



## GETTING STARTED IN SHOOTING

USASHOOTING.ORG

# Getting Started in Shooting

You have made the decision to learn more about how either you or someone you know can personally get involved with the sport of shooting. You've made a great choice starting with us and we welcome you to the family! In addition to learning the safety procedures for safe shooting, there are many ways to get started in the sport.

Below, please find a simple description of the steps necessary to become the next great USA Shooting Team Member.



Find a CTC near you: <http://bit.ly/TCn3T8>

### Find a Club

Find a shooting club near you or take a shooting class to learn about safety and how to shoot. At the beginning levels, USA Shooting, the National Rifle Association, the Civilian Marksmanship Program, 4-H, American Legion and the Scholastic Clay Target Program, all offer junior programs that will provide the initial training and guidance to begin the process. The advanced stages of the sport come under the purview of USA Shooting, providing the final path to Olympic and Paralympic competition. Take the time to visit one of the many sanctioned USA Shooting Member Clubs across the country. They host matches for shooters of all ages and have open shooting times for those interested. Coaches are also available nationwide and can help take a shooter from novice to competitor.

In addition, seek out USA Shooting's Certified Training Centers (CTCs), which help define the future of Olympic-style shooting in America. Recognized for their contributions to the shooting sports they are structured to help build the foundation of success. USA Shooting's CTCs are helping build our Pathway to Excellence, one brick, one bullet, and one shell at a time.

In many cases, the nearest CTC may be a long distance from where you live, but our CTCs are the best sources for how to get started on the Olympic path. They run periodic development camps and coach schools/clinics. Opportunities exist to train at your local club and then communicate with CTC coaches via email and phone to make suggestions about training.

For more information, please use the following link to learn more about USA Shooting's Certified Training Centers (CTC).

### Come Shoot with Us

Join USA Shooting to become eligible to compete in sanctioned USA Shooting matches. Youth and adults alike can shoot in sanctioned matches for their respective shooting category by registering online for competitions through the membership website. To learn more about USA Shooting membership: <http://bit.ly/1kwNpPP>

Once you become acquainted with the sport of shooting take the next step and get involved. Compete. Shoot in local, regional or even national contests. You can access sanctioned USA Shooting matches online.

### Practice Your Aim

Practice, practice, practice and stick with it. Many people start a sport, but do not commit to it. As you continue to practice you will continue to see improvement. Just remember, it takes time to learn your best techniques and your favorite equipment. Pick up a few pointers under the Shooting Tips section at [usashooting.org](http://usashooting.org). Also, take part in shooting clinics. There are often local clinics around the country offered through various organizations. Seek them out in your area to continue your learning. College-aged shooters can become eligible for university shooting programs and could earn education scholarships. Visit the youth programs section of the website to learn more.

### Getting Youth Involved

The National Junior Olympic program provides competitions year-round for shooters to partake in. The program runs matches throughout the country, making it accessible for all interested juniors. Junior shooters are able to participate in state competitions





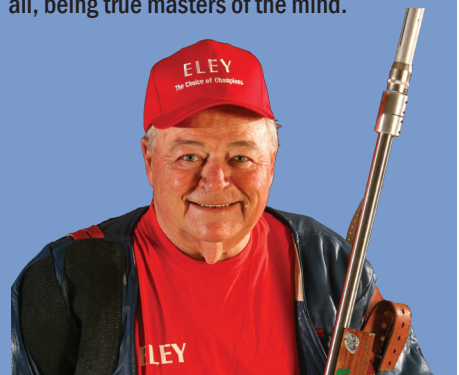
## GETTING STARTED

### What Makes a Champion Shooter – Excerpt from Lones Wigger, five-time Olympian

Shooting is a unique sport because it doesn't require exceptional strength, size, athletic or natural ability to become a champion. The learned attributes are much more important than the God-given ones. Champion shooters consist of both sexes, come in all sizes and from all walks of life. There are, however, certain elements which contribute to the development of a shooting champion.

Although these qualities may vary from individual to individual, the most important factors include: above average intelligence; learning to shoot at an early age; complete dedication to the sport with definite goals and plans; an environment which provides the opportunity for an individual to train, learn, progress and achieve goals; the development and training of the mental aspects; and the most important attribute for competitiveness—a desire and determination to become the best.

A shooting champion gains little notoriety and receives very little in material value or compensation. Usually, competitive shooting costs much more than any possible gain. For the true champion shooters, the compensation is the personal satisfaction of winning, knowing they have bested the best and perhaps the most important aspect of all, being true masters of the mind.



JAMIE GRAY (ABOVE) AND VINCENT HANCOCK (BELOW) BOTH WON GOLD AT THE 2012 OLYMPIC GAMES.

sanctioned by USA Shooting, allowing them the chance to receive an invitation to shoot at the National Junior Olympic Championships hosted by USA Shooting in Colorado Springs, Colo. The program serves as an important element of USA Shooting's pipeline development system in promoting the shooting sports. Junior Olympic goals are to allow the skilled junior athletes to obtain National competitive experience for future development. The program also serves as an opportunity to appoint the top finishers to the National Junior Team. The National Junior Olympic Rifle & Pistol program runs from fall to early spring, with the NJOSC held in April. The National Junior Olympic Shotgun program runs from late spring to mid-summer, with the NJOSC held in June.

#### Earn Your Place

To earn a place on the U.S. National, National Development or Junior Olympic Team in rifle, pistol or shotgun, athletes must meet specific team eligibility requirements. These include placing well at competitions like selection matches, National Championships and Junior Olympics. See the Policies and Procedures

of [usashooting.org](http://usashooting.org) to learn the specific events and qualifications needed to secure a chance to represent your community and country. Earning your place on the U.S. Team could make you eligible to represent the United States in National or International competition. It is through participation on a USA Shooting national team that athletes secure their place on the U.S. Olympic Shooting Team. It takes many years and active involvement with USA Shooting to be named to an Olympic Team, but the experience is one-of-a-kind. ★



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