

ON THE MARK



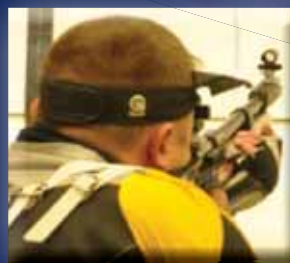
THE NEWSLETTER FOR COACHES AND JUNIOR SHOOTERS ☉ WINTER 2011

Junior Shooters Excel in Gary Anderson Invitational at Anniston & Camp Perry



Inside:

- Kananen Raised on Pullets & Pellets
- Motivation is Key to Winning Edge
- Dixie Double Helps Juniors Grow



The USAMU's Josh Olson - still a soldier, but on a new mission...

New CMP Scorekeeping Phone APPS Now Available!
-see page 16



Davis Tops Precision Class and Howald Sets New Sporter Records at 2010 Gary Anderson Invitational 3x20

By Steve Cooper, CMP Writer

ANNISTON, ALABAMA & CAMP PERRY, OHIO – Connor Davis, 17, of Shelbyville, Kentucky, cruised to victory

competitors fired a three-position 3X20 match and the top eight shooters in sporter and precision from each relay fired a 10-shot final each day following each relay.



Connor Davis won the precision air rifle championship at the Gary Anderson Invitational. The match was held concurrently at CMP South in Anniston, Alabama and CMP North at Camp Perry, Ohio.

in the precision air rifle class and Tessa Howald, 17, of Ozark, Missouri set two new Army Junior ROTC records en route to winning the sporter air rifle class at the 2010 Gary Anderson Invitational 3x20 tournament on 3 December. The matches were fired concurrently at identical CMP shooting facilities in Alabama and Ohio.

The Gary Anderson Invitational tournament was comprised of four events: Individual Sporter, Individual Precision, Team Sporter and Team Precision. All

Final round scores were not used for team totals.

In precision air rifle, Davis, a Distinguished air rifle badge holder, combined scores of 199, 198 and 194 in prone, standing and kneeling to qualify for the final in which he followed with an outstanding 103.8 for an aggregate score of 698.4 with 40 center shots.

Jason Sharbel, 15, of Nashville, Tennessee was the high non-distinguished precision competitor who fired a 100.8 in the final and ended with an aggregate of 682.8-36. Sarah Banks, 16, of Hueytown, Alabama, also a non-distinguished shooter, placed third overall in the precision class with an aggregate of 680-38. Kelsey Moral, 16, of Sharpsburg, Georgia was the third highest non-distinguished shooter and placed fifth overall.



Kelsey Moral helped her Georgia East Coweta High School team place first in the precision air rifle match.

In sporter competition, Howald's 567-22 eclipsed William "Trey" Eades' Army JROTC 3x20 individual qualifying score record of 565-29, fired at the 2009 National Junior Olympics. Howald's 3x20-plus-final aggregate score of 658.4 also surpassed Eades in the record book. Howald, also a Distinguished air rifle competitor, fired qualifying scores of 195, 181 and 191 in prone, standing and kneeling, plus a final round score of 91.4.

Makennon Doran, 16, of Ozark, Missouri placed second in the sporter competition with an aggregate score of 642.1 and Mikaelah Atchley, 18, of Daleville, Alabama fired a 640.8 aggregate for third place. Doran and Atchley were the top two non-distinguished place finishers in the tournament in the sporter class. Aaron Ward, 17, of Ypsilanti, Michigan finished third among the non-distinguished ranks.



Tessa Howald set two new Army JROTC records en route to winning the sporter air rifle class at the 2010 GAI in Anniston.

In the New Shooter category, Katelyn Powely, 15, of Brunswick, Georgia placed first with an aggregate score of 571-30 in the precision class and Dave Osborne, 15, of Rutherfordton, North Carolina placed first in sporter with an aggregate score of 540-20. For the Gary Anderson Invitational, shooters are considered new to the sport if they began competing in organized matches on or after 1 April, 2010.

continued on page 5

◎ **Sighting Shots** ◎

◎ **12th Annual Palmyra Invitational** - Registration is open for the Palmyra Invitational hosted by the Palmyra Sportsmen's Association in Palmyra, Pennsylvania. The event takes place over multiple weekends in January, so shooters can attend the weekend that best fits their schedule. More information about this air rifle and smallbore event can be found at <http://www.palmyrasportsmens.com/airrifle.asp>, or you can call (717) 832-0488.

◎ **2011 CMP Three-Position Summer Camps** - Dates for the 2010 CMP Three-Position Air Rifle Summer Camps will be posted on the CMP homepage on 11, January 2011. Registration will open two weeks later on 25 January.

◎ **USA Shooting Announces Athletes of the Year** - COLORADO SPRINGS, Co. - USA Shooting is pleased to announce Kim Rhode (El Monte, Calif.) and Staff Sgt. Joshua Richmond (Hills Grove, Pa.) as the 2010 Female and Male Athlete of the Year. Read the complete article at <http://www.usashooting.com/viewRelease.php?id=528>.

◎ **USA Shooting Announces Discipline Athletes of the Year** - COLORADO SPRINGS, Co. - In addition to the Female and Male Athletes of the Year, USA Shooting would also like to recognize the discipline athletes of the year which include Sgt. 1st Class Daryl Szarenski, USA, Matt Emmons, Jamie Beyerle and Eric Hollen. Read the complete article at <http://www.usashooting.com/viewRelease.php?id=529>.

◎ **2011-2012 CMP College Scholarships for JROTC and ROTC Rifle Shooters** - The Civilian Marksmanship Program (CMP) will provide scholarship assistance to encourage and reward outstanding and deserving students in JROTC/ROTC programs who also excel in rifle team programs at their schools. The CMP seeks applications from high school seniors who will enroll in a four-year college or university or from college students who are already in pursuit of a four-year degree. The CMP will award a combined maximum of 75 \$1000 one-year ROTC scholarships on the basis of merit to selected Army, Marine Corps, Navy and Air Force JROTC, and Army and Navy ROTC applicants during the current school year for undergraduate college or university study. For more information or to download the scholarship application and regulations, visit <http://www.odcmp.com/Programs/Scholarship.htm>. *All applications must be postmarked no later than March 5, 2011.*



Jamie Beyerle



Daryl Szarenski



Matt Emmons



Eric Hollen

ON THE MARK

www.odcmp.com/OTM.htm

ON THE MARK Staff:

Gary Anderson DCM Emeritus
Christine Elder Communications Manager
Steve Cooper CMP Writer/Editor
Kali Rose Communications Coordinator

ON THE MARK is published quarterly by the Civilian Marksmanship Program. It is dedicated to disseminating news and information about junior shooting activities to leaders and coaches of junior shooting clubs, teams and camps. Its primary purpose is to help youth shooting leaders teach firearms safety and marksmanship more effectively.

Subscriptions: One free **ON THE MARK** subscription is provided to each junior club that is affiliated with the CMP, JROTC unit with a marksmanship program and 4-H Shooting Sports Club. Individual subscriptions to **ON THE MARK** are available at \$8.00 per year. To subscribe to **ON THE MARK**, contact: 419-635-2141, ext. 1129 or email krose@odcmp.com.

Back Issues of OTM: To view back issues of **ON THE MARK**, log onto www.odcmp.com/OTM.htm.

Address Changes: To submit address changes or corrections, contact: 419-635-2141, ext. 1129 or email krose@odcmp.com.

Editorial Submissions: To submit articles, editorial material or photographs for possible inclusion in **ON THE MARK**, contact: Steve Cooper, **ON THE MARK** Editor, P. O. Box 576, Port Clinton, OH 43452; fax 419-635-2573 or email scooper@odcmp.com.

Junior Program Resources: To request information about CMP junior shooting programs, contact: CMP Programs, P. O. Box 576, Port Clinton, OH 43452; 419-635-2141 ext. 1101 or email programs@odcmp.com.

ON THE MARK Wants Your Input: We want your correspondence and opinions. **ON THE MARK** will dedicate space to publish letters from readers. Though we may not be able to publish them all, will make every effort to provide comments that will be beneficial to the broadest audience. If we do something you like or dislike, let us know. If there is a story you feel we should cover, notify us. Send your comments or questions to: Letters to the Editor, CMP Headquarters, P.O. Box 576, Port Clinton, OH 43452 or email your letters or comments to scooper@odcmp.com.

* * * * *

The **Civilian Marksmanship Program** is a non-profit organization chartered by the U. S. Congress to promote marksmanship training and firearm safety, with a primary emphasis on youth. The CMP is authorized to receive and sell surplus government rifles and ammunition that are suitable for marksmanship. Proceeds from these sales are dedicated to CMP programs. CMP enabling legislation requires that its highest priority must be given to "activities that benefit firearms safety, training and competition for youth." **ON THE MARK** is a vital part of CMP efforts to fulfill its mission to serve and develop junior shooting in the United States.

Information about the CMP may be viewed on the CMP web site, www.odcmp.com or on the CMP online newsletter, **The First Shot**, at www.odcmp.org.

On the Cover: The 2010 Gary Anderson Invitational 3x20 tournament was fired concurrently at the CMP's twin marksmanship centers in Anniston, Alabama and Camp Perry, Ohio on 3 December, 2010. Shooters Tessa Howald, Kelsey Moral, Jonathan Pinkel and Anne Sullivan, left to right, were among the leading shooters who helped make this year's event a success.

2010 Dixie Double Event Provides Airgun Shooters Opportunities for Improvement

By Steve Cooper, CMP Writer



Selina Curren contemplates her next shot during her 2010 Dixie Double debut at the CMP Marksmanship Center 13-14 November. Curren, 14, has quickly graduated from BB gun to precision air rifle.

ANNISTON, ALABAMA – The 2010 Dixie Double Precision Air Rifle and Pistol Event gave junior and veteran shooters alike an opportunity to improve their game in a challenging environment at the 80-firing point CMP Marksmanship Center, 13-14 November.

Selina Curren, 14, of Pelham, Alabama picked up a BB gun for the first time a year ago and began shooting competitively with her 4-H club and has shown rapid



Ashley Jackson applied pressure to members of the US Army Marksmanship Unit and finished with two 100+ finals scores on each day of the 2010 Dixie Double.

improvement. At the 2010 Alabama Sports Festival she placed first in the 13 to 15-year-old class BB gun championship, second in the .22 rifle silhouette match and third in three-position .22 rifle match.

A member of the Magic City Gun Club, coached by Perry Mitchell, Curren jumped to precision air rifle in September 2010 and made her first appearance at the

Dixie Double this year.

"I'm learning things quickly," she said after firing a second day score of 532 of a possible 600 in her second 60-shot precision air rifle standing match in two days. She improved by 30 points over her Saturday score of 502.

Curren's mom, Lora, tried her best to stay out of her daughter's line of sight during the competition. "I didn't want her to feel any more pressure than she already did." She said Selina, a home-schooled high school freshman associated with Hope Christian School, is working toward a college scholarship in rifle shooting.

"She's making so many good adjustments thanks to the help she's getting from her coach and fellow shooters," Lora said. "Just a week ago she changed her forehead hold to a fist from an open hand," she said. "It works!"

"It's amazing here," Selina's mom said of the CMP Marksmanship Center. "There are so many people here shooting and watching. We're having a great time."

Ashley Jackson, 22, of Cuyahoga Falls, Ohio is a member of the University of Kentucky rifle team. She placed third overall in the two-day Dixie Double air rifle aggregate open class.

"Actually I was really hoping to do better than that," she said. "I knew I was capable of shooting those numbers (590s) and I was working real hard to get there."

"I was kind of bummed after I walked off the line and saw Parker (SFC Jason Parker) had a '94," she said. SFC Parker scored a 594 to Jackson's 591 on Day II. Overall, Jackson finished with a two-day aggregate of 1381 to SFC Parker's 1396. She was however, only four points behind SFC Parker's teammate SSG Hank Gray who fired 1385.

"I think I kind of over-thought my last string. I was working for 100 and was over-holding," she said.

Jackson, one of several USA Shooting national development team members at



USA Shooting precision air pistol shooter Hannah Lewis placed third in the open category at the Dixie Double and said she was looking for greater consistency prior to entering the Winter Airgun Championships in Colorado Springs.

the event, is in her senior year at UK and is hoping to land a spot on the US Olympic team which competes in London in 2012.

Stephen "Anthony" Lutz, 22, residing in Colorado Springs along with fellow precision air pistol shooters Will Brown, 18, and Hannah Lewis, 18, said he is

making progress. Lutz won the Dixie Double open air pistol championship with an aggregate of 1350.

"I'm feeling better mentally and shooting with more confidence," Lutz said afterward.

Brown placed second (1333) in the event and said after a decent start on Saturday, he has been a little rough. "My process just wasn't there today (Day II)."

Lewis placed third (1290) in the open category and said she is frustrated trying to find consistency.

All three shooters will next compete in the Winter Airgun Championships in Colorado Springs during the first week in December.

For complete results of the Dixie Double event in Anniston, Alabama log onto http://clubs.odcmp.com/cgi-bin/report_matchResult.cgi?matchID=6204. To view more photos from the 2010 Dixie Double, log onto <http://cmp1.zenfolio.com>.

Will Brown pressed through a match he called "a little rough" on Day II of the Dixie Double. Brown finished second overall and was high junior in precision air pistol.



Gary Anderson Invitational from page 2

In team events, all entrants were four-member teams that were designated as either scholastic or club. Mixed teams (precision and sporter) shot as precision teams.

Georgia teams swept the top three places in scholastic team competition, precision rifle class as East Coweta High School placed first with a total aggregate of 2276-93. Team members include Kelsey Moral, Tyler Dayton, Kevin Murray and Zachary Moyer.

Union Grove High School captured second place with an aggregate score of 2267-112. Shooting members are Alex Landers, Alexander Hughes, Nolan Ripple and Austin Garvey. Third place went to Luella High School which scored an aggregate of 2258-105.

In school team competition, sporter rifle class, Ozark High School, Missouri,



Family and friends of Anniston competitors look on as shooters fire their sighting shots in a GAI final.

led by Tessa Howald, captured first place with an aggregate score of 2174-75. Shooting members were Howald, Makennon Doran, Cody Thompson and Logan Hunt.

Daleville High School-Red, Alabama, took second place with an aggregate of 2154-51. Daleville shooters were Mikaelah Atchley, Joshua Nabinger, Grady Wilkes and Joshua Ranes. In third place was R-S Central High School, North Carolina with a score of 2144-56. Team members are Steven Murphy, Amber Swink, Martina Carson and Alex Murray.

In club competition, precision air rifle class, Magic City Gun Club, Alabama won first place with a team aggregate score of 2289-121. Led by Sarah Banks, Magic City shooters included Samantha Bullard, Breonna Gochee and Jordan Banks.

Riverside shooting Club of Midland, Michigan placed second as Anne Sullivan, Tyler Luce, Jason Spaude and Ethan Cook fired an aggregate of 2266-102. Third place went to Ottawa County Shooting Stars, Ohio which scored a team total of 2224-95. Firing members are Brian Wyss Jr., Sarah Sutton, Caitlin Sutton and Jason Bailey.

In club sporter team competition, Charlotte Rifle & Pistol Club-Red, North Carolina placed first with a team aggregate score of 1972-30. Team members are Leigh Yarbrough, Brian Hampton, Kelsey Cochran and Bryron Ho.

Second place went to Erie County Conservation League Rifle Team, Ohio which scored an aggregate of 1776-31. Shooting members are Brian Bursley, Ben Spacek, Marilyn Soviak and Ian McGill. Ottawa County Shooting Stars, Ohio placed third with an aggregate of 1660-20. Team members are Elisjah Twardzik, Tyler Thompson, Justin Kleinhans and Bryce Thompson.

The tournament is named for Gary Anderson who earned two Olympic gold medals, seven world championships, six world records and 16 national championships. No other American has won more Olympic and world championship three-position rifle titles.

Anderson, who was appointed Director of Civilian Marksmanship in 1999, announced his retirement in December 2009. Today Anderson serves a DCM Emeritus where he provides occasional instruction and consulting. He remains busy in the US and abroad as Vice President of the International Shooting Sports Federation (the first American to serve in that capacity) and as President of the Board of USA Shooting.

For complete GAI results, log onto http://clubs.odcmp.com/cgi-bin/report_matchResult.cgi?matchID=6011.

MENTAL PERFORMANCE AND SPORTS PSYCHOLOGY--TEACHING THE FIRST STEPS

By Gary Anderson, DCME

Most shooting coaches are well aware of how critically important mental training and sport psychology are to achieving good shooting results. The oft-repeated statement that “shooting is 90 percent mental and 10 percent physical” is an exaggeration, but it underscores how important it is for competitive shooters to develop a strong “mental game” and for shooting coaches to be able to teach the basics of sport psychology.



Sport psychology for shooters involves understanding motivation, emotions and how the mind orders and controls the shooter's athletic performance.

This, however, leads to a paradox facing coaches and instructors who work with beginning shooters. There is an equally widespread perception that mental training is an advanced concept that should only be taught after the shooter has acquired considerable experience as a competition shooter. Most coaches view mental training as something that should be reserved for much later in a shooter's development. They believe mental training has no place in basic marksmanship training.

This is a false understanding that needs to be corrected. The main point of this article is that the first steps in mental training can and should be introduced to new shooters during their first sessions on the range. Coaches of beginning shooters should understand sport psychology concepts and strive to include them in the instructions they present and the coaching advice they give on the line.

Sport psychology is concerned with the behavior of athletes and coaches. Sport psychology in shooting involves communications between the coach and athlete, understanding motivation, dealing with emotions and learning to use the mind to order and control the process of firing the shot. Shooting coaches, even those who work with beginning shooters, need to acquire at least a foundational knowledge of sport psychology. A wealth of printed material on sport psychology is available, but it is best to start with a basic coaching principles book like *Successful Coaching* by Rainer Marten that can be ordered from Human Kinetics (<http://www.humankinetics.com/>). The American Sport Education Program has a Coaching Essentials Online Course (<http://www.asep.com/preview/index.cfm>) that incorporates the basics of sports psychology into the initial training of sports coaches. The two-day NRA-USAS-CMP Shooting Coach Schools also provide a primer on sport psychology (http://www.nrahq.org/education/training/coaching/coach_training_schools.asp).

There are many components of sport psychology and mental training that shooting coaches can and should incorporate into their work with young shooters. Each of the points discussed in this article represents an important first step in mastering sport psychology concepts that will later prove to be absolutely essential. More importantly, beginning shooters can use each of these concepts in their elemental forms.

MOTIVATION. The interest and excitement that young people have for shooting is the first stage of motivation. Most youngsters sign up to learn how to shoot because they are genuinely interested in shooting. The idea of being given the responsibility to hold and shoot a gun is exciting to young people; it is a grown-up responsibility. Youth may also be fascinated by guns as tools of adventure, weapons of war or as sports equipment. The coach can do a lot to guide and encourage this basic interest into a real motivation to learn target shooting as a sport. It is far too early to try to motivate a new shooter to win, but it is not too early to encourage them to see target shooting as lots of fun, a super challenge and an Olympic sport.

There is much the coach can do to encourage motivation; there are also many things a coach can do to discourage motivation. Long, stern, boring safety lectures are not motivating. Getting on the range and having plenty of opportunities to shoot is motivating. Being permitted to shoot in a poor position is not motivating. Being taught

MENTAL PERFORMANCE AND SPORTS PSYCHOLOGY--TEACHING THE FIRST STEPS

By Gary Anderson, DCME

a good stable position and then shooting well in that position is motivating. Being yelled at is not motivating. Being part of a group where everyone is respected and encouraged to have fun is motivating. This list of dos and don'ts could go on for a long time, but the point is clear, the environment in which new juniors participate is the first step in developing the motivation that will lead them to long-term participation in shooting and perhaps event to significant competition successes.

FOCUS-ATTENTION. Concentration skills are a mandatory mental building block of shooting success. Shooters must learn to concentrate, but concentration is not possible without something specific on which to focus attention. New pistol shooters are instructed to focus attention on sight alignment, shotgun shooters must focus on their targets and rifle shooters must focus on their sight pictures. These are the real objects of focus or attention for new and experienced shooters. How effectively a shooter concentrates on these attention centers is the key to good shot technique. The coach's main task here is to get the new shooter to see and think sight alignment/target/sight picture as clearly and intensely as possible while attempting to fire the shot.

The coach can enhance concentration by clearly teaching the correct attention center for



Games like King of the Hill or Guts Matches enhance motivation and help young shooters understand that target shooting can be lots of fun.

the type of shooting being done. Occasional and sometimes frequent reminders to focus on sight alignment/target/sight picture are definitely in order especially during the early stages of learning. Once that skill is established, the coach can also introduce the idea of hold control, that is, using visual and mental effort to see the front sight movements become slower and smaller.

RELAXATION. Correct shooting technique calls for using only the minimum amount of muscle tension necessary to achieve stability and control. That means the shooter must learn to reduce muscle tension or relax and in the case of rifle shooting, learn to totally relax the support arm that holds the rifle in standing, prone and kneeling. Relaxation belongs in any discussion of mental training because the mind initiates relaxation, first consciously and later sub-consciously.

The coach can introduce relaxation by teaching new shooters to take a "relaxation pause" before they begin aiming to fire each shot. Teach them to take two or three breaths while trying to let their bodies relax or "let go" as they exhale. Later breathing techniques will become a part of relaxation training. Rifle coaches must teach their shooters to totally relax their support arm while holding the rifle in position. In standing that means establishing bone support for the rifle; in prone and kneeling it means letting the arm muscles relax so that only the sling holds up the rifle.

Continued on the next page



Learning to take a "relaxation pause" before starting to aim at the target and fire a shot can yield big improvements. This pause involves taking two or three extra breaths while making a conscious effort to relax the left arm and shoulder before starting to fire the shot.

MENTAL PERFORMANCE AND SPORTS PSYCHOLOGY--TEACHING THE FIRST STEPS

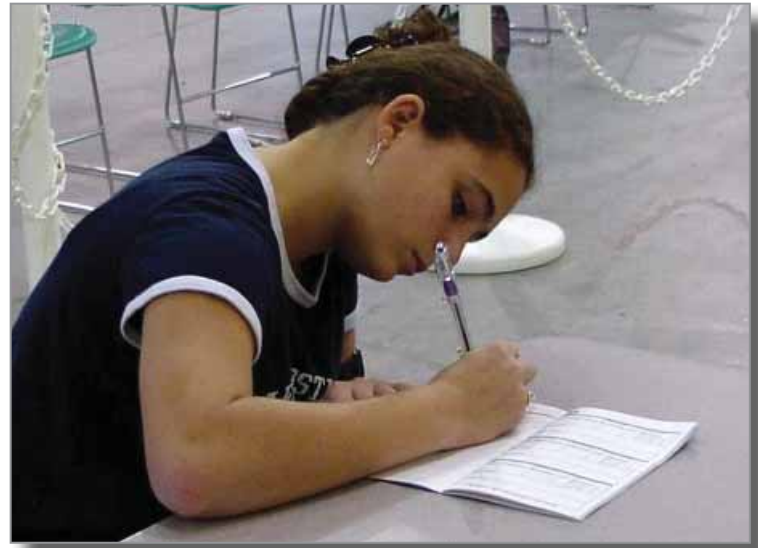
By Gary Anderson, DCME

SHOOTERS' JOURNAL. Keeping a Shooters' Journal or Diary is a key part of mental training. The journal is a daily record of the shooter's practice and competition efforts. An essential part of making a journal entry is writing down a few observations about what the shooter did during each shooting session. These written comments should center on two things, what the shooter did right and what problems occurred that need to be resolved in future sessions. The diary is mental training because making a written analysis of shooting causes one to think about what actually went right or wrong. Describing good performances reinforces them. Identifying mistakes and causes of poor performance is a first step in fixing those problems.

Brand new shooters are not ready to keep a journal, but once they have done enough shooting to be able to complete a standard course of fire, it is time to start. Printed, formatted diaries are available from the CMP or shooters can use a loose-leaf or spiral notebook as a free-form diary. Once keeping a journal is started, it also becomes a matter of self-discipline to continue to keep the journal.

SELF-DISCIPLINE. Young shooters quickly learn that they cannot consistently handle guns safely unless they discipline themselves to always pay attention to gun handling rules. Young shooters must also learn that they cannot master correct shot technique unless they discipline themselves to focus on sight alignment/target/sight picture while firing their shots. Indeed, much of what new shooters do must become a matter of self-discipline. Getting the most out of every practice session by maximizing firing line time while eliminating horseplay and distractions is a matter of discipline. Regularly attending practice or beginning a regular home training schedule is a matter of discipline. Keeping emotions under control is a matter of discipline.

EMOTIONAL CONTROL. The first steps in learning emotional control usually come when things are going badly. After a bad shot or a bad score, a new shooter's first impulse may be to act out, to make some kind of verbal expression, to jerk open the gun action or to throw something. Every coach should have a firm rule against such behavior. If it occurs, the coach must intervene and make sure every shooter in the program understands that



Mastering the discipline of making shooters' journal entries after every shooting session can be a major step in improving a shooter's mental performance.

they are expected to keep themselves under control and that acting out is not permitted. Help shooters understand how their ideal behavior is to "stay cool no matter what." Teach them to control their reactions so well that someone watching them would never know whether their last shot was good or bad. Teach them to accept distractions such as loud talk behind the firing line, by just staying cool no matter what is happening.

RESPONSIBILITY. Sports champions are remarkable in their common refusal to blame anyone or anything else for their poor performances. They have learned to accept full responsibility for their results because they recognize that every cause of a bad performance is an opportunity for them to learn something new or to fix a weakness in skill or technique. Coaches should help their new shooters take their first steps in developing a sense of full responsibility for their scores. It is bad advice to tell a shooter to just forget a bad score or throw away a bad target. It is also bad advice to tell a shooter to "don't jerk the trigger on the next shot!" That is negative advice, instead, ask questions to help the young shooter with a bad target describe why the score was bad. However, always finish these discussions with positive questions; "what should you have done to get a better score?" By accepting responsibility for the bad score and by trying to learn what should have been done to get a better score, the young shooter will have something positive to focus on during the next session.

MENTAL PERFORMANCE AND SPORTS PSYCHOLOGY--TEACHING THE FIRST STEPS

By Gary Anderson, DCME

POSITIVE SELF-TALK. Champions are positive people. Negative people do not succeed in sports. The new shooter can from the very start be encouraged to think of themselves in positive terms. Coaches must help their new shooters understand that advancing in shooting is not a matter of natural ability where some will succeed and some will not, but that advancing in shooting requires many repetitions of correct positions and techniques. If the new shooter can be brought to believe that training works and that problems can be solved by analysis and correct techniques then their self-talk can be changed to “I will,” “I can” and “I will keep working on this until I master it.” Help every new shooter believe that they have the possibility within themselves to become a good shooter.

SHOT-PLAN. A shot-plan is a step-by-step delineation of what a shooter does to prepare for and fire a shot. The steps in the plan should describe how each action is done. Following this plan for every shot requires mental effort and discipline. Advanced shooters may have a very detailed plan, but even beginning shooters can be taught to outline a simple shot plan. For example, a new rifle shooter’s shot plan might be: 1) shoulder the rifle with the butt-plate on a specific spot, 2) take three breaths while relaxing the left arm, 3) bring the aligned sights down onto the bulls-eye from above the target, 4) exhale and stop breathing, take up the trigger slack and add pressure, 5) focus on sight picture--center the front sight movements and 6) press the

trigger smoothly. Following the plan develops consistency and with consistency scores will improve faster.

GOAL SETTING. Goal setting is also part of sport psychology because having a goal in one’s mind helps to prioritize attention and effort so that the goal can be reached. When goals are realistic, achievable and focused on high priority achievements, they will enhance progress. New shooters can certainly begin to learn about goal setting, although their goals should initially be restricted to short-term goals. Their goals should be things that they can achieve today or this week or this month. Goal setting should be done in conjunction with keeping a Shooters’ Journal. Write down one or two specific goals for the next practice session. They can be as simple as “I will learn how to use the sling correctly in the prone position” or “I will check my left arm before every shot standing to make sure it is relaxed” or “I will follow my shot plan for every shot.” When new shooters learn to set goals for their practice and match sessions they will prioritize their efforts and advance more quickly.

Mental training and sports psychology belong in the teaching and training of new shooters. This has been a review of the key elements of sport psychology or mental training that can and should be incorporated into the training and development of new shooters. Many of these are concepts that should be taught in the first days of marksmanship instruction. When young shooters are given the opportunity to master these mental performance points, they will develop much faster as competition shooters and will be better equipped to benefit from the rigors of training and the pressures of competition.



Guiding the execution of each shot with a shot-plan is a great way to use the mind to control the firing of each shot and achieve consistency.

About the Author

Gary Anderson, Director of Civilian Marksmanship Emeritus, is a regular contributor to On The Mark. He served as DCM for 10 years and remains an effective advocate for firearms safety training and rifle practice. Gary’s primary role at CMP has been to develop and sustain successful youth shooting programs at both regional and national levels.



USAMU's Olson Continues Pursuit of Marksmanship Dream

By Steve Cooper, CMP Writer

ANNISTON, ALABAMA—Sergeant First Class Josh Olson, a member of the US Army Marksmanship Unit (USAMU) rifle team, lost his right leg to a rocket propelled grenade attack during a routine patrol in Tal Afar, Iraq in October 2003, but thanks to an engaging rehabilitation program at Walter Reed Army Medical Center and a USAMU initiative to retain wounded warriors who demonstrate excellent marksmanship skills, he has resumed his dream of serving his country in ways he hadn't imagined before.

SFC Olson, of Salem, Alabama spent two days with teammates and fellow shooters at the CMP's Dixie Double



SFC Josh Olson takes part as an out-of-competition shooter during the first day's final at the 2010 Dixie Double in Anniston.

Precision Air Rifle and Air Pistol Event where he fired as an out-of-competition precision air rifle participant.

Because it is a 60-shot standing match times-two event, he fired from a seated "prone" position and thereby couldn't compete fairly with others. Though he wears a full leg prosthesis at the office and when competing in prone competition, SFC Olson said it gets uncomfortable when traveling or sitting for long periods of time.

At the Dixie Double, essentially a practice match for him, he quietly fired the highest aggregate score in the event.

SFC Olson hasn't lost his drive to be the best soldier he can be, he



USAMU competitors also served as shooter clinic instructors at the 2010 Dixie Double. From the left are SSG Hank Gray, SFC Josh Olson, 1LT Chris Abalo and SFC Jason Parker.

just doesn't kick in doors looking for enemy insurgents for a living anymore. Instead, Olson now helps improve the marksmanship skills of fellow soldiers and represents the Army in high profile rifle matches at home and abroad.

Though he didn't realize it at the time, SFC Olson was set on a career-altering path that horrible day in the congested arid city of Tel Afar, 40 miles west of Mosul and a couple hundred miles northwest of Baghdad. It was a path that began with basic training at Fort Benning, Georgia, followed by two years at Fort Campbell, Kentucky, six months in Kosovo and a



While on a routine patrol in Tal Afar, Iraq in October 2003, SFC Josh Olson and his squad were ambushed by insurgents who fired rocket propelled grenades into his squad's vehicles. This patrol photo from Tal Afar was taken in 2005. Photo courtesy of U.S. Army.

year in South Korea.

SFC Olson was deployed to Iraq early in 2003 and found himself leading a squad with the 1st Battalion, 187th Infantry Regiment of the 101st Airborne Division, riding in the lead vehicle when ambushed. He left the vehicle to return fire when an RPG rocked his truck and blew his leg out from under him.

"I took an RPG blast pretty much to my entire right thigh," he said. When his comrades got things under control they picked him up and loaded him onto a truck for emergency medical treatment.



Like this medical evacuation photo from Tal Afar, Iraq, SFC Olson was flown by chopper to Mosul and then transported by airplane to Landstuhl, Germany prior to his return to the U.S. Photo courtesy of U.S. Army.

"I was in pretty bad shape. I was med-evacuated and woke up about eight days later at Walter Reed Army Medical Center," he explained.

During his blackout, SFC Olson was flown by helicopter to nearby 21st Combat Support Hospital in Mosul and prepped for airlift to Landstuhl Regional Medical Center in Germany and lastly to Walter Reed AMC in Washington D.C. In the care of the Amputee Patient Care Program at Walter Reed, he was in and out of the hospital for a total of 18 months due to a number of complications.

"During my time at Walter Reed, a lot of the physical therapy



SFC Olson received 18 months of inpatient and outpatient care at Walter Reed Army Medical Center, Washington, D.C. prior to reactivating with the Army, eventually assigned to the USAMU.

and occupational therapy events we did involved shooting. I always loved to shoot growing up but nothing competitive,” he said. “It was with a BB gun in the backyard and occasionally I got to take a .22 out.”

“When at Walter Reed, we were actually shooting sporting clays and I shot really well. One of the occupational therapists said AMU was looking for amputees who wanted to stay on active duty and possibly try out for the Paralympics.”

“I jumped at the opportunity and was able to stay on active duty. It took the

shooting competitively in June 2005 and went through a ‘baptism of fire’ at Camp Perry and in international competition, he said. When he’s not shooting a precision air rifle, SFC Olson competes in .22 caliber international rifle. Following the CMP Dixie Double, he participated in the Championship of the Americas (CAT Games) in Rio de Janeiro, Brazil in the prone able-body event. He also participated in the USA Shooting Winter Airgun Championships (formerly known as 3X Air) at Colorado Springs.

paperwork about seven months to get straightened out, but I finally got down to the unit and started shooting,” he said.

SFC Olson credits his coaches, facilities and teammates for his marksmanship development.

“I’m shooting with some the greatest shooters in the world so it’s really hard not to do well,” SFC Olson added.

He began shooting competitively in June 2005 and went through a ‘baptism of fire’ at Camp Perry and in international competition, he said. When he’s not shooting a precision air rifle, SFC Olson competes in .22 caliber international rifle. Following the CMP Dixie Double, he participated in the Championship of the Americas (CAT Games) in Rio de Janeiro, Brazil in the prone able-body event. He also participated in the USA Shooting Winter Airgun Championships (formerly known as 3X Air) at Colorado Springs.

SFC Olson is looking forward to the possibility of competing in the Paralympic Games or Olympic Games in London in 2012. He will try out for both, and would fire as a disabled shooter in the Paralympics or as an able-bodied competitor on equal terms with other world-class shooters in the Olympics. He said if he doesn’t make the Olympic team, he’ll know he’s done his best to get there.

When not competing, SFC Olson helps train National Guard and Reserve soldiers prepare for combat prior to deployment.

“If I can help one person learn skills that will save their life or that of a buddy, it will be well worth it.”

According to LTC Dan Hodne, Commander of the USAMU, the Army is looking for wounded warriors like SFC Olson to represent the Army as Paralympic shooters, serve as marksmanship instructors, and exhibit the notion of “Army Strong.”

To view SFC Olson’s official results at the CMP’s Dixie Double Event, log onto http://clubs.odcmp.com/cgi-bin/report_matchResult.cgi?matchID=6204. To view additional photos from the event, log onto <http://cmp1.zenfolio.com/p228719287>. For more information about the USAMU, log onto <http://www.usaac.army.mil/amu>.

Junior Distinguished Badge Program

The National Three-Position Air Rifle Council established the Junior Excellence-In-Competition Award Program to provide incentives for junior three-position air rifle competitors to improve and excel. This program awards prestigious badges of distinction to the most outstanding junior shooters. Junior shooters earn EIC credit points by placing in designated competitions in accordance with the requirements of this program. The Junior Distinguished Badge is awarded to school-age junior three-position air rifle shooters who attain a series of high rankings in designated major junior air rifle championships that include the State Junior Olympic Qualifiers, CMP Cup Matches, National Junior Olympic Championships and other National Council Three-Position Air Rifle Championships.

Congratulations to the juniors listed here who recently earned their badges. **ON THE MARK** will recognize all juniors who achieve this outstanding goal in each issue. A complete list of juniors who have earned their Junior Distinguished Badge is at www.odcmp.com/3P/EIC.pdf. For more program info, log onto www.odcmp.com/3P/EICProgram.pdf or email CMP Competitions at 3PAR@odcmp.com.

Badge #	Name	Hometown
366	Wesley White	Hampton, GA
367	Ryan Holcombe	Rayville, LA
368	Tyler Luce	Sturgis, MI
369	Cody Thompson	Ozark, MO
370	Steven Murphy	Rutherfordton, NC
371	Matthew Hawkins	Telford, TN
372	Shawn Wingerter	Jonesborough, TN
373	Patrick Nelms	Hampton, GA
374	Casadie Bragg	Canton, GA
375	Matthew Allred	Trussville, AL
376	Jessica Haskins	Fort Worth, TX



High-Flying Colorado Junior Shooter Kathryn Kananen Was Raised on Pullets & Pellets

By Steve Cooper, CMP Writer

FLORISSANT, COLORADO – As the chicken flies (assuming one could), it's about 5,200 air miles from Kathryn Kananen's home to Munich, Germany, the site of this past summer's 50th International Shooting Sports Federation World Shooting Championship.

With the help of her ultra-supportive family and funding from the family chicken farm, 13-year-old Kananen made that trip at the end of July 2010 to help represent the United States as a member of the USA Shooting women's junior air pistol team. At the event she was the second-youngest in age only to Gundtimah Garnjanasooonun, 12, of Thailand by six months.

That's pretty heady stuff for a youngster raised in the shadow of the Rocky Mountains on a free-range chicken farm in a town of just 3,500 residents. Kananen said the trip to Germany was like traveling with her family.

In the 40-shot 10 Meter Air Pistol



Kananen placed 46th in the World Shooting Championship in Munich, but finished ahead of 32 other competitors that were older than her.

event at the ISSF World Shooting Championship in Munich she placed 46th with a score of 366-5, ahead of 33 other shooters in the junior division. Two other US junior women

in competition were Hannah Lewis (40th – 367-8) and Kylie Gagnon (64th – 361-7). Khongorzul Tsagaandalai, 20, of Mongolia placed first with a score of 382-10.

Other men and women of the USA Shooting pistol junior team are Will Brown, Alexander Chichkov, Christopher Huddock, Christopher Nona, Matthew Pueppke, Taylor Gallegos and Lauren Brester.

The trip created stronger bonds between teammates plus she made a few new friends, Kananen said.

“The airplane ride was a little long – nice but long. Traveling with the team was good, though we stayed together mostly. The plane ride was good for me because I got to sleep most of the flight,” she said.

“It would have been a lot harder without the others. Since I never saw anyone too close to my age there, I just tried to stay out of the way of the bigger and stronger shooters. It was all right I guess I don't think anything would have been too different if I was older.”

“I got to meet a few more shooters on the Brazilian team. I knew some of them already – they're great people. I also met this nice German man in our hotel lobby and we talked for a very long time about shooting,” she said.

Kananen said the change in environment and big match pressure didn't get to her.

“It was a different atmosphere for sure. There was not really any pressure to be felt as the juniors

were there for the experience of the international match. That doesn't mean that we didn't want to rock it though.”

“Mostly instead of being intimidated by the other shooters, I took the time to



Kathryn Kananen, 13, of Florissant, Colorado, was the youngest competitor at the Women's 10 Meter Air Pistol Championship held at Fort Benning in June 2010. Placing third in the junior division earned her a place in the ISSF World Shooting Championship in Munich, Germany.

watch some of them and see their form. I was happy with my score considering it was an international match and I was in a foreign country. Even though I was sick, I think I did well,” Kananen said.

She said she enjoyed her Bavarian experience. “I liked the older buildings and all the new objects – even though I couldn't read the language. I loved the streets and how the buildings were made and placed. I guess you could say it was the architecture that I really liked. And the rain, I love the rainy weather when it wasn't really cold,” she added.

Kananen (pronounced ‘cannon-en,’) has only been shooting for three years and is already building an impressive shooting resume. In 2008, she won gold at a Colorado State match in the basic supported division of progressive pistol. She did the same at the Junior Olympics in Anniston, Alabama, and set a national record for high score in her division.

She won another gold medal at the State Games of the West in the same division.

In January of 2009, she began competing as an unsupported shooter, a rarity for someone her age. The following month she was introduced to Sports Pistol, testing the new Walther SP22. At that time, she also qualified to participate in the 2009 Junior Olympics in Women's 10 Meter Air Pistol standing unsupported category taking a silver medal at the Junior Olympic qualifier.

In April, she went on to win a Gold Medal in the 2009 Junior Olympics Women's 10 Meter Air Pistol in the J3 division. Kathryn placed 10th at the 2009 Women's 10 Meter Nationals in June and won her division at the Games of America held in Colorado Springs one month later.

While training with the National Training Center shooting club juniors in Colorado Springs, she has had the privilege of training with USA Shooting pistol coach Sergey Luzov, who in his shooting career fired on three World Cup teams while competing for Belarus.

Kananen earned the bronze medal in the junior category at the National Women's 10 Meter Air Pistol Championship held at Fort Benning, Georgia in June 2010 where she was the youngest competitor. Her impressive finish with her personal best score of 373 earned her a place on the National Junior Team and a ticket to Munich.

"Kathryn has always been very driven and goal-oriented," says her mother, Sherri. "We are still balancing her age and lack of match experience versus her drive.

More experienced members of the team, like Teresa Meyer and Anthony Lutz, have really made her feel welcome and have offered her great advice on dealing with match stress and jetlag," she said.

When asked what accomplishments stand out in her young career, Kananen said they are her 373 personal best, winning bronze at the Nationals, making the National Junior team and representing the U.S. and her personal best 10-shot string of 97.

"For me, I didn't think that most of these things would happen, so when they did I didn't know how to act. I was so happy to reach those goals. But once I got used to it, it got a lot better," Kathryn said.

Kananen said her desire to become a shooter came from her father, Troy and her grandfather, Allen.

"I began shooting because I wanted to hunt and my dad wanted me to learn to shoot correctly, so he signed me up with the local shooting club. Besides the club coaches, my grandfather, Allen Kananen, was the one who taught me to shoot. He was a competitive pistol shooter in college," she said.

"Kathryn's interest in competitive pistol shooting was started and then nourished by her exposure to the then new, progressive position pistol program being started at the National Training Center Juniors club in Colorado Springs," her grandfather Allen said.

"This program was in its infancy at this time, and Kathryn was among the first to try out some of the new training methods, some which have since been modified or eliminated. She won her first National competition in Alabama, using the PPP's supported position, utilizing a new type of shooting support developed by her father, winning her event, and setting a record in the process (392)," he said.

"She then took the next year off from competing at the supported level of competition, and took the time off to learn to shoot unsupported giving up the year of shooting in competition at the supported level. Kathryn has been in competition with more mature



Thanks to folks like USA Shooting teammate Hannah Lewis, pictured here at the 2010 CMP Dixie Double event in Anniston, Kananen felt the support she needed to compete with confidence in Germany.

shooters at an early age, helping her adapt to pressures associated with match shooting as she progresses."

In addition to shooting, Kananen helps out on the farm doing general chores and giving tours.

"I have been in Kenpo Karate since I was three years old. I am currently a third level brown belt and plan to test for my black belt within the next few months. My favorite part of sparring is beating up my dad, who is a black belt in Taekwondo and a green belt in Kenpo," Kananen said.

She is home-schooled and has already earned college credit toward a degree in Agriculture through online courses at Colorado State University. She is a member of the NRA and has completed the Colorado Division of Wildlife's Hunter Safety Program and enjoys skiing, hiking, soccer, hunting, fishing and rock climbing.

What's up next for Kananen?

"Since it's the end of the year I don't have any more big matches coming up, I am going to start .22 pistol and will be attending a 10-day training camp at the Olympic Training Center. Hopefully I can do well in that too!"

To review all results from the 50th ISSF World Shooting Championships, visit <http://results.sius.com/Events.aspx?Championship=50thISSFWorldChampionship20100729MunichGER>.



Sergey Luzov serves as Kananen's USA Shooting pistol coach in Colorado Springs.

How To Stay “On The Mark” and Right On Target: Motivation to Keep Your Winning Edge



By Lisa J. Markland, MSW, FAPA

Motivation | **mōtə vā sh ən**(noun):

We all know what motivation is, but at times it can sure be hard to find. Especially after a long shooting season when you might be feeling a little burned out from constantly practicing, competing, then practicing some more. All the while trying to find time for friends, family, dating, fun, school, jobs and just being a “kid.”

You’ve probably heard the saying, “Sleep, Eat, Shoot.” Sounds funny unless you are a competitive shooter with your eye on the biggest target of all: Olympic shooting (let alone Junior Olympics, national or international tournaments, marksmanship programs and others). But to become an elite level shooter and to make your mark in the shooting world, there will seem to be little time for anything beyond sleeping, eating and shooting—other than of course, shooting some more. But making time for fun things outside of shooting can be just as important, and help you stay motivated in the long run.

One thing to remember is that every dedicated athlete from beginner to elite will need to take some down time, and sometimes even a complete break from shooting when motivation is low or absent. If this happens for you, try to focus on all the fun you had during practices, matches and camps. Think of the traveling and opportunities to make new friends, along with earning awards and medals. Take pride in getting to do something so special that very few of your friends outside of shooting will ever get to experience.

Often just getting involved in something other than shooting for a brief period can bring back that enthusiasm and dedication that you found so fascinating and exciting. One option is to

try a totally different sport during your break from shooting. Since you need a strong mind and body to shoot well, try a sport that will push your endurance like kickboxing or a cardio class. You could even find some inexpensive boxing gloves and a target pad to get rid of any tension while getting stronger and more focused at the same time. Try swimming to extend your breathing and breath-holding ability, as well as your endurance—or even try training for a full or half marathon. Most people think they “can’t” do things like this, but if you focus on your ability to actually do it, you will likely surprise yourself. In the long run, adding other sports and activities to your training can be fun and a great way to increase your shooting ability and scores.

If you feel “stuck” in moving forward with your skills and training, try setting short and long term goals. CMP has journals that are great for the beginner to advanced shooter, and are aimed at helping juniors to document many aspects of their sport. You can obtain these journals through their website at www.odcmp.com/Programs/publications.htm. The Advanced Shooters Journal is downloadable for free (but since it is 104 pages, you may want to consider just purchasing it for only \$2.00 plus shipping and handling). These tools can help you to keep focused on your goals and heighten your determination to take your skills to the next level. As you keep track of all of your rifle/pistol/shotgun settings and position information, also take notes on your performance and scores. Try journaling about what makes shooting fun for you such as the opportunity to travel to new places, meet new people, attend awesome camps and be rewarded for doing great in your sport. Any

journal can be great for keeping notes, if you don’t want to use the journal published by CMP, make your own with a spare notebook. The key is to find what method works best for you and always use it with your training.

In any part of your life try not to focus on obstacles, instead turn obstacles into new opportunities. You get to choose how you will approach your shooting goals, and you have the ability and power to succeed. If something goes wrong, find an alternative—be creative if you are ever faced with an unexpected challenge. If you injure an arm or leg, don’t drop out; find a way to work around your injury with alternative positions. The same is true if some part of your equipment is missing or damaged, which can happen on the way to a big match. Don’t just quit, use your imagination and find a way to shoot well despite the issue at hand. You can prepare for this by trying little drills in practice like having a teammate change your sights, and only having a limited amount of time to zero and shoot a specific number of shots. Facing challenges in practice and journaling will help you to stay focused and calm when faced with a challenge of any kind in an actual match, as well as elsewhere in your life.

Bob Inness, a long-time CMP and Junior Olympic Coach, had a few words to add on staying motivated between extensive periods of shooting. He remains adamant that the key to staying motivated during and following long shooting seasons is to “make it fun.” He encourages juniors to continue shooting in the summer months and attend camps if possible. In fact, Inness believes programs like the CMP Summer Rifle Camps are “the magic” that can be the difference for many junior shooters who

need a change of pace, or who need help rediscovering the fun that is so essential for an athlete seriously pursuing a sport. He also notes that camps are also a great way to meet with old and new friends, travel, find new opportunities and have a nice break from the rest of the year's shooting.

There are also other incentives out there to keep you focused on a goal, such as the Junior Distinguished Badge Program for Three-Position Air Rifle that began in 2001 for excellence in junior competitions. The Distinguished Rifle and Pistol Badge programs, started in 1884, are designed to recognize excellence in Service Rifle and Pistol competitions like the National Trophy Matches. You can also work to get college scholarships to compete on a NCAA shooting team in college. A number of universities offer great opportunities for accomplished shooters, and you can find many of these programs through the NRA's website at <http://www.nrahq.org/compete/coldir.asp>. Collegiate Rifle Coaches Association is also a great resource for athletes looking for NCAA Rifle programs.

Without passion and desire in your shooting, the fun might disappear and the sport might become more of a job than an adventure. Sports should be fun, and that means shooting should be fun! If you find that you are not feeling excited about shooting, consider a brief break or another sport or activity to break up your training and competing. Then come back fully focused and up to the challenge of increasing your scores, skills, and all the fun that comes with becoming a talented athlete. Define your accomplishments, your goals and your dreams, and go after them with the same passion and interest that brought you to shooting sports in the first place. Then you will truly be a winner!

© Lisa J. Markland, Germantown, MD.
All rights reserved. This article may not be used, in part or in whole, without the express written permission of the author.

Cadets and Teams Advance to 2011 Service Championships

Army, Marine Corps, Navy and Air Force JROTC rifle teams kicked off their 2010-2011 competition year as they competed in the JROTC Air Rifle Postal Competitions to qualify for service championships in January and February.

For postal results, log onto <http://clubs.odcmp.com/cgi-bin/matchResultSearch.cgi?designation=AIR>.

Winning unit teams and individuals representing each service advance to the JROTC National Championship 24-26 March, 2011 in Anniston, AL.

About the Author



Lisa began competitive shooting at the age of 15 and was a Junior NRA Coach by the age of 16. Many years after nearly becoming an Olympic athlete she began training for the Paralympics in shooting when she was in her forties, becoming the top female Paralympic shooter in the country before illness forced her out of competition. She has coached many sports including shooting, and became a motivational speaker and journalist after leaving a career in clinical social work.

CALENDAR OF EVENTS

The Calendar of Events is featured in every issue of *On The Mark*. If you would like your match or clinic listed, please contact the CMP at onthemark@odcmp.com, or call 419-635-2141, ext. 1111. Please include the name of the event, date, whom the event is open to and contact information and web site (if available). The CMP will do its best to accommodate each request to be included in the Calendar of Events.

10-12 February, 2011

Navy JROTC Service Championships – Anniston, AL

17-19 February, 2011

Army JROTC Service Championships – Camp Perry – Port Clinton, OH & Anniston, AL

17-20 February, 2011

Marine Corps JROTC Service Championships – Albuquerque, NM

24-26 February, 2011

Air Force JROTC Service Championships – Anniston, AL

19 March 2011

CMP Monthly Air Gun Matches Camp Perry – Port Clinton, OH & Anniston, AL

24-26 March 2011

National JROTC Championship – Anniston, AL

28-20 March 2011

U.S. Army Junior Air Rifle Championships – Fort Benning, GA

24-26 March 2011

JROTC National Championship – Anniston, AL

6 May 2011

Garand-Springfield-Military Rifle Clinic – Camp Butner, NC

7-10 May 2011

CMP Eastern Games – Camp Butner, NC

11-15 May 2011

Creedmoor Eastern Games – Camp Butner, NC

21 May 2011

CMP Monthly Air Gun Matches – Camp Perry– Port Clinton, OH & Anniston, AL

30 May -3 June, 2011

Junior Air Rifle Camp 1–Anniston, AL

6-10 June, 2011

Junior Air Rifle Camp 2–Anniston, AL

13-17 June, 2011

Junior Air Rifle Camp 3 – Camp Perry – Port Clinton, OH

20-22 June, 2011

Junior Air Rifle Advance Standing Camp – Camp Perry – Port Clinton, OH

25 June – 1 July 2011

Eastern Junior Highpower Clinic & Championship Camp Butner – Butner, NC

26-28 June 2011

National JO Precision Championship Camp Perry–Port Clinton, OH

29 June 2011

1 July National JO 3-P Sport Championship Camp Perry–Port Clinton, OH

29 June– 1 July 2011

National JO Sporter Championship Camp Perry–Port Clinton, OH

1-3 July 2011

Daisy Air Rifle Championship–Rogers, AR

6-8 July, 2011

Junior Air Rifle Outreach Clinics

18-22 July, 2011

Junior Air Rifle Camp 4–Anniston, AL

25-29 July, 2011

Junior Air Rifle Camp 4–Anniston, AL

Three-Position Air Rifle Rule Interpretations

These rule interpretations are based on questions received by the National Three-Position Air Rifle Council Rules Hotline and are answered based on the *National Standard Three-Position Air Rifle Rules*.

Q: During preparation period can I expel air from my rifle while dry firing?

A: If a propelling charge is released without loading a pellet during the preparation or changeover period, the competitor must be given a warning for the first offense. For the second or any subsequent offenses, two points must be deducted from the first competition shot. If a competitor discharges gas during a final round preparation period, no warning shall be given and two points must be deducted from the first final round record shot. Any propelling charge released during the competition period must be scored as a miss. If this occurs while the competitor is firing sighting shots, this does not count (sighting shots do not count in the competitor's score). If this occurs after the competitor has fired the first record shot, the discharge of a propelling charge must be counted and scored as a miss. The first record shot occurs when a regular record shot has hit the target.



Q: If my sight screw strips during a competition will I be allowed to have additional time to finish shooting after it is fixed?

A: No, additional time is only given for allowable malfunctions. A stripped sight screw is a non-allowable malfunction, a malfunction that "is the fault of the competitor or that the competitor reasonably could have repaired." Each competitor needs to make sure that all of their equipment is in good, working order before the competition or have spare parts available (when reasonable).



CMP Phone Application now available on the Android Marketplace

CMP is the official app for keeping score at Civilian Marksmanship Program sponsored shooting events. It features an easy to use interface that allows for quick recording of your score after each string. The CMP app calculates your shooting percentages automatically to let you know how you are doing throughout the event.

You can also enter notes and record conditions so that you have a permanent record of details of each event. This application is sponsored and endorsed by the Civilian Marksmanship Program and a portion of the proceeds from the sale of this software are donated to the CMP. Purchase your CMP app today on the *Android Marketplace* or for the iPhone/iPad at <http://itunes.apple.com/us/app/cmp/id379873392?mt=8#>.



Scherer, Campriani, Junghanel, Rutter and Quiner Lead College Teams

Recent news from intercollegiate Web sources

Several collegiate shooters are coming off impressive recent performances to lead their respective teams as the new year begins.

At the 2010 Winter Airgun Championships at Colorado Springs in December, sophomore Sarah Scherer of Texas Christian University won gold and as a result will compete in the Bavarian Airgun Championships in Munich in January, 2011. In addition, she also earned the opportunity to compete in four World Cups next spring - Australia, South Korea and Munich as well as the USA World Cup.

On the final day of the championships, Scherer claimed the gold medal, qualifying with 396 and a strong final of 103.7 for a total of 499.7.



Nicco Campriani was the top collegiate air rifle shooter at the 2010 Winter Airgun Championships at Colorado Springs in December.

West Virginia University Senior Nicco Campriani finished as the top collegiate shooter in the Men's 10m Air Rifle each day at the Winter Airgun Championships at the Olympic Training Center in Colorado Springs 3-5 December, as the Florence, Italy, native shot successive scores of 596, 597 and 596.

University of Kentucky rifle standout Henri Junghanel finished third in smallbore prone at the 2010 International Sport Shooting Federation World Cup Finals in October. He also helped his Wildcat squad to a fast start in air rifle.

Junghanel, a redshirt sophomore in his first year competing at Kentucky, traveled to Munich, Germany,

for the ISSF World Cup Finals. He qualified for the finals by finishing on the podium of the Beijing's World Cup Stage, where he had won his first world cup medal.

A native of Breuberg, Germany, Junghanel was considered one of the top recruits in collegiate rifle, electing to shoot at Kentucky.

"We are very excited for Henri," UK head coach Harry Mullins said. "He has been training very hard for this event and for him to have a solid day should really make him feel proud. He is a pleasure to have on the range and has a tremendous drive to compete. He has brought some new ideas of training to team. Just making it into the field is an honor and then to medal on top of that is a great accomplishment."

University of Alaska, Fairbanks senior captain Cody Rutter continues to push himself and his team to be better, he recently told the UAF newspaper, Sun Star. Pushing himself and facing challenges are what he loves most about the rifle team.

"It's such an individual sport," he said, "you can take yourself as far as you want and be as good as you want."

Staying sharp, both mentally and physically, are important to Rutter and the rifle team. Coach Daniel Jordan added new workouts this year. In addition to the workouts, the team does mental drills and keeps a close eye on their nutrition.

To stay mentally sharp, Rutter does deep breathing exercises that allow him to "get the body totally in sync." Imagining the perfect shot and what it feels like is also part of the team's mental exercises.

"The goal is to win championships. We didn't even say it this year - everyone knew it," Rutter said. He practices every day to work toward this goal. "I'm either in the gym working out or at the range, I put in at least 20 hours a week, and that's not including gym time."

Rutter is a psychology major and sports management minor. A personal goal of his is to graduate in four years, making this his last year at UAF. After college, he hopes to join the Army and be part of the United States Marksmanship Unit.

Coming off of last year's Ohio Valley Conference championship, the Murray State rifle team, led by sophomore Emily Quiner heads into 2011 hoping to improve its fall season 4-3 record.

Although it's been an up and down season, early November performances by MSU team were encouraging head coach Alan Lollar said. Quiner had a good weekend at Colorado Springs at the winter championships. The Brooklyn Park, Minnesota, native scored a 103 in the junior final. The Racers are hoping for success in tournament competition in January and February.

USAMU's Parker Wins Air Rifle Aggregate and USA Shooting's Lutz Wins Air Pistol at Second Annual CMP Dixie Double

By Steve Cooper, CMP Writer

ANNISTON, ALABAMA – A pair of US Army Marksmanship Unit heavyweights took the top two podium spots in the open category of the Civilian Marksmanship Program's second annual Dixie Double Precision Air Rifle and Air Pistol Event, but University of Kentucky and USA Shooting's Ashley Jackson, 22, of Cuyahoga Falls, Ohio wasn't far off the pace.

Despite a calendar crowded with airgun events taking place nationwide and abroad, several of the country's top air rifle and air pistol shooters brought their talents to the CMP Marksmanship Center and shared their wisdom with junior shooters during the 60-shot-times-two standing event, held Saturday and Sunday, 13 and 14 November.

US Olympian and USAMU International shooter, SFC Jason



SFC Jason Parker, US Army Marksmanship Unit, was the overall open category aggregate winner of the 2010 Dixie Double Precision Air Rifle Match.

Parker, 36, dominated the two-day match and AMU teammate SSG Hank Gray, 31, placed second overall. Jackson, a senior at UK, finished third in air rifle. SFC Parker carried his Day I plus final tally of 698.2 into Sunday and backed it up with a near-identical 698.6, giving him 1396 to win the championship.

SSG Gray finished with 1385 and Jackson scored 1381, topping SSG Gray 103 to 101.1 in the Day II final. In fact, Jackson out-shot both AMU shooters in the 10-shot final on Day 1 as well. Out-of-competition shooters Sgt Josh Olson, 31, USAMU, and Mike Dickey, 53, of Colorado Springs, Colorado, who are disabled, shot excellent prone scores of 1398 and 1387, respectively.

A four-way tie for the seventh and eighth positions in the Day I final was broken in a five-shot shoot-off between Abigail Fong, 22, of New York City, and junior shooters Leah Ewing, 16, of St. Francisville, Louisiana, Christian Hashagen, 18, also of St. Francisville and Samantha Bullard, 15, of Morris, Alabama, who were each tied at 574 after the first 60 shots.

Fong and Hashagen prevailed in the shoot-off, firing 51 and 50.7, respectively, to knock out Bullard (49.3) and Ewing (46.4) to move into the Day I final. SFC Parker led that final coast to coast, finishing with 102.2.

Hannah Black, 16, of Yorktown, Virginia was the overall high-scoring junior in the event with a two-day aggregate total of 1246. Black was followed by Leah Ewing at 1245.9 and Elizabeth Lee, 16, of



Hannah Black was the high scoring junior shooter at the 2010 Dixie Double and placed ninth overall.



Leah Ewing placed second among junior shooters at this year's Dixie Double in precision air rifle competition.



Ashley Jackson, a senior at the University of Kentucky and a member of the USA Shooting national development team, placed third in the 2010 Dixie Double air rifle match, open category.

Philadelphia, Tennessee, who finished with a 1237.

In the air pistol open category, USA Shooting members filled the podium as Stephen “Anthony” Lutz (1350), 22, of Colorado Springs, Will Brown (1333), 18, of Twin Falls, Idaho and Hannah Lewis (1290), 18, of Colorado Springs placed first through third in overall aggregate scoring. Disabled out-of-competition air pistol shooter, Eric Hollen, 45, of Johnson City, Tennessee fired a 1298.

Brown and Lewis were one and two in the air pistol junior category as well and Jacob Hall, 20, of Carrollton, Georgia placed third with a two-day aggregate score of 1260 and Hannah Burnett, 18, of Paducah, Kentucky, placed fourth with an overall total of 1207.

In team air rifle shooting, Team Whatever, comprised of Austin Litherland (1153), 21, of Cookeville, Tennessee and Leah Ewing (1150) scored an aggregate of 2303. The air pistol team of Anthony Lutz (1154) and Jacob Hall (1069), The Pelleheads, combined to fire an aggregate score of 2223.

At the conclusion of shooting and barbecue luncheon on Day I, SFC Jason Parker and his USAMU teammates conducted a shooters clinic at the CMP training center adjacent to the range.

SFC Parker was joined by SSG Gray, Sgt Olson and 1Lt Chris Abalo, 24, who discussed a variety of topics ranging from physical and mental training to developing good practice habits and strategies for winning in match competition. Each team member offered their own suggestions for improvement and answered a variety of questions throughout the program.

Four junior shooters picked up valuable finals experience at this year’s Dixie Double, including Christian Hashagen who fired a 97.3 final, compiling a 671.3 aggregate total on Day I, placing him ninth overall. He was followed in the junior ranks by Elizabeth Lee who fired a 94.9 and 670.9 for 10th place on the first day of shooting.

On Day II, Hannah Black shot a 97 in the final, giving her a 673 and Leah Ewing scored a 95.9 on Sunday for a second day total of 671.

Here’s how the top 10 juniors finished in air rifle at the 2010 Dixie Double:

Hannah Black 1246.0 Leah Ewing 1245.9 Elizabeth Lee 1237.9 Christian Hashagen 1229.3 Samantha Bullard 1149 Elijah Ellis 1145 Adam Grumbling 1134-47 Quintin Wotring 1134-45 Casadie Bragg 1133 Joshua Black 1132

For complete results of the Dixie Double event in Anniston, Alabama log onto http://clubs.odcmp.com/cgi-bin/report_matchResult.cgi?matchID=6204.



Bob Foth, Earl Litherland and CMP’s James Hall served as awards presenters and helped coordinate the 2010 Dixie Double.

CMP State Directors Close 2010 Season with First Two-Day Workshop

By Steve Cooper, CMP Writer

ANNISTON, ALABAMA - It was a busy year for the CMP's State Directors (SD) across the country and many directors representing the majority of



During a lunch break, state directors got an opportunity to learn about each other's state programs and procedures.

the U.S. attended their first ever two-day workshop here in October.

The workshop entitled "Getting Back to the Grass Roots" was held at the CMP Marksmanship Center - South on Friday and Saturday, 1 & 2 October.

It's the SDs' mission to provide leadership, resource and program information, coordination, networking, motivation and publicity for shooting organizations within their states.

CMP Program Coordinator Lue



Terry Pitts, Florida's state director, won the M1 Garand door prize at the October workshop.

Contreras organized the program at which several CMP representatives provided state directors an opportunity to hear about CMP initiatives in the areas of sales, programs and competitions.

Judith Legerski, CMP Board of Directors Vice President, kicked off the workshop with opening remarks, welcoming a dedicated group of state directors who each year set the pace for the majority of shooters in the country.

"It was an excellent conference," Ms.

Legerski commented

afterward. "It gave us plenty of time to share, listen and talk. I think we learned a lot and the state directors learned a lot as well."

CMP Chief Operating Officer Orest Michaels reported on surplus rifle sales and then took the state directors on a tour of the CMP's Anniston facilities where surplus M1 rifles, select .22 caliber target rifles, ammunition and accessories are made ready for sale. The directors were also given an opportunity to shop at the CMP South store upon conclusion of the tour.

In the afternoon session on Friday, Contreras opened with a discussion about expense reporting and Brooke Mann, from the Calhoun County, Alabama, office of the American Cancer Society, explained the fine points of fundraising. Mann heads up the highly successful annual Relay for Life in Calhoun County.

The afternoon session was rounded out by Shannon Hand, CMP North Competitions Department Manager, who spoke about club affiliation; Vicki Donoho, Program Coordinator, who covered the Junior Olympics program, and James Hall, CMP Competitions

Support, commented on summer camps conducted at the marksmanship center.

On Saturday Vicki Donoho, Program Coordinator, led off the session with a discussion about three-position air rifle Excellence-In-Competition points and she was joined by Shannon Hand to talk about competitions.

CMP North General Manager Christie Sewell followed with a recap of the National Matches at Camp Perry. James Hall later described the electronic scoring systems CMP uses at its twin marksmanship centers in Anniston and Camp Perry.

In the afternoon on Day 2, Steve Goff, U.S. Army (Ret.) and CMP Marksmanship Coordinator, covered shooting opportunities after high school.



Ray Harvey, center, state director from Tennessee, applauded the expansion of the workshop from one to two days, giving directors more time to discuss important issues.

Gary Anderson, Director of Civilian Marksmanship Emeritus, concluded the speaker rotation, explaining the National Match Air Rifle (NMAR) competition which uses the new Anschütz AR15 clone .177 caliber air rifle.

The 2010 State Director workshop ended with a safety briefing and an actual firing of an exhibition NMAR match by state directors at the CMP Marksmanship Center - South's range.

The Duncans and Joe Mucelli Announce Retirement, Minnesota Juniors Get New Shooting Coats

By Steve Cooper, CMP Writer

CAMP PERRY, OHIO – Three original CMP State Directors (formerly known as State Junior Directors) announced their retirement after serving the Civilian Marksmanship Program and countless junior shooters since the state director program began in 1999.



Joe Mucelli retired as CMP State Director of California, 1 December, 2010. His legacy of support of junior shooting sports in his home state will be a lasting one.

Joe Mucelli, of San Francisco, announced his retirement, effective 1 December and Marlene and Jack Duncan, of Arizona, shared their plans to retire in October.

In addition to his duties as a state



Marlene Duncan and her husband, Jack, announced their retirement as co-State Directors of Arizona in October 2010. Here Marlene is shown receiving the 2009 Marion P. Hammer, Woman of Distinction Award from the NRA in honor of her pioneering spirit. Photo courtesy of NRA.

director and mentor to California's junior ROTC shooters, he is a retired U.S. Army Major, Vietnam War veteran and is also known for his study of amphibious reptiles. Mucelli was a Master Junior Instructor and his home station was Lowell High School Army JROTC.

"We just got plain old!" said Jack Duncan in a note to CMP, referring to himself and his wife Marlene, both Master Junior Instructors, who served as the Arizona co-directors for more than a decade.

"It wasn't the desolate miles that got to us, it was the hours and hours on the podium and firing line that did us in," he said. "Our gun room no longer will be set aside for the Monday night dinner meetings ... perhaps we can get on with some reloading chores."

Marlene is the immediate past president of the Lake Havasu City Sportsman Club and has earned a life membership and may now be able to go out and just shoot, Jack said.

"We hoped to have addressed more than 20,000 students this school year, being a little short of that goal now (as of October), with 18,567 and counting."

A seasoned Master Chief in the U.S. Navy, Jack has written several short stories about his military career and many of them can be found on the Web at http://www.pt103.com/PT_Boat_Veteran_Stories.html.

The Long Rangers Precision Shooting Club, located in the Andover-St. Francis area due north of Minneapolis-St. Paul, Minnesota, recently received four new shooting coats from State Director Steve Knutson to help give the club a boost in competitive shooting.

The Long Rangers club presented Knutson a certificate of appreciation for his generous contribution. In part, the certificate says "The Long Rangers Precision Shooting club would like



Junior shooters display three of the four shooting coats Steve Knutson, State Director of Minnesota, donated to the Long Range Precision Shooting Club of Andover-St. Francis, Minnesota.

to thank CMP Rep. Steve Knutson for the donation of club shooting jackets. The donation will go a long ways in the promotion of shooting sports with the youth of our community."

The certificate was signed by John West, president, Chris Hazelton, vice president and Mark Johnson, treasurer.

The CMP congratulates Steve Knutson and the Long Rangers club for working together for the promotion of firearms safety and marksmanship, with an emphasis on youth.

The CMP also wishes to thank Joe Mucelli and the Duncans, Marlene and Jack, for their many years of dedicated service to the youth shooters of their respective states.



Jack Duncan, former co-State Director of Arizona with his wife, Marlene, is looking forward to less time in meetings and more time reloading at home. Photo Courtesy of PT103.com.

January Marks the Posting of Summer Rifle Camps

By Sommer Wood, CMP Camp Director

For several years, the first Monday of each January marks the posting of the newest schedule for the CMP Summer Rifle Camps. This has become a much anticipated event, as coaches and shooters eagerly visit the CMP website



Summer camps offer a great way to begin preparation for the following shooting season where marksmanship skills will be put to the test in highly competitive events.

to see what the camp schedule has in store.

The CMP Summer Rifle Camps are primarily designed for junior shooters participating in three-position air rifle. The weeklong camps have been a staple of the CMP Summer line-up since 2000, when CMP adopted the program started by Gary Anderson in 1997 at Wolf Creek Olympic Shooting Complex in Atlanta, Georgia. Since the program's inception, the mission has always been to help juniors who have a desire to improve their marksmanship skills. In following this creed, CMP strives to provide the premier junior air rifle camp in the country.

To accomplish this goal, campers receive classroom instruction designed by the top air rifle experts in the country, and personal attention on the range from established collegiate athletes. Sommer Wood, who shot collegiately at Clemson University, leads the program and 2011 will be Wood's eighth summer with the

camps and her third year as the Camp Director.

National Rifle Team Members and Olympians contribute to the camp curriculum, and campers follow a structured program designed to help

them maximize their camp experience.

There are not a lot of surprises in the 2011 camp program. Just like 2010, all full-length three-position air rifle camps will take place at the CMP North and South ranges, in Port Clinton, Ohio and Anniston, Alabama respectively. There will also be a three-day Advanced Standing Camp and several Outreach Clinics at various locations in the country. All camps and clinics will be commuter only, after CMP removed the housing option from the program in 2010.

The Advanced Standing Camp is making a return to the summer line-up after being excluded in 2010. This camp is geared for athletes who have already attended a full-length camp, and wish to focus on improving their standing air rifle scores. The information provided at the Advanced Standing Camp builds on the Three-Position Camp curriculum, and athletes are provided three intense days of training.

The Outreach Clinics are intended for athletes within specific regions of the country. Registration for Outreach Clinics remains closed to the general public until 1 April 2011, allowing ample time for local athletes to register for the event. Local participants wishing to register should follow the instructions provided on the Outreach Clinic information page, which is linked on the CMP Summer Rifle Camps page. In 2011 Outreach Clinics will be held in Texas, Arizona, South Dakota and New York.

For more information regarding the 2011 Summer Camps please visit the CMP homepage, www.odcmp.com and click on the CMP Summer Rifle Camps link. You can also contact Sommer Wood at swood@odcmp.com.



Several collegiate shooters assist in CMP camps each year. Their experience helps provide valuable assistance to young shooters.

Parting Shots: Photos from Recent Junior Events & Competitions



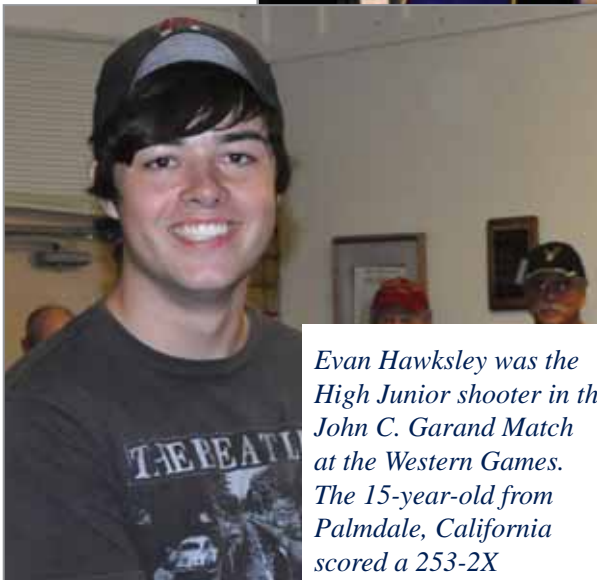
Ryan Johnson, 17, of Philadelphia, competed in the three-gun aggregate highpower matches at the 2010 Western CMP Games at Ben Avery Shooting Facility in Phoenix in October.



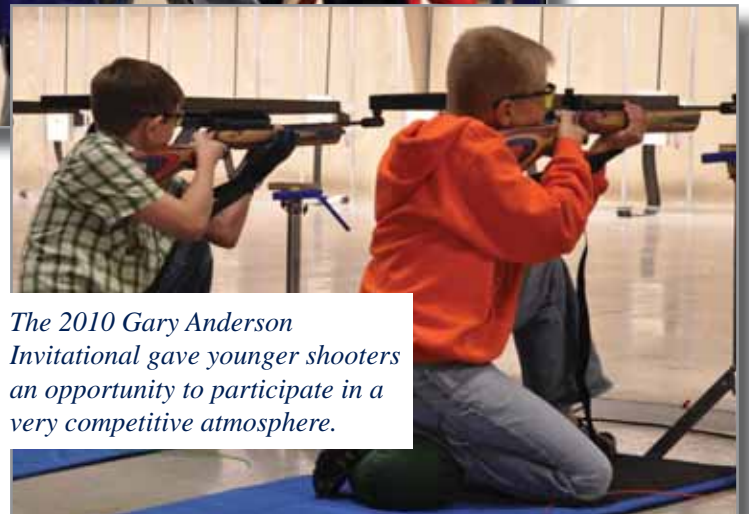
Brad Case, 13, fired in his first M1 Garand match with his dad, Eddie. Brad's mom is currently serving in the U.S. Navy in Iraq.



Sarah Sutton, 13, of Oak Harbor, Ohio is a lone lefty among righties in her final at the Gary Anderson Invitational at Camp Perry.



Evan Hawksley was the High Junior shooter in the John C. Garand Match at the Western Games. The 15-year-old from Palmdale, California scored a 253-2X aggregate.



The 2010 Gary Anderson Invitational gave younger shooters an opportunity to participate in a very competitive atmosphere.

ON THE MARK

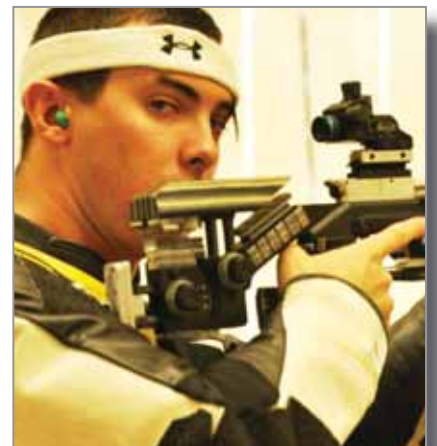
Corp. for the Promotion of
Rifle Practice and Firearms Safety
PO Box 576
Port Clinton, OH 43452



Gary Anderson Invitational.....2

IN THIS ISSUE

2010 Gary Anderson Invitational	2
Sighting Shots	3
2010 Dixie Double Feature	4
Mental Performance and Sports Psychology	6
USAMU's Josh Olson Marksmanship Dream.....	10
Junior Distinguished Badge Program	11
Kathryn Kananen Feature	12
Motivation: The Key to Winning.....	14
Calendar of Events.....	15
3P Air Rule Interpretations	16
CMP Phone Application	16
College Connection: Top Teams.....	17
2010 Dixie Double Winners.....	18
State Directors Workshop	20
Mucelli and Duncans Retire as State Directors....	21
Summer Camps Feature.....	22
Parting Shots: Recent Photos from Junior Events & Competitions.....	23



Dixie Double.....18