



ORSA Rifle & Pistol Club



Website

www.orsarandp.com

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2017 In Review

by Tracey Tjon

We are officially starting our second year for our newsletter publication. I hope you have enjoyed all the fantastic articles that your fellow shooters have shared. I am also so appreciative to see emails with article submissions and pictures. Also in 2017, we launched our new website, created a new logo, and experienced a change in leadership. I think we can look forward to many more great things to happen in 2018.

We have AMU on the calendar coming to shoot with us during the Charlie Smart regional in June. We have seen an increase in participation numbers across competitions and we are looking to increase that number more in 2018. There are renovations going on right now to improve the high power range, improvements in security for the indoor range and continued safety improvements coming next year.

In this month's issue, I have pulled together many of our shooter's thoughts on mistakes that were made, lessons learned and changes they want to bring about in their shooting for 2018. I hope by everyone sharing these thoughts, we can all benefit from the lessons learned.

I guess we will start out with my personal lessons learned, and I will be short. As a new shooter this last year, reality touched me. It takes time to really develop your mojo. I kind of equate this last year to learning how to drive a stick shift car. It just takes awhile to figure out all the moving parts and develop that muscle memory. 2018 for me will be about practice, practice, practice. When I played soccer (like 25 years ago) in high school, the coach use to tell us that your feet have to touch the ball 10,000 times before you start to get good. Perhaps the same philosophy could be used in shooting. It will take me shooting 10,000 rounds before I really start to see the consistency I am looking for. (Now at that price, I'm going to work on some of those rounds being .22 smallbore rounds, as not to break the

bank.)

As some of you may know, I'm a CrossFit fanatic. I was watching a documentary the other night, called "Every Second Counts: The Story of the 2008 CrossFit Games" This documentary follows 7 men in their training for the 2nd annual CrossFit games.

So at this point, you may be wondering why I'm telling you all this. Well, there was this one guy that said the most profound thing to me, and I want to leave you with this thought: "The winner will be the guy that is most comfortable with being uncomfortable." You may feel uncomfortable with the heat or the cold. You may feel uncomfortable with reading wind. You may feel uncomfortable with holding a certain position for a long time (for me that is slow-fire prone). The bottom line is that only practice in all conditions and all scenarios will get us to the winner's "circle."

Good luck to all of you in 2018 and keep your thoughts coming to me to share with all our readers.

2017 Summary

by Robert Taylor

I had a great 2017 focusing on high-power shooting. I met a lot of great shooters at ORSA and at matches, and learned a lot from everyone. While I didn't shoot up to my own expectations at Camp Perry, that really fired me up to develop and return as a better shooter.

I spent much of the year changing loads, so in the new year, I want to find a load that works and stick with it. I also want to concentrate on shooting fundamentals such as trigger control, follow through, position, and repetition, with a special focus on the sitting position—my nemesis. 2018 looks to be a strong year for the ORSA Wind Dogs. I am looking forward to continuing to shoot with such an outstanding group of people.



Did you know?

That in accordance with CMP Highpower Rifle and Pistol

Competition Rules, 21st Edition – 2017

Regulation 5.6.5. Handling Firearms. Handling firearms behind the firing line is not permitted. Adjusting or blackening sites, adjusting slings without placing them on the arm, or making minor adjustments to the firearm in the ready area or behind the firing line is not regarded as handling and is permitted as long as a safety flag remains inserted. Competitors may load removable clips or magazines in the ready area.

NRA High Power Rifle Rules, Revised June 2011, Regulation 10.1.1

Slapped Like a Slice of Pizza

by Alan Strachn

2017 was a fun year. I was able to put more rounds downrange than I have in several previous years combined. We had the most enthusiastic group of new shooters at ORSA, more than I can remember in a long time. It was fun just seeing the energy of these new people.

So what are my goals for 2018? The first would have to be to make shooting my M1A a top priority. Pulling my trusted friend from the vault after 20 years, applying a fresh coat of Plastilube to the action, and heading off to Talladega for the last matches of the year, brought back so many great memories. However when I touched the trigger on the first round offhand, and it slapped me in the face like the slice of pizza on the Tums commercial, I remembered why the AR was so easy to shoot. The one thing about shooting an M1A successfully is it will teach you the value of a solid position, and I have become lax in that part of my program.

Next, I have to figure out how to shoot offhand with the scope on my AR, because whatever I am doing is not working. My adjustable stock has arrived and I am hoping this will let me find a more comfortable and stable position. At this point, anything is worth a try because I have fired some embarrassing scores offhand.

Another goal is less mindless practice, as this is an easy rut in which to find oneself. Go to the range with a purposeful plan and execute said plan. Rounds downrange does not necessarily help one improve; it only reinforces bad mistakes.

Lastly, I need to be better prepared to go to the firing line. At Talladega, this really came into play. Within two minutes of being called to the line, you were placed in your three minute preparation period. I think these were the fastest moving matches in which I have competed and although I had everything ready, I could not seem to get my brain up to speed. Or maybe it was because it was so cold and my coffee intake was not up to an acceptable level.

If I can accomplish my goals, I think 2018 is going to be a great year.

Sustain and Improve

by David Kiefer

Those three words have been heard by many folks over the years and by many soldiers at the end of an exercise (training or not). So, after putting much of that prior life behind me, I thought it would be useful to apply the tried and true principals of the "After Action Review", to see what would I sustain, and what would I improve after going to the Talladega 600 to shoot in the GSM and Vintage Sniper matches.

Sustain:

First off, it really pays to have all of your stripper clips and enblocks loaded prior to leaving the house for all of the different rifles used for GSM matches. When faced with a changing weather situation, as we were at Talladega this past snowy weekend, the anticipated leisurely pace of a single match one day and two matches the next day turned out to be three matches all in one day. Then efficiency of electronic targets means that the

ash and trash things that you do on the way back and forth from the pits do not come into play, and I was constantly dragging my stuff to the line, back off the line, scoring, and then back to the line again, with no time for loading my stripper clips and enblocks.

Secondly, the additional foam pad underneath the mat was a good item to drag down to the firing line, especially since the firing line is a cold slab of concrete. If you've been there, I probably don't need to elaborate.

Improve:

I've got to find a better way to package extra ammo, as I have heard of sometimes firing additional strings as a result of electronic target malfunctions. For that reason, I had taken extra ammo. However, the way I packaged it was cumbersome and added to my stress to drag everything down to the firing line. I had three different types of ammo packaged in different containers. That wasn't really conducive for efficient travel. In the future, I think I'll put all extra ammo in surplus 20 round cardboard cartons or use the 20 round boxes as opposed to using the 50 round reloading boxes.

Finally, I should consider better mental preparation. After making positive strides this past year, I allowed one "bad practice" of offhand to get into my head prior to the matches. Well, let's just say my off hand scores were not among my better performances.

So, I know what to work on for the next year.

My 2017 HP Rifle Season Summary

by Bill Amette

This was my first year shooting with a scoped service rifle, and it was great being able to see the target clearly. I am using a Vortex Crossfire II with Vortex 3 inch offset mount (2 inch was not enough). I use the black dot and haven't tried using the lighted dot yet, so don't know if the zero will change using it. I first tried sighting in the center of the bull for all stages, but it was easy to lose the dot in the rapids. I am now sighting center bull for standing, and for the other three stages I use a 6 o'clock hold splitting the black/white line. So far this seems to be working well and gives a more

precise aiming point.

I seem to be getting better the more I shoot with the scope. One thing I have learned is that I need to concentrate on a firm grip at 600; otherwise, the recoil from the shot going off will flip the shot into the 8 or 7 ring, usually at 1-2 o'clock. I haven't really used the scope in the rain yet, so I don't know if fogging will be a problem. Also, I haven't needed a sunshade.

My one fear is accidentally losing my mechanical zero on the elevation and windage knobs, since there is not an easy way to bottom out the knobs and count back up to mechanical zero. Therefore, I keep track of my sight adjustments and carefully count back to mechanical zero after shooting.

Lessons Learned from Dry Firing

by Kyle Kirschenmann

Dry fire practice seems to be one of those things I know to do, but at times have to remind myself and demonstrate to myself the value. I started dry fire practice when I started action pistol shooting in the late 1990s; and I continue to use both pistol and rifle dry fire practice. Dry fire practice builds muscle memory. Basically the only rifle practice I do is standing dry fire practice. All of the breathing and trigger practice are exaggerated standing, and it all translates back to the other positions. For pistol I typically just do draw and target acquisition drills with dry fire. Maybe some issues will seem familiar to you too?

John Chubb said to me not long ago, "Do you enjoy holding that rifle out there?" What he meant was, I was getting lazy and not holding the rifle over my hips. I had let the rifle turn out in front of me. So two things, the rifle was hanging way out in front of me and of course I had to fight it more to hold it up, and because the rifle went right, my feet had to go more left. I should have known I was getting lazy, because my feet were not in the normal position. This type of issue is always hard to correct while on the range, or worse yet, in a match.

So, let's work on this at home with no stress of competition or live ammo. At home I have some black paster dots on windows of my game room, even though it's dark inside, all the light is coming through the sights, so the sight picture is good. I can set

up my stool parallel to my wall and know I'm basically pointed straight at the target. The stool feet provide a reference for setting up my feet consistently from session to session, so I can work on getting in to that natural point of aim. One thing I always do setting up for rifle positions, at home or on the range, is I always do it with my eyes closed, then I open my eyes to see where I'm at, and adjust feet or butt from there. I found if I setup with eyes open then I'll just twist my body along the way to put the sights in line, so I don't.

Here some recent lessons learned from dry fire standing rifle practice.

1. My standing position was not working, so first thing first I worked on just holding the rifle in what seemed the most comfortable and sustainable position, no "aiming." What resulted was a shift of the rifle back over the top of my hips and my feet came back toward the right. Now my feet are barely "open" toward the target, and I can setup consistently using my stool as a reference.
2. Next I worked on my left hand. I found the "spot" on all three rifle types I shoot in GSM that would allow me to both set the rifle in my shoulder and then transition to the resting position. I've worked on that hold to build muscle and "feel" memory so that I grasp the rifle the same each time, which helps with consistent setup.
3. I used to use the palm of my hand as the rest; this has become more of a struggle, since I have limited range of motion and arthritis in my wrists. So I've change to a position that doesn't require me to bend my wrist backwards (especially since it's already sore from the prone positions). My new position is a large "V" with my thumb and fingers, and I decided to go gloveless. I just have to do minor adjustments forward or back to get the right elevation of front sight.
4. So after all that position setup work, the next thing is trigger work. What I noticed was that I had no follow-through. What I mean is, I would pull the trigger,

click, and drop the gun to the stool. Uh, guess what, if I couldn't see the shot after the click, then I was doing the same thing during live fire. But of course I'd never know that during live fire, because of recoil anyway. The best benefit of dry fire is it will show you all the bad stuff you do during and right after the trigger pull. So the "rule" now during practice is to keep that sight picture for another second or two after the click, like the click hasn't done anything to change that picture.

5. I've had a really good trigger finger for a long time (dry fire pistol practice...) and by that I mean I don't pull sideways, and I especially don't bounce off the trigger. I hold my trigger press until the gun has recoiled, and I can always noticeably hear and feel the trigger reset well after the shot. The second issue with when I was dropping the gun standing is that I was obviously bouncing off the trigger at the same time. So holding the sight picture and maintaining my trigger press until well after the "click" was an obvious improvement in follow-through.

Did it work next match? The overall results weren't really an indication I don't think. We just shot at the Talladega 600 at the CMP Marksmanship Park. Match day was cold, below freezing (historic snow storm the day before), and windy. So my standing scores certainly suffered. However, when I was really paying attention, making sure I had a natural point of aim, pressing the trigger, following through, and also letting the rifle settle back toward the target after the shot (all positions), my recent lessons learned did seem to help. But a few weeks of practice isn't going to be enough to build all the muscle memory, so I've got plenty of time this winter while we're "off."

TALLADEGA 600

We had a great Wind Dog turnout this year at Talladega 600 with ORSA turning out 17 people. We estimated this was approximately 10% of the shooters present. AMU was next with 16 people. A few of us just had to deal with the cold, while others had to deal with the cold and snow, throwing many of the events off schedule and making it hard to see.

Of note, Sean Peterson received points for the EIC match coming in 5th for non-distinguished shooters. Also of note. Bill Arnette earned a silver medal in the EIC match and wasn't last in the two pistol EIC (yes, we should celebrate all victories). He also won a 9mm pistol in the Camp Valor Outdoor gun raffle. Robert Taylor also earned a silver medal in the EIC and had the highest score in the Congressional 30 for a non-distinguished shooter. Kyle Kirshchenmann and David Keifer also scored some medals. Way to go, guys! Sorry if I missed anyone.



Proposed New By-laws

The R&P committee has discussed, updated, and approved the following update to the R&P Bylaws. We are opening this up to a comment period for the general readers to review before they are taken to the ORSA BOD for approval. This comment period is open until January 15th, so R&P can discuss any comments during the January committee meeting prior to the February ORSA BOD meeting. Please submit your comments to Bill Phelps at orsariflepistol@gmail.com.

Adopted 11/16/2017 by ORSA R&P Executive Committee

BYLAWS OAK RIDGE SPORTSMEN'S ASSOCIATION Rifle and Pistol Club

Article I – Name

The name of this organization will be the Oak Ridge Sportsmen's Association (ORSA) Rifle and Pistol Club. For the purpose of brevity, the Rifle and Pistol Club will be referred to in the following articles as R&P.

Article II – Object

The object of this organization will be the encouragement of organized rifle and pistol shooting and competition among members of ORSA and invited guests with the goals of advancing knowledge on the safe handling and proper use of firearms, improved marksmanship, sportsmanship and camaraderie.

Article III – Membership

Any member in good standing with ORSA may become a member of R&P by attending the ORSA new member's orientation and the applicable clinic/s associated with the shooting disciplines within the club. All members are entitled to vote, but must be present to do so.

Article IV – Dues

The annual dues of R&P will be established by the ORSA Board of Directors for all members of the Oak Ridge Sportsmen's Association. No member of the R&P in arrears will be eligible to vote or to enjoy the other privileges or benefits offered by this organization.

Article V – Meetings

Annual Meeting. The annual meeting of the R&P will be held in September of each year in concert with the monthly R&P Meeting. If the annual meeting does not take place at that time, it will be held within a reasonable time thereafter. The primary focus of the annual meeting is to conduct the election of the officers of the R&P Executive Committee discussed in Article VI below.

Regular Monthly Meetings. The regular business meeting of the R&P for the transaction of ordinary business will be conducted each month at a time and place established and published by the elected officers of the club.

Special Meetings. A special meeting of the R&P may be held at any time upon the call of the R&P President; the call of the Executive Committee, or upon demand in writing, stating the purpose of the proposed meeting, and signed by not less than 25 of the members entitled to vote. Notice of the time, place and objective/s of any special meeting will be given all officers and members in good standing not less than seven days prior to the date fixed for the holding of the meeting. The Executive Committee will establish the place and time of such special meeting. In the event the demand is from the membership, such special meeting will not exceed 45 days from the date written notice is given to the R&P President.

Article VI – Officers

(a) The elected officers of R&P are a President, Vice-President, Executive Officer, Secretary, and Treasurer. Together, they comprise the R&P Executive Committee. The Executive Committee will be elected by a majority vote of the members in good standing present at the annual meeting of the organization. Executive Committee officers will hold office for one year or until their successors are elected

(b) The Executive Committee will exercise general supervision and control over the activities of the organization.

(c) Meetings of the Executive Committee will be held in conjunction with the regular monthly meeting. Special meetings may be called in accordance with the provisions outlined in Article V.

By-laws continue

- (d) Three members of the Executive Committee will constitute a quorum.
- (e) Resignation of an elected officer may be accepted by a majority vote of the remaining members of the Executive Committee.
- (f) A vacancy in the Executive Committee may be filled by a majority vote of the remaining members of the Committee. However, if more than one vacancy exists, a special meeting of the R&P will be convened and new officers will be elected to fill the vacancies until the date of the next annual R&P meeting.
- (g) At the discretion of the President, an "Operations Advisor" may be appointed to assist the R&P Executive Committee in addressing activities and initiatives where additional subject matter expertise or knowledge is required. Such individual/s are appointed for a period of time determined by the President. An Operations Advisor is not a club officer and therefore is not entitled to vote on R&P business transactions.

Article VII – Duties of Officers

- (a) **President.** The President is charged with providing the leadership, direction and vision appropriate and necessary for the safe and efficient running of R&P; presides at meetings of the Executive Committee; and executes duties pertaining to the office including serving as a voting member of the ORSA Board of Directors.
- (b) **Vice-President.** The Vice-President will perform the duties of the President in the President's absence. The Vice-President provides advice and counsel to the President and the Executive Committee.
- (c) **Executive Officer.** The Executive Officer (XO) will perform administrative oversight, logistics coordination, information management, and communications oversight for R&P. Additionally, will provide advice to the President and Executive Committee.
- (d) **Secretary.** The Secretary will keep a true record of meetings of the Executive Committee and of the organization and have the custody of the books and papers of the club with the exception of the Treasurer's books of account. The Secretary is charged with official correspondence pertaining to the proper preparation and forwarding of all reports required of the organization.
- (e) **Treasurer.** The Treasurer is the sole proprietor of all financial instruments and transactions associated with R&P. To that end, the Treasurer will have control of R&P funds and deposit proceeds from R&P functions into the bank or banks designated by the ORSA Treasurer. Funds for payment of R&P activities may only be withdrawn by check signed by the Treasurer and for the payment of bills approved by the Executive Committee. The Treasurer will keep an accurate account of all transactions, render a detailed report with vouchers at any meeting of the Executive Committee when requested, provide monthly reports, and an annual report to the organization at its monthly and annual meeting. The Treasurer will forward proceeds from R&P activities to the ORSA Treasurer in accordance with established protocols.

Article VIII – Competitions

All Rifle and Revolver or Pistol competitions held by the club will be governed by the rules and regulations established by the National Rifle Association of America, the Corporation for the Promotion of Civilian Marksmanship and Firearms Safety, i.e., Civilian Marksmanship Program, or other sanctioning organizations as assigned to the R&P Club by the ORSA Board of Directors.

Article IX – Amendments

Any proposed amendments to these by-laws may be introduced by any member of the organization at any regular meeting or special meeting called for this purpose. Such proposed amendments must be submitted to the Executive Committee for preliminary approval. After they have been reviewed and approved, they must be acted upon by the club membership at a regular meeting or a special meeting called for this purpose. Proposed revisions to the R&P by-laws must be provided to R&P members in good standing within at least thirty (30) days prior to the meeting. The most efficient and cost-effective dissemination to R&P members will be determined by the R&P Executive Officer. A two-thirds vote of the members present will be necessary to approve R&P by-laws revisions. Once approved by the members present, the R&P President must submit the proposed R&P By-Laws to the ORSA Board of Directors for approval. Once approved, the amendment/s or new by-laws will go into effect.

President's Corner

Happy New Year Fellow Wind Dogs. The New Year presents an opportunity to reflect on events of the last year and to look forward with anticipation at what 2018 might bring.

2017 re-confirmed what I learned during previous years shooting with the Rifle and Pistol Club. Specifically; our members, like ORSA members in general, are good and generous people. We share similar values and a burning passion for our respective shooting disciplines. And we all stand ready to assist fellow shooters.

Whether you're a shooter whose accomplished your personal goals, or one of us aspiring to the shooting classifications of Distinguished, High Master, Master, or Expert; we all enjoy the camaraderie, friendship, and bantering back and forth in-between shooting strings.

The willingness of our experienced and accomplished shooters to share what they have learned with those of us aspiring to join their ranks is my biggest takeaway from the 2017 shooting season. And the biggest part of what I learned is that listening and possessing a willingness to move outside of what I thought was "the right way," pays dividends. Our High Masters, Masters, and Distinguished shooters did not get to where they are overnight. Those of us seeing our scores improve with every match must remain patient, must listen and embrace the lessons learned by our "old timers."

To that end, and under the mentorship and leadership of several of our shooting elite, we are about to reveal several training initiatives designed to improve how we prepare for competitive excellence. Instead of engaging in what Eric Lamberson describes in his article, Practice Smarter: Information is Key to Improving Shooting, as "Mindless Practice;" our practice sessions in 2018, for those choosing to participate, will focus on "Deliberate Practice." Whether Camp Perry, Talladega, or our matches scheduled at ORSA, the Wind Dogs will be better prepared to accomplish our 2018 individual and team goals.

Many of us are on the cusp of achieving our shooting goals. So long as our accomplished shooters continue to share what they know, and aspiring shooters are willing to listen and apply time-proven concepts, 2018 can be the Rifle and Pistol Club's Year of Competitive Excellence.

See you on the range!

Bill Phelps

Contact

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Schedules:

HP events - www.orsarandp.com/hp-events
Pistol events - www.orsarandp.com/pistol-events
Other events - www.orsarandp.com/other-rifle-events