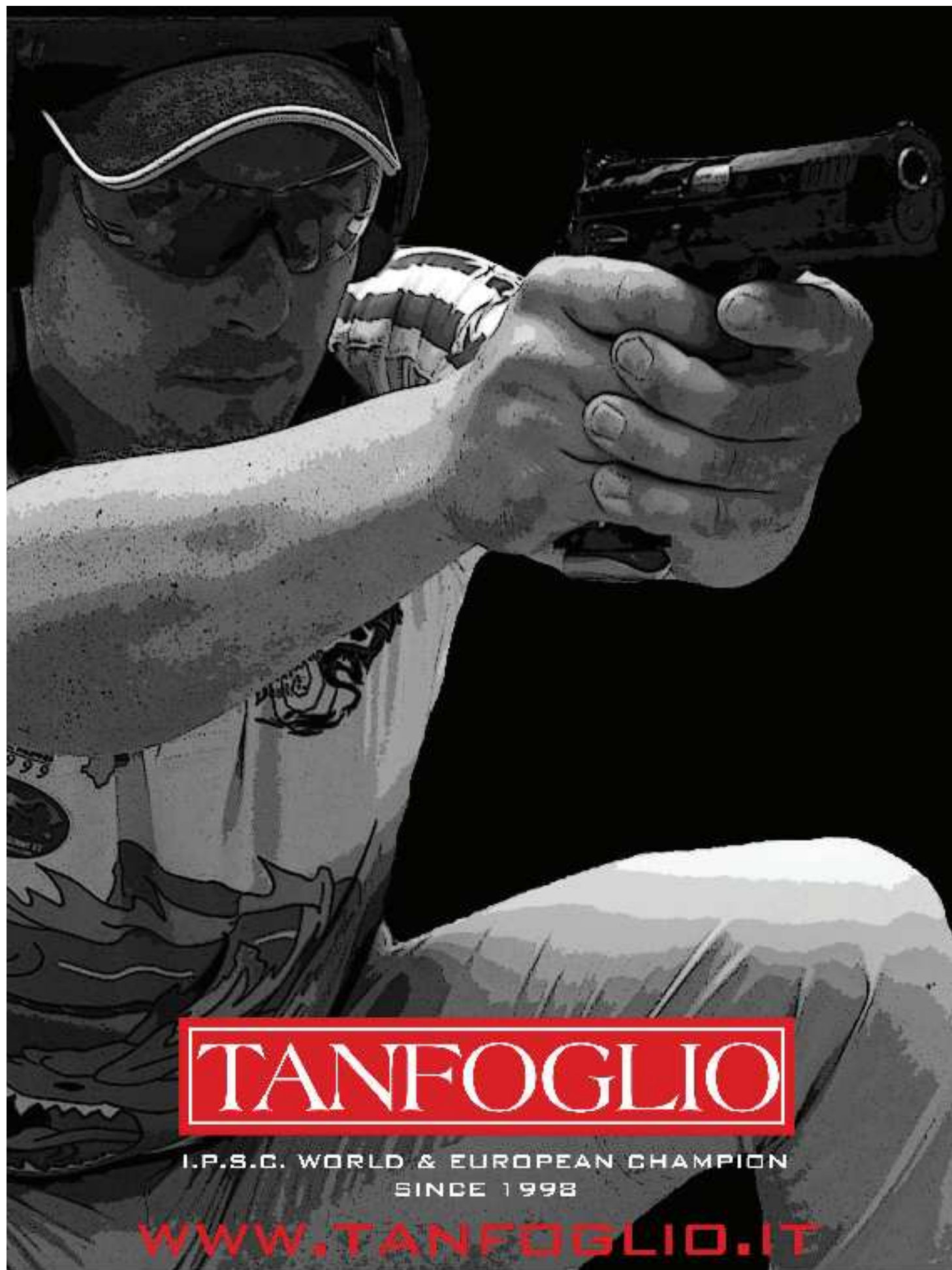




2015 MATCH CALENDAR
2014 WEST FRIESLAND CHALLENGE - NETHERLANDS

YOUNG GUNS - TIAAN VERMEULEN

- HOT SHOTS - ALEXANDROS SKLAVIS
- BEST OF THE BEST - JUAN JOSE DIAZ
- LEADING LADIES - KATHERINE ANONUEVO
- SENIOR SHOOTIZENS - SCOTT HOUSTON



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PRESIDENT'S PAGE



NICK ALEXAKOS
IPSC PRESIDENT

With less than 6 months to go before the first shots are fired at IPSC Handgun World Shoot XVII in Florida, things have understandably been hectic, but they've been smooth and well organised.

The IPSC Executive Council held its annual meeting in Florida in February, coinciding with the Florida Open, so that we would have an opportunity to meet again with Match Director Frank Garcia and his dynamic team and to inspect the host range while a match was in progress.

We also visited all the other related facilities required for the World Shoot such as the venues for the Opening Ceremony, the Awards Dinner and the 2014 IPSC General Assembly.

I'm pleased to report that after our hands-on visit, our confidence remains high, and I have no doubt in my mind that this important event will raise the World Shoot bar to a new level.

This match will not only have the highest number of competitors in IPSC history, there will also be an abundance of Match Officials to keep things running efficiently.

Slot allocations to regions are closed, and online Match Registration is well underway with 385 (33%) of the total 1,152 slots available in the Main Match already registered ahead of the final registration deadline of 15 July.

A record number of 140 official regional teams have been registered: Open (43), Production (40), Standard (39), Classic



Aerial Photo of Universal Shooting Academy's Bays for World Shoot XVII



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(12) and Revolver (6). Interspersed among those divisional teams are a number of category teams: Lady (14), Junior (7) and Senior (30).

The Pre-Match for Regional Directors, Sponsors and Match Officials is also expected to surpass the numbers achieved at all previous World Shoots.

Clearly, the return of the IPSC Handgun World Shoot to the region where it all began promises to be an event that will remain in our memories for many years to come.

New IPSC Website Server

As many of you may know, IPSC recently transferred its website hosting, email and related services to a new server because the former server could not cope with our increasing demands.

The transfer was a monumental undertaking, but it was a success, and I wish to express my heartfelt thanks to IPSC Webmaster Ian Fachie for his careful supervision of this onerous task.

Nick Alexakos
IPSC President



The Lakeland Center will host the Closing Ceremony for World Shoot XVII

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2015

LONG RANGE FUN FORECAST

A PEEK AT THE 2015 IPSC MATCH CALENDAR



While everyone's eyes and efforts are currently focused on Handgun World Shoot XVII to be held in Florida, USA in October 2014, a number of Regions are actively working behind the scenes preparing for the matches they will be hosting in 2015.

Although many final venues and dates are yet to be announced (keep an eye on the Match Calendar at the IPSC website for details), we are working hard on preparing all the logistics behind organizing the best matches all over the world; needless to say, this is not an easy task. Fortunately, the Regional Directors and their teams are focusing mind and soul to accomplish success. Here's a short summary of the five major events next year:

2015 SHOTGUN WORLD SHOOT II – ITALY

Our friends at IPSC Italy are in the final stages of planning for this major event.

As the inaugural Shotgun World Shoot held in 2012 in Hungary set the bar at such a great height, the Italians certainly have a tough act to follow, but they assure us that this will be a 30 stage match to remember.



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IPSC Italy served as host of the first Level IV European Shotgun Championship held in 2003 in Terni, so they are quite familiar with the requirements.



Also, as one of the Most Improved Regions of 2013, IPSC Italy has demonstrated that they have the ability to rise to new challenges.

Of course, in addition to the excitement of IPSC shooting, Italy is always a popular destination due to their culinary delights, their high fashion scene, and the large number of historical monuments.



2015 LEVEL IV EUROPEAN RIFLE CHAMPIONSHIP HUNGARY

As another of our Most Improved Regions for 2013, and as the region that hosted the inaugural and highly successful IPSC Shotgun World Championship in 2012, IPSC Hungary is clearly a rising star in the IPSC World.

The Level IV European Rifle Championship will be held in the town of Felsotarkany, located at the foot of the Bükk National Park situated in the north-eastern area of Hungary, roughly 120 km from the capital Budapest.



The charming and historic city of Eger, only 8km away, is well known for its magnificent castles, numerous thermal baths, historic buildings and exceptional wines.

Construction of the new shooting range commenced in 2013, and shooting distances of up to 300m are available. The range will be tried and tested with a number of rifle matches to be held during 2014, and prominent among them will be the Bükk Mountain Rifle Open in August 2014.

Based on the wonderful job they did with IPSC Shotgun World Shoot I in 2012, we have no doubt that IPSC Hungary will organise a fabulous European Rifle Championship in 2015.



City of Eger

2015 LEVEL IV AFRICAN HANDGUN CHAMPIONSHIP - SOUTH AFRICA

If you've never been to the "dark continent", or if you're looking for an excuse to return, this event is one not to be missed.



A vertical promotional banner for 5.11 Tactical. At the top, the 5.11 Tactical logo is displayed in white on a black background. Below the logo, the text "ARE YOU READY?" is written in large, bold, white capital letters. The background of the banner is a photograph of a person's hands holding a handgun, with a target board visible in the background. The target board has the number "36" on it. At the bottom of the banner, the text "Meet 5.11 Tactical at the Vendors Area at the IPSC European Handgun Championship in Portugal" is written in white. Below this text, the 5.11 Tactical logo is repeated, and the website address "WWW.511TACTICAL.COM" is displayed in white capital letters.



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- Sights Rear Ghost Ring Sight Picatinny Rail Front Fiber Optic Sight
- Barrel 51 cm (20")
- Overall Length 106 cm
- Average Weight 3.30 kg

Karatay



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- Stock Finish Synthetic Black
- Receiver Finish Matte Black
- Barrel Finish Matte Bluing
- Capacity 6+1
- Chokes Tactical Choke - Ext. MC-4
- Sights Rear Ghost Ring Sight Picatinny Rail Front Fiber Optic Sight
- Barrel 51 cm (20")
- Overall Length 106 cm
- Average Weight 3.00 kg

In 2002, IPSC South Africa proudly hosted IPSC Handgun World Shoot XIII at the (then) new shooting range situated at Polokwane, the capital of Limpopo Province.



Polokwane

Since that time, the range at Polokwane has been used for a number of successful IPSC matches, and the range facilities have continually matured.

Polokwane is a bustling and vibrant metropolis, surrounded by tree-lined suburbs and fascinating townships and rural villages. It was also was one of the host cities of the 2010 FIFA World Cup.

Just a short drive from the city centre is the magnificent Polokwane Game Reserve. Covering 3,250 hectares, with unspoiled bushveld and meandering drives, this scenic reserve is home to 52 different game species including the rare white rhino, the sable antelope and giraffe. It is one of the largest municipal reserves in South Africa.



The splendid Ranch Hotel is home to a pride of magnificent lions, many of whom are celebrities having appeared in various documentaries and movies. Despite their celebrity status, these amazing predators are wild, and their mighty roars are enough to raise the hair on the bravest of necks!

Of course other world famous attractions such as Kruger National Park and the bordering Sabi Sands Game Reserve, are also within easy reach.

So, if you want to combine a stimulating 24 stage IPSC handgun match with an unforgettable tourism experience, set your sights on South Africa in 2015.

2015 LEVEL IV PAN-AMERICAN HANDGUN CHAMPIONSHIP – BRAZIL

While football is undoubtedly the sport first and foremost in the national psyche, especially during 2014 when the country hosts the FIFA World Cup, passion for IPSC shooting is a close second.

After hosting the IPSC Handgun World Shoot XI in 1996, IPSC Brazil progressed at a truly phenomenal rate, with membership and matches growing year-on-year.



2015 IPSC Match Calendar

2015 LEVEL IV FAR EAST ASIA HANDGUN CHAMPIONSHIP – MALAYSIA

Although this event was originally awarded to IPSC Indonesia, with IPSC Malaysia scheduled to host the 2016 Level IV Australasian Handgun Championship, the two regions amicably agreed to swap the two matches because the new shooting range in Indonesia will not be ready in time.

This proposed swap of host regions is subject to the approval of the 2014 IPSC Assembly, but we do not anticipate any objections.



The inaugural Far East Asia Handgun Championship was hosted by IPSC Thailand in 2013, and it was a huge success, with over 500 competitors from over 30 different regions in attendance at their new 30 bay shooting range in Pattaya.

However, when it comes to range beauty, it would be tough to beat the magnificent surroundings of IPSC Malaysia's primary shooting range at Johor Bahru, at the southern peninsula of the country across the short vehicular causeway linking Malaysia with Singapore.



In fact, IPSC Brazil placed in the Top Three Regions in IPSC for over a decade, and that is testament to their success and development, so they clearly have the facilities and wherewithal to host this important fixture on the IPSC match calendar.

Although the final venue has yet to be announced, Brazil is undeniably one of the most exciting regions in the IPSC World, and is recognized as having the greatest biological diversity in the world.

If you've never been to Brazil, this will be an excellent opportunity to experience a unique culture, excellent food and remarkable sights.



2015 IPSC Match Calendar



Johor Bahru

The last time a major IPSC event was held in Malaysia was the 2010 Level IV Australasian Handgun Championship, and we are confident that this event will be even bigger and better.

If you have young children, they will most likely enjoy Lego land, the Puteri Harbour Family Theme Park and the Angry Birds Activity Park!



The range is surrounded by lush greenery and coconut trees, so shooting at that range feels as if you are shooting on a manicured golf course!



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2014 WEST FRIESLAND CHALLENGE



BY HANNEKE VERMEULEN
PHOTOS: BRITTA KOBLER

THE NETHERLANDS

Remember the old college prank of trying to squeeze as many students as possible inside a Volkswagen Beetle? If so, you'd be forgiven for thinking that was the inspiration behind a recent IPSC match in the Netherlands!

Imagine a twelve stage Level III match on an indoor range with only two shooting bays. Seem impossible? Contrary to conventional wisdom, Match Director Cees van Diepen and his diligent crew at Vereniging Schietsport Langedijk in Oudkarspel, Netherlands, proved that where there's a will, there's a way!

For the second year in a row the creative course builders used the Easter weekend to organize the West Friesland Challenge.

This year though, Cees had to organise this remarkable match without the assistance of his best friend and fellow IROA Official Peter Schouwink, who passed away last October. The routine of automatically dividing the tasks between them being disturbed, Cees literally worked for two.



2014 West Friesland Challenge

On a range that only has backstops at the end of the shooting bays, it's hard to set up interesting stages. That's where mobile bullet stops come in. They consist of steel plates in a wooden frame covered by rubber tiles and topped off with a sheet of wood on which you can staple one IPSC target, two half targets or two mini targets.

Without these mobile bullet stops you can only shoot directly at the backstop. With them, you can use the full 180 degrees safety angle and add a lot more depth to the stages.

Cramming six stages in one shooting bay not only means you need a busload of mobile bullet stops – 13 in this case – but that you must reuse multiple targets on different stages, otherwise they will not fit in the available space.

Fortunately, Dutch stage designers and builders often operate in small indoor ranges, so they are highly experienced working in confined spaces. Parts of one stage were cleverly reused in the next stage, and this served to avoid giving competitors that dreaded *déjà vu* feeling.

Rebuilding stages was sometimes complicated for the Range Officers, but all 116 competitors loved shooting them. The stages ranged from a 12 rounds Short Course requiring three shooting positions up to a 32 rounds Long Course where targets could be seen from different positions, allowing for multiple solutions.



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2014 West Friesland Challenge

Competitors encountered high and low ports, strong and weak hand challenges, running forwards and backwards, and various other tasks which made for a varied and balanced match.

Although the majority of shooters were from the Netherlands, participants also attended from neighboring regions.

German couple Wolfgang & Britta Kobler drove over in their campervan and spent the night in the parking lot next to the range. We were particularly happy to welcome Henk, Ronny & Jeffrey Schoemanker from Belgium: three generations participating in the same match!

Four competitors even came all the way from Denmark, and they all shot and worked the match.

Danish competitor Rene Mortensen became the proud owner of his very first IPSC President's Medal for taking overall honours in Standard Division. This undoubtedly made the long journey home more pleasant.

When all competitors had gone home, and all the stages had been disassembled, the range looked as if nothing had ever happened.

Despite being exhausted from taking on this huge task, Match Director Cees van Diepen merely sat down, wiped the sweat from his brow, and started planning next year's match.



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REGIONAL RAMBLINGS

REGION: Zimbabwe

REGIONAL DIRECTOR: Tara Maidwell

YEAR ESTABLISHED: 1980

WEBSITE: www.ipsc.org



Competitors from Safari Shoot 1987 pose for a group photo at Cleveland Pistol Club in Harare.

When the IPSC-forming Columbia Conference convened in Columbia, Missouri in May 1976, Zimbabwe (then Rhodesia), was one of the eight founder nations present. The others were the USA, Britain, South Africa, New Zealand, West Germany, Belgium and Japan.

1977 IPSC World Champion David Westerhout from Zimbabwe, then a once and future Olympic athlete, was the country's delegate at the Columbia Conference and he contributed, among other things, to the development of IPSC power factoring and the Comstock scoring system, the latter co-originated by Air Rhodesia Captain Tony Weeks.

Today, when Westerhout isn't hunting in the Zambezi valley or winning local

tennis matches, he still shoots regularly at Cleveland Pistol Club in Harare.



During the embryonic days of IPSC's evolution into becoming the Formula 1 of the shooting sports, Zimbabwe was one of the big guns, finishing third in the team event at the inaugural IPSC World Shoot in Switzerland in 1975, first place in the team event at the IPSC World Shoot in Austria in 1976, and Westerhout himself emerged as IPSC world champion in 1977 when the IPSC World Shoot was held in Zimbabwe.



Among other contributions to the sport, Zimbabwe was the first country to introduce steel plates in IPSC shooting matches. IPSC stalwart Bill Jordan and IPSC's first President Jeff Cooper were regular visitors to Zimbabwe, so there was a lot of exchange of ideas.

When Rhodesia became Zimbabwe in 1980, the government adopted a liberal policy on firearms ownership, which was partially a result of the foreign currency brought in by the safari hunting industry, and partly because of the favourable reputation the new country was getting from its sport shooters.



1977 World Champion David Westerhout with the 1st place team trophy that Rhodesia won in Austria in 1976.
David still shoots regularly at Cleveland Pistol Club in Harare.

Today in Zimbabwe, IPSC is shot nationwide at Cleveland Pistol Club in Harare, Donnington Practical Pistol Club in Bulawayo (where Zimbabwe's Regional Director Tara Maidwell does an excellent job of administering the sport), and Mutare Pistol and Rifle Club in the scenic Eastern Highlands on the border with Mozambique.

Each of the four main provinces hosts a leg of the national championships throughout the year, and the culmination is the Level III Zimbabwe Open, which is put on by a different club each year. In a related vein, Donnington hosts an annual Bianchi Cup match, and the clubs all have a number of IPSC stages set up for their members every weekend.



Competitors from the 1977 World Shoot in Salisbury, Rhodesia examine a target

The majority of Zimbabwean shooters compete in Standard Division, with the .40 S&W being the calibre of choice, though in the past two years a rapidly-growing Production Division has emerged under the guidance of four-time Zimbabwe team captain Paul Friendship.

And now Classic Division is starting to generate a lot of interest as well, as there are still a lot of single-stack 45ACP calibre pistols still lurking around from the good old days.

In 2012, Zimbabwe was privileged to host the Level IV IPSC Africa Zone Championship in Bulawayo, an event that attracted 111 competitors hailing from a diverse number of regions including Australia, the Czech Republic, Germany, Britain, Lithuania, Namibia, Norway, South Africa, Switzerland, and the USA.

Zimbabwe would love to host another World Shoot, and the necessary facilities for the range will be made available at Victoria Falls. One thing is certain, and that is that IPSC is alive and well in Zimbabwe.



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“My favorite part of attending a major IPSC match is meeting competitors from all over the world who share and have the same passion about IPSC shooting, and being able to experience a new culture in a different country.”

JOEY MIZUFUKA, 43
UNITED STATES
FIREARMS INSTRUCTOR

“My favorite part of attending big matches is meeting friends from all over the world and having a great time together. Of course, there's also the competition but, first and foremost, it's enjoying fellowship with other competitors.”

SASCHA BACK, 41
GERMANY
SAP BI FREELANCER



“Without doubt, for me the best part of a big match is the opportunity to build friendships and associations with new colleagues and friends from all over the world. Secondly, it's the opportunity to see the shooting skills of others, and to learn something from the experience.”

TOM MANSFIELD, 56
IRELAND
RETIRED POLICE OFFICER AND EX-MILITARY

“The thing I like most about attending major IPSC matches is that I get to hang out with, and seek guidance from, the best shooters in the world. I don't know of any other sport where a 14 year old kid can send a text message to a top competitor asking for advice and being assured of getting a reply.”

LEE WILLS, 14
UNITED STATES
STUDENT - MASTER CLASS, SINGLE STACK DIVISION USPSA



“I believe the best part of attending a major match is being able to tour the host country and enjoying new experiences. I also find driving to the match almost as enjoyable as the match itself.”

KYAL SHARPE, 15
AUSTRALIA
STUDENT

ON THE RANGE



“My favourite part is meeting old and new friends. As a Regional Director, I get to shoot the pre-match and this tends to be more relaxed and fun. Many good relationships have been made during this time and I am really looking forward to the World Shoot in the USA where I can catch up with old friends and make new ones.”

TARA MAIDWELL, 42
ZIMBABWE
FARMER



“Meeting many top competitors from different countries, and feeling that we are all part of a big, happy family.”

DON LICAYAN BELIMAC, 39
CANADA
ASSISTANT MANAGER

“I love the atmosphere and I love meeting new and old shooters.”

SHANE GRANT, 49
AUSTRALIA
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Name: Tiaan Vermeulen **Age:** 18 **Region:** South Africa

How did you first hear about IPSC?

My uncle and aunt, who both are international IPSC competitors, encouraged me to attend a Level 3 match, where both of them were competing. I was immediately fascinated by the speed and accuracy of the various competitors.

For how long you have been shooting?

I began hunting from a very young age, and I competed in my first IPSC Level 1 match at the end of 2010.

What division do you shoot and why?

Currently I compete in Production Division. My feeling was to start off with a basic and reliable handgun. My first gun was a CZ 75B, but subsequently I moved up to a CZ SP01 Shadow. In South Africa, the most affordable ammunition is 9 mm. As my father already had a licensed CZ 75B, I could immediately get involved in IPSC shooting.

What is the coolest about IPSC shooting?

You meet a lot of new people and travel extensively all over the world. Secondly it gives you a better insight into

guns and teaches you discipline in gun handling. The IPSC community is like one big family and it is always nice to see old friends at a match.



What inspired you to begin shooting?

Guns have always been part of my life. With hunting you must have the ability to stay focused for long periods of time. The mental challenge is one aspect of IPSC that is probably the most difficult to master but it's vital if you want to gain on your rivals. I use the principles gained in hunting and apply them to IPSC shooting.

What do your friends and family think about you shooting IPSC?

They are very supportive and are always willing to help with transport to practice sessions. They will also attend matches I'm shooting as often as possible. Occasionally I invite my friends to join me at the range where we enjoy recreational shooting.



What are the main challenges you have when shooting IPSC?

I'm a student, so it's difficult to fit in practice sessions between classes and studying. It's even more challenging when I compete in matches outside our local club or internationally. The cost of travel, accommodation and ammunition will always have an impact on my budget. My feeling is that without proper sponsorship it would be near impossible to compete at the highest level.



What other sports or activities do you enjoy besides IPSC shooting?

I spend a lot of time outdoors and play a bit of hockey and action cricket. Lately it is very difficult to find time for any activities other than shooting, although I squeeze in some time in front of the TV watching rugby or soccer.

What other sports do you think help with shooting?

I think that for any sport to help you with shooting IPSC it must focus on the mental aspects of the sport, in addition to the physical aspects, where co-ordination, balance and body positioning is important.



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NAME: Alexandros Sklavis

REGION: Greece

OCCUPATION: Gunsmith

AGE: 31

How many years have you been shooting?

I started shooting with a 22LR pistol at age 9. From then I took part in various shooting sports such as 25m pistol, 300m rifle, trap, etc. but the sport that gained my interest was IPSC shooting. I began to take part in IPSC matches from the age of 18, I won my first championship in Production Division in 2004 and from then I haven't looked back. IPSC Shotgun matches also interest me, so I shoot those matches too.

What do you like best about IPSC shooting?

I like IPSC shooting because it combines speed, accuracy and good strategy. I also like that in every match the different scenarios present a unique challenge. Even if I have a bad day I still enjoy a nicely designed match.



How often do you practice at the range?

I train at least once a week. When a big match approaches I increase the training time, and sometimes spend a full week training for a Level III match. If I have to train for a European or World championship, I might spend up to 20 days continuously training.

What is your match pistol and ammo?

In 2013 I became a member of the SIG Sauer Team in Greece. The pistol I use now is the new SIG Sauer X-Five Allround, and I am very pleased with that pistol. It's a very good choice for Production Division because it offers precision and speed with low recoil. I use Magtech 124 grain bullets as they offer me good accuracy, stability and reliability..

How do you prepare mentally for a match?

No particular preparation. I simply try to remove my stress and to be calm before the match. When I enter the stage to shoot, I remove all my thoughts and I concentrate on the task ahead of me.

Any special nutrition or diet?

Nothing special, but I am careful not to gain weight which will function negatively in my body. The days where a big match approaches I eat light dinners with few carbohydrates and more foods rich in proteins.

Any special exercises?

I try to dedicate 1 hour jogging or running each day in order to keep in good shape. I also go to Jiu-jitsu lessons which help me explore the endless possibilities of my body.

Do you dry fire or use an airsoft gun at home?

I dry fire at least half hour a day at home. I prefer to make specific exercises to help me to correct my sight picture and my movement. I do a lot of dry fire with my shotgun and practice reducing the time to load shells as I normally shoot in Standard Division.



Who do you consider your inspiration or mentor?

In 2005, Frank Garcia gave a shooting seminar which helped me improve my shooting skills and my way of training. Since then, I do what Frank taught me and I continue training with the same exercises.

How do you unwind at the end of the day?

Relaxing on my sofa, followed by a good night's sleep.

What advice do you have for up and coming shooters?

Try to chase Alphas on the targets! The only thing that matters is to gather points. Your time will shorten with proper training and shooting experience.



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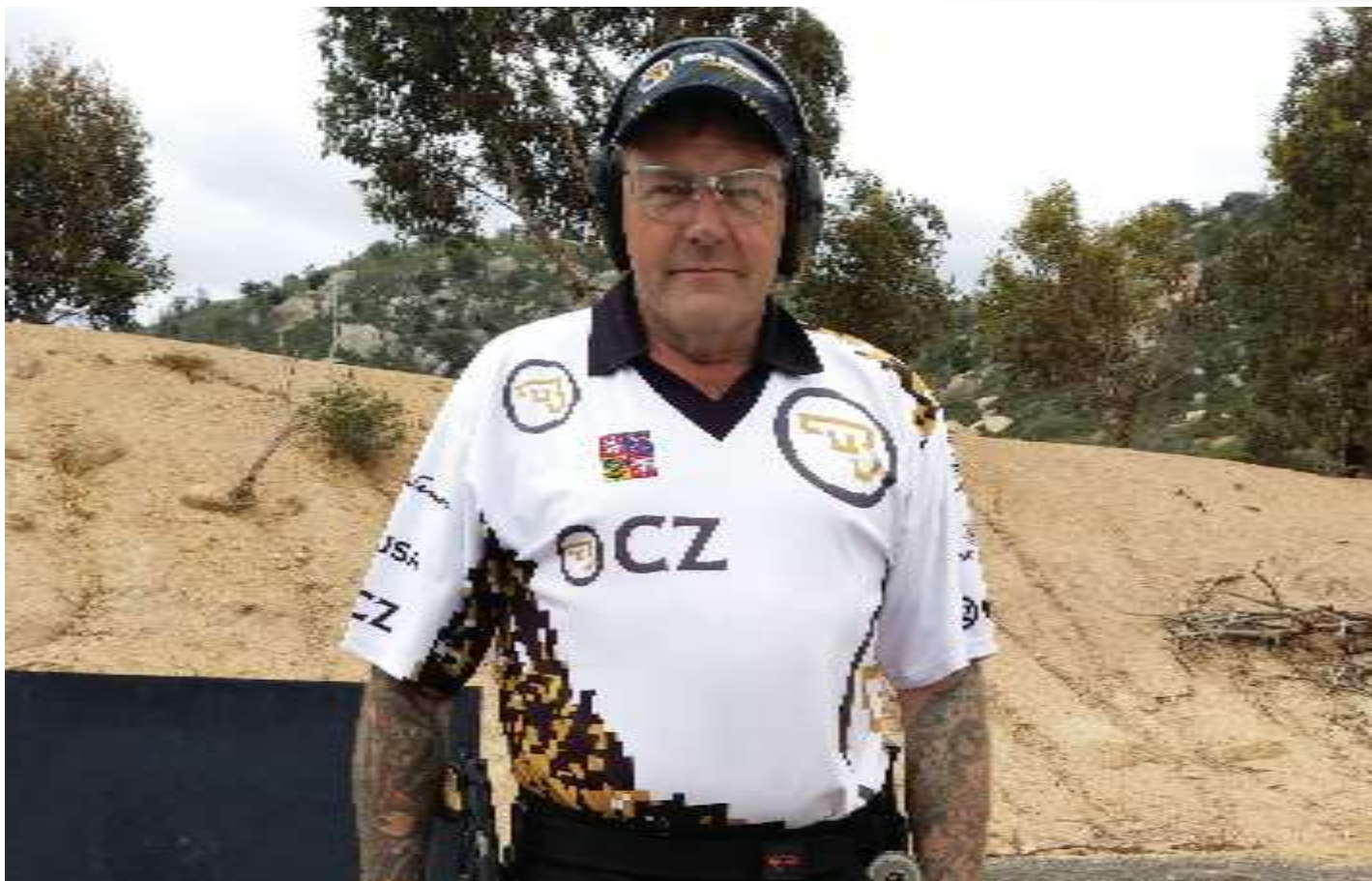
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SENIOR SHOOTIZENS



NAME: Scott Houston

REGION: Australia

AGE: 50

When and where did you first discover IPSC shooting?

I first discovered IPSC in 1999 when I joined the Melbourne Indoor Pistol Club. Some of the members at the club introduced me to IPSC. When that club closed, I transferred to the Practical Pistol League of Australia (PPLA), based at the SSAA range in Little River, a short drive south west of Melbourne.

What do your friends and family think about you shooting IPSC?

A lot of my friends are shooters themselves so obviously they are supportive. They encourage me to shoot at my best and they were very happy when I was selected for

the Victorian State Production team. My son also shoots Production Division, and he also enjoys trap shooting.

Many of my friends were unaware of just how popular IPSC is around the world until I started to travel overseas and compete in major competitions such as the 2013 Far East Asian Handgun Championship in Thailand, and the 2013 Australasian Handgun Championship in New Zealand.

Which divisions do you shoot and why?

I shoot Production Division, as I enjoy the challenge of shooting a bare bones factory gun. I am happy to see it grow in popularity and believe that it's the best division in IPSC. I also think this is part of the reason why top IPSC champions are starting to shoot this division, because it's more challenging than Open or Standard Divisions.

Which make and model firearm do you use?

I shoot a CZ SP-01 Shadow but I still have a soft spot for my Glock 17A, which I gave to my teenage son to use.

SENIOR SHOOTIZENS

What inspired you to begin shooting?

I've enjoyed shooting and hunting since I was a kid. I also have a competitive nature and can-do attitude. As soon as I saw how exciting and dynamic IPSC was as a sport, I thought that this was the sport for me.



What other sports or activities do you also enjoy?

I represent the Melbourne Cricket Club (MCC) Clay Target Team in Trap and Sporting Clays. I also love hunting, fishing and outdoor activities in general. I enjoy Australian Rules football, as well as cricket.

Do you have any tips for the Young Guns?

Don't shoot too slow, or too fast. Remember to concentrate on your front sight. Practice as much as you can, especially on plates and longer distances. Try and travel overseas to big matches if you can, you'll meet a lot of really nice people and that's where the fun begins. Don't be too hard on yourself if you miss or have a bad stage. The main thing is to be safe and have a lot of fun. Enjoy and it only gets better.



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NAME: Katherine Anonuevo

REGION: Philippines

AGE: 22

How long have you been shooting?

It was in 2008 when I began my formal training. I was in my senior year in High School but, when I entered college in 2009, I had difficulty maintaining my practice schedules due to conflicts with my school activities. I started my rigid training back in 2011 when my school activities became flexible. I worked hard with my coach because he wanted me to be part of the Philippine Team, which I finally realized in 2012.

Who and/or what inspired you to begin IPSC shooting?

Having been part of the Philippine Figure Ice Skating Team for many years, getting involved with IPSC shooting did not seem to make any sense to me at the time, but my father wanted me to have another sport I could enjoy when I retired from skating.

When I got the hang of IPSC shooting, I began to love the sport, so we started practicing every weekend. Apparently my first trainer saw potential in me, so he introduced me to Coach Ed Yao, who has been working with me for several years.

Which division do you shoot and why?

I shoot Production Division, which I thoroughly enjoy. Moving to another division is a possibility, but that will probably take a while. It would be fun to try Open Division one day.

What do you think about the social aspects of IPSC?

In IPSC shooting, I get to meet many different competitors, male and female, young and old alike. The affability of IPSC competitors is amazing to me as everyone instantly becomes a brother, sister, uncle or aunt! People are always helping each other to overcome whatever problems they encounter, even if they don't know each other. The best thing is that senior competitors are willing to give me the benefit of their experiences, and they encourage me by praising my accomplishments.

What do your friends and family think about you shooting IPSC?

Although my family and friends know that I'm a very athletic person, they were still surprised to learn that I switched to IPSC shooting. However, after they saw my videos and accomplishments, all of them became fans. Getting encouragement from them via text messages, emails and Facebook has given me the much-needed inspiration to aim for the top.

How do you balance your IPSC shooting activities with your other commitments?

My junior years in college were difficult for me. I missed some matches as I had to prioritize my studies. Sometimes, I took my books and notes with me to matches so that I could work on my assignments while waiting to shoot the next stage. Now that I've graduated, my time is more flexible.

What is the best way to get more female competitors into IPSC?

I do my part by bringing my female friends and cousins along with me to my IPSC practice sessions, so they can get a feel of the thrill of the sport.

What tips do you have for other aspiring female IPSC competitors?

IPSC shooting is a mental game. Your opponent is yourself. You have to beat your best. My first advice to them is to have a clear goal on what they want to accomplish in practical shooting. The second advice is to stay focused on your own performance and never be intimidated by the performance of other female competitors. My final piece of advice is to be proud of your failures and humble about your successes.



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Nothing is Free

By Sean McCauley, CISSN, CSCS

You've heard this before but nothing in this world is free. Some things cost you money, but what doesn't cost you money costs you in terms of consequence. It's not my rule but it is something that I see people struggle with nutritionally, and no group struggles more with the concept than those who diet or eat for high performance.

The root of the problem is very simple: there's a disconnect between what our brains think we deserve (even occasionally) and what our body can actually handle. Simply said, you do not deserve anything when dieting. The notion of entitlement is one that your brain, not your metabolic rate, creates. As such, eating for performance can be exhausting. It can be demanding, and it can even be boring, but let me assure you that in my line of work, where I guide top-tier athletes through competition nutritionally, it quickly becomes apparent who handles their nutrition perfectly. Those who do not are also very apparent.

So what does this mean for you, the IPSC competitor? A few things actually:

1) When dieting to lose weight, realize that your brain has no say in what your body needs. And the more serious your goal, the more serious your willpower has to be. You have to make yourself do it, no matter what. It's no different than practicing your draw to refine it and make it as efficient as possible. Or dry-firing thousands of times to refine that trigger control.





PRACTICAL FITNESS

2) Realize that when you're not dieting, the same rule applies. You cannot eat without regard. For every action there's a reaction, and for every nutritional indiscretion, there's a consequence. It may be apparent to you quickly, or perhaps not but again, when it comes to performance, what you are doing is either helping you or hurting you. There is virtually nothing in the middle.

3) The only way to know if you are doing what you need to be doing with the nutrition is by charting it all out, tracking it carefully each day and noting the qualitative info as well. How did you feel in the gym? How did you feel on the

range? Things like that give you a lot of insight into whether or not you are doing what you need to do with the food.

Eating correctly is not easy. It can wear on people and, admittedly, sooner or later everybody is going to eat something they shouldn't. That's the real world and honestly, that's OK provided you plan for it and moderate it. There are things you can do to mitigate less-than-ideal eating but, at the end of the day, always remember that nothing is free in this world. And that very much applies to the food we eat as well. Is your food helping you become better or is it weighing you down? Answer that question and you are a lot closer to being in the best-possible shape.



Sean McCauley is the president of Cloud Health Dynamics (www.cloudhealthdynamics.com), a company that helps clients all over the world with their weight-loss and performance goals via the web. He is also the president of Cloud Defensive (www.clouddefensive.com), a company that provides web-based defensive solutions for you, your family and your business.



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Dehydration and How to Identify It



ROSS TWEMLOW
PARAMEDIC - AUSTRALIA

One of the biggest challenges today is learning how to identify someone who is becoming dehydrated, and how to assist them.

Dehydration is a scary word, but it should be in the forefront of our minds, especially in warmer climates, but also in the warmer months of more moderate climates. Some very basic anatomy about our bodies and water can give us an understanding of how easily and quickly we can dehydrate.

The human body is made up of 75% water. Slight changes in the fluid levels in our body can have catastrophic effects on us, so we must ensure that we maintain our fluid levels with proper diet and hydration. So how do we do this?

We need to drink a minimum of 1 litre of water every day. In hotter months, or when we are working hard, playing sport or just getting really sweaty, we need to increase our fluid intake to compensate for what we've lost. This might mean up to 5 litres a day, depending on the amount of exercise and the environment you're in.





Good preparation for any sport starts days before, sometimes months before the event. Top sports people in the world have professional medical support to advise them of what they need to do. Most of us just have ourselves, so we need to be aware of how we can maintain our levels to avoid falling into the trap of dehydration and heat stress.

So what do we need to do? Maintain a healthy diet where possible. Drinking sports drinks is OK, but they don't do as much as you think they do. Energy drinks are the devil and do more to dehydrate you than you think! Water is really the best way to go, to ensure your body gets what it needs.

Some of the symptoms of dehydration include increased thirst, headaches, lethargy, mood changes, reduced responsiveness, dry nasal passages, dry or cracked lips, dark-colored urine (or not passing urine at all), weakness, tiredness, confusion and hallucinations.

When these occur, it's time to think about taking yourself out of the game for a while. If you ignore these signs, your

condition will quickly deteriorate, and there's a chance you will simply pass out! By that stage, you need rapid medical attention and most likely the use of intravenous fluids to aid your recovery.

If this happens to someone in your group, remove them from direct heat and cool them down internally and externally with lots of cool water. Also ask someone to call for an ambulance.

So remember, it starts and ends with you!! Drink plenty of water, watch over your squad mates and ensure they are drinking enough also.

Stay safe (and hydrated!) and I hope to see you on a range soon!



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IROA BRIEFING



DINO EVANGELINOS
IROA PRESIDENT

World Shoot XVII Call-Up

The match call-up in respect of IPSC Handgun World Shoot XVII in Florida has been completed and, as usual, there were more than two applicants for every available slot. Final selections have already been made, and the successful applicants have been notified.

As this is a world championship, we wanted to select the required 60 IROA officials from as many different IPSC

regions as possible. This time we have IROA officials from over 30 regions, and they will be proudly displaying their regional flag on their left sleeve.

Moreover, Match Director Frank Garcia is currently in the process of recruiting a large number of NROI officials to provide additional support, and we expect selections will be finalized soon.

All-in-all, IPSC World Shoot XVII will have a record number of officials serving the match, so we are confident that competitors will be processed as efficiently as possible.

An advertisement for Armscor featuring a close-up of a man wearing a black cap with the Armscor logo and safety glasses, aiming a handgun. The background is yellow with the Armscor logo and stars. Text on the image reads: "5-TIME IPSC WORLD SHOOT CHAMPION, ERIC GRAUFFEL TRUSTS ARMSCOR. Eric uses Armscor components and ammunition." and "www.ARMSCOR.com".

**5-TIME IPSC WORLD SHOOT CHAMPION,
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E-mail Issues

As already explained by the IPSC President in his article, IPSC recently changed web servers.

During the process, a significant number of email addresses declared by IROA officials were found to be outdated, so they were removed from the IROA database in order to prevent bounces.

I therefore urge all IROA officials to log-on to their personal page at the IPSC website as soon as possible in order to update their records with their correct email address.

However, I remind IROA officials that CompuServe, AOL and T-Online.de email addresses must not be used, as they invariably generate errors. In fact, we highly recommend that Gmail addresses be used, because they have proven to be the most reliable.

Dino Evangelinos
IROA President



Dino Evangelinos and Misho Vitanov



IPSC IROA Level 1&2 seminar. Bulgaria Grand Open 2013





JUAN JOSE DIAZ
URUGUAY

How many years have you been officiating?

I started officiating in 1992, about at the same time I started shooting. It was while I was on duty at the Salto Naval Base, Uruguay where I first discovered and fell in love with the sport of IPSC shooting.

From that moment I knew I wanted to be a Range Officer.

I remember there was very little information available about IPSC at that time because there was no Internet. I finally obtained a copy of the rulebook used in Spain and that became my first source of information.

In May 1993 two Instructors, Gladys and Carlos Amboldi from Mar del Plata, Argentina, came to Salto City to give an IROA Level I Seminar, and I was one of the eight students. The excellent seminar they gave started me on the road to becoming a Range Officer, and that ultimately helped me to become an IROA Official in 2001.

What do you like best about officiating?

One of the things I like best is the fellowship, not just among Range Officers, but also with competitors, regardless of everyone's diverse backgrounds. At every match I attend, there is always a happy reunion between old friends, and I also get to make new friends.

I also love travelling around the world to attend matches because it helps me broaden my knowledge about IPSC shooting and about different cultures.

What was your most memorable match?

It's very difficult to choose one most memorable match. My first match abroad was the 1993 Argentinean National Championship, and that was very important to me as it gave me an opportunity to apply the knowledge I gained in my first year at home.

“...always remember to treat all competitors equally, objectively and impartially”

The first Level IV match I worked as IROA Official was the 2003 Pan American Handgun Championship in Ecuador, which many of the best IPSC shooters in the world attended.

The largest match I worked was IPSC Handgun World Shoot XV in Indonesia in 2008. It was a very demanding match due to the high temperature and humidity. It became a test of my stamina and endurance as an IROA Official.



In addition to a timer, what other equipment do you use?

I always have a magnifying glass to help with the scoring of targets, my personal staple gun and staples, a clipboard

and pens, scoring overlays, a tape measure, an extra timer, a multifunction tool and of course the IPSC rulebook. For personal comfort, I always bring cold or rain resistant clothing, sunblock and mosquito repellent.

What advice do you have for aspiring new officials?

You must be willing to learn from more experienced officials, so that you can keep improving and fine-tuning your knowledge and performance. Most importantly, you must always remember to treat all competitors equally, objectively and impartially.

The attitude and performance of range officials often means the difference between a good match and a great match for competitors!



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IPSC Action Air continues to expand around the world, and April 2014 was certainly a busy month!

The IPSC Level III Action Air Championship in Finland, organised by the Nokia Regional Shooters Association, was held from 12-14 April. The 12 courses of fire required a total of 205 pellets. Some competitors hailed from regions as far away as Hong Kong.



The key officials were Mika Tikkakoski who served as Match Director, Jaakko Viitala who served as Range Master, and IROA Stats Officer Tapio Sokura who served as Stats Director.



AIR CREW



The winners were both from Finland. Jesse Nio took overall honours in Open Division, while Jaakko Viitala took overall honours in Standard Division. Additionally Tiia Honkaselka won Standard Lady category, and Tomy Lindstrom won Standard Junior category.



On 27 April, two noteworthy Action Air Matches were held many miles apart.

IPSC Thailand hosted an Action Air match that attracted competitors from the Philippines and Hong Kong, while the Action Air match organised by IPSC Poland attracted competitors from Slovakia.

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IPSC Belgium held their Action Air match on 19 April, and that was supported by competitors from a variety of neighboring regions.

Of course, numerous matches continue to take place in traditional Action Air strongholds like Hong Kong, Taiwan, Japan and the Philippines.

While not all of the above matches were officially sanctioned by IPSC, it's clear that the IPSC Action Air competition rules have not only standardized the numerous different rulesets which previously existed, but IPSC has set the benchmark for future growth and development.

Moreover, the unified set of rules has enabled competitors to attend matches in foreign regions with the confidence that the rules they use at home are also used across the globe.



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