



October 2009

## The MAC Smallbore Shooter of the Month



The MAC Smallbore Shooter of the Month is Julie Vavreck of Indiana University of Pennsylvania. Kicking off the new season at Navy, brought up new goals for Julie. Not only did Julie break two of her own personal records, but also two overall team records as well! She is currently the top smallbore shooter for the IUP rifle team. As current President, Julie hosts practice five times a week and handles the administrative end by maintaining all records and budgets. She has been a member of the team and held a leadership position for the past 3 years.

Off the range, Julie holds a 3.34 GPA with a 19 credit class load. The team doesn't forget that she is a Family & Consumer Science Education major, because they expect cookies after a match!! She is the head of recruitment for her community service sorority, in which she completes approximately 35 hours of service per semester. She is also a member of the International Honors Society in Education, with Kappa Delta Pi. Her favorite community service project is working with the Clymer Junior Shooters. She assists children as young as 12 in developing their shooting skills at the local range.



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## The MAC Air Rifle Shooter of the Month



The MAC Air Rifle Shooter of the Month is Sarah Benjamin of Akron. Sarah is starting her sophomore year on fire. Specifically with the air rifle Sarah has been nearing all of Akron's school records and shows no intention of slowing down. Additionally Sarah is a natural team leader with a very calming effect. This allows Sarah to assist her teammates in achieving pre-established goals. Coach Engle states, "Sarah works very hard to maintain a very high level of expertise with both rifles, I am very proud of her." Not only is Sarah a leader on the range, but is the team leader in the classroom with nearly a 4.0 GPA. With her heart in the right place Sarah is also one of the team leaders in hours of community service. All in all, a wonderful person to be held up as an example of what Olympic rifle is all about.

As a freshman (2008-09): Fired a 556 in the smallbore for a seventh place finish at the MAC Championship ... Named to second team All-WIRC in the smallbore division ... Earned a spot on the Collegiate Rifle Coaches Association (CRCA) Academic All-American team ... Finished the year in ninth place in the WIRC smallbore individual standings with an average of 561.4 and 22nd in the air rifle individual standings with an

average of 374.8 ... Finished fifth (562) in the smallbore and ninth (562) in the air rifle against Indiana University of Pennsylvania (Jan. 24) ... Placed 14th in the smallbore with a score of 556 and 15th (566) in the air rifle against West Virginia (Jan. 31) ... Captured third place (572) in the smallbore and sixth place (571) in the air rifle against the University of Sciences in Philadelphia (Nov. 8) ... Finished fourth in the smallbore division against Morehead State (Nov. 22) with a score of 563 and ninth (567) in the air rifle division ... Fired a 552 in the smallbore and a 551 in the air rifle against Tennessee Tech (Oct.10), finishing eighth and 17th respectively ... Placed 13th in the smallbore (551) and 15th in the air rifle (560) at the Boilermaker Invitational (Oct. 18) ... Shot a 553 in the smallbore to place 13th at the NCAA qualifier in Columbus, Ohio, taking 16th place (565) in the air rifle.

Prior to UA: Sarah has been an active member of the Burlington Rifle & Pistol Junior Team since 2002. She has qualified for the Junior Olympics for the past 6 years in air rifle &/or smallbore. She won the gold medal as a J3 in 2003 at the JORCs. She also competed in the American Legion Championships where she qualified to attend the Nationals in 2007. She has been the state winner of many NRA sectionals over the past years as well. She won the silver medal for Intermediate Junior for smallbore at the Palmyra Invitational in 2006 and 1st place Junior smallbore team in 2007. She also won the top sharpshooter award for 3-position smallbore at Camp Perry in 2006 along with her team winning the gold medal as the Junior 3-position Team Champions in iron sights.

Personal: Daughter of Dick and Joan Benjamin... has one older sister, Katie... Born in Burlington, VT... Major undecided.