



**Adams County
Sport Handgunners
Association**

Training Newsletter January 2025

Welcome to the first of the Monthly Training Newsletters! I'll be sending one of these out monthly to get people familiar with some of the resources and capabilities of the ACSHA Training Staff so you can get the most out of your membership.

Monthly Seminars

Beginning in March, the Training Section will offer a free monthly seminar on a topic(s) of interest pulled from membership interest, things overheard at gun shops or shows, or current events. Please send me an email @training if you have a topic you'd like to see in the seminar series.

NRA Training

In 2025 we plan on at least one NRA Basic Pistol Class with an additional one if there is interest. This follows along with a prior Association initiative to get NRA class time to Range Officers to get their NRA Instructor Certifications and ability to offer other NRA Defense classes. The first class will be in May and we'll have registration, cost and other details out soon on the main webpage.

Action Shoots

The Range Officer Staff does a great job with setting these up and they are a good way for individuals to test their skills and self defense setups, or to just shoot and have fun. Check the website schedule for dates, topics and any updates.

Range Officer Introductions and Backgrounds

The Association has a very broad group of members that have a wide range of skills and experiences. Starting next month, we'll be highlighting one of the range officers in this space to get the club members familiar with their backgrounds as range officers. This will allow club members the ability to focus their training or shooting needs to RO's that may have the abilities they are looking for.



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I'll start with a brief introduction of myself as I volunteered for the Training Coordinator position, you deserve to know who's in it.

Chris Hacker – Training Coordinator

A Kentucky native, moving to Hanover, PA in 2016 due to a career position change with the Federal Air Marshal Service. 16-year Army/Army Nat Guard service, 2 years with the Tunnel Neutralization Team in Korea and the Kentucky ARNG Joint Special Operations Team. Law Enforcement for 28 years total, 7 with the Somerset, KY Police/Lake Cumberland Drug Task Force, 2 with DEA and 20 with the Federal Air Marshal Service. Firearms and Training Instructor for the Lake Cumberland Task Force and Federal Air Marshal Service and on the FAMS Firearms and Ammunition Selection Working Group.

Training Tip of the Month

Dry-Fire Practice - FOLLOW ALL APPLICABLE FIREARM SAFETY RULES!

Not only does this improve sight alignment and trigger-pressing abilities, you'll also strengthen your 'gun-holding muscles.' So, instead of drawing an unloaded gun from a holster, pressing the trigger and re-holstering, try picking a target and holding the unloaded gun on target and as still as possible until you can't hold it anymore. Rest, let the burning in your upper body stop, and then do it again and again. You could even practice this using the heaviest handgun you own. A good way to keep progress would be to use a timer. Try increasing your hold times by 15-30 seconds.

Thanks for the time and I hope this is received well by the membership. Please submit any suggestions, comments, ideas, etc. to me through the training@acsha.com email and I'll get back to you. I'm also at most club business meeting and will be at each of the upcoming seminars if you'd rather chat in person.

Chris Hacker

ACSHA Training Coordinator