

Full-bore- Chomping at the bit

Junior Rifle- Bring on the Provincials

# The



March 2015

# 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](mailto:mprachips@gmail.com)



# March, it's melting

Congratulations to Team Manitoba at the Canada Winter Games last month and the huge thank you to all the athletes, coaches, support staff and families that got them there. It was a great effort on all our members with a personal best by Nick Mark and a Gold Medal to Krista Hildebrand and her coach Don Lagimodiere in Air Pistol. On a sad note, this sport will not be included in the next Canada Winter Games.

The next air rifle match will be on Saturday, April 11<sup>th</sup> at our Shooting Performance Center at 711 Leola St. On the Sunday a 22LR match will take place at the Winnipeg Revolver and Pistol Club, contact Paul Lemire if interested and it is your first match.

The increased cost of renting space at W.R.P.A. has out stretched our resources, so the M.P.R.A. members will not have access to this range for the summer season. The 22LR Outdoor monthly and provincial matches will be held at the Manitoba Wildlife Range in Portage la Prairie.

The annual general meeting of the M.P.R.A. will be held June 2<sup>nd</sup>, 7:00pm at the Sports Federation Bldg. More details to follow as the date approaches.

Finally, congrats go out to Gerry Wien's, Jim Wilder man, who attended the Berger Southwest Nationals in Phoenix, Arizona. Both men finished in the top three on several matches and were joined by a large number of Canucks from across the country.

The M.P.R.A website has been updated ([manitobarifle.ca](http://manitobarifle.ca)) so please take a look and send me an e-mail if you see something amiss or not working or what you might like to see added.

## **“You heard it on the firing line “**

***“I didn't shoot his target, didn't shoot that one and I sure didn't shoot my target”***

***Young Owen commenting on every ones targets after shooting a great ten shots only to find one missing.***

# Easy Points: The Mental Game

There are not many other sports where the mind is able to control the outcome of the event. That is what makes competitive shooting so much harder than many other athletic events. Not only do we need to have a strong technical game, but we must have a peak mental game as well. Anyone that has attended a United States Army Marksmanship (USAMU) clinic knows one of the classes we teach is our “Easy Points” class. This class helps beginning shooters correct mistakes and not lose easy points in competition.

Some of these include cross firing, shooting too many shots and correcting a rifle zero. Another category where many easy points are lost is from a poor mental game. It is important to remember that the mental game is not something you have to wait to acquire until you are a collegiate shooter or a member of the USA Shooting National Development Team or even the USA Shooting (USAS) National Team.

As a junior or beginning shooter, it is imperative that you start to solidify a strong mental game because it will be a tremendous asset later on in your shooting career. In this article, I will discuss three major areas of mental training to focus on. By beginning with these quick easy points you can create a strong foundation for your mental game. These areas include the match button blues where I will talk about the rush of anxiety that comes when you are done with sighters and starting a match. Next, I will discuss reaction and reset, where you might have a bad shot and need to settle back down. Finally, we will cover the use of safe words to help you concentrate.

Let’s begin with the match button blues where we push the match button or move from the sighter bull to our first match target. All of a sudden something changes. We have a pulse beat, maybe our positions don’t feel as solid, and we are not able to take a shot as quickly as when we were shooting sighters. Welcome to the match button blues, which is as easy to describe as just getting nervous. Sometimes this nervousness results in our first shot not being as confident; and if it was a ten, then we reluctantly call it luck.

An easy way to earn a ten on the first record shot is to treat the last couple of sighters as match shots. While finishing sighting in, but before moving to the first match bull, put yourself in the mindset that this next sighter shot is a match shot. There will probably be nerves creeping in, but that is when you will start to control it by using safe words that we will talk about later in the article. You can calm down, settle and move confidently to your first match bull and shoot a perfect ten. Now as we continue through our match, we might have some poor shots, but we can react properly by going over the next step of react and reset.

Everyone has been there—your shooting is going great and all of a sudden there is a poor shot. Generally, you react with a big loud “darn it” in your mind, become very frustrated, slam the rifle bolt back and finish by going straight into the next shot.

This process usually results with another poor shot. Let’s face it, no matter if you are a beginning shooter or nationally ranked, there will always be sub-par shots. Many things happen physically in our bodies when we overreact to a poor shot.

Once upset, it increases adrenaline output, which in turn increases the heartbeat and eventually the blood flow as well. Because of this increased blood flow our muscles are now tense, our pulse is high and our hold is awful. This is where that second poor shot comes from. An easy point that a shooter can earn is having the ability to reset the process. A shooter can reset by dry firing one or two shots after a poor shot. An important thing to remember while taking these dry fire shots is to keep your proper execution just like there is a round in the

chamber. These dry fire shots allow our bodies to relax, slow the heart beat and reset back to our competitive form. Along with resetting our body, we can also reset our mind by using safe words.

Safe words are an amazing tool for any shooter to have in their competitive toolbox. Safe words are anything that can be said to get your mind back “in the game.” A great example of using a safe word is from the movie For the Love of the Game. Kevin Costner plays a Major League Baseball pitcher who attempts to pitch a perfect game. With everyone in the stands yelling and his mind wandering, he pauses and says, “Clear the mechanism.” These safewords silence the crowd and empty the stadium in Costner’s mind.

All that is left is the catcher, himself and the silence so Costner can throw an amazing pitch. There is a lot of time in competitive shooting matches where our mind can wander and not focus on the shot at that moment. By using a safe word (or phrase), like Kevin Costner’s character, we can get our mind back on track. Other examples include words and phrases such as relax, focus, take it easy, etc. Using these words (in addition to a focused mind) will help you stay on track and keep mental stability while in competition.

We have discussed three specific areas where shooters can save points in the mental game and increase their overall scores. Again these areas include preparing yourself for the first match shot after sighters, resetting after a poor shot and using safe words or phrases to stay concentrated. We could go more in depth on each of these topics, but by starting here, any beginning shooter will have a great foundation for their mental game. So keep shooting tens, keep your mind in the match and stay ARMY Strong

## Another hunting picture.

**What’s better then a warm winter vacation and hunting at the same time, nothing that’s what? Monica Fyfe visited the family of ex-classmate Sam Muegge in Texas and stalked this hog, with a bow. Well done Monica.**



## Performance Nutrition for Shooting



This article will be the first in a three-part series. The goal of this article is to provide you with some basic nutrition concepts that should be understood by all athletes who would like to be competitive at an elite level. Shooting is quite different than other sports, but one basic principle remains the same: a high-performing athlete is a healthy athlete!

What you eat and drink on a daily basis will affect your immune system, your ability to concentrate during training sessions and your ability to recover from training and workouts. Believe it or not, what you ate (or didn't eat) for breakfast or lunch today will affect not only your workout today, but also your workouts next week, next month and even your next competition. Finding accurate nutrition information however, especially shooting-specific information, can be confusing. We will cover recovery and competition day nutrition in the next two articles, but for now, this article will focus on developing a sound nutrition base.

To develop a shooter's potential, training sessions should change throughout the year in order to build upon base skills previously learned. The same concept should also be applied to nutrition strategies. An athlete must first master the basics before moving on to shooting-specific

tactics. Here are the top five strategies that must be mastered in order to build a solid nutrition base from which to build.

### Eat frequently

Consuming calories every 3-4 hours, starting in the morning, can improve body composition (increase lean mass/ decrease fat mass), decrease total calories consumed over a day, increase total calories burned over a day, improve blood chemistry (fats circulating in the blood) and help control appetite. Portion sizes will depend on weight and performance goals and are different for each athlete. If you are currently eating 3 meals per day, scale back lunch and dinner to accommodate a morning and afternoon snack. Most athletes tend to gain 1-2 pounds upon adopting this strategy due to poor portion control, but be patient! After a couple of weeks, portion sizes tend to adjust to eating frequency and level off. Adjust portion sizes according to weight changes.

### Consume foods that contribute to a strong immune system

Antioxidant-rich foods are key! Consuming colorful fruits and vegetables (blueberries, sweet potatoes, etc.) and



whole grains (whole wheat bread, oatmeal, etc.) can decrease your chances of developing various diseases and conditions. Specific to you as an athlete is the power of these foods to boost your immune system relative to performance. Whether it's at school, work or while traveling to different competitions, shooters are regularly in contact with foreign bacterium and viruses. The best way to ensure your body is prepared to deal with these microorganisms so you don't get sick, is to build and maintain a strong immune system. Don't be that athlete that performs well in the first few competitions only to pitter out as the season goes on.

Lean proteins are also essential to a healthy immune system. Quality protein sources include seafood, lean cuts of meat & pork, poultry, legumes (beans), low-fat dairy and tofu.

### Decrease intake of foods that degrade the immune system

Saturated and trans fats are found in fried foods, fast foods, ready-made baked goods, full-fat dairy products and fatty meats. The reason these fats are unhealthy is due to their pro-inflammatory properties. Diets high in these fats have been associated with high cholesterol, high LDL-cholesterol (AKA bad cholesterol) and inflammatory markers. This translates into an increased risk for cardiovascular disease. As an athlete, it's important to know that these fats are also associated with decreased endothelial function. In layman terms, this means that blood vessels lose their ability to open fully when needed, potentially limiting nutrient- and oxygen-carrying blood to muscles; not exactly advantageous to peak performance!

Luckily, nature has provided us with fats that have the opposite affect and have anti-inflammatory properties. Omega-3 and monounsaturated fats are healthier fats and can be found in cold-water fish, some nuts,





avocados and flax seeds. Substitute saturated and trans fats with omega-3 and monounsaturated fats whenever possible. Remember though, all fats have 9 calories per gram (compared to 4 calories per gram for carbohydrates and protein), so watch portion sizes.

### Focus on hydration

Even moderate dehydration (weight loss of 2% of total body weight) can decrease mental performance by decreasing the ability to concentrate and decreasing movement accuracy. For a 150 lb athlete, 2% of total body weight is 3 lbs. Although a crude gauge, urine color is an effective measure of hydration status. Urine should be pale yellow; the darker the urine, the more dehydrated you are. Weighing yourself before and after training (range practice, cardio and/or strength training)

will help determine the amount of fluid that should be consumed in future sessions.

### Have a plan!

As with training, an athlete should have a basic plan for the day. You wouldn't wake up in the morning and head out to the range without knowing what you were going to work on that day. If you do, you'll likely never reach your full potential as an athlete. Similarly, before you pick up a plate to serve yourself, you should know what you are going to put on it. Always look over your options and identify lean proteins, quality carbohydrates and produce so you'll know exactly what to put on your plate as you serve yourself. If you like dessert, don't leave it as an after-thought; plan for it by compensating for the calories in your meal.

The key to establishing a strong nutrition base is to set small achievable goals. It's unrealistic to think that you'll be able to re-vamp your whole diet at once. Unlike radical New Years' resolutions that fall by the wayside after a couple of weeks, your goal of improving nutrition for better performance is attainable. Even an athlete whose diet is composed primarily of fast food burgers & fries, sodas and sugary snacks can set three small goals that will affect his/her overall health and performance. Eliminating just one fast food meal



and one soda twice a week to start with can decrease calories and saturated & trans fat totals for the week. Don't fall prey to the all-or-nothing mentality. Just because you may have consumed more of a food or beverage (or type of food or beverage) than you had intended, don't allow the rest of the day to stray from your plan.

In the next article, we will discuss recovery nutrition for shooting. Until then, set three small goals with a measurable outcome and focus on those changes. Remember that successful athletes have plans! Do you?

*Photos courtesy of Karen Daigle.*

Giving kids a sense of teamwork, competition, confidence.  
And the thrill of blowing little clay targets to smithereens.



The Scholastic Clay Target Program is the fastest-growing youth shooting program. For kids, it means the chance to be part of a team while enjoying trap, skeet and sporting clays competitions at the local, state and national levels. A great confidence builder and a fun way to make new friends. For parents, it means peace of mind knowing that kids are learning important firearm safety lessons under adult supervision—while getting the chance to excel at a “grown-up” activity. For coaches and potential coaches, it means giving back—sharing knowledge and enthusiasm in a constructive Little League way. Spending time with eager kids who appreciate your time and energy. As just one of the many programs that prove we’re “always shooting for more”, the Scholastic Clay Target Program is an important part of the National Shooting Sports Foundation and its efforts to promote the sports we’re all passionate about. If you enjoy shooting, or have always wanted to learn, join us—new teams are forming every day. Call us at (203) 426-1320 or visit:

[www.nssf.org/sctp](http://www.nssf.org/sctp)



# The Prairie Open



The competition was held November 22/23, 2014. Athletes from across Canada (48) participated in the two day event that included a cut score eligible competition on Saturday and a Superfinal on Sunday with over \$2500 in prizes given out that weekend. We would like to thank our officials, volunteers, coaches and especially our athletes for making the weekend so successful and a joy to be part of. We hope to see everyone at the next Prairie Open that will be held October 24/25, 2015.



# Manitoba Provincial Rifle Association Presents:

## MANITOBA AIRGUN PROVINCIAL CHAMPIONSHIPS



MPRA Shooting Sport Performance Centre

711 Leola Street

Winnipeg, MB R2C 2R3

Authorized SFC High Performance Air Pistol/Rifle Cut Score Match

The Manitoba Provincial Rifle Association invites you to join us at our new Shooting Sport Performance Centre for a 2-day Air Rifle/Pistol Event. All courses of fire on **SIUS Ascor Scoring Systems**.

**Judges:** Steven Spinney ~ ISSF Judge Level A - Rifle, ETS

(complies with HP cut score match regulations for both Air Pistol and Air Rifle competitions)

### Day 1 (May 2, 2015)

Air Rifle and Air Pistol  
Ladies: 40 shot match  
Men: 60 shot match

Finals as per ISSF Rules

### Day 2 (May 3, 2015)

Air Rifle and Air Pistol  
Ladies: 60 shot match  
Men: 40 shot match

Combined Men and Ladies Final (top eight based on 100 shot combined total from Day 1 & Day 2)

### Provincial Championship & Match Winner:

1-8 points added to two day combined match score (dependent on placement in finals) to determine Match Winner and Provincial Champion. Please note only Manitoba Residents can be awarded Provincial Championship. Finals from Day 1 do not have a bearing on the Provincial Championships and are being shot to comply with cut score eligibility requirements.

### Equipment Check and Pre event training: 4-7 pm Friday, May 1, 2015

\*\*\*Equipment check is optional, random testing will be done.

### Match Rules:

SFC and ISSF rules will apply.

It is the responsibility of the athlete and coaches to be familiar with the current ISSF rules.

All athletes will be classified as per the SFC classification system and must be in good standing with the SFC

Classification will be checked with the SFC prior to the competition.

ALL equipment must meet ISSF specifications.

**Registration:** Relays filled on a first come, first served basis. Payment due with registration (registration accepted on site if positions available).

**Accommodations:** Closest hotels to the Shooting Sport Performance Centre (please note they do not offer shuttle service from the airport)

Canad Inns Transcona - 826 Regent Ave W, Winnipeg, MB R2C 3A8, Phone:(204) 224-1681

Club Regent Casino - 1415 Regent Ave W, Winnipeg, MB R2C 3B2, Phone:(204) 667-5560

**Please make cheques payable to:** Manitoba Provincial Rifle Association

**Mail entries to:** Manitoba Provincial  
Championships  
226 Dawnville Drive  
Winnipeg, MB R3W 1L2  
Email: manitobarifle@gmail.com

Lisa Deneka  
Match Director  
Ph: (204) 781-8479

*Please note: The Organizing Committee reserves the right to modify the rules and procedures dependant on the conditions*

# SAVE THE DATE!!!

Manitoba Provincial Rifle Association Presents:

## The Prairie Open 2015



Authorized SFC High Performance Air Pistol/Rifle Cut Score Match

MPRA Shooting Sport Performance Centre

711 Leola Street

Winnipeg, MB R2C 2R3

## OCTOBER 24th & 25th

Our two day event will be similar to last year's event. Cut score eligible match will be held Saturday with our Superfinals Prize Match event on Sunday!!!

### \*\*NEW THIS YEAR\*\*

Last year we had the everyone fill out a survey and we just want you to know that we have been listening!!!

- We moved the date to October to fall within the 2015 Athlete agreement. (ending October 31, 2015) and make travel easier for those from out of town.
- A "quiet room" will be available for athletes wishing a quiet place prior to their competition.
- A Dry Fire area will be available.
- We will be having a social evening on Saturday at the range. Last year everyone went their own separate ways and we thought it would be nice to stay together and get to know the athletes, coaches from around the country. The option to purchase a supper ticket will be part of the registration package! We hope to see many of you that evening.

### Our continued commitment....

The Prairie Open Committee pledges to holding our annual event for the next four years on or around the 3rd weekend of October. We hope this benefits our athletes to build their annual training plans in accordance with their LTAD.

For more information, please contact:

Lisa Deneka, Match Director

Email: [manitobarifle@gmail.com](mailto:manitobarifle@gmail.com)

# CANADA WINTER GAMES

## February 13th - March 1st

Beautiful British Columbia played host to the 2015 Canada Winter Games. The Games brought together 2,400 athletes, 1,000 coaches, managers and officials from our ten provinces and 3 territories. These participants were involved in 19 sports which included Paralympic and Special Olympic sports.

We are exceptionally proud of the 8 athletes we sent to the games and to all the athletes that trained on our Development Team these past two years. We would like to thank them for their hard work and perseverance and congratulate them on their performances at the games. We as an organization, coaching and volunteer staff could not be prouder of your accomplishments.

The Canada Winter Games is only the beginning for these young athletes. Their dedication and training in their sport will definitely take them places! Thank you for all of your hard work!!

Thank you to Sport Manitoba for your continued support of our athletes and programs. A big should goes out to Ted Bigalow (Chef de Mission CWG), Adam Decker (Sport Performance Manager) and Greg Gunther (Coaching Manitoba) for their guidance throughout our team selection process.

We would also like to take this opportunity to thank our Coaching Consultant, Mr. Cory Niefer for his guidance and work with our athletes and coaches. Cory facilitated workshops both at our trainings camps as well as on a one-to-one basis with our coaches.

Please take the time to congratulate our athletes when you see them.

Here are a few highlights from the games:

**Personal Bests:**

Nick Mark 595.9

Jayne Murdy 343

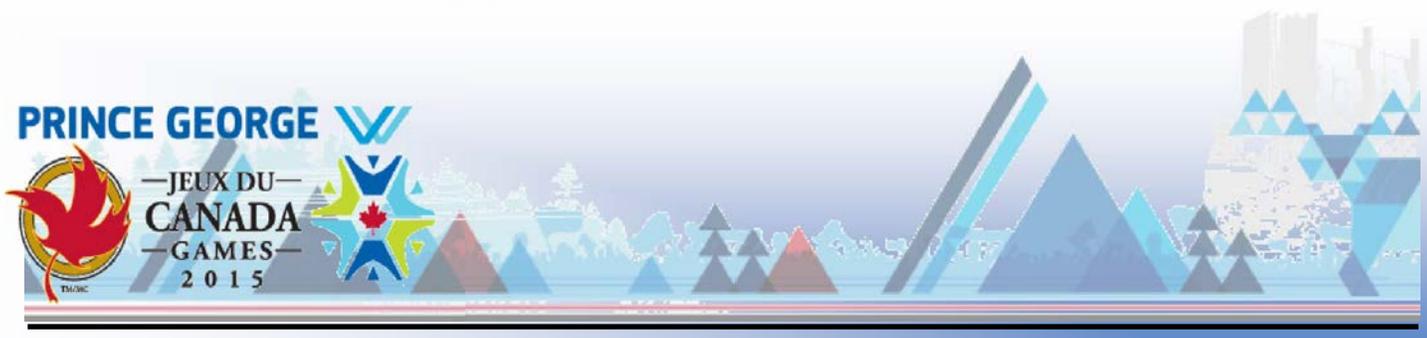
**Made Finals:**

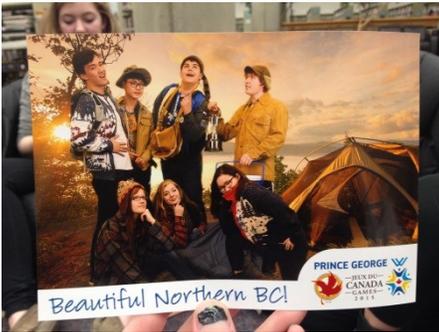
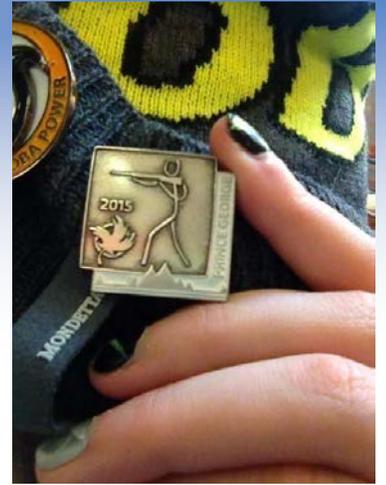
Nick Mark (finished 7th)

SeungJae Min (finished 6th)

Krista Hildebrand (finished 1st)

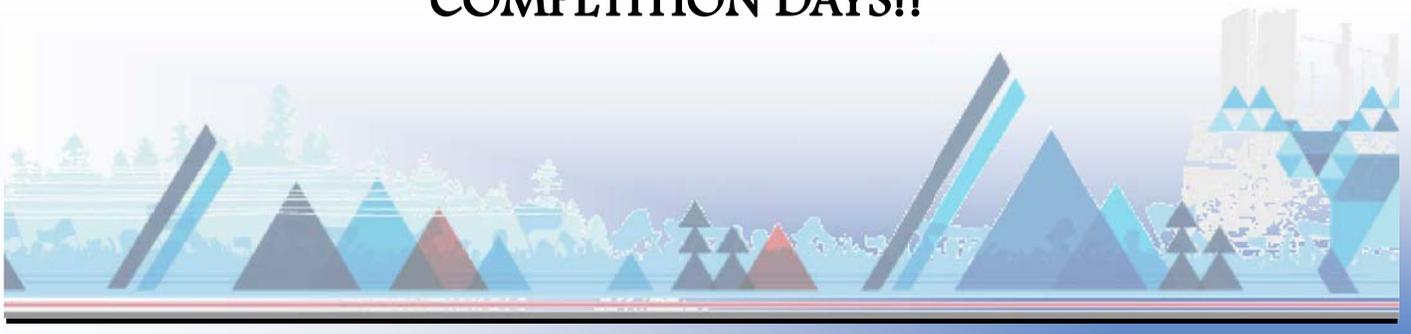
**GOLD MEDAL WON BY KRISTA HILDEBRAND ~ WOMEN'S PISTOL**

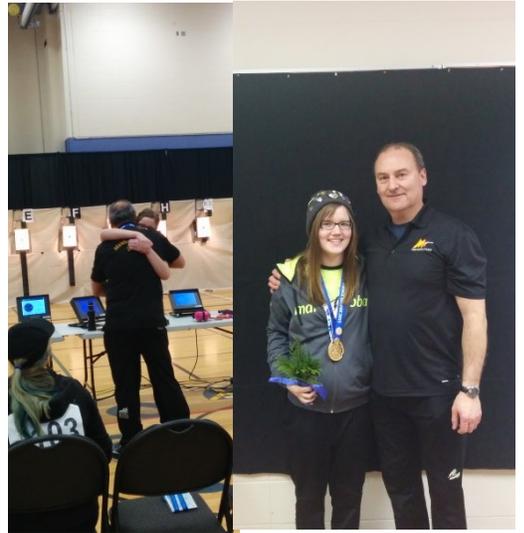






**COMPETITION DAYS!!**





**GOLD!!**



**Finally, we end with a great picture of our C.W.G. Gold Medal winner.**

**Krista only started shooting pistol seven months ago but the eight years of competing with the air rifle played a major factor in this win. Air pistol coach Don Lagimodiere even commented several months ago that she would probably win the event. Well done.**

