

LAFAYETTE JUNIOR RIFLE CLUB

SHARPSHOOTER

EDITOR: Patricia Harris

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POINTS OF INTEREST

September

1, 15, 29 - Junior Shotgun Program – Shotgun Range – **0800-1100**

8 VFW Sporter-Precision Teams – ASB- **900 and 1300**

9 Smallbore Benchrest Match – 50 yd. – **0800-1200**

15 High/Low Power Matches – 100 yd. **0900-1400**

15 Junior Club Subjunior Prone ASB – **0900**

22 NRA Prone – 50 yd. – **0900-1200**

22 VFW Smallbore 3-P – ASB – **0900**

29 NRA Smallbore 3-P – ASB- **0900-1200**

October

6, 13 ODJRL – ASB- **0800-1600**

6, 20 Junior Shotgun Program – Shotgun Range – **0800-1100**

7 Smallbore Benchrest Match – 50 yd. – **0800-1200**

14 NRA Smallbore Dewar Match – 50/100 yd. – **0900-1200**

20 High/Low Power Matches – 100 yd. **0900-1400**

20 Junior Club 4P Smallbore 4x20- ASB- **0900**

21 Turkey Shoot – 50 yd. – **1330-1630**

27 NRA Prone – 50 yd. – **0900-1200**

27 Junior Club Subjunior Prone ASB – ASB – **1500**

Match fees: Benchrest -\$4 a relay; Prone -\$5.00 a relay, Dewar and 3-P \$8.00. VFW and Junior Club matches are postal matches. See the Switzers for qualifications

Making a training plan

If you don't know where you are going, how will you know when you get there? If you are happy just going to the range and using up some ammunition, then you do not need a training plan. But if you want to win matches or earn medals, then you need a plan that will help you do that. Training plans should fit the individual shooter, and must be made by that shooter.

The first step in developing a training plan is to identify exactly where you are now. This means keeping a good data book, and writing down results of practice sessions and matches. A helpful approach is to record the score of each ten-shot string, the position (prone, sitting, kneeling or standing), the target (A36, A51, etc), and the weapon (air rifle, smallbore, high power rifle). Average the ten-shot strings for a particular weapon and position. Make a graph of the scores if it will help you see patterns. Identify the areas that need the most improvement. Why spend 90% of your training time on prone if you lose 70% of your points on the kneeling targets?

Once you know the weakness(es) you want to work on, examine the position, the rifle and other equipment to determine in detail what needs to change. Do you need to change the buttstock of the rifle to better fit the position? Do you need to adjust your sling for greater support? Do you need to go back to the beginning to work in the position and concentrate on exactly where you place your body and how you hold the rifle? Are you fighting the position, and therefore not paying attention to sight alignment, trigger control, or follow through? Are you psyching yourself out and convincing yourself that you cannot shoot this position? If you are not sure, get a friend, older shooter, or coach to stand behind you and watch.

Once you are specific about what the problem is, you are ready to make a training plan. Your plan should probably include a performance component. Example: I will call the location and score of each shot before I look in the scope to help me focus on the sight picture as I break the trigger. There should also be a score component. Example: I will score at least 30 points on each score bull on the A-36 target kneeling. Write down your training plan in your data book, with the date developed. Get a friend or a coach to help you be sure that your goals are realistic but not too easy.

Finally, use your plan. After each training session, review your plan and compare it to what you actually accomplished. Remember, your training plan needs to be flexible. You may find, part way through, that there is another problem which you need to solve first. If so, change the plan. Good luck and good shooting.

Notices

Juniors are selling **Lafayette Gun Club patches** at \$12.00 for one patch or \$20.00 for two. Also for sale: breech safety flags for \$2.00 each, and Lafayette Jackets for \$15.00 each. We are raising money to support all the Junior teams attending away matches. See Patty Harris.

The Junior Rifle, pistol and Shotgun CLUB

The Junior Rifle Club meets every Friday starting at 6:00 PM. This is a community service of LGC, and parents of interested young people ages 5 – 18 need not to be members of the club. **A new shooter should be accompanied by a parent (Legal Guardian) the first time they attend and should plan to arrive before 6:00 PM that first time.** The first evening is free. After that, Juniors contribute \$2.00 each time they attend, which is used to defray the cost of ammunition and of awards earned by Juniors.

The Junior Pistol Club meets at 6:00 PM every Monday night. Shooters should already be Rifle Club members before joining the pistol club. The cost is also \$2.00 each time a shooter attends. The Junior Shotgun Program meets on odd numbered Saturdays from **0800-1100**.

AWARDS FOR EXCELLENCE IN SHOOTING**Pro-Marksman****Marksman**

Joshua Black

Marksman 1st ClassJohn Schuszler
Cody Agena
Charlie Lyon
Joey Schuszler**Sharpshooter**John Schuszler
Hannah Black
Josh Black**Bar**

Hannah Black - 3

Morgan Kitchen – 4

Expert**Distinguished Expert Pending**James Brewer – 4P Smallbore
Jonathan Underwood – 4P Smallbore
Matt Black – 4P Smallbore
Chris Melochick – International Air
Braden Owens – International Air
Joshua Springer – International Air
Matt Maples - Shotgun**Benchrest Match**

In August, six juniors fired the Benchrest Match, with the following results:

Shooter	Iron Sights	Any Sights	Sporter	2-Gun	3-Gun
Nicholas Anselmo	174-3x	182-8x	179-2x	361-10x	535-13x
James Brewer	179-2x	177-2x; 170-2x		356-4x	
Shane Holliday	160	126	162	322	448
Celia Pincus	151	193-8x	190-6x	383-14x	534-14x
Timothy Rice	144, 144	153		297	
John Schuszler	166-1x	175-2x		341-3x	

Everyone showed improvement. John had an equipment failure and was not able to finish the first relay, but he came back strong.

High Power Match

Three Juniors fired in the August High Power match, and one Junior fired in the Low Power match, with the following results:

HP Shooter	SFS	RFS	RFP	SFP	Total	Percent
Timmy Teller	91-1	84-1	83-0	179-2	437-4x	87.4%
Matt Brewer	88-0	73-2	86-0	165-2	412-4x	82.4%
James Brewer	70-1	57-0	69-0	125-3	321-4x	64.2%
<u>LP Shooter</u>						
Hannah Black	24-0	71-1	44-0	79-0	218-1x	43.6%

This was the first time Hannah has shot the course of fire, and her rifle did not fit her.

NEW Distinguished experts

Congratulations to our newest Distinguished Experts: Nathan Switzer has completed his International Air Distinguished Expert, and Timmy Teller has completed his High Power Distinguished Expert! (Timmy did not even know how close he was when he finished in the August High Power Match!)

National Championships

Two other awards from the National Championships were not listed last month: Dani Foster was selected for the United States International Precision Air Rifle Postal Team, and fired in the postal match against South Africa. Will Teller was listed on the President's 100 list!

The Junior Rifle Club welcomes new members during the month of August: Carissa Schuszler, Joseph Schuszler, Mann Bryson, Zachary Gillespie, William Staub, Victoria Staub, Joshua Black, and Kaitlyn Ruff.