

NLU # 749
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CMP

Advanced Shooter's Journal

*An extension of the CMP
Rifle Camp Program*

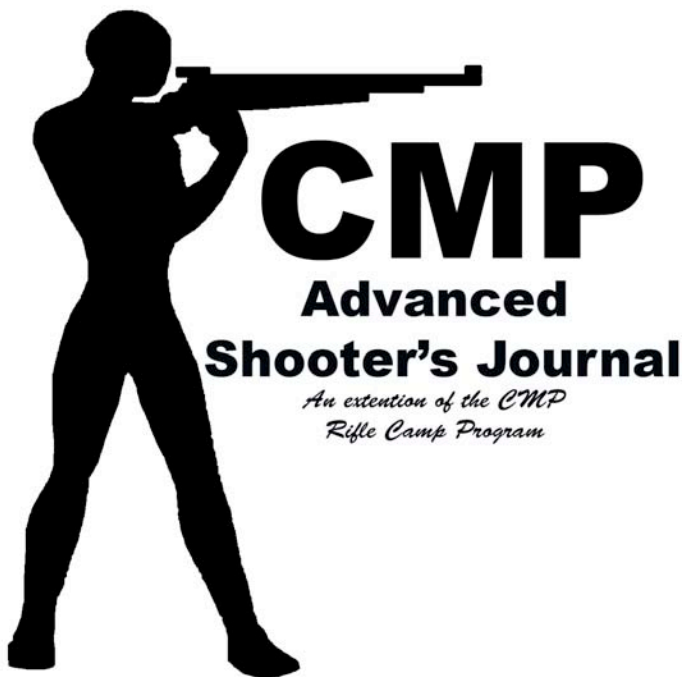
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DATE JOURNAL STARTED: _____



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www.odcmp.com



Keeping a journal is one of the best ways to improve your target shooting scores. This advanced journal was originally designed for the CMP Rifle Camp Program, with the more experienced junior shooter in mind. But juniors of all levels can benefit, and even beginners are encouraged to take advantage of this book.

The *Advanced Shooter's Journal* has been broken into seven sections to help shooters organize the information they need to improve their shooting.

Pages 1-14: Position, Shot Plan and Bullseye Approach: This section provides a checklist for the prone, standing and kneeling positions. Shooters can also record the step-by-step process of their shot plan, and breakdown the way they approach the bullseye in each position.

Pages 15-18: Sights and Equipment Checklist: In this section shooters can record notes regarding their sight adjustments and keep a detailed equipment checklist.

Pages 19-76: Daily Goals and Analysis: This section is the heart of the journal, where shooters record their daily notes for each shooting session. It is important

to use this section daily so that defined goals are set for the practices and matches. Shooters should record goals prior to starting a shooting session, then return to the journal at the conclusion of the session to evaluate success. This helps shooters manage training time more effectively, and determine what they need to focus on the next time they are on the range.

Pages 77-78: Match and Record Day Scores: In this section shooters can keep track of their scores form matches and record days in practice. Keeping these numbers in one place in a journal can help a shooter keep up with their progress, and help them evaluate and set score based goals.

Pages 79-84: Training Plan: This exercise is designed to help shooters determine their long-term goals and develop a plan to reach those goals. This is an opportunity for a shooter to give an honest assessment of where they are in their shooting, and determine what they need to do to accomplish long-range goals.

Pages 89-98: U.S Shooting Team Balance, Strength and Stability Warm-up and Workout: This program was designed by former USA National Team Member, Amber Jordan, for the U.S. National Shooting Team. This unique program was developed exclusively for shooters, and is now being used by several NCAA College Rifle programs and at the CMP Rifle Camps.

Pages 99-102: Notes: This is an open notes section where shooters can keep track of any information not covered in this journal.

For more information on CMP programs or order additional journals, please visit the CMP website at www.odcmp.com.

Prone Position Key Points:

This is quick visual guide of the key points of the prone position. Also remember to make notes of the location of your buttplate, handstop and sling.

Buttplate _____
Handstop _____
Sling _____

Head position straight & upright?



Forearm angle:

Left wrist straight ?

Right wrist straight?

Distance between elbow & pistol grip:

Eye relief:

Sling tension even on each side of arm?

Right shoulder relaxed?

Angle of body:

Shoulders in line with hips?

Left leg position:

Right leg position:



Prone Position Checklist:

Take the time to make notes about your prone position. Describe step-by-step of how you set-up your position, including as many details as possible.

Prone Shot Plan:

A. Describe your Shot Plan in detail the steps you take during each stage.

Mental Foundation

Physical Foundation

Focus

Release

Analysis

Prone Shot Plan Cue Words:

B. Write a short version of your Shot Plan using one or two cue words or a short phrases to remind you of the steps you wrote in section A:

Mental Foundation: _____

Physical Foundation: _____

Focus: _____

Release: _____

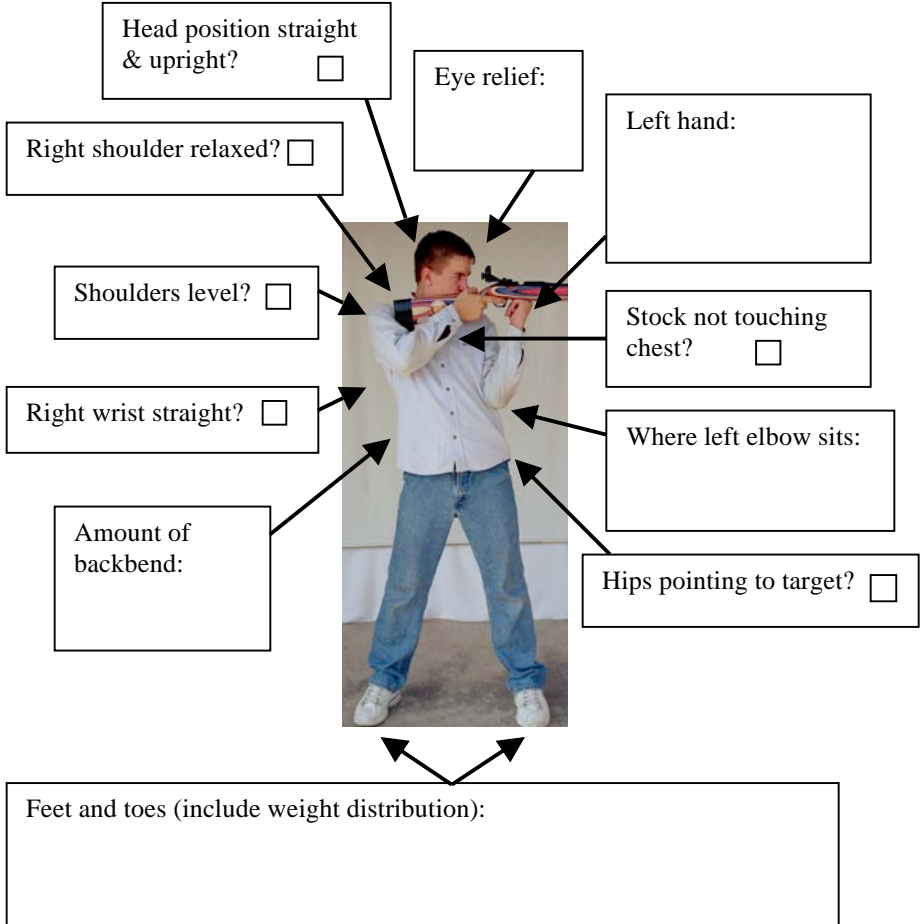
Analysis: _____

Reviewing this short version of the Shot Plan is a great way to prepare for every shot!

Standing Position Key Points:

This is quick visual guide of the key points of the standing position. Also remember to make notes of the location of your buttplate

Buttplate _____



Standing Position Checklist:

Take the time to make notes about your standing position. Describe step-by-step of how you set-up your position, including as many details as possible.

Standing Shot Plan:

A. Describe your Shot Plan in detail the steps you take during each stage.

Mental Foundation

Physical Foundation

Focus

Release

Analysis

Standing Shot Plan Cue Words:

B. Write a short version of your Shot Plan using one or two cue words or a short phrases to remind you of the steps you wrote in section A:

Mental Foundation: _____

Physical Foundation: _____

Focus: _____

Release: _____

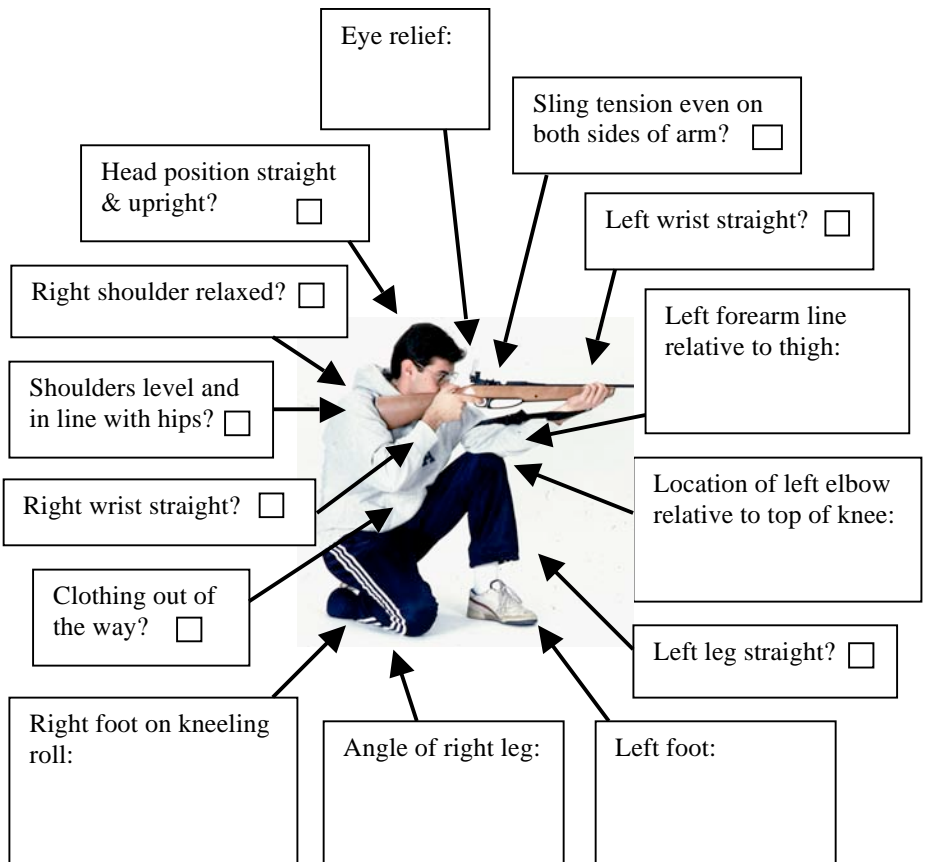
Analysis: _____

Reviewing this short version of the Shot Plan is a great way to prepare for every shot!

Kneeling Position Key Points:

This is quick visual guide of the key points of the prone position. Also remember to make notes of the location of your buttplate, handstop and sling.

Buttplate _____
Handstop _____
Sling _____



Kneeling Position Checklist:

Take the time to make notes about your kneeling position. Describe step-by-step of how you set-up your position, including as many details as possible.

Kneeling Shot Plan:

A. Describe your Shot Plan in detail the steps you take during each stage.

Mental Foundation

Physical Foundation

Focus

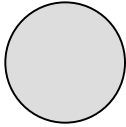
Release

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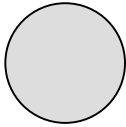
Bullseye Approach:

Describe how you approach the bullseye in each position. Include your last two breaths. Describe how far your sight picture moves with each breath.

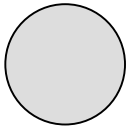
Prone:

A gray bullseye target is positioned in the upper right quadrant of a rectangular box. The box is labeled "Prone:" in the top left corner.

Standing:

A gray bullseye target is positioned in the upper right quadrant of a rectangular box. The box is labeled "Standing:" in the top left corner.

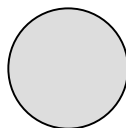
Kneeling:

A gray bullseye target is positioned in the upper right quadrant of a rectangular box. The box is labeled "Kneeling:" in the top left corner.

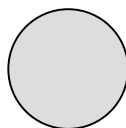
Bullseye Approach:

Describe how you approach the bullseye in each position. Include your last two breaths. Describe how far your sight picture moves with each breath.

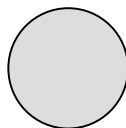
Prone:



Standing:



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Kneeling Shot Plan Cue Words:

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Mental Foundation: _____

Physical Foundation: _____

Focus: _____

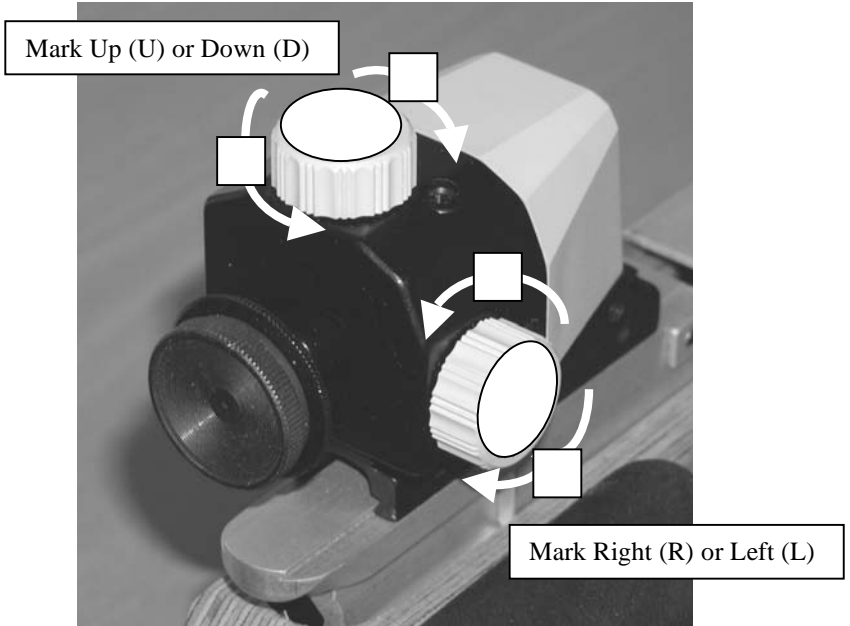
Release: _____

Analysis: _____

Reviewing this short version of the Shot Plan is a great way to prepare for every shot!

Sights

Mark the direction sight knobs move the shot:



Number of clicks per scoring ring:



Size of Rear Iris if adjustable:



Size of Front Aperture:

Equipment Checklist:

Develop a checklist of your shooting equipment. These are the items you want to make sure you have packed and ready for practice and competitions.

- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
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Daily Goals and Analysis for a Shooting Session

Before Shooting

My goals and plans for this shooting session are:

After Shooting

Were my goals for this session achieved? Why or why not?

What went well and why?

What still needs work?

My ideas and plans for future sessions are:

Other comments:

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My Training Plan

Designing a Long Term Training Plan is critical for success at major competitions. This requires a hard, honest comparison of where you are now to where you need to be at these competitions, followed by the development of a detailed plan outlining how you will close the gap between your current scores and the scores you need in order to reach your goals at that competition.

A. The major competition I am targeting (Junior Olympics, National Championship, State Championship, etc. Include the date of the match):

1. What outcome am I trying to accomplish at this match?
2. What score is needed to accomplish this outcome?
3. What are my current match scores in each position/event:

B. My strengths and weaknesses in Technical Skills (positions, hold, trigger control, follow through, etc.):

1. My specific plan to improve my Technical Skills to the level required to meet my expected performance level:

C. My strengths and weaknesses in Tactical Skills (time management, in matches, developing and following a shot plan, handling success, optimizing aperture sizes, adjusting equipment properly like triggers, etc.):

1. My specific plan to improve my Tactical Skills to the level required to meet my expected performance level:

D. My strengths and weaknesses in Mental Skills (ability to use and control relaxation, imagery, cue words, self talk control, attention control, energy management, goal setting, etc.):

1. My specific plan to improve my Mental Skills to the level required to meet my expected performance level:

E. My strengths and weaknesses in Emotional Skills (motivation, confidence, commitment, attitude & temperament, self image, maturity, ability to be honest and take personal responsibility, handling friends & family at matches, etc.):

1. My specific plan to improve my Emotional Skills to the level required to meet my expected performance level:

F. My strengths and weaknesses in Physical Skills (stamina, strength, flexibility, diet, effects of travel, etc.):

1. My specific plan to improve my Physical Skills to the level required to meet my expected performance level:

G. My strengths and weaknesses in Equipment (rifle, pellets, shooting clothing, accessories, etc.):

1. My specific plan to improve my Equipment to the level required to meet my expected performance level:

H. My strengths and weaknesses in Resources (financial resources, time available for training & matches, range availability, coaching, etc.):

1. My specific plan to improve my Resources to the level required to meet my expected performance level:

I. Other challenges or conflicts that affect my performance:

1. My specific plan to resolve any other challenges or conflicts that affect my performance so that I can reach my expected performance level:

J. Designing a competition schedule for success

1. The matches I plan to compete in to prepare for my targeted competition:

U.S. Shooting Team

Balance, Strength and Stability

Warm-up

Modified by Dan Durben and Sommer Wood from the program originally developed by Amber Jordan for the USA Shooting National Rifle Team

****Exercises should be performed to the maximum extension/contraction**

Static Back

Starting position: Lie on back with legs bent 90 degrees at the knees and lower legs resting on a chair, palms of hands up.

Action: Breathe deeply and relax. **5 minutes**

Static Back Splits

Starting Position: Lie on back with both hips and knees bent at 90 degree angles so that your lower legs are held out as if resting on a chair.

Action: Bring knees and feet together, then spread knees and feet apart. Repeat back and forth.

15 reps

Pullovers

Starting position: Lie on back with knees bent and feet flat on the floor. Extend arms straight above chest and interlace fingers.

Action: Keeping arms straight, lower hands toward floor above your head and then back toward your waist. Repeat back and forth. **15 reps**

Lower Spinal Floor Twist

Starting position: Lie on back with left leg straight and resting on the floor. Bring your right knee up so that your hip and knee are both bent at 90 degree angles.

Action: Keeping your right arm flat on the floor palm up, grab your right knee with your left hand and pull it across your body toward the floor and hold. Repeat on other leg. **Hold 30 seconds on each leg**

Cats & Dogs

Starting Position: On hands and knees with hands under shoulders and knees under hips.

Action: Arch back up and pull chin to chest while breathing out. While breathing in, lower back toward floor and raise head to look up. Repeat back and forth.

10 reps

Dog Push-Ups:

Starting Position: On hands and knees with hands slightly forward of shoulders and wider than shoulders, knees under hips.

Action: Bend arms, drop chest straight down between hands and back up. Repeat up and down. **10 reps**

Downward Dog

Starting position: On hands and knees with hands under shoulders and knees under hips. Curl toes under feet.

Action: Straighten legs by lifting knees off the floor, pressing heels toward the floor, and raising hips toward the ceiling creating an arch. Keep thighs tight, press chest toward legs and hold.

Hold for 30 seconds

Kneeling Clappers:

Starting Position: Kneel with hips directly over knees, arms straight in front of chest, palms together.

Action: Sweep arms straight back keeping them at shoulder level as far as they will go, pinching shoulder blades together. Then return and repeat. **20 reps**

Spread Foot Squats:

Starting Position: Stand with feet slightly wider than shoulder width.

Action: Bend knees and squat as far as comfortable, keep shoulders over hips and knees behind toes. **10 reps**

Spread Foot Glides

Starting position: Stand and spread legs apart, as far as you can comfortably go while keeping your toes pointed forward. Bend over with your arms hanging straight down.

Action: Keeping your left leg straight, bend your right leg while gliding to the right, as if you are sitting back into a chair. Then switch, smoothly gliding to the left by straightening the right leg and bending the left leg. Alternate side to side. **15 reps**

Forward Hang

Starting position: Stand with feet shoulder width apart.

Action: Bend over at waist and hang, let arms and head relax down. Hold and then roll up to starting position.

Hold 30 seconds

U.S. Shooting Team Balance, Strength and Stability Workout

Modified by Dan Durben and Sommer Wood from the program originally developed by Amber Jordan for the USA Shooting National Rifle Team

**Exercises should be performed to the maximum extension/contraction

Static Back

Starting position: Lie on back with legs bent 90 degrees at the knees and lower legs resting on a chair, palms of hands up.

Action: Breathe deeply and relax. **5:00 minutes**

Supine Elbow Curls

Starting position: Lie on back with knees bent and feet flat on the floor. Place knuckles on the temples of your forehead with thumbs pointing down towards your shoulders. Pinch your shoulder blades together to bring your elbows to the floor.

Action: Keeping wrists straight and rotating on the knuckles bring together and then apart down to the floor. **30-40 reps**

Pullovers

Starting position: Lie on back with knees bent and feet flat on the floor. Extend arms straight above chest and interlace fingers.

Action: Keeping arms straight, lower hands toward floor above your head and then back toward your waist. Repeat back and forth. **20 reps**

Static Back Crunches

Starting position: Lie on back with both hips and knees bent at 90 degree angles so that your lower legs are held out as if resting on a chair. Place hands behind head with elbows back. Keep your chin off your chest by keeping your eyes focused on one spot on the ceiling slightly behind you.

Action: Contract abdominal muscles while lifting shoulders off the floor, then relax. Repeat up and down. **25-50 reps**

Active Frog

Starting position: Lie on back with knees bent, feet flat on the floor and the sides of the feet touching each other.

Action: Bring knees apart toward the floor and then back up together. Repeat back and forth. **20 reps**

Ruep Kicks

Starting position: Lie on right side with both hips and knees bent at 90 degree angles. Support your head with your right arm, keeping your head and neck in a straight line with your spine.

Action: Bring your left knee toward your chest, then straighten out your left leg so that the left hip is fully extended with foot, knee, hip and shoulder all in a straight line. Repeat back and forth, then flip over and repeat with the right leg. **20 reps each leg**

Static Back Splits

Starting Position: Lie on back with both hips and knees bent at 90 degree angles so that your lower legs are held out as if resting on a chair.

Action: Bring knees and feet together, then spread knees and feet apart. Repeat back and forth. **20 reps**

Shoulder Bridge

Starting position: Lie on back with knees bent and feet flat on the floor with both knees and feet at hip width.

Action: Squeeze glutes, raise hips and the lower-back off the floor and hold. Concentrate on squeezing glutes and keeping back relaxed. **Hold for 1:00 minute**

Active Shoulder Bridge

Starting position: Same as Shoulder Bridge - lie on back with knees bent and feet flat on the floor with both knees and feet at hip width.

Action: Squeeze glutes, raise hips and the lower-back off the floor, then drop back down. Repeat up and down. **20 reps**

Lower Spinal Floor Twist

Starting position: Lie on back with left leg straight and resting on the floor. Bring your right knee up so that your hip and knee are both bent at 90 degree angles.

Action: Keeping your right arm flat on the floor palm up, grab your right knee with your left hand and pull it across your body toward the floor and hold. Repeat on other leg. **Hold 1:00 minute on each leg**

Frog Kicks & Reverse Frog Kicks

Starting position: Lie on back with legs straight and hands under glutes.

Action 1: Pull your knees straight to your chest, then spread your legs apart. Keeping your legs spread apart, straighten them out below you. Finally, bring the legs back together to the starting position. Repeat back and forth in a smooth motion. **20 reps**

Action 2: Immediately reverse the frog kicks by first spreading your legs apart, then pulling your knees up to your sides, then drawing your knees together above your chest, then straightening your legs back to the starting position. **20 reps**

Pelvic Tilts

Starting Position: Lie on back with knees bent and feet flat on the floor.

Action: Keeping hips in contact with the floor, arch lower back off floor, then press lower back into floor. Repeat back and forth. **10 reps**

Hip Lift

Starting Position: Lie on back with both hips and knees bent at 90 degrees so that your lower legs are held out as if resting on a chair.

Action: Place right ankle on left knee and hold. After 30 seconds lightly pull the left leg toward your chest about 2-3 inches while pressing right knee away from chest, then hold. Repeat with other leg. **Hold 1:00 minute each leg**

Flutter kicks

Starting position: Lie on back with legs out straight, thighs tight and toes pulled back. Raise head off the ground so you are looking at your feet.

Action: Keeping thighs tight and legs straight alternate kicking legs up and down 6 inches above the floor. Half way through your reps point your toes forward. **25 reps with toes back, 25 reps with toes pointed forward**

Supine Diva

Starting position: Sit upright with a slight arch in the lower back. Place soles of feet together with knees relaxed down. Invert the position of the right leg so that the inside of the right leg is now resting against the floor, the right foot is behind you, and the sole of the left foot is on the right thigh.

Action: Lie onto back, allow right knee to come off the floor. Once on back squeeze the right glute muscle and hold. Reverse the directions to repeat on the other side. **Hold each side 1:00 minute**

Kneeling Active Clock

Starting Position: Kneel with hips directly over knees, arms relaxed by sides.

Action 1: Lift arms out in front to the 12 o'clock position straight overhead, then back down.

Action 2: Lift arms halfway between overhead and straight out from sides to 10 and 2 o'clock.

Action 3: Lift arms straight out from sides to 9 and 3 o'clock.

20 reps each

Kneeling Roller Coasters

Starting Position: On hands and knees walk hands out slightly past the shoulders. Sit back toward your heels keeping your arms stretched out and the palms of your hands flat against the floor.

Action: The following motions should mimic a roller coaster. Bend elbows sliding forward dipping face so that nose skims just above floor, followed by hips. After face passes beyond hands begin to arch body up in a U motion, straightening your arms to raise your chest. Lift hips while returning back to the starting position. Repeat in a smooth motion. **10 reps**

Cats & Dogs

Starting Position: On hands and knees with hands under shoulders and knees under hips.

Action: Arch back up and pull chin to chest while breathing out. While breathing in, lower back toward floor and raise head to look up. Repeat back and forth.

10-15 reps

Hand Leg Opposite Holds

Starting position: On hands and knees with hands under shoulders and knees under hips.

Action: Raise and straighten your right arm and left leg simultaneously until they are both straight and parallel with the floor and hold. Switch to left arm and right leg and repeat. **Hold for 10 seconds, 5 reps each arm/leg**

Downward Dog

Starting position: On hands and knees with hands under shoulders and knees under hips. Curl toes under feet.

Action: Straighten legs by lifting knees off the floor, pressing heels toward the floor, and raising hips toward the ceiling creating an arch. Keep thighs tight, press chest toward legs and hold. **Hold for 1:00 minute**

Active Downward Dog

Starting position: On hands and knees with hands under shoulders and knees under hips. Curl toes under feet.

Action: Straighten legs by lifting knees off the floor, pressing heels toward the floor, and raising hips toward the ceiling. Keep thighs tight and press chest toward legs. Next, lower the knees to the floor, then come back up. Repeat up and down. **15 reps**

Kneeling Bridge

Starting position: Kneel with knees under hips and feet with heels up and toes on the ground under heels.

Reach back and grab heels with hands so that thumbs are inside of heels.

Action: Squeeze glutes, push hips up and forward and hold. **Hold for 1:00 minute**

Hero Squats

Starting position: Kneel with knees under hips and feet at hip width. Place hands on hips and sit back as close to ankles as is comfortably possible while keeping shoulders directly above hips. Gently arch your lower back inward. Avoid leaning forward.

Action: Raise your hips all the way up until they are directly over your knees, then go back down. Repeat up and down. **20 reps**

Hero Leans

Starting position: Kneel with knees under hips and feet at hip width. Place palms on lower back with fingers pointing down.

Action: Keeping stomach and back tight, lean back as far as is comfortable, then come back up. **10-20 reps**

Spread Foot Glides

Starting position: Stand and spread legs apart, as far as you can comfortably go while keeping your toes pointed forward. Bend over with your arms hanging straight down.

Action: Keeping your left leg straight, bend your right leg while gliding to the right, as if you are sitting back into a chair. Then switch, smoothly gliding to the left by straightening the right leg and bending the left leg. Alternate side to side. **20 reps**

Spread Foot Roller Coasters

Starting position: Stand and spread legs apart, as far as you can comfortably go while keeping your toes pointed forward. Bend over, walk your hands out in front of you and spread your hands so they are slightly wider than your shoulders.

Action: The following motions should mimic a roller coaster. Bend elbows sliding forward dipping face so that nose skims just above floor, followed by hips. After face passes beyond hands begin to arch body up in a U motion, straightening your arms to raise your chest. Return to the starting position by lifting the hips into the air and shifting weight back toward your feet. Repeat in a smooth motion. **10-20 reps**

Static Lunges

Starting position: Stand with hands behind head. Place right leg out in front of you and left leg behind you, keeping your feet in line with each other.

Action: Bend both knees allowing your left leg to drop straight down toward the floor. Next, raise back up straightening legs. Repeat up and down. Switch legs and repeat. **20-40 reps each leg**

Roller Coasters

Starting position: Stand with feet straight and shoulder width apart. Bend over and walk your hands out just past your shoulders.

Action: The following motions should mimic a roller coaster. Bend elbows sliding forward dipping face so that nose skims just above floor, followed by hips. After face passes beyond hands begin to arch body up in a U motion, straightening your arms to raise your chest. Return to the starting position by lifting the hips into the air and shifting weight back toward your feet. Repeat in a smooth motion. **10-15 reps**

Bear Crawl

Starting position: On hands and feet.

Action: Crawl forward by first bringing your right hand and left leg forward, then your left hand and right leg. Keep your back flat and your knees under your body in line with your hips. **10 steps each leg**

Inchworms

Starting position: Stand with feet hip width apart. Keep legs straight and bend over at the waist and reach out until your hands are flat on the floor.

Action: Keeping your legs straight, walk your hands out in front of you as far as comfortable. Next, keeping legs straight, use your toes to “inch” your legs up to your hands pressing heel towards floor with each step. **5-8 reps**

Air Bench

Starting position: As if sitting in a chair, stand with back against wall so that knees are bent at a 90 degree angle and thighs are parallel with the floor. Make sure that knees do not go past ankles.

Action: Keep weight on heels, press lower back into the wall and hold. **Hold 1:00 minute**

Standing Stork Walk

Starting position: Stand with hands behind head,

Action: Pull left knee up to a 90 degree angle keeping foot under knee. Point toe towards floor, then lower leg back to starting position. Repeat with other leg. **20 reps each leg**

Cats & Dogs (Repeat)

Starting Position: On hands and knees with hands under shoulders and knees under hips.

Action: Arch back up and pull chin to chest while breathing out. While breathing in, lower back toward floor and raise head to look up. Repeat back and forth.

10-15 reps

Forward Hang

Starting position: Stand with feet shoulder width apart.

Action: Bend over at waist and hang, let arms and head relax down. Hold and then roll up to starting position.

Hold 30 seconds



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