

CMP

Advanced Shooter's Journal



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Designed for Three-Position Air Rifle

Keeping a Shooter's Journal is one of the best ways to improve target shooting scores. This Advanced Shooter's Journal was originally designed for the CMP Junior Rifle Camp Program, with the serious junior shooter in mind. But junior shooters of all levels, beginning to advanced, can benefit from the information recorded in this book.

Name: _____

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[illegible]

[illegible]

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

Equipment Checklist:

Develop a checklist of your shooting equipment. These are the items you want to make sure you have packed and ready for practice and competitions. This list might vary depending on where you are shooting, for example you need different gear if you are going to a range with electronic targets versus a range with paper targets, so you could have a list for each situation.

☐ _____

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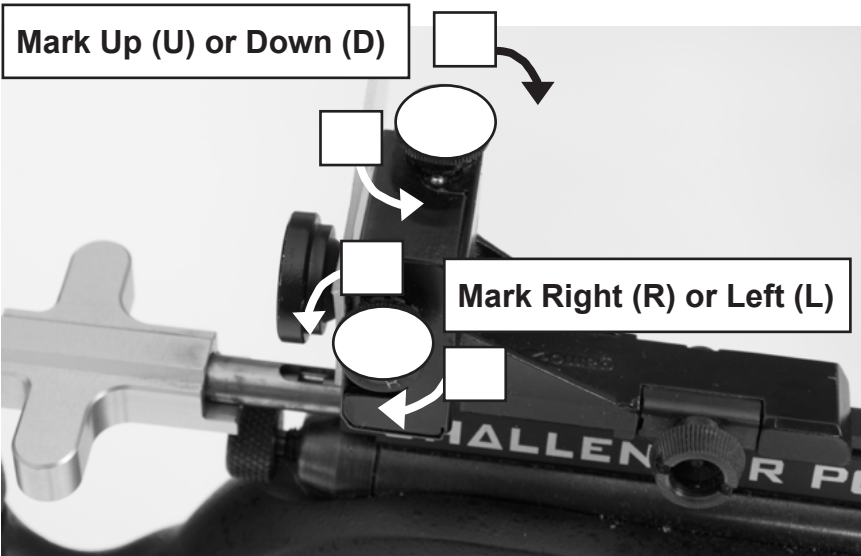
Equipment Checklist:

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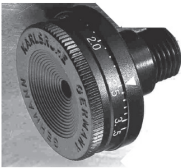
Sights:

It is important to be comfortable adjusting your sights as needed in both practice and match situations.

Mark the direction sight knobs turn to move the shot:



Number of clicks per scoring ring:



Size of Rear Iris if adjustable:



Size of Front Aperture:

Sighting Notes:

[illegible]

Prone Position Key Points:

This is quick visual guide of the key points of the prone position. Also remember to make notes of the location of your buttplate, handstop, cheekpiece and sling.

Buttplate _____

Handstop _____

Cheekpiece _____

Sling _____

Head position straight & upright? ☐



Support side leg position:

Forearm angle:

Trigger side leg position:

Angle of body:

Shoulders in line with hips? ☐

Trigger shoulder relaxed? ☐

Eye relief:

Trigger wrist straight? ☐

Sling tension even on each side of arm? ☐

Support wrist straight? ☐

Distance between elbow & pistol grip:

Prone Position Notes:

Describe step-by-step of how you set-up your position, including as many details as possible. This can change with time, so revisit and make adjustments to your notes.

[illegible]

Prone Shot Plan:

A. Describe your Shot Plan in detail the steps you take during each stage.

Mental Foundation

Physical Foundation

Focus



Trigger/Follow Through

Analysis

Prone Shot Plan Cue Words:

B. Write a short version of your Shot Plan using one or two cue words or a short phrases to remind you of the steps you wrote in section A:

Mental Foundation: _____

Physical Foundation: _____

Focus: _____

Trigger/Follow Through: _____

Analysis: _____

Reviewing this short version of the Shot Plan is a great way to prepare for every shot!

Standing Position Key Points:

This is quick visual guide of the key points of the standing position. Also remember to make notes of the location of your buttplate.

Buttplate _____

Head position straight & upright? ☐

Eye relief:

Support hand:

Back shoulder relaxed? ☐

Shoulders level? ☐

Stock not touching chest? ☐

Trigger wrist straight? ☐

Where support elbow sits:

Amount of backbend:

Hips pointing to target? ☐

Feet and toes (include weight distribution):

Standing Position Notes:

Describe step-by-step of how you set-up your position, including as many details as possible. This can change with time, so revisit and make adjustments to your notes.

[illegible]

Standing Shot Plan:

A. Describe your Shot Plan in detail the steps you take during each stage.

Mental Foundation

Physical Foundation

Focus



Trigger/Follow Through

Analysis

Standing Shot Plan Cue Words:

B. Write a short version of your Shot Plan using one or two cue words or a short phrases to remind you of the steps you wrote in section A:

Mental Foundation: _____

Physical Foundation: _____

Focus: _____

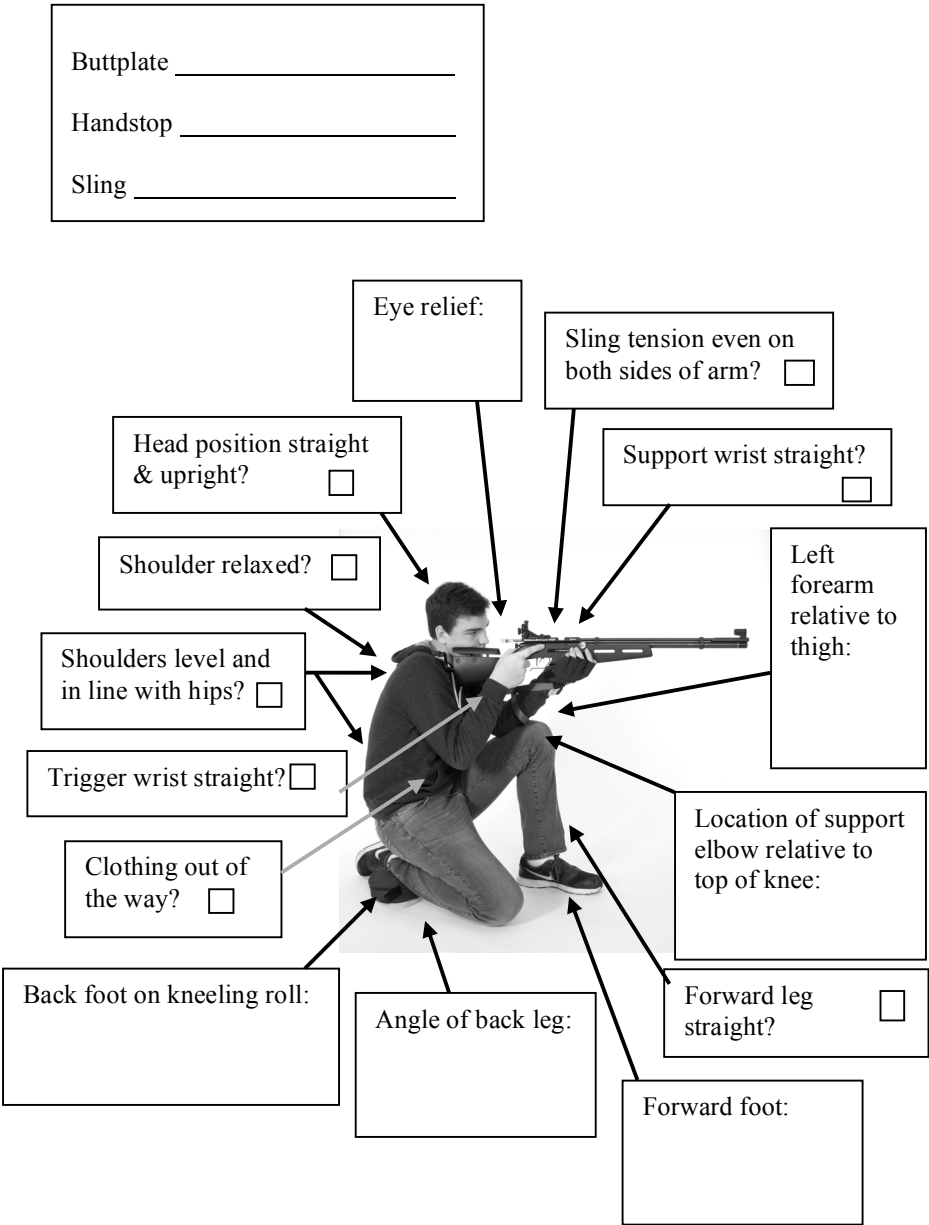
Trigger/Follow Through: _____

Analysis: _____

Reviewing this short version of the Shot Plan is a great way to prepare for every shot!

Kneeling Position Key Points:

This is quick visual guide of the key points of the kneeling position. Also remember to make notes of the location of your buttplate, handstop and sling.



Kneeling Position Notes:

Describe step-by-step of how you set-up your position, including as many details as possible. This can change with time, so revisit and make adjustments to your notes.

[illegible]

Kneeling Shot Plan:

A. Describe your Shot Plan in detail the steps you take during each stage.

Mental Foundation

Physical Foundation

Focus



Trigger/Follow Through

Analysis

Kneeling Shot Plan Cue Words:

B. Write a short version of your Shot Plan using one or two cue words or a short phrases to remind you of the steps you wrote in section A:

Mental Foundation: _____

Physical Foundation: _____

Focus: _____

Trigger/Follow Through: _____

Analysis: _____

Reviewing this short version of the Shot Plan is a great way to prepare for every shot!

Bullseye Approach and NPA:

Draw and describe how you approach the bullseye in each position and check your NPA. Include your last two breaths.

Prone



Standing



Kneeling



Bullseye Approach and NPA Notes:

What are your checkpoints to make sure your bullseye approach and NPA are correct and consistent:

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

Date _____

Goals and analysis for shooting session:

Before Shooting

My goals and plans for this shooting session are:

After Shooting

Were my goals for this session achieved? Why or why not?

What went well and why?

What still needs work?

My ideas and plans for future sessions are:

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After Shooting

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What went well and why?

What still needs work?

My ideas and plans for future sessions are:

Match and Record Day Scores

[illegible]

Match and Record Day Scores

[illegible]

My Physical Training Plan

List the physical training activities that you enjoy, and that you will commit to incorporating into a physical training plan. These could include activities like running, biking, swimming, playing basketball, lifting weights, sit-ups, and even stretching. Many of these exercises have multiple benefits, so circle the benefits you will gain for your shooting from participating in these activities.

Activity	Frequency	Circle Benefit	
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<hr/>	<hr/>	stamina flexibility	strength balance

Competition Nutrition and Hydration Record

Below is your competition nutrition and hydration record to help you keep track of which fueling options worked best for you under match conditions.

Match: _____ Date: _____

Nutrition the Day Before Competition: _____

Hydration the Day Before Competition: _____

Nutrition the Day of/during Competition: _____

Hydration the Day of/during Competition: _____

Match: _____ Date: _____

Nutrition the Day Before Competition: _____

Hydration the Day Before Competition: _____

Nutrition the Day of/during Competition: _____

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Match: _____ Date: _____

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Hydration the Day Before Competition: _____

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Hydration the Day of/during Competition: _____

Match: _____ Date: _____

Nutrition the Day Before Competition: _____

Hydration the Day Before Competition: _____

Nutrition the Day of/during Competition: _____

Hydration the Day of/during Competition: _____

My Long Term Training Plan

Designing a Long Term Training Plan is critical for success at major competitions. This requires a hard, honest comparison of where you are now to where you need to be at these competitions, followed by the development of a detailed plan outlining how you will close the gap between your current scores and the scores you need in order to reach your goals at that competition.

A. The major competition I am targeting (Junior Olympics, National Championship, State Championship, etc. Include the date of the match):

1. What outcome am I trying to accomplish at this match?
2. What score is needed to accomplish this outcome?
3. What are my current match scores in each position/event:

B. My strengths and weaknesses in Technical Skills (positions, hold, trigger control, follow through, etc.):

1. My specific plan to improve my Technical Skills to the level required to meet my expected performance level:

C. My strengths and weaknesses in Tactical Skills (time management, in matches, developing and following a shot plan, handling success, optimizing aperture sizes, adjusting equipment properly like triggers, etc.):

1. My specific plan to improve my Tactical Skills to the level required to meet my expected performance level:

D. My strengths and weaknesses in Mental Skills (ability to use and control relaxation, imagery, cue words, self talk control, attention control, energy management, goal setting, etc.):

1. My specific plan to improve my Mental Skills to the level required to meet my expected performance level:

E. My strengths and weaknesses in Emotional Skills (motivation, confidence, commitment, attitude & temperament, self image, maturity, ability to be honest and take personal responsibility, handling friends & family at matches, etc.):

1. My specific plan to improve my Emotional Skills to the level required to meet my expected performance level:

F. My strengths and weaknesses in Physical Skills (stamina, strength, flexibility, diet, effects of travel, etc.):

1. My specific plan to improve my Physical Skills to the level required to meet my expected performance level:

G. My strengths and weaknesses in Equipment (rifle, pellets, shooting clothing, accessories, etc.):

1. My specific plan to improve my Equipment to the level required to meet my expected performance level:

H. My strengths and weaknesses in Resources (financial resources, time available for training & matches, range availability, coaching, etc.):

1. My specific plan to improve my Resources to the level required to meet my expected performance level:

I. Other challenges or conflicts that affect my performance:

1. My specific plan to resolve any other challenges or conflicts that affect my performance so that I can reach my expected performance level:

J. Designing a competition schedule for success:

1. The matches I plan to compete in to prepare for my targeted competition:

2. Designate at least one of these matches part way through the season as a “test match” that I will use to assess my progress
 - a. My test match will be:
 - b. I expect to have improved to the following scores by my test match:

Re-assess your training plan after the test match to ensure that your plan is on track.

[illegible]

Notes:

[illegible]

[illegible]

Notes:

[illegible]



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