

LAKE REGION SHOOTING SPORTS ASSOCIATION

February 19, 2016

Connie and I recently returned from spending two weeks in Iowa with our daughter and her family welcoming our newest grandson, Simon. Mom, Dad, and baby are doing fine as are Simon's brothers and Rosie, a year old yellow lab mix. We had a fun, busy time and were fortunate to be able to attend some of the older boys' concerts and basketball games.

In January we ran the North Dakota Jr Olympic pistol and rifle competition and the Minnesota pistol competition. Many of the junior competitors in our postal have earned first round invitations to compete in Colorado Springs at the Olympic Training Center in April. Women's Air Rifle invitees are Katie Zaun, Maria Rosa-Nieves, Mari Butler, Emily Haag, Amanda Hintz, and Jordyn Ewine. Amanda and Katie will also be competing in Women's Smallbore. Men's Air Rifle invitees are Brady Fried, Brett Christianson, Brandon Alexander, and Jacob Vaagen. Brett will also compete in Men's Smallbore. Women's Air Pistol invitees are Hannah Walsh, Megan Hanson, and Kaytlin Haiby. Hannah also earned an invitation for Women's Sport Pistol. Men's Air Pistol invitees are Luke Simon and Max Schuh from North Dakota and Cade Haiby, Brett Carlson, and Seth Perkins from Minnesota. Luke, Cade, Brett, Seth, and Dylan Markwardt have been invited to compete in Men's Sport Pistol. CONGRATULATIONS and GOOD LUCK to all of these young women and men!!

Our postal competition has been fierce again this month....many ties and even a triple tie. Check out the results to see who came out on top. Congrats to Mari Butler for her **two 100s** in the December air rifle match and to Todd Zaun and Travis Jorgenson for some impressive **50s**.

Several shooters have earned placement into a higher class beginning in January. Cade Haiby has moved to Expert class in Air Pistol. Christopher Morstad has moved to Expert class in Air Rifle. Rachel Alexander, Sarah Bruschwein, and Alyssa Schiwal are now in Sharpshooter class. Great Shooting!!! Congratulations! A few other shooters already have a leg into the next class; so I think we'll see more upward movement in February.

I was recently reading around the internet articles about some of our US top shooting athletes, and I came across an interview with Matt Emmons written by Doug Williams from April of last year. At the end of the interview, Doug wrote the following:

In focusing on his mental approach, Emmons also has been reading a lot about happiness, and he believes that's also had a positive impact.

"Granted, it's not something the average athlete would study, but you know, I just like being a happy person," he said. "I think that's why I'm here. Why would somebody not want to be happy? It just boils down to a set of skills, and I just wanted to learn more about it. So I've been using some of those things, and it's just helped my outlook, how I approach every day and how I approach training and just life in general."

We all like to read something that supports our own viewpoint, so this quote was a bit of reinforcement for my opinion that it is important to enjoy each of your quality shots that you fire in matches and in training. I firmly believe that taking a moment to enjoy those best quality shots fired during your match or training is the key to continued improvement. Shooting should be fun for you. It is not work. Even at Matt's level of performance, where it is very nearly his life's work, he recognizes the need to enjoy himself in order to continue to improve.

So, get your Airgun and go have some fun shooting quality shots one at a time in one or more or even all of the following matches, with a smile on your face:

Feb 20, 21	Open 50 Yard Regional SB Match, 3-Position (any sight)	Bismarck	Tom Thompson	701-255-4601
Feb 21	Approved Air Rifle and Air Pistol Match	West Fargo	Theresa Simon	701-200-0725
Feb 27	Approved Air Rifle and Air Pistol Match	Ayr	Rand McLeod	701-668-2214
Mar 5, 6	Junior Air Sectional (Standing)	Devils Lake	Rick Jorgenson	701-662-4760
Mar 5, 6	Open Air Rifle State Championship	Devils Lake	Rick Jorgenson	701-662-4760
Mar 12, 13	Junior 4P State and Sectional	Bismarck	Tom Thompson	701-255-4601

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Mar 18, 19, 20	Open 4P State and Sectional	Grand Forks	Denny Coulter	701-746-6959
Mar 20	Approved Air Rifle and Air Pistol Match	West Fargo	Theresa Simon	701-200-0725
Mar 26	Bismarck/Mandan Junior Club Championship	Bismarck	Tom Thompson	701-255-4601
Apr 2, 3	Light Rifle State Championship	Bottineau	Gary Siverston	701-243-6413
Apr 2	Fun Match - Air Rifle/Air Pistol	Ayr	Rand McLoed	701-668-2214
Apr 3	CMP/USA Junior Olympic 3P Air Rifle Qualifier Match	Buffalo	Dan Geurts	701-633-5553
Apr 9	Red River Valley Championship	Grand Forks	Denny Coulter	701-756-6959

Connie and Rick