

## Ontelaunee Jr Rifle Report

12/13/2017

On Sunday, December 3<sup>rd</sup>, Palmyra hosted the 3<sup>rd</sup> league air rifle match. Ontelaunee was well represented by juniors Calista, Emma, Jeanne, Sarah, and Griffin. This 60 shot standing match was great preparation for the upcoming Jr Olympic qualifier next month in Harrisburg.

We hosted the Lehigh Valley Prone League on Tuesday, December 5<sup>th</sup>. We had a nice team score of 498, 39x, but were out shot by Guthsville's score of 500, 33x. Our top five were Madilyn, Sarah, and Emma each with a 100, Calista & Jeanne with 99's. Congratulation to Alek, our newest member, for shooting his first match ever.

Last Friday during the ICRL 3-P league, Madilyn Riegel shot a new personal best 573 out of 600. Congratulations!

A mental training seminar was held at Palmyra this past Sunday with guest speaker Raymond Prior, author of the book, "Bullseye Mind". Several of our juniors and coaching staff participated. This was a great opportunity for all of us to learn from one of the best sports physiologists who works directly with shooters of all disciplines. After the interactive 5 hour seminar was over, our group took advantage of an additional 1 hour private meeting with Dr. Prior. The additional time was perfect for us to ask some more direct questions pertaining to our individual and team developments. If you have the chance to read his book, I recommend it. You will learn a tremendous amount of useful information that will work for any shooting discipline.

Tom Fister,

Ontelaunee Jr Rifle