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The Official Publication of Olympic Shooting Sports

# ISSA NEWS

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**2008 Paralympic Games Shooting Wrap-Up**

Cover design by Claire Landis-Tyson

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## Daniel Carlisle, Ruby Fox to be inducted into U.S. International Shooting Hall of Fame

USA Shooting officially announced in November that Ruby Fox and Daniel Carlisle will be inducted into the U.S. International Shooting Hall of Fame for 2008. The USA Shooting Board of Directors and current International Shooting Hall of Fame members vote on the Hall of Fame inductees every four years following the Olympic Games.



**Dan Carlisle**

**Ruby Fox**

two bronze medals in international shooting events. He was a member of two Olympic teams, claiming the bronze medal in Men's Trap at the 1984 Olympic Games in Los Angeles. At the Seoul, Korea Games of 1988, Carlisle competed in both the trap and skeet events, where he finished fourth in skeet and ninth in trap. Carlisle was within a trigger pull in 1988 of fire! an Olympic medal in skeet next to his 1984 Olympic medal in trap.

Carlisle was a world champion in skeet in 1982 and also won an individual silver medal, five team gold medals and one team bronze medal in World Championships during his career. He was a Pan American gold medalist seven times, winning three individual titles as well as four team gold medals. He was also a team gold medalist at the Championship of the Americas (CAT)

Games as well as an individual World Cup silver medalist. Along the way, Carlisle set three individual and four team world records during his tenure as an internationally competitive shotgun shooter.

Today, Carlisle is a nationally recognized shooting instructor and coach and is the long-time coach of 2008 Olympic gold medalist Glenn Eller.

*Continued to 11*

Carlisle and Fox will be presented with a bronze plaque during the U.S. International Shooting Hall of Fame Induction Ceremony on January 16 at the 2009 SHOT Show in Orlando, Fla.

Dan Carlisle (Austin, Texas), who is considered to be one of the most successful shotgun shooters in history, is more than worthy of this prestigious honor. Carlisle started shooting American Trap competitively at the age of 14. In 1975, at the age of 18, Carlisle joined the U.S. Army Marksmanship Unit and that same year won the Pan American Games. From 1975-1988, Carlisle won 14 gold, two silver and



**1988 Olympic Shooting Team: Ruby Fox - second row, second from the right; Dan Carlisle - third row, second from the left**





## BOARD OF DIRECTORS MEETING

Without a doubt, one of the highlights of my tenure with USA Shooting was witnessing six of our U.S. Olympic Shooting Team members win Olympic medals in Beijing this past summer. I was also honored to be a part of the incentive program that awarded those athletes for their tremendous success.



**Matt Emmons (left) poses for a photo with Dr. James Lally and National Rifle Coach Dave Johnson after receiving his \$40,000 incentive check for winning a silver medal in Beijing.**

At our semi-annual USA Shooting Board of Directors meeting at the Colorado Springs Olympic Complex on October 25th, Board President Jim Lally presented Olympic performance checks to silver medalist Matt Emmons (Men's Prone Rifle) for \$40,000,



**Jason Turner receives Olympic performance check from Dr. James Lally and National Pistol Coach Sergey Luzov.**

and to Jason Turner (Men's Air Pistol) for \$24,000. Glenn Eller and Vincent Hancock will receive performance awards of \$80,000 each for their gold medals in Men's Double Trap and Men's Skeet, respectively. Kim Rhode received \$40,000 for her silver medal in Women's Skeet and Corey Cogdell \$24,000 for her Women's Trap bronze.

In addition to those awards from USA Shooting, our medalists received checks from the USOC in the amounts of \$25,000, \$15,000, and \$10,000 for gold, silver and bronze medals. Congratulations to our Olympic medalists for a job well done!

This board meeting was unique because it combined our normal business with the quadrennial review, which analyzes policies, practices and performances over the past four years. The process also lays the groundwork for the 2009-2012 Olympic quadrennial.

In addition to the directors and staff, Olympic medalists Matt Emmons and Jason Turner participated, as well as Team Leader Dwayne Weger. Also participating were the leadership and international coaching staff from the U.S. Army Marksmanship Unit, Kelley Fisher from our USOC Sport

Partnership Team and members of the USOC Performance Services Staff.

The quad review was the primary focus of the meeting. The National Coaches provided an overview of the developments and accomplishments since 2005 with emphasis on the Olympic Games. Team Leader Dwayne Weger provided an assessment of the Games from his perspective, followed by input from Olympic athletes and the Athlete Representatives. All agreed that USAS had a most successful Olympic Games in not only winning six medals, but also earning four fourth place finishes and two fifth place finishes. A summary of the keys to that success as determined by the athletes and coaches includes:

- Continued emphasis on "High Performance"
- The athlete stipend and financial incentive programs
- The Korea training camp prior to the Games
- Implementing a true "team concept" that promoted cohesiveness and unity at the Games
- Dwayne Weger's effectiveness as Team Leader

Certainly, the foregoing philosophies and programs should continue for the next quad. Additional performance-related topics that received considerable discussion included:

- An evolution of the Resident Athlete program into the premier shooting center in the world
- Building on the positive partnership between USAS and the USAMU
- Continued use of excellent Performance Services including sport psychology, strength training, diet and sports science
- Refined and clarified U.S. Shooting Team selection procedures
- An adherence to sensible Performance Standards
- Increasing the number of training camps in all disciplines

- Tailored and regular media training for U.S. Shooting Team members
- Increased focus on programs that impact the development of our athlete pool (youth airgun, Junior Olympics, collegiate programs and other)
- Even stronger and more frequent communication with our membership base
- A broader and deeper focus on revenue generation

The staff will carry out these initiatives and report back to the Board at the spring meeting with an action plan for the 2009-2012 quad.

The Board of Director's business meeting continued its discussion on revenue generation including sponsorships, direct mail, philanthropy and formation of the USA Shooting Team Founda-

tion as the vehicle for principal gifts.

Three At-Large director positions were up for election with incumbents Allen Harry and Leland Nichols re-elected, and J. Patrick Laux selected as a new member to the board.

Year-to-date financial statements were reviewed and a 2009 operating budget adopted. Board members recognized that projected revenues may be optimistic considering the state of the economy. The staff and Executive Committee will monitor revenues closely and make adjustments to the department operations as appropriate.

President Lally recognized outgoing directors John Bickar (pistol representative) and Lones Wigger (coach-official representative) for their contribution and both addressed the board.

The next Board meetings will occur on April 4<sup>th</sup> and October 24<sup>th</sup> of 2009.

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## For the Love of the Game

You've seen the bumper sticker: "My wife told me to choose my guns or my marriage . . . I'll sure miss her!"

That's pretty funny (except of course, for those whose spouses hit the road long ago). Perhaps we can all relate at some level; for most of us, shooting is more than a hobby or dalliance—it's a passion, almost an obsession. And why not? Shooting represents all that is good about us . . .

If you're like me, we rarely hit all of our targets. Yet few things seem to give me the satisfaction that shooting does. I see the challenge, I plot my course, I work hard to perfect my skills and I pull the trigger. Then win, lose or draw, I accept the result. It's a part of me; I took the shot, and I am accountable for the score. I like that.

We're better people when we shoot, aren't we? Shooting doesn't merely demand discipline and focus, it also develops those qualities. And what better way to gain the full sense of goal-setting, overcoming obstacles and dealing simultaneously with both setbacks and success? Not to mention the invaluable lesson of simply pressing forward—target after target, match after match, year after year, there is tremendous value in simply taking another shot. Life requires that.

Not all of us can dunk a basketball, hit a homer or grab the game-saving touchdown pass, and we certainly can't do those things into our 80's or beyond. But shooting—now that's another story. Big or small, young or old, male or female, we can all breathe deep, hold steady and put 'em in the

middle. We can all be great for at least one shot, and in most cases, one good shot is all it takes to hit the sweet spot in our soul that makes it all worthwhile. You've felt that.

But hitting the target is just a portion of the experience, and not the whole of it. Some of my fondest shooting memories include everything but the target. My grandfather's steady hand on my shoulder, and more recently, my hand on my daughter's shoulder have placed shooting in an emotional category all its own. And nothing hurls me back to my carefree youth faster than the smell of shotgun shells—fired or unfired—and the sight of smoke curling out of the barrel against the backdrop of an autumn wood or rustic shooting range. The feel of the well-worn stock on my cheek, the golden glint of the barrels at first dawn and the echo of the shot through the winter aspen groves all remind me why I love shooting: The experience matters. In an age where we're increasingly blighted of self-actualizing activities, shooting improves our life. We believe that.

Two decades of competitive shooting—though short in comparison to many of the shooting greats—only added to my love of the sport. In many of the matches metaphorically notched on my gunstock, I grew two feet taller simply as a result of stepping up onto the winners' podium. And in very many other competitions, I was definitely at ground level, looking way up to you and others who climbed those magic steps. But no matter who took home the trophy at a given match, I generally felt enriched and connected, a part

of a grander endeavor of like-minded devotees willing to pour our collective heart into a hugely satisfying venture. We cherish that.

When I coached the Air Force Academy Cadet Rifle Team, we always began our season by focusing on this concept: Shooting equals Life. Indeed, so much of what we do on the firing line relates directly to our day-to-day activities; the approach we have to our shooting often extends to our outlook on life. I know that the life-lessons our shooters learned after four years on the shooting team were as valuable as those in the classroom. Concepts like dedication, teamwork, optimism, tenacity and even humility helped make us all shine brighter. So target after target, match after match, year after year, we realize that good shooting can equal a good life, and a good life is the target we all can hit. We shoot for the love of the game, for the love of life . . .

We live that.







## 2009 Show Season

2009 kicks off with USA Shooting attending a number of shows and conventions. Shortly after returning from the holidays, several USA Shooting athletes, staff and coaches will head to Orlando, Fla., to attend the Shooting, Hunting, Outdoor Trade Show and Conference (SHOT) January 15-18. The SHOT Show is the largest and most comprehensive trade show for all professionals involved with the shooting sports and hunting industries. It is the world's premier exposition of combined firearms, ammunition, archery, cutlery, outdoor apparel, optics, camping and related products and services and is owned and sponsored by the National Shooting Sports Foundation.

During this year's SHOT Show, USA Shooting will host a Hall of Fame induction ceremony for the 2008 inductees Ruby Fox and Dan Carlisle on Friday, January 16th. In addition, the ceremony will feature all six Olympic Shooting team medalists from Beijing where they will be recognized for their Olympic accomplishments. Although the show is not open to the public (must have FFL), the reception will be accessible to the public and USA Shooting members are invited to attend (room 103AB in the Orange County Convention Center).

Immediately following the SHOT Show, USA Shooting will travel to Reno, Nev., to attend the Safari Club International (SCI) 2009 Annual Hunters' Convention January 21-24. Over 20,000 attendees representing six continents are expected for this year's convention. The SCI Convention is a hunters' paradise with over 650,000 square feet of

exhibit space where attendees can see the latest in guns and hunting equipment, book hunts, attend educational seminars, enjoy top entertainment and speakers, auctions and much more. Proceeds from the SCI auctions and events provide crucial funds to help preserve the hunting heritage and enable conservation efforts to occur around the globe.

The 3<sup>rd</sup> Annual Western Hunting & Conservation Expo will be held Feb. 5-8 at the Salt Palace Convention Center in downtown Salt Lake City, Utah. This Expo combines the very best in hunting expositions with a joint national convention between three major North American wildlife conservation organizations – the Wild Sheep Foundation (WSF), the Mule Deer Foundation (MDF) and Sportsmen for Fish & Wildlife (SFW). USA Shooting will be attending at the invitation of the WSF, where an estimated 12,000 – 15,000 sportsmen are expected to converge in downtown Salt Lake City for the four day expo. 600+ exhibitors, outfitters, sporting goods manufacturers, and hunting experts from the U.S., Canada, Mexico, Africa, Russia, Tajikistan, New Zealand and other international hunting locations will exhibit their diverse hunting adventures, hunting equipment and related products and services.

The National Wild Turkey Federation (NWTF) 33<sup>rd</sup> Annual Convention and Sport Show returns to the Gaylord Opryland Hotel February 19-22 in Nashville, Tennessee.

This year's convention will feature taxidermy, call-making and photography contests that welcome both novice and

experienced artisans to showcase their skills. During the convention – themed "The Year of the Volunteer" – the NWTF will present awards to its top volunteers and chapters to recognize their great accomplishments.

Convention-goers also can enjoy performances by country music entertainers Blake Shelton, Rhett Akins, Daryle Singletary, Andy Griggs and singer and comedian Paul Harris, plus 10 calling contests, live and silent auctions offering everything from art prints to fine furs to once-in-a-lifetime hunting trips, a four-acre exhibit hall with more than 545 exhibitor booths and even a few surprises.

If you're in the area or want make a special trip to attend one of these shows, please visit these websites for more details and information. If you attend, please check the show directory for USA Shooting's booth location and stop by for a visit.

**SHOT Show** - Jan. 15-18 Orlando  
[www.shotshow.org](http://www.shotshow.org)

**SCI Annual Convention** – Jan. 21-24  
Reno [www.showsci.com](http://www.showsci.com)

**Western Hunting & Conservation Expo** – Feb. 5-8 – Salt Lake City  
[www.huntexpo.com](http://www.huntexpo.com)

**NWTF Annual Convention** – Feb. 19-22 – Nashville [www.nwtf.org](http://www.nwtf.org)

We hope you can join us for one of these exciting shows in 2009!



## SCTP and USAS Junior Olympics: Two years and growing strong!

In 2006, the USA Shooting Junior Olympic shotgun program was in serious need of an overhaul. Participation across the country had dropped so low that state qualifier events were eliminated. The National Junior Olympic Championships became an open entry event to encourage participation. In January of 2007, the National Shooting Sports Foundation (NSSF) and USA Shooting met to discuss combining the Scholastic Clay Target Program (SCTP) with USA Shooting's Junior Olympic Program. The merger proved to be a smart move, exposing Olympic-style shotgun shooting to thousands of youth. After two years, the program is still going strong and this joint effort has inspired over 300 new shooters to participate in Olympic-style shooting. In 2009, the SCTP, now run by Bill Christy and the Scholastic Shooting Sports Foundation, will again join forces with USAS for the 3<sup>rd</sup> Annual USAS & SCTP Junior Olympic program.

Potential State Junior Olympic hosts should visit USA Shooting's website ([www.usashooting.org](http://www.usashooting.org)) to download the application for 2009. The deadline for applications to conduct a state qualifier is February 15, 2009. State

qualifier matches will be held between March 1<sup>st</sup> and June 28<sup>th</sup> 2009. A list of all State Junior Olympic Championships will be posted on the USAS website in mid February. All juniors interested in qualifying for the National Junior Olympic Championship must shoot a State Junior Olympic Championship. Those who live in a state without a qualifying match, may shoot "At-Large" in another state or compete at the USA Shooting National Championships, July 11-18 in Colorado Springs, Colo.

Each state's top SCTP team and top SCTP male and female shooters in international skeet and bunker trap will earn an invitation to the National Junior Olympic Shooting Championship (NJOSC) in Colorado Springs. The top USAS shooters (male and female) from each state will also qualify on the condition they shoot the state qualifier score. There is also an "Automatic Invitation" score. Those who shoot in a state outside their own must shoot "At-Large" and must shoot the automatic invitation score in order to receive an invitation to the National Junior Olympic Championship. Juniors may shoot in more than one State Junior Olympic Championship, but only the first scores shot will count toward their qualification to the NJOSC. All junior shooters who compete at the USA Shooting National Championship in Colorado Springs will also receive an automatic invitation.

The National Junior Olympic Shooting Championship for shotgun will be held July 25-30, 2009 in Colorado Springs. This year, unfortunately, housing will not be available at the Olympic Training Center. Competitors will be responsible for finding their own transportation and accommodations.

For more information please visit [www.usashooting.com](http://www.usashooting.com) or feel free to contact the USAS competitions office at 719-866-4885.

TRAP	
State Qualifier Score	Automatic Invite Score
125 Targets	125 Targets
J1 90	J1 105
J2 90	J2 105
J3 90	J3 105

SKEET	
State Qualifier Score	Automatic Invite Score
125 Targets	125 Targets
J1 90	J1 105
J2 90	J2 105
J3 90	J3 105

DOUBLE TRAP	
State Qualifier Score	Automatic Invite Score
150 Targets	150 Targets
J1 75	J1 125
J2 75	J2 125
J3 75	J3 125



July 25 SAT	July 26 SUN	July 27 MON	July 28 TUES	July 29 WED	July 30 THURS
TRAP TRAINING	TRAP MATCH	TRAP MATCH & AWARDS	DOUBLE TRAP & SKEET TRAINING	DOUBLE TRAP MATCH & AWARDS/ SKEET MATCH	SKEET MATCH & AWARDS





Continued from 5

A native of Parker, Ariz., Ruby Fox was one of the nation's leading pistol



World Championship (air pistol, Korea 1979) and claim a gold medal at the Pan American Games, which she earned in Sport Pistol in 1987 along with setting a new Pan Am record.

Fox was a member of the 1988 Olympic team, where she finished 22<sup>nd</sup> in Air Pistol and 26<sup>th</sup> in Sport Pistol. She also won two Pan American team gold medals, one team silver and three team bronze at the world championships and claimed six CAT Games medals, including an individual gold during her career.

shooters and the foremost female pistol champion. During her international shooting career, which spanned from 1974 – 1992, Fox earned a total of nine gold, four silver and four bronze medals in international events. She is the only woman pistol competitor in the U.S. to win an Olympic medal, claiming the silver in Sport Pistol at the 1984 Games in Los Angeles, win a

Until her retirement, Fox was a member and the only woman on the elite U. S. Army Reserve Pistol Team. She currently lives with her husband, Art, in Parker, Ariz., and enjoys traveling and the quiet home life. She competes in the Sportsman's Team Challenge for and is a consultant with Smith and Wesson. She instructs the NSSF "First Shot Program" as well as the NRA's Ladies on Target and Refuse to Be a Victim.

USAS would like to extend our sincere congratulations to Dan and Ruby for their incredible accomplishments during their shooting career, which led up to the tremendous honor of being inducted into the International Shooting Hall of Fame.



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## What's New in Youth Programs and Coach Development?

For another of my favorite events, on Dec 1-3 we hosted a Junior Olympic Development Camp for the top athletes from the National Junior Olympic 3PAR and Progressive Position Air Pistol Championships and their coaches at the U.S. Olympic Complex in Colorado Springs. Nearly all of them took advantage of the chance to stay on and shoot the 3xAir match Dec. 4 - 7. A few of the athletes were able to make some quick changes that helped them perform better immediately and all of the athletes and coaches reported learning things that they know will be helpful in the future. Everyone enjoyed being at the USOC, which makes for a very special experience for athletes and coaches. Our amazing National Coach Development Staffers Eric Pueppke, Steve Faught,

Tom Monto and Bill Boyle helped National Coach Trainer Marcus Raab deliver a fantastic high-level training program. Talks with Olympic medalists Matt Emmons and Jason Turner, as well as an applied sport psychology presentation by Dr. Sean McCann and an educational physical training session with USOC trainer Bo Sandoval were great additions to the camp. The new USAS Director of Operations, Bill Roy, and National Pistol Coach Sergey Luzov also greeted the participants.

We have ordered 75 more of the light weight, affordable, 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." With favorable exchange rates, we are able to hold

the price at \$525. We have even been able to tweak a few details based on what we learned with the first shipment. 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. I hope to have them in stock by the time you read this.

USAS continues to offer subsidized coach schools for groups of pistol coaches interested in Progressive Position Air Pistol youth programs. Coach Schools for rifle and shotgun are also available. 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.



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**Sergey Luzov talks to Keith Sanderson during the Men's Rapid Fire Pistol event in Beijing while Team Physiotherapist Nick Potter looks on.**

In my previous article from the July/August 2008 issue of *USA Shooting News*, I mentioned that I felt we were taking our best team ever to Beijing, and that most definitely happened to be the right feeling. Not only were the individual athletes strong, but it was the TEAM effort in every sense. Focused on the mission to win medals and bonded by the Olympic Team Leader, Dwayne Weger, it was a team on the hunt for medals, and you all know the result. Six medals - this is the best outcome the U.S. Shooting Team ever had at the Olympic Games.

The Beijing Olympics made one thing clear – there must be world-class performances from the beginning to the end in order to claim the toughest medal in shooting – the Olympic one. Finals, once again, have proven to be a very important part of the success. We saw all kinds of scenarios in the finals, but in the end, the winners

had a strong final attached to their qualification round to win medals. A lot of effort through the past four years was put into preparation of our athletes. Our physiotherapists Cathy Arnot and Nick Potter, our Psychologists Sean McCann and Peter Haberl, USAS, USOC and USAMU coaches and staff and countless volunteers all worked as hard as they could to build the best possible team for the Olympic Games, and our team was prepared to face the challenge of the quad. Athletes in all three disciplines made a significant contribution in the overall success and it does not matter which discipline brought more medals to the table - everyone on the team did contribute to this success in one way or another. Every athlete sup-

ported each other's effort in reaching the Olympic podium.

It will not be an easy task to keep our international prestige earned in Beijing. We are now a six-Olympic medal team and this puts a greater demand on our athletes and staff to remain that strong of a team for the next quad. The bar is set high and there is no turning back. Performance is improving throughout the world so our standards need to go up to match the world's best. We need to keep pushing world-class levels by continuing what worked and also improving and changing what didn't work. We definitely need to continue our performance-support team concept and finals training, and improve our commitment, discipline and attitude. The best are looking to do more and to do everything it takes to be even better. Young athletes need to develop with this in mind and try to reach out to a higher level every day. A lot of valuable lessons were learned in Beijing and I know that we are quick learners. We will adjust, adapt and move on. I'm confident that we can succeed again and our staff and volunteers are ready to support our athletes in their quest for a spot on the podium in 2012 at the Olympic Games in London.

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# INTRODUCTION TO GRIP FITTING 101

Welcome reader! 2008 was an extremely busy year for us and the most successful season the Army Marksmanship Unit has had in its fifty-two year history. Collectively, our Unit has set the standard for soldiers in competition and trained over three thousand soldiers preparing for combat deployments. After a brief hiatus, I am back with “pen and paper” in hand and prepared to write informative articles that will, hopefully, benefit you on your journey to be the best you can be.

Over the years, pistol shooters from across the nation and even a few from around the world have come to view the U.S. Army International Pistol Team as the experts. The “go-to” guys if



local club level to Olympic competition. Those of you that have not attended, I encourage you to do so at some point. We offer our clinics on an annual basis. No one has ever walked away disappointed.

We receive many questions on site, at competitions or through the “Ask the Pro’s” link on the AMU website (<http://www.usaac.army.mil/amu/Aboutus/pros.html>) and do our very best to answer them all effectively. Of the many technical questions we get,

not the all knowing wizard behind the curtain. Although now that I think about it, our jobs would certainly be easier if we were the wizard! I make this point as a matter of courtesy to you, the fellow shooter, because while we always make the attempt to answer all questions, we ultimately just do not have the answer to every question posed.

a vast majority are about equipment; from shooting glasses to shoes and everything in between. One of the most frequently asked questions is, “How do I properly fit my grip”? Well, dear reader, prepare yourself for an extensive explanation of grip fitting. Some months ago I asked SFC Daryl Szarenski, three-time Olympian and Precision Fire Team Leader, to put his knowledge down on paper. He spent countless hours of his free time preparing a document that will answer many of the questions you have about properly fitting a grip. Over the course of the next few issues of *USA Shooting News*, we will be providing a series of articles based upon Daryl’s extensive knowledge of the grinding, sanding and molding of what is sometimes an ineffective factory grip.



All members of the International Pistol Team are extremely approachable and more than happy to help a competitor in need. We share our knowledge and experiences gained while competing on the national and international level. Those of you who have taken advantage of our free training clinics know exactly what I am talking about. While

you will, for developing one’s self into a dominate presence in competition. While we do our best, we are certainly

attending our clinics, the attendees are exposed to over seventy-five years of combined experience in shooting from

Until then, keep the questions coming through the mediums provided, continue to work hard, strive for success and **Stay Army Strong!**



## Inside the Blue: We Have a Problem

Problem solving is an important skill in combat, business, everyday life and in sports. Effectively managing personal, interpersonal and performance issues will often determine success or failure in most endeavors. Athletes will experience conflict and encounter problems on and off the range and those who are able to overcome or mitigate obstacles are usually in the best position to win. Whether it is making a difficult shot under pressure or dealing with teammates on a trip, problems exist in all facets of our sport. In this article, Airmen will explore how using effective problem solving techniques may help improve performance.

### What's Your Problem?

While a formal problem solving methodology is usually not associated with shooting sports, using basic problem solving techniques to quickly resolve issues is important. Problem solving is as important as choosing the correct performance equipment, maintaining physical fitness, training for your event and acquiring mental toughness. Fortunately, most problems are solved without serious deliberation. However, as consequences become more severe and when time, money and manpower are at stake, finding the right solution the first time is very important.

Problems are solved using a myriad of techniques, but most follow a rather simple methodology. The technique an athlete chooses will depend on the type of problem he or she will face and the time and resources he or she has available to solve it. To

solve most problems it is important to take the following actions:

1. *Identify the problem.* It is important for an athlete to determine whether he or she actually has a problem. The athlete must try to clearly articulate the problem before he or she can attempt to solve it. For example, does an athlete have a problem if she misses the same target three out of four times but wins the match by breaking 72 out of a possible 75 targets? What if she misses the same target during each match? How about different targets but the same number? Take time to fully examine a problem before searching for a solution.
2. *Analyze the problem to find the root cause.* To solve a problem, an athlete should look at all potential causes and try to determine the one true cause. Analyze the problem to separate symptoms from the root cause. For example, did the athlete miss the target because he lifted his head off the stock or did he lift his head off the stock because he didn't see the target? Two potential causes with two different solutions. What is the root cause of the problem?
3. *Develop possible solutions to the problem.* Consider various solutions that would correct the root cause of the problem. Try not to select a solution until you have identified a wide range of choices. For example, if a rifle shooter consistently posts above-average qualification scores; feels nervous entering the final and scores

below average on his first three shots; and after relaxing, finishes with an average overall final score; what are some possible solutions to this problem? An athlete must determine possible solutions and choose the option that will most likely solve the problem.

4. *Develop an action plan to solve the problem.* Determine what it will take to implement a solution to solve the problem. Athletes can implement many solutions immediately; others may require time, resources, equipment and training. For example, if an athlete determines that a new pistol will improve his or her performance, what must he or she do to obtain the new equipment? Who will fund the purchase? How long will it take to customize the pistol? Will the new pistol be ready for the first major competition of the year? In some cases, a detailed plan is necessary to implement a solution.
5. *Implement the solution and evaluate progress.* After a solution is implemented, check to ensure it actually fixed the problem. If not, an athlete may need to look for other alternatives to solve the problem. Sometimes a solution will fix one problem only to cause another one. If an athlete fails to identify the root cause of the problem and evaluate all possible solutions, he or she may have to start over. Take time to properly identify a problem, analyze its root cause and select the best possible solution.



## Problem Solving Strategies

Below are some common strategies to consider when solving problems. While the technique an athlete chooses depends on the scope of his or her problem, the guideposts below may aid him or her to more efficiently solve problems.

- **Assume Nothing.** As the first “Moscow Rule” for a Cold War spy, “assume nothing” encouraged spies to remain skeptical and attentive to their surroundings. While assumptions may be used to set limits on solutions or narrow a problem’s focus, it is important to keep an open mind when looking at potential causes of problems. An athlete should not automatically rule out any potential causes.
- **Less is More.** Oftentimes a simple solution is the best. Avoid complex solutions with multiple variables as it may be difficult to test whether the solution actually solved the problem. For example, if an athlete makes a stock adjustment, changes his or her shooting position and uses a new type of ammunition, which change helped solve the problem?
- **Recognize Self-liquidating Problems.** Sometimes problems solve themselves or are overcome by other events. In some cases, inaction may be the best reaction. For example, if two athletes have a personality conflict, the end of the competition may naturally solve the problem. Avoid crafting solutions to self-liquidating problems.
- **There is No Box.** Be creative and think beyond artificial limitations created by assumptions or a preconceived solution. Always look for new approaches to solve a problem. American athlete Dick Fosbury won a gold medal in the 1968 summer Olympics by perfecting the “Fosbury Flop” a technique that revolutionized the high jump and is still used today.
- **Don’t Try to Eat the Elephant in a Single Bite.** Large, ambiguous

problems are difficult to solve. Break large problems down into smaller pieces and focus efforts on the sum of its parts. For example, “I can’t break more than 18 targets in the final” is not a well defined problem.

- **Avoid the Cheap Seats.** Get involved and choose a seat close to the action to help solve a problem. It is easy to criticize from the cheap seats or avoid a confrontation but it is important to be part of any solution. Avoid criticizing others – especially volunteers – if you are not interested in finding a solution. For example, if an athlete cannot solve a problem that is clearly beyond his or her control or constructively contribute to its solution, he or she should let it go and keep it out of his or her headspace.
- **Stay in Your Lane.** An athlete should focus on his or her span of control and let others do their job. If the athlete is worried about the responsibilities of others, he or she is taking focus away from the competition or training event. Athletes must resist the temptation to evaluate the actions (or inaction) of the others and solve problems that do not impact their performance. In other words, let coaches coach and managers manage. In many cases, an athlete’s presence is required but his or her opinion is probably not.

## Beyond the Firing Line

Solving problems off the field may contribute to success on the field. The media occasionally highlights stories of athletes who allow problems outside their sport to negatively impact their performance on the field. While many incidents are extreme examples, a work-life-sport balance depends on an athlete’s ability to minimize distractions in all areas.

It is unwise to underestimate how any problem may impact your performance on the firing line. Even small problems, like an athlete’s inability to adjust to a time zone change, may impact his or her performance. More

significant issues like relationship or financial problems have the potential to cause even greater harm. Disagreements with teammates, friends, support personnel or even your coach can keep you from reaching your goals. Use a problem solving technique to identify, plan for and overcome problems.

## One Final Shot

Whenever people are working together in an intense situation, such as in combat or sport, problems among participants or with the group leader are likely to arise. While conflict and problems are bound to happen, how you handle the situation can lead to a path that is either perilous or promising. Therefore, it is important to quickly resolve or mitigate problems both on and off the firing line. Athletes at all levels experience problems, but only those who address them will reach the medal stand.

Until the next competition, the Air Force Shooting Team challenges each of you to creatively apply problem solving techniques to improve your performance and pursue excellence in all you do. If you have any questions about the Air Force in general, please visit [www.airforce.com](http://www.airforce.com) for more information.

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“*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.



U.S. AIR FORCE



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

My friend Jim came over to me on the range to point out something he had noticed. He was serving as one of the range officers on the 50 meter range at the 1996 Atlanta World Cup. As the Olympic test event, this World Cup had drawn most of the best shooters from around the world. His comment was something to the effect, "Have you noticed something today? Isn't it interesting how all these athletes can shoot ten after ten, long strings of tens and then several of them give up a nine on the last one or two shots?"

As an accomplished and life-long shooter, Jim was watching the athletes very closely. He noticed that some of the athletes appeared to "finish" their event with one or two shots remaining. That is, they lost focus, or became impatient, or otherwise altered their rhythm and routine for the last one or two shots. Some may have reached their physical and/or psychological limits. Some may have been excited or disappointed at their performance and just wanted to get it finished. Others may have just lost focus, having shifted it, or allowed it to shift, from the present moment to the (near) future and the end of the event.

Regardless of why or how, the athletes in question failed to stay on track and could not "close the deal" as it were. Many others, of course, stayed on their game for every shot and took higher finish rankings.

The last shots are often among the hardest. The end is in sight, a goal or mile-

## Put the Cork in the Bottle

stone may be within reach, fatigue has set in and any number of other factors conspire against the athlete. The mental toughness required to "maintain" is more than is demanded of us in most of our everyday life. This toughness comes through a variety of training attitudes and methods, and through competition.

One aspect of training that is important does not seem so important until one thinks about it for a moment. At the end of a long or intense training session, or when the athlete is tired, one must do "one more drill," just when it appears that day's limit has been reached.

Abhinav Bindra calls this "Putting the Cork in the Bottle," meaning that the athlete must finish the session with one more activity to build mental and physical toughness. After all, tie-breakers start with the last ten shot score, and finals competition is at the very end of the event.

In addition to the title, the quote at the beginning of this article is inspired by his comments. Athletes who constantly challenge themselves to reach beyond their comfort zone stand a much better chance of prevailing in competition. Doing so in training on a regular basis sets the stage. Many of the best athletes follow this principle at the end of almost all their training sessions. Bindra suggests that the drill not be "easy" and instead that it should be intense and challenging. Again, this is to better prepare the athlete for the end of an event and for the final round.

Two of the members of the 2008 U.S. Olympic Team, when they were college teammates, spent a great deal of their training time, not just the end of a training session, challenging not only themselves, but each other. Already individual NCAA champions and members of a perennial NCAA champion team, they still challenged themselves to become even better competitors. They did this through a variety of methods, including "intensity" training.

One of the games they played, is known by various names including "3 & 0" (three and oh) or 5 & 0. Each athlete starts with a score of zero. They each shoot one shot and whomever has the higher value shot gets the point, so the score is 1-0. They shoot a second shot, and if the same athlete again has a higher value shot, the score is 2-0. If the other athlete has the higher shot value, the first shooter's point is taken away and the score goes back to 0-0. One or the other of the athletes is always at zero. In order to win, the score must reach 3-0. With well-matched training partners, such as the two mentioned here, this game can go on for hours. Sometimes, they would never reach 3-0, instead constantly battling back and forth at 1-0 or 2-0 until they had to go to class or dinner. Their exploits in international competition, including some very dramatic and/or dominant wins, proves the value of their training. One suspects that these two do similar training even today, when their schedules allow.

Another favorite intensity drill is called "First to Five Tens." This can involve a pair of athletes, an entire group (all vying for "gold-silver-bronze" placing) or as a single elimination tournament, where athletes are seeded and paired, and advance to the next round only if they prevail over their partner. With a group of 8 or 16 athletes, this gets quite exciting!

The drill is a race to see who can shoot five shots that each score as a ten, before anyone else. Go too slowly, as in a race, and one cannot win. Go too quickly and rush, and one cannot get the shots in the middle. To add to the excitement and pressure, they are instructed to call out – loudly – their current count: "One!" after getting their first shot value of ten, then "Two!" and so forth. The idea is to add to the intensity... those who fall behind really feel the pressure, while those who are up to four and are trying to close the deal feel a different kind of pressure. It is not unknown for an athlete who is ahead 4-0 to lose 4-5.



After a short period for preparation and sighter shots, the following commands are given. First, "Load," followed by ample time for all to cock and load their rifle or pistol. Then "Rifles on stands" or "Pistols at ready," When all are settled, then "GO!" Everyone shoots until the outcome is decided.

First-time participants are often shocked at their reaction to this drill. Later they will report, "I have never felt those things except in a match!" It is quite fun to watch each athlete during the drill. As frivolous as this "game" may sound, it allows athletes to build incredible skills and mental toughness. Veterans of this and other intensity drills find they relish final competitions, rather than dreading them, knowing that they have the experience and toughness to thrive in a final when others are wilting. One often hears, "We love to shoot finals!"

This "intensity" training is a critical factor in developing mental toughness and in "inoculating" athletes from choking. (See article numbers 17 and 18, "Choking" and "Choking Cures" for more on this topic.) Intensity training involves recreating within the athlete the actual feelings of competition, that is, the adrenaline and desire for outcome. Seasoned competitors learn how to meet the challenge of outcome focus by facing it often and learning to manage themselves. Intensity training is a critical component in this learning.

Notice that merely hanging targets and "shooting a match course" does not simulate competition. Intensity training is performed through drills and games where the athlete truly cares about the outcome. Head-to-head competition drills with a well-matched training partner do a wonderful job of recreating the "match nerves" of real competition. Merely going through the motions of a match course generally does not, in and of itself, provide the same situation for the athlete.

One night we had reached the end of training with a group of about two dozen rifle and a few pistol shooters. Most were "regulars," while others were guests. My younger daughter was home that weekend from college and came to train with us. She had already put in a very long, very intense, self-directed training session, as she always did, having no coach while away at school. The regulars, knowing how our sessions went, were not sure if we were truly finished or not, and asked. Of course, I suggested we "Put the Cork in the Bottle" and do one more short drill to put the finishing touches on the evening.

In good spirits, yet very tired, my daughter asked if she could skip the last drill. Before I could respond, a voice came booming from about 20 firing points away, "Michelle, how good do you want to be?!" Michelle exclaimed. "OH! Now

his students are even saying it! Darn! Ok, I will shoot!" Everyone laughed good-naturedly at how one of them had used my signature saying to keep her going, and we went to work for a few more minutes. In our post-training wrap-up, where we compare notes, Michelle showed her target, then commented on how surprised she was at how well she shot despite the fatigue. She also commented on how she could use that insight in her next competition.

Constantly challenge yourself, provide yourself with a good mix of intensity training to go with your other training activities, and always "Put the Cork in the Bottle" when you think you cannot do one more drill. You will love the results in competition.

*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](http://www.pilkguns.com).*

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# Recall of aluminum air cylinders



Already in September 2006 the companies ANSCHÜTZ in Ulm and Walter Henrich GmbH in Daaden had launched a recall of aluminum air cylinders for defined production lots of compressed air cylinders. This recall was inevitable after the bursting of a compressed air cylinder in the rifle deposit box of a target shooter. The burst was caused by a material defect of the compressed air cylinder

(details unter: [www.walter-henrich-gmbh.de/](http://www.walter-henrich-gmbh.de/) / <http://www.sauer-daaden.de/rueckruf-anschuetz/index.php> ).

Since then, however, we only received about 70 % of the compressed air cylinders back for exchange. This means that there are still about 1.400 compressed air cylinders in use, and there is a considerable threat when

inadmissibly using these compressed air cylinders. In the past further compressed air cylinders had blasted. There is a risk of serious injuries and a danger to life!

Up to now all taken measures could not ensure the necessary, inevitable return of all compressed air cylinders in question. Therefore we started anew to inform the public. Please inform also all of your friends.

For safety reasons a check and - if necessary - exchange by the manufacturer is essential. The air cylinder series listed below might be concerned:



The aluminum air cylinders are numbered consecutively:

- Air cylinder, silver, length 430 mm: from **012947** to **016843** item No. **711.3415**
- Air cylinder, red, length 430 mm: from **002444** to **002527** item No. **711.3414**
- Air cylinder, black, length 430 mm: from **000006** to **000053** item No. **711.3413**
- Air cylinder, Junior, length 290 mm: from **001632** to **002225** item No. **711.3412**



Without a check the concerned air cylinders must not be used anymore. They must be emptied immediately according to the instructions in the manual.

The above mentioned **blue numbers** are indestructibly engraved on your air cylinder. For the position of the serial number on the air cylinder see below picture, it is marked in **blue**. Please control your air cylinder immediately. If the number on your air cylinder matches with one of the above mentioned numbers, empty your air cylinder immediately. It must not be filled again.

Please send the concerned, empty air cylinder directly to J. G. ANSCHÜTZ GmbH & Co. KG, department "air

cylinder check", Daimlerstr. 12, 89079 Ulm / Germany, for check, or send it to any authorized ANSCHÜTZ sales partner in your country. Our sales partners are listed on our website.

ANSCHÜTZ also refers to further information for the handling of compressed air cylinders in the instruction leaflets and at the internet pages of: **[www.anschuetz-sport.com](http://www.anschuetz-sport.com)** and **[www.walter-heinrich-gmbh.de](http://www.walter-heinrich-gmbh.de)**.

Please note that this recall only refers to the aluminum air cylinders and not to the complete target air rifle.



J.G. ANSCHÜTZ GmbH & Co. KG  
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**[www.anschuetz-sport.com](http://www.anschuetz-sport.com)**



## Sweepstake

Win an ANSCHÜTZ Air Rifle Model **9003 Premium S2**

### Information and conditions for participation

This sweepstake is carried out in order to get the dangerous compressed air cylinders which are still present on the market back. The measures which have been taken up to now were not sufficient to get back all concerned compressed air cylinders. There is a serious danger for live and health !!!

For this reason this sweepstake primarily is meant for those people who still have one or several of the referring cylinders. Everyone who sends in a photo of an ANSCHÜTZ compressed air cylinder together with the serial number (please also mention separately) to ANSCHÜTZ by post or e-mail to the following addresses

**win9003@anschuetz-sport.com**

or

J. G. ANSCHÜTZ GmbH & Co. KG  
Department Sweepstake  
Daimlerstrasse 12  
89079 Ulm / Germany

will take part in the raffling of a new ANSCHÜTZ Air Rifle Model 9003 Premium S2. Of course everyone can take part in the raffling by only sending an e-mail or post card with reference "Sweepstake 9003" to the above mentioned addresses.

Closing date is January 30, 2009

If you win, you - after the raffling and information on the winner - will be sent the rifle by post considering the referring legal firearms regulations.

All participants will have absolutely equal winning chances independent from the fact whether they have sent a picture of a cylinder with the corresponding manufacturing date (in a way that the imprinted data are visible, especially the manufacturing year and the serial number) or whether they take part in the raffling without a picture by only sending an e-mail or letter/post card.

Legal recourse is excluded. Subject to modifications and errors. A cash payment of the prize is not possible. Employees of J. G. ANSCHÜTZ GmbH & Co. KG, joint agencies and service providers as well as relatives of the afore mentioned groups are excluded from participation. By taking part in the sweepstake the participant bindingly accepts the participation conditions. After the closing date mentioned above the claim to the prize and participation in the sweepstake is void.

J. G. ANSCHÜTZ GmbH & Co. KG reserves the right to interrupt or stop the raffling at any point of time without prior notice and information on reasons. J. G. ANSCHÜTZ GmbH & Co. KG especially will take this measure in the case of technical reasons, manipulation or if for legal reasons a due execution of this action cannot be guaranteed anymore.

J. G. ANSCHÜTZ GmbH & Co. KG will not assume any responsibility and liability of any kind for any damage or disappointment which might result from the participation in this sweepstake unless such has been caused intentionally.



S W E E P S T A K E

## USA Shooting Announces Glenn Eller, Kim Rhode as 2008 Athletes of the Year

USA Shooting announced in November that 2008 Olympic gold medalist Glenn Eller (Katy, Texas) and 2008 Olympic silver medalist Kim Rhode (El Monte, Calif.) were selected as the 2008 USAS Athletes of the Year.



earned the highest number of points in each discipline. Last year's Male Athlete of the Year, Matt Emmons (Browns Mills, N.J.), was the top male athlete for rifle, while Jamie Beyerle (Lebanon, Pa.) won the honor for women's rifle and Jason Turner (Rochester, N.Y.) had the highest number of

These athletes were chosen based on the USAS Athlete of the Year Policies and Procedures and were selected by a points system.



Three-time Olympian Eller, a member of the U.S. Army Marksmanship Unit (USAMU), claimed the first Olympic medal of his career when he captured the Men's Double Trap gold in Beijing this

past August. He also claimed the silver medal at the Beijing World Cup in April, which served as the test event for the Olympic Games and placed fourth at both World Cup Kerrville and World Cup Suhl. Nationally, Eller finished in first place overall at the 2008 U.S. Olympic Team Trials for Shotgun and also claimed the top spots at the Shotgun National Championships and Shotgun Fall Selection Match, landing himself a spot on the 2009 World Shotgun Championship team.

May and finished in fourth place at the World Cup Suhl and also at the World Cup Final in Minsk, Belarus. Rhode won the Women's Skeet event at the 2008 U.S. Olympic Team Trials and was also the 2008 National Champion. Rhode finished in second place at the Shotgun Fall Selection Match, claiming a spot on the 2009 World Shotgun Championship team.

Eller and Rhode were selected as the overall USAS Athletes of the Year, but USAS would also like to recognize the Discipline Athletes of the Year, who

points for men's pistol. Eller and Rhode are also the Athletes of the Year for the shotgun discipline.

Two-time Olympian Emmons, who is the 2004 Olympic gold medalist in Men's 50m Prone Rifle, grabbed the



Four-time Olympian Rhode, who was also the 2007 USAS Female Athlete of the year, captured her fourth career Olympic medal in Beijing when she brought home the silver in Women's

Skeet. She won the silver medal at the World Cup in Kerrville, Texas, in







silver in prone at the 2008 Olympic Games in Beijing and finished in fourth place in Men's 50m 3 Position Rifle. He won a silver medal in Men's 10m Air Rifle at the 2008 Beijing World Cup and claimed a bronze in prone at World Cup Milan. At the 2008 ISSF Rifle/Pistol World Cup Final in Bangkok, Thailand, Emmons captured a gold medal in Men's 3 Position as well as silver in both Air and Prone, which is the first time a U.S. shooter has earned three medals at a World Cup Final. Emmons also earned the national title in all three events at the 2008 USA Shooting National Championships.

Beyerle finished fourth at the 2008 Olympic Games in Women's 10m Air Rifle and fifth in Women's 50m 3 Position Rifle. She was the World Cup Milan silver medalist in 3 position and finished fifth at the World Cup Final. Beyerle won the 2008 U.S. Olympic





Team Trials for Smallbore and was also the 2008 National Champion in Women's 3 Position. She finished second at nationals in air rifle.

Two-time Olympian Turner, who competed in both Men's 50m Free Pistol and Men's 10m Air Pistol at the 2008 Olympic Games, captured a bronze in air pistol, which was the first Olympic medal of his career. Turner took first place in both air and free pistol at the 2008 U.S. Olympic Team Trials and was the national champion in air pistol. He took third place in free pistol at the

2008 Nationals. Turner most recently finished seventh in air pistol at the Rifle/Pistol World Cup Final.

The overall athletes of the year were submitted to the U.S. Olympic Committee for consideration for the 2008 USOC Sports Man and Sports Women of the Year awards, which have been presented annually since 1974 to the top overall male and female athletes within the U.S. Olympic Family.







## Matt Emmons Captures Gold and Two Silver Medals at the 2008 ISSF Rifle/Pistol World Cup Final

Two-time Olympian Matt Emmons (Browns Mills, N.J.) claimed an unprecedented three medals at the 2008 ISSF Rifle/Pistol World Cup Final in Bangkok, Thailand, November 3-5. Emmons took home the gold in Men's 50m 3 Position Rifle and captured silver in both the Men's Prone and Men's Air Rifle events.

Emmons entered the 3 Position final in first place with 1171 points and a five point lead on Ukraine's Artur Aivazian, who had 1166 points. Emmons secured the gold easily for the second consecutive year after shooting a 98.0 in the final and finishing with an overall score of 1269.0.

"There must be something with this shooting range," said Emmons, who won the title in 2004 and 2007 at the same range in Bangkok. "This match closed a long season and now I am going to take time off from shooting. Katerina, my wife, is pregnant. I am going to become father!"

Emmons is coming off a 2008 Olympic silver medal win in the Men's Prone event and Katerina (Katy) Emmons is the Women's 10m Air Rifle Olympic gold medalist and Women's 3 Position silver medalist for the Czech Republic.

The World Cup Final silver in the Men's 3 Position event went to 2008 Olympic gold medalist Aivazian, who finished

with a finals score of 99.7 for a total of 1265.7 points. Jia Zhanbo of China, the 2004 Olympic Champion, earned the bronze with a total score of 1264.6.

Emmons, the 2004 Olympic gold medalist and 2008 silver medalist in men's prone entered the final in the Men's 50m Prone Rifle event in second place with a qualification score of 596, just two points behind 2008 Olympic bronze medalist Warren Potent of

Australia, who went into the final with a score of 598. In the final, Emmons fired an impressive score of 104.7 for a total of 700.7, which was good enough to earn him the silver for the second straight year, while Potent claimed the gold with a final score of 104.2 for a total of 702.2.

Japan's Toshikazu Yamashita captured the bronze with an overall score of 699.9. U.S. Army Marksmanship Unit (USAMU) member Michael McPhail (Darlington, Wis.), who won the bronze medal at the World Cup in Beijing in April, finished in fourth place with 699.4.

Emmons won his third medal on the final day of competition when he took home the silver in Men's 10m Air Rifle. He shot a qualifying score of 598 and the highest final score of 104.5, giving him a total score of 702.5 to secure the silver medal.

Indian shooter Gagan Narang finished the day in first place, equaling the qualifying world record score of 600 and breaking the final world record score with a 103.5, for a total of 703.5, a full point ahead of Emmons. Zhu Qinan, the 2004 Olympic gold medalist and 2008 silver medalist in this event, finished the day with the bronze medal, shooting a qualifying score of 599, and a final score of 103.3 for a total score of 702.3.





total score of 501.1.

Jamie Beyerle (Lebanon, Pa.), a 2008 Olympian and the Women's 50m 3 Position Rifle silver medalist from the 2008 Milan World Cup, finished in fifth place in the Women's 50m 3 Position Rifle event with a qualification score of 580, an excellent final of 100.3 for a total of 680.3. Morgan Hicks (Roy, Wash.), a 2004 Olympian who captured the gold medal in Women's 3 Position at the World Cup in March in Rio de Janeiro, Brazil, took eighth place with a match score of 578, a final of 93.7 and finished with an overall score of 671.7.

Germany's Sonja Pfeilschifter took home the gold with 688.8 points, while the silver went to the Kazak shooter Olga Dovgun, who finished with a total score of 688.3 points. The bronze medal was awarded to 2004 Olympic gold medalist Liubov Galkina of Russia, who secured the medal by outdoing the title defender, Yin Wen of China, in a shoot-off with score of 683.5 +, 10.4 to 683.5 + 9.8 points.

In the Men's 50m Pistol event, USAMU member and three-time Olympian

Daryl Szarenski (Saginaw, Mich.), who earned the spot to compete in the World Cup Final after taking home the bronze at the Beijing World Cup, finished in 11th place with a score of 544. Korea's Jin Jong Oh won the gold with a total score of 667.2, while Tomoyuki Matsuda of Japan grabbed silver with 665.5. The bronze went to the Vladimir Isakov of Russia, who finished with an overall score of 660.5.

Two-time Olympian Emily Caruso (Fairfield, Conn.) claimed the ninth spot in Women's 10m Air Rifle with a total score of 395. Winning the event was China's Wu Liuxi, shooting a qualifying score of 398, a final score of 104.1 for a total score of 502.1. Wu barely edged out 2004 and 2008 Olympic silver medalist Liubov Galinka, who equaled the world record of 400 in qualifying, but shot a low final score of 101.9, landing her in second place with a 501.9. Taking home the bronze medal was 2004 Olympic gold medalist and four-time world cup final winner since 2004, Du Li of China. Li shot a qualifying score of 396 and a final score of 105.1, for a

In the Men's 10m Air Pistol event, 2008 Olympic bronze medalist Jason Turner (Rochester, N.Y.) finished in seventh place with a qualifying score of 581, a final score of 96.9, giving him a total score of 677.9. Ukraine's Oleg Omelchuk won the gold medal with a qualifying score of 585 and a final score of 102.4, for a total of 687.4. Two-time Olympian Norayr Bakhtamyan, from Armenia, finished 2.2 points being Omelchuk, with a score of 685.2. Bakhtamyan shot a higher qualifying score of 588, but shot a much lower final score of 97.2. Finishing in third place was Olympic bronze medalist Vladimir Isakov of Russia, who shot a 584 in qualification and 100.1 in the final, giving him a total score of 684.1.

Ninety-one shooters from 35 countries took place in the 2008 ISSF Rifle/Pistol World Cup Final. The top shooters in the world are invited by the ISSF each year to attend the World Cup Final based on performances in the World Cup circuit throughout the year.

For complete ISSF Rifle/Pistol World Cup Final results, please visit [www.issf.tv](http://www.issf.tv).





## 2008 Paralympic Games Shooting Wrap-Up



2008 Paralympic Shooting Team; Dan Durben (Coach), Michael Dickey and Danielle Fong

In a sport that values experience and where it is not uncommon for athletes to attend their third, fourth or fifth Paralympic Games, first-time Paralympians Danielle Fong (New York, NY) and Mike Dickey (Trafford, Ala.) made a positive

showing for Team USA in Shooting at the 2008 Paralympic Games in Beijing, China this past September. Each athlete competed in two events at the Beijing Shooting Range Hall and although they did not go home with any medals, they

gained invaluable experience that Paralympic Shooting Coach Dan Durben felt will help them tremendously with training and their bright futures in the sport.

At seventeen years old, Fong was, by



Danielle Fong

far, the youngest shooter in the entire women's competition. Her best performance was in the R8-50m Sport Rifle 3.20 – SH1 competition where she shot a personal best of 542 out of a possible 600.

Durben was very positive about Fong's performance and felt that her prone score was top-notch. "That was some of the smartest shooting I've ever seen from a shooter," he said. "She approached it well and even in the wind had the patience to wait and do exactly what she needed to do."

During the R2-10m Air Rifle Standing – SH1 competition, Fong finished in 19th place with a score of 376 out of 400 points, which was not enough to qualify her for the finals, but she was right in the thick of the competition with the top shooters in the world.

"Danielle went out there with a plan and turned in a winning personal performance," said Durben. "While she didn't advance to the finals, she was right in



Danielle Fong Shooting in competition at the 2008 Paralympic

there with the best in the world.”

Dickey competed in the 50m Free Rifle 3x40-SH1 where he shot a 1106 out of a possible 1200 points and in the Mixed R3-10m Air Rifle Prone-SH1 where he had an excellent first half and missed the 10-ring only once in his initial 30 shots.

He ended the competition with a score of 588 out of 600 and did not advance

to the final.

“I’m disappointed I didn’t do better,” said Dickey. “I’ve been training well and did really well in the first half. During the second half, I got a bit nervous and missed a few shots.”

The field proved to be especially skilled and three of the shooters who accomplished scores of 599 in the qualification round did not even make



Michael Dickey

the finals. The final event was won by Matt Skelhon of Great Britain with a score of 704.9.

“This is Mike’s first Games, but he’ll be back,” said Durben. “He’s learned what it takes and that will help him with training over the next four years.”

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

-Lao Tzu



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

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

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

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



## Matt Emmons Inducted into University of Alaska Fairbanks Nanooks Hall of Fame



Two-time Olympian Matt Emmons, along with Randy Pitney, Joe Tremarello and Milo Griffin were honored as the University of Alaska Fairbanks Nanooks' Hall of Fame first class at a brunch on the UAF campus in September.



The youngest of the inductees by far was Emmons, who was on the UAF rifle team from 1999-2003.

But that hardly means Emmons is less distinguished. In all four years on the team, he was named All-America in smallbore and air rifle, while the Nanooks won four straight NCAA titles.

After his days at UAF, he won two Olympic medals in 50m Prone, a gold in Athens and a silver in Beijing.

Still, Emmons was humbled by the induction.

"I'm 27 years old, and I'll be shooting for at least a couple more years," Emmons said. "This is something that I think should be reserved for people who are retiring or moving on in their career.

"To be chosen for this, especially at a place that's so dear to my heart is ... I, I just don't know what to say."

But Pitney gave quite a few reasons why Emmons belonged with the three other inductees.

The former Alaska rifle coach and Athletic Director spoke at length about Emmons' national titles, his role in the Nanooks' team titles, his Olympic medals and even his perfect game as a high school pitcher.

But that was just the intro.

"And he's also done this ..." Pitney said, unfurling five sheets of paper connected lengthwise. The makeshift scroll listed the accolades and triumphs of Emmons shooting career.

He especially made note of Emmons record single-shot score of 11.97.

"It'd be like having two double eagles and two hole-in-ones on an 18-hole course in a major tournament," Pitney said.

Emmons commended the Fairbanks community for its support of the rifle team, which has garnered a following he hasn't found anywhere else.

"I am absolutely certain that, had I gone to any other college, I wouldn't have had as much fun and I certainly wouldn't be where I am today," he said.

Tremarello, known to most as "Joe T," led the Nanooks' basketball team to its first win over a collegiate opponent (71-70 over Eastern Washington) during his senior year in 1958.

He returned to the Nanooks in 1987 as an assistant on the women's basketball team. He took over the program in 1990 and led the team to an 18-6 season in 1991-1992 before stepping down in 1994.

A hoops star from 1966-1969 and assistant coach for the Alaska men's team from 1993-1996, Griffin was short-spoken and humble about his own induction into the Hall. The man whose all-time scoring record lasted 36 years (until 2005, when Brad Oleson broke it) spent little more than two minutes as he quietly thanked the community and the university and gave a short story about playing football while stationed at Fort Wainwright.

And of course, there was Pitney, a Nanooks staple after being a shooter for the Nanooks from 1968-1972, a head coach for the rifle team from 1985-2000 and the university's Athletic Director from 1998-2002.

During Pitney's 15 years at the helm, the Nanooks rifle team won three national championships, including the first two of six straight from 1999-2005.

Emmons recalled an instance in his freshman year when he was struggling with shooting and personal issues, so he

sought out Pitney for guidance.

"I think we talked for an hour, if not more," Emmons said, "and I remember he was just always so good at putting things in

perspective and being able to step back and look at a situation."

Pitney chalked his induction up to being "in the right place at the right time."

"I was just surrounded by a lot of good people, and that's all it boils down to," he said.



## Athletes Give Back Through Olympic Build Day with Habitat for Humanity

Article and photos courtesy of the USOC Communications Division

Rifle shooter and Olympic Training Center Resident Athlete Amy Sowash (Richmond, Ky.) was among 12 Olympic athletes, coaches and hopefuls spreading the spirit of Olympism while making a difference in Colorado Springs, Colo., at the November 22 Olympic Build Day with Habitat for Humanity.

Athletes worked on two houses throughout the all-day build, doing everything from cutting steel beams to installing insulation to nailing down sub-flooring, despite having experience on playing fields, not construction sites.

Beijing Olympians including U.S. flag bearer and track & field athlete Lopez Lomong (Flagstaff, Ariz.), volleyball silver medalist Nicole Davis (Stockton, Calif.), pentathlete Eli Bremer (Monument, Colo.), wrestler Brad Vering (Howells, Neb.), cyclist Michael Blatchford (Cypress, Calif.) weightlifter Carissa Gump (Essex, Vt.) and women's volleyball coach Tom Hogan (Colorado Springs, Colo.) participated in building houses for Habitat for Humanity.

Also lending helping hands during the



build were 2004 Olympic fencer Cody Mattern-Nagengast (Tigard, Ore.), three-time kayak Olympian and U.S. Olympic Committee (USOC) Chief Operating Officer Norman Bellingham (Colorado Springs, Colo.), three-time handball Olympian and U.S. Paralympics staff member Laura Ryan (Colorado Springs, Colo.) and U.S. pentathlete and USOC staff member Terris Tiller (Baytown, Texas).

In part because of the efforts of the Olympians and hopefuls who came out for Olympic Build Day, a six-member Colorado Springs family - including a single mother who has a son with medical problems - will have their own home for the first time. Two members of the family put sweat equity into the house Saturday alongside the athletes.



### About Habitat for Humanity International

*Habitat for Humanity International is an ecumenical Christian ministry that welcomes to its work all people dedicated to the cause of eliminating poverty housing. Since its founding in 1976, Habitat has built more than 300,000 houses worldwide, providing simple, decent and affordable shelter for more than 1.5 million people. For more information, visit [www.habitat.org](http://www.habitat.org).*





## Q&A with Stan and Lisa Pace of Gold Medal Shooting, LLC

In the last issue, it was announced that USA Shooting reached an agreement with Gold Medal Shooting, LLC of Hampton, Va. to provide officially licensed, high quality competition targets for USAS clubs and members. The following Q&A with Stan and Lisa Pace of Gold Medal Shooting should help answer some questions you may have regarding Gold Medal Shooting targets. USA Shooting recommends members and clubs consider purchasing the high quality targets offered by Gold Medal Shooting.

### **Q: How did Gold Medal Shooting, LLC (GMS) get started?**

**A:** It all started with us trying to develop a better 10 meter target for training rapid fire pistol with an air pistol. At the time, no one in the USA offered such a target. During that process, we put a large amount of effort into improving the performance of the target. Eventually, we had discussions with USA Shooting which led to us pursuing a solution for all of their official targets. We then formalized the relationship with USAS using a License Agreement.

### **Q: Can you describe Gold Medal Shooting's relationship with USA Shooting?**

**A:** The relationship has been terrific. Everyone we've worked closely with there, including Bob Mitchell and Wanda Jewell, have been great. We couldn't ask for a better relationship.

### **Q: What is the purpose of the License Agreement?**

**A:** The License Agreement does a number of things. But, there are two very important items in it. First, we are allowed to sell official targets for USA Shooting. And secondly, we are required to pay a royalty fee to USAS for every target we sell to customers in the USA. To our knowledge, no other company has ever paid royalties to USAS for their targets.

### **Q: How did you select Krüger Targets as your source for targets?**

**A:** We put nearly two years of effort into finding the best solution for these targets. As a part of that process, we evaluated Krüger's targets. They are ISSF-approved and are well estab-

lished in the international shooting community. We considered other options, but the overall relationship offered by Krüger, along with their superior targets, was the deciding factor.

### **Q: How do the targets from Krüger compare to other targets?**

**A:** We had several criteria that had to be met in order to gain approval from USAS. But, the two most critical criteria are the performance of the paper and the quality of the printed image. The paper that Krüger uses is approved by the ISSF, and you can easily test their targets and see how cleanly they cut. In terms of print quality, we think their targets have the sharpest images we could find. They are far better than any current USA-made target.

### **Q: When do you expect to have all of the USAS targets available?**

**A:** We are working on filling out our inventory of USAS targets now, and we will be adding them in the coming months. The art for every target has to be created and verified for accuracy. Then pre-production proofs are sent for approval. Once they are approved, they go into production and are shipped to us. We expect that, at some point in 2009, all of the USAS targets will be in stock.

### **Q: What are your future plans for GMS?**

**A:** Our company is focused now on providing top quality targets for USAS as their official supplier, but there are other shooting-related opportunities for us to pursue. We will move in those directions, too.

### **Q: Are GMS targets required at USAS sanctioned competitions?**

**A:** No, targets from other manufacturers may be used that meet the specifications in USA Shooting rules. However, USA Shooting feels our clubs and members will be very satisfied with these high quality targets that make both an excellent visual appearance and score very easily and accurately as well.

Additional information and updates regarding the availability of targets can be found at: [www.goldmedalshooting.com](http://www.goldmedalshooting.com).



## New USA Shooting Board Members Elected

The 2008 elections to the USA Shooting Board of Directors were completed in November with the election of Olympic gold medalist Launi Meili (Colorado Springs, Colo.) as the director representing USAS coaches and officials. The athletes elected two-time Olympian Connie Smotek (Bryan, Texas) to serve a second term as the Athletes' Advisory Council Representative (AAC) with 2000 Olympian Bill Keever (Rutherfordton, N.C.) being elected as the alternate to the AAC.

At-Large director elections resulted in Allen Harry (Littleton, Colo.) and Leland Nichols (Springfield, Mass.) being reelected to Board, while Pat Laux (Santa Fe, N.M.) was chosen as a new At-Large Director. At the USAS Rifle/Pistol National Championships this past July, Sandra Uptagrafft (Phenix City, Ala.) was elected as the pistol athlete director and 2008 Olympic bronze medalist Jason Turner (Rochester, N.Y.) as the alternate. Alternate directors are only elected for athlete positions and serve when the primary director cannot attend meetings or meet other board requirements. All director terms are four years with the exception of the two year At-Large seat of Leland Nichols who was elected to fill Dr. Jim Lally's term. Dr. Lally will be leaving Board in April due to bylaw term limits.

# Schedule of Events

## SHOTGUN

Match #	Match Name	Club Name	Match Level	Discipline Name	City	State	Start Date	End Date	How to Register
3906	Nor Cal Bunker League	Coon Creek Trap & Skeet Club	Preliminary Tryout	Shotgun	Rio Oso	CA	1/10/09	1/10/09	Club Rep: James Woolcott Phone: (916) 709-6166 Email: jwoolcott@surewest.net
3779	Florida Cup	Gator Skeet & Trap Club	Preliminary Tryout	Shotgun	Gainesville	FL	1/23/09	1/26/09	Club Rep: Tom Baber Phone: (352) 372-1044 Email: baber2064@aol.com
3953	Miami Open 2009- International Skeet PTO	International Skeet Club of Miami	Preliminary Tryout	Shotgun	Miami	FL	2/6/09	2/8/09	Club Rep: Fernando Bayo Phone: (615) 260-0831 Email: fbayo@yahoo.com
3822	Zone 8 International Shotgun Championships	Hill Country Shooting Sports Center, Inc.	Zone Championship	Shotgun	Kerrville	TX	2/14/09	2/15/09	Club Rep: Deb Barney Phone: (830) 995-5118 Email: info@hillcountryshootingandsports.com
3907	Nor Cal Bunker League	Coon Creek Trap & Skeet Club	Preliminary Tryout	Shotgun	Martinez	CA	2/14/09	2/14/09	Club Rep: James Woolcott Phone: (916) 709-6166 Email: jwoolcott@surewest.net
3780	Southeast Regional	Gator Skeet & Trap Club	Region Championship	Shotgun	Gainesville	FL	2/27/09	3/2/09	Club Rep: Tom Baber Phone: (352) 372-1044 Email: baber2064@aol.com
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
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@shglobo.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) 709-6166 Email: jwoolcott@surewest.net
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@hillcountryshootingandsports.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@hillcountryshootingandsports.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
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@hillcountryshootingandsports.com

## RIFLE, PISTOL

Match #	Match Name	Club Name	Match Level	Discipline Name	City	State	Start Date	End Date	How to Register
3867	2009 Pennsylvania State USAS JO Championship	Palmyra Jr. Rifle Club	State Junior Olympics	Pistol	Palmyra	PA	1/3/09	1/3/09	Club Rep: Jeff Lutz Phone: (717) 534-5506 Email: jlutz@ptd.net
3877	2009 Virginia State Junior Olympic Shooting Championship	Arlington Optimist-Acorns Combined JRC	State Junior Olympics	Rifle	Annapolis, MD	VA	1/3/09	1/3/09	Club Rep: Bill Terry Phone: (703) 231-5638 Email: BillTerryUSA@hotmail.com
3843	2009 Maryland State USA Shooting Junior Olympic Championship	Antietam Junior Rifle Club	State Junior Olympics	Rifle	Annapolis	MD	1/3/09	1/3/09	Club Rep: Norris Diefenderfer Phone: (301) 797-4282 Email: barbara.norris@erols.com
3844	2009 Massachusetts State USA Shooting Junior Olympic Championship	Reading Rifle & Revolver Club Inc. Jr.	State Junior Olympics	Rifle	Reading	MA	1/3/09	1/3/09	Club Rep: Maureen Trickett Phone: (978) 257-0406 Email: mtrickett@aol.com
3872	2009 Spink County Shooting Sports	Spink County Shooting Sports	State Junior Olympics	Pistol	Brookings	SD	1/9/09	1/11/09	Club Rep: Barry Muxen Phone: (605) 635-6908 Email: bmuxen@hotmail.com
3911	USA Shooting Air Rifle and Pistol PTO Match	Cedar Hill Jr. Gun Club	Preliminary Tryout	Pistol, Rifle	Blackfoot	ID	1/9/09	1/11/09	Club Rep: Randy Shikashio Phone: (208) 785-4860 Email: randy@bigskytel.com
3876	2009 Utah State Junior Olympics	Utah Precision Marksmanship Society	State Junior Olympics	Pistol, Rifle	Salt Lake City	UT	1/9/09	1/11/09	Club Rep: Elwood Powell Phone: (801) 499-9763 Email: ldpowell@sinsna.com
3830	2009 Idaho State USAS JO Championship	Cedar Hill Jr. Gun Club	State Junior Olympics	Pistol, Rifle	Blackfoot	ID	1/9/09	1/12/09	Club Rep: Randy Shikashio Phone: (208) 785-4860 Email: randy@bigskytel.com
3533	Shooting Stars (Winter) PTO	Shooting STARS	Preliminary Tryout	Pistol, Rifle	Carrollton	TX	1/10/09	1/10/09	Club Rep: Craig Sindorf Phone: (817) 431-3589 Email: info@teamshootingstars.org
3932	NTC Shooting Club January PTO	National Training Center Shooting Club Juniors	Preliminary Tryout	Pistol, Rifle	Colorado Springs	CO	1/10/09	1/11/09	Club Rep: Jim Shaver Phone: (719) 597-7909 Email: shajecol@yahoo.com
3851	2009 Montana State USAS JO Championship	Whitefish Junior Rifle Club	State Junior Olympics	Pistol, Rifle	Whitefish	MT	1/10/09	1/10/09	Club Rep: Velma Luke Phone: (406) 862-0045 Email: sleepyl@centurytel.net
3852	2009 Nebraska State USAS JO Championship	Custer County 4-H Shooting Sports	State Junior Olympics	Pistol, Rifle	Broken Bow	NE	1/10/09	1/11/09	Club Rep: Ron Carda Phone: (308) 872-3371 Email: rwcarda@yahoo.com
3945	Louisiana-Mississippi State Air Rifle/Air Pistol Championship	Southwest Gun Club Inc.	Preliminary Tryout	Pistol, Rifle	Bogue Chitto	MS	1/10/09	1/12/09	Club Rep: Mickey Brondum Phone: (504) 343-7597 Email: mickbrondum@bellsouth.net
3935	2009 Vermont State Junior Olympic Smallbore Championship	Northfield Junior Rifles	State Junior Olympics	Rifle	Randolph	VT	1/10/09	1/11/09	Club Rep: Jack Baroffio Phone: (802) 485-3311



3895	U.S. International Preliminary Tryout	Los Angeles Rifle & Revolver Club	Preliminary Tryout	Rifle	South El Monte	CA	1/10/09	1/10/09	Club Rep: Ray Del Rio Phone: (714) 777-4585 Email: hammersui@yahoo.com
3888	2009 New York State Jr Olympic Air Rifle Qualifier	Valley Stream P.A.L. Jr. Rifle Club	State Junior Olympics	Rifle	Valley Stream	NY	1/10/09	1/10/09	Club Rep: Joe Fitzgibbon Phone: (516) 320-4716 Email: JVFitz@optonline.net
3850	2009 Missouri State USAS JO Championship	Pioneer Gun Club	State Junior Olympics	Rifle	Kansas City	MO	1/10/09	1/11/09	Club Rep: Edward B. Camp Phone: (816) 333-7559 Email: ecamp56961@aol.com
3871	2009 South Dakota Rifle State Junior Olympics	Humboldt Sharpshooters	State Junior Olympics	Rifle	Brookings	SD	1/10/09	1/11/09	Club Rep: Bryon Hahn Phone: (605) 363-3074 Email: bdhahn@xiouxvalley.net
3863	2009 Ohio State Junior Olympic Smallbore and Air Rifle Championship	Ohio Rifle & Pistol Assoc.	State Junior Olympics	Rifle	Vienna	OH	1/10/09	1/11/09	Club Rep: Russ Evans Phone: (330) 534-5344 Email: rvevans1@juno.com
3887	2009 Northern California State USAS JO Rifle Championship	Twin City's Rod & Gun Club	State Junior Olympics	Rifle	Yuba City	CA	1/10/09	1/11/09	Club Rep: Allen Jaynes Phone: (530) 755-1016 Email: allenjaynes@valleytruckandtractor.com
3646	International Air PTO	Venture Crew 935	Preliminary Tryout	Pistol, Rifle	Bogue Chitto	MS	1/10/09	1/12/09	Club Rep: Mickey Brondum Phone: (504) 343-7597 Email: mickbrondum@bellsouth.net
3829	2009 Florida State USAS JO Rifle Championships	Central Florida Rifle & Pistol Club	State Junior Olympics	Rifle	Titusville	FL	1/10/09	1/11/09	Club Rep: Margaret Langfield Phone: (407) 671-2955 Email: jrcoach@cfrpc.com
3839	2009 Kansas State USAS JO Championship	X-Ring Junior Shooters	State Junior Olympics	Pistol, Rifle	Tonganoxie	KS	1/10/09	2/11/09	Club Rep: Kelly Dwsley Phone: (913) 915-6047 Email: ckccowsley@juno.com
3836	2009 Indiana State USAS JO Championship	Concordia Lutheran HS Rifle Club	State Junior Olympics	Pistol, Rifle	Ft. Wayne	IN	1/10/09	1/11/09	Club Rep: Alan Conrad Phone: (260) 471-0180 Email: a_conrad@chscadets.com
3737	2009 California State Championship & USA Shooting Zone 11 Int'l Air Pistol Match	Palo Alto Rod & Gun Club	Zone Championship	Pistol	Redwood City	CA	1/10/09	1/11/09	Club Rep: Gill Lane Phone: (650) 856-0154 Email: lanesfive@aol.com
3821	2009 California State USAS JO Championship	Los Angeles Rifle & Revolver Club	State Junior Olympics	Rifle	South El Monte	CA	1/10/09	1/11/09	Club Rep: Ray Del Rio Phone: (714) 777-4585 Email: hammersui@yahoo.com
3827	2009 Colorado State USAS JO Championship	National Training Center Shooting Club	National Championships	Pistol, Rifle	Colorado Springs	CO	1/10/09	1/11/09	Club Rep: Jim Shaver Phone: (719) 597-7909 Email: shajecolo@yahoo.com
3893	2009 Western NY State JO Rifle Championships	Rochester Rifle Club Jr.	State Junior Olympics	Pistol, Rifle	Rochester	NY	1/11/09	1/25/09	Club Rep: Donald Drexler Phone: (585) 475-1290
3878	2009 Southeast Virginia Junior Olympic Rifle Championship	Lafayette Gun Club of Virginia Inc.	State Junior Olympics	Pistol, Rifle	Yorktown	VA	1/11/09	2/1/09	Club Rep: Carla Kaye Switzer Phone: (757) 877-8377 Email: lafayette_jrs@cox.net
3675	January International Air Pistol PTO	Woburn Sportsman's Assoc.	Preliminary Tryout	Pistol	Bedford	MA	1/11/09	1/11/09	Club Rep: Dick Dyer Phone: (781) 275-9485 Email: dyervn19@verizon.net
3701	Delaware State Pistol Club Jan Air Pistol PTO	Delaware State Pistol Club	Preliminary Tryout	Pistol	New Castle	DE	1/11/09	1/11/09	Club Rep: Fred Mannis Phone: (302) 478-7205 Email: fredmannis@aol.com
3695	Delaware State Pistol Club Jan Free Pistol PTO	Delaware State Pistol Club	Preliminary Tryout	Pistol	New Castle	DE	1/11/09	1/11/09	Club Rep: Fred Mannis Phone: (302) 478-7205 Email: fredmannis@aol.com
3828	2009 Connecticut State USAS JO Rifle Championships	Bridgeport Rifle Club	State Junior Olympics	Rifle	Stratford	CT	1/16/09	1/18/09	Club Rep: Bill Kemp Phone: (800) 243-0151 Email: bill@kempsecurity.com
3831	2009 Illinois State Junior Olympic Pistol Championship	RIVER VALLEY SHARPSHOOTERS	State Junior Olympics	Pistol	Streator	IL	1/17/09	1/17/09	Club Rep: Raymond Olde Phone: (815) 939-4854 Email: raymondolde@yahoo.com
3835	2009 Illinois State USAS JO Rifle Championship	Quincy Senior High School	State Junior Olympics	Rifle	Quincy	IL	1/17/09	1/18/09	Club Rep: Jim Holtman Phone: (217) 430-6803 Email: jholtman4@comcast.net
3838	2009 Kansas State USAS JO Championships	Wichita B-B Gun Club	State Junior Olympics	Rifle	Salina	KS	1/17/09	1/17/09	Club Rep: Larry Richardson Phone: (316) 788-2027 Email: jlrich@aol.com
3758	Sandy Ford's USAS Indoor International Pistol Tournament	Sandy Ford Junior Shooters	Preliminary Tryout	Pistol	Streator	IL	1/17/09	1/17/09	Club Rep: Gary Ross Phone: (815) 939-4854 Email: raymondolde@yahoo.com
3929	2009 Missouri State Junior Olympics-Air Pistol	Gasconade County Youth Shooting Sports	State Junior Olympics	Pistol	Owqensville	MO	1/17/09	1/18/09	Club Rep: John Leinberger Phone: (573) 943-6632 Email: freedom@osageconnect.net
3874	2009 Texas State USAS JO Air Pistol Championship	Shooting Sports ETC	State Junior Olympics	Pistol	San Antonio	TX	1/17/09	1/17/09	Club Rep: R. Mark Sharp Phone: (210) 258-9476
3890	2009 Idaho State USAS JO Championship (Meridian)	Meridian Optimist Junior Rifle Club	State Junior Olympics	Pistol, Rifle	Meridian	ID	1/17/09	1/17/09	Club Rep: Robert Nelson Phone: (208) 888-1977 Email: ranmap@quixnet.net
3922	2009 Montana State USAS JO Championship	Belgrade Air Shooting Sports	State Junior Olympics	Pistol, Rifle	Belgrade	MT	1/17/09	1/17/09	Club Rep: Scarlett Wirtz Phone: (406) 587-0575 Email: msw1990@yahoo.com
3891	2009 Wyoming State USAS JO Championship	Cheyenne Public Shooting Park	State Junior Olympics	Pistol, Rifle	Laramie	WY	1/17/09	1/18/09	Club Rep: Dick Smith Phone: (307) 632-2074 Email: dissmith@wyoming.com
3859	2009 USA Shooting New York State Junior Olympic Championship	Jamestown Junior Rifle Club	State Junior Olympics	Rifle	Jamestown	NY	1/17/09	1/17/09	Club Rep: Jennifer Canfield Phone: (716) 487-7033 Email: jcanfield1452@msn.com
3894	2009 USAS NY Junior Olympic Rifle Championship	Roslyn Junior Rifle Club	State Junior Olympics	Rifle	Westbury	NY	1/17/09	1/17/09	Club Rep: Peter Olensky Phone: (631) 384-8887 Email: POlensky@landingtech.com
3855	2009 New Hampshire State USAS JO Championship	Paper Punchers International	State Junior Olympics	Rifle	Dublin	NH	1/18/09	1/18/09	Club Rep: David Polonsky Phone: (603) 654-5732 Email: davep@tollink.net
3726	The Sharon Winternational Pistol PTO	Sharon Fish & Game Club Inc.	Preliminary Tryout	Pistol	Sharon	MA	1/18/09	1/18/09	Club Rep: Peter R. Jones Phone: (617) 333-0936 Email: priassociates@worldnet.att.net
3800	Western New York Air Gun PTO	Rochester Rifle Club	Preliminary Tryout	Pistol, Rifle	Rochester	NY	1/18/09	1/18/09	Club Rep: Dennis Schriber Phone: (585) 293-3052 Email: WNY_PTO@rochester.rr.com

3770	Twelfth Precinct Air Pistol & Free Pistol PTO	Twelfth Precinct Pistol Club Inc.	Preliminary Tryout	Pistol	Annapolis	MD	1/18/09	1/18/09	Club Rep: Kathy Callahan Phone: (410) 293-2736 Email: Kathy@usna.edu
3864	2009 Oklahoma State USAS JO Championship	H & H Precision Shooters, Inc.	State Junior Olympics	Pistol, Rifle	Oklahoma City	OK	1/24/09	1/25/09	Club Rep: Charles Meloy Phone: (405) 834-3020 Email: cmeloy19@msn.com
3873	2009 Texas State USAS JO Championship	Shooting STARS	State Junior Olympics	Pistol, Rifle	Carrollton	TX	1/24/09	1/24/09	Club Rep: Pat Waldrup Phone: (972) 618-4410 Email: pwaldrup@verizon.net
3861	2009 North Dakota State USAS JO Championship	Lake Region Shooting Sports Association	State Junior Olympics	Pistol, Rifle	Minot	ND	1/24/09	1/25/09	Club Rep: Richard Jorgenson Phone: (701) 662-5301 Email: rcjorgenson@dvl.midco.net
3868	2009 Rhode Island Junior Olympic Smallbore & Air Rifle State Championship	Newport Rifle Club	State Junior Olympics	Rifle	Middletown	RI	1/24/09	2/1/09	Club Rep: Michelle Makucevich Phone: (401) 682-2400 Email: bellyshooter@cox.net
3931	2009 Minnesota State USAS Jr Olympic Air Rifle & Smallbore Championship	American Legion Post 435 Gun Club/ BSA Venture Crew 437	State Junior Olympics	Rifle	Mendota Heights	MN	1/24/09	1/25/09	Club Rep: Tim Cagney Phone: (612) 869-6615 Email: ccagney@earthlink.net
3832	2009 Illinois State USAS JO Rifle Championship	Sandy Ford Junior Shooters	State Junior Olympics	Rifle	Streator	IL	1/24/09	1/25/09	Club Rep: Gary Ross Phone: (815) 939-4854 Email: raymondodde@yahoo.com
3840	2009 Kentucky State USAS JO Championships	University Of Kentucky Rifle Team	State Junior Olympics	Rifle	Lexington	KY	1/24/09	1/25/09	Club Rep: Harry Mullins Phone: (859) 257-1281 Email: hmull@uky.edu
3806	2009 USA Shooting & 4HSS Quarterly PTO	Fort Bend County 4-H Shooting Sports	Preliminary Tryout	Pistol, Rifle	Rosenberg	TX	1/30/09	2/1/09	Club Rep: Dmitriy Shteyman Phone: (832) 549-4695 Email: shteyman.dmitriv@corp.sysco.com
3933	Chilblain Annual Classic International Pistol PTO	Minneapolis Rifle Club	Preliminary Tryout	Pistol	Circle Pines	MN	1/31/09	1/31/09	Club Rep: Michael J. Marzittelli Phone: (651) 489-9164 Email: mmarzittelli@hotmail.com
3883	2009 Wisconsin State USAS JO Championship	De Pere Sportsman's Jr. Rifle Club	State Junior Olympics	Rifle	De Pere	WI	1/31/09	1/31/09	Club Rep: Jason Knight Phone: (920) 562-0136 Email: imkwyo@gmail.com
3928	Air Rifle and Air Pistol PTO	Lander Valley Sportsmen's Assoc.	Preliminary Tryout	Pistol, Rifle	Lander	WY	2/7/09	2/7/09	Club Rep: Pat McCoy Phone: (307) 332-3103 Email: patmccoyagency@hotmail.com
3896	U.S. International Preliminary Tryout	Los Angeles Rifle & Revolver Club	Preliminary Tryout	Rifle	South El Monte	CA	2/7/09	2/7/09	Club Rep: Ray Del Rio Phone: (714) 777-4585 Email: hammersui@yahoo.com
3709	2009 USAS Air Rifle/Pistol PTO	Riverside Shooting Club	Preliminary Tryout	Pistol, Rifle	Bay City	MI	2/8/09	2/8/09	Club Rep: Thomas Monto Phone: (989) 631-3079 Email: t8monto@aol.com
3696	Delaware State Pistol Club Feb Free Pistol PTO	Delaware State Pistol Club	Preliminary Tryout	Pistol	New Castle	DE	2/8/09	2/8/09	Club Rep: Fred Mannis Phone: (302) 478-7205 Email: fredmannis@aol.com
3702	Delaware State Pistol Club Feb Air Pistol PTO	Delaware State Pistol Club	Preliminary Tryout	Pistol	New Castle	DE	2/8/09	2/8/09	Club Rep: Fred Mannis Phone: (302) 478-7205 Email: fredmannis@aol.com
3676	February International Air Pistol PTO	Woburn Sportsman's Assoc.	Preliminary Tryout	Pistol	Bedford	MA	2/8/09	2/8/09	Club Rep: Dick Dyer Phone: (781) 275-9485 Email: dyervn19@verizon.net
3784	Prone PTO	Mason Dixon Rifle Club Jr. Div.	Preliminary Tryout	Rifle	Morgantown	WV	2/13/09	2/13/09	Club Rep: Pete Deal Phone: (304) 599-3902 Email: petedeall@yahoo.com
3946	Louisiana-Mississippi State Air Rifle/Air Pistol Championship	Southwest Gun Club Inc.	Preliminary Tryout	Pistol, Rifle	Bogue Chitto	MS	2/14/09	2/16/09	Club Rep: Mickey Brondum Phone: (504) 343-7597 Email: mickbrondum@bellsouth.net
3771	Twelfth Precinct Air Pistol & Free Pistol PTO	Twelfth Precinct Pistol Club Inc.	Preliminary Tryout	Pistol	Annapolis	MD	2/15/09	2/15/09	Club Rep: Kathy Callahan Phone: (410) 293-2736 Email: Kathy@usna.edu
3727	The Sharon Winternational Pistol PTO	Sharon Fish & Game Club Inc.	Preliminary Tryout	Pistol	Sharon	MA	2/15/09	2/15/09	Club Rep: Peter R. Jones Phone: (617) 333-0936 Email: prjassociates@worldnet.att.net
3912	USA Shooting Air Rifle and Pistol PTO Match	Cedar Hill Jr. Gun Club	Preliminary Tryout	Pistol, Rifle	Blackfoot	ID	2/20/09	2/22/09	Club Rep: Randy Shikashio Phone: (208) 785-4860 Email: randy@bigskytel.com
3759	Sandy Ford's USAS Indoor International Pistol Tournament	Sandy Ford Junior Shooters	Preliminary Tryout	Pistol	Streator	IL	2/21/09	2/21/09	Club Rep: Gary Ross Phone: (815) 939-4854 Email: raymondodde@yahoo.com
3781	Air Rifle PTO	Mason Dixon Rifle Club Jr. Div.	Preliminary Tryout	Rifle	Morgantown	WV	2/27/09	2/27/09	Club Rep: Pete Deal Phone: (304) 599-3902 Email: petedeall@yahoo.com
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
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





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The USA Shooting Staff poses for their unique 2008 holiday card. From left: Bob Mitchell, Bill Roy, Buddy DuVall, Mark Weeks, Lindsay Brooke, Nichole Rae, Karie Wright, Cynthia Jackson, Dave Johnson, Mary Beth Vorwerk, Bob Foth, Sergey Luzov and Claire Landis-Tyson.



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