

17 June 2016

Dear Nicole

It's been over a week since we had that fantastic range day and I wanted to email you to thank you and let you know how much benefit I have gained from it. I have been practicing both in the home (lying on the floor with a broom handle making the kids laugh) and at the range and am amazed that something that I recently had found a real struggle seems easier and easier every time I do it.

I also had been wavering about getting rid of that Sako for a long, long time and having had that session with you I've decided to revert it to open sights and give it one more chance.

I wanted to give you some feedback about my experience of the day. I thought getting off the range and into the car for a chat first was an excellent way of bringing the energy levels and adrenaline down. Ranges are exciting places and I personally also get significant performance anxiety about what other people will think about what I'm doing. Having a sit down and a chat about doping wind, and the likely causes of various non-ideal shot placement was a really good way of calming me down and helping me to focus on what I was there to do – improve!

I also thought starting with the 22lr was a great way of articulating the basics without all the noise and fuss of the bigger bores. I felt immediately comfortable talking to you about what I was doing and I hope I was a good listener and responsive to your instruction. You have a bit of a knack at putting people at their ease and that made the situation so much easier and more enjoyable. The changes to my use of the sling and forehand position, as well as getting rid of the forehand rest entirely, really helped me immediately and I was excited to see this immediate improvement.

I really enjoyed learning more about the body positions involved in prone, sitting and standing shooting and was quite pleased at how prone was feeling with only the sling and no front rest. I can see a lot of my tops hunting improving out of sight due to this.

Overall, I think what you teach is patience and a methodical, repeatable approach. This is perhaps of greatest value to me and the concept of changing one small thing at a time and closely monitoring the results resonates a lot with me.

Nicole, thank you so much for putting your time into helping me. I feel really lucky.

Thanks so much

Charlie



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