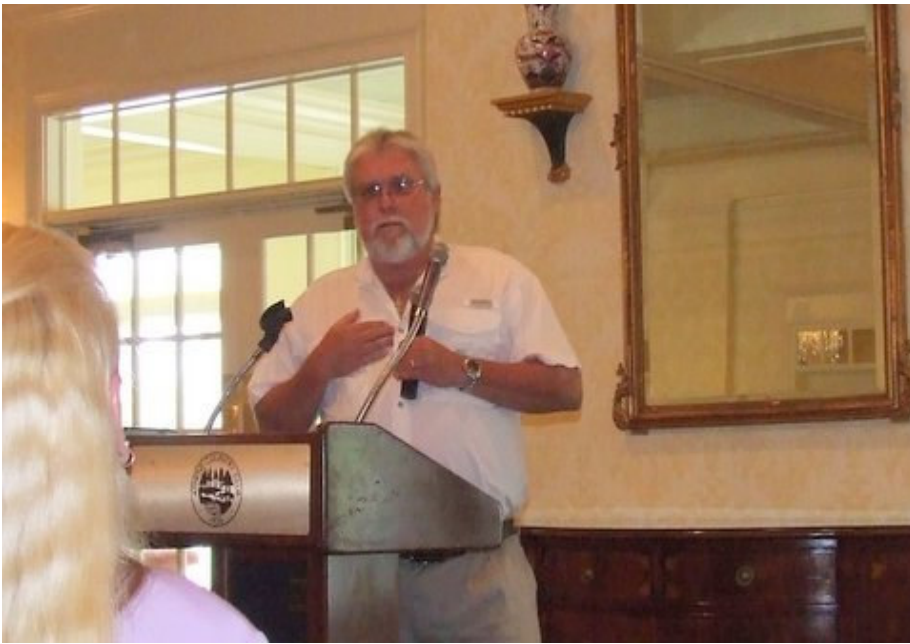


MAY 2009



Craig Hancock spoke at our 2008-2009 Season End AANC Luncheon. He is the coach for **Vincent Hancock**, his son, who won the Gold at the Beijing Summer Olympics in Men's Skeet. Craig says Vincent began shooting at a young age. He began competing at age 11. At 12, he told his father that he wanted to compete in the Olympics. Craig says that he realized at this point that in order for his son to be successful, he would need to become a serious coach. Craig left his own competitive days behind and trained himself to be his son's coach.

At 16, Vincent broke the World Record in Changwon, Korea in April 2005. A few weeks later he equaled his world record in Rome and took home a Silver. A week after that he won the 2005 World Championship in men's skeet in Lonato, Italy. He won another silver in Belgrade several weeks later. At the Continental American Championships in Puerto Rico, he took his first title and ended the season with a silver medal at the World Cup Final in Dubai. Vincent started seven times in 2005, taking a medal each time, reaching the world record score three times. Vincent continued competition in the following years, culminating in the International Shooting Sport Federation's (ISSF) Shooter of the Year award in 2007 and his Olympic Gold in 2008. He did all this while maintaining honors in high school. Vincent is currently a Private First Class in the Army at Ft. Benning, GA, where he competes with the Army Marksmanship Unit (AMU).

Craig is very proud of his son's achievements and he has been influential in helping him to achieve them. He spoke about the art of mind control to excel, the ability to see yourself winning, and the ability to remain focused. Craig read profusely and sought advice from many. He referred to the teachings of Norman Vincent Peale. Craig advises his students to believe in themselves. He said that winners stamp winning indelibly on their minds. They go into a competition believing they will win. He spoke of the importance of parents reactions in the crowd when children are competing and noted that the constant, positive belief of the parent in the child is essential to the child's success.

Craig talked about teaching his son to be a humble winner and a gracious loser. These are important life lessons we should all have taught our children and grandchildren.

Craig received a Silver medal as Vincent's coach at the Olympics. Craig says Vincent receives tons of fan mail and requests for autographs. Vincent answers all his mail himself. I think after listening to Craig and seeing Vincent's achievements that Craig has learned this coaching thing pretty well. I'm hoping we see more of his students in the Olympics in the future.

Betsey Barth told us that Vincent will try to get by to visit with us at a meeting during the Summer when he is at home on leave. I'm sure we would all enjoy that and look forward to it.