



FREE – NO COST - FREE
2014 New England States
RIFLE SEMINAR Sponsored and
Presented by **ELEY** and 2012 Olympic
Gold Medalist Jamie Beyerle Gray

When: Saturday, November 22, 2014, from 9 am to 4 pm.

RSVP's required: Prior to Saturday, November 8, 2014

Where: Maspenock Rod & Gun Club – 1 McGill Lane, Milford, MA

Presenter: Jamie Beyerle Gray,
Women's 3-Position Rifle Gold Medalist--2012 Olympics

- Subjects:**
1. Round table Q and A about the Olympic experience.
 2. Matching Rifle and Ammo for peak performance.
 3. Goal Setting, Mental Strategies – Visualization, Mindfulness, Meditation, Progressive Relaxation, Breathing, Preparation.
 4. Rifle Position Fine Points for better match performance.

Cost: Free, Our kitchen will be open serving lunch at reasonable cost.

Contact:

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