



### **Carol Ruh — President & Lead Instructor**

#### *Arizona Women's Shooting Associates*

**Carol Ruh** is the President and Lead Instructor of **Arizona Women's Shooting Associates (AWSA)**, an Arizona-based organization dedicated to introducing women to the shooting sports through education, safety, and mentorship. With a passion for empowering women in a supportive, confidence-building environment, Carol has helped hundreds of new shooters take their first steps on the range—many of whom return to become regular participants, volunteers, and instructors.

Carol is an **NRA Training Counsellor/Certified instructor** and an active advocate for firearm safety, responsible ownership, and skill development at every level. Through AWSA's classes, clinics, and practice sessions—many held at the Ben Avery Shooting Facility—she works to remove intimidation barriers often faced by new shooters, especially women entering a traditionally male-dominated sport.

Under her leadership, AWSA has grown into a welcoming community that emphasizes education, camaraderie, and personal growth. Carol is active in the community with the goal of expanding opportunities for women and families interested in shooting sports.

She is available for **media interviews**, expert commentary on firearm safety and women's training programs, and coverage of AWSA events and clinics.

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#### **Optional Short Bio (for tight layouts / captions)**

**Carol Ruh** is President and Lead Instructor of Arizona Women's Shooting Associates, where she leads firearm safety and marksmanship training programs designed to empower women through education and confidence-building experiences.