

YOUR SHOOTING MAGAZINE PRICE CHF 8.- N° 04



# INSIGHT *Review* Shooting Magazine

SPRING 2012

## Sports and Psychology

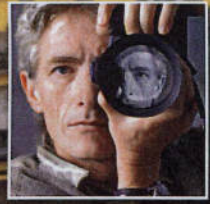
By Heinz Reinkemeier

## AIR 50

By Kobi Abraham

## IWA NEWS 2012

The new Renato Gamba



poster inside



## Interview with

# Peter

# SIDI (HUNGARY)



WALTHER

THE SWISS SKEET HOPE

# FABIO RAMELLA

By Kobi Abraham



Photography : Marco Dalla Dea

It was just after the ECH (August 2012) and the ISSF Clay WCH (held at the same beautiful location, Belgrade (SRB)) that a few of my business associates from the clay shooting industry congratulated me on the success of the Swiss skeet shooter Fabio Ramella! Honestly, it was a good surprise for all of us that Fabio made a breakthrough in the skeet world, and more people heard about him. But is it really a surprise? It made us curious to know more about him, so we are pleased to share an interview with him with our readers :

**“Mastering my everyday life, which involves managing training with my work and family commitments, continues to be a huge challenge.”**

*Fabio, last year you achieved a sensational finish at the World Championships, placing fifth in the Olympic Skeet discipline. Currently you are ranked 10th in the world. Congratulations !*

*Looking back now, what do you consider to have contributed most to your progression towards the elite international level ?*

Thanks ! I owe it to sticking to my training schedule and the belief in my abilities.

*Which prerequisites are important in achieving such high scores ?*

The movement patterns need to be internalized mentally as well as in physical motor sequences. For me, it also means the ability to maintain complete focus on my job and not allow any outside influence whatsoever.

*Which obstacles presented the biggest challenge to you ?*

Mastering my everyday life, which involves managing training with my work and family commitments, continues to be a huge challenge.

*In 2006 you began competing in international competitions. What are some of your fondest memories ?*

I have made lots of friends through sports. The atmosphere at the events is fair and friendly among the competitors. It is always exciting for me when an opportunity presents itself to compete in a group alongside the world's

best skeet shooters. I also have some amazing memories of my travels around the globe.

*If you were to wake up tomorrow and found a magic spell had been cast for the very best conditions for competitive involvement in your sport, what would be different ?*

25° C. and sunny all year round, with a clear blue sky as a background at the shooting range.

*What is the internal motivation for your commitment to clay target shooting ?*

I guess there's a strong instinct inside me, which drives me to keep improving every detail.

*What is so fascinating about skeet shooting ?*

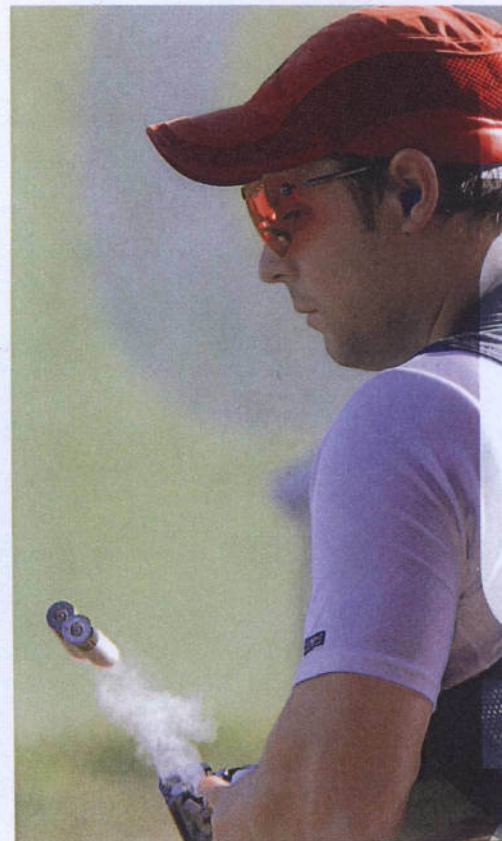
Even though the clays are in fact always the same, each one is individual and never quite the same as another. That's what keeps it interesting. I also get to enjoy the fresh air all year round.

*What is your attitude towards success and failure ?*

Both are part of sports. Accept both and consider both eventualities during preparation for competitions.

*You are almost 32 years old. How long can athletes remain competitive at the top level in skeet?*

Depending on the situation, it's possible to stay on top up till the age of 40 or 45.



*What are your challenges to maintaining your ambitions with clay shooting ?*

Financial difficulties are definitely a factor, or any drastic change in infrastructure for my training.

*Speaking about training, what is particularly important to you in terms of equipment ?*

I like it when everything is directed towards my individual resources. I need to have a good feeling about my shotgun and my clothing, and I particularly appreciate nice wood for the stock.

*In the future, when you look back on your life, what do you think you would like to have achieved?*

I hope to have made the most of the available opportunities and to have realized whatever potential might still be hidden in me. Important would be to have done it all with a smile on my face. ■

