

To: Participants in the OSPschool Skeet Improvement Study

From: Gil Ash and the project team

As one of the participants in the OSPschool Skeet Improvement Study, we want to thank you for your participation. Preliminary results are quite positive as we expected, but we're not quite done yet. We have a few questions that we would like you to carefully consider, answer, and bring with you to your final free shoot on Sunday May 15.

We have provided likely answers to the questions below which you may circle or feel free to write in your answer.

1. **As you viewed the three OSP videos:** (Skeet Kill Shot Review, Flashlight Drill, and the 3 Bullet Drill) did you find yourself thinking of anything in particular, such as:

- Did you imagine or envision yourself making those perfect kill shots?
(please circle your response) NO YES
- If so, where are you positioned?
 - Are you standing at one of the 8 Skeet Stations? NO YES
 - Are you watching yourself take the shot as though you were a spectator? NO YES
 - Something else (please briefly explain)
- While viewing the videos did you feel:
EXCITED RELAXED CALM FOCUSED
SOMETHING ELSE (please explain)
- Were you distracted while watching the videos? NO YES (If so, by what?)

2. **After watching the videos,**

- Did you have any visualizations, or day dreams, about shooting skeet? NO YES
- While sleeping, did you dream about trap shooting? NO YES

3. **When actually shooting a round after watching your videos,** did you notice any of the following changes from before you began the study?

- Did the clay targets seem to be:
SLOWER LARGER BRIGHTER MORE VISIBLE MORE PREDICTABLE
OTHER (please explain)

- Did you notice any changes to your breathing rate or pulse rate?
QUICKER NO CHANGE SLOWER
- Did you notice any changes in your posture such as standing more erect or walking with more determination? NO YES
- Did you feel more confident? NO YES
- Did you feel a sense of heightened expectations or fear? NO YES

4. Finally, a few questions about how we did:

- What worked best for you?
- What could we do better next time?
- What was the technical quality of our videos? HIGH NEITHER LOW
- What was the clarity of our survey questions? HIGH NEITHER LOW

Feel free to make any other comments or questions that you might have.

If you would like us to contact you about your comments or questions above, please provide phone number or email address here: