



# ON THE MARK

THE NEWSLETTER FOR COACHES AND JUNIOR SHOOTERS © WINTER 2020

## Those Competition Butterflies...

CMP Chooses Winged Winner of Junior Photography Contest

### Results On:

- Monthly Match League
- Dixie Double
- Home Range Series Juniors
- Gary Anderson Invitational

### Learn More:

- Participating in Competitions
- Nerve Control From the Experts

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- West Virginia University Rifle Team
- CMP State Director Bruce Bowler

### Featuring:

- Top 10 Scholarship Winners
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- Upcoming Event Changes

## ON THE MARK

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

### ON THE MARK Staff:

Gary Anderson DCM Emeritus  
Christine Elder Communications Manager  
Ashley Brugnone CMP Writer/Editor

**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](mailto:onthemark@TheCMP.org).

**Back Issues of OTM:** To view back issues of **ON THE MARK**, log onto <http://thecmp.org/communications/on-the-mark/>. Address Changes: To submit address changes or corrections, contact: 419-635-2141, ext. 724 or email [onthemark@TheCMP.org](mailto:onthemark@TheCMP.org).

**Editorial Submissions:** To submit articles, editorial material or photographs for possible inclusion in **ON THE MARK**, contact: Ashley Brugnone, **ON THE MARK** Editor, P. O. Box 576, Port Clinton, OH 43452; fax 419-635-2573 or email [abrugnone@TheCMP.org](mailto:abrugnone@TheCMP.org).

**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](mailto: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](mailto: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](http://www.thecmp.org) or on the CMP online newsletter, **The First Shot**, at <http://thecmp.org/communications/the-first-shot/>.

# 🎯 Sighting Shots 🎯

**Note: The CMP has realigned OTM issues to coordinate with the seasons. The Summer 2020 issue was renamed to Fall 2020, and the Fall 2020 was renamed Winter 2020.**

🎯 **2021 CMP Travel Games.** The CMP's Travel Games, featuring a variety of rifle and pistol competitions, will resume in 2021. The events also host the CMP HP Matches, like the 4-Man Team Match, EIC Rifle Match and three days of 80-Shot events. Dates for the recreational events include:

- **March 12-21 – Western CMP Games & CMP HP Rifle Matches**
- **April 23-May 2– Eastern CMP Games & CMP HP Rifle Matches**
- **June 8-13 – Talladega D-Day Matches, Talladega, Alabama**
- **Sept. 19-26 – New England CMP Games & CMP HP Rifle Matches, Jericho, Vermont**
- **Oct. 17-24 – Oklahoma CMP Games & CMP HP Rifle Matches, Oklahoma City**
- **Nov. 16-21 – Talladega 600, Talladega, Alabama**

Learn more by visiting <https://thecmp.org/club-type/cmp-travel-games/>.

🎯 **Talladega 600 Revised Dates.** The Talladega 600 event, which features a mix of recreational and EIC rifle and pistol competitions, will now be held Jan. 12-18, 2021, at CMP's Talladega Marksmanship Park. The event is open to all ages and experience levels. Talladega 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. For more information or to register for the Talladega 600, visit <https://thecmp.org/cmp-matches/talladega-600/>.



🎯 **2021 Rule Changes.** CMP Competition Rules for the 2021 competition season have now been approved by the CMP Rules Committee and are posted on the CMP website at <https://thecmp.org/competitions/cmp-competitions-rulebooks/>. The 2020 competition season

was severely impacted by the Covid-19 pandemic. As a result, rule changes adopted for the 2020 competition season were not thoroughly tested, with only a small number of changes for 2021. Therefore, the CMP decided not to publish new rulebooks for 2021. The rulebooks posted on the CMP website have been updated with 2021 changes and are labeled as "2020-2021" rulebooks.

🎯 **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.

**ELEY:** <https://thecmp.org/cmp-sponsor-feature-eley-ammunition/>

**Crosman:** <https://thecmp.org/cmp-sponsor-feature-crosman/>

🎯 **Camp Perry Open Dates Moved:** The Camp Perry Open air gun event, featuring a variety of 3×20 and 60 Shot air rifle and air pistol categories, has moved from its January date to May 21-23, 2021. Along with regular competition, the Camp Perry Open will include its famous Super Final and an informative Q&A session with the experts. The new Camp Perry Open dates also allow for a coinciding 3×40 smallbore match to be held May 21 on Petrarca Range – also located on the grounds of Camp Perry. For more information, visit <https://thecmp.org/cmp-matches/camp-perry-open/>.



**On the Cover: Congratulations to the winner of our Junior Photo Contest, Kayley Hullender, 19, of Seaford, Virginia! She snapped this photo while preparing for an outdoor match. When she looked down and saw the beautiful butterfly (which matched the ones in her stomach), its brilliant colors calmed her nerves. Hullender is a member of the Lafayette Gun Club in Grafton, Virginia.**

# Apply Now for CMP's Scholarship Program

The Civilian Marksmanship Program (CMP) is set to reward deserving student-athletes for the 2021-2022 school year in their future endeavors through the annual CMP Carolyn Hines Memorial Scholarship – with an increased monetary amount now offered to recipients.

Since the program's beginning in 2005, the CMP has annually offered \$1,000 one-year scholarships to current high school seniors, based on merit and rifle and/or pistol marksmanship participation. The CMP has awarded more than \$3 million in scholarships through the years to thousands of outstanding youth marksmanship competitors.

Along with the \$150,000 of awarded scholarships set for the 2021-2022 school year, the CMP will present a \$5,000 scholarship to the top graduating senior who best embodies the well-rounded values of Dr. Hines.

In 2020, the Garand Collectors Association (GCA) generously donated an additional \$10,000 to the CMP to use toward qualifying applicants to the CMP Carolyn Hines Memorial Scholarship. The GCA again enhanced the scholarship program for 2021 – tripling its donation to \$30,000, which will provide \$3000 scholarships to the top 15 applicants, as determined by the CMP Scholarship Committee headed by retired Army Lt. General Joe Inge.

The CMP is dedicated to its commitment to youth marksmanship and safety programs.

## **RULES:**

**TO BE CONSIDERED**, applicants must turn in a list of past and present rifle or pistol competition history, awards, involvements and future expectations for the sport. Proof of participation, including match bulletins, photos or CMP Competition Tracker printouts (from the applicant; CMP will not look up Tracker info), **MUST** be presented in order to be considered for the scholarship. Incomplete applications will not be considered.

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

Incomplete applications will not be considered, so please check that all required information is sent. Applicants may call a few weeks after their application is sent in order to confirm all required info is met.

Because the CMP takes great care in personally reading each application, all mandatory information



(including forms and other necessary materials) must be sent to the CMP in its entirety. Staff members are eager to recognize praiseworthy student-athletes for their hard work – so please take extra precaution in sending all application requirements.

## **DEADLINE:**

The deadline for application submission is March 20, 2021. Scholarships may be used to pursue post-secondary education or vocational programs for the upcoming school year.

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



*Dr. Carolyn Hines*

# CMP Announces Winners of Monthly Match League Air Gun Events

The Civilian Marksmanship Program (CMP) has announced the top performers of its Monthly Match League competition series for the 2020 season.

Over the four Monthly Matches fired this year (March, September, October, November), a total of 550 entries collectively entered competition at the air gun ranges of the Gary Anderson CMP Competition Center in Ohio and the CMP South Competition Center in Alabama. Monthly Match events include a Junior 3x20 Air Rifle Sporter, Junior 3x20 Air Rifle Precision, 60 Shot Air Rifle Standing and 60 Shot Air Pistol.

The Monthly Match League names the top three outstanding participants from an average of each individual's Monthly Match scores from repeat attendance. The first three places receive plaques for their performances, and places one through five collect monetary prizes based on the number of entries. The Most Improved competitor, with the highest margin of score progression, is also recognized with a signature plaque.

Earning the overall spot in the 3x20 Precision Match was Natalie Perrin, 18, of Coopersville, Michigan, with an average score of 595.0. Following in second was Jacob Day, 15, of Columbus, Georgia, squeaking above third place competitor Douglas McWhorter, 17, of Springville, Alabama, by only three-tenths of a point – scoring 586.3 and 586.0 averages, respectively.

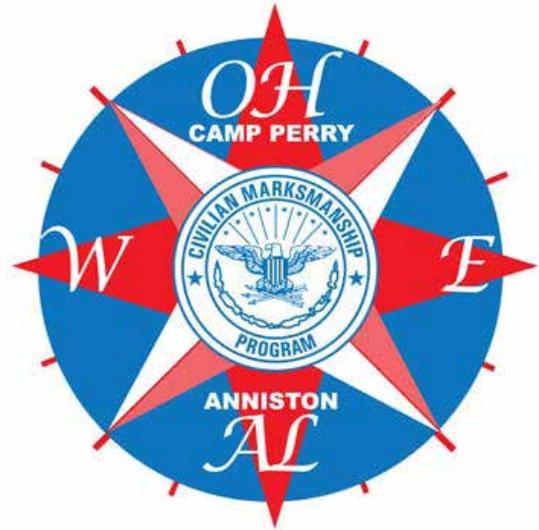
Most Improved competitor of the 3x20 Match was Victoria Petersen, 18, of Hendersonville, Tennessee.

Perrin also led the 60 Shot Rifle event, with an average score of 621.0. Julie Klusmeier, 25, of Cincinnati, Ohio, overtook second with a score of 613.2, with Angus Babcock, 17, of Lithia Springs, Georgia, landing in third over the field of nearly 270 total entries.

Grayson Ellis, 14, of Anniston, Alabama, mounted a difference of 38.7 points to be named the Most Improved competitor of the 60 Shot Rifle Match.

In 3x20 Sporter, Trinity Sandoval, 14, of Piedmont, Alabama, led overall with an average score of 515.8. Fellow Piedmont resident Devyn Chapman, 14, followed in second place and was also the Most Improved competitor, with a score of 506.5, as Ditsy Werner, 16, of Kennesaw, Georgia, earned third.

Out of over 60 entries in the 60 Shot Pistol event, Lauren Herrington, 31, of Buford, Georgia, earned an average score of 518.5 to claim first, with Renay Woodruff, 48, of Alexandria, Alabama, firing a score of 503.8 for second. Alun Deniston, 63, of Bowling Green, Ohio, rounded the top three competitors with an accumulative score of 495.5.



Ashleigh Smith, 15, of Cement City, Michigan, was the Most Improved competitor by a difference of 50 points.

The CMP's Monthly Matches will return Feb. 6, 2021, at the Ohio and Alabama locations. Visit the CMP web page (<https://thecmp.org/ranges/cmp-competition-centers/monthly-air-rifle-and-air-pistol-matches/>) to view a full schedule and results of the 2020 Monthly Match League.

Photos from the Monthly Matches can be found on the CMP Zenfolio page: [www.cmp1.zenfolio.com](http://www.cmp1.zenfolio.com).

## About CMP Competition Centers:

The CMP's air gun facilities are open to the public, year-round, and feature 80-point ranges filled with CMP's own electronic targets. Currently, the CMP air gun ranges are open only by appointment and adhere to state regulations regarding Covid-19 safety.

The South Competition Center in Alabama includes the CMP South Store that is fully stocked with equipment and memorabilia needs. Marksmanship Nights, held weekly at the range for the public, allow visitors of virtually any age and experience level to try their hands at air rifle or air pistol shooting.

The Gary Anderson CMP Competition Center in Ohio features authentic Olympic and other memorabilia from the career of celebrated American marksman, Gary Anderson. The facility also includes a retail center for equipment and memorabilia needs.

Learn more about the CMP Competition Centers by visiting the CMP website at <https://thecmp.org/ranges/cmp-competition-centers/>.

*By Ashley Brugnone, CMP Writer*

# Olympians Lead at 2020 CMP Dixie Double

ANNISTON, Ala. – The Civilian Marksmanship Program (CMP) held its annual Dixie Double event for an enthusiastic group of air rifle and air pistol competitors at its South Competition Center in Alabama over the weekend of Nov. 6, 2020. Nearly 200 junior and adult athletes from around the country took the firing line to compete in one of the most anticipated events of the year – welcomed by yearning competitors even more so in 2020, which has seen a steady stream of cancelled air gun events.

The Dixie Double includes two days of 60 Shot international air rifle and air pistol matches for Open and Junior athletes, with qualifications and finals fired each day. Overall competitors are awarded at the conclusion of Day 1 and Day 2 as well as from the combined, two-day aggregate scores.

Featuring an Army Marksmanship Unit-led Q&A session and shoulder-to-shoulder competition with national-level athletes and Olympians, the Dixie Double serves as a learning opportunity for upcoming marksmen and a worthwhile challenge for those more experienced.

Sgt. Nickolaus Mowrer, 32, of the U.S. Army Reserves, led the air pistol competition with a commanding score of 1180-43x. Last year's Dixie Double winner, James Hall, 37, of Columbia, Missouri, trailed behind Mowrer in second position, with a score of 1165-30x, followed by Alexis Lagan, 27, an Olympic Training Center athlete, with a score of 1153-33x for third.

Mowrer, Hall and Lagan, all USA Shooting National Team members, used the Dixie Double event to keep their competition skills sharp as they await the postponed Tokyo Olympic Games – each earning spots on Team USA in 2020.

Hunter Battig, 18, of Colorado Springs, Colorado, claimed the win in the junior air pistol match with a score of 1128-25x.

Spc. Sagen Maddalena, 27, of the AMU, posted an aggregate two-day score of 1265-112x in the open air rifle competition to earn first place over teammate 1st Lt. Sarah Beard, 29, who ended with 1260-104x. Fellow AMU member SPC Alison Weisz, 25, earned the third place spot with a score of 1256-102x.

Like the pistol athletes, Maddalena, Beard and Weisz are all members of the USA Shooting National Rifle Team.

Sgt. Kevin



Nguyen, 28, of the AMU and the USA Shooting Paralympic National Team, also competed over the weekend at the Dixie Double, ending the event with a score of 1223-104x.

In junior air rifle competition, Natalie Perrin, 17, of Coopersville, Michigan, stayed consistent to tally a two-day combined score of 1257-99x – leading her peers overall. Katie Zaun, 17, of Buffalo, North Dakota, fired a score of 1255-104x for second, as Adrienne Hanson, 15, of Millwood, Georgia, earned third with 1248-90x.

A two-person team event, pairing a Junior athlete with an Open athlete, was also held concurrently with the 60 Shot competitions.

Leading the air rifle team match by just one point was “Kake,” teammates Katie Zaun and SPC Brandon Muske of the AMU – earning a combined score of 2490-198. In air pistol, team “Grip It & Rip It,” James Hall and Hunter Battig, joined forces to accrue 2279-55x to come out on top, 20 points over the second-place team.

All employees, athletes, coaches and guests adhered to local Covid-19 protocols to ensure the safety of everyone at the event.

For a complete list of results of the 2020 Dixie Double, visit the CMP Competition Tracker page at <https://ct.thecmp.org/2020DDresults>.

*By Ashley Brugnone, CMP Writer*



*Junior winners received additional prizes from the CMP for their performances.*

## PARTICIPATING IN COMPETITIONS

# PARTICIPATING IN COMPETITIONS: A How-To For Coaches and Junior Athletes

By Gary Anderson, DCM Emeritus



*A pre-Covid junior competition taking place at the Gary Anderson CMP Competition Center at Camp Perry, Ohio. Experiencing the challenges, excitement and exhilaration of competitions is one of the main reasons youth participate in the sport of Shooting.*

Most juniors who learn the skills of rifle and pistol target shooting want to be able to apply them in competitions. For some that means competing with friends in local club matches. It may mean becoming a member of a school or club rifle or pistol team. It could mean traveling to major championships or the National Matches. For a few who become models for many others, it means shooting on a college rifle team or even making a U. S. National Team and competing in World Cups, World Championships or even the Olympic Games. Competitions are the best way to test young athletes' skills and knowledge and make them a real part of one of the world's great sports.

This **On the Mark** article explores junior athletes participation in competitions. Its objective is to help them, and their coaches and parents, get the most out of their competition experiences.

## TEAM OR PROGRAM COMPETITION OBJECTIVES

Every team or junior program needs to have goals or objectives that guide the role competitions play in their program:

**The Role of Competitions.** Every junior shooting program leader should have an understanding of the positive roles competitions can play in youth sports. They also need to understand how rifle and pistol target shooting is one of the world's most popular sports, and that it offers competition opportunities at all levels from recreational shooting to the Olympic Games.

**Participants Should Have Opportunities to Compete.** Junior shooting programs should give every youth participant an opportunity to experience competition

shooting. Whether they continue to participate in competitions should be their choice, but programs should make sure they have that opportunity.

#### **Support Athletes Who Want to Compete.**

Youth Shooting programs should provide coaching and practice possibilities for junior athletes who want to pursue competition goals so that those athletes can realize their potential.

**Annual Competition Plans.** Coaches, parents and advanced junior athletes should work together to prepare annual competition plans for their programs. Those plans should determine whether programs host matches themselves, which matches the team expects to attend and what their competition goals for that year are.

### **WHY ATTEND COMPETITIONS**

The reasons juniors should participate in competitions start with why they wanted to learn how to shoot in the first place. Most juniors want to play the game; they want to find out how well they can do in Shooting competitions. The benefits of competition experiences include:

**Life Lessons.** Juniors should have opportunities to compete because life itself is a competition. Sport competitions are uniquely capable of teaching important life lessons that will enable young people to compete in life. Learning to handle stress, and to concentrate and perform your best in the midst of fears, anxiety and distractions are capabilities adults need in real life.

**All Competitors in Shooting Can Be Winners.** A third reason for encouraging juniors to compete in Shooting is that it is a sport where not everyone has to compete to win. Team sports must have winners and losers and many of those sports relegate most of their participants to being spectators who can only watch from the stands. In Shooting, everyone can get on the field and play the game. Some participants do indeed compete to win, but many others compete against themselves or only against close, friendly rivals.

**Competitions are Fun and Rewarding.** A fourth reason for encouraging juniors to compete is because competitions are enjoyable, rewarding experiences. Striving to excel while testing yourself against others is motivating. Reaching challenging competition goals is fulfilling. Plus, competitions offer opportunities to meet new friends, see different places and enjoy new experiences.



*Competitions also offer unique experiences outside of the shooting ranges. These 2019 National Matches First Shot Ceremony attendees experienced this memorable presentation of the American flag.*

### **KEEP COMPETITION EXPERIENCES POSITIVE**

Coaches and adult leaders must do all that they can to keep young athletes' competition experiences positive. Letting a young person with a fragile ego think they let their team down by shooting a bad score can be devastating. Striving to excel is part of sports and can be positive but when too much emphasis is placed on winning, competition experiences become negative. There are several things coaches and parents can do to establish an environment that keeps young athletes' competition experiences positive:

**Evaluate Performance, Not Winning or Losing.** Athletes and their parents must learn to **evaluate match results according to how well athletes perform what they are trained to do, not by whether they win or lose.** The coach's responsibility is to teach skills and organize training sessions that establish athletes' performance capabilities. Each athlete's capability is reflected in a practice average. When an athlete enters a competition, whether they shoot their average depends upon how well they perform the skills they learned in practice. If they perform well in a competition and shoot their average, they had a good match. If they shoot better than their average, they had a great match.

When athletes learn to focus on developing their performance capability in practice and then to evaluate their competition performances by how well they perform

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those skills, winning and losing becomes secondary. If an athlete's match score was high enough to win or place high that is great, but athletes should nevertheless evaluate their match performances according to how well they perform the skills they develop in training. A key to this concept is recognizing that athletes can control their own performances, but they cannot control how other athletes perform, so they cannot control winning or losing.

**Expect to Enjoy Competitions — Don't Fear Being Nervous.** It's OK to talk about being nervous before a match but it's even more important to feel good about being nervous. Nervousness is a natural feeling that can create a state of heightened awareness that helps athletes focus on performance. In some sports, coaches use nervousness to "pump up" athletes. That doesn't work in Shooting, but nervousness should fill athletes with enthusiasm and eagerness to be on the firing line and perform what they are trained to do.

**Reduce Anxiety by Being Prepared.** An athlete who is well prepared for a competition will experience less anxiety. Proper preparation steps include:

- Shoot record matches in practice. Follow match conditions, with correct range commands and time limits, even with unexpected distractions.
- Brief athletes on what to expect at the competition site.
- Teach the competition rules that will be followed so there will be no surprises.
- Know and practice the course of fire that will be followed.
- Make sure all athletes have an equipment checklist to use in getting ready to travel.

**Teach Resilience — Bad Scores are Opportunities to Learn.** So much of benefitting from competition experiences is attitudinal. You certainly don't want athletes going to matches expecting bad things to happen, but how to respond if they do happen needs to be taught. Seeing bad shots or poor scores as personal failures or disruptive events as misfortunes will not make them better. Successful competition athletes develop "resilience," that is the ability to sustain misfortune and recover from it. They have the ability to learn from their mistakes. There will be bad shots and bad scores; there will be distractions and even occasionally a match official who makes a bad decision that affects an athlete. Vowing to remain calm and under control no matter what happens is an important attitude for athletes to develop. A proper response to bad shots or bad scores is to learn not to see them as failures, but as learning opportunities. Shooting diary notes after a match should record both the good things athletes did



*Equipment inspections are part of the routine at many Shooting competitions. Athletes should be prepared for them.*

as well as any bad shots or scores. The key in noting bad shots or scores is to also note what should have been done. That then becomes something specific to work on in practice before the next match.

**Your Dog Won't Bite You When You Come Home After a Bad Match.** One of the most effective ways to reduce an athlete's fear of failure and the negative effects this can have on match performances is to help team members understand their coach, teammates, friends and family will still love and care for them regardless of whether their score in a match is good or disappointing. The coach and team must establish a team environment where there is an expectation that every athlete will try to perform to the best of their ability, knowing that they are accepted as a good person regardless of the outcome of the match.

### COMPETITION STRATEGY AND PERFORMANCE

The lifeblood of performing sports skills developed through training in competitions depends upon what athletes and coaches actually do during their competitions. Let's walk through those actions, starting on the day before the match.

**The Day Before the Match.** Many athletes have rituals they like to go through on the day before the match. Their rituals are done for both physical and psychological reasons. An athlete's practice on the day before a match should focus on confirming that everything is working well. It should not be a long practice; it's definitely too late to master a new technique and it's almost always a mistake to shoot the full course of fire on that day. Strenuous physical work should be avoided because of the risk of injury or straining critical muscles. An evening meal emphasizing carbohydrates is good; there is some evidence that this improves hold stability. Some athletes try to relax by watching a movie or spending the evening with friends. After that, a normal night's rest in order.

**On the Morning Of.** A key to an athlete's pre-match preparation is to have a preparation plan and timetable that allows enough time to get ready to compete without leaving extra time to sit around doing nothing or, conversely, having to rush to get ready. Most athletes want to get up at least three hours before the start time for a match. After a light breakfast they try to arrive at the range 60 to 90 minutes before match start time. Time must be allocated for checking in, going through equipment control, if there is one, and doing a warm-up routine. Warm-up routines have proved to be real difference makers in boosting rifle and pistol hold stability and readiness to perform correct shot technique. Many athletes devote time to doing aiming exercises or dry holding on a blank wall.

Before a competition, athletes must focus only on their preparation and performance. Coaches or adult leaders should handle logistical and administrative matters and anything else that might come up. Another precaution is that athletes should not be distracted by the side show. At most matches there will be lots of activities taking place, but athletes should remember they are there to compete. There will be plenty of time to talk to friends after the match.

**Setting Up the Firing Point.** An athlete's routine for setting up equipment on the firing point should have been worked out in practice long before the match.

## SPORTSMANSHIP AND ETIQUETTE

*The meaning, integrity and value of any youth sport requires its athletes to practice good sportsmanship and etiquette. In the sport of Shooting, all athletes must:*

- **Know and follow the rules.**
- **Avoid taking any performance enhancing drug or substance.**
- **Keep their firing positions and equipment within their firing point areas.**
- **Not make actions that might disturb other athletes.**
- **Not act out or express anger or frustration after bad shots or scores.**
- **Cooperate with match officials.**
- **Do their part to make the competition a great experience for everyone — their teammates, other teams and match officials.**



*Sportsmanship plays an undeniable role in junior shooting competitions. Here, two athletes wish each other good luck as they prepare to start a 3-position air rifle final.*

## PARTICIPATING IN COMPETITIONS



### COMPETITIONS DURING COVID

With Covid-19 restrictions likely to continue well into 2021, the CMP is working to find solutions that will allow junior competitions to continue while doing as much as possible to ensure the health of competitors and match officials. Covid-era solutions include:

- **Virtual Matches.** When travel is risky, using software and the internet to compare the scores of athletes firing on their home ranges makes competitions possible.
- **Social Distancing.** The photo above shows one competitor on every fourth firing point.
- **Mask wearing.** Masks are required to enter a range and can only be taken off on the firing line.
- **Limiting Personnel on Ranges.** Entry to range is limited to competitors who are firing and essential Match Officials.

Focusing attention on each set-up step is a way to keep minds productively occupied. Getting into the first firing position and doing dry firing and aiming exercises vary according to discipline rules; this timing should also be worked out in practice.

**Sighter Strategy.** An athlete's sighter strategy varies according to how many sighters the rules allow. When athletes pay attention to determining and recording precise zeroes for their rifles and pistols, zeroing becomes a secondary priority for sighter firing. Where sighters are not allowed or limited, the final check on shot preparation and shot technique must be completed by dry firing during the preparation time. Where sighters are unlimited, a primary purpose for sighters is to establish an athlete's performance.

**Firing Record Shots.** A research project that compared the average values of all shots fired during a recent Olympic Games Shooting competition found that the first and last shots averaged lower than any other shots. Switching from sighters to record shots does cause additional anxiety, just as firing the last shot does when a good score is at stake. Athletes should establish a performance routine during the preparation time or sighters and then simply carry that routine forward into the first record shots. However, when making shots becomes difficult, for example on the first and last shots or when a good score is building, athletes must have a strategy for focusing on key performance factors (shot preparation and shot technique).

There are several caveats regarding the firing of record shots. Good advice is to learn to focus on the shot being fired (Stay in the now!). Thinking about a bad shot or score that has been fired or a great score that is building is a formula for disaster. A second item of advice is to plan to shoot record shots in the match just like you shoot them in practice. Trying something new on the day of the match is another formula for disaster.

**When Bad Things Happen.** Athletes should not go to matches expecting bad things to happen, but they should also not go to matches unprepared for bad things to happen. If bad shots start to occur, a rifle or pistol malfunctions or if there is a distraction or interruption, athletes should have a strategy:

- o When bad shots occur, the athlete must know their shot plan well enough to have a refocus plan. The first step in these cases is to recognize when performance is deteriorating. Then the athlete must quickly focus renewed attention on shot technique basics. This may mean paying more attention to shot preparation or being sure to get initial pressure on the trigger when starting a

shot, or to centering sight picture movements (hold control) or to making an absolutely smooth press on the trigger.

- o When an athlete's performance deteriorates it's important to know when to take a break. The cure for a poor hold in kneeling may be to get completely out of position and rebuild it. Sometimes the best strategy is to clear the gun, put it down, and let a Range Officer know you are going to take a break. Most competition rules allow for an athlete to go back to talk to their coach or for a coach to call an athlete off of the line, with the permission of a Range Officer. A short conversation between the athlete and coach is often a ticket to restoring good performance.

- o If the problem is an equipment malfunction that the athlete cannot fix by themselves, the Range Officer must be notified so that the rifle or pistol can be cleared and taken off the line to be fixed.

- o If the problem is a distraction or interruption, athletes should call a Range Officer and ask that the problem be fixed. Most rules allow for athletes to be given extra time when interruptions prevent them from shooting.

- o The important thing is that athletes and their coaches must have a plan for dealing with disruptions. The plan must provide for recognizing problems, how to respond to them and how to remain calm and stay focused on good performance, so that these disruptions do not take points off of athletes' scores.

## SHOOTING IN FINALS

Finals where the top eight competitors in a match finish by shooting an additional ten shots, usually in front of an audience of competitors and coaches who are eager to applaud and cheer, are now a feature of junior championships conducted on ranges with electronic targets. A few junior competitions are even experimenting with ISSF start-from-zero finals where the final ranking of the top eight athletes depends solely on their scores in a 24 or 45 shot final. Since finals involve shooting single timed shots or 5-shot series in front of enthusiastic spectators, the strategies and techniques for shooting in finals have some unique aspects:

**Know the Rules.** Finals are conducted according to special rules, which are found in the appropriate rulebook. Any team with athletes who might have a chance to qualify for the top eight and shoot in a final at a competition should shoot practice finals before departure. This will ensure that they know finals rules and how to shoot good shots within short time limits.

**Shooting in a Final.** The most successful finals competitors are athletes who are especially skilled in shot preparation.

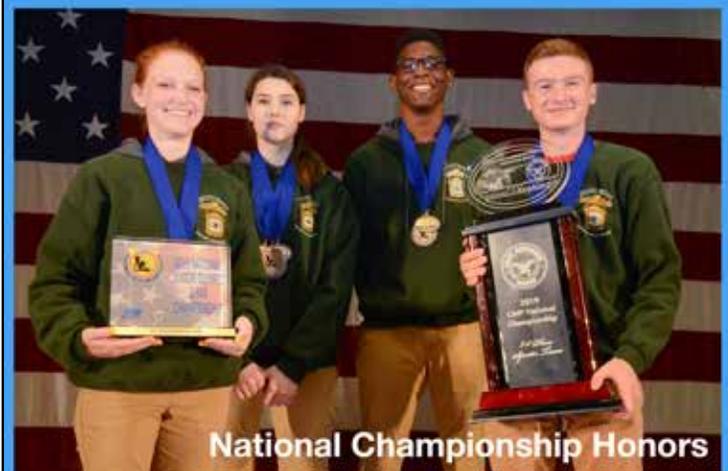
## THE REWARDS OF COMPETITIONS



Achieving Personal Goals



Earning the Junior Distinguished Badge



National Championship Honors

Juniors who participate in competitions can strive to earn many rewards that vary from achieving personal goals (above) to earning the Junior Distinguished Badge to winning National Championships (below).

## PARTICIPATING IN COMPETITIONS



*When team members support each other, performing well in competitions becomes easier for all of them. These members of the India National Junior Team all show their joy in celebrating a Junior World Championship gold medal just won by one of their teammates.*

Good shot preparation requires athletes to take several extra seconds before starting to aim to be sure their firing positions are relaxed, balanced and precisely oriented on their targets. Careful shot preparation significantly

increases the likelihood of a good hold and the athletes' ability to fire shots on their first holds within finals' short time limits. Good finals competitors are athletes who have worked out a shot plan and know where to focus their attention to get consistent good shots.



*The Junior Pistol Final in the January 2020 Camp Perry Open competition. Special skills are required to achieve good performances in finals, but these capabilities can be developed through training.*

**Shooting When the Pressure Becomes Overwhelming.** When athletes in a final fire their first record shots, hear spectators cheering or hear the Range Officer or Announcer describe how they are now in the lead, they may feel overwhelming pressure. The good news is that athletes who know how to carefully prepare their positions to achieve good holds and focus their attention on what they have to do to fire excellent shots are able to make those shots, even in high pressure situations. A special skill in these situations is being able to relax between shots. When the then 18-year-old Korean athlete Hanna Im was asked what she did to manage the pressure during her last few shots when she won the 2018 Women's 10m Air Rifle World Championship, she replied, *"I kept thinking about what I trained to do; I took deep breaths to relieve my body."* Sometimes just taking a couple of deep breaths is enough to take the edge off of overwhelming nervousness.

## THE MATCH IS OVER

Athletes' successful participation in competitions doesn't end with their last record shots. There are a few other things to do to wrap up a good competition experience:

**Make Sure Lessons Learned are Remembered.** One of the first things athletes should do after finishing a competition is to get out their shooting diaries and record the competition's results and lessons. Recalling and recording things done right becomes praise to reinforce good performances. Lessons learned and problems encountered need to be documented too. A critique from the coach will be valued input. These observations combine to form a plan of action to prepare for the next competition.

### Closing Out the Competition.

Rifles and pistol need to be taken off the line, cleaned and put away. Taking the initiative to say thanks to Match Officials is always appreciated. Offering congratulations to the athletes and teams that won is great sportsmanship, and for athletes or teams that won, graciously accepting congratulations from others is important.

**Award Ceremony Protocol.** Many competitions stage award ceremonies to conclude their events. It's common courtesy to stay for the award ceremony unless early departure is unavoidable. Wearing team uniforms at award ceremonies is great; clothing with political or other propaganda messages is unacceptable. Athletes who receive awards should not wear caps or hats on the podium. The most photographed scene at a competition is usually the awards stand and headgear just obscures winners' faces.

Competitions are part of sports and competitions are a part of the sport of Shooting. Youth in junior Shooting programs and teams should have opportunities to participate in competitions, but coaches and adult leaders must keep those experiences positive and focused on how athletes perform the skills they are trained to perform.



*Victory Ceremonies and photographs of medalists with their medals conclude many junior competitions.*

### 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.



# CMP Presents Home Range Appreciation Series Rifle, Pistol, Air Gun Results and Recognitions

The Civilian Marksmanship Program (CMP) has wrapped up its Home Range Appreciation Series – a set of postal-style rifle, pistol, smallbore and air rifle events that began in June and ran throughout the summer months. The event was created to supplement the cancelled 2020 National Trophy Rifle and Pistol Matches.

Open to both adult and junior athletes, the Home Range Appreciation Series events were fired in local club matches and scored by the CMP to be compared against overall scores from participating marksmen around the nation. Matches included the White Oak 1600 Rifle Aggregate (two 800 aggregates), a 200-Yard Reduced Course 800 Rifle Aggregate, a Garand/Springfield/Vintage/Modern Military (GSMM) Rifle Match, Rimfire Sporter Rifle, CMP Pistol 2700 (featuring .22 Rimfire, Center Fire and 45 Caliber pistols), Smallbore 3×20, Smallbore Prone 3200 and air rifle 3×20 and 60 Shot matches.

In total, 11 smallbore events, 33 air rifle, nine GSMM rifle, 13 highpower rifle aggregate, two pistol and four Rimfire Sporter rifle events were fired from 67 clubs in 32 different states. Nearly 1,500 entries were recorded throughout the events.



The following junior competitors produced notable performances:

#### White Oak 1600:

##### Service Rifle Overall Aggregate:

1st Overall: Thomas McGowan, Hortonville, Wisconsin – 1589-75x

2nd Overall and High Junior: Zevin Linse, Kent, Washington – 1578-65x

#### 800 Aggregate (Match 2):

1st Overall: Thomas McGowan, Hortonville, Wisconsin – 797-41x

#### CMP Pistol 2700 Three-Gun Aggregate:

Any Sights: High Junior: Ethan Clark, Mount Vernon, Ohio – 2448-58x

#### .22 Rimfire Pistol:

High Junior: Austin Stone, Lindale, Texas – 2334-37x

*Thomas McGowan was the overall Service Rifle Aggregate competitor.*

**Garand Match:**

High Junior: Ethan Komora, Nicholson, Pennsylvania – 244-1x

**Rimfire Sporter:****O-Class:**

High Junior: Kaitlyn Carey, Moyock, North Carolina – 558-10x

**T-Class:**

High Junior: Jacob Vaagen, Devils Lake, North Dakota – 594-25x

**TU Class:**

High Junior: Alexandria Eylar, Okanogan, Washington – 519-9x

**Smallbore 3×20:****50 Meter (Open and Junior):**

Andrew Duross, Marlborough, Massachusetts – 577-19x  
Jack Marshall, Woburn, Massachusetts – 571-17x  
Brady Fowkes, Mayport, Pennsylvania – 565-15x

**50 Feet (Open and Junior):**

Richard Clark, Jackson, Michigan – 577-19x  
Andrew Duross, Marlborough, Massachusetts – 566-25x  
Natalie Perrin, Coopersville, Michigan – 566-15x

**Smallbore Prone 3200:****Overall (Open):**

High Junior: Dylan Gregory, Naperville, Illinois – 3153-161x

**60 Shot Air Rifle Standing:**

Natalie Perrin, Coopersville, Michigan – 615.7  
Dylan Gregory, Naperville, Illinois – 611.8  
Alyssa Ward, Kingwood, Texas – 610.9

**3×20 Air Rifle:****Sporter:**

Ayden Wells, Des Moines, Iowa – 553-20x  
Wyatt Devenyns, Pueblo, Colorado – 550-17x  
KaitLynn DeLaittre, Pueblo, Colorado – 548-15x

**Precision:**

McKenzie Shedd, Burke, Virginia – 593-44x  
Andrew Duross, Marlborough, Massachusetts – 592-46x  
Rebecca Lamb, Centreville, Virginia – 591-48x

**3×20 Team:****Sporter:**

Pueblo County High School, Colorado (Wyatt Devenyns, KaitLynn DeLaittre, Kameron Salazar, Jonathan Sellars) – 2150-57x



*Junior Ayden Wells, of Des Moines, Iowa, fired a 553-20x in the Sporter 3PAR event.*

**3×20 Team (Sporter, continued):**

Des Moines North MCJROTC, Iowa (Ayden Wells, Tha Dah, Cecilia Zaragoza, James Masteller) – 2147-61x  
Middletown Post 151, New York (Victoria Migliori, Joseph Downs, Ashley Mendez, Brandon Beasley) – 2141-53x

**Precision:**

Acorns Gold, Virginia (McKenzie Shedd, Rebecca Lamb, Victoria Kopelen, Victoria Leppert) – 2362-172x  
Lead Heads, California (Vittoria Watts, Lilly Polakovic, Morgan Vander Linden, Logan Michael) – 2346-150x  
Fountain Fort Carson High School, Colorado (Marisol Wentling, Jeffrey Rael, Leah Stapp, Meghan Confer) – 2313-126x



*Andrew Duross earned the overall win in the Smallbore 3×20 50 Meter Match as well as second overall in the 50 Feet event.*

# COMPETITION NERVE CONTROL FROM THE EXPERTS: *Highpower*

*When it comes to marksmanship competition, skills can only go so far – having a strong mental game is also a key part of reaching success. In an effort to gain tips on better regulating the psychological aspects of competitive shooting, the Civilian Marksmanship Program (CMP) asked respected athletes to share their personal experiences from the firing line on what they do to control their emotions when nerves creep in and the pressure is high.*

## JAMES FOX

James Fox, 35, of Albany, Oregon, earned his Distinguished Rifleman Badge in 2000, the same year he was the Intermediate Junior National Champion, and has reached the classification of High Master. He was also the first junior to win the Erdman Trophy, awarded to the winner of the National Rifle Association's 200-yard Standing Aggregate.



Continuing his success at the Camp Perry National Matches, James was on the winning Whistler Boy Team (two-person junior team match) in 2001 and in 2002 and went on the latter year to win the Golden Eagle Trophy for High Junior in the NTI, the Pietroforte Trophy as the highest civilian competitor in the NTI, was the Intermediate Junior Service Rifle National Champion, and he qualified for the prestigious President's Rifle Match President's Hundred.

After an 11-year hiatus, Fox returned to marksmanship in 2017. Last year's National Matches saw Fox earning the Alice Bull Trophy as the high scorer of the President's Rifle and NTI aggregate, the Pershing Trophy as the high individual of the National Trophy Team (NTT) match, the Pietroforte Trophy, the Mountain Man Trophy (with the highest aggregate score in the President's, NTI and NTT matches), among several other notable performances throughout the event.

"Pressure is something that I think all shooters will experience at different times in their shooting career, and how they handle that pressure will differentiate them from the rest.

Arguably, I think the best way to prepare for pressure is to constantly train under pressure. This will help normalize the pressure you are feeling, and, therefore, reduce the impact it has on your performance. This is why when people ask me if I feel any pressure during a shoot-off, the answer is no. I have been in enough shoot-offs now that it feels like any other stage of a match, and, therefore, the

pressure does not get to me.

So, when you are at a local match or practice, set a goal for yourself that puts you under pressure. Or, better yet, plan some friendly competition with someone that is close but just above your skill level. This should help replicate what you might experience in a big match. Over time, as you shoot more, pressure will be something you feel less and less.

That said, pressure will never go away entirely. I still feel it in really big matches.

I do the following to help reduce any pressure I might feel at a big match: have fun and relax.

Anyone that has interacted with me on the firing line will know that I like to joke around. The reason I am doing this is to help prevent from dwelling on my goals or the pressure I might feel at that match. By not constantly thinking about the items that increase the pressure I am under, it helps keep me calm for longer, and, thus, reduces the cumulative effect that pressure and stress has on the human body.

Now, I am not advocating that you must never think about what you need to do to perform at the best of your abilities, but, rather, constantly thinking about those things does not help. Try to clear your mind of all thoughts before starting to shoot your stage. Although I have never meditated, I presume that this is what meditation is like.

Leading up to the start of a stage, I will clear my mind and just think about the steps I need to take to execute a shot. So, I suggest that for people that have problems clearing their mind, try practicing meditation to help aid in this ability.

Make the pressure hone your performance.

I feel that, most of the time, being under pressure improves my performance. It prevents me from being lazy in my shooting and forces me to be at the top of my game by focusing on exactly what I need to do to shoot the best scores.

In one of Oregon's state championships I shot in, the person scoring me shot a 200 with a good X-count in rapid sitting and was leading the stage. After my first string, I had to shoot a 9X clean or better to win the stage. The scorekeeper remarked, "Now we will see how you perform

under pressure.” I used that pressure to focus and went on to shoot a 9X clean to win the stage.

Lie to yourself.

Pressure sometimes gets to me despite everything. In those cases, it will increase my heart rate and blood pressure, which is not ideal.

This was the case in the six-man team match at the 2019 CMP National Championships at Camp Perry. I was right at the top when it came to the contenders for the Mountain Man Trophy, which I had set as a goal to win that year. That last day, despite normally being able to clear my

mind of all thoughts, I was not able to keep the knowledge of potentially being able to win that aggregate out of my mind. It just kept creeping in.

I remember hearing that if you tell a lie long enough, eventually you will start believing it. So, I started lying to myself, after dropping one point in standing that day, and started repeating over and over in my mind that the possibility of winning was over for me. That constant lie helped reduce the pressure of winning and helped reduce my heart rate. I consequently then went on to be the top shooter of the day, winning the Mountain Man Trophy.”

## ROBERT TAYLOR

*Robert Taylor, 41, of Sonora, California, has been a marksmanship competitor for almost 30 years. He earned his Distinguished Rifleman Badge in 1997, when he also earned a High Master Classification.*

*He was a firing member of the winning Junior Minuteman Trophy Team in 1998 and also a member of the 1998-1999 winning Whistler Boy Trophy team. He's an 11-time member of the President's Hundred, finishing as high as third place overall. He has been the coach of the junior highpower team, the California Grizzlies, since 2000, and has led several of its members to multiple Distinguished Badges, National Records and Nationals Trophies, including the only junior team to have ever won the National Infantry Team event in 2009. Currently, he is a member of the Coalinga Rifle Team from California.*



“It's never been easy dealing with pressure. I have found over the years in numerous competitions how easy it is to let the moment get away from you with what you should be doing and start thinking about the outcome rather than the performance. Here are four things that I focus on.

### 1. Mental Rehearsal:

Mental rehearsal, for me, is key. It starts months ahead of a big competition and continues up to weeks, days, hours and moments before I execute the day's shots down range. I will mentally rehearse the event dozens of times in my mind with the way that I want to perform. I also like to mentally go through any possible situations that might arise so as not to get caught off guard.

### 2. Relaxation and Breathing:

If you're uptight and stressed out, it's not “if” but “when” is it going to affect your performance.

I know we all have done this and observed this over

time from – shooting a crossfire, somebody shooting a shot on your target, shooting a miss and missing the wind – the list could go on and on. But, I want you to stop and think about how many times you have observed someone lose their composure because of one of these situations. In fact, I bet if you're honest with yourself, you have done this. You need to find something to think about that gives you instant relaxation. Vacation, your significant other or your kids – everyone has a thought that gives them relaxation. You must also learn to always be breathing. You can avoid a lot of stress in your performance by having a steady breathing regimen.

### 3. Staying In Your Comfort Zone:

We are all guilty of not staying in our comfort zone. It's critical to stay in your comfort zone mentally when you're performing. For example: If you're a 460-average shooter and you're going into a big match hoping to shoot a 480, odds are you will stress yourself out and your performance will look more like a 440 – leaving you very stressed and disappointed. Practice and local competitions are when you should be working on increasing your comfort zone from 460 to 465, 465 to 470, and so on until you have reached your desired score.

### 4. Perfect Practices

When I grew up, I remember people telling me, “Practice makes perfect.” If only that were true. Only “perfect practice” makes perfect. In order to shoot shots in the middle, you have to practice shooting shots in the middle!

In closing, it's not the quantity of reps (physical and mental) but the quality that you should aspire for each and every time you take the time to work on your next performance! I hope this might help those of you who are trying to get over that mental hump in your preferred shooting discipline.”

Read tips from Team CMP's Danny Arnold at <https://thecmp.org/competition-nerve-control-from-the-experts-highpower-rifle/>.

# Demerle Sets New National Record, Claims Third Consecutive Gary Anderson Invitational Win

CAMP PERRY, Ohio; ANNISTON, Ala. – After earning wins in 2018 and 2019, Katrina Demerle, 16, of Hamilton, Ohio, returned to Camp Perry in 2020 to claim her third overall win in the precision class during the Civilian Marksmanship Program’s Gary Anderson Invitational (GAI) air rifle event.

Not only did Demerle achieve an unprecedented three-peat during the match, she also fired a new National Record Precision Individual 3x20 plus Final score of 701.4 – only dropping three points in her qualifying round and tallying an impressive Finals total of 104.4.

Her performance was notable under any circumstance but was especially remarkable during the GAI match, given it was only her second time firing her Pardini GPR1 in competition.

“I’ve only had it for a few weeks,” she said, smiling as she packed up her equipment after her incredible showing. “With this new gun, my scores have come up a little bit and have been repeatable.”

Demerle is lucky enough to have a range set up right at her house, allowing her to keep up with regular practice, despite the pandemic and its effects. Committed to maintaining her performance level, she has also been firing in any matches she can find – competing nearly every weekend since September.

She traveled to the GAI with her father, Butch, who excitedly watched as his daughter took each shot toward her third win.

“I think I’m more nervous than she is,” he said as Katrina prepared for her Finals.

With each shot and each “10” added upon her score, Butch’s anxiousness grew, knowing very well Katrina could be making history. He held his breath as she fired her last pellet downrange – a 10.5 and her ninth “X” out of 10 total shots.

A quick glance from the firing line back at her dad, a smile and a sigh of relief were shared between the two as her goals were realized through her extraordinary composure.

“I told her I wanted her to beat 700 – and she did,” he said, proudly.

*Natalie Perrin also broke the previous National Record and claimed second overall behind Demerle.*



*Katrina Demerle earned her third win and a record-breaking score during the 2020 GAI match.*

The annual GAI match is conducted by the Civilian Marksmanship Program (CMP) at its two 80-point electronic air gun ranges: the Gary Anderson CMP Competition Center at Camp Perry, Ohio, and the CMP South Competition Center in Anniston, Alabama. The junior 3x20 sporter and precision air rifle event allows competitors at both locations to compete against one another, even while miles apart, as their scores are compared to determine overall winners.



Though typically held over the first weekend in December, current social distancing requirements led to the expansion of the GAI on the calendar to allow more individuals and teams to safely record their scores at the air ranges in the weeks leading up to the match, concluding on Dec. 6.

A group of 270 junior athletes competed in the 2020 event, firing record shots at prone, standing and kneeling positions. A 10-shot Final for the top eight competitors usually follows, but the 2020 GAI's unconventional schedule led all competitors to an additional 10 shots to act as a Finals score.

Also breaking the previous Individual 3x20 plus Final record score but ending in second overall in the precision class was Natalie Perrin, 18, of Coopersville, Michigan, with an outstanding score of 699.3. A senior and a talented rifle athlete, Perrin recently signed with West Virginia University to become a member of the school's NCAA rifle team in the fall.

Andrew Duryea, 18, of Crossville, Alabama, earned third – cleaning the prone position with a score of 200-18 and earning an aggregate score of 695.3 over the day.

In the sporter class, last year's third-place finisher Halie Creekmore, 17, of Zion, Illinois, improved her scores to lead with an aggregate of 653.9. Following in second was Austin Dickey, 17, of Clover, South Carolina, with a score of 647.6, as Elijah Glenn, 17, of Ozark, Missouri, landed in third with a score of 642.5.

Creekmore's Zion Benton High School claimed the win in the sporter team match, with fellow members Amarissa Jackson, Jeremiah Vonzell and Saylet Hernandez joining forces to record a score of 2168-65x. The team also earned the High Scholastic title.

In precision, Southport Master from Wisconsin led overall, as members Emme Walrath, Dylan Gregory, Alex Pall and Anthony Hotko earned a combined score of 2318-137x. Harpeth Hall High School from Tennessee was named the High Scholastic team and claimed fifth overall, with members Isabella Baldwin, Kate Stewart, Scout Dahir and Ramsey Bottorff netting a score of 2298-125x.

For a complete list of results of the 2020 Gary Anderson Invitational, visit <https://ct.thecmp.org/GAI20results>.

Photos can be found on the CMP Zenfolio page at <https://www.zenfolio.com/cmp1/e/f894613005>.

By Ashley Brugnone, CMP Writer



*Halie Creekmore of Zion Benton led the sporter competition.*



*Instead of one weekend, the GAI was extended weeks out to allow social distancing within the facilities.*



*Seniors from Zion Benton High School modeled how they're keeping the safety on the range, even behind the firing line.*

# A Token of Excellence: A Look at the Junior Distinguished Badge Program

Exceptional talent is always on full display at Junior Air Rifle Competitions. Young athletes train for countless hours, days, weeks, months to earn the opportunity to demonstrate their grit on the firing line, hoping for tangible evidence of their hard work – scores representing their skill and efforts.

Short of winning a national competition, earning the Junior Distinguished Badge is the ultimate accomplishment for a youth shooter.

Distinguished Badges have been awarded to U.S. citizens exemplary in rifle marksmanship competition since 1884. Since then, the Distinguished Badge program has grown from strictly rifle competitions to include pistol and international shooting. In 2020, a Distinguished Badge for smallbore rifle was also added.

In 1996, a new federal law transferred responsibility of the Distinguished Badge program from the Department of Defense to the Civilian Marksmanship Program (CMP). With its new authority over awarding badges, the CMP, in cooperation with the National Three-Position Air Rifle Council, created a Junior Distinguished Badge in 2001 for Three-Position Air Rifle competition.

Now, nearly 20 years later, over 1,480 badges have been earned by dedicated junior athletes.

To receive a Junior Distinguished Badge, consistency in performance is key. A junior must place among the top competitors in state, regional and national junior Excellence-In-Competition (EIC) credit events. These events can be searched for on the CMP Competition Tracker page (<https://ct.thecmp.org>, “Competitions,” “Search for a Competition”).

Once a junior has earned 30 or more EIC points, he or she has earned the honor of being called “Distinguished.” The gold-filled badges are provided by the CMP, at no cost to the competitor, and ceremoniously awarded at events, whenever possible.

Many skilled athletes who have received the Junior Distinguished Badge over the years have carried their marksmanship careers on to other prestigious honors within the sport.

Brandon Green, now SFC Brandon Green US Army, was the recipient of Badge #1 as a junior competitor back in 2001. Green went on to become a decorated member of the Army Marksmanship Unit Service Rifle team, where he is still competing. In 2018, Green fired a perfect score in his overall win in the President’s Rifle Match held during the National Matches at Camp Perry – a feat that had never been accomplished.

James Hall received Badge #2 in 2001 and went on to compete with the Jacksonville State rifle team – winning three consecutive smallbore titles from 2005-2007. In recent years, Hall switched from air rifle to air pistol and successfully competes in both venues around the United States and abroad, even earning himself a spot on the 2020 (2021) Olympics. He is one of a number of Olympians who hold Junior Distinguished Badges.

Other notable marksmen have made their marks on the world in and outside of competition, including CMP staff members Catherine Green and Katie Harrington who received their Distinguished Air Rifle Badges as juniors. Green, who was a member of the Texas Christian University rifle team, earned her junior badge in 2010, while Harrington, a former rifle athlete for the University of Nebraska, earned her badge in 2004.

As a program coordinator, Harrington is a familiar face for anyone who has been to a CMP junior air rifle match. During competition, she’s diligent behind the computer, answering questions, ensuring all of the electronic target software is running smoothly, maintaining the accuracy of scores online, and keeping the match as efficient as possible. Once competition is over, she’s customarily given the honor of presenting and pinning Junior Distinguished Badges on its newest recipients.

“One of my favorite things is getting to award the badge to a competitor during the awards ceremony when they weren’t aware they had earned it that day,” she said. “They’re always so surprised and happy to be receiving it.”

She went on to speak of the badge itself – the significance of its history with its relation to the service rifle badge and its unwavering importance to current air rifle athletes.

“It gives everyone something to work towards, and it’s not an easy thing to earn,” Harrington said. “We work to keep the requirements attainable but also difficult, so the badge represents a lot of hard work.”

CMP also awards Junior Achievement Award Pins to recognize juniors who attain established score levels in any competition sanctioned by the National Council. Juniors who earn a minimum of 3 EIC credit points can order a Junior Bronze EIC Badge, while those who earn a minimum of 15 EIC credit points can order a Junior Silver EIC Badge.

To learn more about the Junior Distinguished Badge program, visit the CMP website at <https://thecmp.org/youth/junior-distinguished-badge/>.

# 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](mailto:3PAR@TheCMP.org).



Badge #	Name	Hometown
#1487	Payton Peppard	Burke, VA
#1488	Sally Reeke	Clifton, VA
#1489	Ayden Wells	Des Moines, IA
#1490	Joseph Downs	Middletown, NY
#1491	Kristopher Calhoun	Newland, NC
#1492	Vittoria Watts	Folsom, CA
#1493	Victoria Migliori	Middletown, NY
#1494	Brandon Beasley	Middletown, NY
#1495	Victoria Kopelen	Fairfax, VA
#1496	Ryan Hudson	Kingwood, TX
#1497	Danielle Vigil	Yorktown, VA
#1498	Adrienne Hanson	Millwood, GA
#1499	Dylan Walden	Clover, SC



## 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.

# 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.*

## Alaska Director Bruce Bowler Keeps Programs Operating Through Uncharted Territory

As the Civilian Marksmanship Program's (CMP) State Director of Alaska, Bruce Bowler isn't afraid of a challenge. A resident of Juneau, a place folded between the base of a 3,500-tall mountain and the Gastineau Channel in the Alaskan panhandle, overcoming barriers is a daily encounter for him.

"Even getting around has its challenges in Alaska!", Bowler said.

A flight from Juneau to Anchorage, Alaska's largest city, takes an hour-and-a-half (as well as several hundreds of dollars). It's another 50-minute flight to continue on to the state's third-largest city, Fairbanks.

"You could drive there, but only if you have two to three days one-way, a spare tire and possibly a replacement windshield," Bowler said with his usual amusing commentary.

An ex-FBI agent, Bowler has devoted his life to others – moving on to work alongside the Alaska State Troopers, who handed him their inaugural "Lifetime Achievement Award" in 2004. The honor recognized Bowler for his 40 years of leadership and training with the Search and Rescue community as well as his work with the SEADOGS (South East Alaska Dogs Organized for Ground Search) K-9 Search and Rescue team that has served across Alaska and around the world.

"We have been there when people need us," he said of the K-9 Rescue Team. "These are the people who need an award. They train 12 months a year and are the first responders when someone goes missing – day or night, 20-below zero, rain or snow."

He modestly added, "I'm just the one in front in the color-coordinated raingear. Judy, my wife of 40 years, thought it was normal to get 2 a.m. phone calls from the Troopers, or to drop everything during rain, snow or good TV shows to try and rescue someone. She's the one who needs the award!"



Carrying on his heroism into the world of marksmanship, Bowler has a deep history spanning more than 30 years of working with varying age levels (from 10 to 24 and beyond) through an assortment of rifle and pistol programs. He has taught hunter education courses throughout four states and has also been a certified National Rifle Association (NRA) training counselor since 1985 – the same year he became involved with Alaska's 4-H shooting sports state team. Bowler has even served as the head rifle coach at the University of Alaska Southeast, among several other notable titles.

His work has become so remarkable that the Alaska Department of Fish and Game named Bowler the "State of Alaska Instructor of the Year" in 2019 for his involvement with marksmanship programs.

"I help coach the high school rifle team and the middle school kids (in Juneau), help with matches and do what I can for teams in the rest of the state," he said. "We try to keep it fun and individually rewarding!"

Bowler has set up a scholastic Hunter Education course that is offered to every 6th Grader in Juneau. The course is managed through a cooperative program between the Department of Fish and Game, CMP, NRA

instructors, an Alaska State Senator and a lot of like-minded individuals who believe kids should get a solid foundation in safety and ethics.

“Before they get older and think they know it all,” Bowler teased.

In recent times, the COVID-19 pandemic has slowed his efforts and has led Bowler and his colleagues traversing into unfamiliar terrain, with updated safety precautions, halted programs and other uncertainties. Despite the unknown, just as with his rescue missions up the mountainside, he hasn’t given up and has navigated forward to alternative methods in keeping marksmanship opportunities alive.

“This is probably the worst time to ask about what’s going on. The answer is NOT MUCH!” Bowler kidded about the existing programs in Alaska.

The effects of the pandemic has interrupted funding and hiring abilities at the indoor range used by Bowler, which is owned and operated by the State of Alaska’s Department of Fish and Game. In response, the state gathered a group of range safety officers (trained by Bowler) and asked them to voluntarily run the range, just to keep it open for the public.

“So far, it’s running pretty well!” Bowler said. “It’s a seven-point indoor range, and we get up to 15 people showing up at a time.”

Having to cover the entire state of Alaska, the largest land area owned by the United States (over twice the size of Texas), it’s necessary for Bowler to recruit the help of others. He is constantly in contact with area coaches and instructors, assisting them with obstacles and doing all he can to fulfill their needs.

The Anchorage School District has had to adapt in recent months, following new guidelines for their fall rifle season such as indoor practice with 10 feet of separation between individuals and being unable to share gear. GySgt Tom Foust, JROTC Specialist for the district, also utilized CMP’s resources, such as posting an article by CMP Summer Camp director, Chance Cover, on training from home for his cadets to find on social media. The team is also staying in shape in preparation for the season – ensuring they are all ready to go when pellets can again be sent downrange.

Jim Pasek, a biathlon trainer in Fairbanks, helped conduct a youth/parent day in July, where youth taught their parents how to shoot. Games of accuracy, pitting youth against parents, brought excitement and laughter to the event and even left some of the parents interested in adult classes. This fall, a Master’s Class is forming in the Fairbanks area – continuing on a tradition of marksmanship education.

Currently, Bowler himself is teaching an NRA Rifle Instructor class on Saturdays and Sundays in order to do



his part in, as he says, “keeping new blood in the sport.” He’s also bringing in “new blood” to Alaska by throwing his resources to former students who are paying his influences forward to the next generation.

“A phone call came in ... from a student of mine back to the Dark Ages,” Bowler joked. “He moved to Barrow, Alaska – the farthest north city in the Northern Hemisphere! He looked around and couldn’t find any shooting sports programs, so he called to ask if CMP could help him get one started.”

He went on, “Imagine – 1,000 miles away and three separate airplane trips to get there, and he calls ME!”

Lending his services any way he can, Bowler is now in talks with CMP staff to send a package of CMP Daisy Air Rifles to help jumpstart the program in Barrow.

As for fundraising programs, Bowler and several associates try to get creative – setting up an educational air rifle range at a Community Preparedness Day, where they sold five pellets for a dollar to guests. Overall, the event brought in over \$200. Bowler also relies on the continuous generosity of the MidwayUSA Foundation Endowment, as do many other grateful youth marksmanship organizations around the country, along with the CMP.

For now, Bowler and his invaluable team of supporters will stay persistent in reestablishing school programs during the pandemic. Though twisting into uncharted territory with each step, doing what is necessary to stand by his fellow Alaskans into a new normal routine is a task the brave Alaskan is ready to face.

“Every day is a challenge, and we love it,” he said.

To learn more about Bruce Bowler, including his contact information, visit the CMP State Director page at <https://thecmp.org/cmp-state-director/AK/>.

*By Ashley Brugnone, CMP Writer*

# WEST VIRGINIA UNIVERSITY RIFLE

The West Virginia University (WVU) rifle team is in its 71st year of existence – beginning in 1951. During that time, the team has won 19 of its 33 NCAA Championship appearances (the most recent in 2017) and has cultivated 32 Olympic athletes, including 2016 gold medal winner, Ginny Thrasher. Last year, team members produced a record of 9-1. Current head coach, Jon Hammond, is in his 14th season with the Mountaineers, securing an overall record of 150 wins, 15 losses and six NCAA National Championships. Assistant coach Soren Butler is a University of Alaska-Fairbanks rifle alum and is a two-time National Rifle Association All-American.

Filled with talent, team members of the 2020-2021 WVU Mountaineers include Verena Zaisberger (a member of the Austrian National Team), Jared Eddy (a two-time Georgia All-State honoree and CMP National Championship athlete) and Sarah Osborn (an All-American, All-Academic and World Cup athlete).

## VERENA ZAISBERGER



**Hometown/Junior Team:** Hohenems, Austria / SG Hohenems

**What is your major?** Double Major in Music (main instrument: harp) and French. I grew up in a family of musicians, so music has always been the main part of my life (until I started shooting). As for my French major, I started taking interest in the language when I took French classes in high school and finally decided to make it my major in college. So far, my favorite class is chamber music because I love working with other musicians in ensembles.

**How old were you when you got involved in rifle?** 14

**Favorite rifle and stage?** I think I go through phases where I prefer air rifle, and sometimes I just prefer .22, but, in general, I would definitely say that standing is my favorite position.

**What do you do outside of rifle to train?** I think working out and meditating are two main components of the training I do outside of rifle practice. I think that workouts really train discipline and following through with something. They also help me improve my core strength, which is really what you need as a shooter for injury prevention. Meditation (mindfulness training) is a big part of shooting because of the mental aspect that is emphasized in our sport. Therefore, recognizing your thoughts and emotions is essential to rifle shooters.

**Future plans/goals for rifle and life?** I would like to continue my shooting career after college. Whether that path will lead me to the Olympics or national matches, doesn't matter to me. I just want to see how far I can get in my sport and perform the best I can.

## JARED EDDY



**Hometown/Junior Team:** Columbus, Georgia – Ole Mill Rangers

**Major?** Exercise Physiology. I plan to go to Medical School. My favorite class is organic chemistry.

**How old were you when you got involved in rifle?** 14

**Favorite rifle and stage?** .22 – standing

# Q&A WITH ATHLETES AND COACHES

## JARED EDDY (CONTINUED)

**What do you do outside of rifle to train?** Run/lift, meditate, yoga, sleep

**Future plans/goals for rifle and life?** Pursue 2024 Olympics with the U.S. Army Marksmanship Unit, then attend Medical School

**Any additional comments?** Read "Bullseye Mind"

## SARAH OSBORN



**Hometown/Junior Team:** Hampton, Virginia / Patriot Shooting Club of Virginia

**What is your major?** I study Exercise Physiology because it is a great gateway major for all post undergraduate health professional schools. My favorite class is Pathophysiology because I find the mechanism of disease in the human body to be very fascinating.

**How old were you when you got involved in rifle?** I was eight years old when I first started shooting smallbore. I then made the air rifle team soon after and stopped shooting smallbore, but eventually started shooting smallbore again when I knew I wanted to shoot in college.

**Favorite rifle and stage?** I do not have a favorite rifle. I like that there is more to work on, relatively speaking, for smallbore, but I also like the challenge of trying to reach perfection in air rifle. I really enjoy shooting kneeling and standing, but I do not have a favorite position, per se.

**What do you do outside of rifle to train and better yourself?** I do workouts with the team and then do some on my own time. I also work hard to better my relationship with God because shooting for Him has become the number one reason I enjoy competing at the collegiate level.

**Future plans/goals for rifle and life?** After college, I will no longer compete. I want to attend Physician Assistant school and, unfortunately, I will no longer have time for my rifle career. I believe God is calling me to move on to a new chapter in my life and as hard as it will be to give up something that I have been doing for almost my whole life. I am accepting of it because I know my purpose for the future.

**Any additional comments/stories/advice you'd like to add?** Enjoy the little things and do not wish away your high school days or your time in college when you finally get there. There is a season for everything, and every season is there to teach you something. It is hard to learn if you are not living for the present moment.

## STORY CONTINUED AHEAD

**NOTE:** The CMP website now has an entire page dedicated to College Resources. Located under the Youth dropdown, College Resources provides a full list of colleges with NCAA Rifle Teams, along with contact registries and other info on how to continue your career after high school.

# WEST VIRGINIA UNIVERSITY RIFLE

## JON HAMMOND

West Virginia University Head Coach



**Hometown:** Banchory, Scotland (Now Morgantown, WV)

**Were you a shooter before coaching?** Yes, I started the sport at age nine at a school in Scotland. I progressed through the Scotland and Great Britain junior national teams and then into senior teams. Highlight as a junior shooter was winning the World Junior Championship in Prone in 1998.

I came to the USA to compete on the WVU rifle team in 2002 after completing my bachelor degree back home and working to get my masters (Sport Management). I took a few years away from shooting after graduating and working but returned to the sport in 2006, taking the Head Coach position at WVU. I was fortunate to be in the right place at the right time and haven't looked back.

After that, I began to compete again, while simultaneously being the Head Coach. During the past 10 years, I competed on the international circuit, including the 2008 and 2012 Olympics.

**Favorite reason for coaching:** I have always felt I go to the rifle range rather than going to work. It's such a fun job that is very rewarding, and, ultimately, you are doing something you love to do. The fact that it's your job as well is a bonus.

**What is a day as your shooter like?** Typically, the team members go to class in the morning and come to the range for training in the afternoon as well as fitting in some team workouts, other meetings and, of course, lots of studying in the evenings and any other open window of time!

In terms of at the range, it varies a lot. Each team member has different needs and things they must improve and work on, so their time at the range can vary each day in what they do.

**What is your biggest challenge as a coach?** I really believe the actual coaching is only 30-40 percent of our job. We are planning, organizing, managing budgets and generally making sure the program is going in the right direction. Then, we are managers, advisors and even parents away from home to the team members, as well as coaches. For me, I think the biggest challenge is just balancing all the things that go into running a college program. Saying we are a coach is very simplistic, as it can be more administrative and general managing at times, but, of course, being a coach to help the team members achieve their goals as well. Simply making sure all areas are covered and not neglected may be the biggest challenge.

**Advice for college athletes and graduating college seniors?** Advice for junior shooters wanting to compete in college would be communicating with coaches and being pro-active. If you want to shoot in college, you need to make sure college coaches know that. Create a resume and bio about yourself, send it to coaches and don't be shy about following up and communicating with many coaches. Even if you have a couple schools that are your favorites, you never know what good advice you may get from other coaches.

For college athletes, enjoy the journey and each day. Sometimes it's a grind, but if we want something hard enough, we have to work for it.

For graduating college seniors, give back to your programs when you can! This can be with your time and help, and not necessarily financial...but that helps too. ;)

# Q&A WITH ATHLETES AND COACHES

## SOREN BUTLER



**West Virginia University Assistant Coach**

**Hometown:** Casselton, North Dakota

**What did you do in college?** I shot for the University of Alaska-Fairbanks, where I was a Nook for five years. I studied business during my time there and acquired both a Bachelor of Business Administration and a Master of Business Administration. After my time in Alaska, I joined WVU as a Graduate Assistant coach, where I received a Master of Science in Sports Management.

**What did you like about being a CMP Junior Rifle Camp Counselor?** I'm not sure I can accurately express how much I enjoyed my time working as camp counselor and assistant director for the CMP Summer

Camps. I learned so many things about the sport of shooting, working with people of all ages and skill sets, how to lead and manage teams and tons of problem solving! I became friends with many people who are still great friends to this day, and it made my time in college more fun as I knew so many people in the community.

I loved being able to travel and see so many places around the country, but I also really enjoyed my time getting to know and working with all the different athletes. I think this is where I first thought coaching is something I could do as a job. I will forever be thankful for the opportunity I had to work for CMP and all the great memories I made there.

**What is a day as your shooter like?** I don't want to double up on answers, as I think Jon did an excellent job explaining what a "day-in-the-life" looks like for one of our student athletes. I think, for me, this also includes a daily chat/banter with most of them to just see how everyone is doing and continue to learn more about them and build a better connection.

**What is your biggest challenge as a coach?** For me, the biggest challenge in the beginning was just the proximity of age. Coming to coach right after competing meant that a lot of the athletes knew me as a peer rather than a staff member. I think this has gotten a little easier every year as I continue to age (getting old!) and have more of a separation there.

After that, I think the hardest thing is just trying to understand how I can best help each one of our athletes. The same coaching approach doesn't work for everyone, so I think we really pride ourselves on being able to reach each athlete where they're at (or at least trying to) and learning how we can make them better most efficiently.

**Advice for college athletes and graduating college seniors?** My advice for junior shooters and college shooters would be to just work harder than you think is needed to make it where you want to be. Also, I would add that I hope they spend a considerable amount of time working on their mental approach. This aspect of the sport is so important, and if you can build a solid foundation early in your career, it will only bode well in the future.

As for graduating seniors, I would just encourage you to soak up every minute you can. Take in all the little things even if they're not exciting because it'll soon be over. Not that there aren't great things waiting on the other side, but this is a super cool time in your life and there are lots of great memories to be made. Finally, I would encourage all of you to turn over every stone you can.



## Feature: Lauren "Sissy" Wood, California Grizzlies Junior Team

*Lauren "Sissy" Wood, 18, has been a member of the California Grizzlies Junior Highpower Rifle Team for the last five years. At the Civilian Marksmanship Program's (CMP) Talladega Highpower Regional Cup Matches in July 2020, she earned the High Woman title of the Cup Events and also joined teammate Dustin Carr to earn third place overall in the Two-Man Team match.*

*At the 2019 National Matches, Sissy earned third overall in the High Civilian category and was the first overall junior in the Day 2 slow fire in the CMP Cup 1,000 Aggregate Match. She also fired in the National Trophy Team and the National Trophy Infantry Team (Rattle Battle) competitions, placing second High Junior with her Grizzlies team in both events.*

### **How did you get into competitive shooting?**

I originally started shooting .22s as an eight year old with my dad. Every month, he would take me to the local gun club's junior day, and I would get to shoot. I did that until I was in about 7th grade. That's when my dad also got me into highpower. Ever since then, I've been shooting highpower with the Grizzlies.

### **What's your favorite firearm to shoot?**

I really only shoot highpower. It's also my favorite gun. I'm able to use it as almost an extension of my body and not just a firearm.

### **What is one of your best memories from competitive shooting?**

One of my favorite memories from shooting was my fourth year in Ohio, the 1,000 CMP Cup Aggregate. I had shot my personal best at 600 two days in a row.

### **What is your practice routine?**

I mainly practice after matches to help fix what I did wrong

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](mailto:abrugnone@thecmp.org).

in that match and then practice at home after.

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

I don't necessarily have a physical routine, but I do have a couple mental things that I do that are kind of quirky actually. I tell myself that all you need to do is focus on the next shot, and whatever you just shot is in the past – focus on the next one. I just repeat that. And remember to breath.



*Lauren "Sissy" Wood*

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

"Think center, shoot center" – Jim O'Connell

### **What are some other hobbies you have outside of shooting?**

Some of my other hobbies include hiking, working and hanging out with friends.

### **What are your plans for the future?**

My ultimate goal in shooting is to leg out and get Distinguished. Once I achieve that, I'm not sure what's next.

To learn more about the California Grizzlies, visit their website at <https://www.teamgrizzlies.org/index.html>.

# CMP, JROTC Three-Position Air Rifle Matches Go *Virtual*



- The CMP “virtual” matches will stand as substitutes for the JROTC Service and CMP Regional Three-Position Air Rifle Championships in 2021.
- Instead of traveling to a location in the north, south or west to compete, top qualifying athletes from the Postal Championships will stay in their hometowns to compete in another postal-style event in place of Regionals.
- Competitors will fire at their home ranges on official CMP targets and mail the targets back for scoring.
- The CMP hopes to be able to host National Three-Position Championships, with possible modifications.

*Learn more* □ □ □

## **JROTC 3P Matches:**

<https://thecmp.org/youth/jrotc-air-rifle-national-championship/>

## **CMP 3P Matches:**

<https://thecmp.org/youth/national-three-position-air-rifle-championships/>

## CMP Announces New Winter Series of Indoor Matches for Rifle and Pistol

Get ranked with other competition enthusiasts from around the nation without leaving your local range!

The success of the CMP’s “Home Range Appreciation Series” of events fired during the summer months sparked the idea for a new series of home range matches for Winter 2020-2021.

The Winter Series matches will offer a variety of indoor competitions. Each local match will be sanctioned by a CMP Affiliated Club and should be fired by Feb. 16, 2021. All results will become final on Feb. 24, 2021.

Competitors entered will receive a winter hat and match decal for their participation. Awards will be sent to overall winners.

Matches include:

- .22 Pistol – 40 Shot, 50ft
- Air Pistol – 60 Shots, 10m
- Air Rifle – 3x20 (including a team match), 10m
- Air Rifle – 60 Shots Standing, 10m
- Rimfire Sporter, 50ft
- Smallbore 3x20, 50ft

Visit the CMP website at <https://thecmp.org/competitions/winter-home-range-series/> to learn more about each event, find application info and view an ongoing list of participating ranges!



# CMP's 2019-2020 Top 10 Carolyn Hines Memorial Scholarship Recipients

In 2020, the CMP named a Top Scholarship recipient, Allison Henry, who was highlighted in the Fall 2020 issue of On the Mark. As a result of \$10,000 generously donated by the Garand Collectors Association, the CMP presented an additional \$1,000 to the Top 10 Carolyn Hines Memorial Scholarship recipients for the 2019-2020 school year. Individuals were chosen by CMP staff and Board members, based on all-around merits. Here, learn a little more about each Top 10 recipient and their praiseworthy qualities.



**D'ANGELO**

**Benjamin D'Angelo**, 19, of Jamestown, New York: As a member of Jamestown High School, Benjamin was a consistent Honor Roll student, with a 3.8 average, and earned a perfect attendance record. Benjamin was involved with the New York Rifle and Pistol Association State Junior Team in air rifle, smallbore and highpower rifle. He was also a part of the Jamestown Junior Rifle Club for air rifle and smallbore, where he was named the 2019 Junior Sportsman of the Year, among other accolades. Outside of marksmanship, Benjamin played club and varsity ice hockey and also played guitar with his church worship team. For his future, Benjamin is studying aerospace engineering.



**DEYARMIN**

**Brianna Deyarmin**, 19, of Irwin, Pennsylvania: A smallbore athlete, Brianna attended Penn-Trafford High School in Harrison City, Pennsylvania. As a student, she was a member of the Civil Air Patrol Command, captain of the Color Guard and co-captain of the Stellar Xplorers astronomy club. Brianna was also involved in field hockey and maintained a GPA of 4.037 as a member of the National Honor Society. Brianna is hoping to form a career in aerospace engineering and the Air Force.



**SAUER**

**Paige Sauer**, 18, of Morrisville, North Carolina: Paige attended Panther Creek High School, where she was a member of the National Honors Society and accrued a GPA of 4.036. A highpower competitor, Paige was the 2019 North Carolina Service Rifle Junior State Champion. For her future, Paige is working toward becoming an athletic trainer.



**FRASER**

**Jaden-Ann Fraser**, 18, Surgoinsville, Tennessee: As a student at Volunteer High School, Jaden-Ann earned a cumulative GPA of 4.0 and was an Honors student. She also participated in student government, All-state Concert Choir and theater. A sporter and precision air rifle competitor, she was a member of her high school JROTC team along with local club and 4-H involvement. Over her career, she has claimed titles such as State Champion in sporter and precision, American Legion National Champion and Junior Olympics National Champion. She is also a Junior Distinguished Badge holder. Jaden-Ann is currently a member of the University of Georgia rifle team.

**Madison Rovelli**, 19, of Phoenix, Arizona: Madison, a homeschooled student as well as a student of Paradise Valley Community College, was a 4.0 student and was involved in several other activities. Some of those include a student instructor in Krav Maga self-defense working toward a black belt, and FAA student pilot and earned a varsity letter in beach volleyball and varsity girls volleyball at Barry Goldwater High School. A service rifle competitor, she was a decorated team captain of the AZ Scorpions Junior Rifle Team.

**James Simpson**, 18, of Wayne, Nebraska: A homeschooled student, James excelled academically, earning a 3.971/4.0 GPA and an outstanding ACT score of 35. Outside of school, he was a concertmaster with the Sioux City Youth Symphony and assistant scout master with the Boy Scouts. Involved in 4-H sporter air rifle, James was the 2019 Nebraska Junio Olympic Air Rifle 3P Champion, the 2019 Nebraska 4-H 3P Air Rifle runner-up, the 2020 Nebraska Junior Olympic Air Rifle competitor, among other titles. For his future, James is working toward his goals of being an investor and business owner.

**Anthony (Dawson) Kissik**, 18, of Mathews, Alabama: Active in marksmanship, Anthony has been an athlete in air rifle (sporter and precision), highpower rifle and smallbore rifle, where he has competed at the local, state and national levels. He was heavily involved with his junior teams, serving as the lead junior instructor for American Legion practices, a 4-H National Shooting Ambassador, the captain of his American Legion team and president/vice president of his Alabama 4-H team. He earned his Junior Distinguished Badge in 2017. At Ezekiel Academy, Anthony was an honor student and earned a cumulative GPA of 3.9. Anthony is currently a member of the University of North Georgia rifle team, where he is working toward a future career as a Marine Corps or Federal Law Enforcement officer.



**ROVELLI**

**Cecelia Ossi**, 19, of Annandale, New Jersey: Cecelia is new to air rifle and smallbore competition, but has quickly grown as a member of the local, 4-H and American Legion teams – earning titles such as New Jersey State outdoor 3P Champion and Indoor Champion as well as New Jersey Air State Champion. She is also a current NRA National Record holder. A 3.9 GPA, Cecelia is currently a member of the University of Nebraska-Lincoln NCAA rifle team and is working toward her career goal of becoming a commercial pilot.



**SIMPSON**

**Henry Leverett**, 19, of Bainbridge, Georgia: Henry, a homeschooled student with a 3.88 GPA, began his marksmanship career in the 4-H program, where he fell in love with air pistol. As a junior, he set four USA Shooting national records in junior men’s rapid fire and sport pistol. In 2019, he traveled to his first ISSF World Cup in Beijing and finished fifth overall – earning Team USA a quota spot in men’s rapid fire pistol for the upcoming Olympic Games in Tokyo. Henry is also serving as an alternate for the event. He is currently a member of The Ohio State University pistol team, studying biology, with the intention of moving on to medical school to become a surgeon.



**KISSIK**

**Emily Endecott**, 18, of Cleveland, Missouri: A stellar student with a 3.859 average, Emily was involved in several activities in her high school years, such as president, vice president and parliamentarian for the FFA, a member of the National Honors Society, student government, track & field and 4-H County Council. She was also active in her community with participation in food drives, nursing homes and event ringing the bell for the Salvation Army. Emily was a precision air rifle and smallbore athlete with her 4-H club and earned her Junior Distinguished Badge in 2019. She has since moved on to a role as a member of the Murray State NCAA rifle team. She is working to become an animal nutritionist and would also like to become a youth rifle coach.



**OSSI**

# Congratulations!

*Photos courtesy of Facebook, University of North Georgia, The Ohio State University, University of Nebraska, Wayne Daily News*



**ENDECOTT**

**Members of the Garand Collectors Association have extended their generosity into the 2020-2021 school year with a \$30,000 donation, to be distributed amongst the Top 15 Scholarship recipients. Send in your application to be considered!**



**LEVERETT**

# ON THE MARK

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