

# New Jersey Junior Bullseye Newsletter

January 2013

Dear Juniors,

HAPPY NEW YEAR!!!

Let me start 2013 by asking you a question: "WHAT DO YOU WANT?"

An article posted at a recent Olympic Qualification match proclaimed:

"To develop a winning attitude, you must:

- 1) Become excited, confident, and enthusiastic about your goals.
- 2) Give yourself permission to be a winner.

Winners always have a goal.

Winners focus on solutions, not problems.

Winners have plans to reach their goals.

Winners have positive attitudes in all elements of their lives. The more you think about, talk about, write about a thing happening, the greater the certainty of that thing happening."

The above wisdom applies to every aspect of your life, and I personally hope you are "setting your sights" on some SHOOTING GOALS amidst all your other endeavors!

Do you want to set new "personal bests" in competition?

Do you want to shoot your first .45 caliber match or first full 2700 this year?

Do you want to be on the NJ State Junior Team at Camp Perry this July?

MY GOAL IS TO HELP YOU REACH YOUR SHOOTING GOALS IN ANY WAY I CAN!

Best wishes,  
Mary [noalibis.mary@gmail.com](mailto:noalibis.mary@gmail.com)

## WHAT IS YOUR TOP GOAL FOR 2013?

13 replies:

3 - shoot a specific match score (break 2600)

3 - move up in class

3 - improve a specific course of fire (long line, short line, slow fire etc) or specific gun (CF/.45)

3 - improve consistency

3 - shoot more matches

2 - improve equipment

HM - To minimize my mistakes. Mistakes defined as shots that are not on call.

HM – I will focus physical fitness and improving my short line through mental rehearsal.

HM - For me personally, it is to break 2600 *again*.

HM - Be able to continue shooting in the light of all the idiots that think guns are bad/evil and want to regulate them to the point I wouldn't be able to afford to shoot...THAT is my goal...  
[\*\*\* see following topic]

MA - Shoot as many matches as I can.

MA - Mine are:

- 2600 at least twice more, preferably once in Ohio
- Maintain consistency between targets and strings of fire
- Resolve my problem with very low scoring slow fire targets
- Reduce number of skid shots, as they do cause you to ooze points on the short line
- [Elihu Root](#) medal

So when you start looking at all of them, there's one thing in common. One goal that will get me there. It's not an easy goal, though. Stop being lazy, quit making excuses, put down the remote control, get your head outta your butt, and dry fire like your shooting career depends on it. If I stick to this, then is there anything that can't be done?

[\*\* **Editor's challenge:** WHO WAS ELIHU ROOT? A prize-of-the-month to the first JUNIOR who [emails me](#) with the answer!]

EX - Goal for 2013 - break 2600. Intermediate goal - improve .45 score to 860+ consistently. Achieve the intermediate goal and the 2013 goal will seem to me made without undue effort.

EX - I'd say I have two...first (always a priority) is ensure my equipment is in its best condition and have 100% confidence in it, and second is to work on the long line scores with CF/.45

EX - In the past year I have not competed or practiced nearly as much as I would like to. My first goal is to correct this. I want to get out at least twice a week and to shoot as many matches as I can, when I can. As you get older it gets harder and harder to find the time to commit to shooting, as each of you will (or have) notice(d). Because of this, it is very important for you to make the time, and this is something I have not been doing as of late! Additionally, I would like to start shooting at the top of my class at matches and eventually progress to the next level. This will only be accomplished, however, if my first goal is realized.

SS - My first goal will to be to put RINK grips on my guns and my top goal will to make Expert.

SS - To raise my match scores to equal those in practice.

MK - To shoot one match a month - and shoot each match better then I did the last.

MK – To make SS!

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<http://www.usashooting.org/news/2012/12/21/331-usa-shooting-team-shares-their-holiday-memories-and-2013-resolutions>

You can find lots of inspiring ideas from Lanny Bassham on how to make and reach your goals at the links below:

<http://mentalmanagement.blogspot.com/2011/12/updating-your-goals-by-lanny-bassham.html>

<http://mentalmanagement.blogspot.com/2011/02/defining-goal-by-lanny-bassham.html>

Get Lanny's inspiration monthly by email:

<http://mentalmanagement.ipower.com/content/newsletter-signup>

*Do you have a suggestion for a "Question of the Month" ...???*  
Email Mary at [noalibis.mary@gmail.com](mailto:noalibis.mary@gmail.com)

## Aftermath of the Tragedy in Newtown, CT

[Editor's Note: I hope you are DRY-FIRING more than listening to nightly news, but in case you are feeling troubled by the horrible event on Dec. 14 and/or the ensuing barrage of gun control politics, please talk to your parents, coaches, fellow junior shooters (and/or to [me](#)) – we're all in this sport together! Here are some thoughts to keep in mind:]

Forwarded words from USA Shooting spokesman, Olympic Training Center in CO:

- In times of tragedy, it's important to remember that we have NO relation to the devastating things people do with firearms.
- It's unfortunate when someone's criminal and cruel intents with firearms immediately create a link to the shooting sports and to sportsmen and enthusiasts in general.
- My teammates and I represent this sport with class and distinction in every way and take great pride in showcasing the sport to a wider audience. This is our passion, something we've been doing all our lives. But we also realize that as ambassadors for our sport, there's a need to educate people and to create greater understanding in what we do and how we do it.
- We've chosen a livelihood in which a firearm is a desire and a necessity and absolutely value the freedom that provides us that opportunity...

Some good advice offered from our local family of Bullseye competitors:

- I believe, through the efforts of the NJ Junior Bullseye program, that our Juniors are strong and disciplined enough to realize the difference between themselves and this depraved individual.
- ...Be open about who they are and what they do. People will surprise them. Besides, if they are open about who they are and other people choose to dislike them for it, then they will have removed people from their lives who they are better off without. If they can't handle who they are and accept it, then they aren't good for them!
- ...Do your best to improve scores, make new friends, and when conversation turns to shooting and a narrow minded person talks down of your sport choose your words carefully...Think of your personal best score. Your face will speak volumes. But most of all have fun... You're in good company.

*Do you have a comment? Your feedback is important to me!  
Email Mary at [noalibis.mary@gmail.com](mailto:noalibis.mary@gmail.com)*

## Junior Competitors Report:

**Dec. 17 – CRRC Air Pistol, Princeton Junction, NJ** – Michael B Soklaski was the overall match winner, topping 10 other air pistol competitors (including his father!!) He fired 532.08!

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## Upcoming NJ Matches:

**Jan. 19** – Gibbsboro, NJ – **Indoor 2700** – 8 AM – Juniors pay regular match fees – contact Paul Adamowski - 609-390-3941 or [PaulAdamowski@comcast.net](mailto:PaulAdamowski@comcast.net)

**Jan. 26-27** – OBRPC – **Indoor 2700** – relays both Saturday and Sunday at 8 AM and 1 PM – JUNIORS SHOOT FOR FREE - contact Mary Badiak – 908-788-5503 or [noalibis.mary@gmail.com](mailto:noalibis.mary@gmail.com) or sign up at [www.NJPistol.com](http://www.NJPistol.com) [ALMOST SOLD-OUT!]

NOTE : February Indoor 2700 at Square Circle has been cancelled.

**Feb. 8-9** – Riverdale – **Indoor 2700** – relays Friday at 6 PM and Saturday at 8 AM and 1 PM – Juniors pay *HALF* regular match fees - contact Dave Lange – 201-251-0933 or [DL2700@aol.com](mailto:DL2700@aol.com) or sign up at [www.NJPistol.com](http://www.NJPistol.com)

**SPECIAL JUNIOR EVENT - Feb. 10** – OBRPC – **Indoor 900 + Team Match for JUNIORS ONLY – .22 caliber at 50 feet** – relays at 12:30 PM and 3 PM – JUNIORS SHOOT FOR FREE - contact Mary Badiak – 908-788-5503 or [noalibis.mary@gmail.com](mailto:noalibis.mary@gmail.com) or sign up at [www.NJPistol.com](http://www.NJPistol.com)

**Feb 16-17** – OBRPC – Sectional (NRA Indoor National Championship) – **Indoor 900 at 50 feet with .22 cal. Only + fired team match!** Relays 9 AM, 11:30 AM and 2 PM on each Saturday and Sunday - JUNIORS SHOOT FOR FREE - contact Mary Badiak – 908-788-5503 or [noalibis.mary@gmail.com](mailto:noalibis.mary@gmail.com) or sign up at [www.NJPistol.com](http://www.NJPistol.com)

**March 15, 16, 17** – OBRPC and Riverdale – **NJ INDOOR STATE PISTOL CHAMPIONSHIP** – relays Friday and Saturday at Riverdale (6 PM Fri., 8 AM and 1 PM Sat.) and Saturday and Sunday (8 AM and 1 PM) at Old Bridge – JUNIORS SHOOT FOR FREE AT EITHER VENUE- contact Mary Badiak (OB) – 908-788-5503 - [noalibis.mary@gmail.com](mailto:noalibis.mary@gmail.com) or Dave Lange (Riverdale) – 201-251-0933 - [DL2700@aol.com](mailto:DL2700@aol.com) or sign up at [www.NJPistol.com](http://www.NJPistol.com)

## Junior Leagues Report:

**Old Bridge (2<sup>nd</sup>, 3<sup>rd</sup> and 4<sup>th</sup> Sundays at 5 PM):**

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

**CJRPC in Jackson, NJ (Thursdays 6 PM):**

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

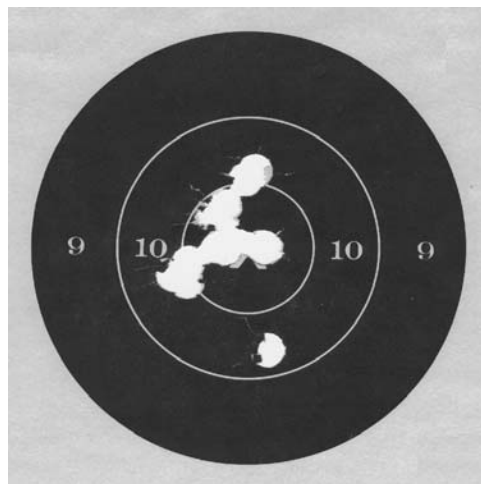
**SCFGPA in Bridgewater, NJ – (1<sup>st</sup> Sunday at 5 PM, last 2 Wednesdays of the month at 7 PM):** **Chairman:** Ray Badiak at <mailto:raybadiak@embarqmail.com>

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### TIP OF THE MONTH:

#### **Clean your magazines!**

One local shooter shared his personal New Year's Day routine is to spend serious time cleaning ALL his magazines! We often are good about cleaning our firearms after shooting one or more matches or league practices, but may forget that the magazines need cleaning too! Don't wait until next year to follow this great suggestion, "Ground Hog Day" is just around the corner (and you'll have clean magazines in time for the NJ Sectionals!)



**PREVIOUS NEWSLETTER ISSUES CAN BE FOUND AT:**

[http://www.njpistol.com/Junior\\_Newsletter.htm](http://www.njpistol.com/Junior_Newsletter.htm)