



ON THE MARK

THE NEWSLETTER FOR COACHES AND JUNIOR SHOOTERS © SPRING 2020

HOME, HOME NOT THE RANGE...

CMP Facilities Wait Patiently As Spring Matches, Programs Are Disrupted By Current Events



Inside:

- Club Discount Purchase Program
- CMP Scholarship Winners
- Rifle Team Rebuilds Fallen Library

Learn More:

- Training Part I – The Way to Success

Results On:

- JROTC/CMP 3P Events

Featuring:

- Practicing (during) Social Distancing
- Advice from Indiana State Directors
- The College Experience

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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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 ◎

- ◎ **Events at Talladega Marksmanship Park.** Daily hours have resumed at CMP's own marksmanship facility in Alabama. The park is 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. The facility offers pistol, rifle and shotgun opportunities all year long. Find all of the park information on the CMP web page at <https://www.thecmp.org/talladega>.



- ◎ **CMP New England Travel Games, Sept. 14-20, 2020.** As of this printing, the CMP's New England Travel Games is planning to go on, as scheduled. The event, fired at the Camp Ethan Allen Training Site in Vermont, combines both rifle and pistol competition and learning events. The recreation-oriented events are open to all ages and experience levels. The CMP Highpower Rifle matches fired at CMP Travel events also offer EIC point opportunities. For more information, please visit <https://www.thecmp.org/vermont>.



- ◎ **Talladega Paver Program.** If you're looking for a gift for the CMP advocate, the Paver Project offers a collection of engraved granite slabs, available for purchase and personalization for an individual, club, company and any other worthy sentiment. Pavers come in 4"x 8" or 8"x 8" sizes, as well as a special 4" x 4" option for juniors. Order forms can be found on the CMP website at <https://thecmp.org/ranges/talladega-marksmanship-park/paver-project/>.



Gift your special someone with a Civilian Marksmanship Program Gift Certificate!



CMP Gift Certificates

Visit www.TheCmp.org/gift for details

On the Cover: The CMP Ranges sit empty as COVID-19 caused the immediate cancellation of most of CMP's Spring event calendar. The CMP now looks towards integrating back to regular business within the "new normal."

A Message to Our CMP Supporters

It goes without saying that the last few months have been unprecedented for us all.

We at the CMP have been extremely fortunate throughout our existence. We've been able to, and have been proud to, facilitate thousands of marksmanship courses, programs and competitions across the country for countless individuals – giving experienced competitors a place to grow and reach their goals while educating others on the challenging, exciting and evolving world of competitive shooting.

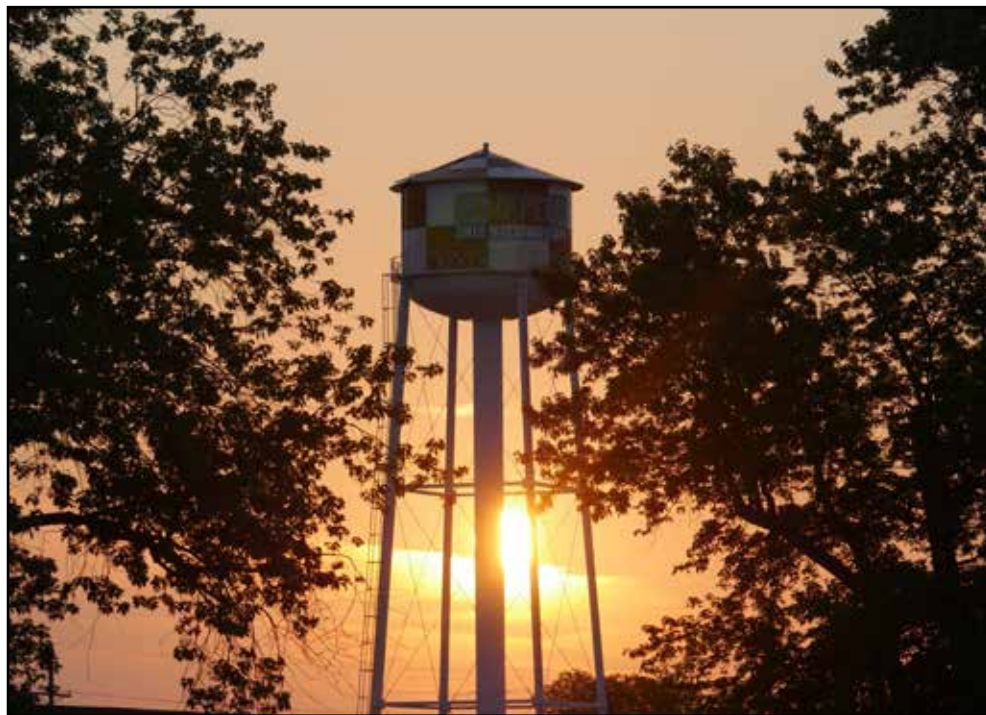
Earlier this year, as March approached, we anticipated the always-busy spring season to unfold just as it has every year for over 20 years, with the summits of our junior air rifle matches swiftly coming into view and our outdoor events just beginning to emerge from hibernation. For us, when springtime arrives, we know it means it's time to shake off the cold of winter and get moving. As nature awakens, our employees are active, traveling the country, maintaining our year-round programs at home and also entering full-scale planning mode for our most elaborate and most attended event of the year, the National Rifle and Pistol Matches.

But this year, just as we were getting warmed up, it all came to a brisk halt with the emergence of COVID-19.

We, along with the rest of the world, carefully watched its development. We carried on with an optimistic mentality, but it soon became clear that our schedule would need to change in order to protect ourselves, our guests and our country.

The decisions made for our offices and our schedules did not come lightly. Our administration stayed meticulously vigilant to local, state and federal happenings in order to make the fairest assessments, with the ultimate significance of our work in mind – the health and well-being of everyone.

With each event we had to cross off of our list came a general feeling of melancholy, knowing that we wouldn't be able to witness the hard work of our talented junior athletes on the firing line, that we were missing the opportunity to connect with old and new comrades at our Travel events and that we were simply unable to do the work that we love.



But we did it all for the same reason that we conduct and create our programs – we did it for you. Although we miss you (and we do!), we feel we are doing the best we can with the changing climate. And yet, we know there is more to do.

From here, we're taking this time to create a greater CMP. We're working to innovate ourselves – deeply analyzing our programs, developing online courses to coincide with new community structures and enhancing our existence.

We did our best to remain optimistic at the beginning stages of COVID-19, and our optimism for the future has not wavered. Our contribution to the world (our company mission) remains to be what it has always been – safety and education. We will continue on with our mission, no matter what the coming months may bring. We thank you for your enduring support as we remain supportive of you in your passions!

With that, we say “congratulations” to our graduating junior athletes, “see you soon” to our loyal competitors and “welcome” to those who will soon discover all that the CMP has to offer.

The sun will rise on the firing line again. Until then, stay well.

Keep up-to-date on the latest changes/updates to the CMP schedule by visiting our website and following our social media pages (Instagram/Facebook/Twitter).

CMP Uses Alternative Method to Name Winners in Withdrawn JROTC, CMP Air Rifle Matches

By Ashley Brugnone, CMP Writer



To make up for unexpected changes to the usual air rifle season, the Civilian Marksmanship Program (CMP) has come up with a substitute method of establishing and awarding top junior athletes in its unfired national events.

Each year, two of the biggest competitions in the world of junior air rifle are the JROTC and the CMP Three-Position Air Rifle Championships. Both begin in the fall with a postal match before moving on to regional competitions that eventually lead to the crowning national events in the spring and early summer, where overall champions in sporter and precision classes are finally determined. The JROTC Championships accommodate high school scholastic athletes from around the country, while the CMP Three-Position event welcomes a variety of junior individuals and teams from schools and clubs.

With many districts closed for the remainder of the year due to COVID-19, the decision was made in early spring to cancel the JROTC Air Rifle National Championships and the CMP Three-Position Regional/National events – carefully considering the idea that the CMP would rather cancel the events entirely than carry on without full participation from qualifying schools.

Recalling its mission of awarding talented junior marksmen, the CMP remained enthusiastic about recognizing those junior athletes who exhibited exceptional performances in the fired portions of the Three-Position Championships and named winners from the following matches that were able to be completed as scheduled.

JROTC Three-Position Air Rifle Championships:

Prize money reserved for the JROTC National

Championship was used to award those who recorded outstanding scores in the JROTC Service Championships (fired in Ohio, Alabama and Arizona). Those finalized results can be found on CMP's Competition Tracker page at <http://ct.thecmp.org/JROTCNatresults>.

The Top 5 teams and individuals from precision and sporter classes were presented with monetary awards for their success during the match.

In addition to money awarded by the CMP, Larry and Brenda Potterfield from the MidwayUSA Foundation offered generous donations to be distributed amongst those teams that qualified to attend the JROTC Service Championships.

CMP Three-Position Air Rifle Championships:

The CMP Three-Position Air Rifle Match schedule was also disrupted this spring – with only the Postals Match completed earlier in the year. Regional competitions set for March and April in Ohio, Alabama and Utah were ultimately cancelled.

The Top 5 highest scoring teams and individuals in both precision and sporter from the Postals results are shown on the next page. View a complete list of results on the CMP Competition Tracker page: <http://ct.thecmp.org/2020CMPPostalresults>.

Congratulations to all awarded teams and individuals! We at the CMP were saddened to have to cancel these always exciting and meaningful junior air rifle events, but we were happy to be able to still recognize these talented athletes for their hard work and determination.

JROTC Three-Position Championship Results

Precision Teams

Team Name	Score	Inner Tens
• Granbury HS TX 1	4692	320
• East Coweta HS GA 1	4662	289
• La Cueva HS NM 1	4658	288
• Joshua HS TX	4641	283
• Eldorado HS NM	4621	270

Sporter Teams

Team Name	Score	Inner Tens
• Nation Ford HS SC A	4435	171
• Zion-Benton HS IL 1	4433	167
• Jack C. Hays HS TX	4404	147
• Nation Ford HS SC B	4322	115
• Lebanon HS OR	4320	133

Precision Individuals

Name	Team	Score
• Philip Becker	Granbury HS TX 1	1285.9
• Ionee Mendoza	Parlier HS CA	1274.8
• Kaylene Castillo	Eldorado HS NM	1272.7
• Allison Henry	Granbury HS TX 1	1272.3
• Clarissa Layland	Granbury HS TX 1	1271

Sporter Individuals

Name	Team	Score
• Halie Creekmore	Zion-Benton HS IL	1,215.6
• Maya Cameron	Nation Ford HS SC	1,212.3
• Alexia Resendiz	Zion-Benton HS IL	1,205.8
• Kayla Kalenza	Nation Ford HS SC	1,202.3
• Alana Ruggiero	Nation Ford HS SC	1,197.0

CMP Three-Position Championship Results

Precision Teams

Team Name	Score	Inner Tens
• Ontelaunee Jr. Rifle PA 1	1174	74
• Gallatin Valley Sharp Shooter MT 1	1170	78
• Capitol City Junior Rifle Club WA 1	1165	71
• Hellgate Rifle MT 1	1165	59
• Sabertooth Shooting Squad WA 1	1164	68

Sporter Teams

Team Name	Score	Inner Tens
• Zion-Benton HS IL 1	1105	35
• Lebanon HS OR 1	1099	40
• Boca Ciega HS FL 1	1088	31
• Des Moines North Marine Corps JROTC IA 1	1080	34
• Denver North AJROTC HS CO 1	1068	22

Precision Individuals

(Name, Team, Score)
• Mackenzie Strauch Gallatin Valley Sharp Shooter MT 1 297-25x
• Katrina Demerle Fairfield Sportsmen's Association OH 297-19x

Precision Individuals continued (Name, Team, Score)

• Marcus Klemp Hellgate Rifle MT 1 297-18x
• Scott Rockett Patriot Shooting Club of VA 4-H VA 1 296-25x
• Allison Buesseler MN Centershots Legion Post 102 1 296-22x

Sporter Individuals (Name, Team, Score)

• Shelby Carr Guns R Us 4-H NE 283-13x
• Jeremiah Vonzell Zion-Benton HS IL 282-9x
• Christopher Hicks Culpeper County MCJROTC VA 1 281-9x
• Zoe Geoghegan Lebanon HS OR 1 279-13x
• Katrena Silletto Denver North AJROTC HS CO 1 278-7x

TRAINING – Part I

TRAINING – Part I

The Way to Success in Shooting

By Gary Anderson, DCM Emeritus



Eight of the best junior women rifle shooters in the world are shown in this photo of the start of 50m 3x40 Rifle Women Junior final in the 2018 World Championship. These women are all products of elite junior training programs in their nations of China, France, Russia, USA, Iran, Italy and Switzerland. USA athlete Morgan Phillips (4th from right) qualified 1st and finished 4th after the final (1171/434.3)

Virtually everyone who knows anything about the sport of Shooting agrees that Shooting is a sport where ultimate success is determined by training. The questions coaches, junior athletes and parents ask are not about whether training or practice is important, but about how to train. They want to know what the objectives of training are, what types of training should be done, what training strategies to use and how to plan effective training programs. This **On the Mark** article seeks to provide answers to those questions.

Training is such a decisive factor in determining success in the sport of Shooting because it is a sport where precise motor skills must be developed through thousands of correct repetitions. Shooting training is concerned with how to do those correct repetitions. Training for Shooting

athletes thus begins by recognizing that in precision skill sports, and especially in Shooting, champions are determined by how much and how well they train and not by any measure of natural ability or physical talent that they bring to the sport.

What is Training?

Training in Shooting is not simply trying to shoot higher scores by doing more shooting. Doing more shooting will improve shooting scores but it is not the most effective way to train. This is especially true for young athletes in schools or colleges who must balance sports training with the demands of family life, schoolwork and other activities. Moreover, in the world of elite shooter performances at Olympic and World Championship levels, it is no longer

possible to win by simply working harder than everyone else. Today, winning in international championships can only be achieved by combining an incredible amount of hard work with the most advanced, effective training methods.

Sports training is the **systematic repetition of sports skills with the objective of learning and perfecting those skills so they may be performed in sports competitions**. "Systematic" addresses how the variables in this equation are managed. Shooting training variables include 1) the athlete's level of development (beginner, intermediate, advanced, elite), 2) the athlete's dreams, goals and commitment, 3) the training environment (training time, equipment, range facilities, family support, the group environment) and 4) the technical expertise (knowledge and coaching) available to the athlete. Training that produces optimum results is training that takes each of these variables into account and manages them to the athlete's advantage.

Athlete's Level of Development. How an athlete trains must first be determined by their level of development. Training methods and practice volumes that are appropriate for each athlete evolve through four fairly distinct phases of development: 1) **learning** shooting skills, 2) **mastering** shooting skills, 3) **improving** advanced shooting skills and 4) applying **high performance** demands.

• **Beginner – Learning Shooting Skills.** In the learning phase, the emphasis is on instruction and doing practical exercises that apply this instruction. Beginner instruction is given in progressive steps: 1) gun safety and range procedures, 2) shot technique and supported position firing, 3) learning the standing-prone-kneeling positions and 4) shooting full courses of fire. Training volume is generally light in this phase. A typical training session includes 15-20 minutes of instruction and 30 to 60 minutes of dry fire and live fire repetitions to practice what was taught.

Successful training programs for Shooting manage the variables impacting each athlete:

- **Level of Development**
- **Goals and Motivation**
- **Training Environment with the objective of maximizing the athlete's competition results.**

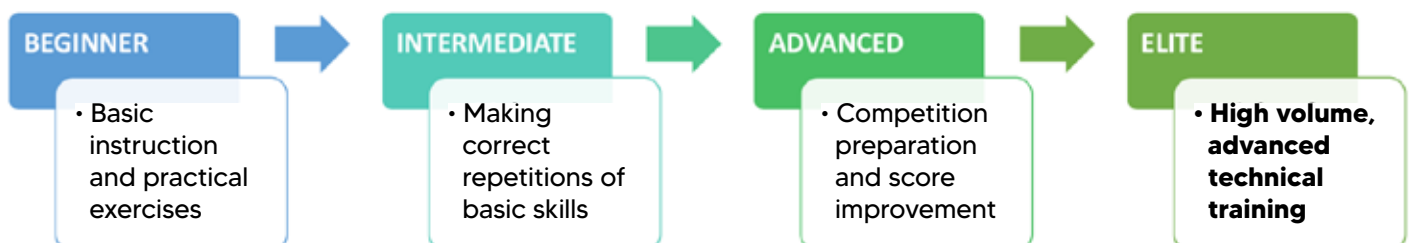
• **Intermediate – Mastering Skills Phase.** In this phase, athletes focus on making correct repetitions of the skills they learned as beginners. Here the coach's role shifts from giving instruction to observing, answering questions and making necessary corrections. As shooters become comfortable with their firing positions and shot technique performances, training volume should increase. An athlete in this phase can handle one to two hours of shooting a day, three to five days a week. Coaches and athletes can evaluate their training loads by determining whether they are putting full concentration and effort into performing each shot correctly.



Training requirements for beginning and intermediate athletes are very different from the training requirements for advanced and elite athletes.

ATHLETE DEVELOPMENT LEVELS

Training demands, technical content, training methods, training volume and coaches' roles change as athletes advance from one level to the next.



TRAINING – Part I



The world's most successful rifle shooter in recent decades, Nicco Campriani of Italy (center), credits part of his development to training and coaching he received while he competed as a member of the University of West Virginia Rifle Team. Campriani (center) is shown here after receiving his third Olympic gold medal in the 2016 Games (50m 3x40 rifle). The silver medalist was Sergey Kamenskiy, RUS (left). The bronze medalist was Alexis Raynaud, FRA (right).

• **Advanced – Competition Participation and Improvement.** Athletes in this phase have perfected their skills and are regular participants in individual and team competitions. Their training has two objectives, 1) to prepare for upcoming competitions and 2) to continually seek ways to improve their scores. The coach's role in this phase is to assist in planning preparations for competitions and to serve as a technical resource to help the athlete find ways to improve. Training volume in this phase depends upon athlete and team goals. An athlete who is focused on enjoying a positive sports competition experience may find that two or three one to two-hour practice sessions a week are sufficient. Conversely, an athlete or team whose goals are focused on achieving major competition success will find it necessary to train five days a week for two to three hours per session.

• **Elite – High-Performance Training and Competition.** Athletes in this phase are not only focused on achieving winning performances, but on doing that at national and international levels. Training here also focuses on preparing for upcoming competitions and on continuing to improve but in much more phased and focused ways. Coaches at this level must have advanced knowledge of high-performance training program management and shooting techniques. Athletes at this level typically have life situations that afford them sufficient time and flexibility

to attend numerous competitions and train three to five hours a day, five or six days a week, 11 months out of a year.

Dreams, Goals and Commitment. One of the biggest variables in sports training is the athletes' goals and motivations. It's one thing to say, "*I want to become an Olympic gold medal winner.*" It's quite another to actually have the dedication and self-discipline to do the hard work necessary to even have a realistic possibility of becoming an Olympic gold medal winner. Most beginners start with little more than a thought that "it would be cool to learn how to shoot." However, as they learn basic skills and more about the sport and its challenges and opportunities, they will begin to dream about what they want to do in Shooting. Many youths will be satisfied to see themselves stay in shooting for a while and have fun finding out how well they can shoot.

Many will want to make their school or club competition teams. Some will dream about trying to win individual or team competitions. A few will dare to dream big dreams about going on to shoot on college teams, making a U. S. National Team or even one day standing on a victory stand at a World Championship or Olympic Games.

Athletes' dreams become goals and those goals define how athletes must train to achieve them. The athlete who just wants to learn how to shoot will find attending weekly shooting club sessions during the shooting season sufficient. The athlete who dreams of becoming a college or national team member needs to commit to doing the types and amounts of training necessary to fulfill that goal. The determining factor, in the words of Lones Wigger, an all-time great Olympic and international champion, "***is not whether you have the will to win, but whether you have the will to prepare to win.***" Dreams may inspire champions, but they don't make champions. **Only when dreams and goals become commitments to do the work and training necessary to achieve those goals do they become effective goals.** It is this commitment or will to train that determines training results.

Training Environment. The environment in which an athlete trains definitely impacts how they train and what their training outcomes will be. Training environments

do not have to be ideal in order for athletes to advance but they do have to be taken into account in designing training programs. When there are shortcomings in the training environment, athletes and coaches must find ways to compensate for those limitations.

- **Time Available for Training.** A practical matter for young athletes in the USA who have responsibilities to their families, schoolwork and friends is that the time they have available for sports training is limited. They are not like young athletes in Chinese sports schools where school hours are limited and shooting training time is greater. Young athletes here must practice time management. When they come to the range to shoot, they need to limit socializing time and spend as much time as possible actually shooting. To train two or three hours a day, they need to reduce or eliminate television or video game time while making sure they still allocate enough time to their studies and family.

- **Equipment.** Most junior shooters start with equipment provided by their club or school. Many of the rifles and shooting clothing provided by these programs have seen many years of use. This equipment likely will still work well for someone who is learning how to shoot, but advancement to the intermediate level will be slowed and advancement to the advanced level will be nearly impossible unless rifle athletes have suitable rifles and well-fitting shooting clothing and pistol athletes have good competition pistols. One key to advancement is when young athletes, with family support, are able to acquire their own target guns, clothing and equipment.

- **Range Facilities.** Today, most juniors have access to 10m air gun ranges through their clubs or schools. A much smaller percentage of juniors have access to smallbore rifle or pistol ranges. But then comes a critical question: How often are these ranges open, supervised and available? Schools and clubs that develop top level teams recognize how their ranges must be available more than one or two days a week if their athletes are going to do advanced training. Schools and clubs should take steps to keep their ranges open as many days during the week as possible. Another solution for athletes who want to train more is to obtain their own equipment so that when their ranges are not open, they can train at home, either on their own 10m ranges or by dry firing.

- **Family.** Families (and friends) play a big role in determining how much and how enthusiastically young athletes train. The ideal situation is when an athlete's family understands and supports an athlete's goals. When family members or friends tell a young athlete, who is motivated to do lots of training, that they are wasting their time, it's pretty difficult to stay motivated. Another negative situation is when parents push their children to pursue sports goals that are the parents' goals, not those of their children. Participation in higher level youth sports competition requires young athletes' families to support their attendance at practice sessions and cover equipment and travel costs. In shooting, especially rifle shooting, equipment costs can be substantial.

- **Group Environment.** One aspect of the training environment that can determine how athletes train is what might be called the group environment (*Gesellschaft* in German). Some school teams and clubs consistently produce outstanding junior shooters because their leaders expect excellence from team members and team members expect excellence from each other. A program that approaches its practices as regular sports team practices will facilitate better training. Champion Shooting athlete or marksmanship history images that are displayed at a range can inspire stronger motivations. Programs that inform their athletes about winning scores, especially at the international level, will raise their athletes' mental standards.



Having a qualified coach plays a decisive role in determining athlete training effectiveness. Here, a coach of India's National Junior Team intervenes with her athletes during a 2019 ISSF Junior World Cup Mixed Team Final.

TRAINING – Part I

Access to Technical Expertise.

Junior athletes who have truly knowledgeable coaches are fortunate. Being taught correct firing positions and shot technique greatly speeds up the learning process. Junior athletes who have competent coaches need to listen and apply what their coaches teach. A big concern arises when junior athletes want to learn more or, worse yet, do not have competent coaches. There are ways to compensate for this void. **CMP Junior Rifle Camps** that take place every summer are a great way to get advanced training.

Attending **U. S. Army International Rifle Team Clinics** is an excellent learning experience. Self-study can be very beneficial. **Coaching Young Rifle Shooters** and selected other publications* can be sources of a treasure trove of technical knowledge. Athletes who want to move up to advanced and elite levels will be wise to accumulate a library of training resources that they study on a regular basis.

What are Training Objectives?

The objective of Shooting training, overly simplified, is to improve one's scores. That, however, is not an especially useful understanding of what Shooting training must accomplish. Coaches and athletes need to know what specific aspects of performance must be developed and improved through training. Training objectives in Shooting are to improve:

- **Hold Stability.** In both rifle and pistol shooting, scores are directly related to how stable an athlete's hold is. Training must develop stable firing positions that along with shot preparation and position alignment techniques produce the steadiest possible holds. This can be done by making live fire repetitions, but often the most effective training methods for developing hold stability are aiming exercises, holding drills, inner position evaluations and dry

A RIFLE ATHLETE'S "HOLD"



A new athlete's standing position hold on the BMC target will have a large arc of movement.



After one or two years of training an intermediate athlete will have a standing hold like this on the competition target.



After more intense training an elite athlete will have a standing hold like this. Training is what makes the difference.

firing.

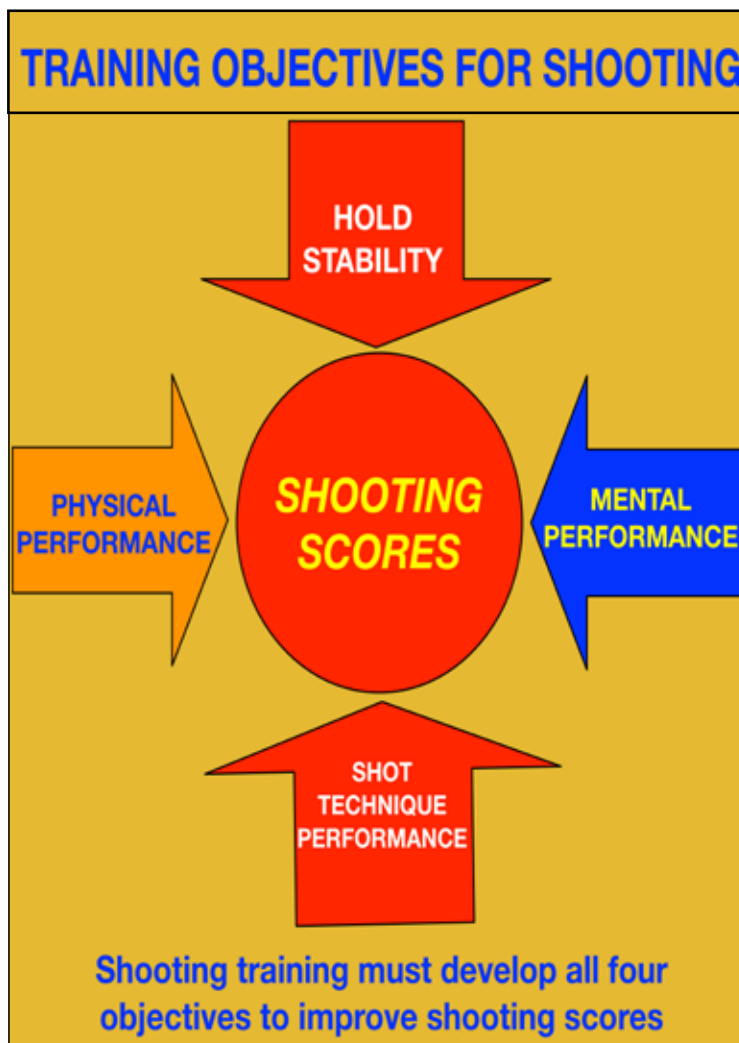
- **Shot Technique Performance.** Shot technique for beginners is quite simple: Align the sights on the target, stop breathing and smoothly press the trigger. As an athlete advances, shot technique becomes more and more complex; athlete training must support that advancement. Shot technique is developed through shot repetitions. It is improved by establishing a shot plan and perfecting the execution of that plan through dry and live fire training.

- **Mental Performance.** Mental performance impacts shooting results by determining how well an athlete concentrates, how disciplined athletes are in following their shot plans and whether they remain positive and in-control before, during and after each shot.

* **Coaching Young Rifle Shooters** by Gary Anderson focuses on the technical training of beginning and intermediate rifle juniors. It can be purchased from the CMP E-Store. English translations of German texts by Heinz Reinkemeier and Gaby Buhlmann titled **Ways of the Rifle, Air Rifle Training and Competition** and **Sport Psychology and Competition** are excellent advanced technical resources. Coaches and athletes may also download copies of selected **On the Mark** technical articles by Gary Anderson (https://thecmp.org/news-media/gary_otm/) to use them as resources.

Even beginners need concentration and self-control/emotional control skills. Advanced athletes must become very skilled at focusing attention (concentration) on selected aspects of performance and on disciplining themselves to consistently follow their shot plans. Mental performance is best trained during dry and live fire repetitions of complete shots when combined with honest evaluations of these aspects of mental performance.

- **Physical Performance.** An athlete's physical performance manifests itself in several different ways. Achieving pistol or rifle stability requires precise neural-muscular coordination. A pistol athlete requires considerable arm and shoulder strength to lift and hold the pistol with maximum stability during multiple repetitions. A rifle athlete requires selective muscle relaxation and tension to maintain stable firing positions and execute shot technique. An athlete's general physical condition impacts their ability to carry out a heavy training load as well as their ability to function well under the mental and physical stress of competitions.



Different specialized training methods help athletes analyze and perfect how their bodies perform while trying to improve hold stability. Here, Olympic gold medalist Ginny Thrasher, USA, warms up before 50m range training by doing holding drills without her shooting jacket.

Training Methods

Training methods are the specific exercises or activities athletes perform during their training. Simply going to the range and shooting an established course of fire day after day is a method of training, but it is not a particularly effective way to train. There are different training methods because different training drills offer different training benefits. An effective training program for any athlete considers the athlete's level of development, goals, and training environment to plan which training methods to use and how much of each training method to use. Training methods used in shooting are:

- **Range Training.** Range training is the firing of live fire shots on an actual 50m, 50 ft. or 10m range. It is also possible to do 50m training on reduced targets at 50 ft. or to do 10m training where shooting is normally done on single bull targets by shooting at 10-bull targets.

TRAINING – Part I

Range training is easier to evaluate because scores are produced, and scores are usually the best indicator of performance. Athletes should record all scores fired and use them to chart progress and improvement. When sufficient range time is available, live fire range training must be the major component of an athlete's training.

- **Dry Fire Training.** Dry firing is performing all phases of firing a shot without loading the rifle or pistol. When done correctly, dry firing simulates the firing of shots and is a very effective training method. Dry firing has the advantage of costing nothing and it can be done on or off the range. Many junior shooters use dry firing to train at home when team or club ranges are not available. Beginners use dry firing to learn basic shot technique and increase the number of repetitions they get in short training sessions. Dry firing often precedes live firing as a way to warm-up and prepare for firing. Advanced athletes use dry firing to perfect shot technique because it increases the number of

possible repetitions. The key to productive dry firing is for the athlete to be absolutely disciplined in performing dry fire shots correctly and honest in calling dry fire shots. Wishful thinking does not suffice. If shots don't really look like tens they shouldn't be called "maybe tens." Being conservative in dry fire shot calling is also a way to increase athletes' mental performance demands.

- **Aiming Exercises** (holding drills). Aiming exercises are done by aiming at blank targets or a blank wall. Athletes use aiming exercises and holding drills to improve control of their body and reduce sight picture (hold) movements. Many pistol athletes use aiming exercises to enhance sight alignment stability. Rifle athletes may do aiming exercises as a way to enhance their inner position performances. They do this by focusing attention on how the muscles and balancing mechanisms feel while they strive to stabilize their bodies.



Aiming exercises on blank walls like these two pistol athletes are doing is becoming a favored way for pistol and some rifle athletes to develop improved hold stability. Aiming exercises are also used to warm up before training or competitions.



A SCATT training system display for one shot. The color changes show hold movements before (green), just before (yellow) and after (red) the shot.

• **Electronic Training Systems.** The shooting equipment market now offers several different electronic or laser-based training systems. There are probably only two commercial systems that are useful for training advanced and elite marksmen, the SCATT (<https://scattusa.com/>) and Noptel (in USA, <http://www.brenzovich.com/>) systems. Both use electronic sensors that trace rifle or pistol hold movements on the target and display hold trace lines on computer screens so the athlete and coach can analyze performances.

This article will conclude in the next **OTM** issue with “*TRAINING, Part II – The Way to Success in Shooting.*” That article will discuss training principles, training strategies and training plans.

See past articles from Gary Anderson on the CMP website:

https://thecmp.org/news-media/gary_otm/

• **Mental Training.** Mental training is usually done in parallel with other methods of training. For example, an athlete who is doing dry fire training may also consider how well they follow their shot plans or concentration sequence during each shot. Mental training is directly linked to Shooting Logbook record keeping where these considerations are evaluated after each shooting session.

• **Physical Training.** Physical training is usually done separate from shooting training. For beginning athletes, physical training is usually nothing more than encouraging them to practice active sports. For advanced and elite athletes, time should be dedicated each day to doing physical training. Stretching exercises are important to warm-up before training and competition. Physical training for shooters should emphasize exercises and sports that build cardio-vascular endurance, flexibility, coordination and strength endurance. Except for pistol athlete requirements for arm and shoulder strength, exercises or sports that emphasize strength should be avoided. Running, swimming, biking and cross-country skiing are all excellent sports for shooters. Workouts using gym equipment are useful if the emphasis is kept on lighter resistances and higher repetitions.

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.



Practicing (during) Social Distancing

By Chance Cover, CMP Junior Rifle Camp Director

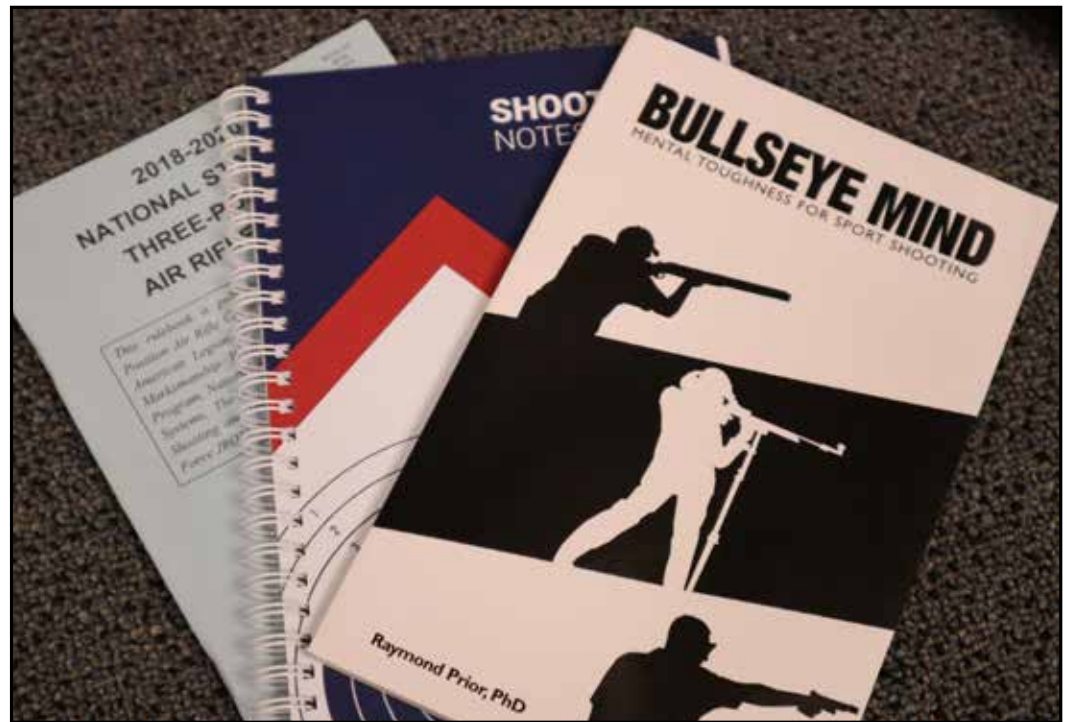
All the matches are cancelled, the ranges are probably not open, and we've been out of school for who-knows-how long. Even the Olympics have been pushed back and are now the 2020NE Tokyo Olympics, according to NBC. But what does this mean for us, stuck at home, with no concrete start to new matches, practices, or events? Well, even though we may not be able to hear the flattening of pellets on backstops, or see neat little round holes appear in our targets, it doesn't mean we are without training opportunities for the times that we have been given!

Motivation

First things first, let us take a step back and look at why we originally started the sport. What drew us into the sport, what kept us coming back, and what is our reason for training for hours and hours on end and spending (too much) money? It is easy to get lost in the next match, the next score, the next personal best, and lose our original internal - or intrinsic - motivation for competing in the sport. This is what will keep us going for the long term! Our drive, often termed in the academic field as "rage to master," is our reason for continuing to pursue excellence in a sport long after others have left practice - it's what keeps us practicing at home when there are no foreseeable opportunities to compete. This motivation is what allows athletes like Kim Rhode to compete in six consecutive Olympic Games, or Michael Phelps to earn eight Gold Medals in a single games.

This is very contextual, remember! The motivation that Kim Rhode or Michael Phelps has to train and compete may not be the same as ours. We have to realize that we aren't necessarily lacking motivation if we don't reach that same platform, if it is even one of our goals (we will get to those a little later). This motivation that I am talking about is just what keeps us going and is what will allow us to look at our gear and decide that we want to practice for ourselves without nudges from parents or coaches. External - or extrinsic - factors can be very poor motivators and can lead to burn out or a decrease in our internal motivation.

You may ask "What are internal and external motivators, and how do I recognize them?" A very simple internal



motivator that we like to point out in the CMP Summer Camps is the amount of fun you have in a sport. Do you think of the sport as a game or puzzle, or more as work? Are you generally curious about it, do you have a desire to learn, and are you pursuing a sense of achievement that stems from inside? Or are you doing it because somebody else has urged you to, because somebody else will give you recognition for your actions, or will punish you because you haven't completed a certain action? These are a few of the questions we can ask ourselves when looking at how we have approached the sport. Hopefully you will recognize what motivators you've been using and find a few of those internal motivators!

Goals

With our newly rediscovered internal motivations, why not take a look at what we want to achieve next? Goals can be WILDLY different from person to person, and come in three different varieties: process, performance, and outcome goals. I would like to focus more on our process goals and less on performance and outcome goals for this, because who knows when the next match we shoot will be. Performance and outcome goals can come later.

Anyways, let's decide what we want to work on! A simple formula for working through all of this is to start by picking our long-term goal or goals: what do we ultimately want to accomplish in shooting? Again, this is all contextual.

Some people may want to win a medal at the Olympic games. Some people may want to finish high school as the top shooter on their team, and others may just want to enjoy themselves whenever they go to the range. None of these goals are wrong, but they may be wrong for you. Take some time to think about what you want to do. Now we can move on to the hard part by asking "How?" "How will I do that", "what steps do I have to take", "where are my weaknesses" and "how do I put myself in the best position to accomplish this goal?" This process continues until you have run out of ways to answer those questions and you have reached the fundamentals. We can call the answers to these questions our "Short Term Goals," and in order for these to be effective, they have to be SMART (Specific, Measurable, Attainable, Realistic or Relevant, and Time-Oriented). In essence, we must be honest with ourselves, start small, and methodically work our way to the big time goals that we identified.

Now on to the fun part - after identifying our motivations and our goals, what can we do to train during our long stretches at home, away from coaches, teammates, and ranges? Well, luckily I've been stuck in my apartment for 7 weeks, so I have a few ideas to share about that.

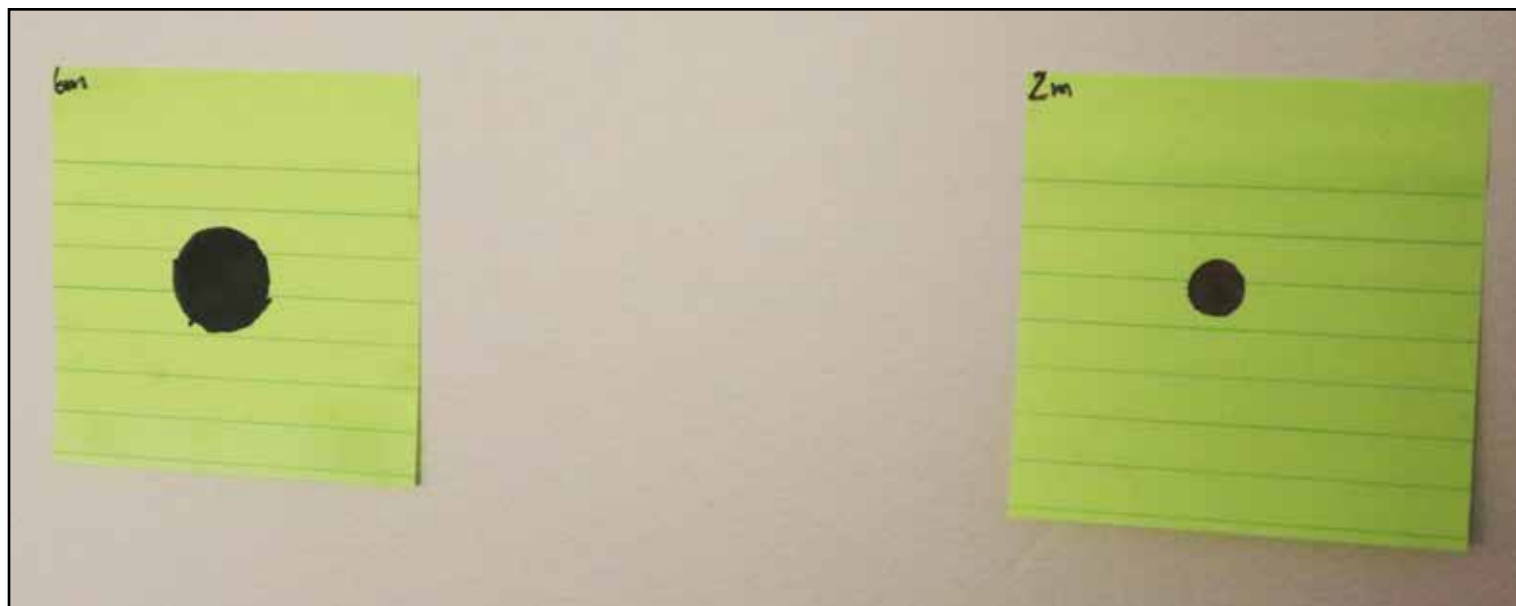
Training

Training may seem like an impossibility if we don't have our gear, a range, a target, or whatever else we deem necessary for our practices. But going back to what I said earlier, this is actually an opportunity for us to train in an unconventional method that might provide benefits we don't have if we only practice at the range. The advantages of practicing at home include the fact that we don't have as much noise, distraction, or pressure as we might find

at the range. This gives us time to look at our positions, think of creative ways to solve problems we may have had for a while, or train our mentality. Let's start with physical training.

As an example, if you have ever been to the junior rifle camps, you have almost certainly heard your counselor say that a good way to get comfortable in kneeling is to sit in front of the TV on your kneeling roll. Even without any gear, it is beneficial to get into position and be aware of our bodies! Try to get into kneeling and sit there for 30 minutes in the most stable position you can, and I'm sure that you will become aware of any pressure points or tension that builds in your position that you may overlook while staring down the sights. Similarly, in standing or prone, if you get into position and listen carefully to your body, you can learn all about your positions and your body and how they interact. Maybe you have tension in your legs when you stand, or you sway more than you expected. Maybe your back gets tight in prone, or you feel like you are using too much muscle in your arm. A scan of your body in position, from head to toe, can tell you so much more than results on a monitor.

Likewise, we can actually do a lot of good if we just hold while at home. There is some math to be done, but by scaling the target down to a proportional size, we can accurately simulate what the target will look like when we go back to the range. This can be enhanced if you have a Scatt system, but DON'T use it to shoot simulated matches or scores. Getting used to our hold, recognizing what body tension creates which movements, and seeing how long we can focus are all benefits of holding without shooting. Scatt is to be used as a guide in these cases, showing you little things that you missed or holding you accountable to the movements that may be present in your positions.



If you don't have a target at home, it's easy to make one out of household materials.



Practicing hold will greatly help you understand the areas (physically and mentally) where you may need more training.

Training our mentality is just as important, and this is a perfect time to start working on mindfulness, meditation, or any other tool for your mental preparation in shooting. How many thoughts do you think you have in a day? And how many would you classify as negative? Take 5 minutes to just notice and recognize thoughts that enter your mind. Especially now, in times of uncertainty or stress, it is an opportunity to use some tools and practice ways to build your mental fortitude. Recognizing and repeating positive thoughts, remembering your “why”, and learning from failures are just a few ways to do this, and tools like mindfulness are helpful in our journey toward building our mindset. Just like physical training, we can purposefully train our mentality, and this should be incorporated into our goals!

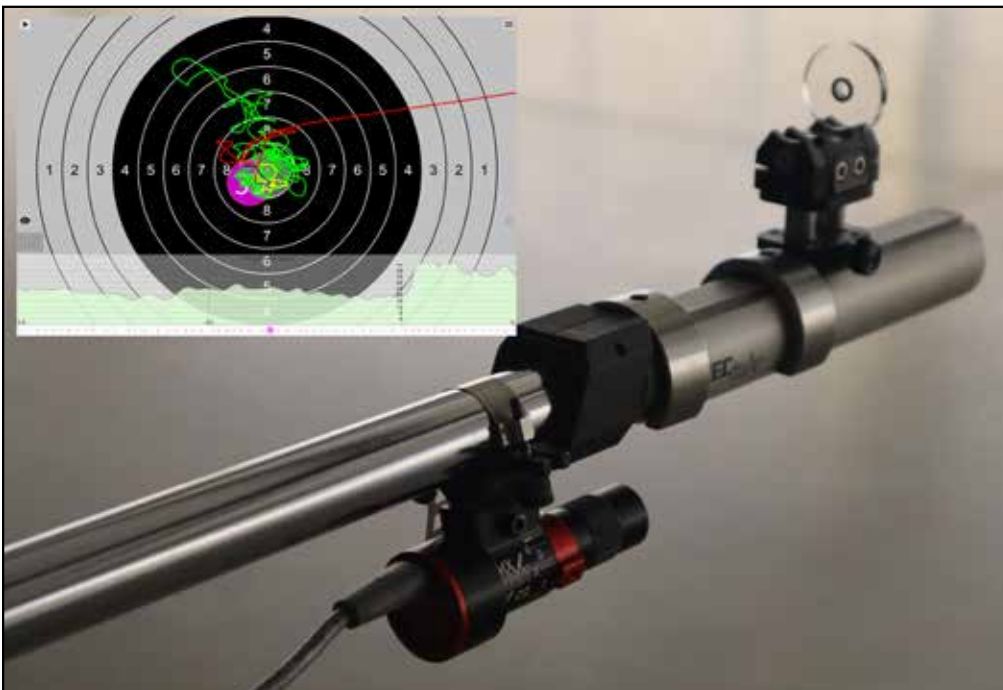
Fitness

One of the most important parts to training while stuck at home is being active. It may be difficult to do all the same things we were doing before, especially due to the gyms closing, but if we aren't active, we won't be physically prepared for shooting when the time comes to go back to the range.

The easiest way to start with this is just go for a walk! If able, start with a 10-, 15-, or 30-minute walk. Walking is a great way for us to move, be active, and avoid sitting at home for days on end. Along with the various physical benefits, just walking outside for a period of time can also reduce stress and lighten the mood! Plus, it means Netflix isn't going to ask us

“Are you still watching?” Even if we are okay with yelling at the TV to stop asking us questions, we can still be active and working on other things, like flexibility. Simple stretches like forward folds, butterfly stretches, and arm and leg stretches can have big impacts when we go back to the range.

Next, who can say that their balance is perfect? If you said yes, stand up, stand on one leg, close your eyes, and ask yourself again. Chances are, we could all benefit from some balance exercises. It may seem easy to stand still, but think about how much a small sway at the firing line will affect the path



A Scatt system (left) is a more advanced way of viewing your hold pattern.

4-H Warm-up	
Squats	x10
Lunges	x10 each
Side Lunges	x10 each
Torso Twists	x10
Hip Rotations	x10 each
Shoulder Shrugs	x10
Deep Breaths	x10
Wobble Board	x 5 min

Keeping a regular fitness routine is a smart step towards improving your stability.

of your projectile downrange. Balance is imperative in our sport at all levels. The nice thing is that improving balance is relatively easy from home. There are so many different exercises to help improve balance, but some of the simplest require only to stand up and move our feet. For example, a simple balance progression would be standing on one leg, then close your eyes, then move your free leg and do toe touches around your body. Another great way to work on your balance is with yoga! Between all the poses and movements, balance is a key component and you will likely see improvements. But if those don't work for you, there are still plenty of resources for working on your balance from home. YouTube and Google are both filled with free or paid balance workouts and exercises.

In tandem with balance is core strength. Core strength is another very crucial part of shooting, both in how well we do and how long we can shoot. Having a strong core is important in protecting ourselves from injuries, especially lower back injuries, which can be prevalent in the shooting sports. Core exercises, from the most common and simple to the more unorthodox and unknown, will help, but it is important to start where you are comfortable and capable otherwise you risk injury. Exercises like leg lifts, planks, and crunches are a great place to start. More complex exercises may include exercise ball pikes, body-bridges,



boat holds - there are a variety of exercises that can be completed, and they can be scaled to a difficulty level that is challenging but safe.

Remember, this is just a small amount of what you can do with your time during quarantine or social distancing. There are entire fields of study dedicated to each of the 4 topics I touched on.

Also, if you'd like to learn a little more, CMP will be doing a virtual camp curriculum this summer and will be diving just a little more deeply into these topics, and more. For athletes and coaches, we will get into areas of learning that will build our fundamentals, explore and push the boundaries of our skills, and hopefully provide some ideas to help us reach our goals. Stay close to (but at a safe distance from!) the CMP for the release date of that course.

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.

August 2020

1 August
TDS IDPA Monthly Match-
Scott Glanze MD
Talladega, AL

2, 5, 9, 12, 16, 19, 23, 26, 30
August
Basic Rifle
Talladega, AL

2, 6, 13, 16, 20, 23, 27, 30
August
Basic Pistol,
Basic Shotgun
Talladega, AL

8 August
V3G Steel Challenge
- Jon Wallace
Talladega, AL

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

22 August
T3G 3 –Gun Monthly Match, 800
Agg. High Power Rifle Match
Talladega, AL

30 August
V3G Pizza and Pew Charity Day
Talladega, AL

September 2020

2, 6, 9, 13, 16, 20, 23, 27, 30
September
Basic Rifle
Talladega, AL

3, 6, 10, 13, 17, 20, 24, 27
September
Basic Pistol, Basic Shotgun
Talladega, AL

5 September
TDS IDPA Monthly Match- Scott
Glanze MD
Talladega, AL

11 -13 September
V3G Alabama Steel Challenge
Speed Shooting Championship
Talladega, AL



12 September
CMP Monthly Air Gun Match
Camp Perry, OH
Anniston, AL

13 September
CMP Petrarca Range
GSMR Matches
Camp Perry, OH

13 – 20 September
New England Games
Camp Ethan Allen, Jericho, VT

16 – 20 September
Glock Annual GSSF Match
Talladega, AL

19 September
3 x 600 High Power Rifle Match
Talladega, AL

26 – 27 September
Marksmanship 101 – Illinois
State Rifle Association
Bonfield, IL

25-27 September
Alabama State Sporting Clay
Tournament
Talladega, AL

26 September
T3G 3 –Gun Monthly Match, 800
Agg. High Power Rifle Match
Talladega, AL

October 2020

1 October
JROTC 3P Postals Open

10 October
CMP Air Gun Monthly Match
Anniston, AL
Camp Perry, OH

12- 18 October
Oklahoma Games
Marksmanship 101
Oklahoma City, OK

November 2020

1 November
CMP Postals Open

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

Words of Advice from Indiana State Directors Gregg and Diane Rice

By Ashley Brugnone, CMP Writer

In order to help ensure the cultivation of marksmanship at the ground level, the CMP appoints State Directors to oversee programs in each of the 50 states. The mission of the State Directors is to provide leadership, resource and program information, coordination, networking, motivation and publicity for junior shooting within his or her state. Find out who your CMP State Director is by visiting <https://thecmp.org/training-tech/state-director/>. Feel free to contact your State Director at any time with questions, comments or concerns.

Gregg and Diane Rice from Columbia City, Ind., are the duo that leads CMP programs in Indiana. As State Directors, the two extend combined personal experience and motivated drive to the Hoosier State. Gregg has been a precision rifle coach since 2006, a 4-H rifle instructor and is certified in a number of areas, including Level 1 Rifle Official, Chief RSO and Advanced Rifle Coach. Diane's qualifications include director of the Northeast Indiana sector of the Indiana State Rifle and Pistol Association, and she is also certified as a Chief RSO and Level 1 Coach. Additionally, she is an instructor for the NRA's Refuse To Be A Victim program, which gives tips and techniques on how to be alerted to dangerous situations and on how to avoid criminal confrontation. The pair also co-founded "The X Count" shooting team and have witnessed the development of 50+ Junior Olympians and several national-level athletes from the state of Indiana.

How important is fundraising towards youth shooting, and what are some things you do to fundraise? What has been most successful?

"It is critically important to have a fundraising coordinator in every club. In smaller clubs, this can also be the coach, but the best thing to do is to share the responsibility and play to the strengths of your volunteers.

The greatest things that a fundraising coordinator can do is to:

1. Know your market – realize what goes best with the community or communities in which you are raising funds. Don't try to copy other clubs whose community has significant demographic differences. I have seen clubs from the poorest of communities raise more funds more quickly than I have. I have also seen clubs from wealthy



Gregg and Diane Rice

communities be more successful and raise funds with little effort. The success of both of these is that they know their market. They are playing to the demographics and habits of their community.

2. Take the greatest advantage of the programs that exist. Don't be afraid to ask permission to be creative and utilize the programs that exist, to their spirit. Program administrators actually enjoy hearing your creative ideas, and programs have altered their rules because of the suggestions I have made.

3. You will hear this often from our program. Always strive to be better. Never stop learning. Our community foundation offers extensive workshops of varying lengths to help you network and improve your fundraising skills."

On that note, what do you think gives Indiana programs an edge in the shooting sports world? What do you do that you're especially proud of?

"The best thing Indiana has is a great rifle facility. The ability to host matches that are held to the same standard as the international competitions improves the image of the sport and brings in more participants.

Indiana is, by far, not the top. There are a number of states like Pennsylvania, Georgia, Virginia and others that have more high school teams and clubs than Indiana. Indiana also has a supportive political environment. This comes back to knowing your market. We don't face the same resistance as other states might in starting new teams."



Diane (left) says juniors stay interested in marksmanship for two reasons: friends and improvement.

What kind of relationship do you have with the MidwayUSA Foundation (an organization focused on helping to raise funds for youth shooting activities), and how do you use contributions from them?

“We have a very personal relationship with the MidwayUSA Foundation. Two important points in building this relationship are to work closely with your state partner and to know your regional program manager. These are Jon Linquist, Northwest; Sara Hall, Southwest; Jeff

McClure, Southeast; and Jay McClatchey, Northeast. We use every resource they have to offer and try to maximize the gain. The harder you work, the harder they are willing to work for you.”

What are some ideas you have for keeping juniors interested in shooting sports? How do you get other juniors interested in joining?

“We advertise. We use yard signs. We use social media. We make sure our athletes are talking to their friends and family. We make sure celebrations of accomplishments by our clubs and athletes are shared publicly. We do press releases. When you do press releases, you must follow up by phone or have a direct email connection to a reporter or manager. Use any connection you have to get to know someone in the press. Write the story for them. They are pressed for time, and when you can do most of the work, you make it easy for them. Juniors stay interested for two reasons: one, their friends are there, and two, they are working towards something bigger.

Belong to all the shooting blogs or Facebook Groups (i.e. 10.9 it's what we train to do, American Competitive Smallbore and Air Rifle League, and Coaching and Positive Insights) that are giving free seminars and regular tips by discipline.

In addition, USA Shooting has offered a library (<https://www.usashooting.org/11-resources/usas-online-library>). Work on your mental game by reading books, such as: The Power of Thought; Win at Losing; Raise Your Game; A Shot at History; 13 Things Mentally Strong People Do; Leaders Eat Last; The Champion's Mind: How Great Athletes Think, Train, and Thrive; Evolve Your Brain: The Science of the Changing Your Mind; The Sports Gene: Inside the Science of Extraordinary Athletic Performance; Performing Under Pressure: The Science of Doing Your Best When It Matters Most; Multipliers Revised and Updated: How the Best Leaders Make Everyone Smarter; Mindset: The New Psychology of Success

Any other advice?

“Involve as many helpers as you can. Play to the strengths of the volunteers available to you, but set good limits.”

To learn more about Gregg and Diane Rice and to view their contact info, visit the CMP website at <https://thecmp.org/cmp-state-director/in/>.



Gregg awards a junior after an air rifle match. (All photos provided by “The X Count” Facebook page.)

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
#1439	Samuel Weisenburger	Seeley Lake, MT	#1451	Olivia Lusk	Gray, TN
#1440	Elizabeth Probst	Brady, TX	#1452	Isabella Rios	San Antonio, TX
#1441	Jacob Bzdafka	Burke, VA	#1453	Kenlee Ewton	Soddy Daisy, TN
#1442	Joaquin Izquierdo Edwards	Rockville, MD	#1454	Jacob Wisman	Independence, WV
#1443	Laci Jewell	Waycross, GA	#1455	Maya Cameron	Fort Mill, SC
#1444	Arturo Zaragoza	Des Moines, IA	#1456	Madisen Smith	Olympia, WA
#1445	John Kersey	Fairfax Station, VA	#1457	Alana Ruggiero	Fort Mill, SC
#1446	John Blanton III	West Point, MS	#1458	Izaaih Cortez	Selma, CA
#1447	Lillian Warren	Perry, MI	#1459	Wrangle Kruckenberg	Anchorage, AK
#1448	Gabriela Morrow	Locust Grove, GA	#1460	Angus Babcock	Lithia Springs, GA
#1449	Kinsley Hannon	Newnan, GA	#1461	Cady Thomas	Jasper, AL
#1450	Thomas Harkins	Batesville, MS	#1462	Dante Aletto	Sarasota, FL
			#1463	Andrew Duros	Marlborough, MA



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.

Honoring Our 2020 High School Seniors

For most high school senior air rifle competitors, the spring means it's time for the last few hurrahs with your teammates and coaches. It's the culmination of all of your years of effort – the final opportunity to achieve all of your goals before life carries you on to new paths. It can be exciting, sad and even scary at times.

For the Class of 2020, it was mostly the latter. Cancelled CMP events left student-athletes without the chance to give that final high school performance.

At the CMP, we recognize how heart-wrenching this is for athletes, coaches, friends, parents – we're there with you.

We've watched many of you grow and develop over the past four years (some longer), and we want you to know that we see you. We haven't forgotten about you, and we won't.

Our initial idea was to highlight the names of the 2020 Seniors in this issue, but we felt that we couldn't give the proper recognition you deserve. Instead, we have created a location on our website (<https://thecmp.org/youth/grads/>) that will allow anyone (friends, family, coaches, etc.) to leave comments on a 2020 Graduate. Grads, also feel free to get on there to say "thanks," to give a shout out to someone or to let us know what you'll miss most.

Congratulations to the class of 2020! We're eager to see all of the things you'll accomplish from here. Good luck, and we hope to see you back on our firing lines!



CMP Awards Marksmanship Athletes Through Carolyn Hines Memorial Scholarship

CAMP PERRY, OH – Despite office closings during the spring, the Civilian Marksmanship Program remained specially focused on fulfilling one of the most important tasks of the year – recognizing praiseworthy junior marksmen through the Carolyn Hines Memorial Scholarship (formerly known as the CMP Scholarship Program) to be used for the 2020-2021 term.

The \$1,000 scholarships are available to graduating high school JROTC, 4-H and other junior shooting club members. Hundreds of scholarship applications are reviewed by CMP administration members each year, looking for those young U.S. citizens who display proven high moral characters, are contributing members to society and are scholar marksmen.

To review a list of this year's selected applicants, visit the CMP Scholarship Program page at <https://thecmp.org/youth/cmp-scholarship-program/>. Congratulations to all recipients!



Rifle Team Helps to Rebuild Elementary Library Destroyed by Tornado

Submitted By Matt Espenshade, Mt. Juliet, Tenn.

In the early morning hours of March 3, 2020, tornadoes ripped through Middle Tennessee and left a path of destruction over 60 miles in length. Directly in its path was the city of Mount Juliet, Tenn., located just outside of Nashville. Mount Juliet Christian Academy (MJCA) was badly damaged by the storm. Much of the school building and its athletic facilities were destroyed by the tornado.

The school's rifle range was destroyed, leaving its BB, sporter and precision teams without a home. One of the rifle team's coaches, Amy Wilson, also serves as the school librarian. The storm not only destroyed her team's rifle range but also her elementary school library. As passionate as Coach Wilson is about her athletes, she is even more so about her elementary readers and her books.

The MJCA rifle team knew they had to take action to help their beloved coach restore her lost library of books. Team captain, Matalyn Espenshade, started an online registry on Amazon requesting gifts of the top 200 children's books. The team distributed the registry on social media, asking for help in purchasing books on the registry to restore the library's holdings. Matalyn Espenshade said she was amazed by the heartfelt response to the registry and the generosity of so many.

Within days, books began to stack up on Matalyn's front porch. Thus far, over 300 books have been delivered and others have pledged to provide even more titles of gently used books to help in this effort. Additionally, gift cards were also donated to help with the purchase of library supplies. To understand the magnitude of the effort, people from three different continents have contributed books to the effort. The collected books were logged and labeled with a dedication from its donor. Each person who contributed books will receive a personal thank you note for their act of generosity.



Team Captain Matalyn Espenshade with the books collected for the MJCA elementary library.

The team remains unsure of what it will do for a range going forward, but they know they are fortunate to still have each other. In time, overcoming this adversity will make them stronger. In the meantime, they are finding joy in rebuilding their city and school.



The MJCA rifle range after the tornado destroyed the building.

Junior Marksmen Stories...

Washington Junior Feature: Reilly Sutton Marino



Attending the CMP-USMC Junior Highpower Clinic has been an annual event for Reilly. "It is so much fun learning new techniques with some of the most accomplished shooters in the country," she said.

It's not about the awards you win, but about the memories you make. Nineteen-year-old Reilly Marino (Sutton), of Ferndale, Wash., does not consider herself an especially decorated markswoman but a devoted and patriotic one with ties to the sport that run deep.

Reilly's first experience with marksmanship was in elementary school.

"My dad bribed me with a Dr. Pepper to get me to go to the range with him," she said. "I ended up falling in love with shooting, but we still get Dr. Peppers whenever we go to the range."

She started shooting NRA smallbore at the age of 10. She earned her Distinguished Expert award in the Winchester/NRA marksmanship qualification program at age 12, which made her the youngest girl ever to earn the rank at Custer Sportsmen's Club.

"My goal was to get it done before my 13th birthday, and I did that," Reilly said. "I was the youngest girl to have a Distinguished Expert [in my club] until just recently, one of my teammates made it at 11."

The smallbore program functions as an introductory team that sends the best shooters to the highpower program.

At first, Reilly was uncertain how she felt about highpower, saying, "I was kinda on and off about it for the first two or three years ... when I turned 14, I became really serious about it, and when I was 15, I came to (Camp) Perry for the first time."

Though traveling to Ohio to shoot back-to-back NRA and CMP competitions for several consecutive weeks at Camp Perry's National Rifle Matches was originally overwhelming, it taught her that she needed to set individual goals for herself that were not based on what everyone around her had accomplished.

"My shooting career has been speckled with many small victories," she said. "I have never been a very decorated marksman, but in my mind, I have reached so many goals I never thought I could achieve."

Reilly's proudest moment was in 2016, when she and her teammate Alex Cato won the out-of-competition category of the Freedom's Fire team match.

While her dad also enjoys shooting, his personal adventure into highpower has been minimal, though Reilly still connects all of her shooting experiences to her father.

"Shooting is everything to me. It was a great way for me and my father to bond, I learned great life skills because of it and it gave me a way to manage my emotions in a healthy way."

Reilly is thankful to have the support of her teammates and to be able to share her experiences with the other girls on the team. She realizes what an impact shooting has had on her as a person and in how she tackles whatever life throws at her.

"I didn't always wake up every morning excited to get out and shoot, but I was always proud of myself when I showed up and did my best with a good attitude," she explained. "It took me a long time to realize that I didn't always need to be the best at everything, and I learned that I needed to be patient and to just focus on the next shot."

The phrase "the next shot" could be a metaphor for anything in life, suggesting that not everything happens quickly and how you want it to, but there is always something

...from CMP Contributor, Serena Juchnowski



Reilly with her rifle "Lucy." (The most American name Reilly could think of at the time due to watching "too much 'I Love Lucy.'")

to be learned. This year's match schedule is uncertain for everyone, but Reilly is already looking to the future, when she is no longer a junior.

"I plan to continue with the Washington State Junior Rifle Team as an assistant coach," she said. "I think it is so important to not only learn the discipline, but to pass it on. Our coaches spend so much time and energy helping us succeed, I think it is so important to help the next generation of shooters."

She is also eager to return to Camp Perry – a place that is special to so many, but that Reilly feels holds a part of herself.

"Camp Perry is such a unique experience," she said. "It's like being transported to a separate little world. I love the people, I love the sights, I love the sounds. I always discover something new about myself at Perry."

She went on, "Camp Perry has made a huge impact on my life. I have met some of my best friends there, it makes me strive to be a better marksman and I learn something new every time I go ... it's a tradition and it's a huge part of my self-identity."

Reilly Sutton married her love Chris Marino last August, marking a new chapter

of her life. Though her parents nor her husband have ever been to Camp Perry, Reilly jumped at the opportunity to have some wedding dress pictures taken at one of her favorite places on earth. This allowed her to not only bring a piece of herself she left at Camp Perry home with her, but made it possible for her to integrate her special place with her and her husband's special day.



Reilly Sutton packed her wedding dress along with her shooting gear for the 2019 trip from Washington state to Camp Perry, Ohio so that she could bring one of her favorite places to her wedding day later that month.

The College Experience: Remembering TCU

By Catherine Green, CMP Programs Coordinator

CMP employee Catherine Green, a former college athlete, shares her experiences on and off the firing line. As a junior, Green was the 2009 Rhode Island Junior smallbore prone champion and was also the 2009 and 2010 Rhode Island Governor's Cup smallbore champion. She also marked a National Record and collected several other accolades along her journey. Her choice to carry her marksmanship career onto the Texas Christian University (TCU) rifle team from 2010 to 2014 led her to new friends, ups and downs and memories she'll never forget.

I heard an analogy recently.

"We are all in the same storm, but we are all in different boats."

I felt that defined life, the pandemic and the college experience. People who have it easy may have a yacht, some people may have to work for their boat to sail and others may wreck. Let me tell you about my boat, I mean, my college experience.

I graduated from Texas Christian University with a degree in art education. I wanted an art degree with a minor in education, and this degree combined both. My first semester at TCU, I had all A's and landed myself on the Dean's List. A few years later, there was a semester where I failed a class. Life happens and you roll with it.

I met one of my best friends, Jaime Dowd, at TCU. She and I came in at the same time. Jaime was a nursing major and in the ROTC. She walked-on, having been a sporter



Catherine Green was a rifle athlete for TCU from 2010 to 2014.

shooter, transitioned to precision, and within a few years was a counter on the team. We bonded over our love of music one day when we were hanging out at the range the first week, freshman year, and we've been inseparable ever since. Jaime was also my roommate for the next three years. She is now serving her country as an active duty Army nurse.

The rest of the team was great too. We had a fabulous group of girls. Sorry, boys, TCU is a Title IX team. They were supportive, honest, funny, and strong. I lucked out when it came to teammates. We were truly a family. We lived, practiced, traveled, worked out, ate meals, and hung



TCU won two National titles during Green's tenure – one on their own campus.



An important part of her time in college was the friendships she made, especially with teammate Jaime Dowd (left).

out together. We had our ups and our downs like any family. I loved going into battle with these ladies. Our leader, a.k.a. Coach Karen Monez, always made sure we were on the right track and had what we needed.

I and a few other students were in a lot of the same classes because we were getting the same degree. My friend Alex and I spent a lot of time cramming for art history tests at Ol' South Diner. Don't procrastinate, kids, it makes for very late nights. But when you are in the trenches at the 11th hour, have someone with you. It makes life seem less scary. My art girls made getting my degree memorable because we were all learning from each other.

I went to concerts, traveled to different states for matches and road trips with friends, jumped off of a cliff, won championships, made the Dean's List, struggled with school, had the greatest friends, teammates and schoolmates I could ask for, and earned a degree.

Everyone's college experience is different. Mine was a mixed bag of awesome and struggles that made me who I am. Maybe college isn't the right path for you. But whatever you do, make the most of it and find people to do it with.

(Quick shout out to my parents Denise and Kevin for helping me through college, my junior coaches Michele Makucevich and Dan Nagelhout for getting me to and through TCU [go Newport Junior Rifle Team], and my family and friends for believing in me).



From her freshman year at TCU (left) to her senior year (right), Green learned valuable life lessons along the way.



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.

Sportsman's Club of Battle Creek New Home for Local School Trap/Skeet Team

By Jessica Hamilton, Assistant Coach

The Harper Creek Clay Target Team has moved to its new practice facility this season. While everything is currently on hold with the recent virus pandemic, the student athletes and coaches were busy putting in time beforehand and got their season off to a great start before national and state mandates were put in place in "Stay At Home" orders. The Harper Creek Clay Target Team started in 2013 and has student-athletes from Harper Creek Community Schools who are enrolled in grades 3 through 12. Harper Creek Community Schools are located southeast of Battle Creek, Mich. Currently the team has 43 student athletes who compete in the disciplines of trap, skeet and sporting clays. The team is part of the Michigan Scholastic Clay Target Program who is sanctioned by the Scholastic Shooting Sports Foundation and national Scholastic Clay Target

Program based out of Burlington, Wis. Harper Creek is a member of the Southwest School Conference of the MI SCTP and the students travel across the state to compete against other schools who support the shooting sports as part of the MI SCTP. The team has also traveled to the SCTP National Team Championships held in Marengo, Ohio, every July since 2016. Accomplishments of the team include: First Place in the High School Class A Division at the 2013 Burlington, Wisconsin Invitational Shoot, three First Place State Trap High School Championships, three Second Place State Trap High School Championships, one Third Place State Trap High School Championship, two Regional Conference Varsity First Place Championships, two All-State Trap Team members and three graduating Seniors receiving scholarships from shooting foundations

to further their education in multiple fields of study. The student athletes, coaches and parents are all extremely excited about their new "home" and are anxiously awaiting to get back on the field and practice. The Sportsman's Club of Battle Creek has been extremely supportive in welcoming the team as has its members and board. As the students and staff at Harper Creek commonly say, "It's A Great Day To Be A Beaver!" paying homage to the school's mascot, the beaver.



The 2019 Harper Creek Clay Target National Team at Nationals in Marengo, Ohio

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/>.

Aransas Pass High School NJROTC, Aransas Pass, TX
Chilton County Shooting Sports, Clanton, AL
1st Division Living History Association (Alabama),
Daleville, AL

Titusville Rifle & Pistol Club, Inc., Mims, FL
Pensacola Rifle & Pistol Club, Pensacola, FL

Williston Shooters Club, Williston, FL

Eustis Gun Club Inc, Eustis, FL

Ocala Sportsman's Assn. Inc., Ocala, FL

East Hillsborough Ducks Unlimited, Valrico, FL

Hurlburt Field Rifle and Pistol Club,
Ft. Walton Beach, FL

Heritage Pines Sportsman's Club, Spring Hill, FL

Cherokee Gun Club, Gainesville, GA

Tift County 4-H Sharpshooters, Chula, GA

Kettle Creek Rifle and Pistol Club, Washington, GA

Revolutionary War Veterans Association,
Morehead, KY

Down East Garand Shooters, Chapel Hill, NC

Watauga Gun Club, Boone, NC

Twin City Rifle Club, Pleasant Hill, NC

Honda Aircraft Sporting Club, Greensboro, NC

Palmetto State Marksmen Assoc, Columbia, SC

Upper Savannah Shooters Association,
Greenwood, SC

Highland Rim Shooters Club, Tullahoma, TN

Chattanooga Rifle Club, Chattanooga, TN

Unaka Rod & Gun Club, Johnson City, TN

Fairfield Glade Sportsman's Club,
Crossville, TN

Arkansas Rifle and Pistol Association,
Conway, AR

South Louisiana Highpower Club Inc,
Baton Rouge, LA

Oklahoma City Gun Club & Jr Div, Norman, OK

Tri City Gun Club Inc, Norman, OK

East Texas Rifle & Pistol Club & Jr. Div.,
Longview, TX

Angelina Rifle & Pistol, Lufkin, TX

Tarleton State University Rifle Team,
Stephenville, TX

Texas Military Forces Museum Living History
Detachment, Austin, TX

Best Shot Club, Friendswood, TX

Brazos River Gun & Archery Club,
Mineral Wells, TX

Art Miller Memorial Club, Elizabeth, CO

Frontier Sportsman's Club & Jr. Div.,
Colorado Spring, CO

Aurora Gun Club, Parker, CO

Cherry Creek Gun Club Inc, Aurora, CO

Abe Lincoln Gun Club (Junior Division),
Springfield, IL

Zion Benton Navy JROTC at 3P Service Championships, Arizona



CMP, Sponsors Support Junior Marksmanship Through Affiliate Discount Purchase Program

By Ashley Brugnone, CMP Writer

The Civilian Marksmanship Program (CMP) has teamed up with other marksmanship organizations to create an opportunity for Affiliated Clubs and individuals to receive third party rifle and pistols (many at discounted prices) to help jumpstart programs for schools, junior clubs, teams and camps.

The CMP Affiliate Purchase Program accommodates .177 caliber precision and sporter air rifles and .22 caliber smallbore rifles, along with a selection of air pistols. The products are intended for junior athletes in target training and competition preparation at beginning and intermediate levels.

Equipment now available includes:

.22 Target Rifles

Savage Arms offers .22 rifles at a significant discount:

1. Savage Mark I-FVT, single shot, in right and left hand for \$257.00 each (regular price \$480.00)

2. Savage Mark II-FVT, 5-round magazine, in right and left hand for \$257.00 each (regular price \$479.00)

(These rifles may be purchased by clubs only, not offered to individuals, but are an excellent deal.)

Additionally, **Creedmoor** offers the **Anschutz 1903** right hand target rifle in .22 for \$1595.00, though there is no discount for CMP clubs or individuals.

Air Pistols

Pyramyd Air offers two air pistols:

1. Alfa Proj Competition PCP Pistol, .177 for \$749.99 (regular price \$799.99)

2. Air Venturi V10 Match Air Pistol, .177 for \$239.99 (regular price \$264.99)

Sporter Air Rifles

Daisy offers three different rifles, one at regular price and two at significant discounts:

1. Daisy 599 10 meter competition air rifle, \$595.00 (no club or individual discount)

2. Daisy M887 Gold Medalist CO2 air rifle – Club and individual price, \$305.00 (regular price \$499.99)

3. Daisy Elite 753W, wood stock, pump air rifle – Club and individual price \$257.00 (regular price \$449.99)

The **Daisy Elite 753S**, black synthetic stock, pump air rifle is also available. – Club and individual price \$194.00 (regular price 449.99)

Pyramyd Air offers the **Air Arms T200**, .177 air rifle, for clubs and individuals for \$525.00 (regular price \$579.99).



Precision Air Rifles

Pyramyd Air offers three precision rifles, all available to both clubs and individuals at varying discounts.

FEINWERKBAU 500 10-meter air rifle, .177 – Club and individuals price \$1275.00 (regular price \$1295.95)

Air Arms MPR .177 Air Rifle – Club and individual price \$850.00 (regular price \$999.49)

Anschutz 9015 Club Rifle – Club and individual price \$1895.95 (regular price \$2199.99)

UMAREX/Hammerli

Hammerli AR20 Air Rifle – Restricted to club sales, only \$840.00 (regular price \$969.99)

Delayed payment plans (with the exception of the Savage Mark I-FVT and the Savage Mark II-FVT) are available that allow payments for clubs over a two-year span (not open to individuals). Purchaser must have ordered over \$500-worth of items in order to qualify for the delayed payment program.

With the boost from the Affiliate Purchase Program, the CMP hopes to provide suitable equipment for instructors and new marksmen, attract more interest by allowing others the chance to provide loaner guns, as well as assist others in overcoming the financial challenges that arise with starter programs.

Learn more about these rifles and pistols on each of our third party supporter's website. Thank you to all of our sponsors for making it possible for more youth to learn the fundamentals of marksmanship skill and safety.

To place an order or to learn more, visit the CMP website at <https://thecmp.org/clubs/cmp-affiliate-rifle-purchase/>. You may also contact the CMP Club Sales Department at (419) 635-2141 ext. 753 or email clubrifle@thecmp.org.

Junior Spotlight

McMillan Wins Pitt County Wildlife Club March John C. Garand Match

Submitted by Joe McMillan

Anna McMillan, 19, has been shooting recreationally as a youth but started competing at 17 in Vintage Precision Matches at MCB Quantico, under the mentoring of Maj. James Land (USMC Ret.). Her natural skill and Major Land's coaching led her to a win in her first match. Not too shabby!



If you have an item you'd like highlighted in On The Mark, submit your story and/or photos for consideration to Ashley at abrugnone@thecmp.org.

ON THE MARK

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IN THIS ISSUE

<i>Sighting Shots</i>	<i>2</i>
<i>A Message From the CMP</i>	<i>3</i>
<i>JROTC/CMP 3P Results</i>	<i>4</i>
<i>Training Part I: The Way to Success</i>	<i>6</i>
<i>Practicing (during) Social Distancing.....</i>	<i>14</i>
<i>Calendar of Events</i>	<i>18</i>
<i>Advice from Indiana State Directors.....</i>	<i>19</i>
<i>Junior Distinguished Badges.....</i>	<i>21</i>
<i>Seniors Page.....</i>	<i>22</i>
<i>CMP Scholarship Winners.....</i>	<i>22</i>
<i>Rifle Team Rebuilds Library.....</i>	<i>23</i>
<i>Reilly Sutton Marino Story.....</i>	<i>24</i>
<i>The College Experience Feature.....</i>	<i>26</i>
<i>Clubs Corner</i>	<i>28</i>
<i>Newly Affiliated Clubs</i>	<i>29</i>
<i>Club Discount Purchase Program</i>	<i>30</i>
<i>Junior Spotlight.....</i>	<i>31</i>



Practicing (during) Social Distancing.... 14



Advice from Indiana State Directors..... 19



Reilly Sutton Marino Story 24



The College Experience Feature..... 26