



ON THE MARK

THE NEWSLETTER FOR COACHES AND JUNIOR SHOOTERS © SUMMER 2020

Leading The Way By Example

Allison Henry of Granbury Earns CMP's First Top Scholar Title

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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.

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

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Junior Program Resources: To request information about CMP junior shooting programs, contact: CMP Programs, P. O. Box 576, Port Clinton, OH 43452; 419-635-2141 ext. 724 or email programs@TheCMP.org.

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

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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 🎯

🎯 **Aces Postal Air Gun Event.** The CMP has one quarter remaining in its Aces Postal remote event – open to air rifle and air pistol individuals of all ages. The Aces Postal is a satellite air gun match for adult and junior competitors set over the course of four quarters, the last stretching from October to December. Learn more by visiting <https://thecmp.org/youth/aces-postal/>.

🎯 **CMP Ranges Open, Monthly Matches Resume.** The CMP is happy to invite the public back to our North and South Competition Centers in Ohio and Alabama for air rifle and air pistol fun as we resume our Open Nights, with new protective practices in place for staff and guests. Anyone is welcome to the ranges, by appointment only. Guests will be allowed two-hour time slots, with no more than 25 firing points in use at a time. Learn more here: <https://thecmp.org/cmp-reopens-air-gun-competition-centers-to-public-featuring-new-guidelines/>.

The CMP Monthly Air Gun Matches are also back, with new safety procedures. Held in Alabama and Ohio, events set to be fired include a Junior 3×20 Match and 60 Shot Air Rifle Standing and 60 Shot Air Pistol. For more on the Monthly Matches, visit <https://thecmp.org/cmp-resumes-monthly-air-rifle-and-air-pistol-matches-in-september/>.

CMP's electronic targets at Petrarca Range at Camp Perry is open to the public, by one-hour appointment slots. Range hours are Mondays from 9 a.m. to 5 p.m, through November. Learn more here: <https://thecmp.org/ranges/cmp-targets-at-petrarca-range/>.

🎯 **Talladega 600, Rimfire Sporter and Other Events.** Our Talladega Marksmanship Park will again host the annual Talladega 600 event in November, which features a mix of recreational and EIC rifle and pistol competitions. The event is open to all ages and experience levels. The park is open daily to the public, Wednesday and Thursday 11 a.m. to 5 p.m. and Friday, Saturday and Sunday 9 a.m. to 5 p.m. The facility accommodates rifle, pistol and shotgun shooting and holds monthly events and clinics. Talladega also hosts monthly Rimfire Sporter Matches, using electronic targets. For more information, visit <https://thecmp.org/ranges/talladega-marksmanship-park/>.

🎯 **Junior Feature: Shannon Moriarty.** A year and a half after her first ever highpower match, Shannon Moriarty of Maryland has

made significant strides in her scores, experiences and level of competition. At only 11 years old, she is an inspiration for young marksmen. Read more about Shannon from our contributor Serena Juchnowski here: <https://thecmp.org/training-with-maryland-junior-shannon-moriarty/>.

🎯 **Rules Committee Adds Extra EIC Match Rule.** Due to the cancellation of the annual National Matches event at Camp Perry in 2020, the CMP Rules Committee added more Excellence-In-Competition (EIC) opportunities for rifle and pistol competitors within the year – approving the option for a sixth EIC match for years that feature no National Matches event on the schedule. Learn more here: <https://thecmp.org/cmp-rules-committee-approves-additional-eic-competitions-for-non-national-matches-years/>.

🎯 **CMP Sponsor Articles.** Throughout our existence, the CMP has been honored to work with several generous sponsors within many events throughout the year. Over the last few months, we have taken a closer look into these businesses through a series of feature stories. Read more about them through the provided links.

MidwayUSA Foundation: <https://thecmp.org/a-closer-look-at-cmps-sponsors-midwayusa-foundation/>
Daisy Outdoor Products: <https://thecmp.org/daisy-outdoor-products/>
White Oak Armament: <https://thecmp.org/a-closer-look-at-cmps-sponsors-white-oak-armament/>

🎯 **CMP's New Shotgun Expert.** CMP's Talladega Marksmanship Park has hired a shotgun pro, Barry Kelly, to update our shotgun programs. Currently, the Alabama facility is home to a trap field, 5-stand field and a 15-station sporting clays field – open to the public, daily, year-round. The facility also hosts shotgun competitions throughout the year and offers weekly shotgun clinics for those wanting to learn more about the discipline. To learn more about Talladega's shotgun expert and everything he looks forward to accomplishing in Alabama, visit <https://thecmp.org/cmp-hires-new-shotgun-pro-to-boost-programs-at-talladega-marksmanship-park/>.

On the Cover: Allison Henry of Granbury High School, Texas, was named the inaugural top recipient of the CMP's Carolyn Hines Memorial Scholarship in 2020.

CMP Announces Photography Contest

Welcome youth photographers! The CMP would like to announce a contest for all junior athletes, to define the shooting sports through their lenses.

The shooting sports mean something different to all of us, but we can all agree that they certainly have some sort of impact on our lives. We would like to see how the shooting sports have impacted yours, whether through the People who have influenced you, the Places where you grow as a competitor or through the Things that you use.

This competition is all about your personal views of the shooting sports and we would love to see the variety and positivity that shooting has brought to the lives of our young supporters.

The CMP Photography Contest has been open since Wednesday, September 16, and will run through Sunday, November 15.

During that time, you may submit your photo(s) with a small caption of what the photograph captures in your eyes. You may submit one photograph in every category (People, Places, Things). All photos that are submitted by November 15 will be pre-selected by CMP Staff, with

the top 25 in each category released for voting on our Facebook page by all of our athletes and fans. Voting will end on Monday, November 30.

In order to enter, simply snap a photo and without major editing (you may adjust minor color, exposure, contrast, dust corrects), send it to JSlosnerick@thecmp.org, with a maximum size of 4MB. (Please keep the original photo – we may request access to that at a later time.)

Be sure to include your name, caption for the photo and other required information. View contest rules at <https://thecmp.org/youth/cmp-junior-photography-contest-rules/>. Please thoroughly read all rules before entering.

Best part of all, if you are selected as a winner, you may be featured on the cover of CMP's junior magazine, **On The Mark**, used in CMP Publications, and will win a cash prize!

We can't wait to see the many photos that exemplify the shooting sports. They are our mutual passion and we hope you will share your own part of that with us.

– By Chance Cover, Program Support Staff



Granbury Allison Henry Named Top Recipient of CMP's Carolyn Hines Memorial Scholarship

Allison Henry, 18, of Granbury, Texas, has been selected as the top applicant for the Civilian Marksmanship Program's (CMP) 2020 Carolyn Hines Memorial Scholarship. This highly selective honor brings with it the first \$5,000 scholarship ever awarded by the CMP.

CMP's chairman and CEO, Judith Legerski applauds the high standards set by Allison as this initial awardee of the Carolyn Hines award, saying, "Dr. Hines was an amazing woman who benefited from assistance during her college years, leading her to a stellar career and a lifetime of generously helping others."

In the fall of 2020, Henry plans to attend Murray State University in Murray, Kentucky, studying psychology, and participating as a member of the NCAA rifle team. Her goal is to graduate from the school Summa Cum Laude. She's also focused on making the 2024 Olympic team and even has the ambitions of one day becoming a NCAA head rifle coach and/or entering a career as a psychologist or relationship therapist.

Allison sets the bar very high for her future endeavors. Legerski and the CMP Scholarship Committee Members believe that she has the skills and fortitude to achieve her goals.

"I grew up hunting with my dad, but grew to love shooting on a competitive scale after attending a summer camp that my high school hosted," she said on her roots in marksmanship.

While in high school, Henry maintained excellent grades as an honor roll student and was a member of the Granbury High School Marine Corps JROTC (MCJROTC) rifle team.

The Granbury High School team members earned themselves the JROTC National Championship title in 2018, with Henry placing third overall of the individual competitors. That same year, she earned her Junior Distinguished Badge.

Granbury returned to an overall win in 2019 at JROTC Nationals as well as a third-place finish from Granbury Team 2 – Henry's firing team.



Allison Henry (center), was named CMP's top scholarship recipient for 2020. She'll be joining Murray State University's rifle team in the fall. Photo courtesy of Granbury High School

"Working with Granbury's MCJROTC rifle team has given me a world of opportunities to help grow as a shooter and an individual," Henry said. "My coaches, Mr. Becker, LtCol Casey, Chip Miles and the cousin who got me into shooting, Bob McCollum, have been incredibly influential over the years."

In her senior year, Henry helped lead her team to an overall Marine Corps title during the 2020 JROTC Service Championships – a title the team also held the two previous years. For her own performance, Henry finished third overall as a Marine Corps individual in the 2020 match.

"I am most proud of the fact that my team has won JROTC Championships for the last three years and for being part of the only all-female team to do so," she said. "Academically, I am most proud of the fact that I graduated with honors from high school."

"I will definitely miss the early mornings and late nights with my team!" she added.

Outside of shooting, Henry has been involved with a multitude of community service opportunities, most often based through a veterans organization, as well as working with local businesses on logo designs and other marketing projects.

She was also involved in her county's 4-H Shooting Sports program, POWER SET (an academic program for young women offering opportunities in science, technology, engineering and mathematics), University Interscholastic League Spelling and was a JROTC recruiting officer and platoon commander.

Her Granbury coach, Lt. Col. Scott Casey, said of Henry in his Letter of Nomination for the CMP Scholarship, "As Allison's rifle coach for the past four years, I have had the opportunity to observe her on a daily basis. During this time, she has exceeded all expectations ... Her personal and professional acumen and integrity are without question. The character and leadership of this young lady has few equals."

He goes on to speak of her capacity as an ambassador of the sport as well as a role model for younger marksmen to emulate and calls her, "an ideal representative of the Civilian Marksmanship Program."

To date, her rifle career has led her to two Junior Olympic qualifiers in air rifle and three-position, the 2018 American Legion Texas State Individual and Team Champion titles, and she helped lead her JROTC team to the 2018 Orion League Precision National Championship, where she was named the MVP of the tournament.

Henry said her time in marksmanship has taught her true dedication and has also helped her develop her time management and discipline.

Looking to her future, Henry is now eager to become involved with a new coach, a new team and creating new lasting friendships. As she works her way through Murray State, along with other personal goals, she'll always have her sights set on a high goal.

"The Olympic Dream, I think, lives inside everyone. Very few people make it to the world's stage, however," she said. "It's honestly just something I've always wanted to do, and shooting has just carved a pathway for me to do so."

The Carolyn Hines Memorial Scholarship Program is named after an outstanding CMP board member who succumbed to cancer in late 2019. Dr. Hines was a huge supporter of CMP scholarships, believing strongly in the value of a quality education.



In 2018, Henry earned her Junior Distinguished Badge.

The annual \$1,000 CMP Scholarships are available to graduating high school JROTC, 4-H and other junior shooting club members. Scholarship applications are only accepted if they are received completed and if the applicant is a U.S. citizen, shows good moral character, is a contributing member to society and is a scholar marksman.

While the CMP budgets some \$170,000 each year for scholarship awards, this year's scholarship pot was sweetened this year by the addition of a generous \$10,000 donation from the Garand Collectors Association. Allison Henry topped the field of more than 130 scholarship recipients, and was awarded this first-ever prestigious honor.

– By Ashley Brugnone, CMP Writer



Outside of rifle, Henry also consistently earned a place on Granbury's honor roll and participated in other scholar programs.

TRAINING – Part II

TRAINING – Part II

The Way to Success in Shooting

By Gary Anderson, DCM Emeritus



Eight of the world's best junior men rifle shooters are shown here at the start of the 50m 3x40 Men Junior final during the 2018 World Championship. These young men are all products of elite junior training programs in their nations (from left to right: FIN, ROU, HUN, IND, CHN, IRI, RUS and SVK). Amir Nekounam from Iran (3rd from right) became the Junior World Champion in this event.

This article is a continuation of the Part I article on “TRAINING” that appeared in the Spring 2020 edition of *On the Mark*. That article began with a fundamental premise that 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.**” In Part I we discussed, what training is, training objectives and training methods as well as how effective training programs creatively manage variables in their training environments. Part II describes training principles and training plans, as well as how to put all of this information together so coaches and athletes can develop the most effective training programs.

THE PRINCIPLES OF TRAINING — CRITICAL SUCCESS FACTORS

The principles of training that guide a program’s training activities establish its overall culture. These principles and the culture they create are the critical success factors that distinguish between good programs and great programs. Coaches must understand these principles and in coordination with their athletes and parents make them part of their program’s culture. Critical success factors in Shooting training are:

Positive Repetitions. Firing shots in range training or repeating dry fire repetitions is the basis for Shooting score improvement, but only when those shots or repetitions are

continued...



Improvement and progress during shooting training come from positive repetitions—making repeated correct performances of shot technique in sound firing positions. The athlete in this photo is Ali Weisz, a member of the 2021 USA Olympic Team.



The intensity of visual and mental efforts to see, reduce and slow sight picture movements is a primary means of increasing performance demands for rifle athletes.

performed correctly. Just putting lots of shots downrange does not work. Each practice repetition must be done correctly and with a mental demand for perfection. Here is how positive repetitions work:

⊙ Correct repetitions of shooting skills are the molecular building blocks of marksmanship performance, just as molecules are the fundamental building blocks of all matter.

⊙ When correct repetitions are repeated hundreds and even thousands of times, they cause changes in the athlete's neuro-muscular system that increase hold stability and shot technique precision, which in turn produce higher scores.

⊙ The number of correct repetitions determines how much and how fast shooting score improvement occurs.

⊙ Changes and improvement in performing marksmanship skills occur slowly and gradually over long periods of time. Shooting progress is almost always slow—athletes must strive for improvement but be patient in waiting for it to occur.

Increasing Performance Demands. In sports that test strength and endurance, there is a progressive overload and adaptation principle that applies when athletes' strength or endurance are subjected to training overloads. Training overloads cause the body to adapt, thereby increasing its strength and endurance. A variation of this principle applies in Shooting where performance overloads are mental and visual. Here are some ways to increase performance demands for Shooting athletes:

⊙ Shot technique instruction that exhorts athletes to focus full attention on sight alignment (pistol) and sight

picture (rifle) movements while mentally striving to make those movements smaller and slower places demands on the neural-muscular system that adapts by producing those changes.

⊙ Performance demands are controlled by the physical environments in which athletes train. Posting photos of champion shooters and the scores they fire on the range helps to inspire higher mental performance standards for the athletes who train there.

⊙ Encourage athletes to study winning scores fired by competitors in matches in the U. S. and in ISSF Championships.



Having record matches with competition between team members is an effective way to increase performance demands on the athletes.

TRAINING – Part II

⊙ Keeping personal records (PRs) for training and competition firing introduces demands to increase those PRs during each training session or competition.

⊙ Add stress to training sessions by conducting periodic record matches where scores are ranked. Shoot practice finals where small prizes are at stake. Shooting one-shot elimination matches is both fun and stressful, especially when eliminated athletes can offer noisy, but safe distractions.

⊙ Add disturbances, loud conversations or music to the training environment to help athletes learn to concentrate no matter what happens around them.

Responsibility. There are two aspects to responsibility in Shooting training. First, each athlete must accept the responsibility for doing the training necessary to reach their goals. Second, each athlete must accept personal responsibility for every shot or score they fire, whether good or bad. Taking responsibility for shooting a bad score facilitates learning from it. Throwing a bad target away and pretending it didn't happen is giving away an opportunity to learn.

Goal-Oriented Work Ethic. The most successful athletes and teams are the ones that adopt goal-oriented work ethics. They believe in training and accept that those who work the hardest in training will advance. In Part I of this article, we summarized this principle by stating, “*Only when dreams and goals become commitments to do the work and training necessary to achieve those goals do they become effective goals.*” A guideline regarding how much training must be done to advance from one development level to the next is shown in the chart “*How Much Training Should Athletes Do?*”

Regular Training. In over-simplified form, this principle simply says it's better to do two hours of training on each of five days a week than to do five hours of training two days a week.

Planning. Planning is a major difference maker in ensuring that the work put into training achieves optimum results. Training programs should have an annual training plan and daily session plans. Annual plans ensure that athletes' training years progress through successive phases that emphasize **1)** rest, **2)** skill development, **3)** skill perfection and **4)** peak performance. Session plans

HOW MUCH TRAINING SHOULD ATHLETES DO?

Development Level	Months per Year	Days per Week	Hours per Day
Beginner	4-6	1-3	1-2
Intermediate	6-9	3-5	1-3
Advanced	9-11	5-6	3-5
Elite	11	5-6	5-8

The amounts of training recommended in this chart are general guidelines regarding the amount of training required to advance to the next level of development. Coaches and athletes may further adjust these training numbers according to their actual shooting goals.

ensure that available training time is allocated according to prioritized needs.

Joy. Becoming a better marksman takes work, lots of it, usually over several years. No one is going to continue to do that much work unless they enjoy what they are doing. Going to matches can be fun, but practice also must be fun. How can athletes find joy in training?

⊙ There should be joy in the simple act of making a good shot or firing a good score. Athletes should learn to feel good about these small successes, even when they occur in practice. Praise from coaches and teammates plays a role in bringing joy to these small achievements.

⊙ Athletes should track and graph their practice scores. When they start to see their averages go up, they gain hope in continued improvement that makes practice something to look forward to.

⊙ Being with a team of athletes who enjoy each other's friendship and support each other is a great source of happiness.

⊙ Teams can use social activities like pizza parties, group outings, social events or personal celebrations to build team spirit and the motivation to support each other.

DEVELOPING TRAINING PLANS — ANNUAL TRAINING PLANS

Shooting training produces the best results when it is managed with goal-oriented planning. There are annual training plans, training phases within annual plans and daily or session plans. The coach has primary responsibility for

preparing training plans for the team or club. Advanced and elite athletes must also have individual annual plans that they develop with guidance from their coaches. Annual plans should be written plans that athletes can make reference to throughout the year.

Annual Goal Match. Annual plans are normally based on an entire year, whether active shooting continues for the whole year or only part of it. The first step in setting up an annual training plan is to decide what is the most important goal for the year. Beginning athletes' goals typically focus on learning and mastering skills and entering in their first competitions. Elite, advanced and most intermediate level athletes' goals will most likely be to achieve excellent performances in annual goal match(es). A team goal match may be a league, state or national championship. An advanced athlete's goal match may focus on a CMP national championship, NCAA championship, USA Shooting national championship or national team trial. Many training plans must deal with needing to have two or three goal matches. A school team, for example, may want to focus on performing well in a league or state championship and later in a national three-position air rifle championship. An advanced junior might aim for success at junior national three-position air rifle championships and also at the USA Shooting Nationals.

The Training Year. Once the goal match is decided, annual plans are built around the goal match, which should be the last event in the plan. Most goal matches are in the late spring or summer. Elite athletes will have training plans that cover the 12 months prior to that match. A junior club or school team may have a six- or seven-month shooting season that begins in the fall and ends with a state or regional championship in March or April.

Annual Training Phases. To develop an annual plan, coaches and athletes should divide the training year into four phases:

◎ **Rest Phase.** Training 12 months a year for several years in succession is most likely a formula for burn-out. Active rest must be part of training too. Even elite athletes expect to take three to six-week breaks from training, in most cases, after their goal match is over. Beginning and intermediate level athletes usually have shooting seasons that run from September or October through March or April, followed by a longer off-season when no shooting is done. The rest phase is a time to rest, recover and find different things to do. The rest phase is also an ideal time to acquire new equipment or place a renewed emphasis on physical conditioning.

PRACTICAL TRAINING TIPS FOR JUNIOR SHOOTERS

- ***Believe in training — practice is what makes you better.***
- ***Correct repetitions make the difference — make every practice shot as good as you can.***
- ***Practice as much as you can, but don't practice so much that it's not fun.***
- ***Keep a Shooting Diary or Logbook.***
- ***Find joy in every good shot you fire.***
- ***Keep your goals oriented on performance — not on winning.***
- ***Study the best shooters to learn how they train and shoot.***
- ***Apply time management to get more practice time.***
- ***Practice at home to gain more training days and training months.***

◎ **Development Phase.** This phase can be an exciting time for athletes because it is when learning and testing new techniques and firing position changes should be worked out. Training sessions should be relaxed and less structured. Technical training volume with range firing or dry firing should be moderate to heavy. If matches are scheduled during this period, they should be approached as developmental matches where athletes are free to test new techniques, not be fearful that their status as team members will be at stake and have some fun. Three-position air rifle athletes, for example, might use the CMP-sponsored air rifle postals or the Orion National Air Rifle League that take place during the fall as developmental matches. This is also a good time to schedule matches where younger athletes can learn how to win.

◎ **Performance Phase.** Athletes should arrive at this third phase of the training year with their firing positions and techniques fully worked out. From this point forward, they should not change unless a serious performance problem develops. The emphasis in this phase should be on intense training and achieving consistency in reproducing the firing positions and performing the shooting techniques that were worked out during the development phase. This is normally the time during the training year when training volume is at its highest. A key training objective now is to gradually increase practice and match scores.

TRAINING – Part II



The Camp Perry Open that takes place each year in January includes both air pistol and air rifle events plus unique "Super Finals." This match is good example of a developmental match that athletes can include in their annual training plans.

Many experienced athletes do this by establishing target scores where, for example, they might try to shoot ten-shot series scores of 95 or better in standing, 98 or better in kneeling and 99 or better in prone. Target scores must be realistic yet challenging with an aim toward the athlete being able to shoot those scores in the goal match at the end of the training year. During this phase, there should be regular competitions where the level of competing athletes is as high as it will be in the year's goal match(es).

© **Competition Phase.** The last phase of the training year is the time for achieving peak performance in the year's goal match(es). The goal match(es) will have been on the team's schedule for the entire year and much thought and effort will have gone into being technically, mentally and physically prepared for this competition. The ability to shoot target scores in both practice and competitions by consistently reproducing firing positions and performing shooting techniques should be well established.

The volume of shooting training and physical training may be somewhat reduced during this period in order to make sure athletes' full energy and spirit are available for the big competitions. If the target scores or targeted performance level are achieved in the goal match(es), it will have been a successful training year.

DEVELOPING TRAINING PLANS — DAILY SESSION PLANS

Daily training sessions are the basic building blocks of sports training. One training session will not make a measurable difference in a shooter's scores, but the aggregate effect of a long progression of properly executed training sessions will almost always be significant score improvement. Each practice session must be governed by a plan that includes a **1)** welcome-orientation-instruction, **2)** physical warm-up, **3)** planned amounts of technical or shooting training, **4)** time to evaluate the session and

prepare a plan for the next session, 5) time for equipment maintenance and, whether part of the training session or at a separate time, 6) sport or physical training. The pie-chart shows an approximate allocation of available training time between the six components of daily training sessions. These allocations will, of course, vary according to the development levels of the athletes.

Training Session Plans.

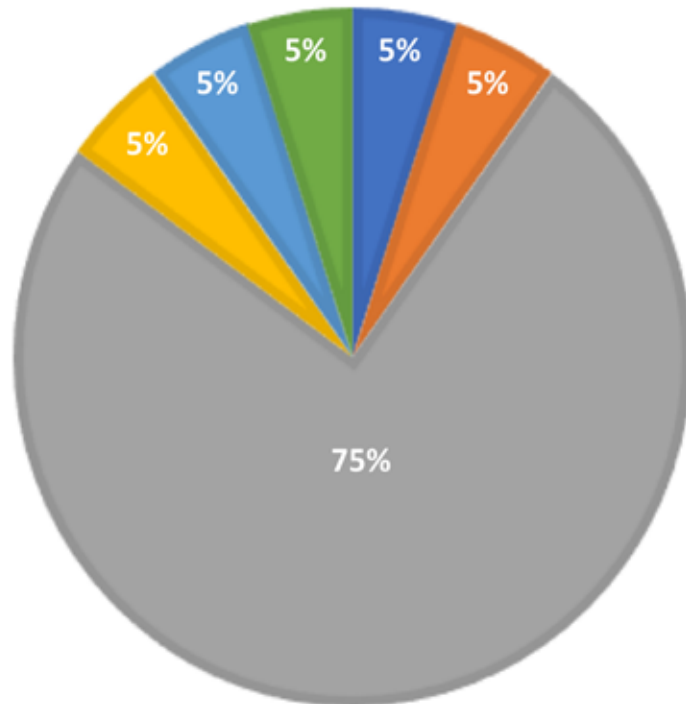
A session plan ensures that athletes gain the most benefit from available training time. The technical training or shooting component, which is by far the largest component, must be mapped out so that athletes know how many repetitions of which types of shooting training they are to do. In rifle training it is also necessary to divide training repetitions between two or three positions. What is included in each session plan is determined both by general requirements in the annual training plan and by details determined during the previous training session's evaluation.

Welcome-Orientation-Instruction. The first training session component varies according to the athletes' development level. A program with beginning and intermediate level athletes may need to devote 20 or 25% of training session time to formal instruction. A team with advanced athletes may need no more than a few minutes at the start of the session to discuss the day's training tasks.

Physical Warm-Up. There is a strong consensus among shooting experts that starting a training session or competition with a stretching routine and light gymnastic exercises is beneficial to overall shooting performance. Daily training sessions should definitely include a brief time when athletes can complete a physical warm-up. Warm-up exercises can also be done with the rifle or pistol. Doing aiming or holding exercises on a blank wall has become a widely recognized warm-up method, especially for pistol athletes.

DAILY TRAINING SESSION TIME ALLOCATION

- Welcome-Orientation-Instruction
- Physical Warm-Up
- Technical Training
- Evaluation-Diary
- Equipment Maintenance
- Sport/Physical Training



Technical Training. By far, the biggest part of each training session is dedicated to technical training. Technical training with the rifle or pistol is usually done on the range with live fire training, dry fire training, holding exercises or working with an electronic training system (SCATT, Noptel, etc.). Daily session plans should project how many shots/repetitions are to be made in each firing position (rifle) or type of fire (pistol). Rifle athletes should prioritize their technical training work by devoting about 10% of this time to prone, 50-60% to standing and 30-40% to kneeling. Depending upon how a training session goes, coaches and athletes should also feel free to modify the types and amounts of shooting training that they do. If an athlete is having difficulty in a particular position, for example, more training time must be dedicated to that position.

Equipment Maintenance. After each day's firing, athletes need to reserve enough time to take care of their rifles or pistols and other equipment. Smallbore rifle athletes, in particular, need to clean rifle barrels after their live fire shooting.

TRAINING – Part II



Training repetitions are only effective when they are done correctly. The coach must work closely with each athlete to identify and correct any errors in position structure or shot technique.

At the end of each session, all equipment must be put away clean and functioning properly. If an item of equipment is not working correctly, this is the time to fix it or make arrangements to get it fixed.

Evaluation/Diary or Shooting Log. One of the fundamental tools for shooting advancement is a well-kept diary or log. Athletes should dedicate time at the end of every training session to record the day's scores and evaluate the technical training that was done by making entries in their shooting diary or log. This evaluation session is normally also the time when plans for the next training session are developed.

Sport/Physical Training. Sport or physical training should also be part of shooting athlete training. Coaches whose athletes have longer training times available each day may be able to include running, calisthenics, light gymnastic exercises or playing a sport like soccer or swimming in their session plans. Coaches whose athletes have limited practice times may only be able to encourage their athletes to run, swim, do gymnastic exercises or practice a sport on their own.

Mental Training. Mental training is part of shooting training, but it is not usually a scheduled activity in training sessions. Mental training does include making shooting diary or log entries. It may include specific efforts during technical training like working out a shot plan. Most frequently, the thought, visualization and mental rehearsals that are part of mental training take place off the range when athletes have quiet time where they can focus attention on these mental processes.

PUTTING IT ALTOGETHER — CREATING YOUR TRAINING PROGRAM

Parts I and II of this article, *TRAINING — the Way to Success in Shooting*, describe the components of training programs that include, **1)** the athletes and their Development Levels, **2)** the Training Environment, **3)** Training Objectives and the Training Methods available to achieve those objectives, **4)** the Principles of Training that constitute critical success factors, **5)** the development of Annual Training Plans and **6)** using Session Plans to guide daily training. The final step in creating a training program that produces optimal results for athletes in a particular situation is putting all of these training components together. The chart on the next page shows how these components fit together and the questions coaches and athletes must answer to establish their training programs.

Starting Point. The focal point of any training program must be the athletes in the program. Therefore, the first questions coaches must answer in developing training programs concern athletes and their development level(s). Next the coach, athletes and parents must decide what their program goals are. Those can vary from “we just want to learn new sport skills and have some fun” to “we want to become a really good competitive shooting team.” After answering those questions, they must evaluate their training environment, so they know what resources they have to work with and manage to achieve their goals.

What and How. The next steps in establishing an effective program are making sure the coach and athletes have a clear understanding of training objectives that apply in Shooting, that is, systematically increasing scores by improving hold stability, shot technique performance, mental performance and physical performance. Then must come a full understanding of the training methods that can be employed to produce score improvements including range training, dry fire training, aiming exercises, mental training, physical training and electronic training systems.

Critical Success Factors. This article described a series of critical success factors that determine whether

CREATING A TRAINING PLAN

STARTING POINT	WHAT & HOW	CRITICAL SUCCESS FACTORS	ANNUAL TRAINING PLAN	TRAINING SESSION PLANS
<p>Athletes: What are the development levels of the athletes in our program?</p> <p>Goals: What are our team or individual athlete goals?</p> <p>Training Environment: What training resources are available to us?</p>	<p>Training Objectives: What must our training program accomplish?</p> <p>Training Methods: What training methods can we use to achieve our objectives?</p>	<p>Training Principles: How do we make sure vital training principles become part of our program culture and make it possible for our athletes to benefit from these "critical success factors"?</p>	<p>Goal Match: What is our goal match for this year?</p> <p>Training Year: When does our training year start and end?</p> <p>Training Phases: How much time should we allocate to each training phase?</p> <p>Matches: Which matches should we schedule?</p>	<p>Technical Training: What training methods will be used? How many repetitions of each type of training will be made?</p> <p>Tasks: What specific tasks must be accomplished?</p> <p>Other Training: What other training is to be included?</p>

a team or individual athlete achieves high performance levels. As the training program is implemented, the coach and parents must work together to make sure these training principles become part of their program culture. They should be taught to every athlete in the program and every athlete should be encouraged to adopt them as personal criteria to guide their training.

Annual Training Plan. Successful training programs use planning to organize their training endeavors. Each training year should have an annual plan that is built around an annual goal match and match schedule. The best plans divide the year into training phases that begin with rest, and subsequently progress through development, performance and competitions phases to end with the goal match.

Training Session Plans. In the same way, every athlete's training day should be governed by a session plan where athletes begin each session knowing what they will do on that day. Session plans should be flexible but still generally identify the types and numbers of technical training repetitions as well as the training tasks and other training that athletes are expected to complete.

When training programs are properly structured by program coaches and leaders and faithfully carried out by its athletes, the result will be the fulfillment of goals identified at the beginning of the training process.

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.



Ambitious Junior Saves Up, Makes Trip to CMP North Store to Choose First M1 Garand

PORT CLINTON, Ohio – Ben Garlich of Garrettsville, Ohio, knows the value of hard work and patience when it comes to long-term ambitions.

At only 15, Ben has already been involved in several community service endeavors – often recognized as the one to beat at annual food drives. This summer, he achieved a goal that began last year with a friendly gesture and soon transformed into a passion that will last him a lifetime.

“Coming from a family of both veterans and shooters, I’m happy my son is taking an interest in both the history and the hardware that got us here,” said Chris Garlich, Ben’s father.

On July 16, 2020, Ben, Chris, as well as Ben’s mother, Kim, and sister, Alex, took a visit to the Civilian Marksmanship Program’s (CMP) North Store, where Ben held in his hands for the first time the item he had worked tirelessly to earn – his very first M1 Garand rifle.

Ben has always had a broad interest in American history. As he’s grown, he’s become especially interested in World War II from playing the “Medal of Honor” series of video games, which is originally set within the era.

When his interest was piqued by the game, he began watching and reading everything he could relating to the war and the surrounding culture of the period. Ben and his family have even traveled to the Conneaut, Ohio, D-Day reenactment several times. The annual event, held since 1999, features over 1,500 living history reenactors to create a realistic and educational depiction of the D-Day Normandy invasion, while also illustrating life in Allied and Axis encampments.

Ben’s family is filled with hunters, shooters and military members, so his interest in World War II has primarily focused on firearms, specifically the rifles and machine guns of the time.

Military heroes bred within Ben’s family include Kim’s grandfather, who served as a sergeant in the Army, and her father, who was a member of the Air Force. Chris is a former member of the U.S. Navy, and his father came from an Army background – both using M16 rifles while enlisted, with Chris ending his service with an M4.

Chris’s grandfather, also named Benjamin Garlich, served his country in the Army from 1939 to 1945 with his trusted M1 Garand by his side.

Though they would have liked to have kept the M1 used by Chris’s grandfather during his service, it is, sadly, gone forever. In a story passed down, it’s said that Chris’s grandfather and many others threw their gear, including



Ben Garlich worked for a year to earn enough money to pick out his very first M1 Garand.

their rifles, into New York Harbor once back in America.

Fortunately, though temporarily lost, the M1 found its way back into the Garlich family after a trip to the range and the kindness of a neighboring gentleman.

“We shoot often, and last year, someone let Ben shoot an M1 at the range we go to,” Chris explained. “We were shooting our own rifles, and Ben was eyeballing the M1 in the next lane.”

The man at the range asked Ben if he wanted to give the rifle a try, and, of course, he did. After a quick lesson on loading and avoiding “M1 Thumb,” Ben was handed the rifle and several clips, then told by the man, “Knock yourself out, and watch your thumb!”

After taking a few shots, Ben was quickly hooked, and he soon gained the desire for an M1 of his own.

“I told him if he saved up the money, I’d buy it for him,” Chris said.

With his father’s word, Ben got to work cutting lawns, doing odd jobs and helping to build a garage to earn money toward his rifle. He even displayed strong self-control – spending very little of his earnings and saving it all for the rifle he deeply wanted.

Finally, the time came.

The family had already planned a summer fishing trip to the Port Clinton area, which happens to be where the CMP North Store is located. Though Ben didn’t quite reach the full amount he needed for the rifle, with the scheduled fishing trip drawing near, his parents decided he had worked hard enough and chipped in the remaining amount. They even decided to take Ben into the store so he could pick out his own rifle, instead of mailing in an order later in the year as they had originally intended.

Six weeks before the two-hour trip west, the Garlich family called and made an appointment at the CMP North Store, which is situated on the grounds of Camp Perry. With its historical significance, Camp Perry is a fitting location for Ben, given his World War II enthusiasm.

Besides serving as the home of CMP’s headquarters, Camp Perry currently operates as a National Guard training base and is also a vessel of history – standing as a former site of a prisoner-of-war camp during World War II. With the CMP Store now located within one of the oldest buildings on base, guests can take a step back in time as they choose their own vintage items within a place where its history was once formed.

“The visit to the store was good,” said Chris. “Ben was excited to get a rifle, and everyone was very accommodating to him – answering questions and encouraging his interest.”

“Ben was particularly impressed by (in his words) ‘the old guy’ behind the counter – also known as CMP Armorer Bob Bell, who often shares his wealth of Garand knowledge with customers. Bob has worked at the CMP North Store for the past 14 years, assisting customers with their questions and making sure each customer leaves with their ideal hand-picked treasure.”

During his visit, Ben was also handed a special CMP coin. Since Ben is a collector of coins, most he has purchased on his own, receiving one as a gift from the place he picked out his first M1 Garand was incredibly special for him, he said.

“It may be his first M1, but it won’t be his last,” Bell joked.

With his very own M1 in hand, Ben now feels how much his hard work has paid off.

“This is the most expensive thing I’ve ever saved for, so I admit I’m feeling a little bit possessive,” Ben said.

Chris understands the sentiment, saying, “I would be, too. Now I kind of want one!”



The Garlich family has a military background, including Ben’s two great-grandfathers who carried M1 Garands.

Ben has already shot his new M1 and plans to use it quite a bit in future years. Making it his own, he has gone through and stripped it, lubed it and has put two coats of tung oil on the stock. Over and over, Ben has locked in an empty clip and racked the op-rod just to hear the “PING!” the rifle makes as the clip ejects – it’s his new favorite sound.

Taking in every sensation the M1 brings, it’s safe to say Ben is satisfied with his purchase.

Now that he’s able to tangibly embrace a relic from the history that has fascinated him for so long while also bridging a family connection of his great-grandfathers before him, Ben is eager to collect even more pieces from the World War II era and may even try competitive shooting one day.

“I guess it’s fitting, after 75 years, that another Benjamin Garlich take up the M1,” Chris said. “I’m going to do what I can to foster his interest in history, try to instill the same love of hunting, shooting and the outdoors that my grandpa and dad did for me, and see if he shows any interest in service rifle matches.”

To learn more about the CMP North Store and all of the CMP Store locations, visit the CMP website at https://thecmp.org/cmp_sales/cmp-stores/.

For more information on the CMP’s M1 Garand sales, visit <https://thecmp.org/sales-and-service/m1-garand/>.

– By Ashley Brugnone, CMP Writer

Motivated Official Creates Firearm Safety, Education Events for Youth in Alabama

ORANGE BEACH, Alabama – “What better place to hold your firearms training than the beach?”

That’s what Chris Litton said when the idea to create a series of firearm opportunities for kids in his area came to him over a decade ago.

Located along the sugar-white, powdered sand beaches and the crystal-clear water of the Gulf of Mexico encompassing Orange Beach, Alabama, Litton has been highly successful in realizing his dream – assembling a lineup of annual marksmanship events within the City of Orange Beach Club, with plans of expanding his established programs already in the works.

The City of Orange Beach Youth Shooting Sports Program includes a Rifle Shoot, Clay Shoot and a Youth Dove Hunt, as well as an archery event, all of which have all been growing in popularity every year since the installation of the program 10 years ago. The mission of each event is the same – to foster and promote marksmanship safety and awareness through education for youth.

The one-day events are open to children ages 8 to 15, though others may also attend, with approval. With his passion for spreading marksmanship awareness to youth of all ages and backgrounds, Litton has been known to welcome those in their early 20’s who have never fired a firearm before, who are learning just like the smaller children, and even those having trouble paying the small entry fee.

“I don’t turn any kid away,” he said. “I have found that the younger children are going to watch what the other children do, not necessarily what they’re told, and when they see the other kids practicing firearms safety, then they want to be safe as well.”

Litton, the logistics and safety coordinator for the city of Orange Beach, has been fortunate enough to receive bountiful help from area agencies for the programs, including the State of Alabama Department of Conservation Division of Wildlife & Freshwater Fisheries, State Troopers and even the Navy located in nearby Pensacola, Florida.



Chris Litton has long been a marksmanship instructor, beginning with hunter education in the City of Orange Beach. Photo courtesy of orangebeachal.gov.

“We have just about every law enforcement entity you can think of come to help out with these shoots,” Litton said. “It is an awesome opportunity to spend time with and get to know the children as well as an opportunity to reinforce the idea that we are all on the same team.”

Litton has always been a lover of marksmanship and was raised with a deep respect of firearm capabilities. His father, an avid gun collector, taught him safe gun handling as far back as he can remember. When he and his father cleaned guns, his father would explain to him how they worked and how to handle them. His father was so strict about firearm safety, he wouldn’t even let Litton point toy guns at anyone – only his finger.

He carried the teachings of his youth into adulthood as he went on to become certified as a hunter education instructor. Also, as a lifelong resident of the Alabama southern shoreline, he saw a lack of hunting interest in the area and, in turn, a lack of exposure to marksmanship fundamentals and safety he felt the community was missing.

“There is a lot of need for children to be exposed to that down here,” he said.

He wanted to give kids the ability to recognize the difference between fiction and reality. He, along with the help of others, began in three-position air rifle courses before moving on to the wider variety of disciplines his program offers today.

“Effectively, what I wanted to do was take away the novelty of the video game,” he said. “I wanted them to realize that shooting could be fun, if done safely and properly, but I wanted them to know that there’s no reset button on the other end if you’re pointing in the wrong direction.”

The rifle shoots he facilitates teach basic fundamentals and marksmanship skills, with hands-on, individual instruction on the firing line. The shoot begins with one type of rifle, a lower caliber, before moving on to a higher caliber. Following in his father’s footsteps, Litton even brings in his personal vintage firearm collection for the kids to shoot on the range.

“We have all types of firearms out there, everything from the old Mosins and Mausers, and Garands and Carbines – you name it,” he said.

Fully-automatic firearms, like a 1927 Thompson “Tommy Gun,” M16s, Ruger Mini-14s and submachine guns with barrel extensions for safety, are sometimes demonstrated at the shoots, and the kids even get one shot with a .50 caliber Barrett rifle – keeping the shell.

“Our main goal, though, is to teach the kids safety, to make them aware that these things aren’t a video game – it’s not a toy. There’s real stuff happening on the receiving end – let them see the power of it,” he said. “That’s something we really push towards.”

He went on, “All that being said, we have a blast ... The kids, sandpiper can’t wipe the grins off of their faces ... It’s just loads of fun out there.”

The clay shotgun events, like rifle, thoroughly cover the fundamentals before meeting one-on-one with an instructor.

“We start out with easy shots, and then we let the kids do some harder shots, build their confidence as the day progresses,” he said.

He confesses some of the most improvement in the shortest amount of time can be seen during shotgun events, saying, “At the beginning of the day, a lot of the clays survive, while near the end of the day, very few clays survive. They’re tearing them up.”



The City of Orange Beach has been fortunate enough to receive help from several outside agencies for its events.



Programs offered to juniors by the City of Orange Beach include rifle, shotgun and even archery opportunities.

The Dove Hunt is a day for families, including a pig roast and side dishes – potluck style. The kids get to shoot and learn field etiquette education, while those without parents are provided a mentor so that he or she can still get the experience.

All of the programs conducted by Litton have grown so much, he and the city are currently in the process of building a new range to hold the events. The property, which used to be a hunting site, is large enough to facilitate a temporary range while the rest of the three-phase project is being completed.

“Man, we’ve got some stuff moving – let me tell ya,” Litton said. “The city really supports the program. Our mayor, our council – they’re awesome. They’re all shooters, they all support what we’re doing, 100 percent.”

“Quite honestly, by the time we’re done building our range, it’s going to be a destination for other groups and agencies to do their training around Orange Beach while vacationing,” he added.

Though Litton has been lucky enough to have been presented with an abundance of support in his area, he encourages others to create their own youth programs in their own ways, saying, “Figure out what you want to do. Don’t beat yourself up worrying about every little detail. You do your thing – because your area, where you are, the children you’re working with – it could be a totally different situation than what I’m working with down here.”

There is one detail, however, that he says cannot be taken lightly – those who you choose to help you on the range.

“Make sure you have good instructors who can work

with children – that’s the key,” he said. “Sometimes, incredibly gifted instructors just aren’t as effective working with kids.”

He says it’s also important to make sure those instructors are competent enough as well. Personally, Litton even meets with his potential instructors a week before an event for a dry-run to make sure they are familiar with the platform on which they’ll be instructing.

“We even have people watching the instructors to make sure they’re not slipping up,” he said.

According to Litton, instructors are so important because they are not only laying the groundwork of fundamentals, but they could also potentially be molding future dreams into the youth who attend the events. The young officers from the nearby Naval Air Station in Pensacola that he recruits to help not only on the firing line but they also set a good example.

“In addition to them being safe firearm handlers, they’re young and they’re pilots and good role models for the kids,” he said.

Orange Beach is a remarkable destination. If you like fishing, shrimping, crabbing, floundering and a place where marksmanship safety begins at the youth level – this place is for you.

“It’s just beautiful here – we live in paradise, literally,” Litton said.

If you would like to learn more about the events held in Orange Beach, Alabama, or to contact Litton on how you might build your own program in your area, contact him at 251-980-5946 or clitton@orangebeachal.gov. To become a member of the City of Orange Beach Club, the only requirement is to physically help at one of the club’s events as an instructor or in another capacity.

A Note from the CMP: At the CMP, we are not only dedicated to the spread of marksmanship within our own programs but are also devoted to supporting the efforts of those who are creating their own legacies in their own ways. Our Club News articles are our way of displaying the successes of our clubs, in the hopes of encouraging others to take the same respectable paths – both in marksmanship and in life. We are proud of our clubs for all of their endeavors and are honored to show them off within our news feed.

If you’d like to find your local club, visit the CMP Competition Tracker Page at <https://ct.thecmp.org/app/v1/index.php?do=clubSearch> to become involved.



The annual Dove Hunt event combines learning, food and fun with its family potluck-style format.

– By Ashley Brugnone, CMP Writer

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.



Ongoing
**Basic Rifle, Basic Pistol,
 Basic Shotgun Classes**
 Talladega, AL

November 2020

6-8 November
Dixie Double
 Anniston, AL

6-8 November
**Steel Challenge Speed Shooting
 Championship**
 Talladega, AL

14 November
V3G Steel Challenge
 Talladega, AL

14 November
CMP Monthly Air Gun Match
 Port Clinton, OH
 Anniston, AL

17 – 22 November
Talladega 600
 Talladega, AL

21 November
TPS USPSA Monthly Match
 Talladega, AL

December 2020

5-6 December
Gary Anderson Invitational
 Camp Perry, OH
 Anniston, AL

12 December
V3G Steel Challenge
 Talladega, AL

2021

TBD
Camp Perry Open
 Camp Perry, Ohio

12-21 March
**Western CMP Games &
 CMP HP Rifle Matches**
 Phoenix, AZ

23 April - 2 May
**Eastern CMP Games &
 CMP HP Rifle Matches**
 Camp Butner, NC

8-13 June
Talladega D-Day Matches
 Talladega, AL

TBD
**New England CMP Games &
 CMP HP Rifle Matches**
 Jericho, VT

12-18 October
**Oklahoma CMP Games &
 CMP HP Rifle Matches**
 Oklahoma City, OK

16-21 November
Talladega 600
 Talladega, AL

Visit our Competition Tracker

- ct.thecmp.org -

**for ALL upcoming clinics
 and competitions!**

State Director Stories

In order to help ensure the cultivation of marksmanship at the ground level, the Civilian Marksmanship Program (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. Found 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.

OHIO – Russ and Vickie Evans

Russ and Vickie Evans have a long history together. The pair met when they were only kids at a church Bible school when Vickie was in 7th grade and Russ was in 8th grade. The two went on to date throughout high school and college, eventually marrying, and recently celebrated 50 years of marriage in 2019. Their teamwork in marksmanship is also rich with experience in leading youth athletes in a variety of disciplines. Along with serving as the CMP State Directors for Ohio since the beginning of the program, they also lead the National Matches Jr. Camp program – an endeavor they've been involved with for over 30 years.

Read more about this amazing duo: <https://thecmp.org/ohio-state-directors-russ-and-vickie-evans-hubbard-ohio/>.



TEXAS – John Becker

John Becker brings over a decade of knowledge on a variety of marksmanship disciplines, including BB gun, light rifle, along with precision air rifle and smallbore rifle. He is certified as a USA Shooting Advanced Rifle Coach, a range safety officer, marksmanship instructor and other coaching and development titles. His coaching abilities are marked by the individuals he has mentored that have had success at local, regional and national competitions – including the three-time National Champion MCJROTC team, Granbury High School.



NORTH DAKOTA – Tom Headrick

Tom Headrick's expertise in marksmanship lies around highpower across the course (XTC), long range and smallbore disciplines. He has reached the rank of Master in XTC and the level of Expert in long range.

For the state of North Dakota, Headrick hopes to improve marksmanship participation in highpower and smallbore competition for both adults and juniors.

Read more about Becker and Headrick here: <https://thecmp.org/cmp-welcomes-new-state-directors-in-texas-and-north-dakota/>.

ARKANSAS – Gary Jobe

Gary Jobe has been essential in building youth marksmanship programs in the south. Serving as CMP's Arkansas State Director for over 15 years, Jobe uses his title to learn new strategies for implementing an assortment of programs for youth who are only beginning to recognize their passions – constantly evolving to the budding needs of young marksmen in his state.

Learn more about Jobe here: <https://thecmp.org/arkansas-cmp-state-director-gary-jobe-continues-building-youth-marksmanship-programs/>.



**To find YOUR State Director,
visit the CMP webpage at
[https://thecmp.org/training-tech/
state-director/](https://thecmp.org/training-tech/state-director/)**

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
#1464	Ainsley Day	Kingwood, TX	#1476	Lauren O'Brien	Somerset, MA
#1465	Destiny Fontenot	Sparks, NV	#1477	Jeremiah Vonzell	Wadsworth, IL
#1466	Brandon Moffa	Sparks, NV	#1478	Reagan Whipkey	Homeworth, OH
#1467	Ionee Mendoza	Parlier, CA	#1479	Franco Fabela	Buda, TX
#1468	Logan Michael	Lincoln, CA	#1480	Mikole Hogan	Montgomery, TX
#1469	Kyle Massey	Sparks, NV	#1481	Rachel LeBlanc	Lusby, MD
#1470	Taylor Jones	Pell City, AL	#1482	Molly Palko	Albuquerque, NM
#1471	Parker Haydin	Joshua, TX	#1483	Ian Zinsmeister	San Antonio, TX
#1472	Brianna Jeffries	Willard, MO	#1484	Isabelle Ploechinger	APO, AE
#1473	Carlos Martinez	Joshua, TX	#1485	Katrena Silletto	Denver, CO
#1474	Lily Sharp	Joshua, TX	#1486	Charlotte Welsh	Simpsonville, SC
#1475	Adrianna Beard	Middleville, MI	#1487	Payton Peppard	Burke, VA



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.

Opinion: How Do You Leave Shooting?

By Rebecca Green, former NCAA rifle athlete, University of Akron



Rebecca Green (right), a former collegiate athlete, now spends most of her time shooting with her camera instead of her rifle.

Everyone who leaves rifle leaves it for their own reasons. It is so often easy for shooters to come to the end of their collegiate careers and find themselves at a crossroads. They make the choice of continuing to competitively shoot, led forward by the beacon that is the Olympic Torch, or to start their lives and make progress in other, equally important ways.

The Olympics becomes a program you watch every two years, and shooting becomes a pass-time saved for the weekends. For some, going to the Olympics is a very real possibility.

This dream does not easily leave the soul.

When your instincts tell you that the Olympics aren't going to happen for you, when you feel life moving on without you and your common sense is telling you it's time to hang up the old canvas and leather, how do you leave?

When your life is so full of fire and passion, striving toward this one massive and awe-inspiring goal, how do you handle it when you leave it unaccomplished? Where does all your time go when you no longer pull the trigger?

These questions haunt those who leave the quest. There will be anger and resentment. Many feel cheated – "Why did they get to and not me? WHY NOT ME?"

Do not feel alone in this.

All-American in shooting, leader of the team, breaking the school's score record, qualifying for NCAA's, winning a

national match – these are all goals we might have had that we did not achieve. So many of us are left with shooting careers that we feel are unfinished, that there was more we could've done or just those little goals that slipped away.

Only one person can win a national match, only two can go to the Olympics. Leaving rifle with these goals unfinished is potentially the hardest thing we have to decide, but there are some who find a way. How brave these individuals are for being able to leave one life for another.

Matt Chezem, a former U.S. National Team member, left rifle two years ago. He had shot the Olympic Trials for the 2016 Rio Olympics, and when he did not win and when his event (Men's Prone) was cut from the Olympics, he decided to move on to other aspects of his life. He went on to finish his degree at the University of Akron, attaining his Registered Dietician License. He now lives in Colorado Springs, Colorado, and spends his time training for climbing – his new passion.

Some trade in the expensive Walthers and Feinwerkbaus for rifles and pistols that are just fun to shoot at the clubs on weekends or after work. Some join adult leagues or maybe shoot the Civilian Marksmanship Program's (CMP) Camp Perry Open or Monthly Matches. Not all of us stop shooting cold turkey.

So many of us end up working for the sport that did so much for us while we were the competitors.

Catherine Green graduated from the Texas Christian University (TCU) Rifle team and immediately went to work for the CMP at Camp Perry, Ohio. Sarah Beard, another graduate of TCU and member of the U.S. National Team, joined the WCAP (World Class Athlete Program), via the army. Rachel Martin, former shooter for Nebraska, is now the head coach for the Nebraska Rifle Team, with Miden Miles (former TCU shooter and member of the U.S. National Team) as her assistant coach!

Even I, a former rifle athlete for Akron who had dreams of shooting at the Olympics, now shoot photos of the sport I loved so much.

Beyond the collegiate shooters, even former Olympians for the sport still find themselves in the rifle community.

Sarah Scherer, two-time Olympian and now a dietician, provides dietetic services to marksmanship athletes.

A lot of those who leave focus on careers and families that they have always dreamed of having.

Alexandra Hale, a Pennsylvania native who now lives in Virginia, fills her time with her job and her new, little family. Having welcomed her daughter last year (2019), Alexandra looks forward to when her own child can someday shoot.

Dan Smith, a man who shot in college over 20 years ago, now watches his daughter, Lilly, at the Winter Airgun Championships. She has college on her radar for shooting, just like her dad.

We see this a lot in former collegiate shooters. Their own children grow up and give the sport a try, only to find the same passion their parents once had. We come full circle until the shooters we once knew are back in the range, supporting and stressing over their kids' scores.

It seems that rifle has this effect that pulls shooters right back into the shooting world, even long after they've left it.

So, how do you leave shooting?

Sometimes...you don't.

ABOUT REBECCA GREEN:

Rebecca Green was a member of the University of Akron Zips rifle team from 2015 to 2019. She began her competition shooting career in the fall of 2010 with the Newport Rifle Club in Middletown, Rhode Island. Just a short time later, she took gold in the 2011 Nutmeg Games in Connecticut for smallbore, 3P and prone. She was also the Rhode Island NRA 3P Air Rifle Champion in 2012 and attended the National Junior Olympic Championships in Colorado for five consecutive years. She earned her Distinguished Junior Badge in 2015. Graduating from Akron with an art degree, she is currently returning to school for nursing and also runs her own photography business in Colorado.



"This dream does not easily leave the soul," Green said.

UNIVERSITY OF KENTUCKY RIFLE

Let's meet some of the University of Kentucky rifle team! Winning two National Championships over its history, the UK Rifle team is full of talented athletes. Head coach Harry Mullins, first an athlete on the team before taking over in 1987, is a four-time Great American Rifle Coach of the Year and the longest-tenured UK head coach. Currently, the team holds two future Olympians, Mary Tucker and Will Shaner, who both qualified to compete in air rifle at the Tokyo Games.

HAILEE SIGMON



Hometown/Junior Team: Kiowa, Colorado; NTC Shooting Club & Elbert County 4-H

What is your major? Career & Technical Education (Ag Education/Communication) – I chose to study agriculture education due mostly to my background. I grew up on a small family farm and was very active in the 4-H program. I learned first-hand growing up how important agriculture was, which developed my desire to inform consumers and youth about agriculture. My favorite class so far has been Agricultural Law.

When did you get involved in rifle? I started shooting in 4-H at

10 and began Olympic style rifle at 15.

Favorite rifle and stage? .22 and Kneeling (As a freshman, if you would have told me I'd say this, I would have told you that you were crazy.)

What do you do outside of rifle to train and better yourself? Our team works out together every Monday, Wednesday, and Friday, but much of our team works out beyond these time constraints, including myself. I also work with our sports psychology professional at the university on practicing mindfulness and to help my headspace on match day.

Future plans/goals for rifle and life? Currently, I am unsure of what exactly my future holds in store as I have flirted with the idea of furthering my rifle career by possibly getting involved with coaching. I have also looked into working in communications/marketing within the beef industry.

Any additional comments/stories/advice you'd like to add? Somebody once told me that you can achieve anything if you set your mind to it. I have personally learned that to be true and that no matter what obstacle may lay ahead, you can overcome it and come back even stronger. Surround yourself with individuals that will push you to be better. Learn to take advice from EVERYONE. While that Olympian might help take you to the next level, that new shooter might remind you of a fundamental thing you have forgotten to pay attention to overtime.

RICHARD CLARK



Hometown/Junior Team: Jackson, Michigan; Riverside Shooting Club

Major? I am majoring in kinesiology. I chose this major with hopes to attend medical school or get involved with college athletes and work within an athletic department after completing school.

How old were you when you got involved in rifle? I began shooting with my dad and grandfather when I was three years old, in my back yard. I began shooting the competitive disciplines at the age of six, with shorter air rifle, and took on smallbore at the age of eight.

Q&A WITH ATHLETES AND COACHES

RICHARD CLARK (CONTINUED)

Favorite rifle and stage? My favorite discipline to shoot is 3P. It's always a blast having a different challenge in each position that keeps you on your toes. My favorite stage during a 3P match is kneeling.

What do you do outside of rifle to train and better yourself? Our rifle team partakes in workouts together that bring us closer together. Workouts include lifts, core and conditioning. Another way I prepare myself outside of the range is by using the Inner Balance app and a heart math sensor to work on my breathing, as well as heart-brain coherence.

Future plans/goals for rifle and life? I currently plan to finish my undergraduate degree in kinesiology and focus on my rifle training for a couple years after graduation, in pursuit of a 2024 Olympic dream.

Any additional comments? The best advice I could give to an incoming freshman or junior shooter would be to buy into the program you are a part of. Use its resources to better your ability and quality of life. Be grateful for the opportunity to get up every morning and train with a group of people who love the sport just as much as you do. We never have to go train or work hard, but we get the opportunity to do so, and we must use it to the best of our ability.

WILL SHANER



Hometown/Junior Team: Colorado Springs; National Training Center

What is your major? My major is economics, and I like it because it gives a unique insight on how the world works and the consequence of certain actions, so you can plan ahead better. My favorite class so far would also be my economics class. It has allowed me to look at things on a larger scale and better understand financials.

How old were you when you got involved in rifle? I started shooting when I was 8 years at a small 4-H program in Rifle, Colorado.

Favorite rifle and stage? Favorite gun and position would be .22 prone. From the outside, it looks like a simple position, but trying to perfect it has always given me a constant challenge, which I love.

What do you do outside of rifle to train and better yourself? Outside of the shooting range, I do workouts for the core and back to help stabilize myself in position. Mindfulness and visualization are also a big part of my routine as it helps me stay calm under pressure and focus on the basics of competitive rifle.

Any additional comments/stories/advice you'd like to add? In the future, I would like to keep shooting at The University of Kentucky, and once graduated, tryout for the 2024 Olympics. After that, I will join WCAP (U.S. World Class Athlete Program) and continue my shooting career with the hopes of becoming a coach.

STORY CONTINUED ON NEXT PAGES

UNIVERSITY OF KENTUCKY RIFLE

MARY TUCKER



Hometown/Junior Team: Sarasota, Florida; Hollywood Rifle

Major? I just switched into kinesiology (out of equine science) because I think it will work better for my intended career of coaching. I am really looking forward to the physiology and psychology classes.

When did you get involved in rifle? I shot sporter when I was 15 and got into precision when I was 16.

Favorite rifle and stage? I like and tend to be more well known for air gun, but I enjoy smallbore also. Standing is my favorite position, and I really like kneeling too.

What do you do outside of rifle to train and better yourself? I work out with the team three days a week and try to do something physical on the other two days. I really heavily rely on visualization and mental training off the range.

Future plans/goals for rifle and life? I plan to continue shooting through my collegiate years and go to the 2024 Olympics. After that, I would like to be a coach.

Any additional comments? My advice to shooters is this: Work hard and set big goals. Shoot more than people say you need to and take all training seriously – if you do that, you will see huge improvements. Also, set your goals “too big.” If people tell you it’s unreasonable, then you know it’s the right size. #nolimits

HARRY MULLINS



University of Kentucky Head Coach

Were you a shooter before coaching? Yes, I shot for the University of Kentucky. I was on the team for all four years. It was so long ago I cannot even remember the shooting stuff exactly. We were in the non-scholarship category with most of the teams and were a Top 5 team most seasons.

Favorite reason for coaching: My favorite reason for coaching is getting to watch the athletes develop and grow over their four years in the program – seeing them reach some of their dreams and goals and watching how they continue to grow as young adults and athletes.

What is a day as your shooter like? A normal day on Mondays, Wednesdays and Fridays is training, classes, workouts, study and tutor sessions. On Tuesdays and Thursdays, training starts at 7 a.m. We train as a team for two and a half hours and then have a short team meeting. After that, the rest of the day is class, study hall, tutors and personal time.

Advice for junior shooters wanting to compete in college? I think the best thing a junior shooter can do to get ready to compete in college is to learn how to structure themselves and set priorities. Being able to stay organized and on top of your academics during your high school years helps you be the best you can be on the range once in college.

HARRY MULLINS (CONTINUED)

Any additional comments? I think for most shooters, being part of a college rifle team is a great experience. Most athletes before college are just part of a club. Once they get to college, they get to experience being part of a team and have common goals. Knowing that your work impacts the team's outcome is something not many get to experience before college. Embracing this and being the best you can be will make the college path a great experience.

RENA CURVEY



University of Kentucky Assistant Coach

What did you do in college? My hometown is Winchester, Massachusetts, but I competed for the University of Mississippi (Ole Miss). I graduated from Ole Miss with a Bachelor of Science in Exercise Science. I also have two Master of Science degrees from UK: Coaching & Sport Psychology and Counseling Psychology. I am currently working towards my PhD in Counseling Psychology at UK.

What did you like about being a CMP Junior Rifle Camp Counselor?

The opportunity to be a CMP counselor for two years was a great experience as a college student. I learned a lot about myself as a coach and made many great friends. I also enjoyed my five years as a CMP camp assistant director. In this role, I really enjoyed working with the counselors and assisting with the organization of camps.

What is your biggest challenge as a coach? For me, my biggest challenge as a coach is figuring out what each athlete needs from me. In the last few years, I have made an effort to develop a relationship with each athlete and customize my approach. A question I ask all my athletes weekly when we meet individually is "What do you need from me?" I get a wide range of answers depending on the athlete and the situation. This approach can be time consuming, but I have found it to be very successful and fulfilling as a coach.

Advice for college athletes and graduating college seniors? My advice for college athletes is commit. Commit to yourself, your goals, your team and your coaches. You only get one opportunity to be a college athlete, and it's a privilege many young people are not afforded. Push yourself, your teammates and have fun. Take advantage of all the resources that are offered, and enjoy the journey.

My advice for graduating college seniors: Hang in there and finish strong, it can be a year full of many emotions. It is the beginning of an end, and there are always unknowns after you graduate college – regardless of how much you have planned.

It can be challenging as a senior because it's likely your fourth year of competing and you are sad it is almost over, but you are also ready to move on at the same time. You owe it to yourself, your team and your coaches to finish strong. Show humility and gratitude as you leave the program and the university that has become your home. Lastly, have compassion with yourself as you transition to the next chapter of your life.

Any additional comments? Why I coach: As a college athlete, it is important to remember your sport is not who you are as a person, it is simply something you choose to do. Many college athletes overidentify with their sport and associate their personal worth with their athletic performance. Unfortunately, sometimes organizations, family members and coaches do this as well, which can be very damaging for athletes.

As a coach, I always push my athletes athletically because I want them to be successful and accomplish their goals. However, I always acknowledge my athletes as young people first – I want them to be happy, healthy, successful people and elite athletes during their time at Kentucky. At the end of the day, being a college student, athlete and an emerging adult all at the same time is hard! It sometimes takes support in multiple areas to successfully navigate the student-athlete experience. The complexity is my favorite part of the job.



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.

Junior Feature: California Grizzlies Dustin Carr

Dustin Carr, 19, has been a member of the California Grizzlies for four years.

At the Civilian Marksmanship Program's (CMP) Talladega Highpower Regional Cup Matches, held at the Talladega Marksmanship Park in July 2020, Carr landed in the Top 10 of Service Rifle competitors and earned himself the High Junior honor during the aggregate event. He also joined teammate Lauren "Sissy" Wood in the Two-Man Team Match to earn third place overall.

In 2018, Carr set a new junior record in the Vintage Military event during the National Games Matches at Camp Perry. He was also one of the members of the High Junior California Grizzlies team that fired in the National Trophy Infantry Trophy (Rattle Battle) Match in 2019 as well as the National Trophy Team that set a new junior National Record score the same year.

In April 2019, Carr earned Distinguished Rifleman Badge #2490 and has currently earned points toward Service Pistol and .22 Rimfire Pistol badges.

How did you get into competitive shooting?

I got into competitive shooting from my Dad. My dad was into highpower shooting when he was in the Navy, and he talked about how great it was.

Do you only shoot highpower? What's your favorite firearm to shoot, and why?

The types of competitions that I do are highpower rifle and bullseye pistol. I'm currently Distinguished in rifle but working very hard on going Distinguished in pistol. I love all firearms. I can't really say that I love one firearm from another, but I can shoot the best with my service rifle. The rifle that I'm shooting is an AR-15 with a 4.5 powered scope with a pinned UBR stock. The rifle weighs about 25 pounds to reduce wobble.

What is one of your best memories from competitive shooting? My favorite memory of shooting is when I went Distinguished in rifle. It was just a great feeling. I won the bullseye pistol match that day as well.

What is your practice routine?

My practice routine... Well, when I shoot offhand at the range, I'll shoot 40-60 shots, but almost every day I dry fire. I do have



Carr (left) shakes hands with Joey Hardy, Talladega park manager, following the highpower event in July.

a process when dry firing, but I would take too long to type so in simpler words. When I dry fire or shoot, I talk to my trigger finger, and that's how almost every shot is repetitive and consistent.

How do you prepare for a match on match day (mentally and physically)?

Before match day, I make sure I have everything I need – write in my data book and try to picture in my mind's eye a perfect shot. I'm still trying to find a way to control my nerves during the match though. When I find the secret to that, I'll tell you.

What's the best shooting advice you've ever received?

The best shooting advice I've gotten was from a person named Jim O'Connell, saying, "Be aware of the trigger." To me, that means feel out the trigger and be aware of pulling the trigger.

What are some other hobbies you have outside of shooting?

Outside of shooting, I wrestle and lift weights. #gymrat

What are your plans for the future?

Right now I work at a gun store and going to college, but I would like to join the military one day.

CMP Proposes 'Virtual Championships' to Take Place of JROTC, CMP Air Rifle Championships

With the uncertainty of the condition of the COVID-19 pandemic in the coming months, the Civilian Marksmanship Program (CMP) is looking ahead to the 2020-2021 three-position air rifle competition season.

In an attempt to place a supplemental plan for allowing junior athletes to compete in air gun events in the coming months, the CMP has created an altered series of matches where participants fire completely from their home or local ranges.

The CMP “virtual” matches will stand as substitutes for the JROTC Service, JROTC National and CMP Regional Three-Position Air Rifle Championships. Instead of traveling to a location in the north, south or west to compete on CMP’s Mobile Electronic Target Range as in the past, qualifying athletes would stay in their hometowns.

The competition series of the annual JROTC and CMP Three-Position Championships traditionally begins with a postal match, where competitors fire at their home ranges on official CMP targets and mail them back for scoring once athletes have completed the match.

The new “virtual championships” will be modeled after the postal matches, with some modifications to verify rules and safety measures are followed. As an added measure to ensure the well-being of all competing in CMP events, we emphasize respecting local guidance on COVID-19 while within the range.

The JROTC and CMP Championship Postal events will begin in October 2020 and conclude in February 2021 – an expanded set of time compared to past Postal Matches. This extra time will allow schools and athletes time to address and adjust to current safety and local guidelines.

As of July 2020, several teams are still unable to practice on their school or club ranges, while others are only able to practice at 50 percent capacity. Shared equipment, requiring close interaction, has also presented issues for coaches and athletes. The Postal Matches will extend into 2021 to accommodate schools that may be subject to a later start date for students.



Unlike previous years, the JROTC and CMP Three-Position regional events will be held “virtually” at athletes’ home ranges.

Top teams of the Postal events will be invited to participate in the Virtual Service and Regional Championships. The CMP hopes to be able to host the CMP National Championship in 2021 at Camp Perry, with possible modifications, but that is to be determined at a later date.

Stay informed about upcoming and adjusted events by following CMP’s social media pages (Facebook, Twitter, Instagram). Learn more about the JROTC and CMP Championships by viewing the “Youth” dropdown on the CMP website homepage.

– By Ashley Brugnone, CMP Writer

If you have a story you'd like highlighted in *On The Mark*, submit your story for consideration to Ashley at abrugnone@thecmp.org.

Wyoming State Association Uses Development Program to Support Junior Athletes

WORLAND, Wyoming – On May 30, 2020, the Wyoming State Shooting Association (WSSA) out of Worland, Wyoming, conducted a rifle raffle drawing using the help of the Civilian Marksmanship Program's (CMP) M1 Garand Fund Development Program.

According to CMP Policy, the program offers an affiliated and state associated club a vintage M1 rifle for a reduced price of \$200 to be used for fundraising efforts (raffle, auction, etc.). All proceeds earned from the fundraiser must be used for the support of juniors and junior shooting sports programs.

The winner of the 2020 WSSA raffle was an individual from Cheyenne. Overall, the fundraising (event brought in over \$2,500 for the club's local junior funds account (after subtracting costs for printing tickets, mailing, etc.).

All of the money earned will go toward junior supplies and equipment, website updates/designs and funding junior travel expenses.

To spread the word on the M1 raffle each year, the WSSA sends tickets to all its membership—including its 61 junior members. They also advertise the raffle in the club newsletter, website and Facebook page. All tickets sold are returned to the club's secretary for a drawing held at the annual spring meeting.

The WSSA and Junior Support:

"Our raffles are an annual thing, I know because I have spent more than enough on these raffles through my 50+ years as a member," said Kenny Lankford, president of the State Association and competitor.

According to Lankford, the WSSA has had junior involvement even before he started shooting. He recalls several junior competitors (many he still knows) that attended the annual Camp Perry National Matches in Ohio under sponsorship of the WSSA and the Office of the Director of Civilian Marksmanship – what is now known as the CMP.

Today, most of the junior programs in Wyoming are initiated by its member clubs and are supported as needed. The existing 27 clubs are listed on the WSSA's website (<https://www.wyossa.com/affiliatedclubs.htm>).



"I am the biggest fan of Wyoming State Shooting Association's junior achievements, as I am Life Member 14, which I purchased in 1969 when I was a junior shooter of 16 years of age," he said. "I just recently held the CMP Wyoming State High Power Championships – 50 years after I first started highpower as a junior in 1970."

In highpower, WSSA has had juniors compete from all over the state. Since his election as president two years ago, Lankford, competition director Phil Morgan and secretary Nick Nickleson have worked to fill junior highpower activities. Their action plan sets the first priority to instilling junior leaders within the state.



The WSSA has long been dedicated to serving as a supporter for junior marksmanship. WSSA vice president Paul Garbin stands at left.

“We started last year, gaining permission to purchase an informational table at the Wyoming State 4-H State Match, which hosted over 600 Junior participants and held in Douglas, Wyoming,” Lankford said.

The club furnished 16 first place trophies for the event and also raffled off a Kimber G82 rifle, which was won by a 4-H leader. All of the proceeds were given to the Wyoming 4-H shooting sports.

“We were working on this year’s 2020 Wyoming 4-H State Shoot and gained permission to hold a highpower clinic during the weekend shoot to hopefully introduce new shooters to CMP and NRA (National Rifle Association) highpower shooting,” Lankford said. “Unfortunately, this year’s events were cancelled due to COVID-19.”

One of the junior shooters who passed through Wyoming’s rifle program over the years was SP4 Greg Strom, who crowned several achievements throughout his decorated career, such as two President’s Rifle Match wins (1980, 1984) – one of the most prestigious honors earned at the National Matches. The trip to Camp Perry is a favored event for most junior marksmen around the country, and the Wyoming juniors are no different.

“I, myself, have taken six different juniors to Camp Perry, when I was WSSA’s highpower director,” Lankford said. “The WSSA has continued support of juniors while building up an inventory of highpower equipment – enough to fully equip seven juniors.”

He went on to say that the Association has also converted two AR rifles to flat top receivers in order to allow those using them the ability to compete with optic sights, along with re-barreling four rifles for junior use.

In smallbore and air rifle, the club lends support to the USA Shooting Junior Olympic Championships held in Cheyenne, Wyo., which had 31 competitors in 2020. The club also supported the Wyoming State Junior Olympic Three-Position Air Rifle Championships in 2019, with 16 shooters.

Additionally, the state’s smallbore junior director, Dudley Irvine, has been the CMP State Director for Wyoming since the installation of the director program. As State Director, Irvine serves as a valuable resource for improving junior programs and marksmanship opportunities for youth.

For now, Lankford is working with a junior, locally, who



The WSSA has supported highpower, smallbore and air rifle junior programs in the state.

won several awards in the junior division last year at the State 4-H Match. He’s also in talks with one of the Illinois junior leaders in the hopes of gaining information on how they run their program in Illinois and the requirements of the juniors to sell raffle tickets to help finance their own support – just another example of the proven network of junior supporters coming together to support one another, all for the good of junior marksmanship.

M1 Garand Fund Development Program:

The Civilian Marksmanship Program encourages all State Associations to take advantage of this program to help raise funds for their Junior Marksmanship Programs. The rifle may be raffled, auctioned off, or used as a prize in a marksmanship competition where funds for junior shooting are raised. To learn more about the M1 Garand Fund Development Program, visit <https://thecmp.org/clubs/state-associations/m1-garand-fund-development-program/>.

– By Ashley Brugnone, CMP Writer

CMP Junior Highpower Programs:

Interested in learning about Highpower Programs in your area? Visit the CMP’s website to find a local club at <https://ct.thecmp.org/app/v1/index.php?do=clubSearch> or contact your CMP State Director – visit <https://thecmp.org/training-tech/state-director/> to find contact information. The CMP also offers Marksmanship 101 classes throughout the U.S. Visit our website at <https://thecmp.org/training-tech/marksmanship-101/> for more information.

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