



Air Force Bullseye News Letter

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Memorable Camp Robinson Quotes

"If you want to become a High Master, you must develop a plan to become a high master and work to that plan."
LTC Joe Chang

"I just got my mind back into shooting". MSgt Steve Reiter. Shooting a 99 immediately following a 93 slow fire string.

"When you know you've shot a bad shot down range, don't scope it, put a good one down range and scope that one". LTC Joe Chang

"There are a lot of individual matches in a 2700 to work on. Break your shooting down into something more manageable". "Maj Stephen Swartz"

"You aren't anyone in the Bullseye world unless you shoot 2600". LTC Joe Chang

"Only take the good shots, put the gun down when you feel a bad one in the chamber". High Masters on the first relay.

"I gotta find me a Colonel". Charlotte from Kroger

Air Force National Pistol Team

Primary Team

LTC Joe Chang (Team Captain)
Maj David McCormick
SSgt Jeff O'Connor
SSgt John Pollert
Maj Arthur Rozier

Developmental Team

SSgt Daniel Bouchee
LTC James Gazur
Maj Stephen Swartz
Capt James Scott
SSgt Sean McCormick
Maj Mark Hays
2Lt David Taylor

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OIC's Corner

By LTC Joe Chang

The 1999 Interservice Championship match is now history. As we prepare ourselves for the National Matches at Camp Perry I want to congratulate all of you for the excellent efforts you demonstrated toward improving your performance and toward taking a stake in improving the AF National Pistol Team. The Interservice Championship Match gave us previews on what we can expect from shooters in the future. Most of you showed intensity, dedication, and commitment to achieve your personal goals.

From the team perspective, it was a big success. As you all know we lost 2 High Masters and a Master Class shooter last year, and I consider this year our rebuilding year. Some of you shot master level scores during the team matches. I know 290's for team match scores are not above your potential for many of you next year.

Now let's move on to the Camp Perry National Championship matches. As in the past, we have a lodging reservation at the Red Horse Squadron. It will be similar arrangement as last year. Dan Bouchee will pick up all room keys and linen, and he will

make room assignments. I expect most of you to arrive by Monday (12 Jul). Dan registered the team through Jeanne DeCosta, and she should have our packets ready for us. We will go together to pick up our packets on Tuesday (13 Jul) or Wednesday (14 Jul). Most of the team members will act as Small Arms Firing School instructors on 13/14 Jul. I will try to get first year shooters to attend the school as students. There will be a mini-camp with Steve Reiter in the Afternoon of 13 Jul. I am trying to reserve the range at Oak Harbor Shooting Club now. More will follow later. Bring all 3 uniform combinations (BDU/gray-blue/Class-B) to Camp Perry. We will have a similar dress code as the Interservice Championship Match. Dan is working to set up an AF booth at Camp Perry. I expect all of us to man the booth based on a sign-up sheet. Have a safe trip to Camp Perry.

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LTC Chang is a student at the Industrial College of the Armed Forces, Ft. McNair, Washington, DC

“Watch your dot . . . as you begin to see it settle, commit your trigger.”
SSgt Jeff O'Connor



Feature Article

1999 Interservice Pistol Championships

By Maj Mark Hays

Little Rock, AR – On 11 June 1999, the National Guard Bureau sponsored the Fortieth Annual Interservice Pistol Championship at Camp Joseph T. Robinson. The National Guard Marksmanship Training Unit expertly conducted the seven-day bullseye-shooting event hosting 90 competitors. Ten members of the Air Force National Pistol Team competed with the “best of the best” Interservice bullseye shooters from the Army, Army Reserve, National Guard, Marine Corps, Marine Corps Reserve, Navy and Navy Reserve. By 17 June 1999, the championship determined which service held the best individual bullseye shooter and team.



1999 Air Force Interservice Team

This is a building year for the Air Force National Pistol Team. Many of our near high master shooters were reassigned or out prioritized by higher Air Force needs. Maj Art Rosier (M) was assigned a one-year remote to Saudi Arabia as the commander of

the 363d Expeditionary Services Squadron. Maj David McCormick (M) was unable to attend Interservice due to pressing Air Force recruiting needs and SSgt John Pollert (M) announced his next assignment as a one year remote to Korea. Recent events are forcing a significant makeover of the Air Force National Pistol Team. The FY99 Air Force Blue team was restructured and represented by LTC Chang (HM), SSgt O'Connor (M), SSgt Pollert (M) and Maj Swartz (E). The Air Force Silver team was represented by SSgt Bouchee (E), LTC Gazur (E), Capt Scott (E), and SSgt McCormick (SS). Three new team members (Tyros) have been added to team ranks since September 1998: SSgt Sean McCormick (SS), Maj Mark Hays (MK) and 2Lt David Taylor (Unc).

The weather at Camp Robinson was memorable compared to the smelting furnace of 1998. The first two days brought low 90s with high humidity and afternoon thunderstorms. The last seven days were partly cloudy to sunny with highs in the low 80s, low humidity and little wind—definitely not the type weather to prepare for the Nationals at Camp Perry in July.

LTC Chang's personal strategy/outlook was to maintain 880's by minimizing damage on short line. He visualized shooting 100's in both the timed and rapid-fire matches. When forced to implement a recovery strategy, he took the Army coaches advice to heart “when you have hard time breaking

slow fire shots, speed up”. The Army strategy seemed to work. LTC Chang plans to focus on his Camp Perry training with more intense dry fire.

The Air Force Blue Team burned Maj Stephen Swartz as the Tyro during the Service Pistol Team Championship. When asked about his hardest challenge, Maj Swartz replied “Keeping my composure. Shooting on the Blue Team was an honor and privilege, which I didn't expect. This adds to the match pressure; and I was worried deep down inside that I would choke under the extra pressure. However, I think I came through it O.K. and now I have a lot more confidence in my ability to handle match pressure.” Maj Swartz took first place on the team (279-9) using a borrowed 9mm Beretta.

2Lt David Taylor, our newest recruit, learned three things on his first trip to Camp Robinson. He said: “First, I learned you can not shoot effectively when your hand is shaking. Second, let the dot start to settle and commit to the squeeze. Third, there are some really good guys on the AF pistol team. I was the "newest" new guy, but it didn't feel that way for long. Thanks to everyone for having such a welcome team atmosphere.” 2Lt Taylor has been shooting

with the team for two months and will receive his NRA expert card shortly.

Capt Scott drove to Interservice with one goal in mind: don't crash and burn! To prevent the negative thought, he paid attention to grip position and pressure and kept his wrist and elbow locked. Capt Scott said: “it seemed to give me a steadier hold and helped me apply good trigger control during slow fire resulting in a personal best for slow fire this season”. As a member of the Air Force Silver Team Capt Scott thrived on the match pressure resulting in overall better scores than his individual matches.

Where do we go from here? SSgt Daniel Bouchee’s plan following Interservice is to become more physically fit to enhance mental focus and concentration, work on personal issues to enhance concentration and train harder in two areas: long line and sustained fire. Dan admits that his hardest challenge is--realizing he has the ability to shoot 2600; a challenge we all should place as number one in our shooting boxes.

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 Maj Hays is the B-1B Towed Decoy System Program Manager, Aeronautical Systems Center, Wright-Patterson AFB, OH

Individual Standings

Place	Competitor	22	Center Fire	45	Service Pistol	Grand Aggregate
1	MSgt Reiter (USAR)	888-46	886-45	890-52	862-22	3525-165
32	LTC Chang	881-37	872-43	864-37	815-13	3432-130
46	SSgt O'Connor	870-21	861-46	859-33	811-23	3401-123
49	SSgt Pollert	872-31	855-25	862-29	800-14	3389-99
53	Maj Swartz	861-24	843-23	842-27	819-15	3365-89
58	LTC Gazur	848-24	837-17	834-25	814-21	3333-87
59	SSgt Bouchee	854-26	826-20	851-22	796-11	3327-79
64	2Lt Taylor	812-19	801-12	818-18	790-10	3221-59
65	Capt Scott	839-12	770-19	812-20	797-11	3218-62
76	Maj Hays	841-20	747-11	765-11	688-5	3041-47
77	SSgt McCormick	841-18	820-22	809-19	553-4	3023-63

Team Standings

Place	Caliber	Team	Member	Score
10 of 16	.22	Air Force Blue		1146-35 #1, All Guard Silver 1176-58
			LTC Chang	290-7
			SSgt Pollert	287-11
			SSgt O'Connor	286-10
			Maj Swartz	280-9
16 of 16	.22	Air Force Silver		1088-37 #1, All Guard Silver, 1176-58
			SSgt Bouchee	288-12
			LTC Gazur	282-10
			Capt Scott	282-5
			SSgt McCormick	236-10
10 of 16	Center Fire	Air Force Blue		1126-37 #1, All Guard Gold 1156-50
			Maj Swartz	283-5
			SSgt O'Connor	283-9
			LTC Chang	283-12
			SSgt Pollert	277-11
14 of 16	Center Fire	Air Force Silver		1097-23 #1, All Guard Gold 1156-50
			SSgt McCormick	279-5
			LTC Gazur	278-6
			Capt Scott	271-5
			SSgt Bouchee	269-7
11 of 16	.45	Air Force Blue		1120-34 #1, USAR Red 1168-58
			LTC Chang	287-9
			SSgt Pollert	282-13
			Maj Swartz	277-8
			SSgt O'Connor	274-4
14 of 16	.45	Air Force Silver		1101-26 #1, USAR Red 1168-58
			LTC Gazur	280-4
			SSgt McCormick	278-8
			SSgt Bouchee	277-8
			Capt Scott	266-6
7 of 11	Service Pistol	Air Force Blue Raptors		1089-29 #1, USAMU Blue 1121-28
			Maj Swartz	279-9
			LTC Chang	278-9
			SSgt O'Connor	269-4
			SSgt Pollert	263-8



A Tyro's Perspective

By SSgt Sean McCormick

Interservice! How long I've been waiting to go to the prestigious Military only shooting event of the year. From what I hear Perry is the event of the year, but to shoot side by side with your uniformed peers truly is a beautiful thing. Without a question the people around you look and communicate the same. We have similar goals, we earn similar awards, and we all get 30 days leave a year. Wow, I can relate to these people! I bet I can talk to anyone of them without worry of being sluffed off. If that's the case, why am I so nervous? Why? Because half of these people I've only read about! And I'm shooting next to them! How can I stand up to the pressure? How can I shoot as good as them? Wait. The idea of Interservice is not rank, it's not your classification, and it's not about which branch you're in. It's about seeing who the best is, and what you can learn from him or her. And learn I did! For one, I had to get over the nervousness I had when I first stepped onto the line. Yeah, I'm at Interservice. Take some deep breaths before you pass out, and remember, everybody starts where you are now. Just look at where you can go. You are just as good as they are, you just haven't refined it yet. With those thoughts running through my head, I set out to do the best I can, watch and learn from the other shooters, and have fun! My goals were to maintain my average, and not succumb to match pressure.

Did I meet them? Yes! I used that pressure to focus my concentration. I shot just a few points over my current average scores. Those scores landed me the last man chosen for the Silver team position. Wouldn't you know it (after a mistake on my part in the beginning) I shot the best score from the Silver team on CF, and was only 1 point behind the Silver team high shooter for 45. What was the mistake? So to speak, I moved from the, those who will, to the, those that have group of crossfiring. Five rapid fire shots with the 22 on the target next to me. Will I do it again? Definitely not! Did I receive a razzing from my team members--surprisingly no? I expected a little bit at least, but I got quite the opposite. My team accepted my mistake without skipping a beat and without a single negative comment. They understood the situation, and immediately asked how I was going to recover. What about tomorrow? Ah, a new day. To compete with a team that wants you for your good and your bad. Interservice was a great experience. After it was all said and done, even though we placed kind of low, we were still a team, and with a lot more experience.

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SSgt McCormick is a Satellite/Wideband Communications Systems Specialist Air Force Pentagon Communications Agency, The Pentagon, Washington, DC

“Practice a specific thing in training. Choose your largest challenge and work on just that.”



Coach's Corner

Be Your Own Coach, Part I: Establishing A Foundation

By Major Steve Swartz, Ph.D.

Introduction

So here you are, a “high speed, low drag” member of the Air Force National Pistol Team. You have the right equipment, the right attitude, and enough desire to get yourself arrested in three states. Now what?

Whether you are a 2400 shooter trying to break 2500, or a 2600 shooter trying to break 2650, you want to improve your performance. In order to improve your performance, you must train. Not just “practice;” but “train.” Practice involves the repetition of tasks in order to fine-tune current levels of performance. Training involves the focused application of continuous practice over time; directed at specific behaviors or skills in order to increase performance beyond current levels. The key thing to realize is that with practice, you will get better, but never increase your potential. With training, you will continually increase your potential at the same time as you increase your performance.

Training requires more than just creating piles of spent brass three or so times a week. Training requires a level of organization; a process of analysis and focused effort. For world-class athletes, this is generally provided by a coaching staff. O.K., so you screwed up and joined the Air Force- you don't have a coaching staff! Or do you?

The purpose of these next few articles will be to assist you in acting as your own coach. Each article will be fairly short, and generally cover only one small topic. The ideas presented are designed to tie in to

the training pamphlet. While probably most useful to the tyro, they should be applicable to all shooters at the Master level and below. The author does not intend to take credit for any of the ideas presented; they are all stolen rather shamelessly from existing textbooks and guidelines on marksmanship training. The concepts are a compilation of many ideas, primarily from the Army Marksmanship Training Unit handbook, the Yur'Yev book, and the text by Antal and Skanaker. Well, without further beating around the bush, let's get on with it!

Divide and Conquer

The Army manual said it best:

“Essentially, accurate shooting with a pistol requires no elements other than those described in the following sentence:

ALIGN THE SIGHTS PROPERLY ON THAT PART OF THE TARGET REQUIRED FOR YOUR GROUP TO CENTER IN THE TARGET AREA AND CAUSE THE HAMMER TO FALL WITHOUT DISTURBING THAT ALIGNMENT.

All elements of pistol shooting such as position, grip, sight alignment, breath control, trigger control, physical condition, and psychology of shooting, when perfected, simply enables the shooter to perform the action described in the above key sentence.”

All you have to do to shoot an infinite string of tens and Xs is to put your wobbly dot over the center of the target (HOLD) and release the shot without

screwing up (TRIGGER). Pretty simple, huh? Well, just because it's simple, doesn't make it easy. So let's chat for a moment about how we can make it easier to take on this problem of shooting infinite tens.

It has long been realized in many disciplines that in order to achieve higher levels of performance, it is useful to break down complex tasks into their basic elements. Training is then designed around these elements, and at some point (through integrated exercises), these elements are brought together again into an integrated whole. This principle has been called "Divide and Conquer;" the analogy is the punchline to the old gag about "Q: How do you eat an elephant? A: One bite at a time, of course!" So how do we apply this to Bullseye pistol shooting? Read again the quote from the Army training manual. Notice that it all boils down to only two things: hold and trigger. I realize that there are an awful lot of subordinate things that may go into achieving "good" hold and "good" trigger, but the fact remains that these are the only two behaviors that will result in high performance. Good hold. Good trigger. That's it.

So how do we get "better" hold and "better" trigger? In order to achieve higher levels of performance at the target, we must train ourselves to achieve higher levels of performance with respect to hold and trigger. Here's another way to "Divide and Conquer:" divide our training effort into conditioning activities and skill development activities.

Conditioning activities involve those things that increase our strength and endurance on the gross physical tasks. A high level of physical condition will provide the foundation for the physical effort required to compete and to train. Skill activities involve the actual performance of the very specific tasks involved in the sport. These include the fine motor skills and hand-eye coordination (timing and movement; kinesthetics) requirements to perform in the actual competitive events.

The type and nature of training activities in each of these areas will be very different. Conditioning activities will involve things like aerobics and weightlifting; skill activities will involve things like repetitive drills and practice.

So we have to train in two different ways (conditioning and skill) for two different behaviors (trigger and hold). In order to be effective in the role as our own coach, we should organize our training programs and effort around the following matrix:

Training Program Matrix		Behavior	
		Trigger	Hold
Activity	Conditioning	Ct	Ch
	Skills	St	Sh

Alright, so now what the heck are we supposed to do with this? We have categorized the combination of training activities and shooting behaviors into four combinations (Conditioning, Trigger; Conditioning, Hold; Skills, Trigger; and Skills, Hold). So what?

Analyze and Design Your Training Program

Here's the deal: this matrix can help us organize our overall training program effort into a logical pattern designed to achieve high performance. First and foremost, we need to ensure that our training program "covers" or has some aspect of each of the four blocks in it. If we ignore any of the blocks, we will have a weakness in that area. So, as a first step, let's review our current training regimen and see if we have any gaps. Start by making a list of all the specific training activities you currently perform and see if you can classify them into one of the four areas. For example, let's say you ride an exercise bicycle for 30 minutes a day in order to improve your

overall cardiovascular fitness. Is that a conditioning or skills activity? I would argue that it's more conditioning than skill. Does it apply to trigger control or hold? Since a "hard hold" requires interrupted breathing and breath control; as well as muscular endurance (which is related to cardiovascular efficiency), your bike pedaling would be classified as "Ch." What about dry firing? Clearly, this is a skill activity. But does it apply to hold or trigger? It depends! Dry firing against a blank wall, or while seated with eyes closed, seems to be St. Putting the gun against a dot on the wall (without snap, or with eyes closed snap) would probably fit best in the Sh category (as a side note, the "fine motor" drill for hold discussed in the draft USAF training pamphlet was developed specifically to address a lack of activities for the Sh category). The key here is to break down your current training activities into the smallest, most specific activity. Just calling it "Dry Fire" and categorizing it as "St and Sh" can be misleading. It is true, however, that actually holding on a dot and squeezing trigger with eyes open does fit into both the

Sh and St categories; so any time you spend performing that type of dry fire can be "double counted."

After making a detailed list of all your current activities, and categorizing them into one of the four blocks in the matrix, evaluate your coverage. Are you confident that you have a solid foundation of coverage in each of the four areas? Or (more likely) do you realize that you may be giving one area or another short shrift, while spending the bulk of your time on only one thing? Chances are, the foundation of your training program has a weakness or two that should be addressed. We'll talk about how to "fill in the squares" in the next installment!

HOLD HARD-SQUEEZE THROUGH!

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Maj Swartz is an Assistant Professor of Logistics Management, Air Force Institute of Technology, Wright-Patterson AFB, OH

Tips on Being a Good Competitor

Team Success Begins with You!

1. Know the program. Before you leave for a match, get a copy of the program and read it thoroughly. Come to the match ready to tell others the order of business. Don't expect to be told because that puts you behind the power curve the other competitors are on top of.
2. Check your equipment. Develop a checklist of items you need to successfully compete. Include in the list special items that will put your mind at ease if a certain circumstance takes place (e.g. rain implies - raincoat). Check the list the night before you depart.
3. Know the rules. Do you have a copy of the NRA rulebook? Are you familiar with it?

Miscellaneous



Maj Art Rozier sporting the desert BDU while stationed at Prince Sultan Air Base, Kingdom of Saudi Arabia

Next Issue

Feature Article: Camp Perry

Be Your Own Coach: Part II

Tech Topics: Down Loading the 45