

The Flyer

Volume 14, Issue 1

Official Newsletter of the
Airfield Shooting Club

Volume 14, Issue 1

March 2019

Airfield Shooting Club

at the Airfield 4H Center ~ Wakefield, Virginia

P.O. Box 250, Wakefield, VA 23888



Welcome Spring, 2019 issue of the Flyer



Welcome Spring!

NEW NRA WOMEN ON TARGET AGENDA HAS ARRIVED!

The NRA will hold another **WOMEN ON TARGET** class on Saturday, June 1, 2019, at the airfield 4-H conference center in Wakefield, Virginia. If you're curious about firearms, whether for personal defense or to learn a new sport, Women On Target® is the perfect place to start. It is a safe and friendly environment whether you're picking up a gun for the very first time, or are just brushing off some dust and need a little refresher. This class is for women to learn about firearms, and to gain confidence with their new skills. It will start promptly at 8:45 a.m. for signing in, and will continue until 9:15 a.m. Shortly thereafter, there will be a short safety briefing for all disciplines to include rifle, pistol, shotgun, and archery.

In this class, not only will ladies learn safe firearms handling, but also how to store your firearms safely. This may be the class

where you learn a new sport that you will have a lifetime of enjoyment. The cost is \$55.00 with pre-registration for the class required. The cost is non-refundable unless approved by ASC. The application can be filled out and monies paid at <https://www.airfieldshootingclub.org/content/makepayment>. To find out more about the class go to <https://airfieldshootingclub.org/2019/02/12/women-on-target-june-1st-2019/>.

What are you waiting for? Come join the fun!



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Women & New Shooters

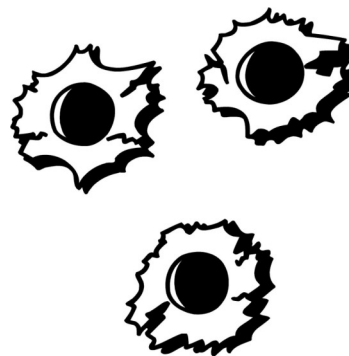
Part I

Non-shooters may feel intimidated when trying to join the ranks of shooters. They don't understand the language, attitude, attire, accessories or the weapons and how to get started. Most of the people in the sport felt the same way when they first started out. My first experience with weapons and shooting was in Boot Camp with 72 other women that didn't know any more than I did. It was a very scary and intimidating experience to say the least.

The first thing we learned was **Safety First.** We were introduced to the Range Safety Officer (RSO). Remember the RSO is there to make sure everyone is safe and to have an enjoyable shooting experience. Always make sure the gun is unloaded, magazine out of the gun the slide locked back to show no round in gun. Always keep the gun pointed down range. Never in the direction of people. Always keep your finger off the trigger until you are ready to shoot. Always keep the gun unloaded until ready to shoot.

Then we learned about breath control, how to hold the gun, how to stand and aim the gun (while the

gun was unloaded). Then we learned how to take the gun apart and reassemble it. Next we went to the range and practiced putting together all of the things we learned, and finally how to clean the gun. Keeping your gun clean is very important too.





Shooting and Breath Control

By Shelly Bennett, Newsletter Editor, #810

One of the hardest things for people to learn is breath control. Breathing is automatic. We breathe without conscious effort. Our bodies will inhale and exhale no matter how hard we try to temporarily halt the process.

Breathing while firing the shot hurts accuracy because it increases the movement of the aligned sights on the target (wobble area).

Whether we are at the range shooting targets, or in the field hunting, breathing is important. We want our sight, scope or pin to be on its mark when we pull the trigger.

Education, shooting positions and firearms are all very important to shooters. Breathing is a very important factor as well. That natural motion can help or hinder during shooting.

Controlled breathing is a necessity in shooting accuracy. When you breathe in and out your chest rises and falls. This movement can cause your gun barrel or arrow sight to float on its target. Your breathing may cause you to move at the exact moment you pull the trigger to fire.

If you hold your breath, you may become light headed and your shot may be off target. It is important to practice your breathing techniques as you practice shooting positions at the range.

There are multiple methods of breathing during a shot. The best thing to do is practice them and determine which works best for you.

Once you've determined your breathing technique, practice it so it becomes instinctive when you are

under pressure.

1. Exhale & Pause – When you are in shooting position, put your cheek against the stock of the gun. Take in a deep breath. Exhale just a portion of that breath, pause briefly and pull the trigger. The pause should allow you to hold your gun barrel and sights in perfect alignment on the target at the very moment the gun fires.

2. Inhale & Pause – Relax and practice steady breathing. Double check your shooting position. In your rhythm of relaxed breathing, inhale. When your lungs are about half full, pause and pull the trigger. The inhale and pause is similar to the exhale and pause method. Your gun barrel and sights should be in perfect alignment on the target at the exact moment the gun fires.

3. Full exhale – Make sure you are in proper shooting position. Breathe slowly to relax. Focus on your target. As you breathe naturally, and you are at complete exhale, pause when your lungs are empty and squeeze the trigger.



Continued on page 4



Shooting and Breath Control

Continued

4. Breathe naturally – Breathing naturally takes the focus completely off of your breathing technique. You do not pause at all. Focus on your form, and your target as you breathe naturally and squeeze the trigger. Sometimes being consciously focused on breathing can increase heart rate and breathing patterns. The natural breathing technique takes the focus off and you begin to unconsciously form a habit of correct shot timing.

When you are pausing, remember just that. It is a pause, not a hold. When a shooter holds their breath, their muscles tighten and their heart rate can change. This will dramatically change the accuracy of a shot.

While you are practicing, if you become short of breath, stop. Re-group and practice your natural, relaxed breathing. It is important to steady your breath to decrease the amount of movement your body is making. If you are able, step back. Take a deep breath in. Then exhale and then reacquire your target.

These are basic breathing techniques. In our



journey to becoming perfect shooters, we can practice shooting positions, techniques and of course, breathing.





Using a Holster at ASC

By Scott Sampson, Chief Instructor, #762

Drawing and holstering are some of the most dangerous activities you can do on a range. At ASC we allow you to draw from the holster to help you improve your concealed carry skills. With this privilege comes great responsibility however.

Some cautions here before going any further...

1. If you have never been taught how to draw and holster your firearm – DON'T until you get some proper training!!!! More accidents occur during these two activities than almost any other training activity. I implore you to find an instructor that is qualified to teach this and learn!

2. Drawing the gun - Speed is not your friend. Please do not go for speed at least until you have practiced it over and over at slow speed with an unloaded gun. In the beginning go slow and methodical. Know how are you going to access the gun, where your support hand is (ie on your chest), where your trigger finger is (along the frame), how you are gripping the gun, etc. After you have done this so your muscles know exactly what they need to do, then you can SLOWLY increase your speed. If you stumble on any part of it STOP, go back to being slow.

3. Holstering your gun - Speed is NEVER EVER your friend holstering. You should never be in a rush to holster. Go slow and be sure finger is off the trigger and there is no clothing in the way etc.

4. Never use force to holster your gun – If the gun doesn't seem to want to fit – STOP, look and figure out what is going on, do not push or force the

gun into the holster.

5. Don't cover your own body parts – Using the proper techniques will allow you to draw a gun from a holster without covering yourself. Be sure to seek professional training.

Let's talk about common sense and types of holster you are going to use on the range. ASC currently doesn't have any guidance on types of holsters to be used (for now), however we have some other rules that guide you. Are you allowed to point a firearm anywhere but down range while on the firing line? Of course the answer is no. This simple rule typically rules out holsters such as small of the back, cross draw and shoulder holsters as each of these will require you to sweep the line or yourself when drawing or holstering your firearm. Generally inside or outside the waistband strong side hip and appendix are the only ones that don't violate the safe direction. Ankle holsters might also fall into this category of being safe.

The bottom line here is using a holster is an important part of carrying a firearm either open or concealed. It is incumbent on you to practice. I can't stress enough to seek professional guidance, practice with an unloaded gun until your body knows what it needs to do correctly and go slowly in the beginning. See you on the firing line!





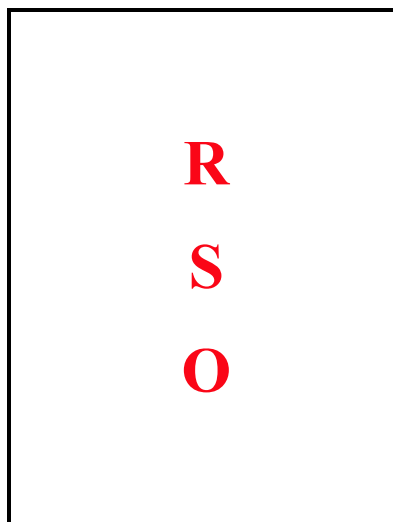
Member & Guest Identification Requirements

RSO badge.

By Donald F. Aubuchon, Director, #709

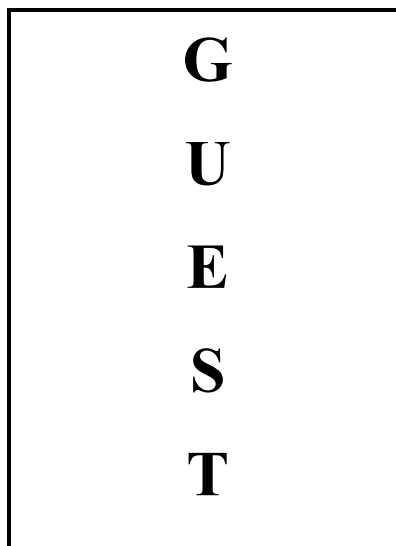
Additional information can be found in the Airfield Shooting Club Bylaws.

The Board continues to receive reports that individuals are trying to gain entry to the range, or being on the range without displaying/presenting their membership card. All members are reminded that they must visually display (wear) their membership card at all times while on the range, whether actually shooting or not.



Members not displaying their membership cards must be challenged by other club members and employees of the 4-H Center to verify entitlement to use the range. Members not complying with this request will be required to leave the range immediately, and may be subject to disciplinary action and/or fines by the Board.

Guests are permitted on the range only if accompanied by an adult member who has range privileges. Guests are required to sign a range release, waiver, and identification log for each visit, wear a guest badge.



Don't forget that if you are the RSO (Range Safety Officer) you must wear/display the

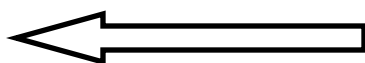


Range Violation

The Arrow Shooter is back. The video will be reviewed to determine who is shooting the White arrow. The arrow is there to show that you must shoot to the left of the arrow. This is to protect the wall between the 50 and 100 ranges. **Shooting the arrow will lead to automatic expulsion from the club.**



DO NOT SHOOT THE WHITE ARROW!



We need your help.

If any members have NRA RSO or instructor ratings please send an email to instructor@airfieldshootingclub.org

We need members to help with the Lead Management Committee. We have to comply with guidelines for lead management for the berms. This is to ensure that we are not causing lasting issues with excess lead leaching into the land. This is a great way to get service hours! If you are interested please email xo@airfieldshootingclub.org.

Thank You Volunteers

We had a great turn out for building the new Bowling Pin tables. Thank you for all your hard work.

Check the Calendar for more work parties to include:

- Build lean-to for bowling pin tables/supplies
- Repair foot wall at short berm
- Seal the outbuilding at shotgun range
- Develop frame system for the 20 yard berm to keep frames from filling up with mud.

