



# 2006 Eastern Region JROTC Air Rifle Championship

By Sommer Wood, Staff Writer/Editor

On February 9th-11th, 213 individuals and teams representing 58 different Army, Marine Corps and Navy JROTC units went shoulder-to-shoulder in the 2006 Eastern Region JROTC Air Rifle Championships. The three-in-one match determined Army, Marine Corps and Navy JROTC team and individual champions for their Eastern Regions as well as who from each service would advance from the Eastern Region to the National JROTC Air Rifle Championship in March.

The JROTC Eastern Region Championships were held at Fort Benning, GA, home of the U. S. Army Marksmanship Unit. Equipment checks and electronic targets were a new experience for many of the competitors who attended their first major competition. To qualify for the Region Championships, teams and individuals had to first post top scores for their respective services in JROTC Air Rifle Postal Matches that concluded in December. These Postals were also used to determine who advanced to the Western Region Championships that will be held on February 23rd-25th in Colorado Springs, CO.

The competition was divided into team and individual categories in both the Sport-

er and Precision classes. Each Service advanced their top two teams plus their top three at-large individuals in each class to the National JROTC Championship that will take place March 23rd-25th at Fort Benning.

The top teams advancing to the Nationals in the Sporter class were Navy programs South Effingham HS from Georgia with a 2088, and King George HS from Virginia that also shot 2088. Army teams advancing were Craigmont HS scoring a 2062, and Ripley HS scoring a 2025. Both schools are from Tennessee. For the Marine Corps, Palm Bay HS from Florida took the top spot with a 1999, while R-S Central HS scored a 1978 to secure the second position and advance to the next round.

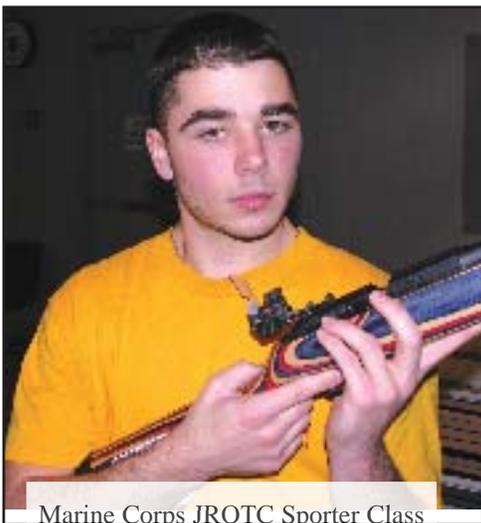
In the Precision class, Shelby County HS from Kentucky scored a 2314, and Colquitt County HS from Georgia scored a 2293 to advance to Nationals for the Marine Corps. For the Navy, Luella HS posted a 2293 and Henry County HS posted a 2278 to claim the top two spots. Both schools are located in Georgia. Würzburg-American High School, which is located in Germany, was the top finisher for the Army with a score of 2239. Finishing second was Fitzgerald High School from Georgia with a score of 2220.

To determine the individual champions and the top at-large individuals who will represent each service in the JROTC Nationals, a Final was shot at the end of the regular 3x20 course of fire. The top eight finishers in each service shot an additional ten-shots standing, which was added to their overall score. Fi-

*Continued on Page 7*



Army JROTC Precision Class Champion: Britton Watson, Sarasota Military Academy, Sarasota, FL.



Marine Corps JROTC Sporter Class Champion: Richard Hamel, Palm Bay HS, Melbourne, FL.



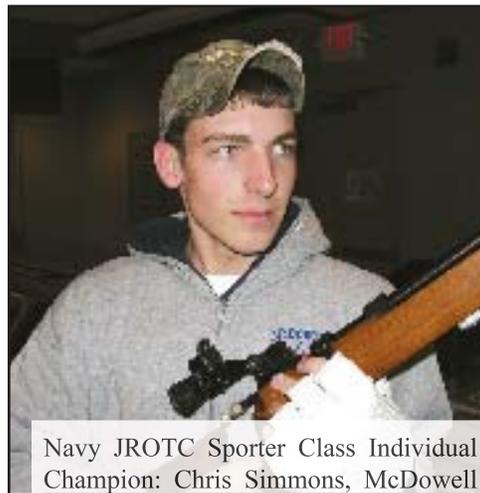
Marine Corps JROTC Precision Class Champion: Whitney Daggs, Newton HS, Covington, GA.



Army JROTC Sporter Class Individual Champion: Derric Lee, Craigmont HS, Memphis, TN.



Navy JROTC Precision Class Champion: Megan Smith, McEachern HS, Powder Springs, GA.



Navy JROTC Sporter Class Individual Champion: Chris Simmons, McDowell HS, Marion, NC.

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© **2005 Gary Anderson Invitational** - 378 competitors from 16 different states including shooters from as far away as Michigan, Ohio, Wisconsin, Minnesota, Colorado and Texas gave the 2005 Gary Anderson Invitational the biggest participation it has had since its inception in 1996. The 2005 GAI took place on the U. S. Army Marksmanship Unit's Pool Range Complex at Fort Benning, Georgia on 2-4 and 9-11 December. View the complete article with pictures on the CMP web site at <http://www.odcmp.org/0106/default.asp?page=GAI>.

© **CMP Marksmanship Programs for New Shooters** - The CMP is, in many respects, a grass roots organization that places a high priority on encouraging new shooters and helping them learn gun safety and marksmanship skills to get them off to a good start in target rifle and pistol shooting. Several CMP programs focus on this objective. If you are new to the shooting sports, this article describes CMP programs for new shooters and how to take advantage of the opportunities they offer. View the complete article on the CMP web site at [http://www.odcmp.org/0106/default.asp?page=CMP\\_PROGRAMS](http://www.odcmp.org/0106/default.asp?page=CMP_PROGRAMS).

© **Regulations and Applications for the 2006-2007 CMP College Scholarships** are posted on the CMP website. Each year up to one-hundred \$1000 scholarship are awarded to high school seniors and college undergrads who excel in rifle marksmanship and who are enrolled in Army, Navy, or Marine Corps JROTC or ROTC programs. For more information go to <http://www.odcmp.com/Programs/Scholarship.htm>.

© The National Guard Bureau (NGB) sponsors the annual **NGB Junior Air Rifle Tournament** to give sporter and precision class position air rifle shooters at all levels of ability a unique opportunity to test their marksmanship skills in competition with other junior shooters in their home states and throughout the nation. The Tournament has two phases, a State Championship postal phase and a National Championship shoulder-to-shoulder phase. The results from the Postal phase are now posted on the CMP web site at [http://clubs.odcmp.com/cgi-bin/report\\_matchResult.cgi?matchID=1152](http://clubs.odcmp.com/cgi-bin/report_matchResult.cgi?matchID=1152).

© **Kansas CMP State Junior Director, Ralph Goodwin**, reaches juniors even at the collegian level. In December, Goodwin instructed a clinic for the collegiate club team at the University of Arkansas at Fort Smith. For more on the clinic Goodwin taught go to <http://www.uafortsmith.edu/News/Index?skin=&storyid=1337>.

© USA Shooting announced its **Athletes of the Year for 2005**. Taking the top honors were junior skeet shooters Vincent Hancock of Eatonton, GA and Haley Dunn of Eddyville, Iowa. For an in-depth look at the accomplishments of these two athletes go to <http://www.usashooting.com/modules.php?op=modload&name=News&file=article&sid=232&mode=thread&order=0&thold=0>.

© **Summer Opportunity for High School Sophomores and Juniors**. NRA is now accepting applications for its 2006 Youth Education Summit which will be held in Washington, DC June 19-25th. There are 40 spots available for this free summit and applications are due by April 1st. For more information visit <http://www.nrafoundation.org/yes/>.

© **2006 Club Annual Report and Renewal Forms** are posted on the CMP website at <http://www.odcmp.com/Clubs/AnnualReport.pdf>. Annual reports are required for a club to maintain CMP affiliation and are due by April 1, 2006. For further information or questions, contact Shannon Hand at (419) 635-2141 ext. 1101 or via email at [shand@odcmp.com](mailto:shand@odcmp.com).

© **Bob Foth named USA Shooting's Manager of Youth Programs and Coach Development**. Foth, who is a 1992 Olympic silver medalist and former USOC Athlete's Advisory Council representative for shooting, will replace Martin Edmondson who is retiring this month. For more information on this story go to <http://view.exacttarget.com/?ffcb10-fe8f177675610c7973-fe2b15727765007b721277-ff051670756701>.

© **2006 CMP 3-Position Summer Camp Counselors Needed**. CMP is looking for nine qualified college rifle team members to work as junior camp counselors during the summer of 2006. The position runs June 1- August 5. Anyone seeking additional information or an application should visit the CMP website at [http://www.odcmp.com/3P/camp\\_counselor.htm](http://www.odcmp.com/3P/camp_counselor.htm).

© **A Junior Highpower Clinic** will be offered in Reading, MA on April 22-23. The two-day clinic will be held at the Reading Rifle and Revolver Club for juniors who are 14 years of age or older. For information and clinic application, contact Maureen Trickett at (978) 257-0406 or email [maurentrickett@tiradordeelite.com](mailto:maurentrickett@tiradordeelite.com).

© **16th Annual American Legion Air Rifle National Championship** preliminary round results are posted. A combined 978 juniors and 200 teams competed in the sporter and precision classes. A total of 36 teams have advanced to the team championship postal, which will determine the top five precision and sporter teams. In the individual qualification postal, 78 athletes have advanced, from which the top 15 athletes from each class will advance to the National Championship Match which will take place August 1-6, 2006. This event will be held at the Olympic Training Center in Colorado Springs, Colorado. For more information and results go to [http://www.legion.org/?section=prog\\_evt&subsection=evt\\_shooting&content=evt\\_prelim\\_results06](http://www.legion.org/?section=prog_evt&subsection=evt_shooting&content=evt_prelim_results06).

© **2006 National 4-H Invitational** information is now posted on the internet. For information on this event, which will take place June 26-29 in Rapid City, South Dakota visit [http://www.4-hshootingsports.org/national\\_match.htm](http://www.4-hshootingsports.org/national_match.htm).

© The **National JROTC Air Rifle Championship** will take place 23-25 March 2006 at Fort Benning, GA. Congratulations to the teams and individuals invited to the National JROTC Air Rifle Championship, <http://www.odcmp.com/3P/JROTC-NationalsQualifiers.pdf>. The official match program can be viewed on the CMP web site at <http://www.odcmp.com/3P/JROTCProgram.pdf>. Results will be posted live on the CMP web site at [http://clubs.odcmp.com/cgi-bin/report\\_matchResult.cgi?matchID=1159](http://clubs.odcmp.com/cgi-bin/report_matchResult.cgi?matchID=1159). Be sure to bookmark this page so you can follow all the scores from this exciting competition.

ON THE MARK

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*ON THE MARK* is published bi-monthly 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. 1111 or email [onthemark@odcmp.com](mailto:onthemark@odcmp.com).

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**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](mailto:programs@odcmp.com).

**ON THE MARK Wants Your Input:** We want your letters, questions, comments and opinions. *ON THE MARK* will dedicate space to publish letters from readers. We may not be able to publish them all, but we do hope to include letters, and answers to the letters, that will be beneficial to the broadest audience. If we do something you like, let us know. If we say something you do not like, let us know. If there is a story you feel we should cover, then let us know. If you have questions or comments please address them to: Letters to the Editor, CMP Headquarters, P.O. Box 576, Port Clinton, OH 43452 or email your letters or comments to [letterstotheeditor@odcmp.com](mailto:letterstotheeditor@odcmp.com).

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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 website, <http://www.odcmp.com> or on the CMP on-line newsletter, *The First Shot*, at <http://www.odcmp.org>.

ON THE COVER: The new CMP Rifle Instruction Guide. For more details and ordering information, please turn to page 11.

# Ohio Juniors Take Part in First CMP Match Day Clinic

By Sommer Wood, Staff Writer/Editor



Instructor Craig Swihart of Harpster, OH explains sight adjustments to a shooter from Ottawa County 4-H. Instructors were on hand to assist shooters throughout the clinic and match.

For years, CMP has offered training in air rifle to experienced juniors and their coaches through the CMP Three-Position Junior Air Rifle Camps. On January 14, 2006 the focus was shifted to shooters who have never fired in a match. The CMP Match Day Clinic was designed to walk juniors and their coaches through the process of a three-position air rifle match. The idea was to provide those in attendance with the tools to coordinate and host their own matches, and foster connections among junior programs in Ohio.

The one-day clinic was held at the Red Horse Squadron gymnasium at Camp Perry, and was led by CMP Director Gary Anderson. The clinic was filled to capacity with 30 JROTC and 4-H sporter shooters in attendance from the Northern Ohio area.

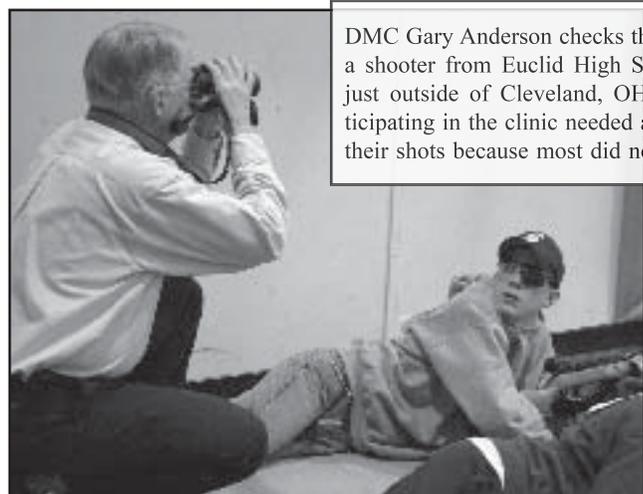
The morning portion of the clinic included an overview of safety along with

classroom and range instruction. CMP provided instructors for each team while team coaches took part in a scoring clinic. Training topics covered in the morning session were dry-firing, shot calling, and proper use of preparation periods and sighter shots.

After lunch participants prepared for their first shoulder-to-shoulder 3x10 match which included finals. Unlike a regular match though, each stage was alternated with instruction both on the line and between stages. After each stage, athletes moved between the range and classroom. This allowed for discussion about the stage that had just concluded, and an explanation of what was expected in the next portion of the event. The objective was to break the match into its individual components so that a first time competitor would gain an understanding of how and why a match is conducted in a particular manner.



Shot calling and sight adjustment exercises were covered in the morning sessions of the clinic. Participants paired off and plotted shot placement for their partners with push pins and plotting boards.



DMC Gary Anderson checks the location of a shot for a shooter from Euclid High School which is located just outside of Cleveland, OH. Many shooters participating in the clinic needed assistance with spotting their shots because most did not own spotting scopes.

Emphasis was also placed on the times allowed for each stage.

The goal was to teach shooters to utilize the time provided in a match, a common issue with beginners who often rush through each stage.

At the end of the match the top team and top three individuals were awarded. Franklin Heights High School was the top team of

the day with a 866. The top shooter was Robert Perkins of Lorain Southview High School with a 240+65 final. He was followed by Franklin Heights teammates Brandon Jenkins 233+60 final, and Rion Ward 210+62 final.

Franklin Heights Coach, CAPT Tom Lennon USN (Ret), felt his cadets had a valuable experience at the Match Day Clinic. "I found the clinic very worthwhile. The shooters got a lot of hands on time and close observation by experienced CMP coaches. The clinic was competitive which added to the experience. Also emphasized was the importance of getting your shooters involved in matches as often as possible, and setting up competitions with other schools which leads to improvement. I look forward to attending future clinics and encourage others to do the same," said CAPT Lennon.

CMP would like to thank all involved in making the first Match Day Clinic a success. For pictures from the match visit, [http://www.odcmp.com/Photos/06/CMP\\_Match\\_Clinic\\_Jan/index.htm](http://www.odcmp.com/Photos/06/CMP_Match_Clinic_Jan/index.htm).

## ON THE MARK Instructor's Notebook

The ON THE MARK Instructor's Notebook series is written and designed by Gary Anderson, DCM

### LEARNING TO SHOOT IN THE SUPPORTED POSITION

The *Instructors' Notebook* is a teaching and coaching resource for junior coaches and instructors. It seeks to present the most effective methods of teaching marksmanship to new shooters. Use *On the Mark Instructors' Notebook* articles to guide your work with beginning and new shooters. The CMP also solicits comments from shooting coaches/instructors about effective ways of teaching marksmanship they have developed. Please send your comments to [DCM@odcmp.com](mailto:DCM@odcmp.com). This edition of the *Instructors' Notebook* covers learning to shoot in the supported position. The supported position is often used as a "first position" for new shooters. Key principles that apply to using the supported position for initial range firing are:



1. The supported position is especially recommended for younger new shooters (12-14 years of age or younger). The supported position also works well when there is a need to give large numbers of new shooters range firing opportunities.
2. The supported position is ideal for learning the techniques of firing a shot that include sight alignment, breath control, trigger control and sight picture. Learning to adjust sights is also readily done while firing from the rest position.
3. Range firing activities should always follow a sequence that includes dry and live firing on blank targets followed by dry and live firing on bullseye targets.
4. New shooters should "graduate" from the supported position to standing just as soon as their shot groups are well within the black area of the BMC or regulation targets.

**PRELIMINARY INSTRUCTION.** Before a new shooter begins to learn to shoot in the supported position, they must have received some instruction in each of these topics:

1. Safe gun handling rules.
2. Basic range procedures.
3. How the rifle operates—how to cock and load it for dry and live firing.
4. How to determine the shooter's dominant eye and the correct shoulder to shoot from.
5. How to align the sights.
6. Correct breath control.
7. Correct trigger release technique.
8. Correct sight picture.

**THE SUPPORTED POSITION.** There are two variations of the supported position. It may be fired from either the prone position or from a table. In either case, one or two sand bags, a kneeling roll or other support is placed under the fore arm of the rifle. Do not use a sling in the supported position. When assuming the position, the support arm (left arm for right-handed shooters) may be extended forward so that it holds the fore arm or the rifle or this arm may be bent so that the left hand is placed under the butt stock to support and steady the butt stock. The illustrations here and on the next page show basic supported position variations and how the shooter should lie or sit and hold the rifle. The key to the supported position is to be sure the arms are relaxed so that the support holds the rifle, not arm muscles.

#### REQUIRED EQUIPMENT.

For the prone supported position:

- ⊙ Shooting mats for each firing point.
- ⊙ Sand bags and/or kneeling rolls for supports.

For the supported position at a table:

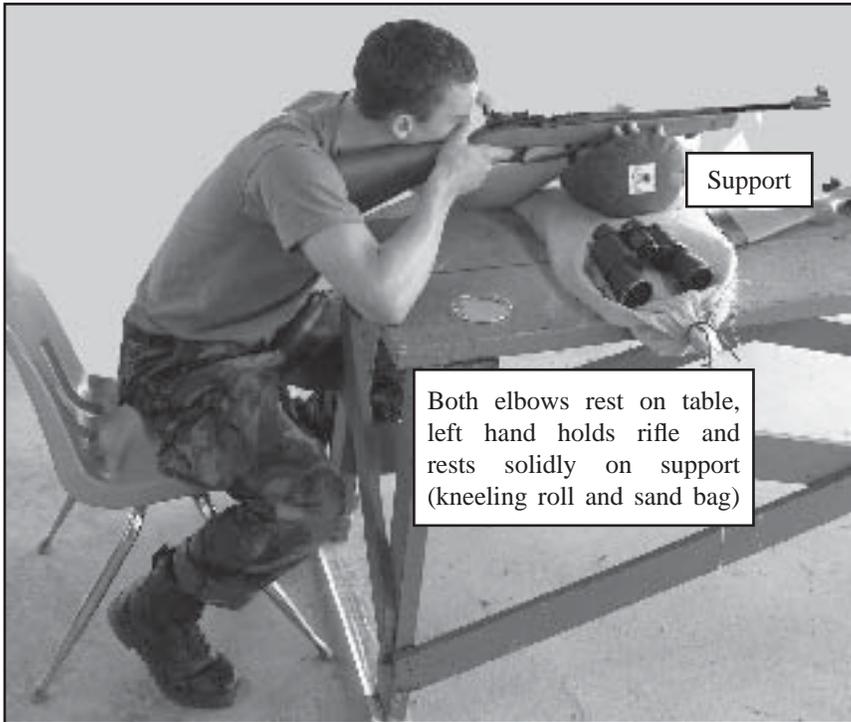
- ⊙ Sturdy tables or benches (28-30" high) with sufficient room for rifle supports and both elbows of the shooters.
- ⊙ Chairs for each firing point.
- ⊙ Sand bags and/or kneeling rolls for supports.

#### PRONE SUPPORTED POSITION



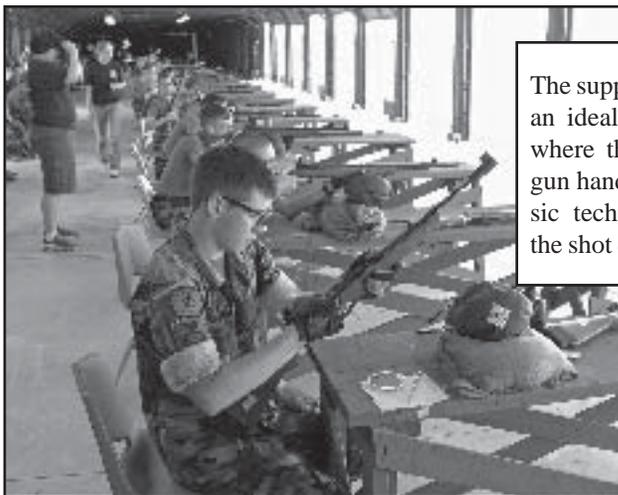
**Shooter extends body behind rifle, supports upper body with both elbows.**

# Learning to Shoot in the Supported Position

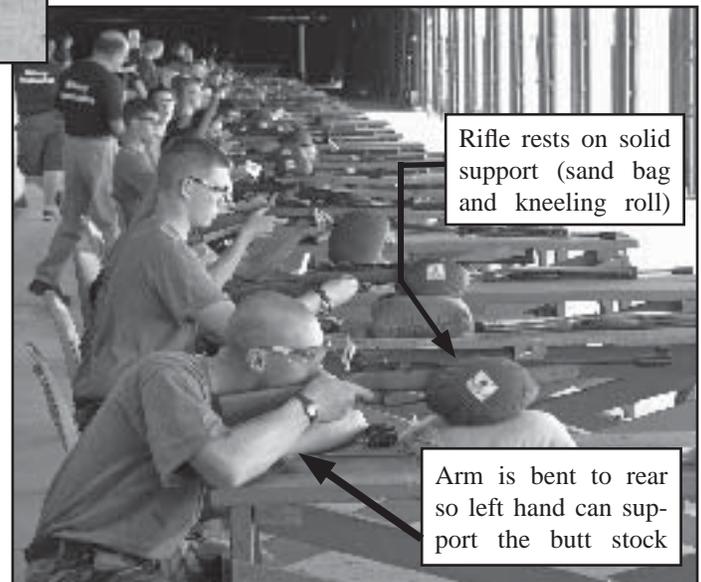


**SHOOTING FROM A TABLE OR BENCH.** Firing is done from a table or bench while supporting the rifle with one or two sand bags, a kneeling roll or other support. Key points in this position are:

1. Sit comfortably in the chair directly behind the table or bench.
2. Variation 1 (on left): Hold the rifle with the left hand (right handed shooter) and rest it on the support. Rest both elbows on the table.
3. Variation 2 (below): Rest the fore arm of the rifle directly on the support. Place both elbows on the table, but bend the left arm (right handed shooter) back so that the left hand supports and steadies the butt stock of the rifle.
4. Be sure to use a support that is high enough to raise the rifle up in the shoulder and allow the shooter to look comfortably at the targets.
5. When in position, relax the arms and upper body so that the support steadies the rifle.



The supported position is an ideal starter position where the skills of safe gun handling and the basic techniques of firing the shot can be practiced.



Rifle rests on solid support (sand bag and kneeling roll)

Arm is bent to rear so left hand can support the butt stock

**LEARNING TO SHOOT IN THE SUPPORTED POSITION.** Learning the skills of safe gun handling and firing the shot while using the supported position should follow a prescribed learning sequence. After working out a steady supported position, follow this practice sequence:

- Step 1—Dry Fire on A Blank Target.** Start by hanging a blank target (reversed BMC target). After receiving instruction in sight alignment, breath control and trigger control, practice these fundamentals by dry firing on a blank target.
- Step 2—Live Fire on A Blank Target.** Continue with a blank target. Shoot three or five shot groups by loading and firing while aligning the sights on the center of the blank target. The objective is to place all shots in a small grouping on the target; shot groups do not have to be centered.
- Step 3—Dry Fire on Bullseye Target.** Next, turn the target around so that the bullseye is visible. After receiving instruction in sight picture, practice combining proper sight alignment, breath control, sight picture and trigger control by dry firing on the bullseye target.
- Step 4—Live Fire on Bullseye Target.** Continue with a bullseye target. Shoot three or five shot groups by loading and firing while aiming at the bullseye target. At this stage of instruction, it is not important to have the shot groups in the center of the target. What is important is to have the shots together in a small group.
- Step 5—Sight Adjustment.** If the supported position is used as a first position, the principles of sight adjustment should also be taught and practiced before advancing to standing. After receiving instruction in sight adjustment, fire a three or five shot group, adjust the sights to center the group. Continue firing groups and making sight adjustments until the groups are well centered.
- Step 6—Target Scoring and Advancement.** Once shot groups are well-centered on the target, the principles of target scoring can be taught and practiced. At this stage, new shooters can also begin to shoot 10-shot series for score. When 10-shot scores from the supported position are consistently above 90x100 on the BMC target or 75x100 on the 10 meter or 50 foot regulation target, it is time to advance to the standing position.

# First 4-H Shooting Sports Media Day Draws Large Crowd

By Sommer Wood, Staff Writer/Editor

Each year thousands of people involved in the shooting industry enthusiastically attend a week long event known as the SHOT Show. This year the SHOT Show was held in Las Vegas, Nevada at the Las Vegas Convention Center on 8-12 February. The National 4-H Shooting Sports leadership saw the SHOT Show gathering as a perfect opportunity to bring together shooting sports organizations, vendors, and journalists who support 4-H Shooting. This year, for the first time, 4-H Shooting Sports held their inaugural 4-H Media Day at the Range and it kicked off a week of SHOT Show activities.

This new event took place on February 7th at the Boulder Shotgun, Rifle and Pistol Club, just outside of Las Vegas. Vendors set up booths along the outdoor range, and journalists were allowed to try new products firsthand. It was a great opportunity to expose the media to companies and organizations that support 4-H Shooting Sports. It was also a great networking opportunity for all involved, including the newly selected 4-H Teen Ambassadors who worked hard to help make the day run smoothly.

In addition to the shooting activities, lunch was provided for everyone in attendance. At the end of the day, a raffle and silent auction were held to benefit 4-H Shooting Sports. The guest of honor for the 4-H Media Day at the Range was NASCAR driver Ward Burton, who was recently named the national spokes-



The first annual 4-H Media Day at the Range allowed writers, vendors, and 4-H support organizations to make connections in support of 4-H Shooting Sports.

person for 4-H Shooting Sports. The CMP, NRA and USA Shooting, all organizations that work closely with 4-H Shooting Sports, were represented at the 4-H Media Day.

The second annual 4-H Media Day at the Range will be held in Orlando, FL prior to the beginning of the 2007 Orlando SHOT Show. Watch the National 4-H Shooting Sports website at <http://www.4-hshooting-sports.org/news.htm> for more information.



Outdoor writers from all over the U.S. and a few from Canada attended the first 4-H Media Day at the Range. This event was a jump start for the SHOT Show which was held in Las Vegas, NV that week.



Shooting bays were posted along the range to allow media to try new 2006 products firsthand.

## 2006 Eastern Region JROTC Air Rifle Championship Continued from Page 2

nals for all three services were held at the same time for each class. The top three Sporter individuals for the Navy were Chris Simmons of McDowell HS in North Carolina, 637.2; Lauren Strebel of Owen J. Roberts High School in Pennsylvania, 631.2; and Tiffany Kineard of South Effingham HS in Georgia, 626.2. Kineard qualified for the JROTC Nationals as a member of her first-place team. Simmons, Strebel and Nicholas Bertucci of Middleton HS in New York, who finished fourth overall, were the at-large individual qualifiers.

The Army's top individuals were Derric Lee of Craigmont HS in Tennessee, 621.2; Stephan Smith from Pelion High School in South Carolina, 618.8; and Rustin Ault from Preston HS in West Virginia, 618.3. Lee will go to the Nationals as a member of his first-place Craigmont HS team. At-large Army qualifiers were Smith, Ault and Amanda Garlitz, who is also from Preston HS. The Marine Corps' top Sporter individuals were Richard Hamel of Palm Bay HS in Florida, 612.1; Georgina

Gray from R-S Central HS in North Carolina, 589.1; and Danielle Aguilar of Mexico Academy in New York, 585.9. Hamel and Gray both qualified as members of their teams. At-large Marine Corps qualifiers were Aguilar, Michael Thoma of Gloucester HS in Massachusetts, and Jacob Puckett from Mt. Juliet HS in Tennessee.

The top Precision class finishers for the Marine Corps were Whitney Daggs from Newton HS in Georgia, 681.0; Chase Winner from Shelby County HS in Kentucky, 676.9; while Kent Wilcox, also from Shelby County HS, was third with 676.4. Winner and Wilcox qualified for the Nationals as team members. At-large qualifiers were Daggs, Brian Hughett from Mt. Juliet HS in Tennessee, and Elizabeth Olivares of Parkview HS in Georgia. The Navy's top finisher was Megan Smith, 688.2, from McEachern HS in Georgia. Steven Krieger from Henry County HS in Georgia was second with 678.3 and Matthew Baker from Stockbridge HS in Georgia was third at 677.6. At-large Navy qualifiers were Smith, Baker

and Tori Kostecki, also from McEachern HS.

The Army Precision class medalists were Britton Watson from Sarasota Military Academy in Florida, 671.8; Brenna Goodman who represented Würzburg-American HS in Germany, 666.8; and Andrew Lavender, who fired a 666.4 as a member of the Fitzgerald HS, Georgia, team. At-large Army qualifiers were Watson, Kaitlin Chaffin of Siegel HS in Tennessee, and Jon Meyer, also from Siegel HS.

After the competition was over a joint banquet and awards ceremony was held with over 350 people in attendance. Army Marksmanship Unit member and 1996 Olympian LTC Robert Harbison was the guest speaker for the event. LTC Harbison spoke to the cadets about the tremendous advances and growth that have taken place in JROTC marksmanship programs since he was a JROTC cadet in high school.

For complete results from the 2006 Eastern Region JROTC Air Rifle Championship go to, [http://clubs.odcmp.com/cgi-bin/report\\_matchResult.cgi?matchID=1157](http://clubs.odcmp.com/cgi-bin/report_matchResult.cgi?matchID=1157).

# Effective Practice Drills to Maximize Training

By Dan Jordan

One of the most difficult aspects of any sport is to decide how to make the most out of training, and to find the most effective way to prepare for a big competition. Shooting is no different. There are several unique challenges to maximizing training, not the least of which is time. Even with limited time though, productive training is possible and also essential to achieving the most out of a shooter's performance. The training techniques described in this article were learned through my own training experience or were developed by the U.S. Shooting Team, top collegiate programs, and international shooters from around the world.

What constitutes effective practice is probably the most common misconception I have found when working with coaches around the country. Their predominant opinion is, "to prepare for a match, athletes need to shoot a match". Each day in "practice" these coaches instruct their shooters to complete a 3x10 or 3x20 course of fire. While essential and productive occasionally, this is probably the least effective method of practicing. By constantly stressing the outcome or score for a set number of shots, the shooter is forced to fall back on what is familiar and what they have used to attain success in past matches. This leaves little, if any time to experiment and establish new techniques and skills. Instead, coaches should employ drills and exercises that encourage growth and the mastery of new techniques. Varying training will also keep practice more interesting and entertaining; this will minimize burnout and loss of interest.

Some aspects of performance that should be targeted for improvement by shooters at all levels are hold refinement, trigger control, physical and mental endur-

ance, and finals performance. One common factor among all of these skills is that training for them is easily done in practice through the use of drills and exercises. Here are some drills that target these skills and can be used by both teams and individuals.

**Drill #1: Holding Exercise.** Minimizing a shooter's hold in standing and kneeling is always a top priority when improvement is sought. Often times a poorly supported or structured position is the cause of a shaky hold. For five or 10 minutes (depending on skill level, endurance, etc.) simply hold and aim the gun as if you were shooting at the target without the aid of a shooting jacket, if one is used. Repeat if necessary after adding the shooting jacket, then add the sling for the same amount of time. Take the rifle down for short breaks in between hold repetitions. Begin the shooting session after completion.

This drill accomplishes several things. By holding or dry-firing in an unsupported position, one learns to feel the body and muscle groups working. Proper placement of the elbow on the hip or knee is quickly learned, thus creating a position supported by bones and tendons. Secondly, by taking away the feedback of shot outcome, the shooter can more easily focus on the position.

**Drill #2: Trigger Control Exercise.** Trigger control is a major issue for many young shooters. Why is this? Put simply, the shooter sees too much movement and this causes them to jerk the trigger as the target passes through the sights. Drill #1 will help as it begins to steady the shooter's hold, but that will take time. Also a shooter must keep in mind

that a hold never truly stops no matter what the level of experience is. Rather the movement of the muzzle becomes much slower and smaller as hold stability improves. Until then, there are several exercises to address this challenge that minimize the appearance of movement in the sights.

In this drill, remove or open the front aperture and shoot for grouped shots. By removing or completely opening the front aperture, perceived motion in the sight picture is significantly decreased.



Holding exercises without the aid of a shooting coat helps an athlete gain a better sense of their balance, and requires them to rely on their bones and tendons for support.

If a shooter's hold looks more stable, it is easier to concentrate on pulling the trigger smoothly. Shot placement is unimportant in this drill so removing the spotting scope is not a bad idea as well. One of the reasons this drill works is that many shooters use apertures that are too small believing that if there is less white around the bull they can see and react to a sight picture more quickly. Instead, more movement is seen causing the shooter to physically try to hold the gun steadier instead of relaxing and relying on bone support. This in turn causes them to jerk the trigger.

**Drill #3: Endurance Exercises.** Shooting requires two types of endurance, physical and mental. Both must be developed to maximize shooting results. There are several exercises



It is always important for a shooter to first build a position without the rifle, but practicing positions without a rifle can also be a good way to build endurance when range time is limited.

## Hold with good balance, relaxation & NPA



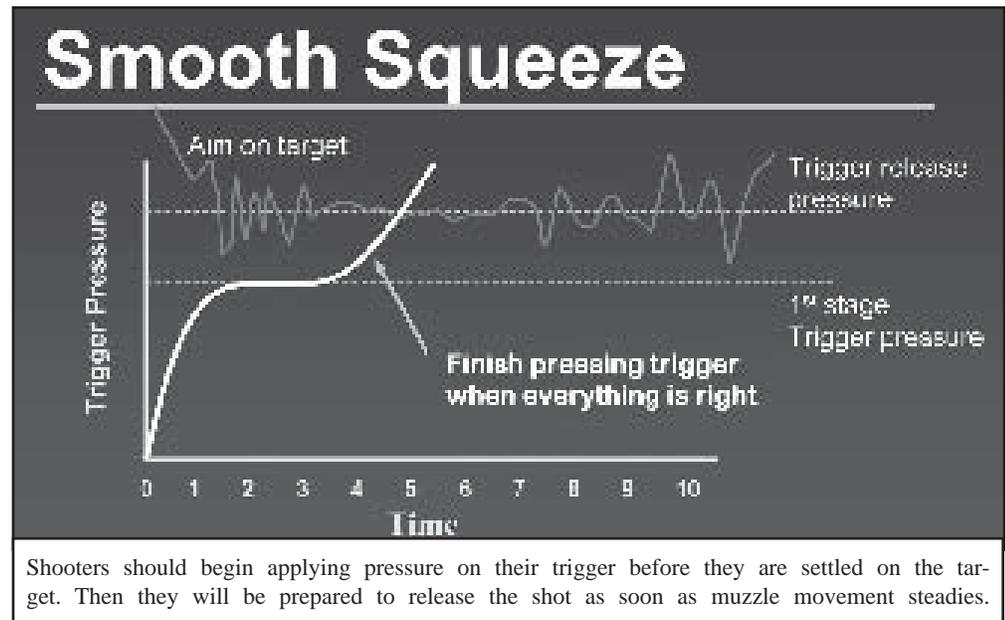
A shooter must remember that a hold never completely stops no matter what experience level they reach. The goal is to minimize the movement of the muzzle so it becomes slower and smaller.

to enhance the shooter's physical and mental endurance; they are most effective when incorporated into a training plan. If comfort in the kneeling position is a problem, sitting on a kneeling roll for extended periods, with or without full shooting gear, is an exercise that does not even require a range. Another exercise that does not require a range is dry firing. While sometimes tedious, dry firing is a very effective way of building both mental and physical endurance. A great way to build mental endurance is to pick a challenging number of 10's (or dependent on skill level, 8's and better, etc.) and see how many shots it takes to obtain this goal. An alternative to this is to pick an achievable score and to shoot four, six or ten targets that achieve this score goal before you stop practicing.

In another variation of this exercise, the objective is to increase mental endurance by picking a number of 10s (9s or better, 8s or better) to achieve in a practice session. This forces the athlete to concentrate for longer periods of time as he/she strives to minimize the total number of shots required. This also forces the shooter to focus on each and every shot rather than a 10-shot series. Striving to achieve target score goals instead of a full match total can also narrow the focus to the task at hand.

In today's world, more time is wasted in front of the TV than any place else, yet people constantly complain of not having enough time to train. Instead, why not use that TV time by sitting on a kneeling roll in position, or dry firing at a target placed next to the screen. While this may not be the best environment for concentration, there is a purpose in this drill. The aim of these exercises is to increase time behind the gun in order to improve physical endurance and comfort in otherwise less than natural positions. Time also can be controlled easily by using commercials as break times. Another option is to watch a movie for 20-30 minute intervals with 5-10 minute breaks.

**Drill #4: Finals Exercise.** Finals are becoming more common at all levels of competition. Athletes must train specifically for finals because they offer a whole new set of challenges such as time control, crowd distractions, and focus issues. Simply running a final at practice does not address these challenges adequately. To gain full benefit of finals training, stress needs to be elevated in practice just as it would be in a competition. Because time is a major stress factor in finals, drills that emphasize time are very effective. Also introducing other external distracters like noise or an audience can help an athlete learn to deal with stress while maintaining focus.



To emphasize time constraints in finals practice, try shooting two shots per 75-second time period; an alternative is to try to achieve one good hold and one good shot within the time limit. Having someone call out the time as it counts down in 5 or 10 second intervals is also a good idea. Holding for an extended time period before breaking the shot, or shooting two shots in 75 seconds shows the shooter how many good holds they actually have time to achieve in a final. Most inexperienced finals shooters take their shot within the first 15 to 20 seconds, and are often not happy with the result. In this case, plenty of time was still available to take a second, third, or even fourth hold that could have resulted in a better score. Calling out times also makes the shooter aware of just how much time is really available, while adding the additional external distraction of the clock.

Individuals and crowds making noise or comments (keep it positive and appropriate!!!) is very good for teaching shooters to focus through a shot when conditions are not always quiet, serene, and within their control.

Training time is a precious commodity and

should be treated that way. Because almost all of us face this challenge, it is important to make the most out of our training time. By running drills and exercises in practice shooters can maximize their time on the range by learning new skills, mastering old ones, and improving faster than ever before.

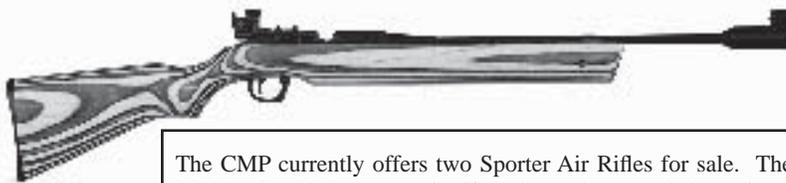
*Dan Jordan is the head coach of the University of Alaska-Fairbanks Rifle Team. He has won numerous national and international medals including the Silver in Men's three-position smallbore at the 2004 Paralympic Games in Athens, Greece. He has over 15 years of shooting experience and over 7 years of coaching experience. He is also a member of the U.S. Paralympic Team.*



Finals competition offers a whole new set of challenges for an athlete to face, and it is important to train specifically for finals in practice.

## Three-Position Air Rifle Rule Interpretation: MODIFICATIONS (PARTS SWAPPING) ON SPORTER AIR RIFLES

**Q:** Can sights, butt plates and other parts on one approved sporter air rifle be swapped for parts on another sporter air rifle? Some rifles have been altered by removing parts from one make and model sporter air rifle and installed on another make or model gun. For example, I have seen sights taken from XSV40s installed on M888s. I have also seen precision sights and parts installed on sporter air rifles. Are these practices legal?



The CMP currently offers two Sporter Air Rifles for sale. The Daisy M888 .177 CO2 sporter air rifle (shown here) and the Daisy M853C .177 cal. (pneumatic) air rifle are available for CMP-affiliated schools, junior clubs, teams and camps to purchase. For more information, visit the CMP web site at <http://www.odcmp.com/Programs/JrRifles.htm>.

**A:** In order to keep sporter class competition from becoming an expensive equipment race, three-position air rifle rules are quite restrictive as to what modifications or parts swapping can be done to them. The basic guideline for this is found in Rule 4.2.6: "Any alteration or modification of the external or internal dimensions of factory-manufactured parts of approved Sporter air rifles, or the substitution of factory-manufactured parts from other air rifles, not specifically authorized by these rules is prohibited." This means that any alteration or parts substitution that is not explicitly described in the rules is illegal.

Alterations or parts substitutions that are specifically authorized by the rules and legal are:

- ⊙ Rule 4.2.2. Weight can be added to the rifle as long as the total rifle weight with sights and sling swivel does not exceed 7.5 pounds.
- ⊙ Rule 4.2.4. The cheek piece and forward curvature of the pistol grip on M853 and M888 air rifles may be built up with wood, plastic wood or other material as long as the resultant cheek piece height and forward dimension of the pistol grip do not exceed the stock dimensions of the M753 air rifle.
- ⊙ Rule 4.2.4. The butt plate may be checkered or scored, covered with a non-slip material or covered with a rubber slip-on recoil pad.
- ⊙ Rule 4.2.5. A set screw may be installed in the trigger guard of M858/753/953 air rifles to control sear engagement, but not to limit over-travel.
- ⊙ Rule 4.2.8. The "El Gamo" type front and rear sights sold with the M753 air rifle may be substituted for the sights that come with the M853/888 air rifles.

No other alterations or parts swapping are legal. Specifically, sights or other parts from precision air rifles may not be installed on sporter air rifles and butt plates or adjustable cheek pieces from XSV40 or Crosman 2000 air rifles may not be installed on M853/753/953/888 air rifles. As a guideline for match officials and coaches, no alteration or modification should be permitted on a sporter air rifle unless specific language can be found in Rule 4.2 that authorizes that change.

## 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 a series of designated major junior air rifle championships that may 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 junior listed below who recently earned their Junior Distinguished Badge. **ON THE MARK** will recognize all juniors who achieve this outstanding goal in each upcoming issue. A complete list of juniors who have earned their Junior Distinguished Badge is at <http://www.odcmp.com/3P/EIC.pdf>. If you would like more information on this program, visit the CMP web site at <http://www.odcmp.com/3P/EICProgram.pdf> or email CMP Competitions at [competitions@odcmp.com](mailto:competitions@odcmp.com).

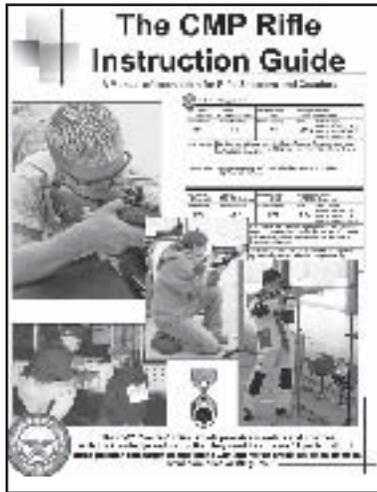


Badge #	Name	Hometown
116	Kyle Phillips,	Stockbridge, GA
117	Mattie Brogdon,	Dawsonville, GA
118	David A. Garman	McDonough, GA

# The CMP Rifle Instruction Guide

By Sommer Wood, Staff Writer/  
Editor

It was over three years in the works but the CMP Rifle Instruction Guide is finally completed. This instruction manual designed for rifle shooters and coaches is a collected series by the Director of the Civilian Marksmanship Program, Gary Anderson. The series originally appeared in the CMP's newsletter for coaches and junior marksmen, *On the Mark*, formerly JSCN News, in a series of columns titled the "Instructor's Notebook, Teaching Rifle Marksmanship". These articles were addressed directly to instructors and coaches of three-position rifle shooters. This material



has now been adapted for a wider audience to include junior and adult shooters in addition to coaches and instructors.

The book is geared for the beginning shooter and should be used to help instructors and athletes design their lesson and training plans. Topics range from learning the proper shooting positions to mental conditioning for the new shooter, and are arranged in the general order in which they should be taught. This 48-page 8 1/2 x 11 instruction guide is full of numerous diagrams and photos to aid in instruction.



The CMP Rifle Instruction Guide covers over 20 topics including the Principles of Rifle Marksmanship Instruction, Gun Safety and Safe Range Operations, Technique for Firing the Shot and Learning the Use of the Sling.

To order your copy of the CMP Rifle Instruction Guide for \$4.95, click on the CMP E-store at <http://estore.odcmp.com/Store/catalog/catalog.aspx> and search for Item Number 740. You can also download a CMP Publications Order Form at <http://www.odcmp.com/Programs/publications.htm>.

The RIG includes detailed instructions for learning basic target rifle shooting skills; written especially for junior and new shooters and youth shooting sports coaches, but suitable for use by anyone who wants to learn how to be a target rifle shooter.

## 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](mailto: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 website (if available). The CMP will do its best to accommodate each request to be included in the Calendar of Events.

**23-25 March 2006**

National JROTC Championship, Fort Benning, GA.

**15-16 April & 20-21 May 2006**

Open 3-P Air Rifle Sporter & Precision, and State Junior Olympic Progressive Position Pistol Air Rifle & Air Pistol, LA, Contact Mickey Brondum, [mbrondum@cox.net](mailto:mbrondum@cox.net)

**25-29 June 2006**

National Guard Bureau Junior Tournament, Bowling Green, KY, see the Program on Page 13 or CMP web site, <http://www.odcmp.com/3P/NGB.htm>

**25-30 June 2006**

4-H Shooting Sports National Invitational, Rapid City, SD

**26-30 June 2006**

USMC Eastern Region Junior Highpower Camp, Camp Butner, NC

**30 June - 2 July 2006**

Daisy National BB Gun Championship, Bowling Green, KY

**3-5 July 2006**

Daisy National Air Gun Championship, Bowling Green, KY

**6-9 July 2006**

National Junior Olympic Sporter Air Rifle, Bowling Green, KY

**9-11 July 2006**

National Junior Olympic Precision Air Rifle, Bowling Green, KY

**10 July 2006**

Pistol Small Arms Firing School, Camp Perry, OH

**11 July 2006**

M9 EIC Match, Camp Perry, OH

**16 July 2006**

National Trophy Pistol Matches (with junior trophy events), Camp Perry, OH

**23 July 2006**

CMP National Rimfire Sporter Championship, Camp Perry, OH

**24-28 July 2006**

NRA Junior Smallbore Camp, Camp Perry, OH

**28-30 July 2006**

CMP-USMC Highpower Rifle Junior Clinic, Camp Perry, OH

**29 July 2006**

Rifle Small Arms Firing School, Camp Perry, OH

**30 July 2006**

M-16 EIC Match, Camp Perry, OH

**31 July - 5 August 2006**

National Trophy Rifle Matches (with junior trophy events), Camp Perry, OH

**1-6 August 2006**

American Legion 3P Air Rifle National Championship, Colorado Springs, CO

**6-8 October 2006**

National Youth Shooting Sporters Leadership Conference, Port Clinton, OH

**8 October 2006**

CMP State Junior Directors Annual Workshop, Port Clinton, OH

**13-15 October 2006**

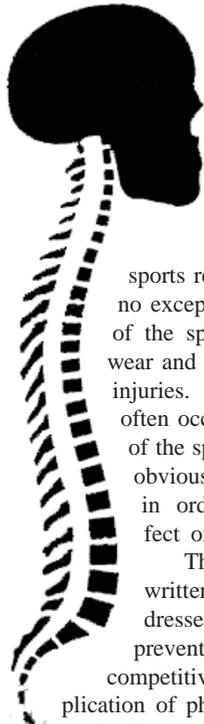
Montgomery Bell Academy Rifle Classic, Nashville, TN

**22-26 October 2006**

4-H Extension Agents National Convention, Milwaukee, WI

**4-12 November 2006**

Western CMP Games and Creedmoor Cup Matches, Camp Pendleton, CA



# From the Training Room: An Introduction to Physical Therapy for the Shooting Athlete

By Amy Kirkland P.T, MSR, OMT

In every sport athletes face the possibility of sports related injuries. Shooting is no exception. The repetitive nature of the sport can over time lead to wear and tear on the body and cause injuries. Also in shooting, injuries often occur more frequently outside of the sport and those injuries must obviously be quickly addressed in order to minimize their effect on a shooter's performance.

This article begins a series written for *On the Mark* that addresses the rehabilitation and prevention of injuries specific to competitive shooting through the application of physical therapy. The focus of this first article will be on the ligaments and muscular injuries involving primary joints in the body. These joints and muscles can be placed under strain as the result of repetitive motion in the shooting positions. Each injury will be addressed in terms of anatomy and mechanism. Rehabilitation plans will be laid out, and most importantly, injury prevention will be discussed. This program is designed to aid athletes with both the prevention of injury and rehabilitation after injuries. It should not, however, be used in place of consultation with a qualified physician.

First we should begin with the goal of physical therapy, which is simply to restore physical function. This can involve improving the range of motion, strength, posture, balance, endur-

ance, control, kinesthetic sense, and the treatment of pain. Specific goals are set based on each individual's needs. A typical goal would be to improve the range of motion in a joint such as a shoulder or wrist, or to strengthen the muscles of the lower back while increasing endurance.

The physical therapy method used to improve a problem area is directly related to the type of injury being treated or prevented. Pain problems may be treated with methods designed to heal the injured tissues. Providing protection, improving circulation, and restoring function often decreases pain.

To improve range of motion problems, stretching exercises are often used to increase flexibility. This may be useful when there is a tear or strain of the muscles or ligaments that surround a joint. For strength and endurance issues, stretching exercises are often accompanied by various forms of resistance training. The amount of resistance used and the length of exercise time should be gradually increased as strength and endurance improve. Balance and control problems are often treated with special exercises and training.

Physical therapy treats a variety of ailments. It is important to keep this in mind if you seek the advice of a physical therapist. You want to consult someone who is experienced with the type of injury that you need treated. For example, a physical therapist that specializes in back injuries may not be the best choice for someone who needs to treat a wrist injury. A doctor or rehabilitation nurse can offer recommendations. It is also acceptable to call a physical therapy office to ask about the experience and training of the physical therapists on staff.

While prevention is the ultimate goal, effective treatment is crucial once an injury occurs in order to prevent a treatable injury from becoming a nagging problem. Muscle and joint injuries cause pain. People can experience muscle weakness or tightness, poor joint alignment, and a decreased energy level. All of these contribute to decreased performance at school, work, and most importantly for the shooting athlete, a decline in performance on the range.

In the next issue of *On the Mark* we will begin with the foundation of a shooter's position as we examine treatment and injury prevention for problems related to the foot and ankle.

*Amy Kirkland graduated from the University of South Carolina with a Bachelor of Science, and went on to the Medical University of South Carolina where she earned a Masters of Rehabilitation Sciences in Physical Therapy in 2003. Following her graduation she spent time at Roosevelt Center in Warm Springs, GA where she gained experience working with spinal cord injuries. She has worked 3 years in orthopedics with a specialization in sports and spinal rehabilitation. She currently works as a Physical Therapist with Pivotal Therapy in conjunction with the Steadman-Hawkins Clinic of the Carolinas. In her spare time she enjoys running, sports, and Tarheel basketball. Questions for Amy can be directed to*

*kirkland@pivotaltherapy.com.*



pivotaltherapy

## CMP Hires Camp Riflery Manager

By Sommer Wood, Staff Writer/Editor

The CMP is proud to announce the hiring of Jeff Williams as its new Camp Riflery Manager. CMP Director Gary Anderson said, "we consider this a major step forward in our efforts to strengthen, improve and expand our Camp Riflery Program." The CMP is devel-



oping a comprehensive Camp Riflery Program that offers instructor training courses and training curriculum for camp riflery instructors and counselors. The CMP program is designed to serve summer camps that offer marksmanship as part of their program as well as to assist other camps in getting new riflery programs started.

Anderson explained, "having someone available to work on this program full-time gives it tremendous potential for reaching many more youth with safety and marksmanship instruction. With Jeff on board, we hope to increase the number of active Camp Riflery Master Instructors, significantly expand the number of Instructor Clinics that we conduct, and continue to develop our riflery curriculum and training aids for camps. We also plan to make consultation services on range and riflery program design available to many more camps."

Jeff is joining the CMP North staff from his current residence in Cincinnati, OH. He is a graduate of Eastern Illinois University with a BS

in Parks and Recreation Administration. While at EIU, he was a member of the University's rifle team.

He has several years of work experience in camp programming and administration with most of his experience in YMCA camps. Jeff also worked as a Hunting Department Team Leader for Bass Pro Shops.

If you would like to contact Jeff for more information on our Camp Riflery Program, you may do so at [jwilliams@odcmp.com](mailto:jwilliams@odcmp.com), or by phone at (419) 635-2141 ext. 1130. For more information on the CMP Camp Riflery Program, check the CMP web site at <http://www.odcmp.com/CRProgram.htm>.



# Hancock named 2005 Male Shooter of the Year by International Press

By Sommer Wood, Staff Writer/Editor

In April 2005, 16-year-old Vincent Hancock made his first appearance on the international shooting competition stage and began an unprecedented year that took the shooting world by storm. The junior from Eatonton, GA won a gold medal and set two open world records and two junior world records in his very first international competition at the Changwon, Korea ISSF World Cup.

In Rome, Italy just weeks after his win in Korea, Hancock equaled one of his open world records and one of his junior records and finished with a silver medal. The following week, he competed in the World Shotgun Championship in Lonato, Italy where he won another gold medal to become the 2005 World Skeet Champion. His next World Cup in Belgrade, Serbia-Montenegro brought for Hancock his second World Cup silver medal. At his third 2005 World Cup in America, Brazil, he won another World Cup

gold medal. Hancock also won the skeet event at the Shooting Championship of the Americas in Puerto Rico. In the year's final international competition, the "champion of champions" World Cup Final in Dubai, UAE, he won a silver medal.

At the end of his first year of international competition, 16-year-old Vincent Hancock had won a medal in all seven of the international matches in which he competed and established three open world records and three junior world records. Hancock was quite fittingly named USA Shooting's 2005 Male Athlete of the Year. The crowning recognition of his absolutely outstanding year in international shooting came when the members of the International Association of Shooting Sport Journalists, a special commission of the International Sports Press Association, elected Hancock as their 2005 Male Shooter of the Year. This was the first time this



honor has ever been bestowed upon an American.

The CMP extends its sincere congratulations to junior shooter Vincent Hancock and wishes him continued success in the 2006 competition season.

## CMP Honors Junior Shooting Leader

By Gary Anderson, DCM

Martin Edmondson, Manager of Youth Development at USA Shooting, is retiring this month from a position where he served as one of the most active and most respected youth shooting sports leaders in the United States. Edmondson, who will turn 62 this month, decided after completing a military career followed by twelve years as the National Running Target Coach and the past six years as USA Shooting's junior shooting leader, that he wanted to have time to spend with his wife Helga and to fulfill many plans that the long hours of a shooting sports organization staff member rendered impossible. The Edmondsons now plan to spend the next several months traveling through the U. S. and Canada. In the future, he also plans to continue being involved with youth shooting programs as a volunteer.

On 22 February, at the Olympic Training Center in Colorado Springs, the CMP honored Edmondson for his service to junior shooting by presenting him with a selected M1 Garand rifle in a special ceremony. CMP Director Gary Anderson presented the rifle. In a letter of recognition that accompanied the rifle, he stated:

*During the time you served in this important capacity, you have truly made a real difference. Your selfless dedication to growing youth shooting sports participation and the tremendous energy and hard work you invested in making this happen were extraordinary. The number of junior shooters in the United States, and their skill levels, has grown significantly in the last few years. Much of that improvement is due to your devotion, intense effort and sincere belief in how youth benefit from shooting sports participation.*

Edmondson began shooting at the age of six with his father on their farm near San Saba, Tex-

as. By the age of 19, he was in the U. S. Army and shooting competitively with the 24th Infantry Division rifle team. He was assigned to the U.S. Army Marksmanship Unit from 1972 to 1981. There he competed in both service rifle and international running target shooting. During that period, he won many marksmanship awards, highlighted by winning the NRA National Highpower Rifle Championship in 1972 and by making the U. S. Olympic Team in 1976 and 1980. Edmondson is one of only two highpower rifle shooters to ever win the NRA National Highpower Rifle Championship with a service rifle. He placed 14th in the 1976 Olympic Games 50 meter running boar event and was unable to compete in 1980 because of the U. S. boycott of the Moscow Olympics.

Edmondson retired from the U. S. Army as a Master Sergeant and shortly thereafter became the National Running Target Coach, a position he held for 12 years. After a short break, he returned to USA Shooting in 1999 to take up the challenges of being its Youth Development Manager. He has now completed six years in that position. USA Shooting is the National Governing Body for Olympic shooting in the USA; its headquarters are located at Colorado Springs, at the Olympic Training Center.

While serving as USA Shooting's Youth Development Manager, Edmondson was active in many of the initiatives that contributed to the growth of junior shooting in recent years. He shepherded the National Junior Olympic Three-Position Air Rifle Championship to its present position as the major position air rifle championship in the country. He was active in the development of the National Three-Position Air Rifle Council and its programs. He served on the National 4-H Shooting Sports Committee's Executive Commit-

tee and played a key role in developing the National 4-H Invitational. He also was instrumental in the creation of USA Shooting's National Progressive Position Air Pistol Program for junior pistol shooters that is now growing impressively.

Martin Edmondson truly is one of those people who selflessly dedicated himself to the challenges of bringing more American youth into the shooting sports. In doing this, he cooperated closely with the CMP and its youth shooting programs. CMP Director Anderson said, "the CMP was pleased to give Edmondson a presentation M1 Garand rifle in recognition of his extraordinary service to youth shooting and it sincerely wishes Martin and his wife all of the best in their travels in this new phase of their lives. We all hope their travels will still bring them back into contact with their many friends in shooting, many more times."



The CMP presented Martin Edmondson (center) with an M1 Garand rifle to recognize his extraordinary service to junior shooting during his tenure as the USA Shooting Manager of Youth Development. Also shown in the presentation photo are Robert Mitchell (l.), USA Shooting Executive Director and CEO, and Gary Anderson (r.), the CMP's Director of Civilian Marksmanship.

# 2006 Western JROTC Air Rifle Championship

By Sommer Wood, Staff Writer/Editor

After a successful Eastern Region Championship, all that was left to set the stage for the 2006 National JROTC Air Rifle Championship was the Western Region Championship held at the Olympic Training Center in Colorado Springs, Colorado on February 23rd-25th. 256 individuals and 52 teams represent-

ing different Army, Marine Corps and Navy JROTC units went shoulder-to-shoulder to determine who would win Region Championship titles for their services and who would advance to the JROTC National Championship.

Qualifying for the Western Region Championship was a new experience for many of

the cadets in attendance who were competing in their first major competition. To compete in the Western Region Championship, athletes and teams had to first distinguish themselves within their respective services in the JROTC Air Rifle Postal Matches that concluded

in December. These Postals were also used to determine who advanced to the Eastern Region Championship which was held on 9-11 February at Fort Benning, GA.

The region competition was divided into team and individual competitions in both Sporter and Precision Classes. Each Service advanced their top two teams plus their top three at-large individuals in each class to the JROTC National Championship that will take place at Fort Benning on 23-25 March.

Not only was competing at this level a new experience for many of the shooters, so was the facility. The Olympic Training Center is home to the U.S. National Team; it is one of the top shooting complexes in the country. National Rifle Coach David Johnson added to the event by providing two clinics for competitors and their coaches. Though the competition remained the highlight of the weekend and there were many close finishes in the fight to advance to the JROTC Nationals.



Both floors of the OTC Shooting Center were converted into three-position air rifle ranges that provided a total of 70 firing points for the JROTC Western Region Air Rifle Championship.

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Engraved CMP Logo on Butstock - Full Size Club Bills  
Fully Adjustable Trigger - Passes Lock-time Available

### Anschütz Model 1903 Junior Target

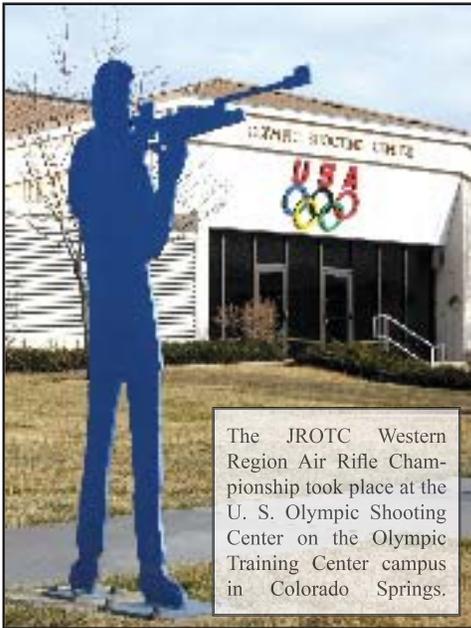
Bolt Action Single Shot .22 Caliber  
Price including shipping . . . . . **\$1,045**  
Anschütz 6834 Sight Set - Archimedes Brown Stock  
Unengraved CMP Logo on Butstock  
Signed Dealer FFL Required

### Anschütz Model 1903 Standard Target

Bolt Action Single Shot .22 Caliber  
Price including shipping . . . . . **\$1,125**  
Anschütz 6834 Sight Set  
Available with Right or Left Hand Stock  
Engraved CMP Logo on Butstock  
Signed Dealer FFL Required

This CMP is a non-profit organization endorsed by the U.S. Congress to promote firearm safety, training and marksmanship, especially for youth. These rifles are made available as part of the CMP's efforts to help CMP-affiliated clubs and their members meet membership training and competition.

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The JROTC Western Region Air Rifle Championship took place at the U. S. Olympic Shooting Center on the Olympic Training Center campus in Colorado Springs.

The top Sporter teams for the Army were Bogalusa HS from Louisiana, 2145, and R.L. Paschal HS from Texas, 2133. The top finishers for the Navy were Carson HS from Nevada, 2118, and Oak Harbor HS from Washington, 2094. Advancing for the Marine Corps were an Arizona team, Tuba City HS, 2089, and an Iowa team, North HS, 2034.

The Marine Corps Precision teams that advanced to the JROTC Nationals were both from New Mexico, La Cueva HS, 2279, and El Dorado HS, 2225. The Navy's top two schools were Manzano HS, from New Mexico, 2264, and Joshua HS from Texas, 2262. For the Army, Cañon City HS out of Colorado, 2264, and Douglas MacArthur HS from Texas, 2262, both advanced.

The top eight individual finishers at the conclusion of the regular 3x20 course of fire advanced to a final round that was conducted for each service in both rifle classes. In finals an additional ten-shots were fired in the standing position. Final round scores are added to the competitors' scores to determine individual winners.

In the Sporter Class, the individual medalists for the Army were Joseph Massey, Buckhorn HS, Alabama, 633; Daniel Hilaro, R. L. Paschal HS, Texas, 626, and Blake Phillips, Bogalusa HS, Louisiana, 624. Navy JROTC individual medalists were Wesley Marks, Oak Harbor HS, Washington, 625; Cody Stokes, Carson HS, Nevada, 622, and Thomas Chandler, Oak Harbor HS, Washington, 622. Marine Corps winners were Parker Tomasi, La Cueva HS, New Mexico, 616; Darrell Robbins, Tuba City HS, Arizona, 611,

and Jaymie Van Zandt, North HS, Iowa, 607.

Members of teams that advanced to the JROTC Nationals are automatically entered in the individual competitions there. In addition, the top three individuals who are not on qualifying teams also advance to the Nationals. The top three at-large individuals for the Army were Massey; Brian Byrd of C.E. Byrd HS in Louisiana, 622, and Jessica Denney of Ozark HS in Missouri, 621. The Navy's top qualifiers were Zion-Benton HS teammates, David Piotrowski, 619, Charles Roberts, 617, and Anthony Melvin, 609. They will travel from Illinois to compete at the Nationals. The Marine Corps JROTC at-large individuals will be Tomasi, Bennett Lee, also from La Cueva HS, 594 and Ian Minear of Sapulpa HS in Oklahoma, 525.

Individual Army medal winners in the Precision Class were Jeff Hartless, Cañon City HS, Colorado, 679; Erin Lorentzen from Concordia Lutheran HS in Indiana, 676; and Amber Criss of Walla Walla HS in Washington, 668. Army at-large qualifiers were Lorentzen, Criss and Kira Brown of Spanish Springs HS in Nevada

The Navy Precision Class medalists were John White, Joshua HS, Texas, 663; Cody Abbott, Joshua HS, Texas, 661 and

Nancy Perez, Manzano HS, New Mexico, 660. Navy JROTC at-large Precision qualifiers were Ameer Watson of West Mesa HS in New Mexico, 660, Ameer's teammate Matthew Saiz, 564 and Montwood HS cadet Alan Garcia, 560, of Texas.

All three Marine Corps JROTC Precision Class medal winners represented La Cueva HS in New Mexico. They were Danielle McCarthy, 668; Samuel Vaughn, 665 and Steven Christiansen, 660. At-large Marine Corps qualifiers were Garrett Smith-Barhs, 553, and Jenny Dingman, 510, both from North HS in Iowa.

At the conclusion of the competitions, a combined closing banquet and awards ceremony was held with 424 people in attendance. Robert Mitchell, a former member of the Army Marksmanship Unit and the current Executive Director and CEO at USA Shooting, was the guest speaker for the event. Those advancing to the next round now return home to prepare to compete for the National JROTC Air Rifle Championship.

For complete results from the 2006 Western Region JROTC Air Rifle Championship go to, [http://clubs.odcmp.com/cgi-bin/report\\_matchResult.cgi?matchID=1158](http://clubs.odcmp.com/cgi-bin/report_matchResult.cgi?matchID=1158).



The Bogalusa, Louisiana, High School Army JROTC team fired the highest overall sporter team score in qualifying for the JROTC National Championship with a 2145 total. Team members were Blake Phillips, Tucker Lee, Cory Camp and James Bell.



Target holders/backstops designed and built by the CMP were used during the Region Championship. Detailed drawings for building these target boxes are found on the CMP web site at [http://www.odcmp.com/Coaching/target\\_stand\\_plans.htm](http://www.odcmp.com/Coaching/target_stand_plans.htm).



Erin Lorentzen, Concordia Lutheran HS Army JROTC, Fort Wayne, Indiana, placed second overall in the Precision Class and qualified for the JROTC Nationals on an at-large basis.

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