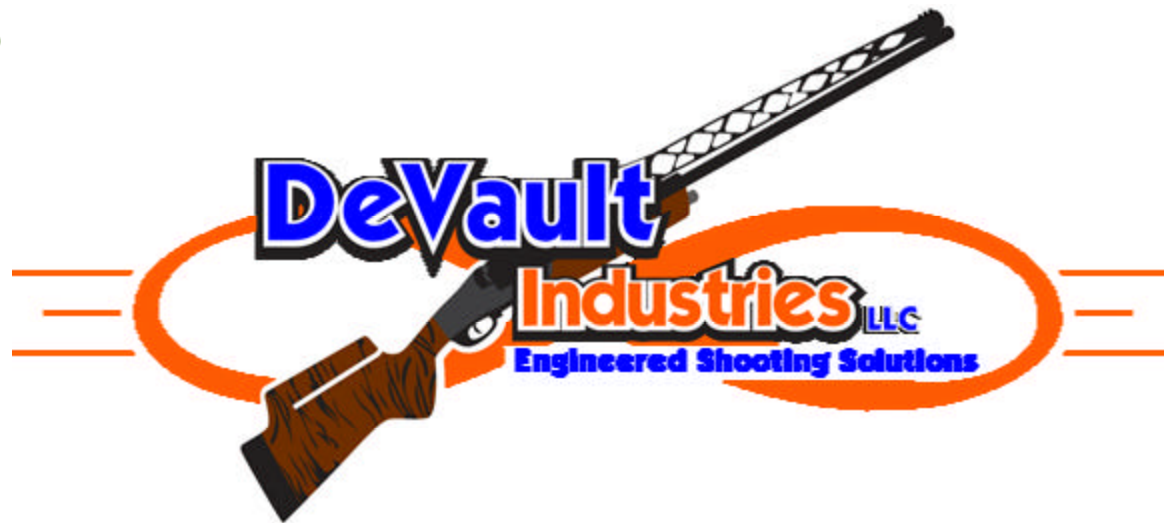


August 1, 2009



Last month Dean wrote a piece on body hydration. One of our readers wrote in about the vitamin water. He stated that there is something in the vitamin water shooters don't need and that is SUGAR. Dean is hypoglycemic and the sugar intake for him is not a problem. Mike Hudick from PA. wrote this mixture as an alternative to high sugar drinks.

"In your July newsletter you mentioned the use of Vitamin Water as a way to rehydrate during a shoot. You cited the product because it contains potassium and B vitamins; it also contains a heck of a lot of something shooters active in the hot sun don't need... *SUGAR, 20 grams in a 12 oz. Bottle*. If you're looking to replace potassium and vitamins A & C, may I recommend low-sodium V-8 juice instead? It comes in little 5.5 oz. cans and replaces 680 mg of potassium (a banana and a half). It can be (and I do) mix with something else like the Splenda-sweetened drink tubes sold by 4C. I mix the tubes half-strength (1 tube to 2 16-20 oz bottles of water). When I want to have a V-8 I drink part of an Orange 4C and then pour the V-8 into that. Shake it and it's quite good".

Thank you Mike for your suggestion



Following is always easy. Dare to be a little different and if you have a choice lead the pack. If you allow them to catch up!! You will soon be falling behind.

DeVault's Winners Box !!!

Phil Phillips – Gun– DeVault Custom Shotgun for singles & handicap, Perazzi MX-2000 DeVault Custom Stock for doubles. Kentucky State Shoot class D Doubles champion for 2 events 93x100 95x100 ~ 24 to 25 yard champion 93x100 ~ Class C Champion Doubles 93 x 100

Mark Stevens – Gun– Browning XT Combo, Double D Shooting Clinic. First ever 200 x 200 Minnesota State Singles Championship Runner-up 200 x 200 program 247 x 250 in shoot off.

Sally Stevens – Gun– Browning XT Combo, Double D Shooting Clinic. Minnesota State Shoot, Scott Glen Singles High Lady Runner-up 98 x 100, Dean Neumann Handicap High Lady 95 x 100, Minn. State Class Singles High Lady 97 x 100 Minnesota State Handicap Lady Champion 96 x 100. A special note Sally celebrated her first year of shooting ATA on July 22, 2009 congratulations on an impressive year.

Tom Monzel– Double D Shooting Clinic, Minnesota State Class B Singles Champion

Bruce Bachman– Alferman– Double D Shooting Clinic, Utah State Shoot Class A champion 100 x 100 Doubles Marathon 965 x 1000

Darren New– Browning XT Combo, Double D Shooting Clinic, Utah Doubles Marathon 970 x 1000, Utah State Shoot HOA Runner-Up 1260 x 1300

Dave Sutherlin– Beretta 391 DeVault Elite Conversion, Utah State Shoot Singles Champion Runner-up 200 x 200

Scott Syme– Browning XT Combo, Double D Shooting Clinic, Western Zone Shoot Prelim Handicap 99 x 100, Sunday Handicap Champion Runner-up 100 x 100 his second 100 straight from the 27 in 3 weeks

Gary Waalkes– DeVault Custom Shotgun, South Dakota State Shoot Open Class A Champion 198 x 200

Matt Nichol– MachOne Shotgun, Jacque Flag City Handicap Champion 98 x 100, Williams County 100 x 100

Tal Seger– Gun– Beretta 686 DeVault Custom Stock & Delrin add-on rib, Kentucky State Shoot Open Prelim Doubles Class Champion 99 x 100

Phil Berkowitz– Gun– DeVault Custom Shotgun – North Carolina State Shoot Veteran Champion 95 x 100 Southern Zone Veteran Handicap Runner-up 94 x 100



Outstanding Butt Stock, American Black Walnut from Ernie Ross, It features an outstanding feather that when finished will look beautiful.

The World According to Me ~ "Dennis DeVault"

This month I want to share a little about the mental side of the game with everyone. While attending shoots all too often I hear a shooter say, "You know two years ago I broke a really good score here; but today I just don't know what is wrong with me." I am going to steal a quote from a movie that rings very true. However it takes a lot of mental conditioning to understand and more importantly accept. *"The person you were 2 years ago you are never going to be again."* It's OK to remember the days gone by but it can be very destructive to live and try to perform based on the past.

Last month I shot the Kentucky State Shoot. It took me 3 days to get myself to finally break a decent score. I suffer from bad knees. It took everything I had to work through the pain, and hobble around like a cripple, to shoot a respectable score. Dean and I discussed this at great length during the shoot. We both realize that life has taken a toll on both of us. We have tried to take short cuts to stay in shooting shape. But there is no substitute for a good work-out routine and to get your body in better shape. If you are an occasional shooter it is tough to shoot a week long tournament. Three hundred targets a day, in heat and wind, takes its toll on the body and mind. Toward the end of the week you begin to fatigue and start making bad moves. The older you get the more vulnerable you become. I am not saying that you have to forget everything you did in the past; but you are not the same person you were in the past. So, accept the changes and adapt. Rather than get hung up with past performance look for new ways to achieve new goals.

When we live in the past it robs us of being able to take advantage of new ideas and new approaches to the game. I have had shooters tell me when discussing a DD Shooting Clinic, "No one is going to adjust or touch my gun!" "Back in 1979 I broke a great score and it was just me; I don't need any help".

Look at the pro golfers, like Tiger Woods, for example, who has had a coach and trainer throughout his entire golfing career. A good coach will not allow a person to stagnate but will encourage change and trying new ideas. Tiger Woods is not the same golfer he was 10 years ago. He has adapted and gotten better; so can you.

Staying in the past is using the past as an excuse. As humans we do not like change. Any business will tell you that change management is the toughest thing that you will ever face as a business owner. As a shooter it isn't easy to change. Change happens in 3 stages; Aware, Accept, and Adapt. This is one reason "DD Shooting Clinics" have been so successful. They help Shooters become aware of how they shoot, then accept what they need to get better, and finally provide ways to adapt **YOUR** shooting style.

Years ago I had 60 employees and had to let several key employees go because they would not face a new challenge, or take on a new approach, to solving a problem.

Embrace the world with an open mind, accept the fact that the person you were yesterday you will never be again. That doesn't mean that you cannot be better than you were; it just means that the person you were last night is gone and will never exist again.

This is a difficult topic. It may not seem to be related to trap shooting: but it is. As Trap Shooters we are sensitive to changes in the weather, changes in wind direction, and changes in adjustments to our gun, but we don't consider the need to change mentally. Think about it and don't get stuck in the past; however good (or bad) it may have been; today can be better.

**Until next month,
Rodeo Man Out**

From the Mind of ~ Dean DeBow

Well the Grand American is just ahead. I hope we have been able to help some of you through these newsletters. If not yet, we will keep putting them out and hope one or two relate to something that does.

This month let us talk about Training

When the term training comes to mind most of us think of running etc. Pro golfers, football players and baseball players all go to training camps every spring. They did not forget how to swing a club, catch or pass a ball or forget how to bat or catch a fly ball. What they are doing is staying on top of their game and trying to improve it with their coaches! Many of us think that if your glasses are correct, prescription or not, and or the color is right, the gun shoots where you look, everything will work out. Well that is a misconception we all make or have made. It may have worked a few times or a few seasons. Nevertheless, we all change, physically and emotionally. That is life!

First, most of us only walk by our equipment during the off-season, unless you are retired and go to Arizona or Florida for the winter. Even then, when you practice are you really practicing? Or are you going out with your friends and shooting a few rounds to be social? There is a large gap in the mind set in this sport that is different than other sports. How many times have we all heard this phrase? "Man, old so and so, they are just unbeatable"! No, they are not. You have no idea how hard some of these people work at this game, or how many thousands of targets they have shot. Do you ever hear of the bad scores they shoot? They all have them. If we approached this sport like a pro from other sports, there would be several more names at the top of the list! I realize it is expensive and time consuming.

What it comes down to, at what level do you want to play the game? How far are you willing to go? How much are you willing to put into it? You will only get out as much as you put in. That is the big secret in any sport. So why do we not approach this just as any other Professional sport? Do your gun lifts especially if you cannot go from tournament to tournament as many do.

Exercise your eyes. You can teach them to focus faster. Get regular eye exams. There is also a training method for people who occasionally have a crossfire issue, not to be confused with cross dominance. There are many people who can play this game well or above average if they put the time and effort into it.

Let us talk for a moment about a common problem. If your eyes are where you need them and you do not clear your mind for the job at hand, it will work just enough to get us in trouble. It will make you miss when you think everything is right. You will not see the target correctly!

Looking and seeing are two separate things. Have you ever heard the expression, cannot see the forest for the trees. Well that is what this is about. Have you ever looked and looked for your car keys, (we have all had this happen). Just because you are looking for something does not mean you are ready to see it. You walked by those keys them several times and did not see them, yet there they lay. The keys were lying in front of you all along. Your focus was not on the job at hand.

A good friend called and asks a question that is right on target with this newsletter. He asks; "why can I break 199 after 199 in 16's, 99's and 98's in doubles but cannot seem to complete a perfect score". He said; "Either my miss is on the front or the middle, but usually finish strong". "I will hang smoke before and after, but it is like a wakeup call when I miss". As we discussed, you look with your eyes and see with your mind. He said; "he did not see the one or ones he misses". That is exactly what this is about. Whatever your goals, take a different mental and physical approach and see what happens. I think you will see a change in your performance.

Until next month, Good luck and remember,
There is a Champion, in each and every one of you.

Dean DeBow



Private **One-on-One** instruction Contact Dean DeBow @
270-348-2223

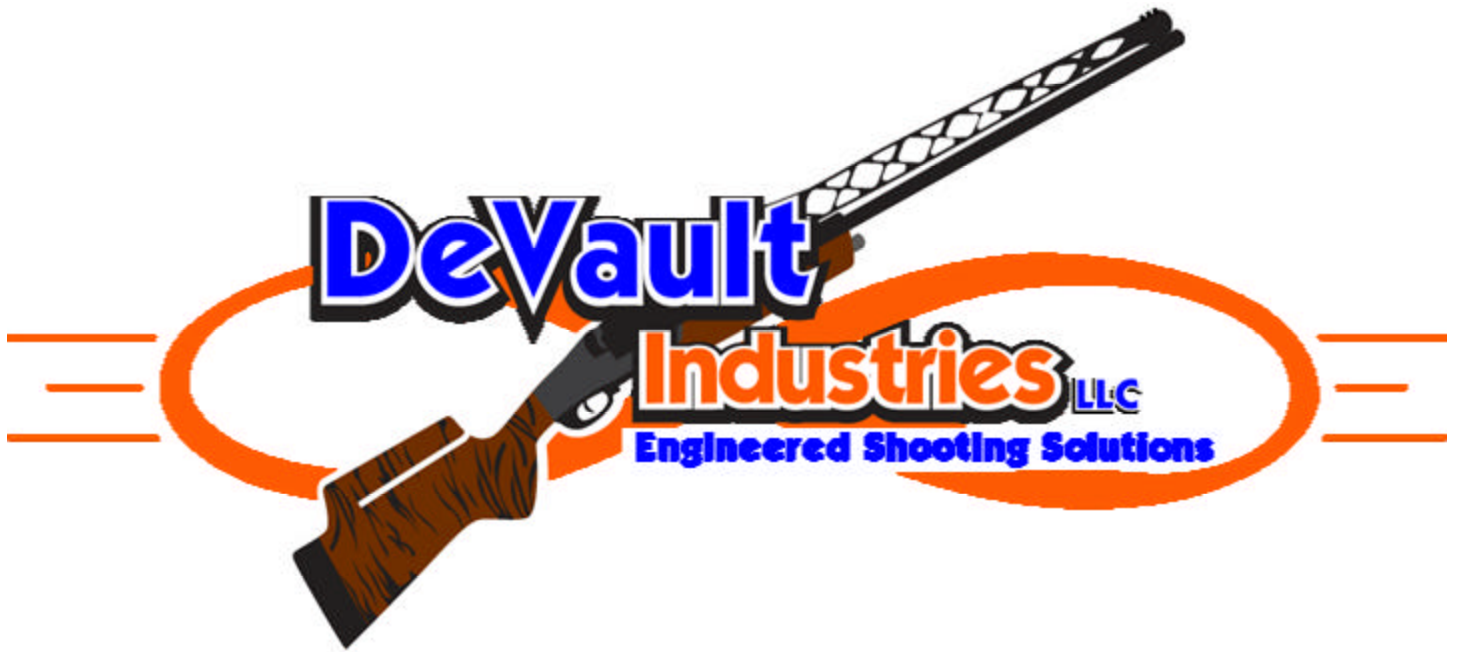
If you have a group of 10 shooters we can arrange for a
clinic to be held at your local gun club.

Check out our web site at www.ddshooting.com for all the
details

Shooting lessons, stock fitting and the mental game to help
you become the best that you can be!

Reach us on the web or call the number above for Dean and
for Dennis DeVault **330-456-6070**

Thank you and let us know how we can be of service!



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What an
awesome
place to hide
out