

# ON THE MARK

THE NEWSLETTER FOR COACHES AND JUNIOR MARKSMEN © MAY 2007



## National JROTC Championship: The top JROTC cadets in the Nation competed to earn top honors as National Champions



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# 2007 National JROTC Air Rifle National Championship

By Sommer Wood, Staff Writer/Editor

Their countless hours of training and preparation were rewarded in April when 129 Army, Marine Corp and Navy Cadets came together to compete in the 2007 National JROTC Air Rifle Championship. For these athletes, and their coaches and families, being able to compete in this championship is a testament to hard work and a commitment to excellence. Only one team and individual in each class, sporter and precision, could earn the top crowns, but all who competed could be considered champions in their own right.

It was not an easy feat to earn a berth in the JROTC National Championship. The field began with 5336 Army, Marine Corps and Navy JROTC athletes last November when teams representing 947 units began sending postal targets to the Civilian Marksmanship Program to be scored. These targets determined who would advance to the JROTC Eastern and Western Region Championships which were held respectively at Fort Benning, GA on 15-17 February and the Olympic Training Center in Colorado Springs, CO on 1-3 March. In turn these events determined the field for the JROTC National Championship which took place on 12-14 April at Fort Benning, GA which is the home of the Army Marksmanship Unit.

The USAMU's Pool Range at Fort Benning is a world class facility offering electronic targets systems. Just two weeks prior

to the JROTC National Championships Pool Range played host for a International Shooting Sports Federation World Cup, which attracting Olympic class athletes from all over the world. For the JROTC National Championships, the USAMU and Pool Range played host to the top JROTC air rifle athletes from across the country.

The Civilian Marksmanship Program conducted the event and provided their top notch staff. Fresh from officiating World Cup and the USA Shooting Spring Selection Matches, Bill Wayda and Larry Pendergrass were the event's lead officials. David Woodward, Richard Whiting and several CMP staff also were involved in conducting firing and compiling results. Also there to meet all the gunsmithing needs of the shooters was Buck Parson of Pilkington Competition Equipment. He was a life saver for several shooters who experienced rifle malfunctions.

It turned out to be quite a weekend with new records being set and new champions crowned. This three-day event began with a training day on 12 April, allowing athletes a chance to get comfortable with the range and make any last minute adjustments before the match began the following day. The match itself was a three-position air rifle two times 3x20 shot over two days. Athletes shot a 3x20 on both days and aggregate scores were used to determine the National Champions. For the



The USAMU's Pool Range at Fort Benning hosted the 2007 National JROTC Air Rifle Championship.

Individual Championship, a daily final held for the top eight individuals each day was added to their aggregate score.

In the sporter class Elizabeth Lyon of King George HS NJROTC from King George, VA jumped out into the lead on the first day with a 3x20 plus final score of 641.4. The next day she added 639.7 to her aggregate to give her a total of 1191.55 to claim the Individual Sporter National Championship. Daniel Hilario of RL Paschal HS AJROTC from Fort Worth, TX was second with a 1186.9, and Michael Hill of South Effingham HS NJROTC in Guyron, GA was third with a 1177.8.

Lyon's two-day score of 1102, aggregate without final added, helped King George HS win the Sporter Team National Championship. She and teammates Amanda Smith, 1078, Nicole Heitmeyer, 1076, and Sam Green, 1072, combined for a total of 4328. The team was coached by CDR Fred Duckworth and team captain James Morgan. Hilario and RL Paschal HS placed second with a team total of 4308. Rounding out the top three with a 4258 was Pharr-San-Juan-Alamo HS AJROTC from San Juan, TX.

The Individual National Championship in the Precision class was decided by only tenths of a point in one of the closest matches

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Sporter Team National Champion, King George HS NJROTC, is pictured here with team captain Jim Morgan, left, team coach, CDR Fred Duckworth, 2nd from left and Rear Admiral James Symonds, the current Director of the Chief of Naval Operations Environmental Readiness Division, right.



Individual Precision National Champions Amber Criss, middle, Kyle Phillips, left, and April Dunn, right.

## ◎ Sighting Shots ◎

◎ **USAMU Smallbore/Air Rifle Summer Camp.** The United States Army Marksmanship Unit will once again host a Junior Rifle Camp this summer. The dates are 13-17 August 2007 at Fort Benning, GA. This junior shooting camp is open at shooters ages 12-20. The cost is \$35 per shooter. For further information and registration packet, please contact 2LT Lucas Leinberger at [lucas.leinberger@usaac.army.mil](mailto:lucas.leinberger@usaac.army.mil) or by telephone 706-545-2343.

◎ **USA Shooting will host the National Coaches Conference at the Olympic Training Center on 7-9 December 2007.** The CMP State Junior Director meeting will take place on Sunday, 9 December. For more information, visit the USA Shooting web site at <http://www.usashooting.com> or contact Bob Foth, Manager, Youth Programs and Coach Development for USA Shooting at 719-866-4670 or [Bob.Foth@usashooting.org](mailto:Bob.Foth@usashooting.org).

◎ **The Eastern U.S. Junior High-power Clinic and Championship** will be held again this year at Camp Butner, North Carolina, 24-30 June. The camp offers a full week of clinics, coaching and competition for junior service rifle competitors. Instruction and coaching will be provided by the USMC Rifle Team and military personnel. Juniors will fire a Bushmaster Trophy Match (800 Agg. Across-the-Course Match), the Billy Atkins Team Match (Whistler Boy format, 500 Agg. Two-person team match with coaching), a 50-shot EIC Match and an Infantry Team Match during the five days of clinics and competition. The CMP will award EIC credit points based on results in the EIC match. For more information and on-line registration, visit <http://clubs.odcmp.com/cgi-bin/matchInfo.cgi?matchID=2421>.



◎ **2007 CMP National Trophy Rifle and Pistol Matches and CMP Games Events.** 2007 is an important year in the history of the National Matches. That makes it an important year for shooters to be at Camp Perry. 2007 is significant, first of all, because it marks the 100th anniversary of the National Matches at Camp Perry. Make your plans now and register to shoot in the CMP National Trophy Rifle and Pistol Matches. Almost 1,600 competitors have already signed up to shoot this summer at Camp Perry in the CMP Events. Visit the CMP web site at <http://www.odcmp.com/National->

[Matches.htm](#) to view all of the National Match programs and on-line registration information.

◎ **Free Junior Entry in National Rimfire Sporter.** As a special way to recognize the 100th Anniversary of the National Matches at Camp Perry and to encourage more shooting clubs and parents to bring new junior shooters to the National Rimfire Sporter Match at Camp Perry on 22 July, entry will be free for juniors this year. The National Rimfire Sporter program is posted at <http://www.odcmp.com/NM/rimfire.htm>. You can download the CMP Guide to Rimfire Sporter Shooting from the CMP web site at <http://www.odcmp.com/Competitions/rimfire.pdf> and obtain detailed information about this fast-growing shooting sports activity.

◎ **The Daisy/USJCC Junior Three-Position Precision & Sporter Air Rifle Championships** will take place 1-3 July at Western Kentucky University's Diddle Arena Auxiliary Gym in Bowling Green, KY. Individuals may register on-line at <http://clubs.odcmp.com/cgi-bin/matchInfo.cgi?matchID=2291>. For more information, contact Denise Johnson at (800) 643-3458 ext 4317, [djohnso@daisy.com](mailto:djohnso@daisy.com) or Dwight Watt at (478) 494-3095, [Dwight-Watt@worldnet.att.net](mailto:Dwight-Watt@worldnet.att.net).

◎ There will be a **JROTC Marksmanship Instructor Course (JMIC)** held 20-21 July at the US Shooting Center in Colorado Springs, Colorado. The JMIC course is open to any JROTC Instructor who needs to become JMIC qualified or JROTC Marksmanship Coaches and Instructors who are qualified, but want refresher training. If you are interested in attending, please contact SFC (R) Paul Vertrees, CMP Colorado State Junior Director, at (719) 276-5891 or email [paul.vertrees@us.army.mil](mailto:paul.vertrees@us.army.mil) NLT 1 July 2007.

◎ A list of **2007 CMP Camp Riflery Instructor Training Courses (ITCs)** is posted on the CMP web site at <http://www.odcmp.com/CR/ITC.htm>. CMP ITCs train individuals who will work as camp riflery instructors so that they can return to their camps and teach rifle marksmanship and operate a camp range safely. The ITC is a demanding course of instruction that involves 20 hours of training over three days. During the course, the potential camp instructor must demonstrate that he or she can run a safe range and teach the fundamentals of rifle marksmanship. If your camp is interested in hosting the CMP Instructor Training Course, please contact Jeff Williams of the CMP staff at (419) 635-2141, ext. 1130, or email [jwilliams@odcmp.com](mailto:jwilliams@odcmp.com).

## 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.

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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 [swood@odcmp.com](mailto: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, <http://www.odcmp.com> or on the CMP on-line newsletter, *The First Shot*, at <http://www.odcmp.org>.

# EASTERN REGION JROTC CHAMPIONSHIP

By Gary Anderson, DCM

The Army Marksmanship Unit's air rifle range at Fort Benning, Georgia was filled to capacity with many of the best junior shooters in the country. On 15-17 February, 275 JROTC cadets representing 73 JROTC units from the Eastern part of the United States competed for honors in the Army, Marine Corps and Navy Eastern Region JROTC Air Rifle Championships.

There are now two JROTC Region Championships, the Eastern Region competition at Fort Benning and the Western Region Championships at the Olympic Training Center in Colorado Springs on 1-3 March. Each Region Championship actually consists of three competitions, one for Army JROTC, one for Marine Corps JROTC and one for Navy JROTC. The three competitions are fired concurrently, with each service having separate individual finals and separate awards that were presented at a joint Saturday evening awards banquet.

Each service's competition has individual, team and team alternates' matches in both sporter and precision classes. To compete in a Region Championship, JROTC unit teams and individual cadets must qualify on the basis of scores they fired in the JROTC postal matches that took place in November and December with over 6,000 participating cadets. Selections for the Region Championships are made according to the top scores in Army Brigades, Marine Corps Districts and Navy Areas.

The competitions at Fort Benning were conducted by the CMP and hosted by the U. S. Army Marksmanship Unit. On the first day, Thursday, 15 February, teams checked in, took their rifles and gear through equipment control and completed a training session on the range. An electronic target orientation was given before each training relay since nearly half of the competitors had never fired on these targets before. The large number of participants made it necessary to squad competitors in six different relays. Three full relays and an alternates' relay were completed on Friday. Two additional full relays plus separate sporter and precision class finals were

fired on Saturday.

Competitors could take advantage of other special opportunities as well. When competitors were not firing, most attended rifle marksmanship clinics taught by SFC Mike Moore, a Distinguished Rifleman and Distinguished International Shooter and Army International Rifle Team NCOIC. Buck Parson, a gunsmith with Pilkington Competition Equipment, Monteagle, Tennessee, was available throughout the three days to repair rifles for any competitor that needed gunsmithing services. The championship culminated with a huge Saturday evening awards banquet attended by over 450 cadets, coaches and parents. Award presenters included representatives of the Army, Marine Corps and Navy JROTC Commands and the Army Marksmanship Unit. The Army's SFC Lance Dement, triple Distinguished Shooter and winner of the 2007 President's Rifle Match at the National Matches, was one of the presenters.

With so many different competitions taking place, it is difficult to single out the most outstanding scores, however, two Navy JROTC cadets from Georgia deserve special recognition for firing the highest individual totals among all three services. 17-year-old Tiffany Kineard from South Effingham High School had the top sporter class total of 641.4 with a 553 3x20 score and 88.4 final. David Garman, a senior at Henry County High School in McDonough, fired the best precision class score of 687.2. Garman fired a 588 3x20 and a 99.2 final.

There were several close team competitions where qualifying spots for the JROTC National Championship in April were at stake. In the Marine Corps precision team event, defending National JROTC Team Champions Shelby County High School, Shelbyville, Kentucky, had the highest overall team score with a 2299 total, but they finished just 12 points ahead of the second place Marine team, East Coweta High School, Sharpsburg, Georgia, with a 2287. Henry County High School was the top Navy team with a 2293 total. This means the Shelby County team,



Tiffany Kineard, South Effingham HS, Guyton, Georgia, had the top overall sporter score with a 553 + 88.4 final.

coached by MGySgt Gerald Lyons, will have their work cut out for them at the JROTC Nationals where they will try to win their fourth national title in the five years this competition has been held.

In the Army Sporter Team event, Craigmont High School from Memphis, Tennessee, won with a 2050, but they finished only three points ahead of East Columbus High School from Lake Waccamaw, North Carolina, six points ahead of Preston High School from Kingwood, West Virginia, and seven points ahead of Ripley High School, Ripley, Tennessee. In the Navy Sporter team championship, King George High School, King George, Virginia fired the top overall sporter score with a 2125.

Complete results lists for all sporter and precision team, individual and individual alternates' events in the 2007 JROTC Eastern Region Championship are posted on the CMP web site at [http://clubs.odcmp.com/cgi-bin/report\\_matchResult.cgi?matchID=1948](http://clubs.odcmp.com/cgi-bin/report_matchResult.cgi?matchID=1948).

A large collection of photos taken during the Eastern Region Championship are posted at [http://www.odcmp.com/Photos/07/EasternRegion\\_JROTC/index.htm](http://www.odcmp.com/Photos/07/EasternRegion_JROTC/index.htm).



USAMU International Rifle Team NCOIC SFC Mike Moore taught rifle clinics on both Friday and Saturday that were attended by over 100 cadets each day.



David Garman, Henry County HS, McDonough, GA, fired the top overall precision score with a 588 + 99.2 final.



Throughout the competitions and individual finals, scores from the Fort Benning range's electronic targets were fed directly into the CMP's Competitor Tracker on-line results system for display on an electronic leaderboard at the range. Students at competitors' schools and their family members back home could watch live results via the Internet.

## 2007 CMP SUMMER CAMP SEASON BEGINS



It is the start of the summer and for many junior air rifle shooters and their coaches that means they will soon be attending one of the nine Civilian Marksmanship Program's Three-Position Air

Rifle Camps on the schedule for 2007. This is up from seven camps in 2006, with several new locations added to the program. On the schedule for the summer are two camps in El Paso, Texas, first time visits for the camps to Reno, Nevada, Bowling Green, Kentucky, and Millersville, Pennsylvania and then a return to Fort Benning, GA to finish the summer with four camps at the Army Marksmanship Units electronic air rifle range.

One of the camps held at Fort Benning is a new addition to the CMP Summer Camp Program; it is the Standing Position Camp. This camp is taking the place of the advanced camp that CMP held in conjunction with the USA Shooting Nationals for the past two years. Unlike the previous advanced camp, the

Standing Position Camp does not require an invitation to attend; it is open to anyone who wants intensive training in standing though it is recommended for shooters who have already attended a CMP Three-Position Camp. Often the standing position separates the medal winners from the rest of the field in three-position air rifle competitions and it is a crucial position for juniors who have aspirations to shoot for a college team where standing air rifle is a 60-shot event, so there is a definite need for a CMP camp dedicated to this position.

To go along with the new locations and camps there will also be new faces on the CMP staff this year as seven new counselors will join the returning veterans. Heading up the camp staff for the fourth year in a row is Camp Director Dan Durben. Durben was a member of the US Olympic Team in 1988, and served as National Team Coach from 1996-2000, and then he went on to coach the U. S. Paralympic team in 2004. In that time he coached several Olympic and Paralympic Medalist. He is assisted by Sommer Wood and James Hall, who both have extensive experience with the CMP Camps. Wood is a graduate of Clemson University where she competed on the Clemson Club Air Rifle Team and Hall is a graduate of Jacksonville State where he

was a member of the school's NCAA Rifle and an All-American in both smallbore and air rifle all four years.

Returning counselors are Katie Harrington of the University of Nebraska and Natasha Dinsmore of West Virginia University, both will join the CMP camp staff for the third year in a row. New this year are Michael Dickinson of Jacksonville State, Jennifer Pason of the University of Kentucky, Jessica McCauley of Tennessee Tech, Keegan Singleton of Memphis University, Kasey Meyer of Murray State and Kristina Fehlings and Amanda Jefferies of the University of Nebraska. This experienced staff brings together shooters from some of the top college teams in the country. It includes NCAA Champions, All-Americans and US National and Development Team Members.

This summer should be a memorable one for all involved. To follow scores from the End-of-Camp Matches, please visit the CMP web site at [http://clubs.odcmp.com/cgi-bin/report\\_matchResult.cgi?matchID=1951](http://clubs.odcmp.com/cgi-bin/report_matchResult.cgi?matchID=1951). All the camp scores will be combined at the end of the summer and EIC Points towards the Junior distinguished badge will be awarded. For more information about the camps, please contact Sommer Wood at [swood@odcmp.com](mailto:swood@odcmp.com).



The 2007 Summer Camp staff will begin their camp schedule in El Paso, Texas, then continue into Reno, Nevada, Bowling Green, Kentucky, and Millersville, Pennsylvania, before the four week schedule of camps at Fort Benning, Georgia.

# How to Conduct Competitions, Part IV

*An On the Mark Series by Gary Anderson, DCM*

## How to Conduct Yourself in a Competition

Every competitor who participates in a competition should demonstrate good sportsmanship and ethics. There are some things competitors should do and other things competitors should not do that will make their experiences in competitions good for them and their fellow competitors. This article discusses proper ways to conduct yourself during competitions.

1. **Know What to Expect.** The first step in proper conduct at a competition is to be prepared for the competition and what will happen there. When you decide to go to a competition, contact the match sponsor and obtain a copy of the match program. Study it so you can be prepared for the course of fire that will be fired. Pay careful attention to any special requirements for that range or match; they should always be listed in the program. For example, if all shooters firing on a range are required to wear eye protection, be sure you have eye protection with you and are prepared to wear it.
2. **Enter in Advance.** You can greatly assist the match sponsor if you send your entry in advance. After you obtain and read the match program, complete the entry form and send it in well before the dates of the match. This allows the match sponsor to make better plans for conducting the match. Arriving at a match as a “walk-on” means you could find that the range is already full or that major accommodations will have to be made to find a spot for you to fire.
3. **Arrive on Time.** In properly conducted shooting competitions, the start times printed in the match program are the times when actual shooting starts, not the times when every-



Competitors and coaches should always plan to arrive in sufficient time to be able to check in with competition officials and be prepared for firing before shooters are called to the firing line.

one starts getting ready to shoot. Before you can start actual firing, there are several things you must do to be ready. A good rule of thumb is to plan to arrive one hour before the published start time of a match. During that time, you need to check in with the match officials, pick up your squadding, bring your shooting equipment to the range, get your shooting clothing on and have your equipment ready. On most ranges you will be called to move your equipment to the firing line two to five minutes before your preparation period starts; normally that is done in sufficient time to complete the preparation period before the start time so that the Range Officer can give the command to LOAD and START exactly at the start time.

4. **Safety at the Range.** Target shooting participants distinguish themselves by always paying careful attention to safe gun handling. The last thing anyone on any range wants to do is find themselves staring at the muzzle of a gun carelessly pointed at them. Just as soon as you remove your gun from a vehicle or gun case, be sure its action is open and an ECI or CBI is inserted in it. Keep muzzles pointed up or downrange at all times while carrying guns. No gun handling is permitted prior to being called to take your gun to the firing line. Even then, the first thing that must be done is to ground the rifle or pistol and wait until the Range Officer announces the start of the preparation period when you may handle your gun, get into position, close the action and dry fire.
5. **Moving Equipment on the Range.** Rifle shooters, in particular, have large amounts of gear. When you bring your equipment into the range ready area, put it somewhere that will not block others from moving about the range. Do not take your equipment up to the firing line until the Range Officer tells you to do so. Find out whether the Range Officer wants guns to remain in cases until they are on the firing point or if you can remove your gun from its case behind the firing line. Have your equipment organized so you can set it up quickly and efficiently. And when you are finished firing, leave your equipment on the line until the Range Officer instructs you to remove it. This assures that you will not disturb other shooters who are taking longer to compete their firing. When the Range Officer does instruct you to remove your equipment, do so quickly. If you need to talk to your teammates, do that outside the range after you have removed your equipment, not before you remove your equipment.
6. **On the Firing Line.** Pay attention to where the left and right boundaries of your firing point are. Do not put any of your gear in the firing point areas of the shooters on either

# How to Conduct Competitions, Part IV

*An On the Mark Series by Gary Anderson, DCM*

side of you. Rifle events usually start in the prone position where it is especially important to set up your position so that your feet do not bump the shooter next to you. If left and right handed shooters are shooting next to each other, it may be necessary for both shooters to move to the sides of their firing points so that their feet will not touch. Both shooters must adapt; it is not just the left-handed shooter's responsibility to make accommodations for right-handers.

7. **Talking on the Firing Line.** In most cases, talking either to a competitor next to you or to someone behind the firing line is regarded as coaching so this is not permitted. The best practice is to stop talking when you step up to the firing line and to refrain from any talking until you leave the firing line. If you need to talk to someone, you can always raise your hand and talk to a Range Officer first. If you need to talk to your coach, the same applies; raise your hand and ask the Range Officer for permission to step back behind the line and talk to your coach.
8. **Contact with Range Officers.** A Range Officer's first responsibility is the safe conduct of firing. For this reason, it is important that you follow Range Officer commands and instructions precisely and promptly. Range Officers are also there to enforce the rules and assist shooters if they have any problems. If a Range Officer questions your shooting position or your equipment, respond with courtesy. Normally if a Range Officer asks you to do something, do it. On occasion, you will encounter a poorly trained Range Officer who wants to act like a drill sergeant or who does not know the rules. Stay in command by continuing to respond politely. In most cases that will defuse the situation. Your final defense is that, if you are convinced the Range Officer is not interpreting the rules correctly, you can submit a protest to the match director. Fortunately, that is an extremely rare occurrence.
9. **Dealing with Problems.** Everyone who fires in matches will have problems at some point. If your rifle malfunctions, if your target is not working correctly or if someone on the firing line or behind the firing line is disturbing you, raise your hand and tell the Range Officer what your problem is. Range Officers will do their best to help. Good sportsmanship and ethics, however, calls on competitors to keep themselves under control no matter what is happening. If something goes wrong, call the Range Officer and work with him/her and your coach to solve the problem in the best way that you and they can.
10. **When Bad Shots Occur.** If you fire a bad shot, the best way to behave is to act the same as you do when you fire a good shot. Absolutely, do not act out by saying something, throwing something or by trying to take your frustrations out on your rifle or equipment. If you act out after firing a

bad shot it may disturb other shooters, which is poor sportsmanship, or it will distract you from your shot plan and performance routine, which can be even more disastrous than your bad shot, or it may simply make your rivals more confident because your acting out shows them you are doing poorly and that they can continue shooting with even greater confidence.

11. **When You are Shooting Great.** Firing great scores that might win the match or that are a new PR are a cause for celebration. In shooting, good sportsmanship calls for you to save the celebration until you are off of the firing line. A pre-mature celebration will disturb other competitors who are still firing.
12. **When Handling Targets.** If match sponsors allow or require you to handle targets that you or other competitors have fired, be careful to handle them only by the edges. Absolutely, do not touch the shot holes on either the front or back of the target.. Touching shot holes can be interpreted as an attempt to influence how a shot might gauge. This is illegal and could even cause you or your score to be disqualified.
13. **When You are not Firing.** If you are waiting to fire or have finished firing and are standing behind the firing line, it is OK to talk quietly to your coach or to other shooters. It is not OK, however, to talk so loudly that it disturbs other shooters.



If competitors are required to handle fired targets, they must be absolutely sure they handle targets only by the edges and do not touch shot holes on the front or back of the targets.

# How to Conduct Competitions, Part IV

*An On the Mark Series by Gary Anderson, DCM*

14. **When You Disagree with Your Score.** If you feel your target was scored incorrectly, you normally have a right to examine your target and “challenge” the scoring of a target or a single shot. In most matches, shots that were gauged or plugged may not be rescored. Only shots that have not been gauged may be challenged. Proper ethics says that you should challenge only those shots that truly are close enough to warrant gauging. Particularly in air rifle shooting, many competitors do not know how scoring works and often think their shots will score higher than they actually do. It is not good sportsmanship to ask scorers to recheck every shot that is even remotely close.
15. **When there are Finals.** If the match you attend has a final it is important that you try to be on hand for the final even if you do not qualify for the final yourself. This is a way to show respect for the shooters who shoot high scores and who make the final. During a final it is common practice to applaud when tens are announced.
16. **After the Match.** One of the best ways for you to leave a lasting positive impression on the match officials who conduct the matches you compete in is to make an effort to approach them after the match and to thank them for putting on a good match. In almost all cases, the officials at the matches you attend are volunteers who dedicate substantial amounts of their time to making it possible for you to shoot in competitions. The only reward most of them ever receive is the thank yous they hear from competitors and coaches.

## A Competitor’s Bill of Rights

When you compete in matches, you are expected to conduct yourself in accordance with the rules and the principles of good sportsmanship and ethics. As a competitor, you also have a right to expect that match sponsors will live up to certain requirements that you as a competitor have a right to expect. Among them are:

1. **No Surprises.** The course of fire, conditions of the competition and any special requirements of any match must be clearly spelled out in a match bulletin that is available in advance.
2. **A Competition Conducted by the Rules.** The rulebook that will be used must be specified in the match program. Competition officials in that match must follow the rulebook and never make up their own rules.
3. **Courtesy and Respect.** The officials who run the competition must treat all competitors, coaches and parents with courtesy and respect.

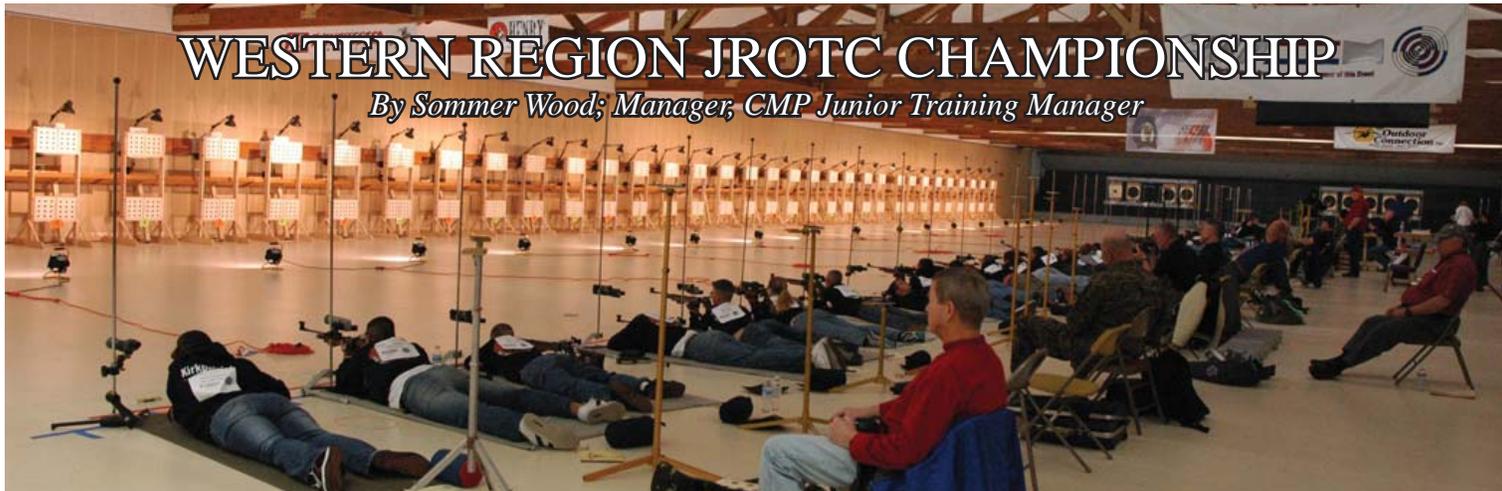


Competitors in competitions should always show respect for Range Officers and competition officials who are working the match.

4. **Fair and Equal Treatment.** Conditions of firing and scoring should be the same for all competitors. No competitors should be given favored treatment or firing conditions. If there are differences in relays or firing conditions, these positions must be decided by the drawing of lots.
5. **Accurate, Fast Scores.** After you fire, you should expect that your targets will be scored accurately and quickly and that your targets will be available for inspection and challenging in case you disagree with the scoring of your targets.
6. **Explanation for Any Adverse Actions.** If a Range Officer or other match official should make a decision that is adverse to your interests or that penalizes you, you have a right to expect a clear explanation, based on applicable rules, regarding why such action was taken.
7. **A High Quality Competition.** Every competitor in a competition has a right to expect that each time they enter a shooting competition, that the competition will be conducted according to the rules and in accordance with the highest standards for a target shooting competition.

# WESTERN REGION JROTC CHAMPIONSHIP

By Sommer Wood; Manager; CMP Junior Training Manager



The numbers say it all for the Western Region JROTC Championship which took place on 1-3 March, at the Olympic Training Center in Colorado Springs, CO. The 344 competitors were the largest number ever to fire in a single event at the Olympic Shooting Complex, and it took five relays on a 72 firing point range held over two days to accommodate everyone.

68 JROTC unit teams from 25 different states participated in both Sporter and Precision classes in separate, but concurrent Western Region Championships for the Army, Marine Corps and Navy JROTC programs. This 3x20 three-position air rifle competition determined who would advance to the National JROTC Championship to be held at Fort Benning, Georgia on 12-14 April where they will face the winners of the Eastern Region Championship that was held on 15-17 February.

The competition began with an equipment check and a training day on 1 March. For many of the athletes this was the largest match they had ever attended and for some, the equipment check was a new experience. Once the training day was complete competitors were ready to take to the range and get

the competition underway. For CMP staff the start of the competition meant that hundreds of targets were about to come their way for scoring, 2064 targets to be exact, and CMP's new Visual Imaging System called Orion was about to get its first road test in a major shoulder-to-shoulder competition.

Operated by only three CMP Staff members, Orion produced results faster and more accurately than a team of experienced scores could have hoped for. The system, which utilizes a standard 8 1/2 x 11 in. scanner to score targets scanned at 300dpi, is incredibly accurate and had very few successful challenges from competitors. This was the first time coaches had the opportunity to witness the program at work first hand since it was first introduced and used to score JROTC Postal Competition targets in December 2006.

The advanced scoring system proved itself up to the challenge as several new national records emerged from the competition. An open team record thought to be untouchable nearly fell when R.L. Paschal High School Army JROTC of Fort Worth, Texas shot a 2190 in the Sporter Class. This broke the Army JROTC National 4x3x20 Team Record by 84

points and was just two points shy of the Open National Record held by the Homestead 4-H Shooting Club from Nebraska. The team was coached by Terry LeBoeuf. Scoring members were Daniel Hilario, 560, Dean Harmon, 547, Amanda Aguilera, 545 and Xentri Garza, 538. All four team members made it into the Army Sporter Final and finished first, fourth, sixth and eighth respectively. Hilario's individual score of 652.5 broke the Individual Army JROTC 3x20 plus final record held by Brandon Green and his 185 standing total also broke the Army JROTC standing position record. Of the four members of the record setting Paschal High team, only Harmon is a senior.

The Army was not the only service that had records fall this weekend. Tuba City HS Marine Corps JROTC of Tuba City, Arizona shot a new Marine Corps National Sporter Team Record with a 2134, breaking the previous record held by La Cueva HS of New Mexico. Scoring members were Ashley Manygoats, 540, Lee Charles, 538, Darrell Robbins, 537 and Darrin Talawepi, 519. The team was coached by GySgt Tim Shaner. Marine Corps JROTC individual records were set by Selina Clancy of Gloucester, Massachusetts who fired a record 195 score in prone and by Darrel Robbins who tied the standing record with a 180.

*Continued on Page 15*



2034 targets fired by 344 JROTC Western Region competitors were scored electronically. After scanning, they were scored by a computer and checked on computer screens by two verifiers. Scoring that many paper targets by hand would normally require at least 10-12 scorers.



The R. L. Paschal High School Army JROTC team from Fort Worth, Texas fired the overall top sporter team score of 2190, which was just two points under the open national record. Team members (l. to r.) are Dean Harmon, Daniel Hilario, Amanda Aguilera and Xentri Garza. Terry LeBoeuf is the team coach.



Amber Criss from Walla Walla, Washington, fired to overall best individual precision score with a 679.7 total.

## 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:** My shooters use a piece of foam padding approximately 8 inches square to place under their knee (between the knee and the floor) in the kneeling position. Rule 5.1.3 states that if the shooter uses a mat, they may be completely on the mat or have 1, 2 or 3 points of contact. Rule 4.7.5 states that this pad or mat may not exceed 2 inches in thickness. Is the use of this foam padding under the knee legal?

**A:** Yes, it is legal as long as the total thickness of the pad and any part of the shooting mat that may or may not be under the knee does not exceed the 2-inch limit.

**Q:** I am trying to figure out if sweat pants and shirts are considered “training clothing” for wear under the shooting jacket and shooting pants in Precision shooting. The Navy JROTC Program issues sweat pants and shirts of 50% Poly and 50% wool made by M. J. Softe that fit the 2.5mm thickness requirement. My question concerns what the definition of what is “training clothing” is. If sweats are training clothing, can hooded sweatshirts be worn if the hood is outside the Jacket? Are zippered sweatshirts allowed?

**A:** Rule 4.6.3 states that “Only normal personal undergarments and/or training clothing that does not stabilize may be



worn under the shooting jacket and shooting pants.” This rule also requires that the total thickness of all garments worn under the shooting jacket and pants must not exceed 2.5 mm in thickness. Ordinary sweat pants or sweatshirts that are made of any type of soft, flexible cloth, including the Navy-issue sweat pants and shirts, are considered to be training clothing as long as the total thickness of all under clothing does not exceed 2.5 mm in thickness. If a T-shirt is worn under the sweat shirt, it would also have to be measured.

A hooded sweatshirt can be worn if the hood remains outside of the jacket and off of the head. Wearing the hood over the head could be a way of stabilizing the head position so that is not allowed. We advise avoiding the use of zippered sweatshirts because if the zipper and seams on each side of the zipper are measured they will almost certainly exceed 2.5 mm; ordinary seams in a sweatshirt are permitted and not measured, but the zipper area is larger than an ordinary seam.

## 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 juniors listed 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 <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
148	Joseph Walkowicz	Franklin, TN
149	John White	Joshua, TX
150	Darrell Robbins	Cameron, AZ
151	Charles Lee	Cameron, AZ
152	Courtney Scott	Columbus, GA
153	Patrick Northam	Morganton, NC
154	Ashley Harris	Ravenel, SC
155	T. Chase Winingier	Shelbyville, KY
156	Danielle Poteete	Sparks, NV
157	Austin Bonino	Albuquerque, NM
158	Maximilian Stovall	Sparks, NV
159	Daniel Hilario	Fort Worth, TX
160	Dean Harmon	Fort Worth, TX
161	Alyssa Wolken	Beatrice, NE
162	Kaitlin Chaffin	Murfreesboro, TN
163	Derric Lee	Memphis, TN

## WESTERN REGION JROTC CHAMPIONSHIP

- Continued from Page 9

Precision class individual winners were Amber Criss, who represented Walla Walla, Washington High School Army JROTC and fired the overall high score with a 679.7; Austin Bonino of El Dorado High School in Albuquerque, New Mexico who fired a 678.0 to win the Marine Corps title and Helena Long from Burlington Edison High School in Burlington, Washington, who won the Navy championship.

Sporter class winners in the three service championships were Paschal High's Daniel Hilario, whose 652.5 score won the Army Championship, Jonathan Frye from Reed High School in Nevada, who took the Navy title with a 630.4 and Tuba City's Darrell Robbins who started the final in fourth place and finished with a 630.4 to win the Marine Corps title. Paschal High School and Tuba City High School won the Army and Marine Corps team titles with their record setting scores. Central Crossing High School, Grove City, Ohio, won the Navy team title with a 2112 total.

A complete listing of results can be found on the CMP web site at [http://clubs.odcmp.com/cgi-bin/report\\_matchResult.cgi?matchID=1949](http://clubs.odcmp.com/cgi-bin/report_matchResult.cgi?matchID=1949). For results from the JROTC Eastern Region Championship visit the CMP web site at [http://clubs.odcmp.com/cgi-bin/report\\_matchResult.cgi?matchID=1948](http://clubs.odcmp.com/cgi-bin/report_matchResult.cgi?matchID=1948).

After the event concluded on the range, festivities moved to the Sheraton Hotel in Colorado Springs where the Western Region Awards Banquet was held. Participants exchanged shooting clothes for smart, well-tailored JROTC uniforms, and top competitors from each Service Branch were recognized in front of a crowd of over 600 people. One especially touching moment in the evening came when the Enterprise High School Army JROTC team from Enterprise, Alabama received a standing ovation as they made their way to the winner's podium to receive their Second Place Team trophy in the Army Precision Class. The team, which is coached by James Fuller, made the decision to remain in the competition after learning that their school and classmates had been devastated by a tornado just two days earlier.

In all, 98 awards were presented, including two Junior Distinguished Badges. Also, shooters who advanced to the JROTC National Championship were recognized. Congratulations to all who participated in this event. For a complete collection of photos from the JROTC Western Region Championship go to [http://www.odcmp.com/Photos/07/WesternRegion\\_JROTC/index.htm](http://www.odcmp.com/Photos/07/WesternRegion_JROTC/index.htm).



Daniel Hilario of R. L. Paschal High School fired the top individual sporter score with a 652.5 total. That score and his 185 standing result were both new Army JROTC national records.



Cadet Jim Fitz from Grove City, Ohio and Cadet Danielle McCarthy from Albuquerque, New Mexico were presented with their new Junior Distinguished Badges by Olympic silver medalist Bob Foth. Foth is the Youth Programs Manager at USA Shooting.

## 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 web site (if available). The CMP will do its best to accommodate each request to be included in the Calendar of Events.

**11-14 June 2007**

NJROTC Region 3 BLT Marksmanship, Camp Perry, OH

**24-29 June 2007**

Eastern States Junior Highpower Championship, Camp Butner, NC

**25-28 June 2007**

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

**29 June - 1 July 2007**

Daisy-USJC BB Gun Championship, Bowling Green, KY

**2-3 July 2007**

Daisy Open Air Rifle Championship, Bowling Green, KY

**4-6 July 2007**

National Junior Olympic 3PAR Sporter Championship, Bowling Green, KY

**7-9 July 2007**

USA Shooting Progressive Pistol Championship, Bowling Green, KY

**9-10 July 2007**

Pistol Small Arms Firing School & M9 EIC Match, Camp Perry, OH

**10-12 July 2007**

National Junior Olympic 3PAR Precision Championship, Bowling Green, KY

**15 July 2007**

National Trophy Pistol Matches, Camp Perry, OH

**21-22 July 2007**

National Rimfire Sporter Clinic & Match, Camp Perry, OH

**27-29 July 2007**

USMC Junior Highpower Clinic, Camp Perry, OH

**28-29 July 2007**

Rifle Small Arms Firing School & M16 EIC Match, Camp Perry, OH

**30 July - 4 August 2007**

National Trophy Rifle & CMP Games Matches, Camp Perry, OH

**7-12 August 2007**

American Legion 3PAR National Championship, Colorado Springs, CO

**8-11 August 2007**

U. S. Army Junior Air Rifle Championship, Fort Benning, GA

**12-16 October 2007**

4th Western CMP Games, Camp Pendleton, CA

**17-21 October 2007**

Western Creedmoor Cup Matches, Camp Pendleton, CA

**19-21 October 2007**

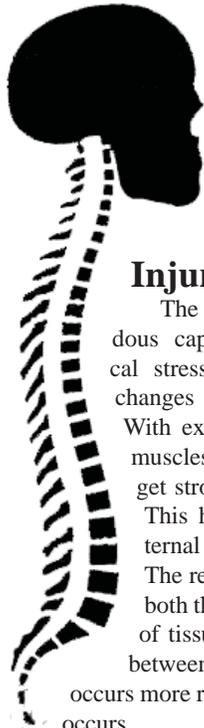
MBA Classic (3-P Air Rifle Championship), Nashville, TN

**21-23 October 2007**

National 4-H Extension Agents Conference, Atlanta, GA

**7-9 December 2007**

National Coaches College & CMP SJD Workshop, Colorado Springs, CO



## Overuse Injuries

The human body has a tremendous capacity to adapt to physical stress. In fact, many positive changes occur as a result of this.

With exercise and activity, bones, muscles, tendons, and ligaments get stronger and more functional. This happens because of an internal process called remodeling. The remodeling process involves both the break down and build up of tissue. There is a fine balance between the two and if break down

occurs more rapidly than build up, injury occurs.

This can happen when you first begin a sport or activity and try to do too much too soon. If you have not been in the range for several weeks or even months and try to “make-up” for time with extra hours in your first few practice sessions you are setting yourself up for an overuse injury. This is because you are trying to do too much before your body is ready without allowing your body adequate time to recover. As a beginner, you may also have poor technique which may predispose you to an injury. With overuse injuries, it often takes detective-like work to understand why the injury occurred.

### What factors are usually responsible for overuse injuries?

Training errors are the most common cause of overuse injuries. These errors involve a too rapid acceleration of the intensity, duration or frequency of your activity. A typical example is a runner who has run several miles three times a week without any problem. That runner then begins advanced training for running in a marathon, running a longer distance every day at a faster pace. Injury or break down is inevitable. Overuse injuries also happen in people who are returning to a sport or activity after injury and try to make up for lost time.

There are also technical, biomechanical and individual factors. Proper technique is critical in avoiding overuse injuries. Slight changes in form may be the culprit. For this reason, coaches, athletic trainers and teachers can play a role in preventing recurrent overuse injuries. Shooting journals can also aid in identifying the cause of a problem if the shooter has taken good notes on their positions and when the injury was first noticed.

Some people are more prone to overuse injuries and this is usually related to anatomic or biomechanical factors. Imbalances between strength

# From the Training Room: ON THE OTHER HAND

By Amy Kirkland P.T, MSR, OMT

and flexibility around certain joints predispose some to injury. Body alignment, like knock-knees, bow legs, unequal leg or arm lengths and flat or high arched feet, is also important. Many people also have weak links due to old injuries, incompletely rehabilitated injuries or other anatomic factors.

Other factors include equipment, like the type of running shoe or in the case of shooters, the type of sling, glove or jacket used. Also the surface an athlete trains on might be adding to the problem; for runners this means the terrain they are running on, for shooters this could be the difference between using a prone mat versus shooting off the ground with no mat.

### Can overuse injuries be prevented?

Most overuse injuries can be prevented with proper training and common sense. Learn to listen to your body. Remember that “no pain, no gain” does not apply here.

The 10% rule is very helpful. In general, you should not increase your training program or activity more than 10% per week. This allows your body adequate time for recovery and response. The 10% rule also applies to increasing pace or mileage for walkers and runners, as well as to the amount of weight added in strength training programs.

Seek the advice of a sports medicine specialist when beginning an exercise program or sport to prevent chronic or recurrent problems. Your program can also be modified to maintain overall fitness levels in a safe manner while you recover from your injury. This article will address those overuse injuries that affect our wrist/hand and elbow, specifically injuries involving compressed or pinched nerves.

## Carpal Tunnel Syndrome

Carpal tunnel syndrome occurs when a nerve is pinched in the wrist. This nerve, called the median nerve, is the connection from the brain and spinal cord, down to the finger tips. In patients with carpal tunnel syndrome, the median nerve is pinched as it passes through the wrist. Because of the compression, the nerve does not function properly. Patients complain of numbness and/or pain in the wrist and hand, extending classically in the median distribution of thumb, index, middle finger, and radial side of the ring finger. Pain may sometimes radiate to the elbow and above. Night pain that wakes patients from sleep is common; often these patients shake the affected hand in an attempt to relieve the symptoms. Motor signs, thenar wasting, and thumb weakness are late findings that indicate worse disease. Other activities including driving and typing can aggravate symptoms of carpal tunnel syndrome.

When carpal tunnel syndrome occurs, the median nerve is pinched, and the normal functions (as described above) are impaired. Problems that can occur in carpal tunnel syndrome include:

- Pain
- Numbness
- Tingling
- Weakness

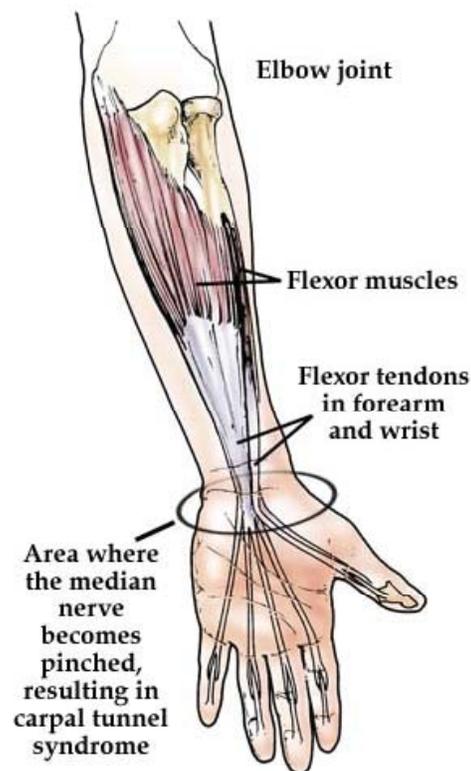
### What treatments are available for carpal tunnel syndrome?

Carpal tunnel syndrome treatment usually begins conservatively, and moves to more aggressive and invasive techniques if the symptoms of carpal tunnel syndrome persist.

The initial carpal tunnel syndrome treatment steps include some medications and splints.

- **Anti-Inflammatory Medications.** Anti-inflammatory medications or NSAIDs (e.g. Motrin or Advil) can decrease inflammation in the carpal tunnel and can also decrease carpal tunnel syndrome symptoms.

- **Wrist Brace.** A wrist brace helps stabilize the carpal tunnel in its neutral position. In this position and the nerve is least compressed, and there is less opportunity to cause further harm. Wearing the splint at night is especially important, as well as during activities that tend to irritate the carpal tunnel syndrome such as typing. The brace must be removed while shooting because it is prohibited by the rules. This makes it



even more important that an injured shooter wear a brace when not shooting to allow the wrist recovery time.

### What can be done to prevent carpal tunnel syndrome?

Carpal tunnel syndrome is best managed in its early stages of the condition. If you feel the onset of symptoms that seem consistent with carpal tunnel syndrome, you should seek medical attention as soon as possible, and begin conservative therapy. To prevent these symptoms there are a few simple exercises that can easily be done at home, they are explained in the next section. By routinely performing these simple exercises to warm up the wrist joint, people often avoid the symptoms of carpal tunnel syndrome. So always make sure if you are going to be working with your hands for an extended period of time, whether it be at the computer, in the gym, or before practice starts in the range you should always stretch and warm-up the joint. Furthermore, there are ways to maintain the joint in a 'wrist-neutral' position when doing tasks such as typing; this decreases the pressure in the carpal tunnel. At the keyboard you can use a cushioned "wrist rest", also, specially modifies keyboards and computer mice are being developed and tested as alternatives to traditional equipment. Sports-related carpal tunnel syndrome can be prevented with proper technique, especially in the prone and kneeling positions. If you are having pain, don't just shoot through it, stop and evaluate your position with a coach or teammate. It is best to correct this early before a serious problem develops.

## Ulnar Nerve Entrapment

While Carpal Tunnel Syndrome is an entrapment in the wrist, Ulnar Nerve Entrapment occurs when one of the nerves in the arm (the ulnar nerve) becomes compressed in the elbow. This can give symptoms of "falling asleep" in the ring finger and little finger, especially when the elbow is bent. You may have aching pain on the inside of the elbow. In some cases, you may have trouble moving the fingers in and out, or manipulating objects.

The ulnar nerve is one of the three main nerves in the arm. It travels from under the collarbone and along the inside of the upper arm. It passes through a tunnel (the cubital tunnel) behind the inside of the elbow. Here you can feel the nerve through the skin. It is commonly called the "funny bone." Beyond the elbow, the nerve travels under muscles on the inside of the arm, and into the hand on the pinky side of the palm. When the nerve goes into the hand, it travels through another tunnel (Guyon's canal). The most common place where the nerve gets compressed is behind the elbow.

### Risk Factors/Prevention

It is not known exactly what causes compression of the ulnar nerve. Some factors can make it more likely that the nerve will be compressed. These include prior fractures of the elbow, bone spurs, swelling of the elbow joint, or cysts. Leaning on the elbow for prolonged periods, or repetitive activity that requires a bent elbow can irritate the nerve. This means that shooters are predisposed to this injury, especially if they are spending prolonged time in position or if they are not using proper technique.

### Symptoms

Numbness and tingling in the ring finger and little finger are common symptoms of ulnar nerve entrapment. Often these symptoms come and go. They happen more often when the elbow is bent, such as when you are driving or talking on the phone. Some people wake up at night because their fingers are numb. You may also have weakness of grip and difficulty with finger coordination. If the nerve is very compressed or has been compressed for a long time, muscle wasting in the hand can occur. Once this happens, muscle wasting cannot be reversed. For this reason, it is important to see the doctor as soon as you experience any of the symptoms. Always see an orthopedist if you are having symptoms of ulnar nerve entrapment that interfere with normal activities or last more than a few weeks.

### Treatment Options

Unless you have a lot of muscle wasting, your doctor will probably recommend nonsurgi-

cal treatment initially. The following treatments may help to improve the symptoms. They may be all the treatment you need.

- **Avoid frequent use of the arm with the elbow bent.** If you use a computer frequently, make sure that your chair is not too low. Do not rest the elbow on the armrest.

- **Avoid leaning on the elbow or putting pressure on the inside of the arm.** For example, do not drive with the arm resting on the open window.

**Keep the elbow straight at night when you are sleeping.** This can be done by wrapping a towel around the straight elbow, wearing an elbow pad backwards, or using a special brace

If symptoms are acute, the doctor may recommend that you take an anti-inflammatory medicine such as ibuprofen to help reduce swelling around the nerve. Steroid (cortisone) injections around the ulnar nerve are not generally used because there is a risk of damage to the nerve.

Some doctors think that exercises to help the nerve slide through the tunnels can improve the symptoms. These exercises can help keep the arm and wrist from getting stiff, which make them a good choice for the prevention of both carpal tunnel and ulnar nerve syndromes. Always remember, prevention is the key. A nagging injury now could potentially turn into a big problem that could keep you off the range for a long time.

#### Exercise 1:

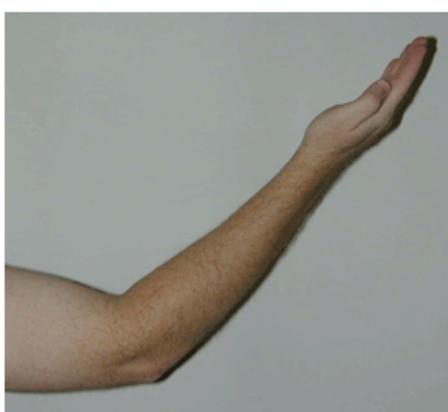
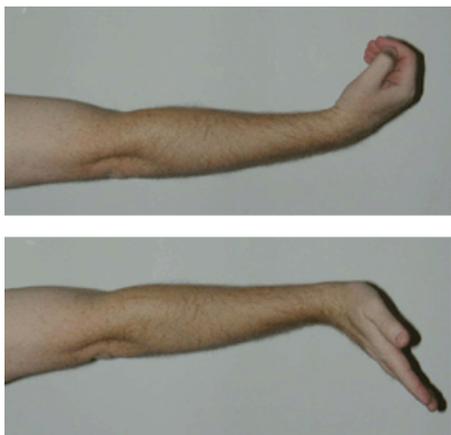
**Start Position:** Arm straight in front of body, palm up.

**Action:** Bending at the wrist, keeping arm straight, curl hand and fingers toward body, then extend them away from body. Repeat 10-20 times before and after activity.

#### Exercise 2:

**Start Position:** Arm straight in front of body, palm up.

**Action:** Bending at the elbow bring hand toward body then away from body. Repeat 10-20 times before and after activity.



With your arm forward and your elbow straight, curl your wrist and fingers toward you, then extend them away from you, and then bend your elbow.

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 the Roosevelt Center in Warm Springs, GA where she gained experience working with spinal cord injuries. She has worked four years in orthopedics with a specialization in sports and spinal rehabilitation. She currently works as a Physical Therapist with Proaxis 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@proaxistherapy.com](mailto:kirkland@proaxistherapy.com).

Web site: [www.proaxistherapy.com](http://www.proaxistherapy.com)



## DEVELOPING A TRAINING PLAN

By SFC Lance Dement, USAMU Service Rifle Team Member



SFC Lance Dement, USA, won the 2006 President's Rifle Match with a 296-9X.

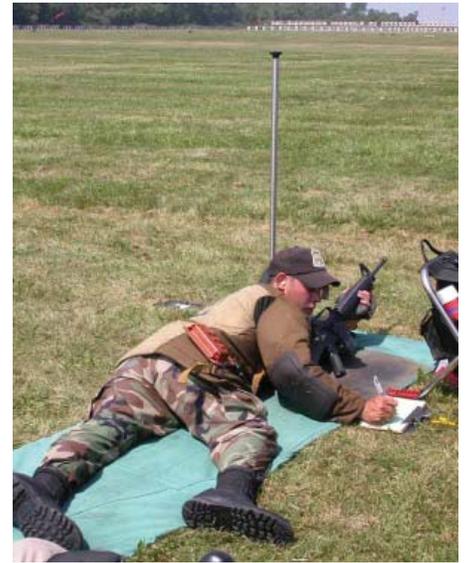
If you don't know where you are going, how will you know when you get there? Many shooters are happy with going to the range, emptying brass, and having some fun. Others, however, are there to win, and have a plan to

do just that. Training plans are like fingerprints, every good shooter has them, and they are all unique to the individual. There are an unlimited number of items that can be included in your training plan; some plans are very detailed and complex, while others are more general.

The first thing I do when preparing my training plan is to take a good hard look at where I am right now. I look at my data book and chart my match and training scores for the last year. I break them down by position and 10-shot string averages. After plotting my scores, I can identify the areas that need the most improvement. Why train 90% of the time sitting rapid-fire when you lose 70% of your points in the offhand position? I then assess my guns, ammunition and equipment. I also look at my physical training level and identify strengths and weaknesses there.

Arguably the most important step you will take when preparing your training plan, is to set realistic goals. I like to set both performance and score oriented goals. An example of a performance-oriented goal would be "I will follow through on my shots offhand." I track this in my data book; regardless of the value of the shot. If my follow through was good, then the goal was met. A score oriented goal would be "I will shoot a 95 or better on all offhand strings." Adding the "or better" to this goal will insure the goal will not limit my performance. I like my goals to be positive and avoid using words such as don't, never, must, need, etc. When you set your goals, be honest and set goals that are challenging to you, but with some effort are attainable.

I feel it is also helpful to include a calendar in my training plan. On my calendar I fill in all major match dates, training match dates and range training days. I also block out dates when training is not an option, such as vacation days or holidays. Some other things that go in my calendar are times for loading and testing ammo, dry firing, equipment maintenance and travel time. It is also important to include a physical training program. You accomplish two things by writing these items into your calendar. This helps you analyze whether you have a realistic amount of time to accomplish the training you are planning. It also helps you implement a system that you are more likely to follow. If your plans are written into your calendar, you can more easily hold yourself accountable for them.



A data book should be part of your training plan. Record and chart your match and training scores; then plot the scores to identify the areas you need to improve the most.

Goals are not always met and a good training plan must be flexible. Your plan will inevitably run into some problems that you cannot control, such as a rained out match, a broken rifle or family commitments. Review your plan often and make the necessary changes to get it back on track. A good training plan will allow you to use your time more effectively and be one of the shooters expecting to win rather than one who is just emptying brass.

## CMP Awards \$100,000 in College Scholarships to JROTC and ROTC Rifle Shooters

The MISSION of the CMP is to promote firearm safety and marksmanship training for U. S. citizens with an emphasis on youth. Each year, the Civilian Marksmanship Program supports many junior marksmanship programs such as its Three-Position Air Rifle Summer Camps, Junior Highpower Clinics, the National Match Highpower Support Program, the National JROTC Air Rifle Championship and postal program and the Army Air Rifle Championship and postal program. One of the important ways that the CMP promotes marksmanship among youth is through its Scholarship Program that annually awards 100 \$1000 college scholarships to JROTC and ROTC rifle shooters.

Through agreements that the CMP established with the U.S. Army Cadet Command, the U.S. Naval Education and Training Command and the USMC Training and Education Command, Army, Navy and Marine Corps JROTC or ROTC cadets who are enrolled in JROTC or ROTC and who have excellent academic and leadership records are eligible to apply for the scholarships. Applicants also must be U. S. citizens, have a minimum 2.5 GPA, excel in rifle marksmanship and be a high school senior enrolled in JROTC or a college underclassman enrolled in ROTC.

To view the list of 2007-2008 Scholarship winners, visit [http://www.odcmp.com/Programs/honor\\_roll.htm](http://www.odcmp.com/Programs/honor_roll.htm). For additional information on the Scholarship Program or other CMP Junior Support Programs, email [programs@odcmp.com](mailto:programs@odcmp.com) or call (419) 635-2141 ext. 1109. The 2008-2009 CMP Scholarship Regulations and Applications Forms will be posted in January 2008 on the CMP web site at <http://www.odcmp.com/Programs/Scholarship.htm>.

## 2007 National JROTC Air Rifle National Championship - Continued from Page 2

in JROTC National Championship history. On day one Amber Criss of Walla Walla HS AJROTC from Walla Walla, WA, jumped out into the lead with a 3x20 plus final score of 690.1. This gave her a 4 point lead over Kyle Phillips of Luella HS NJROTC from Stockbridge, GA who shot a 686.1 on day one. But Phillips came back strong on day two and closed the gap to two points going into the final. The final went down to the last shot with Criss hanging onto the Championship with a narrow lead of 1273.7 to Phillips 1273.15. Finishing in third place was April Dunn of East Coweta HS MCJROTC from Coweta, GA with a score of 1261.1.

The Precision Team National Championship was also decided in a close race between Henry Co HS NJROTC from McDonough, GA and last year's National Champion Shelby Co HS from Shelby, KY. In the end only two points separated the two teams. Henry Co edged out Shelby Co 4600 to 4598 to win their first National JROTC Championship. The team's scoring members were Matthew Branyon, 1163, David Garman, 1160, Caitlyn Wells, 1141, and Stephen Krieger, 1136. The team was coached by CAPT Joe Tucker. Shelby Co finished with a 4598 to claim second place, and East Coweta HS earn third with a 4575.

The top teams and individuals in each service were also recognized. Hilario was the top Individual representing the Army JROTC in the sporter class, and Kaitlin Chaffin of Siegel HS from Murfreesboro, TN received the top Army precision class award with a score of 1255.6. The top Army teams were RL Paschal HS in the sporter class and Spanish Springs HS from Sparks, NV with a 4548 in the precision class.

In the Marine Corps, the top individuals were Jordan Myers from Sapulpa HS in Sapulpa, OK with a 1176.7 in the sporter class, and Dunn of East Coweta HS in the

precision class. The top Marine Corps teams were Kentwood HS from Kentwood, WA with a score of 4205 in the sporter class, and Shelby Co HS in the precision class.

The top individuals for the Navy were Hill of South Effingham HS in the sporter class, and Phillips of Luella HS in the precision class. The top teams were South Effingham HS from Guyron, GA with a score of 4226 in the sporter class, and Luella HS from Stockbridge, GA with a score of 4529 in the precision class.

Also recognized were John White of Joshua HS NJROTC from Joshua, TX, Darrell Robbins and Charles Lee of Tuba City HS MCJROTC in Tuba City, AZ, Danielle Poteete of Spanish Springs HS AJROTC, Daniel Hilario of RL Paschal HS AJROTC and Chase Wininger of Shelby Co HS MCJROTC. Each of these cadets earned their Junior Distinguished Badges for consistent excellence in major three-position air rifle events. This is a significant achievement. Since the Badge was introduced in 2001, only 163 athletes have gone Distinguished. Three of the athletes presented their Badge at the Nationals earned their last points over the weekend.

Many National Three-Position Air Rifle Records were set during the National JROTC Air Rifle Championship. Congratulations to the individuals and teams listed below on their achievement: Elizabeth Lyon, of King George HS Naval JROTC, tied a Navy JROTC record for Sporter Individual 3X20 with a score of 556. Daniel Hilario, of RL Paschal HS Army JROTC, tied an Army JROTC record for Sporter 20-shots standing with a score of 185. Amber Criss, of Walla Walla HS Army JROTC, set a new Army JROTC record for Precision Individual 3x20 with a score of 589. April Dunn, of East Coweta HS Marine Corps JROTC, tied a Marine Corps JROTC Record for Precision 20-shots standing with a score of 195. Danielle Poteete, Kira Brown, Maximilian Stovall, and Joe Stevens of Span-



Buck Parsons of Pilkington Guns was on hand throughout the Championship to provide gunsmithing needs of the cadets.

ish Springs HS, set a new Army JROTC Precision 4-Member team record with a score of 2303. The Spanish Springs HS is from Sparks, Nevada, and is coached by LTC Michael Coger. T. Chase Wininger, Logan Fox, Kent Wilcox, and Stephen Jenkins, of Shelby County HS Marine Corps JROTC, set a new Marine Corps JROTC Precision 4-Member team with a score of 2309. The Shelby County HS is from Shelbyville, Kentucky, and is coached by MSgt Gerald Lyons. Matthew Branyon, David Garman, Caitlyn Wells, and Stephen Krieger, of Henry County HS Naval JROTC, set a new Navy JROTC Precision 4-Member team record with a score of 2307. Henry County HS is from McDonough, Georgia, and is coached by CAPT Joe Tucker.

The National JROTC Championship concluded with an impressive banquet held at the Columbus Convention Center in downtown Columbus, GA. Nearly 400 people were on hand for the event which featured keynote speaker Rear Admiral James Symonds, the current Director of the Chief of Naval Operations Environmental Readiness Division. Also in attendance to provide closing remarks was Deputy Assistant Secretary of the Army, John McLaurin.

To view a complete listing of scores from the National JROTC Air Rifle Championship please visit the CMP website at [http://clubs.odcmp.com/cgi-bin/report\\_matchResult.cgi?matchID=1950](http://clubs.odcmp.com/cgi-bin/report_matchResult.cgi?matchID=1950). To view photos from the event visit <http://www.odcmp.com/Photos/07/NationalJROTC/index.htm>. The Final Results Bulletin from the 2007 National JROTC Air Rifle Championship can also be downloaded at <http://www.odcmp.org/0407/07JROTCBULLETIN.pdf>. Thank you to everyone who made the 2007 National JROTC Air Rifle Championship a huge success!



Elizabeth Lyon of King George HS NJROTC claimed the Individual Sporter National Championship with a total of 1191.55.



Eight newly distinguished cadets were presented with their Junior Distinguished Badge during the National JROTC Air Rifle Championship banquet.

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