

2017 CMP JUNIOR AIR RIFLE CAMPS LEBANON, OR

Location: Lebanon High School, 1700 South 5th St, Lebanon, OR 97355
Dates: 31 July-4 Aug
Start Time: 1300 (local time) Monday (No lunch provided on the first day)
Check-in: Check-in will be held at the range on Monday from 1200-1245
(This typically takes 5-10mins.)

Range Facilities:

The camp will take place in the gym at Lebanon High School, 1700 South 5th St, Lebanon, OR 97355, and shot on CMP's portable electronic targets. This is the exact same state-of-the-art Kongsberg electronic targets that are used at the CMP North and South ranges. The classroom and lunch areas will also be located within the school.

Who May Attend:

CMP Junior Air Rifle Camps are for high school-age athletes with at least one year of three-position air rifle competition experience. CMP camps are designed for students who will be in grades 9 through 12 during the coming school year; admission of athletes who have not yet reached high school will be at the discretion of the Camp Director. Athletes who have graduated high school are no longer eligible for camp, unless they wish to attend as an Adult Leader. There is no minimum score requirement for the weeklong camps--CMP camps are open to all athletes who want to improve their rifle marksmanship and competition skills. Many shooters of all skill levels who have attended previous years' camps have achieved remarkable improvements in their performances and scores.

Adult Leaders:

An important feature of the CMP Junior Air Rifle Camp format is the emphasis on athletes and adult leaders learning together. At least one adult leader (coach, team or club leader, parent, etc.) must accompany each athlete or group of athletes who attend. Adults may not attend camp unless accompanying athletes. Adult leaders are encouraged, but not required, to attend instruction and coaching sessions with their athletes. Sessions specifically covering coaching topics will be held for interested adults. Adult leaders are also responsible for providing transportation for their campers.

What to Bring:

Campers must bring their own shooting equipment including but not limited to rifles, shooting clothing, shooting stands, slings, kneeling rolls, prone mats, and pellets. *(CMP will only provide one (1) tin of pellets for each camper; individuals will need to bring additional pellets.)* Do not bring spotting scopes since all shooting will be done on electronic targets. CO2 and compressed air will be provided at the range, though it is highly recommended that individuals bring their own fill adapters. Campers need to make sure that they are dressed comfortably in athletic clothing and footwear. If you are

traveling to the camp via air travel it is recommended that you ship your compressed air or CO2 cylinders to your hotel in advance due to TSA restrictions.

Camp Instructors:

Dan Durben and Sommer Wood will serve as camp directors and chief instructors for the 2017 CMP Junior Rifle Camps, both joined the program in 2004. Durben is an Olympian, and former U.S. Olympic Rifle and Paralympic Shooting Team Coach. Outside of camps, Durben is a physics professor at Black Hills State University, and the school's NCAA Faculty Athletics Representative. Wood is a graduate of Clemson University where she competed on the Clemson Air Rifle Team, and earned her MFA from Barry University. She coaches marksmanship, and organizes shooting events year round for CMP as the Camps and Clinics Coordinator. Completing the camp staff will be a group of accomplished CMP staff members and college rifle team shooters who will serve as assistant directors, gunsmiths, and camp counselors. In addition, the camp material includes contributions from speakers who have Olympic and National Team backgrounds.

Training Groups:

Athletes will be divided into training groups, and assigned a specific firing point throughout the camp. Each training group will be under the direction of a counselor who is a collegiate rifle team member. One counselor will be assigned to groups of 4-6 camp athletes. Groups will work together for the entire camp.

Typical Training Day:

Each training day starts with a light warm-up and stretching exercises, followed by a series of class presentations that prepare participants for training activities on the range. The training day may include light physical exercise designed to introduce sport specific options for physical training.

Instructional Topics:

The camp schedule includes a variety of instructional topics and activities designed to help participants develop the tools necessary to excel as a three-position air rifle shooters. Participants will learn how to: construct stable and balanced prone, standing, and kneeling positions, personally tune their positions through an "inner position" approach, effectively analyze performance and training, set effective goals, control anxiety and self-talk, improve confidence, train efficiently, optimize the performance of their rifle and equipment, understand safety and rules, design a physical training program, shoot finals, and optimize their performance in competitions.

End-of-Camp Competition:

A formal competition (3x20 plus final) will be conducted on the last day of each full-length camp. Medals will be awarded for both sporter and precision classes at the conclusion of the competition. The End-Of-Camp Competitions for all three-position air rifle camps also are part of a combined CMP Cup Match where competitors can potentially earn Excellence-in-Competition (EIC) points towards the prestigious Junior Distinguished

Badge. The rules for receiving EIC points can be found in the **2016-2018 National Standard Three-Position Air Rifle Rules**. This rulebook can be downloaded from the CMP website at <http://www.thecmp.org/3P/Rulebook.htm>.

Award Ceremony and Graduation:

Each camp concludes with a competition awards ceremony following the finals. Participants will also be awarded a distinctive camp t-shirt, and certificate at the end of camp.

Code of Conduct:

Each participant must agree to abide by and sign a code of conduct at the beginning of camp. Violations of the code may result in expulsion from the camp and loss of fees paid. This includes any behavior that is disruptive to the camp learning environment.

Food:

Lunch will be provided Tuesday-Thursday, and snacks and water are provided each day at all camps.

Local Housing Options:

The CMP camps are commuter only, though the Lebanon area offers many housing options. For more information on the area please visit the Lebanon Visitors Bureau webpage at <http://www.lebanon-chamber.org>.

Transportation:

CMP does not provide transportation to the camp location. Camp participants must arrange their own transportation to the site of the camp. Adult leaders are expected to provide local transportation to and from the range for the athletes they bring.

Camp Schedule:

Monday	1200-1245	Check-in
	1300-1630	Camp Activities
Tuesday	0900-1630	Camp Activities
Wednesday	0900-1630	Camp Activities
Thursday	0900-1630	Camp Activities
Friday	0900-1230	Match, Final and Awards

A complete schedule will be provided at registration.

Costs:

Athletes: \$285, Adults: \$50

ADDITIONAL INFORMATION ON THE REGISTRATION PROCESS, CAN BE FOUND ON THE CMP RIFLE CAMPS INFORMATION PAGE; A LINK TO THIS PAGE CAN BE FOUND ON THE CMP HOME PAGE, www.thecmp.org. If you have any questions after reviewing the camp registration

process on the main camp info page, please contact Sommer Wood email swood@thecmp.org or Catherine Green at cgreen@thecmp.org or (419) 635-2141 ext 704.

Emergency Contacts:

Sommer Wood (Camp Director): (419) 341-5248

Catherine Green (Camp Registration): (419) 635-2141 ext 704