



GIVE 'ER A SHOT

The Phoenix Police Athletic Club Shooting Team Newsletter

OCT.,
2006

Shooting Categories

I was writing up the scores for this month and got to thinking about how we rank everyone, and we just kind of clump everyone together.

Although the top shooters finish with the best scores, they sometimes do it with equipment that can make shooting a little easier while others go with their everyday duty gear. Yea, good shooting is more about the shooter than equipment, but this may not be 100% fair.

We have folks with revolvers, 7-10 round magazines, and street gear. We don't have enough shooters coming to the matches to have a half a dozen categories, but here is a simple approach I am thinking about (starting next month so we can get everyone's proper categories noted):

Duty Gear Class: This is for those who are coming out with duty gear. This would be shooting with a stock gun, duty holster with a retention device, and magazine pouches with flaps.

Challenge Class: This would be for those who come out with 10 round magazines or less (to include revolvers) and we are not worried about types of holsters and pouches.

Gamer Class: This is a class for folks with open top holsters, open magazine pouches, high cap magazines, optics, ported guns, and anything else goes.

We could break this thing down to a lot more classes and be more specific but we just don't have enough folks coming out to be worth it. We'll try this and see how this works out.

NOTHING FOR THIS SECTION

I'm going to leave this section blank for two reasons: First I really don't have anything in mind that I can squeeze in here.

Second, life is a bit busy and I really didn't have a lot of time.

So in the meantime I will punish you with a photo of the 4 of us who kind of started this PPAC Shooting Team thing.



Bob Wamsley, Rich Hartson, John Harma, and Bret Draughn

Upcoming Monthly Team Shoots

- **Saturday, November 18, 2006, from 0900-1200 hours** – Another Saturday because we fight darkness during the winter. This will be an combat match to include paper targets, steel targets, and various props.
- **Tuesday, December 19, 2006, from 1700-2000 hours** – This is will be an all steel match to run us through quickly. We are will be fighting darkness so be prepared to start on time, get done fast, and have a tough time seeing the targets.

SHOOTING TIP OF THE MONTH - "Training without Shooting" Part 1

We, at the Firearms Training Detail, have said it a lot but dry-fire training can be very beneficial.

You don't have to make time to go to the range, purchase ammunition, and spend half a day to improve your shooting. Dry-fire training can give you a lot of great results, particularly if done correctly.

First, the safety reminder

- 1) Make sure you load and unload in location other than doing dry-fire (double check)
- 2) Have no live ammunition where doing your dry-fire (put it in a box in another room away from dry-fire location)
- 3) Ensure you won't be interrupted or distracted, but if distracted start safety check from beginning
- 4) Ensure your backdrop will stop bullets
- 5) Once done be done, don't take one more

I could fill a couple pages on the safety issues alone, but this is a reminder and common sense is huge. Bottom line, if live ammo is not present, bad things can't happen. For a backup plan, limit distractions and make sure your backstop will stop bullets.

Training

Handling your weapon on a regular basis will make a big difference in your comfort level with bringing the weapon on target and pressing good shots. Practicing reloads will help them start to flow better.

Choosing a target:

I like to use a small target. This could be something made up on a computer or just the small sized Post-its.

Big targets tend to give us a lot of room for error and don't make us practice getting good accurate hits quickly. Practice small &

and when target are bigger, in relation to the sights, they are just that much easier to hit. There are times we can use a larger target when pushing for speed, but spend more time on small targets instead of large ones.

What to practice:

30 one shot draws are a good way to practice bringing the weapon on target and getting that first shot to **hit** quickly. By doing a lot of one shot draws, you will probably notice the gun coming up to line of sight better, and you will have fewer adjustments once you are there.

This will also allow you to see how you are pulling the trigger. When doing one shot draws start picking up the speed, we start to work the trigger like we normally do and will see how that process is moving the sights (gun).

Do 15 one shot draws with only the primary

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Results of October Team Shoot

September 7, 2006 (27 Shooters)

Overall Results:

Bret Draughn	105.82
Lance Nickell	114.43
Bob Wamsley	126.06
Jack Villa	130.49
Richard Brethour (revolver)	141.30
Robert Whiteman	151.97

Stage 1 – Try them while Moving:

Lance Nickell	30.00
Bret Draughn	32.69
Bob Wamsley	34.25
Richard Brethour	37.43
Jack Villa	40.00

Stage 2 – Double Ported Barricade:

Bret Draughn	26.63
Troy Hill	29.41
Lance Nickell	33.75
Blake Hammond	35.01
Richard Brethour	35.08

Stage 3 – Slotted Port Barricade:

Bob Wamsley	23.93
Lance Nickell	24.69
Bret Draughn	25.02
Richard Brethour	26.09
Robert Whiteman	28.42

Stage 4 – Figure it out Yourself:

Bret Draughn	21.48
Jack Villa	24.85
Lance Nickell	25.99
Bob Wamsley	27.66
Troy Hill	31.31

Shooting Tip of the Month

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hand, and to build comfort level with handling the weapon in various situations, I like drawing with the primary hand, placing the gun into the support hand and dry-fire one round with the support hand. You can do this about 15 times as well.

Reloading drills are another excellent familiarization drill. You don't have to put the gun in slide lock and use dummy rounds to get benefit of practicing reloads.

Just practice pointing at your target (with the slide forward) and then do a reload, followed by one trigger pull on your target. Then do it using the mags from your other magazine pouch/es. Once you go through your magazines, set them up and repeat. 15-20 reps would be a good start.

You can also practice your tactical exchanges. You can either do another 15-20, or do half of them as a regular reload and the other half as tactical exchanges.

Finally, practice follow up or multiple shots (we need to practice more than just the one trigger pull). With the Glock this can be a challenge because the trigger doesn't automatically reset, but there is a way.

Once you pull the trigger hold the trigger to the rear and cycle the slide. Obtain your firing grip again and then practice the reset and press, limiting gun (sight) movement. We spend a lot of time practicing pulling the trigger, but we need to practice resetting it properly as well. If we get sloppy resetting the trigger we will likely have sloppy follow up shots.

Training Speed:

The tendency is to practice fast, pushing our speed; however, slow is learning speed. Do the 1st half of your reps at about 50% and slowly increase the speed so that your last few are at full speed. If you are going fast, your body is not learning the proper motions, it learns better when slowing down. If you get going too fast and get sloppy, slow back down.

Next time we will talk about building endurance to smooth out, multiple targets, movement, and if I can think of anything else, I will add it as well.

WE HAVE EXTRA TEAM T-SHIRTS AND HATS FOR SALE

We have extra Shooting Team T-shirts and hats and they are for sale. They come in long-sleeve and short-sleeve and in blue and gray. Some shirts come with a silk-screened logo while others are embroidered, and the blue shirts are only for those who have shot with the Shooting Team, while the gray shirts and the hats are for anyone.

Silk-screened shirts are \$8.00 each, while hats and embroidered shirts are \$10.00 each.

If interested contact Bret Draughn or Rich Hartson down at the Armory, or you come shoot a monthly match and we can take care of any purchases after the match.



Join the PPAC

Although we don't require it, and I don't want to really pressure anyone, it would be cool to see everyone who is coming to our Shooting Team Matches join the PPAC. It would benefit the Shooting Team for when we ask for some money (like when they fronted the money for our team uniforms, and have not come close to recovering those costs) because they see us putting into the PPAC. But, it is a good organization.

They will reimburse you for going to things like the Police Games, they hold picnics and other things for their members and their families, and if you take full advantage of it, you will actually come out ahead. It's only \$2.00 per check and you can get out more than what you put in.

Contact Bret at the Armory for forms to sign up.

FOR THOSE WHO DON'T KNOW US

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

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

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.