



# GIVE 'ER A SHOT

*The Phoenix Police Athletic Club Shooting Team Newsletter*

**APRIL - MAY,  
2006**

## We're Back!!

Starting in July, the PPAC Shooting Team is going to start the monthly shoots up again.

We had us a little break over the last few months and by the time our next monthly match comes up, we will have gotten through what is normally our busiest time of the year. There is just something about Spring, it has warmed up but not yet too hot so everyone wants training.

On top of that, we have been running the module since September and are just about tired, so we are pretty fatigued by this time of year.

I will tell you that we are going to start off pretty simple because as the heat is kicking up during the summer months, so the set up and take down for each monthly match is a bit much. So we are going to pace ourselves a little bit.

The first match (July's monthly match) is going to be our first month back and it will be our "Annual Bowling Pin Shoot." Everyone who did it last year really enjoyed it, and they wanted to do it more often. I am concerned about doing something that is a lot of fun too frequently because loses it's magic, so we are going to try to do this as an **annual shoot**. So our Annual Bowling Pin Shoot is going to be in July.

In August we are going to do a combat handgun shoot. This will be an easy set up and take down due to the heat and will be a week night so hopefully it is cooling off by our start time.

## PPAC Website

The PPAC is beginning to add more information on their website and asked for more information to put on it. So, I sent them some extra articles, pictures and videos for the website and as of today some of those are there.

The Shooting Team has its own little section on their website where our Give 'er a Shot" newsletters are posted, and if you click on the article, when it opens you will have some other things to open, like a video from one of our monthly shoots.

The Shooting Team does recommend that everyone who shoots with us join the Athletic Club in order to help them with membership because they have helped us. There is a fee of \$2.00 per check for a membership but you can get that back by getting reimbursed for attending something like the Police games or going to their Annual PPAC Fun Day.

They also front the money when we do Shooting Team uniform purchases. We do reimburse them for our uniforms, but they never recover all of what they front because we keep a stock of extra t-shirts and hats on hand.

Go to their website at <http://ppaconline.com/> and check it out.

## **Upcoming Monthly Team Shoots**

- Saturday, July 15, 2006, 0800-1100 hours – This is going to be our "Annual Bowling Pin Shoot." Everyone really enjoyed doing it last year so we are going to try to make this an annual event set for July. It is an easy set up, an easy take down but it is a hoot to shoot.
- Wednesday, Aug. 9, 2006, 1700-2000 hours – This will be a combat handgun match but we are not going to do a lot of running around, due to the heat, but we will have to shoot on multiple targets and we challenge you and your shooting skills.

## **SHOOTING TIP OF THE MONTH – "The Grip"**

Grip is one of the six fundamentals of marksmanship. Trigger control and sight alignment are the top two, but grip is important because it allow us to improve our shooting, particularly the time between each shot and our accuracy.

Our grip is what attaches us to the gun, and each time we shoot, the gun wants to move around in our hands.

By having the proper grip we can limit the gun's movement within our hands. This allows for faster follow up shots and keeps our hands in the proper position to maintain good accuracy.

If we have a poor grip on the gun, when it recoils, our grip on the gun will change and we either have to readjust between shots, or if we don't our grip will be different between each shot, negatively effecting accuracy.

Some of the problems I have seen in grips are allowing the primary thumb to drop down between the support hand and grip (keeping it from being in contact with the grip), and/or letting the support hand drop down lower on the gun's grip than it should.

The web of the primary needs to be as high as possible on the back strap of the gun to limit muzzle flip. The primary thumb should be pointing in the direction of the muzzle, and relaxed, while the support hand should be as high as possible on the gun.

The following is primarily for Isosceles shooters:

The lowest joint/knuckle of the support hand (just above the wrist) should be placed on the grip tight against but under the second knuckle of the primary thumb (counting from the tip), with this thumb relaxed.

Notice that if you opened the hand, the fingers would point down at about a 45 degree angle, which is just about right. This allows you to set your wrist and further limit muzzle flip (another topic, and hard to describe here).

About 40% of the grip pressure comes from the primary hand while about 60% comes from the support hand. This more relaxed primary hand allows the trigger finger to flow smoother while shooting faster and improves trigger pull.

Again, both thumbs are relaxed and should be pointing in the same general direction of the muzzle. On page 2, I included a photograph of the grip (isosceles shooter) for a better understanding.

Now that the grip is correct, let's talk about what else we can do with the grip to improve our shooting.

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## Results of Previous Shoot

**No shoot, so nothing to include**

## Team T-Shirts and Hats Update

If you ordered T-shirts during our first order, but didn't get them because they did not give us all of our order, we are happy to say that we finally placed another order and they are in.

If you did place an order, but did not get all of your stuff, you will have a copy of the form you filled out *long ago* attached to this newsletter letting you know they are in.

Also, when we placed this order we had them go ahead and embroider the Shooting Team logo on it because we thought it would look better. And guess what, it does. Now my only regret is that we did not do this in the first place because they are sharp looking.

Sorry, we only have the embroidered ones in certain sizes but if interested, check in with Bret or Rich and find out if we have some in your size.

We have quite a few gray and blue t-shirts now and if anyone wants some extras, come on down and buy them.

Cost Breakdown is:

- Hats - \$10.00
- All embroidered T-shirts = \$10.00 (Blue and Gray)
- All silk-screened T-shirts = \$8.00 (Blue and Gray)

**For a blue shirt, you have to shoot with the Team just once.**

*By the way, if you did order a shirt in our first order, but didn't get yours, although the embroidered shirts are now \$10.00, you will still get what you ordered for the original price of \$9.00. But, only on what you requested on the first order though.*

## SHOOTING TIP OF THE MONTH – “The Grip”

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Most of us need to have some type of grip texture. This is a particular problem with the Glock pistol. It has a relatively smooth plastic surface on it, yea they did do a little bit at the factory, but with it being plastic, the grips do not really stick to the hand.

If our hands get sweaty (and even if the aren't) we will notice our hands slipping on the gun between shots. One of the fixes used to be purchasing a Hogue Hand-all rubber grip. For some folks this works real well because it fills the up the bigger hands.

For others, this makes the grips too big or uncomfortable (it can also move and block the backside of the magazine release, or change how we are holding the gun). Another option is grip tape, which is essentially skateboard tape cut to fit the grips. This stuff makes the gun stick to the hand and limits the guns movement between shots. It may take some getting used to because it is rough, particularly if doing a lot of shooting, and it wears holes in clothes it is rubbing on.

Dillon Precision sells a Glock grip cover (AGrip) that is a type of cloth that does have to be trimmed a little bit, and I have used a rubber bicycle inner tube that was cut down to fit the gun. These won't wear on clothing and can work well. The bike inner tube can get a little dirty and does not last as long, but its cheap to replace.

To finish up, your grip on the gun is real important for accurate and rapid shooting, so work on it and if you have any questions get a hold of someone at the Armory.



## WE HAVE EXTRA TEAM T-SHIRTS AND HATS FOR SALE

We have extra long-sleeve and short sleeve T-shirts in blue and gray, plus hats. For a while we did not have some of the long sleeve and short sleeve blue and gray shirts on hand, but we took care of that and now have those sizes in. Blue t-shirts are for those who have shot with the Shooting Team while the gray ones are for anyone who wants one, as are the hats.

If interested contact Bret Draughn or Rich Hartson down at the Armory. You can also come to a monthly shoot and we will take care of you after the match.



## FOR THOSE WHO DON'T KNOW US

We started the Shooting Team to get more PPD officers into shooting matches to improve their shooting skills through competition.

We change up what we are doing as much as we can, we keep it fun, we help everyone learn, and most importantly we improve our shooting skills.

We have no limits on the number of folks on the team. We call it a team, but you don't have to earn a spot and you don't have to commit to anything other than showing up.

Come on out and *Give 'er a Shot*, everyone is invited.

## TEAM MEMBERS MAKING A SHOWING IN OTHER MATCHES

### **Arizona Police/Fire Games**

**Robert Whiteman:** PPC Match - 1 Gold medal and 2 Bronze medals

**Richard Hartson:** He won a couple medals in the combat handgun match and the 3-gun match