



Air Force National Pistol Team News Letter

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Memorable Camp Perry Quotes

"Develop a shooting system to repeat continuously. This becomes your baseline to always go back to as adjustments are made to improve your performance"

"Post your long range goals in a well used, visible spot"

"Think and do the positives. Only reinforce the positive. Stay away from negatives. Example: I will be a 2600 shooter!"

"Teach yourself how to relax. Try deep belly breaths, rotating your shoulders, yawning or imagining a peaceful setting"

"Practice shooting visualization. The ability to see with your eyes closed"

"Self talk is a must. Use it to get on track, stay on track, and prepare for the next string of fire."

"Problem solving takes 5 steps. 1. Realize you have a problem 2. Analyze your problem 3. Ask others about your problem 4. Work on a solution 5. Trust your solution until you prove it wrong—after 2-3 months of effort!"

Air Force National Pistol Team

Primary Team

LTC Joe Chang (Team Captain)
Maj David McCormick
SSgt Jeff O'Connor
SSgt John Pollert
Maj Arthur Rozier

Developmental Team

SSgt Daniel Bouchee
LTC James Gazur
Maj Stephen Swartz
Capt James Scott
SSgt Sean McCormick
Maj Mark Hays
2Lt David Taylor

Check us out on the web at <http://www.airforceshooting.org/> or Email the editor at mark.hays@pentagon.af.mil

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OIC's Corner

By Lt Col Joe Chang

Although I am a Catholic, perhaps I should talk like a “born again” who just has been baptized by an ugly pig. I think the pig award is a very fitting mascot to promote camaraderie among the team members. I just didn’t think I would have to fetch it from the bottom of the pool. *Check your target numbers, especially during the team matches!* On a side note, the pig is in good hands now. The current recipient is displaying the pig properly and wishes to continue his bond with the pig (“sir, I forgot to bring my magazines for the 22. Do you carry any extra S&W magazines?”)

I thought the gift exchange was a nice added touch. Although I really didn’t need the “eagle-eye” (I wanted a folding, in the bag type, recliner from Target store!). We will make this our traditions at Camp Perry.

On a more serious side, the National Matches at Camp Perry was another successful step towards rebuilding the AF National Pistol Team (AFNPT). With departures of Jim-Bob McCarty, Bill Snearly, and Ed Hall last year, I thought it would take years to replace those high master/master team members. But my assumption was proven wrong by overall shooters’ performance and improvement progress during the last 12 months. We have several shooters who are at master level, and several others who are making significant jumps in NRA classifications. Congratulations to all of you for making your efforts to improve yourself and the team!

As you can see in this report, overall team performance was great! Next year, I can see we can be competitive with teams from Army and Marine Corp. It’s easy to see. Take your best NMC scores and compare them with scores from the Camp Perry match bulletin. It can be done. I can see Steve Swartz, Dan Bouchee, and Jim Gazur making the master classification and competing for the AF Blue Team. Dan just shot 2565 in Aug and Jim shot 2572 last Dec. In addition, Art Rozier, Jeff O’Connor, John Pollert and Dave McCormick will provide that consistent master/high-master performance.

Well, the above shooters can not afford to sit on their laurels, because we have shooters jumping & skipping through the ranks. How about that Sharpshooter who shoots 287 at a team matches. That’s master score! (Hmm, only if he does that all the time...that will be great!). I am getting excited thinking about the prospect. How about another new shooter who shot 273 at the NTI match after training only 3 months (that may be a 8-pointer)!

Dan Bouchee did an outstanding job in getting the team travel/registration/lodging plans executed. I know it is not an easy job particularly just prior to the biggest match of the year. Dan still pulled it off without a hitch. Steve Swartz also did a marvelous job with the Interservice. Dan and Steve set a high chin bar in terms of standard. I will assign the duty to others on a rotational basis. I also received some feedback regards to team activities while we are on the road.

Those comments will be incorporated in future trips.

Do not take any break from shooting this fall. You have been training all year and you are at the peak of your performance. Capture that euphoria and use the energy to jump up to the next level of your performance. Once you jump up to the next level and you believe it is like you to shoot like a master shooter, it is very difficult to slide back (Lanny Bassam's "self image") There are still many regionals and state championship matches at various places. Let's shoot as much as we can this year.

Steve Swartz has taken the training issues and working hard to give you much ideas for

you to think about. Take his advice to your heart and really try to implement to your shooting system. I think he has many great ideas.

This is a great newsletter. Mark Hays is doing a superb job in taking his personal time to prepare this newsletter. Let's give him a rapid-fire cheer (this is a Boy Scout thing).

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Lt Col Chang is a student at the Industrial College of the Armed Forces, Ft. McNair, Washington, DC

“Use a video camera while training. Focus the camera on your face, your hand, body movement, rhythm, or recovery. You will improve your shooting skills by evaluating your habits.”



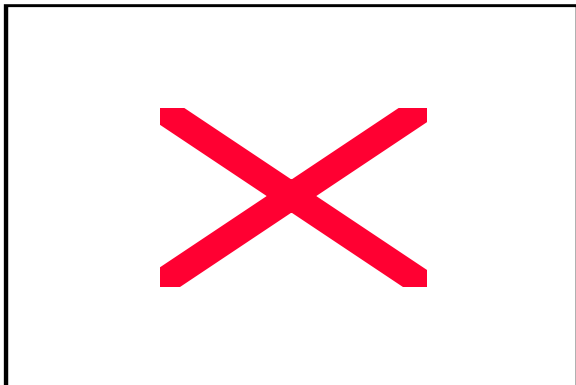
Feature Article

1999 National Pistol Championships

By Maj Mark Hays

Port Clinton, OH – On 13 Jul 1999, the National Rifle Association (NRA) and Civilian Marksmanship Program sponsored the Ninety Third Annual National Pistol Championship at Camp Perry. The ten-day event hosted more than 800 accomplished competitors braving high winds, scorching heat and intense competition. Ten members of the Air Force National Pistol Team represented the Air Force against the best bullseye shooters in the nation. By 23 July 1999, the championship determined the best individual bullseye shooter and team.

problems. These events forced a significant restructure of the Team. The FY99 Air Force Blue team was represented by Lt Col Chang (HM), SSgt O'Connor (M), SSgt Pollert (M), Maj McCormick (M), and team captain Maj Hays (MK). The Air Force Silver team was represented by SSgt Bouchee (E), Maj Swartz (E), SSgt McCormick (SS), Lt Taylor (Unc) and team captain Capt Scott (E).



1999 Air Force National Pistol Team



Lt Col Joe Chang
1999 Curtis Lemay Cup Trophy Winner

This continues as a building year for the Air Force National Pistol Team. Maj Art Rosier (M) is still serving his one-year remote to Saudi Arabia as the commander of the 363d Expeditionary Services Squadron. SSgt John Pollert (M) is departing shortly for his remote tour to Korea and Lt Col Gazur was unable to attend this years nationals because of presidential inquiries into Delta II launch

Lt Col Joe Chang won the General LeMay Trophy by shooting a 282-5X (max score 300-30x) during the National Trophy Individual match.

The Air Force Blue Team took first place in the master team category for every course of fire including the grand aggregate.

As always, the weather at Camp Perry was memorable. If you were lucky enough to

shoot on the first relay, you experienced cooler temperatures and calmer winds. The second relay brought increased but tolerable temperatures and 10-15 mph winds gusting to 25 mph. By the end of the second relay, offshore winds would generally switch to onshore and temperatures would drop as thunderstorms started passing through the area. By the third relay, you started experiencing intense heat and humidity, rain or nice onshore winds cooled by Lake Erie. During the fourth relay, team match, we experienced all types of weather, sauna, steam room, tornadoes, and plain old rain. Camp Perry certainly offers all types of weather for your shooting enjoyment.

Now that the off season is upon the team, SSgt Bouchee's goal is to start a fitness program to muscle up and enhance a steady hold. He also plans to videotape his training routine to assist him in identifying training deficiencies. I think that Perry was a good match for me in many ways said Dan, I shot slow fire well and only had some difficulty with my sustained fire. I feel that the team matches were outstanding. We really stuck together and the whole team concept came into play. The stress level was not there and everyone knew his or her part. Kudos to all!

SSgt McCormick was ready for Camp Perry. Prepping for the team centerfire, I had all

my ducks in a row, magazines loaded, guns cleaned (Primary and backup), water and Gatorade in bag, earplugs on hip, etc, etc. I checked and re-checked my supplies then zipped up my bag knowing that I was all set to go. Ready way ahead of time. When it came time to approach the line, I casually walked up, set my gear down, and patiently waited for the commands to start. My first shot was just as planned; good smooth trigger and a hole in the 10 ring. Run the next shot in my head before picking up the gun again. Smooth trigger, bam! A hole in the X ring. Even better. Sights dead on, trigger finger driving itself. Happened to notice other shooters closing up their boxes and it took me a second to realize . . . we're finished. Finished? We're done? Oh, yeah, how'd I do? Yeaha! I did Great!

SSgt O'Connor made a big life style change during Camp Perry. He said I don't smoke any more. It all started at Camp Perry when I run out of smokes and thought about it when I was shooting. Since I realized they don't help me shoot, I quit. Good luck Jeff and keep shooting those X's!





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Maj Hays is the B-1B Towed Decoy System Program Manager, Aeronautical Systems Center, Wright-Patterson AFB, OH

Individual Match Scores

Competitor	22	Center Fire	45	Grand Aggregate
Lt Col Chang	881-44	858-37	872-36	2611-117
SSgt Pollert	873-35	851-31	858-31	2582-97
SSgt O'Connor	864-28	840-25	852-28	2556-81
Maj McCormick	854-32	838-28	845-29	2537-89
SSgt Bouchee	846-20	834-17	843-23	2523-60
Maj Swartz	833-15	836-23	843-29	2512-67
SSgt McCormick	818-23	823-20	810-17	2451-60
Lt Taylor	807-13	814-19	823-21	2444-53
Capt Scott	810-17	785-16	789-8	2384-41
Maj Hays	829-20	765-14	753-14	2347-48

Team Match Scores

Caliber	Team	Member	Score	
.22	Air Force Blue		1145-42	
		Lt Col Chang	298-15	
		Maj McCormick	290-10	
		SSgt Pollert	285-8	
		SSgt O'Connor	281-9	
.22	Air Force Silver		1108-19	
		SSgt McCormick	278-8	
		Maj Swartz	277-6	
		Capt Scott	277-3	
		SSgt Bouchee	276-2	
Center Fire	Air Force Blue		1118-31	
		Lt Col Chang	287-9	
		SSgt Pollert	283-5	
		SSgt O'Connor	280-8	
		Maj McCormick	268-9	
Center Fire	Air Force Silver		1089-20	
		SSgt McCormick	286-4	
		SSgt Bouchee	274-8	
		Lt Taylor	268-6	
		Maj Swartz	261-2	
.45	Air Force Blue		1149-37	
		Lt Col Chang	290-10	
		Maj McCormick	288-10	
		SSgt Pollert	284-9	
		SSgt O'Connor	277-8	
.45	Air Force Silver		1093-25	
		SSgt Bouchee	282-5	
		SSgt McCormick	278-9	
		Maj Swartz	269-5	
		Lt Taylor	264-6	
Service Pistol	Air Force Blue		1070-22	
		Lt Col Chang	282-5	
		SSgt O'Connor	267-5	
		Maj McCormick	261-6	
		SSgt Pollert	260-6	



A Tyro's Perspective

By 2Lt David Taylor

As I rode through the gate to Camp Perry I wondered just how many shooters had done this before me. The camp seemed caught in a time warp, with the small, white POW huts accentuating the effect. Trophies, guarded behind large glass panes, were on display from the early 1900's. Seemingly everyone liked, had, and appreciated firearms. Even Wendy's food chain gave discounts to shooters. "This is my kind of town," I thought to myself.

On the first day, the small arms firing school (run by the Army Marksmanship Unit) provided good insights into the mental preparation side of shooting. The practice session was an exercise in box carrying. I passed!! Twenty-two day was a bit disappointing. I shot better than in the practice session, but a bit lower than my average. Centerfire day showed a small improvement. Forty-five day was better than the day before, and the last day provided leg points. It sure feels good to have leg points.

There were some "not-so-pleasant" things that happened at Camp Perry. It was hot. It was humid. I got sunburned. It rained. My equipment got wet. I got wet. My magazines started to rust. My scopes started to fog and fray. I was trying so desperately to focus on the little red light. My boots are still wet. The wind blew. I spent too much money on vendors' row. I didn't bring enough money for vendors' row. All my shots were not in the black. I didn't get to walk across the stage. I didn't get to shoot air pistol. I had an alibi or two. SSgt Pollert took the air conditioner a day too early. All my clothes smelled like mildew when I got home (even the clean ones). I can't seem to find my gyro-ball. I didn't shoot as well as I wanted to. However, I got leg points and I wonder if anyone has the dates for next year?

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2Lt David Taylor is the Squadron Section Commander, 1st Operations Support Squadron, Langley AFB, VA

"Shooters from the Army Marksmanship Unit dry fire for an hour every day"



Interview with MSgt Steve Reiter

MSgt Steve Reiter is in the US Army Reserves. The team took MSgt Reiter to dinner with the intent to bleed him for information on how to improve our shooting skills. Steve Reiter has been shooting competitively for more than 25 years. He's been to the Pan American games as well as the Olympics. Steve was the top shooter in this years National Pistol Championship at Camp Perry Ohio.

Question: I shoot all of my guns the same score wise. Should I be able to shoot one gun better than the other?

Answer: No, you should be able to shoot all guns equally.

Question: It seems as though I'm having problems with my wrist. Lots of wiggle in my hold on the long line and malfunctions in 45 sustained fire. When I think firm wrist, I think strong grip, is there any other way to firm up my wrist?

Answer: There is no other way to firm up your wrist. You must grip the gun hard enough to keep it from moving around in your hand. A death grip won't help and may impair your trigger control. The real foundation is the elbow and shoulder. Keeping those joints strong will enable you to control the gun. It's also a mental issue, Don't allow yourself to lose concentration and weaken your hold.

Question: I have a real bad case of the nervous jitters for the first 10 shots. After that, the remaining 80 shots are much more

controlled. What can I do to fix this problem?

Answer: Two short words "Dry Fire". I know this sounds like a cliché, however the more time you spend with the trigger the less comfortable you will be when you step to the line to perform. Dry Fire.

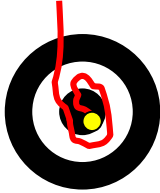
Question: Do you get nervous on the line, or feel any "Match Pressure?"

Answer: Sometimes. I overcome it by talking to myself between shots. I explain to myself what I need to do. Hopefully I'm not talking to loud to myself for anyone else to hear. Otherwise, they may think I'm nuts.

Question: During the recovery stage of timed or rapid fire, how do I keep the dot still?

Answer: Mount it in a vise! Just kidding. Your mind needs to be in the shoot frame of shooting each bullet as it goes in the chamber. By doing this you are thinking ahead of the shot and not thinking about shooting five shots in 10 sec.

<p>Adverse weather affects everyone. Be prepared for water on your glasses, scope, sights and grips. Have rain gear available and most of all . . . have a plan of action!</p>
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Coach's Corner

Be Your Own Coach, Part II: Filling In the Blanks

By Major Steve Swartz, Ph.D.

Introduction

Last time, we talked about designing our own training program. Since the “off season” is upon us, this topic is very timely and relevant. We discussed how to build a “matrix” to help us organize our overall training regimen. This matrix includes two “Behaviors” (Trigger and Hold) and two “Activities” (Conditioning and Skills).

Conditioning activities involve those things that increase our strength and endurance on the gross physical tasks. Skill activities involve the actual performance of the very specific tasks involved in the sport. The type and nature of training activities in each of these areas will be very different. Conditioning activities will involve things like aerobics and weightlifting; skill activities will involve things like repetitive drills and practice.

So we have to train in two different ways (conditioning and skill) for two different behaviors (trigger and hold). In order to be effective in the role as our own coach, we should organize our training programs and effort around the comprehensive matrix. The matrix provides four quadrants (Ch, Ct, Sh, St- see previous article) that cover the fundamental physical skills of BE shooting.

We need to ensure that our training program “covers” or has some aspect of each of the four blocks in it. If we ignore any of the blocks, we will have a weakness in that area. At the end of our last session, I asked you to take an “inventory” or

assessment of your current training program with respect to the matrix and look for gaps. Hopefully, you all were able to do this. At this time, I would like to present some exercises or drills that you can use to “fill in” those gaps that you may have.

Conditioning, Hold

First thing to keep in mind is “What am I trying to achieve within this portion of my training program?” The value of any conditioning exercise(s) filling the Ch quadrant is to improve our ability to: **hold a moderate amount of weight in our outstretched arm, perfectly still, for about 5 to 20 seconds, and to perform this action many times over an extended period of time.**

All of the following activities are included and discussed in the training manual. Basically, you start with some type of general aerobic conditioning, preferably involving the muscle groups of the lower body and abdomen. Running (not jogging) and biking are excellent. The key is to develop a solid baseline of general physical conditioning that will prepare your body to respond to the targeted conditioning activities to follow. 30 to 45 minutes of vigorous aerobic activity, 4-6 times per week should be considered the minimum level here. This will increase your ability to oxygenate all of your muscle groups, and improve your ability to concentrate as well.

Next, you need to develop endurance in the muscles involved in holding; primarily

the deltoid muscles of your upper arm. Remember, to achieve endurance the formula is “high reps-low weight.” Use enough weight to exhaust the muscle within 16-20 reps. Incline Bench Press, Military Press, and Bent Over Row will attack the major muscles of this area. Lateral Raises will achieve specific results. Here’s one idea: split the Ch workouts into alternating “Generic” and “Specific” sessions. On Generic days, do the bench press, military press, bent over row, and maybe toss in some bicep and tricep work.

On specific days, do the lat raises- but with an intense focus. Assume a firing stance, and perform the raises with the shooting hand. Alternate palm up and palm down raises, from the arm pointed straight down, to straight up, then straight down again. Or just treat the weight as if it were a pistol- raise it above the horizon, bring it down to the firing hold for a moment, and then relax it back down. Another alternative is to bring the weight up to firing position, and make CCW or CW circles in the air with it. Or bring it up directly in front of your body, swing it out to the right until it’s along your side, then bring it down.

The point is this- you are trying to develop a baseline of strength and endurance in the platform that supports the gun. This platform is you- your feet, legs, torso, and arm(s) have to be developed into a biological Ransom Rest. Do something, as a regular part of your training program, to fill this Ch quadrant!

Conditioning, Trigger

Within the Ct zone we are trying to improve the speed and precision of our trigger manipulation. Conditioning must improve our ability to: **maintain a constant, firm grip with the three fingers and thumb of our outstretched hand, while providing independent motion of the trigger finger, and applying firing**

pressure with the trigger finger without interaction with the remainder of the hand, and to perform this action many times over an extended period of time.

While Ch conditioning focuses on the arm, Ct conditioning must focus on the hand and wrist. While any type of generic grip exercises will be useful (and should be done), overall strength is not the only requirement described in bold type above. Another key is the matter of being able to exert a strong, constant pressure with the grip while being able to move the trigger finger around independently. Here’s a way to develop this “independent strength” required. Get one of those grippers that have individual finger pads and springs. Most large sporting goods stores carry them. Now with your fingertips, try squeezing the springs closed- first, using just your three gripping fingers. Try to completely relax your trigger finger during this process. Your trigger finger will move, because the tendons are interlocking. Don’t “try not to move” the finger; just try to completely relax it. O.K., then try squeezing only with the trigger finger while completely relaxing the three gripping fingers. Sounds simple enough- but “simple” and “easy” are not the same thing!

Here’s a neglected area of physical conditioning: the wrist! Many athletes do not focus on the wrist separately. Indeed, for many sports, the wrist gets a sufficient workout as a side effect of any type of weight training. However, for pistol shooting, the wrist requires some additional attention. First of all, the major tendons for control of the fingers pass through the carpal tunnel in the wrist. Additionally, the “locked wrist” is critical for both hold and trigger control, as the wrist is a key source of movement during during trigger release. That may be a controversial statement for some, but think about it: whenever you “jerk” the trigger, where is the movement actually coming from? Your shoulder? Elbow? Your hand? Careful examination will reveal that none of those components

contribute to movement of the pistol during release . . . the culprit is the wrist. You must be able to lock your wrist to secure a stable hold; much more importantly, you must keep the wrist locked as the sear breaks. O.K., O.K., so the wrist is important. One way to assist in wrist lockup is to perform the hand exercises from the training manual. Assume a firing stance, extend the shooting arm. Flex your hand from a tightly closed fist with wrist curled inward, to as wide a hand as you can make, with wrist flexed outward. Repeat until you feel your forearm burn. Another idea is to rest your forearm on a bench, with wrist and about 5" overhanging. Grasp a weight, and flex your wrist slowly up and down. Continue to flex the wrist while rotating your arm from palm up through palm down. This will create a 360 degree workout on the muscles traversing the wrist. One huge note of caution is in order- don't overdo it! These exercises can aggravate and even contribute to Carpal Tunnel Syndrome if overused.

Another simple principle to apply that may help develop independent strength of gripping/trigger. Whenever you are doing any weightlifting at all, try using a three finger grip at all times. Relax the trigger finger while applying a normal high-pressure grip to whatever weights you are using. Again, these exercises are certainly not all inclusive. You can probably come up with many more (and better) variations. The critical thing is to concentrate on conditioning activities that achieve the desired outcome printed in bold type above.

Skills, Hold

In the "skills" area of the hold behavior our aim (so to speak) is to: **point the pistol precisely at the designated target area long enough to achieve an appropriate hammer fall and follow through.** Sound familiar? Well, this behavior is simply and extension to or application of the

conditioning goals previously mentioned. But once you establish the physical strength and endurance for hold, you still need to fine tune the precise skills.

Any drill that forces you to hold and/or control a weight or pistol in your extended shooting arm is appropriate for this area. Excellent drills in this area can be found in many different marksmanship manuals. They all generally involve holding the sights/dot up against a variety of patterns during or in addition to dry fire. While the classical exercises involve holding the sights up against a straight line, or tracing linear patterns (crosses, X's, etc.), a two-dimensional approach is recommended. The training manual recommends using the "figure eight plus" (racetrack) pattern. Assume a firing stance, with the racetrack pattern on a wall at the appropriate distance. Bring the pistol up against the pattern, and trace the figure by moving the dot along the racetrack repeatedly. A single circuit may be used at the start; as your ability to hold (and hold your breath!) improves, multiple laps can be traced. Position the pattern both vertically and horizontally. Do not move the wrist to trace the pattern! Move the entire arm, keeping the wrist and hand locked up. The purpose of this drill is to improve dynamic fine motor control involved in holding.

A hybrid conditioning/skills exercise modifies the existing lateral raises used in Ch. Instead of simply lifting the weight and swinging it around, sight along the top edge of the weight and trace patterns against a wall. Square boxes, X's, figure 8's are all good alternatives. Again, the point is to control the moving weight with a high degree of precision, steered by your eyes tracing a pattern against a fixed backdrop.

Finally, the Dry Fire Pyramid (from the manual) puts it all together in the Sh and St zone of the matrix. Both the eyes closed and eyes open drills require precision holding.

Skills, Trigger

Just as Sh drills are an extension of the Ch conditioning activities, the St drills will be an extension of the Ct activities. The purpose of St drills is to develop the ability to **manipulate the trigger in such a way as to release the shot at the proper moment, and without disturbing the hold.**

This is the Dry Fire Pyramid. While any good dry fire training will cover this quadrant of the training matrix, the pyramid approach has worked for some people. The pyramid starts by developing a feel for the trigger, then advances to developing a motionless trigger, and finally integrates both trigger and hold to synchronize the timing of the release of the shot. Since this drill is fully explained in (and is the centerpiece of the tyro training section) the training manual, it won't be repeated here. Again, the important thing is that whatever drill you choose must cover the specific behaviors noted in the bold face print above.

O.K., I'm Done Now

Hey, I hope you got some useful ideas here for how to shore up your training program. The key is not that any particular drill or exercise here will work for you or not. Many of the drills that work well for me might not work for you, and vice versa. Instead, the key is to identify the **areas** you need work on and then find **something** that works for you. If none of these

exercises/drills work for you, then by gosh invent something that does! Find some other activity that will provide the coverage of the training quadrant you are trying to cover. The main thing is to make sure your training program has balance across all four areas. Once it does, you will be establishing a solid foundation for your training performance.

But what lies beyond a solid foundation? Good question! All I've done so far is given you a method or approach for making sure you develop the "raw materials" for good shooting. I haven't actually told you (yet) how to specifically improve your performance by identifying and focusing on your weak areas.

What, you ask!? Isn't that what you just did? No. I gave you a way to "generally" train for improvement across all areas of your shooting- not a method for divvying up your additional, "focused" training time. Now you need a way to identify specific training needs (diagnostics) and apply additional training time to these areas (remedies). See you next time for some ideas on how to make that happen!

In the meantime . . .

HOLD HARD-SQUEEZE THROUGH!

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Maj Swartz is an Assistant Professor of Logistics Management, Air Force Institute of Technology, Wright-Patterson AFB, OH

Tips on Being a Good Competitor

Team Success Begins with You!

1. Know the program. Before you leave for a match, get a copy of the program and read it thoroughly. Come to the match ready to tell others the order of business. Don't expect to be told because that puts you behind the power curve the other competitors are on top of.
2. Check your equipment. Develop a checklist of items you need to successfully compete. Include in the list special items that will put your mind at ease if a certain circumstance takes place (e.g. rain implies - raincoat). Check the list the night before you depart.
3. Know the rules. Do you have a copy of the NRA rulebook? Are you familiar with it?

Go Postal


Yes, you've heard about it on the world wide web, you've read about it in your EMail, the First Annual USAF Pistol Team Off Season Postal Matches (FAUPTOSPM) are here!

What exactly is a FAUPTOSPM, you ask? Well, a Postal Match is a match where the competitors do not actually meet "shoulder to shoulder." Geographically separated competitors shoot their own match, and then send their scores to a central location for the results to be collected, tabulated, and posted. After some discussion and recommended changes, the following Rules of Engagement are provided for the conduct of the FAUPTOSPM. These rules can certainly be amended/changed as we go. Yes folks we are making this stuff up as we go along!

- Three gun match: .22, .45, and SP
- One National Match Course each: 900 possible
- Send in scores for each target (not the target itself!); e.g. "Name Date Fired 95 98 97 / 93 97 96 / 93 98 96"
- Seven monthly matches September-March
- Submit scores to Steve Swartz NLT first of each month (first match deadline 1 September)
- Shoot the match under (as close as possible) match conditions; pick a date to shoot the course and shoot the match in one continuous session
- Range command audio tapes on the way for those without access to turning target systems
- Those using tapes: a shot released during the audible tone is a skidder; subtract 2 points from total score
- Those using tapes: a shot released after the audible tone is a miss, guys! C'mon, be honest . . .

Well heck there aren't any prizes (yet), but I'm working on it. Also, awards will be made in a variety of categories ("High Service Pistol With a .45 to an Expert Or Less") etc. but this will have to be figured out after we get started.

Remember, "you can't win if you don't play!" Art in the sandbox: maybe we can have a separate "Dry Fire Champion" category?

Next Issue 

- **Feature Article: Shooter of the Month**
- **Be Your Own Coach: Part 3**
- **Tech Topics: Down Loading the 45**
- **Hot Weather Shooting**