



Greetings!

As the tournament season cranks up in the Southern US, we turn our attention back to optimizing our performance in competition. How can we break more targets? Having a memorable, repeatable process, like The O*P*T*I*M*A*L® Process, for executing each shot pair is critical to performing at a higher level in competition.

NEWS FLASH !

This month, Don will offer lessons, gun fittings and an NSCA Level I Instructor's Course. Don will visit YOUR CLUB on request. Book now by sending us an [e-mail](#) or calling us at (407) 697-6236.

This Month's Shooting Tips:

Clay Shooting TIP: The OPTIMAL Process® Part 1 (Pre-Shot Planning)

Pre-execution routines in clay target sports have 5 basic purposes: 1) to study the target and understand its character, 2) to establish a target engagement plan, 3) to imprint an image of the target and your execution of the pair, 4) to assume the proper physical position to execute the pair, and 5) to calm or clear the conscious mind.

Quick Links

- [Testimonials](#)
- [Event Calendar](#)
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Lessons & Fittings

February Dates:

- * Feb 6 (Thu) - Lessons FULL
1 Gun Fitting session available
@ [Tampa Bay Sporting Clays](#)
- * Feb 7 (Fri) - OPEN
- * Feb 8 (Sat) - OPEN
@ [Tampa Sporting Clays](#)
- * Feb 9 (Sun) - FL Hospital
Foundation Benefit Shoot
(Tenoroc)
- * Feb 14-16 (Fri-Sun) - OPEN
- * Feb 20 (Thu) - FULL
1 Gun Fitting session available
@ Tampa Bay Sporting Clays
- * Feb 21-23 (Fri-Sun)
Seminole Cup
(Lessons available nearby)
- * Feb 28 (Fri) - OPEN
- * Mar 1 (Sat) (Orlando)
2014 BETTER MAN Event
[Join me !](#)

*March 1 (Sun) - Open

[Click Link to BOOK NOW!](#)

All other dates: TBD - Call for availability



OPTIMAL Process - Part 1, Pre-shot Planning

The OPTIMAL Process is a trademarked process for sporting clays competitors that accomplishes all 5 of these purposes and is the only published pre-shot routine for the clay shooting sports that I am aware of. Enjoy the video and article. [Read Part 1 of "[OPTIMAL](#)" on DonCurrie.com]

Wingshooting TIP

Shooting at a feathered object is a bit less predictable than shooting at a clay one, so the positioning of your body, eyes and gun in the ready position are critical. Visual focus on the tail feathers of a flushing bird during your shot execution is also essential to the smooth and accurate movement of your shotgun to the target. So with the dogs on point, and the flushing dog working the brush, remind yourself to "see the tail feathers."

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

Good shooting!

A handwritten signature in black ink that reads "Don Currie".

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

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!](#)

Buy Don's #1 DVD "Focus Movement Faith"

has been the highest rated and reviewed sporting clays DVD on Amazon for over a year. [BUY NOW!](#)
[Read the reviews](#)

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