

Full-bore- Ticks, Sun and Wind
Small-bore-National time

The



June 2019

Buffalo Chips

MANITOBA PROVINCIAL RIFLE ASSOCIATION

Air Rifle 22 Long Rifle High Power Rifle

Like always, if you have any questions, scores, tips or advice, comments, or have something that you would like to have published in the For Sale / Wanted section, email me at mprachips@gmail.com



Finally, great shooting weather

First congratulations to everyone that competed during the winter 22LR matches held at the W.R.P.A. range. Mike Knipping took the Sporter Rifle event and Murray Sloane the Match rifle. Special thanks to Jason Jarvis for making all those trips from Ontario.

Membership Reminder, If you are training, competing or a participant in any of the Indoor League or Seniors program. You must have a current 2019-2020 membership. This is your final warning.

Next 22LR outdoor match is at the Brandon range on June 23rd. These will be a double shoot so bring a lunch. To get off the e-mail list for these or any other 22 monthly matches and directions contact Paul Lemire at pilot11@shaw.ca and go compete.

Gateway is also open during the summer on Monday nights thanks to Rob Wiebe being the key holder. If you want to shoot 22LR indoor prone contact Rob at rwiebe1@mts.net

Full Bore usually shoots every Wednesday and Friday night around 6:00pm and Sunday mornings at 9:00 am at the St Charles range located behind the Assinibione race Track on Saskatchewan Blvd. Everyone is invited to come check out this side of the sport, so contact Murray Sloane at em_sloane@shaw.ca to get on his list so you get notification for the next long range training session.

Successful people love their work; in fact, they approach their work as if it were their play. Shooters who think that training is drudgery will likely not get the most they can out of their time on the range. Champion shooters enjoy shooting. Linda K. Miller and Keith Cunningham, Secrets of Mental Marksmanship

Canadian Precision Rimfire Series

Our Goal

The Canadian Precision Rimfire Series was created to provide shooters across Canada with a challenging environment to test their precision and positional shooting skills using .22lr rimfire rifles. Matches are held across Canada to allow all Canadians a chance to see how they "stack up" against the rest of the country. Divided into three divisions, Youth - All competitors under 18 years of age in 2019, Production - (Rifle \$500 and less, Optics \$500 and Less) and Open, these events allow shooters of all budgets with an opportunity to test their skills and equipment under demanding conditions. Using a PRS-style match format, competitors will engage 1-5 steel targets between 50 to 300m in distance and will range in size from 1/2" to 9". These are shot in a variety of positions from a challenging set of platforms in timed stages. If you are looking for an exciting way to test your skills, the Canadian Rimfire Precision Series might be what you are looking for.



Meeting Your Match

The Problem:

Learning to shoot better groups is not about your skill and/or ability. Quite the contrary, your equipment is adequate for the goals you have set for yourself and your ability in practice is sufficient to win the matches on any given day.

Rather, the difficulty stems from an inability to perform when the stakes are high or to use your equipment and proven performance in practice. What is an otherwise present and effective skill set seems to escape you every time you enter an event. During competition, you feel nervous, make stupid mistakes, get easily distracted and encounter a perpetual series of potential roadblocks that inevitably stand in the way of winning. Sometimes, even though practice went well, you want to pack up and go home before getting called to the firing line during a match.

When you do get called, your heart is beating so hard it seems only gross motor skills are left to your access. What's the solution to successfully overcoming the curse of not being able to utilize your proven skills under stress?

The Solution:

Volumes have been written by many great shooters and competitors about minimizing stress and self-induced pressure in a variety of competitive disciplines as well as in situations of self-defense. There are many techniques that have been used successfully to shoot better groups. All are valid because they have worked at one time or another, however, not all will be ideal for every possible circumstance.

As a former competitor and coach in multiple disciplines at the higher levels of shooting, I can share a few things that have worked for me and the folks I have had the pleasure seeing rise to greatness individually and as teammates on the national and international stages. Above all, you must have confidence in your equipment. If there is any doubt about your gun, ammunition or support equipment, it will haunt you in the most critical moments of performance.

In competition, personal defense or any other situation where the stakes are high, you owe it to yourself to have the best tools you can afford and be able to use them on demand in a manner in which success in your endeavors is likely. Validating the equipment through trial and testing is essential so there is never any doubt in your equipment as to why an errant shot unexpectedly presented itself.

Practicing in match conditions helps diagnose flaws in your delivery system and builds confidence in your ability to perform shoot better groups. It also helps to form a simple plan of action to be followed and trusted that will give good results when executed to the best of your ability on any given day. This is a plan that will maintain acceptable

performance (even when the wheels are falling off) if implemented with accuracy and determination.

The question leads me to believe that the equipment is good, the ability is there, but the mental—particularly command of the emotional mind—is not where it needs to be.

My recommendation is to eliminate as many of the mental distractions of the conscious mind as possible. Preparation and having a routine you trust to work and one with which you are comfortable, goes a long way to help in this area. In other words, have a plan. Then follow that plan as close as you can with a degree of flexibility built in for the occasional unforeseen circumstance that inevitably presents itself—at the worst-possible time.

Once you are ready to shoot, reduce the shot-delivery process down to two or three steps that are easily reproducible, proven previously in practice through repetition. Follow those steps repeatedly, with as little conscious thought as possible through the shot series before venturing outside of that capsule of concentrated effort. Believe it or not, delivering one good shot after another can be almost boring because the process of delivery is pretty simple, comparatively speaking. The problem faced when trying to shoot better groups here is complacency. Things are going good, so good in fact that a distraction or errant thought comes out of nowhere to interrupt the shot-delivery process. Our body continues to work but our brain fails to manage the shooting because of the interruption in the thought process, leaving an opening for disaster to rear its ugly head in shooting a shot you aren't proud of. Typically, you kick yourself for letting this happen and "try harder" to make up for lost ground.

The problem here for most people is that trying harder tends to be physical as opposed to mental. Muscle tension increases in an effort to make performance happen as opposed to using the smooth, fluid movement of relaxed muscles to follow the plan and deliver good shots. Tense muscles tend to deliver erratic performance in many sports, including shooting.

This leaves an opening to continue doing the same thing multiple times until we tame our emotions and go back to following the simple plan that we know always works. If you notice the more successful shooters in your sport, they are usually friendly and cordial off the firing line, but they close out the world of any distractions and execute their plan in a display of efficiency when it's their time to shoot.

If they happen to make a mistake, they know it without looking at the target. They make an on-the-spot correction and continue without missing a beat. Once the bullet exits the muzzle, it's going wherever the muzzle was pointed. There is nothing left to do but fix the reason why it didn't go where you wanted it to. Getting mad at yourself or anything else because of a lapse in performance is 100 percent counterproductive. Fixing the problem and continuing with what works yields the best overall results.

Fear of failure tends to plague many shooters. Nobody shoots a perfect match. There could always be improvements small and large. One of the critical elements to winning is to eliminate every possible outside distraction, particularly not caring about the performance of others of which you have no control. By following your plan as you would in practice with a high level of mental focus, you will be shooting each shot to the best of your ability. Knowing that you gave it everything you could have mustered mentally and physically is all you can do. The person who can do that on a regular basis will shoot better groups every time.

Catching up with Sarah Scherer, Two-Time Olympic Shooter

Apr 24, 2019

By: Joe Warta

Two-time Olympic rifle shooter Sarah Scherer's list of accomplishments is long, and her story is an inspiring one.

Scherer has traveled the world for her sport, competed in the 2012 Olympics, and came back from an incapacitating back injury that required two different surgeries to compete in the 2016 Summer Olympics less than a year later. And not only is she an accomplished shooter, Scherer is also a registered dietitian and licensed nutritionist.

I had the opportunity to catch up with Scherer and gain a little insight into her fascinating world of competitive shooting:

GPM: What brought you into the sport of competitive rifle shooting in the first place?

Scherer: As a young athlete, I enjoyed participating in a variety of sports, including rifle shooting. What was different about the shooting sport was the mental skill and full body control that was required to improve your performance. I wasn't mentally challenged to as such a high level in other sports. For this reason, I chose to pursue the shooting sports over other sports because it challenged me to be a better version of myself. The sport created a fun environment to learn life skills like concentration, goal setting, team skills, etc.

GPM: If you had one piece of advice to give to shooters trying to hone their craft, what would it be?

Scherer: My greatest tool was my performance journal; all athletes should use one daily. I used it to continually push myself and learn. Even at the Olympic level, you will never know everything about your positions or technique, and you can always improve.

GPM: Do you think the political climate surrounding guns has impacted your sport much, or the public perception of it?

Scherer: The political climate around guns has led to people making incorrect assumptions about athletes in the shooting sports and the sport community. The negative public perceptions are wrong if they come from a place of ignorance which only drives fear and division. I hope to continue to be an advocate for the shooting sports, as the sport has helped shape me to be the

strong, knowledgeable, and hardworking woman that I am now. Looking back, without the shooting sports, I wouldn't be able to be the skillful motivator I am in my career as a Registered Dietitian helping people be the best version of themselves.



Photo courtesy of Facebook.

GPM: What would you say is the hardest obstacle you've had to overcome to make it all the way to the Olympics?

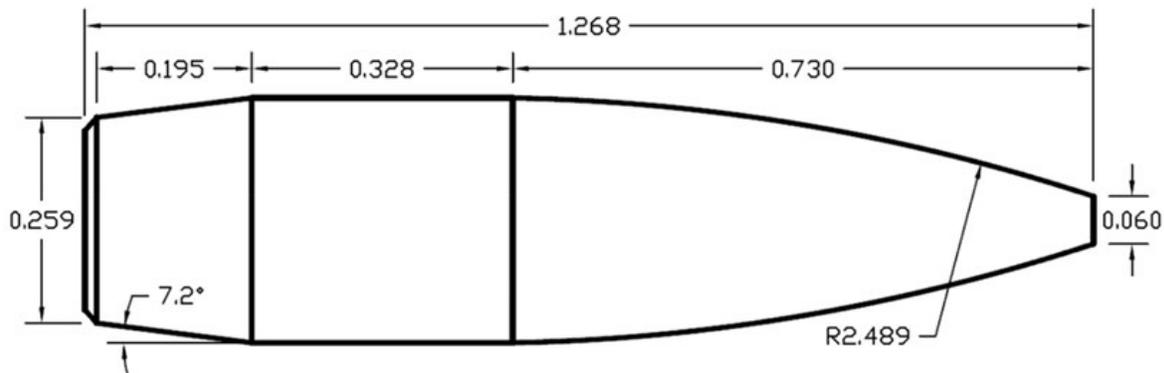
Scherer: The hardest obstacle has been recognizing that your life experiences, even if they are challenging, should fuel your passion for excellence if you overcome the obstacle of self-pity. During my career, I had multiple injuries, two back surgeries, and other life experiences that almost led me to quit. Instead, I decided to learn how to recognize the growth opportunity in each challenge and become a stronger athlete and person.

GPM: Lastly, of course the pressing question: what's your gun(s) of choice?

Scherer: In air rifle, I shot a Feinwerkbau 700 and in .22 I shot an Anschutz.

Why Does Ballistic Coefficient Improve With Heavier Bullets?

by SSUSA Staff - Saturday, May 25, 2019



A reader submitted a question about why heavier bullets have an improved ballistic coefficient (BC) over ones that weigh less—even with identical designs.

***Q.** I've begun reloading and have noticed the ballistic coefficient of identical-diameter bullets (.223 Remington in my case) increase with heavier bullets. With identical designs and same frontal area being pushed through the air, it doesn't seem to make sense. Why does the ballistic coefficient improve with more weight?*

A. All other things being equal, the added weight increases the bullet's length and the sectional density of a bullet. Basically, that means less wind drift. Bullet mass plays a part in wind drift and for a competitive shooter, that's probably enemy number one.

—Paul Box, ballistic technician, Sierra Bullets

The Sierra Bullets Blog also has a wealth of useful information on this subject. For example, the "Bullet Selection 101" [article](#) has helpful tips for selecting projectiles with regards to BC characteristics. Although it is a few years old, the information within is still relevant. See below for an excerpt.

"Sheer accuracy of a bullet with low ballistic coefficient characteristics can be outperformed by a slightly less accurate bullet in your gun system. If the bullet has a higher ballistic coefficient design and the wind conditions cause the less efficient bullet to drift enough more to overcome the accuracy differentiation you will experience better groups or higher scores with the slightly less accurate yet more efficient bullet."

Another great resource is the series of articles that our friends at Applied Ballistics have available for free on their website. You can learn more about these articles there.

ANNOUNCING
The Sensational New Daisy
1000-SHOT
RED RYDER
CARBINE

MY NEW LIGHTNING-LOADER REPEATER
HAS A HEAP 'O NEW FEATURES -
LOOK 'EM OVER!

NEW CARBINE RING
FOR
SADDLE!
TO HOLD
CARBINE
IN PLACE!
-74 HOME!
TO MAKE
CARRYING
SO EASY!

PACKED IN THIS BIG HANDSOME CARTON

out of the Golden West...
RED RYDER brings YOU this beautiful
New **GOLDEN-BANDED DAISY**

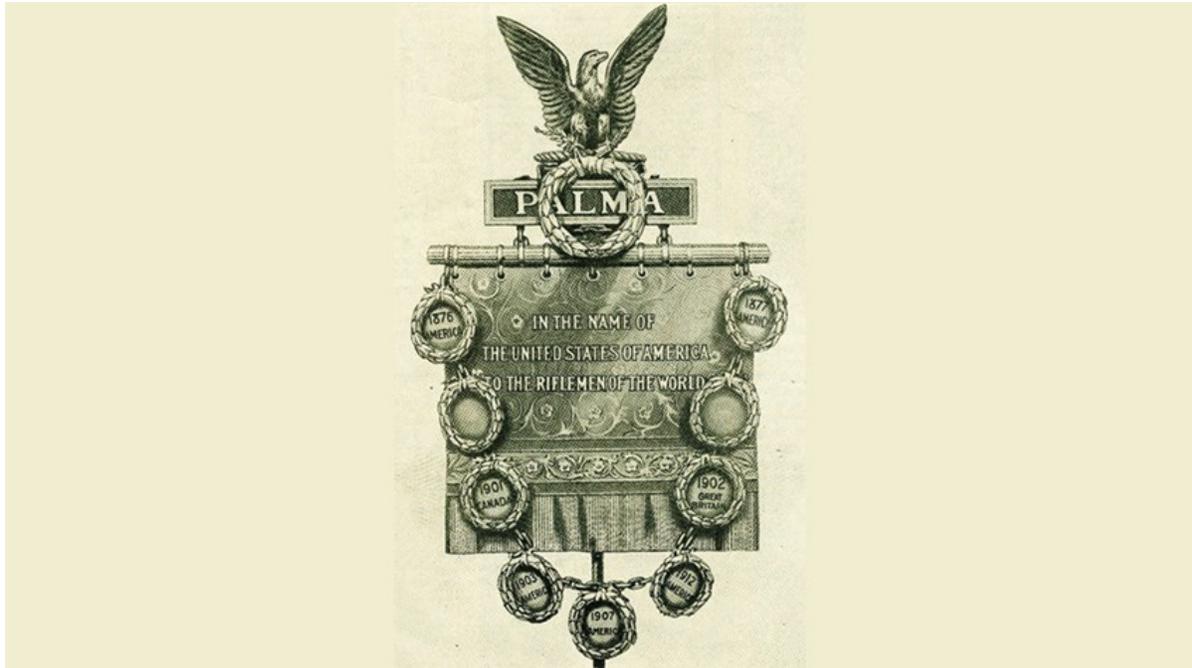
DAISY AIR RIFLES

DAISY MANUFACTURING COMPANY, 435 UNION ST., PLYMOUTH, MICHIGAN, U.S.A.

The advertisement features a large, detailed illustration of a red and black Daisy Red Ryder Carbine Air Rifle. The rifle is positioned diagonally across the page. The background is a light, textured grey. The text is in various fonts, including bold sans-serif and cursive. There are several small illustrations: a cowboy on a horse, a cowboy's head in a speech bubble, and a product box. The overall style is classic mid-20th-century advertising.

All About The Palma Trophy Team Match

by SSUSA Staff - Thursday, May 23, 2019



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In 1876, the National Rifle Association hosted an eight-man team rifle match as part of the 100-year anniversary of the independence of the United States. Teams from Australia, Canada, Scotland and Ireland competed in what would become the longest continuously running international rifle match in the history of competitive shooting.



The original seven and one-half foot Palma Trophy was last seen in 1954. Today, a copy takes its place, commissioned by Dr. Herbert Aitken of Eau Claire, WI. The copy was made from the original Tiffany blueprints at a cost of \$32,500. Aitken has given this copy of the Palma Trophy to NRA for use in the Palma Match. The trophy is housed by the winning team until the next Palma Match.

The custom-crafted trophy by famed jeweler Tiffany's of New York was a full-sized replica of a Roman Legion standard, and included an eagle perched on top holding a silver laurel wreath. The bird sat upon a panel bearing the word *PALMA*, the Latin word for palm tree, which was used by the Romans to signify victory. The second panel bore the inscription, "In the name of the United States of America to the riflemen of the world." Because the word *PALMA* was so easily visible, the trophy became known as the Palma Trophy.

Currently, the World Individual Long Range Championships and Palma Team Match are held once every four years and hosted by participating nations. The Match was held earlier this year over the last two days of the World Long Range Championship in Trentham, New Zealand, at the Seddon Range. Australia was the victor, with Great Britain in second place and the U.S. in third.



The elite shooters of the 2007 U.S. Palma Team represented the country at the Connaught Range outside Ottawa, Canada, in August of 2007.

The next contest for the Palma Trophy will be in South Africa in 2023, where the U.S. will be in the hunt for their 14th Palma Trophy Team World Championship victory, who have experienced a Palma gold-medal drought since 1985.

Match Details

The Palma Trophy Team Match is fired in three stages of slow fire in the prone position. In the first stage, shooters fire two sighting shots and 15 shots for record at 800 yards. In the second stage, shooters fire two sighters and 15 shots for record at 900 yards. The third and final stage is comprised of two sighters and 15 shots for record at 1000 yards. Each team consists of 16 shooting members who form ranks and fire on four targets in each stage.

Shooters use Palma bolt-action rifles with iron sights in 7.62 mm NATO caliber (.308 Winchester), with match-grade ammunition with 155-grain bullets. This ammunition is supplied to all shooters by the host nation.

The targets used are six feet square with a 20-inch bullseye (10-ring). The aiming area, or black area, is 44 inches and includes a 9- and 8-ring. Each team member can score a possible of 150 points in each stage with the possible team total being 7200 possible points for each national team per day of competition.

.1 **MRAD** = 1cm @ 100 meters. .1MRAD = .36 inches @ 100 yards. *With .1MRAD per click that equals .36", it would take 10 clicks to equal 3.6" which is the distance between each Mil-Dot at 100 yards.