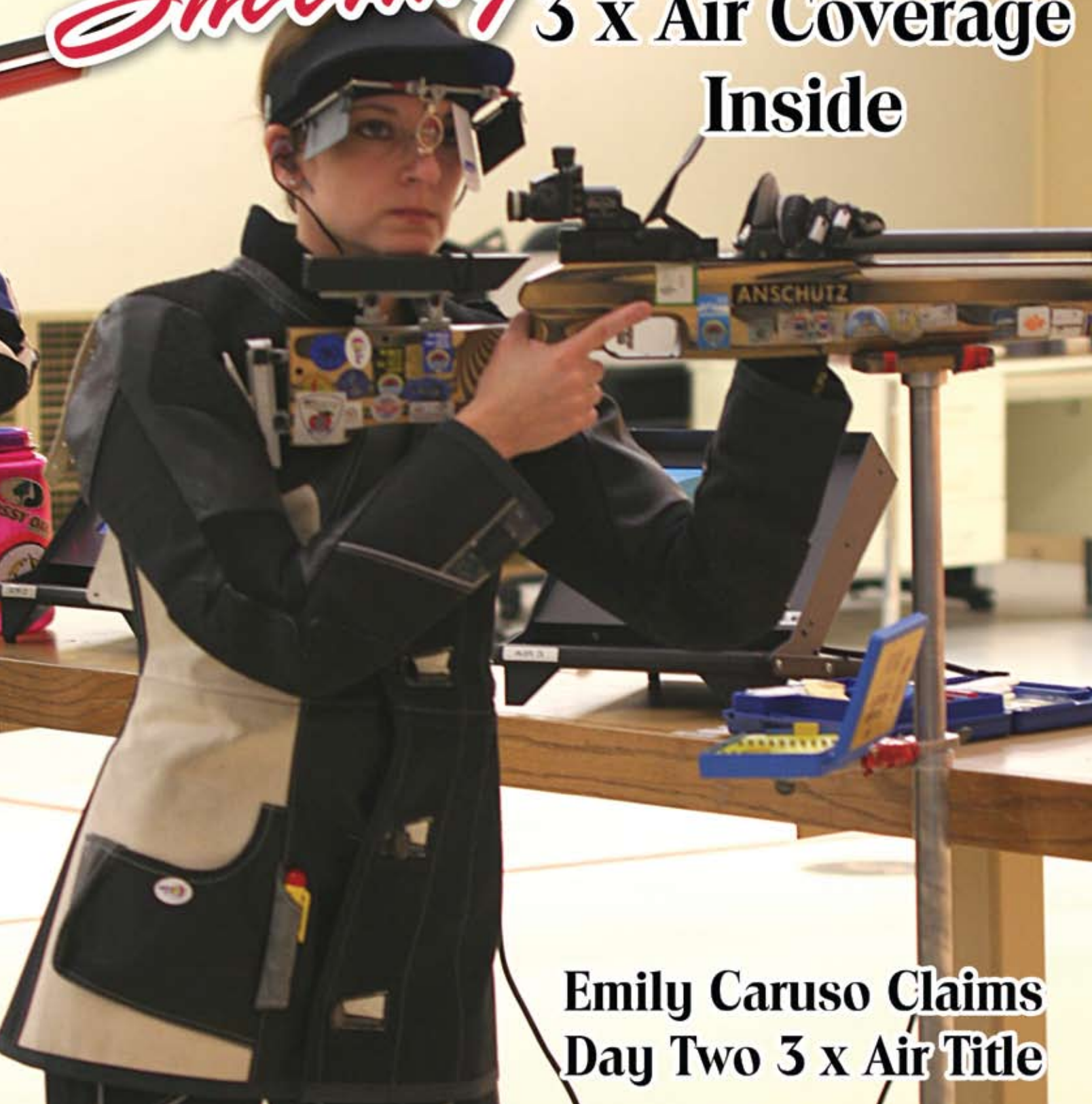


ISSA *Shooting* NEWS

Volume 17, Number 2 • March/April 2009

The Official Publication of Olympic Shooting Sports

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Volume 17, Number 2 • March/April 2009



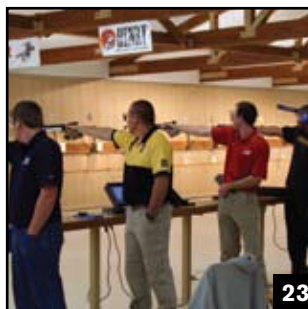
2008 U.S. International Shooting Hall of Fame Induction



USA Shooting Spotlight Club: Schenectady County Junior Rifle Club



Grip Fitting 101



2008 3 X Air Wrap-Up

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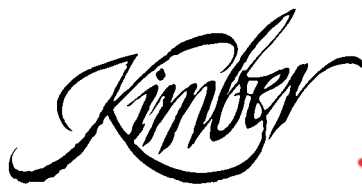
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2008 U.S. International Shooting Hall of Fame Induction

Ruby Fox and Daniel Carlisle were inducted into the U.S. International Shooting Hall of Fame for 2008 on Friday, January 16 in an induction ceremony hosted by USA Shooting at the 2009 SHOT Show in Orlando, Fla. These two shooting legends were presented bronze plaques during the ceremony, and the six 2008 Olympic medalists were also on hand to help celebrate the special occasion.

A native of Parker, Ariz., Ruby Fox was one of the nation's leading pistol shooters and the foremost female pistol champion. During her international shooting career, which spanned from 1974–1992, Ruby earned a total of nine gold, four silver and four bronze medals in international events. She is a



Newly inducted U.S. International Shooting Hall of Fame members Dan Carlisle and Ruby Fox show off their bronze Hall of Fame plaques.

Continued to 11



The six 2008 Olympic medalists pose with USA Shooting Board President Dr. James Lally (4th from left). The medalists include (from left) Jason Turner, bronze, Men's 10m Air Rifle; Matt Emmons, silver, Men's 50m Prone Rifle; Corey Cogdell, bronze, Women's Trap; Glenn Eller, gold, Men's Double Trap; Vincent Hancock, gold, Men's Skeet; Kim Rhode, silver, Women's Skeet



Fundraising—Moving Closer to the Mark

No, I am not asking for a donation—although gifts are always most appreciated. Rather, I wish to clarify some misconceptions related to USA Shooting fundraising costs. Perhaps this information will allow you to be a fundraising advocate for USA Shooting, and feel more enthusiastic about your contributions.

Our funding flows from four primary revenue streams: 1) Our marketing efforts, 2) The USOC, 3) Funds generated from memberships and competition fees, and 4) Donations. All of these sources are extremely vital to the success of our mission. The old adage that “it takes money to make money” perfectly describes our fundraising efforts. For instance, our Marketing department requires funding to secure sponsorships and sustain revenue-generating programs. In addition, we are one of the very few sport governing bodies that operates a successful direct marketing program through mail solicitations.

While we all realize there are costs associated with fundraising, the figures available through public sources are somewhat misleading. This is particularly the case regarding small non-profit (501c3) organizations. Two sources of rating efficiency are Charity Navigator and the Combined Federal Campaign (CFC). Both organizations report USA Shooting fundraising expenses as approximately 30% of funds generated. This results in an efficiency rating of zero stars from Charity Navigator, and disqualification from CFC participation until that qualifier was recently eliminated. Regardless, the 30% figure does not promote a posi-

tive picture of fundraising efficiency.

But there's more to the story than a mere efficiency rating. USA Shooting is not a large organization, and our annual operating budget hovers around \$4 million. Our mail solicitation program grosses about \$1,400,000, but the rising expenses associated with the program—design, printing, postage, etc.—whittle the net income to \$575,000. While spending 41 cents to raise one dollar may not seem efficient, our results are better than most and very successful for a small organization. Escalating costs and increased competition for donor dollars have eroded net revenue, but we fare well despite those challenges. Certainly, we could increase our fundraising efficiency “rating” by foregoing the direct mail business; however, the \$575,000 in net revenue is absolutely vital to our athlete programs.

By definition, fundraising expenses also include membership costs, including the publication of USA Shooting News. And although our staff members work hard at controlling costs and squeezing available resources, these costs are significant, especially with a relatively small base of about 5000 members. Nevertheless, our Membership department operates on a breakeven basis, whereas larger organizations—such as USA Swimming or USA Hockey, boasting memberships of several hundred thousand—produce net revenues in the millions of dollars. These facts emphasize the importance of every one of our valued members.

Compounding the efficiency challenge are value-in-kind (VIK) assets that cost money to procure, but are difficult to assign a return dollar value. For instance, publisher FMG provides advertising space in its magazines, but

the valuation of those ads is virtually impossible to calculate. Likewise, our Marketing department incurs costs in the process of promoting the USA Shooting brand and building our image. These expenses are added to the expenses for fundraising efficiency calculations. Of course, VIK ammunition has easily-identifiable monetary values and are indeed budget relieving. We absolutely need those resources to be successful, and are happy to report that value against the ratings formula.

In a sport where efficiency is everything, each staff member is very conscious of controlling costs and maximizing the use of available resources. We are constantly looking for ways to be more efficient, more productive, and more creative in our fundraising efforts. We realize that just as in shooting, our progress may be incremental. Be assured, however, that tax-deductible donations directly help our programs and athletes stay on target.

While our athletes and staff are working hard, we need your help as well. We ask you to be an advocate for USA Shooting and help your organization move closer to the mark.

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Your Average Joe

He's just your Average Joe—probably a lot like you. He's consumed by a love affair with shooting. He sports a demeanor as calm as a Colorado evening in August, and has a heart that could fill Cheyenne Mountain. Though far from perfect, he'll admit, this Joe has a perfect commitment to the sport he loves and the people in it. Again, he's probably a lot like you.

And Joe Bernolfo is a lot like you in another important way: He stretches just a little bit to help us move this adventure along. When I asked him to participate in the clubhouse renovation at our International Shooting Park here in Colorado Springs (see article on page 29) I was impressed with his willingness to underwrite the project, but I was floored by the enthusiasm and excellence with which he chased it down. For that Joe, it was a labor of love, and anything but average.

Years of competitive shooting helped me learn to restrain my emotions, but at the moment of the clubhouse Grand Opening, it wasn't the guacamole dip that got me choked up . . . it was the generosity and sincerity . . . of an Average Joe.

That evening I lingered on the range to soak up the spirit of the proceedings. I was all alone. I watched the full moon mushroom over the horizon of the Eastern plains, and I thought about my brothers and sisters in this sport. Many have come forward—Average Joes—rising up like that December moon, clear and bright and comforting too. What can I give, what can I do? How

can I cast a little light to help show the way? They ask with generosity and sincerity. I haplessly realize those years of competitive shooting didn't prepare me nearly enough for the emotion that ambushes me in moments like those. Average Joe? He is not—and you are not—anywhere near average. I cannot thank you enough for all you do.

“But in an ironic twist of expectations, we're happy if you're just an Average Joe. We want you to shoot, to succeed and have that soul-sweeping satisfaction of meeting your goals, of hitting the target or winning that medal”.

As dusk turned to dark and the stars burst outward like a centered clay target on low-eight, I had a crisp realization. I realized the question isn't really about what you can provide, it's really about what we can provide. More specifically, it's about the vision we set forth for USA Shooting and the amazing members who carry the cards and carry our hopes for this

organization. People are willing to help, to stretch, to move forward if they can see the vision. Fortunately, we have a vision. I expect to expand and share that vision more in the coming months, but I can summarize it thus: We want to help you be great. But in an ironic twist of expectations, we're happy if you're just an Average Joe. We want you to shoot, to succeed and have that soul-sweeping satisfaction of meeting your goals, of hitting the target or winning that medal. Every Average Joe deserves that.

The vision includes facilities that sparkle—clubhouses and ranges and targets that rival the best in the world. The weather-beaten skeet range I cut my teeth on is fine for nostalgia, but you deserve to shoot in a 21st century surrounding, do you not? The vision includes elevated expectations of our U.S. Shooting Team, a team that proved in Beijing that we can be a dominant shooting force in the world. And the vision includes an operation and organizational culture that features teamwork, optimism and a ferocious desire to excel. After all, we ask our elite athletes to be the best, so we should expect no less from ourselves. And certainly, the vision includes you, the lifeblood of this organization, the most important element in a most important endeavor.

Give if you wish, and shoot if you can, but realize we're just glad to have you on board. So come join me Joe/Jo, and watch that moon rise over USA Shooting. Catch the vision of greatness that can take your breath away and at the same time, breathe new life. Let's celebrate the best there is and honor you, the Average Joe.



Winchester Renews Sponsorship with USA Shooting Through 2013



In early January, USA Shooting finalized an agreement with Winchester to continue as the Official Sponsor and Exclusive Shotshell Supplier of the USA Shooting Shotgun Team through 2013.

Having Winchester as a partner and exclusive supplier of our shotshells is crucial to the continued success of our shotgun team, which is arguably the best team in the world.

In addition to winning the most medals (four) of any nation in the five shotgun events in Beijing, the U.S. Shotgun Team collected more World Cup medals in the four years leading up to the Olympics than any other country. With the number of returning Olympic veterans and rising stars in USA Shooting's development program, Winchester's continued support with AA Interna-

2008 Shotgun Olympic Medalists Glenn Eller, Corey Cogdell, Kim Rhode and Vincent Hancock

tional loads will help our athletes carry this momentum and winning tradition into the next Olympic cycle.

Not only does Winchester supply the ammunition for training and competitions domestically, but they work closely with USA Shooting to arrange for the transportation of shells to international competitions so our athletes compete around the world shooting the same ammo used in training. In fact, all of the Olympic shotgun team competed with Winchester shells in Beijing as a result of the collaborative effort between USA Shooting, Winchester and the U.S. Olympic Committee to ensure a supply of Winchester AA's was on hand for the Games and for the Olympic test event held earlier in 2008.

USA Shooting is excited about continuing our partnership with Winchester and having American athletes shooting an American made product...and winning! Thank you Winchester for being part of our winning team!





ISSF publishes new rules for the 2012 quad – USAS to adapt new rules by August 2009

Every quad, the International Shooting Sports Federation (ISSF) publishes a new set of rules which will govern the sport for the next four years leading up to the Olympic Games. This year, there has been quite a buzz surrounding the latest rules proposed by the ISSF. Several major changes have been made to the ISSF Rules that will potentially affect the way USA Shooting conducts national level competitions. Currently, these rules will only apply to international events such as World Cups, World Championships and other ISSF sanctioned events.

Here is a brief overview of changes to the 2009-2012 ISSF rules:

- Rifle/Pistol – The former count-back rules have been amended and a shoot-off format to make the final has been implemented to determine which shooters may participate in the final.
- Rifle/Pistol – The protest period will be amended to 10 minutes (for electronics).
- Rifle 7.5.1.1.11 (prone) & 7.5.1.3.14 (kneeling) - The right hand and/or arm may not touch the left arm, shooting jacket or sling. Although this was a known rule, it was not previously stated in the rules.

- Rifle 7.5.1.2.10 (standing) - The right hand may not touch the left hand or arm.
- Pistol 8.6.1.2 - The ready position – wording has been changed from motionless or stationary to “The arm must not be visibly moving.”
- Shotgun 9.4.2.7 - Now defines limits of porting; must not extend back further than 15 cm as measured from the end of the muzzle.

In order to institute the best possible adaptation of the ISSF Rules, USA Shooting will not publish the USAS Rules until July 20, 2009. All members and clubs should continue using the 2007 USAS Rules (downloadable at www.usashooting.org) until the new edition is released. If you would like further information on the new rules, please visit the ISSF website at www.issf-sports.org.

Nicole Levine Hired as Competitions Assistant for USA Shooting



USA Shooting is proud to announce Santa Clara, Calif. native Nicole Levine as the new Competitions Assistant for the organization. Levine, replaces Cynthia Jackson who served as Competitions Assistant for the past year, but is now in the role of Coaches' Administrative Assistant/Team Manager.

Levine comes to USA Shooting from the Championships Department at the West Coast Conference after spending four years in the Loyola Marymount University (LMU) Athletic Media Relations Department managing

fellow student workers in game day operations. Levine graduated from LMU in Los Angeles, Calif. with a Bachelor of Arts degree in Television Production and a minor in Business Administration and also played Division I softball for the University.

Levine also gained PR/Community Relations and game day operations experience while interning with the Los Angeles Avengers Arena Football, Los Angeles Clippers, Anschutz Entertainment Group (AEG) and Twentieth Century Fox's FUEL TV.

In her spare time, Levine enjoys running, hiking, traveling and working with youth sports programs.

Levine's primary role at USAS is to assist Competitions Manager Lindsay Brooke with national events and is in charge of the Junior Olympic programs. She is also responsible for national rankings and heads up ISSF officials renewals and certification programs.

three-time Olympian and won a silver medal in sport pistol at the 1984 Olympic Games in Los Angeles.



In her heart-felt induction speech, Ruby thanked the many people in her life, several of whom were present for the induction, who were instrumental in her shooting career.

Ruby summed up her speech by quoting Theodore Roosevelt. "It was far better to brave mighty things, to win glorious triumphs even though checkered by failure, than to rank with those poor spirits who neither enjoy much nor suffer much, because they live in the gray twilight that know not victory nor defeat!"

Ruby is still very involved with shooting and competes in the Sportsman's Team Challenge for, and is a consultant with, Smith and Wesson. She instructs the NSSF's "First Shot Program" as well as the NRA's Ladies on Target and Refuse to Be a Victim.



Dan Carlisle (Austin, Texas) is one of the most successful shotgun shooters in history having earned a total of 14 gold, two silver and two bronze international medals during his competitive shooting career from 1975-1988. Dan is a two-time Olympian and won an Olympic bronze medal in Men's Trap at the 1984 Games. Today, Dan is a nationally recognized shooting instructor and coach and is the long-time

coach of 2008 Olympic gold medalist Glenn Eller, who was in the audience at the Induction Ceremony. During his emotional acceptance speech, Dan stated that shotgun shooting allowed him to meet and work with a multitude of people over the years, and provided him with a lifetime of experiences that he otherwise would not have had.

"What makes a champion?" Dan asked the audience. "The passion for your sport, the desire to never quit and the belief that you have already won. It comes from within. From the heart."

On behalf of the USA Shooting staff and the Board of Directors, we would like to once again congratulate Ruby and Dan on their many years of success in Olympic shooting and for their very deserving induction into the 2008 U.S. International Shooting Hall of Fame.

The USA Shooting Board of Directors and the current U.S. International Shooting Hall of Fame members vote on the Hall of Fame inductees every four years following the Olympic Games. The next induction will take place following the 2012 Games in London.

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Club/Shooter Spotlight

By Elizabeth Browning, Competitions Intern

Photos courtesy of Chuck Meyer and Chelsea-Olivia Halliday



USA Shooting Spotlight Club: Schenectady County Junior Rifle Club



Pictured left to right: Chuck Meyer (coach), Robert DiBono, Chelsea Halliday, 2008 Paralympian Danielle Fong, Thomas Helveston and a friend of Danielle Fong

According to Chuck Meyer, President of the Schenectady County Junior Rifle Club (SCJRC), shooters have been coming to the club since World War II when they would gather at the armory. While the SCJRC members no longer meet at the armory, they are still going strong at Rensselaer Polytechnic Institute and the Iroquois Gun Club. The club shoots Air Rifle, Smallbore and recently Indoor Prone PTOs and all JO events.

The club is small, but talented. The Fong sisters Abigail, the 2008 Junior National Champion, 2008 Olympian Sandra, and 2008 Paralympian Danielle are all members of the club. SCJRC is a very busy club, hosting approximately 26 matches a year. These matches are PTOs, JOs and NRA Competitions as well as qualifiers for the Empire State Games. Holding regular PTOs brings out new shooters from areas all around New York.

Having shooters travel from the far reaches of upstate New York down to Schenectady is not unusual. According to Meyer, "If you want to shoot air pistol, Schenectady County is the place that does the paperwork."

Those who want to qualify for the Empire State Games also come to Schenectady to compete. Offering multiple competitions is only one of the many aspects of this club that make it successful. Another positive characteristic of SCJRC is the sense of camaraderie among the club members. Richard Hickock, the father of one of the shooters, is extremely involved in helping Meyer with the club. For 10 years he has arrived early to turn on the lights and heat. He is also invaluable during matches. A majority of the other parents of the shooters are

also extremely involved in the daily club activities. Some of these dads, like Ron Michon, have been involved with the club since they were junior shooters. Michon and other older shooters love helping younger shooters with their technique. Juniors and new shooters can also borrow an air rifle to take home for more practice time.

"Air rifle is an excellent training tool. (Shooters) have to learn to be in control, have good trigger control and a good hold," Meyer says.

Finally, let's not forget the thrill of competition. With 26 matches a year, there are plenty of opportunities for shooters to compete and improve their skills.

With all of these possibilities, it is no surprise that the majority of people find out about the SCJRC via word-of-mouth. Meyer himself became involved with the club in 1973 when his sons came home one day and asked Meyer to take them to the club to shoot. In 1978, Meyer became the coach and leader of the SCJRC. Meyer is also the coach of the Rifle Club at the Rensselaer Polytechnic Institute where many

of the club's events are now held. They also have practice space at the Iroquois Gun Club. If you are interested in joining this shooting environment Meyer welcomes you and says "We have room if someone wants to come practice with us on Thursdays...we can give you as much competition as we think you can handle."

With that said, are you up for the challenge?

For more information about Schenectady Jr. Rifle Club, contact Charles Meyer, 158 Willow Lane, Scotia, NY 12302, 518-399-7092.

Schenectady County Junior Rifle Club Shooter Spotlight: Chelsea-Olivia Halliday

Corinth, N.Y. native Chelsea-Olivia Halliday, "Chelsea-O" for short, is a competitive biathlete who has caught the Olympic shooting bug. Her shooting skills were noticed in the biathlon and

Continued to 22



Eye on Membership

By Nichole Rae, Membership Coordinator



New Benefits

- Exclusive member-only membership card.
- Exclusive member-only Proud Member window decal.
- USA Shooting-endorsed firearms and club insurance. We are offering Arms Care Plus for firearms coverage and Instructor Plus for coaches who want professional liability coverage in addition to general liability. The coverage is broader and is a Commercial General Liability insurance policy and acts as primary coverage. We are also offering Club insurance which is commercial for your club including property, general liability and other optional coverages. Please visit www.usashooting.locktonaffinity.com or call (888)-839-3118 for details.
- USA Shooting endorsed health insurance coverage. USA Shooting members can now get comprehensive health insurance coverage with up to \$8 million in benefits and multiple-year rate guarantees. Plans provide a healthy member discount and include Health Savings Accounts, PPO Network, Co-pay plans, Short Term Health and Student Health Insurance. You can also enroll in low cost accident medical, life, disability income, long-term care and Medicare Supplement plans. Please visit www.usashootinghealthplans.com or call (877)-202-3488 for details.
- 5% off United Airlines airfare to and from USA Shooting sanctioned events.
- 10% discount at Hilton Family Hotels which include Hilton®, Conrad®, Doubletree®, Embassy Suites Hotels®, Hampton Inn®, Hampton Inn & Suites®, Hilton Garden Inn®, Hilton Grand Vacations Club® and Homewood Suites by Hilton®.

Other Benefits

- Access to participate in USA Shooting sanctioned matches.
- Exclusive member-only membership website access which allows you to access your scores, pay annual dues, retrieve national ranking and classification and manage your personal information.
- 10% USAS merchandise discount for new and renewing members.
- USA Shooting News magazine.
- 25% discount at La Quinta Hotels across the USA.

USA Shooting offers one of the most affordable and rewarding membership packages available. A recent survey conducted with other National Governing Bodies of Olympic summer sports revealed that USAS is among one of the very best organizations to be a part of. The survey comparisons listed below are based on the facts gathered from those sports with relatively similar membership participation; however, if we were to include those organizations which out-number our membership base greatly, we would still rise to the top!

So, just how does USAS compare to other sports' membership fees and tangible member benefits? USAS charges \$40 for an Annual Adult membership, \$40 for an Annual Club membership and \$20 for an Annual Junior membership (other options are available; please visit our website: www.USAShooting.org). The survey showed that USAS membership fees average 31% less than most other similar sized organizations and offers an average of 60% more tangible benefits.

You may now be asking, "What do I get for my \$40?" In other words, "The biggest BANG for my buck!" This a great question! USAS has been working hard to bring you the best membership benefits package possible. Among several new benefits, we have re-introduced member cards and window decals, which you will receive with your 2009 renewal. We want you to take full advantage of all that we offer. A full list of your benefits is listed below. Your benefits can also be found at the following link on our website: www.usashooting.org/membership.php.

USA Shooting is committed to continuing on our path of bringing the very best customer service and member benefits to YOU, our valued members. If you have any questions or need any assistance with your membership please contact our Membership Department at 719-866-4743 or Nichole.Rae@USAShooting.org.

The survey was conducted to measure how USAS compares amongst its peers, other National Governing Bodies of summer sports. USAS is dedicated to working collectively with them, as are they with us, bringing every athlete in every sport the most we possibly can.

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USAShootingHealthPlans.com – USA Shooting and Nicholas Hill Benefit Group, Inc. are very pleased to introduce **www.USAShootingHealthPlans.com**. Through this site, members of USA Shooting now have access to quality health, accident and life insurance products and services for themselves and their families. These exciting voluntary benefits include plans which provide members with real solutions to their healthcare needs, 24 hours per day!

Nicholas Hill Benefit Group has partnered with insurance providers that offer extensive professional care networks, healthcare plan options from a variety of different providers in your state. Coupled with multiple year rate guarantees and other features such as Health Savings Accounts, PPO plans

and 24 hour accident plans, our highly trained and experienced representatives will provide members with unsurpassed insurance expertise. Our member service center specializes in providing plans for individuals that require attention to detail, as well as the ability to think outside the box in order to deliver healthcare products to people with diverse needs. The combination of our administrative expertise and superior health plans deliver unmatched solutions for USA Shooting members. We know you value strong partnerships and we welcome this opportunity to be of service.

To learn more about the quality plans available through your membership in USA Shooting, please visit **www.USAShootingHealthPlans.com** or call **1-877-202-3488**.



What's New in Youth Programs and Coach Development

I am excited about the plans for the National Junior Olympic 3PAR and Progressive Position Air Pistol (PPP) Championships, which are scheduled for July 4-12, 2009 in Camp Perry, Ohio, at the new airgun hall there. This amazing CMP facility boasts 80 electronic firing points, which make the events very spectator-friendly and loads of fun for the athletes. (Free performance tip of the day – if you are looking at the screen when the shot appears, you probably didn't follow through long enough).

The other great news is that the 3PAR and PPP Junior Olympic Championships are sandwiched in between the NRA's 3PAR Championships (July 1-3) and the Small Arms Firing School, SAFS, (July 13-14) and the NRA Pistol Camp (July 14-17), which are also held at Camp Perry. Specifically, our Precision 3PAR event immediately follows the NRA 3PAR Championship and the USAS/NRA PPP event ends on the registration day for SAFS. Precision and PPP shooters get multiple, high quality events in one trip. Also, this may be a great introduction to the many junior shooters who may not be familiar with the prominent role Camp Perry has played in the traditional American shooting sports as the home of the National Matches each summer.

The qualification process has changed somewhat since last year. The top teams in 3PAR in both Sporter and Precision equipment classes in both Scholastic and Club teams from each state are still invited to participate. This allows up to four teams from each state to enter and those invitations are passed down should the top team be unable to attend. Individuals may also

qualify by firing at least 525 in Sporter or 580 in Precision in the State Junior Olympic Championship and Qualifying Match. New for this year, ALL sporter teams over 2060 and precision teams over 2280 are also invited, even if they were not first in their state. This should allow several more top teams to attend this championship. Once again, we are pleased to invite all athletes from the State Junior Olympic Championship/Qualifying Matches in PPP. This PPP match is run jointly with the NRA and serves as their National Championship as well, with scores being added to the Top Gun team scores from their air rifle events July 1-3.

While attending the SHOT show in January, I was also able to secure several more nice prizes to give out at these championships, in addition to the two sporter guns Daisy so generously provided last year.

Most states will have Junior Olympic State Championships/National Qualifiers for 3PAR and many have them for PPP. USAS does have nice medals available for match organizers to give out at those events. If you are interested in hosting a PPP match in your state, please contact me at: bob.foth@usashooting.org

We have received 75 more of the junior air pistols from Air Arms. This pistol is powered by compressed air and comes with an ambidextrous grip. It weighs in at about two pounds and is approximately the size and shape of current top-of-the-line models. An accessory weight on the rail helps the airgun to "grow with the athlete." Based on our requests, Air Arms moved the trigger back slightly (for "junior"

fingers), added a second rear sight blade allowing four widths to optimize sight pictures for the wide range of eye relief needs in PPP and added a bleed valve to the fill adapter. We are able to hold the price at the same \$525, but prices on future orders are subject to the changes in the foreign currency exchange rate. Please contact me as soon as possible so you don't miss this chance at a great junior pistol at a remarkable price.

USA Shooting is working on a unique program with the Arkansas Game and Fish Commission. The biggest news is the opportunity to run NRA/USAS/CMP coach schools for about 180 of their coaches who are currently involved in a junior trap shooting program that gives thousands of young athletes an introduction to the sport. Looking ahead, we would love to replicate parts of this program in other states. Please contact me to discuss opportunities where you live.

We consider coaches to be critical "multipliers" of our training efforts. We are also still focused on junior pistol programs, so USAS continues to offer subsidized coach schools for groups of pistol coaches interested in Progressive Position Air Pistol youth programs. We may also be able to connect you with a member of our National Coach Development Staff to help with camps/clinics in your area. Please contact me at bob.foth@usashooting.org or (719) 866-4881 for more information.





A common challenge that I run into with athletes at all levels is hesitation and over-holding. Over-holding can be defined as continuing to hold past the prime of your hold, before executing the shot. The prime of your hold can be when you are at your most stable; all your body systems are at their best window to produce a good shot within the movement you have.

Our sport attracts the “perfectionist” personality trait athletes on a regular basis. Often, athletes will struggle trying to constantly be “perfect” in the result (i.e., shoot a 10) and simply hesitate beyond their ability to shoot a perfect shot. They will wait for the perfect or motionless hold or a perfect timing of the hold they have. The perfectionist trait is not the problem; what they are trying to make “perfect” is the issue.

One of my junior coaches who mentored me when I was competing in my teenage years, watched me at a competition use every minute of the time allowed, holding and hesitating, until I literally had to throw the shots down range in a panic to finish within the time allotted. I shot poorly but I thought I had “worked hard.” He took me aside and said “shoot the hold you have—shoot YOUR quality hold, stop waiting and fooling around waiting for something else!” He was right—I was trying to shoot a motionless hold in standing that I didn’t have instead of executing the shot cleanly in my hold. (Ray Anti, USMC (Ret.) still works with shooters today).

If you are an athlete or a coach reading this and have the over-holding challenge as an issue, try the following technique to create better execution:

Be “perfect” in the PROCESS: Do the steps correctly to set up your best hold and execution without fail, every time.

Holding and Working Hard— or Overholding?

Evaluate yourself on your consistency of doing this and the score will follow.

Example in Standing:

- Pick up the rifle and mount your position without looking through the sights. Look over the top of the sights. Important—if you go directly to your sights and start working your sight picture while you are stabilizing your body you will achieve neither—do one thing at a time.
- Focus on your body and stability from the feet up.
- Make sure you set your support elbow in exactly the same place as you have trained.
- Make sure your support hand is placed correctly for what you have trained.
- Take three relaxing deep breaths as you settle in to your position, still looking over the top of your sights or even just to the side.
- When your inner position feels stable and correct, then go to the sights.
- If your hold looks normal (YOUR quality hold for whatever skill level you have built so far) execute the shot. As a rule of thumb, at this point you have about 7-10 seconds after you stop breathing to shoot within your prime physical window before lack of oxygen starts degrading your visual acuity and relaxed state.
- If you go beyond 10 seconds, stop and restart. The whole process from mounting the gun to shooting the shot or rejecting the shot can be about a minute.

Use your coach! Ask the coach to run a timer on you when you are setting up and executing. Do this over many shots to evaluate the time you are actually spending in the process and look for ways to be efficient and consistent. Compare training and matches.

How do I evaluate my hold? No matter what skill level you are at in develop-

ment, beginner or Olympic Champion, your best hold and execution occurs when you can accurately call your shot—not just when you shoot a ten as a result. Your coach can help you evaluate your hold and execution just by taking your scope from you and making you call the shot each time you shoot.

“Laser” or optical trainers: Systems such as SCATT and NOPTL can be good tools for evaluating hold and execution. They also have built in feedback tools such as sound that can help you gain confidence in knowing the actual quality of your hold. Most athletes hold much better than they perceive they are. Laser systems can often show athletes holding very well in the center and simply, watching and waiting for something “better” to occur. This feedback and playback with your coach can help you gain confidence and understanding into your actual holding.

Training drills: Use time and quantity drills to test and train your efficiency in your process. Example: Give yourself 10 minutes preparation time, followed by 10 minutes to shoot eight shots. Have your coach watch and time you. When you can shoot eight quality shots in 10 minutes, reduce the time or increase the shots to help challenge your efficiency and quality. One minute to execute a quality process and shot in standing indoors is a reasonable goal and measure for efficiency. Coaches can help you adjust this guideline to fit your process—some are faster, some can be a little slower.

The one thing you can control absolutely in any setting, match or training, pressure situations or in relaxed atmospheres, is your process. If you are a beginner or a veteran, focus on the process of setting up your position and hold and make your consistency in this effort “perfect.” You will then execute the hold you have very well. Your hold will improve with training and work over time—and so will your scores if you make your process ready to take advantage of it.



Since all shooters hold their grips differently, widely-varying opinions exist about what constitutes a well-fitting grip.

Two common questions pistol shooters ask are, “How should a grip feel?” and “What should I look for in a grip?” Many shooters believe only a grip maker or wood worker can fashion a quality pistol grip, but with some informed guidance even novice shooters can achieve a professional-level fit.

Of course, a properly fitting grip is as unique as the person holding it. Each shooter will experience a different sensation or feel in the shooting hand, but all shooters need a grip that provides as much hand support as possible; that fullness in the hand will allow you to dedicate more of your focus on sight alignment and trigger squeeze, while being able to grip the pistol consistently every time.

What most shooters really want to know is, “How do I fit my grip to my hand?” Grip fitting is the “how” and “what” that are required to make that pistol seem like a natural extension of your hand and body. Armed with this fundamental understanding of how a grip fits into the hand can simplify your approach to grip fitting. My discussion below will provide you with the basics, and the follow-on articles will refine and expand on the process so you can achieve the perfect fit.

The rules of international pistol shooting allow ergonomic grips with shelves. These grips are available from any of the major gun parts suppliers in the

GRIP FITTING 101



U.S. A shooter should purchase a grip that fits the hand as close as possible, so that some fine refining is all it takes to be ready for some high-level training and competition. For example, a medium Morini grip fits my hand pretty well. Because of this off-the-shelf fit, my Morini pistol, as well as my Walther, Steyr, and even my Smith and Wesson all have Morini medium grips. All I need to do is make the same small adjustment on all of my grips to achieve that consistent feel. After all, consistency is the key in our sport. If the grip is the same from one gun to the next, then your scores should also be more consistent.

Unfortunately, no grip fits perfectly all of the time. Due to factors such as fluctuating body temperature, water retention, humidity, and many other physiological factors, your hand will change in the grip from day to day. A grip that feels perfect on any given day will only stay perfect in those exact conditions, and feel slightly different in other days and conditions. Thus, when you fit a grip, give it some time. A good rule of thumb is to identify what you want to change on the grip and why

you want to make the changes. Make sure you understand how each adjustment will change the other lines on the grip. Make those changes gradually over a few days, then shoot with the grip for several months. Your hand was accustomed to the previous grip, even if it was a poor grip. Any change will feel different; many times it will even feel wrong and uncomfortable, even though the grip is a better fit.

Often shooters will change a grip only to change it back a few days later. In this case, it was either a bad idea in the first place to make the adjustments, or the shooter did not allow enough time for the mind and body to adapt to the changes. Many shooters have switched to great grip makers like Vitarbo, Hoffman, or Morini, or resorted to a custom-made grip. They pay good money for the grip only to grind it back to the previous shape! Have Vitarbo, Hoffman, and Morini lost their touch, no longer able to fit a grip? No. The individual did not understand the change or failed to allow adequate time for the adjustments to take effect. Be patient with the changes and remember why you made them in the first place.

Continued to 26



Inside the Blue: Bias for Action

Over the past several months I have had the unique opportunity to live and work with some of our nation's most capable warriors—the U.S. Army Special Forces (a.k.a., the Green Berets). In his book, *Chosen Soldier*, Dick Couch offers the following description:

The Army Special Forces soldier is a unique warrior, and the requirements of this special individual are like no other military professional.... The Special Forces warrior requires a unique mindset.... These men are hard to find and, once found must be rigorously trained and tested. Special Forces training is all about finding talented men who have adaptive, creative minds and developing those abilities to create warriors who can succeed in hostile, ambiguous, unconventional environments.

While the specific operations and capabilities of the Special Forces (SF) soldiers are not relevant to our sport, their mindset and the manner in which they accomplish their mission is certainly instructive to any athlete. The Green Berets impressed me immediately and I was determined to discover and share the source of their passion. In this article, we will explore how training and competing with a bias for action may help improve your performance.

Do Something

SF soldiers have a propensity to act and a relentless drive to accomplish their mission. This “bias for action” separates the doers from the quixotic dreamers and makes them an extremely formidable force.

Like SF soldiers, successful athletes must also have a bias for action. In *Chosen Soldier* Couch quotes a Command Sergeant Major who states, “There’s always something that you can do, something that needs doing. *If there’s a problem, be part of the solution....* [SF] training is for people who think—people who are aware of what’s going on around them and can anticipate what’s going to happen next.” Action-oriented military professionals and athletes make a difference and leave a legacy of success behind.

Action-oriented athletes help set the conditions for future success by actively pursuing goals and taking all necessary steps to improve performance. An active approach allows the athletes to anticipate problems and adjust their focus to prevent or overcome performance obstacles in training and during a competition. By contrast, a passive approach forces an athlete to react to conditions when they occur and correct problems on the line. Action-oriented athletes work harder than their competitors and expect success. Their efforts produce an expected outcome rather than a surprise. Warriors expect to defeat their enemy, and winners expect to stand on the top of the medal stand.

Rigorously Trained and Tested

Training for SF soldiers never ends; each operation is a learning opportunity and allows the soldier to become more proficient at his profession. Skills learned during training may be the difference between life and death when an SF soldier is tested in combat. While the stakes are not as high for a marksman, training develops the core skills that will be tested during a competition. Each competi-

tion adds experience and allows the athlete to grow. In *Chosen Soldier* an SF instructor stressed the value of training: “Do the little things to the best of your ability—never slack just because you are not in the center of the action or doing a visible task.... [Training] is a time for passion about all tasks, large or small.”

An essential element of success for an SF soldier is his training. “We take training to the limit, to the max of our ability and make it as real as possible,” one experienced SF operator told me. “We play for real so we leave the training environment with the skills we’ll need down range,” he continued. SF soldiers meticulously plan each operation and know their equipment inside and out. Physical fitness is a way of life for an SF soldier; mental toughness is essential. Athletes must give equal weight and intensity to their own training regimen to realize their full potential. Are you passionate about your training? What have you done to maximize the quality of each training session?

By, With, and Through

SF soldiers are masters at working by, with, and through others to accomplish a mission. They value experience and maturity and leverage the skills of others to bolster their effectiveness. Trust, teamwork and professional competency are critical enablers of their operations. Their measure of merit is simple: a member either enables operations or hinders them.

Action-oriented athletes may benefit from this time-tested, battle-proven strategy. Using the standard above, create a two-column list of factors that either enable (first column) or hinder (second column) your performance.

Next, rate the degree to which each item positively or negatively influences your performance (e.g., high, medium, low). Sort each column in descending order placing factors with the greatest impact first. The list should reveal factors that have the greatest benefit and greatest detriment to an athlete's performance. Use the results to develop a plan to focus on the positive and mitigate the negative factors.

Because success depends on the sum of positive actions taken to prepare for a competition, athletes should also seek out assistance to improve their performance. What resources are available to assist you? What distractions can you eliminate? Do you have a trusted agent to give you honest feedback and objectively evaluate your performance? Seek help to improve your performance and leverage the skills of others to your advantage.

Tradecraft

Certain traits are common among high performers of any profession. SF soldiers are examples of highly-trained tactical athletes that compete in a very serious competition. Below are several traits that can help improve performance on the battlefield and on the firing line:

- *Master your craft.* An athlete achieves greatness through technical competence and by becoming a

student of the sport. Athletes must know the rules and the technical intricacies of their sport and equipment. They should also embrace each competition and training evolution as a learning opportunity. Athletes should relentlessly pursue perfection and demand high performance from themselves and those around them.

- *Be prepared, ready to perform.* Meticulous planning and attention to detail will help ensure an athlete is ready to compete. Eliminate distractions and seek a work-life-sport balance to help create a singular focus on the task at hand.
- *Creatively solve problems.* Adaptive thinking is a critical skill needed to overcome new challenges. After a match begins an athlete must identify problems early and craft a solution before his or her score is adversely affected. Game plan and "what if" possible scenarios (e.g., weapon malfunctions, irregular targets, sight adjustments) to predict and rehearse a response prior to a match.
- *Learn to instruct others.* Teaching others forces an athlete to truly master a craft. Not only does the athlete have to understand the technical complexities of the task, that person is forced to explain the process and tactics to a trainee, observe the trainee's behavior and make corrections based on the observations.

One Final Shot

When you look back on your opportunity to compete, will you be satisfied that you maximized your chance to succeed and realized your full potential? Action-oriented athletes take charge and produce results consistent with their goals. Follow the example of the SF soldiers and pursue your dreams with a bias for action. The English philosopher John Locke once noted, "The actions of men are the best interpreters of their thoughts." A bias for action will certainly help improve your performance. The Green Berets produce positive results for our Nation and I am very thankful they are on our side.

Until the next competition, the Air Force Shooting Team challenges each of you to train and compete with a bias for action 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 deployed in support of Operation IRAQI FREEDOM in the International Zone, Baghdad, Iraq.



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“Sorry, was that supposed to be funny?”

When traveling to the U.S. Olympic Training Center (OTC) in Colorado Springs, the journey often involves taking a ride on the OTC shuttle bus from the airport. The driver always asks where you are going and which sport you are involved with. Shooting participants are taken directly to the USA Shooting building so that arms and ammunition may be secured.

Many years ago, on my first trip to the OTC, the bus driver, upon hearing we were with USA Shooting, decided to tell us one of the old OTC jokes. “What does ‘NRA’ stand for?” he asked. Before anyone could respond, he answered, “Not Really Athletes!” I thought to myself “Sorry, was that supposed to be funny?” (Since then I have never heard the joke on the bus again, and the drivers are universally friendly and helpful, even at 5:00 a.m.)

As an aside, for the benefit of those who may not know, the National Rifle Association (NRA) served as the designated National Governing Body (NGB) for Olympic Shooting in the USA prior to the formation of USA Shooting. It was during the NRA era that the shooting building was built on the OTC campus. Thus the joke’s reference to NRA.

Behind many jokes, there is often an element of truth. What, if anything, is the truth and/or the perception behind this joke, and does it have any merit? The answers are eye opening.

Athletics

Many sports require incredible amounts of physical exertion: football, baseball, basketball, soccer, hockey, tennis, run-

Not Really Athletes

ning, speed skating and many, many other sports fall into this category. It is easy for folks who understand those sports to look at shooting and say, “How hard can it be to stand still? That isn’t athletics at all!” By most measures, they are right—there is far less explosive energy, motion and movement than in the other sports mentioned. If they would bother to look at our sport for a moment, and few do so, they would discover that there is a different type of athleticism involved.

Think about how many times shooters lift their firearm in a competition or a long training session. Although the amount of weight lifted may be small, the repetition count rapidly fatigues anyone who has not trained in that manner. Most weight room work involves much heavier loads and far fewer repetitions. Standing very still requires a great deal of energy over the long duration required.

Highly experienced athletes who include appropriate physical training in their regular routine know that being physically fit makes it much easier to stand for long hours, assume difficult positions (kneeling with the rifle comes to mind), improves balance, makes the many repetitions of lifting seem effortless, and makes it easier to remain mentally tough.

There are great physical demands placed on the shooter, though these demands are quite different than those in many other sports. Thus, in a different way, athletics do play a significant role in our sport. The bus driver’s joke is based on a misperception, at least on this part of the topic. Before we get too self-congratulatory, however, we need to explore another aspect of the joke.

Athletes

When I refer to shooters as athletes in conversation, I often get funny looks—even from shooters. Part of the reason is the misperception just discussed above. The other part of the

reason is because so few shooters, even among the most serious shooters, actually think, act, train and compete like athletes.

Most shooters do not train; they go through the motions in practice. They do not work out; they think they do not need to do physical training. They do not truly partner with a good coach; they think they can do it on their own. They do not seek interaction with a good sports psychologist on a regular basis; they only do so when having a performance problem, if even then. (“Perish the thought... let some stranger get in my head!?”)

While these words may seem harsh, one only has to go outside our sport for comparison. Many former high school athletes, who never played sports in college and who were otherwise “average” very often understand things that are far less commonly understood in advanced shooting circles.

Read most any of the myriad of books written by great athletes and coaches, such as by Lance Armstrong, Pat Summit, or Lou Holtz, and one quickly realizes the truth. More often than not, we really are not athletes. The best piece of coaching advice I ever received came from one of my mentors. “Go outside the country for shooting resources, and go outside the sport for sports psychology resources.” Following that advice paid off handsomely.

One could spend a lifetime reading, studying and training with the writings of Heinz Reinkemeier. One could spend another lifetime doing the same with the writings of Dan Millman, Barry Green, Tim Galway, Mihaly Csikszentmihalyi, Fred Shoemaker, among many others, not to mention the excellent sports psychology textbooks available today. Please do not say that these books have nothing to do with shooting. They are all about shooting. For example, one of our very best current female rifle shooters gleaned quite a bit of useful information from a book on the mental aspects of baseball!

Anyone can point out problems or criticize; solutions are preferred. What does one do to become an athlete?

To be an athlete, one must be honest with oneself. Brutally honest at times.

One must make decisions about what one is, and is not, willing to do and to give up, and set appropriate goals. Properly constructed and maintained, goal sets are quite motivating and exciting.

One must be willing to spend the time and energy needed to build a training plan with the coach. Oh, you do not need a coach? True athletes know how to benefit from a good coach. Several articles in this series, including number 25 "Believe," illustrate examples where athletes utilized their coach to enhance their performance. (Coaches: do we approach our work as if we were an athlete, or only as a casual shooter? That choice has significant impact on our abilities and our value to serious shooting athletes.)

Do you go to competitions tired and dreading the challenge? Or do you go with a sense of "hunger" for, and relish, the challenge? Your training plan has a great deal to do with how you feel going into a competition.

Do you "love to shoot finals" or, as is often heard, do you "hate finals?" One must actually train "under pressure" in order to gain the skills and confidence needed to dominate in finals. There are some shooting athletes who understand this—and they live for finals. Their hard work and "intensity training" prepares them for the challenge.

Serious shooting athletes understand the value and competitive edge they gain from regular, and appropriately

structured, physical training. Did you know that the foundation of mental toughness is being in good physical shape? Did you know that one's balance is dramatically enhanced by being in good physical shape? Good physical tone also enhances one's hold or swing. These are but a few good reasons to do some work in the gym or other venue.

Speaking of mental toughness, the topic of sports psychology often elicits a variety of responses; often negative. Sports psychology has almost nothing to do with clinical psychology. Rather than attempting to find and resolve problems as in clinical psychology, sports psychology focuses on building mental and emotional skills to enhance an athlete's ability to thrive and excel in the heat of competition. There is no "head-shrink" work involved!

Athletes who regularly work with a good sports psychologist (often one that is deeply and directly involved with sport and athletes, not merely working academically out of the books), or with a coach who is well-versed in the field, find a completely new world of perspective and ability. Though built on a good physical foundation, mental toughness is ultimately a set of attitudes and skills gained through incorporating sports psychology as an integral part of one's training. The concept of "intensity" training is based wholly on sports psychology principles, as proven through formal research.

A critical part of becoming a true athlete is having or developing an open mind. This is closely related to the "brutally honest" topic above. Having an open mind does not mean mindlessly adopting every little tip or trick that one encounters from all the people who "just want to help." It does mean, however, that one

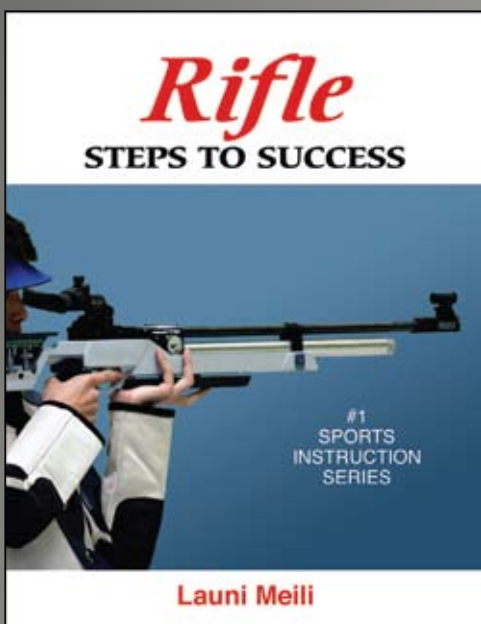
is open to new ideas and perspectives and develops the critical thinking skills needed to understand what is and is not useful.

On whole, as athletes go, we do not measure up as often as the average participant in many of the sports mentioned earlier. So, the old joke hits a bit close to home. To be sure, we have a number of great exceptions. It sure is fun to watch them shoot... and win!

Final Thoughts

It is possible for a few shooters to reach their loftiest goals through nothing more than regularly being "knee deep in brass" as the old saying goes. Indeed, most of us would benefit from quite a bit more, and more regular, training, so long as it is quality training. Although this is one path, most need more, as discussed in this article. Above all, be honest with yourself. It is OK to be a recreational shooter or a collegiate shooter and nothing beyond. Regardless of the level you wish to reach, or the amount of shooting you wish to do, be honest with yourself and others. Enjoy the sport and embrace the athlete's attitude and joy of training and competing.

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.



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Chelsea-Olivia Halliday

she was referred to Chuck Meyer. She called Meyer and he invited her to shoot with the club. Halliday shot well and Meyer told her to come back

the next week and ever since then she has been one of the most active shooters in the club.

"Without Chuck I wouldn't have any of this," said Halliday. "He's given me everything I need and on a whim's notice I can call him for anything. He's my major support."

Eighteen year-old Halliday's talent is undeniable; she began shooting with the Schenectady club in May 2008 and in July 2008 she qualified for the Empire State Games and the Junior Olympic Games in New York. Going to the Junior Olympics was another example of Meyer's support. As a new shooter Halliday had no gear other than a rifle. Meyer made her a pair of shooting pants, found an old jacket in the closet for her to wear and found some old boots. When Halliday arrived, the other competitors laughed at her, but she shot well and proved the old adage, "Don't judge a book by its cover."

Halliday considers that event and every match a major accomplishment. Even with her current setback of a broken foot, this positive thinking young woman tries to improve with every event and there is no doubt that she will continue to improve and flourish in the sport of shooting.

Halliday is currently a student at the local community college but hopes to transfer to a university with a shooting team and a nursing program.

We look forward to hearing more about "Chelsea-O's" lightning-fast progress in the future!

If you would like your club's accomplishments highlighted in an issue of *USA Shooting News* or know of a shooter who deserves of a "spotlight," contact Competitions Assistant Nicole Levine at Nicole.levine@usashooting.org.

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2008 3 X Air Wrap-Up



Approximately 220 rifle and pistol air-gun shooters from across the United States as well as Canada, France, Great Britain, South Africa and Sweden competed in the 2008 3 X Air Match December 5-7 at the U.S. Olympic Shooting Center in Colorado Springs, Colo. The 3 X Air Match consists of identical competitions taking place in rifle and pistol with finals matches closing out each day of competition. This year, the three-day event served as a qualifier for the Bavarian Airgun Match, which was held in Munich, Germany in January.

Matt Wallace, Brian Beaman, Meghann Morrill and Sandra Uptagrafft opened up the match on December 5 by claiming first place in their respective categories.

Olympic Training Center Resident Athlete Matt Wallace (Fairbanks, Alaska), shot a qualifying score of 592 and a final of 101.0 for an overall score of 693.0 to capture the day one title in Men's 10m Air Rifle. University of Kentucky's Tom Csege (Keene, N.H.) took second place with a total score of 692.0, while his UK teammate Ethan Settlemires (Walnut, Miss.) finished in third place with 690.2, which was also the top score for the juniors, earning



him the junior title. Dempster Christenson (Sioux Falls, S.D.) and Joseph Clark (Woburn, Mass.) each ended the final with an overall score of 686.1 and in a shoot-off for second place, Christenson defeated Clark firing a 9.9 to Clark's 9.5 to earn the second spot, while Clark took third.

In Men's Pistol, 2008 Olympian Brian Beaman (Selby, S.D.) captured the top spot with a match score of 578, a final of 95.1 for an overall score of 673.1. Jason Turner (Rochester, N.Y.), the 2008 Olympic bronze medalist in Men's 10m Air Pistol took second place with a total score 671.4. Nick Budnella (Colorado Springs, Colo.) finished in third place with 670.2. On his way to claiming the junior title all three days, Anthony Lutz (Tonganoxie, Kan.) earned his first title of the match for the Junior Pistol men on day one with a total score of 668.8, while Gary Reburn (Kensington, Md.) finished second with 657.8 and Jack

Dutoit (Arlington, Texas) claimed third place with 644.0.

It was a close first day match in the Women's Air Rifle event with Meghann Morrill (Verdi, Nev.) grabbing the championship with a qualification score of 397, a final of 101.8 for a total of 498.8. Two-time Olympian Emily Caruso (Fairfield, Conn.) earned second place with 498.2 and 2008 Olympian Jamie Beyerle (Lebanon, Pa.) finished right behind Caruso in third place with 498.1. Emily Holsopple (Wilcox, Pa.) finished in first place for the Junior Rifle women with a total score 495.4, while 2008 Olympian Sandra Fong (New York, N.Y.) took second place with 493.1 and Caitlin Morrissey (Topeka, Kan.) claimed third place with 491.6.

In Women's Air Pistol, Sandra Uptagrafft (Phenix City, Ala.) captured first place with a match score of 378, a final score of 93.5 for an overall score of 471.5. Elisabeta Nishica (Acworth, Ga.), finished right behind Uptagrafft in second place with 471.3 and 2008 Olympian Brenda Shinn (Riverside, Calif.) took third place with 470.2. Courtney Anthony (Lexington, Neb.) took the junior title with 459.5, while Kelsey Imig (Westminster, Mass.) claimed second with 459.3 and Hannah Lewis (Colorado Springs, Colo.) captured the third spot with 450.7.

Matt Rawlings and Emily Caruso each won first place in rifle on day two of the 2008 3 X Air Match, while Nick Budnella and Teresa Meyer took home second day titles in pistol.

U.S. Army Marksmanship Unit (USAMU) soldiers Matt Rawlings (Wharton, Texas) and David Sprecher (Tarpon Springs, Fla.) grabbed the number one and two spots in Men's Air Rifle. Rawlings, who is brand new to the USAMU, claimed the top spot easily with a match score of 596, a final of 101.0 for an overall score of 697.0. Sprecher finished the day with a total



score of 692.2. Day one champion Matt Wallace finished in third place with a total score of 691.7. Ethan Setlemires took the top spot for the junior men with an overall score of 688.0, while West Point Cadet and 2008 Olympian Stephen Scherer finished in second place with 686.1. Michael Liuzza (New Orleans, La.) grabbed the third spot with a total score of 685.2.

In Men's Air Pistol, Nick Budnella won the day two title with a qualification score of 578, a final of 98.9 and an overall score of 676.9. Day one winner Brian Beaman earned second place with 675.2, while USAMU member and three-time Olympian Daryl Szarenski (Saginaw, Mich.) finished right behind Beaman in third place with a total score of 675.0. Anthony Lutz won the junior men's title for the second day in a row finishing with 669.4. Gary Reburn and Jack Dutoit claimed the second and third spots respectively for the second consecutive day, finishing with overall scores of 647.9 and 646.1.

Emily Caruso won the Women's Air Rifle title with a match score of 398, a final of 103.6 for an overall score of 501.6. University of Nebraska's Kimberly Chrostowski (Rockville, R.I.) claimed second place with 499.7, while Jamie Beyerle took third place with 497.7. Meredith Holman (Annandale, Va.) finished in first place for the Junior Air Rifle women with a total score 497.2. Sarah Scherer (Billerica, Mass.) took second place with 495.3 and Sandra Fong grabbed third place with 493.3.

Teresa Meyer (Dearborn, Mich.) captured first place in Women's Air Pistol with a match score of 377, a final of 97.2

for a total score of 474.2. Brenda Shinn finished second with 468.3 and Enkelejda Shehaj (Naples, Fla.) claimed third place with an overall score of 465.9. Julie Kallenbach (Bozeman, Mont.) finished first for the Junior Air Pistol women with a total score of 465.6, while Courtney Anthony took second with 463.0 and Rebekah Jennings (Boerne, Texas) finished third with 462.7.

The 2008 USA Shooting 3 X Air Match concluded with Tom Csenge, Brian Beaman, Sarah Scherer and Brenda Shinn claiming titles on the final day of competition.

Tom Csenge captured the day three title for Men's Air Rifle, firing a match score of 592, a final of 101.2 for an overall score of 693.2. Matt Wallace grabbed second place with 692.8, while Stephen Scherer finished in third with a total score of 690.4. Scherer also captured first place for the junior men and Dempster Christenson took second with 688.5. Thomas Chandler of the United States Air Force Academy finished in third place with 687.9.

Day one champion, Brian Beaman won his second title of the 2008 3 X Air match taking first place for Men's Air Pistol, shooting a qualification score of 584 and final of 100.7, finishing with an overall score of 684.7. Nick Budnella, who won the day two title, finished in second place with a total score of 679.5. Daryl Szarenski took third place for the second day in a row with a score of 676.5. For the third consecutive day, Anthony Lutz won the title for junior men, finishing with an overall score of 666.5. Garrett Wright (Boerne, Texas)

took second place with 649.9, while Nick Mowrer (Ramsay, Mont.) grabbed the third spot with 645.7.

Sarah Scherer finished on top of the podium in Women's Air Rifle with a match score of 396, a final of 101.9 for a total score of 497.9. University of Kentucky's Megan English (Boulder, Colo.) took second place with 497.3. Emily Caruso who was the day two champion, along with day one champion Meghann Morrill each finished the final with a score of 495.7. In the shoot-off, Caruso fired a 9.6 to Morrill's 9.5 to take third place. Scherer also won the title for the junior women, while English took second and Ashley Jackson (Cuyahoga Falls, Ohio) took third with 493.5.

In Women's Pistol, Brenda Shinn took the top spot after an exciting shoot-off with day one champion Sandra Uptagrafft. Shinn and Uptagrafft both finished the final with an overall score of 470.9, but Shinn defeated Uptagrafft in the shoot-off, firing a 10.4 to Uptagrafft's 9.9, taking first place while Uptagrafft finished second. Hannah Lewis took third place with 463.9. Lewis also won the title for the junior women, while Kylie Gagnon (Bozeman, Mont.) finished second with 461.9 and Rebekah Jennings grabbed the third spot with 457.2.

For complete 3 X Air match results, please visit www.usashooting.org.





The materials you need to build a better grip are filler, a wood remover, and adequate safety equipment. When you begin to fit a grip, do not be afraid of grinding too much or putting filler in the wrong place. You can easily remove filler, and just as easily fill in ground parts.

Filler comes in many brands, shapes and sizes. Some examples are Bondo, A+B, Morini wood filler, or plastic wood. I like to use a product called Quick Steel, which is similar to A+B, sold by Champion's Choice and other vendors. Quick steel is a two-part putty; when mixed in equal amounts it is like using clay to fill in your grip as desired. It dries hard and adheres well in about five minutes. I like it better than Bondo because it is stiff like clay and you can form it on the pistol, then put your hand in the grip while it dries. It sets up in five minutes, after which you can start working on another part of the grip. It's available at Wal-Mart or any automotive store. Filler, like Bondo, is more like a liquid and makes a mess if you put your hand in it to form. In addition, Bondo has also been known to give people burns. If you can't put your shooting hand in the grip to form it, then it takes a little more imagination and skill to put the grip lines in the right place.

Some shooters use clay or mole skin to adjust their grips. Both of these items certainly have their place in grip-building. Clay is convenient to test your grip in a certain shape. If you have little experience in fitting grips this is a safe—i.e.,

temporary—and easy way to experiment with the shape. However, don't use clay as a permanent fix because it is not solid and will squish out, eventually denying that consistency you seek. Mole skin works well if several people use the same grip, or if the grip does not belong to you and the owner doesn't prefer a permanent change. Mole skin, like clay, can help you decide on permanent changes to the grip. And again like clay, it's not solid enough for a permanent fix; if your hand sweats, moleskin will change shape or compress, leading to inconsistency in your grip. Remember, shooting well is all about being consistent.

Keep your sights aligned and until next issue, STAY ARMY STRONG!



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The slow overcomes the fast,
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-Lao Tzu

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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.

Vise Ideas for Air Rifle Testing

The top rifle and pistol shooters have known for years that certain lots or types of ammo shoot better than others in a given firearm. Air rifle shooters understand how critical it is to select the pellets best suited for the magic one-hole group (see my article in the Nov/Dec 2008 issue).

Selecting the right pellet requires the proper testing equipment and procedures. If you don't have an adequate setup that ensures your barrel is pointing in the exact same place during testing, your results will be flawed, your groups will be ragged, and your frustration will mount!

Air rifle recoil may seem insignificant, but there is enough gun movement to force you to take measures to ensure consistency from shot to shot during testing. There are two methods you can use to achieve this consistency. The first method holds the gun so tightly with such a great mass that the recoil movement of the gun is null. The second method allows the recoil to move the gun rearward along a rail or track; after each shot, the rifle can be pushed forward to a stop in the same position.

First, let's talk about solid vises, since they may be more readily available. While any large bench vise might suffice, you may need to construct special jaws to grip the rifle stock or action solidly, yet does not harm the rifle. To this end, coaches around the country use a variety of methods. Three-quarter inch plywood with a thick leather or rubber face is effective. I know some coaches have used the tread from a car tire to act as grabbing material; this set-up grips quite well. Depending on the shape of the stock, or the shape of the action with the stock removed, you must decide which surface will provide the most stable rig. If you clamp to the stock alone choose solid points along the for-end, such as the point at the barrel band since this is where a solid block sits just underneath the wood or aluminum surface of the stock.

Use moderation as you clamp; tighten the vice enough to hold the gun still, and then try to wiggle it with your hands. If it wiggles, then add another 1/8 of a turn or so until it is solid—overtightening

can damage your rifle. Frequently the buttstock and pistol grip offer several possible locations for a solid surface. Study your gun's characteristics to decide the best set-up. All of these considerations require the vise to be attached solidly. A large heavy desk might work, or a framework bolted to a wall or ceiling.



This is the air rifle vise used at the Anschütz factory in Ulm. It is a rather large standard bench vise that is solidly attached to the floor. It has specially shaped jaws that grip the air cylinder and barrel shroud with the stock removed. Note the many strips of tape from thousands of tins of pellets!

Next are the vises designed specifically to hold a rifle, with some optional holes to place the gripping pads at the best points on the rifle.



This is the vise used by RWS at their test stand at Hochbruch, the 1972 Olympic range in Munich. It grips the individual parts of the rifle. The legs are screwed into concrete. Note that there is a standard bench vise at the rear that can be swung up and locked into position for air pistol testing.



This a custom made vise used at Vogel USA for their pellet testing. It uses round rubber pads to grip the gun at the critical points. It is attached very solidly to the adjacent wall made of 6x6's.

In addition to the clamping vises, there are also machine rests that use a rail system to relocate the gun to the exact position after each shot. I have seen several variations made in Europe, and one of the best is manufactured here in the USA, called Angie's Rest. It uses the sling rail on the gun to mount angled blocks so the barrel is level with the target. When the shot is fired, the ball-bearing slide backward in the V-track, and then can be nudged forward again to a positive stop. Of course, this rest must be screwed into a solid block, concrete floor or a heavy bench or desk.



This shows the Angie's Rest with a rifle installed.



This shows the gun lifted away to illustrate the ingenious rail system.

In conclusion, I should point out that while it is critical for the gun to be resting in the same place for each shot, don't forget that target needs to be stationary as well. If you're using hanging targets, be sure they're weighted or backed properly to eliminate all movement, or this can cause your group to "grow." Good luck with your pellet testing and selection—I hope you can quickly get a "grip" on the process and setup to produce one-hole groups.

USA Shooting and Winchester Extend Partnership Beyond 2012 Olympic Games in London



WINCHESTER
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Big time competition calls for big time players, which is why the USA Shooting Shotgun Team and Winchester Ammunition will take on the world's toughest competitors, together, for the next five years. Winchester® Ammunition has been the exclusive ammunition sponsor of the USA Shooting Shotgun Team since 1999, supporting the team in all major worldwide competitions.

"Winchester is honored to be the official ammunition of the USA Shooting Shotgun Team in competition and a supporter of their efforts in the community," said Dick Hammett, President of Winchester Ammunition. "Extending this relationship beyond the London

Olympics in 2012 speaks highly of our commitment to each other and toward promoting the shooting sports."

In 2008, the USA Shooting Shotgun Team recorded the most medals won by any country—four—taking on the toughest competition in the world with Winchester AA ammunition. The medalists include Vincent Hancock (Eatonton, Ga.) – gold, Men's Skeet; Glenn Eller (Katy, Texas) – gold, Men's Double Trap; Kim Rhode (El Monte, Calif.) – silver, Women's Skeet; Corey Cogdell (Eagle River, Alaska) – bronze, Women's Trap.

"A partnership like we have with Winchester Ammunition is very special in this day and age," said Buddy DuVall, Director of Marketing for USA Shooting. "Winchester's constant support of our team helps us represent this great country in competitions all over the world. We are very proud to shoot Winchester ammunition."

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

Winchester is Proud to be a Leader in the Shooting Sports

Winchester® Ammunition has been the exclusive ammunition sponsor of the USA Shooting Shotgun Team since 1999. Winchester is proud of the four shotgun shooting team athletes that brought home medals at the 2008 Olympic Games using AA Target loads. The mission of the USA Shooting organization is to prepare American athletes to win Olympic medals, promote the shooting sports throughout the United States and influence other shooters to become interested in international competitions. Winchester has taken the initiative to become a leader in advancing and supporting conservation, hunter education and our country's proud shooting sports heritage. To receive more information about the U.S. Shooting Team, visit www.usashooting.org.

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Look for registration forms on the USA Shooting website in the next couple of weeks!



www.usashooting.org



Grand Opening of Shotgun Clubhouse at International Shooting Park on Fort Carson



Guests in attendance at the grand opening included (left to right): Kelley Fisher and Kelly Skinner (USOC Sports Partnerships), Joe Bernolfo, Shotgun National Coach Mark Weeks and Mike English (USOC Athlete Facilities and Services).

Corey Cogdell, the 2008 Olympic bronze medalist in Women's Trap, walked into the newly renovated clubhouse at USA Shooting's International Shooting Park on Fort Carson, Colo. and did a double-take of the new surroundings. "I could hardly believe I was in the same building I practically lived in for the past two years," said the trap-shooting star. "It's absolutely gorgeous and a fantastic environment for future Olympians."

More than 30 other shooters, supporters and U.S. Olympic Committee administrators joined Cogdell on December 12 at the grand opening of the Joe Bernolfo Shooters' Center, named in honor of the long-time supporter and assistant coach who spearheaded the project. Bernolfo transformed the structure from a warmed-over storage room to a first-class facility that will allow the U.S. Shooting Team members and other sports enthusiasts to train for extended periods at the shooting park.

USA Shooting National Shotgun Coach Mark Weeks thanked Bernolfo, noting that the renovated space will

have a direct impact on the shooters' performance. "Our athletes will be able to train for longer periods every day, since they'll be able to come into the clubhouse to rest and discuss their training sessions," said Weeks. "They'll also be able to log onto the internet to do homework, check email and be productive in their 'down time' during the day."

The Center's relaxing setting will also double as a classroom and lunchroom for the training athletes. Bernolfo, a

trap shooter himself, was quick to deflect any praise. "It's an honor just to be a part of this program—I'm the one who's grateful to be associated with this group. It's my privilege to help," said the Colorado Springs resident.

Bill Roy, USA Shooting Director of Operations, recognized Bernolfo's contribution as part of a larger effort to elevate the entire Olympic shooting program. Said Roy, "We're grateful for Joe's contribution, but not just because of his generosity. We are most excited about his commitment to our program and willingness to help fulfill our vision of being the premier shooting center in the country." Roy added, "We ask our athletes to be the best in the world, and our supporters expect no less. Now our athletes have a facility to match those expectations."

Roy hopes other supporters will catch a glimpse of that vision and join the endeavor. "The Olympic movement starts right here on the shooting range," he said. "But it can't go anywhere without the generous support of those who believe in the athletes who are working towards their dreams." He noted that Central States Roofing plan to donate materials and labor to replace the aging roof on the building, and other donors will contribute to renovations of the trap and skeet fields.

Quickly after the ceremonial grand opening, Bernolfo and a group of shooters darted out to the shooting range to smash some clay targets. But Cogdell

stayed behind. "I'm going to enjoy this moment in the clubhouse," she confided. "Coach Weeks put me to work grilling burgers for this party, so I'll chill out for a bit. But it won't be long—we'll all be out there together trying to shoot great" Now the team members have a shooting center on par with their grand aspirations.



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Jamie Beyerle Claims Bronze Medal at Bavarian Airgun Match in Munich

Photo courtesy of Scott Pilkington



Approximately 600 shooters from 45 countries traveled to Munich, Germany to participate in the 2009 Bavarian Airgun Match, held January 29-31. The USA Shooting team took nine air rifle shooters and four air pistol shooters to this three-day event, where each shooter gets the opportunity to shoot two full matches. Bavarian Airgun serves as the first rifle/pistol international competition of the year.

The highest finisher for the U.S. was 2008 Olympian Jamie Beyerle (Lebanon, Pa.) in the Women's 10m Air Rifle event. Beyerle shot a match score of 398 and a final of 104.5 for a total score of 502.5, to finish her second match of the day in third place, earning the bronze medal.

Nicholas Budnella (Colorado Springs, Colo.) shot a personal best score in the Men's 10m Air Pistol event to finish in fourth place on the second day of competition. Budnella shot a 582 in qualifying and 100.7 in the final, finishing with a 682.7. His fourth place finish was the second highest U.S. finish of the competition.

For complete Bavarian Air Gun match results, visit www.bssb.de.

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As just one of the many programs that prove we're “always shooting for more”, the Scholastic Clay Target Program is an important part of the National Shooting Sports Foundation and its efforts to promote the sports we're all passionate about.

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www.nssf.org/sctp



Schedule of Events

SHOTGUN

Match #	Match Name	Club Name	Match Level	Discipline Name	City	State	Start Date	End Date	How to Register
3955	2009 Brazos Spring Warm-up	Brazos 4-H Sportsman's Club	Preliminary Tryout	Shotgun	College Station	TX	3/7/09	3/7/09	Club Rep: Charlie G. Coble Phone: (979) 693-5216 Email: cgcoble@suddenlink.net
4022	California State Trap Championships	California Int'l Clay Target Shooters	Preliminary Tryout	Shotgun	S. El Monte	CA	3/7/09	3/8/09	Club Rep: Steve Lakatos Phone: (626) 403-0723 Email: stevesilengine@aol.com
3937	2009 Jack Fishburn Classic	Buckeye International Junior Shooting Sports, Inc.	Preliminary Tryout	Shotgun	Marengo	OH	3/13/09	3/15/09	Club Rep: Hal M. Hare Phone: (614) 501-8535 Email: hal.hare@sbcglobal.net
3908	Nor Cal Bunker League	Coon Creek Trap & Skeet Club	Preliminary Tryout	Shotgun	Rio Oso	CA	3/14/09	3/14/09	Club Rep: James Woolcott Phone: (916) 709-6156 Email: jwoolcott@sbcglobal.net
3766	2009 Ft. Benning Spring PTO Selection	Ft. Benning Jr. Rifle Club	Preliminary Tryout	Shotgun	Ft. Benning	GA	3/18/09	3/25/09	Club Rep: Dean Clark Phone: (706) 545-1152 Email: dean.clark@usaac.army.mil
4039	Virginia State Championship	Quantico Shooting Club	Preliminary Tryout	Shotgun	MCB Quantico	VA	4/18/09	4/19/09	Club Rep: Sam Work Phone: (703) 626-8490 Email: swork2@comcast.net
4006	Vegas Crap Shoot & Zone 11 Championships	California Int'l Clay Target Shooters	Zone Championship	Shotgun	Las Vegas	NV	5/9/09	5/9/09	Club Rep: Steve Lakatos Phone: (626) 403-0723 Email: stevesilengine@aol.com
3924	Zone 4 International Trap Championships	Fairfield Sportsmen's Assoc. Inc.	Zone Championship	Shotgun	Harrison	OH	5/15/09	5/17/09	Club Rep: Charlie Wentzel Phone: (513) 574-8315 Email: charlie3200@zoomtown.com
3823	Texas State International Shotgun Championships & Southwest Regional Championships	Hill Country Shooting Sports Center, Inc.	Region Championship	Shotgun	Kerrville	TX	6/12/09	6/14/09	Club Rep: Deb Barney Phone: (830) 995-5118 Email: info@hillcountryshootingssports.com
3825	2009 Senior Open International Trap Shotgun Championships	Hill Country Shooting Sports Center, Inc.	Preliminary Tryout	Shotgun	Kerrville	TX	9/18/09	9/20/09	Club Rep: Deb Barney Phone: (830) 995-5118 Email: info@hillcountryshootingssports.com
3925	Ohio State International Trap Championships	Fairfield Sportsmen's Assoc. Inc.	Preliminary Tryout	Shotgun	Harrison	OH	9/18/09	9/20/09	Club Rep: Charlie Wentzel Phone: (513) 574-8315 Email: charlie3200@zoomtown.com
4042	Beltway 250	Quantico Shooting Club	Preliminary Tryout	Shotgun	MCB Quantico	VA	10/24/09	10/25/09	Club Rep: Sam Work Phone: (703) 626-8490 Email: swork2@comcast.net
3824	4th Annual Molon Labe International Shotgun P.T.O.	Hill Country Shooting Sports Center, Inc.	Preliminary Tryout	Shotgun	Kerrville	TX	11/13/09	11/15/09	Club Rep: Deb Barney Phone: (830) 995-5118 Email: info@hillcountryshootingssports.com

RIFLE, PISTOL

Match #	Match Name	Club Name	Match Level	Discipline Name	City	State	Start Date	End Date	How to Register
3795	Utah State Rifle & Pistol Indoor Championships	Utah Precision Marksmanship Society	Preliminary Tryout	Pistol, Rifle	Salt Lake City	UT	3/6/09	3/8/09	Club Rep: Matt DeLong Phone: (801) 581-7462 Email: delong@physics.utah.edu
3760	Sandy Ford's USAS Indoor International Pistol Tournament	Sandy Ford Junior Shooters	Preliminary Tryout	Pistol	Streator	IL	3/7/09	3/7/09	Club Rep: Gary Ross Phone: (815) 939-4854 Email: raymondodde@yahoo.com
4007	CRSSA Mississippi Monthly PTO	Cross Roads Sport Shooting Association	Preliminary Tryout	Pistol, Rifle	Glen	MS	3/7/09	3/7/09	Club Rep: Nathan Hendrix Phone: (662) 287-3235 Email: crssa@att.net
3703	Delaware State Pistol Club Mar Air Pistol PTO	Delaware State Pistol Club	Preliminary Tryout	Pistol	New Castle	DE	3/8/09	3/8/09	Club Rep: Fred Mannis Phone: (302) 478-7205 Email: fredmannis@aol.com
3697	Delaware State Pistol Club Mar Free Pistol PTO	Delaware State Pistol Club	Preliminary Tryout	Pistol	New Castle	DE	3/8/09	3/8/09	Club Rep: Fred Mannis Phone: (302) 478-7205 Email: fredmannis@aol.com
3677	March International Air Pistol PTO	Woburn Sportsman's Assoc.	Preliminary Tryout	Pistol	Bedford	MA	3/8/09	3/8/09	Club Rep: Dick Dyer Phone: (781) 275-9485 Email: dyervn19@verizon.net
3913	USA Shooting Air Rifle and Pistol PTO Match	Cedar Hill Jr. Gun Club	Preliminary Tryout	Pistol, Rifle	Blackfoot	ID	3/13/09	3/15/09	Club Rep: Randy Shikashio Phone: (208) 785-4860 Email: randy@bigskytel.com
3942	Louisiana-Mississippi State Air Rifle/Air Pistol Championship	Southwest Gun Club Inc.	Preliminary Tryout	Pistol, Rifle	Bogue Chitto	MS	3/13/09	3/15/09	Club Rep: Mickey Brondum Phone: (504) 343-7597 Email: mickbrondum@bellsouth.net
3897	U.S. International Preliminary Tryout	Los Angeles Rifle & Revolver Club	Preliminary Tryout	Rifle	South El Monte	CA	3/14/09	3/14/09	Club Rep: Ray Del Rio Phone: (714) 777-4585 Email: hammersui@yahoo.com
3715	2009 Michigan USAS Air Rifle Championship	Riverside Shooting Club	Preliminary Tryout	Rifle	Bay City	MI	3/15/09	3/15/09	Club Rep: Thomas Monto Phone: (989) 631-3079 Email: t8monto@aol.com
3801	Western New York Air Gun PTO	Rochester Rifle Club	Preliminary Tryout	Pistol, Rifle	Rochester	NY	3/15/09	3/15/09	Club Rep: Dennis Schriber Phone: (585) 293-3052 Email: WNY_PTO@rochester.rr.com
3728	The Sharon Winternational Pistol PTO	Sharon Fish & Game Club Inc.	Preliminary Tryout	Pistol	Sharon	MA	3/15/09	3/15/09	Club Rep: Peter R. Jones Phone: (617) 333-0936 Email: prjassociates@worldnet.att.net

3798	Western New York Indoor Free Pistol PTO	Rochester Rifle Club	Preliminary Tryout	Pistol	Rochester	NY	3/15/09	3/15/09	Club Rep: Dennis Schrieber Phone: (585) 293-3052 Email: WNY_PTO@rochester.rr.com
3772	Twelfth Precinct Air Pistol & Free Pistol PTO	Twelfth Precinct Pistol Club Inc.	Preliminary Tryout	Pistol	Annapolis	MD	3/15/09	3/15/09	Club Rep: Kathy Callahan Phone: (410) 293-2736 Email: Kathy@usna.edu
4032	MONTHLY 600/400 PTO	H & H Precision Shooters, Inc.	Preliminary Tryout	Pistol	OKLAHOMA CITY	OK	3/17/09	3/17/09	Club Rep: Charles P. Meloy Phone: (405) 834-3020 Email: cmeloy19@msn.com
3782	3p Smallbore PTO	Mason Dixon Rifle Club Jr. Div.	Preliminary Tryout	Rifle	Morgantown	WV	3/20/09	3/20/09	Club Rep: Pete Deal Phone: (304) 599-3902 Email: petedeal@yahoo.com
4030	NTC Shooting Club March PTO	National Training Center Shooting Club	Preliminary Tryout	Pistol, Rifle	Colorado Springs	CO	3/21/09	3/21/09	Club Rep: Jim Shaver Phone: (719) 597-7909 Email: shajecolo@yahoo.com
4053	2009 Rifle & Pistol Spring Selection Match	USA Shooting	Selection Match	Pistol, Rifle	Ft. Benning	GA	3/22/09	3/26/09	Club Rep: Elizabeth Browning Phone: (719) 866-4883 Email: elizabeth.browning@usashooting.org
3994	Southeast Texas Smallbore Rifle League	Austin County 4-H Shooting Sports	Other Event	Rifle	Rosenberg	TX	3/29/09	3/29/09	Club Rep: Brian Gardner Phone: (979) 637-0307 Email: brianlg31@yahoo.com
3969	Southeast Texas Prone League	Austin County 4-H Shooting Sports	Preliminary Tryout	Rifle	Bellville	TX	3/29/09	3/29/09	Club Rep: Brian Gardner Phone: (979) 637-0307 Email: brianlg31@yahoo.com
3982	Southeast Texas Air Rifle League	Austin County 4-H Shooting Sports	Other Event	Rifle	Rosenberg	TX	3/29/09	3/29/09	Club Rep: Brian Gardner Phone: (979) 637-0307 Email: brianlg31@yahoo.com
3898	U.S. International Preliminary Tryout	Los Angeles Rifle & Revolver Club	Preliminary Tryout	Rifle	South El Monte	CA	4/4/09	4/4/09	Club Rep: Ray Del Rio Phone: (714) 777-4585 Email: hammersui@yahoo.com
4008	CRSSA Mississippi Monthly PTO	Cross Roads Sport Shooting Association	Preliminary Tryout	Pistol, Rifle	Glen	MS	4/4/09	4/4/09	Club Rep: Nathan Hendrix Phone: (662) 287-3235 Email: crssa@att.net
3678	April International Air Pistol PTO	Woburn Sportsman's Assoc.	Preliminary Tryout	Pistol	Bedford	MA	4/5/09	4/5/09	Club Rep: Dick Dyer Phone: (781) 275-9485 Email: dyervn19@verizon.net
4044	Cavalier International Pistol PTO	Cavalier Rifle & Pistol Club	Preliminary Tryout	Pistol	Montpelier	VA	4/11/09	4/11/09	Club Rep: Peter R. Schreiber Email: cavalierip@hotmail.com
3802	Western New York Air Gun PTO	Rochester Rifle Club	Preliminary Tryout	Pistol, Rifle	Rochester	NY	4/12/09	4/12/09	Club Rep: Dennis Schrieber Phone: (585) 293-3052 Email: WNY_PTO@rochester.rr.com
4046	United Revolver Club of Sacramento PTO	United Revolver Club Of Sacramento	Preliminary Tryout	Pistol	Sacramento	CA	4/13/09	4/13/09	Club Rep: Ronald Morales Phone: (916) 475-9968 Email: cabullseye@hotmail.com
3943	Louisiana-Mississippi State Air Rifle/Air Pistol Championship	Southwest Gun Club Inc.	Preliminary Tryout	Pistol, Rifle	Bogue Chitto	MS	4/17/09	4/19/09	Club Rep: Mickey Brondum Phone: (504) 343-7597 Email: mickbrondum@bellsouth.net
3647	International Air PTO	Venture Crew 935	Preliminary Tryout	Pistol, Rifle	Bogue Chitto	MS	4/17/09	4/19/09	Club Rep: Mickey Brondum Phone: (504) 343-7597 Email: mickbrondum@bellsouth.net
3707	2009 Michigan USAS Indoor Smallbore Championship	Riverside Shooting Club	Preliminary Tryout	Rifle	Bay City	MI	4/19/09	4/19/09	Club Rep: Thomas Monto Phone: (989) 631-3079 Email: t8monto@aol.com
3704	Delaware State Pistol Club Apr Air Pistol PTO	Delaware State Pistol Club	Preliminary Tryout	Pistol	New Castle	DE	4/19/09	4/19/09	Club Rep: Fred Mannis Phone: (302) 478-7205 Email: fredmannis@aol.com
3698	Delaware State Pistol Club Apr Free Pistol PTO	Delaware State Pistol Club	Preliminary Tryout	Pistol	New Castle	DE	4/19/09	4/19/09	Club Rep: Fred Mannis Phone: (302) 478-7205 Email: fredmannis@aol.com
3773	Twelfth Precinct Air Pistol & Free Pistol PTO	Twelfth Precinct Pistol Club Inc.	Preliminary Tryout	Pistol	Annapolis	MD	4/19/09	4/19/09	Club Rep: Kathy Callahan Phone: (410) 293-2736 Email: Kathy@usna.edu
4021	Chabot Gun Club Free Pistol & Standard Pistol PTO	Chabot Gun Club Inc.	Preliminary Tryout	Pistol	Castro Valley	CA	4/19/09	4/19/09	Club Rep: Rodolfo Soncuya Phone: (707) 554-0360 Email: bochoy@att.net
3914	USA Shooting Air Rifle and Pistol PTO Match	Cedar Hill Jr. Gun Club	Preliminary Tryout	Pistol, Rifle	Blackfoot	ID	4/24/09	4/26/09	Club Rep: Randy Shikashio Phone: (208) 785-4860 Email: randy@bigskytel.com
4035	Desoto Monthly PTO	Desoto Gun Club Inc.	Preliminary Tryout	Pistol	Arcadia	FL	4/25/09	4/25/09	Club Rep: Tony Perez-Benitoa Phone: (239) 571-3331 Email: tony@tonypb.com
3983	Southeast Texas Air Rifle League	Austin County 4-H Shooting Sports	Other Event	Rifle	Rosenberg	TX	4/26/09	4/26/09	Club Rep: Brian Gardner Phone: (979) 637-0307 Email: brianlg31@yahoo.com
3970	Southeast Texas Prone League	Austin County 4-H Shooting Sports	Preliminary Tryout	Rifle	Bellville	TX	4/26/09	4/26/09	Club Rep: Brian Gardner Phone: (979) 637-0307 Email: brianlg31@yahoo.com
3995	Southeast Texas Smallbore Rifle League	Austin County 4-H Shooting Sports	Other Event	Rifle	Rosenberg	TX	4/26/09	4/26/09	Club Rep: Brian Gardner Phone: (979) 637-0307 Email: brianlg31@yahoo.com
3792	Utah May Rifle and Pistol PTO	Utah Precision Marksmanship Society	Preliminary Tryout	Pistol, Rifle	Salt Lake City	UT	5/1/09	5/3/09	Club Rep: Matt DeLong Phone: (801) 581-7462 Email: delong@physics.utah.edu
4009	CRSSA Mississippi Monthly PTO	Cross Roads Sport Shooting Association	Preliminary Tryout	Pistol, Rifle	Glen	MS	5/2/09	5/2/09	Club Rep: Nathan Hendrix Phone: (662) 287-3235 Email: crssa@att.net
4004	Oregon State Junior Indoor Championship	Tri County Gun Club	Preliminary Tryout	Rifle	Sherwood	OR	5/2/09	5/3/09	Club Rep: Scott Bittler Phone: (503) 924-1593 Email: bittler.scott@gmail.com

3712	2009 Michigan USAS Open Air Pistol Championship	Riverside Shooting Club	Preliminary Tryout	Pistol	Bay City	MI	5/3/09	5/3/09	Club Rep: Thomas Monto Phone: (989) 631-3079 Email: t8monto@aol.com
3899	U.S. International Preliminary Tryout	Los Angeles Rifle & Revolver Club	Preliminary Tryout	Rifle	South El Monte	CA	5/9/09	5/9/09	Club Rep: Ray Del Rio Phone: (714) 777-4585 Email: hammersui@yahoo.com
4054	Cavalier International Pistol PTO	Cavalier Rifle & Pistol Club	Preliminary Tryout	Pistol	Montpelier	VA	5/9/09	5/9/09	Club Rep: Peter R. Schreiber Email: cavalierip@hotmail.com
3944	Louisiana-Mississippi State Air Rifle/ Air Pistol Championship	Southwest Gun Club Inc.	Preliminary Tryout	Pistol, Rifle	Bogue Chitto	MS	5/15/09	5/17/09	Club Rep: Mickey Brondum Phone: (504) 343-7597 Email: mickbrondum@bellsouth.net
3915	USA Shooting Air Rifle and Pistol PTO Match	Cedar Hill Jr. Gun Club	Preliminary Tryout	Pistol, Rifle	Blackfoot	ID	5/15/09	5/17/09	Club Rep: Randy Shikashio Phone: (208) 785-4860 Email: randy@bigskytel.com
3648	International Air PTO	Venture Crew 935	Preliminary Tryout	Pistol, Rifle	Bogue Chitto	MS	5/15/09	5/17/09	Club Rep: Mickey Brondum Phone: (504) 343-7597 Email: mickbrondum@bellsouth.net
3807	2009 USA Shooting & 4HSS Quarterly PTO	Fort Bend County 4-H Shooting Sports	Preliminary Tryout	Pistol, Rifle	Rosenberg	TX	5/22/09	5/24/09	Club Rep: Dmitriy Shteyman Phone: (832) 549-4695 Email: shteyman.dmitriy@corp.sysco.com
4036	Desoto Monthly PTO	Desoto Gun Club Inc.	Preliminary Tryout	Pistol	Arcadia	FL	5/23/09	5/23/09	Club Rep: Tony Perez-Benitoa Phone: (239) 571-3331 Email: tony@tonypb.com
3996	Southeast Texas Smallbore Rifle League	Austin County 4-H Shooting Sports	Other Event	Rifle	Rosenberg	TX	5/31/09	5/31/09	Club Rep: Brian Gardner Phone: (979) 637-0307 Email: brianlg31@yahoo.com
3971	Southeast Texas Prone League	Austin County 4-H Shooting Sports	Preliminary Tryout	Rifle	Bellville	TX	5/31/09	5/31/09	Club Rep: Brian Gardner Phone: (979) 637-0307 Email: brianlg31@yahoo.com
3984	Southeast Texas Air Rifle League	Austin County 4-H Shooting Sports	Other Event	Rifle	Rosenberg	TX	5/31/09	5/31/09	Club Rep: Brian Gardner Phone: (979) 637-0307 Email: brianlg31@yahoo.com
3916	USA Shooting Air Rifle and Pistol PTO Match	Cedar Hill Jr. Gun Club	Preliminary Tryout	Pistol, Rifle	Blackfoot	ID	6/5/09	6/7/09	Club Rep: Randy Shikashio Phone: (208) 785-4860 Email: randy@bigskytel.com
4010	CRSSA Mississippi Monthly PTO	Cross Roads Sport Shooting Association	Preliminary Tryout	Pistol, Rifle	Glen	MS	6/6/09	6/6/09	Club Rep: Nathan Hendrix Phone: (662) 287-3235 Email: crssa@att.net
3713	2008 Northeast Regional Outdoor Rifle and Pistol Championship	Riverside Shooting Club	Region Championship	Pistol, Rifle	Midland	MI	6/7/09	6/7/09	Club Rep: Thomas Monto Phone: (989) 631-3079 Email: t8monto@aol.com
4047	United Revolver Club of Sacramento PTO	United Revolver Club Of Sacramento	Preliminary Tryout	Pistol	Sacramento	CA	6/8/09	6/8/09	Club Rep: Ronald Morales Phone: (916) 475-9968 Email: cabullseye@hotmail.com
3900	U.S. International Preliminary Tryout	Los Angeles Rifle & Revolver Club	Preliminary Tryout	Rifle	South El Monte	CA	6/13/09	6/13/09	Club Rep: Ray Del Rio Phone: (714) 777-4585 Email: hammersui@yahoo.com
4003	Chabot Gun Club Air Pistol and Center Fire PTO	Chabot Gun Club Inc.	Preliminary Tryout	Pistol	Castro Valley	CA	6/21/09	6/21/09	Club Rep: Rodolfo Soncuya Phone: (707) 554-0360 Email: bochoy@att.net
3985	Southeast Texas Air Rifle League	Austin County 4-H Shooting Sports	Other Event	Rifle	Rosenberg	TX	6/28/09	6/28/09	Club Rep: Brian Gardner Phone: (979) 637-0307 Email: brianlg31@yahoo.com
3972	Southeast Texas Prone League	Austin County 4-H Shooting Sports	Preliminary Tryout	Rifle	Bellville	TX	6/28/09	6/28/09	Club Rep: Brian Gardner Phone: (979) 637-0307 Email: brianlg31@yahoo.com
3997	Southeast Texas Smallbore Rifle League	Austin County 4-H Shooting Sports	Other Event	Rifle	Rosenberg	TX	6/28/09	6/28/09	Club Rep: Brian Gardner Phone: (979) 637-0307 Email: brianlg31@yahoo.com
4011	CRSSA Mississippi Monthly PTO	Cross Roads Sport Shooting Association	Preliminary Tryout	Pistol, Rifle	Glen	MS	7/4/09	7/4/09	Club Rep: Nathan Hendrix Phone: (662) 287-3235 Email: crssa@att.net
3811	2009 USAS Zone 8 Championships	Fort Bend County 4-H Shooting Sports	Zone Championship	Pistol, Rifle	Rosenberg	TX	7/17/09	7/19/09	Club Rep: Dmitriy Shteyman Phone: (832) 549-4695 Email: shteyman.dmitriy@corp.sysco.com
3793	Utah July Rifle and Pistol PTO	Utah Precision Marksmanship Society	Preliminary Tryout	Pistol, Rifle	Salt Lake City	UT	7/17/09	7/18/09	Club Rep: Matt DeLong Phone: (801) 581-7462 Email: delong@physics.utah.edu
3917	USA Shooting Air Rifle and Pistol PTO Match	Cedar Hill Jr. Gun Club	Preliminary Tryout	Pistol, Rifle	Blackfoot	ID	7/24/09	7/26/09	Club Rep: Randy Shikashio Phone: (208) 785-4860 Email: randy@bigskytel.com
3998	Southeast Texas Smallbore Rifle League	Austin County 4-H Shooting Sports	Other Event	Rifle	Rosenberg	TX	7/26/09	7/26/09	Club Rep: Brian Gardner Phone: (979) 637-0307 Email: brianlg31@yahoo.com
3975	Southeast Texas Prone League	Austin County 4-H Shooting Sports	Preliminary Tryout	Rifle	Rosenberg	TX	7/26/09	7/26/09	Club Rep: Brian Gardner Phone: (979) 637-0307 Email: brianlg31@yahoo.com
3986	Southeast Texas Air Rifle League	Austin County 4-H Shooting Sports	Other Event	Rifle	Rosenberg	TX	7/26/09	7/26/09	Club Rep: Brian Gardner Phone: (979) 637-0307 Email: brianlg31@yahoo.com
4012	CRSSA Mississippi Monthly PTO	Cross Roads Sport Shooting Association	Preliminary Tryout	Pistol, Rifle	Glen	MS	8/1/09	8/1/09	Club Rep: Nathan Hendrix Phone: (662) 287-3235 Email: crssa@att.net
3910	2009 USA Shooting Northwest Regional Tournament	Cedar Hill Jr. Gun Club	Region Championship	Pistol, Rifle	BLACKFOOT	ID	8/5/09	8/10/09	Club Rep: Randy Shikashio Phone: (208) 785-4860 Email: randy@bigskytel.com



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USA Shooting received a check in the amount of \$75,000 from Kimber Manufacturing, Inc. on January 15 at the 2009 SHOT Show in Orlando, Fla., bringing Kimber's total contribution to the U.S. Shooting team to \$675,000. Based on sales from the Kimber Team Match II Pistol, this is the largest contribution to USA Shooting by any firearm manufacturer in the shooting industry. Leslie Edelman, President of Kimber Manufacturing, Inc. (far right) presented the check to 2008 USA Shooting Olympic Medalists. Back row: Glenn Eller, Jason Turner. Front row: Vincent Hancock, Corey Cogdell and Matt Emmons.



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