



NRA LAW ENFORCEMENT QUARTERLY

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2010 NATIONAL POLICE SHOOTING CHAMPIONSHIPS



Another one is done and what a great National Police Shooting Championship it was! We had shooters from around the world converge on Albuquerque, New Mexico, to compete in the Championships. Officers from Venezuela, Russia, Germany, the Czech Republic and Australia, along with hundreds and hundreds from the United States, met to vie for over \$200,000 in prizes and trophies.

The officers had one thing in common: the brotherhood of law enforcement. "Although this is a competition, you will not find more camaraderie, friendship and exchange of information than you will find at the National Police Shooting Championships," said Glen Hoyer, Director of the Law Enforcement Division. "In reality this championship is a training venue, as the competitors talk about training tips and tactics, as well as marksmanship and equipment," he added.

The types of competition were varied

and they started on Saturday, September 18th, and continued through Sunday with the Tactical Police Competition. This competition, commonly called "TPC," is a 3 gun type of competition with a handgun, rifle and shotgun. It also involves movement, reloading, firearm transitions, decision making and tactics. "It mirrors modern law enforcement training and is competition based training," commented Hoyer.

Also on Saturday the "New Mexico Challenge" was held. This is a new shooter event to encourage officers from New Mexico to try competitive shooting using their duty pistol and equipment, firing the Stock Semi-automatic course of fire. Although it has been successful in the past, this year was outstanding due to the support of SIG SAUER and Remington Law Enforcement. Remington provided free ammunition to all the shooters, and SIG SAUER provided numerous pistols as prizes. What a winning combination!

On Sunday the Shotgun Championship began and ran through mid-day Wednesday.

Monday saw the kick-off of the Police Pistol Combat, or PPC, segment. We set a new record for the number of competitors entering the championships since our move to Albuquerque. For the third year in a row the most entered event was the Stock Semi-Automatic match.

The vendor halls saw a lot of business with competitors and visitors taking the time to see what was new for law enforcement equipment and firearms.

The banquet had almost 500 competitors and guests in attendance with our own Wayne LaPierre as the keynote speaker. R. Lee Ermey, "The Gunny," was also in attendance and as usual stayed late to sign autographs.

Mark your calendars now for the 2011 National Police Shooting Championships to be held September 18-22 in Albuquerque.

Roy R. Bergman

11/5/34 - 9/27/10

It with great sorrow that we announce the untimely passing of one of our own, Roy Bergman. Roy was a part-time Staff Firearm Instructor with the NRA's Law Enforcement Division, and had been teaching the NRA Law Enforcement programs for longer than anyone - forty years. Roy passed away recently, surrounded by family and his wife of 57 years, Fran.

Roy was a U.S. Army veteran and 37-year law enforcement veteran of the Missouri State Troopers where he retired at the rank of Captain. Roy was a graduate of the FBI National Academy's 82nd session in 1968, and a 1975 graduate of Lincoln University where he received a degree in Criminal Justice Administration.

For those who were a student of Roy, or his friend, you knew his great passion for law enforcement training. His dedication to officer survival was second to no one.

Roy's memory and passion will live on within the law enforcement community.



And the winner is ...

**BY LARS DALSEIDE
NRA MEDIA RELATIONS**

Robert Vadasz has no complaints about his performance at the 2010 National Police Shooting Championships (NPSC). His score of 2981-221X put him ahead of the others to capture the Open Class 3000 Aggregate and his second championship title. The Senior Border Patrol Agent arrived in New Mexico expecting to shoot well, and said the match went pretty much as planned.

"It's a privilege and an honor to take my second championship in 3 years," Vadasz said. "When you win one, it really motivates you to come back and do it again," he continued. "It puts an exclamation point behind it - it really means something."

Incredibly, Vadasz also took the Championship in the NPSC Grand Championship event (Match 21). This event requires competitors to fire in every match offered during NPSC, including the Law Enforcement Shotgun Championship event. The competitor's individual scores from sixteen separate championship matches are added together to form their aggregate score. To place well, competitors must fire championship level scores in every match, maintain their focus and performance level for three straight days, and be masters with eight different firearms. After the smoke cleared, Vadasz took top honors with a score of 6150-412X, 24 points ahead of the next best competitor.



Wayne LaPierre (left), NRA Executive Vice-President, poses with Robert Vadasz (center) and Kayne Robinson, Executive Director of General Operations. Vadasz, of the U.S. Border Patrol, won the 2010 NRA National Police Shooting Championship 3000 Aggregate and the NRA Special Grand Championship Aggregate.

Vadasz credits his agency and his team mates with his success on the range. "My role in this, I hope, is to represent my agency - especially the Border Patrol agents who are out there in the field - in a positive light," he said. "I try to show what a Border Patrol Agent can do given the right tools and opportunity."

Vadasz's dedication to his agency is evident in his actions. Several of his individual and team trophies are on display at the Border Patrol Museum in El Paso, Texas. "I try to keep the trophies attached to the Border Patrol," he said. "Of course, the championship rings stay with me," he said with a smile.

Kayne Robinson, Executive Director of General Operations, said these sorts of relationships are the norm in law enforcement competition. "This is a group of people who understand the importance of true friendship," he said, adding Vadasz is "not only a solid shooter, he's a super-nice guy."

Stefanie Diaz, of the Los Angeles Police Department, was the High Woman in the Open Class 3000 Aggregate with a score of 2955-166X.

Diaz shoots her semi-automatic left handed, as she is left handed, but shoots her revolver right handed. "I had too" she said, "as a right handed (revolver) holster was the only spare holster when I started shooting competitively." "She definitely made it work for her" said Law Enforcement Director Glen Hoyer.

Diaz, who is assigned to the sex crimes unit at the Los Angeles Police Department, began competing over 10 years ago at the urging of her team captain Helen. "I love this (the competition) and I love the NRA for doing it. This is great for training."

Another shooter with the right tools at the right time was Dorcia Meador, of the Fort Worth Police Department. Meador captured High Woman honors



NRA Law Enforcement Director Glen Hoyer poses with members of the Venezuelan team. The 2010 NPSC included several international teams.



LAPD's Stefanie Diaz was the High Woman in the Open Class 3000 Aggregate.

in the NPSC Grand Championship Aggregate. Retired for more than a year now, Meador spent her last fourteen years on the force as the department range master. It is there she learned the importance of mastering as many disciplines as possible.

"It's a little more difficult to shoot all those guns and put together a solid week of shooting," said Meador. "One match can put you out or in. I like the idea, always have, because it

takes just as much skill to do all the guns instead of just one or two."

Law Enforcement Division Director, Glen Hoyer says "Robert, Stefani and Dorcia's skills with firearms are certainly indicative of their level of dedication and professionalism. I hope they continue with competitions, as they are such a great examples of the best law enforcement has to offer."



Dorcia Meador captured High Woman honors in the Grand Championship Aggregate.

New Mexico Challenge 2010

The New Mexico Challenge has entered its third year and its success continues. It is a low key competition designed specifically to encourage police officers to participate in competitive shooting without incurring the cost of additional or specialized firearms. The course is to be fired using standard-issue police duty handguns and gear. "We firmly believe that firearm competition is an extension of training and you cannot get enough training," said Glen Hoyer, Director of NRA's Law Enforcement Division. "When you can use your duty pistol and holster in competition it really helps with familiarity, handling skills and marksmanship. This directly transfers to your ability to protect yourself and others on the street," Hoyer added.

With well over 80 competitors competing this year it was very successful.

Many thanks go out to our sponsors of the event this year, SIG SAUER and Remington Law Enforcement. Both of these companies saw the value of encouraging law enforcement officers to participate in competition.

SIG SAUER donated seven pistols to be used as prizes in the New Mexico Challenge. "Our supportive efforts at events like the New Mexico Challenge and the NRA's National Police Shooting Championships is not just for the purpose of furthering our future business, it is a "Thank you!" to law enforcement officers for all they do for us, and a way to support them in their recreational activities," said Greg Foster, Federal Sales Manager for SIG SAUER.

To encourage officers to participate, Remington Law Enforcement sponsored the event by providing free ammuni-



tion to the competitors. Rick Johnson, National Law Enforcement Manager for Remington, said, "Freedom Group and Remington Law Enforcement were proud to sponsor this match. The law enforcement community has supported Remington for many years and this was just a small way to give some support back."

"We are trying to get more officers involved with competition as there is never enough training time," remarked Hoyer. "I want to thank SIG SAUER and Remington Law Enforcement for their support. I hope that police combat leagues around the country will offer orientation clinics, or trial matches, based on the stock semi-auto course of fire, to help encourage officer involvement."





We would like to thank our supporters who make the National Police Shooting Championships possible.

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Tactical Police Competition in Albuquerque

BY BERT PEACHER
NRA TACTICAL POLICE COMPETITION COORDINATOR

This year was another exciting time for the Tactical Police Competition 3-gun event, as we saw its numbers continue to grow for the third consecutive year. The weather was beautiful and we had a lot of experienced shooters attend as well as quite a few new shooters trying us out for the very first time. We had a total of 134 competitors for the two-day competition. What is fast becoming an event that is synonymous with the National Police Shooting Championships, this competition brings in competitors from all across the United States. This competition has become so popular, that we have begun to gather a following of the same competitors to many of our different venues where these competitions are held.

Completing another successful year at NPSC, the Tactical Police Competition's list of top ten competitors for each Division are as follows:

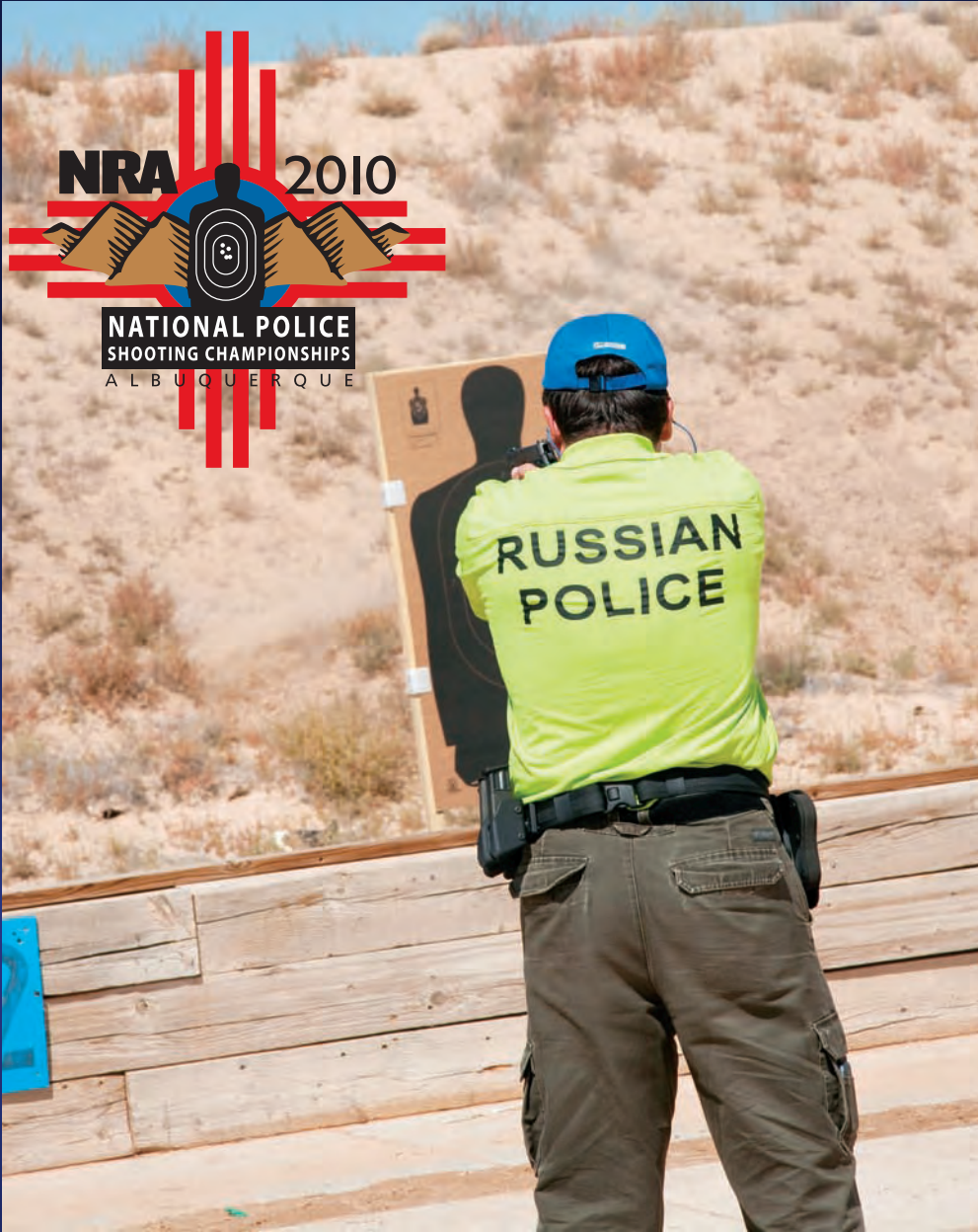
PATROL DIVISION

- 1 Ting Sun, McKinney Police Department, TX
- 2 Dan Earnest, San Antonio Police Department, TX
- 3 Jerry Tuscano, Perry Nuclear Power Plant, OH
- 4 Rich Donaghe, Albuquerque Police Department, NM
- 5 Mark Quintana, Department of Energy,
- 6 Jack Ragsdale, Tampa Police Department (Retired), FL
- 7 Dave Binkley, Omniplex International , VA
- 8 David Diller, Illinois State Police, IL
- 9 David Moore, Dorchester County Sheriff's Office, SC
- 10 Mike Lane, Lewisville Police Department, TX

TACTICAL DIVISION

- 1 Jay Bodnar, Perry Nuclear Power Plant, OH
- 2 Craig Calkins, Colorado Springs Police Dept., CO
- 3 Russ Baisly, U.S. Border Patrol
- 4 John Harris, McKinney Police Department, TX
- 5 Ken Naffziger, Lewisville Police Department, TX
- 6 Brent Smith, Round Rock Police Department, TX
- 7 Fermin Ortega, Department of Energy
- 8 Mike Dowd, Colorado State Parks, CO
- 9 Mark Miller, U.S. Border Patrol
- 10 Roger Bell, New Mexico Mounted Patrol







Vision and Shooting, Part 3

BY EDWARD C. GODNIG, O.D., FCOVD

Although movement of a target improves the ability to detect a figure from its surroundings, at the same time, as speed of a target increases, the ability to distinguish details of the target decreases. It follows that once you fixate upon a target, the chances of engaging and discerning details of the target with precise eye-hand-mind coordination improves as the target speed slows towards becoming stationary. Fixation control is the ability to maintain steady and accurate eye position upon a stationary target. Many visual factors influence improved fixation control such as high contrast of target, color and size of target, as well as flexible eye focusing skills. Fixation control begins to deteriorate after a few seconds of steady fixation because the eye has an innate tendency to continually scan and move to change retinal areas of stimulation. Also, the ability to follow a moving target (pursuit movements) uses other neurological controls than do fixation control. Pursuit movements, as well as fixation control, improve as the quality of the target's contrast and brightness increases.

The following visual skills are important for shooter speed and accuracy of aim.

Visual acuity

Both static (discerning detail of a stationary target) and dynamic visual acuity (discerning detail of a moving target) is important to a marksman. Good dynamic acuity will enhance a shooter's visual reaction time and eye tracking abilities.

Peripheral vision

Skillful shooters have reported a visual ability of maintaining an awareness of a central target while simultaneously maintaining a vast amount of peripheral visual awareness. A fully functioning visual system is capable of responding to objects located within a total visual field (which for each eye is approximately 40 degrees up, 60 degrees toward the nose, 70 degrees down and 90 degrees towards the temple measured from a central point of fixation). It is critical that shooters are aware of what is beyond and around the target to insure safety, and peripheral vision awareness is crucial to achieve this task.

Depth perception

An essential skill for the shooter who needs to judge relative distances between targets.

Eye motility

Eye tracking abilities are crucial to maintain accurate detail and awareness of any moving target. This skill is highly critical if a marksman needs to shoot a moving target.

Eye-hand-body-mind coordination

A necessary set of visual coordinated abilities that are used in developing precise trigger control while maintaining precise aim on target.

Visualization

The ability to use your "mind's eye" to create a mental visual picture when direct view of a target may not be possible. This highly developed visual skill is useful to anticipate where a target or adversary is most likely to be located during episodes of lack of direct vision.

Speed of recognition time

Extremely important when a target may be only visible for a brief moment in time. The ability to accurately recognize as much of a target in as little as 0.01 seconds can be critical in deciding to shoot, or not shoot, a target.

Eye focusing flexibility

This ability plays an extremely important part of a shooter's ability to quickly adjust focus upon targets that are located in different distances in space. The speed and flexibility of quickly changing eye focus from one point in space to another point in space has a direct influence on maintaining clear, single binocular vision while in shooting competition or in combat.

Color perception

May prove to be a useful skill when confronted with the need to engage targets of specific coloring.

Fixation ability

Necessary to establish 'sight picture' awareness and consistency.

Visual memory

Used to embed the learning elements of training to help skills reach the point of automaticity. Training to the point of automaticity implies that the speed of processing and performing a set of skills is fast, there is a relative lack of



Edward C. Godnig, O.D., FCOVD, is a 1976 graduate of the New England College of Optometry, Boston, Massachusetts. He maintains a private practice of optometry specializing in behavioral optometry.

Behavioral optometry is a clinical discipline that diagnoses and treats visual skills and abilities that have an impact on learning and movement behaviors. Dr. Godnig has a particular interest in enhancing the ability of shooters to use their visual system to improve marksmanship.

He has developed visual training exercises for shooters to improve the skills necessary for fast and accurate shooting. He can be reached at egodnig@ak.net for more information on visual training seminars for individuals or groups of marksmen. He also acts as a consultant to law enforcement professionals specializing in the areas of visual perception and visual attention.

Dr. Godnig welcomes inquiries about his visual enhancement programs and consulting services.

effort to perform a skill, and the skill is autonomous such that it may be initiated and run completely on its own without an active voluntary conscious thought process. The automaticity realization of shooting skills is useful in avoiding visual perceptual overload resulting in confusion in target recognition.

Central-peripheral awareness

The ability to have awareness of central details of a target and simultaneously be aware of the visual space surrounding the target (the peripheral space around the target). This skill helps a shooter avoid getting locked into “tunnel vision” for extended periods of time.

What is exciting to report to shooters concerning the above mentioned visual skills is that most all the skills (except for color vision) have a learned component involved in the acquisition of the skill, and this learned component can be trained to improve. Not only are there testing procedures to determine how well these skills have developed and how efficiently they function, but there is emerging a growing body of visual training techniques which may enhance performance in the visual skills important for shooting. Sports vision training is the optometric art and science of fine tuning and enhancing visual skills and abilities. Sports vision practitioners are designing exercises and learning opportunities to enhance and fine tune visual skills used during shooting.

Why are some shooters able to maintain visual-motor (eye-hand) accuracy despite high arousal, as seen during the BAR, leading to lower visual focusing control? There are various models to help explain this paradoxically confusing relationship of visually monitored marksmanship control during the BAR. The one consistent thread that is part of most explanations is professional, comprehensive firearms sports training, and knowing when and how to implement this training with confidence. Current neurobiological biofeedback research has clearly demonstrated that humans can be trained to control certain autonomic nervous system functions. This implies that with proper training, particularly under stressful conditions, a well established image of proper visual spatial alignment can be maintained as a consistent eye-hand-body-mind coordinate system. Shooters that can maintain sufficient and efficient eye-hand-body-mind coordination control and adequate visual attention during the BAR will be capable of accurate marksmanship during high combat stress. It is becoming increasingly evident that you can learn to “visualize” a visual image even without having direct accommodation (direct focus) on the object of regard. The ability to visualize and develop improved eye-hand-body-mind coordination skills can be trained using a variety of visual training techniques.

An example of a sports visual training exercise is ‘flash recognition training’. This type of training is designed to improve a shooter’s ability in the areas of speed of visual recognition time and short term visual memory. The goal of this technique is to accurately perceive and retain visual information in increasingly shorter and shorter periods of

time. One behavioral outcome of this type of training may be increased visual attention to increasingly complex visual stimuli.

During World War II optometrists used flash recognition training to teach U.S. Navy Pilots airplane recognition. This training reinforced optimal “visual posturing” (includes the posture of every body part whose adjustment affects vision) adjustments the pilots made to improve their visual perception of targets.

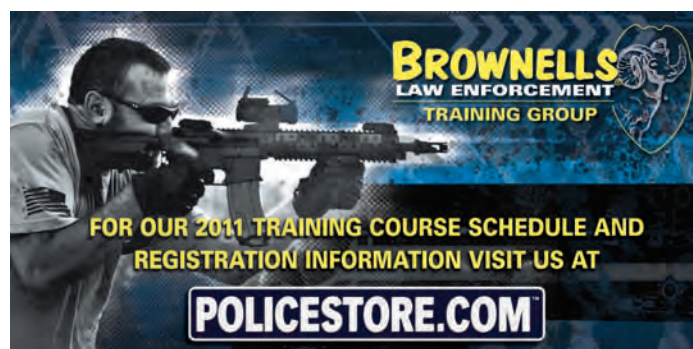
A 1995 research report discussed a three month visual training program conducted with the Catalan Government Special Intervention Squad at the Olympic Training Center in Spain. Pre-test and post-test results were compared for pistol shooting performance and visual function. Statistical analysis revealed significant gains in visual function and pistol shooting scores after the visual training program.

Another example of visual training is biofeedback training. Using an instrument that allows you feedback as the relative stimulation or relaxation of the eye focusing muscle (ciliary muscle) can exert a carry over effect during intense shooting competition. A learned behavior of voluntarily stimulating a positive accommodation (parasympathetic response) during the BAR can act as a counter force to the negative accommodation response to the sympathetic nervous system stimulation during the BAR.

Sports vision training has developed effective exercises to enhance and fine-tune depth perception, eye motility and movement speed and accuracy, eye-hand-body coordination, visualization, speed and flexibility of eye focus and visual memory skills. More information concerning visual training for shooters, and practitioners that offer these services, is available by contacting organizations listed below.

To learn more about sports vision training contact the following organizations:

- **College of Optometrists in Vision Development**
www.covd.org
- **The Optometric Extension Program Foundation**
www.oepf.org
- **American Optometric Association**
www.aoanet.org



WHAT MAKES A MOVIE GUN GO BANG?



*A short lesson in firearms technology
from the National Firearm Museum*

We've all seen silver screen footage where good guys (and bad guys) whip through magazine after magazine with no jams, absolute perfect functioning. Yet it's a movie, so you know they must be using blanks. Either that or the extras definitely aren't getting paid enough to absorb real bullets. How do they do it? You yourself might have fired a blank or two, but never got them to function semi-automatically. But the movie folks keep blasting away...

The current "Hollywood Guns" exhibition in the National Firearms Museum provided the solution - why not look inside one and see what exactly makes a movie gun work so well with blank cartridges. We wanted to pick a well-known

gun that would reveal propmaster secrets, so we chose the classic Beretta 92F 9mm pistol wielded by Bruce Willis in *Die Hard*. It also turned out to be the exact same pistol that Mel Gibson had used in *Lethal Weapon*. Bonus - but in Hollywood many movie guns have unbilled credits, appearing in similar films time and again.

The outside of the gun gave nothing away - just a hard-used semi-automatic with dings galore. But field-stripping the pistol started to reveal some changes. The recoil spring was considerably weaker than a comparable one from a fellow staffer's Beretta and the locking block underneath had been cut down to minimize the engagement surface. But the big difference was

inside the barrel. Countersunk inside the muzzle, deep inside the bore, was a threaded plug. The recoil effect generated by gases from firing could be magnified by screwing the plug deeper. The more the screw was turned, the less open space in the barrel. Combined with a very well-polished interior, it was no wonder blanks would feed like yippi-kai-yay into the chamber, and then easily eject from the Beretta's cutaway slide. And that's how Bruce and Mel were able to shoot their Beretta pistol flawlessly with 9mm blank cartridges.

Visit the National Firearms Museum online at www.nramuseum.org.

2011 NRA Law Enforcement Firearm Instructor Development Schools

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New schools are added often.

Check website frequently for current Training Schedule.

Range fee, if any, is payable to some hosting agencies; amount varies.

NRA Tuition = \$525 per person

HANDGUN & SHOTGUN

Feb 14-18	Tucson, AZ
March 7-11	Ford City, PA (west)
Apr 11-15	Amarillo, TX
Apr 18-22	Florence, AL
May 2-6	Smithton, PA (west)
May 9-13	Shreveport, LA
June 6-10	York, PA (east)
June 20-24	Mexico, MO
Sep 12-16	Cottonport, LA
Oct 3-7	Ford City, PA (west)
Nov 14-18	Florence, AL

HANDGUN

Jan 24-28	West Monroe, LA
Apr 11-15	Littleton, CO (public LE only)

PATROL RIFLE

Jan 31-Feb 4	Barton, FL
Feb 21-25	Tucson, AZ
Feb 28-Mar 4	Florence, AL
March 7-11	Columbus, GA
Apr 18-22	Bethlehem, PA (east)
May 9-13	Ford City, PA (west)
May 23-27	Baton Rouge, LA
July 18-22	Littleton, CO (public LE only)
July 18-22	Smithton, PA (west)
Aug 8-12	West Monroe, LA
Aug 29-Sep 2	Coden AL
Oct 10-14	Ford City, PA (west)

PRECISION RIFLE

Feb 21-25	West Monroe, LA
Feb 28-Mar 4	Memphis, TN
April 4-8	Florence, AL
Apr 25-29	Maryville, TN
Aug 22-26	Coden, AL
Sep 19-23	Amarillo, TX

SELECT-FIRE

March 21-25	Baton Rouge, LA
May 16-20	Ford City, PA (west)
Aug 8-12	Maryville, TN
Aug 30-Sep 3	Tupelo, MS
Oct 3-7	Littleton, CO (public LE only)
Oct 17-21	Florence, AL

TACTICAL SHOOTING

March 14-18	Florence, AL
Apr 11-15	West Monroe, LA
Apr 25-29	Bethlehem, PA (east)
Aug 1-5	Maryville, TN
Aug 22-26	Littleton, CO (public LE only)
Sep 12-16	Smithton, PA (west)
Oct 10-14	Covington, TN

TACTICAL SHOTGUN

March 21-25	Elizabethtown, PA (east)
Apr 4-8	Ford City, PA (west)
Apr 11-15	Bethlehem, PA (east)
Apr 18-22	Maryville, TN
May 9-13	Gunnison, CO
July 11-15	Amarillo, TX



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