

Simple Guide To Have Success in

CLAY TARGET SPORTS



I have learned over the years, its hard to find information on Clay Target Shotgun Sports. So here is a step-by- step guide to show you the most valued tricks that have helped me along the way.

BY: JULIA S

Let me introduce myself

Hi my name is Julia Stallings. For those new to the page, social media channel, coaching, etc. WELCOME! I hope you find love in this challenging sport as much as I have. A little introduction about myself, just so you know who I am and what I am about. I been shooting clays for over 10 + years now. I went to college for 2 different sports, one of them being Shooting Sports. I ended up graduating with a Bachelors in Science and decided to pursue the ambitious dream of becoming a hopeful Olympic team member one day.

I currently shoot for Team USA shooting team and have been absolutely blessed to get to travel around the world representing the USA in national and international tournaments. But above all my accomplishments and indendeavors within my shooting career I have been given a platform to share the knowledge of shooting sports to the next generation. Coaching for me has changed my life. Seeing other find joy, passion, and integrity in something that I hold dear is one of the best feelings a human can experience and I would love to help you on that journey.

ABOUT ME

3 key fundamentals that are the most important



1. Above all, get the **right equipment**. Its great to try something out with a loaner and borrow a team gun, but if you want to become serious, invest in your own shotgun and make sure it fits to you.
2. You need to **create a routine** because you need to have keys so when your mind wonder off to when you are shooting you have something to go back to
3. Make sure you **know the basics and understand them** to be able to perform them. This will help you with seeing targets and seeing targets are the most important lesson in the game. (You don't see blind folks shooting)



One of the biggest lessons I have learned is developing a routine that helpful but also do able. I once had a routine that was flawless on paper but it was too much for me to think on a field during an actual tournament. Make sure with any routine you are confident that you can perform it during pressured and non pressured situations.



How do I find the right shotgun

This is the #1 question that new clay shooters ask. Everyone wants to know what the best beginner shotgun is that's affordable and fits. The only problem is everyone is different and shotguns fit different for different people.

One way to solve this problem is recommending athletes to try a bunch of shotguns and see which one feels natural right out the box. Many big tournaments offer testing shotguns out and I highly recommend taking advance of this opportunity so you can feel how they mount and shoot before spending your money.

Just started? Looking for quality tournaments

Here is a **list** of quality references that I use to find good tournaments to go to:

- https://iclays.com/cgi-bin/public_tournament_list.cgi (shows a list of tournaments happening in your area)
 - <https://nsca.nssa-nsca.org/shoot-search/> (sporting clay tournaments around you)
 - <https://shootata.com/Shoots-Clubs-States-Zones> (trap tournaments around you)
 - <https://mysctp.com/event-directory/> (high-school tournament list)
 - <https://ncssaa.com/sanctioned-events> (college events)
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3 WAYS TO SAVE MONEY IN THIS SPORT

1. **Order in bulk.** That means order a pallet or 6-10 flats at a time. Most stores give you a discount if you order in bulk. Pennies/dollars add up because ammo is expensive.
2. Sign up to **referee** on the weekends. LOTS of gun clubs have small mini tournaments and you can make a few hundred dollars and sometimes you can trade your work for rounds. I also recommend asking for opportunities at your local club.
3. Buying equipment can be super expensive. Colleges offer amazing **scholarship opportunities** for funding, however if you still need better equipment there are companies that offer financing opportunities. Make sure you ask them if they work with athletes on financing.



“The game is 30% physically and about 70% mental make sure you train your mind as much as your body.

Resources that I use to Train my Brain.

Individual sports are hard because all the pressure is on one person verses spread out across a team. You have to make sure you have a clear head and a strong mind in shooting, otherwise you might find yourself questioning or even doubting your abilities/ routine. Here are a few tips and books that I found work wonders in keeping your mind clutter free.

- Keep a shooting journal and write down not only your routine but feelings and emotions about how you overcame them.
- Read the Talent Code, Golf is not a game of perfect, David Goggins's Can't Hurt Me.
- Visualization of making the perfect shot



Mental Game

Most athletes forget about how much the mental game plays into stepping into the next level of your athletic career. Some athletes are gifted with great mental strength while others have to develop and constantly work on strengthening it. My advice that has taken me the furthest in life and in sport, train your mind 2x as much as your body. Your mindset is everything and the moment you learn how to control the easier things and achievements will come.

Find someone you can talk to about mental mindset, even if it's just the simple stuff as decluttering your brain, getting confirmation, or simply discussing your routine.



Thank you!

Let's grow this sport together!

If you are interested in becoming involved, training, or finding a club don't hesitate to reach out.

Lastly, if you want to show off your team, send a picture of your team to our website below. We love to market and make shoutouts about the sport growing!

