

## Rifle and Pistol Club Conducts Successful Women's Shooting Clinic

Saturday June 27, 2009 dawned clear and already warm with a slight breeze at the new shooting sports complex a few miles southwest of Ponca City. Members of the Ponca City Rifle and Pistol Club as well as members of the Ponca City Junior Rifle Club and two Oklahoma game rangers were already busy at work putting out shade and water and shooting equipment for the day's event.

That event was "Women On Target"- a shooting sports orientation clinic for women. This event was sponsored by the Ponca City Rifle and Pistol Club and registered with the National Rifle Association (NRA).

This day long event drew 20 women from around Oklahoma who wanted to begin to become familiar with firearms. Several had never touched a firearm and others had done so only briefly. Some were interested in becoming more knowledgeable about self-defense for themselves and loved ones and others were curious about shooting and hunting as a hobby.

At the beginning of the day the ladies were given instruction and demonstrations on firearm types, firearm safety, and how to shoot them. They were also instructed on how to remain healthy and alert in the summer heat. Then they were divided into 5 small teams and taken by tram to 5 shooting bays.

At the shooting bays they were instructed on and actually fired at targets with 5 basic types of firearms. They shot rim fire (.22 caliber) pistols and revolvers. They fired 9mm and .45 caliber semi automatic pistols. They tried their hand at small bore competition type rifles from the prone position. They shot semi automatic high power rifles from a bench rest. A few chose to send one round down range from a high power .50 caliber long range rifle.

They all fired 20 gauge shotguns at flying clay targets.

Each woman participant had her own coach at each bay or firearm type. All of the coaches were experienced firearm handlers and most were certified or experienced shooting instructors.

Most of the women did extremely well at shooting despite the heat and a little normal apprehension of firearms. Several hit 5 out of 5 clay targets with shotguns. Some shot all 5 water cups with rim fire handguns. At times the hanging bowling pins were all swinging from hits from higher caliber pistols. Several small bore and high power rifle paper targets had many holes in them near the center.

All firearms, ammunition, and supplies were furnished. The Ponca City Junior Rifle Club loaned competition style rim fire rifles and targets and instructors. The adult club furnished pistols, revolvers and high power rifles and ammunition. The Oklahoma Department of Wildlife Conservation furnished shotguns, shot shells, and clay targets as well as two game rangers as excellent shotgun instructors under a state program called "Shotgun Training Education Program".

Information on the adult club (including a membership application and cost) and a map to the shooting complex can be found on the club's website at [www.poncarpc.org](http://www.poncarpc.org).

Information on the Junior Club for youngsters ages 12-18 can be obtained by calling 580-762-9457 or 580-765-7324.

Information on State of Oklahoma sponsored programs can be found at [www.wildlifedepartment.com](http://www.wildlifedepartment.com).

NRA information can be obtained at [www.nra.org](http://www.nra.org).

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