

2021 NORTH DAKOTA JUNIOR OLYMPIC STATE CHAMPIONSHIP

RIFLE

March 8, 2021

I have said this before, but the generosity of the many people who make these matches possible cannot be overstated. Since 2005, we have enjoyed the hospitality of the Minot Rifle and Pistol Club. Their excellent range facility allows us to offer every young rifle shooter a quality opportunity to earn an invitation to the Junior Olympic Nationals. Their support of this match goes back many years before that when we used their old range facility to run this match. This year presented a significant effort on their part to reconfigure their range, so that we could compete in a reasonably social distant manner. We really appreciate their dedication to the Olympic Shooting Sports.

The Minot Rifle and Pistol Club range committee assistance with and support for this match deserves a lot of credit for the success of this match. The most notable efforts were those of Nathan Sutton, Tami Ware, Jason New, and Kendra Ware. Thanks for the food, too.

Our young people fired some great scores this year. I like to look back to reflect on the progress our young people have made. For those of you who have not done that, I recommend that you do so.

One year ago, Wyatt Rollman fired a 462 with his air rifle, and this year, he was able to put up a 545. That is an 83 point improvement by this young man, our sole Paralympic competitor. He is an inspiration to all, young and older.

Our most improved air rifle shooter is Nate Steinhaus with his 544 this year over his score last year at 335. That is a 109 point improvement. Lauren Stiven earned first place as a J3 lady with a 538 which is 81 points above her score last year. Nate, Lauren and Wyatt are great examples for all of you who compete. Regular commitment to training is what makes improvement like this possible.

This year, Casia Steinhaus is our Gold Medal winner in Women's Air Rifle with a fine score of 576 which is 18 significant points better than her score last year and also is a J2 Automatic Qualifier score. Jordyn Ewine followed Casia closely with a 573 for the Silver Medal and Hannah Vaagen earned the Bronze with her 565.

Kemper Pearson's Gold Medal score of 568 is a 16 point improvement over his score last year. Garrett Langerud earned the Men's Silver Medal with a 560 and Jacob Vaagen earned the Bronze with his 558.

This year, Garrett won the Gold Medal in Men's Smallbore with a 553. Jacob followed with a 551 and Alex Flores followed with a 543 for the Bronze.

The Women's Smallbore Rifle Gold Medal winner is Casia Steinhaus with a fine 562. This is a 69 point improvement over her score last year. Jordyn followed to earn the Silver Medal with a 549. Kaitlyn Malard followed with a score of 530 for the Bronze. Kaitlyn improved 153 points over her performance one year ago. Again, we have outstanding examples of just how much you can improve from one year to the next. None of this is accidental. It requires significant intentional training and a very positive mind set.

I hope that each of you who competed in this match will set performance goals for next year that will help you achieve the outcome that you would like to attain next year. If you will take note of the areas of your performance that worked well, you can work to improve even more in those areas. Similarly, those areas of your performance that fell short should be discarded or adjusted to allow you to improve and become more durable. Many of you do not recognize that the vast majority of your performance is exemplary. Rather, you dwell on those few shots that kept you from your desired outcome. In almost every instance, it is a gross mistake to dwell too much on the few out shots that you fire. Spend the majority of your effort to improve on the excellence. **Smile** when your performance produces a 10 or a high value 9.

Lake Region Shooting Sports Association
Devils Lake, ND

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Our air rifle and smallbore participation was actually higher this year than it was last year. 29 young people fired the air rifle matches, and we missed Katie and Dylan Zaun. Only 13 fired the smallbore matches. Looking forward to next year, we really hope to see less or no Covid-19 restrictions.

Thank you all for coming to Minot to compete at these matches. Congratulations to each one of you who competed. Some of the scores fired in these matches are just a few points lower than the qualifying scores posted by USA Shooting, and it is quite possible that USA Shooting will issue invitations in the first or second round which will include some of you who did not earn automatic invitations in this match. Whether or not you fired a great score, we hope that each one of you enjoyed a great experience at the match and learned something which will help you to shoot better in the future.

No doubt, many of you will compete in Bismarck next weekend for the 4P junior matches and the following weekend of March 20 and 21 in Grand Forks for the open 4P matches.

Don't forget to register with us for the CMP/USA Shooting 3PAR Championship here in Devils Lake on April 10th. The State Light Rifle Championship is in Minot on April 10th and 11th.

Firing points for all of these matches will be limited, so register now.

We hope that you will each seize as many opportunities as possible to enjoy some perfect practice and fun over the next year to improve your skills in preparation for this match in 2022. We look forward to seeing many of you then.

Connie & Rick Jorgenson

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