# Table of Contents:

- Goals ........................................................................................................ 1-3
- Equipment Checklist ............................................................................... 4-5
- Sights ........................................................................................................ 6-7
- Prone ......................................................................................................... 8-11
- Standing .................................................................................................... 12-15
- Kneeling .................................................................................................. 16-19
- Bullseye Approach/NPA ......................................................................... 20-21
- Daily Training Goals and Analysis ......................................................... 22-77
- Match Scores ........................................................................................... 78-79
- Physical Training Plan and Nutrition ...................................................... 80-83
- Long Term Training Plan ....................................................................... 84-89
- Notes ........................................................................................................ 90-94

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**Designed for Three-Position Air Rifle**

Keeping a Shooter’s Journal is one of the best ways to improve target shooting scores. This Advanced Shooter’s Journal was originally designed for the CMP Junior Rifle Camp Program, with the serious junior shooter in mind. But junior shooters of all levels, beginning to advanced, can benefit from the information recorded in this book.

Name:_____________________________________________________

Published by the Civilian Marksmanship Program, © 2017
Goals:
Goals:
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. This list might vary depending on where you are shooting, for example you need different gear if you are going to a range with electronic targets versus a range with paper targets, so you could have a list for each situation.

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Equipment Checklist:

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**Sights:**
It is important to be comfortable adjusting your sights as needed in both practice and match situations.

**Mark the direction sight knobs turn to move the shot:**

- Mark Up (U) or Down (D)
- Mark Right (R) or Left (L)

**Number of clicks per scoring ring:**

**Size of Rear Iris if adjustable:**

**Size of Front Aperture:**
**Prone Position Key Points:**
This is a quick visual guide of the key points of the prone position. Also remember to make notes of the location of your buttplate, handstop, cheekpiece, and sling.

<table>
<thead>
<tr>
<th>Component</th>
<th>Status</th>
</tr>
</thead>
<tbody>
<tr>
<td>Buttplate</td>
<td></td>
</tr>
<tr>
<td>Handstop</td>
<td></td>
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<tr>
<td>Cheekpiece</td>
<td></td>
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<tr>
<td>Sling</td>
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<tr>
<td>Head position</td>
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<tr>
<td>Forearm angle</td>
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<tr>
<td>Angle of body</td>
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<tr>
<td>Shoulder in line</td>
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<tr>
<td>Eye relief</td>
<td></td>
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<tr>
<td>Sling tension</td>
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<tr>
<td>Support wrist</td>
<td></td>
</tr>
<tr>
<td>Distance between</td>
<td></td>
</tr>
<tr>
<td>Support side leg</td>
<td></td>
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<tr>
<td>Trigger side leg</td>
<td></td>
</tr>
<tr>
<td>Trigger shoulder</td>
<td></td>
</tr>
<tr>
<td>Trigger wrist</td>
<td></td>
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</tbody>
</table>

- Support side leg position:
- Forearm angle:
- Angle of body:
- Shoulders in line with hips?
- Eye relief:
- Sling tension even on each side of arm?
- Support wrist straight?
- Distance between elbow & pistol grip:
- Head position straight & upright?
Prone Position Notes:
Describe step-by-step of how you set-up your position, including as many details as possible. This can change with time, so revisit and make adjustments to your notes.
Prone Shot Plan:
A. Describe your Shot Plan in detail the steps you take during each stage.

Mental Foundation

Physical Foundation

Focus

Trigger/Follow Through

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: ______________________________________________________

Trigger/Follow Through: _____________________________________

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 ____________________

Head position straight & upright? □
Eye relief: □
Support hand: □
Stock not touching chest? □
Where support elbow sits: □
Hips pointing to target? □

Back shoulder relaxed? □
Shoulders level? □
Trigger wrist straight? □
Amount of backbend: □

Feet and toes (include weight distribution):
Standing Position Notes:
Describe step-by-step of how you set-up your position, including as many
details as possible. This can change with time, so revisit and make
adjustments to your notes.

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

Mental Foundation

Physical Foundation

Focus

Trigger/Follow Through

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: _____________________________________________________

Trigger/Follow Through: ____________________________________

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 kneeling position. Also remember to make notes of the location of your buttplate, handstop and sling.

Buttplate ___________________
Handstop ___________________
Sling _______________________

Eye relief:
Sling tension even on both sides of arm? ☐

Head position straight & upright? ☐

Support wrist straight? ☐

Shoulder relaxed? ☐

Shoulders level and in line with hips? ☐

Left forearm relative to thigh:

Trigger wrist straight? ☐

Location of support elbow relative to top of knee:

Clothing out of the way? ☐

Back foot on kneeling roll:

Angle of back leg:

Forward leg straight? ☐

Forward foot:
Kneeling Position Notes:
Describe step-by-step of how you set-up your position, including as many details as possible. This can change with time, so revisit and make adjustments to your notes.
Kneeling Shot Plan:
A. Describe your Shot Plan in detail the steps you take during each stage.

Mental Foundation

Physical Foundation

Focus

Trigger/Follow Through

Analysis
Kneeling 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: __________________________________________________

Trigger/Follow Through: ___________________________________

Analysis: ________________________________________________

Reviewing this short version of the Shot Plan is a great way to prepare for every shot!
### Bullseye Approach and NPA:
Draw and describe how you approach the bullseye in each position and check your NPA. Include your last two breaths.

<table>
<thead>
<tr>
<th>Position</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>Prone</td>
<td><img src="image" alt="Prone" /></td>
</tr>
<tr>
<td>Standing</td>
<td><img src="image" alt="Standing" /></td>
</tr>
<tr>
<td>Kneeling</td>
<td><img src="image" alt="Kneeling" /></td>
</tr>
</tbody>
</table>
Bullseye Approach and NPA Notes:
What are your checkpoints to make sure your bullseye approach and NPA are correct and consistent:

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Goals and analysis for 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:
Goals and analysis for 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:
Date __________

Goals and analysis for shooting session:

Before Shooting
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After Shooting
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My goals and plans for this shooting session are:

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**After Shooting**
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Goals and analysis for 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:
### Match and Record Day Scores

<table>
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<tr>
<th>Date</th>
<th>Match or Record day</th>
<th>Prone</th>
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</table>
My Physical Training Plan
List the physical training activities that you enjoy, and that you will commit to incorporating into a physical training plan. These could include activities like running, biking, swimming, playing basketball, lifting weights, sit-ups, and even stretching. Many of these exercises have multiple benefits, so circle the benefits you will gain for your shooting from participating in these activities.

<table>
<thead>
<tr>
<th>Activity</th>
<th>Frequency</th>
<th>Circle Benefit</th>
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<tbody>
<tr>
<td></td>
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<td>stamina</td>
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<td>strength</td>
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<td>stamina</td>
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</table>
# Competition Nutrition and Hydration Record

Below is your competition nutrition and hydration record to help you keep track of which fueling options worked best for you under match conditions.

<table>
<thead>
<tr>
<th>Match: _________________________________  Date: ___________</th>
</tr>
</thead>
<tbody>
<tr>
<td>Nutrition the Day Before Competition:</td>
</tr>
<tr>
<td>Hydration the Day Before Competition:</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Match: _________________________________  Date: ___________</th>
</tr>
</thead>
<tbody>
<tr>
<td>Nutrition the Day of/during Competition:</td>
</tr>
<tr>
<td>Hydration the Day of/during Competition:</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Match: _________________________________  Date: ___________</th>
</tr>
</thead>
<tbody>
<tr>
<td>Nutrition the Day Before Competition:</td>
</tr>
<tr>
<td>Hydration the Day Before Competition:</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Match: _________________________________  Date: ___________</th>
</tr>
</thead>
<tbody>
<tr>
<td>Nutrition the Day of/during Competition:</td>
</tr>
<tr>
<td>Hydration the Day of/during Competition:</td>
</tr>
<tr>
<td>Match: _________________________________</td>
</tr>
<tr>
<td>Nutrition the Day Before Competition: _________________________________</td>
</tr>
<tr>
<td>Hydration the Day Before Competition: _________________________________</td>
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<tr>
<td>Nutrition the Day of/during Competition: _________________________________</td>
</tr>
<tr>
<td>Hydration the Day of/during Competition: _________________________________</td>
</tr>
</tbody>
</table>

| Match: _________________________________ | Date: ___________ |
| Nutrition the Day Before Competition: _________________________________ |
| Hydration the Day Before Competition: _________________________________ |
| Nutrition the Day of/during Competition: _________________________________ |
| Hydration the Day of/during Competition: _________________________________ |
My Long Term 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:
2. Designate at least one of these matches part way through the season as a “test match” that I will use to assess my progress

   a. My test match will be:

   b. I expect to have improved to the following scores by my test match:

Re-assess your training plan after the test match to ensure that your plan is on track.