

LAFAYETTE JUNIOR RIFLE CLUB
SHARPSHOOTER

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POINTS OF INTEREST

February

- 5 Turkey Shoot **1300-1630**
- 11 Junior Shotgun **0800-1100**
- 12 Benchrest Flyspeck Match
ASB range – **1200-1500**
- 18 LGC High/Low Power Rifle
Match – **0800-1500**
- 19 Turkey Shoot **1300-1630**
- 25 Junior Shotgun **0800-1100**
- 25 NRA 3-P Match, ASB
Range **0800-1200**

March

- 4, 11 VA Air Rifle
Championships – ASB Range -
0800-1700
- 5 Turkey Shoot **1300-1630**
- 11 Junior Shotgun **0800-1100**
- 12 Smallbore Benchrest Match
50 yd. Range- **0800-1200**
- 18 LGC High/Low Power Rifle
Match – **0800-1500**
- 19 Turkey Shoot **1300-1630**
- 25 Junior Shotgun **0800-1100**
- 25 NRA Prone Match – 50 yd
Range – **0800-1200**

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: \$2.00 a relay. Match fee for NRA Three-Position Matches are \$8.00. The fee for NRA Prone Matches is \$7.00 a relay.

BREATHING, SHOOTING AND ANXIETY

As a shooter, it is important to know that breath control, together with sight alignment and trigger squeeze, is key to properly executing a shot. However, proper breathing is more relevant to shooting than just being a part of the shot sequence. Breathing is important to preventing and correcting competitive anxiety.

Competitive anxiety is a condition that affects a shooter's performance both physically and mentally. This anxiety is characterized by shallow breathing that causes the heart to race and the competitor to become nervous. Although competitive anxiety can be of benefit in some sports, in shooting there is no benefit. Both the thought parts of anxiety –worrying and being nervous—and the physical parts –fast heart rate and shallow breathing—will hinder a shooter's performance.

Relaxation techniques can reduce stress and anxiety so that a shooter is prepared to perform well during a match. Techniques that involve slow, deep breathing work well, regardless of the individual. Some relaxation methods to add to deep breathing include listening to music, imagery and visualization, and progressive deep-muscle relaxation. It goes without saying that some music is relaxing while some motivational music is not. Visualization and imagery involve picturing and concentrating on a relaxing scene or image. A competitor can also use a meaningful picture to help enter into a relaxed state. At matches, you may notice superior shooters with pictures taped to their shooting stands. Progressive deep-muscle relaxation involves the systematic tightening and relaxing the major muscle groups.

It is never too soon to experiment with breathing and relaxation techniques, and to incorporate techniques that work for you into your match preparation routine, along with packing and checking your equipment, unloading and setting up your shooting position, and filling out your match registration. Allow enough time to relax as part of your match preparation and see if deep breathing and relaxation will help your performance.

Good luck with your next match. The key is to relax and enjoy the results.

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

Stuart McCroskey

MarksmanJeremy Teller
Willie Teller
Timmy Teller**Marksman 1st Class**

Willie Teller

Sharpshooter

Jeremy Teller

BarJeremy Teller – 1
Timmy Teller – 5
Willie Teller – 7Willie Teller – 8
Zack Foster – 8
Willie Teller – 9**Expert**Dani Foster
Willie Teller**Distinguished Expert Pending**Matt Black
Joshua Springer – International Air
Dani Foster
Willie Teller

HIGH AND LOW POWER MATCHES

One Junior fired in the January High Power Match, and two in the Low Power Match, with the following results:

Match	Shooter	SFS	RFS	RFP	SFP	Total	Percent
High	Chris Faron	95-0	99-8	100-6	193-9	487-23	97.4%
Low	Jeff Mitchell	50-0	79-0	80-0	175-2	384-2	76.8%
Low	J. J. Lafond	73-0	51-0	82-0	155-1	361-1	72.2%

FLYSPECK MATCH

Zack Foster was the only Junior to fire the January Flyspeck Benchrest Match. He scored an 88-1x. He needs competition in February.

NRA THREE-POSITION MATCH

Four Juniors, fired the NRA Three-Position Match on January 28, with the following results:

Shooter	Classification	Prone	Standing	Kneeling	Total	Percent
Jennifer Medeiros	MU	173	173	161	507	84.5%
Nathan Switzer	MU	163	83	106	352	58.67%
Edward Burton	MK	164	48	117	329	54.83%
J. J. Lafond	MU	104	58	115	277	46.17%

This was J. J.'s first 3-P match with a smallbore rifle.

ODJRL AIR RIFLE MATCHES

The Lafayette Blue Air Rifle Team again took all three first place team medals in January. IN the International Match, the team posted a 500 point lead on the second place team. Individually, shooting in class, Joshua Springer and J. J. Lafond took first place Sporter honors, Jennifer Medeiros and Willie Teller took first place Precision honors, and Willie Teller took 1st place honors in International.

TRAVEL MATCHES AND STATE MATCHES

Six shooters: Joshua Springer, Dani Foster, Willie Teller, Matt Black, Chris Melochick, and Brooke Selmer traveled to Pennsylvania at the end of January to shoot in the Palmyra Air and Smallbore Matches. This is a very large invitational match and we wish our team good luck.

In February, the Air Rifle Teams will fire in the National Guard Postal Matches. This could lead to an invitation to National Matches.

In March, the Virginia State Air Matches will be held at Lafayette Gun Club, to run simultaneously with the March ODJRL Matches. Again, we wish our shooters the best of luck, as this could also lead to another invitation to a National Match.

The Junior Rifle Team welcomes new members during the month of January: Jonathan Underwood, Katie Seay, John Alan Bimler, Zack Sowell, Julie McIlhane, Daniel McIlhane, Nathan Pincus, James Pincus, Cheyanne Dolan, Celia Pincus, and Monica Pincus.