



******* THE BEAR FACTS *******
December 2009

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

NEXT MATCH – CLUB MATCH – December 20 – This is the club’s final match of the year. This will be a 50 shot match on reduced targets. Meeting to follow. At the meeting we will elect the nominated officers for 2010. Also see notice below.

OTHER MATCHES:

Gopher Flats Sportsman Club will host their monthly high power match on December 26 on the Big Bore Range. This will be a 50 round National Match Course. All stages will be fired on the SR target. CMP rules will apply. Competitors will stand and load in both rapid fire stages. Check with Tom Temple.

Ojai Valley Gun Club - The December 2009 and January 2010 matches will alternate to the 80 round across-the-course (“XTC”) discipline, 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 December and January matches (first Sunday of each month) are “club” events, open to OVGC members (\$5) and all non-members (\$15).

*****CLUB MEETING MINUTES*****

Minutes for the meeting on November 15

Meeting called to order at 11:50

Treasures report

The club has 22 members at this time
Dues for 2010 will be collected starting January

Old/New business

Today's turkey giveaway was as follows
Alan Harker was high M1 shooter
Jeffery Ramadan won the shot at the bird
Steve Caplan won the drawing
We discussed the issues at Coalinga, Ojai work party and the JPL match
Nominations were held for the club officers for 2010. They are:
Blake Aaron - President
Tom Temple - Vice President
Nelson Green - Executive Officer
Victor Murillo - Treasurer/Secretary

Meeting adjourned at 12:10

*****NOTICE*****

This will be the last newsletter mailed to members. In 2010 the newsletter will be emailed to all members. For those receiving the newsletter through the mail please send your email address to the address below. You will be able to view the newsletter on the Bears website at goldenbears.org. I will have a copy of the newsletter at our matches. This will save the club about \$70 per year.

Send your email address to:

victor_murillo9@msn.com

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

**Gopher Flats, High Power Rifle Match Report, November 28, 2009
50 Round National Match Course**

The November 28th match was attended by 11 shooters, despite the forecast for rain and high winds.

Victor Murillo placed first with a 477-14X followed by Mike Stern with a 474-4X and Marco Rojas with a score of 468-8X. Not bad scores considering the windy and cool conditions.

I would like to express my thanks to those regular competitors who are keeping this match going. This is the start of our third year and we hope to be able to promote this event and grow the base of local high power competitors.

Gopher Flats will have a high power rifle match on December 26th after the Christmas Holiday. Please mark your calendars with this date and we'll see you on the line.

No.	Competitor	Paid	Class	Rifle	Slow Prone	Rapid Prone	Rapid Sitting	Off Hand	Match Total
1	Victor Murillo	\$15	MA	AR15	197-8X	95-1X	98-5X	87-0X	477-14X
2	Mike Stern	\$10	EX	AR15	193-2X	99-2X	92-0X	90-0X	474-4X
3	Marco Rojas	\$15	HM	AR15	195-2X	90-1X	97-3X	86-1X	468-8X
4	Steve Caplan	\$15	SS	03A3	193-4X	98-2X	89-1X	84-0X	464-7X
5	Mike Avooske	\$15	SS	Match	199-7X	90-0X	74-0X	71-0X	439-7X
6	Bruce Kawaguchi	\$15	EX	M1917	187-4X	95-2X	70-0X	86-0X	438-6X
7	Robert Coffey	\$15	EX	Match	168-1X	95-2X	87-1X	81-1X	431-5X
8	Erwin Galvez, Sr.	\$15	UNC	AR15	193-3X	68-1X	84-1X	80-0X	425-3X
9	George Gaskill	\$10	EX	Match	DNF	95-1X	90-0X	92-0X	277-1X
10	Nile Ragusin	\$15	MA	AR15					NSR
11	Tony Chow	\$15	EX	AR15					NSR

**Ojai Valley Gun Club National Match Report
November 1, 2009
National Match Report**

No information at this time.

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

Thinking Your Way to Success

By SSG Emil Praslick, USAMU Service Rifle Team Coach

Why does it seem that the same small group of shooters wins the majority of the matches? Within the Army Marksmanship Unit's Service Rifle Team, the same effect applies. On a team filled with uncommonly talented shooters, the same two or three are consistently at the top of the final results bulletin. What is the difference among shooters who are technically equal? Confidence. A confident shooter is free to execute his shots without the fear of failure, i.e. shooting a poor shot. Negative thoughts (can't, won't be able to, etc.) will destroy a skilled performance. The mind's focus will not be on executing the task, but on projecting fear and self-doubt. Fear is the enemy, confidence is the cure.

How does a shooter on the eve of an important match (the President's or NTI, for example) attain the confidence needed to perform up to his potential? A pre-competition mental plan can assist in acquiring that positive mental state. The plan can be broken down into a few phases.

Build a feeling of preparedness. Developing and executing a plan to organize your equipment and pre-match routine will aid you in feeling prepared on match day.

Avoid negative and stressful thoughts. Focusing on "winning" the match or shooting for a specific score (like making the "cut" or making the President's 100) can cause undue stress. Good shooters focus on aspects that are within their control: their sight picture, their sight alignment, their position. Each shot should be treated as an individual event.

Train stage-specific tasks during your practice sessions. Instead of shooting matches or practice matches only, include some drills that focus on your problem areas. Training in this manner will assist your level of confidence.

As part of your pre-match routine, imagine yourself shooting perfect shots. Visualize getting into the perfect position, acquiring a perfect sight picture, and perfect trigger control.

Let a feeling of calm and well-being wash over you. Spend a few minutes alone thinking positive thoughts. Many shooters use their favorite music to help build the mood.

Once you develop your **pre-competition mental plan**, stick with it. Through your training you will develop the physical skills to shoot higher scores. The confidence you will need to apply them in match conditions will grow as you develop into a complete shooter; both physically and mentally.

******* 2009 CALENDAR *******

January (CLUB) S M T W T F S 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24	February (CLUB) S M T W T F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 8 19 20 21 22 23 24 25 26 27 28	March (CLUB) S M T W T F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 8 19 20 21 22 23 24 25 26 27 28	April (NRA) S M T W T F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25
May (CLUB) S M T W T F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30	June (NRA) S M T W T F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30	July (John Garand) S M T W T F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31	August (CLUB) S M T W T F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29
September (NRA) S M T W T F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30	October (CLUB) S M T W T F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31	November (CLUB) S M T W T F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30	December (CLUB) S M T W T F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31

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