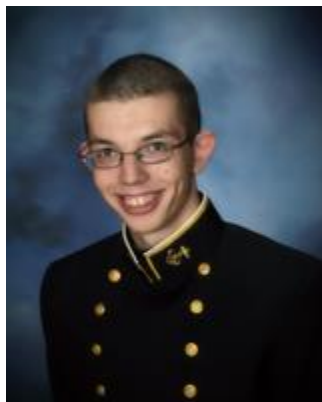




NOVEMBER/DECEMBER 2016

The MAC Smallbore Shooter of the Month



The MAC Smallbore Shooter of the Month is David Rose of the United States Coast Guard Academy.

David began his collegiate shooting career as a walk-on in the fall of 2015. With no prior experience with firearms, he took on the daunting task of learning a complex new skill set with unfamiliar equipment while undergoing the stress of a freshman year at a highly competitive military academy. His initial experiences were far from encouraging for both David and the coaching staff. Never-the-less David soldiered on, encouraged by his teammates and coaches.

David has an analytical mind and soon began to put the pieces together enabling him to set objectives and goals. He established a series of success criteria, starting simply with shooting all shots within the scoring rings, which, when met, he revised. Using this systematic progression, he developed kinesthetic memory, a feeling for the mental game, and confidence in his ability.

Rose's long term goal was to break 500 in both disciplines in the same match. He did so in the last match of the first half of the 2016-17 season, a 521 in air and a personal best 516 in smallbore. This was the first time he cracked the 500 barrier. David's path has not been easy. As he inched closer and closer to his goal his progress became a positive focal point of the team and it was very gratifying to watch his teammates gathered about the Megalink monitor, living and dying with each of his shots, the day he accomplished so much.

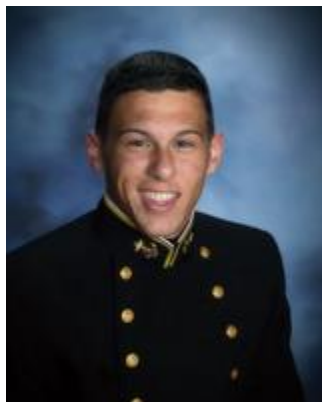
With that a hurdle behind him he is revising his goals and objectives and hopes to soon be considered for being a declared shooter.

David, a Naval Architecture and Marine Engineering major who plays the bagpipes, is also the rifle team representative on the Coast Guard Academy Student Athlete Advisory Council.



NOVEMBER/DECEMBER 2016

The MAC Air Rifle Shooter of the Month



The MAC Air Rifle Shooter of the Month is Marshall Grant of the United States Coast Guard Academy.

Marshall is a sophomore at the United States Coast Guard Academy majoring in Marine Environmental Science. He did not participate in rifle during his freshman year but, as a walk on this season he has shown rapid progress. While he has some previous shooting experience, earning the NRA Smallbore Distinguished Expert Award at the Tewksbury Massachusetts Rod and Gun Club, the high performance world of NCAA rifle competition was a whole new experience for him.

Marshall used his previous smallbore experience, perhaps forgetting some of his bad habits, to build a solid resume. While developing his smallbore skill level, he quickly realized that 67% of a collegiate match is shot standing and began devoting much of his training time to that position. His insight and hard work began to pay off as he jumped, in less than a month, from a 538 in his first collegiate air rifle match to a 563 in his fourth, and final, competition of the first semester.

He is a dedicated athlete with a dry sense of humor who fully utilizes his limited training time by introspection and experimentation. He is very coachable, keeps an open mind and responds well to constructive criticism.

Marshall is from Acton, Massachusetts and likes camping, kayaking, and spending time with his family when not fully involved in the Coast Guard Academy's rigorous daily routine of academic, military and sports activities.