

# LAKE REGION SHOOTING SPORTS ASSOCIATION

February 15, 2017

In January we ran the North Dakota Jr Olympic Pistol and Rifle competition and the Minnesota Pistol competition. Many of the junior competitors in our postal have likely earned first round invitations to compete in Colorado Springs at the Olympic Training Center in April. As I write this, these first round invitations are not yet determined. We hope to have as much success as we enjoyed last year, but we will just have to wait a few more days for the invitations to be issued.

Our postal competition continues to be strong in all of the classifications with quite a few ties and some very strong scores. Congratulations to Brandon Alexander for his **100** in the December Air Rifle match and to Mari Butler for her **100** in January. Nick Dorscher fired his first **50** in our January Air Pistol match and Todd Zaun added a **50/4x**.

Several shooters have earned their way into a higher class beginning in January. Nick Dorscher and Scott Tichy have found their way into Expert class in Air Pistol. Hannah Morstad has moved to Sharpshooter class with her air pistol. Cole Thompson, Alex Flores and Megan Hardy are now in Expert class with their air rifles. Molly Haag, Sarah Bruschwein, Garrett Langerud, and Molly Anderson are now Sharpshooters. And the Purple Pellet Eaters are now a Master/Expert team. Great Shooting!!! Congratulations! A few other shooters already have a leg into the next class; so it looks like we'll see more upward movement in February.

As most of you know, I am fond of seeing people smiling while they are at the firing line and throughout the match. I believe that a positive and even joyous attitude enhance a shooter's skill. It is easy to smile when we are shooting quality shots and many 10s, but it is likely even more important to stay positive and confident in the face of one or more shots that were well outside our comfort zone.

I often see shooters showing signs of anger, frustration, anxiety and even sadness while they are shooting a match. These strong negative emotions are detrimental in many ways. They create an out of control mindset which inhibits the brain's ability to focus on and solve problems, and perform other cognitive tasks which are necessary for a shooter to properly figure out how to get back on track to shooting quality shots again.

Positive emotions, on the other hand, yield opposite results: they enhance the brain's executive function, thus giving way to creativity and strategic thinking. So... Smile and enjoy yourself at the match.

Take a moment to enjoy each of your quality shots that you fire in matches and in training. I firmly believe that taking a moment to enjoy those best quality shots fired during your match or training is one of the most important keys to continued improvement. Shooting should be fun for you. It is not work. No matter what your skill level is right now, you need to enjoy yourself in order to continue to improve.

So, get your air gun and go have some fun shooting quality shots one at a time in one or more or even all of the following matches, with a smile on your face:

Feb 18, 19	Open 3P State Championship and Sectional	Grand Forks	Tom Reiten	701-775-0008
Feb 25, 26	Open 50 Yard Regional SB Match, 3-Position (any sight)	Bismarck	Tom Thompson	701-255-4601
Feb 25	Approved Air Rifle and Air Pistol Sectional Match	Ayr	Rand McLeod	701-668-2214
Mar 4, 5	Junior Air Sectional (Standing)	Devils Lake	Rick Jorgenson	701-662-4760
Mar 4, 5	Open Air Rifle State Championship	Devils Lake	Rick Jorgenson	701-662-4760
Mar 11, 12	Junior 4P State and Sectional	Bismarck	Tom Thompson	701-255-4601
Mar 19	Approved Air Rifle and Air Pistol Match	West Fargo	Theresa Simon	701-200-0725
Mar 24, 25, 26	Open 4P State and Sectional	Grand Forks	Denny Coulter	701-746-6959

Connie and Rick