

New Jersey Junior Bullseye Newsletter

July - October 2013

Dear Juniors,

This is our “catching up” issue! There have been SO MANY Junior accomplishments since June, just summarizing will take most of this month’s newsletter!



There have also been lots of NEW JUNIORS at our leagues lately!! I hope they will be inspired by all the success stories...

...and I know some of you have been *waiting 4 months* for a new “Editor’s Challenge”...!

Best wishes,
Mary noalibis.mary@gmail.com

WHAT DID YOU LEARN AT YOUR LAST MATCH?



"There are two things a match can offer - a perfect 2700 or an opportunity to learn what we need to work on - either way we win!" ~ Mike G S

1 - Bring what you need:

HM - What I learned at my last match was mathematics and variables...If I had put all the bullets I shot into the scoring rings I would have WON the regional...since I didn't I was fourth overall! If you have a back up...and I did...and your current firearm is malfunctioning for what ever reason Switch GUNS!@!! That is what I learned...But heck I knew that....just didn't execute the plan...

EX - Although the Juniors should not be expected to have back-up equipment, those with their own guns should always function check them before a match. In fact just checking all their equipment before leaving for the match is important. Laying out all equipment the night before should be the first item on their list for the "well planned shot". How often has some one showed up with no ammo or the wrong caliber ammo? Wrong guns or no guns (empty box). That's the really important stuff. How often do we need to find ear muffs, shooting glasses, pens or clip boards?

2- Follow your plan:

HM - I realized I was not following my shot plan! The plan calls for my shoulder to be in a particular orientation ("full roll") but, in the midst of a string, I realized I was not doing that! I immediately corrected the problem but I need to write up a note to myself, "shoulder," and post it on my gun box as a reminder.

HM - I always suggest that you look for indications that everything is proceeding correctly, rather than looking for reasons to abort the shot - you find what you seek. In that light, in training, find the settle, the picture and the trigger that allows for the greatest frequency of good (your definition) shots, write that information down and look for those indications as you proceed.

SS [collegiate] - Well for my thing I learned in my last match which was last weekend, was that it's always good to go back to the basics. I did so bad at the second match of the year. I could not shoot my average score at all. Like I was a good 20 points lower than normal, which in college is a lot. When I started practicing for this last match I really focused on trigger and sights. And that's all I did all week was tell myself this. Well when the next match actually came. I was above my average and took first place, second place, and more. That's the one thing I tell myself always during a match is that I need to focus on the basics and trust myself because I can do this. Remember. Shooting is all mental so you need to reinforce that in your brain.

MK [working on HM] - At a recent 2700 match I had the opportunity to closely watch the shooting skills of two well versed high masters, who where shooting only a couple of ports apart. As the match went on and they started shooting many clean targets I was wowed. I began to notice how entirely different their two shooting styles where, their stance, upper body posture, head position, grip, trigger finger placement even their preference of guns and grips. What also became apparent was the precise repeatability of elements of their own individual styles. The exact placement of the pistol in the shooting hand for instance, it was visually marked and tweaked to perfection every time. All of these things were squared away in a repeated shot process leaving their full focus to shoot the string at hand. I found it very interesting that at the end of the day these two very unique high masters' grand aggregate scores where only five points apart.

Moral of the story....as you develop the pieces of your own personal puzzle, recognize and repeat the elements that produce desired results for you as an individual shooter. Observe and try different techniques and Hey, with some close attention to these details and some hard work you may be wowing somebody sooner than you think!

3 – Make a new plan (or figure out what to work on):

HM - My .45 load is too weak. I've been using 3.8 grains of VV N310 for several weeks but, at the match, the .45 was not functioning properly unless I gripped the gun more firmly than I wanted to, undermining proper trigger control (for me). So, after the match, I increased the load to 3.9 grains and will continue to monitor.

I had no idea what weight recoil spring was in my .45. I had a bunch of other springs with me but, without knowing what spring was in the gun, it would be hard to replace it with a better one. So, after the match, I weighed the spring and attached a paster to the gun (on the UltraDot) indicating the spring weight.

That's my story/stories and I'm sticking to it/them!

HM - Now for league or match work: For those that are constantly checking the scope, I'd like to suggest an experiment. For a couple times, set the scope aside and instead of evaluating each shot via the hit, watch for the indications mentioned above [see section 2] and mentally call every shot within the ten. No matter how wide it "looked," call it within the ten. If it seemed wide right, visualize it as a ten on the line at 3 o'clock. When you go down range, DON'T look to see how far out it really was. Expect it to be where you called it and accept it wherever it might actually be, without any extra emotion toward it. Focus on the ones that printed where you liked.

MA - Most competitors can do well on timed and rapid fire. Slow fire is where the masters excel. Anyone who is reading this has shot at least one 10 on the slow fire target. Remember that feeling? Seek it and know when you are there. That feeling when your eyes were at peak focus, your trigger

pressure kept steadily increasing as your arc of movement minimized, just at the peak of sight perfection (dot placement) the sear released the hammer. You KNEW, without looking through the scope, That one was a center X. That feeling deep in your soul. If it were a bowling ball, that would be a strike. A baseball would have gone over the fence and a basket ball would have touched nothing but net. Remember that feeling. Be able to call it back...

By design, Slow is hard. Targets are farther away or scoring rings are much smaller. A slight misalignment on timed fire will likely still be a 9. On slow fire a 7 or less is likely.

You should make your slow fire process like the first round of timed fire but with the option to "abort" - do not accept the "Good enough" shots in slow fire. Put it down and start over. Have some internal watch dog that knows your process. If you stay up too long, or squeeze just won't go, have some internal clock in the background that when expired you reset and re-group. Do NOT try to fix it further. Your eyes begin to blur the target and sights. To make it "appear" what you want it to be. The sear must release the hammer while your concentration, vision, arc of movement and trigger squeeze are at peak. When is this? I'd say 3-7 seconds from presentation to the target and beginning your squeeze.

What do I do? Sing a little song in my head. At the end of the verse I should be in recoil; If not, Put It Down. Have the mental discipline to do this. That last statement is what I learned last match. Have the mental discipline to do it correct. Anything less and I'm only turning money into noise. My goal is not to shoot a "good" slow fire. My goal is to shoot MY BEST slow fire. What ever conditions allow that day, EACH shot should be my best. My equipment is top notch. My ammo is as good as I can get. My mentors deserve my best performance. Perfection is merely satisfactory.

MA - The real battle in sustained fire is with your mind, and the trick is not to lose your nerve. It is far too easy to rush through the string automatically pulling the trigger as sights or dot approach center. The results are usually bad and the practice becomes habit.

My success was in breaking that. I forced myself to make that first shot good. Make the gun settle in and LET it fire (not make it) - then the trick was to recover, make the gun stop and again stay on it and LET it fire.

Four good shots beat 5 rushed. If you get the 5th, it is a bonus.

After a while one gets comfortable with using all the available time and enjoying the superb results - You beat the monster and now you get to do it again !

4 – There's always the next shot:

MA - What I learned AND put to use a Perry this year- In the Harry Reeves [Revolver] match I was scored a miss in slow [fire]. I challenged it and lost the challenge. I told myself, " ok, ten points down, I am going to do the most precise aiming and triggering I am capable of!" I ended up the last person to make the cut and get a Harry Reeves tee shirt. And I got a ten point leg to make Distinguished Revolver. [Editor's Note: Fewer than 180 shooters in the country have earned DR Badges since 2005!]

Don't give up, don't dwell on things that you can not control, go double time on the fundamentals, the things you can control. So I did learn - PUT TO USE!!

[EDITOR'S NOTE: See some great advice on "The Fine Art of Not Cracking Under Pressure" – a three part series from SSUSA surveying some of the top shooters in various disciplines!

http://www.nxtbook.com/nxtbooks/nra/ssusa_201109/#/22

"...if I catch myself in a negative, I reframe it to direct myself towards something I want to do. This usually has something to do with focusing on the shot at hand, no matter how awful the shot or target before turned out." ~ Judy Tant

http://www.nxtbook.com/nxtbooks/nra/ssusa_201110/#/22

"When I stopped trying to win tournaments, I started winning. When I stopped worrying about where the bullet went, I concentrated on how well I executed the shot." ~ Lanny Bassham

http://www.nxtbook.com/nxtbooks/nra/ssusa_201111/#/22

"The ability to shoot well comes from dealing with each individual shot." ~ Brian Zins

EDITOR'S CHALLENGE # 1: The quotes above "spoke to" me! FIND A QUOTE from any shooter in one of those references above, AND TELL ME WHY IT WILL HELP YOU AT YOUR NEXT MATCH!]

5 – There's always the next match:

SS - Not to shot with a 101.0 fever. But it was for state champ and there's always next year if a match does not go well!

MA - I have a lesson, and it's not a single match sort of lesson.

After too, too many matches of working my buns off, focusing, training, discipline, etc, I came down with what could only be described as mental fatigue. Burnout. Scores start plummeting, technique go wrong even when you believe that you're doing them right. Matches became chores. You'd learn to not go and use any excuse, including the long drive, expenses, cost vs. benefit ratio, anything like that.

And when I was talking to a (non shooting) friend, he asked "Are you still having fun at these matches?"

Fun? What's fun? Who has time for fun? I have to work at breaking 2600, making High Master, gold medal at EIC match... and then it hits me.

If it's not fun, why bother at all?

Sometimes we spend too much time staring at the front sight to see why we are out here in the first place. Know the folks you say you're "friendly" with on the firing line? How about inviting them out for a coffee or similar outside of an "I'm wearing earmuffs" situation.

Find the fun again, else you're just wasting lead and your precious days.

SS [parent] - I started a junior shooting casually when he was about 8 years old. The kid liked watching targets move after he hit them with his 10/22. Time went on and his fun moved too...now it was revolvers. He liked those so much that he shot them in centerfire after he caught the "Bullseye Bug". After shooting a 300 [out of 300!] with that wheel gun it

seemed natural that he should come to grips with the 45. He disliked that gun so much that after a weak performance with it at Camp Perry you couldn't live with him. He walked all the way back to Port Clinton. I don't know what happened on that walk but now his .45 skills are approaching expert level. It took a while but that gun takes commitment.

Lesson learned here, keep at it and never give up, even after a weak performance. You can overcome anything and learn from every match you shoot.

Junior Classification Congratulations:

Trevor – Indoor Conventional Pistol SHARPSHOOTER – Sept. 3, 2013

Nick – Outdoor Conventional Pistol Marksman – Oct. 1, 2013

Lily – Indoor Conventional Pistol Marksman – Oct. 15, 2013
Outdoor Conventional Pistol Marksman – Oct. 25, 2013

Junior Match Reports:

July 8-14 – CAMP PERRY – Of a total 23 juniors competing at the National Pistol Championships in 2013, *six were from NJ!*

(Editor's caption of the photo below – "Only wimps need dry socks!")

...EDITOR'S CHALLENGE # 2: prize for the "best" alternate caption!!!)



Joseph was COLLEGIATE NATIONAL CHAMPION with his "Perry PR" 2300-27 in his last year as a junior! Josh WON "Made in America" with 2099-22, firing .22 with iron sights all week in his first Perry! Garrett set "personal bests" with .45 and CF, firing 2111-20 in his first Perry!



Suchi enjoyed his first Perry, too, en route to college (somehow he had one of the few "dry" points on range 1!) NJ Junior State Association team (Joseph, Trevor, Michael B and Garrett) fired their best ever .22 team score (1051-18X!) despite standing in ankle-deep mud while firing!!!



July 20-21 – CJ Outdoor 2700 – Joseph WON SS class with 2397-52, including a "personal best" 812-20X in .45, his first .45 agg. breaking 800! Trevor fired a "personal best" 843-16X in .22! Garrett fired a "personal best" grand aggregate 2154-22X!



Aug. 3 – CRRC Outdoor 2700 – Michael B fired “personal bests” 808-16X and 801-12X in CF and .45, for an almost EXPERT grand aggregate 2424-45X, winning combined MK/SS class!

Aug. 4 – SCFGPA JUNIOR-ONLY Indoor 900 – We had 13 competitors for our 2nd annual Junior-ONLY NRA Registered match! Matt L topped the score from his last year’s debut by almost 200 points, Dan did 100 points better! It was the first indoor match for Garrett, Emily and Nicole, and first-ever NRA match for Matt C, all from CJ Junior League!! Trevor was overall winner with 832-26X!

State Association Team (Trevor, Michael B, Garrett and Morgan) SET AN INDOOR JUNIOR TEAM NATIONAL RECORD! Their team score topped the previous record (set by 4 other NJ Juniors in 2005) by a single X! (...ADDED “Lesson” – *EVERY X is IMPORTANT!!*)



Aug. 10-11 – CJ Outdoor 2700 – Trevor was High Junior with 2305-47X, including 97-5X in his last .45 Rapid Fire target (*after re-reading his SHOT PLAN!*) Morgan came close to earning corn with a 99!



Aug. 31 – CJRPC JUNIOR-ONLY Outdoor 1800 – We had 12 competitors for our 2nd annual NRA Registered outdoor match (we fired NRA Short Course this year), including Jenna from PA, who was Top MK and Top Woman, firing 779-12X and 733-8X! (...she does push-ups!!) Trevor was overall winner with 822-15X and 741-14X! “Personal bests” with .22 for Tyler, Nick, Lily, Aman and Matt L!



The State Association Team (Trevor, Garrett, Morgan and Lily) SET TWO JUNIOR TEAM NATIONAL RECORDS! The team score they fired with .22 (980-7X) broke one that had been standing since 1996, before any of them were born!!!



Sept. 21 to Oct. 6 – CJRPC and Cherry Ridge – NJ Outdoor State Pistol Championship – We had a record 14 junior competitors, all from NJ! Michael B was High Junior with 2411-46X, including 803-8X “personal best” in .45! He fired a 98-2X slow fire at 50 yards in .22 NMC, earning a place among the top 10 NJ residents (along with his father!) whose combined scores are submitted for national ranking in the NRA “State Team” postal match –this is only the second time a junior has accomplished this in NJ history (and a first for a father and son!)



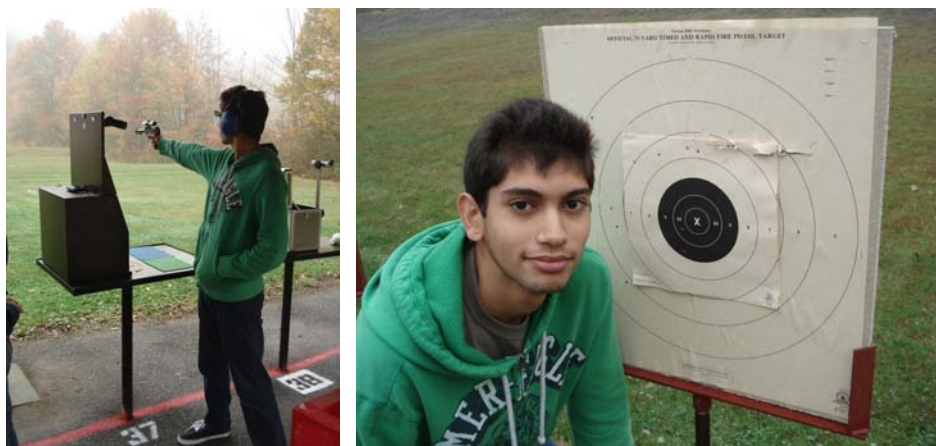
Morgan fired a “personal best” 2092-20X, including 697-5X with .45 (...if it hadn't been for that huge bug...!) Tyler fired 2027-21X for his first full 2700! Josh fired CF for the first time in competition (...and ate 11 bowls of soup?!)



Nick had a “personal best” in .22 of 752-8X! Lily fired a “personal best” CF (75 points better than the month before!) Tim C fired his first-ever NRA match and almost broke 700 for the occasion!



Aman was the only junior who fired at Cherry Ridge!



Upcoming NJ Matches:

Nov. 8-9 – Riverdale, NJ – **Indoor 2700** – 6 PM (Friday) 8 AM, 1 PM – JUNIORS SHOOT FOR HALF PRICE! – contact Dave Lange at 201-251-0933 or DL2700@aol.com OR sign up at www.NJPistol.com

Nov. 23 – Falls Twp - Morrisville, PA – **Indoor 2700** – 1 PM – Juniors pay regular match fees – contact Ron Steinbrecher - 215-836-7184 or ronstone2664@yahoo.com or sign up at www.NJPistol.com

Nov. 30 – Dec. 1 (“Turkey Match”) – Old Bridge, NJ – **Indoor 2700** – 8 AM, 1 PM each day – JUNIORS SHOOT FOR FREE! – contact Mary 908-788-5503 or noalibis.mary@gmail.com or sign up at www.NJPistol.com

Dec. 8 – Bridgewater, NJ – SCFGPA – INDOOR .22 cal. 900+TEAM MATCH for JUNIORS AND PARENTS!!! Relays at 9:30 AM (pending club approval), Noon and 2:30 PM - JUNIORS SHOOT FOR FREE! – contact Mary 908-788-5503 or noalibis.mary@gmail.com or sign up at www.NJPistol.com

Junior Leagues Report:

➤ **Old Bridge (2nd, 3rd and 4th Sundays at 5 PM – unless we have matches then!):**
Chairman: Ed Glidden at <mailto:eglidden@yahoo.com>

We’ve recently welcomed new shooters Ian, Javier and Samuel – Eric and Mason are “regulars” and getting stronger every week! Gabbie fired 716-9X (*first time breaking 700!*) on 10/13!! Nick is getting a .45 of his own!

➤ **CJRPC in Jackson, NJ (Thursdays 6:30 PM):**
Chairman: Mike Westock at <mailto:topgun22x45@aol.com>
(Thru Jan. 2014, contact Ray Badiak at <mailto:raybadiak@embarqmail.com>)

We’ve recently welcomed new shooters Casey, Devin, Connor and Robert!

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

We’ve recently welcomed new shooter Matt (#3...!!!)

TIP OF THE MONTH:

“What we hope ever to do with ease, we must learn first to do with diligence.”
~ Samuel Johnson (1709-1784)



Keep Juan in your thoughts and prayers – his surgery is scheduled for Nov. 4!!!

PREVIOUS NEWSLETTER ISSUES CAN BE FOUND AT:

http://www.njpistol.com/Junior_Newsletter.htm