

ON THE MARK

THE NEWSLETTER FOR COACHES AND JUNIOR MARKSMEN © MARCH 2009



London 2012

Will you be the
next Olympian?

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How Can You Make the 2012 Olympic Shooting Team?

By Sommer Wood, CMP Program Manager

Everyone knows that many years of hard work and dedication go into creating an Olympian. There is no denying that these athletes' accomplishments are special, which is why Olympic Champions are so highly revered. But we must not lose sight of the fact that these are regular people who accomplish extraordinary goals. People just like you, and like you, at one time their Olympic goal was nothing more than a dream.

So how can you elevate your Olympic dream into an Olympic reality? Well first is the obvious; you need to ask yourself if you are willing to put in many, many hours on the range. How many hours? Well U.S. National/Olympic Team members train an average of 4-8 hours a day, 5-6 days a week, 11-12 months out of a year. But do not let this number overwhelm you, this information is provided so you know what you will eventually work up to as you pursue your goal. No one expects you to drop out of high school to shoot fulltime; increased training time will come as you progress as a shooter. But you must realistically assess how much range time you are willing to put in to

achieve your goal. For many people, what they are willing to put into their shooting is simply not enough to reap the results they desire.

Now that we have established that you want to take on this challenge, how do you get noticed by the U.S. National Team Coach? What steps does it take to make the Olympic team? The first big step is to join USA Shooting (USAS) and start competing in their events. To join is easy, just go to www.usashooting.com and you can register on their website.

Why USAS? The U.S. Olympic Committee recognizes USAS as the national governing body for Olympic Shooting in the United States so if you want to be on the Olympic Team then you must be affiliated with the governing body of your sport. Plus, the organization supports the U.S. National and Development Teams and hosts all the qualifying events for making Team USA.

Doing well in USA Shooting matches is the next step. These events draw the top international discipline shooters in the country, so you have to be able to compete with this group if you

hope to earn a team slot. National Team and National Development Team slots are earned at several major USAS events each year, namely the USAS National Championships, Fall Regionals, Spring Selection, 3xAir, Rocky Mountain Invitational and the National Junior Olympics Matches. Information on these events can be found in the USAS website.

U.S. National Team slots are awarded to the top overall shooters at most of the competitions listed above, but this may be just out of reach for most top juniors. This is why the National Development Team was created. Just as the name indicates, this program was designed to identify and develop the top junior and college talent in the country. All USAS matches have a junior category; so do not be discouraged. If you are not ready to compete with Matt Emmons or Jamie Beyerle, you can still take on the top junior shooters in the country to earn a slot on the National Development Team.

If you decide to shoot in college, you will have several additional opportunities to make the Development Team. USAS awards slots to the NCAA Champions in Air Rifle and Smallbore, and to the two collegiate shooters with the highest shooting averages in the All-American Award selection process.

Once you make the National Development or National Team you will start getting opportunities to compete internationally, and this is how you start preparing yourself for making it to the 2012 Olympics.

The Olympic Games are part of a cycle of international events that take place every four years. This cycle is referred to as the Olympic Quadrennial. Each quad begins at the end of the Summer Olympic Games and is a four-cycle of major international matches that end with the next Summer Olympic Games. For the USA Shooting



The world press on hand at the Finals Hall at the Beijing Shooting complex for the 2008 Olympics. Shooting on the world's largest athletic stage is a goal for many athletes, and now the focus has shifted to the 2012 London Olympics. (Photo: Gary Anderson)

◎ **Sighting Shots** ◎

◎ **2009 JROTC Air Rifle Championships-** JROTC Air Rifle Championships took place at Camp Perry, OH in the month of February. Scores from the competitions and to see who qualified for the 2009 JROTC Air Rifle National Championships, which will take place at Fort Benning, GA 26-28 March 2009, are listed on the CMP homepage.

◎ **2009 Army Open Air Rifle Championship-** The Match Bulletin for the 2009 Army Open Air Rifle Championship is posted on the CMP homepage. The postal phase of the competition will be completed by 22 March 2009. The National Championship will take place on 14-16 May 2009 at Fort Benning, GA.

◎ **CMP Competition Center Monthly Matches-** The CMP North and South Competition Centers now conduct monthly air rifle and air pistol matches. More information on the monthly matches and on the CMP Competition Centers can be found at www.odcmp.com/Marksman-shipCenters.htm. There is also a link to the Competition Centers from the CMP homepage.

◎ **CMP Eastern Games-** The CMP Eastern Games program is now posted on the CMP homepage. Scores and articles about the 2008 CMP Eastern and Western Games can be found in the CMP newsletter, *First Shot Online*, www.odcmp.org, under 2008 Archives.

◎ **Competition Opportunity for Disabled Air Rifle Shooters-** The inaugural NRA National Disabled Indoor Air Rifle Championships took place on 31 January 2009 at U. S. Paralympic Training Site, Lakeshore Foundation, in Birmingham, AL. This is part of a series of competitions supported by the NRA for disabled shooting athletes. The following matches are already on the schedule for this season, Louisville, KY, 21 February; Blythe, GA, 29 February and Brockton, MA, 14 March. For more information please contact Vanessa Warner at NRA Headquarters

at (703) 267-1495 or disabled-shooting@nrahq.org. To learn more about NRA's Disabled Services, visit www.nrahq.org/compete/disabled.asp. To learn more about Paralympic Shooting please visit, www.usparalympics.org.

◎ **2009 CMP Three-Position Summer Camps-** Dates and application forms for the 2009 CMP Three-Position Air Rifle Summer Camps are posted in the CMP homepage and registrations are being accepted. The camps will once again feature some of the top college rifle shooters as coaches, as the tradition of providing the premier air rifle camp for juniors in the country continues. Register soon, several locations are already filled to capacity.

◎ **JOB OPENINGS: 2009 CMP Three-Position Summer Camp Counselors-** Information and applications are now posted on the CMP Homepage for CMP Summer Camp Counselor Positions. Eligible applicants are current college students who are members of collegiate rifle teams. You can also find us on Facebook, under the CMP Camp Counselor group page.

◎ **2009 AMU Junior Smallbore Camp-** The Army Marksmanship Unit is still accepting applications for it's 2009 Smallbore Camp that will take place at Fort Benning, GA on 22-26 June. The camp is designed for Intermediate to Advanced Juniors, ages 14-20, with at least two years of competition experience. More information and applications can be found online at <http://www.usaac.army.mil/amu/InternationalRifle/international-rifle.html>. You can also contact SGT George Norton at george.norton@usaac.army.mil, with questions.

◎ **GA High School Association Posts Rifle Scores-** Complete scores and averages for the 2008-09 the Georgia High School Association rifle season are now posted online at www.ghsa.net, under the RIFLERY link.

ON THE MARK
www.odcmp.com/OTM.htm

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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.

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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 swood@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 web site, www.odcmp.com or on the CMP online newsletter, *The First Shot*, at www.odcmp.org.

On the Cover: Photo of famous London landmark Big Ben. London will host the 2012 Summer Olympic Games. Photo by Leesa Plumlee.

New 2-Person Junior Team Match Coming in 2009 National Trophy Rifle Matches

By Gary Anderson, DCM

Junior service rifle competitors in the 2009 CMP National Matches will have an opportunity to win a striking new trophy. Beginning with next summer's matches, the Freedom's Fire bronze, which the CMP is acquiring as a "National Trophy," will be presented annually to the winning two-person team in a new National Trophy Junior Team Match. The striking sculpture is 35 inches high and is mounted on a black marble base.

The National Trophy Junior Service Rifle Team Match is a two-person junior team event that is replacing the Whistler Boy Junior Highpower Team Match. The new event will be fired on Wednesday, 5 August. Rules for this match will be quite similar to those of the event it replaces. It is for two-person junior service rifle teams. Coaching is permitted and teams will need to furnish a pit puller. Each team member will fire the 50-shot National Match Course, with pair firing required in the slow-fire stages.

The National Trophy Junior Team Match will be open to teams sponsored by CMP-affiliated state associations and clubs. Team coaches and target pullers will need to register for the CMP matches, but if they are not competing in other CMP events, they can register as "non-firing team officials" at National Matches In-Processing. There is no entry fee for this registration. The entry fee for the match will be \$15.00 per junior or \$30.00 per team. An at-large team category also will be available for juniors who do not have eligible team members with whom they can fire. At-large teams will not be eligible to win the Freedom's Fire Trophy, but they will have their scores count for the Deneke Trophy Aggregate. The Deneke Trophy Aggregate, which honors an annual six-person National Junior Service Rifle Team, will now count individual scores from the President's, National Trophy Individual and National Trophy Junior Team Matches.

The original Whistler Boy Team Match began in 1978 as a cooperative endeavor between the NRA and the CMP's predecessor, the National Board for the Promotion of Rifle Practice. For the past 30 years, the NBPRP and CMP provided many thousands of dollars each year to support junior service rifle shooters who participated

in the National Trophy Rifle Matches and Whistler Boy Team Match. Decisions by the CMP and NRA to remove the Whistler Boy Team Match from the National Trophy Rifle Matches week opened a place on the schedule for the new National Trophy Junior Team Match. The CMP National Matches Junior Support Program that provided funding support for junior highpower shooters will continue to be available for juniors who participate in the Marine Corps Junior Service Rifle Clinic or the Rifle Small Arms Firing School, the President's Rifle Match, the National Trophy Rifle Match and the new National Trophy Junior Team Match. This will ensure that junior highpower shooters continue to have the same competition opportunities and support they previously had.

The opportunity for junior teams to compete in this match for the new Freedom's Fire Trophy is just one of several changes in the 2009 CMP National Matches Program that will benefit juniors. Junior highpower shooters and their coaches will also be interested in a change of format in the USMC Junior Highpower Clinic. The junior clinic will take place during the same time period as past National Matches, but this year it will be conducted as a coached competition where junior participants will



The Freedom's Fire bronze that the CMP is acquiring as a "National Trophy" to be presented annually to the National Trophy Junior Team Match winners. The sculpture is 35 inches high and stands on a black marble base.

have instructional sessions taught by the Marine Corps Rifle Team and a zeroing period followed by a 50 or 60-shot match course of fire on Saturday, 1 August and Sunday morning, 2 August. Marines will be able to coach juniors during the match and a full schedule of awards will be given.

Additional details on the new junior team match, the Marine Corps Junior Clinic and the 2009 National Trophy Rifle Matches will appear in the **2009 CMP Competition Rules** and the **2009 CMP National Matches Program** to be released in late March.



The 2008 Deneke Trophy Aggregate National Junior Team, l. to r., presenter R. Lee Erme, Johnnie Wilder, Team Coach; Andrew Swazey, Team Captain and firing members Mark Nations, NC; Tyler Rico, AZ; Amanda Elsenboss, CT; Jason Case, FL; Kathryn Bugg, CA; Nick Mowrer, MT. Starting in 2009, the National Trophy Junior Team Match will be part of this aggregate.



Ups and Downs for Two NCAA Rifle Programs

By Sommer Wood, CMP Program Manager

College Connection

The NCAA has gained one new rifle program just as a long established program is potentially shutting down. First, there was great news in December from Columbus State University in Columbus, Georgia when the school's athletic department announced that it would add four new athletic programs for the 2009-2010 school year, one being a Co-Ed Varsity Rifle Team. This was exciting news for both the NCAA and for high school athletes in Georgia, where Rifle is a varsity sport sanctioned by the Georgia High School Association. Before CSU added its new program, North Georgia College and State University and Mercer University were the only NCAA shooting programs in Georgia. NGSU is the only one of those two programs that competes in both air rifle and smallbore; Mercer is exclusively an air rifle program. These limited options have resulted in many of Georgia's top shooting athletes venturing to other parts of the country to pursue college shooting careers. With the addition of CSU's program, high school athletes have one more option to entice them to stay closer to home.

The new Columbus State University team will practice and compete in the Army Marksmanship Unit's (USAMU) International Shooting Range at Fort Benning, which is only a few miles away from the University's campus. This will give CSU's athletes the unique opportunity to train and compete on one of the best ranges in the country. The USAMU 10-meter range is equipped with electronic targets.

Heading the program will be CSU staff member Mike Green, who has served as Athletic Facilities Coordinator for the last four years, and Sergeant First Class Mike Moore of USAMU. For more information about CSU athletics go to www.csucougars.com, or visit the Universities' website at www.colstate.edu.

Not long after the CSU announcement, disappointing news came out of Indiana as Rose-Hulman Institute of Technology informed the school's NCAA Rifle Team that the athletic department was dropping the program's NCAA status and funding after the 2008-2009 season. The school's administration informed the team that the decision was based on budget constraints caused by the current world economic situation. While conversations between the administration and the rifle team have resulted in a one-season extension of NCAA support, the team must fund itself next season, and will not be allowed to continue shooting NCAA competitions after the conclusion of the 2009-2010 season.

Rose-Hulman Institute of Technology has a long history of competitive shooting that can be traced back to 1914 when the ROTC department began to carve out a small range under an academic building for the purposes of marksmanship instruction. Over the years, teams from Rose-Hulman have competed in various competitions and disciplines, from a smallbore league run by the local YMCA to firing service rifle and pistol with the Indiana National Guard at the National Matches. In more recent years, the team has changed from ROTC to NCAA and has enjoyed much success at the national level, sending two individuals to the NCAA Championships, and earning one NRA All-American Award and two Academic All-American Awards. The fact that Rose-Hulman is a Division III school that competes primarily against Division I schools makes its achievements even more significant.

The team is asking for a showing of support from the community, hoping to convince the administration to reverse its decision to end their endorsement of the NCAA Rifle Team. Emails can be directed to President Dr. Gerald Jakubowski, Vice President of Student Affairs, jakubows@rose-hulman.edu, Pete Gustafson, Dean of Students, gustafso@rose-hulman.edu and Bob Bright, Chairman of the Board of Trustees, bright@rose-hulman.edu. For those who wish to provide a tax-deductible donation, please send checks made out to Rose-Hulman Rifle Team to Jason Labella, Head Rifle Coach, Rose-Hulman Institute of Technology, CM 41, 5500 Wabash Ave., Terre Haute, IN 47803. Coach LaBella can also be reached at labelljp@rose-hulman.edu.

For more information about NCAA Rifle programs across the country go to www.collegerifle.com.

The Girl with Nine Lives, Two Cats and Four Olympic Dreams

By Lisa Bard, MSW

My name is Lisa Bard, I am 45-years-old and I carry an Olympic Dream. In fact I have had several Olympic Dreams over my life, and I want to share my journey, which includes a few interesting challenges along the way. Hopefully my story will inspire others to *go for the gold!*

I was only 15 when I became involved with competitive shooting in my hometown in Minnesota. I was volunteering at the local Police Department as a Police Explorer, a division of the Boy Scouts of America, and was given my first opportunity to shoot a pistol. The first attempt was memorable, if not successful, as my first shot went through the ceiling of the police department range. To my great relief, the hair trigger of the .38 revolver was quickly adjusted and my successive shots found their way safely down range. In fact, the shots were not just going down range, but they were right on target and before long I began competing at the National level in timed, rapid and slow fire .38 revolver events. Within a year I had become an NRA Junior Instructor and was competing regularly throughout the country. I was having fun shooting and earning medals and trophies, but I never could have predicted the opportunities that would become available to me through my shooting skills and passion for competing.

Thanks to some great early encouragement and coaching, which included not having my finger on the trigger until the muzzle was pointed down range, I was introduced to the Olympic sport of biathlon that combines cross-country skiing and .22 rifle shooting. Since I was an avid cross-country and downhill skier this was a natural fit, and soon I was put in contact with an Olympic coach to learn more about the U.S. National Team tryouts. Just a few weeks later I met the first real challenge in my young life. While volunteering in my shiny new volunteer police uniform, I was struck by a drunk

driver who sped through a red light. I was left in a coma with numerous near-fatal, permanent injuries. I almost died in ICU before awakening to a lifetime of physical challenges and a 'minor' brain injury. My first Olympic dream died in that same instant.

But I guess I am not very good at quitting, and soon a new Olympic dream entered my life. I returned to high school following a year of homebound study in full casts, special classes to help me recover as much brain function as possible, and numerous physical therapy sessions and surgeries (which are still ongoing almost 30 years later). Out of love for sports I also found my way back into the athletic world, this time using martial arts to help me with balance and focus. What I did not know when I began studying Tae Kwon Do was that I would eventually take my new sport of leaps, spins and breaking cinder blocks all the way to the top to become a national medalist once again. To compete at this high level required many hours in the gym, a complete dedication to competition and succeeding, and a determination to never let anything keep me from my goals. I was not allowed to compete with a knee brace, which protected my damaged ACL (knee ligament), so I had to strengthen my legs muscles as much as possible. My coach and I knew competing without a knee brace was a risk, but we felt confident that I could win my division at Nationals without further injury. Plus, a slot on the U.S. National Team was on the line, which made it a risk worth taking.

The calculated

risk seemed to be working as I continued to advance in the tournament, finally making it to the last round of sparring at the Tae Kwon Do National Championships. But it was there, in the final round, that my luck finally ran out. During this last round I was struck with what was ruled an excessive blow to my torso that caused my body to twist at the knees and completely tore out my reconstructed knee ligament. I was left briefly on the ground having to quickly assess what had just happened. I knew that by AAU rules, if an opponent is unable to continue the match after an excessive blow, they win by default. Winning by default was not my style and this was when I had my own "Karate Kid" moment. I jumped back up on my one good leg and finished out the round with a torn ACL. In the end I took the silver medal and missed making the U.S. National Team. Although this ended my second Olympic attempt, I never felt defeated, having chosen to never quit--even for the gold.

With my Tae Know Do training



Lisa turned to Martial Arts as a recovery tool after being struck by a car as a teenager. Tae Kwon Do quickly turned into a new passion, as Lisa earned her black belt and began competing on the national level. A knee injury at the TKD National Championships prevented her from making the U.S. National Team and put her TKD career on hold. (Photo provided by Bard)

on hold, life went on and I continued to excel in many other sports, although at this point there was little that could be done to further repair my bones and ligaments. I moved forward and had a career with the Air Force Reserves, even serving through the first Gulf War. Ironically, while training for activation into this war, I sustained a spinal cord injury in a training accident with the Reserves, and then a year later was in a near fatal car collision. I was beginning to feel like a cartoon character who gets repeatedly blown up and keeps bouncing back, but the injuries were finally catching up with me and I could no longer continue my military career—or many of my original athletic pursuits. I was Honorably Discharged from the Air Force Reserves and needed to start using a wheelchair nearly full-time for mobility—and for sports.

At first, the whole situation seemed like a bum deal. What could be accomplished on four wheels instead of two legs? How could I run, jump, swim, play sports or even shoot? It seemed like the numerous near-fatal medical events were winning with no end in sight, and I had to accept the wheelchair as part of my life.

With this reality, I decided I had to make the best of the situation and soon my chair had light-up casters and a titanium and carbon fiber frame and wheels, and shortly after I had specialized wheelchairs for various sports. With this new set-up I was fast, and the daredevil inside of me came alive again! I began competing in and coaching men's DIII wheelchair basketball, winning road races from short distances through marathons using a handcycle, fencing, swimming, climbing, scuba diving, skiing, playing ice hockey, horseback riding, playing softball, competitive obstacle courses and so many other sports I had loved throughout my life (and even some I had never even tried before the wheelchair). The list of fun sports I could now be competitive in at a National level was ever growing, but I was sure it would never amount to another Olympic level opportunity. This is when shooting was reintroduced into

my life.

But how could I compete in shooting? The sport required standing and other positions that could not possibly be accomplished using a wheelchair, right? How could I even hold a rifle and use a wheelchair at the same time? I felt I had to try, and if I could dribble a basketball while wheeling down a court at full-speed, there just had to be a way.

I began getting involved with some smaller air rifle competitions through my local gun club, and won gold medals for shooting every year in the Veteran's Wheelchair Games. I learned how to shoot modified prone, standing and kneeling positions from a table and began slowly upgrading to precision shooting equipment. But the matches I competed in were smaller events, and I was pretty much resigned to the fact that I had reached the limit of what was available to me in shooting sports.

About four years after I had picked up shooting again I had a chance meeting that introduced me to the world of Paralympic Shooting. While attending a Blaze Sports Coaches Camp in Georgia to sharpen my skills as a wheelchair basketball coach, I found the Olympic/Paralympic booth at an expo. There I learned that wheelchair athletes could compete in Shooting in the Olympics (Men's Prone only) and in a variety of events in the Paralympic Games. Right away making the Paralympic Shooting Team became my goal. I was seeing bullseyes again and Beijing was in my sights! Then, at an athlete summit at the Olympic Training Center in Colorado Springs, CO I met the 2004-2008 Paralympic Coach, Dan Durben, and from there I began training for Beijing.

The first step was that I needed to bring up my scores. I had been winning the smaller matches with scores around 540 out of 600 but to compete on the international level I need to get my



Lisa with her Feinwerkbau Compressed Air Rifle. She had to learn modified shooting positions to accommodate her wheelchair. She was progressing to national level competitions until illness struck her again as she was training for the 2006 World Championships. (Photo provided by Bard)

average into the 590's. I began working with a Bob Inness, a Junior Olympic coach in Maryland, and quickly started improving my scores. Since Bob was used to working with teenagers, he called me his "big kid" even though I was reaching my late 30's at the time. We quickly committed to doing all we could to prepare me for the Beijing Paralympics. I added smallbore to my air rifle events at the suggestion of the U.S. Paralympic Coach, and began to devote an average of 60 hours per week to training, which included gym time, sports psychology and, of course, shooting. Did I mention shooting? Shooting, shooting, and more shooting, with some time to eat right and get adequate sleep, but very little time left for anything else. It was a total commitment and I knew it could not be any less if I wanted to make Team U.S.A.

Soon all the training, special drills, journaling and long hours were starting to pay off and I was making the 590's, a level I could not have dreamt of before my training began. Though, I needed to keep pushing; the elite Paralympic athletes were shooting 600's

Continued on Page 13

How Can You Make the 2012 Olympic Shooting Team?, continued

Team, 2009, the first year of the quad, features four World Cups. The next year, 2010, includes four World Cups, the Shooting Championship of the Americas (traditionally held in the year following the Olympics, but to be held in 2010 this quad) and the 50th World Shooting Championships in Munich, Germany (the world's largest shooting competition). The third year of the quad, 2011, offers another four World Cups and the shooting events of the Pan American Games in Guadalajara, Mexico. In the fourth year, there will be four more World Cups, one of which will be a Pre-Olympic Test Competition and the Olympic Games shooting events in London. World Cups that are held during each of the four years of the quad are a series of international shooting competitions at different venues around the world. During 2010 and 2011, World Cups will be part of the qualifying system for the 2012 Olympics.

Junior shooters should note that there are also separate junior events in the 2010 Championship of the Americas and 2010 World Shooting Championship. USAS will select and support a team of top junior shooters to participate in those events. In addition,

there will be men's and women's air rifle and air pistol events in the 2010 Youth Olympics in Singapore. Only a few Youth Olympics quota slots will be available for the sport of shooting to athletes born in 1992 or 1993, but it is expected that the USOC and USAS will offer qualifying opportunities. For young shooters who aspire to make future Olympic Teams, these international junior championships can be part of their development.

American athletes who do well in the competitions that are part of the Olympic quad can earn quota slots for the United States. Quota slots must be earned for each country before that country can enter athletes in the shooting events at the Olympics; so earning these slots are crucial for each country. USAS also awards points to U.S. Team members who excel in international matches. An athlete can potentially collect enough points in these international competitions to earn an automatic slot on the 2012 Olympic Team. Matt Emmons accomplished this in both Men's 50-Meter Three-Position and Men's 50-Meter Prone Rifle events for the 2008 Games. This meant that he did not have to try-out for the U.S. Olympic Team in those events at the 2008 Olympic Trials.

Even if you do not make the U.S. National or Development Team by 2012, you can still tryout for the Olympic Shooting Team by competing in the U.S. Olympic Trials. This event is hosted by USAS and will take place several months before the Olympic Games. U.S. Olympic Shooting Team Trials are open competitions, and everyone who has



Steven Scherer took the field by surprise at the 2008 Men's Air Rifle Olympic Trials, and won the event to earn a slot on the Olympic Team. (Photo: Gary Anderson)

a desire to make the Olympic Team should attend. It is not uncommon for non-National Team shooters to excel at these trials and make the Olympic Team. This is what happened for 2008 Olympian Steven Scherer, who took the field by surprise to win the 2008 Men's Air Rifle Olympic Trials. Scherer, who was in his freshman year at West Point at the time of the trials, was attending the 2008 Olympic Trials with his team to gain experience in big matches. He certainly gained the experience he was looking for by making the 2008 Olympic Team and competing in Beijing.

So as you can see, there are several paths that can lead you to London in 2012. And if, considering your present level of development, 2012 is too soon you can still start thinking about going to the Olympics in 2016. The important thing is to set your goals now and begin working on your journey. Setting realistic goals and sticking to them allows regular people to achieve extraordinary things. I hope to see you in London!



Artur Aivazian, Ukraine, (center) won the gold medal in Men's 50M Prone at the 2008 Beijing Olympics. Matt Emmons, USA, (left) took silver and Warren Potent, Australia, (right) claimed the bronze. Who will be on the winners stand at the 2012 Olympics? (Photo: Gary Anderson)

Teaching the Sitting Position for BB Gun Shooting

By Gary Anderson, DCM

Most junior rifle shooters learn the standing, prone and kneeling positions that are the standards for three-position shooting. Junior shooters in some youth marksmanship programs, however, also need to learn the sitting position. Sitting is one of four positions used in BB Gun shooting. In highpower rifle shooting, competitors may use either the “sitting or kneeling” position, but with a lower center of gravity and both elbows resting on the legs, sitting is inherently more stable

and preferred by virtually all shooters. Junior shooters in Rimfire Sporter competitions where competitors also can use either “sitting or kneeling,” will want to learn the sitting position for the same reasons that highpower rifle shooters choose sitting over kneeling.

Since sitting is an important position in BB Gun shooting and since learning how to get into the correct sitting position is essential for Rimfire Sporter and Highpower Service Rifle Shooters, this article explores how to

teach the sitting position to BB Gun shooters. The principles of teaching the sitting position, however, apply to shooters of any age in any shooting discipline.

Sitting is potentially a very stable position because of its low center of gravity and solid base of support where both arms are supported on the legs that are in turn well supported by the feet or ankles. Sitting is especially challenging for very young shooters because they are more flexible and because different parts of their bodies grow at different rates. A shooter with especially flexible hip joints will sometimes find it almost impossible to make a cross-ankled sitting position work. And fast-growing youngsters will find a properly structured sitting position one year become a difficult challenge the next.

There are two sitting positions that are commonly used in rifle target shooting, cross-legged sitting where the legs are crossed and pulled back close to the body and cross-ankled sitting where the legs are crossed and extended away from the body. Cross-legged sitting positions work best for shooters with proportionately shorter torsos in relation to their arm length. Cross-ankled sitting positions work best for shooters with torsos that are proportionately longer in relation to their arm length. When matched to the right shooters, either position is equally stable and capable of producing winning scores. There also is an older, open-legged sitting position that is less stable and should be taught only when neither the cross-legged or cross-ankled sitting positions work out.

When choosing between cross-legged and cross-ankled sitting, the right choice for each shooter depends upon how their bodies are configured,



Coaches face unique challenges in getting younger shooters into stable sitting positions. Success depends on following the correct steps for selecting the right position and then building it into a stable position. (Photo: CMP Stock Photo)

Teaching the Sitting Position for BB Gun Shooting

By Gary Anderson, DCM



For new shooters, try the cross-legged position, with the legs crossed and pulled back to the body, first. If the cross-legged position is right for a shooter, they should be able to keep the butt-plate up in the shoulder while still keeping the left hand on the forearm when the sights are raised to target height. (Photo: CMP Stock Photo)

not on which position works for someone else. For new shooters, have them try cross-legged, with the legs crossed and pulled back, first. Follow these steps to determine which position variation is right for each new shooter and to help them develop a good sitting position:

TRY THE CROSS-LEGGED POSITION FIRST:

Step 1—Body Turn. Sit on the shooting mat and turn the body approximately 45 degrees from the target.

Step 2—Put on Sling. Put the sling high on the arm. Extend the sling length adjustment so that the sling will be “long and loose” when shouldering the rifle.

Step 3—Cross Legs. Cross the left

leg over the right leg. The leg that supports the rifle always goes on top. Pull the feet up close to the body so that they support the legs.

Step 4—Shoulder the Gun and Locate Both Elbows. Place both elbows in the Vs formed by the bent legs.

Step 5—Position the Butt Plate and Head. The key to having a good head position is to keep the butt-plate up in the shoulder. This ensures a comfortable head position where the shooter can aim without straining to look up. When building a new sitting position, do not compromise head position by placing the butt-plate too low in the shoulder.

Step 6—Adjust Rifle Height. The correct way to adjust rifle height in a new position

is to first fix the butt-plate location to provide for a good head position, then move the left hand (right-handed shooter) forward and rearward on the forearm until the sights align at target level. A major caution here is to align the sights at target level without forcing the sights onto that shooter’s target.

DECISION POINT: It is at this point that you must decide whether the cross-legged position is best for this shooter. Look at the left hand. How far back

did the hand have to come to raise the sights to target level? IF THE HAND REMAINS SOMEWHERE ON THE FOREARM, CONTINUE BUILDING THE CROSS-LEGGED SITTING POSITION. If the hand comes back to the cocking lever and the shooter is still struggling with getting the sights up to target level, CHANGE TO THE CROSS ANKLED SITTING POSITION (see next page).

Step 7—Tighten Sling. If the left hand is located on the forearm, indicating that the cross-legged position is right for this shooter, tighten the sling until it takes over the work of supporting the rifle. With the left hand location established, it is a good idea to place a strip of tape or mark on the forearm so the shooter can start with that hand position the next time they shoot sitting.



In a properly structured cross-legged sitting position, the legs will be crossed so that the feet support the legs, the elbows rest in the Vs formed by the bent legs and the sling is tightened so it supports the weight of the rifle. (Photo: CMP Stock Photo)

Teaching the Sitting Position for BB Gun Shooting

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Step 8—Rotate Position to Target.

The final step is to orient the position so that it is aligned with that shooter's target. Rotate the entire position by pivoting on the buttocks. Use the feet to move the body left or right.

With the sights raised to target level, the sling supporting the rifle and the sights and position aligned on that shooter's target the position is ready to shoot.

IF THE CROSS-LEGGED POSITION DOES NOT WORK, TRY THE CROSS-ANKLED POSITION:

Step 1—Body Turn. In the cross-ankled position, start with the body turned approximately 30 degrees from the target.

Step 2—Put on Sling. Keep the sling high on the arm and fully extended so that it is "long and loose."

Step 3—Cross Legs. Once again, cross the left leg over the right leg, except this time extend the feet forward, away from the body. The legs should be crossed at the ankles.

Step 4—Shoulder the Gun and Locate Both Elbows. After shouldering the gun in this position, lean forward and place both elbows on or below the knees. Stress the importance of leaning forward in this position.

Step 5—Position the Butt Plate and Head. Next recheck the location of the butt-plate to be sure it is well up in the shoulder, ensuring a good head position where the shooter comfortably sees through the sights.

Step 6—Adjust Rifle Height. Next adjust the rifle height by moving the left hand forward and rearward on the forearm until the sights align at target level. Again, only try to bring the sights to target level; do not force them onto the correct target yet.



In a properly structured cross-legged sitting position, the legs are crossed so that the ankles and hip joints support the legs, the elbows rest on the inside of the knees or legs below the knees. Notice how the torso is inclined forward in this position so that the head and shoulder are lowered to a comfortable rifle height. (Photo: CMP Stock Photo)

DECISION POINT: In almost every case where the cross-ankled position is right for a particular shooter, his/her left hand will be somewhere on the forearm when the sights are at target height. If you study the photos of the two positions, it is easy to see why this works out. In the cross-legged position where the torso is more upright, a short-bodied person is able to keep the rifle and sights up at target level while a long-bodied person finds that impossible. Conversely, the cross-ankled position, with the legs extended, requires leaning forward so a longer body is able to stretch out and lower the head and shoulders to more easily keep the rifle at proper shoulder and head height.

Step 7—Tighten Sling. After the left hand is located on the forearm, tighten the sling until it takes over the work of supporting the rifle.

Step 8—Rotate Position to Target. Finally orient the position onto the correct target by using the feet to rotate the position over the buttocks until the sights align on the correct target.

Now, for shooters who are better suited for the cross-ankled position and with their sights raised to target level, the sling supporting the rifle and the sights and position aligned on their target, the position is ready to shoot.

Previous articles on teaching shooting positions can be found in the OTM archives online. Visit <http://www.odcmp.com/OTM.htm>.

Program Resources: New CMP Publications

CMP would like to announce two new publications that would make great additions to any rifle coach's personal library. The first is a collaborative effort from CMP and USA Shooting, **Guide to Lead Management for Air Gun Shooting**. This 20-page booklet summarizes test data and recommendations for lead management on air gun ranges.

CMP's second new publication is, **Teaching Rifle Positions to New Junior Shooters**. This 12-page pamphlet is a follow-up to **The CMP Rifle Instruction Guide**, which was published by CMP in 2006. **Teaching Rifle Positions to New Junior Shooters** illustrates with detailed photos the newest methods for teaching the standing, prone and kneeling positions to new shooters.

Both publications are free, though there is a fee for shipping printed versions. You can download the PDF version or download the Publications Order Form to place an order for a printed copy from the CMP Training Materials and Publications page found at <http://www.odcmp.com/Programs/publications.htm>.

Teaching Rifle Positions to New Junior Shooters



NLU #747
Rev. 02/09

**USA
Shooting**

GUIDE TO LEAD MANAGEMENT FOR AIR GUN SHOOTING



A Guide to Ensuring Participant Health during Air Rifle and Air Pistol Shooting through Proper Range Design, the Effective Management of Lead Exposures, Personal Hygiene Practices and Range Cleaning Procedures.

Produced by USA Shooting and the Civilian Marksmanship Program

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*CMP publishes a variety of training materials and coaching reference guides for junior shooting. Many of these publications can be downloaded off the CMP website. In addition to the publications listed above, we encourage readers to go online and browse through our various training materials. Many of these publications are posted on the CMP "Coaching Resources" web page at <http://www.odcmp.com/CoachingResources.htm>. Also, make sure to sign-up for our email publication, *The First Shot*, which provides articles on recent CMP news, shooting competitions, coaching articles and sales program announcements. You can sign-up for the *The First Shot* on the CMP homepage, www.odcmp.com.*

The Girl with Nine Lives, Two Cats and Four Olympic Dreams, continued

in some events so I could not let up. I was training hard for the 2006 World Championships when I started noticing pain in my back. At first I thought the back pain was from all the training, but I felt I could not quit with an opportunity to make the Paralympic Shooting National Team on the line and the much needed sponsorship money that came with it. But the pain continued to get worse and after nine months of doctor visits it was finally discovered that my gallbladder was the root of my problem. By the time the gallbladder illness was discovered, I had to be rushed into surgery to have it removed, and was supposed to be back on the range within a week. That was over three years ago.

From that “minor” surgery I developed a wave of new illnesses. I got a pancreatic disease that turned chronic, was diagnosed with three autoimmune diseases that sap my energy and make every inch of my body hurt day and night and I also developed a permanent breathing problem from a punctured lung that I received in the hospital. During the past few years I have had over 30 surgeries, and almost died on numerous occasions. But my training in martial arts and shooting have helped me keep my mind focused and clear, and allowed me to stay positive no matter what.

The Beijing Paralympics are over and 2012 is now the goal for many athletes, but this time it is not in my

sights. Given all the new medical challenges that kept me from my 2008 goal, it is unlikely my health will ever return to a level that will allow me a chance of making a Paralympic team. It’s been a big loss, yes. But, if I have learned anything from my journey, it is to live life to the fullest. I share my life with my friends, my two cats and my fiancé and I am grateful for everyday.

I still have my hopes of returning to the OTC to shoot my first perfect 600, but my main focus is on getting as strong as possible again so I can better fight off the new diseases that continue to affect my life. In fact, I have even been able to make some progress between all the hospital visits. I workout with a trainer as much as possible, and have been fitted with new state-of-the-art leg braces that have allowed me to walk and even play many of the sports that I had only been able to do from a wheelchair for over two decades!

Recently I “ran” my first race with my new leg braces, and although I saw toddlers and very young children passing me as if I were standing still, I knew that just being in the race was what “winning” was all about. And while the London Paralympic Games may not be on the table for me anymore, my Olympic dream is still alive. In five years I will be eligible for the Senior Olympics (an event for athletes who are 50+ years old) and I plan to be out there winning gold medals once again. For now, I am hoping to compete in a short triathlon, am back on the basketball court several days a week and can leg press over 400 pounds of free-weights! I also recently received my 3rd degree black belt, and I am staying hopeful that one day I will



Lisa eventually returned to TKD and earned her 3rd degree black belt. She uses modified techniques to spar and break boards. (Photo provided by Bard)

be able to get back to shooting. Most importantly, the physical defeats I have faced along the way to being an elite athlete have been a constant reminder that winners have to remember to have fun, be passionate about anything you work hard for and, most of all, *never* give up!



Lisa in 2008 with state-of-the-art leg braces that have allowed her renewed mobility. She lifts weights to improve her balance for walking and running. In this photo she leg presses nearly 300lbs, with training she eventually progressed to a staggering 400lbs of free weights. (Photo provided by Bard)



Lisa (center #15) with the support of friends and family completed her first 5K race in 2008 using her new leg braces. She did not set any speed records at the event, but completing the race without her wheelchair was a victory in itself. (Photo provided by Bard)

Competitive Edge: Workouts

By Amber Darland, LMT, PAS

In the previous two installments of Competitive Edge we have covered both Strength and Flexibility Training for shooting. In this installment we are providing both workout descriptions, so they will be easily accessible in one location.

The following is a basic strength training program and flexibility routine designed for shooting athletes. These routines start with warm-up exercises designed to increase the flexibility and restore balance to your muscles. Do ALL the exercises within each program, and do them in the order and quantity written. One exercise builds on another, so removing one defeats the purpose of doing the workouts. If you choose, you can alternate the strength training and flexibility routine during the week; you do not have to do both programs on the same day. Additionally, none of these exercises require weight room equipment. All of them can be done in a small open space such as your living room or an empty corner of the range.

Please note that your first few workouts will be hampered by your need to read the exercise descriptions between all your sets. That is OK! The exercises were named so that you could remember them easily after a few times through.

These workouts can also be found online at <http://www.apexcustomengraving.com/shootingworkout>. Previous installments of *Competitive Edge* can be found in the online editions of *On the Mark*, at www.odcmp.com. This series and workout program was a collaborative project of former U. S. National Shooting Team Member Amber Darland and Brian Cassidy of ADAPT in Beaverton, Oregon. Darland and Cassidy worked to address the needs of shooters, the typical injuries, challenges of the sport, etc., and worked together to produce a series that would develop the necessary core strength and flexibility for shooting athletes.

If you are hungry for more information about how you can assess and balance your own body, Darland highly recommend the book "Pain Free" by Pete Egoscue. Other recommended books by Egoscue include, "Pain Free for Women" and "Pain Free at Your PC". Information can also be found on Egoscue's website at www.egoscue.com.

Amber Darland can be reached at akamber80@yahoo.com.

Strength Workout Exercise Descriptions:

Please note that "glutes" are often referred to in this description. Glutes refers to the gluteal muscles, also known as your "behind" or "rear".

WARM UP EXERCISES:

Kneeling Arm Circles- Kneeling with arms straight out from sides at shoulder level, thumbs pointing forward and palms down. Keeping arms straight make forward circles with arms. When done with forward circles, turn thumbs to point backwards, palms up and repeat backward circles with arms. **(25 each direction)**

Kneeling Pullovers- Kneeling, straighten arms and interlace fingers with palms facing your body. Keeping arms straight raise arms above head as far as is comfortable then lower them back down toward waist; repeat. **(20x)**

Active Shoulder Bridge- Lie on back with knees bent, feet on the floor. Keep knees and feet at hip width. Squeeze glutes, raising hips and lower back off the floor, then lower down; repeat.) **(30x)**

Sitting Floor- Sit on the floor with your back flat against a wall, legs straight out in front of you and glutes as close to the wall as is comfortable. Pull toes back, flex thighs and press the backs of knees into the floor. **(2:00 minutes)**

Shoulder Bridge- Lay on back with knees bent, feet on the floor. Squeeze glutes and press hips and back off floor and hold; concentrate on squeezing glutes and keeping back relaxed. **(1:00 minute)**

WORKOUT:

These exercises are organized into sets that should be repeated together, so sets containing two or three exercises will be grouped together.

Set 1 (Repeat Set 3x)

Static Lunges- Stand with hands behind head, right leg out in front of you and left leg behind. Bend both knees allowing your left leg to drop toward the floor then straighten both legs and rise back up. Alternate legs. **(40x)**

Shoulder Bridge- Lay on back with knees bent and feet on the floor, squeeze glutes and press hips and back off floor and hold; concentrate on squeezing glutes and keeping back relaxed. **(1:00 minute)**

Set 2 (Repeat Set 3x)

Elevated (Wall) Pushups- Standing roughly one stride from the wall, hands slightly wider than shoulders on the wall, and feet in line with hips. Bend arms lowering chest toward the wall between hands while pinching shoulder blades together and keeping elbows wide. Press back up to starting position and repeat up and down. **(20x)**

Kneeling Pullovers- Kneeling, straighten arms and interlace fingers with palms facing your body. Keeping arms straight raise arms above head as far as is comfortable then lower them back down toward waist; repeat. **(20x)**

Jumping Jacks- You know, from elementary school! **(10x)**

Set 3 (Repeat Set 3x)

Kneeling Arm Circles- Kneeling with arms straight out from sides at shoulder level, thumbs pointing forward and palms down. Keeping arms straight make forward circles with arms. When done with forward circles, turn thumbs to point backwards, palms up and repeat backward circles with arms. **(25 each direction)**

Tricep Bridge- Sit on butt with knees bent and feet on the floor, hands under shoulders, fingers facing toward your feet, squeeze glutes and press hips and back off floor and hold. **(1:00 minute)**

Set 4 (Repeat Set 3x)

Side Leg Lifts- Standing and keeping legs straight slowly lift right leg sideways, keeping body as upright as possible (do not lean to the opposite side). Let leg back down to the floor, and then repeat on left side. **(20 each side)**

Amber Darland, is a Licensed Massage Therapist and Certified Posture Alignment Specialist from Ashmead College in Portland, OR. She is a certified Personal Trainer through the American Council on Exercise, ACE. She is also a graduate of the University of Alaska-Fairbanks with a B.A. in Journalism and Publishing. While attending UAF she was a member of the school's NCAA Rifle Team, which won four National Championships while she was there. Her other shooting accomplishments include US National Team Member from 2002-2006, US OTC Resident Athlete 2002-2005, World Championship Team Member 2002, National Champion Three-Position Smallbore 2003 and first alternate for the U.S. Olympic Team 2004.

Kneeling Roller Coaster- On hands and knees, push hips to heels and straighten arms and place palms flat on the floor in front of you. Starting in this position bend elbows rolling over knees, move forward between hands just above floor, drop hips to floor and straighten arms raising chest upward. Lift hips up, return to the starting position and repeat. (10x)

Set 5 (Repeat Set 3x)

Kneeling Clock- On knees with arms down by side and thumbs pointing away from you, pull arms up to the 12 o'clock position, and back down. Repeat with arms in the 10 and 2 position. (Start with hands in front of body and pull arms at 45-degree angles up and away from body). Finally, again in the 9 & 3 position. (Starting with arms extend in front of you at shoulder level and thumbs pointing away from each other.) Pull arms back and away from each other, pinching shoulder blades as you pull back. (15 each position)

Downward Dog Squats- On hands and knees. Curl toes under feet and straighten legs by lifting knees off the floor. In this position lower knees to the floor and back up; repeat up and down. (20x)

COOL DOWN EXERCISES:

Kneeling Clappers- Kneeling with arms straight in front of chest at shoulder level. While keeping shoulder blades pinched, press the palms of hands together, bring arms as far apart as is comfortable then bring them back together; repeat. (20x)

Kneeling Pullovers- Kneeling, straighten arms and interlace fingers with palms facing your body. Keeping arms straight raise arms above head as far as is comfortable then lower them back down toward waist; repeat. (20x)

Full Squat- Stand with feet directly under hips and toes pointing forward. Place hands behind head and pinch shoulder blades together. Without letting heels come off the floor, squat down as far as is comfortable and back up; repeat. (10x)

Static Lunges- Stand with hands behind head, right leg out in front of you and left leg behind. Bend both knees allowing your left leg to drop toward the floor then straighten both legs and rise back up. Repeat then switch legs. (20x)

Hand-Leg Opposites- On hands and knees, raise and straighten right arm and left leg simultaneously until they are both straight and parallel with the floor and hold. Switch position of arms and legs and repeat. (10 total)

Cats and Dogs- On hands and knees with hands under shoulders and knees under hips, arch back up and pull chin to chest, then lower back toward floor and raise head up; repeat back and forth. (10x)

Full Squat - Stand with feet directly under hips and toes pointing forward. Place hands behind head and pinch shoulder blades together. Without letting heels come off the floor, squat down as far as is comfortable and back up; repeat. (10x)

Flexibility Workout Exercise Descriptions:

Here is a basic flexibility routine that uses static (still) and dynamic (moving) exercises to elongate tight muscles and strengthen the over-stretched, weaker muscles. It doesn't matter what time of day you do the routine, as long as you do it consistently. If you are going to do some other sport or exercise session, you will probably want to complete this series before beginning that particular activity.

Gravity Drop- Stand with feet directly under hips and toes pointing forward on the edge of a step. Shift weight back over ankles, so that body is in one straight line and heels are hanging below toes; lightly hold on to railing for balance. (3:00 minutes)

Elbow Curls- Lay on back with knees bent and feet flat on the floor, place knuckles on temples of your forehead, thumbs pointing towards shoulders and shoulder blades pinched together. Bring elbows together and apart. (40x)

Pullovers- Lay on back with knees bent and feet flat on the floor, extend arms above chest and interlace fingers. Keeping arms straight lower hands toward the floor above your head as far as is comfortable then pull them back toward your waist. (40x)

Frog Abs- Lie on back, place soles of feet together, relax and spread knees apart letting them fall towards the floor. In this position place hands behind head keeping elbows back; squeeze and hold glutes while contracting abdominal muscles and lifting shoulders off the floor and back down; repeat up and down. (40x)

Upper Spinal Floor Twist- Lay on left side, with hips and knees bent to 90 degrees. With arms extended straight out in front of you. Place left hand on top of knees to hold them together, twist upper body back, opening right arm toward the ground behind you and hold. Repeat on other side. (1:00 minute each side)

Active Shoulder Bridge- Lie on back with knees bent and feet on the floor. Keep knees and feet at hip width. Squeeze glutes, raising hips and lower back off the floor and then lower down; repeat. (15x)

Active Frog- Lie on back placing soles of feet together. Relax and let knees fall towards the floor. Starting in this position bring knees together and apart; repeat. (20x)

Wishbone Kicks- Lay on back with knees together and feet apart with hips and knees bent at 90 degrees. Extend right leg toward the sky and lower back down to 90 degrees. Repeat with left leg and alternate back and forth. (20 each leg)

Pelvic Tilts- Lie on back with knees bent and feet flat on the floor. Keeping hips in contact with the floor, arch lower back off floor, then press lower back into floor; repeat. (10x)

Lower Spinal Floor Twist- Lie on back with left leg straight and resting on the floor, lift and bend right knee so that your right knee and hip are at 90 degree angles, grab right knee with left hand and pull it across body towards the floor and hold. (1:00 minute each side)

Cats & Dogs- On hands and knees with hands under shoulders and knees under hips, arch back up and pull chin to chest, then lower back toward floor and raise head up; repeat back and forth. (10x)

Kneeling Bridge- Kneeling, grab heels with hands so that thumbs are inside of heels, squeeze glutes and push hips forward into the air and hold. (1:00 minute)

Extended Child's Pose- Kneeling, sit back on heels, extended arms above head with palms flat on the floor and relax by dropping chest towards knees; hold. (1:00 minute)

Hero Squats- Kneeling with knees and feet at hip width. Place hands on hips, lower hips as far as comfortable to ankles while keeping shoulders above hips and then come back up to kneeling position. (20x)

Downward Dog- On hands and knees. Curl toes under feet and straighten legs by lifting knees off the floor. Press heels towards the floor and hold. (1:00 minute)

Standing Quad Stretch- Stand in front of a chair on left leg, place left hand on chair for support; bend right knee and pull heel toward glutes, reach down with right hand and hold right foot. Keeping knees even and hips square to chair, squeeze right glute and slightly press hip forward and hold. Switch legs and repeat. (1:00 minute each leg)

Air Bench- Stand with back against a wall, knees and ankles at hip width. Lower yourself into a sitting position against the wall so that thighs are slightly above parallel with the floor. Keeping weight in heels, lightly press lower back into the wall. Knees should not go in front of ankles. (2:00 minutes)

Three-Position Air Rifle Rule Interpretations

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



Q: Can a match sponsor or match director modify the rules to fit special circumstances? Would a rule modification published in a match program or in a match director's bulletin be enforceable?

A: The fundamental answer to this question is no. No match director, match sponsor, competition jury or even an individual staff member of a National Three-Position Air Rifle Council organization has the authority to set aside established rules, even if they disagree with them. Rule 1.3 at the beginning of the *National Standard Three-Position Air Rifle Rules* clearly states, "No decision by a Match Director, Range Officer or Jury may be made this is contrary to these Rules." The rulebook serves as a constitution; it is a basic standard designed to give all competitors in all sanctioned competitions a fundamental guarantee of consistent, fair competition. For this reason, the rulebook's authority must be superior to that of the individuals who use it.

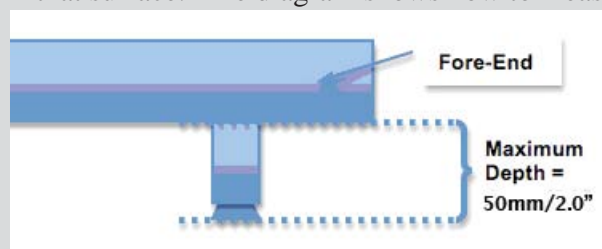
This does not say that the rules are perfect or unchangeable. Whenever rules are applied in special circumstances there will be occasions when thoughtful, fair-minded persons conclude that a particular rule is not fair. That judgment, however, does not give them the authority to modify a rule. When a match official or jury must decide a difficult issue, the basic standard is **APPLY THE RULE AS IT IS WRITTEN**.

If someone feels that a rule is not fair or correct, the right thing to do is to first follow the rule, but as soon as possible to also send a recommendation regarding that rule to the National Three-Position Air Rifle Council **RULES HOTLINE** by calling 419-635-2141, ext. 1102 or emailing 3PAR@odcmp.com. Coaches and match officials should voice their opinions about rules they disagree with; the Council's responsibility is to give those opinions fair hearings in a conscientious effort to continually improve the rules. In an emergency, the Council can make decisions on badly needed rule changes through email votes, but the Council makes decisions on most rule change recommendations during their annual meeting.

Sometimes, rules are simply unclear. If there is doubt regarding how a rule is written or what it really means, contact the Council's **RULES HOTLINE**. Rules questions will be clarified as quickly as possible by staff or by a ruling from the National Jury of Appeal.

Q: Rule 4.2.2 says that weights may be attached to a sporter air rifle fore-end, but that they "may not extend more than 2 inches from the fore-end." How is this measured?

A: The length of any weights attached to sporter air rifle fore-ends must be measured from the fore-end surface to the part of the weight that extends the longest distance from that surface. The diagram shows how to measure this distance.



Shooting Tools: The CMP State Junior Director Program

By Sommer Wood, CMP Program Manager

So you have a new junior shooting program up and running, juniors are faithfully showing up to practice and now they are ready for a competition. The problem, how do you find clubs in your area to compete against?

This is a common problem faced by many new programs, and it is a transition that CMP's State Junior Director program aims to ease for these clubs by providing a network for junior shooting in each state. Part of the key for this to work is for junior clubs to contact their state's CMP Junior Director and affiliate their club with the CMP. While you may feel your club is isolated in your area, you may be surprised to find that a club in a neighboring town is also looking for competition. To find your state's CMP State Junior Director go to <http://www.odcmp.com/Programs/SJD.htm>. You can also contact Vicki Donoho at vdonoho@odcmp.com with questions about the program.

Other clubs seeking competition have turned to the Internet, and have hosted or participated in postal matches over the web. In Internet competitions athletes shoot a match on their home range and submit their scores into a larger online match. This is a great option for clubs with limited travel budgets. This is a technique recently implemented by Massachusetts State Junior Director Maureen Trickett, to help programs in her area that have struggled to find shoulder-to-shoulder competition. For information on the internet postal match ran by Trickett or for advice on setting up your own postal competition contact Maureen Trickett at mrmtrcktt@aol.com.

And it is not just local matches that State Junior Directors can help you with, they can also provide information on events like the Junior Olympic State Championships. Junior Olympic state matches serve as qualifiers for National Championship matches, one for ISSF events at Colorado Springs in March and one for 3-position air rifle at Camp Perry in July. These are great opportunities for any junior club. You can also search for junior matches through the CMP's Competition Tracker website at <http://clubs.odcmp.com/cgi-bin/index.cgi>.

Whether it is postal or shoulder-to-shoulder competitions, giving your shooters the goal of an upcoming match is a sure way to keep them engaged in the sport and active in your club. Be sure to use the resources provided to you in your state when your team is ready to begin competition.

CALENDAR OF EVENTS

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

20-22 March 2009

CMP Monthly Air Rifle, Air Pistol and NMAR Matches, Port Clinton, OH

25-28 March 2009

National JROTC Championship, Fort Benning, GA

4 April 2009

CMP Monthly Air Rifle, Air Pistol and NMAR Matches, Anniston, AL

17-19 April 2009

CMP Monthly Air Rifle, Air Pistol and NMAR Matches, Port Clinton, OH

1 May 2009

GSM Master Instructor Training Course, Camp Butner, NC

2-5 May 2009

Eastern CMP Games, Camp Butner, NC

6-10 May 2009

Eastern Creedmoor Cup Matches, Camp Butner, NC

9 May 2009

CMP Monthly Air Rifle, Air Pistol and NMAR Matches, Anniston, AL

16 May 2009

CMP Monthly Air Rifle, Air Pistol and NMAR Matches, Port Clinton, OH

1-5 June 2009

CMP Three-Position Air Rifle Summer Camp, NM

8-12 June 2009

CMP Three-Position Air Rifle Summer Camp, OH

18-21 June 2009

Bushmaster Open Highpower Championship, Fort Benning, GA

20 June 2009

CMP Monthly Air Rifle, Air Pistol and NMAR Matches, Port Clinton, OH

20-26 June 2009

Eastern Junior Highpower Championship, Camp Butner, NC

22-26 June 2009

CMP Three-Position Air Rifle Summer Camp, AL

27 June 2009

CMP Monthly Air Rifle, Air Pistol and NMAR Matches, Anniston, AL

29 June-3 July 2009

CMP Three-Position Air Rifle Summer Camp, AL

6-10 July 2009

CMP Three-Position Air Rifle Summer Camp, GA

13 July 2009

National Match First Shot Ceremony, Camp Perry, OH

13-15 July 2009

CMP Standing Air Rifle Summer Camp, GA

13 July - 9 August 2009

National Matches Air Gun Events, Camp Perry, OH

19 July 2009

National Trophy Pistol Matches, Camp Perry, OH

20-24 July 2009

CMP Three-Position Air Rifle Summer Camp, OR

Third Annual Camp Perry Open Hits New Marks

By Sommer Wood, CMP Program Manager

In 2007, the first Camp Perry Junior Open took place at CMP North Headquarters in Camp Perry, OH. At the time, CMP staff had no idea if they would be able to generate interest for a new match held in the middle of the Ohio winter. Plans had not even been developed yet for the Camp Perry Marksmanship Center, so the match was to take place on a temporary 20-point range. To CMP's pleasant surprise all three relays of the 3x20 air rifle match filled and the event earned a permanent slot on the CMP Events Calendar.

The opening of the CMP's Camp Perry Marksmanship Center in the summer of 2008 meant there would be plenty of room for growth in the 2009 Camp Perry Open program. The decision was made to expand the weekend from a 3x20 junior match and clinic to an entire weekend of shooting that included a two-day International Standing event.

The match was scheduled to take place over the MLK Holiday weekend, on 16-18 January. With an expanded program and new facilities, it quickly drew attention. Shooters from both the U.S. National Team and the Army

Marksmanship Unit signed up, and some of the top juniors in the country registered for the entire weekend.

In all, 22 teams and 121 competitors entered the Three-Position Air Rifle Match, which offered relays on Friday and Saturday. The Standing Match had

36 women and 47 men, and was a two-day aggregate shot over Saturday and Sunday. Competitors traveled from as far away as Alaska to participate, and there were even two shooters from Canada who made the trip to Camp Perry to add an international flavor to the match.

CMP's new 80-point electronic air gun range was a major contributing factor to the success of the expanded Camp Perry Open. Shooters were willing to brave temperatures as low as -13°F and snowy weather to make the trip. Another attractive feature of the match was CMP's efforts to minimize



CMP's New Competition Center at Camp Perry allowed plenty of room for growth in the 2009 Camp Perry Open program. Located right off of Lake Erie, the 80-point electronic air rifle range provides a good refuge from the snowy winter weather. (Photo: Sommer Wood)

costs for competitors by providing free housing in the barracks on post. For those who didn't want the full Camp Perry experience, lodging could be found in Port Clinton for as low as \$25. All this made the Camp Perry Open hard to pass up.

Family members and supporters who could not make the trip were able to track their shooters shot-by-shot with CMP's brand new internet score tracking system. This new program allowed viewers on the web to click on any competitor's name and view each shot exactly as it was displayed on that

Junior Distinguished Badge Program

The National Three-Position Air Rifle Council established the Junior Excellence-In-Competition Award Program to provide incentives for junior three-position air rifle competitors to improve and excel. This program awards prestigious badges of distinction to the most outstanding junior shooters.

Junior shooters earn EIC credit points by placing in designated competitions in accordance with the requirements of this program. The Junior Distinguished Badge is awarded to school-age junior three-position air rifle shooters who attain a series of high rankings in designated major junior air rifle championships that include the State Junior Olympic Qualifiers, CMP Cup Matches, National Junior Olympic Championships and other National Council Three-Position Air Rifle Championships.

Congratulations to the juniors listed here who recently earned their Junior Distinguished Badges. **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 www.odcmp.com/3P/EIC.pdf. If you would like more information on this program, visit the CMP website at www.odcmp.com/3P/EICProgram.pdf or email CMP Competitions at 3PAR@odcmp.com.



Badge # Name

234	Jordan Myers
235	Sheena Mahloch
236	William M. Richardson
237	Morgan Kelly
238	Juan Jose Arceo
239	Ian Jones
240	Clint Walters
241	Halie A. Pitts
242	Olutoba Adewusi
243	Dustin G. Chesebro
244	Steven P. Arrington
245	Logan Stribling
246	Vic Goetz
247	Ian R. Young
248	Jacob W. Brown

Hometown

Sapulpa, OK
Plymouth, NE
Helena, AL
Griffin, GA
El Paso, TX
Huntsville, AL
Bogalusa, LA
Taft, TN
Silver Springs, MD
Laramie, WY
Los Lunas, NM
Albuquerque, NM
Nashville, TN
Columbus, GA
Hampton, GA

shooter's MegaLink screen in the range. For the first time internet viewers not only knew the competitor's live score, but could also see exactly where each shot hit the target. In addition to this advancement in score tracking, a PDF plotting the competitor's shots in 10-shot strings could also be downloaded from the results page.

With the large turnout of shooters, there were some great scores shot over the weekend. In the Three-Position Air Rifle 3x20 event, Emily Holsopple of Wilcox, PA entered the Precision final in first place with a 591, but Jamie Dutton of Eagle River, AK was just a point behind her with a 590. Dutton went on to shoot an impressive 101.3 final to overcome Holsopple 691.3 to 690.8. In the Sporter class Yvonne Swiontek of Beach Park, IL entered the final with a 540 and an eight-point lead over second place. Swiontek extended her lead with a strong 90 in the final to win the Sporter Class by 10-points with a 630.0.

There was also a team competition included in the 3x20 match. Teams were comprised of four shooters and the event was broken into Sporter and Precision classes. The top team in the Sporter class was Zion Benton HS of Zion, IL that shot a combined team score of 2112 to claim first place. In the Precision class, the Borealis Bulleyes from Anchorage, AK took first place with a team score of 2311.

After the conclusion of the 3x20 event, many juniors stuck around to compete in the International Standing Match, and participate in a USAMU clinic held on Saturday evening. The clinic covered topics from handling match contingencies to how to make the 2012 Olympic Team, and ended with a question and answer session with members of both the AMU and USA Shooting National Team.

The International Standing Match was a two-day event, with a final held each day. Competitor's two-day aggregate scores and final average were used to determine match winners. The event was broken into a Men's 60-shot and a Women's 40-shot standing match with Open and Junior classes. In the Men's Open event, Matthew Wallace of Colorado Springs, CO held off fellow U.S. National Team member Matthew Rawlings of Wharton, TX by just 1.15 points. Wallace shot a 1290.65 aggregate to Rawlings' 1289.5 to claim first place. In the Men's Junior class, Jimmie Cooper of Columbus, GA had a commanding 20.75-point lead to win with a 1255.7 aggregate score.

The Women's Open event was won decisively by 2008 Olympian Jamie Beyerle of Lebanon, PA who shot a 892.3 aggregate to give her a 6.8-point lead over second place. The Women's Junior event was a little closer with Alivia Yeager of Louisville, KY shooting a 103.5 final on the second day of competition in an attempt to climb out of second place. In the end though, Emily Holsopple's aggregate score of 882.2 proved too much for Yeager, who shot an 880 aggregate. Holsopple and Yeager finished first and second respectively in the Women's Junior class.

After the International Standing Match concluded, there was one more fun event on the schedule for the 2009 Camp Perry Open. On Sunday afternoon a Super Final was held between the top 32 competitors from the International Standing Match, the

top 16 men and top 16 women. The event was an elimination match held in rounds until there was only one shooter left standing. The first round was a 10-shot final to determine the top eight men and women from the original field of 32 competitors. In the second round men and women were bracketed against each other for head-to-head competition, much like the NCAA basketball bracket system. In the head-to-head match-ups, competitors fired one shot, and the highest score between the two paired competitors was awarded one point. This was repeated until one of the two shooters earned five total points, with the winner advancing to the next round. The rounds continued until there was only one shooter left standing.

The final round of the 2009 Camp Perry Open Super Final pitted junior Alivia Yeager versus U.S. National Team member Matthew Rawlings. Earlier that day Yeager had shot an impressive 103.5 final and she maintained her strong performance through the Super Final. In the final round, however, Rawlings' experience proved too much and he claimed first place. As an extra incentive, a grand prize of \$200 was awarded to Rawlings for winning the Super Final, and smaller cash awards were given for second through eight place.

Despite the weather, the improved 2009 Camp Perry Open was a great success. Congratulations to all the competitors and thank you to all of the coaches, parents and volunteers who helped make this event possible. The 2010 Camp Perry Open is already on the CMP Events Calendar for 15-17 January 2010. Start watching the CMP homepage this coming fall for the complete program and registration forms. For complete results from the 2009 Camp Perry Open go to, <http://clubs.odcmp.com/cgi-bin/reportMatchResult.cgi?matchID=3950>. Photos from the event are posted at <http://www.odcmp.com/Photos.htm>.



2009 Camp Perry Open International Standing Match Winners (left to right) Emily Holsopple, Junior Women's Champion, Jamie Beyerle, Open Women's Champion, Jimmie Cooper, Junior Men's Champion, Matthew Wallace, Open Men's Champion. (Photo: Sommer Wood)

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Zion Benton HS of Zion, IL was the top Sporter Team at the 2009 Camp Perry Open. Full coverage of the event can be found.....Page 18
(Photo: Sommer Wood)



Follow the story of Lisa Bard as she continues to overcome many obstacles in her pursuit of athletic success.....Page 6
(Photo provided by Bard)