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Is there any other sport I can use to “cross train” for clay target shooting?

Joseph Gardner, Red Cliff, Qld

There are only two sports that I have ever played that I have found similar to our sport of clay target shooting and of some use in playing. The first, believe it or not, is table tennis, which requires instinctual movements and decisions just like many of our shots in shooting, particularly in the international disciplines. The second sport is golf, which like shooting is simply a game against yourself. No matter what your opponents are doing in shooting or golf they really should have no bearing on your performance. Of course in pressure situations this can be far from the truth. Clay target shooting is a unique sport because it is one of the only sports I know that requires the object of our focus more times than most travelling away from you. In most sports the focus is on a stagnant object or something that is moving closer to us.

As compulsory use of glasses is enforced now at most shooting ranges what is considered to be the best color to use in wet weather?

Bob Nelson, Murray Bridge, SA

Rain is the greatest enemy of the competitive shooter that is forced to wear glasses; particularly those who have no overhead cover to keep them sheltered from the elements. As the rules require some form of protection covering your eyes (therefore you cannot technically even pop out the lenses to keep them from getting wet) make sure you have a good hat or cap and even side blinders to keep the rain drops off them as much as possible. As far as the best color is concerned I have always advocated clear lenses in dull conditions such as those found in wet weather. There have been many shooters that like yellow lenses in dull light conditions, however there is no scientific evidence to support that this color actually enhances your visibility in poor light.

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