

# THE TARGET

## THE OFFICIAL PUBLICATION OF THE NORTH DAKOTA SHOOTING SPORTS ASSOCIATION

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### Memories in Shooting: by Hannah Walsh

This is an article based on the graduation speech that Hannah delivered at her Wolford High School graduation this spring. It follows on her accomplishments since we printed her comments for our Shooter to the Line article in our last edition of this newsletter. It is really interesting how large a roll a shooter's confidence in their shot plan plays in the shooter's success in any competition. Enjoy her comments as follows:

I struggle to keep the composure that has gotten me to this point. I ignore the thoughts of failure in my head and take another breath. I relax my shoulders and tighten my grip. I raise the pistol and breathe out, one last time. I stare down my sights as my mind clears. The trigger is beneath my finger but I do not realize I've pulled it. As I set the pistol down for the final time, I smile without looking at the score. All I can think is - wow, I've actually done it.

Today, I am going to talk about the most memorable experience that I have ever had in my time here at Wolford High School. This experience would have never come to me, if I would not have stepped out of my comfort zone and joined the Wolford Wolves Shooting Club. I have been involved in our school's shooting program since I became a freshman in high school. In my first year, I shot air rifle with the rest of my team. But then, in my sophomore year, my shooting coach, Mr. Langer, convinced me to pick up an air pistol.

After a lot of practice and persistence, it was time for my first meet. Long story short, after my first meet, I qualified for the National Junior Olympics. I've qualified for the NJO's three times in Air Pistol and twice in Sports Pistol. But today, I want to talk about my most recent trip to the National Junior Olympics, which just occurred this April.

First of all, during the entire trip down to Colorado Springs, I was very sick. I spent my first night sleeping on the bathroom floor in a motel in Wyoming. The second day of driving, I had a terrible fever and was struggling to sit in the car. Luckily, the first couple of days of our trip, I did not have to compete. By the first day of my Sports Pistol competition, I was in much better shape. I even shot a personal best in the precision half of Sport Pistol. Although my rapid fire half did not go as well as I had hoped, I still placed 15th overall in the Women's Sport Pistol competition.

Now, this made me nervous. Granted, I practiced Air Pistol much more than Sport Pistol, but I thought I had a better opportunity to do well in Sport Pistol than I did in Air Pistol because it seemed to me that there was less competition. But, I decided that I was still going to work hard during the Air Pistol competition and do my best. I reminded myself that I had been sick and was still feeling pretty bad most nights and

mornings. I decided to make my motto "Be Confident."

The first day of Air Pistol competition came. I told myself not to worry and be confident in my ability. I knew what I needed to do, and I tried to make myself believe that I could do it. And, amazingly enough, my confidence in my shot plan allowed me to shoot a personal best score. I shot a 367/400. That score placed me solidly at 3rd in the competition. I was ecstatic! I had never really believed until that moment that I could do this.

The next day, I came with the same attitude. I put the previous day as far out of my mind as possible and reminded myself that today was a different day. I would have to shoot just as well in the second day's match as I did yesterday. So, I said to myself, once again, "Be Confident." I said it over and over in my head throughout the match and something amazing happened again. I shot another personal best with a 371/400. I couldn't believe it! I walked off the line with tears in my eyes. I was so proud of myself and all that I had accomplished. I did not care about what place I was going to take or where this put me in the competition. All I cared about was that I did my best and was confident in my ability.



That evening, I shot in my first ever Finals round. Although I did not do very well and took 8th in Finals, I was still able to maintain my 3rd place finish overall, and I stood on the podium to receive the bronze medal. Ranking this high in a national competition placed me on the USA National Junior Olympic Pistol Squad. (continued on Page 3)

## Editorially Speaking

As I write this, our spring and summer has passed too rapidly again. I have been able to enjoy many competitive shooting matches as a competitor, match director and coach. The list of matches is too long to enumerate here. We are proud that many of our juniors earned invitations to USA Shooting's 2016 Junior Olympic National Championships where they performed admirably, even when their scores may have been less than they had hoped.

Take a look at our Schedule of Opportunities and plan to attend another outdoor match before winter. I know that I will be at as many as possible.

We offer more in Rand's Shooter to the Line section of this edition of the Target. We also have a great article by Hannah Walsh. Sam's article on bullet casting offers some great information.

Thanks to Rand, Hannah, Brandon and Sam for their contributions to this issue. If any of you have what you think is an important thought about the shooting sports in North Dakota, write it down and email it to me.

During the next year, volunteer to help our match directors and coaches who make the matches possible. Almost all of our match directors would welcome your help, and you will learn more about what it takes to put on a good match. I think you will enjoy yourselves while you help.

Our 2017 schedule of events will be a bit different in order to fit matches around the change in the NRA and CMP National match schedule. Keep an eye on the match schedule here and on our LRSSA Website for up to date information on matches in North Dakota.

They say that old age is not for wimps. I say that the 2016 political climate is not for the faint hearted. I have heard many say that they can't find enough good reason to vote for either the Republican's or the Democrat's presidential candidates. They appear to be the least attractive candidates that the two major parties have fielded in any election that I can remember.

Still, as a citizen of the USA, you must vote to select the candidate who offers the most support for those things that you find most important to you in this nation. As a competitive shooter, one of these candidates has shown a long history of disdain for our right to bear arms. I hope that you all vote.

NDSSA is a small organization that gets a lot of good things done. We are always searching for people to [join us](#) as members or officers. If any of you have a prospective member, share your copy of our newsletter or help them fill out the membership application that is on page 5 and send it in to **P O Box 228, BISMARCK ND 58502-0228**.

"The government is merely a servant—merely a temporary servant; it cannot be its prerogative to determine what is right and what is wrong, and decide who is a patriot and who isn't. Its function is to obey orders, not originate them."

— [Mark Twain](#)

"If you could kick the person in the pants responsible for most of your trouble, you wouldn't sit for a month."

— [Theodore Roosevelt](#)

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### The Target

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**CAUTION:** All technical data in this publication, especially for hand loading, reflects the limited experience of individuals using specific tools, products, equipment and components under specific conditions and circumstances not necessarily reported in the article. The North Dakota Shooting Sports Association has no control or oversight in this data development. Reloading data has not been tested or verified by the NDSSA. The NDSSA cannot be responsible for the results obtained by persons using such data and we disclaim all liability for any injuries or damages that might result from its use.

## Why cast bullets?

These are the information sources that I have come to rely on. No doubt there are other resources out there, so these are not all inclusive, especially when we consider that CB's are used in handguns, rifles and muzzle loaders.

### 1. Internet web sites:

- a. The Cast Bullet Association ([www.castbulletassoc.org](http://www.castbulletassoc.org)). This organization sanctions matches at many locations, the closest to us is Minnesota. As a member you receive 6 issues of "The Fouling Shot" per year which has articles pertaining to casting and loading CB's. It also contains match results which shows the load data for each shooter. This organization also runs postal matches for various disciplines.
- b. Cast Boolits (spelling correct) ([castboolits.gunloads.com](http://castboolits.gunloads.com)). This is a big comprehensive web site offering many sectors of topics in the form of threads/posts. Sectors include: general, bullet casting & reloading, guns & shooting, group buys and commercial. In the commercial sector there is a swapping/selling category where you can sell items or list your "want to buy" items. To be a member you need to register which is free. They do, however, solicit donations to keep the website running. This is a great website for gathering and sharing information. You can find the appropriate sector and category and ask your questions and probably receive many good answers.

### 2. Reloading manuals:

- a. Lyman Cast Bullet Manual-4th edition. This manual came out only a couple of years ago and is a great source of info and has the most comprehensive CB loading data for all calibers. The great feature of this new edition is they include data for some RCBS, Saeco Redding and Lee CB's as well as all of Lyman's CB's. If you only want to spend money on one manual (Lord forbid) this is the one you should buy. It is a must buy for the beginner or the experienced.
- b. Lyman's 50th Edition Reloading Handbook. Brand new this year and contains much general info and loading data for jacketed and limited data for CB's.
- c. RCBS Cast Bullet Manual #1. Can't find it on RCBS website, but this small hard cover manual is very good. It gives much info in shorter form than some and provides CB load data for RCBS molds. Even though it is probably 20 years old, it is worth having.
- d. Lee Modern Reloading-2nd Edition. It contains mostly jacketed bullet data but some CB loading data. However, it includes good information on the criteria for CB accuracy and formulas for determining the proper pressure for CB loads.
- e. Other reloading manuals such as Speer, Hornady and Hodgdon include some loading data for the swaged lead bullets they make (Speer & Hornady) and a few CB loads for pistol calibers.

### 3. Other:

- a. Cast Bullets by Col. E. H. Harrison USA (ret.). This is an NRA publication which contains CB articles from the American Rifleman between the years of 1957 and 1979. From what I can determine, this is no longer in print; but if you find it, buy it. It contains some very good and unique info on topics such as what bullet designs work best with different barrel rifling designs, powders suitable for CB's and which ones to use to prevent leading, characteristics of different lubes and much more. It is a frequent go to manual for me. There is also a smaller booklet entitled CB's supplement No 1 from the NRA. I don't know if there are/were No's 2, 3, etc.
- b. Handloader's Bullet Making Annual II by Wolfe Publishing, the same people who publish the Handloader and Rifle magazines and maybe others. This is the only one I have but would like to have the Annual I and any others. From what I can determine, this and others are available on DVD-Rom and called The Art of BC'ing Collection from Wolfe. Dave Scovill, who is current editor of the Handloader Magazine, has articles here which deal with CB loads for revolvers, causes of leading in revolvers, alloy composition and much more. The date on this is 1991 and again, my advice is to buy, if you find it.

This is what I have come up with for now, but it should be a start for the beginner and also may be useful for the experienced CB caster and loader. Hope this helps. Thinking ahead to the next article, I think a brief rundown on equipment might be helpful. **Sam May**

## Memories in Shooting by: Hannah Walsh

(Continued from page 1)

I still could not believe it. When my national coach came over and told me I'd made the squad, I couldn't help but shed a few more tears. I was just so proud of myself for coming this far. It was farther than I had ever imagined. Being given such an honor was amazing. But I could never have gotten to where I am, if it weren't for all the people who supported and believed in me, especially when I often didn't believe in myself. I am so thankful I had people in my corner and am so proud to have been a part of the Wolford Wolves Shooting Club. **Hannah Walsh**

## Shooter to the Line.

In this issue, Rand assigned our Shooter to the Line article to me and a couple of our club's young competitors.

Rand asked that I briefly provide a statement on our program, my coaching philosophy, and who got me started in shooting, as well as the challenges and satisfaction I see in coaching. So, I will do my best to make this brief.

Our Lake Region Shooting Sports Association has partnered with our Ramsey County 4H Shooting Sports program to provide instruction in the Air Rifle, Air Pistol, Smallbore Rifle, and Shotgun shooting sports. We find that this partnership has worked very well over the past 6 years or more. The 4H Shooting Sports Program is a well-researched program designed to teach young people the skills that they need to succeed in life not just in the shooting sports. The young people who involve themselves in the competitive shooting sports are growing up while they are having fun.

We offer beginners in the shooting sports an 8 week introduction over the months of January and February (one night a week). For those who seem most interested and coachable in the competitive shooting sports after that introduction, we offer them the opportunity to train with our advanced shooters twice a week over the rest of the year with a few breaks over the summer.

I got involved in the shooting sports, when I was 25 years old starting with a muzzleloading rifle and pistol, and from there, I began shooting silhouette pistol with the intent to gain enough skill to hunt deer and other large game with a pistol. My son, Travis, joined me in the silhouette pistol competition. He developed an interest in international shooting sports, so we got involved in shooting Air Pistol and Bullseye Pistol. Now, I compete in the majority of the rifle and pistol competitive shooting sports.

I got involved in coaching with my son. As I found more time, I got involved with the 4H shooting sports program. If the program that we offer in partnership with 4H had been available when I was a teenager, I would have been involved then and would have thought I was in heaven.

There are too many coaching challenges to discuss briefly. Offering kids an opportunity to succeed and gain a skill that they can refine over their lifetime is rewarding regardless of the level of skill that they attain. Helping them to grow into responsible, productive, independent and self-reliant adults is a worthwhile endeavor.

My coaching philosophy is to do my very best to instill a sense of personal self-worth and confidence in each of the kids who are willing to invest themselves in learning the skills required to succeed in the competitive shooting sports. I do my best to offer encouragement, when they perform well whether it is for one shot or over a 60 shot match. Remembering what you do correctly in order to deliver a quality shot on the target is far more important than remembering what you did wrong, when you shot a 6. Rick Jorgenson

Here are **Brandon Alexander's** answers to Rand's Shooter to the Line questionnaire:

Parents: Heath and Annie Alexander

1. Grade and School you are attending: I just completed my sophomore year at Devils Lake High School in Devils Lake, ND. I am a junior this fall.

2. Club: I am a club member of Lake Region Shooting Sports Association and Ramsey County 4-H Shooting Sports.

3. Years Training: I started shooting with the Ramsey County 4-H Shooting Sports Club when I was about 10. I continued to shoot competitively with 4-H, but I have also been training and competing outside of 4-H for the last four and a half years in the Sporter and Precision Air Rifle disciplines. This last year I have started training and competing in smallbore rifle as well.

4. Person who influenced you to shoot or whom you aspire to emulate: The first person to introduce me to shooting would be my dad. Because of my family's love of shooting, I was involved in the Ramsey County 4-H Shooting Club and was introduced to the most influential person, my coach Rick Jorgenson. Rick has taught me a lot and has shown me the abilities I have. He has opened many opportunities for me and my family. He has taught me to believe in myself, set goals, follow through, and have fun. I would love the opportunity to participate in the Olympics one day.

5. In your mind, the most significant accomplishment, victory, goal, that you have attained up to this date in your shooting career: The most significant accomplishments to date include receiving an invite to shoot at the 2015 and 2016 National Junior Olympics and shooting my top scores both years. As I write this, I am looking forward to participating in the 4-H Nationals for Smallbore, June 26th-June 1st this year and my team just qualified for the 4-H Nationals next summer (2017) for Sporter Air Rifle.

6. Average hours of training per week during shooting season: I practice on an average of 4 to 6 hours per week and we shoot in matches throughout North Dakota most weekends throughout the school year.

7. What other sports or activities are you involved with in the school: Other activities I am involved in include archery through 4-H and Bird Busters 4-H Club.

8. In comparing your involvement with other School activities, do you feel there is a similarity/dissimilarity in skills required to participate in shooting sports vs. team sports: Shooting sports are both an individual and team sport. I feel I have learned a lot about myself as an individual and enjoy competing as a team. The competition within our team is fun and motivating, pushing each of us to better our skills and confidence.

9. What has the discipline of competitive shooting taught you: The discipline of competitive shooting has taught me to believe in my ability and that if you want something; you have to work for it. Setting goals and taking notes as you learn and try different techniques is valuable; so you have to stay focused, be confident, and follow through to produce a good shot.

(Continued on Page 6)

## Spring Schedule of Opportunities

<b>Sep 10, 11</b>	<b>Highpower Long Range Regional</b>	<b>Bismarck</b>	<b>Tom Thompson</b>	<b>701-255-4601</b>
Sep 17	USPSA Match (indoor)	Bismarck	Delmer Dyk	701-222-4194
<b>Sep 17, 18</b>	<b>BPCR - Silhouette State Champ</b>	<b>Bismarck</b>	<b>Ken Heier</b>	<b>701-255-0675</b>
<b>Sep 24, 25</b>	<b>Mid-Range State Champ (convention and F-Class) and Bruce Alexander Memorial Highpower Match</b>	<b>Rolla</b>	<b>Andy Johnson</b>	<b>701-477-6687</b>
Sep 24	Varmint Rifle Benchrest Match	Bismarck	Gary Vennie	701-516-3427
Sep 25	Military/Lever Action Silhouette	Bismarck	Jim Volmer	701-226-4156
Oct 1	Cowboy Action	Bismarck	Mike Ripplinger	701-223-3085
Oct 1, 2	Bismarck 17th Annual Sighting Inn Days - Public event	Bismarck	Sam May	701-258-2360
Oct 15	USPSA Match (indoor)	Bismarck	Delmer Dyk	701-222-4194
Oct 22	Military/Lever Rifle Silhouette Match	Bismarck	Jim Vollmer	701-226-4156
Nov 6	Military/Lever Rifle Silhouette Match	Bismarck	Jim Vollmer	701-226-4156
Nov 13	Cowboy Action	Bismarck	Mike Ripplinger	701-223-3085
Nov 19	USPSA Match (indoor)	Bismarck	Delmer Dyk	701-222-4194
Nov 19	Air Rifle match	Ayr	Rand McLeod	701-668-2214
Dec 3	Military/Lever Rifle Silhouette Match (weather permitting)	Bismarck	Jim Vollmer	701-226-4156
Dec 4	Cowboy Action	Bismarck	Mike Ripplinger	701-223-3085
Dec 10	4 position smallbore rifle	Grand Forks	Denny Coulter	701-746-6959
Dec 11	Air Rifle and Air Pistol matches	Devils Lake	Rick Jorgenson	701-662-4760
Dec 17	USPSA Match (indoor)	Bismarck	Delmer Dyk	701-222-4194

### -Application-

#### North Dakota Shooting Sports Association

P O Box 228, BISMARCK ND 58502-0228

Also join via the web: <http://www.ndssa.org>

**Yes, to protect my right to keep and bear arms; I would like to join the NDSSA and support the legislative efforts of the NDSSA. My dues for a membership as noted are enclosed.**

Please return this form. Print name and address as you wish it to appear in our records.

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 \_\_\_ Bullseye Pistol  
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 \_\_\_ Air Pistol \_\_\_ Smallbore  
 \_\_\_ Police PPC \_\_\_ Other  
 \_\_\_ Rifle Silhouette  
 \_\_\_ Pistol Silhouette  
 \_\_\_ Hunter Safety

Membership Dues Schedule-(Effective May 1, 2015)

Life.....\$500.00      One Year ....\$25.00      Clubs One Yr.....\$25.00  
 5 Year.....\$100.00      Junior.....\$10.00      Club 5 Yr..... \$100.00

Make check payable to: North Dakota Shooting Sports Association and mail to above address.

(May 1, 2015)

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## The Official NRA State Association Newsletter



Page 6

The Target

April, May, June 2016

### **Shooter to the Line. (continued from page 4)**

#### **Interview of Brandon Alexander:**

10. What goals have you set for yourself for this next year in competitive shooting: Goals I have set for myself are to shoot quality shots and prepare myself for next season, along with the 4-H Nationals and the National Junior Olympics.

11. What are your plans after you graduate from High School: My future plans are to attend college, but I haven't decided on a major yet. I hope to receive college scholarships and continue shooting throughout my college education.

12. Do you see shooting sports as a lifelong activity: I feel shooting is a lifelong sport, because once you learn how to do it, you never forget, and you can shoot from various positions; so even when I'm older and less mobile, I can still participate in what I love to do.

13. Other interests or something most people may not know about you: Other interests I have include my love for hunting, shooting archery, and that I want to restore an old pickup.

“In the long run, we shape our lives, and we shape ourselves. The process never ends until we die. And the choices we make are ultimately our own responsibility.”

— Eleanor Roosevelt