

Full-bore- Hibernating
Junior Rifle- 10.9, 10.9, 10.8 etc

The



December
2017

Buffalo Chips



MANITOBA PROVINCIAL RIFLE ASSOCIATION

Air Rifle 22 Long Rifle High Power Rifle

Like always, if you have any questions, scores, tips or advice, comments, or have something that you would like to have published in the For Sale / Wanted section, email me at mprachips@gmail.com



Winter has finally arrived

First let's celebrate the season by congratulating Don and Doran Sewell on celebrating their 50th wedding anniversary. Don also turned 90 this year and has enjoying 30 years of retirement from Air Canada. Well done both of you.

For those who don't know Don and Doran are both in the Manitoba Sports Hall of Fame representing target shooting. Don can also be found in the D.C.R.A. Hall of Fame. In 1991 Don won the St Georges Cross at Bisley with a perfect score and in 1967 Doran became the first woman in history to compete in a long distance rifle championship. Attached a short video of Doran's shooting career.

<https://www.youtube.com/watch?v=pyeviStrJjs>

Congratulations also go out to Peter Hildebrand for placing fourth at the Western Canada Championships in Alberta shooting air pistol. Well done and glad to have you participating in our seniors program.

Final kudo's go out to Adam Neish for passing the ISSF "B" coaching course in Finland. Adam is now one of only two coaches in Canada with this certification.

Next air match is January 13th, contact Melissa Deneka at lisa.deneka@gmail.com if interested. The 22LR match will happen the following day at Winnipeg Revolver and Pistol Association range, reach out to Paul Lemire if you want to get on his list, pilot11@shaw.ca .

Finally, AGM is 6 months away and there are positions that need filling, this sport needs you to step up and help out. Time to give back to the MPRA.

The purpose of the subconscious mind is to fire the perfect shot. The subconscious mind learns this through repetition. Every complex skill requires practice to ensure that the muscles learn their parts and that they can perform flawlessly with no conscious intervention. You usually need to train about four or five days a week for best results. The quality of this practice is critical. "When you're shooting good, shoot lots" because "correct repetition is the mother of skill." Get lots of good practice. Take every opportunity. Linda K. Miller and Keith Cunningham, Secrets of Mental Marksmanship

APPEARS IN [NEWS HOW-TO](#)

How to Win the Mental Game of Shooting

by Kaite Martin - Tuesday, November 21, 2017



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In shooting, each athlete tends to have “mountains and valleys.” You know what I’m talking about here: Your “mountains” are the times when you are shooting your best. You feel unstoppable, unmovable and at the top of your game. When you are on top of your mountain, you never want to

stop shooting. You shoot every single chance you get. You dream about shooting, you are constantly thinking about shooting and you can't wait to get that gun in your hands and feel the thrill of nailing another 10.9.

Then come the valleys. These are the times when nothing seems to be working in your favor. This is when you feel like you are the worst shooter on the planet, and every time you compete against someone "good" you feel intimidated, and even a little embarrassed at the fact you can't shoot as well as everyone else around you. It is when you are in your valley that maybe you feel like you never want to shoot again, you just want to go home and go to bed.

I like what 1976 Olympic gold medalist Lanny Bassham said: "It doesn't matter if you win or if you lose—until you lose." Mountains are easy. When you are in the right place at the right time, and your position is perfect, no one can stop you. Your mental attitude is fantastic because you are shooting well. Physically, you feel better. How many of you walk off a shooting range with a 400/400 and feel depressed? Not very many people. You go home with a positive attitude, and say, "Hey, I can't wait to do that again!" Winning is a fantastic feeling to have.

It's the valleys that get you. I was told once that every single shooter goes through a valley at least once in their shooting career. When we are in a valley, our brains start to mess with our performance. You know you can shoot a 100 prone, but when you shoot a 9 your first or second shot, your mind butts in and tells you, "Well, you just shot a 9, there is no way you can shoot a 100 today, so now what are you going to do?" I see that as negative thinking. One of my favorite coaches once asked me this: If my friends talked to me the way I talk to myself, is there any way I would still be friends with them? That really got me thinking. If someone came up and told you what you tell yourself when you don't perform as well as you would have liked, would you still be friends with them? The answer would be "no." So why are we so hard on ourselves?

I have struggled practically all my life to impress other people, especially when it comes to impressing people who are important to me. I want to make them proud of me. I don't want to disappoint anyone. I also don't want to let myself down. I once told my father while going through one of my many valleys that I didn't want to quit shooting. The truth was that I did want to quit, but I hated feeling that way.

I have had to deal with a "valley" period. There was a time that I could shoot a 96 in standing, no problem. I didn't even have to think about it. My body and my mind knew what to do. I didn't get stressed, I felt comfortable and I pretty much always came out of matches feeling pretty darn good about myself.

I don't think there was any one event that kicked me off the mountaintop. I don't think I just suddenly jumped off my cliff and way down into the valley below. I think I slowly, steadily started to slip. My first slide down the mountain was when I lost track of my short-term goals. I was doing so well that all I could see were the Olympics or shooting in college. I didn't see the little details like how I could get my mental game just a little more in control. Or how I maybe needed to put the rifle down and reject shots a little more often. I think I was just so busy staring at the beautiful scenery around me, way off in the distance, that I failed to notice the groundwork beneath me was slowly giving way. I don't think I noticed I was off my mountain until all of a sudden I looked and everyone else was above me.

Putting that into a match perspective, I think I finally realized something wasn't right when I placed dead last in the second round of an American Legion Qualifier. That was my wake-up call. But instead of picking my backpack back up, tightening my hiking boots and starting to climb the mountain again, I panicked. I ran further away from the mountain, trying desperately to find something, anything that would get me back to the top. (I don't know if you've noticed, but you can't really climb a mountain when you are heading in the complete opposite direction.) I lost my mental game. This went on for months.

I didn't want to disappoint my dad, who is also my coach. But after what seemed like failure after failure after failure to me, I finally sat down with him and told him how I was feeling. I ended up taking a short break from shooting, and on my first day back I shot two 96's in the standing position. I was ecstatic. Two weeks later however, I was back to shooting 88's. I have been in what I call "roller coaster mode" for the past 4 months. This is a combination of mountains and valleys. You shoot well...then you don't shoot well. It can be extremely frustrating.

Right after a disappointing performance at the 2008 Junior Olympics, my father asked me if I wanted to apply for the NRA Advanced Rifle camp that was going to be held in Vermont around August. My answer was that I would think about it. What I wanted to tell him was "no," because I didn't want to go to this camp with some of the best shooters in the country and totally humiliate myself. After reading about it, I thought maybe I could learn a lot about the "mental game," so I eventually applied for the camp. I got accepted, and I went and spent what has probably been the hardest week of my life, mentally. I would get up every morning at six o'clock (five o'clock my time) and go to bed at ten every night. It was nothing but shoot, shoot, shoot. I had a love/hate relationship with this camp. At the end of the day when my elbows were raw from shooting so much prone, it didn't exactly make me think "Oh, let's go do that again!" I was thinking something more along the lines of "Ow...wait, where is the bed again? How much sleep do I get? Hey, do you have any lotion for my elbows?" I learned so much at this camp though that I know it will take at least the next few months to just simply process it all. I'm not going to say that I went to this camp and discovered a brand-new love of shooting. What I did discover was that I can shoot seven and a half hours a day and still be functional. I learned what my breaking point is. Finally, I learned that your coach is really there to help. They say it all the time, but they really do mean it.

I'm still in the process of climbing my mountain. I've found I don't like to tell people I'm in a valley, because then all I picture is a valley. So now I tell people that I am climbing my mountain. I may not be on top yet, and I may still slide every once and awhile, but the deciding factor as to whether I get to the peak or not is my attitude. And the way I look at it is this: Every time you fall, it teaches you to get back up. Every time you get back up, you're less afraid of falling, because you know how to handle it.

Knipping duo cleans up at rifle nationals

Brandon Sun.

Katharina Knipping and her father Michael may have to set their sights on building a bigger trophy rack this time.

At the Canadian shooting championships last weekend in Cookstown, Ont., 19-year-old Katharina won five golds and 52-year-old Michael came home with two silvers, in match .22 and the expert category for sporter .22.



SUBMITTED

Katharina Knipping and her father Michael pose with their medals after the Canadian Smallbore Rifle Championships in Ontario last weekend. Both Knippings had another tremendous showing at the event.

"It was really a successful year for us so far," Katharina said. "We repeated the same events as we did last year and came home just as successful or even a little bit more than in past years. I'm pretty excited about the improvement we saw."

Katharina won gold in the marksman category for match .22, top female, junior and expert in the sporter .22 category and first junior in the hunter category.

Sporter rifle is a uniquely Canadian sport that has bigger targets while match rifle is the international equivalent that's competed in at the Olympics.

It was her seventh trip to the national event, and she's had success every time.

"We definitely come in every year with a little bit more knowledge, which is nice, and a little bit more confidence as well," Knipping said. "We've met a lot more people, which is great, because you learn so much from the shooters there. There are phenomenal athletes at nationals."

It's a family affair for the Knippings, who live south of Brandon near Nesbitt. Her mother used to serve as a range officer and her brother Lukas also shot, making it a complete family sport.

But it's Katharina and her dad now taking aim.

"We spend all of our time together and we're best friends," Knipping said. "It's great that we get to share that together and support each other and compete against each other. There's always some good banter."

The Brandon Wildlife Association members are taking a break for a while, with Katharina competing in the Prairie Open in October, an air rifle competition in Winnipeg.

They are also may attend top events in Europe and the United States in the next couple of years to try something different.

While it's an experience they can share, ultimately it's an individual sport.

"The biggest thing is that we're by ourselves up there," Knipping said. "At the end we have a hug and talk about it but while we're shooting it's us against the target. Our mentality is that we shoot a one-shot match so it's the shot that's in the barrel at that time is what matters. The next shot doesn't matter and the one before didn't matter. You really have to clean the slate and focus on one at a time."

She admitted that at times they plateau in the various disciplines, adding that they still have plenty of room to improve.

In particular, the Brandon Junior Rifle Club graduate wants to better her performance in match rifle.

"One of our problems is that we do tend to put a lot of pressure on ourselves to do well with having success in the past," Knipping said. "It's always unfortunate when you have a bad year. This year, my match .22 category definitely didn't go as well as I might have hoped but my sporter went much better than I expected so you kind of win some and lose some in a way.

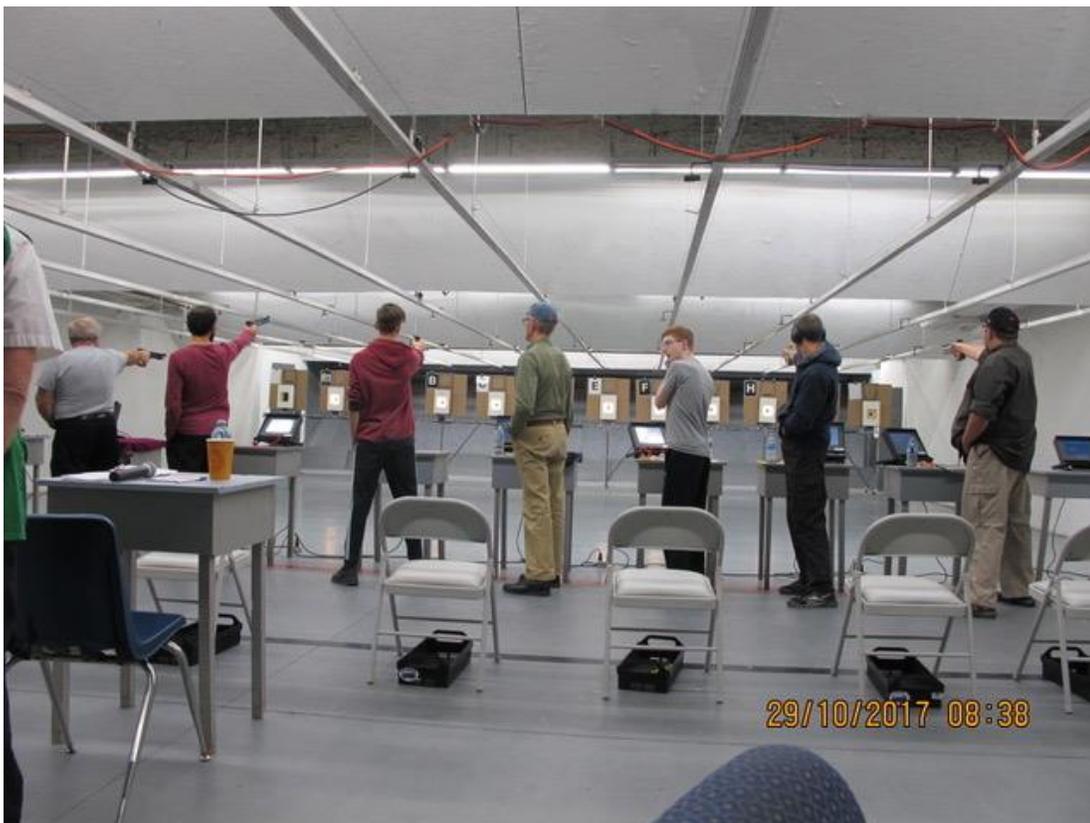
"We always try to do our best but like to go in with the mindset that we're there to have fun to take a little bit of the stress off of each other."

Unlike many sports, competitors don't know where they stand in relation in the others until the scores are compiled at the end of the day.

But as the medals continue to pile up, Knipping said it's an easy sport to stay active in.

"Once you get a little success, you want to keep driving for more," Knipping said. "It's addicting to do well and find something you're good at and enjoy."

Peter Hildebrand in the middle competing at the Western Canada Championships.



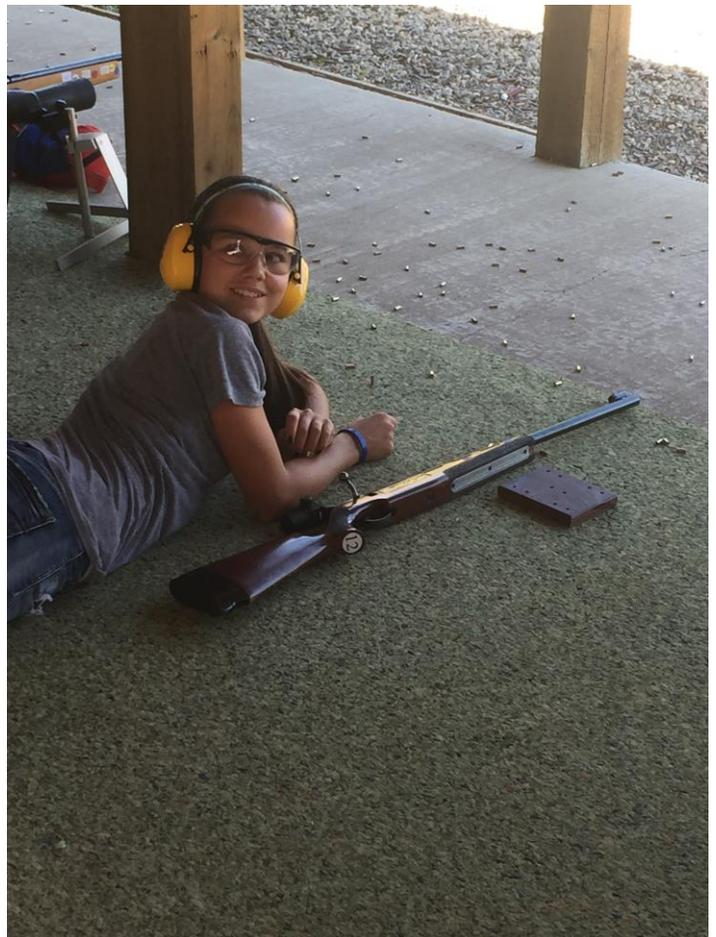
Novice night at Gateway



Bryan Couch became a member to improve his shooting skills, he just wanted to thank all those that helped him. Results are a Mouflon ram taken at 350m and a Dall sheep shot at 400m.



Rylan Bileski shot with the novice program last year and participated in last year's hunt as an observer. This year he turned 13, passed his Hunter Safety and with his youth license took a grouse and this nice buck.



Chris Brown's daughter Lindsey at the completion of her first match. I would say that smile means there will be many more.

This past summers Provincial 22LR contestants



No deer hunting for me but sure enjoyed these early morning walks.



Jenny Sudniece really enjoys novice Monday nights and displays the latest rangewear.



Well done to the J.T. Cornwall V.C. Cadet teams for winning silver in the Whitehead Trophy Match and Bronze in the Capt. H.A. Carty Match.



Wishing everyone a happy and safe Christmas and New year.
See you at a range in the future.



All I want for
Christmas is you!

Just kidding,
Get me guns
and ammo.

someecards
user card

