20 **SHOTGUN**
By Mark Weeks

COLUMNS

- 5 **FROM THE EDITOR**
By Mary Beth Vorwerk
- 6 **CLUB & SHOOTER SPOTLIGHT**
By Nicole Levine
- 8 **AIM WITH AMU**
By SFC Theresa DeWitt
- 10 **INSIDE THE BLUE**
By Master Sgt. Jeffrey J. Julig
- 12 **ON THE FIRING LINE**
By J.P. O'Connor
- 14 **COACHES' CORNER**
By Shotgun Coach Mark Weeks & Paralympic Coach Bob Foth

AROUND THE RANGE

- 29 **SHOTGUN FALL SELECTION**

ON THE COMPLEX

- 30 **THOUGHTS FROM:**
The Executive Director
Membership
Operations
Competitions

NEWS & EVENTS

33

22

USA Shooting News is published six times a year. USA Shooting is the national governing body for Olympic Shooting sports in the United States. USA Shooting News is produced as a service to international shooters, coaches, officials and media who cover Olympic-style shooting. Shooters featured in USA Shooting News magazine may be photographed without eye protection. These are posed photographs using unloaded guns and do not represent actual competition. USA Shooting encourages all shooters to use proper eye and ear protection when shooting. Inclusion of advertisements in USA Shooting does not constitute endorsement of advertised products or services by USA Shooting, its staff or its sponsors.

USA SHOOTING
1 Olympic Plaza
Colorado Springs, CO 80909
Phone: 719-866-4670
Administration Fax: 719-635-7989
Competitions Fax: 719-866-4884

LINDSAY BROOKE
Competitions Manager
719-866-4885
lindsay.brooke@usashooting.org

BUDDY DUVAL
Director of Marketing
719-866-4880
buddy.duval@usashooting.org

BOB FOTH
National Paralympic Coach
719-866-4881
bob.foth@usashooting.org

CYNTHIA JACKSON
Coaches' Assistant/Team Manager
719-866-4883
cynthia.jackson@usashooting.org

DAVID JOHNSON
National Rifle Coach
719-866-4630
david.johnson@usashooting.org

NICOLE LEVINE
Competitions Assistant
719-866-4882
nicole.levine@usashooting.org

SERGEY LUZOV
National Pistol Coach
719-866-4615
sergey.luzov@usashooting.org

ROBERT MITCHELL
Chief Executive Officer
719-866-4899
robert.mitchell@usashooting.org

NICHOLE RAE
Membership/Merchandise Manager
719-866-4743
nichole.rae@usashooting.org

BILL ROY
Director of Operations
719-866-4890
bill.roy@usashooting.org

MARY BETH VORWERK
Media & Public Relations Manager
719-866-4896
marybeth.vorwerk@usashooting.org

MARK WEEKS
National Shotgun Coach
719-866-4682
mark.weeks@usashooting.org

CORRIE WEST
Marketing Manager
719-866-4616
corrie.west@usashooting.org

KARIE WRIGHT
Controller
719-866-4887

EDITOR: Mary Beth Vorwerk
DESIGNER: Claire Landis-Tyson
PRINTING: Sport Graphics

CONTRIBUTORS:
LINDSAY BROOKE
SFC THERESA DEWITT
BOB FOTH
SENIOR MASTER SGT. JEFFREY J. JULIG
NICOLE LEVINE
ROBERT MITCHELL
MICHAEL MOLINARO
JP O'CONNOR
SCOTT PILKINGTON
NICHOLE RAE
BILL ROY
WOLFGANG SCHREIBER
DMITRIY SHTEYMAN
SFC ERIC UPTAGRAFFT
MARK WEEKS



ELEY®



USA Shooting wishes to thank its supporting partners.

Learn what these sponsors do for you.

Visit our website at www.usashooting.org.



USA Shooting Welcomes Your Feedback

By Mary Beth Vorwerk, Media and Public Relations Manager



Thanks to all who provided—and may yet provide--feedback on this online issue of *USA Shooting News*. For several reasons, including environmental concerns, cost savings and the growing trend toward online activities, many organizations have transitioned to online publication of their magazines and newsletters. Will this format work for USA Shooting? Let us know your opinion. For now, *USA Shooting News* will go back to the print version next issue, but will also continue to be available online as well. This magazine is a benefit to you, the member, and we value your continued support. We welcome your comments on any aspect of the magazine, and we hope that you've enjoyed the vast improvements we have made to *USA Shooting News* in the past year. We will continue to strive to provide you the best possible publication with more of the features, expert advice, how-to articles and spotlights that you have enjoyed in the past.

When you take steroids, there's no hiding it.
Eventually everyone will see you for what
you really are. A fake. A fraud. An asterisk.

USA Shooting Spotlight Club: Fort Benning Junior Rifle Club

By Nicole Levine, Competitions Assistant
Photos courtesy of Michael Molinaro, USAMU Public Affairs Officer

Most people know Fort Benning, Ga. as the dynamic training ground of the U.S. Army Marksmanship Unit (USAMU), the host of USA Shooting's Rifle and Pistol National Championships and the destination of the 2010 World Cup USA. However, the shooting world is discovering that shooting excellence exists not just among the international and Olympic greats at Fort Benning, but also the hopefuls. The steadfast clan of juniors, who put in countless hours at Fort Benning's Junior Rifle Club, is contributing to the future of our sport.

With state-of-the-art 10 meter and 50 meter ranges, elite-level coaches, and Army-strong leadership, the Junior Rifle Club has a wealth of experience and knowledge foster-

ing the young shooters' talents. Growing to 55 dedicated members since its inception in the mid-1970s by three-time Olympic medalist Colonel Lones Wigger, the Junior Rifle Club encourages participants as young as twelve years-old and welcomes all skill levels.

The Fort Benning facilities offer 79 electronic target firing points at 50 meters and 72 electronic airgun points. Club members meet twice a week for hands-on coaching and an occasional Saturday morning session. The club also conducts local clinics and invites high school students in the area to come join the fun as a way of promoting the shooting sports through grass-roots development.

The Junior Rifle Club intends to grow its program by emphasizing collegiate shooting

and the many opportunities open to these young athletes in the years ahead. Watching their talented coaches and other USAMU team members excel internationally motivates this club's athletes to hope for and achieve their own success.

When asked of the obstacles his club has faced, club director Sergeant First Class (SFC) Armando Ayala said "In the past there was a lack of vision in our young shooters." By having his shooters participate in high-level competitions and explore the challenges offered by the sport, SFC Ayala hopes his juniors will realize how far they can go when they commit themselves to the discipline of shooting.



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

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

Their Pellets of
choice...



Fort Benning Junior Rifle Club Shooter Spotlight: Arielle Mouhot

By Nicole Levine, Competitions Assistant

Photo courtesy of Deb Mouhot



Seventeen-year-old Arielle Mouhot is a perfect example of SFC Ayala's vision of success for his young shooters. Mouhot joined the Junior Rifle Club in February 2009 after moving to Columbus, Ga. from Sarasota, Fla. in hopes of receiving the level of coaching necessary to achieve her dream of competing in college and making the USAS National Ju-

nior Team. Under SFC Ayala's direction along with others at the USAMU, Mouhot has developed an understanding of what it takes to push her shooting to the next level.

Mouhot first began her shooting career in September of 2006 as a Sporter shooter for the Sarasota Military Academy Rifle Team in Florida. After winning the 2006 district championships, Mouhot challenged herself by transitioning to precision shooting, and by the summer of 2008, she developed into a smallbore shooter.

Mouhot's involvement in USA Shooting has evolved since 2008, competing in matches such as the USAS National Championships, 3 X Air, Junior Olympic qualifiers, selection matches and PTOs. In the 2009 Champion of Champions Fall Regional at Fort Benning, Mouhot scored 574 in Women's Smallbore, just two points below her personal best of 576.

Currently a senior at Northside High School in Columbus and a member of its rifle team, Mouhot faces the same challenges as many young shooters. Mouhot juggles the often tiring and never-ending balancing act of fitting school, homework, friends and practice into each day. By focusing on the outcome of her work, Mouhot keeps her eyes set on goals such as placing in the top three at the high school classic and competing at the Olympic level.

Bolstered by her parents, especially a mother who juggles work, finances and uprooting to another state, Mouhot recognizes her terrific support system. SFC Ayala said he is "proud to watch Arielle fulfill her potential" and he looks forward to everything she has to offer the shooting world. USA Shooting is excited to see the great accomplishments this young shooter will achieve in the near future.

Anything less is like shooting blanks.

Whether you're coaching, training, or instructing classes, now there is a plan designed to meet **your** specific needs.

USA Shooting Endorsed
Insurance Program

**Instructor Plus
Insurance Coverage**

Call or contact us online

(888) 839-3118

www.usashooting.locktonaffinity.com



Confidence? Plenty at the World Championships . . .

By SFC Theresa DeWitt, 1996 Olympian

Photos courtesy of Wolfgang Schrieber, ISSF



Suppose you are a 10-year-old boy or girl learning how to handle a shotgun, shooting a few skeet or sporting clay targets. By the time you are twelve do you already know that you want to go to the Olympic Games as an International Skeet competitor? At that stage, most of us are still learning basic fundamentals, much less mastering the mental mechanics necessary for world domination! Specialist (SPC) Vincent Hancock, however, was already on his way to becoming the Olympic and World Champion he is today.

“Vinny” made his debut in the International Skeet world in 2003 by winning the Junior National Skeet Championships at the age of fourteen. He traveled to his first World Cup in Changwon, Korea, two years later and proceeded to stun the international community by posting a score of 124 X 125 with a 25 in the final for a total of 149 X 150. Not only did he win this gold medal, he also set a new world record. By the time the sun had set on 2005, Vinny had set and/or equaled eight world records. His match average for international competitions that year was 148 X 150. The medal count for his seven world-level competitions that year? Four gold, three silver. With such exceptional performances and unprecedented success as this, how could an athlete feel anything but utter confidence in his abilities?

Yet, it comes as no surprise to most competitors in our sport that confidence can be a very fragile state of mind. Perhaps winning Olympic gold, World Championship gold and shattering world records comes with its own unique weight—a weight that just might be enough to break anyone’s confidence. SPC Hancock says he definitely felt the weight of expectation following his Olympic performance last year. Since this expectation was admittedly more internal than external, Vinny knew he needed to win something prior to the 2009 World Championships in Slovenia to regain his confidence.

Compounding his frustrated effort to find a win this year was Hancock’s decision to retire the Beretta DT10 he took to Beijing. He started training with a newer DT10 in January, but after the stock broke a second time at the San Marino World Cup, he pulled the old DT10 out of retirement. Prior to the USA Shooting National Championships, Vinny was determined to break a perfect score in training. “I wanted to con-

vince myself that I could shoot 100 straight,” he explained. About a week before departing for Colorado Springs, SPC Hancock broke 200 straight in one day and knew he was back on track.

Winning the National Championships solidified Hancock’s confidence. His self-talk changed from “I hope I win” or “I think I can win” to “I have every intention of winning” and “I am going to win this.” Perhaps to some, this sounds arrogant. But any experienced competitor will tell you that if you don’t intend to win, you most certainly won’t. While intention alone isn’t a guarantee, it is a measure of confidence.

So it was with confidence in himself and confidence in his equipment that Hancock arrived in Slovenia, ready to perform. Vinny described his mindset on match day: “This is the first time in a long time that I wasn’t dreading the next round. I was actually looking forward to shooting the next round and not just the end of the match.” He went on to relate that he was most nervous during the last qualification round, not the final. “I needed to get into the final to prove to myself that winning the Olympic gold medal wasn’t a fluke.” As if to substantiate the validity of this win, in some cosmic sense of irony, Hancock’s second World Championship gold medal went around his neck exactly one year to the day that the 2008 Olympic gold medal found its way there.

Adding to the AMU Shotgun Team’s success at the World Championships, Sergeant First Class (SFC) Shawn Duloherly joined his teammate and training partner in the final. But Duloherly’s last international competition in an Army uniform had a bittersweet end. A crucial miss on station one in the finals round landed Shawn one target out of a bronze medal. Nevertheless, Duloherly considers his last appearance at a World Championships as an AMU soldier to be “extremely special.” He and his teammates Hancock and Frank Thompson, posted a 366 X 375 to set a new world record for Men’s Skeet. While SFC Duloherly wishes the overall outcome would have put both AMU teammates individually on the podium, the overwhelming success of this team mitigates that regret somewhat. “I’m just glad that this crusty old veteran can still hang with the young





guns," he quipped.

The AMU's other "young guns," the Double Trap team, were not to be outdone in Slovenia. In fact, since their event preceded Skeet, Staff Sergeant (SSG) Josh Richmond, Sergeant (SGT) Glenn Eller and SPC Jeff Holguin's performance actually set the bar for the Skeet men. Not only did Team USA have ALL three of its Double Trap athletes in the

final (a feat only ever accomplished by one other nation in the world), but when the dust settled, SPC Holguin had emerged as the silver medalist. Last, but not least, these three soldiers' combined match score, 430 X 450, tied an existing Double Trap world record.

In similar fashion to SPC Hancock, SPC Holguin arrived in Slovenia confident in his ability to post a score. Prior to the World Championships, Jeff had been ranked third in the world—without taking a medal in an International Shooting Sports Federation (ISSF) competition. "I know I can shoot the scores. I just need to win," he told himself. Every day that he was on the range in Maribor, Holguin would walk by the medal stand and visualize himself on the center podium. This proved to be a successful strategy, but was he pleased with second place? "I'm still not satisfied. It's frustrating to win silver at the World Championships and shoot a 42 in the final. I won't ultimately feel satisfied until I shoot 200 straight," Jeff stated.

This push for perfection is evident on a daily basis among AMU teammates. It forges a team dynamic that maximizes individual performance excellence. At the same time, this team dynamic fosters a genuine desire for our teammates' success in medal pursuit. SPC Holguin sums it up: "Too bad we couldn't get another one of us on the podium."

Stay Army Strong.

MONARD - innovative products for all levels of shooters



PRECISION

The latest model with the new synthetic fabric ProLiner. It has superior support and fit, and the synthetic fibers allow for a longer life than canvas.



ULTIMATE

The model that allows you to choose between a large number of options including a choice of 4 different materials for most of the panels to create your ULTIMATE shooting outfit.



SUPER

Our most popular model. The SUPER EXTENDED with a ProLiner back was used to win an Olympic Gold in Beijing. The SUPER Paralympic model was used to win three Paralympic Golds in Beijing.

See our website for our other models including the **STARTER** and **JUNIOR** models perfect for clubs.

www.monardusa.com

We carry accessories including:



PRECISION Glove made with the new ProLiner material



Shooting mats with side zipper for easy change of padding to fit you

We also carry:

SCATT
Electronic Trainer

MEC
Shooting Accessories



Kustermann outfits were used to win one gold and two silvers in Beijing. We are now a proud importer of Kustermann products. See our new website for more information:

www.kustermannusa.com



Clothing and Accessories



Try&Bom, Inc.

www.monardusa.com

Phone: 503-419-6310

Fax: 503-488-5859

info@trybom.com

Hours: M-F 10 - 6 PST

Inside the Blue: Turn the Page

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

In the classic movie, "Patton," a donkey achieved what the mighty German Wehrmacht could not; stop General George S. Patton's Third Army. As General Patton's forces advanced into battle, they approached a bridge blocked by a cart-pulling donkey. As a soldier struggled in vain with the owner to move the donkey, the entire Third Army was kept from the battle. With life and death at stake on the front lines, General Patton rushed to the front of the column to address the problem first hand.

General Patton's jeep reached the bridge and he quickly surveyed the situation. He leapt out of the jeep, drew his ivory-handled revolver and killed the donkey instantly. He ordered the recalcitrant donkey thrown from the bridge to remove the obstacle and allow his Army to pass. General Patton knew how to handle adversity in a decisive way. He surveyed the situation, acted decisively and simply turned the page. Action beat inaction and General Patton, as one of America's greatest war heroes, proved he was a man of action.

Overcoming adversity in sport and in life is a core competency of successful individuals. In all facets of life, those who are able to overcome obstacles in their path often reach their long-range goals. To overcome adversity, athletes must "turn the page" to refocus their efforts on a new destination and reset when they fall short of a goal. In this article, we will explore how looking forward to a new challenge may help overcome adversity and help improve your performance.

It is Natural to Fail

Athletes learn invaluable lessons through competition and few are more important than the ability to persevere through adversity. In shooting sports, a perfect score is an elusive goal. The confluence of individual competition and low tolerance for mental errors sets the stage to cause even the most experienced athletes to fail. Olympic shooting sports are - by design - very difficult and combine many factors to promote adversity and maximize the challenge for each athlete. Therefore, understanding how to overcome adversity is yet another skill needed to maximize your performance.

Adversity appears in many ways and may affect your work, life and sport individually or collectively. Recognizing the cause and ef-

fect relationship between adversity and your performance will allow you to identify issues and eliminate or mitigate their adverse effects. Match pressure will expose an athlete's weaknesses and his or her inability to overcome adversity during a competition. Similarly, poor performance may be a sign an athlete is unable to cope or manage adversity in other areas of life. A work-life-sport balance is important to help you manage adversity before it negatively influences your performance. Adversity will find you, so plan to overcome it.

One Thousand Mistakes

In 1879, inventor Thomas Alva Edison successfully tested a long-lasting carbon filament inside an incandescent light bulb. Edison's invention, realized after more than 1,000 failed tests, changed our way of life. Edison would eventually, singly or jointly, hold well over 1,000 patents. The inventor would later recall, "I haven't failed, I've found 10,000 ways that don't work." His passion to overcome adversity and persistence was a key catalyst of his success. This example is certainly instructive to marksmen. How many ways have you found to miss a target or place a shot outside the 10 ring?

Success may require several thousand mistakes; there is no magic formula, no secrets and certainly no shortcuts. Hard work, persistence and determination will help you overcome life's challenges. Edison's timeless wisdom still holds true today: "Many of life's failures are people who did not realize how close they were to success when they gave up." Overcoming adversity will enable you to live a happier, more productive life.

Lessons learned through sport are not easy at the time and some may be quite painful. At the end of the day, adversity provides both perspective and experience. While easier said than done, adversity is an opportunity to learn. If you reflect upon a past challenge, you are more than likely able to extract certain lessons that may apply to or even prevent a future failure. The way you overcame adversity may be instructive to others as well; never underestimate your ability to mentor others who find themselves in the same or similar circumstance.

The Challenge

Adversity means something different

to each athlete and may appear on and off the range. Individuals measure and assign meaning to an event based on his or her assessment of its relative impact or negative consequences. As the consequences increase, an athlete's performance may decline proportionally. While you may not be able to prevent adversity, you may develop a plan to react to it. You always control your response. In some cases, you may even take actions to prevent it.

The level of adversity you may face during a match or off the range is unknown. An athlete must recognize that certain life factors may influence his or her performance. This is especially true during or immediately prior to a major competition. For example, how would the following influence your performance: death in your family; failed relationship; financial problems; lost/stolen firearm; unexpectedly low grades; car accident on the way to the match; bad call by a referee; locking your keys in your car during the match; lost luggage; damaged or missing performance equipment; insomnia; illness; fatigue; or even identity theft? How would you react to such adversity? Would it negatively influence your performance? How could you mitigate the consequences or prevent such challenges?

Adversity does not just manifest itself as a problem. Disappointment is also a form of adversity and is sometimes very difficult to overcome. Athletes who fully commit themselves to high goals naturally place very high expectations on their performance and standing among their peers. They expect to win. Unfortunately, high expectations have the potential for great disappointment and may produce life-long regrets. Exercise caution when setting goals to ensure you are able to deal with the consequences of failure. Driven individuals expect success and must reset when they fall short of their goals. Developing the ability to overcome adversity in the form of self-doubt, long training days, poor performance and tough competition will certainly help foster a healthy life position and may ultimately help improve your performance.

Overcoming Adversity

Adversity is as unique as the individuals who perceive the challenge before them. Therefore, an individual should tailor his

or her response to a situation based on his or her needs and the severity of the consequences. What follows are several points to consider that may assist you to overcome adversity.

1. *Remove Obstacles.* Predict, eliminate or avoid situations that may cause you adversity. This does not mean you should run away from your problems but rather encourages you to take a preventive approach to avoid adversity. In other words, do not place yourself in a position or along a ruinous path that may cause problems down the road. Removing potential obstacles allows you to focus on performing and not reacting to challenges. Planning, organizing and communicating are three skills that may prevent situations from causing misfortune around the bend. When you find adversity, remove the obstacle and press forward.

2. *Renew Your Passion.* Rediscover why you love your sport and why you began to compete in the first place. Overcome disappointment by flaming your passion for competition and your sport. Failure in a match is not an indictment on you as an individual. Medals only reward performance over a limited period; if you did not win or make a team, get over it. Channel negative feelings to fuel your passion to train and win. Athletes should base long-term satisfaction on sustained performance over a career and whether they put forth maximum effort to reach their goal. If you find adversity in life, consider your ability to achieve long-term happiness. A positive outlook will help you work through a challenge and get back on track. Accentuate the positives in any situation.

3. *Accept the Challenge.* Adversity is an

opportunity to learn. Take full responsibility knowing you control your response to the situation. Find the courage to face the challenge and focus attention on getting past the problem. Never quit and you will deserve victory. Persistence, like water dripping on a stone, will allow you to find your way through what appear to be insurmountable challenges.

4. *Seek Solutions.* Learn how to solve problems. Effective problem solving techniques may help you look at a situation objectively and develop several solutions to the problem. Narrow the scope of the problem and target its root case. Think creatively and determine the best way for you to reset and turn the page. Take time to consider all options and avoid hasty solutions as they may only target a symptom of a larger problem. Remember, the best solution may not make you feel better in the short term. Look over the horizon to imagine what is possible because sometimes "unanswered prayers" begin a path to a better outcome.

5. *Ask for Help.* You are not an island unto yourself. Seek professional help and guidance from others if necessary. A trusted advisor and mentor may help you work through a problem he or she faced in the past. Always consult the person who knows you the best: yourself. Assess the situation and seek advice when necessary. Facing a challenge is a personal endeavor but others may offer support and candid advice along the way. You own the challenge in front of you so the adversity is over only when you say it is.

One Final Shot

You trained, sacrificed, competed and left it all on the range. You visualized success

and dreamed you would win. You did everything possible to succeed. The conditions were perfect and you were well rested. You arrived early and were physically and mentally ready to compete. Your performance equipment was well maintained, fine-tuned and ready on the line. Everything went as planned and you would not change one aspect of your preparation. You were mission-ready to compete but you still failed to reach your goal. Now what do you do? Adversity will influence your performance if you let it. You control your response to a situation regardless of the issue you face. Take charge, act decisively, turn the page and move toward your goal. Athletes at all levels experience adversity, but only those who overcome it will reach the medal stand.

Until the next competition, the Air Force Shooting Team challenges each of you to overcoming adversity by turning the page and seeking new opportunities 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.



**Gunsmithing you can
count on**



Pilkington Competition
Quality has no regrets



(931)-924-3400
pilkguns.com

On The Firing Line

By JP O'Connor

A note to "USA Shooting News" readers from the author:

USA Shooting began publication of this series almost nine years ago. The series has developed through the years and mirrors the author's development as a coach. Many athletes and coaches indicate that they look forward to each installment. Due to numerous requests, the entire series to date is now finally online in one place through the generosity of Scott Pilkington and the fine folks at [Pilkington Competition Equipment](#).

The Pilkington website also contains this same Annotated Contents web page, which will be kept updated. All the articles are available for download as Adobe Acrobat PDF files through links on the article titles. The "Annotated Contents" header (below) contains a link to a PDF version of the contents list. Plans are to add additional installments and update the contents page on a timely basis as they appear.

Please note that the online versions have not benefitted from the fine editing work performed by the "USA Shooting News" Editor Mary Beth Vorkerk. All the split infinitives, passive voice, and eccentric comma use found in the original drafts remain, and are solely the responsibility of the author. Despite these shortcomings, it is hoped that many more athletes and coaches will enjoy reading, whether for the first time or again.

[Annotated Contents](#)

- [The Competition](#)

A beginning athlete shares her thoughts on competition in a school assignment. (Not part of the series. Published in 2005 in USA Shooting News.)

1 - [Flowing In The Zone](#)

An athlete discovers, after the fact, that his training was so thorough that the performance of his sport was effortless enjoyment – and at levels far beyond his expectations or dreams. This provides insight into how one should train.

2 - [Choosing and Using a Coach](#)

When an athlete and a coach collaborate, they can achieve incredible things together. A number of thoughts and ideas on this theme are presented.

3 - [Back to Basics](#)

An Olympian learns to trust herself and we learn about some of the fundamentals of the critical moments as a shot is delivered.

4 - [Preparation Begins Now](#)

Preparation is more than just settling into position. What it really means and why it is so important are addressed.

5 - [Eights Are Your Friend](#)

How to handle a "bad" shot is critically important. This classic article presents an approach that allows the athlete to actually improve their game using "bad" shots, rather than destroy their game in anger.

6 - [Practice? ...Or Training?](#)

The difference between practice and training is critical. True training will drive your performance to new levels.

7 - [Football Ballet](#)

Continuing the theme of doing true training, we learn a lesson in unique training methods from the great football coach Gerry Faust of Cincinnati Moeller High School fame.

8 - [Mental and Emotional Skills](#)

A private chat with tennis legend Arthur Ashe opens the door to insights into sport performance.

9 - [Critical Moments](#)

A coach's scolding leads to insights into the critical moments surrounding the delivery of the shot.

10 - [Trying Not To Lose](#)

Many athletes "play it safe", or so they think, and compete to not lose.

They invariably lose. Some "go for it" to win. They often do win.

11 - [Working to Win](#)

Continuing the theme of the previous article, techniques and examples are presented on effective ways to approach shooting.

12 - [Subtle Details](#)

Often, it is the subtle details in our shooting that make a huge difference.

13 - [More Subtleties](#)

Additional concepts are presented, including the critical difference between performance and outcome.

14 - [Expect the Unexpected](#)

Expecting competition conditions to be "perfect" is unreasonable. One must have a game plan that is solid, yet flexible.

15 - [Breathe, Breathe in the Air](#)

The value and incredible power and impact of breathing on performance is discussed. (Yes, the title was "borrowed" from Pink Floyd.)

16 - [Getting Unstuck - Overcoming Common Mental Mistakes](#)

"Place the emphasis on improving, and winning will happen."

Based on a presentation by Dr. Sean McCann, Director of Sports Psychology, US Olympic Committee, this in depth article provides many insights into our training and how to break out of a slump.

17 - [Choking](#)

"Elite level shooting is best performed without conscious control."

Summary results of a research project into the causes of choking are presented. This provides a clear path to understand how to "inoculate" athletes from choking in competition.

18 - [Choking Cures](#)

"Intensity training can help inoculate athletes from choking."

Using insights gained from the previous article, specific training strategies are provided to aid in becoming choke-proof.

19 - [On Why And How We Shoot](#)

"The purpose of shooting... is entirely up to you!"

Our daily approach to shooting is often so very different than it should be based on why we shoot in the first place. In this article we talk a walk together and explore a number of thought provoking ideas about our shooting.

20 - [Two Shots Away From Being Crazy](#)

"Baggage, it's what we do."

Continuing our thought provoking journey, we get to the essence of why it sometimes seems so difficult to shoot well.

21 - [Coach-Dad-Itis](#)

"When helping hurts."

When an athlete's parent is also his or her coach, it can be a very rewarding experience for both. Sometimes, it is quite the opposite. This article explores the topic and provides specific ideas for ensuring a positive experience. (Though a father and daughter are discussed, the article applies equally to all parents and athletes, regardless of gender.)

22 - [Predator & Prey](#)

"Do you make things happen, or merely let things happen to you?"

Based on a presentation by Dr. Sean McCann, Director of Sports Psychology, US Olympic Committee, this article explores offensive and defensive mental skills.

23 - [Sitting On Your... Laurels](#)

"How good do you want to be?"

Comparing and contrasting different approaches to training, we find that many are called and few are chosen. Yet, it is the athlete who decides! Many have desires, few do the work.

24 - [A Process For Breaking Out](#)

“Are you committed to your shooting? Or merely involved with it?”

Dr. Bob Rotella, eminent teacher in the sport of golf, outlines a process for breaking out of the pack by partnering with a true teacher.

25 – [Believe](#)

“We do what we think. We become what we believe.”

Before athletes can reach their goals, they must believe it is possible to do so. Examples, including two dramatic true stories, are used to illustrate the power of believing.

26 – [Culture of Shooters](#)

“Nothing is broken. Stop trying to fix it.”

Changing our frame of reference from “fixing” things that are “broken” to instead being aware of what we are doing transforms our training, our performance, our results, and our enjoyment of the sport.

27 – [Fear And Risk](#)

“Dare not. Achieve not.”

Fear of failure prevents athletes from taking the risks needed to succeed. Learn how to break the cycle.

28 – [Great Expectations](#)

“Give it up, and it will come to you.”

Understand the power of expectations and their effect on performance.

29 – [Deliver the Shot](#)

“Hold is nothing without execution.”

Digging into the concepts of hold and shot delivery in order to create a robust technique.

30 – [More on Delivery of the Shot](#)

“Manage the decisive moment and all is well.”

Building on the previous article for further understanding and refinement of the shot process.

31 – [Attitude is Everything](#)

“You cannot control what has already happened; You can control how you react.”

Our own attitude has a powerful effect on what we can and cannot accomplish. World Championships athlete Kirsten Weiss shares her perspective on this topic.

32 – [Goals as Motivation](#)

“Virtually every athlete who consistently wins uses some form of goal setting”

(US Olympic Committee Sports Psychology Program)

A thorough examination of goals, not just as an exercise to appease the coaches, rather as a tool to energize the athlete’s own motivation.

33 – [Learning to Compete](#)

“I shoot well in practice! Why can’t I do it in competition?”

Learning the basic technical elements of shooting is easy. Learning to perform when the athlete cares about the outcome is quite another matter.

34 – [Mental Flexibility](#)

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

Rigid thought inhibits progress. A flexible mindset adapts to conditions.

35 – [Intangibles](#)

“There are no such things as intangibles. The so called intangibles are very real.”

An eye-opening and thought provoking conversation with a major sports executive from one of the most successful professional sports teams.

36 – [Confidence](#)

“If you think you cannot, you will not. If you think you can, you most likely will.”

A discussion of the effect of an athlete’s confidence upon performance. Based on work by Dr. Nate Zinsser, Director of the Performance Enhancement Program, part of the Center for Enhanced Performance at the United States Military Academy, in West Point, NY.

37 – [Self Talk](#)

“Winners say what they want to happen, Losers say what they fear might happen.”

A discussion of the effect of an athlete’s self talk upon performance. Based on work by Dr. Nate Zinsser, Director of the Performance Enhancement Program, part of the Center for Enhanced Performance at the United States Military Academy, in West Point, NY.

38 – [Asleep On The Trigger](#)

“Sleep? Who needs sleep?”

Guilty in the past of shorting himself, and sometimes others, on sleep, the author explores the topic with surprising results. Athletes have a lot to learn about sleep

39 – [Breaking Out Of The Matrix](#)

“It takes guts to stand out from the crowd. You must trust your instincts over the voices of dissent, including your own.”

Borrowing concepts from pioneer W. Timothy Gallwey and other sports psychology experts, we learn about a number of interesting and powerful concepts: The Performance Equation, Your Two Selves, Improving the Results, and The Three Levels of Performance.

40 – [On Stepping Up](#)

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

Olympic medalists Matt Emmons and Jason Turner share insights on topics including humility, positive thinking, dark moments, focus on the journey, and gaining the perspective needed to win at the top levels. The concept of “stepping up” to the Olympics triggers discussion of the powerful and eye opening idea of “no levels” and “challenge cycles” in competition.

41 – [P-R-N-D](#)

“How it works we do not know; Though we sure do love to make it go!”

An exploration of “automation” as we bring together a number of concepts from the previous two articles.

42 – [Put the Cork in the Bottle](#)

“At the end of training, When you are tired and ready to quit, You must do one more hard thing every time.”

Insights from a World and Olympics champion on one’s training mindset, and examples of drills to build mental toughness.

43 – [Not Really Athletes](#)

“Sorry, was that supposed to be funny?”

A bad joke provokes thought about the “athlete mindset” and how to think, act, train, and compete like a true athlete within our sport – and why it matters.

44 – [Knee Deep In Brass](#)

“Amateurs practice to get it right; Champions train until they cannot do it wrong.”

An exploration of the value of volume training – instead of mindless volume practice.

45 – [Not Shooting Not Tens](#)

“The fastest way to raise your score: Do not shoot bad shots.”

Are you involved, or committed?

46 – [The Conflicted Athlete](#)

“I am so frustrated I want to quit! Yet I love this so much that I cannot quit!”

Identifying and addressing various obstacles and conflicts.

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.

“Target 100”

By Mark Weeks, National Shotgun Coach



During the off-season, one of the things I do as the National Shotgun Coach is analyze match results from previous years to determine whether there are any trends in scoring or participation that I might need to address in the upcoming season. One thing I noticed immediately was the difference in participation between the International Trap and International Skeet events. The following chart summarizes participation at the USA Shooting National Championships for the past seven years:

Year	Trap	Skeet
2003	114	56
2004	117	58
2005	121	51
2006	110	63
2007	126	69
2008	137	51
2009	145	78

At first glance, I found it a little strange that there are only sixty-something bunkers in the U.S. and thousands of skeet fields, yet International Trap often has almost twice as many participants as International Skeet. As I thought about it for a while, I was able to come up with a couple of reasons I believe fewer shooters compete in International Skeet. First, I believe that bunker shooting is the hardest clay target event in the world and that people like the challenge of the event. I also think that International Trap attracts more shooters because you don't have to have a perfect score to win – scores are normally lower than scores in International Skeet, and this opens the door for more people to finish higher. Another difference between the two events is demographics: many more senior and women shooters support and travel to International Trap events compared to International Skeet events. I also believe that it is easier for ATA shooters to transition to International Trap because most of the fundamentals are similar. In contrast, an American skeet shooter must learn a low gun mount that takes years to master. Finally, I think there are more coaches that specialize in trap rather than in skeet,

which makes trap shooters more successful and keeps them in the game longer.

Although I have participated in and coached many different shotgun events over the years, my competitive background has mainly been in International Skeet. Accordingly, I have a vested interest in ensuring that the International Skeet event thrives. Although we haven't seen a serious drop off in the level of International Skeet participation at our matches, each year, the number of skeet shooters is just not comparable to the number of trap shooters. It is for this reason that I introduced the “Target 100” concept at this year's National Championships. My goal is to equalize participation across the International Trap and Skeet events. By next year's National Championships, I hope to raise participation in the International Skeet events to 100 shooters.

I certainly intend to do my part to help raise participation. In order to attract shooters from some of our other disciplines, I will try to personally attend or send USA Shooting representatives to various organizational shoots, such as the NSSA Worlds and the SCTP, ACUI and 4-H Championships. I believe that these matches are virtually untapped sources of promising young shooters – in fact, I was an American Skeet shooter before I tried the international game. We will also work with our Regional Training Centers to help promote International Skeet participation. I am also in the process of planning “A Day at the Range with the Coach” program before each event at the National Championships or Junior Olympic Championships. This program would involve providing newer shooters with a “crash course” in the rules of the international events along with helpful information and pointers to make their shooting experience a more enjoyable one.

There are a number of things current USA Shooting members can do to raise International Skeet participation as well. First, of course, would be to continue to renew your memberships and to encourage other shotgun shooters to do the same. Along those same lines, please continue to support your local International Skeet shoots and pass the word along that we are trying to increase International Skeet participation. Taking a friend to the range is also a great way to bring more attention to the sport – in particular, consider introducing a female or senior friend to international skeet.

A quick search of the National Skeet Shooting Association's website reveals that there are well over 600 skeet shooting clubs in the United States. As I have mentioned before, there are significantly more skeet fields in the United States than there are trap bunkers, and even American-style skeet fields can be transformed to international-style skeet fields relatively easily. I encourage you to partner with USA Shooting and me to increase skeet participation to 100 shooters by next year's Nationals. If you have any questions about “Target 100” or ideas about how to increase skeet participation, feel free to contact me at mark.weeks@usashooting.org

PARALYMPIC SHOOTING

By Bob Foth, National Paralympic Coach



second place and took home the silver medal by shooting the highest final in Air Pistol. Eric also came in sixth in Free Pistol, gaining more valuable final experience. Mike Dickey (Lakeshore Foundation) made his first international final finishing sixth in Air Rifle Prone. Mike also finished with a 10th place in the .22 Prone match. Josh Olson of the U.S. Army Marksmanship Unit (USAMU) won the only gold for the U.S. with another great .22 Prone match. Josh has claimed one silver and two gold medalist in his last three international events!

Josh earned the "ironman" award, flying home from Spain to compete in the Fall Regional at Fort Benning, Ga. only two days later. With two solid days and an outstanding final, Josh moved up to seventh place in the open .22 Prone match there. A few days later, Mike Dickey shot an 1187 two-day total in the Air Rifle Prone match. David Blevins, Barbaro Ponce and Wendy Richards also competed in the Paralympic style Air Rifle matches at Fort Benning.

Long-range plans are coming together to host an international Paralympic MQS event

at Ft. Benning in the fall 2010. The USAMU also has plans to grow their Paralympic program. Josh Olson currently trains there and has been part of the World Class Athlete Program. Numerous sources also provide training and support for disabled athletes interested in sport. Eric Hollen hopes to start a program at ETSU and coaches at Michigan State University are also interested in developing a Paralympic shooting program. Remember that all USAS and NRA sanctioned events are open to shooters with physical disabilities. Don't assume you can't afford shooting as you may be pleasantly surprised by the grants and other resources available, with numerous programs for both civilian and military athletes.

Upcoming Paralympic events include a trip to Sydney, Australia, for the Oceania Championship and the Winter Airgun Championships as well as several training programs.

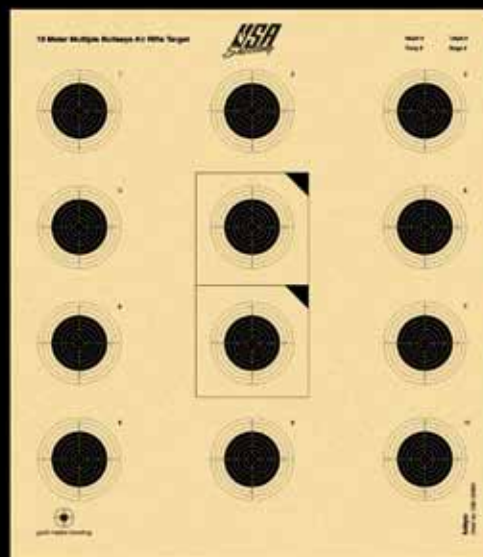
Information about Paralympic Shooting is available on the International Shooting Committee for the Disabled (ISCD) website at: <http://shootonline.org/>

U.S. Paralympic shooters kicked off September with great performances at the Alicante Cup in Spain and the USAS Fall Selection match at Fort Benning. In Alicante, three of our four shooters combined to take home four medals. Danielle Fong (New York, N.Y.) doubled, winning the silver medal in Women's 3x20, the bronze in Women's Air Rifle and also finished 12th in the .22 Prone event. Eric Hollen of Eastern Tennessee State University (ETSU) jumped from third place to

One improved target...deserves another!



(In stock)



(available Fall 2009)

Preferred by competitors and match officials for their cleanly cut shot holes, sharp target images and precisely held scoring plugs.

Get yours at www.goldmedalshooting.com, the source for Official USA Shooting targets!

UPDATE! NEW 50 FOOT PISTOL TARGETS NOW IN STOCK!

Daniele Perazzi

TRUE ITALIAN CRAFTSMANSHIP

Perazzi

We are proud to announce the introduction of a new model gun for 2009, the TM9. There will be two versions available of this new, single-barrel gun. One version, the TM9, will have a fixed, ramped rib and a fixed comb stock. The second version, the TM9X, will have an adjustable rib and an adjustable comb stock.



TM9X 12 ga

Barrel in either 32" or 34"
Removable trigger group
Adjustable rib with 4 notches
Adjustable comb
Fixed chokes

TM9 12 GA

Barrel in either 32" or 34"
Removable trigger group
Fixed rib and chokes
Fixed Stock



PERAZZI USA INC. 1010 W. TENTH ST. - AZUSA, CA. 91702 - USA PHONE: (626) 334-1234 FAX: (626) 334-0344

PerazziUSA@aol.com



By Scott Pilkington

CARE AND FEEDING OF YOUR NEW AIRGUN

You just bought a new match airgun and are now wondering how you can best take care of it in order to maximize its life and ensure the most accuracy. I would like to share with you some of my thoughts on how to keep your investment in top condition and will focus primarily on compressed air rifles and pistols. Compressed air, as powered by SCUBA tanks or high pressure hand pumps is also known as CA or PCP, meaning Pre-Charged Pneumatic.

The first issue with a CA gun is transferring the air charge from the fill apparatus into the cylinder. At this point on the match airgun market, I only know of one maker that uses a non-detachable cylinder and that is the Air Arms pistol. All other brands of 10m rifles and pistols use a removable cylinder that mounts under the barrel and should be easily removed with hand pressure alone. When installing your cylinder back on your gun, you should never use tools to tighten any CA cylinder onto the gun as you can easily over tighten it and damage the threads. Every time you install the cylinder on the gun, you should visually inspect the thread and make sure that there is no dirt or other debris adhering to the threads. If you see any foreign objects, you should thoroughly clean the thread with something that has hard plastic bristles like a toothbrush. While you are looking at the threads on your cylinder, you should also notice if there is any grease visible on them. A very small smidgeon of synthetic grease should be applied to the threads every 20-30 times that you remove the cylinder. This smidgeon should only be about the size of a pinhead and no bigger. You can also apply a very small amount to the end of your finger and smear that around the sealing o-ring or the surface that meets the sealing o-ring on the cylinder (some manufacturers have the o-ring on the cylinder, some inside the action). IT IS VERY IMPORTANT that you do not get any grease or oil near the valve on the end. This periodic lubing will ensure that no galling takes place between the cylinder threads and receiver mount. Some brands of 10m guns are known to get dry and gall badly, freezing the cylinder in place. When the cylinder is finally removed with great force, it will have stripped, leaving a major portion of the threads unusable. This will result in a trip to your airgun smith where he will give you the bad news that your cylinder and receiver block will have to be replaced with a \$600-\$800 price tag.

I mentioned synthetic grease, so let's talk proper lubricants for modern CA guns. Never use a petroleum-based lubricant or cleaner with your airgun. If it gets in the high pressure line, it can diesel and cause a potential life threatening explosion. Also non-synthetic oils or cleaners can cause the rubber or plastic seals to deteriorate. Most traditional firearm lubes and solvents will cause harm to your airgun. The good news is that you don't need to lube an airgun very often or very much. If you want to lubricate your gun, use only very little synthetic grease on the working parts of the levers or pins, a smidgeon of moly grease on the seal, and the cylinder threads as mentioned above. Normally, the only user lubrication I would consider absolutely necessary is the grease on the cylinder threads. Other lubrication can take place when you have a professional check-up of your airgun. How often you should get your airgun checked depends on how often you use it. Top athletes who are shooting on a daily basis should have their guns checked once a year. Schools or programs that only shoot their guns half a year or so, can get by with service every third year. Individuals who shoot their airguns on an infrequent basis, can go six or seven years or more. Typically a full-service check-up consists of all seals and springs being replaced and valves and valve surfaces being inspected and replaced if necessary. This necessitates disassembling the entire gun, so all moving parts will get inspected and re-lubed on re-assembly and any potential problems should

be noticed. As I once heard one shooter say to another, "Getting your rifle rebuilt is a good idea, 'cause sometimes they just find stuff."

One thing you can do to preserve the life of your airgun, is to unscrew the cylinder every time you finish shooting it for the day. Unscrew it enough that you hear the air whoosh out of the regulator, normally a "P-SHOUGH-WWWW" kind of sound. Leave the cylinder on at that point to prevent dirt or other foreign objects from getting on your threads. When you get ready to re-install the cylinder, unscrew it all the way out first, then start back in. If you start in right at the point the air is released, you can sometimes pinch the sealing o-ring and damage it to the point where it leaks. The reason for releasing the air is that it takes the pressure off the regulator springs and o-rings, which really is the heart of a modern CA match rifle. The regulator is what takes the 3000 psi air in the cylinder and drops to around 850 psi to give a consistent shot each time you pull the trigger. Another point about regulators on CA guns is to exercise them slightly before shooting after the gun has set for awhile. Shoot three or four shots without pellets before starting sighters to make sure that the internal rubber seals are moving as they should, as sometimes they can stick slightly when they have set for awhile.

Does your air rifle barrel require cleaning? There is some debate on this issue. There are those who say it should be cleaned every time, and those who say never to clean an airgun barrel. Airguns don't generate any real heat, nor do they have burned powder residue to dirty a bore like firearms. As long as you are using good quality match pellets from RWS, H&N, Vogel or JSB then cleaning is of little benefit. If you do decide to clean your airgun barrel, I recommend pushing some doubled-up monofilament fishing line up through the barrel and pulling a cleaning batch through the barrel. A barrel that has been cleaned should have 15-20 fouling shots put through it before the start of a match, as a totally clean barrel will shoot to a different point of impact than one with a normal amount of pellet wax on the lands and grooves.

Always make sure that pellet holders are securely closed in your travel case. For those that use CBIs, you can carry a sandwich bag or some other clear bag that you can place the CBI into when not being used. I cringe every time I see an athlete remove a CBI and throw it on the floor, then pick it up off the floor and stuff back into the barrel at the end of the shooting session. This can only cause long term damage to either the rifling or the crown of your precision airgun.

All these basic rules apply to air rifles using CO2 as well. For more information and specific tips on dealing with CO2 powered rifles, a great resource is to watch an online video at <http://odcmp.com/Videos/09/887fill2.wmv>.





Rifle

By SFC Eric Uptagrafft, 1996 Olympian

PART-TIME SHOOTER



Not everyone can be a full-time shooter. Due to life circumstances and the decisions we make, we can't all be assigned to the Army Marksmanship Unit (AMU) or be a Resident Athlete at the Olympic Training Center. Some of you are still in school. Others are pursuing a civilian career or have family responsibilities. A few are coming back to the sport after taking some time off. How do you pursue your goals as a part-time shooter? Can you have international success and make the Olympic team while shooting only part-time? It's hard, but it is also possible.

While I am currently assigned to the International Rifle section at the AMU, I had some of my greatest success during the time that I wasn't at the AMU. From the end of 2000 to the spring of 2008, I had a full-time civilian job, was an officer in the Navy Reserve, and continued to pursue my goals in shooting. During that time I won four world championship team and individual medals, three world cup medals, two world cup final medals, tied the world record in prone and won best male rifle shooter at CISM. Not too bad for a part-time shooter.

The first task in being a world class part-time shooter is to develop time management skills. I was working 40 hours a week in my civilian engineering job and 20 hours a week doing my Navy obligations. That doesn't leave much "spare" time for training. I had to learn quickly how to manage time. When working toward a big match I would have a certain amount of daily training time set aside. Whatever else I had to do in my busy day, I knew I would at least get my practice in. Dur-

ing that training time you have to be focused on the training. We're talking quality, not quantity. Ten well executed shots is infinitely better than 100 rushed shots. Make sure your training area is as clear of distractions as you can make it. No TV, radio, screaming kids or barking dogs. Get your gear set up and get right to the training. If it only takes five minutes to set your equipment up, then you should be well on your way to training at minute six. If you are training at a public range, be careful of too much socializing. Remember that not everyone has the same goals as you. Many shooters are recreational only. They are there for the companionship and social aspect of our sport. There is a time and place for that, but not during your precious practice session. Your training time is limited, so make the most of it.

If you are a part-time shooter, be very careful of position and or rifle adjustments. As a full-time shooter, I try to give a change a week to see if it really works. Almost every change seems to be positive the first time I try it. It is the second and subsequent tries that really tells me if something is going to work long-term. If you are a part-time shooter who only gets to train a couple days a week, you might need to try a change for weeks or a month before you see if it really works. Once you find something that works, stick with it. Write it down. Part-time shooters usually train in spurts. Let's say you find the magical rifle adjustment. Everything is clear and your adjustment seems obvious to you. Fast forward a couple of months after life got in the way you weren't able to get to the range much if at all. You know you made this miraculous change to your rifle settings but can't for the life of you remember what it was. This will give you grey hair...ask me how, I know. Again, once you find something that works, stick with it. I'm paraphrasing here but a wise man once said that thoroughly training an imperfect position is better than endlessly searching for that elusive perfect position. My prone and kneeling positions are essentially unchanged over the last fourteen years. Are they perfect? No. But I know them like the back of my hand and can shoot them as well as or better than anyone in the world.

Gather a support team around you that understands and supports your goals. I'm lucky that my wife, Sandra, is a pistol shooter. She knows what I do and why it is important to me. She will do

anything in her power to assist me. Try to find a coach who can help you. Some coaches are limited in their expertise, especially for a more advanced shooter. Once you start moving up in experience, you will have more access to better coaches. Don't be afraid to ask other shooters for help if you think they have something to offer. Many top-level shooters will help another shooter if they are asked. Just remember that there is a time and place to ask another shooter for help.

For you more experienced shooters who cringe at my suggestion above that less experienced shooters should start asking you questions: help them if you can. I've found that I get as much or more out of coaching as the shooter gets. This isn't to say I'm a bad coach (I hope), but when I coach, I am forced to analyze, think about and verbalize what I do and why. Some of the best shooting I did in my career was during a time period when I did a lot of coaching too. In 2007 I was deployed to Kuwait with the Navy Reserve. I managed to convince my chain of command that I should help coach the Kuwaiti rifle team on my one day off per week. I did that weekly for my seven month deployment. I also talked my commander into letting me leave the country to shoot the Munich World Cup in the middle of my deployment. While there I shot a 599 prone after no shooting whatsoever for the previous eight months. I attribute a very large amount of that success to the coaching I did. I believe that it helped me keep my mind in the game and come back much faster than if I had just taken that time off.

One of the biggest benefits I felt I had as a part-time shooter was the balance I had in my life. Shooting was important to me, but it wasn't the only thing. I also had my civilian and reserve jobs, as well as my family life with Sandra. All my eggs weren't in one basket and that takes a lot of the pressure off. This made almost every match I shot more like a vacation than a high-stakes sporting competition. Now that shooting is my job, I have to work extra hard to keep that balance.

Range access can be a big challenge for the part-time athlete. When I lived in Colorado, I was about two hours from the OTC range in Colorado Springs. At most I would get down there once a month. There wasn't anything that resembled an international rifle range near where I lived. The closest thing I could find was the Boulder Rifle

DISCIPLINES

Club, but there is a 10 year waiting list to become a member. In order to get a conditional membership at BRC, I agreed to help coach their junior high-power rifle team one day a week. At that point, I had access to the range, but no 50 meter targets to shoot at. I solved this problem by building a portable frame to staple the NRA 6-bull 50m target to. I also made portable wind flags to give me a clue what the wind was doing. I had to shoot from between concrete bench rest tables, but it worked. Whenever I felt I needed some outdoor training, I went to Boulder. Many moons ago I was a junior shooting up in Spokane, Washington. I only got to shoot at the 50-foot club range about once a week. The rest of the time I shot air rifle in the basement of my mother's house. I shot out of my bedroom, down the hallway and into the den. My five-bull targets were taped to a stack of phonebooks sitting on the fireplace mantle. What I'm trying to get across is where there's a will, there's a way. Think outside the box.

Now that you are outside the box, think about cross-training. In Colorado, with the exception of the Rocky Mountain Rifle Championships and 3x Air, there were no other international matches of any kind. I wanted to shoot more matches, so I

turned to cross-training. I shot some high-power rifle matches, American prone matches and shot in a winter 50-foot league. While the target and course of fire aren't the same, the middle is still in the middle and a match is still a match. I'm not much of an air rifle shooter, but I shot it for many years as a training tool to help my small-bore standing. This is another example of cross-training that I highly recommend to anyone who thinks they are only a three-position shooter. The nice thing about air gun shooting is that there are many more ranges available out there, or if your situation permits you can shoot in a basement, garage or barn.

If all else fails you can always dry-fire. I remember when I was growing up shooting, many of the 1960's and 1970's legends of shooting told stories of how they dry-fired their way to an Olympic medal. I took that to heart and spent much of my teen years dry-firing. Twenty years later there are some great electronic training aids that make dry-firing a viable stand-alone training method. These devices have transmitters and receivers that attach to your target and rifle and then plug into a computer. What you get now is direct feedback from your dry-firing. These train-

ers "hear" when you pull the trigger and plot your shot on the computer screen. You get to see a trace of what your hold looks like, and also your final shot placement. What a training tool! I used my electronic trainer for approximately 95% of my training and I believe its use directly resulted in my international success from 2001-2007. For less than the cost of a case of Tenex you can get either the Rika Home Trainer or a Scatt. For a little more you can buy a Noptel. There is no substitute for live-firing, but I find there is real value to computer assisted dry-firing. A side benefit of a high percentage of dry-firing is that you aren't wearing out your barrel as fast as us full-time shooters are. But a word of caution: you should always dry-fire with an empty cartridge case in the chamber, or use a dry-fire firing pin. A damaged chamber can result from a too-long or broken firing pin if you don't.

I'm not going to say that being an international success as a part-time shooter is easy. It isn't. What I'm saying is that with some planning, dedication and a lot of work it is possible. See you at the range. Good luck, and good shooting!

The soft overcomes the hard,
The slow overcomes the fast,
Let your workings remain a mystery,
Just show people the results.

-Lao Tzu

Are you a naturally talented air pistol shooter? Or a hard working athlete?

Either way, you will need hard work and professional guidance to reach your peak performance. Don't let others have any advantage over you.

Email sillintercoach@yahoo.com for information.

If you follow the instructions and don't improve your score in two months, you will receive your money back!

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



Shotgun

By Mark Weeks, National Shotgun Coach

“HOW DO I MAKE A USA SHOOTING TEAM?”

After two grueling matches and some tough competitions, we have finally selected the 2010 World Championship Team, which will represent the United States in Munich, Germany, next summer. I am very excited about our team; so many shooters stepped up to the plate and posted world-class scores during the selection process. I look forward to the competition and expect that we will have plenty of success stories to share when we return from Germany. Congratulations to the team, and GREAT JOB!

Since I was named National Shotgun Coach at USA Shooting over a year ago, there have been a number of policy changes regarding how a shooter is selected to an international team. Not surprisingly, one of the most frequently asked questions is, “How do I make a team?” I’ll explain our system in detail, particularly for the benefit of newer shooters who might not be familiar with our selection process.

Our revised shotgun team selection process consists of two major matches—the National Championships and the Fall Selection Match—and one minor match—the Spring Preliminary Try Out (PTO). These matches together provide athletes a chance to be selected to a team that will compete overseas. Many people assume teams are selected on a calendar-year basis, but this assumption does not hold true for shotgun. Instead, our competition year starts with the National Championships and ends with the Spring PTO.

This three-match selection process determines the World Championship Team, the Pan American Team, and World Cup Teams. Each of the two “major matches” – the National Championships and the Fall Selection Match – is made up of 250 targets for Trap and Skeet and 300 targets for Double Trap. The teams are selected from a total of the two matches combined.

World Championship Team Chart

National Championship	Trap/Skeet 250 Targets	Double Trap 300 Targets
Fall Selection Match	Trap/Skeet 250 Targets	Double Trap 300 Targets
Total of the Match	Trap/Skeet 500+25 Targets	Double Trap 600+50 Targets

The top three men, women and juniors in their respective events make up the World Championship and/or Pan American Teams. The top three OPEN men and women in their respective events will fill the majority of the slots in World Cups for that year.

Those shooters who aren’t selected for the OPEN World Championship Team may shoot the Spring PTO, which is typically held in March. The Spring PTO is designed to mimic an actual World

Cup, and it is designed to help fill the remaining slots for World Cup Teams.

Spring PTO	Trap/Skeet Men 125+25	Double Trap 150 + 50
Spring PTO	Trap/Skeet Women 75+25	

The National Championships, Fall Selection Match and Spring PTO are the only three matches used to select the World Championship, Pan American and World Cup Teams. This cycle repeats itself each year—so if you aren’t selected to a team one year, you can start the process over again beginning with the National Championships the following year.

There are two major competitions that do not follow this three-match selection process: the Olympic Games and the CAT Games. The CAT Games team will be hand-selected by me. This process allows me the flexibility to fill the team with athletes who have not yet won a country quota place for Olympic participation, since each athlete is permitted to earn only one quota place. We also revised the Olympic selection process for this quadrennial, and it is explained in great detail on USA Shooting’s website.

The website is a great resource for those of you who have additional questions about the selection processes for any of our teams. In addition, I suggest talking to experienced shooters who are more familiar with the process. And of course, I am always available to answer your questions and address your concerns.

I am also questioned frequently as to how to be selected to the National Team, the National Development Team, the National Junior Team and the Junior Olympic Team. I will explain this process in the next issue of *USA Shooting News*. As always, I welcome new shooters to the sport and thank those of you that have been with us for a while for your continued support. Most importantly, have fun shooting—it truly is “a sport for life!”



The best grounds in the world rely on Promatic Traps



ZERO DEFECT ENGINEERING DISCIPLINES AND EXACTING COMPONENT QUALITY STANDARDS ARE INCORPORATED INTO OVER 60 MODELS AND 60,000 PROMATIC TRAPS NOW INSTALLED WORLDWIDE



PROMATIC INC
7803 WEST HWY 116, GOWER, MO 64454
TOLL FREE 1-888-767-2529



www.promatic.biz



BERETTA
VICTORY



WINCHESTER
AMMUNITION

Vincent Hancock



Vincent Hancock Captures Second World Championship Title

**USA Shooting Team Earns a total of 10 Medals at 2009
Shotgun World Championships**



By Mary Beth Vorwerk
Photos by Wolfgang Schrieber,
ISSF and Bill Roy



Junior Women's Trap Team



Junior Women



Billy Crawford, Junior Men's Double Trap



Jeff Holguin, Double Trap



BJ Blanchard, Junior Men's Skeet

Approximately 600 shooters from 70 countries competed at the 2009 ISSF Shotgun World Championships in Maribor, Slovenia, August 7-16. Thirty shooters, including 15 juniors, represented the U.S. in Maribor where the team finished second in the overall medal tally, bringing home 10 medals, breaking two World Records and equaling a World Record.

The U.S. earned three individual medals with 2008 Olympic gold medalist Vincent Hancock (Eatonton, Ga.) leading the way by winning his second World Championship title in Men's Skeet. Jeff Holguin (Yorba Linda, Calif.) took home his first World Championship medal when he claimed the silver in Men's Double Trap and Amber English (Colorado Springs, Colo.) won the only individual medal for the juniors, capturing the silver in Junior Women's Skeet. The U.S. also secured seven team medals - three gold, three silver and one bronze - out of the possible nine team events at the World Championships.

Hancock's golden performance occurred exactly one year to the day after he won the Olympic gold in Beijing. U.S. Army Marksmanship Unit (USAMU) Hancock won the World Championship title in Maribor shooting a near perfect score. Hancock, who is also the 2005 Shotgun World Champion, World Record holder and 2007 bronze medalist in Men's Skeet, only missed one target in the qualification, shooting 124 out of 125 targets. Hancock entered the final in first place and shot a perfect 25 in the final to finish in the top spot with 149 out of 150 targets.

"It was great," Hancock said after his win. "It felt like the old me. It had been a long time coming since the Olympics."

Reigning World Champion George Achilles of Cyprus and Italy's Ennio Falco, the

1996 Olympic gold medalist, also both shot a perfect score of 25 targets in the final, ending in the second and third spots with 148 and 147 targets respectively.

Hancock's USAMU teammate and 2004 Olympian Shawn Duloher (Lee's Summit, Mo.) was tied at 122 targets with four other shooters at the end of the qualification and entered the final in third place after a shoot-off. In the final, Duloher, the 2001 World Champion, shot 24 targets to end up one target out of medal contention in fourth place with 146 total hits. Frank Thompson (Alliance, Neb.) finished in 18th place with 120 targets.

Hancock, Duloher and Thompson shot their way to a gold medal in the team event, hitting 366 out of 375 targets, setting a new World Record that broke the previous 365 target record set by the Italian team at the 2006 ISSF World Shooting Championships in Zagreb. The team from Finland took the silver with 361 targets and Denmark earned the bronze, also with 361 targets.

BJ Blanchard (Vidor, Texas), Jon Michael McGrath (Tulsa, Okla.) and Chris Haver (Clinton, Mich.) captured the silver in the Junior Men's Skeet team competition after shooting a combined score of 349 targets. The Czech Republic team won the gold with 353 total hits and the team from Sweden took home the bronze with 348 hits.

Blanchard, who is the reigning World Championship bronze medalist in the Junior Men's Skeet event, finished the highest individually for the U.S. Junior Skeet Men firing 119 targets and ending up in fifth place. McGrath finished in 11th place with 116 targets and Haver took 18th place with 114 hits.

Czech Republic's Milos Slavicek won the Junior Men's Skeet competition with a total score of 122 hits. Marcus Svensson of

"The USA team is really strong."

-Francesco D'Aniello, Italy

Sweden finished in second place with a total score of 121+4 hits after a shoot-off with Italy's Angelo Moscarello.

Holguin, a 2008 Olympian, earned the silver medal in the Double Trap event and also captured the gold in the team event, along with his USAMU teammates Glenn Eller (Katy, Texas) and Josh Richmond (Hillgrove, Pa.).

Holguin, Eller and Richmond, who were competing on their third consecutive World Championship team together, all qualified for the final in the individual competition, with Holguin coming out with the highest finish. Holguin shot a qualification score of 144 out of 150 targets and hit 42 targets in the final to finish with 186 total targets, tied with China's Wang Nan. Holguin secured the silver by winning the shoot-off 2-0, leaving Wang with the bronze. Holguin won his last international medal in 2008, when he captured the bronze at the ISSF World Cup in Kerrville, Texas. Italy's Francesco D'Aniello, the 2008 Olympic silver medalist, earned his second World Championship title in a row, finishing with 190 total hits.

Beijing Olympic gold medalist Eller, finished in fourth place just one target behind the medalists, with a total score of 185 hits. Eller shot a match score of 143 targets and 42 targets in the final. Richmond, who won the bronze at the last Shotgun World Championships in 2007, finished in fifth place with 183 +5 targets after outdoing India's Ronjan Sodhi in a shoot-off.

Holguin, Eller and Richmond captured the team gold after firing a total of 430 targets, and also tied the World Record.

"The USA team is really strong. They are excellent shooters," said D'Aniello after the match. "Facing the Olympic Champion

Eller and his teammate Holguin in the final brought me back to the Olympic Final of Beijing. I faced the best shooters of the world, today. It has not been easy."

The Italian team of D'Aniello, Claudio Franzoni and Daniele Di Spigno grabbed the team silver with an overall score of 421 targets, while the team bronze went to Great Britain (Steven Scott, Richard Faulds and Steven Walton) with 418 targets.

The Junior Double Trap team of Billy Crawford (Johnstown, Ohio), Derek Haldeman (Sunbury, Ohio) and Bryce Gearhart (Freeburg, Pa.) won the silver medal in the team event with a total of 407 targets. The Russian Federation Junior team claimed the team gold with a total score of 413 targets and the bronze went to the team from Italy with a total of 402 hits.

Crawford earned the highest finish for the U.S. Junior Double Trap men individually, finishing in fourth place after a three-way shoot-off with Italy's Davide Gasparini and Alessandro Chianese for the silver and bronze. Sixteen-year-old Crawford, who was shooting in his first international match, missed first in the shoot-off, lading in fourth place with a total score of 139 +4 targets, while Gasparini outdid his teammate Chianese winning the silver with 139+7 targets. Haldeman finished in eighth place with 136 targets and Gearhart shot 132 targets to take the 13th spot.

English won her first ever international medal after firing a total score of 71 out of 75 targets in the Junior Women's Skeet event to finish in second place behind Swedish shooter Therese Lundqvist. Lundqvist captured the gold with 74 hits, breaking the World Record of 72 hits, which was set by U.S. shooter Haley Dunn in 2005.

"Hancock's golden performance occurred exactly one year to the day after he won the Olympic gold in Beijing."



Junior Men's Skeet Team



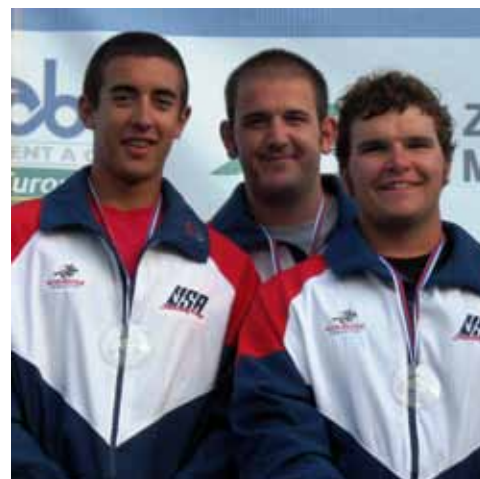
Glenn Eller, Double Trap



Shawn Dulohery, Men's Skeet



Amber English, Junior Women's Skeet



Junior Men's Trap Team

Natalia Panas of Russia earned the bronze medal with a total score of 69 targets. Ali Chiang (Redwood Shores, Calif.) finished in fourth place with 67 hits and after a three-way shoot-off for fifth place. Caitlin Connor (Winnfield, La.), the 2009 Minsk World Cup silver medalist, ended up in the sixth spot with 66 hits.

English, Chiang and Connor finished on top of the Junior Women's Skeet team podium with a record score of 204 targets. The three teammates broke the previous World Record of 198 targets shot by Russia at the 2007 World Championship in Nicosia, Cyprus.

The Russian team won silver ranking 12 targets behind the U.S., with a total score of 192 targets, while Poland secured the bronze with 191 total hits.

The Junior Women's Trap team of Molly Bender (Montoursville, Pa.), Brandi Hobbs (Edinboro, Pa.) and Kayle Browning (Wooster, Ark.) earned the bronze medal, shooting a total of 185 targets. China won the team competition, shooting a total score of 202 targets and setting a new Junior World Record. The Spanish team, holder of the record shattered by team China, closed the match in second place, winning the silver with 186 hits.

Individually, Bender finished the highest for the Junior Trap Women with 64 targets to land in 11th place, while Hobbs ended in 15th place with 61 hits and Browning fired 60 targets to finish in 18th place.

The Junior Trap Women's individual competition was won by the 18-year old Chinese shooter Qi Quiwen with a total score of 69 targets. Xu Tian, also of China, closed the match in second place with a total of 68 +1 hits. Xu shot-off against Rachel Yardy of Great Britain who finished in third place

with a total score of 68 +0 targets.

The Men's Junior Trap team of Collin Wietfeldt (Hemlock, Mich.), Jacob Turner, (Richland, Wash.) and Seth Politi (Lexington, Mass.) claimed the silver medal in the team competition with a total score of 347 targets. Italy won the team gold with 354 targets and the team bronze went to Portugal with 346 targets.

Individually, Wietfeldt finished the highest for the U.S. in 7th place, while Turner took eighth place, each with 119 targets. Politi finished 49th with 109 targets. Italy's Valerio Grazini won the Men's Junior Trap competition with 122 hits. Paco Machado of Spain took home the silver with 121 hits and the bronze medal went to Germany's Daniel Wiesemann with a total score of 120 hits after winning 1 to 0 a shoot-off against Portugal's Pedro Jorge Nun Parreira.

In the Men's Open Trap event, 2008 Olympian Dominic Grazioli (San Antonio, Texas) scored the highest finish for the U.S., taking 21st place with 120 targets. Three-time Olympian and 1996 bronze medalist Lance Bade (Colorado Springs, Colo.) finished 54th with 116 targets and Matthew Wallace (Stanton, Tenn.) finished 87th with 111 hits.

Marian Kovacoc of Slovakia climbed up from fifth place to win the Men's Trap gold medal with a total of 146 hits. Italy's Massimo Fabbrizi won a shoot-off against Turkish shooter Oguzhan Tuzun at the conclusion of the final to secure the silver with a total score of 145 hits +1, while Tuzun settled for the bronze.

In the Women's Skeet event, four-time Olympian and 2008 Olympic silver medalist Kim Rhode (El Monte, Calif.) scored the highest finish for the U.S. team, barely missing a spot in the final after losing a shoot-off for sixth place. Rhode ended in seventh place

"I faced the best shooters of the world, today."

-Francesco D'Aniello, Italy



Junior Women's Skeet Team



Frank Thompson & Shawn Dulohery, Men's Skeet



Amber English, Junior Women's Skeet



Chris Haver, Jon Michael McGrath, Mark Weeks and BJ Blanchard



Josh Richmond, Men's Double Trap



Jeff Holguin



Vincent Hancock



Junior Men's Trap Team



Men's Skeet Team



Men's Double Trap Team

with 71 total hits. Haley Dunn (Eddyville, Iowa) finished in 24th place with 64 targets and Jaiden Grinnell (Port Angeles, Wash.) landed in 29th place with 62 hits.

The defending World Champion, Christine Brinker of Germany, who is also the 2008 Olympic bronze medalist, won the Women's Skeet event with a total of 95 targets. The silver medal went to Thai shooter Sutiya Jiewchaloemmit with a total of 94 hits and Katuscia of Italy took home the bronze with a total of 93+3 hits after winning a shoot-off against Russia's Olga Panarina.

Corey Cogdell (Eagle River, Alaska), the 2008 Olympic bronze medalist, finished the Women's Trap event in 14th place with 69 targets, which was the highest U.S. finish in that event. Susan Sledge (El Cajon, Calif.) finished in 34th place with 65 targets and 1996 Olympian and USAMU member Theresa DeWitt (Cincinnati, Ohio) ended in

36th place with 64 targets.

Seventeen-year-old Italian shooter Jessica Rossi became the new Women's Trap World Champion after climbing from fifth place to the top spot in the final with a total score of 92 targets. Russia's Irina Laricheva won the silver with 90 hits. The 2008 Olympic gold medalist, Satu Makela-Nummela of Finland, started the final round with the highest qualification score of 74 hits, equaling the World Record, but shot 15 targets in the final to finish in third place with 89 total hits.

After a very successful World Championships, the USA Shooting Team will look ahead to the 2010 World Shooting Championships in Munich, Germany, to defend its titles and improve upon their growing World Championship medal tally.

For complete results from the 2009 Shotgun World Championships, please visit www.issf-sports.org.

"It felt like the old me. It had been a long time coming since the Olympics."

-Vincent Hancock



Winchester Ammunition is a Proud Sponsor of the USA Shooting Shotgun Team:

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.



DON'T POINT AND CLICK. AIM AND FIRE.



Henry Big Boy .44 Magnum

Henry Golden Boy .22 LR / .22 Mag / .17 HMR

Henry U.S. Survival .22 LR

Henry Acu-Bolt .22 LR / .22 Magnum / .17 HMR



Calling all couch potatoes. Drop the remote and get out to the range for a great day of shooting fun. Shooting enthusiasts across America are buying Henrys because they are magnificently styled, have the smoothest actions, perform with flawless reliability, bear the great historical name of Henry and are affordably priced.

Every part in a Henry is made in America. Every rifle is engineered with features many competitors charge twice the price for. We are a family owned business and we stand behind every rifle that leaves our plant.

Order our free color catalog right now. You have absolutely nothing to lose except those extra pounds you gained sitting on your rear end.



For a Free color catalog
visit www.henry-guns.com
or call Toll Free (866) 200-2354



Shotgun Shooters Selected to 2010 World Championship Team

By Mary Beth Vorwerk

Thirty-one trap, double trap and skeet shooters were selected to represent the U.S. at the 2010 World Championships in Munich, Germany, following the 2009 Shotgun Fall Selection Match.

The top three finishers from a combination of the match scores from the 2009 USA Shooting National Championships as well as the match and final scores from the 2009 Fall Selection will make up the 2010 World Team.

Representing the U.S. next summer in Munich in the Men's Trap event will be 2008 Olympian Dominic Grazioli (San Antonio, Texas), who led the way with 501 total targets. Olympic Training Center (OTC) Resident Athletes Jacob Turner (Richland, Wash.) and John Mullins (Bremerton, Wash.) will make up the second and third spots on the Trap team after finishing with 500 and 497 targets respectively.

U.S. Army Marksmanship Unit (USAMU) member and 1996 Olympian Theresa DeWitt (Cincinnati, Ohio) fired 468 targets to finish first for the women, while 2008 Olympic bronze medalist Corey Cogdell (Eagle River, Alaska) took second place with 463 hits. Susan Sledge (El Cajon, Calif.) rounds out the women's team after finishing in third place with 462 targets.

In the Junior Men's Trap competition, Jake Wallace (Castaic, Calif.) grabbed a spot on the 2010 World Championship team by finishing in first place with 487 targets. Morgan Harbison (Farmersville, Texas) took the second spot with 481 targets and Matthew Gossett (Springville, Ala.) finished third with 479 hits.

For the Junior Women, OTC Resident Athlete Rachael Heiden (Clinton, Mich.) will represent the U.S. in Munich next year after finishing in first place with 464 targets. Miranda Wilder (Diana, Texas) grabbed the second spot with 460 targets and Ashley Carroll (Solvang, Calif.) earned third place after firing 455 total targets.

USAMU member Josh Richmond (Hilsgrove, Pa.), who is the 2009 Munich World Cup gold medalist, finished on top for the Open Double Trap Men with a total score of 627 targets. Richmond's USAMU teammate and 2008 Olympian Jeff Holguin (Yorba Linda, Calif.) grabbed second place with 621 total hits. Rounding out the Open Men's Double Trap team for next year's World Championships will be 16-year-old Billy Crawford (Johnstown, Ohio), who finished third with 619 targets.

Crawford also finished in first place for the juniors with a match score of 573 targets, but since he qualified for a spot on the open team, Derek Halde- man moved up into the top spot for the juniors after firing 557 targets. Ian Rupert (Sunbury, Ohio) finished second with 557 targets and Kelcey DePatis (Donovan, Ill.) took the third spot with 450 targets.

Shari LeGate (Peyton, Colo.) also qualified for a spot on the 2010 World Championship team in the Women's Double Trap event, which is only con- tested at the World Championships. LeGate finished with a match score of 437 targets.

USAMU member and 2008 Olympic gold medalist Vincent Hancock, who most recently won the gold medal at the 2009 Shotgun World Championships in August, claimed a spot on the 2010 World team by taking first place in the Men's Skeet event with 515 targets. Hancock's 2008 Olympic teammate Sean McLelland (Mission, Texas) grabbed the second spot with 508 targets and USAMU member Shawn Duloher, a 2004 Olympian, took third with 506 targets.

Four-time Olympic gold medalist Kim Rhode (El Mote, Calif.) lead the way for the Skeet women with 508 total targets. Haley Dunn (Eddyville, Iowa) took second place with 505 targets and 2009 Shotgun World Championship Junior silver medalist Amber English (Colorado Springs, Colo.) grabbed the third spot with 497 hits.

Jon Michael McGrath (Tulsa, Okla.) took the top spot for the Junior Skeet Men with 506 hits, while B.J. Blanchard (Vidor, Texas) finished second with 503 targets. T.J. Bayer (College Station, Texas) earned the third spot after finishing with 499 targets.

Caitlin Connor (Win- nfield, La.), the 2009 Minsk World Cup silver medalist, finished on top for the junior women with 484 targets. Brandy Drozd (Bryan, Texas) took second with 464 targets and Jaiden Grinnell (Port Angeles, Wash.) grabbed third place with 460 hits, rounding out the Junior Women's Skeet team.

The 2009 Shotgun Fall Selection Match was held at Hill Country Shoot- ing Sports Center in Kerrville, Texas, September 10-20 and was the second of two matches held to select the team for the 2010 World Championships in Munich, Germany and is also the first "entry gate" in the 2012 Olympic Selection Process.

The top three athletes in each event will participate in up to three World Cup competitions in 2010, where they can earn points based on their final standing in those events. Athletes who accumulate 45 or more points in 2010 and 2011 may be nominated to the 2012 Olympic Team, depending on the number of Olympic participation slots available in each event.

For complete results from the Shotgun Fall Selection Match, please visit <http://shootingandhunting.net/flyer6.htm>



Building the Base

By Robert Mitchell, Chief Executive Officer

During a strategic planning session at the spring USA Shooting Board of Directors meeting in 2007, the board discussed and listed topics of most importance to the future of USAS. At the following meeting, the group revisited those topics and zeroed in on the three priorities for the organization's future: Building the athlete pool, funding, and brand visibility and development.

While we have experienced increased competitive success at the world level in recent years, we all know the importance of filling the pipeline for the future. We are a small organization with a membership approaching 5,000. Just think of the increased potential we could have with a member base of 10,000 which is still small compared to most Olympic sport organizations. And considering that one of the threats to our sport is the declining number of ranges, clubs and organized shooting programs, it's not surprising that "Building the Base" surfaced as a top USA Shooting priority.

All Olympic National Governing Bodies face the same dilemma. With limited resources we make every effort to balance our investment in youth programs and building for the future, versus expenditures in elite programs to win medals today. Exposing young people to the shooting sports and offering the "Olympic dream" is a task we cannot do alone. We rely on allied organizations such as the National Rifle Association (NRA), Civilian Marksmanship Program (CMP), National Skeet Shooting Association (NSSA), the American Legion, Scholastic Clay Target Program (SCTP), National Collegiate Athletic Association (NCAA) and others to assist in this effort. It is our ambition to expose as many young people to the shooting sports as possible and to provide the opportunity to follow the Olympic path for those desiring to do so. We continually work to expand those relationships and integrate competition and coaching programs for the benefit of all.

To address our development goals, USAS has implemented a Regional Training Center (RTC) program to create centers of excellence that provide not only more competitive opportunities but top-level coaching as well on an accessible regional basis. While relatively new, this program has been well received seven RTCs to date.

We continue to work with NRA and CMP on improving our coach certification system and offer accessible coaching education opportunities. Where practical, courses are offered on a local basis to reduce participant cost. In addition to basic Level I and Level II courses, advanced Level III coach certification courses are available in rifle and pistol, and the Level III shotgun course will become available soon.

Additional youth programs to build the base include continued

emphasis on three-position air rifle. CMP has been instrumental in developing an outstanding Junior Reserve Officer Training Corps competitive program with regional and national championships that touches tens of thousands of cadets. As an active member of the Three Position National Air Rifle Council, USAS and CMP conduct a national shoulder to shoulder championship that is tied into our Junior Olympic program.

Building efforts are most needed in pistol where the participation pool is small and youth programs almost non-existent. To that end we have initiated the Progressive Position Pistol Program where young shooters learn fundamentals with air pistols in a safe environment using support to reduce pistol movement, which facilitates the learning of sighting and trigger release. As the shooters advance, they are provided less support until they are shooting standing and holding the pistol with one hand.

The most growth in our athlete development pipeline has been in the shotgun discipline. The SCTP, implemented by the NSSF, has been remarkably successful. That program has an international component allowing shooters to qualify to our Junior Olympic Shotgun Championships. Collegiate shotgun has expanded through increased participation at the ACUI Championships. With current growth rates, shotgun could soon become eligible to seek NCAA status. While the growth of 4-H shooting has slowed in recent years, 4-H shotgun, especially in Texas, has been impressive. Recently, the Arkansas Game & Fish Commission implemented a youth trap program to foster interest in hunting. That program has grown in a short time to over 3,000 athletes with more than 300 certified coaches. This is a fantastic model that we will promote to other organizations. While Olympic trap fields are expensive to install, the growth of bunkers in the U.S. is impressive. Where there are facilities, there seems to be no shortage of people desiring to shoot.

While the programs in place are certainly a good start, we realize there is much more work to be done. We will continue working hard to "Build the Base" but we cannot do it without our supporters and members. We need your help not only to grow current club programs but to help guide new clubs and build programs such as a three-position air rifle, Progressive Position Pistol and youth shotgun programs. There is much gratification in seeing young shooters develop their skills and enjoy our sport. USAS, NRA, CMP and other allied organizations are here to help. If everyone takes on responsibility for "Building the Base," together we will ensure the future and success of Olympic shooting.

Seeking Board of Director Nomination:

USA Shooting is soliciting nominations for one At-Large director position. Candidates considered should add measurably to the breadth and scope of the board and whose skills, abilities and potential value are not already adequately represented on the board, including those from community based programs with active youth shooting programs. Nominations and a short bio should be submitted to Dr. James Lally, Chair of the Nominating Committee or to Executive Director Bob Mitchell. Nominations may be submitted via fax to 719-866-4687, by email to admin@usashooting.org or by postal service to USA Shooting, 1 Olympic Plaza, Colorado Springs, CO 80909.

Ready, Set, BANG!

By Nichole Rae, Membership and Merchandise Manager

The official launch of the USA Shooting Rewards Program is drawing near. The mission of the program, as well as the need for a test market group, was first announced in the July/August 2009 issue of *USA Shooting News*. The group of volunteering clubs has been selected and a complete list of the clubs can be found on the Member Benefits page of our website at <http://www.usashooting.org/memberBenefits.php>. The test market clubs and USA Shooting have already begun working closely to mold the Rewards Program to bring you, the members, the very best that we can.

The Rewards Program offers new opportunities for USAS clubs and shooters. New opportunities inspire motivation and increase participation, which will be rewarded. The official launch of the program is scheduled for January 1, 2010, and participation is really simple! On December first, packets, including program details, will be mailed to those clubs requesting more information. Club directors can call the USAS Membership office at 719-866-4743 or send an email to membership@usashooting.org with their clubs contact and mailing information.

Get on the firing line! With the official launch right around the corner it will pay to be ready when the gun goes off! Please note that individual members of USAS will need to contact their local club directly for program details.

New Member Benefits!

In the March/April 2009 issue of *USA Shooting News* we compared how USAS ranked among other similar sized Olympic sports. The results revealed that our membership fees averaged about 31% less than other summer sports, and we offer an average of 60% more tangible benefits.

USAS is continuing to work hard to bring you the most bang for your buck. We recently introduced two more new member benefits partnering with ProMotive.com and Red Roof Inn. ProMotive.com offers our members deep discounts on outdoor and sporting good brands including Kershaw, OGIO, Skullcandy, Reef, plus many more. Red Roof Inn has extended a 15% discount on their inns across the country. For more information on these and all your USAS member benefits, please visit the Member Benefits page on our website.

New USAS Member Benefits!



Anything less is like shooting blanks.

Whether you're coaching, training, or instructing classes, now there is a plan designed to meet **your** specific needs.

USA Shooting Endorsed
Insurance Program

**Instructor Plus
Insurance Coverage**

Call or contact us online

(888) 839-3118

www.usashooting.locktonaffinity.com



Thanksgiving Tight-Wad

By Bill Roy, Director of Operations

“Winchester Double-A!” shouted my eight-month pregnant wife, Vickie. “And some one-piece Federals!”

I watched her double over and scoop spent 12 gauge shotgun wads from the skeet field crabgrass, flashing the cartoonish silhouette backside of the farmer’s wife, like you see in a country garden.

I had a belly-bulge of my own as I flipped crushed and blackened wads into my pocketed T-shirt, snatching up the little gems like candy from a piñata. *These babies will be perrrfect!*

We were gathering the already-fired wads as part of our daily ritual after shooting practice: Shoot 100 targets, gather the wads in a mesh laundry bag, wash them on gentle cycle, then reload the heck out of ‘em.

What!?!

That’s right, reload the heck out of ‘em. I was definitely in a different place back in 1982, with my \$714.00 (gross) paycheck of a knob-headed Air Force tenderfoot. Those little dudes would come out of the wash a little crooked and brittle, but they were good for one more reloading, and one less purchase of a new wad. Back then, it mattered.

To save even more money, I’d also reload shotgun hulls until they cried for mercy, sometimes dripping wax on the feeble, dribbling crimps or wrapping them with electrician’s tape. Eight, ten times, I reckon, and I wasn’t picky; paper or plastic was my motto long before the first K Mart checker ever thanked you for shopping there. I’d finally chuck ‘em when my rickety Remington 1100 semi-auto would spit ‘em back out at me like a spoiled child.

After our wad-harvesting, we’d double back to pick up the un-broken targets, stacking them like party plates then loading them in the single-stack Western target-throwing machines for one more flight across the skeet field. In an ironic financial boon, there were a lot of unbroken targets after my practice sessions in those days . . .

And more. My first vest was a Vickie-special: An old Air Force winter long-sleeve dark blue shirt sans sleeves, tacked-on shell pockets made from the shirt-tail, and a recoil-absorption system that con-

sisted of folded naugahyde swatches (from an abandoned living room couch) stitched to the right shoulder panel. Oddly, Colonel Stevan Richards, the Director of the Air Force Shooting Team, wouldn’t let me embroider “Air Force” across the back . . .

So we scrimped and we saved and we cut corners so I could pull the trigger. And as Vickie gave us one princess daughter, and then two, and then three, four, and five, I kept pulling the trigger and the kids would gather the targets and wash the wads until Dad moved up the ranks a bit and left fewer and fewer targets on the field.

And you know what? We were having the time of our lives.

Now it’s different. I swing a custom-made Browning Citori XS Special Skeet, a beautiful gun broken-in by mounds and mounds of factory-loaded shells (I haven’t reloaded in years), and glasses to gloves to gun cases--all the best. Vickie doesn’t pull targets any more (I purchased a Ventriloquist voice-release system years ago), and the targets my daughters pursue are of a much loftier variety than the fragile disks of days gone by.

Occasionally, I’ll glide my hand over the well-worn forearm of my shotgun and let it slide over the checkered pistol grip and I’ll think: I am grateful for that shooting gig . . . just so very thankful I had the opportunity to chase the dream. And at this time of year especially—a time when gratitude is on our minds—I realize that one reason we appreciate our bounty and good fortune is because we “suffered” through some years of paucity. Though I may have all the shells and wads I want right now, I’m strangely grateful for what I didn’t have back then.

And what about tomorrow? If my tight-wad story has any message, it is this: It matters not what we have until we share it, nor what we believe until we live it, nor what we can do until we do it. Our happiness is most often a decision and not a possession, and our wanting what we have is far better than having what we want. As our American-born holiday approaches, I hope your Thanksgiving is filled with another Double-A: Absolute abundance.

The “Batcave”

By Lindsay Brooke, Competitions Manager

In the land of the USA Shooting Competitions office, the seasons come and go without a chance for us to even catch our breath. I am pretty sure that is why I have the office without a window. Yes, my office is what I like to call the “Batcave.” In Competitions there is no time for seasonal depression and without windows and my heater blasting under my desk between 8 a.m. and 5 p.m., the cave only has one climate. This is a place where my mind stays focused on the task at hand and calendars, bulletin and wipe boards take the place of windows. Nicole Levine, Competitions Assistant, and I congregate to brainstorm our tactics for the next event like Batman and Robin before they descend upon Gotham City.

It’s October here in Colorado and although it is snowing outside, in my warm Batcave the focus is on Junior Olympics. I look to my right to see Nicole knee-deep in match-sanctioning papers and her desk surrounded with a sea of pins and medals. Today is the start of the big push to sanction and ship all Junior Olympic materials to their respective hosts. The Junior Olympic program is by far one of the largest, most time-consuming projects in the competitions office. It is also the pinnacle of our youth programs. Each year we try to improve on the year before, but with limited down time, this is often a challenge.

Last year the United States Olympic Committee restructured its housing fees, which forced USA Shooting to shift the cost of room and board onto the participants. This was a major setback to the program and a burden to our athletes. With this lingering on my mind, I have made it a mission to keep the hope alive and create initiatives to alleviate some costs to Junior Olympic Championship qualifiers. So straight from the Batcave, *Wisdom from the Batcave: Keeping Right on Target* is born! Visit our blog at www.USASBatcave.blogspot.com where clubs, athletes and parents can use this resource to find out the scoop on all of the Junior Olympic happenings. The blog will be updated weekly to keep members informed of USAS initiatives to improve the Junior Olympic program and provide a new and fun way for shooters to raise money to fund their trip to the Olympic Training Center. Together, we will strive to keep on target!

Progressive Position Air Pistol 2009 Program Update

By Bob Foth

After years of experience, meetings at Progressive Position Pistol (PPP) Junior Olympics (JOs) and the National Coach College and Conference, USA Shooting and the NRA will update the PPP program. Fairly recent innovations, particularly the counterbalanced T-Stand, will allow athletes a much smoother and quicker transition to the fine control necessary to become great shooters without risking injury by overtaxing the shoulder joint too early. (Note that we still recommend physical training for all shooters). These rules also incorporate the flexibility for coaches and athletes to use the shooting positions most effectively for their stage of development. We recommend that athletes switch to a one-handed grip when their hand is large enough to comfortably grip and control their pistol. There are no restrictions on counterbalance weights, which will allow the greatest latitude for the athlete's comfort and stability.

NRA and USAS will work to jointly promote the PPP program and events. USAS will continue to import junior pistols to be sold near cost through the USAS Merchandise Department.

Here is a summary of the PPP rule changes:

There are three positions:

Basic Supported – Athlete is seated or standing, one or two hands on the grip. The grip (and hands) may be rested on a firm support or a counterbalanced “sling” stand (T-Stand). If the T-stand is used, the support point may be anywhere between elbow(s) and grip.

Maximum age is ten years old.

Standing Supported – Athlete is standing, one hand on the grip. T-Stand provides counterbalance support between elbow and grip. Maximum age is 14 years old

International Standing – ISSF/USAS rules. Unsupported standing with one hand on grip. Minimum age is 13 years old.

T Stands:

Plans for the T Stand will be available from USA Shooting. It can be easily built for less than \$15.00 from widely available materials.

- “T” shape is suggested, with pulleys and counterbalance weight (no limit).
- Support may not be a closed loop around arm or pistol.
- Support contact must be between the elbow and pistol grip (inclusive).
- Maximum width of contact point is 1.5 inches.

Stand may be on table or floor.

Time Limits:

75 minutes for 40 shots with unlimited sighters on four sighter bulls.

If using paper targets requiring change over (with cease-fire):

- 15 minutes for sighters
- 1.5 minutes per shot for targets hung at one time.

Sanctioning & Membership:

USA Shooting will sanction competitions with no sanctioning fee. In addition, USAS will track results, maintain national records, rank athletes and develop an introductory PPP membership package. Athletes must be junior USAS members (or full members).

PPP Junior Olympic Championships:

- Award “Supported,” “Mixed,” and “One Hand (ISSF)” Teams at PPP JOs
- Continue Open and Women's awards in the International Standing position at PPP JOs.
- USAS will continue to provide medals for State JO Championships (through the Competitions division).
- USAS and NRA will conduct PPP JO Nationals (with match help from the Civilian Marksmanship Program). Strong consideration will be given to running this event at Camp Perry, immediately preceding NRA's summer pistol camp there.
- Top athletes from PPP JOs will still be invited to a Fall JO Development Camp at the OTC.

Other Rule Changes:

Combine “A” and “B” equipment divisions.

Use USAS/ISSF rules for tiebreakers and other match requirements.



Combined Federal Campaign

USA Shooting is proud to once again be a part of the Combined Federal Campaign (CFC) program for the next year. Our campaign number is 11094 and we would ask that you consider USAS when making contributions or payroll deductions. We sincerely appreciate your donations to USA Shooting!

Goss Estate Gift

USA Shooting is pleased and thankful for the annuity estate gift provided by Charles Goss of Bloomfield, Conn. As a sportsman and target rifle shooter at the Bell City Shooting Club, Charles was also a long-time supporter of USAS. At the time of his passing on December 18, 2008, Charles was 95 years of age. In his estate planning, Charles named USAS as the beneficiary of a life insurance annuity. Charles stated to a long time friend and family legal counsel that he desired his gift be considered a lasting gift. In honor of his request, proceeds will be dedicated to the USAS Endowment Fund. Charles is survived by a sister Elizabeth Young, niece Nancy Luke and nephew George Young.

When either making or reviewing estate plans, please do consider a gift to USA Shooting. A gift of an annuity such as that given by Charles Goss is one of many ways to include favorite organizations in estate planning or when making planned gifts.

As 2009 comes to a close, it is a good time to plan for tax liabilities and perhaps make gifts to charities. As a 501(c)3 non-profit organization, gifts to USAS are tax deductible. Please contact Buddy DuVall at 719-866-4880 with questions.

First Rifle/Pistol “Entry Gate” for 2012 Olympic Selection Process Complete after Fall Regional at Fort Benning



Photos courtesy of Michael Molinaro.

The 2009 Rifle/Pistol Fall Regional “Champion of Champions” was held at Ft. Benning’s International Shooting Complex, home of the U.S. Army Marksmanship Unit (USAMU) September 21-27. This match served as the first “entry gate” in the 2012 Olympic selection process, through which athletes may become eligible to compete at the World Cups and World Championships. The entry gates are based on aggregate scores in various selection matches in 2010 and 2011.

The top three athletes in each event will participate in World Cup competitions in 2010, where they can earn points based on their final standing in those events. Athletes who accumulate 40 or more points in 2010 and 2011 may be nominated to the 2012 Olympic Team, depending on the number of Olympic participation slots available in each event.

There were several outstanding performances at the Fall Regional including 1996 Olympian and the USAMU’s own Eric Uptagrafft (Spokane, Wash.) shooting two perfect 600 match scores in the Men’s 50m Prone Event. Uptagrafft won that event with a final of 103.6 for a total score of 1303.6 points.

For complete results from the Ft. Benning Fall Regional, please visit www.usashooting.org.

Six National Records Set at 2009 USAS Southwest Regional Championships in Rosenberg, Texas

Article and photos submitted by Dmitriy Shteyman

Twenty-one shooters participated in 12 pistol and rifle events at the 2009 USA Shooting Southwest Regional Championships in Rosenberg, Texas August 27-30.

Christopher Nona (Richmond, Texas) set two new national records in the 50 ft. J2 category. In Men’s Junior Sport Pistol, he fired a score of 539 points, which was 40 points higher than the previous record, and finished in first place to take home the gold. In Rapid Fire Pistol, Nona shot a 500, finishing in second place and earning the silver medal.

USA Shooting National Junior Team member Samuel Muegge (Boling, Texas) claimed two gold medals in 50 ft. rifle and set two new national records. In prone, Muegge fired an awesome score of 591 a final of 106.4 for a total of 697.4. In 3x40 he scored 1154.

Young shooter Ryan Davis (Plano, Texas) set a national record of 345 in the 50 ft. Rapid Fire Pistol J3 category.

Kathleen Varadi (Dallas, Texas) set a national record in Women’s 10m Air Pistol in the S2 category. She fired a record score of 332 and claimed the gold medal.





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

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.

THE CHOICE OF CHAMPIONS. WINCHESTER® AA® TARGET LOADS

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



Official Ammunition of the
USA Shooting Shotgun Team

LEARN MORE // WWW.WINCHESTER.COM