



Editor's Letter:

Welcome Junior shooters to Issue 4 of the first volume of the Junior Shooter Newsletter. This month's issue has an article by Kathy Chatterton on match preparation, an article by Mike Soklaski on controlling your mind, Mary's update on junior shooter progress and upcoming matches and also information on an upcoming training opportunity by Isabelita Perez. I would like to thank each of these authors for their contributions.

As .45 tends to be the problem gun for most shooters, juniors included, Mike Westock, Ed Glidden, John Gemmill, Mary Badiak and I have been communicating back and forth about setting up a .45 clinic for helping juniors with the .45 and also to answer any questions they might have concerning Camp Perry. Currently a preliminary date (and completely open to change) is May 21. If any juniors are interested in this clinic please email me (john.gunn.3@gmail.com).

By: John F. Gunn III

Five Factors in Match Preparation:

By Kathy Chatterton

In my life, match preparation is an ongoing process. It's part of my life and it has rising and falling periods of intensity, but it's always there in the background.

Match prep in a non-intense period still involves maintaining a general level of fitness for proper cardiac response-in other words, you want to keep your heart rate low so you can hold the firearm steady. This isn't something you can't really "practice", it's an ongoing process of physical fitness.

If you have a set of dumbbells, that's really all you need to create an effective weight training routine to build upper body and core strengthening exercises. Shoulders, arms, chest and back are all part of the upper body strength you'll need to hold your pistol out for hours without fatigue.

As the outdoor shooting season approaches I start to increase my actual shooting practice activities such as dry firing and shooting more. Mental training also comes into play here, but that's a topic on its own.

Now there's good news and there's bad news when it comes to practicing for a match. The good news is, there are no secrets that the top shooters know that you don't. That's also the bad news. I know there are some of you out there who believe that the top shooters know something or have something or do something that nobody else knows, has or does. Please believe me, they don't. It really is a matter of what happens in between your ears.

So now for the first factor:

1 - You have to dry-fire. It's the single most effective training and match prep tool we have. Dry fire, or be forever doomed to mediocrity in shooting. There is no substitute for dry-firing, including live fire. There is no workaround, there is no shortcut. Please be careful to use a dry-fire plug in your .22 and triple check that your firearm is empty with every other caliber.

2 - The other part of conventional pistol that has to be practiced is rapid fire, live. Rapid fire has got to be practiced with live ammunition and preferably on turning targets. Especially with the .45. Timed fire will come easily once you have mastered rapid fire.

3 - Practice in conditions as close to match conditions as possible. Use the same ammo, firearms, support equipment (box, scope, etc.) as you would in a match. Anything that can go wrong will go wrong in a match, so you really need to know instinctively where things are and that you have them with you if you want to stay calm and address the issue without losing your focus.

4-Work on tuning out distractions. If noise bothers you, practice with the radio on a talk show station. Practice deliberately tuning out the background chatter when you dry-fire. I have gone so far as to buy a huge fan with variable speeds that changes direction to simulate wind blowing on me when I dry-fire. Learn how to ignore distractions and focus entirely on what you are doing. Once you can do that at home, then start practicing at matches.

5-Finally, set goals for your practice. Increase your level of activity in intensity and duration until you get to the match. You might dry fire for 5 minutes a day working up to half an hour twice a day or something that works for you. You might find ten minutes to do mental training while you are still in bed in the morning, just before you start your day, working up to 20 minutes. You might go the range one a week, working up to three times a week, it's up to you.

In closing, remember that you are the one who really knows what you want to achieve in your sport. With shooting, you'll only get out of it what you put into it.

For some, shooting well enough to beat their last match is enough to make them happy. For some, only beating the top shooter is good enough. There's world of difference between those two goals, but the way to get to both of them is the same.

- Kathy Chatterton



Kathy is one of NJ's most outstanding shooters! She has achieved Distinguished Pistol, Distinguished Revolver, "2600 Club", High Master classification in *both* indoor and outdoor conventional pistol, and so many National records and National Championships that would take several pages to begin to list!

Controlling the Conscious Mind for

Consistent Shooting:

By Michael B. Soklaski

My name is Michael B. Soklaski and I am a 14 year old shooter on the Central Jersey Junior Pistol League. I have been shooting 2700's for about a year and two months. I am currently an NRA certified marksman indoors and outdoors and I will be going to Camp Perry Ohio nationals this year. I recently had a string of personal bests as well as my current personal best grand aggregate of 2264-37x. I have made few fundamental changes, no sight changes, used the same 2 guns I always do. There has only been one change, a mental program. A mental program is a set of steps that sets up your mind for successful shooting.

"95 percent of all winning is done by five percent of the participants... The only thing that separates the winners from the other is the way they think. Winners are convinced they will finish first"- Lanny Bassham

Lanny Bassham, 1976 Olympic champion in rifle shooting, is the creator of the mental management system. The system is focused around developing three mental components while keeping them balanced. These components are: The Conscious Mind, The Subconscious mind, and your Self Image. If you can control these three things under pressure at any time, you will have a consistent performance.

Your conscious mind can only think of one thing at a time. However, your subconscious can think of billions of things at once. These are things you do every day like breathing and multi-tasking. For example, if you are walking down the sidewalk with your friend and having a conversation at the same time you are thinking of talking consciously but your subconscious is thinking of walking, breathing and a billion other things at that time. Therefore, while you can't control what your subconscious mind is thinking, you can control your conscious thoughts. If you are thinking of something positive it is impossible to think of something negative at the same time.

So how does that confusing analysis of a person's thought process fit into shooting? Every time you think of something positive before you take a shot, your chances of shooting a good shot go up. On the other hand, if you're still thinking about that five you just shot, your chances of shooting a good shot go down. This happens because you always do what your conscious mind is thinking of.

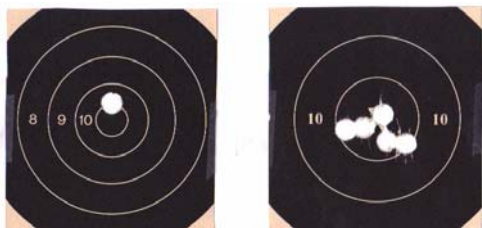
A mental program gives you control over what your conscious mind is thinking of. My mental program consists of four steps my dad created through simplifying Lanny's program. The four steps are: **Start Point, Attitude Adjustment, Rehearsal, and Focus.**

Controlling the Conscious Mind for Consistent Shooting continued:

Step 1 - Start point: This defines when you are going to start running your mental program. I start my slow fire program after “commence Fire” has been called. For timed and rapid fire I start before “Shooters to the Line” is called. It all depends on how long your program takes, and how much time you have to do it well and shoot.



Step 2 -Attitude Adjustment: The first part of your system. In this step, you start your positive thinking by picturing a positive image. This acts as a cross over to your next shot and a way to think of the next shot if your last was not what you wanted. I use a picture I keep in my gun-box of one shot in the X ring for slow fire, and a group of 5 shots in the X ring for timed and rapid fire. I use a physical picture because I have a hard time concentrating on a picture in my mind, but if you can do that it's just as good.



Step 3 –Rehearsal: A rehearsal is a practice for what you will soon be doing. This step is exactly like rehearsing for a school play but it is all done mentally. After I adjust my attitude, I close my eyes, and go through a shot. I picture the dot perfectly centered on the target, not moving, and slowly pulling the trigger...BANG! I picture putting the gun down if its slow fire and looking at my scope...a perfect X. OR, I pull the gun back on the center of the target as if I was to take another shot for timed and rapid fire. Also, during slow fire I rehearse after every shot, but in timed fire, I rehearse before every string. This step varies based upon what you need to think of consciously and what you can do subconsciously.

Step 4 –Focus words: Focus words are simple, short words or phrases you repeat in your mind while you take each shot. These words are focused around fundamental issues you may be having. For instance: I sometimes start to shoot to the left. When this happens, I use the focus words “slow to the nose”. This tells me to slowly squeeze the trigger and pull it straight to my nose. This prevents pushing the gun to the left because of not pulling the trigger straight back. Currently I use the focus words “dot on black, dot on black, slow”. This tells me to keep the red dot on the black of the target and to slowly squeeze the trigger. Remember: *keep these phrases short. The longer they are the more difficult it is to use them effectively.*

One of the most important things you have to know to have a successful and efficient mental program is that it can change frequently. The goal is to get to a point where your mental program never changes because your fundamentals are consistent and perfect for every shot. I edit my program almost every practice and match. You find the right way to rehearse and find the best focus words for you through experimentation and feedback from people watching you. Make sure you write it down so you remember the things you've learned. My Dad always tells me "There are two things that this match can offer - a perfect 2700 or an opportunity to learn what we need to work on for our next practice. Either way we win."

By Mike Soklaski

Michael started shooting at Mike Westock's Junior Bullseye League at CJRPC in Dec. 2008. In July 2009 he fired his first match with .22, and his first full 2700 in Nov. 2009! He broke 800 with .22 for the first time last October (now that's just "routine" – he does it all the time!) and his "personal best" grand aggregate has gone from 2100 to almost 2300 in just the past 4 months!

He has just earned the title of NJ Junior Indoor Champion for 2011!



CJ 2700 "PR"s in 2010 – above with his Dad, Mike!



2010 NJ Outdoor Championship (above)





PISTOL COACHING CERTIFICATE COURSE ANNOUNCED
PROGRAM SPONSORED BY NRA AND USA SHOOTING
HOSTED BY NYAC PISTOL CLUB

A coach-training program to promote international pistol shooting as a sport among prospective U.S. Junior Olympians was announced. The New York Athletic Club (NYAC) Pistol Club, the National Rifle Association (NRA) and USA Shooting will host a Pistol Coach Certificate course for International Shooting on Sat. April 30 and Sunday, May 1 for twenty adult participants from the New York/New Jersey area.

The newly appointed coaches will join a pool of coaches who will conduct sanctioned Progressive Position Air Pistol Championship (PPP) and USAS Junior Olympic programs. PPP is a recognized introduction to Olympic events in Men's and Women's Air Pistol and small bore (.22) Men's Free and Rapid Fire Pistol events as well as Women's Sport Pistol events.

The NRA and USA Shooting have arranged for Mr. Will Hart to conduct the two day Coach Training event. Mr. Hart is an active member of the NRA/USAS National Coach Development Staff.

Upcoming Junior PPP and USA Junior Olympic programs will be held at participating range facilities beginning Fall 2011.

For further information contact:
Isabelita Perez at 917-981-7715 or Ray Dean at 917-592-9091

Upcoming Matches:

April 2011

Conventional Pistol (Bullseye):

PA Indoor Championship in Guthsville, PA – Indoor 2700 – Apr. 2-3, 2011 – relays at 8 AM and 1 PM both days – Dale Atkinson: <mailto:atkinson@ptd.net> or phone **610-439-0721**

Wappingers Falls (NY) – OUTDOOR 2700 – Apr. 3, 2011 – 9 AM –Reggie Thomas: <mailto:2700@dcpistol.org> or <mailto:rtisallset@gmail.com> - phone **914-525-6759** or at <http://www.NJPistol.com>

Lake Island in Carteret, NJ – Indoor 2700 – Apr. 9-10, 2011 – relays at 8 AM and 1 PM on Saturday and 9 AM on Sunday (if there is sufficient interes!) – <mailto:noalibis@njpistol.com> or phone **908-788-5503** or at <http://www.NJPistol.com>

CJRPC in Jackson, NJ – OUTDOOR 2700 – Apr. 16-17, 2011 – relays each day at 9 AM – <mailto:noalibis@njpistol.com> or phone **908-788-5503** or at <http://www.NJPistol.com>

Boyertown (PA) – OUTDOOR 2700 – Apr. 30 – May 1, 2011 – relays each day at 9 AM – Keith Davis: <mailto:howardkeithdavis@comcast.net> or phone **610-369-0608** or at <http://www.NJPistol.com> or <http://www.llpcinc.com>

Square Circle in Gibbsboro, NJ – OUTDOOR 2700 – Apr. 30, 2011 – 9 AM – <mailto:jgunn001@comcast.net> or <mailto:pauladamowski@comcast.net> or phone **609-288-0778** or **609-390-3941**

Wappingers Falls (NY) – OUTDOOR 2700 – May 1, 2011 – 9 AM –Reggie Thomas: <mailto:2700@dcpistol.org> or <mailto:rtisallset@gmail.com> - phone **914-525-6759** or at <http://www.NJPistol.com>

Junior Competitors Report:

Feb. 26-27 – DSPC (DE) – Indoor 2700 – Michael B. Soklaski set ANOTHER new indoor “personal best” Grand Aggregate with 2264-38X!

Mar. 19-20 – Old Bridge and Riverdale, NJ – NJ Indoor State Championship – Michael B. Soklaski was HIGH JUNIOR and 2nd of 26 Marksmen with 2214-21, firing his first match at Riverdale (on those instantaneously turning targets!) The other six juniors fired at Old Bridge, all at the Sunday afternoon relay!

Joseph Storch set a new “personal best” .22 aggregate with an outstanding 832-26X, earning 1st MK (and topping 17 of 18 Sharpshooters as well!) **Trevor Houlis** and **Steve Voros** fired Centerfire as well as .22 – it was Steve’s first CF match!! **Tyler Potter, Anna Storch** and **Josh Rotondo** fired .22 – it was the first 25 yard match for Anna, and first Indoor 25 yard match (and a competitive “personal best”) for Josh!



Mar. 26 – Falls Twp. (PA) – Indoor 2700 – Michael B. Soklaski set ANOTHER new indoor “personal best” Grand Aggregate with 2296-26X – his first Sharpshooter 2700 score!



Kim Hullings excelled at the NRA Intercollegiate Pistol Championships at Ft. Benning, GA (March 15-19.) She made finals in both women's air and sport pistol events, placing 7th in women's air and 3rd in sport pistol! She was a member of the OSU standard pistol team, placing 12th (and helped her team take the silver medal!) She also made All-American for sport pistol, first team with Heather Deppe!

Junior Leagues Report:

Old Bridge (2nd and 3rd Sundays at 5 PM):

Chairman: Ed Glidden at <mailto:eglidden@yahoo.com>

CJRPC in Jackson, NJ (Thursdays AFTER OUTDOOR 900 ~ 7 PM):

Note: Experienced juniors may join in the 900 league which starts at 5:30 PM!

Chairman: Mike Westock at <mailto:topgun22x45@aol.com>



March 24 - Tyler's first night with his new Xesse