

LAFAYETTE JUNIOR RIFLE CLUB
SHARPSHOOTER

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POINTS OF INTEREST

April

2 Smallbore Benchrest Match - 50 yd. Range- **0800-1200**

9, 23 Turkey Shoot – 50 yd, Range – **1300-1630**

15 LGC High/Low Power Rifle Match – **0800-1500**

22 NRA Smallbore Prone Match – 50 yd. Range – **0800-1200**

29 NRA Smallbore 3-Position Match – ASB Range – **0800-1400**

May

7 NRA Dewar Match – 50 and 100 yd. Ranges – **0900-1200**

20 LGC High/Low Power Rifle Match – **0800-1500**

27 NRA Smallbore Prone Match – 50 yd. Range – **0900-1200**

Low Power matches follow the format for high power matches and are shot during the third relay on the 100 yard range. Match fee:\$4.00. Benchrest matches allow shooters to practice sight alignment and trigger control. Match fees: \$4.00 a relay. Match fee for NRA Dewar Matches are \$8.00 a match. The fee for NRA Prone Matches is \$7.00 a relay.

The Junior Shotgun Program meets every Saturday from **0800-1100**. The team is preparing for competition.

PRACTICE, PRACTICE, PRACTICE

Shooting matches once a month will help you become a better shooter, but that is not enough. Exercises such as running, bike riding, or weight lifting can help build muscle strength and endurance (needed in sixty to hundred twenty round matches), these will not substitute for several practice session each week. However, not everyone is lucky enough to have daily access to a rifle range.

One way to complete a daily practice session is to dry fire a smallbore rifle, practicing a particular position and the entire sequence of firing a shot. With a few exceptions, smallbore rifles can be dry-fired (go through the entire sequence except do not load the rifle) with no damage to the rifle. Check with a coach if you are not sure about the rifle you have at home. A good dry fire target is a piece of bright-white card stock with a small spot in its center which looks the same size through your sights as the target circle on the A36 target used on Friday night. Place this target at least thirty feet away from you and light it clearly. One practice strategy is to pick a position, set your match timer for three to four minutes, and dry fire continuously in that position for the three to four minutes. This continuous and rapid repetition of the firing sequence in that position helps to build or maintain muscle memory, breath control and stamina. A thirty-minute practice session, three times a week which includes timed practice in all the positions you have learned can make a noticeable difference in your next match. Another version of home practice can be accomplished using an air rifle for the same thirty minute session, but actually firing, so that you get feedback about the position and follow-through.

Mental conditioning is probably the most difficult aspect of shooting matches. All the work described so far will be for nothing if your mind is not in the right place. For a match, prepare your rifle, ammunition, and gear in advance. You need to go in with confidence that your rifle can shoot accurately. Then, arrive at the match early enough that you can set up without rushing. During the preparation period, get into firing position, and check your natural point of aim. Make any corrections needed. During the sight in phase, fire every shot as if it were a match shot. Remember, any change in light, temperature, or humidity will require a change in the sight setting on your rifle.

Finally, you can only fire one shot at a time, so keep your focus on the shot you are about to fire. Going to the range expecting a particular score in a match will overwhelm you, and regretting the last shot (which was not as good as you wanted) wastes time. The only shot you can change is the one you are about to fire, so treat it as a whole match.

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 AND PISTOL TEAMS

The Junior Rifle Team 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 by 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 Team meets at 8:00 PM every Friday night. Shooters should already be Rifle Team members before joining the pistol team. The cost is also \$2.00 each time a shooter attends.

AWARDS FOR EXCELLENCE IN SHOOTING

Pro-Marksman

Jonathan Underwood
Nathan Walls
Michael Brooks

Marksman

Chris Melochick - 8
Edward Burton - 9

Marksman 1st Class

Nathan Switzer
Nathan Switzer - Air

Sharpshooter

Jonathan Underwood

Bar

Jonathan Underwood – 2
Nicole Jones – 6

Expert**Distinguished Expert Pending**

Matt Black
Joshua Springer – International Air
Willie Teller

NEW DISTINGUISHED EXPERT

Nathan Switzer became the first Junior to complete his NRA Four-Position Distinguished Expert targets in both Air Rifle and Smallbore Rifle within the same month, finishing Air on March 28, and Smallbore on March 29! Very impressive shooting!

BENCHREST MATCH

Three Juniors fired the Benchrest Match in March, with the following results:

<u>Shooter</u>	<u>Iron Sights</u>	<u>Any Sight</u>	<u>Sporter</u>	<u>Two-Gun Aggregate</u>	<u>Three-Gun Aggregate</u>
Joshua Springer	191-7x	187-3x	191-8x	378-10x	557-13x
Edward Burton	184; 179-5x	166-1x		350-6x	
Jeremy Woodard	179-1x	186-1x; 178-6x		365-2x	

HIGH AND LOW POWER MATCHES

Two Juniors fired in the High Power Match in March and one in the Low Power Match, with the following results:

<u>Shooter</u>	<u>Match</u>	<u>SFS</u>	<u>RFS</u>	<u>RFP</u>	<u>SFP</u>	<u>Total</u>
Chris Faron	High	91-0	95-1	93-1	195-5	474-7
Jason Lee	High	95-1	100-5	94-1	191-6	480-13
Jeff Mitchell	Low	56-0	87-1	80-0	146-0	372-1

NRA PRONE MATCH

Five Juniors, fired the NRA Prone Match on March 25, with the following results:

<u>Shooter</u>	<u>Iron Sights</u>	<u>Any Sights</u>	<u>Sporter</u>	<u>Two-Gun</u>	<u>Three-Gun</u>
Joshua Springer	191-6x	197-8x; 195-5x		392-13x	
Edward Burton	185-3x; 178-1x	173-2x		358-5x	
Nathan Switzer	174-1x	189-7x	188-11x	377-18x	551-19x
Jeff Mitchell	155-2x	154	151	309-2x	460-2x
Jonathan Underwood	134-2x; 112	138		272-2x	

ODJRL AIR RIFLE MATCHES

March was the final month of the ODJRL Air Matches. The Lafayette Blue Team again took first place in Sporter, Precision, and International Matches, and the Lafayette White Team came in second in Sporter. Individually, in Sporter, Joshua Springer, Zachary Foster. Nathan Switzer, Jeremy Woodard, and Carlos Negron-Cruz medalled. In Precision, Danielle Foster and JJ Lafond medalled in class in Precision, as did Danielle Foster and Nathan Switzer in International. The teams are already practicing for invitational matches and for next fall, with several new members now on the Sporter teams.

STATE MATCHES

In February, the Air Rifle Teams fired in the National Guard Postal Matches, and won an invitation to the Nationals. In March, the Virginia State Air Matches were held at Lafayette Gun Club, simultaneously with the March ODJRL Matches. The Lafayette Blue Team won the State Championship for Precision Air Rifle. Danielle Foster took an individual Bronze medal in Precision Air Rifle, and in class, Jennifer Medeiros and Nathan Switzer took Bronze medals, and Danielle Foster took the Gold Medal!

The Junior Rifle Team welcomes new members during the month of March: Christian Handley, Thomas Rotering, Christopher Stumpf, and Jonathan Gentz, and returning members: Nicole Jones, Joshua Lynch, and Jason Lee (back from the Coast Guard for the High Power Match).