

**NORTH DAKOTA AIR RIFLE  
OPEN STATE CHAMPIONSHIP  
&  
STATE 3PAR CHAMPIONSHIP  
January 23 & 24, 2021**

We are pleased that you all made it to Devils Lake for these matches. Many of you fired scores to be proud of and some that you would like to do over. But, that is what competition is all about. It is an opportunity to find out if the skills that you have developed in practice prove to be durable under match conditions.

We enjoyed having you all compete here in Devils Lake, and we hope that you all had fun. We were not sure how well it would work to hold these two matches over one weekend under the Covid-19 conditions, but it went well from our perspective. We hope that you all feel the same.

**State Open Results:** This year, 20 of you fired the State Championship match (down 5 from last year). We had a total of 1 adult, Tom Thompson, compete with 19 juniors. The competition for the state championship trophy was very tight, just as it was last year. Casia was able to earn her name on the trophy by firing a score one point better than Jordyn. Casia lead by 1 after the first 20 shots. Jordyn took over the lead by 2 points in the second set of targets. Casia then scratched out 3 points better than Jordyn over the final 20 shots.

There were quite a few smiles among the shooters over the two days. I would like to see more of you smile. You all shot many more quality shots than those of lesser quality, but many of you seem to spend most of your time thinking about those few less than stellar shots. You need to enjoy your quality shots and you will find it easier to produce another quality shot.

Again this year, it took a very strong performance to win each class in the State match. Take a look at all of the results. If you fired this match last year, check those results to see how much you improved.

**State CMP 3PAR Results:** This is the first time that we have run this match in North Dakota, and we were pleased at how well it went. With 16 competitors, there was some real strong competition and outstanding results. Many places separated by only one or two points.

Congratulations to our Gold Medalist, Casia Steinhaus, with her 586 (a repeat of her score last year). The Silver Medal went to Jordyn Ewine followed by Hannah Vaagen for the Bronze.

With Casia firing as a member of the winning team, Jordyn earned her way into the regional CMP 3PAR competition with her individual score outside of the winning team.

Girl Power ... and Jacob earned first place in the team competition to qualify for the regional competition to be held later this spring. We expect that regional competition to be held virtually, but that remains to be seen.

Congratulations to each of you for your personal development and the effort that you have made to improve your skill and discipline. Often, it takes time to integrate a change in your shot plan to produce growth. During that time, your scores may fall a bit, but there is very little growth that does not involve some painful moments. I hope that you

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can all find your way through the valley to the peak. Positive results require a positive attitude. Smile☺

Many of you will move up into another age group next year. We hope to see many new SJs next year. It is always fun to see just how tough it is to win in the SJ class. We hope that you all look forward to another great match here in Devils Lake next year.

We enjoyed everyone who helped us with running the matches. We really thank and appreciate each of you who chipped in to help us during the match. Your efforts make hosting the match much more fun for us. Special thanks to Al Stiven for his help on the firing line on Saturday and Sunday. Thanks also to the adults who stepped in to help change targets and to Jen and Leatha for the treats.

You have heard this before, but we renew our challenge that each of you bring a **positive (can do) attitude** to every match that you attend and to every task that you undertake. Believe in yourself. I hope that each of you learned something during these matches that you can use to continue improving your skills with your air rifles.

I keep asking and looking for smiles on the firing line, and I saw quite a few this year. You will certainly have more fun by mixing a few smiles into your match efforts, and some of you need to remember that air rifle competition is fun.

Earlier, I detailed the winners of the matches and celebrated their accomplishments.

**You are all winners!** Many of you can compare your scores to those that you fired a year ago at these matches to find substantial improvement. Even if you did not improve your score, by committing your efforts to improving your skill, you “win”. A little adversity or a less than stellar performance should not deter you. So, get out there and “win”.

I have said this many times in the past, but I remain convinced that we are all quite capable of substantial improvement in our performance through a commitment to regular good training. So, those of you who would really like to perform better than you did at this match should commit to a schedule of regular training within a durable shot plan. Shoot some 10s more than one day each week and exercise that durable shot plan that will allow you to excel not only in practice but in competition.

Give yourselves some time to progress though. Do not expect to improve overnight. This is a sport that requires disciplined effort over more than just a few sporadic training sessions spread across months or even years. You may even have to incorporate some physical training (some push-ups and sit-ups at the very least). Training to perform well with your airgun is fun, and some of you can train in your own home.

Again, we look forward to seeing you at our matches next year, and we challenge you to **enjoy** some perfect practice over the next few months.

Smile,

Connie & Rick Jorgenson