



ON THE MARK

THE NEWSLETTER FOR COACHES AND JUNIOR SHOOTERS © WINTER 2020

EARNING THE WIN THROUGH THE LOSS

JROTC Service Championship
Athlete Honors Late Coach
By Never Giving Up

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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.

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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.

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The **Civilian Marksmanship Program** is a non-profit organization chartered by the U. S. Congress to promote marksmanship training and firearm safety, with a primary emphasis on youth. The CMP is authorized to receive and sell surplus government rifles and ammunition that are suitable for marksmanship. Proceeds from these sales are dedicated to CMP programs. CMP enabling legislation requires that its highest priority must be given to "activities that benefit firearms safety, training and competition for youth." **ON THE MARK** is a vital part of CMP efforts to fulfill its mission to serve and develop junior shooting in the United States.

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

◎ Sighting Shots ◎

◎ **CMP's Annual Travel Games and Talladega D-Day Events.** Registration is now open for the 2020 Travel Games, featuring a variety of rifle and pistol events held around the country throughout the year. With the new decade begins the new Travel Games schedule, which features adjusted dates for staple events. The Western CMP Travel Games, usually held in Phoenix in October, resumed in the same location in March 2020. The Oklahoma CMP Games has move from its typical April timeframe to the dopen October slot, as the Talladega 600 Match has been moved up from its December dates to November. Also look for Eastern Games in North Carolina in May, the Talladega D-Day events in early June and the New England Games in Vermont in September. For more information, visit <https://thecmp.org/competitions/cmp-travel-games/>.



◎ **Events at Talladega Marksmanship Park.** Daily and monthly events continue at CMP's own marksmanship facility in Alabama. Park hours remain open to the public Wednesday through Thursday, 11 a.m. to 5 p.m., and Friday through Sunday, 9 a.m. to 5 p.m. through March 31 before hours adjust for the spring and summer months. The facility offers pistol, rifle and shotgun opportunities all year long, including monthly competitions and educational events. Find all of the park information on the CMP web page at <http://thecmp.org/competitions/talladega-marksmanship-park/>.

◎ **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, Ala., area are invited to take advantage of the opportunity to participate in the open air gun range nights offered 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/>.

◎ **CMP Three-Position Air Rifle Regional and National Events.** The CMP invites guests to come explore the remarkable world of air rifle competition, March 26-28 and April 2-4 as hundreds of coaches, competitors and spectators take part in the CMP Three-Position Regional Air Rifle Championships, set to be held in Ohio, Alabama and Utah. The event is designed for school-aged junior athletes from 4-H, Scouts, American Legion, club or JROTC air rifle programs. During the match, athletes use precision air rifles as well as classically-designed sporter air rifles to fire upon CMP's electronic targets at three positions: prone, standing and kneeling. Top competitors will move on to the National event, scheduled in June and July in Ohio. Learn more by visiting <http://thecmp.org/air/three-position-national-postal-competition/three-position-regional-championships/>.



On the Cover: Ionee Mendoza led the Navy precision competitors at the JROTC Service Championship in Arizona in February, despite the tragedy she faced at the beginning of the school year. Story on page 16. Photo courtesy of Chief Jaycee Killian

CMP Renames Scholarship Program to Honor Late Board Member and Advocate

By Lindsay Roberts, CMP Marketing Specialist

CMP CEO Judy Legerski is saddened to announce that Dr. Carolyn C.W. Hines passed away in early December 2019. Secretary of the Army Togo West appointed Dr. Hines to the Civilian Marksmanship Program's Board of Directors in 1996 as one of the "original" board members of the "new CMP". During her 23-year tenure on the board, Dr. Hines was instrumental in the Corporation's early decision to budget for significant scholarship awards to young shooters. Under her leadership of the Scholarship Committee, the CMP's financial allocation rose to \$160,000. Dr. Hines' passion and advocacy for youth was immeasurable. In recent years, she led the critically important Programs Committee of the Board.

The energy, creativity, and enthusiasm that Dr. Hines brought to the Board of Directors will be sorely missed by all those involved with the CMP. To honor her memory and her passion for youth shooting sports, the CMP has named its Scholarship Program the "Carolyn Hines Memorial Scholarship Program" and added an additional individual scholarship in the amount of \$5,000 to be awarded to the graduating senior who best exemplifies Dr. Hines' ideals.



Thank you, Dr. Carolyn Hines.



Kiejko Earns Spot on Canadian Olympic Pistol Team During Win at 2020 Camp Perry Open

By Ashley Brugnone, CMP Writer

CAMP PERRY, Ohio – Lynda Kiejko, 39, of Calgary, Alberta, Canada, topped the 60 Shot Pistol Match during the Civilian Marksmanship Program's (CMP) Camp Perry Open air gun event in Ohio, Jan. 17-19. Not only did she secure the win at the annual air gun competition, but along with it, she also secured her place on the Canadian 2020 Summer Olympic team.

The Camp Perry Open served as Canada's Olympic Trials. For Kiejko, it was her first trip to the Gary Anderson CMP Competition Center, the facility in which the Camp Perry Open is held, and it became a place where she racked up an overall positive and unforgettable experience.

"This was awesome. It was a really great match," she said. "Everything ran on time, and it's an awesome facility."

"And here [competing against American athletes], I get pushed to do better," she added.

Many Canadian athletes traveled to the event in hopes of earning their places on the Olympic team, including Kiejko, who already marked her legacy as an Olympian as a participant in the 2016 Olympics.

Any trip to the highest level of athleticism is a memorable feat, but Kiejko's 2020 Olympics has an even deeper, personal meaning. Her father, Bill Hare, competed in the Tokyo Olympic Games in 1964 – giving Kiejko the chance to retrace his footsteps more than a half a century later.

Though her father passed away in 2005, she's humbled to be able to honor his memory by carrying on the family Olympic tradition.

"It's sad, but at the same time, still pretty special."

Also drawing her excitement during her trip to Ohio was Kiejko's first experience with the Super Final – the fun featured event of the Camp Perry Open that's famous for its loud sounds, costumes and other sensory antics.

"It was fantastic!" she said. "How much fun is that? Had I known about it in advance, the costume would've come out. It was so much fun."

Kiejko claimed the overall 60 Shot win over Canadian teammate SFC Yanka Vasileva, 45, of Candiac, Quebec, with a score of 237.6. Vasileva earned a score of 234.8, as third place competitor Timothy Schmeltzer, 23, of Greenville, MI, claimed third place with a score of 215.3.

Matches held over the course of the Camp Perry Open include a Junior 3x20 Match (sporter and precision classes), 60 Shot Rifle and 60 Shot Pistol. Adaptive



Lynda Kiejko earned a spot on the Canadian Olympic team with her win in the 60 Shot Air Pistol Match.

athletes also fired in SH1 and SH2 competitions. The 60 Shot events fire two days of qualification scores before competing in a Top 8 elimination final to determine the overall winner. Competitors in the final reset to a score of "0" before competing to earn the top score amongst their peers. An Open category along with a Junior classification is scored concurrently.

Katelyn Abeln, 18, of The Ohio State University Pistol Team, dominated the Junior 60 Shot Competition – ending



Katelyn Abeln of The Ohio State University Pistol Team earned the Junior Pistol win by more than 10 points.

the final with a lead of more than 10 points, with an overall score of 236.7. Johnathan Dorsten, 16, of Bryan, OH, earned second, as Shrenik Jain, 20, also of The Ohio State University Pistol Team, followed in third.

Lucas Kozeniesky, 24, of the USA Shooting team, was the overall leader of the 60 Shot Rifle competition during the 2020 Camp Perry Open. A member of the 2016 Olympic team, he used the Camp Perry Open as a warmup to the 2020 Olympic Trials, set to be fired in Colorado Springs in February.

"I had a couple of experiments – some things I needed to clear through my mind before Olympic Trials," he said. "The first day I tried some things, and some of it worked, but the second day went a little bit better. The performance just felt better. It was an affirmation that what I'm doing is good."

Kozeniesky fired a score of 250.9 during his weekend performance, with Ivan Roe, 24, of the Army Marksmanship Unit (AMU) earning the second place spot with a score of 248.1. Roe's teammate, SGT Patrick Sunderman, 25, fired a score of 227.5 for the third place position.

During the weekend, Kozeniesky also led the rifle Super Final competition. The Super Final begins with qualifying air rifle and air pistol competitors, 40 from each discipline, before beginning an elimination competition. The last standing competitor from the rifle and pistol sides are named the winners, with Timothy Schmeltzer earning the win in the air pistol Super Final matchup.

"The Super Final is a great opportunity because it puts a lot of pressure on each individual shot," Kozeniesky said.

He learned more than how to mentally control his performance during the Super Final, wearing a heart monitor that gave him a chance to understand his physical reactions under the pressure as well. He used the results to help him learn how to better regulate himself in a high-stress competitive setting.

Kozeniesky will take his talents and new perspectives to the 2020 Trials with the hopes of again making the team and achieving his ultimate goal of earning a medal for the United States.

Natalie Perrin, 17, of Coopersville, MI, narrowly overtook the win in the Junior 60 Shot Rifle event, firing a score of 244.3. Andrew Duross, 16, of Marlborough, MA, stayed close to Perrin as he earned a score of 243.9 for second. Samantha Shultz, 17, of Fort Wayne, IN, rounded out the Top 3 as she reached a score of 222.5 for third.



After winning last year's Camp Perry Open 3x20 precision event, Katrina Demerle returned to reclaim her title in 2020.

In 3x20 Air Rifle, Halie Creekmore, 16, of Zion, IL, topped the sporter competition with a score of 217.8. Following in second was teammate Saylet Hernandez, 16, of Zion, IL, with a score of 213.4, as Alexia Resendiz, 17, also of Zion, IL, landed in third with a score of 193.4.

Competitors fired in the 3x20 qualification from prone, standing and kneeling positions, before entering a new final format. Instead of a 10-shot final, the Alternate ISSF Final rules were used, with each competitor beginning at zero after qualification scores, followed by 24 shots. The lowest ranking finalist is eliminated after 12 shots, continuing every two shots until the winner is named.

In a tight battle for first, last year's 3x20 champ Katrina Demerle, 15, of Hamilton, OH, bested second place competitor Gavin Perkowski, 18, of Bolivar, OH, with a winning score of 247.3. Perkowski trailed just behind, recording a score of 246.5. Coming in third overall was Gavin Barnick, 17, of Mora, MN, with a score of 226.8.



Halie Creekmore claimed the win in the 3x20 sporter match.

Striving for Great Standing Scores

Striving for Great Standing Scores

By Gary Anderson, DCM Emeritus

THE STANDING POSITION IS THE MAKER OF CHAMPIONS IN ALL POSITION RIFLE EVENTS



BB Gun



**Sporter
Air Rifle**



**Precision
Air Rifle**



**Rimfire
Sporter**



**Smallbore
3-Position**



**Highpower
Rifle**

DEFINITIONS OF TERMS USED IN THIS ARTICLE

- Hold.** *The magnitude of front sight movements over the aiming bull while attempting to fire a shot.*
- Canting.** *Rotating the rifle to the right or left to facilitate aiming or an improved head position and balance.*
- Body-Rifle System.** *Understanding the athlete's body and rifle as a single unit.*
- Visual Focus.** *The application of intense visual concentration on reducing sight picture movements while aiming.*
- Inner Position.** *The outer position is what is seen by others; the inner position is what athletes feel inside their bodies while attempting to fire shots.*
- Position Descriptions.** *All position descriptions in this article are given for right-handed athletes; for left-handed athletes, simply reverse right and left.*

A well-known rifle manufacturer advertises itself as the "Meistermacher," the maker of champions. Having a well-designed, high performance rifle is indeed important for marksmanship success, but in position rifle shooting, the real maker of champions is the standing position. Standing is part of all of the position rifle events in which junior shooters regularly participate. No competitive rifle position shooter will become a real champion without shooting great standing position scores. By most measures, standing is the most important part of position rifle success because it is where the most points are lost and conversely where athletes stand to gain the most points by working to improve their scores.

The objective of this article is to examine the primary aspects of standing position performance to help coaches, junior athletes and their parents understand what must be done to become a great standing shooter. To achieve that objective, the athlete's position, shot technique and training methods must fulfill the following objectives:

1. **Position Stability.** The most important factor in shooting great standing scores is stability, how steady the athlete can hold the rifle while aiming and attempting to fire the shot. With today's standing position scores now rising nearly as high as prone and kneeling scores, athletes who want to become champions must strive to develop prone-like "holds" with their standing positions.

2. **Position Preparation.** A key to achieving a great standing position hold is disciplining oneself to take special steps and extra time to prepare the position and ensure its consistency before proceeding with the actual firing of the shot.

3. **Shot Technique.** Achieving a prone-like standing position hold is achievable, but great standing position holds are fragile, shorter and easily disturbed. Excellent shot technique that ensures consistently firing shots during times of best hold is necessary to achieve high standing scores.

4. **Training Methods.** Position stability and consistent shot technique can only be achieved by doing thousands of correct repetitions. How much an athlete trains and how well they train are major factors in determining how high an athlete's standing scores can climb.

This article is not about learning how to build an initial standing position. This article is about how to improve and perfect an established standing position. If you are new to position rifle shooting and need information about how to build a standing position, you can download and study an excellent CMP instructional video titled "*Building the Standing Position*" at <https://vimeo.com/392210961>. A brochure titled "*Teaching Rifle Positions to New Shooters*" can be downloaded from the CMP website at <https://thecmp.org/news-media/publications/>. A book published by the **CMP, Coaching Young Rifle Shooters***, includes detailed instructions for beginning standing shooters.

RECHECKING THE POSITION

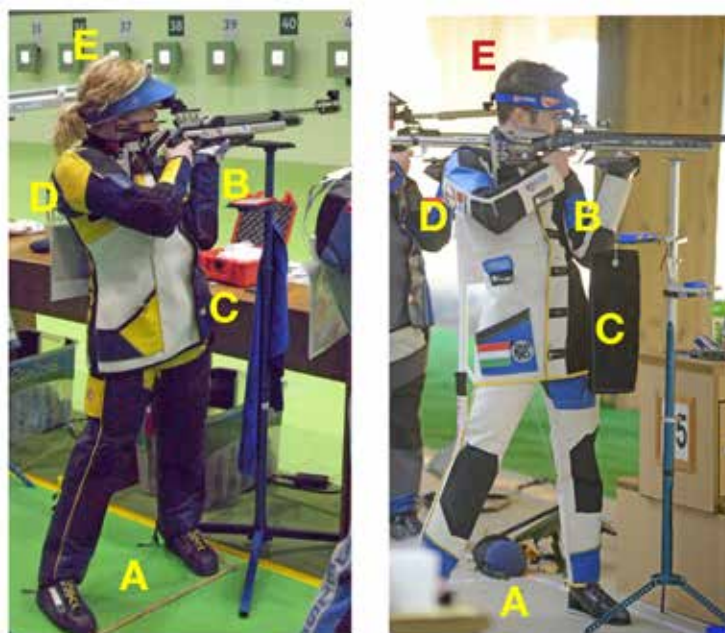
Stability in any position begins with having a structurally sound position. Thus, the first step in achieving great standing scores is to recheck the fundamental features of the position being used now to make sure it has no significant shortcomings. Standing position features to recheck are:

A. Position Orientation. In structurally sound standing positions, the feet and body must be turned 90 degrees away from the line of fire. The body must face 90 degrees away from the target while the left hip points at the target. Turning a little more than 90 degrees is OK (95 degrees maximum), but anything less than that should be corrected.

B. Rifle Support. There are three keys to achieving proper rifle support with the left hand and arm. a) The left arm must be down, resting on the side of the body with the muscles of the left arm and shoulder totally relaxed.

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

THE STANDING POSITION – FUNDAMENTAL FEATURES



A. POSITION ORIENTATION. The feet and body are turned 90 degrees from the line of fire.

B. RIFLE SUPPORT. The left arm rests on the left side with the elbow directly under the rifle. The left hand and wrist must be configured to raise the rifle to target level.

C. LEG AND HIP CONFIGURATION. Feet are shoulder width apart or slightly wider. The hips are aligned with the feet. Hips are level or the forward hip is slightly elevated.

D. TORSO CONFIGURATION. The upper body bends slightly to the right and rear.

E. HEAD POSITION. The head must be nearly erect. This is achieved by locating the butt-plate up in the shoulder or by lowering an adjustable butt-plate.

The athletes in this illustration are Virginia Thrasher, USA, 2016 Olympic gold medalist, and Istvan Peni, Hungary, a World Cup gold medalist whose highest 50m standing international competition score is 395x400.

If the left arm is not relaxed down on the left side, get it down. Getting the arm fully relaxed and down on the side may require using a higher hand-wrist position to raise the sights to eye level. b) The left elbow must rest on the side directly under the rifle. If the left elbow is not directly under the rifle after shouldering the rifle, lift the left arm and rifle up, push the left elbow further forward and lower it back down onto the side. Practice doing this until fixing the left elbow directly under the rifle becomes natural.

Striving for Great Standing Scores

c) The left hand and wrist must be configured so it raises the rifle to target level with the rear sight aperture aligned with the aiming eye. With precision rifles, a riser block or palm rest can be used to aid in raising the rifle to the proper height. With other rifles where such devices are not permitted (*i.e.*, *BB Gun, Sporter Air Rifle, Rimfire Sporter Rifle*), a hand and wrist configuration (*i.e.*, *resting the rifle on the hand with the wrist bent, on the fork of the hand, on the fist or on the thumb and split fingers*) must be selected to raise the rifle to aiming eye height. The hand-wrist position must also support the rifle at a height that allows the upper body to bend comfortably to the right and rear and which also keeps the upper body balanced over the feet.

C. Leg and Hip Configuration. Basic marksmanship instruction simply tells beginners to step to the line and take up their standing position with the body turned 90 degrees away from the target. At that point, nothing is said about how wide the stance should be or whether the hips should be level or shifted forward to elevate the forward hip. What is important in the beginning is to avoid a position with extremes. Most new shooters will start with the feet about shoulder width apart. That's OK, but if the feet are less than a foot apart or spread extremely wide, that should be corrected. Some shooters will naturally shift the hips forward to elevate the left hip. This usually results in placing a little more weight on the left (forward) leg.

STANDING – LEG AND HIP CONFIGURATIONS



Beginning marksmen may start with either of these two basic leg and hip configurations. In the position on the left, the left hip is elevated. In the position on the right, the hips are level.

Those variations are also OK as long as extremes are avoided. At a later stage of development, how to precisely configure the legs and hips should be the focus of serious evaluation to determine which configuration is best for each individual athlete.

D. Torso Configuration. A key to standing position stability is having a balanced position where minimal muscle tension is applied to keep the body in that position. In standing, muscle tension in the lower back can be relieved by bending the upper body (torso) to the right to counterbalance the weight of the rifle, which is extended to the front (left) of the position. Especially with a heavier rifle, it is also necessary to bend back slightly to the rear to counterbalance the weight of the rifle, which is being held on the front of the body (see illustration below).

E. Head Position. The shooter's head position facilitates aiming and plays key roles in balancing the position and keeping it balanced. Establishing a good head position starts with fixing how the head is held so that it is reasonably erect. It does not have to be perfectly erect,

but it must be sufficiently erect to allow the aiming eye to comfortably look forward through the rear sight. The rifle must then be raised up so that the aiming eye is aligned with the rear sight aperture. This is achieved by adjusting the butt-plate location and configuration of the left (support) arm. Getting the rifle sights up to aiming eye level is easier with precision air and smallbore rifles that



Note how this athlete's standing position bends to the rear to balance the body-rifle system over the feet. The athlete is 50m 3-position Junior World Record holder, Filip Nepejchal, Czech Rep.

have adjustable butt-plates, adjustable cheek-pieces, higher sights and fore-end risers of varying sizes. The guiding principle here is to establish a reasonably erect head position first and then adjust the rifle to the head. If necessary, “canting” the rifle to bring the sights back to the aiming eye is better than tipping the head over to see through the sights (*note how the rifle is canted in the photo on the previous page*).

Advanced Standing Position Details

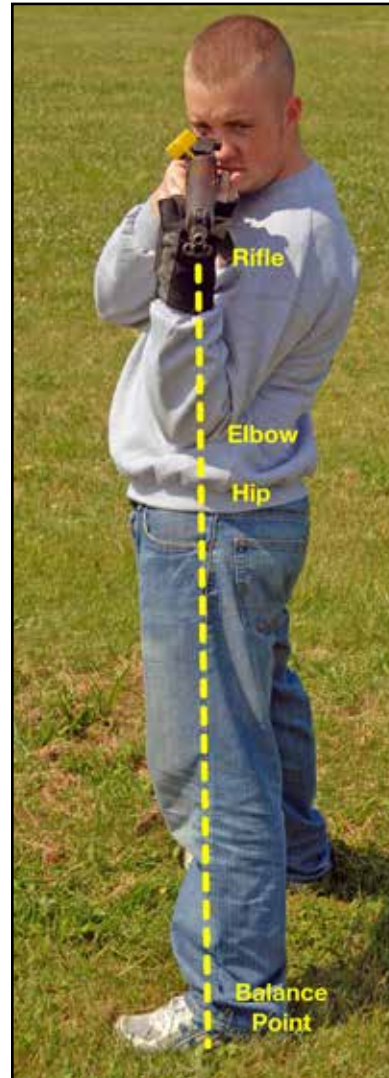
After an athlete has established a structurally sound standing position and has been able to practice and shoot competitions with it, an important stage of development will be to consider critical standing position details and determine whether structural improvements are possible. Possible position improvements include:

1. **Vertical Support Column.** Standing position stability and balance is enhanced by having a position where the rifle, left elbow and left hip are aligned in a vertical line that runs from the rifle down to the balance points in the feet. This vertical column of support makes it possible to balance the “body-rifle system” over the balance point in the feet with minimum muscular effort. This vertical support column can only be achieved when the left elbow and left hip are directly under the rifle. This is a time to make sure the hips are squarely aligned over the feet. Any twisting in the upper body must be in the upper body, not in the legs.

2. **Leg and Hip Configuration.** Some experimenting may be necessary to find the best solutions for how wide the foot stance should be, and whether the hips should be kept level or shifted forward to elevate the forward hip. A good way to start considering alternatives is to study the photos of the positions used by champion junior and senior athletes included in this article.

3. **Relaxed Left Arm and Shoulder.** Muscle tension in the left arm and shoulder as they support the rifle can cause hold movements. Minimizing those movements is achieved by developing the ability to relax the left arm and shoulder muscles. An effective way to do this is to focus attention on those muscles while breathing and bringing the rifle down onto the target. Each time the lungs exhale, tell those muscles to “let go-relax.”

4. **Position Balance.** Muscle tensions required to keep the body-rifle system in position can also cause hold movements. Reducing those movements can be achieved by balancing the position so that only the minimum muscle



This front view of a structurally sound standing position illustrates the vertical support column that aligns the rifle, left elbow, left hip and balance point on the feet.

tension necessary to keep the body-rifle system balanced over the position balance points is applied (see diagram on next page). Depending upon the leg and hip configuration used by an athlete, the balance point for the entire position will be centered between the feet or shifted somewhat forward towards the target. The weight that falls on each foot is normally shifted just slightly forward of being perfectly balanced.

5. **Right Arm and Hand Position.** The purpose of the right arm

and hand is to place the right hand and index finger in the proper position to press the trigger directly to the rear. Great standing athletes have adopted a variety of right arm positions with some dropping the arm down almost to the side while others lift it up so the upper arm is nearly horizontal. The one common feature that all right arm positions have is that they keep the forearm and wrist straight. Hand tension on the pistol grip varies according to the discipline. Precision air rifle and smallbore rifle shooters who usually use triggers in the three- or four-ounce range can have very light hand grips. Highpower rifle shooters who must fire with 4.5-pound triggers and Rimfire Sporter shooters who have 3.0-pound triggers should use firm grasps on the pistol grip. They may also use the hand to pull the rifle back into the shoulder as a technique for controlling the rifle better when wind is blowing on the shooters' positions.

Striving for Great Standing Scores

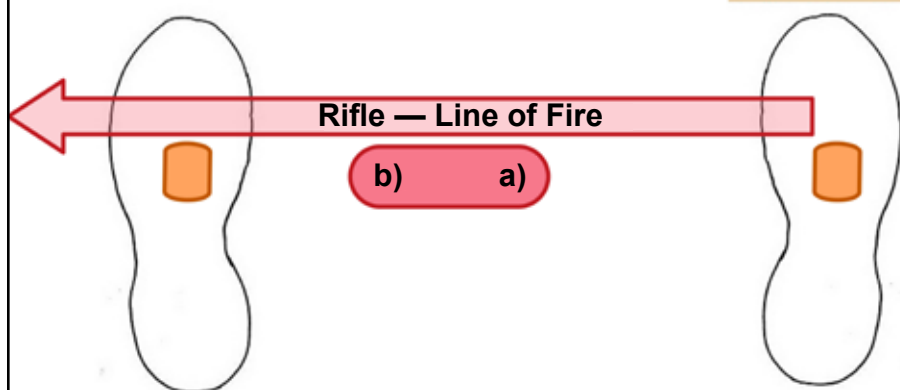
JUNIOR CHAMPIONS' STANDING POSITIONS



These international junior champions display a variety of standing positions that have all been used to produce winning or world record scores. All positions incorporate 90-degree body turns, left elbow locations under their rifles and reasonably erect head positions, but other position features vary.

The athletes (l. to r.) are Aishwary TOMAR, India, 50m Junior World Record; Anna JANSSEN, Germany, 50m Junior World Record; Elavenil VALARIVAN, India, 10m World Cup Final gold medalist; Changhong ZHANG, China, Junior World Cup gold medalist.

STANDING POSITION BALANCE



a) = The balance point for the complete position and rifle should fall within this area. Position weight can be distributed 50%-50% (balance point at a) or as much as 70%-30% (balance point at b).

b) = The balance point for each foot. Position weight should be shifted slightly forward.

6. Clothing Selection and Fit. In rifle disciplines where athletes are permitted to wear special shooting jackets (highpower rifle) or shooting jackets and trousers (precision air rifle and smallbore rifle), athletes must devote attention to taking full advantage of this performance enhancing equipment. Indeed, in these disciplines, it is not possible to be competitive at the highest levels without having special shooting clothing. Strict regulations apply, particularly for precision air and smallbore rifle clothing, so no purchase should be made without first determining that it is legal. Shooting clothing manufacturers offer special fitting services and it is worthwhile to take advantage of this when obtaining jackets and trousers.

7. Position Consistency. After an athlete has carefully evaluated their standing position and has made any

necessary corrections or changes, there is one more aspect of firing in that position to consider. This is that once a standing position complies with the fundamental features of a structurally sound position, that same position must be used every time the athlete trains or competes. Athletes must avoid temptations to try different position variations just because they are having a bad day or because another athlete is firing great scores while using a different position variation. The surest path to improvement in any shooting position is performing consistent, correct repetitions of dry and live fire shots, in the same position and with the same shot technique.

POSITION PREPARATION

A key to making consistently good shots in the standing position is taking extra time to prepare the position before starting to aim. This must be done for every shot. What is to be avoided here is simply throwing the rifle up into position and immediately starting to aim and fire the shot. Instead, the athlete should go through a step-by-step preparation routine that concludes with lowering the head to the cheek-piece and starting to aim. Careful position preparation takes an extra five or ten seconds to shoulder the rifle and prepare the position before starting to aim but doing this will make a big difference.

1. **Mental Preparation.** Position preparation begins with loading the rifle for the next shot. Most athletes do this

while resting the rifle on a rifle stand. It is a time for clearing the mind of any extraneous thoughts so that full attention is focused on preparing to fire another good shot.

2. **Consistent Butt-Plate Location.** When shouldering the rifle, the butt-plate must be placed in the same, precise location in the shoulder for each shot. Many advanced shooters visually check the butt-plate location while shouldering the rifle to be sure (*note how the athlete in Step 2 below is doing this*).

3. **Consistent Left Elbow Position.** Each time the rifle is shouldered, it is also critical to fix the left elbow in the same location. If the left elbow position changes, this changes how the position is balanced and typically results in bad shots to the left or right.

4. **Pre-Shot Checks.** An important pre-shot check is to be sure the position feels right. Many relaxation checks consider the left arm and shoulder—are they really relaxed? Other checks consider the muscles in the legs where consistent light tension is usually applied to maintain balance. A critical pre-shot check considers how the position is balanced. Advanced athletes know how correct balance must feel for their position and they discipline themselves to check their balance before they lower their eye to begin aiming, before each shot.

POSITION PREPARATION — IN STEPS



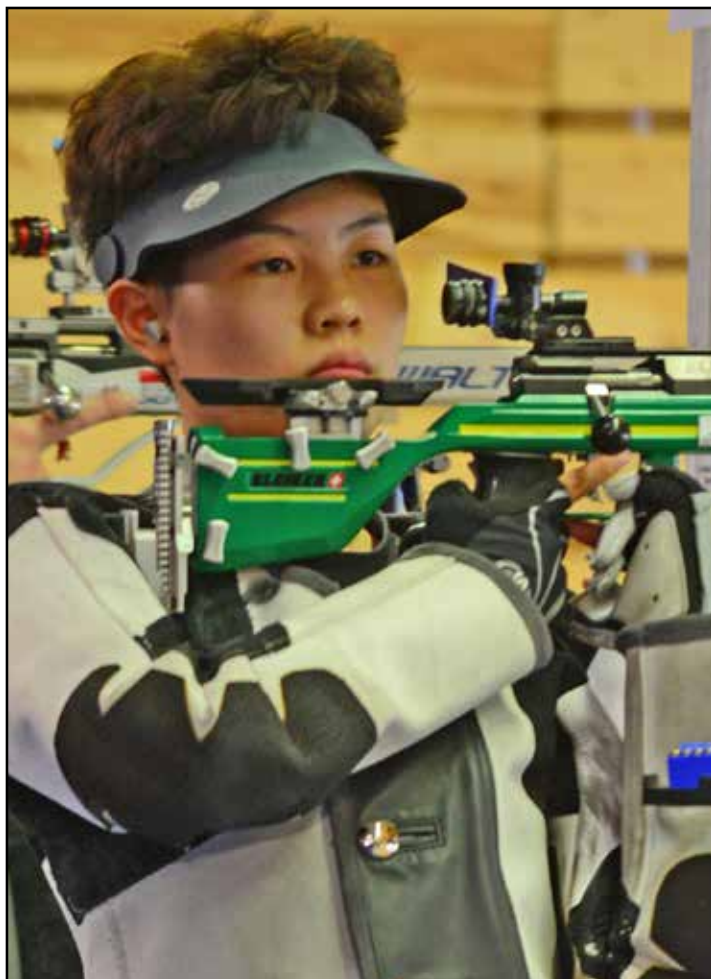
STEP 1 – loading and focusing attention on position preparation steps;

STEP 2 – fixing the butt-plate location in the shoulder;

STEP 3 – lifting the rifle into position and checking the left elbow location;

STEP 4 – checking and balancing the position before starting to fire.

Striving for Great Standing Scores



Yutian FU, China, is the 50m 3-position Junior Women World Record holder. She makes her pre-shot checks while pausing in this position.

5. Consistent Head Position. If the location of the head on the cheek-piece changes, this changes the balance of the position. This, in turn, can have an adverse impact on hold stability. Athletes must control their technique for placing the head down on the cheek-piece so that the head is always in the same location with respect to the rear sight. Advanced technique must also pay attention to how much pressure is placed on the cheek-piece. Some will have light cheek pressure; some will have more cheek pressure. The key once again is doing this the same way, for each shot.

6. Approach to Target. When aiming at the target begins, the last inhale-exhale cycle is made as the aligned sights are brought onto the target. For standing, the approach to the target is usually from above, although the important thing is to always approach the target from the same direction and in the same way, for each shot.

SHOT TECHNIQUE

Shot technique is a vital part of shooting great standing scores, but this is a detailed topic that merits full, separate consideration. Two previous *On the Mark* technical articles analyzed shot technique and should be studied by anyone seeking to learn more about shooting great standing scores. “*Developing Great Shot Technique, Part I*” and “*Developing Great Shot Technique, Part II*” can be downloaded at https://thecmp.org/news-media/gary_otm/.

TRAINING METHODS

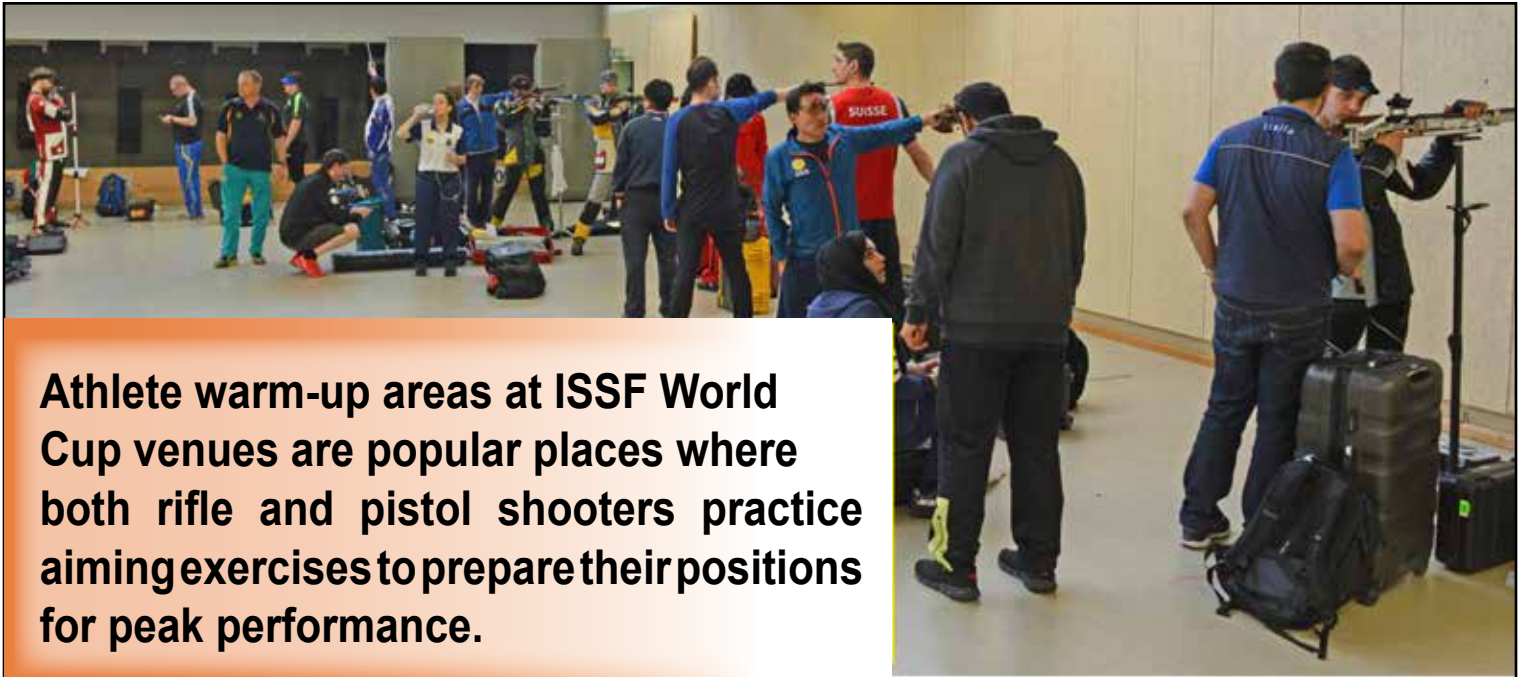
Developing a structurally sound position combined with disciplined position preparation and correct shot technique is essential to shooting great standing scores. However, the most significant difference maker in developing superior hold stability and great shot technique in standing is training. The athlete’s work ethic—how hard he/she is willing to work—is what really makes someone into a great standing position shooter.

The effectiveness of an athlete’s training methods is measured by their scores, especially scores fired in competitions. There are two keys to how much progress will be gained from any training method. They are a) training volume and b) training integrity. Within limits that are seldom exceeded by any young athlete, the more training repetitions that are performed the more an athlete will improve. Training integrity looks at whether training repetitions are performed correctly and with full focus and attention to details. When training repetitions are performed hastily and with lackadaisical effort, scores will not improve and may even regress.

A key to standing position progress requires establishing priorities. Since more points can be gained by improving standing scores than by improving kneeling or prone scores, standing practice should have the highest priority. More training time should normally be dedicated to standing. As a general rule, training plans should allocate about 10 percent of available training time to prone, 30 percent to kneeling and 60 percent to standing.

Four different training methods are employed by athletes to steadily improve their standing position scores. In addition to a) live fire training on the range and b) dry fire training that can be done on the range or at home, two other training methods are especially effective in contributing to standing position improvement:

c) **Dry Holding.** Holding drills can be done on the range with an actual target but are more frequently done during home training by placing an aiming bull at an appropriate height on a wall. In this training method,



Athlete warm-up areas at ISSF World Cup venues are popular places where both rifle and pistol shooters practice aiming exercises to prepare their positions for peak performance.

Doing aiming exercises without a target is an excellent training method for developing standing's inner position.

athletes go through the initial steps of position preparation and shot technique and then attempt to hold the front sight as steady as possible over the bullseye or aiming point while focusing full attention on the sight picture. Holding repetitions should last about 10 to 12 seconds each. Holding drills offer effective ways to learn how to apply intense "visual focus" on reducing hold movements and to sense whether there are tensions or balance problems with the position that are preventing the hold from becoming steadier.

d) **Aiming Exercises.** Doing aiming exercises, with or without dry firing, on blank targets or with no target at all can often be an even better way to develop a feel for how the body is working to hold the rifle still. The work of the athlete's body in trying to hold the body-rifle system as still as possible is sometimes referred to as the "inner position." Without an aiming bull, attention can be shifted to this inner position and how the muscles and system balance are working to make the body feel like it is in calm, quiet control. Many rifle and pistol shooters now use aiming exercises as a training method as well as a way to warm up and prepare their bodies for optimal performance before they move to the range to begin shooting.

Developing the ability to shoot great standing scores in competitions begins with having a structurally sound physical position, but the real difference makers

are position preparation, shot technique and, most of all, training, how hard an athlete works.

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.



Sign Up for the 2020 CMP Summer Junior Air Rifle Camps

By Ashley Brugnone, CMP Writer



The CMP Summer Camps held around the country teach young athletes both the physical and mental aspects of marksmanship.

Registration for the Civilian Marksmanship Program's (CMP) 2020 Air Rifle Summer Camp lineup officially opens on January 21st. Running from June to August, the vigorous 10-week schedule includes a mix of camps and clinics formatted to train high-school age (9-12 grade) junior athletes on intermediate and advanced marksmanship skills through various exercises and demonstrations.

The camps are held around the country to allow better accessibility for interested athletes in a variety of areas, using CMP's own mobile electronic target system.

For the new decade, the 2020 Summer Camp schedule will feature not only air rifle opportunities but also a number of smallbore camps. Additionally, staff members are working to add pistol camps to the summer schedule – dates currently unknown. Classes fill quickly, so be sure to check periodically on the CMP website (<https://thecmp.org/camps>) for updates!

The fundamentals of the air rifle camp curriculum were originally designed by DCM Emeritus, Gary

Anderson – a two-time Olympic gold medalist who is still active in developing the skills and knowledge of youth and adults in the world of marksmanship. Mr. Anderson's teachings have been modified over the years to provide an adaptive course for the evolving generations.



Class is conducted both on and off the firing line in informal, engaging settings.



Camps are led by current NCAA rifle athletes.

During the week-long camp sessions, juniors learn tips for both the physical and mental aspects of competition shooting. Topics to be discussed include proper positioning, goal setting, anxiety control and how to optimize equipment performance. Campers will also take a look into competition and finals performance, learn leadership roles, how to build self-confidence on the firing line, along with an assortment of skills that can be carried from the range into everyday life.

Campers are coached by qualified student athletes from the top NCAA rifle teams in the country – the majority of whom had participated in the camps themselves as juniors. These camp counselors will lead the juniors in discussions and drills during the camp in small groups where they are able to give each participant personal attention.

“My niece attended the 3P camp at Camp Perry this past July. Emily had a great experience that week and made some new friends that she is maintaining an online relationship with about shooting, upcoming matches etc. Since returning to her home range, she has been able to set new personal best scores each week including both overall and individual targets. The camp was able to jump her shooting capabilities up several notches and she continues to use the techniques she learned. We will be waiting to see the release dates of next year’s camps so she can attend once again” said Scott Marne.

Other options outside of the week-long curriculum include:

Advanced Standing Camps, which are designed to be a follow-up program for those who have attended one or more of the three-position camps or clinics. These camps elaborate in even more detail each individual’s strengths and weaknesses to better the athletes for future competition.

Condensed Outreach Clinics, using paper targets instead of the electronic targets, will also be held in Wyoming, Missouri and Texas. The instruction is nearly identical to the full-length course, with the majority of the week-long curriculum compressed into a three-day format.

Each participating group or athlete must be accompanied by an adult leader (coach, club leader, parent, etc.) for the duration of the camp. Recent high school graduates are not eligible to partake in the air rifle activities but may attend as an adult leader. Chaperones are to provide transportation for the campers each day and are encouraged to attend the coaching sessions in order to gain a sense of the outstanding education their athletes are receiving.

For a list of dates, registration access and more detailed camp information, visit the Junior Air Rifle Camps and Clinics page on the CMP website at <https://thecmp.org/camps>. Sign up today!

Junior Air Rifle Athlete Celebrates Win By Remembering Her Loss

By Ashley Brugnone, CMP Writer



Ionee Mendoza, a talented athlete, was the overall winner of the JROTC Service Championship in Arizona.

Ionee Mendoza of Parlier High School JROTC air rifle team from California is a strong athlete. During the JROTC Three-Position Air Rifle Service Championships, held in Chandler, Ariz., in February, the 16-year-old junior earned the top Navy precision title and also finished second overall in a field of over 260 precision competitors.

For Ionee, the win came with bittersweet tears. Her strength as a competitor extended from her skills into her character. The gold medal that hung from her neck was both a symbol for all that she has gained through her hard-fought year and also a reminder of all she has lost.

"I always liked guns when I was younger," she said, speaking of her rifle career.

Ionee is fully committed to the sport, practicing with her team twice a day and staying away from other school activities – entirely dedicating her time to rifle. The love for marksmanship came from her coach, Chief Warrant Officer Mark Bristol, who introduced her to the rifle team.

"It drew me in, and now it's my passion," she said with a smile.

Warrant Bristol coached Ionee for two years and during that time taught her skills that she has applied on and off of the firing line.

"I learned a lot of things, like patience, focus, my position, how I can apply rifle to everyday life," she said.

"He's strict, but goofy. He's forward, but at the same time he'll kind of make you laugh in the process. So it was really fun learning from him."

She has many stories about Warrant Bristol, but one of her favorites was when one of her sporter teammates made it to JROTC Nationals and made a bet with Warrant that if she won, he would have to shave off his iconic mustache.

Well, she did, and he made good on his word.

"Once he came back on Monday, we couldn't recognize him, and we started making fun of him because he looked so different," Ionee warmly remembered.

Moving into her junior year of high school, Ionee was looking forward to another season of air rifle and learning even more from her coach, but that all changed in an instant on the morning of Aug. 13, 2019 – the first day of school.

As Ionee was in her third period class, an announcement echoed



Chief Warrant Officer Mark Bristol

over the loudspeaker. Warrant Bristol, a respected leader of the NJROTC program for the last eight years, had passed suddenly in a motorcycle accident while on his way to school.

"I just couldn't believe it. I thought it was a lie," she said.

As can be expected, all school activities were suspended, along with air rifle. After the team learned what happened, their bond became even more resilient as they clung to one another in their grief.

"He was like our father and our best friend – everything," lonee said with tears in her eyes. "We just looked out for each other and made sure everybody was okay."

After a few months, a new routine began and a new rifle coach stepped forward. Chief Jaycee Killian had been hired just two weeks before the start of school, by Warrant himself. It was agreed that he would be the rifle coach and she would handle drill, color guard and other duties. Though she knew nothing about rifle outside of her own

military experience, with Warrant's absence, she had a new responsibility to the cadets.

"I kind of had to take everything on," Chief Killian said. "I hurried and got JMIC qualified quick because I had to get them back on the range."

Without the JMIC (JROTC Marksmanship Instructor) qualification, she and the team weren't allowed on the range – a place Chief Killian understood they needed to be.

"I knew I had to get them back to connect them back with him – to build that connection back with him. They connected shooting with him, and to start that healing process, I had to get them back on the range."

The rapid transition was tough on everyone.

Some of the students reached on to her because there was nobody else, but some of them, in her own words, hated her.

"He was like our father
and our best friend –
everything. . ."
– lonee Mendoza



The JROTC Service Championship in Arizona was her first without her coach, Warrant Bristol.



Chief Killian was there with Lonee to immediately congratulate her after her win. Photo courtesy of Chief Jaycee Killian

"The first week I was there, I said, 'I know you guys don't trust me. I know you guys don't like me, and I know you don't respect me that much – that's fine. I'm not here to replace Warrant, I was here to work with Warrant, so now, we have to work together as a team. And I don't expect you guys to run up and give me hugs . . . but we're going to build together as a team, and when we do that is when we do it.'"

Initially, they were standoffish.

"It was so different," Lonee said. "I'm so used to having Mr. Bristol yelling at us but also making us laugh."

"He would always sit in one chair, and every time I look at it – it's just empty," she said as she struggled to get the words out.

Lonee admits that, as predicted, she didn't really care for Chief Killian in the beginning. It's taken them time to build, but slowly, they have.

"I still respected her," she said. "But, she turned out really cool."

To learn as much as possible, Chief Killian began reading books and even relied on the cadets themselves to give her tips on how to coach a rifle team.

"They coach me," she acknowledged.

Now, she and Lonee bounce feedback off of each other to improve positioning and other aspects on the line.

"Six months ago, I knew nothing. Now I'm somewhat able to coach my freshman," said Chief Killian.



Mendoza goes into the JROTC National event as the second overall competitor for all service branches.

She went on, "They're amazing. I am so blessed. I have an amazing unit that I love. The cadets are so amazing, they're so resilient. I couldn't ask for a better unit. I love them – I truly love my cadets."

"I wouldn't go anywhere else," she added.

Chief Killian traveled with Lonee to Arizona – the only member of her Parlier High School team to compete in the match. Lonee confessed she thought about Warrant a lot while competing in the JROTC event, her first without him there behind the firing line. It tore at her emotions.

"I just broke down the first day I came here because it was so different," she said. "Winning means a lot to me, because whether he's here or not, I can feel how proud he is."

"I just miss him."

Though the year has been one of the hardest she's had to endure, she says being able to come and enjoy shooting, laughing with her peers, has helped ease the pain of the loss of Warrant. But the future for Lonee will be brighter each day, breathing in and out the spirit of what her coach rooted deep within her.

Soon, she moves on to the JROTC National Championship, set to fire in March at Camp Perry in Ohio – and, will she win?

"Heck yes," she said with a beaming smile.

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.

April 2020

11 April
V3G Steel Challenge -
Jon Wallace MD
Basic Pistol
Talladega, AL

18 April
TPS USPSA Monthly Match-
Mark Hearn MD,
3 x 600 High Power Rifle Match
Talladega, AL

18 April
CMP Monthly Air Gun Match
Camp Perry Ohio
Anniston, AL

24 April – May 3
Eastern Games
Camp Butner, NC

25 April
800 Agg. High Power Rifle Match
Talladega, AL

29 April-3 May
USPSA Classic National
Championship Matches
Talladega, AL

May 2020

9 May
V3G Steel Challenge -
Jon Wallace MD
Talladega, AL

9 May
CMP Monthly Air Gun Match
Anniston, AL
Camp Perry, OH

16 May
TPS USPSA Monthly Match-
Mark Hearn MD, 3 x 600 High
Power Rifle Match
Talladega, AL

16-17 May
Marksmanship 101 – Ridgeway
Rifle Club
Ridgeway, PA



20 May-24 May
USPSA World Speed Shooting
Championships (WSSC)
Talladega, AL

29 May
Marksmanship 101 –
Camp Atterbury
Edinburgh, IN

31 May
V3G Pizza and Pew Charity
Event
Talladega, AL

June 2020

3-7 June
Talladega D- Day Matches
Talladega, AL

6 June
TDS IDPA Monthly Match- Scott
Glanze MD
Talladega, AL

6 June
CMP Range Officer Level II
Seated Class
Highpower Rifle/Bulls-Eye Pistol
Talladega, AL

13 June
V3G Steel Challenge -
Jon Wallace MD
Talladega, AL

13-14 June
NSCA Monthly Sporting Clays
Tournament
Talladega, AL

18-21 June
High-Power Regional Matches
Talladega, AL

25-27 June
National 3-Position Air Rifle
Camp Perry, OH

27-28 June
CMP Petrarca Range GSMM
Matches
Camp Perry, OH

27 June
T3G 3 –Gun Monthly Match, 800
Agg. High Power Rifle Match
Talladega, AL

27 June
Rimfire Sporter Match
Talladega, AL

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

Junior Marksmen Stories...

Washington Junior Feature: Zevin Linse

Defining a goal and working towards it – Zevin Linse of Kent, Wash., has spent the last five years improving himself as a marksman, and he is not stopping any time soon.

Zevin shoots on the Washington Warriors junior highpower service rifle team, but the 11th grader also shoots air rifle as part of his school's Marine Corps JROTC marksmanship program, uses smallbore as winter cross-training and has embarked on an adventure into long range.

In 2018, in an unusual set of circumstances, Zevin was appointed head coach of his JROTC air rifle program after the primary instructor left. Though another instructor has since come on board, Zevin's up-to-date knowledge on rules and ability to pass what he has learned on to the newer shooters has proven extremely valuable.

The Linse family is an outdoors one but did not have a competitive shooting background. Zevin recalls plinking with a .22 at his family's cabin with his two sisters and parents as well as hunting with his dad.

A family friend who happened to be a junior coach suggested Zevin try highpower around the same time his parents discovered the Cascade Shooting Facilities junior program. Curious about the opportunity, Zevin soon found himself more involved than he could have ever imagined.

"I do a lot less hunting than I used to," he said. "I did like hunting, but I think the thing I liked most about it was just shooting, I liked marksmanship. So once I started competitive shooting, I realized 'Oh, this was the part that I really liked.'"

In 2015, Zevin journeyed from Washington State to Camp Perry, Ohio, for the first time to shoot in the National Matches.

"It [was] really crazy seeing, especially the first couple years I was there, how good juniors [can] be," he said. "I was just looking at the other juniors in Washington, and I was like 'Wow, they're crazy.'"

He added, "Something that contributed to that was that



Zevin Linse earned his Distinguished Rifleman's Badge at age 16, completing the first of several age-milestone goals he has set for himself.

Luke Rettmer was one of the people on the team, and he's a fantastic shooter. He was someone who I never even thought I could dream to shoot like. But then seeing there's even people who could beat him at Perry, it was crazy to me."

Though his father was the one to introduce him to hunting and to shooting, Zevin's mother Omayra Linse was the one to fall in love with competitive shooting – competing as a member of the Washington adult team and traveling to Camp Perry to compete alongside her son.

Zevin commented, "I wouldn't have viewed it as very different if it was my dad or my mom who started doing that with me...but I do notice that usually it's a lot more dads who would be shooting with their kids."

It was Zevin's eldest sister's involvement with JROTC that introduced him to it. Zevin admitted, "I'm doing it mostly for the marksmanship...that's why I first went into it and that's my main commitment in there I guess, to be furthering myself in marksmanship and then furthering my peers now in marksmanship."

This young man's commitment both to the sport and to sharing his knowledge with others point to Zevin's dream – to join the Army Marksmanship Unit's Service Rifle Team.

...from CMP Contributor, Serena Juchnowski

"As I started hearing more about them [AMU], and it was about the same time that I started getting a lot better at shooting service rifle...I was like 'Wow, this is actually something I can strive for' rather than just 'Oh wow, those are really good shooters,'" he said.

He went on, "Once I made the distinction that it was something that I was capable of, I really ended up going hard-core and trying to [get there]."

Since setting this goal at the age of 15, Zevin has done all in his power to improve his skills and mental game.

"Last year when I was 16, I was able to go Distinguished as well as get my high master card for both mid-range and across the course."

He also set an NRA national junior record on the MR-65 target, a 500-yard target that simulates 600 yards, with a score of 200-13x. What means more to Zevin is his ability to improve and to isolate mistakes so that he can learn from them.

"As of recent... I was able to shoot a score of 793-31x on an 80-shot course. And it's one of the biggest things that, in my mind, I've been able to do...I was really happy with it and I was happy because I knew I was capable of getting higher scores than that too. I could verify exactly where I could have picked up points.

"I would just like to keep working my way up, as far as I can, before I age out," he said.

Though endowed with some natural ability, Zevin's daily time on the air rifle range with JROTC has definitely supplemented his highpower practice. Zevin joined his high school's JROTC program his freshman year and competes in sporter air rifle shooting from the standing, kneeling and prone positions at 10 meters, arriving early to school every day to practice.

"It's really helped advance my service rifle scores because I was just getting so much practice out of it, and it's also because, in air rifle, the pellets are moving a lot slower than a round would in service rifle, so you need to have a lot more follow-through and be really careful with your trigger pull," he explained. "It's definitely got some different difficulties to it that really helped get my service rifle scores up."

Most devoted to service rifle and intrigued by long range, Zevin plans

to expend most of his energy on these two disciplines. Having gone Distinguished by age 16, Zevin hopes to break as many junior National Records as he can before he ages out.

Another goal? To be the first junior to shoot a perfect 800 in an 80-shot service rifle match.

"So far, I've been able to clean every single [stage], only separately," Zevin reported.

It is not all about the titles, though titles set a concrete goal that Zevin can push himself towards.

"I can't really exactly nail what my favorite thing about [shooting] is...it makes me happy, I feel calm when I'm shooting and I just really enjoy it honestly," he admitted. "It's...what I want to be doing most of the time."

Much of Zevin's perspective on self-betterment comes from his time coaching.

"It can be a really discouraging sport, especially in the beginning. And when I've been helping the new shooters on the team, seeing them get frustrated – it's reminded me how frustrated it used to make me," he said. "But nowadays, I couldn't imagine if I wasn't a shooter. This is one of the main things in my life right now, and so even though I was that frustrated in the beginning, now I am where I am, and I'm really happy with it."

Tenacity, ambition, humility and passion – these have largely been the ingredients that have led to Zevin's current success and will hopefully continue to help him as he pursues his dreams and mentors others.



Zevin records shots in his data book during a 600-yard slow-fire prone stage.

Ohio Junior Feature: Katrina Demerle

By Serena Juchnowski, CMP Contributor

Outside of shooting, 15-year-old Katrina Demerle is a lot like most teenagers. She enjoys hanging out with friends, listening to music, watching Netflix and sleeping.

But Katrina is not the typical teenager. She holds five national records, earned the Civilian Marksmanship Program's Junior Distinguished Badge for air rifle at age 12 and won two J3 gold medals from the Junior Olympics at the age of 13.

Her accolades do not stop there. She has won three consecutive double gold medals for the Ohio Junior Olympic Qualifiers, has won two consecutive Gary Anderson Invitational titles, and a stellar performance at Camp Perry last month made her the Camp Perry Open 3-Position champion, two years running.

Hailing from Hamilton, Ohio, Katrina competes in both smallbore and precision air rifle and is based out of two different home clubs: Butler County Sportsmen's Club for smallbore and Fairfield Sportsmen's Association for air rifle.

Starting young likely contributed to Katrina's impressive list of accomplishments.

"My dad let me shoot his rifle at his friend's house when I was about six years old, and I loved it," she said.

The following spring, Katrina's father signed her up for the Hotshots junior smallbore program. Her performance there gave her the opportunity to try out for the local air rifle team.

"The rest is history," Katrina said.

Her love of the sport and dedication shines through in her exuberant response to her favorite thing about marksmanship: "Getting 10.9s!!!"

She also values the friendships she has made through shooting that span across the United States. Thus, shooting competitions are not just an opportunity for Katrina to test her skills but are also opportunities for her to reunite with friends.

Katrina encourages new competitors to "Stick with it."

"It takes lots of practice to get good, so have patience, and don't give up," she said.

The advice is something Katrina takes to heart, having already set her sights on shooting for a top NCAA rifle team in the future.

"I want to...help the team win a national championship."

Traveling to matches, spending most of her free time on the range and setting such goals will help Katrina to realize her dreams.



Top: Medals won in the past three years and checks won at the 2020 Camp Perry Open

Bottom: Smallbore at USAMU Junior Rifle Championships in January 2020



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
#1414	Megan Nelson	Gulfport, FL	#1427	Edgar Sancha	Zion, IL
#1415	Kim Jettenberg	Anchorage, AK	#1428	Robert Sanders	Union, SC
#1416	Grace Fernandez	Anchorage, AK	#1429	Stephanie Ricigliano	Annandale, VA
#1417	Devin Thomason	Fort Payne, AL	#1430	Zachary Kauffman	Dallastown, PA
#1418	Frank Steyn	Marietta, OH	#1431	Morgan Vander Linden	Foresthill, CA
#1419	Jason Champagne	Buda, TX	#1432	Nina Schuett	Billings, MT
#1420	Kristen Fowler	Fort Payne, AL	#1433	Ashley Henry	Dallastown, PA
#1421	Sam Lumbra	Tempe, AZ	#1434	Emma Hardee	Wheatland, CA
#1422	Seth Carver	Warrenton, VA	#1435	Joshua Plummer	Albuquerque, NM
#1423	Paige Hildebrandt	Belgrade, MT	#1436	Ben Smith	Waycross, GA
#1424	Kyle Jaynes	Gray, TN	#1437	Annaliese Mayo	Lawrenceville, GA
#1425	Riley Mills	Canon City, CO	#1438	Scott Patterson	Fairfax Station, VA
#1426	Daniel Papadopoulos	Statesville, NC	#1439	Samuel Weisenburger	Seeley Lake, 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.

California Twin Sisters Team Up for Quality Time On the Firing Line

By Ashley Brugnone, CMP Writer



The Mendoza twins compete together on their Reseda Charter High School NJROTC rifle team.

Cynthia and Cindy Hernandez, both 17 of Reseda, Calif., have always been close – so close, they were even born on the same day.

“We pretty much do everything together,” Cindy said of her twin, Cynthia. “It’s natural for twins to be the closest to each other.”

The two are constantly at each other’s side. If one finds something enjoyable, she’ll immediately tell the other, who will ultimately enjoy it too. At their Reseda Charter High School, they’re signed up for the same classes and even take part in the same involvements – that’s how they both became interested in joining their Navy Junior Reserve Officer Training Corps (JROTC) rifle team.

It all started three years ago when they were searching for different scholastic activities to try out. They signed up for many drill teams in their ROTC unit, and despite having never been around any type of shooting, the girls decided together to give the rifle team a chance.

“It was new to us,” said Cindy.

“It’s completely different from everything else, and it’s only you that’s doing it,” Cynthia said. “It’s your skill and nobody else’s.”

Cindy confessed, “It’s kind of hard, but we work with each other – being on every single drill team, we have to practice kind of hard after school, and it kind of takes away from air rifle. So, it’s a struggle. We can make it work though.”

“Shooting is a very hard sport. And a lot of people think that it’s not because all you’ve got to do is hold a rifle,” Cynthia went on. “Once they get into a position, they finally understand how hard it is, not just physically, but mentally.”

Cindy admits that she struggled with her own mindset when she first started on the team – showing up to practice, shooting a little and then taking a seat without really thinking much about what she was doing. But once she realized that she needed to put forth more focus into her performance,

she found that she actually showed some flair for the sport.

In fact, they both did. During the JROTC Air Rifle Service Championships in Arizona, conducted by the Civilian Marksmanship Program in February, both Cindy and Cynthia finished in the top 75 sporter athletes. Competing side-by-side, Cindy says that although she supports her sister, she's also keeping a close eye on Cynthia's scores during a match.

"Between us, there's always a competition," Cindy said with a smile.

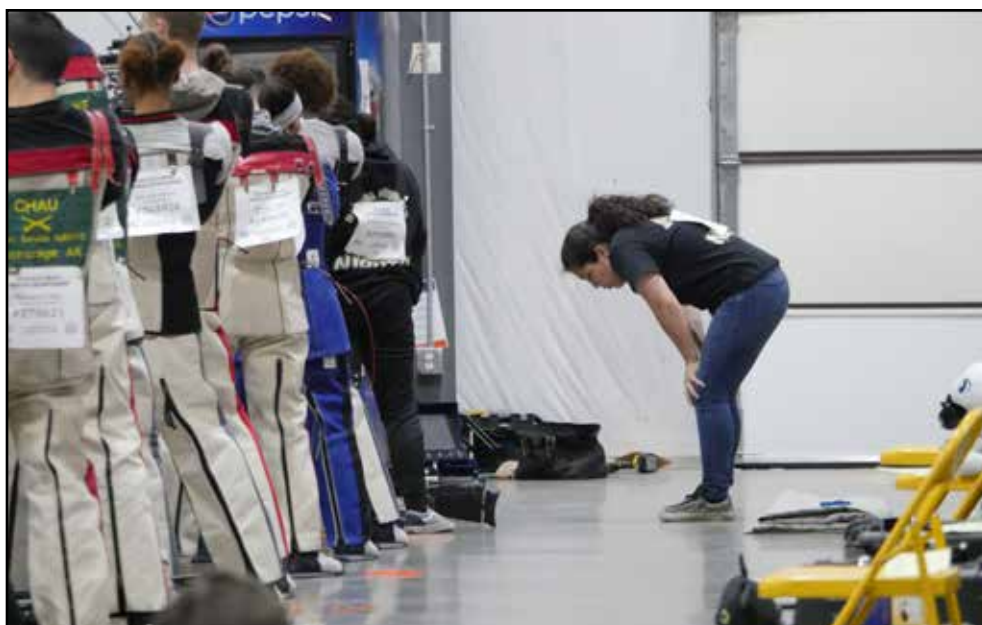
Though competing against each other, trying their best to accomplish their own individual successes, they equally continue to encourage one another—discussing their performances and keeping each other confident on the line.

"During it, if there's a problem, we just tell each other to calm down. 'It's okay. It doesn't matter.' And just keep going," Cynthia explained.

Their devotion is resilient. Finishing each other's sentences, displaying genuine admiration for the other, the girls talk about their future. They know that the closeness they've shared their entire lives will soon have to break by the only thing that could – distance.

Set to graduate in 2020, Cindy will soon be joining the Navy and Cynthia will be heading off to the Marine Corps. The girls are the first in their family to take the military route and are proud of it.

Cynthia is unsure as to when she officially heads towards her new endeavor, but she's hoping to leave in



Though in competition, the sisters make sure to help each other on the firing line when trouble arises.

July. She excitedly gushes about her eagerness to explore the world – anxious to get there as fast as she can.

Cindy already has plans of leaving in September and is looking forward to relaxing during the summer and helping out her ROTC unit. For Cindy, unlike her sister, the thought of having to part from Cynthia and the rest of her family is best left a hazy thought until the time comes.

"I hate being away from family. I just don't like it," she said.

The only time the girls have ever been separated was when Cynthia went away for a week to a leadership academy for the ROTC. During that time, it gave them an understanding that they won't always be together.

As their respected futures draw near, the girls plan to slowly spend more and more time on their own to soften the transition.

"At first it's going to be sad. And you're going to think about home – that's natural," Cindy said. "We'll still think about each other and make sure we're okay, keep in contact. And we'll see each other from time to time."

"It's not like we won't see each other ever again," she promised her sister.

As twins, the girls are lucky enough to always carry a reminder of her sister each time she smiles. As they said, no matter what they do, they'll always be a part of each other – it's just natural.



Cindy and her sister Cynthia will part ways once she goes off to the Navy and Cynthia joins the Marine Corps.

Registration for 2020 CMP National Matches Opens in March

By Ashley Brugnone, CMP Writer



CMP's National Matches Smallbore events return, including prone and 3P events.

Registration for the Civilian Marksmanship Program's (CMP) 2020 National Trophy Pistol and Rifle Matches officially opened **March 1, 2020**. The annual event, held at the Camp Perry National Guard Training Base since 1907, features traditional marksmanship events and an established lineup of CMP's own competitions that will carry the precedent of the National Matches through the next decade.

Whether competing for the first time, an experienced athlete or arriving purely to become engaged in the atmosphere, the National Matches has something for everyone. The array of rifle and pistol competitions will stretch from July 6, 2020 to Aug. 8, 2020. Adult and junior competitors, both the well-seasoned and novice individuals, are all invited to participate during this year's National events.

Prestigious pistol events will kick off the season, followed by the return of CMP's Smallbore rifle lineup, which includes a 3x40 with iron sights and an any sights match, a 3x20 team match and prone events. During the smallbore events, scoring will be administered in collaboration with Shooters Technology, using a mobile application that will transmit target images via cell phone to the Orion scoring system and allows scores to be compiled before competitors even return from hanging targets down range.

A six-day CMP National Matches Junior Camp, Smallbore & Air Rifle, will also take place and is open to junior athletes who shoot both three-position smallbore and standing or international precision air rifle. Participants must be between the ages of 12 to 20 and must currently be shooting in three-position smallbore competition matches and international air rifle.

NEW IN 2020: A CMP Revolver Match, CMP .22 Pistol 900 Aggregate and .22 Pistol Team events, CMP CF 900 Aggregate and CF Pistol Team events, along with a set of CMP .45 Pistol 900 Aggregate and .45 Pistol Team Matches have been added to the National Matches Pistol schedule, setting a full week schedule for enthusiasts.

Also returning to the CMP schedule is a series of Long Range events for teams and individuals. Long range matches will be fired at 1,000 yards and are open to match rifles, service rifles or Palma rifles.

CMP's Highpower Matches, formerly known as CMP Cup Matches, including the 4-man team event and the 2400-Point Aggregate event, which bases winners on his/her aggregate scores from three days of 800 aggregate matches, will be mixed into the schedule as well. As in the past, the CMP will continue to offer an assortment of vintage and modern military rifle events, including the John C. Garand, President's Rifle, Hearst Doubles, Vintage Sniper and Rimfire Sporter.



An extended National Matches Pistol schedule will be introduced in 2020.

NEW IN 2020: A Rimfire Sporter Small Arms Firing Schools (SAFS) will replace the clinic that typically precedes the match – giving guests a more hands-on look at the positioning, course of fire and other elements of the introductory match.

Small Arms Firing Schools (SAFS) will also be held for rifle, pistol and smallbore enthusiasts, where participants will be instructed by some of the top military shooters in the country on firearm safety and competition technique. The SAFS courses have been a staple in the National Matches at Camp Perry since 1918.

Many other clinics and learning opportunities, taught by CMP staff members and qualified professionals, will be available throughout the National Matches. Whether an experienced shooter or firing a shot for the first time, those wanting to enhance their rifle or pistol abilities can register for a number of clinics conducted during the Matches.

Don't forget that outside of the action on the firing line, Commercial Row offers a variety of items for both spectators and shooters – with an array of manufacturers selling used firearms, ammunition, competition gear, accessories, apparel and much more. The CMP Store allows even more buying opportunities at the Matches with our line of military surplus rifles.

All events are free and open to the public. Spectators are welcome to observe firing on the Camp Perry ranges at any time, with ample

parking on-site. Guests are encouraged to participate in the many exciting activities and visual attractions offered during the Match season.

The Gary Anderson CMP Competition Center is also open throughout the National Matches and offers a full line up of Air Gun events and Open Practice. The Competition Center is air conditioned, providing a cool environment to practice your marksmanship skills. Rental air guns and pellets are available for visitors to use during their visit for a small fee. Our certified Range staff members are happy to help assist new competitors on and off of the firing line.



Also new in 2020, a Rimfire Sporter Small Arms Firing School will teach basic elements of the match.



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.



Meet the Team: North Cobb High School JROTC



Lady Bacares

Age: 17
Grade: 12th

How long have you been a rifle athlete? I've been a rifle athlete since 2017-2018 (3 years).

Why did you decide to join the rifle program? I joined due to the competitive environment, and it sparked some interest.

What is your favorite part about shooting? The core self-development, since it's purely a mental sport.

What is a challenge you struggle with in shooting that you constantly work on fixing? Consistency, since it's mental base comp, emotions tend to be a heavy influencer.

Favorite place you've traveled to? Japan! I love the culture.

What's your Social Media app of choice? Snapchat & Instagram

Who's someone you look up to, and why? My mother. She's definitely a hard worker! I love her.

Favorite sports team(s)? Go Navy! USNA

Who's your favorite musical artist? J. Cole & Rihanna

What's your favorite show to binge on? TVD (Vampire Diaries)

Future plans? To become a biochemist/pharmacist



Miriam King

Age: 17
Grade: 11th

How long have you been a rifle athlete? 4 years

Why did you decide to join the rifle program? I shot at a range once and it inspired me to join the rifle team.

What is your favorite part about shooting? Kneeling. I love shooting kneeling.

What is a challenge you struggle with in shooting that you constantly work on fixing? Standing. It's just the mental mindset that always gets to me.

Favorite place you've traveled to? Arizona. It's really fun.

What's your Social Media app of choice? Instagram

Who's someone you look up to, and why? I actually look up to my good friend, Lady. She always knows what to say.

Favorite sports team(s)? Rifle? I don't do sports.

Who's your favorite musical artist?

Ariana Grande

What's your favorite show to binge on? RuPaul's Drag Race

Future plans? Probably join the Navy and shoot for the Navy



Seraiah Owens

Age: 18
Grade: 12th

How long have you been a rifle athlete? 4 years

Why did you decide to join the rifle program? One of my friends wanted me to join

What is your favorite part about shooting? That it's not an outside sport

What is a challenge you struggle with in shooting that you constantly work on fixing? Having a clear mind the entire time

Favorite place you've traveled to? Arizona

What's your Social Media app of choice? Twitter

Who's someone you look up to, and why? I look up to my mom because she always pushes herself and never gives up.

Favorite sports team(s)? Patriots football

Who's your favorite musical artist? Ski Mask

What's your favorite show to binge on? Haikyuu!

Future plans? To become a neuroscientist



Solaine Gordon

Age: 18
Grade: 11th

How long have you been a rifle athlete? 2 years

Why did you decide to join the rifle program? Wanted to do something different

What is your favorite part about shooting? Traveling

What is a challenge you struggle with in shooting that you constantly work on fixing? How much I move

Favorite place you've traveled to? CMP Camp

What's your Social Media app of choice?

TikTok

Who's someone you look up to, and why? My mother because of how much she keeps pushing

Favorite sports team(s)? Don't like sports

Who's your favorite musical artist?

Cardi B

What's your favorite show to binge on? Good Girls

Future plans? To join the Army

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/>.

Fairfield Sportsmen's Association, Harrison, OH
 The Carbine Collectors Club, Brookfield, CT
 Athens Fish & Game Club Inc, Athens, OH
 Fitchville Conservation League, New London, OH
 Berlin Twp Farmers & Hunters Conservation Club,
 Berlin Hts, OH
 Ottawa County Conservation League, Martin, OH
 Shooters of Maumee Inc, Maumee, OH
 Tornado Riflemen Junior Rifle Club, Butler, PA
 Easton Fish & Game Association & Jr. Division,
 Hellertown, PA
 Northumberland Point Township Sportsman's,
 Berwick, PA
 5M Hunting Rifle Club & Jr. Div., Philadelphia, PA
 North Side Sportsmen's Association, Warrendale, PA
 South Fork Rifle Club & Jr. Div., Cresson, PA
 West Shore Sportsmens Association Inc,
 Lewisberry, PA
 Castle Pistol Club, New Castle, PA
 Schuylkill Carbon Marine Corps League #626,
 Tamaqua, PA
 Southern Lancaster Co Farmer Sportsmen Assn.,
 Peach Bottom, PA
 Middletown Anglers and Hunters, Middletown, PA
 Emlenton Rod & Gun, Emlenton, PA
 Camp Anderson Corporation, Tyrone, PA

Virginia Citizens Defense League, Inc.,
 Garrisonville, VA
 Arlington Fairfax Chapter IWLA,
 Centerville, VA
 Prince George High School JROTC,
 Prince George, VA
 Virginia Tech Corps of Cadets, Blacksburg, VA
 Northern Virginia Gun Club, King George, VA
 Piedmont Sportsman Club, Ruckersville, VA
 Nansemond Suffolk Shooting Club, Suffolk, VA
 Tuckers Creek Rimfire Rifle Club, Inc.,
 Davisville, WV
 Gibbs Military Collectors Club,
 Martinsburg, WV
 Fort Boreman Rifle Club, Danisville, WV
 Brassmasters Inc, Buckhannon, WV
 Fraternal Order of Police Associates Lodge #5,
 St Albans, WV
 Gar-Field Senior High School MCJROTC,
 Woodbridge, VA
 Leon High School MCJROTC, Tallahassee, FL
 Military Marksmanship Association, Inc.,
 Fort Benning, GA
 Bartlett High School JROTC, Anchorage, AK
 Pisgah High School NJROTC, Canton, NC
 Bastrop High School NJROTC, Bastrop, TX

North Cobb High School Navy JROTC Air Rifle



CMP Traveling Instruction School Re-Branded 'Rifle Marksmanship 101'

By Steve Cooper, CMP Training & Education Manager



CAMP PERRY, OH – The Civilian Marksmanship Program's traveling entry-level rifle marksmanship school, formerly known as the Small Arms Firing School On-the-Road, has been re-branded with a new name: **CMP Rifle Marksmanship 101**.

"We've changed the name to more accurately reflect the purpose of the school at our off-site marksmanship events," said Mark Johnson, CMP Chief Operating Officer. "The Small Arms Firing School will remain the name of our introductory marksmanship programs for rifle and pistol held during the National Matches at Camp Perry."

"CMP's rifle marksmanship training program is growing, and its new identity will allow us to expand elements to include other classes like the GSMM New Shooter Clinic and other courses. The GSMM clinic teaches basic operation and competitions procedures employing the M1 Garand, Springfield, Vintage Military and Modern Military rifles," he said.

"In fact, the CMP will be offering its first **Pistol Marksmanship 101** course this fall at the CMP New England Games," Johnson added.

The CMP currently provides introductory marksmanship training

at several venues across the U.S., including the CMP Western Games in March at the Ben Avery Shooting Facility in Phoenix, AZ, the CMP Eastern Games in April at Camp Butner near Raleigh-Durham, NC, the CMP New England Games in September at Camp Ethan Allen, near Jericho, VT and the CMP Oklahoma Games in October at the Oklahoma City Gun Club near Arcadia, OK and ends the season with the Talladega 600 at the CMP Talladega Marksmanship Park in November. The CMP frequently receives assistance with instruction from the elite U.S. Army Marksmanship Unit at Camp Perry and other travel events.

In addition to those regularly scheduled annual events, the CMP conducts stand-alone Rifle Marksmanship 101 courses at three to four other clubs and competition centers across the U.S. each year. Plans are now being finalized for the 2020 stand-alone schools.

For more details and registration information for Rifle Marksmanship 101 and Small Arms Firing School, visit the CMP's website at <http://thecmp.org/training-tech/marksmanship-101-courses/>.



Parting Shots: Photos from Recent CMP Events & Competitions

Junior shooters left their mark on several recent CMP events including the Camp Perry Open and the JROTC Service Championships.



Camp Perry Open



JROTC Service Championships



JROTC Service Championships

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Rifle Practice and Firearms Safety
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