



Sporting Sentinel

"Tips & Tales of the Wing & Clay Variety"

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Greetings!

Welcome back! With tournament season in full swing, we continue with our focus on the mental game, namely the pre-shot routine. How can we break more targets? Executing a memorable, repeatable process, like The O*P*T*I*M*A*L® Process, for each shot pair. That's how. It is guaranteed to yield higher scores on the Sporting Clays course.

NEWS FLASH !

Don adds South Florida Shooting Club to the list of venues where he coaches. This month Don will offer lessons, gun fittings and an NSCA Level I Instructor's Course. He will visit your club on request. Book now by sending an [e-mail](#) or calling us at (407) 697-6236.

This Month's Shooting Tip:

Clay Shooting TIP: **The OPTIMAL Process®** **Part 2 (Pre-Shot Routine)**

Pre-execution routines in self-timed sports have three basic purposes: 1) to "program" or visualize the desired execution, 2) to optimize brain wave activity, and 3) to calm or clear the conscious mind. The second half of the OPTIMAL Process, "I-M-A-L", accomplishes all 3 of these purposes.

- [READ MORE](#) - (PART 2 of OPTIMAL)

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Book a lesson or gun fitting now

Whether you are a competitor, recreational shooter or wingshooter, I will help you propel your shooting performance to the next level. [BOOK NOW!](#)

Lessons & Fittings March / April Dates:

BRADFORD *TAMPA BAY*
QUAIL CREEK *AMELIA ISLAND*
OK CORRAL GUN CLUB *ON-REQUEST*

*[March 3](#) (Mon) - Lessons
@OK Corral (Okeechobee)
PM Session OPEN, AM Booked

*[March 8](#) (Sat) - Lessons - FULL
@Bradford Sportsman's Farm

*[March 9](#) (Sun) - Lessons-OPEN

*[March 12](#) (Wed) - Lessons-OPEN
@South Florida Shooting Club

*[March 14/15/16](#)-Lessons-OPEN
@Tampa Bay Sporting Clays

*[March 21/22/23](#)-Teaching
NSCA Level I Instructor Crse.
@Tampa Bay Sporting Clays

*[March 25 & 26](#) -



The OPTIMAL Process-Part 2
(I-M-A-L...pre-shot ROUTINE)

See OPTIMAL [Part 1](#). (In case you missed it)

I hope you enjoy this month's newsletter. Until next month.....

Good shooting!

Don Currie, AICSI
Master Shotgun Coach & Gun Fitter
Academy of Wing & Clay Shooting
NSCA Level III Instructor
NRA Instructor (Shotgun, Rifle, Pistol)
Orvis Wingshooting School Instructor
ASEP Certified Coach

Buy Don's DVD !

"Focus-Movement-Faith" the highest rated and reviewed Sporting Clays instructional DVD on Amazon.

[BUY NOW!](#)

[Read the reviews](#)



2-Day Wingshooting School
@Honey Lake Plantation
(to reserve call 850-948-9911)

*[March 28/29/30](#) - Lessons
OPEN

*[April 3-6](#): FL STATE CHAMP.
@Bradford Sportsman's Farm

*[April 10](#) - Lessons - FULL
@ Amelia Island

[Click Link to BOOK NOW!](#)

All other dates: TBD - Call for availability.

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