

# Painfully slow progress

*IT IS ALMOST A YEAR TO THE DAY THAT I BROKE MY UPPER RIGHT ARM AND FRACTURED MY SHOULDER JOINT IN FOUR PLACES. I'D TAKEN A CRASHING FALL WHILE HELPING BUILD THE TRIPLE CLASSIC SPORTING COURSE AT FOX LODGE IN MOSCOW LAST OCTOBER – SHOOTING WENT ON THE BACK BURNER FOR MANY MONTHS.*

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**PUBLISHER**

Believe me, the pain was excruciating – regardless of the position I held my near-useless arm. X-rays confirmed that the break was clean and that the bone remained aligned – so there was every chance of a natural mend rather than surgery. For many weeks life was miserable. I couldn't drive, it was impossible to dress without assistance and overnight I had to learn how to become left-handed! I was lucky – the break and fractures mended after eight or nine weeks, but then the hard work started. I needed an extensive physical therapy program to restore the full movement of my shoulder and build up my muscle tone. It was painfully slow progress, but rewarding as the months passed and full movement of the shoulder returned.

So, when Spencer Tomb (one of our regular contributors) told me he'd had rotator cuff surgery earlier this year, I thought it would be interesting if he wrote an article for this issue about his recovery program. His experience confirms that it is the post-op physical therapy that is so critical to full recovery and being able to start shooting once more. Those of you with shoulder problems – be it rotator cuff or otherwise – read and note!

## SIGNIFICANT CHANGES

Those competitors that regularly attend the NSCA National



Championship at San Antonio and expected the 'same old, same old', were in for a pleasant surprise. Target quality and the degree of difficulty was stepped up a gear to reflect the stature of the Championship and significant changes were made to the positioning of the sporting courses. The result was predictable – the best Nationals for a number of years. Well done HQ.

Our congratulations go to Tony Rivera, the new National Champion – and to Chad Cooley who shot 100 straight in the K-Kup.

For many of those that shot the Nationals, it's been a long season. Now's the time – says Lanny Bassham in his regular column – for 'Reflection and Evaluation' on the season. It's important to look back at competitions such as the Nationals to gain insight in ways to improve in the coming year.

Entries for the Nationals (full report elsewhere in this issue) remained on a par with last year – surprising in view of the growing

numbers joining the NSCA. Clearly the cost of four or five days in San Antonio was an economic brake on entries. Economic issues are becoming increasingly important to the future of our sport and in this issue Tom Thompson examines the ever-rising cost of enjoying sporting clays and its effects on entries at Big Blasts and club membership up and down the country.

## LOOKING AHEAD

It's hard to believe that having completed this issue another year has passed. Together with our regular contributors, editorial and production staff, we thank you all for your continued good support of ClayShootingUSA and assure you of our commitment to bigger and even better things next year. In the meantime, enjoy the winter break, have a great Christmas and New Year and we look forward to seeing many of you at the start of the 2007 season in Florida in the spring! ■