

# New Jersey Junior Bullseye Newsletter

December 2012

Dear Juniors,

We've survived "Super Storm Sandy" and enjoyed Thanksgiving, now launching toward the Christmas and Hanukkah Holidays (and end-of-first-semester for all you students!) – it's a busy season! Congratulations to those who worked in time to shoot and even compete in matches amid everything!

This month I "surveyed" Bullseye shooters to tell us what they do on a regular basis to IMPROVE – again I got responses from Marksmen through High Masters from NJ and beyond! If a good lawyer never asks a question for which they don't already know the reply, let it be known that's not my profession! I found it very interesting and timely that many answers offered suggestions for what to do when we don't have time or facility to get to the shooting range! I hope you will be inspired by the ideas offered for what to do FOR YOUR SPORT if you are stuck at home or in between other demands in your life!



Thanks again to all who replied with some great training suggestions!  
Your input and feedback is needed!

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

## WHAT DO YOU DO ON A REGULAR BASIS TO IMPROVE YOUR SHOOTING?

16 replies:

Dry fire – 8

Visualize – 5

Work out for general fitness, weight training – 4

Regular leagues, matches - 3

Specific drills, coaching others - 3

HM - Dry fire at least once a day, five days a week. The ideal training for me would be 15 minutes in the morning, 15 minutes when I get home from work and 15 minutes at night before I go to bed.

When I dry fire, I start out with the muzzle of my gun about an inch away from a blank wall. Not having a target to aim at and being close to the wall automatically puts me in a natural point of aim and does not allow my eyes to focus far away. I run a mental program before every shot or string of shots when I am firing and do the same when I dry fire. I do not pull my trigger without first running a mental program, ever!

After about five or ten minutes of dry firing against a blank wall, I dry fire in the same manner at a reduced target across the room. I have found that dry firing against a blank wall trains me to keep my sights aligned and my eyesight focused on the sights. Dry firing at a reduced target across the room helps to keep my hold more steady and also to maintain trigger control through the movement that I do see.

HM - I go to matches and the gym.

HM - If I can't shoot...or get to practice I think about shooting perfectly...after you have put as many rounds down range as I have you really know what it is like so thinking about perfect shots and perfect results usually keeps the mind fresh for the time when you can't really shoot...as you know this game is 10% skill and 90% mental...also 5% of the shooters do 95% of the winning...so be A 5%er!!!

HM - Making sure that you are thinking about how you are applying correct fundamentals when you are shooting. Then taking time to think about those same fundamentals for some time each day when you have a few free minutes.

HM - What do I do? Follow "the plan."

The Plan is a daily, weekly, and monthly schedule designed to improve your shooting. One should look at areas/scores he or she wants to improve, devise a plan for achieving that goal, then implement the plan. The plan may include dry firing, physical conditioning, live fire, or even simply implementing the shot plan you have already developed (but may have strayed from).

MA - Dry fire every day!

MA - Stay fit, I shot air pistol and free pistol today after 4-5 years...I think I shot well because I have been staying fit and I just focused on the basics, I'd forgotten all the bad habits since I didn't shoot in such a long time :)

MA - Dry fire. Every practice fire first 10 or 15 at a backward [blank paper] target.

EX - On a weekly basis, I shoot at least an 1800, usually a 2700 [in a league]. Sometime during the rest of the week I usually shoot 50 – 100 rounds either all slow fire or rapid fire based upon what Monday's scores [at the league] show need work. Most Sundays are spent coaching juniors which I find to be a good mental refresher for me as I analyze targets and suggest corrections to the shooter(s). Finally, I try to shoot at least one NRA registered 2700 each month.

EX - I think about shooting several times a day. I envision shooting Xs and 10s as "that's like me". I dry fire as often as possible and shoot every opportunity I get. I always accentuate the positive and do my best to ignore shots that are "not like me". Bullseye is the best!

EX - Currently, with life flying by in the rapid way it does, I don't have the time I used to have for practicing. At the height of my shooting when I was a junior, I was practicing twice a week and shooting matches on the weekends. When I didn't have a match, I practiced on the weekend, so I shot 3 times a week. This led to significant improvement. Now, with responsibilities :(, I only get out once, maybe twice a week. But now that I don't have the time to shoot as often, I find myself thinking about shooting more than I used to. Shooting, as with many sports, involves a large amount of mental concentration. Sometimes while driving or doing something mundane, I'll allow my mind to wander to my hobbies. I'm an avid golfer as well as a shooter, so sometimes I'll daydream about playing 18 holes or shooting at a range I'm familiar with. I started doing this after I heard a high master tell me that he'll sometimes shoot an entire match in his head before going to bed at night. While it may not have an effect on the physical aspects of practicing, I find it helps with concentration and it is a fun way to pass time when doing menial, non-important every day tasks. I would also state that you should be cautious of expectations! Your shooting won't always improve the way you want it to. You may be practicing 3 times a week, but not finding yourself instantly getting better. Be aware that this may occur. Shooting, at least from my experience, often goes along plateaus. You may face a sudden increase in ability, then find yourself staying along a single path/level for quite some time before you go up again (or worse, down!), but by sticking with it and allowing for this, you'll get better gradually.

SS - I do try to dry fire but not enough! Since a "shot plan" is a great help to me, I try to use a version of it in many repetitive non-shooting tasks during the week. I guess you might call it a "job plan" in those situations.

SS - With my schedule there is nothing that I do daily, unfortunately. On a weekly basis I try to shoot competitively in leagues and matches, because shooting with match pressure is very different from shooting when you're alone or nothing is at stake. Additionally, on a weekly basis I practice different drills for slow fire and sustained fire, primarily out of the USMC workbook and the AMU bullseye clinic manual. My favorites include 2 and 3 second drills to help me with sustained fire trigger control. As often as I can, I dry fire every evening that I am not at the range, for 15 minutes with my .22 and 15 minutes with my .45.

MK - If you cannot get the range, do a "shooting exercise". Here is one I do – but feel free to make your own:

Set a timer for 20 seconds. Close your eyes. Can you tell when it will go off? Are you early or late? Get used to 20 seconds. Do the same time with 10 seconds. [Practice BEING STILL (don't move, see if you can refrain from breathing) during that time!]

MK - I make time to dry fire at least two hours per week in thirty minute increments with a five pound wrist weight. [This fellow already has strong arms I'm guessing!] Clean and lubricate guns after approximately 200 rounds.

shoulder exercises <http://www.njpistol.com/shoulder1.pdf>

and <http://njpistol.com/shoulder2.pdf>

[http://www.njpistol.com/shoulder\\_stretching.pdf](http://www.njpistol.com/shoulder_stretching.pdf)

<http://www.njpistol.com/wrist.pdf>

<http://www.njpistol.com/Misc Strength Training.pdf>

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

## Junior Competitors Report

**Nov. 24-25 –Old Bridge, NJ** – Old Bridge “Turkey Match” – 40 competitors including 9 juniors– **Juan Pena-Velasquez** fired his first full 2700 indoors and was HIGH JUNIOR! He had “personal bests” across the board with 827-17X in .22, 761-13X in CF and 715-6X in .45 for a grand aggregate 2303-36X! **Michael B Soklaski** had a “PR” in .45 with 751-15X! **Nicolai Greco** had an indoor “PR” in .22 with 792-10X!



**Josh Rotondo** also fired his best indoor .22 score of 769-10X, which included a final Rapid Fire target of 94-4X! **Tyler Potter** beat his grandfather, Carl (at 8 AM that’s all that can be expected!) It was the first trip to Old Bridge for **Morgan Mateus, Dan Rosar, Dylan Gebel** and **Dominic Ross** – Dan had a “personal best” .22 score of 693-5X! Morgan had a nice 95 in TF but then had some alibi troubles in .22 – this was his first indoor CF match (no alibis with that .45!) Dylan didn’t quite earn blueberry pie for X count (but he did have more than 10 tens!) It was Dominic’s first indoor match – he came close to his outdoor score from his October debut!

**Dec. 2 – Bridgewater, NJ** – SCFGPA Parent-Junior 900 - 17 competitors including 9 juniors – FOUR SCJPL parents (and one new junior) fired their first official NRA Registered match! Top Junior was **Michael B Soklaski**, who had an open win (beating his Master class father) in Rapid Fire with 190-3X!

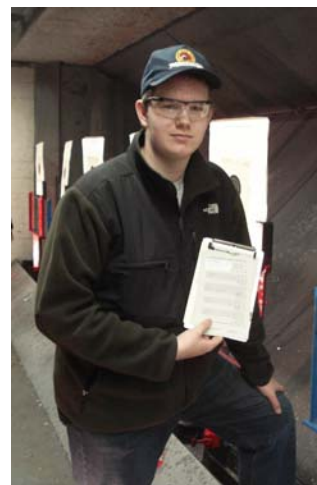


Top Marksman was **Morgan Mateus**, who had a “no pasters” 900, finishing with an indoor “personal best” 787-9X! **Dan Rosar** was 3<sup>rd</sup> Junior overall, and 3<sup>rd</sup> MK, with his “personal best” 700-

8X, a first time breaking 700! Other juniors firing “personal bests” were **Robert Scheiderman**, with 621-3X in his second-ever match, and **Alistair W**, age 13, whose 429-2X was more than 100 points higher than his August debut! Dan’s father, Paul, was top Tyro with 752-10X! Dylan’s father, Robert, fired his first indoor match despite and injured right shoulder! The top team was **Mike and Michael Soklaksi**, no surprise, with an outstanding 563-13X combined score in the fired team match. Top first-year-shooters’ team was “M&M” Morgan and Manny Mateus with an excellent score of 483-3X!



(Photos below – Matt M, first match!)



## Upcoming NJ Matches:

**Jan. 11-12** – 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)

**Jan. 19** – Gibbsboro, NJ – **Indoor 2700** – 8 AM – Juniors pay regular match fees – contact John Gunn - 609-288-0778 or [jgunn001@verizon.net](mailto:jgunn001@verizon.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)

**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)

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## Junior Leagues Report

**Nov. 21** – SCFGPA – **Juan Pena-Velasquez** fired his **SECOND 100** in the league – now he has one in each Timed and Rapid Fire!

*Our best wishes to Trevor Houlis, recovering from appendectomy just before Thanksgiving!*

**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, 3<sup>rd</sup> and 4<sup>th</sup> Wednesdays at 7 PM):**

**Chairman:** Ray Badiak at <mailto:raybadiak@embargmail.com>

## TIP OF THE MONTH

### TRUST YOUR HOLD!

Identify your target. Pickup up the gun by the barrel with your non-shooting hand and correctly position it in your shooting hand. Raise the gun slightly above the target with your finger off the trigger. Slowly lower your arm to the black of the target. "See" the front sight (red dot). "See" your wobble area. *ACCEPT YOUR WOBBLE AREA. DON'T FIGHT IT.* If the wobble area has sharp corners or choppy movements, you are fighting your wobble area. Your wobble area should be rounded. (This is easier to notice with a red dot sight.)

### DON'T FIGHT THE RECOIL!

When you move up to centerfire, it is particularly important to let recoil move your arm *AS A WHOLE UNIT* from the shoulder! Try to avoid "absorbing" recoil with your wrist or elbow by "breaking" those joints (which may even cause some guns to malfunction, even with .22 caliber!)

You may practice "embracing" the recoil by using a 3-5 lb weight (or your .45), keeping your elbow and wrist "locked" and doing "reps" simulating arm movement during recoil, i.e., up and to the left for right-handed shooters. Pretend your arm is a solid 2"x4" piece of wood from shoulder to wrist!

NOTE: If you can find just the right "tension" in your triceps, recovery from recoil back to the center of the black will happen for you, even with .45, without a lot of work on your part to bring it back!

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

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