



******* THE BEAR FACTS *******
February 2010

Southern California Golden Bears Highpower Rifle Club, Inc.
P.O. Box 1362
San Gabriel, CA 91778-1362

NEXT MATCH – CLUB MATCH – February 21– This will be a 50 shot club match on reduced targets. Meeting to follow.

Note: Annual dues are now being collected. This years dues are still \$35 (full) and \$17.50 (inactive). Please pay at the next match or mail to the address above. Make check payable to S. C. Golden Bears H.R.C.

OTHER MATCHES:

Gopher Flats Sportsman Club will have a high power rifle match on February 27th, the fourth Saturday of the month. Please mark your 2010 calendars with this date and we'll see you on the line. Check with Tom Temple.

Ojai Valley Gun Club - The March 7, 2010 match will be an NRA Approved 800 point - 80 round across-the-course ("XTC") event, just like the National Matches at Camp Perry. Course of fire will be 200 yard offhand, slow fire (20 rds); 200 yards seated, rapid fire (20 rds); 300 yards prone, rapid fire (20 rds); and, 600 yards prone, slow fire (20 rds). The March NRA Approved event is open to OVGC members (\$10) and all non-members (\$20).

CLUB MEETING MINUTES

Minutes for the meeting on January 20, 2010

Meeting called to order at 11:30

9 members attending

Treasurers Report

Dues collecting in progress

Old/New Business

Voted to renew CMP Affiliation

Voted to hold NRA approved matches same as last year

May, June and September

Discussed Fort MacArthur Air Raid

Voted to purchase new targets. Nelson will handle.

Discussed updating website.

Meeting adjourned at 11:57

BEARS RANGE TALK

The first match of the year had 11 shooters. Nice way to start the new year. Pat continues his winning ways with high aggregate with 485-15x's. Pat was high offhand with 94-0x. Victor was high rapid sitting with 99-4x. Alan was high rapid prone with 99-3x. Judy was high slow prone with 199-9x. Some nice scores all around! Steve chose to shoot on the SR-1 target all through the match. Guess he wants to bring home more bling from Phoenix! Thanks Tom for running the line.

Southern California Golden Bears Highpower Rifle Club											
January 17, 2010 match results											
	Competitor	OH	x's	RS	x's	RP	x's	Prone	x's	Total	x's
1	Pat Hector	94	0	97	4	98	0	196	11	485	15
2	Tony Chow	87	1	98	0	97	0	197	8	479	9
3	Alan Harker	91	0	96	3	99	3	190	2	476	8
4	Gary Carter	90	3	98	2	97	2	190	5	475	12
5	Judy Harker	83	1	97	2	94	2	199	9	473	14
6	Victor Murillo	87	0	99	4	95	2	190	3	471	9
7	Robert Coffey	85	1	95	2	98	2	191	2	469	7
8	Paul Schultz	89	1	96	1	93	0	172	2	450	4
9	Nelson Green	87	1	88	1	85	0	169	2	429	4
10	Blake Aaron	90	0	92	2	92	1	dnf		dnf	3
	SR-1 target										
	Steve Caplan	86	0	89	1	92	1	185	2	452	4

*******OTHER MATCH NEWS*******

**Gopher Flats, High Power Rifle Match Report, January 23, 2010
50 Round National Match Course**

The January 23rd match was attended by 5 shooters. Greg Sullivan assisted in placing additional sandbags on the berm prior to the match. I thank Greg for his continued support of our high power program.

Mike Stern placed first with a 465-11X. Fred Matthews placed second with a 455-8X and Robert Coffey took third with a 424-5X.

Special thanks to the members of the Golden Bears Rifle Club who volunteered to fill sandbags and stretch plastic over the pit wall area the Sunday before our match. This helped to stabilize the berm and pit before the series of four storms in January that moved into Southern California. Without their efforts, the pit wall would have collapsed and possibly damaged the target carriers. The Panorama City Club allowed us to work on their Sunday and this effort shows the positive affects of different clubs working in unison.

No.	Competitor	Paid	Class	Rifle	Offhand	Rapid Sitting	Rapid Prone	Slow Prone	Match Total	
1	Mike Stern	\$10	EX	AR15	89-1X	96-3X	92-3X	188-4X	465-11X	
2	Fred Matthews	\$15	UNC	AR15	96-2X	89-0X	84-0X	186-6X	455-8X	
3	Robert Coffey	\$15	EX	Match	70-0X	84-0X	77-0X	193-5X	424-5X	
4	Nelson Green	\$15	SS	M1	78-0X	82-1X	84-1X	170-2X	414-3X	
5	Victor Murillo	\$15	MA	M1A	70-0X	94-2X	71-1X	DNF	DNF	

**Ojai Valley Gun Club National Match Report
January 2, 2010
National Match Report**

No information at this time.

****** FOR YOUR INFORMATION******

Crossed-Ankle Sitting Position

By SFC Grant Singley, USAMU Service Rifle Team Member



There are two primary variations of the sitting position that are used during Highpower competitions. The variations are crossed-ankled and crossed-legged. This article covers the crossed-ankled sitting position. You may want to try the crossed-ankled position if you have excessive pulse in the crossed-legged position and/or your body type prevents you from getting into the crossed-legged position. I would also like to say that all the cool people to include myself shoot the crossed-ankled position. Note: This article is written from a right-handed shooter's perspective.

First, the crossed-ankled position is not for everyone. Many people find that their legs are too flexible to keep their knees up off the ground. A quick test is to sit down on the ground, extend your legs and cross your ankles (left over right). Lean forward and place your elbows on your knees as if you were actually holding the rifle. Your knees need to be able to stay up off the ground in order to have enough elevation in your position.



If you find that you are “inflexible” enough to shoot in the crossed-ankled position, I will now walk you through the process.

Put on your shooting coat, grab your rifle and sit down on the ground facing the “target”. Try to set up the position so that your feet and body are pointing straight down range. You may pivot your feet and body slightly to the right if desired.

Your left elbow may be placed somewhere forward of the left knee so that the lower part of your tricep is resting across the knee.

Your right elbow may be placed in the bend of the right knee.

Your non-firing hand and butt-stock placement will vary according to your size/height.

You are now at the point where you must fine-tune the position. Vary the placement of your non-firing hand, butt-stock, elbows and legs until you are steady and comfortable. This may take some time. You can condition your body by getting into this position for 10-15 minutes at a time while watching TV.

To adjust your natural point of aim: Leave your feet in place and slide the seat of your pants left, right, forward or backward as needed.

Once you have dry-fired and feel comfortable in the position, it is time to go to the range and impress your buddies with your new found ability to shoot sitting rapid-fire. You may have to adjust your position to accommodate for the effects of recoil. Your wobble area should be mid-ring 10 or better. Again, this may take some time and experimentation.

A rock solid position will not guarantee a "10X clean" on every string you fire if you do not apply proper sight alignment and trigger control. It is easy during a rapid-fire string to get excited and break shots that are less than perfect. How can I fix that, you ask? My answer may sound simplistic and sarcastic, but here we go..... **DON'T BREAK A SHOT UNLESS IT IS SITTING IN THE MIDDLE!!!!** The secret is now out and DeMille's record will fall soon. Seriously, you have plenty of time during a rapid-fire string to let the rifle settle in the middle before pulling the trigger. Work on becoming highly efficient in your shot process so that you can spend the most time possible actually focusing on the front sight and moving the trigger smoothly to the rear. If the rifle does not settle back in the center after a shot, there is nothing stopping you from physically moving the rifle back into the center and then breaking a shot. A slight amount of muscle tension with the non-firing hand and arm is acceptable and may be necessary to keep the sights in the middle after recoil.

I have not mentioned the use of a shooting mat yet. The use of a mat is totally decided by personal preference. I usually sit on the mat with my feet on the ground in front of it. If the firing point has thick green grass on it, you may not want to use a mat, but if the point is hard and rocky, the mat may help stabilize the position.

****** ITEMS FOR SALE******

Tom Temple has the following item for sale:

**For sale: Creedmoor Hardback Cordura Jacket size 46 straight cut
Color is olive drab. Price \$150. Condition like new.
Check with Tom at tmtemple@pacbell.net**

****** DATES TO REMEMBER!!******

**January 15 - Club Match - 50 shot
February 21 - Club Match - 50 shot
March 21 - Club Match - 50 shot**

Future dates to be posted

Don't forgetDues are now being collected!