



# Reload!

*The Newsletter of the Connecticut Travelers*

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## AUGUST 2006 NEWSLETTER

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### **SANDANONA SIZZLER**

By Lans Christensen

Once again it was Mother Nature throwing us a weather-related curve; this time it was a heat wave right down the middle and in the strike zone. No surprise either: We knew it was coming and had time to prepare--like you prepare a turkey for roasting.

Summertime Summertime is always one of our most popular shoots and over 130 Travelers lined up for the morning greetings and instructions, ably delivered by Donna Galotto and Sandanona's Skip Smith. First on the list was a moment of silence to honor Ken Lion, a Traveler who recently passed away. Al's absence was noted by all, as he too was facing the loss of a beloved family member. The entire Traveler family extends heartfelt sympathy and support to the Anglages. Al and his army of volunteers made all the necessary contingency plans to ensure a successful outing in his absence and everyone pulled together to make that happen: Donna, the Hachmanns, George Parsons to name a few.

The pre-shoot ceremony ended and we headed for our stations. I have to say the traffic jam of carts was just plain silly stupid: I know there are many legitimate reasons for these things out on the course and I support those who really need them 100%. As for the rest, the exercise probably wouldn't kill you.

The course was acknowledged by all to be a good mix of targets and I think that was true. We started at station one, the "pick-a-pair", and were greeted by right-to-left crossers, slowing all the way. Maybe it was the two cans of Red Bull I drank that morning, but I blew way past a couple of targets for a stellar two on the score card. Station two, "driven distraction," threw almost the mirror image of station one: This time the pair flew left-to-right, tricking you into putting more lead on one than needed. "Stonewall Grouse," station four, presented hard, fast, edgy crossers from the left so that third can of Red Bull kicking on in my system was just perfect and smooth gun speed seemed to break everything cleanly. As we moved around the seventeen-station course, we shot a wide variety of entertaining targets: the simple going away pair at "Acorn Action" and the regulation teal at the "Woodpile" gave shooters the chance to recover and put down some x's, provided focus and concentration didn't wander. "Chukkar Gulch" showed a tournament-level pair with a fast right-to-left crosser way down, below the catwalk and on report, a quartering down-and-away 90mm. The right lead picture was fairly obvious on both, but the right line was ever so critical and easily misjudged. Targets so far below the shooting station are rare, and in effort to get the correct lead, we fail to consider the over or under allowance necessary: Good stuff! The final laugh was at "Fur & Feather" with a leaping rabbit that would slyly avoid its ramp from time to time and force the shooter to jump to a plan B in a microsecond.

At shoot finish a finely catered luncheon awaited, and huge thanks go to Ed, Skip, Peggy and the Sandanona staff for a great day.

It's time to take a good hard look at this side-by-side trend which now threatens all that we hold dear or, at least, that we hold dear stacked one barrel over the other. Between Lavert Cypher, Preston Moore, and Jim Kline, there's evidence to support that some kind of conspiracy is afoot and I move that we perhaps subtract 10 birds from these guys whenever they shoot these secret weapons.

HOA	Lavert Cypher	90
Cl 1	Preston Moore	89
	Russ Tagliarini	88
	Barry Corwin	87
Cl 2	Jim Kline	89
	Tom Gansowski	87
	Ted Burke	86
Cl 3	Bob Repella	79
	Augie Roma	78
	Ed Davies	78
Cl 4	Frank Cipolino	66
	Jim Henion	65
	Dave Niesyn	65
Cl 5	Harry Bly	68
	Lori Litherland	66
	Ed Przybyski	65
Cl 6	Lindsey Davies	34
	Susan Hachmann	25
Lady	Kristin Canale	72
	Stephanie Steinkraus	68
	Cyndi Dalena	68
	Fran Gallogly	67
Veteran	Godfrey Shelton	87
	Doug Moore	84
	Joe LanChick	82
Sr Vet	Martin Schroeder	84
Junior	Ben Slome	76
	Chris Dennis	59
	P. Battaglia	46
	Amber Kirylak	45
	Colby Costa	43
	Brandon Horn	40
Guest	C. Behr	86

## **GREAT EASTERN LOBSTER CLASSIC FRIDAY NIGHT DINNER**

We've made arrangements for a private room for dinner on Friday night, August 11<sup>th</sup>, at 6.30 pm for Travelers and their guests. Dinner will be at Villa Santini, 1861 Smith Street, North Providence, RI, (401.354.6262) (It's about 6 miles from the Comfort Suites in Smithfield).

If you want to join us, please let Bob Schrager and Gwyn Grant know by August 4<sup>th</sup> so we can give the restaurant an idea as to numbers. You can either email Bob, [robert@schrager.org](mailto:robert@schrager.org) (please put CTSCA in the subject-line) or drop them a note, 17 Hartford Avenue, Greenwich CT 06830.

## **NAME TAGS**

For those members waiting for name tags, as well as those that would like to purchase them, Traveler's name tags are now available at Barto Engraving. If you have an unfilled order or want to order call (203) 775-0660 or e-mail [barbnorman@aol.com](mailto:barbnorman@aol.com).

## **CLUB HISTORIAN**

By Phil Steinkraus filling in for John M. Hachmann

There are certain hallmark events that are a highlight on the shooting calendar--certain sights, sounds and flavors that bring to mind a special moment in the year. Nothing feels more like summer's pinnacle to me than a mouth full of lobster meat washed down with an ice-cold beer, the butter running down my chin, my hands a sticky mess with the residue of too many cobs of sweet corn followed closely by watermelon so sweet and cold, you can't stop yourself from overindulging because you know you won't enjoy such seasonal delicacies for another year.

It's time again for CTSCA's signature event, a three-day clayshooting orgy known as the Great Eastern Lobster Classic, an event that in partnership with Geoff Gaebe's Addieville East Farm, has grown into New England's premier big blast event drawing more than 300 shooters from around the country. The Lobster Classic, held August 11<sup>th</sup>, 12<sup>th</sup>, and 13<sup>th</sup> will encompass a 100-target preliminary, a 100-target FITASC, a 200 target main event as well as a 50-target sub-gauge event and also incorporates the veterans silver cup a side championship run just for the veteran concurrent.

Because this is a joint venture between CTSCA and Addieville East Farm and a NSCA registered big-blast event it's not surprising that last year's main event was won by 2004 National Sporting Clays Champion Joe Carey who won the shoot-off against veteran shooter extraordinaire Mark Kiddie after they both tied with 180. Connecticut Yankee francais Jean Du Lau won Master class on 173, Patti Mastroianni won Ladies with 158.

Here's a look at the last year's winning scores through the classes for both the main event and FITASC .

GELC	HOA	180	FITASC	HOA	63
	M	173		M	63
	AA	164		AA	59
	A	163		A	58
	B	162		B	55
	C	149		C	53
	D	145		D	42
	E	135		E	36
	Jun	149		Jun	40
	Lady	158		Lady	49
	SubJ	162		Vet	60

## A STUDENT OF COACHING

By Phil Steinkraus

One of the great truisms I've discovered is that managing your shooting is a little like being the Dutch boy with his finger in the dike: You just got over your battue problem and suddenly you can't kill rabbits! I've come to think of our games (i.e. the shooting technique and skills we've acquired as well as our ability to perform on demand under pressure) as an almost organic entity: As we grow and change, so does it. If you gain or lose weight, quit smoking, get fit, drink too much, drink too little, make or lose a lot of money or recently fall in or out of love, any of that is sure to have an effect on your game. Sometimes we start to miss for seemingly no good reason. We're doing the same things we've always done and they just don't work. Things that felt good before and always resulted in a dead bird now suddenly feel awkward and result in a miss. At this point we have a couple of options. First I can take some time off—not picking up a gun for two or three weeks often eliminates whatever flaws have crept into my style. Option number two is to just try to shoot my way through the rough spot--this hardly ever works. I can also think long and hard and pester the hell out of my wife to help me analyze what it is that I am or am not doing correctly or the last and perhaps most pro-active option is to hire a professional coach to help you navigate your way out of this mess and into an even more effective shooting style.

The first question you need to ask is what are you looking for in a coach and what are you expecting they'll do for your shooting. Perhaps you're a novice who is looking for a coach to teach you how to kill a couple of specialty targets you haven't gotten the hang of, or perhaps you've gotten bitten by the bug but have developed a few bad habits along the way and you want a coach to help break you of them. Maybe you're even a keen intermediate looking for a coach who can take you all the way, help to develop you into a complete and well-rounded shooter—in short help you to become the best clay-shooter you can possibly be. These are three markedly different scenarios that will require three different levels of coaching skill and commitment. In other words the same teaching approach and coach would not necessarily be practical for all three.

There are lots of good, safe, helpful coaches for the beginning shooter. These are people who have shot competitively a bit and can translate and communicate the basic concepts and principles to the novice in a way that is easily comprehended. Obviously you don't need a former World Champion for this and most of these coaches tend to fall into NSCA B and A class ranks. This kind of coach is useful for learning rudimentary skills and safety, but when it comes to helping to develop real technique and a shooting style; most of these instructors will be in over their heads.

The coach who can analyze and dissect your style is a distinctly more accomplished shooter. They know good form from bad when they see it and are able to cut through the layers of multiple actions taking place when you shoot to isolate the single movement that is hindering your performance. Most importantly, this coach understands fundamentals and will be able to clearly explain what you're doing wrong and demonstrate how to do it right. This coach will have been around and shot a lot. Maybe they never made it to Master Class, but they've sure spent a lot of time in AA and they've probably won a lot there. When you mention that this person is helping you, locals should know exactly who you're talking about.

The third coach we're talking about is the true professional who has spent a career in shooting. They will have had a significant competitive career in the top ranks and can still shoot well now. They should be excellent communicators, have an eye for spotting talent (or the lack thereof) and they should be able to break every single target on the course effortlessly. They shoot to a Master-Class level and can dust off their game and be competitive regionally any time they feel like it. They are well-versed in every shooting technique and can break any target using said techniques. Most importantly they can explain what you're doing wrong, why it's wrong, show you what you look like when you're doing it wrong and then explain and demonstrate the correct way of doing it. This person should have a sterling reputation, lots of students to recommend them and beware: They'll also cost real money.

The most important factor in selecting a coach should be communication. Can the coach easily and effectively explain to you exactly what your problems are, and how you can change them? After all, if a coach is willing to point out your flaws then they'd damned well better have a remedy for it!

Assuming you are already a shooter of some ability and experience, you should also consider the shooting style you've adopted, and the style the prospective coach teaches. Are the two simpatico or is the coach going to try to convert you, lock-stock-and-barrel, to their methodology? The truth is there really isn't a right or wrong way of shooting: Only varying degrees of effectiveness. You may dislike the way someone looks when they swing a shotgun, but the numbers don't lie and if they can kill targets all day long, then obviously this is an effective method for them. Having said that, I have a hunch that there is an innate style inside all of us that is the convergence of eye-hand coordination, overall athleticism, reflexes and temperament. Some people are most comfortable taking it slow letting a target develop, while others want to ink-ball it six feet off the trap arm.

Choose a coach that's going to work with your temperament and personality and not one who's going to try to remake you into a shooter you can never be. If what you do has worked well for a long time, you understand why it works and can replicate it with consistency, then I would be hesitant to let any coach talk me into abandoning it just because it doesn't jibe with their methods. Very few scratch golfers suddenly decide to jettison their swings simply because the tried-and-true style that got them to

the top is out of vogue. I say why throw the baby out with the bathwater? I'd rather be evolutionary and also remain competitive than be revolutionary and flush a whole season down the commode.

Don't turn your brain off: You are paying a coach for their time, knowledge and expertise and they should be able to effectively impart their wisdom to you. They are working for you--mine that information out of them. They are the professionals: They've have had ample time to think all this through and should have a ready answer for your most asinine query.

Take a series of lessons and then apply what you've learned in practice. If you don't incorporate your newfound technique and knowledge quickly and often, it won't take: No one can become a good shooter on the basis of one lesson every third week. After two or three lessons, ask yourself a couple of simple questions. Have you improved significantly or are you at least on the road to significant improvement? Has your coach identified your weaknesses and given you a prescription to cure them? Is the technique and method they are teaching proving effective most of the time and can you easily apply it, or do you need the coach to be present whispering tips in your ear? Do you feel you have the coaches full and undivided attention: Is the lesson about your shooting or your coaches past competitive glories? As I stated earlier, this is time you paid for and the lesson should be all about you.

Don't expect too much. Coaching is a two way street and the instructor being hailed as the new catch-all guru hardly ever lives up to the hype. A student is also only as good as their study habits and the overall instrument they bring to shooting. If you aren't very athletic and have bad eyesight and reflexes, your improvement may well be hindered by your imperfect instrument.

Finally, don't feel like you have to swallow everything a coach teaches in one gulp. Treat it like a smorgasbord—if this helps borrow it, if not let it alone. If you are already a fairly accomplished shooter and you pick up just one thing per session, wouldn't that be the worth the cost of the tutorial.

I will warn you that there are a lot of brilliant competitive shooters out there who can't really teach at all. Perhaps they lack the communication skills, or maybe they're not really sure how they even do it but the truth is there are far more competitive shooters who can't teach than there are teachers who can no longer shoot competitively.

One of the best indicators of an instructor's chops is how busy teaching keeps them. If they're sandwiching you in between 4:15 and 5:30 on a Tuesday, that's a very good sign you're in competent hands. If they want to book you for private morning lessons all week long – caveat emptor. Use common sense and ask around. Find someone with a good reputation whose coaching style jibes with your temperament and personality and who is appropriate for your level of ability.

#### CONTACTING THE TRAVELERS...

**CTSCA Home Office:** Al Anglace, email [aaa738@aol.com](mailto:aaa738@aol.com) (by far the best way) or telephone 860-354-9351 if you absolutely must.

**Editor:** Phil Steinkraus, e-mail [philistein@aol.com](mailto:philistein@aol.com)

**Membership, Address Changes and Shooting Class status** Contact Cyndi Dalena at E-mail [shotguncyndi@prodigy.net](mailto:shotguncyndi@prodigy.net)

**Guide Book** questions, Dick Orenstein [oren@umich.edu](mailto:oren@umich.edu) or call 203-226-5251.

Past issues of "*Reload!*" are available online at [www.ShotgunReport.com](http://www.ShotgunReport.com).

--- 2006 CTSCA SHOOTING CALENDAR ---

**AUG. 11, 12 & 13 – “GREAT EASTERN LOBSTER CLASSIC”** ADDIEVILLE EAST FARM – Mapleville, RI. - NSCA “BIG BLAST” SHOOT.

**SEP. 10 – NATIONAL WILD TURKEY FEDERATION FUNDRAISER –** MID COUNTY FISH & GAME CLUB, LaGrangeville, NY.

**SEP. 17 – “SEPTEMBERSHUTZENFEST”** MILLBROOK ROD & GUN CLUB, Millbrook, NY.

**\*OCT 6, 7 & 8 – ANNUAL FALL TRIP – Friday: Bill Apel’s Thunder Mountain. Saturday: (all day) Whaleback Farm, Lake Canandaigua, NY (finger lakes region), Sunday: Binghamton Gun Club, Binghamton, NY. Additional info: [captdonnie@yahoo.net](mailto:captdonnie@yahoo.net)**

**OCT. 15 – “SMALL GAUGE CHAMPIONSHIPS”** FAIRFIELD COUNTY FISH & GAME, Monroe, CT.

**NOV. 19 – “SALUTE THE COLORS”** YE OLDE NEWGATE COON CLUB –Norfolk, CT.

**DEC. 17 – DICK LOSEE MEMORIAL CHRISTMAS PARTY SHOOT** MID COUNTY ROD & GUN CLUB – LaGrangeville, NY.

\*Dates confirmed

**THIS IS A TENTATIVE CALENDAR AND IS SUBJECT TO CHANGE TO ACCOMMODATE OUR HOST RANGES’ CALENDAR.**

**MOST SHOOTS WILL BE NSCA REGISTERED.**

**--- OTHER SHOOTS OF INTEREST ---**

***Always call ahead to confirm.***

August 5 & 6 – “Empire Cup” NY State Championships – Mid County R&G, LaGrangeville, NY.

August 26 & 27 – Connecticut State Championships, Fairfield County Fish & Game, Newtown, CT.

September 9 – Coon Club Classic, Ye Olde Newgate Coon Club, Norfolk, CT.

September 9, 10 – 10<sup>th</sup> Annual Ruffed Grouse Society Fundraiser, Addieville East Farm, Mapleville, RI

October 7 (Sat.) – “Three Shot Shoot”, Addieville East Farm, Mapleville, RI

October 8 – Women in the Outdoors Couples Shoot, Addieville East Farm, Mapleville, RI

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### **THE UPCOMING TRAVELERS MONTHLY SHOOT**

**“great eastern lobster classic”/“Veteran’s world championships”**

**NSCA “BIG BLAST” SHOOT**

Addieville East Farm, Mapleville, RI.

Friday, Saturday & Sunday, August 11, 12 & 13, 2006

Co-sponsored by the Travelers, this shoot is a national attraction, drawing over 300 shooters, many that you read about from across the country. You do not have to be a NSCA member to participate. Although this is a three day event, you can shoot any part of the venue if you can’t commit to the full three days: Friday’s 100 target Preliminary, FITASC event, Small Gauge event, Long Bird, Make A Break or Five Stand without entering the two hundred target Main Event. Shooting fun each day.

The Saturday evening Lobster/Steak Banquet is a highlight you shouldn’t miss. A special Friday evening **Travelers’ Dinner** will be held with many members getting together. For more Friday dinner information contact Bob Schrager at 203 531-6930, or email [robert@schrager.org](mailto:robert@schrager.org).

All members have received an event flyer from Addieville East Farm. For a registration application or additional information call Addieville at 401 568-3185 or [www.addieville.com](http://www.addieville.com).