

# I'll probably miss the next pair as well...

**SOMETHING GETS NEARER TO BECOMING A HABIT EVERY TIME IT'S REPEATED. ROUTINES ARE HABITS – SOME ARE GOOD AND SOME ARE BAD SAYS MICHAEL BRUNTON**

In all aspects of life, most of us have routines. It follows therefore, that you probably have shooting routines – not just physical pre-shoot routines but mental preparation routines.

Unless they are bad habits, routines have a major advantage – they are certainties – they make you feel more in control and ensure concentration before and during shooting. Good routines should be developed for all areas of your shooting – a concentration routine, a studying the targets routine and an in-the-box routine. This way you don't give nerves or negative thoughts the time or opportunity to get a grip.

But what about bad habits? Any such bad habit or inadequate routine that is restricting your scores should be changed... such as thinking "I never shoot well in the early season" or "I'll probably miss the next pair as well!"

Most of us know instinctively when we don't have the right mental approach to a competition or are incorrectly addressing the target – so rely on your instincts. Once you have used those instincts to identify bad habits, enlist a coach or shooting friend to help break those habits.

Truthfully analyzing your general performance (or specific championship performance) will help highlight inadequate routines and bad habits. Even better, maintain a 'performance journal' so that you (or your coach) can more easily identify problem areas – and that's exactly what Lanny Bassham advocates in his column this issue. His advice, read in conjunction with Richard Rawlingson's review of the many tricks that target setters use to ensure that shooters are not always in their 'comfort zone', makes fascinating reading.

## TRIPLE CLASSIC

Since the mid-January announcement of the Triple Classic (UK, Russia and USA), more sponsors have come on board, ensuring that the first leg of this World Series event – to be held at Highclere Castle in England – will be a great 'Sporting Festival'.



Elsewhere in this issue we have published the guaranteed purse for both the Sporting and Parcour de Chasse events – exactly the same prize funds have been earmarked for the events to subsequently be held in Russia and USA. Judging by the 270 plus entries received in just seven days after launching the Triple Classic, this promises to be a spectacular event! For full information on venue, events, accommodation, travel and entry forms, visit the shoot website at [www.tripleclassicsporting.com](http://www.tripleclassicsporting.com).

## WORTH WAITING FOR

Decisions, decisions! I'm well aware that this issue of the

magazine is a week late arriving with you. By delaying the publication date by a few days we have been able to bring you a full report on the Seminole Cup in this issue – just two weeks after the event! Otherwise, the report would not have been published until our May issue, two months out of date!

Here at ClayShootingUSA our editorial team and correspondents are often asked to go the extra mile to bring you up-to-the-minute shoot reports and a wide selection of topical articles and reviews. It's what sets this magazine apart from others and we hope, as always, that you enjoy this issue – even though it's a week late! ■