



# *ON THE MARK*

A NEWSLETTER FOR COACHES AND JUNIOR MARKSMEN\* © WINTER 2023

## GETTING BACK ON TARGET

CMP Installs New Megalink Air Gun Target Line at Ohio and Alabama Ranges



\*Restricted 18+ in CA in compliance with CA State Assembly Bill 2571 prohibiting the marketing of firearms to minors in the State of CA.

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## ON THE MARK

<https://thecmp.org/news-media/on-the-mark/>

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

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**Junior Program Resources:** To request information about CMP junior shooting programs, contact: CMP Programs, P. O. Box 576, Port Clinton, OH 43452; 419-635-2141 ext. 724 or email [info@thecmp.org](mailto:info@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 firearm 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 <https://thecmp.org/news-media/the-first-shot/>.

© **CMP TO HOST PART 3 OF 2024 OLYMPIC TRIALS, JAN 5-7, 2024.** The CMP is excited to announce it will host Part 3 of the 2024 USA Shooting Olympic Selection at the Judith Legerski CMP Competition Center in Anniston, Ala.! This will be the final step in the Olympic Trials – meaning it will decide who will represent Team USA at the upcoming 2024 Paris Games, set to be held this summer! Spectators welcome. Good luck to all competing athletes!

© **CMP PODCAST: SFC AMANDA ELSENBOS.** In this podcast, we talk with SFC Amanda Elsenboss – a member of the Army National Guard's All Guard team. She talks all about her impressive career, from her history-making performances as a junior to becoming the first female to ever win the century-old National President's Rifle Match. She also gives us a look into long range rifle and how to get started in the exciting discipline. Listen to the Podcast through our website or wherever you get your podcasts.

### ELSENBOS PODCAST



© **CMP'S 2024 BIANCHI CUP ACTION PISTOL MATCH:** Mark your calendars for the return of the CMP's Bianchi Cup International Pistol Tournament! The second longest running pistol championship in the world, the 2024 CMP Bianchi Cup is set to fire May 21-24 at the Green Valley Rifle & Pistol Club in Hallsville, Mo. The CMP Bianchi Cup includes four events: Practical, Barricade, Falling Plate and Moving Target. For the first time the event will also include a Rimfire Division for junior athletes. Learn more through our website!

### CMP BIANCHI CUP INFO



© **CMP PARTNERS WITH LOCKTON AFFINITY OUTDOOR ON INSURANCE BENEFITS FOR AFFILIATED CLUBS AND INDIVIDUALS.** Through a new partnership with Lockton Affinity Outdoor, clubs and members of the CMP community may now access a wide range of affordable insurance solutions to protect themselves and their firearm property.

Starting as low as \$50 per year, coverage with Lockton Affinity Outdoor helps protect against loss to personal items, property damage, third-party injuries and more.

### INSURANCE INFORMATION



### Products include:

- **Firearm Insurance** to protect your firearm property and accessories
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- **Firearm Instructor Insurance** to protect your livelihood and reputation
- **Club Insurance** to protect your property and on-site injuries

See all the available plan opportunities on the CMP website.

© **RESULTS IN FOR 2023 MONTHLY MATCH LEAGUE:** With the 2023 Monthly Match season over, the results are final for the Monthly Match League! During the League, scores from the six Monthly Matches held throughout the year are combined. The top four scores for each participant is used to determine winners. See all results through the CMP website!

### MONTHLY MATCH LEAGUE RESULTS



**On the Cover:** In November and December, the CMP installed new Megalink electronic air gun targets at its ranges in Ohio and Alabama. They were used during the 2023 Gary Anderson Invitational, at the Camp Perry location. Pictured is Carlin Sauls of the Great Trail Musketeers junior team.

# CMP to Present Up to \$335,000 in Scholarships to Senior Students in 2024

To continue its efforts in supporting young marksmen and women across the nation in their future endeavors, the Civilian Marksmanship Program (CMP) is happy to announce it will award up to \$335,000 for the 2024-2025 school year.

Through this year's Scholarship Program, the CMP will be providing \$300,000 toward graduating senior athletes, with the Garand Collectors Association providing a \$30,000 donation and the Talladega Superspeedway in Alabama contributing an additional \$5,000 to be distributed amongst recipients.

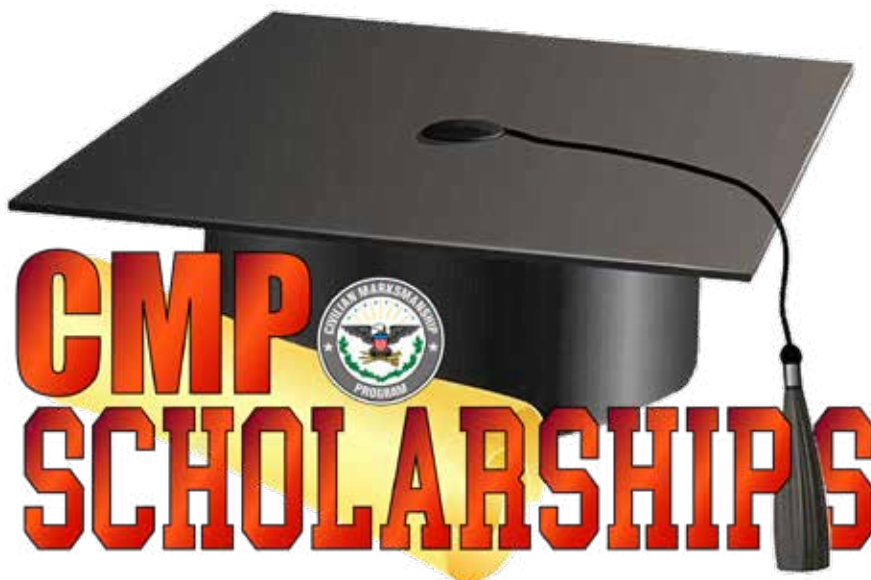
Each year, high school student-athletes involved in marksmanship programs are encouraged to apply for CMP Scholarships – a program that lends economic support to young marksmen and women who have shown dedication on and off the firing line. These scholarships may be used to pursue post-secondary or vocational programs, community colleges or university educations as well as trade schools to cover a variety of interests.

Since 2005, the CMP Scholarship Program has presented \$1,000 one-year scholarships to high school seniors based on merit, humanitarian efforts, extracurricular activities and marksmanship participation. In 2020, the CMP added one \$5,000 scholarship, the Carolyn Hines Memorial Scholarship – awarded to the top applicant who best embodied the values of Dr. Hines, who was instrumental in shaping the program.

Last year, the CMP added four \$20,000 scholarships awarded to the top applicants (\$5,000 over four years to each recipient). These scholarships honor past notable CMP Board members Judith Legerski, Jon Bengston, Harry Sieben and the late Dr. Carolyn Hines, who were all devoted to sustaining youth activities. Winners will be decided by the Scholarship Committee after carefully reviewing each application.

## Factors evaluated by the Committee include:

- Past and present rifle or pistol competition history, awards, involvements and future expectations for the sport.
- Extracurricular activities.
- A nomination/recommendation letter from a coach or instructor.



**APPLY HERE!**



A minimum GPA is not required to apply, though academic achievements will be considered when awarding scholarships. Students may submit the necessary applications and associated documents via an online source as a convenient organizational hub.

Along with the traditional \$1,000 scholarships, \$5,000 scholarships and four \$20,000 scholarships, Local Scholarships will also be presented to students located near CMP's facilities in Anniston and Talladega, Alabama, as well as Port Clinton, Ohio. For these local scholarships, no marksmanship experience is required.

The deadline to apply for any of these CMP Scholarships will be March 31, 2024. A link to the online application portal and other scholarship information can be found by visiting <https://thecmp.org/youth/cmp-scholarship-program/>.





# Shirley, Welter Claim Wins at 2023 Gary Anderson Invitational

*By Ashley Dugan, CMP Staff Writer*



*The 2023 Gary Anderson Invitational was fired on CMP's new line of electronic air gun targets in Ohio. The event was also held at CMP's range in Alabama.*

A total of 330 junior sporter and precision air rifle athletes arrived in Ohio and Alabama over the weekend of Dec. 1-2 to compete in the 2023 Gary Anderson Invitational – one of the Civilian Marksmanship Program's (CMP) most anticipated youth events of the year. Individuals from around the country participated in the three-position match, with Gary Anderson himself even in attendance to witness the budding talent on the firing line.

In sporter, Bethany Shirley, 17, of Monroe, GA, acquired a commanding lead with a score of 660.6 for the overall win – nearly 20 points over Brooklyn Zeigler, 16, of Gray, TN, who earned a score of 642.9 for second. Rounding out the top three was Brayden Rich, 16, of Winthrop Harbor, IL, with a score of 641.5.

Leading the precision class was Natalie Welter, 14, of Parker, PA, with an overall score of 699.7. Following

closely in second was Carley Seabrooke, 17, of Helena, AL, with an aggregate score of 698.3, as Jack Ogoreuc, 16, Grove City, PA, found a score of 697.4 for third.

Along with individual competitions, a four-person team event is also held during the event.

## **Leading teams of the 2023 Gary Anderson Invitational:**

### **Precision:**

1. American Legion Post 295 – 2348-156X
2. East Coweta – 2325-138X
3. Camden County High School Team A – 2323-131X

### **Sporter:**

1. Zion Benton High School Team 1 – 2174-55X
2. Daniel Boone High School Sporter 1 – 2149-69X
3. Zion Benton High School Team 1 – 2140-54X



Gary Anderson, the match's namesake, was in attendance at the Camp Perry location.

The Gary Anderson Invitational is held within the 80-point electronic air gun ranges at both the Gary Anderson CMP Competition Center at Camp Perry, Ohio, and the Judith Legerski CMP Competition Center in Anniston, Ala. The junior sporter and precision air rifle competition includes kneeling, prone and standing positions for qualification scores as well as a 10-shot final fired by all athletes on the line. Winners are determined from scores at both locations.



Ohio's American Legion Post 295 led the precision team match.



Brayden Rich of Zion Benton High School earned third overall in the sporter match.

Find a complete list of results of the 2023 Gary Anderson Invitational on the CMP's website at <https://ct.thecmp.org/GAI23Results>.

View and download free event photos from both locations at <https://cmp1.zenfolio.com/f260916458>.

### About Gary Anderson:

Mr. Anderson is a two-time Olympic gold medalist and holds seven world championships, six world records and 16 national championships. He has won more Olympic and world championship three-position titles than any other American in history. In 1999, Anderson began a 10-year reign as Director of Civilian Marksmanship and retired in December 2009.

Today, Anderson serves as DCM Emeritus and remains a mentor for new and experienced, old and young shooters around the country through his articles and classes. Anderson's advice is regularly featured in CMP's junior magazine, *On The Mark*, and throughout the year during the clinics he leads at CMP events. In 2014, the CMP North Competition Center was renamed the Gary Anderson CMP Competition Center, in honor of his years of dedication to the sport.

GAI  
RESULTS



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THE GAI



EVENT  
PHOTOS





## THE FUNDAMENTALS OF RIFLE MARKSMANSHIP

# THE FUNDAMENTALS OF RIFLE MARKSMANSHIP

By Gary Anderson, DCM Emeritus



**Marksmanship Fundamentals** describe “best practice” ways to hold a rifle, align it on the target and fire accurate shots with it. This photo shows the start of the 2023 CMP National Three-Position Air Rifle Championship Precision Final. The fundamentals are lessons these finalists have learned well.

This **On the Mark** article on “The Fundamentals of Rifle Marksmanship,” is adapted from Chapter 7 in the author’s book **Vintage Military Rifle Shooting**.<sup>\*</sup> The original book applied the fundamentals, “Stability, Alignment and Control,” to target shooting with As-Issued Military Rifles. This article applies those same “Marksmanship Fundamentals” to the disciplines of Air Rifle Standing, Three-Position Air Rifle and Smallbore Rifle Position.

**“Marksmanship” is the act of skillfully holding, aiming, and firing shots with projectile arms that consistently hit distant, difficult targets.** Whether you are a Shooting coach or athlete, and whether you are new to the sport or are experienced and advancing, you need to understand what the fundamentals of rifle marksmanship

are. In the sport of Shooting, “Marksmanship Fundamentals” are the foundational principles that define 1) how to hold a rifle, 2) how to align it with a target and 3) how to fire the shot so that it hits the center of the target.

**Marksmanship Fundamentals** describe what the most knowledgeable athletes and coaches know today as “best practices.” They not only describe ways to hold, aim, and fire a rifle, but they describe the best ways to do this. Learning and understanding what these best practice fundamentals are makes it possible to apply them to the development of rifle athletes. Knowing the fundamentals makes teaching new shooters more effective. Knowing the fundamentals gives coaches and athletes the tools they need to analyze and improve the performances of intermediate and advanced athletes.

<sup>\*</sup> **VMR – The CMP Guide to Target Shooting with Vintage Military Rifles**, by Gary Anderson, was published by the CMP in 2020. Copies can be purchased through the CMP E-Store.

There is an old saying among shooting coaches that *"marksmanship fundamentals are simply sight alignment and trigger control."* That statement was widely repeated as gospel by old-time coaches, but it is deceptively inadequate because it fails to recognize how firing accurate shots at targets involves a whole complex of static and dynamic skills. There are actually three phases to Marksmanship Fundamentals:

1. The rifle must be held in a legal firing position that produces maximum **RIFLE STABILITY**.

2. The rifle must be aimed and held so that there is precise **RIFLE-TARGET ALIGNMENT**.

3. The firing of each shot must be the successful result of a dynamic, coordinated process of **SHOT CONTROL**.

The steps of **STABILITY**, **ALIGNMENT** and **CONTROL** each have component elements that must be understood, mastered, and performed. Those elements of performance are identified in the chart (right) and will be analyzed in this article.

## RIFLE STABILITY

Nothing has greater impact on rifle shooting scores than rifle stability. If the "hold" is steadier, scores will be higher. One of the first objectives of any rifle shooter must be to establish stable firing positions. There are five critical factors involved in developing kneeling, prone and standing positions that produce great holds:

**POSITION STRUCTURE.** Air rifle and smallbore rifle position shooting is done in three firing positions, kneeling, prone and standing. There are a wide variety of legal positions, but leading athletes and coaches have reached general agreement that the most stable positions are structured according to what are now regarded as model positions. Excellent instructional resources are available that describe those ideal positions. The CMP Junior Rifle Camps do a great job of helping rising athletes master those classical positions. An excellent way to learn about model positions is to attend national-level competitions where you can photograph and study the positions used by the best athletes. Be sure to understand the keys to structuring good firing positions: 1) how all three positions are built around correct left elbow locations, 2) how in standing, turning the body 90 degrees and placing the left elbow and hip directly under the rifle enables correct balance, 3) how in kneeling and standing, configuring the body to eliminate muscle strain and achieve optimal balance enhances stability and 4) )

## FUNDAMENTALS OF RIFLE MARKSMANSHIP (STABILITY-ALIGNMENT-CONTROL)

### 1. Rifle Stability (Static Controls)

- a. Position Structure
- b. Use of Support Elements
- c. Rifle and Clothing Adjustment
- d. Muscle Relaxation & Control
- e. Balance

### 2. Rifle-Target Alignment

- a. Position Preparation
- b. Aiming (Sight Alignment & Sight Picture)
- c. Breath Control
- d. NPA Alignment

### 3. Shot Control (Dynamic Controls)

- a. Visual/Mental Control (3 steps: aiming-center & hold-shot call)
- b. Trigger Control (4 steps: initial pressure-center sight picture-final pressure-shot call and follow-through)
- c. Analysis & Feedback

how in every position, keeping the rifle (and sights) high enough to establish proper head positions is a difference-maker.

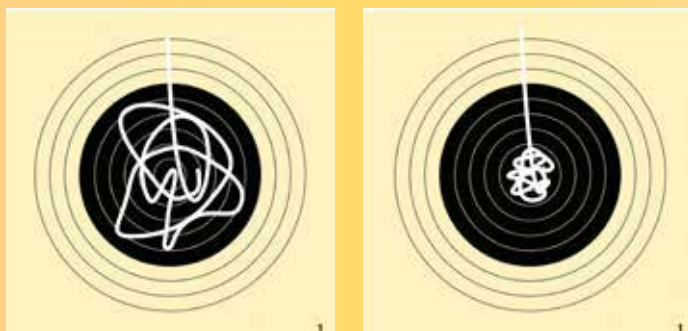
**USE OF SUPPORT ELEMENTS.** Rifle stability is enhanced when two primary support elements, 1) bone support and 2) sling support, are properly used in building sound kneeling and prone positions. Bone support means configuring a position to support the body-rifle system with bones and not with muscles.



## THE FUNDAMENTALS OF RIFLE MARKSMANSHIP

### A SHOOTER'S HOLD

“Hold” is the term used to describe how stable a firing position is. “Hold” defines how much an athlete’s front sight moves in relation to the target while aiming. One way to visualize hold is to imagine that a laser beam is pointing at the target while the athlete is aiming. The trace of that laser beam becomes a graphic representation of the athlete’s hold. The smaller the arc of movement defined by that laser beam the better the hold.



Laser traces showing the holds of a new shooter (left) and a highly trained athlete (right).

The kneeling position is a unique example of the complex challenges involved in configuring the bones of the legs and arms to allow the body to relax and balance over the kneeling roll. Standing offers an obvious example of bone support. The best standing positions keep the left forearm vertical and use the bones of the forearm to serve as an inert brace that supports the rifle on the athlete’s side or hip.

In the kneeling and prone positions, a combination of bone and sling support is needed to stabilize the rifle. A key is the left arm support triangle, which consists of the upper arm, lower arm, and sling. That support triangle must be kept vertical while holding the rifle in prone and kneeling. Proper sling support means having enough sling tension to allow the left arm to be completely relaxed while holding the rifle. Conversely, slings cannot be so tight that they distort the position.



These are the standing positions used by the eight finalists in the 2023 CMP National Three-Position Championship. Notice how similar their positions are. This is because there is an ideal standing position structure that most successful athletes have adopted as their position.

**RIFLE AND CLOTHING ADJUSTMENT.** The correct approach to adjusting rifles and clothing is to fit the rifle to the position, never to fit the position to the rifle. Today’s precision air and smallbore rifles have an almost infinite variety of adjustments. Athletes can change butt-plates, cheek-pieces, sight heights, trigger locations, and hand or palm rest depths. A basic principle in making rifle adjustments is to first determine where the body parts that contact the rifle (*aiming eye, cheek, shoulder, hands*) are located in a firing position and then to adjust the rifle so that it fits within those locations. A key is fixing the head position and then adjusting the sights and rifle so that the sights are directly in front of the aiming eye.

Another important aspect of establishing a stable position, and then adding support elements to the position, concerns shooting jackets and trousers that precision air rifle and smallbore rifle athletes are permitted to wear. The clothing now available potentially adds a great deal of stability to the standing and kneeling positions, but this clothing must be fitted to the athlete’s body and positions in order to realize this benefit. The leading clothing manufacturers and distributors have developed excellent protocols for fitting rifle jackets and trousers so that they add support to athletes’ positions.

The concept of fitting the rifle to an athlete’s positions is not as adaptable for Sporter Air Rifle competitors, but this principle still applies. Sporter air rifles that are now legal have adjustable butt-plates and cheek-pieces, plus the new Crosman Challenger air rifles offer forearm risers that



adds some desired rifle/sight height (*maximum 100mm from center of bore*).

**MUSCLE RELAXATION AND CONTROL.** Even with so much emphasis on relaxation, muscles are still involved in holding the rifle and athlete in position. This muscular effort can contribute to position stability. The key is to minimize the muscle effort used to maintain a position by stressing muscle relaxation in preparing the positions. A primary key to stability in any position is completely relaxing the left arm and shoulder as it supports the rifle. In kneeling and prone, the sling, not the arm muscles must do the work of supporting the rifle and upper body. In standing, the left arm must be relaxed down against the side of the body; the arm muscles must do no lifting. In kneeling, the torso position must make relaxing those muscles a priority. In standing, the muscles in the legs and feet play an active role in keeping the body-rifle system balanced over the feet. Muscle tension in the legs must be light but controlled, while keeping the knees straight and maintaining body balance over the feet.

**BALANCE.** Balance is the fifth critical factor in achieving rifle stability. Balance does not really play a role in prone, but in kneeling, balancing the body-rifle system over the right and left heels is a key to achieving torso relaxation. In standing, aligning the position so that there is a straight line of support from the rifle, down through the left elbow and left hip, to a mid-point on the feet is a key to stability. Top athletes typically shift the weight of the body-rifle system slightly forward onto the balls of the feet. It is no coincidence that the best standing shooters in the world check their precise balance as part of their pre-shot routines for every shot.

## RIFLE – TARGET ALIGNMENT

After establishing a stable firing position, it must be precisely aligned with the center of the target before a shot can be fired. Achieving **Rifle-Target Alignment** is a dynamic function that demands precision and consistency. Precision is demanded because rifle targets are extremely small—hitting the 50m ten-ring requires aligning the rifle's point of impact on a circle slightly smaller than a dime that is more than half a football field away. Consistency is demanded because the actions necessary to align the rifle on those diminutive targets must be repeated many times—there are usually 60 record shots in each air or smallbore rifle event. Rifle-Target Alignment involves a) position preparation, b) aiming, c) breath control and d) NPA alignment.

**POSITION PREPARATION.** Position Preparation starts with loading the rifle and continues until precise



*In prone and kneeling, the left arm support triangle must be kept vertical.*

aiming and the actual firing of the shot begins. When position preparation is done effectively and consistently, the result will be better holds. Advanced athletes break this process down into a series of steps that make up what is called a Pre-Shot Routine. Learning to identify and follow a Pre-Shot Routine is an important way for athletes to improve their scores.

## STANDING POSITION BALANCE



*Standing position balance is achieved by a) bending the upper body slightly to the right to counterbalance the weight of the rifle and b) by shifting the weight of the body-rifle system so it balances over the feet.*

## THE FUNDAMENTALS OF RIFLE MARKSMANSHIP



*Position preparation starts with an athlete's loading technique and how that leads to consistent placement of the butt-plate (1), left elbow (2) and head (3) as the position is prepared for each shot.*

- **Loading Technique.** Athletes must decide whether they will keep the rifle in their shoulder, take it down, or place it on a rifle rest to load each shot. Most athletes have mastered loading from the shoulder, especially for prone and kneeling. This can ensure position consistency if the loading movements do not distort the position. Particularly in standing, setting the rifle on a rifle stand for brief rests between shots is a common practice.

- **Butt-Place Location.** Placing or keeping the butt-plate in the same location in the shoulder is a key to position preparation consistency. The best standing position athletes pay close attention to placing the butt-plate in the same location for each shot.

- **Left Elbow Location.** The same goes for the left elbow location, particularly in standing. If the elbow position changes, the position's balance changes, and balance changes affect rifle stability. The left elbow needs to be in the same precise location under the rifle before proceeding with the firing of each shot.

- **Head Position.** Another vital point in an athlete's pre-shot checks is making sure the head rests in exactly the same location on the cheek-piece for each shot. Changing the head position also changes position balance and affects hold stability.

- **Relaxation and Balance Checks.** A final step before starting to aim is pausing to check whether the position is properly relaxed and balanced. After those final checks, the athlete can turn their head and start to aim.

**AIMING.** Aiming is a visual process that allows the athlete to see whether and how well the rifle is aligned on the target. Aiming is a dynamic process because after seeing where the rifle is pointed, the athlete must move the rifle or adjust the firing position in order to achieve as perfect a sight picture as possible. Modern front and rear sights available on precision and sporter class rifles make precise aiming possible with an aiming error that is considerably smaller than the ten ring on these targets. The limitation here, of course, is that rifle firing positions do not produce absolutely stable holds. A task of the aiming process therefore becomes centering those larger or smaller movements of the front sight over the aiming bull. The process of aiming involves a) sight alignment, b) sight picture, and c) visual focus.

- **Sight Alignment.** Sight alignment means seeing the front sight in the center of the rear sight aperture. To do that, the athlete's head position must place the aiming eye in line with the rear sight aperture. Problems in doing this are signs of a cheek-piece or head position that needs adjustment. For most smallbore and air rifle athletes, achieving sight alignment is done intuitively and without conscious effort.

- **Sight Picture.** Sight picture is what the athlete sees when the aligned sights are pointed at the target. The objective of aiming then is to see a series of concentric circles where the aiming bull on the target is centered in the front sight ring, which is in turn centered in the rear sight aperture.

- **Visual Focus.** Rifle athletes should be able to see a clear sight picture where both the front sight ring and the aiming bull are sharp. The 1.0-1.2mm rear sight apertures that are common on air and smallbore rifles provide sufficient depth of focus to make this possible. A key performance fundamental is not only being able to see a clear sight picture but being able to achieve visual and mental focus on sight picture movements.

**BREATH CONTROL.** Breath control means breathing or stopping breathing at the right times during the firing of each shot (see diagram on pg. 12). Normal breathing before and after each shot ensures that the body has an



continued...



*Many of today's best standing position athletes pause, often with their eyes closed, to check how their positions are relaxed and balanced before they turn to look through their sights and start to aim.*

adequate supply of oxygen. Normal breathing with regular inhale-exhale cycles should be done while shouldering the rifle and aligning the sights on the target during the position preparation and initial aiming phases of firing the shot. When the front sight ring is on the target, and the athlete is ready to start the firing of the shot, the athlete takes one more breath, exhales and stops breathing until the shot is fired. The time when breathing is stopped normally lasts no more than 8-10 seconds.

Many advanced shooters use their breathing to reduce tension and enhance relaxation. Concentrating on taking a few deep breaths can relieve stress. Using inhale-exhale cycles as a cue for getting certain muscles “to let go” and relax can become a useful part of position preparation.

**NPA ALIGNMENT.** The position's NPA is its “natural

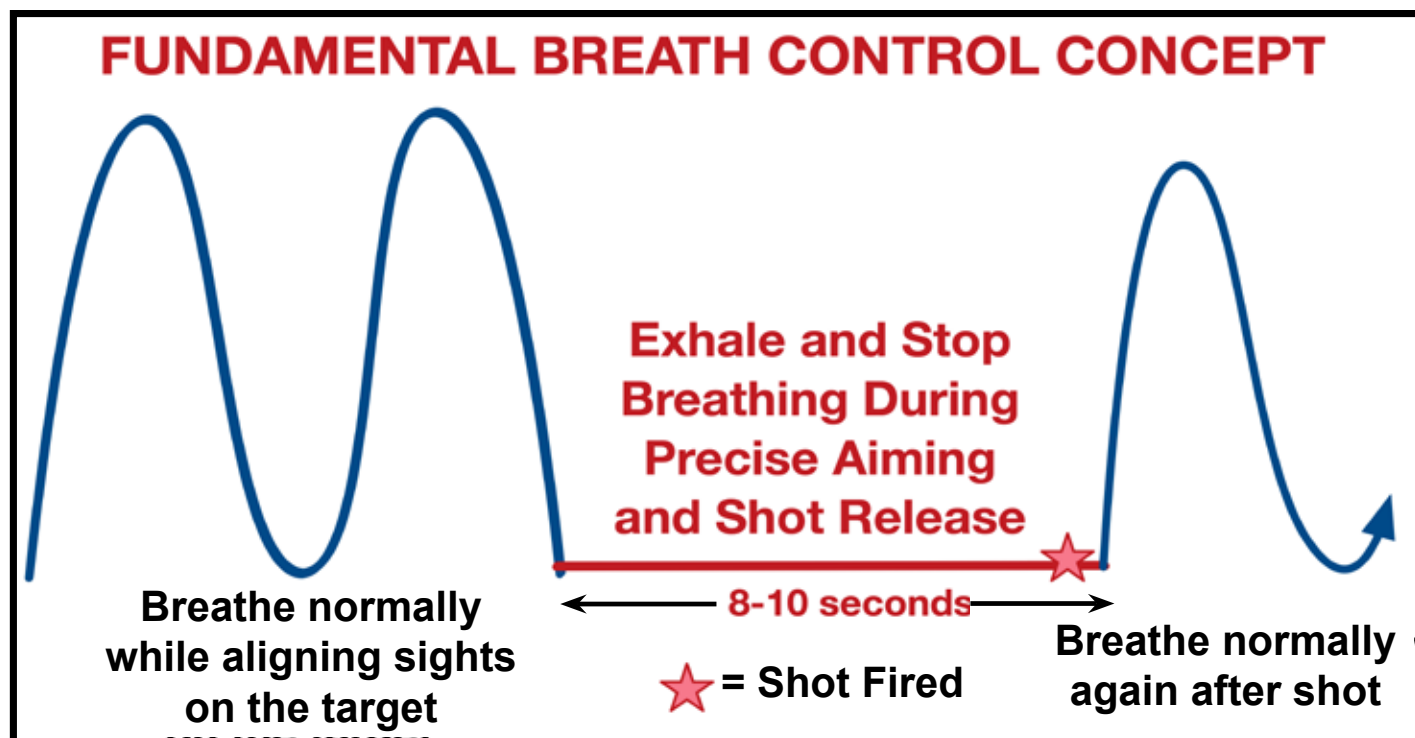
point of aim.” The NPA is where the sights naturally want to point when a well-prepared position is aligned on the target. NPA alignment is an advanced concept. Beginners may have an “area of aim” but their positions will not be sufficiently stabilized to have a true NPA. In NPA alignment, when the front sight tends to align off of the aiming bull, the

## SIGHT PICTURE



*Sight picture includes the rear aperture, front sight, front sight ring and aiming bull on the target.*

## THE FUNDAMENTALS OF RIFLE MARKSMANSHIP



athlete makes a slight shift of the body, usually by pushing the front sight through the bull and allowing it to settle back on the bull. This technique can be especially critical in prone and kneeling where well-centered NPAs yield better recoil and shot placement consistency.

### SHOT CONTROL

**Shot Control** is the third phase of Marksmanship Fundamentals. Shot Control is the coordinated, dynamic actions of visual control and trigger control that produces the actual firing of the shot. Shot Control is concluded by two after-the-shot actions, follow-through and an analysis-feedback process that prepares the athlete for the next shot.

**VISUAL/MENTAL CONTROL.** In the final phase of aiming, during this eight to ten second period when actually trying to fire the shot, the athlete must refine or perfect the sight picture. In prone, this means trying to get a perfect sight picture. In standing, and perhaps in kneeling, this means getting the hold movements centered. This is the high concentration phase of applying Marksmanship Fundamentals. Visual and mental focus must be on the sight picture.

Visual/Mental Control means that the athlete's mental demand must be to see sight picture movements centered and to see those oscillations become smaller. The efforts the nervous system and muscles make to respond to this demand yield smaller holds and higher scores after repeating these demands thousands of times in training.

**TRIGGER CONTROL.** At the same time that the athlete is focusing intense concentration on what the sight picture is doing, the athlete must also be applying pressure on the trigger in order to fire the shot. Trigger control is a four-step process which can be refined into a variety of individual techniques.

- **Step 1 – First Stage Pressure.** The first phase of trigger control occurs at the same time that breathing stops and the aligned sights are brought onto the target. This is when the index finger must move from the trigger guard onto the trigger to apply initial pressure on the trigger. If the trigger is a two-stage trigger, this means taking up the first stage and applying light pressure on the second stage. With single stage triggers, the index finger should apply half to two-thirds of the pressure required to release the shot.

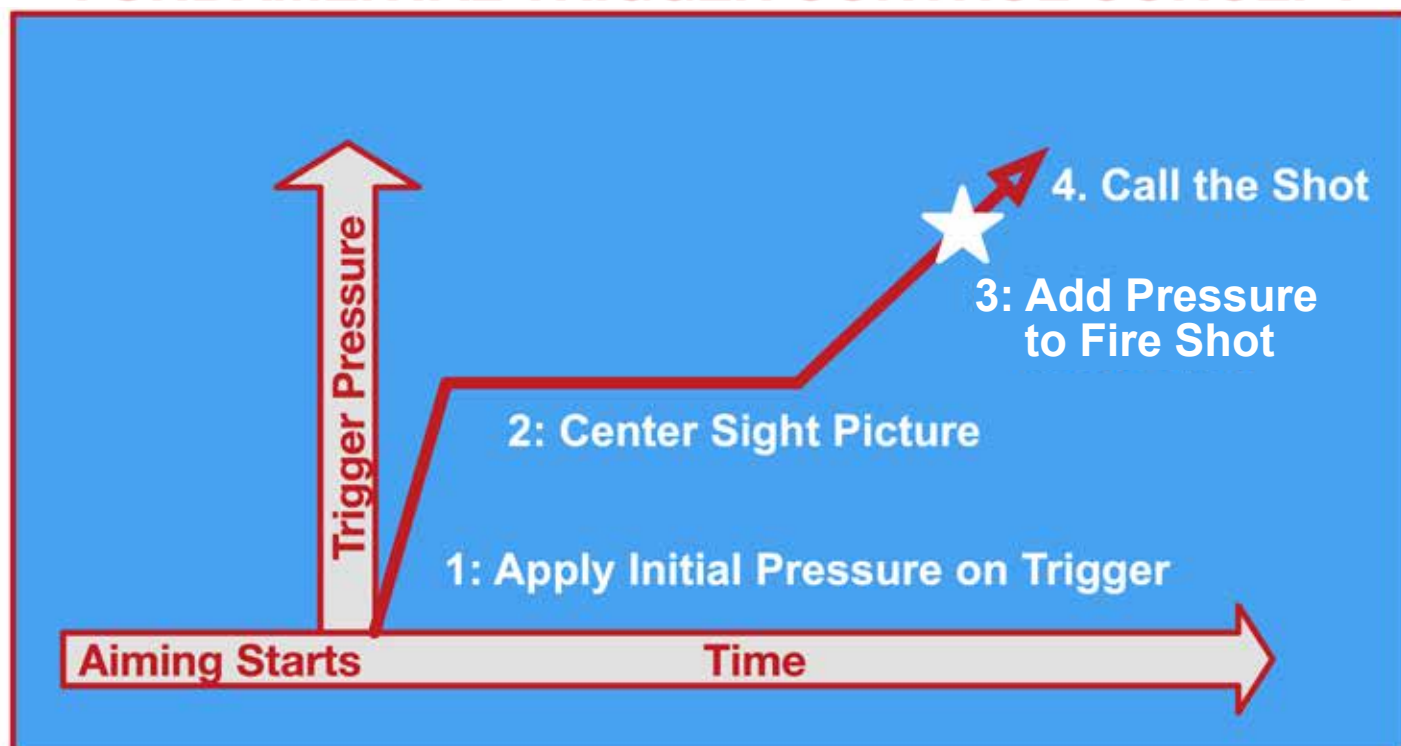
- **Step 2 – Centering Sight Picture Movements.** This is the heart of the Visual/Mental Control effort when the sight picture is perfected.

- **Step 3 – Final Trigger Pressure.** When the sight picture is at its best, final pressure must be applied to the trigger to fire the shot. This pressure may be applied gradually, or more quickly in an aggressive trigger release or in steps in a more refined trigger release. A key is that this pressure must be absolutely smooth so that the sight picture is not disturbed.



continued...

## FUNDAMENTAL TRIGGER CONTROL CONCEPT



• **Step 4 – Shot Call and Follow-Through.** This is the conclusion of the shot control process. At the instant the shot is fired, and recoil begins, the athlete must make a mental snapshot of the sight picture and correlate that to a precise location on the target where the shot should hit if the rifle is properly zeroed. Beginners will only be able to say whether the shot was good, high, low, left or right. Advanced athletes should be able to project precise shot locations within a particular scoring ring. Learning to call shots is a critical function because this ensures that the athlete continues to aim and hold the rifle stable until the pellet or bullet is out of the barrel and recoil has started. Air rifles, in particular, have a relatively long shot development time so it is possible to cause an off-call shot by changing a pressure on the rifle while the projectile is still in the barrel. Advanced athletes will also learn to pay attention to the shot's recoil pattern and what that says about consistent position preparation.

**ANALYSIS AND FEEDBACK.** Each shot fired should end with a brief analysis. The shot call must be compared with the shot location. Was the shot on call or off call? Is a sight change required? Did everything feel right when the shot was fired? Or do I need to focus on doing some aspect of performance better? Was the recoil pattern normal or does it suggest a need for better position preparation. With this feedback the athlete can proceed back to Position Preparation for the next shot.

### 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 Welcomes New State Directors

The Civilian Marksmanship Program (CMP) would like to announce the addition of four new State Directors: B.P. Murphy of Maine, Tony Rowe of Delaware, Mike Carter of Tennessee and Richard Weiser of North Carolina. The CMP State Directors are representatives who help boost marksmanship programs by providing leadership, resources, program information, coordination, networking, motivation and publicity for marksmanship activities within their respective states.

### B.P. Murphy – Maine:

B.P. Murphy of Hallowell, Maine, began in marksmanship as a junior smallbore athlete in the mid-1980s. He soon became interested in highpower service rifle and decided to attend the Camp Perry National Matches for the first time in 1990, where he made lasting connections with other like-minded individuals on the range. Murphy is a Distinguished Rifleman and has made the President's Hundred three times, with two top-10 finishes. He's a U.S. Army Reserve team veteran and is married with two teenage boys. Interestingly, Murphy also dabbles in amateur astronomy.

"My primary interest in becoming a State Director is to improve communication among the various clubs and shooting programs," he said. "Finding information online should be reasonably easy, but I have found that in many cases the clubs have a limited presence and are technologically challenged."

"I also want to increase the number of trained instructors and coaches in the state," he went on. "Junior shooting sports athletes deserve high quality instruction from the volunteers they have in their programs. Formalized training is the first step on that journey."

Murphy admits the shooting sports infrastructure in Maine needs some improvement, with focus mostly needed on indoor shooting ranges. He hopes to make "dirty and dingy ranges" a thing of the past and to familiarize youth athletes with modern electronic target systems whenever possible.



**Murphy**

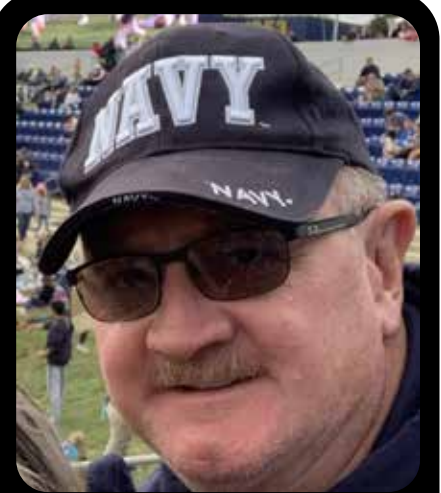


### Anthony (Tony) Rowe – Delaware:

Tony Rowe of Felton, Del., has been involved in marksmanship since he was eight years old. His start in competitive shooting came when he joined the Seaford NJROTC unit. He showed the unit the benefits of the sport and has taught the program for the last eight years, competing in area championships and even at the national level. Rowe is married and enjoys spending time with his many children and grandchildren. He's also an avid motorcyclist.

"My biggest joy and pleasure is watching the young shooters excel in their endeavors to become proficient and embrace the aspect of shooting competitively," he said. "I want to increase the ability of young men and women to learn and enjoy the sport of shooting in the same manner as I do. I also want to increase awareness of gunsafety and the importance of teaching it to as many as possible."

As a State Director, Rowe hopes to make as many contacts as possible to support junior programs and to increase access across Delaware to help programs thrive and grow.



**Rowe**



## Mike Carter – Tennessee:

Mike Carter of Nashville, Tenn., started in marksmanship back in 1971 on his middle school's rifle team and has been actively involved ever since. He mainly competes in smallbore rifle and standing air rifle while also participating in highpower prone, on occasion. He's involved with several marksmanship clubs and associations in smallbore and air rifle and even offered his own suggestions to CMP smallbore manager Brad Donoho for growing the smallbore program. He has acquired numerous wins at the state and national level, including at the CMP National Matches at Camp Perry. He's married, with three children, and has been a computer enthusiast since the 1980s.



**Carter**

"As the coach of the 3PAR rifle team since 2015 and spending countless hours with the CMP at Anniston, and Camp Perry, I felt the state of Tennessee being without a voice was long overdue," he said. "I believe my competitive shooting interest, communication skills and current involvement with youth shooting sports puts me in a good position to help the CMP and the youth shooting programs in Tennessee succeed in their mission."

As State Director, Carter hopes to create a statewide database of youth programs to bring junior athletes together and help their teams grow. He is also dedicated to generating interest in smallbore competition – in turn, encouraging young athletes to join collegiate- or national-level teams and continue in marksmanship throughout their lifetimes.

## Richard Weiser – North Carolina:

Richard Weiser of Clemmons, N.C., began his marksmanship career in high school as a member of the West Forsyth rifle team. Building the foundation of lifelong involvement in the sport, he went on to coach and mentor his daughter with West Forsyth before she was ultimately recruited by the Jacksonville State team in college. Weiser continued coaching after his daughter's high school graduation by joining the Ronald Reagan Raiders AFJROTC Rifle Team, where he found a renewed sense of purpose. Now, he'll take his marksmanship experiences even further by becoming a CMP State Director.

"The decision to pursue the role of State Director for North Carolina was deeply influenced by my late friend and the previous director, Harry Flynn," Weiser said. "Harry and I often discussed the future of marksmanship in North Carolina, and he consistently encouraged me to consider taking over when he stepped down. Our conversations laid a strong foundation for the direction we both envisioned for the sport in our state."

"Taking on this role was not only about honoring Harry's wishes but also about fulfilling a personal goal to positively influence the sport, particularly among the youth," he added. "I am a staunch advocate for gun safety and deeply appreciate how the CMP's initiatives emphasize safety as a paramount concern. Becoming State Director represented an opportunity to drive these values and continue shaping the sport of marksmanship in a way that aligns with Harry's vision and my own."

Weiser is married with two children and, outside of marksmanship, holds an enthusiasm for technology as well as German Shepherds. As a Full Stack Architect for Scopos, the creators of Orion, Athena and Rezults, he hopes to help transform shooting into a spectator sport by integrating advanced technologies.



**Weiser**

Learn more about these and all other CMP State Directors through our website at <https://thecmp.org/training-tech/state-director/>. You may also apply for vacant State Director seats – currently available in Washington State, Nevada and Vermont.

Questions on CMP State Directors? Contact Sylvia Schoewe at (419) 635-2141 ext. 726 or email [sschoewe@thecmp.org](mailto:sschoewe@thecmp.org).

**DISCOVER  
MORE OR FIND  
YOUR LOCAL  
CLUBS**



**STATE  
DIRECTORS**



**CLUB  
SEARCH**



# CMP Installs New Megalink Air Gun Targets at Ohio, Alabama Ranges

The Civilian Marksmanship Program (CMP) is excited to announce the installation of new electronic air gun targets at its indoor air gun ranges in Ohio and Alabama!

All 80 firing points at the Gary Anderson CMP Competition Center at Camp Perry, Ohio, and the 80 points at the Judith Legerski CMP Competition Center in Anniston, Ala., will now be equipped with Megalink 3D-Score targets. The targets boast some of the latest technological advancements in accuracy, including crossfire recognition and pellet speed measurement, using optical detection – all under the blanket of Megalink’s reputation of dependable, world-class products that are used by several of today’s leading national and international entities.

“We chose to go back to Megalink targets so that we may once again partner events with USA Shooting, with the possibility of also accommodating the NCAA and beyond,” said Dana Lynd, CMP’s Deputy Chief Programs Officer. “These targets are ISSF (International Sport Shooting Federation) approved and have a witness strip, allowing us to host more elite competitions in our facilities that require a specific level of precision technology.”

With the latest installation of Megalink targets, the CMP hosted the 2023 USA Shooting Winter Airgun Championships at Camp Perry in December and is set to hold Part 3 of the Olympic Trials in Anniston in January 2024.

“We’re looking forward to welcoming these talented athletes to our facilities as we broaden our scope in the air gun community, and we look forward to creating partnerships with groups who share the same mission,” Lynd added.

The CMP is currently in discussions for the fate of the previous line of Kongsberg Target System (KTS) air gun targets, with 100 set to be stored out west for CMP Junior Camps and three-position competitions. The CMP’s line of outdoor KTS electronic targets will continue to be used at travel events, Alabama’s Talladega Marksmanship Park as well as at Camp Perry’s Petrarca Range.



The CMP Competition Centers are open for public use every Tuesday evening from 5-8 p.m. EST in Ohio and 4-7 p.m. CST in Alabama. The ranges are also open by appointment during the week, 9 a.m. to 3 p.m. in Ohio and 8 a.m. to 2 p.m. in Alabama. Individuals may bring their own equipment or may rent from the CMP. Learn more about the CMP’s Competition Centers at <https://thecmp.org/ranges/cmp-competition-centers/>.





## 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 the CMP website or email CMP Competitions at [3PAR@TheCMP.org](mailto:3PAR@TheCMP.org).



DISTINGUISHED  
BADGES



Badge #	Name	Hometown
#1703	Mekayla Baker	Clemmons, NC
#1704	Emma Allen	Baxley, GA
#1705	Benjamin Beaubien	Sparks, NV
#1706	Ashley Carr	Alliance, NE
#1707	Addyson Gustafson	Zion, IL
#1708	Zurisaddai Ricardo	Fort Mill, SC
#1709	Riley Vines	Zion, IL
#1710	Natalie Samson	Bozeman, MT
#1711	Natalie Smith	Prattville, AL
#1712	Mackenzie Cole	Gray, TN
#1713	Bethany Shirley	Monroe, GA
#1714	Grace Corbett	Springfield, VA
#1715	Braden Michalak	Canton, MI
#1716	Brenna Green	Comfort, TX
#1717	Olivia Reilly	Andover, MA



Badge #	Name	Hometown
#1718	Alexandria Watts	Folsom, CA
#1719	Madelyn Lee	Dawsonville, GA
#1720	Elisa Boozer	OKC, OK
#1721	Diane Heschel	Oak Harbor, OH
#1722	Brianna Walter	Sugar Hill, GA
#1723	Wyatt Hicks	Senoia, GA
#1724	Carter Paas	Albuquerque, NM
#1725	John Martzolf	Lancaster, NY
#1726	Dakota Gibson	Fort Shaw, MT
#1727	Makenzie Larson	Wellington, CO
#1728	Deitrich Bergman	Oak Harbor, OH
#1729	Brooklyn Reames	Burleson, TX
#1730	Gianna Gomez	Zion, IL
#1731	Miah Leong	Zion, IL

# Beard Tops Inaugural Smallbore Event at CMP's Annual Dixie Double

*By Ashley Dugan, CMP Staff Writer*

ANNISTON; TALLADEGA, Ala. – Over the Nov. 3 weekend, the Civilian Marksmanship Program (CMP) conducted its annual Dixie Double – an indoor air gun competition for adult and junior athletes held at the Judith Legerski CMP Competition Center in Alabama. This year, to provide even more competitive opportunities, the CMP was thrilled to add a new 3x20 Smallbore Rifle event to the 2023 Dixie Double schedule that was met with remarkable participation.

A total of 60 athletes competed in the inaugural smallbore match, which was fired on CMP's line of outdoor electronic targets assembled at Talladega Marksmanship Park – located just down the road from the Judith Legerski CMP Competition Center.

Earning the win over the field of adult and junior athletes was 1LT Sarah Beard, 32, of Danville, IN. Beard finished just above the second place athlete, SGT Sagen Maddalena, 30, of Groveland, CA, who bested SPC Ivan Roe, 27, of Manhattan, MT, who took third. Top junior of the match was Tyler Wee, 16, of Wake Forest, NC.

"We had a great turnout for our first smallbore match at the Dixie Double," said Brad Donoho, CMP smallbore manager. "We had numerous world-class athletes participate, like international record holder SGT Maddalena and other members of the U.S. Army Marksmanship Unit, along with several juniors. Everyone seemed pleased with the way the match was conducted, and we're excited to host many more smallbore events at Talladega in the future."

Each year, the Dixie Double attracts a wide array of experience levels, from individuals just beginning in the sport to Olympians and everything in between. The Dixie Double also welcomes para-athlete participation for those requiring extra assistance on the firing line.

The match schedule features two days of 60 Shot international air rifle and air pistol competitions for Open and Junior categories, with qualification scores and finals fired each day. Overall competitors are awarded at the conclusion of Day 1 and Day 2 as well as from the two-



*Smallbore was held on electronic targets at the CMP Talladega Marksmanship Park.*

day aggregate scores – earning \$400 (first), \$300 (second) and \$200 (third) in the Open event for their performances.

This year, over 120 athletes from around the country made the trip to Alabama for the event.



*Suman Sanghera was the overall competitor in the Air Pistol Open and Junior events.*





The air gun portion of the Dixie Double is held at the range within the Judith Legerski CMP Competition Center.

In air rifle, SGT Maddalena led the two-day Open category aggregate with an overall score of 1265.2. Following in second was 1LT Beard with 1261.0, while SrA Peter Fiori, 23, of Lebanon, NJ, trailed just behind Beard with a score of 1260.4 for third.

In the junior rifle event, Mackenzie Kring, 16, of Peyton, CO, gave a commanding performance to accumulate an overall score of 1260.8 – more than 10 points over second place competitor Tyler Wee, who reached a score of 1249.7. Maddy Moyer, 18, of Dawsonville, GA, fired a score of 1245.8 for third.

Air pistol saw Suman Sanghera overtaking both the Open and Junior classes. The 18-year old from Great Falls, VA, claimed the Junior portion by more than 20 points with a score of 1156-25X and the Open by just two points with a score of 1155-25X.

Finding second in the Open category was SGT Jason Gregoire, 35, of Midland, GA, as Richard Gray, 52, of Lorton, VA, took third. Reese Metzler, 19, of Elizabeth, CO, earned second behind Sanghera in the Junior match, with Ankita Deokule, 16, of Lutz, FL, landing in third.

Coinciding with the Open and Junior competitions is the two-person team match that combines the scores of an adult and youth athlete in both air rifle and air pistol. Team Shake N Bake (Mackenzie Kring and Lucas Kozeniesky) led the Air Rifle team competition, as The X Men (Blaine Simpson and Lake Yoke) led Air Pistol.

Returning to the Dixie Double in 2023 was the fan-favorite Target Sprint, which welcomes individuals ages 10 and up. During the event,

participants run along a marked path, occasionally stopping to fire air rifles at five 10-meter falling targets. All targets must be knocked over before participants repeat the route. The first to cross the finish line is declared the winner.

Leading the 2023 Target Sprint in the Open category was Chance Cover, 32, of Colorado Springs, CO, with a time of 5:18. Following in second was Hank Gray, 44, of Phenix City, AL, with a time of 6:42, while 1LT Beard earned a time of 7:18 for third. Finding first place in the Junior sprint was Clay Sell, 18, of Winner, SD, with a time of 6:37, as Reese Metzler trailed by only a few seconds with a time of 6:39 for second place. Casia Steinhaus, 17, of Devils Lake, ND, arrived in third with a time of 7:30.

**SEE FULL  
RESULTS  
& PHOTOS**



**DIXIE DOUBLE  
RESULTS**

**EVENT  
PHOTOS**



Leading the Junior Target Sprint event was Clay Sell of South Dakota.

# Junior Stories...

## Pistol Athlete Highlight: Tanya Chowdary

*By Ashley Dugan, CMP Staff Writer*

"It's hard to express what exactly draws me to pistol, but I believe it has to do with the dedication and intense focus needed to shoot an X on a bullseye," junior markswoman Tanya Chowdary explained. "Shooting a perfect shot requires adherence to a flawless routine and the self-discipline to repeat the same action every time you pick up your gun."

And Tanya has the repetition down.

Though only 17, she has already collected several successes through bullseye pistol competition. At the 2022 National Matches, a renowned event in the marksmanship world held each year at Camp Perry in Ohio, Tanya earned the High Junior Any Sight title with a score of 2542-71X – leading the next highest junior by over 50 points. She was also the fourth highest woman.

Affiliated with the Association of New Jersey Rifle & Pistol Clubs (ANJRPC) and representing the New Jersey State Junior Team through the junior program at Somerset County Fish and Game Protective Association (SCFGPA), Tanya returned to the National Matches in 2023 to earn the High Junior title again and moved up to the third highest woman overall.

"Ever since I was little, I've had an ambitious nature, especially when it comes to sports," she said.

A native of Belle Mead, N.J., Tanya first learned about the National Matches when she joined the junior program at SCFGPA club in 2020 and saw pictures of junior teams from prior years. It got her excited, and she decided she wanted to give it a try for herself.

It wasn't until 2021, when she was 14, that she was able to attend her first National Matches and instantly fell in love with the atmosphere at Camp Perry.

"It was a different experience for me, shooting alongside hundreds of shooters from all around the country when I was used to shooting with 20 to 30 at New Jersey matches," she said. "I performed decently, but it gave me determination



*Tanya Chowdary has shown talent as a junior and as a female pistol competitor on the range.*

to come back stronger and really compete the next year. I also got a lot of advice from fellow shooters, which I took back with me and integrated into my practices."

Though she was thrilled to return to the National Matches in 2023, recreating her successes from the year before made her uneasy. The pressure of outdoing herself caused Tanya to fumble on the second day of competition. Then, when one of her matches was unexpectedly cancelled, she realized she was in the midst of a new lesson: sometimes, not everything goes as planned.

With a new outlook, she picked herself up during her remaining matches, which tested her ability to keep her concentration through windy and heavily raining conditions. She stayed focused and gave her best efforts – reaching the objectives she had set for herself.



"My only goals coming into this year's match were to concentrate solely on my process for each shot and to not leave the range with any regrets – both of which I achieved, so I'm happy with how I did," she added.

Tanya has come a long way for someone who, at first, wasn't exactly enthusiastic about marksmanship when she began in rifle almost a decade ago.

"I lacked any interest in the sport," Tanya admitted. "On one hand, I was terrible at shooting and could not hold the rifle steady, and on the other hand, it bored me. A lead bullet piercing an X on a sheet of paper was just not a big deal to me at that age."

At age 9, she started in a junior rifle program at her local gun club, Citizens Rifle & Revolver Club (CRRC). After two years, her dad asked her if she wanted to try out pistol. She joined the junior program at CRRC in 2017 where she shot her first pistol – a pink Browning Buck Mark.

"It was definitely more interesting than rifle," she said. "I struggled with one-handed shooting for the first couple years, but as I got better, I began to like it a lot. I was looking forward to shooting every Sunday afternoon and seeing how I was slowly getting better at the sport."

Over the years, she has faced various challenges that have led her to learn more about herself as a markswoman and as a person.

"That includes coping with pressure before and during a match, dealing with countless disappointing targets and learning the discipline to stay focused while shooting," she said. "The challenges made me into a process-oriented person."

"I enjoy the person I become when I shoot, especially when I concentrate and push myself to do better at each target striving for perfection," she went on. "There is a great deal of perseverance required for this sport, but it's all worth it once you see the results."

Tanya practices every Monday evening with the junior pistol team at SCFGPA and practices at the CRRC range one to two times a week before matches. She maintains a shooting journal full of details about her process for each gun and type of fire.

"Looking through my journal, I can remind myself of what thoughts or songs keep me happy, and what my tendencies are when shooting, that way I can fix my form quicker," she said.

For .22 caliber, Tanya uses a Pardini SP Bullseye model, which she likes because of the bolt slide and front weighting system that stabilizes the pistol in sustained fire. As for the .45 caliber, she uses the Accuracy X Series pistol – her favorite.



*At the 2022 and 2023 National Matches, Tanya earned High Junior honors and was one of the highest scoring female competitors.*

Tanya credits her dad for teaching her, and her sister, to work hard to become the best at anything they do, and Tanya believes that's what allows her to stay so competitive in the large field of talented competitors.

"For me, the key to keep winning is to enjoy what you are doing and at the same time never let your guard down, which is very difficult to do when you are shooting well and start to get over-confident or when you are shooting bad and feel uncertain," she said. "I try to maintain my emotions and thoughts to remain the same, because it prevents shooting emotionally – a skill that I've learned to use in intense matches."



*Tanya maintains a shooting journal with details about her process for each gun and type of fire.*

Another challenge she faces: the overwhelming majority of bullseye pistol competitors are male.

"Being a junior female participant is an oddity, and I definitely get a few puzzling looks at first if they do not know me prior," she said. "Most shooters in the sport are very passionate and experienced, but when they see a young woman shooting next to them, they mistake me for a kid who might not be serious and are worried about how I would score them and if I know the rules."

"Once the match begins, and they see me shoot, they start talking to me and I can sense the surprise and disbelief of how they misjudged me," she went on. "By the end of the match, they become friendly and respect me as an equal."

The camaraderie on the range has allowed Tanya to meet many wonderful people from the places she has competed. She now wants to take what she has learned to encourage others to join in on the positive experiences found within pistol competition.



*Tanya's first National Matches was in 2021 when she was just 14 years old.  
Courtesy: NJ Pistol*

"I would like to be able to inspire more young girls to start shooting and find confidence within themselves as they learn the sport," she said. "It is without a doubt a difficult sport to achieve success, and it needs dedication and discipline to accomplish."

For her own goals, Tanya, simply, wants to keep getting better and to achieve Master status before the 2024 National Matches in July. She also wants to keep going to Camp Perry even after she graduates high school. After all, it's a place that helped her become the confident young woman she is today – along with those who have championed her career along the way.

"I could not have done any of this without the tremendous support I received from Mary and Ray Badiak, who run the junior pistol program at SCFGPA," she said. "I owe them a big thank you for all the time and energy they dedicate to the juniors."

For the future, Tanya plans on majoring in business finance or law in college and, of course, to keep up with the sport she loves whenever she can.

"I hope to keep shooting as an active hobby throughout my life," she said.

# CMP CLUB



DEAL

The CMP is now offering  
Crosman Challenger PCP Sporter Air Rifle  
to Affiliated Clubs through the  
Direct and Delayed Payment Program!

Discounts are provided for orders of 5+ air rifles.  
Individuals of CMP Affiliated Clubs may also order.



SHOP NOW

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CMP AFFILIATED  
CLUBS







# 2024 CALENDAR

- JUNIOR/ADULT 3X20 AIR RIFLE
- 60 SHOT AIR RIFLE & AIR PISTOL
- BEGINNER 3X10 AIR RIFLE

## GARY ANDERSON CMP COMPETITION CENTER CAMP PERRY, OHIO

➤ **20** SAT  
JANUARY

➤ **16** SAT  
MARCH

➤ **20** SAT  
APRIL

➤ **14** SAT  
SEPTEMBER

➤ **12** SAT  
OCTOBER

➤ **16** SAT  
NOVEMBER

## JUDITH LEGERSKI CMP COMPETITION CENTER ANNISTON, ALABAMA

Mark your calendars! Our lineup of Monthly Air Gun Matches is already set for 2024!

On select Saturdays, the CMP hosts events for adults and juniors, including three-position air rifle, 60 shot air rifle and air pistol and even a beginner 3x10 air rifle match for those just starting in the sport! Monthly Matches are held simultaneously at our indoor air gun ranges in Ohio and Alabama.

**LEARN MORE  
AND SIGN UP  
TODAY!**



# Junior Stories...

## Brandon Evans Earns 3P Smallbore Badge #1

*By Ashley Dugan, CMP Staff Writer*



Brandon Evans, 19, of Poquoson, Va., is the recipient of the Civilian Marksmanship Program's (CMP) Three-Position Smallbore Distinguished Badge #1. His mark in the history books comes after years of persistent dedication and arrived, to him, by surprise.

"When Brad Donoho told me I had earned the badge, I was excited, but I didn't even realize in the moment that it was #1," he explained.

Distinguished Badges are the highest individual awards authorized by the U. S. Government for excellence in marksmanship competition. Badges, offered in a number of disciplines, are presented by the CMP after an individual receives at least 30 Excellence-In-Competition (EIC) "leg" points at qualifying matches. It's a symbol of consistent skill on the range and is a merit looked upon with respect in the marksmanship world.

Donoho, CMP smallbore manager, has been keeping

an eye on the Smallbore Distinguished program since its beginnings. He knew the race to #1 was tight and had a feeling 2023 was about to be the year someone would bring it home.

"I got the sense that a bunch of shooters were all trying to get Badge #1," he said. "It started at the 2023 Camp Perry Open in May when we had a few shooters close to legging out, but at the last second, Olympian Mary Tucker made a surprise visit and won the EIC points in convincing fashion. Fast forward a few months later to the National Smallbore Matches, I knew someone was going to get Badge #1."

"I was very excited to see it was someone like Brandon, a young and talented shooter," Donoho went on. "I have watched him progress over the years, and he has developed into not only a great shooter but a good kid as well. I was very happy for him."



The CMP introduced its Smallbore Rifle program in 2018 – featuring a lineup of three-position (3P) and prone events at the annual National Matches at Camp Perry. The CMP also holds smallbore matches at other events throughout the year and even allows smallbore match sanctioning for those looking to host their own competitions at their home clubs.

With the popularity of the Smallbore Rifle program, the CMP added two new Distinguished Badges in 2020: Three-Position Smallbore and Prone Smallbore. Many marksmen and women are close to earning a coveted badge, but, as of December 2023, Evans is the only athlete to achieve a CMP Distinguished Smallbore Badge in either discipline.

“I was working hard to get my smallbore badge, but I wasn’t as focused on getting #1, which made it easier, mentally,” he admitted. “Smallbore is my favorite discipline, so I spend a good portion of my practice focusing on it.”

Evans became involved in marksmanship at the Friday night junior program offered at his local club, the Lafayette Gun Club in Yorktown, Va. Since his beginnings, he has grown to compete in both air rifle and smallbore, using his Bleiker Challenger II smallbore rifle to stay unwavering on the firing line.

He claimed his first EIC leg points toward his badge at the 2021 Camp Perry Open after finding fifth place in the field of over 60 competitors. His final points came at the 2023 National Smallbore Matches at Camp Perry, where he received his badge at the awards ceremony – proudly leading the way for the legacy of the Distinguished Smallbore Badge program.

Some of his most memorable career accomplishments now include two Distinguished Badges (smallbore and junior air rifle), which he keeps in a special case on display at his house, along with a bronze medal for placing in his first Open final at the 2021 USA Shooting Winter Airgun match. Evans also helped guide his team to an overall win during the 2023 CMP Three-Position National Air Rifle Championship.

He practices five days a week and has competed in most CMP events locally in Virginia and on a national level. He also participates in USA Shooting matches when he can – all part of the sport that keeps him motivated.

“I enjoy the daily challenges because it keeps it interesting and makes me push myself,” he said.

As a freshman at The University of Alaska Fairbanks, he plans to continue his marksmanship career by going after his most sought-after goal – earning a NCAA Championship win.



#### About the Distinguished Badge Program:

To earn a Distinguished Badge, a competitor must earn 30 Excellence-In-Competition (EIC) points or more in a qualifying competition. Individuals earn the 6, 8 or 10 “leg” points based on score and a percentage of match participation, with at least one “hard” leg, worth 8 or 10 points. Currently, the CMP administers Distinguished Badges for:

- Service Rifle
- Service Pistol
- .22 Rimfire Pistol
- Junior Air Rifle
- International Shooter
- Smallbore Rifle
- Distinguished Marksman Badge
- Distinguished Air Rifle and Air Pistol
- Distinguished Service Revolver Badge

For others interested in learning more about the Distinguished Badge Program or how to earn one (or several!), find all the info on the CMP website at <https://thecmp.org/competitions/distinguishedbadges/>.

# Junior Stories...

## Kingshill Joins U.S. Army Marksmanship Unit

By Jennifer Green, CMP Feature Writer

Private 2<sup>nd</sup> Class Amber Kingshill is the newest member of the U.S. Army Marksmanship Unit (USAMU) service rifle team. She is hungry to succeed in the sport while lending her expertise to the USAMU's mission: *Our elite marksmen stand out as the best in their craft, training their fellow Soldiers to be more effective and showcasing their abilities at shooting competitions around the world.*

Kingshill officially joined the USAMU on June 6, 2023, and is well qualified for her new position, earning the Distinguished Rifleman Badge in 2020, the Golden Eagle Trophy in 2022 with a score of 488-21X, and High Civilian, High Junior and High Woman for Service rifle in 2022 at the National Matches among many other accomplishments.

Amber's dad introduced her to the sport. It was actually a scheme so he could continue to shoot. He thought that if he got one of the kids involved, mom would be ok with him shooting too. The plan worked. During Amber's first year shooting in the National Matches, she participated in the Rifle Small Arms Firing School (SAFS) where she received her first four leg points shooting on the California Grizzlies Junior Rifle Team. "That's what started the hunger for service rifle," said Kingshill. She credits much of her success to Jim O'Connell, Bob Gill, and Robert Taylor from her time competing with the Grizzlies junior team – they sacrificed a lot to make sure the kids could compete and learn.

At 20 years old, Kingshill returned to the 2023 National Matches to compete and coach with the USAMU team and was able to instruct the SAFS students. "Coaching was great being able to give back to people and see their drive towards it. It was nice to be out there feeling the competitive spirit." In 2019, when Kingshill was still a junior, she talked to some of the members of the USAMU to let them know she was interested. Her teammates were in full support of this, even writing on the back of their car, Amber for USAMU, 2022. "Looking back, it's heartwarming because 2022 is when I signed the papers with the Army. Having their support really helped me get there," she said.

Now that Kingshill has completed basic training, she attended the National Matches at Camp Perry and fired in both Highpower and Long Range matches. She earned High Service Rifle in the Long Range Palma Match with a score of 442-13x and placed 2nd in the Long Range Kerr Memorial Match with a score of 197-10x. She is focused on tightening up groups, setting PRs for each string and working on her mental game.



Being on the USAMU Team, Amber will have access to the best coaches and mentors in the world. I asked who she looked up to on the unit and she said, "Everyone on the team, they're amazing. Watching SSG Cleland shoot during the cup matches was amazing. It got me hungry for the X's." She is also inspired by SFC Brandon Green's thorough understanding of the sport, whom she grew up watching shoot at Camp Perry. She now shoots next to him as a peer, "He can look at someone and know what needs to happen. It's just a different level of skill."

She's already benefiting from the mentorship of the USAMU members. Everyone is focused on having a positive mindset. If you're around the USAMU team, one of the first things you'll notice besides how focused and professional they are is that they are always encouraging their teammates and other competitors, celebrating successes, and lifting each other up when they are down.

When she's not shooting, Amber enjoys outdoor activities like hiking, fishing and hunting. She'd also like to get back into mountain biking. It's important to have interests outside of shooting to create balance and avoid burning out.

Private 2nd Class Kingshill's advice for new competitors to excel in marksmanship is as follows, "Aim for the center and give good calls. If it's not your day don't let it bother you, there's always another day. Focus on what's ahead of you." Amber embraces marksmanship to her core and although it's still very early in her career, if she takes her own advice and focuses on what's ahead of her, there's no telling how far she'll go.



# NRA Awards Two Juniors with Outstanding Achievement Youth Award

*By Kelly Farmer, NRA Community Outreach Program Lead*

The National Rifle Association's (NRA) Outstanding Achievement Youth Awards were recently awarded to two well deserving members of the shooting sports community. This award is for youth 13 to 21 years of age who are actively involved in their community and shooting sports. These youth are accomplished in both academics and their respective sports. The Outstanding Achievement Youth Award (OAYA) encourages youth to participate in the many opportunities and events that are supported by the NRA.

The first place National Award winner is Megan Jaros from Roseville, Minn. She has competed with the Minnesota Centershots Junior Rifle Club. She has been shooting guns with her family for as long as she can remember and has been a proponent of safe gun handling. Growing up, she participated in many game fairs, rifle camps and rifle clinics. She began shooting competitively in 2019 at the age of 13. She has continued to become a team captain, and she prides herself on being a good influence to those she competes with. She credits her experiences with the shooting sports with growth mentally, behaviorally and socially. She believes that the positivity she has in life is a direct result of the attitude you must cultivate to be successful in shooting sports. She has participated in the Junior Olympics, Nationals and many other matches. She is a Junior Rifle Trainer, which will transition to a Level One

NRA Rifle Coach when she turns 18. She looks forward to shooting on a NCAA rifle team in college.

The second place National Award winner is Will Witte from Apex, N.C. Shooting is a family tradition that his father wanted to share with him. It started with shooting at the range near his home then progressed to taking classes with the NRA to learn and grow his skills. The NRA Marksmanship Qualification Program was a major motivator for him. He has built his skills to where he is now an NRA Apprentice Instructor for pistol, rifle and shotgun. He is also an Eagle Scout, a Boy Scouts of America Venturing Shooting Outstanding Achievement Award winner and a Civil Air Patrol Cadet Lieutenant Colonel. He credits his experiences with shooting with teaching him patience, focus and to be safety minded. He will be continuing to hone his skills and leadership at the United States Air Force Academy, where he is currently a fourth-class cadet (freshman).

We hope that the leadership skills and abilities these award winners have cultivated through shooting sports will take them far in their endeavors. We look forward to seeing their achievements in the future. If you have a candidate that would like to apply for the Outstanding Youth Achievement Award, please visit the NRA Awards website at <https://awards.nra.org> or email [OAYAProgram@nrahq.org](mailto:OAYAProgram@nrahq.org).



# Improve Skills, Work Toward Future College Opportunities at CMP's Junior Rifle Camps

Each year, the CMP hosts a premier series of hands-on, informative Junior Rifle Camps for high school-age students and coaches during the summer months. Participants in the camps receive valuable lessons on intermediate and advanced marksmanship skills through various exercises and demonstrations, all led by current collegiate rifle athletes.

The Junior Rifle Camps are designed to train rifle fundamentals and techniques through group discussions and personal guidance from collegiate mentors on the firing line. The schedule also includes instructional smallbore camps for even more opportunities to learn on the range. The camps are excellent tools in developing each athlete's strengths within the physical and mental aspects of the sport while refining trouble areas that may need more attention.

The 2024 camps will run May to August. NOTE: All campers must have at least one adult leader in order to attend.

Registration for the CMP Junior Rifle Camps opens Jan. 9, 2024. Late fees will be added to those who register after April 14.

## **A Brief History of CMP Junior Camps:**

The CMP Junior Air Rifle Camp mission has always been to help juniors who have a desire to improve their marksmanship skills and to develop leaders on and off the range. In 1997, the Director of Civilian Marksmanship Emeritus, Gary Anderson, established the Junior Air Rifle Camps while serving as Director of Wolfcreek Shooting



Complex in Atlanta, Georgia – setting the precedent for how the program would be conducted. The camps received support from the CMP in 1999 and were fully adopted as a CMP program in 2000.

Since then, the Junior Air Rifle Camps have expanded their footprint through the addition of new camp disciplines, new host locations across the nation and first-class instruction. Though many things have changed, the core mission of the Junior Rifle Camps has remained the same – provide quality instruction to support athletes in reaching their goals.





## TYPES OF CAMPS:

### 3-POSITION AIR RIFLE

The 3-Position (3P) air rifle camps are by far the most popular camp CMP offers. Over five days, athletes will learn the fundamentals of 3P air rifle, including but not limited to how to build a stable position, how to develop and use a shot process and how to compete like a champion. Athletes will get to know other competitors of similar skill levels from around the country and learn from some of the best collegiate rifle athletes in the sport.

### ADVANCED STANDING

The advanced standing camps are tailored for athletes who want to take their game to the next level. Whether to improve the most difficult position or to continue working toward reaching a Division 1 NCAA school, this camp is for you. The three-day camp consists of in-depth instruction that builds off the fundamentals learned at the 3P air camp. Since there is only one position to work on, athletes spend the majority of their time fine-tuning their shot process and testing out advanced positional techniques. The advanced nature of the camp also allows for group discussions and special insights on the collegiate athlete experience.

### 3-POSITION SMALLBORE

Similar to the 3P air camps, this four-day camp will teach athletes the fundamentals of 3-Position smallbore, with special attention given to the advanced techniques when shooting outdoors. Athletes will learn how to develop positioning, optimize equipment and to perform shot processes to the fullest in challenging but iconic Camp Perry wind conditions. With smallbore making up half of the collegiate scores, this camp also provides details and discussions related to the collegiate shooting experience.

## CAMP SCHEDULE:

**3P Camp #1 –  
Anniston, AL  
May 27-31**

**3P Camp #2 –  
Anniston, AL  
June 3-7**

**3P Camp #3 –  
Anniston, AL  
June 10-14**

**3P Camp #4 –  
Denver, CO  
June 10-14**

**Standing Camp #1 –  
Anniston, AL  
June 17-19**

**Smallbore Camp #1 –  
Tacoma, WA  
June 25-28**

**Standing Camp #2 –  
Anniston, AL  
June 26-28**

**Standing Camp #3 –  
Camp Perry, Ohio  
July 1-3**

**Smallbore Camp #2 –  
Camp Perry, Ohio  
July 1-4**

**3P Camp #5 –  
Anniston, AL  
July 15-19**

**3P Camp #6 –  
Anniston, AL  
July 22-26**

**3P Camp #7 –  
Camp Perry, OH  
July 29 – Aug 2**

## LEARN MORE:

**QUESTIONS?** Contact CMP camp director, Ryan Hinson, at [rhinson@thecmp.org](mailto:rhinson@thecmp.org). Learn more on **How to Become a Camp Counselor** or a **How to Become a Host Venue** .....

**JUNIOR CAMPS PODCAST!** Hear Hinson speak about the camps in more detail through the CMP Podcasts page. Click on the “Junior Rifle Camps” episode! .....

**CAMP INFO**

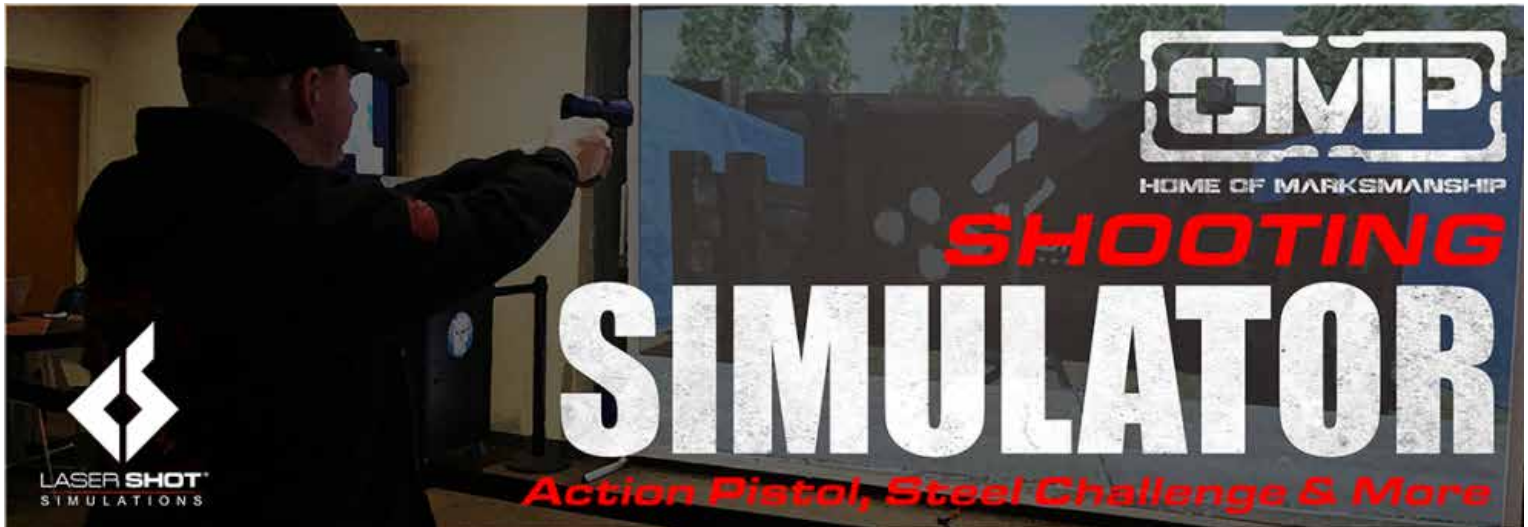


**CAMP PODCAST**



# CMP Laser Shot Simulators Offer Endless Fun

*By Jennifer Green, CMP Feature Writer*



If you've always wanted to try something outside of your own discipline without the hassle of buying or borrowing new equipment or you are just looking for something fun to do between matches, come check out the CMP's new Laser Shot Simulators. The simulators are set up in the Gary Anderson CMP Competition Center and are available to the public any time the facility is open.

The simulators have two projection screens and plenty of options for firearms including M4 rifles, M17 pistols, shotguns and a sniper weapon system. The simulators have capabilities for civilian, military qualifications and law enforcement training, with a mobile system that can be taken on the road to competitions and matches. The permanent set-up at CMP operates with the game function and costs \$5 to run three simulations.

The gun acts as the game controller, so you can point at the screen to choose the course and calibrate the firearm sights before entering the simulated course. There are different difficulty levels depending on each person's abilities. A CMP staff member will be present to assist with game operation.

"So far it's been a huge hit," said Brad Donoho, Smallbore Manager at CMP. "We've used it during the CMP 3P Air Rifle Championships, as well as the Camp Perry Open, JROTC National Championship and the National Rifle and Pistol Matches. We had a full room and people were cheering and even jeering their teammates at times."

Some competitors and their families pop in for one round, while others return, playing game after game. Ashton Asbell was one person who couldn't get enough. When asked how many games he played, he said that he lost count! Asbell was attending the 3P Air Rifle

Championships with his team, the Patriots Shooting Club.

"It reminds me of home in Virginia, because I can get outside and shoot all sorts of different things," he said.

The future of the simulator is in line with the future of youth shooting sports. It's a good tool to show junior competitors some of the other things they can do outside of their own discipline that are within shooting sports.

Donoho said about junior competitors, "They can try highpower, service pistol, action pistol, and shotgun. They can play around with this and find out what they enjoy and maybe they might continue on with shooting sports after their high school career."

Of course, the simulator is for everyone, not just juniors. So come out and give it a try, and have some fun!

The Gary Anderson CMP Competition Center is open weekly by appointment, 9 a.m. to 3 p.m., and every Tuesday evening from 5 p.m. to 8 p.m. Learn more by visiting the CMP website at <https://thecmp.org/ranges/cmp-competition-centers/>.







## EXPLORE VIRTUAL TRAINING COURSES.

Be one of the first to check out CMP's test installation of free gaming software, *Sightline*. Available to PC/Windows users!



## CALLING ALL GAMERS!

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