

ON THE MARK

THE NEWSLETTER FOR COACHES AND JUNIOR SHOOTERS © SUMMER 2019



LEAVING A VIBRANT IMPRESSION

Juniors Earn Honors at 2019 Camp Perry National Trophy Matches



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ON THE MARK

<http://thecmp.org/communications/on-the-mark/>

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ON THE MARK is published quarterly by the Civilian Marksmanship Program. It is dedicated to disseminating news and information about junior shooting activities to leaders and coaches of junior shooting clubs, teams and camps. Its primary purpose is to help youth shooting leaders teach firearms safety and marksmanship more effectively.

Subscriptions: One free **ON THE MARK** subscription is provided to each junior club that is affiliated with the CMP, JROTC unit with a marksmanship program and 4-H Shooting Sports Club. Individual subscriptions to **ON THE MARK** are available at \$8.00 per year. To subscribe to **ON THE MARK**, contact: 419-635-2141, ext. 724 or email onthemark@TheCMP.org.

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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. 724 or email programs@TheCMP.org.

ON THE MARK Wants Your Input: We want your correspondence and opinions. **ON THE MARK** will dedicate space to publish letters from readers. Though we may not be able to publish them all, we will make every effort to provide comments that will be beneficial to the broadest audience. If there is a story you feel we should cover, notify us. Send your comments or questions to: Letters to the Editor, CMP Headquarters, P.O. Box 576, Port Clinton, OH 43452 or email your letters or comments to abrugnone@TheCMP.org.

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.

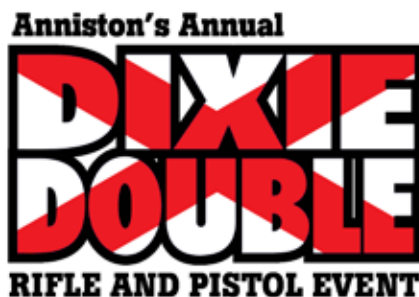
Information about the CMP may be viewed on the CMP web site, www.thecmp.org or on the CMP on-line newsletter, **The First Shot**, at <http://thecmp.org/communications/the-first-shot/>.

© Sighting Shots ©

- © **Gary Anderson Invitational, 7-8 December.** The 2019 Gary Anderson Invitational is a three-position junior air rifle competition fired at both the Gary Anderson CMP Competition Center in Ohio and the South CMP Competition Center in Alabama. Competitors fire in a qualifying event and a final. For more information, visit <http://thecmp.org/air/cmp-competition-center-event-matches/gary-anderson-invitational-air-rifle-championship/>.



- © **2019 Dixie Doubles International Air Rifle & Pistol Competition and Clinic, Anniston, Alabama, 1-3 November, Sanctioned by USA Shooting.** The Civilian Marksmanship Program (CMP) invites you to participate in its 11th annual Dixie Doubles. This match offers 60-shot international air rifle standing and 60-shot air pistol events for open men and women and junior men and women. A



Target Sprint event will be held after the final on Saturday afternoon, 2 November. The match is a two-day event where competitors will fire one 60-shot event on each of two days, 2 & 3 November 2019. Register at www.thecmp.org/air/cmp-competition-center-event-matches/dixie-double/.

- © **JROTC Three-Position Air Rifle Postals Now Open.** Young cadets in Army, Navy, Marine Corps and Air Force JROTC programs who are interested in competing in a three-position air rifle match with other talented juniors across the nation may sign up for the Postal competition. This is the first stage of the JROTC Nationals series of matches, continuing on with the Regional Service Championships before concluding with the National competition for qualifying athletes. For more information, visit the CMP website at www.thecmp.org/air/jrotc-air-rifle-national-championship/.



- © **Marksmanship Nights at CMP Competition Centers.** Shooters, including aspiring new shooters, who visit or live in the Camp Perry, Port Clinton, Ohio area or Anniston, Alabama area are invited to take advantage of the opportunity to do practice shooting at the Competition Center air gun ranges. Both 80-point, 10-meter air gun range are fully equipped with optical target scoring systems that accommodate air rifle, air pistol or National Match Air Rifle shooting. For more information, please visit <http://thecmp.org/air/cmp-competition-centers/open-public-shooting/>.

On the Cover: Hundreds of junior athletes competed at the National Trophy Pistol and Rifle events during the months of July and August, competing in both individual and team competitions, such as the National Junior Team event.

Marksman Student-athletes – Apply Now for 2020-2021 CMP Scholarships

By Ashley Brugnone, CMP Writer



CAMP PERRY, OH – The Civilian Marksmanship Program (CMP) is set to reward commendable student-athletes for the 2020-2021 school year in their future endeavors through its annual scholarship program. The CMP offers \$1,000 one-year scholarships based on merit and rifle or pistol marksmanship participation to current high school seniors only.

Since 2005, CMP has awarded over \$1 million in scholarship prizes. Last year, the CMP awarded nearly \$160,000 in scholarship money. Winning recipients came from a mix of JROTC schools, 4-H groups and other shooting clubs.

TO BE CONSIDERED, applicants must turn in a list of past and present rifle or pistol competition history, awards, involvements and future expectations for the sport. **Proof of participation**, including match bulletins, photos or CMP Competition Tracker printouts (for example), **MUST** be presented in order to be considered for the scholarship. **Applications without this will be discarded.**

Those interested must also provide **academic information** such as GPA (3.0 or above – anything below 3.0 will not be accepted), test scores and a list of extracurricular activities. Additionally, an **official transcript** must be provided, along with a **letter** explaining why the applicant is applying and what future plans the money will fund. A **nomination/recommendation letter** from a coach or instructor is also required.

Incomplete applications will not be considered, so please check that all required information is sent. Because the CMP takes great care in personally reading each application, all mandatory information (including forms and other necessary materials) must be sent to the CMP in its entirety. **We are eager to recognize praiseworthy student-athletes for their hard work – so please take extra precaution in sending all application requirements.**

The deadline for application submission is **March 20, 2020**. Scholarships may be used to pursue post-secondary education or vocational programs for the upcoming school year.

The CMP is dedicated to its commitment to youth programs and furthering the education of the successful young adults involved within them. Through these scholarships, the CMP is able to uphold one of its missions of awarding those who present exceptional talent, motivation and determination within the field of marksmanship.

Application forms and other scholarship information can be found by visiting <http://thecmp.org/communications/cmp-scholarship-program/>. For specific questions, please contact Kathy Williams at 419-635-2141, ext. 709 or email kwilliams@thecmp.org.

Register now for CMP's annual Scholarship!

Visit <http://thecmp.org> to learn more.

Juniors Shine at 2019 National Trophy Junior Rifle and Pistol Matches

PISTOL:

Sam Kwon, 19, of New York, NY, nearly swept the Junior events, claiming the .22 Rimfire Pistol, the President's Pistol Match (for the second time) and received the G.P. Perry DeFino Trophy for his win in the Junior Individual Match for the fourth time in his career.

He also teamed up with the Overall Junior Pistol competitor of the matches, Heather Powers, 19, of West Falls, NY, in the Junior Team event to earn the top spot for the second year with a score of 545-15x.

Devin LaCross, 17, of Jackson, NJ, topped the CMP EIC Service Pistol Junior competitors, with a score of 281-4x.



Heather Powers was the Overall Junior competitor of the Pistol events. She also earned her Distinguished Badge in .22 Rimfire Pistol.

SMALLBORE:

Antonio Gross, 19, of Ontario, NY, led the Junior 6400 Aggregate, landing fifth overall in the Open category with his score of 6367-430x. Gross was also the top junior in the Any Sight Championship (earning fourth overall) and came in second in the Iron Sight match behind Scott Rockett, 16, of Cary, NC, who fired a score of 3181-209x for first.

Gross had given exceptional performances during the three-position events, leading in the Junior Aggregate event as well as the Junior Iron and Any sight matches.

Taking over the State Association Team Championship was New York State Rifle & Pistol Association Wolfe Pack, with a score of 2140-55x, in Three-Position. Junior team members were Abigail Benson, Antonio Gross, Michael Dziabo and Edward Hahn. Pennsylvania Rifle & Pistol Association Gold led the Junior Team match, with a score of 2084-35x.

The growing National Smallbore Matches added a new Freedom's Fire three-position junior two-member team event. Winning the match this year was Putnam County Gun Club members Mitchell Nelson and Zach Jackson, with a score of 1101-23x.



Antonio Gross excelled in many categories during the smallbore matches, including the Three-Position event.

HIGHPOWER RIFLE:

High Junior of the President's Rifle Match was Brad Schoenemann, 19, of Lodi, WI, who finished 15th overall.

Schoenemann and his Wisconsin Cheddar teammate, Thomas McGowan, overtook the National

Trophy Junior Team Match with a score of 978-28x. The pair was only one point away from the National Record score.

Schoenemann was also the High Individual competitor of the match and went on to receive the Col. Bill Deneke Trophy as the leading junior competitor in the President's, National Trophy Individual and National Trophy Team events. Other juniors making the honorary National Junior Highpower Team as top competitors were Koa Van Hoven, Thomas McGowan, Amber Kingshill, Nathaniel Nye and Miles Grove.

High Junior of the National Trophy Individual match was Koa Van Hoven, 16, of San Rafael, CA, with a score of 491-17x.

High Junior Team of the match was California Grizzlies O'Connell (another civilian team who has won the NTIT, in 2009). Grizzlies finishing fourth overall was Dustin Carr, Miles Grove, Amber Kingshill, Nathaniel Nye, Koa Van Hoven and Loet Van Hoven. Captain was Sara Rozanski and coach was Tom Greenwood.

High Individual earning points in the M16 Rifle match was junior Seth Hartbarger, 17, of Hayden, AL. Hartbarger finished fourth overall in the match with a score of 392-9x. The match accompanies the Small Arms Firing School conducted each year. Top scorers receive Excellence In Competition points towards a Distinguished Badge.

CMP GAMES EVENTS:

Meghann Beaver, 20, of Indianapolis, IN, nabbed the High Woman title in the Modern Military Match, along with High Junior titles in the Springfield and Roosevelt Commemorative matches. Her brother, Andrew, 17, was the High Junior of the Modern Military Match.

Thomas McGowan, 14, of Hortonville, WI, coming off of successes in the Trophy Rifle Matches, was the High Junior of the Vintage Military, Garand and Springfield M1A events. Connor Stout, 17, of Waterford, MI, earned High Junior in the Carbine Match.

AIR GUN:

In air gun competition, Sam Kwon, 20, of New York,



Wisconsin Cheddar (Brad Schoenemann and Thomas McGowan) earned the Freedom's Fire Trophy.

NY, claimed the High Junior title in the 60 Shot Air Pistol Championship. In 60 Shot Air Rifle, the ladies led as Samantha Shultz, 17, from Fort Wayne, IN, claimed the top spot by one point, with a score of 611.9. Fellow junior Claudia Muzik, 13, of Green Springs, OH, finished in the third place position, with her score of 601.8.

Nicholas VanRyswyk, 17, of Coopersville, MI, compiled a score of 300-20x in the 30 Shot Air Rifle Standing event while Jacob Day, 14, of Columbus, GA, trailed by just one point – having dropped a point in his first round of 10 shots and ending with 299-20x.

Frank Baumgartner, 16, of Fort Wayne, IN, received \$51 for the closest rifle shot in the Top Center Shot competition.



Junior Meghann Beaver received many honors, including High Woman of the Modern Military event.

See more photos of National Matches Junior Winners on page 31.

Striving for Better Prone Scores

Striving for Better Prone Scores

By Gary Anderson, DCM Emeritus



Janette Duestad of Norway established a new Junior Women Prone Qualification World Record in the 2019 Suhl, Germany Junior World Cup. Her prone position is a model for an ideal prone position.

The prone position is part of all popular rifle events practiced by junior shooters. Prone scores make up one-third of the total scores in 3-Position Air Rifle, Smallbore Rifle 3-position and Rimfire Sporter events. Athletes who win 3-position competitions almost always shoot outstanding prone scores. Prone is a game of perfection and juniors who aspire to be great 3-position shooters must set their sights on developing the ability to consistently shoot perfect or near-perfect prone scores.

The objective of this article is to examine the prone position and prone techniques to identify things that must be done to shoot near-perfect prone scores. To achieve that objective, an athlete's position, shot technique and equipment must fulfill these prerequisites:

1. **Stability.** The athlete's firing position must produce a hold where the magnitude of sight picture movements while aiming is significantly less than the size of the ten-ring.

2. **Aiming Accuracy.** Score perfection requires visual perfection. The athlete's eye and aiming process must become capable of distinguishing between perfectly centered sight pictures and sight pictures that are even slightly off-center.

3. **Excellent Shot Technique.** Prone shot technique is more than just lining up the sights and squeezing the trigger. Excellent shot technique requires selective relaxation, precise NPA alignment, precise aiming, a flawlessly smooth trigger release and consistent recoil control.

4. **Accurate Rifle and Ammunition.** Shooting perfect prone scores requires having a rifle-ammunition combination that is capable of shooting perfect scores.

This article is not about learning how to build a prone position. This article is about how to perfect an established prone position. If you are new to position rifle shooting and need information about building an initial prone position, you can download and study an excellent CMP

instructional video titled “Building the Prone Position” at <http://vimeo.com/30815959>. A brochure titled “Teaching Rifle Positions to New Shooters” can be downloaded from the CMP website at <http://thecmp.org/wp-content/uploads/TeachingRiflePositions.pdf>. A book published by the CMP, **Coaching Young Rifle Shooters***, includes detailed instructions for beginning prone shooters.

Rechecking the Prone Position

Prone position stability begins with a structurally sound position. The first step in achieving stability is to be sure the athlete's position is structurally sound. Key position features to recheck are:

1. **Left Elbow Location.** The left elbow, arm and sling provide primary support for the rifle and upper body. The left elbow should be located directly under an imaginary line running from the left hand to the left foot. A coach can check this by looking at a position from above. Another way to check is to determine whether the support triangle formed by the upper arm, lower arm and sling is truly vertical. In a good prone position, this structure supports all of the weight of the rifle and much of the weight of the upper body. If this support structure tilts either in or out, that will cause the position to change during shooting. A vertical support triangle contributes to position stability and consistency.

2. **Sling Support.** Effective use of the sling contributes to rifle stability. Placing the sling high on the arm is usually best. Configuring the sling so it pulls more strongly from the outside of the arm prevents a pulse beat that can be created when the sling pulls off of the inside of the arm where it would press against the brachial artery. Sling tension should be adjusted so the sling supports 100 percent of the rifle weight. This allows the muscles of the left arm and shoulder to be completely relaxed and prevents using these muscles to do any lifting to support the rifle. Adjusting sling tension (length) is a matter of finding a balance between too loose and too tight. A sling that is too loose may require muscle effort to support the rifle. A sling that is too tight forces the right shoulder back and distorts the position.

3. **Rifle Height and Head Position.** A higher prone position creates less strain and a better head position. A low rifle position is not more stable and if the angle between the left forearm and floor is less than 30 degrees, the position is illegal. Keeping the butt-plate well up in the shoulder and close to the neck helps to establish a good head position. A good head position facilitates unstrained aiming where the eye looks forward, not up.

Definitions in this article:

- **Hold.** The magnitude of front sight movements over the aiming bull while aiming.
- **NPA.** Natural point of aim—where the front sight naturally wants to point when the position is relaxed.
- **Cant.** Tipping the rifle to the right or left while aiming.
- **On-Call/Off-Call Shots.** A fired shot is “on-call” when its location on the target closely corresponds with how the shooter called that shot.

THE SUPPORT TRIANGLE



The support triangle formed by the left upper and lower arm and the sling must be positioned so it is vertical, not tipped.



This athlete has an ideal left forearm angle of about 40 degrees. This in turn provides for an excellent head position where accurate aiming is facilitated.

* **Coaching Young Rifle Shooters** was written by the author of this article, Gary Anderson. Copies can be ordered through the CMP E-Store “Bookstore” (from the CMP home page, click on “Sales,” “E-Store” and “Bookstore.”)

Striving for Better Prone Scores



These athletes in an ISSF World Cup 50m 3-position final are loading with their rifles remaining in their shoulders. Their rifles remain in place after each shot while their right hands move only enough to operate rifle actions and place cartridges in their rifles.

Placement of the head on the cheek-piece is a simple matter of dropping the head down to the cheek-piece. Stretching the head and neck forward to bring the eye closer to the rear sight is wrong and creates unnecessary strain. Solve this problem by moving the rear sight further to the rear. An adjustable cheek-piece should be set up to provide full support for the face. When shooting rifles without adjustable cheek-pieces, it is usually necessary to fix the head position by placing the jawbone on the cheek-piece. Some athletes may experiment with canting the rifle to improve the head position. This is OK if the cant angle is the same for every shot.

4. Mark and Record All Adjustments. A key to position consistency is using the same equipment adjustments for each shooting session. Once equipment adjustments are worked out, it is important to mark them and also to record them in a Shooter's Log. Adjustments with Sporter Class air rifles and Rimfire Sporter rifles are restricted to hand stop locations on the fore-end and sling lengths. Precision smallbore and air rifles have numerous adjustment possibilities that must be worked out, marked and recorded.

5. Basic Shot Technique for Prone. Prone slow-fire shot technique is comprised of five phases: 1) shouldering the rifle and relaxing the position, especially the left arm and shoulder, 2) aligning the sights and bringing them onto

the aiming bull while breathing normally, 3) starting the shot by exhaling and applying initial pressure on the trigger while starting to aim, 4) perfecting front sight movements over the aiming bull while smoothly adding final pressure to the trigger to break the shot and 5) calling the shot and following through as the rifle recoils. Since prone holds are relatively stable and can remain centered for longer periods of time, trigger pressure should be applied smoothly and gradually over a period of two to three seconds (gradual-smooth trigger pressure).

6. Loading Technique. Loading the rifle while keeping it in the shoulder contributes to better prone scores because this helps to maintain position consistency. To do this, keep the rifle in the shoulder after each shot and use the right hand to operate the action and load pellets or cartridges. It may be possible to keep the right elbow in place or it may be necessary to lift the entire arm. Minimizing body and rifle movements during reloading makes it easier to keep the position's NPA centered from shot to shot.

Advanced Prone Position Details

There are some prone position details that are not covered in beginning shooter instruction. The athlete who wants to advance to the top ranks must, nevertheless, dedicate attention to several additional details necessary for perfecting the position.

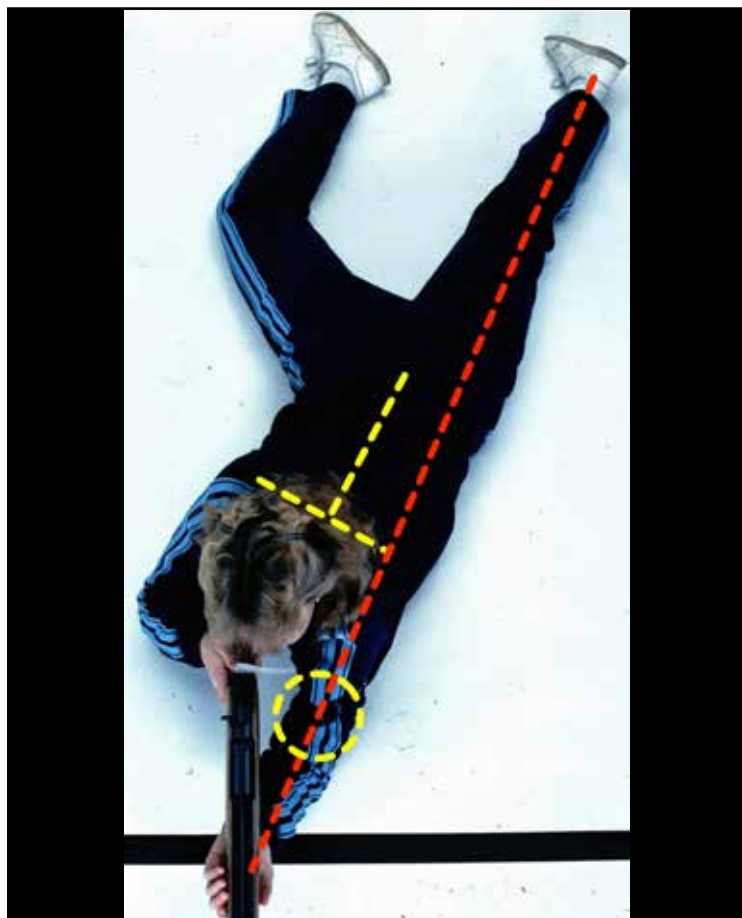
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1. **Position Structure.** Initial instruction recommends establishing a body angle to the line of fire of 20 to 30 degrees. Some outstanding prone athletes reduce that angle to as little as 10 degrees so we can say the body-line of fire angle should be between 10 and 30 degrees. If a coach views a prone position from above, two other position structure details are clearly visible. The left side line that determines left elbow placement is easy to check (see illustration on right). The other structural feature to check is the alignment of the shoulders and spine. They should form a "T." To be avoided is a position where the right shoulder is pushed back by placing the left hand too far out on the fore-end.

2. **Feet and Leg Positions.** An ideal prone position rotates the body slightly onto its left side. This takes pressure off of the stomach and mitigates a possible source of pulse beat tremors. It also makes breathing easier. The position of the feet and legs determines how the body is rotated. Body rotation is achieved 1) by turning the left foot so the heel points up or to the right and 2) by splaying the right leg out or by bending the right knee and shifting it forward. The position of the right leg or knee controls how much the torso is rotated onto the left side.

3. **Right Arm Position.** The right arm serves two purposes in prone. It functions as a brace to stabilize the upper body and position. It should bear little or no weight, no more than five percent of the upper body weight. Its second purpose is to place the right hand and index finger in position for properly pulling the trigger. The diagram (on page 10) illustrates a model right hand and arm position.

In evaluating the right-hand position, pay close attention to trigger finger function. The tip of the index finger should contact the trigger just ahead the first joint. With a lighter precision smallbore or air rifle trigger, trigger contact may be in the middle of the first finger phalanx. Position this



In addition to looking for a body-line of fire angle of 10 to 30 degrees, keys to good position structure include placing the left elbow under the left side line (red line) and aligning the shoulders and spine so that imaginary lines through both form a "T."

hand and finger so that this contact point presses directly to the rear, never to the side. The hand's grasp on the pistol grip should be handshake firm with a Sporter air rifle or Rimfire Sporter rifle but may be lighter with a precision rifle.



Proper body rotation is achieved by turning the left foot, so the heel points up or the toe points to the right. The right leg must be extended out or the knee bent and drawn up. Note how in the front view diagram (inset) the shoulders are tilted so that the right shoulder is higher than the left.

Striving for Better Prone Scores



RIGHT HAND AND ARM POSITION

The right elbow (a) and upper arm act as a brace to stabilize the position. They support little or no weight. The lower arm (b) and wrist should be straight so that they place the hand and trigger finger (c) in the proper position to pull the trigger directly to the rear.

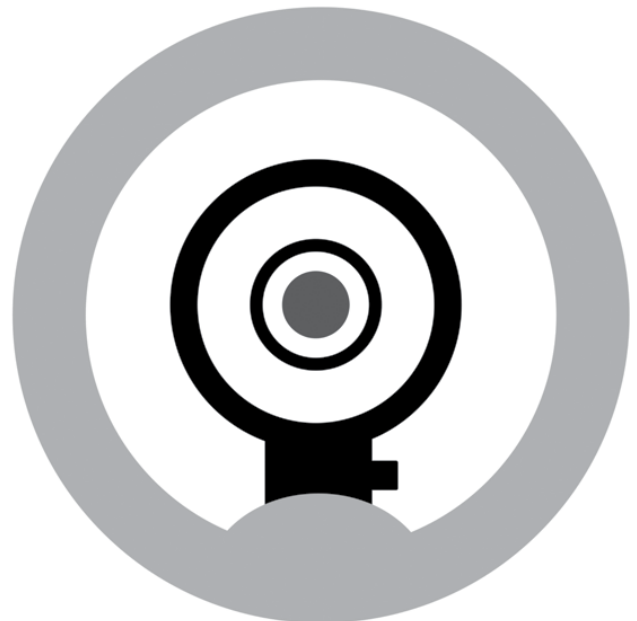
4. Left Arm and Shoulder Relaxation. Letting the sling do all the work in holding up the rifle, learning to relax the left hand, left arm and upper body and eliminating muscle tremors in that support system all greatly contribute to hold stability. The rifle should rest on the hand near the base of the thumb. With a Rimfire Sporter and its fixed hand stop a light grip is necessary, but hand slippage can be prevented by wearing a non-slip glove. With a precision air or smallbore rifle, the hand should rest against the hand stop with the hand and fingers completely relaxed. When the sling supports the weight of the rifle, it becomes possible to totally relax the left arm and upper body. Athletes should use a breathing technique to help them do this. Breathe normally while bringing the aligned sights onto the aiming bull, but each time you exhale, relax the left arm and upper body by consciously telling those muscles to “let go.” Doing this effectively takes practice. It may help to practice this exhale-relax and let go technique while doing holding exercises in the prone position in front of a blank wall or even in a dark room.

5. Position Consistency. It should be clear by now that there is no such thing as one perfect prone position. The best prone shooters adopt a variety of minor variations that do not violate basic structural requirements for a good position. Athletes should feel free to fine tune their positions with variations that are comfortable and most effective for them. However, once they work out their positions, it is

essential to stop experimenting and practice being absolutely consistent from shot-to-shot. A vital aspect of position consistency is making sure shoulder and cheek pressures and any restraints on the rifle such as sling tension or right-hand grip tension are consistent from shot to shot. Position consistency, always shooting the same way for every shot, every day, is absolutely critical.

6. Aiming Systems. Front and rear sight adjustments selected for prone also influence the athlete's score capabilities. Wearing corrective lenses when necessary and adjusting the size or location of the rear sight aperture are essential for keeping the sight picture sharply focused. Front sight ring size is critical. For an experienced shooter, the ring must be large enough to contain all aiming bull movements during aiming but not so large as to make precise alignment

more difficult. A prone front sight ring should be smaller than one used for standing.



The components of an ideal sight picture include a clearly focused sight picture (front sight and bull) and a properly sized front sight ring (aperture). Adjusting the rear sight aperture size and placement keeps the sight picture sharply focused.

7. Rifle and Ammunition Accuracy. To consistently shoot Xs or 10s, the rifle and ammunition must be capable of producing X or 10-ring accuracy in test conditions. Match grade ammunition or pellets are almost always necessary. Ammunition manufacturers and major distributors now offer testing services to match lots of ammunition or pellets with competitors' rifles or an adult with bench rest skills may be recruited to test rifle-ammunition combinations for team members' rifles. Especially with smallbore rifles, regular barrel cleaning is necessary to maintain accuracy.

Prone Technique—Striving for Perfection

Having a structurally sound position and correct shot technique will produce excellent prone scores, but there is still more to be done to consistently produce winning prone scores. Techniques described here are fundamental to top-class prone shooting:

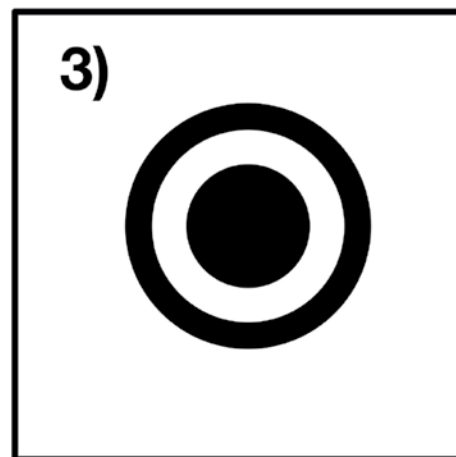
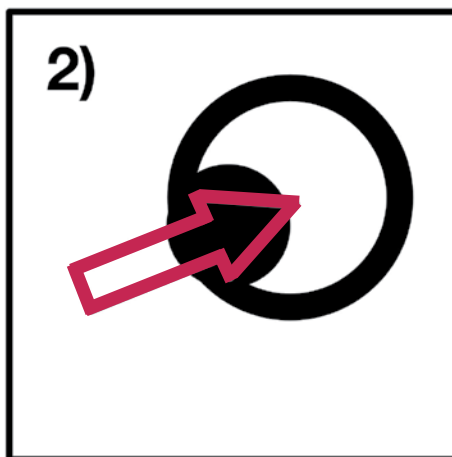
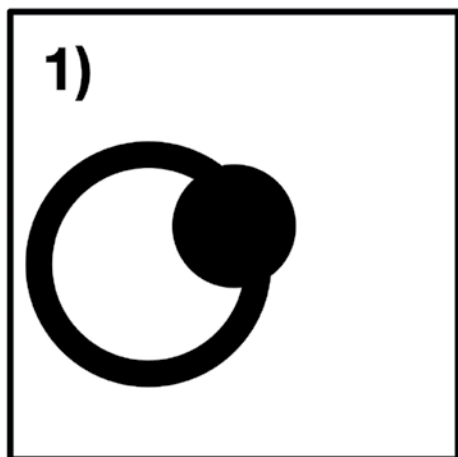
1. Hold Stability. The first prerequisite for shooting great prone scores is having a position that produces a hold where there is little or no perceptible front sight movement. Beginning shooters are instructed to center their hold movements over the aiming bull, but an advanced prone shooter should be able to hold the rifle so steady that he/she sees little or no front sight movement. Striving for

prone perfection requires continuing to practice techniques that contribute to prone stability, letting the sling do all the work in supporting the rifle, developing an effective inner position (see #4 on page 12), learning to relax the left hand, left arm and upper body and eliminating muscle tremors in that support system.

2. Mental Standards. An athlete's mental standards for what constitutes an excellent score make a real difference in the scores he/she will ultimately be able to shoot. Young athletes should study the scores it takes to win, not just in this country, but in international championships. Expect to develop a prone position that produces holds with little or no perceptible front sight movement and expect to shoot 100s prone.

3. Centering the NPA. One of the keys to prone success is developing a position with a precise NPA and being able to center that NPA as perfectly as possible. After doing lots of prone position shooting and becoming totally comfortable with his/her position, an athlete should become capable of seeing and feeling (inner position) when the NPA does not settle on the aiming point. Before each shot, relax and let the front sight ring settle where it naturally wants to point. If the front sight settles off the target, it is necessary to move the whole body left or right,

CENTERING AN OFF-CENTER NPA

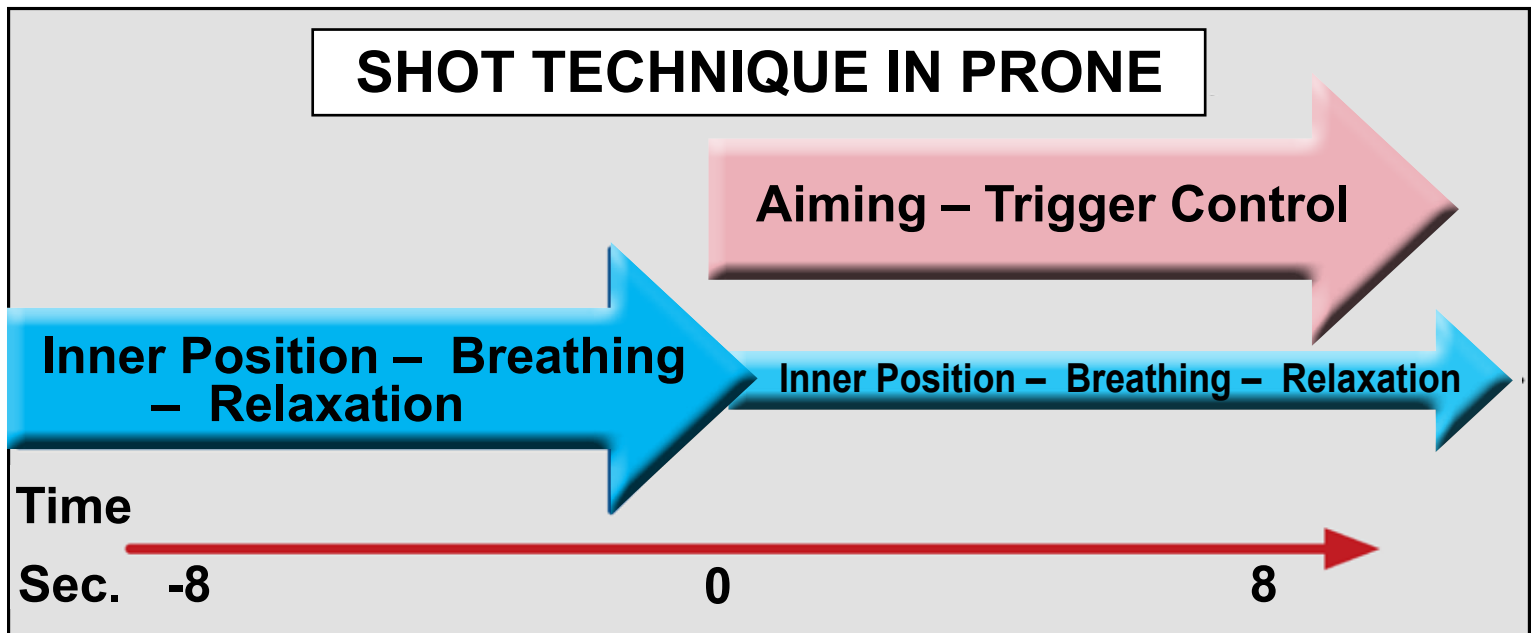


1) After relaxing the position, the front sight settles at 8 o'clock.

2) Correct the off-center NPA by easily pushing the front sight in a direction opposite to the off-centered NPA.

3) Let the front sight settle back to its new NPA. Sometimes two or three minor corrections are necessary.

Striving for Better Prone Scores



The diagram illustrates the relative times during the firing of prone shots when attention must be devoted to breathing, relaxation and the inner position and when attention is also focused on aiming and trigger control.

or forward or to the rear, to correct the NPA. If the front sight ring settles on the target, but not on the aiming bull, adjust the off-center NPA by nudging the shoulders and upper body to push the front sight ring through the aiming bull and allowing it to settle back onto the bull. Two or three attempts may be necessary to get the NPA to settle on the aiming bull. Preparation for prone slow-fire shots must devote a few seconds before each shot to relaxing, checking the NPA and, when necessary, correcting the NPA onto the aiming bull. When shooting indoors on 10-bull targets, it is necessary to adjust the NPA before each shot.

4. **The Inner Position.** Shooting positions have an outer or externally visible position and an “inner position,” which is concerned with what is happening inside the athlete’s body while holding the rifle and firing the shot. Advanced prone shooters pay close attention to how their inner positions feel. They check for muscle relaxation and feel whether their NPA is centered. They strive for an inner calmness that contributes to stable holds. The inner position is concerned with breathing, relaxation and centering the NPA. All are important in preparing to fire accurate shots.

5. **Precise Aiming.** Top-class prone scores can only be achieved when the athlete strives to make every sight picture as perfect as possible. Accepting small aiming errors sooner or later leads to shooting nines on some of those shots. The front sight ring must be precisely

centered over the aiming bull. Precise NPA alignment produces closely centered sight pictures but final perfect sight pictures are achieved by applying extremely light, precise muscle pressures to the rifle.

6. **Pulse and Tremor Reduction.** Many shooters, even good ones, complain about seeing pulse beats in their front sight movements. Others report that their front sight movements never really become still. An athlete who experiences these types of hold movements must devote special efforts to finding their causes and to making minor and often subtle changes to eliminate or reduce them. Pulse beat movements can come from how the sling is placed on the arm or from how the body lies on the ground. Avoid a prone position where the body lies flat on the ground. Placing the sling higher or lower and making sure it pulls more off of the outside of the arm may make a difference. Tremor movements can come from tensions in the body that may be reduced by selective relaxation.

7. **Consistent Recoil Control and Follow-Through.** Off-call shots, especially shots that were called tens but ended up in the nine ring are usually caused by something the athlete changed. The usual cause for off-call shots is not that the rifle or ammunition changed but that the shooter changed. In prone, the athlete places pressures on the butt-plate and cheek-piece as well as tensions on the sling and pistol grip. Those pressures and tensions affect how the rifle is allowed to recoil. Since the rifle starts to recoil and jump up while the bullet or pellet travels through the

continued...



The CMP now conducts National Smallbore Rifle Prone Championships during the annual National Matches at Camp Perry. Aspiring young shooting athletes can compete with and learn better prone shooting from the best prone shooters in this country in these championships.

barrel, changing those pressures or tensions changes how the rifle recoils. That in turn changes the point of impact on the target, even with air rifles. To keep shots on-call, the pressures and tensions the shooter places on the rifle must be absolutely consistent and they must remain consistent until the shot is well out of the barrel. Hence the critical importance of follow through. To finish a shot correctly, the athlete must 1) call the shot as precisely as possible and 2) continue to focus on the sight picture and how the rifle recoils. If the rifle jumps and returns to the aiming bull after recoil, that is good, but if the front sight ring ends up off of the bull after recoil that is a sign that there are stresses in the position that do not allow the rifle to recoil freely.

A great prone score alone won't win a three-position competition, great standing and kneeling scores are necessary as well. However, today's 3-position scores are now so high that achieving perfection in prone is necessary to accompany great standing and kneeling scores and achieve winning 3-position.

About the Author

Gary Anderson, Director of Civilian Marksmanship Emeritus, retired as the full-time CMP Director at the end of 2009. He continues to work with the CMP as the senior marksmanship instructor. During his remarkable career, he won two Olympic gold medals, seven World Championships and 16 National Championships. He served as a Vice President of the International Shooting Sports Federation (ISSF) from 1990 through 2018. He is a former Nebraska State Senator and Past President of USA Shooting. He served as a Technical Delegate for Shooting during the 2012 and 2016 Olympic Games as well as for the 2014 and 2018 World Shooting Championships.

In 2012, the International Olympic Committee awarded Gary Anderson with the Olympic Order, its highest honor "for outstanding services to the Olympic Movement."

In 2014, the CMP expanded its world-class air gun center at Camp Perry and renamed the facility the Gary Anderson CMP Competition Center, in honor of Anderson's contributions to the organization and the marksmanship community.



The Greatest Schoenemann: Junior Marksman Puts On A Show at 2019 National Rifle Matches

By Ashley Brugnone, CMP Writer

Brad Schoenemann of Lodi, WI, has left many footprints on the stage of Camp Perry's Hough Theater, constantly delivering stunning performances. But the shows he puts on start before he even steps into the building.

During the 2019 National Matches, the 19-year-old found himself on the historic stage at the Civilian Marksmanship Program's (CMP) National Trophy Rifle Awards Ceremony several times to accept the honors he had earned on the firing line. The stage is a highly respected landmark in the marksmanship world, serving as the venue of some of the world's best champions and treasured talents for over 100 years.

This year's achievements began for Schoenemann when he finished as the High Junior of the President's Rifle Match and the 15th overall competitor. The President's Rifle event attracts many esteemed athletes in the country as one of the most prestigious events of the Matches. Top military and civilian marksmen gather together on the range, ending with a shoulder-to-shoulder 10-shot shoot off. To reach that honor is a life-long objective for some competitors, and Schoenemann has already captured the feat.

"It is absolutely unreal to compete on the line with some of the best shooters in the world," he said. "And the pressure to perform, especially in the shoot off was a once-in-a-lifetime experience."

Schoenemann went on to join his Wisconsin Cheddar teammate, Thomas McGowan, to overtake the National Trophy Junior Team Match with a score of 978-28x – only one point away from the National Record score.



Along with other accomplishments, Brad Schoenemann earned his Distinguished Rifleman Badge at the 2019 National Matches.



Schoenemann was the High Junior during the President's Rifle Match.

Reaching the High Individual competitor title during the match, Schoenemann received the Col. Bill Deneke Trophy as the leading junior competitor in the President's, National Trophy Individual and National Trophy Team events as well as a spot on the honorary National Junior Team.

He also took his abilities indoors by firing in the AiR-15 Challenge, a 40-shot re-entry match held within the Gary Anderson CMP Competition Center air gun range. He reached a top score of 396-8x and held the lead until SFC Brandon Green of the Army Marksmanship Unit ultimately outshot him by two points to earn the win. Schoenemann had earned second in the event in 2017 and finished in the Top 10 in 2018, making it known that he is as powerful of a force with a simulated AR-15 as he is with the real thing.

Currently a sophomore at University of Wisconsin-Platteville, studying business, Brad has always shot growing up, starting in his backyard. He didn't become fully interested in marksmanship until he was 11 years old, after taking a hunter safety course at his local gun club. There, he was introduced to a smallbore program, which eventually guided him into the highpower world.

"And I've been enjoying it ever since," he said. "My favorite part about marksmanship is that every shot counts, and it is almost a big mental game, as far as staying focused."

After seeing the Wisconsin team at the same matches he was attending, Brad noticed the excellent and fun program the members had cultivated and decided to join them.

"The whole experience with the team is just a blast, whether it's on or off the range," he said.



In 2017, he earned second in the air gun AiR-15 Challenge event.

Since joining, Schoenemann has been a major contributor to the team by helping its members excel to multiple National Match titles. He's enjoyed his experiences at Camp Perry for the past few years and hopes to continue the tradition with the friends he's made and those he has yet to meet.

"I had always wanted to go to the National Matches ever since I started shooting, and it had always been one of those things that I would maybe someday like to do," Schoenemann explained. "My favorite part about the National Matches is just the comradery of all the different people from all over the United States."

"It's just an incredible experience."

With all of his success, Schoenemann capped off his 2019 National Matches by walking the theater floor, reaching the stairs and taking the final climb to his new Distinguished Rifleman Badge – marking his legacy on the awards stage and on the grandest stage that is Camp Perry.



As the leading junior of the rifle events, Schoenemann earned a rifle and a spot on the honorary National Junior Team.

Discounted Admission Offered at Special Upcoming CMP Air Gun Events

By Ashley Brugnone, CMP Writer

CAMP PERRY, Ohio; ANNISTON, Ala. – The Civilian Marksmanship Program (CMP) has set a series of entertaining themed events through the remaining months of 2019 and the beginning of 2020 where guests will receive a discounted entry to family-friendly matches held at its indoor air gun ranges at the South CMP Competition Center in Anniston, Ala., and at the Gary Anderson CMP Competition Center at Camp Perry, Ohio. The ranges are open to the public year-round and feature 80-point ranges filled with CMP's own electronic targets.

The special events are catered to those wanting to try air rifle, air pistol or both and are safe and easy for all ages and experience levels. No experience necessary! Bring your whole family and your friends for a night of leisurely fun! Marksmanship Nights are held every Tuesday and Thursday, 5:00-8:30PM EST (4:00-7:30PM CST).



Receive money off entry during the following specials:

- Oct. 31 – **Halloween Costume Contest:** Best Costume wins a Pumpkin! Judging between 6-7 p.m.
- Nov. 21 – **Turkey Shoot Bench Match:** 6 p.m., \$2.00 per Match Entry; Winner receives a turkey
- December -- **Hat & Mitten Tree:** All Month! Bring in a new Hat/Mitten to place on the tree or canned goods and receive \$2.00 off entry.
- Dec. 17 – **Santa Bench Match:** 6 p.m., A Special Visitor will be in the house! \$2.00 per Match Entry; Winner receives a ham
- January – **Humane Society:** All Month! Bring in animal food or toy for the Humane Society and receive \$2.00 off entry.
- Feb. 11 – **Date Night Bench Team Match:** 6 p.m., \$4.00 per team; Winning Team receives a Gift Card
- March 17 – **St. Patrick's Day Party!** Wear Green! Bring in a bag of can tabs to donate to Ronald McDonald House and receive \$2.00 off entry.

- April 9 – **Easter Bench Match:** 6 p.m., \$2.00 per Match Entry; Winner receives an Easter Basket
- May 14 – **Salute to Hero's Blood Drive (tentative date):** Come in and shoot alongside local heroes, and if you donate blood, you will receive \$2.00 off your entry.

The CMP has Monthly Matches at the air ranges, where competitors have the opportunity to be ranked amongst other match participants from across the country as competitions are held simultaneously at our ranges in Alabama and Ohio. Staple events fired include a Junior 3x20, an Adult 3x20, Junior 3x10, 60 Shot Air Rifle Standing and 60 Shot Air Pistol.

Monthly Matches for 2019 include:

- Oct. 12, 2019
- Nov. 16, 2019

For more on the Monthly Matches and registration info, visit <http://thecmp.org/air/cmp-competition-center-event-matches/monthly-air-rifle-and-air-pistol-matches/>.

We hope to see you on the range!

Register Now for CMP's 2019 Talladega 600 Marksmanship Event in November

By Ashley Brugnone, CMP Writer

TALLADEGA, Ala. – The Civilian Marksmanship Program's (CMP) annual Talladega 600, a marksmanship retreat for the last five years, is set to begin Tuesday, Nov. 19, and will offer a variety of competitive and learning events through Sunday, Nov. 24, at CMP's own Talladega Marksmanship Park in Alabama. Normally fired in December, the event has been moved to November to better accommodate traveling participants and guests.

Known as "A Southern Classic," matches to be fired at the Talladega 600 will include a mix of rifle and pistol competitions for enthusiasts of all ages, disciplines and experience levels. Shotgun opportunities are also available outside of the competition schedule, with a Sporting Clays Field and 5-Stand Shoot on the park's own manicured shotgun areas.

During the 600, popular recreation-oriented rifle CMP Games matches, such as the Garand, Springfield and Vintage/Modern rifle events, will mingle with versions of prestigious National Trophy Rifle Matches, including a rifle Excellence In Competition (EIC) match, a 4-Man Team match and the retitled Congressional 30 and Dixie Double competitions, among others. Additionally, Carbine, .22 Rimfire Sporter and Vintage Sniper events will add more nostalgic feel to the match schedule.

For an educational experience, a Small Arms Firing School (which features an M16 EIC Match) is also open to both new and advanced individuals looking to enhance their marksmanship knowledge.

Those eager for pistol events will be able to look forward to .22 Rimfire EIC and Service Pistol EIC matches, along with As-Issued 1911 and Military & Police matches.

For more information on the event, including registration and a complete match schedule, visit <http://thecmp.org/competitions/matches/talladega-600/>.



About Talladega Marksmanship Park:

The CMP Talladega Marksmanship Park is a destination for firearm supporters and those intrigued by the sport, featuring exclusive CMP electronic targets and scoring monitors that can only be found at the 500-acre facility. The park is open to the public every week and regularly hosts rifle, pistol and shotgun events all year long.

Off of the firing line, the Club House holds a fully-stocked Pro Shop that includes an exclusive collection of rifles, ammunition, marksmanship accessories and CMP memorabilia.



Sporter, Precision Juniors Take Podium at 2019 CMP Three-Position Nationals

By Ashley Brugnone, CMP Writer



Nation Ford took home the overall team title in both the CMP event and the Junior Olympic match.

SPORTER:

CAMP PERRY, Ohio – Sarah Leininger, 18, of Nation Ford Marine Corps JROTC in South Carolina, claimed the overall win in the Civilian Marksmanship Program's (CMP) National Three-Position Air Rifle Championship – fired June 29 at the Gary Anderson CMP Competition Center in Ohio. Leininger gave a remarkable Finals performance during the event that allowed her to soar above her competition, etching a score of 660.3 to secure the championship title by more than 10 points.

Leininger entered the Finals competition of the day, which follows the qualification round, in second place behind Jaden-Ann Fraser, 17, of Volunteer High School in Tennessee, who won the 2019 National Junior Olympic event the day before and the National JROTC Championship back in March. Leininger stayed calm in the Final, firing a score of 97.3 with five shots in the 10-ring to rise to the top spot and grab the overall win.

"Usually before a match, I'm relaxed and calm, but for some reason I was nervous for this one," she said.

But as she became more comfortable in her position and got her footing down, the nerves melted away. Her mind was filled with the breathing exercises and other techniques she's learned during her training. Although she

admits her hands were shaking with every trigger pull, she stayed confident enough to capture the championship title.

"I feel like I did good," she said, with a smile.

A graduated senior, Leininger will be joining a pre-dental program and plans to move on to dental school in the hopes of one day becoming a dentist. She would also still like to participate in marksmanship as a hobby.

Coming in second place in the CMP event was teammate Kayla Kalenza, 16, with a score of 649.8, climbing just above the third place finisher, Kayla Walker, 17, of South Panola in Mississippi, who ended her competition run with a score of 649.3.

Leininger and Kalenza combined scores with fellow teammates Nick Noto and Deonte Hayes to achieve an overall score of 2229-76x for the team championship title for the second consecutive year. Fraser's Volunteer High School followed in second with a score of 2197-84x, as Des Moines North Marine Corps JROTC Gold trailed only by x-count for the third place position, with a score of 2197-77x.

The National Air Rifle Championship is a three-position event, where sporter and precision competitors fire two days of competition – the Junior Olympic Nationals, followed by the CMP Nationals. Competitors fire qualifying

scores each day, with the Top 8 competing in a final on the line to determine winners. The top male and female competitor over the two days also receive places on the USA Shooting junior team.

Jaden-Ann Fraser, a record-setting competitor, won the Junior Olympics sporter title for the second year.

"I've had a crazy, wonderful year," she said.

Fraser, who wishes to continue her marksmanship career into the future after she graduates, will be returning to her Volunteer High School team next year as a precision competitor – broadening her abilities as an athlete.

"Every year I seem to struggle with the CMP match, so hopefully next year I'm going to do better with that. That's my goal," she said as she laughed. "I just want to explore new things, hopefully precision will be fun, and I'm just hoping for the best."

Outside of her own successes, Fraser also recognized the accomplishments of her teammates, remarking at how fulfilled she was to have been able to spend the season with such a motivated group of peers.

"I was really excited to come here with my team because this past year we lost a lot of kids, so it meant a lot to us to compete, and I couldn't be any more proud that we did so good. I'm just so proud of them," she said. "We came in, we were determined for a reason, and I feel we accomplished that."

Coming in second in the Junior Olympic event was Riley Mills, 16, of Canon City High School Army JROTC in Colorado, with a score of 657.7. CMP Nationals winner Sarah Leininger claimed the third place spot only one point behind Mills, with a score of 656.6.

Mirroring the CMP Nationals competition, Nation Ford (2230-80x) and Volunteer (2203-76x) high schools took first and second, respectively, in the Junior Olympic Team category, while Zion Benton earned third, with a score of 2201-70x.

In addition to the thousands of dollars in monetary endowment awards provided to winning teams from MidwayUSA, the CMP provides \$1,000 scholarships to the Top 3 highest scoring graduated seniors of the event. Sarah Leininger, Sam Lumbra of Tempe Union High School in Arizona and Kayla Walker of South Panola High School in Mississippi were among this year's winners.

PRECISION:

Gavin Perkowski, 17, of the Great Trail Musketeers from Ohio, claimed the overall win at the 2019 National Three-Position Air Rifle Championship, marking an overall score of 692.8. The event was conducted by the Civilian Marksmanship Program (CMP) at the Gary Anderson CMP Competition Center July 14-15, with over 280 individual high school athletes.



Winning the CMP 3P Nationals was Sarah Leininger from South Carolina.

Following just one-tenth behind Perkowski in second place was Vittoria Watts, 14, of Lincoln Lead Heads in California, with a score of 692.7, followed by Grace Taschuk, 18, of the Bolt Action American Legion Post 334 Jr. Rifle Club in Minnesota with 691.8.

Taschuk came to the event with a unique piece of apparel on her head – a visor signed by 19 Olympic athletes, including the great Lones Wigger, who was a two-time gold medalist and a member of Team USA from 1968 to 1980.



Grace Taschuk and Philip Becker were the recipients of the USA Shooting team spots.



Spokane JRC Gold from Washington led the CMP event.

"It's the one I treasure the most," she said.

During her first year as a competitor at the Junior Olympics, she medaled in her age group and was awarded by none other than Lones Wigger himself, who later gave her another medal when she became older.

"He definitely holds a special place," she said. "It's amazing."

She started the endeavor after seeing a friend from Minnesota who originally started the tradition. Taschuk thought it was a great idea and began collecting signatures at different events. Helping her fill the visor was her coach, Pete Durben, who attended the 1992 Olympics. He would introduce Taschuk to his friends, allowing her to get in close and nab those autographs.

She admits that the visor is now "a little grimy," but that's only because she's worn it at every match she's ever shot – and she doesn't plan on letting it go any time soon.

"I'm keeping it for myself – I'm a little selfish with it," she said with a laugh.

Winning teams of the CMP Three-Position event included second place team Lincoln Lead Heads from California and Capitol City Junior Rifle Club from Washington in third. Taking home the overall team honor was Spokane JRC Gold from Washington, led by members Taylor Christian, Cassidy Wilson, Ben Tafoya and Zachary Pearsall.

Braden Peiser, 14, of Texas Hill Country Shooters in Texas, set a new 3x20 plus Final Age Group III National

Record in his win in the Junior Olympic competition, with a score of 698.4. Coming in second was Philip Becker, 17, of Granbury High School in Texas, just one point behind Peiser with 697.3. Rounding out the Top 3 was Gavin Barnick, 16, of the Minnesota Centershots, with his score of 696.2.

Top teams of the event were Lincoln Lead Heads, Texas Hill Country Shooters from Texas and Dallastown MCJROTC from Pennsylvania.

Following the lead of last year's event with even more participation in 2019, an SH2 competition was also held for para-athletes during the National Championship. Winning the match and setting a new 3x20 plus Final National Record of 696.2 was Madison Champion, 17, of Greenville High School Navy JROTC in Texas. Champion also incredibly fired four more National Records at the event: 3x20 score of 594-47x, 20

Shots Kneeling score of 198-16x, 20 Shots Standing score of 197-12x and a Finals Score of 102.2.

The top male and female competitor over the two days also received places on the USA Shooting junior team. Earning spots this year were Philip Becker and Grace Taschuk.

For a complete list of results of the CMP National Three-Position Championship and the National Junior Olympic Championship, visit <https://ct.thecmp.org/app/v1/index.php?do=match&task=edit&tab=results&match=18227&tab=results>.



Grace Taschuk always competes with her visor filled with 19 Olympian signatures.

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 badges. **ON THE MARK** will recognize all juniors who achieve this outstanding goal in each issue.

For more program info, log onto <http://thecmp.org/air/junior-distinguished-badge/> or email CMP Competitions at 3PAR@TheCMP.org.



Badge #	Name	Hometown	Badge #	Name	Hometown
#1363	Kayla Walker	Batesville, MS	#1376	Aryanna Holmes	Santa Fe, NM
#1364	Elizabeth Hollowell	King George, VA	#1377	Jasmine Wilkerson	Magnolia, TX
#1365	Tony Stacy	Monroe, GA	#1378	Jose Aguila	Parlier, CA
#1366	Natalie Perrin	Coopersville, MI	#1379	Lyandra Martinez	Buda, TX
#1367	Cailin Garrett	Lewisburg, WV	#1380	Destiny Cureton	Rutherfordton, NC
#1368	Aliya Butt	Franklin, MA	#1381	Abigail McCutcheon	Lewisburg, WV
#1369	Halie Creekmore	Zion, IL	#1382	Katerina Slingluff	Lebanon, OR
#1370	Charlotte Marchek	Lusby, MD	#1383	Jake Slingluff	Lebanon, OR
#1371	Brenden Warner	Lebanon, OR	#1384	Brycen Gran	Loganville, GA
#1372	Alondra Rodriguez	Winter Haven, FL	#1385	Anusha Pakkam	Roswell, GA
#1373	Genavive Currell	Rio Rancho, NM	#1386	Xavier Keeling	Huachuca City, AZ
#1374	Joab Gonzalez	Santa Fe, NM	#1387	Anne White	San Antonio, TX
#1375	Olivia Cattrell	Church Hill, TN	#1388	Libby Diller	Missoula, MT



Want to Earn YOUR Junior Distinguished Air Rifle Badge?

Visit <http://thecmp.org/air/junior-distinguished-badge/> or contact the CMP by calling (419) 635-2141, ext. 702.

Records and Junior Success Mark 2019 National Rimfire Sporter Match

By Ashley Brugnone, CMP Writer

CAMP PERRY, Ohio – Fresh faces, returning supporters and new National records all made appearances on the firing line during the Civilian Marksmanship Program's (CMP) National Rimfire Sporter match, fired on Sunday, July 21, 2019. Over 350 entries spread over the range throughout the day, with individuals from as far as Ireland competing in one of the most diverse events fired during the National Matches season.

The Rimfire Sporter event is designed to be an introduction to competition shooting – gathering both adults and juniors on the firing line with .22 rifles and a simple Course of Fire from 50 and 25 yards. Three separate classes of rifle are held during the event, including the O-Class (open-sighted rifles), T-Class (telescopic rifles) and Tactical.

Jake Perry, 34, of Genoa, OH, led the Tactical Class with a score of 592-27x. Scott Schindehette, 74, of Saginaw, MI, attained the High Senior title, as Davis Soddors, 20, of Baltimore, OH, was named High Junior for the second consecutive year.

Jean Redicker, 55, of Vallonia, IN, earned High Woman, fourth overall and also secured a new National Record score of 588-27x in the Tactical Class. Schindehette entered the record books for himself by narrowly breaking a decade-old T-Class High Senior record score of 589-21x, set back in 2009, with his score of 289-26x.

Overtaking the T-Class was junior Marissa Bensch, 19, of Stillwater, OK, who came out on top of over 200 other entrants with an aggregate score of 595-39x.

Bensch has had successful showings during the National Rimfire Sporter events, also flourishing this year in the O-Class as High Woman. In 2017, Bensch was named the High 4-H competitor of the T-Class and was the High 4-H competitor of the O-Class at last year's National Rimfire event. This year, her brother, Brayden, 15, took her place as the High 4-H Junior competitor of the O-Class.

Regulars to the National Matches, Brayden and Marissa both said the conditions during the match were fair, with typical summer temps for the area warming up competitors



Marissa Bensch was the overall winner of the T-Class and was also High Woman of the O-Class.

as the day went on. The heat brought more challenges for participants, but the brother-sister duo relied on their experiences to help them through the match.

"The second relay was tough because when the heat hit, you started to get the mirage," said Brayden.

Marissa added, "But it was still pretty cool, a lot cooler than Oklahoma."

Brayden and Marissa came with the rest of their Oklahoma 4-H Shooting Sports Club. The growing group practices .22 rifle, shotgun, muzzleloader, archery and air rifle.

"Basically everything that we can," Marissa said, with a smile.

The 2019 National Matches was Marissa's fourth and Brayden's third, with many returnees from their 4-H Club and even some new faces brought into the tradition. The juniors credit their skills, both on and off the firing line, to the knowledge they've received from being a part of a 4-H organization.

"We have really good coaches and really good competitors," said Brayden. "Everyone who shows up is really nice and it's a really good program to get started into."



Marissa and Brayden Bensch's 4-H team proudly represented Oklahoma at the Rimfire Match.

The Bensch family got involved in 4-H after participating in YHEC – a Youth Hunter Education Challenge for juniors ages 9 to 19. The training they received there got them hooked on the sport and led them to discovering even more about the fundamentals of competition shooting.

"After we learned about it, we tried our best to shoot as good as we could," said Brayden. "Then we found goals and got good coaches, good friends taught us a couple things and we just kept shooting to the best of our abilities, which we took on pretty well."

Marissa went on, "Really, 4-H has become our second family. Everyone's got good spirits about everything – well-trained sportsmen. It's a great program, especially for younger youth starting out, even if it's not in shooting sports."

"It teaches a lot of leadership skills and just life skills starting out and continuing to go on as young adults," she said.

"You can also get to know pretty much anyone from around the state or around the country," Brayden added. "It's really good people, good friends."

In other T-Class results at the 2019 Rimfire event, Nathan Tornow, 18, of Gibsonburg, OH, earned High 4-H Junior as Rachel Slizewski, 18, of Commerce, GA, took home the High Junior title. High Woman of the T-Class was junior Brenna Steger, 17, of Sandford, NC, who landed fourth overall.

Steger went on to earn the overall win in the O-Class with a score of 590-24x. Shannon Heist, 20, of Heath, OH, was named High Junior, and Timothy Ovaert, 60, of Notre Dame, IN, finished third overall with a score of 572-15x – claiming the High Senior title.

For a complete list of results, visit the National Rimfire Sporter page on CMP's Competition Tracker at <https://ct.thecmp.org/app/v1/index.php?do=match&task=edit&match=18059&tab=results>.



Other Rimfire Sporter Juniors (left to right): Rachel Slizewski, Brenna Steger, Shannon Heist and Davis Soddors.

Junior Marksmen Stories...

Michigan Junior Feature: Anthony Wilder

Rifle, pistol, shotgun – some themes are universal. What most appeals to Anthony Wilder of Pelkie, Mich., about bullseye pistol shooting is “the challenge, definitely the challenge of it...beating my scores that I have shot in the years past, every year always beating myself.”

Wilder was not the first in his family to discover shooting. Anthony developed an interest in the shooting sports after his brother, Matthew, attended the Youth Shooting Sports Camp put on by the Ottawa Sportsmen's Club in Pelkie. Anthony eagerly listened to his brother's daily accounts of what he did in camp. The mentioning of a pistol team really stuck with Anthony, who was too young at the time to take part in the camp.

Fast forward, and Anthony is a dedicated member of a junior bullseye pistol team. The team makes a yearly pilgrimage from Michigan to Ohio to shoot in the Canton-McKinley CMP EIC Pistol Match and to attend the National Matches at Camp Perry.

While there are many competitors who travel far distances for matches, Anthony describes a devotion-inspired change to the travel schedule the team made several years ago.

“I live about 700 miles away...I live in the Upper Peninsula of Michigan: that upper half, way on the Western side. So, me and my team travel down, we used to do it a day in advance, but now we've been able to wake up at three in the morning and go and make it there in one day. It's usually around first of July, right before the National Matches at Camp Perry. Usually, a lot of us bullseye pistol shooters will go to Canton and compete, then immediately head over to Camp Perry.”

The Canton-McKinley match is especially important to Wilder as it was there in 2018 he earned a bronze pin that he considers his greatest shooting accomplishment. “Last year I won a bronze at the Canton-McKinley EIC CMP Pistol Match, .22 pistol match, and I wear that on my hat every time I go to a match or an event for the pistol team.



Anthony Wilder at Ottawa Sportsmen's Club; Pelkie, MI

I always wear it.”

While he always wears the pin, Wilder does not always shoot the same pistol. When competing in junior events and the National CMP .22 Rimfire Pistol EIC match, he uses a Ruger Mark III .22/45. For service pistol events, he competes with a Springfield Armory Range Officer chambered in .45 ACP.

Even though EIC matches, or Excellence-in-Competition matches, are common events for his team, Anthony's sights are not currently set on the Distinguished Badge, but rather on improving for himself and doing the best that he can.

“Right now, I'm not looking for EIC points but probably in the future I might, towards my last few years of a junior I probably will,” he said.

Headed into his senior year of high school, Anthony Wilder is certain that bullseye pistol shooting will always be a part of his life.

“I will definitely stick around, even after I age out on the junior team, I will stick around to help my coach with training new shooters and stuff like that. I'm setting my goal that by my last year as a junior to at least come second place in the CMP Junior President's 100, that would probably be the match I really want to win, or at least come close to winning.”

...from CMP Contributor, Serena Juchnowski



Team at Camp Perry - from left to right: Coach Bob Gardner; Matthew Wilder, Jack Gockenback, Anthony Wilder, Joel Apper

Besides the prestige of the match, Camp Perry is a special place. Wilder attributes this to his fellow competitors and teammates.

"I would say it's the people that I shoot alongside with. To me, they are some of the nicest people I have ever met and probably ever will meet."

Anthony describes the pistol team dynamic as "different" than those of traditional athletic teams. Wilder admires the practicality of marksmanship and the fact that members of the armed forces put the very techniques he is learning into practice. Wilder places a great emphasis on consistency as what he has learned about it on the range has carried into his everyday life.

He offers the following to new shooters, saying, "When you take a bad shot, don't worry about it, forget that shot and focus on the next one." For Wilder, competitive shooting is more about personal growth and achievement than about titles and winning.

So, what is Anthony Wilder looking for? He is considering joining the Marine Corps but for now is just hoping to shoot better

each day than he did the time before. He also builds on the friendships he makes on the range, sharing a passion for metal detecting with his coach, Bob Gardner.

Despite what one might say is an irresistible temptation, the metal detector stays at home on range days.

"I can usually spot [spent brass] on the ground, otherwise the machine would just go nuts," he added.



Anthony Wilder (left) at the 2018 President's 100 Match at Camp Perry, Ohio.

2019 USMC Junior Clinic and Team CMP Advanced Highpower Clinic

By Serena Juchnowski, CMP Contributor

While the Civilian Marksmanship Program's (CMP) National Rifle Matches are most well-known for the President's Rifle Match and other prestigious National Trophy Individual Rifle matches, the CMP offers several training programs for shooters of all levels.

Each year, the National Matches at Camp Perry in Ohio present an opportunity to learn on and off the range. Clinics offer competitors an opportunity to receive outside feedback and instruction from experienced shooters before the big matches. This may fix issues before they cause lost points or prevent potential ones!

The Small Arms Firing School (SAFS) is most tailored to new shooters and is also of interest to shooters looking to earn introductory Excellence in Competition (EIC) points. Junior competitors (those at his/her 20th birth year or younger) can sign up for the USMC Junior High Power Clinic. Experienced adults experienced as well as juniors seeking something different may find Team CMP's Advanced High Power Clinic a better fit.

The United States Marine Corps (USMC) Junior High Power Rifle Clinic offers personalized training, dry-fire and live-fire practice and an opportunity to confirm zeroes. Many juniors attend the USMC clinic year after year, using the opportunity to sharpen their skills before the bigger matches, to reconnect with friends and to meet new juniors and to learn from members of the USMC Shooting Team.

A classroom session is held on the first day of the USMC clinic where basic safety and other information is covered. The 2019 clinic included a new presentation on optics, considering the rise in their popularity after the use of optics in service rifle was legalized a few years ago. Following this segment, previous students attended a dry-fire practice at Petrarca Range, while newer shooters remained in the classroom for more instruction. Following the extended classroom portion, newer students finished their day at Petrarca with dry-fire practice.

The Marines give several examples of their own standing, sitting and prone positions and break them down



Benjamin D'Angelo of New York attended the clinic for the first time, focusing on learning how to shoot the prone, standing and kneeling positions with the AR-15.

before having all participants get into their positions and dry fire. Coaches are open to answering questions and to helping each junior to find the positions that work best for him or her.

SSgt Stephen Ferguson calls the clinic, "the best part of our year." SSgt Ferguson, who is retiring, has coached the clinic for four years and will be missed in the future.

Gabriel Gaddie of Mason, Mich., spoke specifically of SSgt Ferguson in his recollection of this year's clinic. He has attended the clinic for five years, along with his brothers and the Michigunners junior team. This year, Gabriel had the honor and learned a considerable amount about shooting a .308 from SSgt Ferguson.

"He was respectable, and I really wanted to listen to him and he made it really fun," Gaddie said. "He's a great guy that I really enjoyed learning from, especially because I was able to get to know him."

Benjamin D'Angelo of Jamestown, N.Y., is relatively new to highpower, having learned about the sport three months ago from his smallbore coach. D'Angelo is one of two members of the recently revived New York Junior High Power Rifle Team. Realizing that he has a lot to learn and hearing that the clinic was a good place to start, D'Angelo decided to attend.

"I learned that my positions all needed a lot of work and they were giving me a lot of pointers and how it is different from smallbore," he said.

Even so, D'Angelo did find some similarity in the way the wind affected the .223 bullet at 600 yards, comparing it to shooting smallbore at 100 yards. He plans to return to the matches in 2020, for both smallbore and highpower and encourages juniors to attend the USMC Clinic giving them this advice: "Absolutely do it...there's always new stuff that you can learn."

Filling a void for advanced training for adult competitors, Team CMP conducts the Advanced High Power Clinic each summer, this year adding a live-fire portion for the first time. The Advanced Clinic starts out with a classroom question-and-answer portion before dry-fire practice and position work on Petrarca Range.

This year Team CMP split the students into rotating groups: mental management, wind reading and live-fire standing practice. Live-fire practice was conducted in the Gary Anderson Competition Center with AiR-15 air rifles. This added a new dimension to the clinic that allowed for near immediate application of what students learned earlier in the class.

While most juniors choose to attend the USMC Junior Clinic, some opt to learn from Team CMP instead. James Friend, 19, of the Illinois Hard Dogs Junior Team, has been shooting highpower since 2013 and attended Team CMP's clinic for the second time this year.

"I'd definitely go again," he said. "I think you can always pick up different tips and tricks from different people."

This year, Friend focused on rebuilding his prone position and improving mental skills. He calls the clinic "a really great place to move to the next level."

Eva Kanupke of Maryland found special interest in the classroom portion, learning about her data book and the importance of good zeroes from James Fox and Nick Till. Their instruction helped Kanupke to relax and to realize what she should focus on to improve.

"I am used to shooting on a reduced course with no wind," she said. "I rarely have to touch those dials, but I learned the hard way that my 'hands off the dials' approach is not going to cut it at Camp Perry!"

What Kanupke valued most was the one-on-one instruction from fellow left-handed female shooter Sara Rozanski. Rozanski helped Kanupke to find a position that worked for her and to develop a process that she could repeat.

Rozanski also has the praise of John Cuntz of West Chester, Ohio.

"Sara picked coaches that are not just great



2019 was SSgt Ferguson's last year helping with the USMC Clinic, having been a favorite coach of the juniors in 2015, 2017, 2018, and 2019.

highpower shooters but also great coaches that know how to coach," he said.

Cuntz made the point that most highpower shooters do not have access to great coaches such as those at the clinic on a regular basis. He has been shooting high power since 2011, when he got out of the Army. He made the President's 100 for the first time this year and gave a lot of the credit to Team CMP.

"I could never have made P100 or High Master without it," he said. "Sara [Rozanski], Bob Gill and James Fox coaching me – you just can't get that kind of coaching anywhere else."



Juniors dry-fire from all positions on Petrarca Range on day one of the clinic.



Throughout its history, the CMP has prepared an ever-growing number of shooters with firearm safety and marksmanship skills through its programs, clinics and other events. With the hope to spread the promotion of marksmanship and shooting sports, other organizations have joined CMP in its efforts by creating their own hometown clubs. Whenever possible, we recognize these clubs and their achievements in our publications. If you would like your club recognized, please email photos, captions and a short article to abrugnone@thecmp.org.

CMP State Director Helps Club Begin Junior Program

Submitted by Roy Gorman, CMP State Director of Maine

This past February or March, I was contacted by a gentleman named Steve Bender, a member of the Fryeburg Fish and Game Association. He was looking for information on putting a Junior League together for his club. Well, nothing warms my heart more than hearing that, and we made plans to meet and discuss his plans.

When we got together, it was apparent that Steve had done his homework well, and the plan he had was well thought out with all the basic work done. I put in my two cents and gave him samples of CMP instructional material that is available for training junior shooters and told him about Gary Anderson's excellent book on coaching junior rifle shooters.

We discussed his range facilities and the equipment that he was acquiring, and in the course of this discussion, I told him that I had five air rifles that I would be happy to donate to his program. Four of the rifles were ones that I had received from CMP and the fifth was one that had been donated to me by a young gentleman named Kurtis Grover (I introduced him to trap, he gave me his air rifle, and he never looked back from there).

Steve responded positively to the suggestion, and we made plans for me to drive out to Fryeburg and make the presentation some time in the summer.

Saturday, 17 August, I drove out to Fryeburg for the presentation, and we had timed it to try to get an off-going shift of shooters and an incoming shift. They have four firing positions, so shift-work is something they have to



Roy Gorman (in blue) explains the rifle to the group in Fryeburg.

do, but it does give the instructors a better opportunity for one-on-one instruction.

Steve and his instructors were an impressive bunch. All were wearing the appropriate clothing, identifying themselves as instructors, and it was clear a great deal of work had been done in the construction of the firing positions.

As much as I love to hear myself talk, I did limit my talking time because those juniors were more interested in shooting than listening to me. I can't blame them. Whether I shoot or listen to myself is a toss-up for me.

A well done to Steve, his fellow instructors and for this club, and I look forward to their continued success.

**To find YOUR State Director, visit
the CMP webpage at
<http://thecmp.org/cmp-state-director/>**

CMP Welcomes Our Newly-Affiliated Clubs

The CMP welcomes clubs and associations to affiliate with us to help develop firearm safety and marksmanship skills. See our clubs page on the Web for more information about the benefits of club affiliation at <http://thecmp.org/clubs/>.

Kittitas Valley Rifle and Pistol Club, Ellensburg, WA
 Monumental Rifle & Pistol Club, Catonsville, MD
 Antietam Junior Rifle Club, Hagerstown, MD
 Maryland Rifle Club Inc., Eldersburg, MD
 Stemmers Run Rifle & Pistol Club & Jr. Div.,
 Baltimore, MD
 Maryland Arms Collectors Association,
 Silver Spring, MD
 Damascus Air Rifle Club, Wildlife Achievement Chapter,
 Izaak Walt, Monrovia, MD
 Thurmont Conservation & Sportsman's Club,
 Thurmont, MD
 Baltimore Co. Game & Fish Protective Assoc.,
 Parkville, MD
 Monocacy Pistol Club, Inc., Frederick, MD
 APL Gun Club, Laurel, MD
 Old Post Rifle & Pistol Club, Millersville, MD
 Baldwin County Shooting Sports Association,
 Stockton, AL
 Turtle Mountain Rifle & Pistol Club, Perth, ND
 Buffalo Wildlife's Junior Sharpshooters, Buffalo, ND
 Wolford Wolves Shooting Club: Wolford Public School,
 Wolford, ND
 Red River Regional Marksmanship Center,
 West Fargo, ND
 Ayr Rifles Sportsman's Club, Amenia, ND
 Big Sioux Rifle & Pistol Club, Sioux Falls, SD

Daniel Boone Conservation League,
 Hubertus, WI
 Eau Claire National Rifle Club,
 Chippewa Falls, WI
 Wood County Rifle & Pistol Club & Jr Div,
 Wisconsin Rapids, WI
 West Bend Barton Sportsman's Club,
 West Bend, WI
 Elkhorn Pistol Club, Elkhorn, WI
 Beloit Rifle Club, Beloit, WI
 WE Sports Club Inc, Wind Lake, WI
 Border States Rifle Club, Iron Mountain, MI
 Marine Corps League Detachment 1363,
 Black River Falls, WI
 Blue Hills Sportsman's Club, Cameron, WI
 American Legion Air Rifle Club (ALARC),
 Big Bend, WI
 Lander Junior Rifle Club, Lander, WY
 Buffalo Outdoor Rifle Club, Buffalo, WY
 Juneau CMP Rifle Club & Jr. Div, Juneau, AK
 Tanana Valley Sportsmans Association,
 Fairbanks, AK
 Cooper Landing Gun Club,
 Cooper Landing, AK
 Delta Sportmans Association,
 Delta Junction, AK
 Floyd Dryden Rifle Team, Juneau, AK



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@thecmp.org. Please include the name of the event, date, whom the event is open to and contact information and website (if available). The CMP will do its best to accommodate each request to be included in the Calendar of Events.

October

7 -13 Oct
CMP Oklahoma Games
Oklahoma City, OK

9 Oct
Basic Rifle Class
Talladega, AL

12 Oct
CMP Monthly Match
Camp Perry, OH
Anniston, AL

13 Oct
**Basic Pistol Class, Basic
Shot Gun Class, Basic Rifle
Class**
Talladega, AL

17 Oct
**Military Day, Basic Pistol Class,
Basic Shotgun Class**
Talladega, AL

26 Oct
800 Agg. Monthly Match
Talladega, AL

27 Oct
**Steel Challenge Practice, Basic
Pistol Class, Basic Shot Gun
Class, Basic Rifle Class**
Talladega, AL

November

1 - 2 Nov
Area 3 Match - Gary Anderson
CMP Competition Center
Camp Perry, OH

1-3 Nov
Dixie Double
Anniston, AL

2 Nov
**TDS IDPA Monthly Club Match –
Scott Glanze MD**
Talladega, AL

3 Nov
**U.S. Arms Tactical Rifle Monthly
Match – Mike Travis MD, Basic
Pistol Class, Basic Shot Gun
Class, Basic Rifle Class**
Talladega, AL



6 Nov
Basic Rifle Class
Talladega, AL

7 Nov
**Ladies Day, Basic Pistol Class,
Basic Shotgun Class**
Talladega, AL

16 Nov
**F-Class Monthly Match, TPS
USPA Practical Shooting
Monthly Match – Mark Hearn
MD, 3 x 600 High Power Rifle
Match**
Talladega, AL

16 Nov
CMP Monthly Match
Camp Perry, OH
Anniston, AL

19-24 Nov
**A Southern Classic- Talladega
600**
Talladega, AL

20 Nov
Basic Rifle Class
Talladega, AL

December

1 Dec
**Basic Pistol Class, Basic Shot
Gun Class, Basic Rifle Class**
Talladega, AL

5 Dec
**Ladies Day, Basic Pistol Class,
Basic Shotgun Class**
Talladega, AL

7-8 Dec
Gary Anderson Invitational
Camp Perry, OH
Anniston, AL

10 – 12 Dec
Advanced Maintenance Class
Anniston, AL

29 Dec
**Basic Pistol Class, Basic Shot
Gun Class, Basic Rifle Class**
Talladega, AL

January 2020

11 Jan
Warhawk Open
Anniston, AL

17-19 Jan
Camp Perry Open
Camp Perry, OH

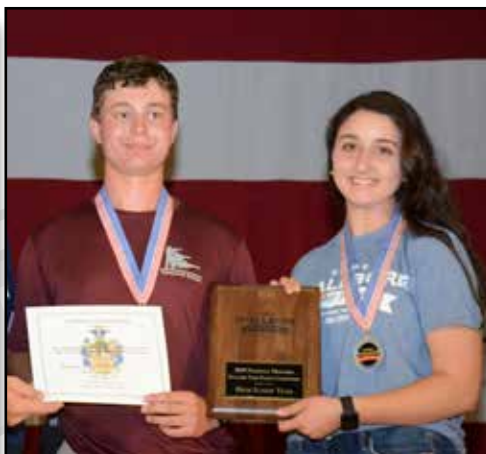
**Visit our Competition
Tracker
– ct.thecmp.org –
for ALL upcoming clinics
and competitions!**

Parting Shots: Photos from Recent CMP Events & Competitions

Junior shooters left their mark on several recent CMP events including the National Trophy Rifle and Pistol Events.



Thomas McGowan



Pennsylvania Rifle & Pistol Gold



Smallbore Freedom's Fire winners



California Grizzlies O'Connell



Sam Kwon



Devin LaCross



Claudia Muzik

ON THE MARK

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