

## **2019 CMP JUNIOR AIR RIFLE OUTREACH CLINIC Ozark, MO**

**Location:** Ozark High School  
**Dates:** 18 – 20 July, 2019  
**Start Time:** 0900 (local time) Thursday  
**Check-in:** Check-in will be held at the range on Thursday from 0820-0850  
(This typically takes 5-10mins.)

### **Range Facilities:**

The range is located at the Ozark High School, at 1103 W Jackson St, Ozark, MO 65721. Paper targets will be used for this training event, and the classroom and lunch area will be located on site.

### **Who May Attend:**

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

### **Adult Leaders:**

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

### **What to Bring:**

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

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

**Camp Instructors:**

The camp staff will be a group of accomplished CMP staff members, U.S National Rifle Team shooters and NCAA rifle athletes. This group will serve as lead instructors, assistant directors, gunsmiths and camp counselors for all of the camps and clinics. In addition, the camp material includes contributions from speakers who have Olympic and U.S National Team backgrounds.

**Training Groups:**

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

**Typical Training Day:**

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

**Instructional Topics:**

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

**Award Ceremony and Graduation:**

Participants will also be awarded a distinctive camp t-shirt, and certificate at the end of camp.

**Code of Conduct:**

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

**Food:**

Lunch, snacks and water are provided each day.

**Local Housing Options:**

All camps are commuter only. Since this clinic is located in San Antonio, there are housing options readily available, though Ronald Reagan is located in Northeast San Antonio. The Chamber of Commerce of San Antonio has many hotels available to view : <https://web.sachamber.org/HotelsMotels>

**Transportation:**

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

**Camp Schedule:**

Thursday	0820-0850	Check-in
	0900-1630	Camp Activities
Friday	0900-1630	Camp Activities
Saturday	0900-1500	Camp Activities

*A complete schedule will be provided at registration.*

**Costs:**

Athletes: \$175, Adults: \$30

**ADDITIONAL INFORMATION ON THE REGISTRATION PROCESS, CAN BE FOUND ON THE CMP RIFLE CAMPS INFORMATION PAGE; A LINK TO THIS PAGE CAN BE FOUND ON THE CMP HOME PAGE, [www.thecmp.org](http://www.thecmp.org).** If you have any questions after reviewing the camp registration process on the main camp info page, please contact Chance Cover email [ccover@thecmp.org](mailto:ccover@thecmp.org) or Catherine Green at [cgreen@thecmp.org](mailto:cgreen@thecmp.org) or (419) 635-2141 ext 704.

**Emergency Contacts:**

Chance Cover (Camp Director): (256) 689-1802

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