



Greetings!

Happy New Year! 2015 is already shaping up to be a busy year with plenty of teaching, tournaments and travel. I took a rare two weeks off over the holidays to recharge. I hope you did as well. Whenever I have a bunch of time on my hands, I tend to reacquaint myself with a book or two. This time, it was "THE QUIET EYE IN ACTION", by Joan Vickars.

If you are not familiar with this landmark work, fasten your seat belt! It is essentially the science behind how we see, engage and intercept a moving target. I would LOVE to be a "fly on the wall" if we could ever get Robert Churchill and Joan Vickars to sit down for tea (impossible of course). Continuing where we left off with Churchill last month, wing and clay shooting has always been, and will always be, about pointing the shotgun at the target and allowing the subconscious to calculate lead based on the available visual stimuli. For the "experts" still advocating a "lead calculation", chicken blood and incense work just as well. The top shot in clay shooting does not beat his opponent with superior ability to consciously calculate lead, but rather with flawless mechanics and a superior trust in his "visuo-motor system" to put the gun in the right place.

This book is absolutely fascinating, but it is 237 pages of very dense material. Never fear! Sporting Sentinel is here! If you would rather read a book summary than a book, this newsletter is for you! I read it for you and distilled all of the nuggets that I thought applied to our sport.

NEWS ITEMS !

> Check out the latest issue of

Quick Links

- Testimonials
Locations
Video Gallery
Sponsors & Links
ARGENTINA 2015 ! !



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 January/February/March:

- *TX, SC, NC, FL*
SOUTH FLORIDA SHOOTING CLUB (Home Club)
OTHER CLUBS ON-REQUEST
*Jan 2-4 (Fri-Sun): Lessons @ South Florida Shooting Club, FL
*Jan 8-10 (Thurs-Sat): Lessons @ South Florida Shooting Club, FL
*Jan 13-15 (Tues-Thurs): Lessons @ Burge Plantation (Mansfield, GA)
*Jan 16-18 (Fri-Sun): NSCA Level I/II Instructor Course @ Fox Hall (Douglasville, GA)
*Jan 21-24 (Thurs-Sat): Lessons @ South Florida Shooting Club, FL

CLAYSHOOTING USA

The Jan / Feb issue contains a great article on the NSCA Instructor Program.

> Teaching locations for Jan/Feb/March....

- Deep River (Sanford, NC)
 - Westside Sporting Grounds (Houston, TX)
 - Etowah Valley Sprng Clays (Dawsonville, GA)
 - Fox Hall Resort & Spa (Douglasville, GA)
 - Tampa Bay Sporting Clays
 - Sarasota Gun Club
 - Burge Plantation (Mansfield, GA)
 - Bradford Sportsman's Farm (Graham, FL)
- ...and of course SO FLORIDA SHOOTING CLUB
*For details, see right panel of this newsletter.

> NSCA Level I/II Courses in GA & NC!

At Foxhall resort in Douglasville, GA on Jan 16-18 and at Deep River Sporting Clays on Mar 19-21. There are still a couple of slots left: Teaching these with a Georgia boy and fellow Level III, Dale Bouchillon (GA)...and my long-time mentor and elder statesman, Bill Kempffer at Deep River (NC).

This Month's Shooting Tip:

"The Quiet Eye in Action"
- a "sort of" book summary.

What is the relevance to the Clay Shooter?

The visual intensity required to break a moving clay target is far greater than most novice shooters apply or understand. Read on...

*[Jan 29 \(Thurs\)](#): Lessons in Houston, TX

*[Jan 30-31](#): NSCA Annual Meeting (San Antonio, TX)

*[Feb 4 \(Wed\)](#): Bradford Sportsman's Farm (Graham, FL)

*[Feb 5-7 \(Thurs-Sat\)](#): Lessons at Etowah Valley Sporting Clays (Dawsonville, GA)

*[Feb 11-14 \(Wed-Sat\)](#): Lessons @ South Florida Shooting Club, FL

*[Feb 18-21 \(Wed-Sat\)](#): Lessons @ South Florida Shooting Club, FL

*[Feb 24-25 \(Tues-Wed\)](#): Lessons @ Tampa Bay Sporting Clays

*[Feb 26-27 \(Thurs-Fri\)](#): Lessons @ Sarasota T & S (Nokomis, FL)

*[Mar 5-7 \(Thurs-Sat\)](#): Lessons @ South Florida Shooting Club, FL

*[Mar 12-14 \(Thurs-Sat\)](#): Lessons @ South Florida Shooting Club, FL

*[Mar 17-18 \(Tues-Wed\)](#): Lessons @ Deep River SC (Sanford, NC)

*[Mar 19-21 \(Thurs-Sat\)](#): Level I/II Course @ Deep River (Sanford, NC)

[Click Link to BOOK A LESSON!](#)

All other dates: TBD - Call for availability.

Forward To A Friend

Join the Mailing List

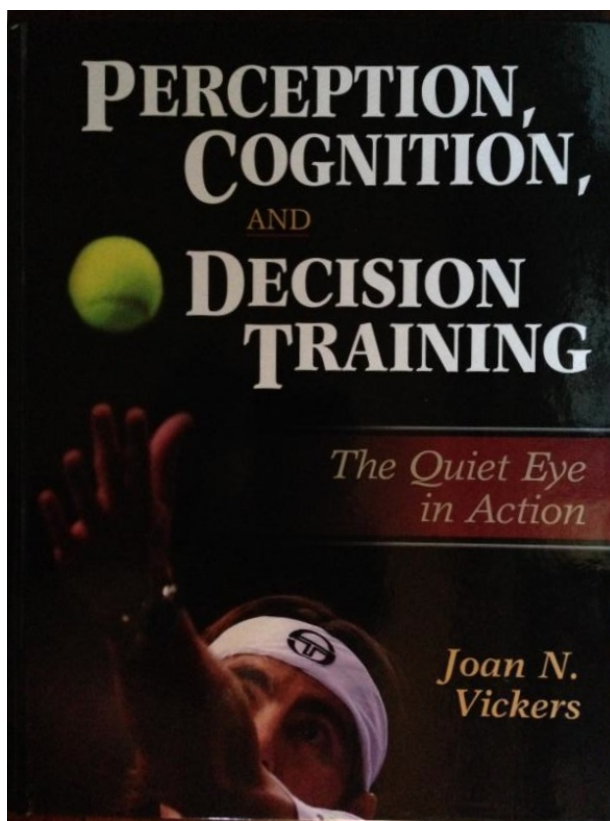
Connect with Don

Like us on Facebook 



(407) 697-6236

Coach@DonCurrie.com



In this book, Joan Vickers painstakingly describes her groundbreaking study into "The Quiet Eye", our "visuo-motor system" and how the visual gaze of elite athlete differs from that of the "near elite" athlete. She found that the visual gaze of elite athletes was:

- Longer,
- Initiated sooner,
- Held later and closer to action/intercept event,
- Was more constant from acquisition through fixation and action (void of distraction)
- Involved a brief interval of head stabilization prior to interception.

[READ FULL BOOK SUMMARY...](#)

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

Good shooting!

Don Currie, AICSI
Chief Instructor, NSCA
Club Pro, South Florida Shooting Club
NSCA Level III Instructor
NRA Instructor (Shotgun, Rifle, Pistol)
Orvis Wingshooting School Instructor
ASEP Certified Coach

[THE #1 DVD in SPORTING CLAYS!](#)

"Focus-Movement-Faith" is the best-selling and most highly rated and reviewed instructional Sporting Clays DVD.

[BUY NOW!](#)

[Read the reviews](#)

