

# ON THE MARK

THE NEWSLETTER FOR COACHES AND JUNIOR MARKSMEN © DECEMBER 2006



## THE QUEST FOR THE JUNIOR DISTINGUISHED BADGE



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# The Quest for the Junior Distinguished Badge

By Sommer Wood, Staff Writer/Editor

In 1884, the U. S. Army began awarding the Distinguished Marksman Badge to recognize excellence in rifle marksmanship competition and provide the ultimate incentive for marksmen to hone their skills. The program was a huge success; it quickly expanded to award Distinguished Badges to Marines, civilians and members of other services. To this day, earning a Distinguished Rifleman, Distinguished Pistol Shot or Distinguished International Shooters Badge is a defining achievement in a shooter's career.

Over a hundred years after its inception, a new Distinguished Badge was created that recognizes the achievements of the newest generation of marksmen. The Junior Distinguished Badge was first awarded in 2001 to recognize the accomplishments of juniors participating in the rapidly growing discipline of three-position air rifle. And like the initial badge, the Junior Distinguished Badge was created as an incentive for improvement and excellence. Also, like the Distinguished Rifleman, Distinguished Pistol Shot and Distinguished International Shooters Badges, the Junior Distinguished Badge must be earned by achieving high place finishes in designated competitions. Receiving this badge is a major accomplishment for any young athlete.

Badges in all of the Distinguished categories are earned after a shooter accumulates 30 Excellence-in-Competition or EIC points. These are awarded at competitions that are sanctioned as EIC matches by the Civilian Marksmanship Program or the Armed Services. For the Distinguished Rifleman and Pistol Shot Badges, EIC matches include events like the National Trophy Rifle and Pistol Matches held each year at Camp Perry, Ohio and special EIC or "leg" matches that are conducted at other major competitions. International competitions such as the Olympics, World Championships and World Cups that are governed by the International Shooting Sports Federation (ISSF) serve as EIC matches for the Distinguished International Shooters Badge.

EIC matches where junior shooters can earn points that count towards receiving the Junior Distinguished Badge include JROTC Region and National Championships, state and national Junior Olympic competitions, CMP Cup Matches and national three-position air rifle championships conducted by 4-H Shooting Sports, The American Legion, Daisy and the U. S. Army. Some of these matches require that the shooter qualify in state or regional matches to earn entry into the event. To find out if a match is sanctioned as an EIC match, check the match program or the CMP website at <http://clubs.odcmp.com/cgi-bin/matchUpcomingSearch.cgi?designation=AIR>.

Once an athlete enters an EIC match he or she must finish within a designated percentile of Non-Distinguished competitors to earn points towards a Badge. The percentile that an athlete must finish in to earn EIC points varies for the different events (see chart listed below) and can also be found in the appendix section of the *National Standard Three-Position Air Rifle Rules*. You can obtain a copy of this rulebook from the CMP or download it at [www.odcmp.com/3P.htm](http://www.odcmp.com/3P.htm). Once an athlete earns his or her first EIC points they are eligible for the Junior EIC Bronze Badge, and when they reach the 15 point mark they earn the Junior EIC Silver Badge. Athletes and coaches can keep track of how many points a shooter has accumulated on the CMP website at [www.odcmp.com/3P.htm](http://www.odcmp.com/3P.htm) by clicking on the link titled *List of Junior Shooters with EIC Credit Points*.

So what does it really take to earn a Junior Distinguished Badge? Since 2001, just under 150 people have earned the Junior Distinguished Badge among the thousands of juniors who compete in marksmanship each year. But don't let those numbers discourage you. With practice and persistence, earning a Badge is an achievable goal. In 2001, only two juniors earned the



Badge, but in 2006 alone nearly 30 juniors have been added to the Distinguished list. Brandon Green, who currently shoots for the Army Marksmanship Unit, was the first recipient of the Junior Distinguished Badge. Not long after the Louisiana native graduated from Bogalusa High School, he became Double Distinguished when he earned his Distinguished Rifleman Badge while competing with the Army Marksmanship Unit Service Rifle Team. Green has gone on to achieve a great deal of success, winning both individual and team championships with the USAMU.

While many juniors who have earned the Junior Distinguished Badge have not reached the achievement level that Green has attained, all are athletes who have made many accomplishments in their own right. Each Distinguished shooter has a story about their journey, and for all of them the accomplishment is the result of hard work and persistence.

In this issue of *On the Mark* we wanted to share some of those stories in hopes that those who have yet to earn a Junior Distinguished Badge may be inspired to incorporate this goal into their own shooting. If you have already earned a Junior Distinguished Badge, please share your stories with CMP. We will post it with your name on the Junior Distinguished list that can be found on the CMP website. To view this list, click on the Distinguished Shooters list link at <http://clubs.odcmp.com/cgi-bin/index.cgi>. Enjoy these stories and good luck in your own journey.

Please send your Distinguished stories to [swood@odcmp.com](mailto:swood@odcmp.com).

## Credit Point Chart to Earn Junior Distinguished and EIC Badges

Competition or Championship	Top 1/6th of EIC qualifiers	2nd 2/6ths of EIC qualifiers	2nd 1/2 of EIC qualifiers
USAS State JO Championship, Sporter Class	5	4	3
USAS State JO Championship, Precision Class	6	5	4
CMP Cup Match, Sporter Class	6	5	4
CMP Cup Match, Precision Class	8	6	5
Any National Council Championship, Sporter Class	6	5	4
Any National Council Championship, Precision Class	8	6	5
National JO Championship, Sporter Class	8	6	5
National JO Championship, Precision Class	10	8	6

Junior shooters earn EIC credit points by placing in designated competitions. The chart above lists sanctioned competitions in which juniors can earn EIC points. The photos on the left show SGT Brandon Green, USAMU, in 2006 when he won the Daniel Boone Trophy and in 2001, when he earned the first Junior Distinguished Badge.





## ◎ Sighting Shots ◎

◎ **In Memoriam—Ben Kasper.** Ben Kasper, 21, of Pulaski, WI, passed away on 16 October after a long battle with cancer. He loved hunting and rifle shooting and was a Distinguished Expert and High Master Class Rifleman. Kasper earned his Distinguished Rifleman Badge in 2002. He was a member of the winning Highpower Whistler Boy Team and Junior Infantry Team in 2004 and also a member of the 2004 Junior Palma team.

◎ **CMP Three-Position Summer Camps will be posted and open for registration on 8 January 2007.** Just look for the Summer Camp link on the center of the CMP homepage, [www.odcmp.com](http://www.odcmp.com), which will connect you to location information and registration instructions. For questions contact [swood@odcmp.com](mailto:swood@odcmp.com).

◎ **Camp Perry Open, 19-20 January 2007.** CMP is hosting a 3x20 three-position air rifle match for juniors at Camp Perry, OH, on 20 January 2007. A training clinic for interested junior shooters and coaches will be held on Friday evening, 19 January 2007. Space is limited so register in advance. For details download the match program at [http://www.odcmp.com/3P/CP\\_Open.htm](http://www.odcmp.com/3P/CP_Open.htm) or contact Sommer Wood at [swood@odcmp.com](mailto:swood@odcmp.com) or call 419-635-2141 ext. 1102.

◎ **Two new National Three-Position Air Rifle Records** were set during the Patuxent STS Match which took place on 28 October. Both Elizabeth Lyon and Amanda Smith, of King George HS Naval JROTC, set new Navy JROTC records for the Sporter 20-shot kneeling event with their scores of 192. Lyon and Smith also joined team members Nicole Heitmeyer and Sam Green to set a new Navy JROTC record of 2192 in the sporter 3x20, 4 member team event. The King George HS Naval JROTC team is from King George, VA, and is coached by CDR Fred Duckworth.

◎ **Recall of Anschütz Compressed Air Cylinders.** During product observation and quality control measures, Anschütz learned that a certain production lot of air rifle compressed air cylinders manufactured before December 2005 may show material defects. Detailed information is available on the website at <http://jga.anschuetz-sport.com/english.php?categoryID=14&topicID=238>.

◎ **Recall for GAMO Air Rifles.** The U.S. Consumer Product Safety Commission issued a recall for GAMO Air Rifles. For more information and to find photos and model numbers, please visit the CPSC website at <http://www.cpsc.gov/cpscpub/prerel/prhtml07/07045.html>.

◎ **2006-2007 JROTC Postals.** The CMP staff was completing the process of scoring over 5,000 sets of Army, Marine Corps and Navy JROTC targets as this issue of On the Mark went to press. The deadline for firing and mailing in targets for the 2006-2007 school year postals was 5 December. The bulk of the 15,000 plus targets were received at CMP headquarters during the week of 11-15 December and scoring was due to be completed by 15 December when the challenge period for postal scoring ends. This year, for the first

time ever, all targets were scored electronically using newly developed VIS technology. The VIS scoring technology supports a new feature that enables anyone to click on an individual shooter's score total and download a PDF file displaying the scores, shot groups and shot coordinates for each position. Detailed reports on the postal match winners and how the VIS scoring technology works will be provided in the next On the Mark issue. Readers who have not already done so may view the results and download score pages by checking the Army, Marine Corps and Navy postal results at <http://clubs.odcmp.com/cgi-bin/matchResultSearch.cgi?designation=AIR>.

◎ **New National Three-Position Air Rifle Record** was set during the Montgomery Bell Classic which took place on 13-15 October. Jim Fitz, of Central Crossing HS Naval JROTC, set a new Navy JROTC record for the Sporter 20-shot prone event with a score of 197. The Central Crossing HS Naval JROTC team is from Grove City, OH and is coached by CAPT Peter MacKay.

◎ **Jon Zinnel, Swea City experiences YUKON Dream Hunt.** For the last three years Jon Zinnel, North Kossuth 2006 graduate, has been a National 4-H Shooting Sports Teen Ambassador representing 4-H Shooting Sports in the entire North America. Most recently, Jon has received the opportunity for a once in a lifetime hunting experience in the Yukon Territory. He was chosen by Safari Club International Foundation (SCIF) and the National 4-H Shooting Sports Foundation to represent 300,000 youth from throughout the United States. He was gone August 10-26 to the Yukon hunting, fishing and filming. The hunt was filmed by Orion Multimedia for "Expedition Safari" hosted by Mike Rogers. For more information, visit [http://www.odcmp.org/1106/Jon\\_article.pdf](http://www.odcmp.org/1106/Jon_article.pdf).

◎ **A Rifle Coach School** will be held at Del Valle High School in El Paso, TX on 20-21 January 2007. The position rifle course would cost at least \$150 per person but thanks to The American Legion, the tuition is paid. The only fee you will incur is a registration fee. Registration is open for junior coaches and young shooters that are interested in taking the course. Registration fee for adult coaches is \$20.00 and \$10.00 for each junior shooter/cadet. For more information, view the Rifle Coach School flyer at [http://www.odcmp.org/1106/DV\\_Coach\\_School.pdf](http://www.odcmp.org/1106/DV_Coach_School.pdf) or contact LTC Gary Crafton @ (915) 434-3183 or email [gcrafton@yisid.net](mailto:gcrafton@yisid.net).

◎ **NJROTC Warren Central SY 2006-2007 Postal.** This is a JROTC Air Rifle Postal, for both Sporter and Precision Air Rifle Teams. Teams may fire anytime after completing and mailing their entry form with their entry fee. Entry fee is \$15.00 U. S. for each team. Deadline for all entry forms and fees is 31 January 2007. All teams will consist of four (4) members. Each unit may fire one or more teams in either sporter or precision category, but no individual may participate on more than one team. For more information, download the program and entry form at <http://www.odcmp.com/3P/06WarrenCentralPostal.pdf> or contact CDR Jim Dooley, USN (RET) @ (601) 631-2904 or email [jdooley62@yahoo.com](mailto:jdooley62@yahoo.com).

## ON THE MARK

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**ON THE MARK** is published bi-monthly by the Civilian Marksmanship Program. It is dedicated to disseminating news and information about junior shooting activities to leaders and coaches of junior shooting clubs, teams and camps. Its primary purpose is to help youth shooting leaders teach firearms safety and marksmanship more effectively.

**Subscriptions:** One free **ON THE MARK** subscription is provided to each junior club that is affiliated with the CMP, JROTC unit with a marksmanship program and 4-H Shooting Sports Club. Individual subscriptions to **ON THE MARK** are available at \$8.00 per year. To subscribe to **ON THE MARK**, contact: 419-635-2141, ext. 1111 or email [celder@odcmp.com](mailto:celder@odcmp.com).

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**ON THE MARK Wants Your Input:** We want your letters, questions, comments and opinions. **ON THE MARK** will dedicate space to publish letters from readers. We may not be able to publish them all, but we do hope to include letters, and answers to the letters, that will be beneficial to the broadest audience. If we do something you like, let us know. If we say something you do not like, let us know. If there is a story you feel we should cover, then let us know. If you have questions or comments please address them to: Letters to the Editor, CMP Headquarters, P.O. Box 576, Port Clinton, OH 43452 or email your letters or comments to [swood@odcmp.com](mailto:swood@odcmp.com).

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The **Civilian Marksmanship Program** is a non-profit organization chartered by the U. S. Congress to promote marksmanship training and firearm safety, with a primary emphasis on youth. The CMP is authorized to receive and sell surplus government rifles and ammunition that are suitable for marksmanship. Proceeds from these sales are dedicated to CMP programs. CMP enabling legislation requires that its highest priority must be given to "activities that benefit firearms safety, training and competition for youth." **ON THE MARK** is a vital part of CMP efforts to fulfill its mission to serve and develop junior shooting in the United States.

Information about the CMP may be viewed on the CMP website, <http://www.odcmp.com> or on the CMP on-line newsletter, *The First Shot*, at <http://www.odcmp.org>.

## Earning Junior Distinguished Badge #34

*By Micaela Jochum*

I started shooting at the age of six or as some might say, "right out of the stroller." My parents started the Homestead 4-H Shooting Club in 1996 for my brothers and their friends, and soon more and more people wanted to join making it a family of shooters. At first it was just something fun to do on Monday nights, then the parents thought maybe the club should enter a few tournaments. It was a big step up from just plinking a few rounds at a five-bull target.

We started looking around at the local tournaments and decided to try our skills, though my dad was quick to say, "We are just going to shoot a few local tournaments, but we aren't going to go to the ends of the earth and beyond to shoot." Little did he know, that was exactly what we were about to do.

We shot at a few county fairs and local tournaments, and we shot at the 1998 Nebraska State 4-H BB Gun and Air Rifle Tournament. That's where all the fun began. We ended up qualifying a BB gun team to go to the International BB Gun Championship, which was our first national tournament. Then in 2000, we qualified a team for National Guard Bureau National Air Rifle Championship. We

also won the state Junior Olympic 3-P tournament, which qualified us for the National Junior Olympics; though we didn't know that we were invited until we received a phone call from Martin Edmondson asking if we were coming. Heck yes we were coming! Once we arrived we shot fairly well, learned a lot, and made a lot of new friends. It opened a whole new world for us.

I shot air rifle for the first time at the 1999 State 4-H match when I had just turned nine years old. I was ten when I shot my first national air rifle match at the 2000 IBBGCM. I did not earn my first EIC points, though, until I was eleven years old competing at the 2001 National Junior Olympic 3-P tournament. At that match I shot my high at that time, a 505 that came in 52nd place. This placed me in the top half of the shooters and I earned five EIC points. In 2002, at the National Guard Tournament, I earned five more points, and another five at the National Junior Olympic 3-P tournament. In 2003, I earned five points in the IBBGCM, six points at the National Junior Olympics, and finished up my points at the National Guard Bureau tournament. At the age of thirteen, I had earned all thirty EIC points and



16-year-old Micaela Jochum of Beatrice, Nebraska, won four major national-level championships in a row. Enroute to her victories, she set fourteen national three-position air rifle records.

was presented with my Junior Distinguished Badge. I believe I was one of the youngest shooters to earn the Badge.

Now one of my goals with the Homestead 4-H Shooting Club is to help the younger shooters earn the Junior Distinguished Badge.

## Earning Junior Distinguished Badge #116

*By Kyle Phillips*



Kyle Phillips, from Luella High School in Georgia, won the individual silver medal in the precision class during the 2005 National JROTC Air Rifle Championship. He also tied the NJROTC record for kneeling with a score of 199 during the Championship.

I started shooting BB gun in a gun safety course at Spalding County 4-H in Georgia in the fall of 2003 during my eighth grade year. I shot BB gun at a couple of local matches before I was allowed to shoot a Daisy 853 in practice. My first air rifle match ever was the Gary Anderson Invita-

tional at Fort Benning in 2003. I was shooting beside college shooters who were shooting all of their shots in the black while I was trying my best to keep my shots on the target. It was a little discouraging, but I still finished the match with a 348.

In May 2004, I received my first air rifle, a Walther LG300 Junior from the CMP, which I started shooting that summer at a CMP Three-Position Air Rifle Camp in Nashville, TN. I traveled to the camp with my soon-to-be high school team, Luella High School, located in Locust Grove, GA. Soon I started shooting in monthly PTO's at Ft. Benning, and in August 2004, I started high school and made the varsity rifle team as a freshman.

In my freshman year, I shot a 292 and qualified for The Georgia High School Athletic Association's State Championships as both an individual and with my team, I finished 11th overall with a 288. I also shot in the NJROTC Area 12 Championship and came in first with a 578. In the Area 12 Championship, my team qualified for the Navy Nationals where I finished eighth. Then I shot

in the All-Service National JROTC Match and was runner-up with an aggregate score of 1254.45. To cap it off, I also shot a NJROTC record in kneeling with a 199.

After finishing second in the JROTC All-Service National Championship Match, my summer vacation in 2005 quickly became booked. I received an invitation to go to the Olympic Training Center in Colorado Springs, CO, for the air rifle section of Junior Olympics. I also was invited to Bowling Green, KY, for the National Guard Bureau Air Rifle Championship. To add to my schedule, I went to the USA Shooting National Championships at Fort Benning where I attended a CMP Advanced Camp coached by Dan Durben and Dan Jordan.

Of the EIC sanctioned matches I shot, I earned my Junior Distinguished Badge points at the Chilton Peach Challenge, the Montgomery Bell Classic, the NJROTC National Championships, the National JROTC Championship, and the Gary Anderson Invitational.





## Earning Junior Distinguished Badge #2

By James Hall

Growing up in the South and having three younger brothers, we had always wanted BB guns for toys when we were kids. My mother was afraid one of us would end-up shooting an eye out, however, she was willing to let us learn more about the discipline of shooting. Mom thought after being exposed to proper gun handling, and all the rules attached to the responsibility of owning a firearm, that it would be the end of the story. She made my brother Joseph and I attend a Hunter Safety Course sponsored by our local 4-H Club. Our enthusiasm only increased and Mom found that she

was wrong! We were more interested than ever. We learned far more than just about owning a BB gun.

We joined the local 4-H rifle team and participated in several Georgia competitions. Naturally, my younger brothers did well from the start. I had to work hard but was determined that I could compete with them. Our BB team made it to the 1997 National Championships in Bowling Green, KY. We later moved to Orlando, Florida and joined a rifle and pistol club with a busy junior program. We shot mostly smallbore rifle in Florida. I participated and did well in the program, but always seemed to be overshadowed by my younger brother's successes. The next couple of years became a blur of learning and competing as the family joined the shooting arena. We returned to Georgia where my mother became our coach and wonderful bus driver. We trained and competed at places like Wolf Creek, the 1996 Olympic Complex near Atlanta, GA, and Fort Benning in Columbus GA, and of course there

was always practice in the back yard.

All throughout high school my brothers and I competed in multiple air rifle events. During these events my brother and I earned the Civilian Marksmanship Programs (CMP) Excellence-in-competition's EIC award points. Of the EIC sanctioned matches we shot, we earned our Distinguished Badge points at various matches including the Chilton Peach Challenge, the Montgomery Bell Classic, multiple USA Shooting matches and the Gary Anderson Invitational. When I had earned my points for the Junior Distinguished Badge it was presented to me by the CMP Board's IG, Brigadier General Richard Capps at the Georgia Sport Shooting Association annual meeting. It was a real honor to be presented and supported by a large number of junior members. I think the implementation of the EIC point system gives junior shooters something to strive for throughout their high school shooting experience.

## Three-Position Air Rifle Rule Interpretations

These rule interpretations are based on questions received by the National Three-Position Air Rifle Council Rules Hotline and are answered based on the *National Standard Three-Position Air Rifle Rules*.

**Q: Can a shooter use more than one air rifle in either a sporter or precision three-position competition? I have a shooter who is relatively small who would like to be able to use a lighter air rifle in standing than in prone and kneeling.**

**A:** No. While the National Standard Rules do not explicitly state that a competitor may not compete with two or three different air rifles in a single three-position air rifle match, there is an important principle in the rules that is taken into account whenever a question comes up over the rifles, clothing and equipment that can be used. Rule 4.1.5 states that "any rifles, devices, equipment, accessories or apparel that could give a competitor an advantage over others that are not specifically approved in these Rules or that are contrary to the spirit of these Rules are prohibited." The rules do not provide for a competitor to be able to use two or more rifles in a match so this would be allowed only if the National Council were to approve this in future rules. It is important to understand the reasoning here. If certain competitors were to use differ-

ent rifles that were specially adapted for one or two positions, it could give them an advantage or, at a minimum, cause other competitors and coaches to believe that they must purchase additional rifles to remain competitive. A better solution would be to use detachable weights on either a sporter or precision air rifle that can be removed when a lighter air rifle is desired.



**Q: The new 2006-2008 rules state that the "Air Arms T200" air rifle with a non-adjustable cheek-piece and butt-plate is approved as a sporter air rifle. However, Champions Choice, which sells these rifles, lists them in their catalog as the "S200 Sporter Air Rifle." Is the S200 sporter sold by Champions Choice a legal sporter?**

**A:** Yes. There has been some confusion regarding the model designation of these rifles. The important thing here is to make sure you purchase the true sporter model

that has the standard butt-stock and that does not have an adjustable cheek-piece or butt-plate, not whether the model designation is "S" or "T."

**Q: Daisy recently introduced the M887 CO2 air rifle and an upgraded version of the M888. This rifle was approved by the National Council. If Daisy sells M887-style stocks, can we use them to replace the stocks on our M888 air rifles? This is a lot cheaper than throwing our M888s away and buying complete new air rifles?**

**A:** Yes. The National Council has previously approved replacing stocks and sights on M853 air rifles with stocks and sights that were made for M753 air rifles. The same principle would apply here. Replacing a M888 stock with a M887 is in effect upgrading this air rifle to a M887 and since the M887 is approved, this change is permitted. What is not allowed is substituting parts from other air rifles that were not manufactured for that air rifle. For example you could not place an Air Arms S200 action in a M887 stock (Rule 4.2.6).

# How to Conduct Competitions, Part II

*An On the Mark Series by Gary Anderson, DCM*

## Supplies and Equipment for Conducting a Junior Rifle or Pistol Competition

One of the best ways to foster the development of junior shooters in your area is to offer competitions where young shooters can test their skills and experience the many positive benefits of competition shooting. This *On the Mark* series discusses the essential planning and operational phases of properly conducting a competition for juniors. The last *On the Mark* issue featured an article on the work of range officers. This issue's article looks at the supplies and equipment needed to conduct junior air rifle, smallbore rifle or pistol competitions for junior shooters.

To conduct competitions properly, match sponsors must have proper equipment and supplies. By having the right equipment and supplies, match officials can assure that their competitions are correct, fair and enjoyable. It is also important to note that the supplies and equipment that are necessary to conduct a competition are minimal and, for the most part, readily available. The list of required supplies should not be a deterrent for any club, JROTC unit or school to conduct a junior shooting competition.

If you and your organization are considering conducting a match, use the check list printed with this article to make sure everything you need is available prior to the competition. Sources to obtain this equipment are listed in the "Sources of Competition Equipment" listing at the end of this article.

**Rulebooks.** No match sponsor should attempt to conduct a competition without rulebooks. One of the very first steps in planning a competition is to determine which rulebook will govern that competition. The rulebook that governs your competition should be clearly identified in the match program. Appropriate rulebooks are:

- 3-Position Air Rifle: **National Standard Three-Position Air Rifle Rules.** This rulebook is posted on the CMP web site at <http://www.odcmp.com/rulebook.htm> and may be downloaded or printed from there. Printed copies can be ordered from the CMP.

- Air Rifle Standing, 3-Position Smallbore (50 feet indoor, 50 meters outdoors), Air Pistol: **USA Shooting Rules.** USA Shooting publishes comprehensive rules for all shooting disciplines that are based on International Shooting Sports Federation rules. These rules may be downloaded from the USA Shooting website at <http://usashooting.org/modules.php?op=modload&name=UpDownload&file=index&req=viewsdownload>

### Required Supplies/Equipment:

- Rulebooks
- Competition Programs & Schedule
- Targets
- Stop watch(es)
- Scoring gauges
- Scoring template/Eagle Eye
- Magnifying glass (for scoring)
- Compressed air (for air rifle/pistol events)
- CO<sub>2</sub> gas (for sporter air rifle events)
- CBIs, OBIs

### Optional Supplies/Equipment:

- Laptop computer with spreadsheet program
- Printer
- Trigger weights
- Spotting scope/binoculars (for range officer)
- Range clock
- Carpenter's angle finder

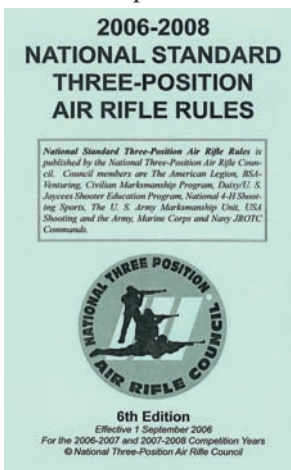
d&sid=2. USA Shooting can also provide rules for the rapidly growing Progressive Position Air Pistol program.

- BB Gun. **NRA BB Gun Rules.** Official rules for BB gun competitions may be purchased from the NRA. Order on-line at <http://materials.nrahq.org/go/home.aspx>.

- The NRA also publishes other rulebooks for smallbore rifle, air rifle and pistol shooting that are used by many clubs for conducting certain types of junior shooting competitions.

After obtaining rulebooks, make sure everyone who will be involved in conducting firing on the range (range officers) and scoring (statistical officers and scorers) has copies. Indeed, most experienced range officers and scorers have personal copies of the rules that are well-used and often marked with notations regarding rule interpretations. If anyone who will act as a range officer or scorer during your match is not familiar with the rules, be sure they study the rules that apply to their areas of responsibility before the match. You should also consider conducting a training session for them.

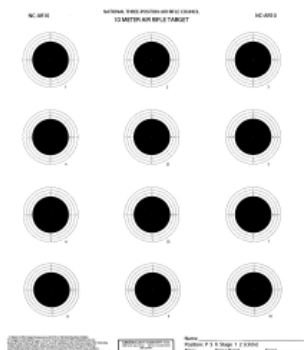
**Match Program and Schedule.** While the rules do not always require that an "official match program" be produced for a competition, doing so is highly recommended for all competitions, even the smallest ones. A match program is a document that provides essential information about your competition. Programs typically list the name of the competition, the date(s), locations, rules that apply, event(s) that will be





# How to Conduct Competitions, Part II

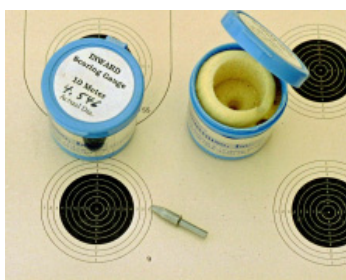
*An On the Mark Series by Gary Anderson, DCM*



conducted and other essential information. The program should also provide a detailed schedule with times when events take place. Prepare a match program for your competition, distribute copies to your match staff and potential participants in advance and have extra copies available during the match.

**Targets.** Providing an ample supply of targets that are appropriate for your competition is absolutely essential to the successful conduct of a competition. Be sure the targets you order for your competition are the targets that are specified in the official rules for your competition.

**Scoring Gauges.** The only accurate way to score doubtful shots is to use a scoring gauge or “plug” that is appropriate for the event being fired. For air rifle scoring, two types of gauges must be used. An “outward scoring” gauge 5.45-5.50 mm in diameter is used to score shots



with values 3-10. An “inward scoring” gauge is used to score shots with values 1-2. Inside and outside scoring gauges are also used for air pistol and smallbore rifle indoor competitions. To properly conduct a competition, it is necessary to have one set of scoring gauges for each scorer or pair of scorers. This and having sufficient trained scorers available will assure that scoring keeps up with the flow of fired targets. Very high quality scoring gauges may be ordered from Gunsmithing, Inc. RIG scoring gauges may also be used and can be ordered from Champions Choice, Champions Shooters Supply, Gunsmithing, Inc. and the NRA.

**Scoring Template or Overlay.** When shot holes are torn or ripped, they must not be scored with a gauge. Inserting a plug or gauge in a torn hole will not produce an accurate score because the gauge will move towards the tear and away from the true location of the actual pellet hole. The proper method of scoring torn shot holes is to use a template or overlay that allows the scorer to “overlay” and align a 4.5mm ring on the actual pellet hole. The Eagle Eye scoring gauge is an overlay-type gauge with a built-in magnifier that is especially suited for scoring torn shot holes. It is available from Champions Choice. Order item #M1722, \$16.00. Transparent air rifle scoring aids with 4.5mm rings printed on them may also be purchased from the NRA.

**Magnifying Glass (Rule 8.2.1).** To precisely see where the edges of scoring rings and scoring gauges lie, the target being scored must be well lighted and a magnifying glass must be used. Good magnifying glasses are commonly available from local retail outlets. Each person who scores targets should have a high-quality magnifying glass available. The Eagle Eye scoring device can also be used as an excellent magnifying glass for checking gauged shots.

**Compressed Air and CO<sub>2</sub>.** In any air gun competition where teams and competitors must travel long distances, it is important that a supply of compressed air and CO<sub>2</sub> gas be available on the range for competitors to use to fill their air rifle cylinders. Provide compressed air in scuba tanks with DIN valves that can be purchased from a local diving shop. Obtain CO<sub>2</sub> tanks from local welding supply stores. Competitors are expected to bring their own adapters to connect their air rifle cylinders with the compressed air or CO<sub>2</sub> tank.

**Trigger Weights (Rule 4.2.2).** A trigger weight weighing 1.5 lbs. must be used to check triggers on sporter class air rifles. The weight should be configured so that it can be suspended from the trigger with the rifle held in the vertical position. Official trigger weights for the National Three-Position Air Rifle Council are made and sold by Pilkington Competition Equipment.

It is also possible to make a trigger weight by attaching a hook to a hanging weight. The hook must be 18-20 inches long and be shaped so that one end catches the trigger as it suspends the weight directly below the butt plate when the rifle is held in a vertical position. The hook must be bent so that it does not contact the stock when the trigger lifts the weight. The total weight of the weight and hook must be checked on a calibrated scale so that it weighs exactly 1.5 pounds.



Official scorers at competitions must be equipped with the correct scoring gauges, scoring templates or Eagle Eye devices (for scoring torn shot holes) and magnifying glasses. They also need supplies such as pencils and small calculators.

# How to Conduct Competitions, Part II

*An On the Mark Series by Gary Anderson, DCM*

**Stopwatch.** Each range used for competitions should have at least two stopwatches. One must be used to control the timing of the preparation period and shooting times for each position. Each Range Officer should also have a stopwatch that they use to determine the start and stop times of any interruptions or malfunctions.

**Range Clock.** A count-down clock that is mounted in the range so that it is visible to all competitors and coaches can help them know exactly how much time is remaining in an event or stage.

**Carpenter's Angle Finder.** To enforce the prone position rule requirement that the angle of the shooter's forearm from the floor must be at least 30° degrees, it is necessary to have an accurate means of measuring that angle. The best way to do this without having to physically disturb the shooter is to use a carpenter's angle finder. Hold the angle finder in front of you and visually align its edge with the "axis of the forearm." You can then read the shooter's forearm angle in degrees on the gauge. If the angle is less than 30°, the position is too low. Carpenter's angle finders are inexpensive and can be obtained in local retail stores.

**Spotting Scope or Binoculars.** To enforce the rules for "Irregular Shots," it is often necessary to see shots fired on a competitor's target. This lets the range officer see, for example, the location of a sighting shot that is a miss, determine if sighting shots are being fired after the first record shot or identify an alleged crossfire. A pair of binoculars will work well for this purpose in air gun events, but a spotting scope is more suitable for this purpose in both air and smallbore matches.

**Computer and Printer.** Match sponsors can still conduct very good competitions by using manual bulletin boards to post results, but with lap top computers being commonly available, the best method of tracking competitors and their results is to have a lap top computer and small printer at the match to use for this purpose. These tools, combined with a spreadsheet program, are all that is needed to maintain data files on all competitors entered in the match, to print start lists and to record, print and post results.

**ECIs, CBIs.** Now that the use of Clear Barrel Indicators are required in all air rifles and Empty Chamber Indicators are required in all smallbore rifles while they are on ranges, match sponsors should have a supply available. While all shooters are expected to have these with them, there may be new shooters or teams attending who are unfamiliar with the rules and arrive without them. No shooter should be permitted to carry a rifle on the range without having an ECI or CBI inserted.



## SOURCES OF COMPETITION EQUIPMENT

These organizations and firearms provide competition equipment listed in this article:

### American Target Company

1328 South Jason Street  
Denver, CO 80223  
303-733-0433  
[americtgt@aol.com](mailto:americtgt@aol.com)

### CMP (Civilian Marksmanship Program)

P. O. Box 576  
Port Clinton, OH 43452  
419-635-2141  
[programs@odcmp.com](mailto:programs@odcmp.com)

### Champions Choice

201 International Blvd.  
Laverne, TN 37086  
615-793-4066  
[champchoice@nashville.com](mailto:champchoice@nashville.com)

### Champions Shooters Supply

P. O. Box 303, 42 N. High Street  
New Albany, Ohio 43054-0303  
614-855-1603  
[www.championsshooters.com](http://www.championsshooters.com)

### Gunsmithing, Inc.

208-B West Buchanan  
Colorado Springs, CO 80907  
1-800-284-8671  
<http://nealjguns.com/>

### National Target Company

3958-D Dartmouth Ct  
Frederick, MD 21703  
Phone: 301-874-4767 or 1-800-827-7060  
[www.nationaltarget.com](http://www.nationaltarget.com)

### Pilkington Competition LLC

P. O. Box 97  
Monteagle, TN 37356  
931-924-3400  
<http://www.pilkguns.com>



# The Science of Shooting: What are “Floaters”?

By Dan Durben

You are looking through your sights, getting ready to finish pulling the trigger on another good, solid 10. Suddenly you notice that a weird, phantom-like object, kind of like a little translucent fiber, seems to float into your field of view between your eye and rear aperture, partially obscuring your sight picture. What is that thing, where did it come from, and how do you get rid of it?

## What are floaters?

What you are seeing is a “floater”. The actual medical term for floaters, *muscae volitantes*, is quite descriptive – in Latin this means “flying flies”. Floaters are tiny clumps of cellular debris floating around inside your eyeball. What you are actually seeing are the shadows cast by this debris on the retina, the light sensitive part of the eye. Your brain interprets these shadows as objects that appear to be just outside your eye. Floaters may look like specks, strands, squiggly lines, cobwebs, or other shapes. Because floaters are inside your eye, they move with your eye. This results in the floaters seeming to dart away as you try to look at them (like “flying flies”), and drift a little bit when your eye movement stops.

## What causes floaters?

Floaters are a natural result of the eye’s aging process. As you age, the vitreous (the watery gel that fills your eyeball) thickens, clumps and gets stringy. Many of the floaters are from these vitreous collagen clumps and fibers. Another common source of floaters, especially in older people, comes from small fibers that are pulled from the retina as the vitreous shrinks away from the retina. Other common sources of debris include red blood cells and small flecks of protein trapped in your eye from when your eye was formed.

## How can you see floaters?

Some people are able to see floaters by looking at a plain, lightly colored background like a blank wall or a blue sky. These backgrounds lack detail that would normally visually complete the floaters, and they provide a nice contrast for the dark shadows on your retina produced by the floaters. An easier way to see

floaters is to look through an aperture. Make an aperture by poking a small hole in a piece of paper with the tip of a pencil, then lay on your back (or tip your head way back), put the hole right over your eye (so that the paper is touching your face), and look up through the hole at a light on the ceiling. Blink and move your eye around and see if you see any round or strand-like floaters. If you see any, move your eye around and the floaters will swirl around. The younger you are the less likely you are to see floaters. If you don’t see any, just wait a few years!

## Can you get floaters out of your eyes?

While “debris inside your eyeball” may sound bad, floaters are actually quite common, normal, and in most cases nothing to be concerned about. There is no medication, eye drop, herb, or vitamin that will remove floaters, and there is no clear evidence of a way to prevent the formation of floaters. While antioxidant vitamins have been hailed as free radical scavengers (free radicals are highly reactive molecules in your body that break down protein molecules, which is similar to what happens in the vitreous to form floaters), there is no clear evidence that antioxidants have any beneficial effect on the vitreous. The only way to actually remove floaters is to undergo a vitrectomy, where a surgeon sucks the vitreous out of your eyeball and replaces it with a clean saline solution. Needless to say, this is for very rare and extreme cases only and carries significant risks!

## Why are floaters an issue for shooters?

During normal everyday activities your brain adapts to the floaters, essentially “looking around them” so that you rarely notice them. However, when looking through an aperture, like in the above example or when shooting, the floaters become much easier to see. Your brain can no longer “look around them” because you are looking through such a small area. If floaters enter your line of vision while you are looking through the rear aperture of your rifle, they can interfere with seeing a good crisp sight picture.

## What can you do about floaters while you are shooting?

It can be quite frustrating trying to shoot



with a floater in your line of vision. Having an understanding of what a floater is leads to a very simple, but effective technique to move the floater out of the way. Since floaters are debris floating in the vitreous fluid inside your eyeball, moving that fluid will move the floater. This is most easily accomplished by moving your eyes around. This creates a bit of a current in the fluid inside your eye. This shifting fluid then carries the floater out of your sight picture. Since you usually move your eyes from side-to-side, moving your eyes up-and-down is often more effective at shifting the floater out of your field of view. If you have a lot of floaters or a floater seems to be particularly persistent, try tipping your head and then moving your eyes around. Blinking is not nearly as effective. Blinking only lightly affects the vitreous, so the floater tends to settle back to its original position after the blink.

So, if a floater drifts into your vision while you are looking through your sights, simply move your eyes around to shift the floater out of your line of vision, then you can go back to shooting those 10’s.

If you have questions relating to the science of shooting please direct them to the publications staff at On the Mark, and you may find the answer in an upcoming installment of the “Science of Shooting”. Send questions to [riflecoach@hotmail.com](mailto:riflecoach@hotmail.com).

### Dan Durben

- © Physics Professor at Black Hills State University
- © Olympian
- © 2000 Olympic Rifle Coach
- © 2004 Paralympic Shooting Coach
- © Director of CMP’s Three-Position Air Rifle Summer Camps



## 2006 Montgomery Bell Academy Rifle Classic Exceeds Expectations

*By Sommer Wood, CMP Writer/Editor*

The 2005 Montgomery Bell Academy Rifle Classic saw its lowest numbers in years. Many school teams had not returned to practice last fall because of lingering effects of the 2004 Navy and Army JROTC safety stand downs. Attendance was 285; that's tremendous by anyone else's standard, but not what MBA varsity rifle coach Leo Lujan had grown to expect for his premier tournament, which averaged 320 participants in previous years.

2006 was a different story as the MBA Rifle Classic again proved itself as the largest school sponsored shooting competition in the nation. From the 13th to the 15th of October, a record 348 individuals, representing 70 schools in 17 states, made the pilgrimage to Nashville, TN. So many additional shooters created a need for seven relays in the 3x20 match (twenty shots each in prone, standing and kneeling) that took place on Friday and Saturday. The weekend of competition ended on Sunday with a 40-shot precision standing event. Each year the MBA Rifle Classic also features a marksmanship clinic; this year the Army Marksmanship Unit conducted clinics on Friday and Saturday covering each of the shooting positions and mental training. Champions Choice from LaVergne, TN also was on hand with a variety of equipment for the shopping shooter.

The MBA Rifle Classic offers three-position air rifle competition in both precision and sporter classes, with a special award category in sporter for competitors with pneu-

matic sporters. Awards were given to the teams and individuals with the top aggregate scores in each award category after finals were completed on Saturday afternoon. In the finals, the top eight competitors in each of three award categories fired ten additional shots from the standing position. The final round score was added to the score fired in the 3x20 match to determine the overall winners. In a final, competitors have 75 seconds to fire a shot and scores are announced after each shot. This makes finals exciting for spectators and nerve racking for the athletes.

In the precision class, there was a close contest between last year's gold medal team, Shelby County HS MCJROTC from Shelbyville, KY, and Northside HS AJROTC from Columbus, GA. Both teams fired total scores of 2315. Ties are broken according to the total of the last 10 shots kneeling fired by each team member, and Northside came out victorious. Members of the top team were Kevin Lawton, 581; Forrest Klein, 576; Michelle Postma, 571; and Courtney Scott, 587. The team was led by coach LTC Richard Brewer. Just missing the repeat victory for Shelby County HS MCJROTC were Stephen Jenkins, 572; Tyler Wininger, 579; Kent Wilcox, 582; and Logan Fox, 582. They were coached by MSgt Gerald Lyons. Earning the team bronze medal with a 2308 was Chilton County HS from Clanton, AL. Team members Megan Dees, 573; Jessica Phenis, 592; Kacey Davis, 574; and Ben Springer, 569, were under the guidance of coach Joyce Gladden.

The individual gold medalist in the pre-

cision class was Jessica Phenis of Chilton County HS, who was a member of the bronze medal team. Phenis shot a 592+91=683. Courtney Scott, a member of the gold medal team from Northside HS, shot a 93 in the final to force a sudden-death tie-breaking shot with Jordan Smith of Quincy Senior HS in Quincy, IL. Smith dropped to third when Scott shot a 10 and he shot a 9 on the tie-breaker. Scott finished with a 587+93=680 for the silver and Smith had a 588+92=680 for the bronze.

The sporter class was broken into two divisions at the MBA Rifle Classic, CO<sub>2</sub>/compressed air and pneumatic. Normally all sporter rifles are in the same class, but **National Standard Three-Position Air Rifle Rules** give match sponsors the option of offering special awards for competitors with pneumatic air rifles. Participation numbers were high and competition was close in each division. In the team event for CO<sub>2</sub>/compressed air Sporter rifles, Central Crossing HS Navy JROTC from Grove City, OH won its second gold medal in a row at the MBA Rifle Classic. In 2005, Central Crossing won the pneumatic class with a commanding 89 point lead. This year the team again dominated, winning the CO<sub>2</sub>/compressed air competition with a 32 point victory. Central Crossing team members were Samantha Bills, 542; Jim Fitz, 549; Caleb Taffin, 512; and Robbie Ferner, 527; to give the team 2130. The team was led by CAPT Peter MacKay. The silver medal went to Ozark HS Army JROTC from Ozark, MO coached by 1SG Terry Thomp-

## 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 a series of designated major junior air rifle championships that may 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 who recently earned their Junior Distinguished Badges. **ON THE MARK** will recognize all juniors who achieve this outstanding goal in each upcoming issue. A complete list of juniors who have earned their Junior Distinguished Badge is at <http://www.odcmp.com/3P/EIC.pdf>. If you would like more information on this program, visit the CMP web site at <http://www.odcmp.com/3P/EICProgram.pdf> or email CMP Competitions at [competitions@odcmp.com](mailto:competitions@odcmp.com).



Badge #	Name	Hometown
138	Emily Holsopple	Wilcox, PA
139	Michael Kulbacki	DuBois, PA
140	Christina Dutra	Grampian, PA
141	Justin Pentz	Rockton, PA
142	Curtis Gagne	Clearwater, FL
143	Danielle McCarthy	Albuquerque, NM
144	Tempe Regan	Superior, MT



## MBA Classic - Continued from Page 10

son. Team members Kelsea Hunt, 511; Rob Thompson, 531; Jacob Edwards, 529; and Sarah Spurlock, 527; combined for a team total of 2098. Rounding out the top three was traditional Louisiana powerhouse and last year's gold medal team, Bogalusa HS Army JROTC from Bogalusa, LA. The team, coached by MAJ Ricky Fredieu, combined for a team total 2083 to earn the bronze medal. The team consisted of Tanner Pritchard, 524; Brandon Landrum, 509; Cory Camp, 541; and Nicholas O'Quin, 509.

Another 2005 champion found his way back to the winner's podium in 2006. Last year Brian Byrd of C.E. Byrd HS Army JROTC in Shreveport, LA won the individual gold in the pneumatic sporter class; this year he won gold again, competing in the CO<sub>2</sub>/compressed air division. Byrd finished with a 560+86=646 to claim the gold. He was followed by Jim Fitz of Central Crossing HS, who was a member of their gold medal team. Fitz shot a 549+85=634 for the silver. The bronze medal came down to a tie-breaker shot between Noel Maxwell from Warren East HS in Bowling Green, KY and Cory Camp of Bogalusa HS. Camp entered the final in fifth place and Maxwell entered it in seventh place, but both shot impressive finals to put them in the hunt for a medal. At the conclusion of the final both were tied and it was Maxwell who shot a 9 to Camp's 8 in the tie-breaker shot to claim the bronze. Maxwell finished with a 539+88=627.

In the pneumatic sporter division, Sarasota Military Academy from Sarasota, FL reclaimed the gold medal. The team won the gold in 2004, but slipped to second in 2005. This year though the team posted a dominating score of 1973 and took first place with a 47 point lead. The team was led by SFC Riess Pellegrino and firing members Chad Andrews, 491; Kevin Hobson, 483; Cristian Urrea, 498; and Brent Rudisill, 501. Finishing in second with a 1926 was Gibbs HS Army JROTC from Coryton, TN. This was an improvement for Gibbs HS that finished as the bronze medal team in 2005. The team consisted of Jason Belt, 480; Karol Lockey, 486; Justin Cheek, 465; and Amanda Hethcoat, 495 and was coached by COL Melvin Shafer. Finishing with the bronze medal was David Crockett HS Navy JROTC from Jonesborough, TN with a team score of 1856. The team was coached by CDR John Roberts; team members were Brandon Cutshall, 454; Myra Travis, 476; Lora Travis, 452; and Brandy Cantrell, 474.

After winning the team gold medal, Sarasota Military Academy swept the individual awards in the pneumatic sporter division. Brent Rudisill entered the final with the lead and he held on for the gold with an overall score of 501+67=568. Teammate Chad Andrews entered the final in third place but shot a 73 in the final to overcome teammate Cristian Urrea for the silver. Andrews shot a 491+73=564 for second place and Urrea shot a 498+58=556 for third.

In 1998, a precision international standing match was added to the MBA Classic program to give competitors staying over till Sunday an additional event. The 40 shot event has been a success; it doubled in size from 2005 to 2006, with 88 individuals and 14 teams participating this year.

The top team in the precision standing event was Shelby County HS. Team members Stephen Jenkins, 381; Tyler Wininger, 382; Kent Wilcox, 386; and Logan Fox were not going to be denied twice in one weekend and claimed the victory with a 27 point lead over Chilton County HS. Chilton County HS took home the gold individual medal with a 388 performance by Jessica Phenis. This was the second individual gold of the weekend for Phenis.

Tentative dates for the 2007 MBA Rifle Classic are 12-14 October. Be sure to block off those dates on your calendars and plan to get your entries in early as this major junior competition is expected to fill to capacity again. For complete scores from the 2006 MBA Rifle Classic, visit the CMP website at <http://www.odcmp.org/1106/MBAResults.pdf>.

## CALENDAR OF EVENTS

The Calendar of Events is featured in every issue of *On The Mark*. If you would like your match or clinic listed, please contact the CMP at [onthemark@odcmp.com](mailto:onthemark@odcmp.com), or call 419-635-2141, ext. 1111. Please include the name of the event, date, whom the event is open to and contact information and website (if available). The CMP will do its best to accommodate each request to be included in the Calendar of Events.

**8 January 2007**

CMP Three-Position Air Rifle Camp Registration Opens on CMP website

**10 January 2007**

4-H Shooting Sports Media Day, Orlando, FL

**19-20 January 2007**

Junior 3P Air Rifle Clinic and Match, Camp Perry, OH

**13-16 February 2007**

American Camp Association Convention, Austin, TX

**15-17 February 2007**

JROTC Eastern Region Championship, Fort Benning, GA

**1-3 March 2007**

JROTC Western Region Championship, Colorado Springs, CO

**9-10 March 2007**

NCAA Rifle Championship, Colorado Springs, CO

**12-14 April 2007**

National JROTC Championship, Fort Benning, GA

**5-13 May 2007**

Eastern CMP Games and Creedmoor Cup Matches, Camp Butner, NC

**11-14 June 2007**

NJROTC Region 3 BLT Marksmanship, Camp Perry, OH

**24-29 June 2007**

Eastern States Junior Highpower Championship, Camp Butner, NC

**25-28 June 2007**

National 4-H Shooting Sports Invitational, Rapid City, SD

**29 June - 1 July 2007**

Daisy-USJC BB Gun Championship, Bowling Green, KY

**2-3 July 2007**

Daisy Open Air Rifle Championship, Bowling Green, KY

**4-6 July 2007**

National Junior Olympic 3PAR Sporter Championship, Bowling Green, KY

**7-9 July 2007**

USA Shooting Progressive Pistol Championship, Bowling Green, KY

**9-10 July 2007**

Pistol Small Arms Firing School & M9 EIC Match, Camp Perry, OH

**10-12 July 2007**

National Junior Olympic 3PAR Precision Championship, Bowling Green, KY

**15 July 2007**

National Trophy Pistol Matches, Camp Perry, OH

**21-22 July 2007**

National Rimfire Sporter Clinic & Match, Camp Perry, OH

**28-29 July 2007**

Rifle Small Arms Firing School & M16 EIC Match, Camp Perry, OH

**27-29 July 2007**

USMC Junior Highpower Clinic, Camp Perry, OH

**30 July - 4 August 2007**

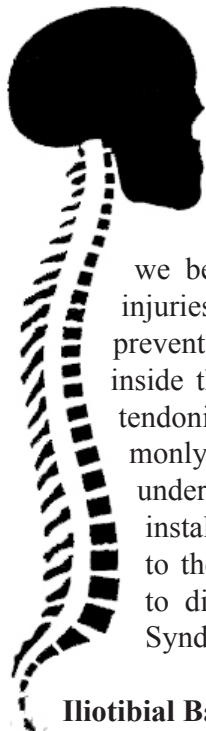
National Trophy Rifle & CMP Games Matches, Camp Perry, OH

**7-12 August 2007**

American Legion 3PAR National Championship, Colorado Springs, CO

**8-11 August 2007**

U. S. Army Junior Air Rifle Championship, Fort Benning, GA



## Iliotibial Band Syndrome

### Description:

If you are experiencing knee pain laterally (on the outside edge of a knee), then it's likely that you are suffering from one of the most common knee complaints, Iliotibial Band Syndrome (ITBS). With this syndrome your pain will be most prevalent when you are running, but it can also rear its ugly head for shooters when they are in the kneeling or standing positions because the iliotibial band is being stretched. As you may have learned the hard way, ITBS may aggravate your knee enough to drastically limit or even completely stop your training.

Iliotibial Band Syndrome has been around since man (and woman) first learned to run, but it wasn't actually described in the medical literature until 1975 (Sports Injuries and Their Treatment, p. 56, J. B. Lippincott Publishers, Philadelphia, 1975). The syndrome is often labeled an 'overuse' injury, but that's a very poor way to describe the origin of the problem, since it implies that the main source of the pain is excess mileage. The truth is that runners can be afflicted with ITBS on a regime of just five to ten miles per week, even though such volume would hardly constitute overtraining. The key source of

# From the Training Room: Inside the Knee, Part 2

By Amy Kirkland P.T, MSR, OMT

Iliotibial Band Syndrome disorders is actually a lack of strength and flexibility in the iliotibial band, sometimes combined with a perverse fondness for running either on the track or on crowned roads, as I'll explain in a moment.

### Likely causes:

The iliotibial band is a band of tissue that begins at the outside of the pelvis and extends to the outside part of the knee. The band helps stabilize the knee. If it becomes too short, the band rubs too tightly on the bone of your leg and becomes irritated. The tightness is usually the result of too much strain from poor training technique or a lack of proper stretching. Just as likely a culprit is the wearing of improper running shoes, whether the shoe is worn out or simply not the correct shoe for training. The correct shoe is just as important as a proper strengthening/stretching routine. Running creates an incredible amount of compression forces at the knee joint. Proper support from a good running shoe can dissipate some of those forces and save your knees for later miles. When choosing a shoe for running or any sport, don't take short cuts! Check into a local store that specializes in analyzing your foot and gait patterns, and fits you in the right shoe. In other words, don't choose a brand just because your favorite athlete wears them!

### How to diagnose ITB syndrome:

As mentioned, a key aspect of ITB syndrome is lateral knee tenderness. Though often the pain won't really hit home until the first one or two miles of a workout have been completed ('Iliotibial Band Friction Syndrome in Runners,' American Journal of Sports Medicine, vol. 8, pp. 232-234, 1980). Once

it starts, the pain tends to be persistent if you keep going, and frequently gets worse during downhill running (and while walking down steps). The discomfort may radiate up and down the leg, but strangely enough the pain will often almost disappear if you stop running and begin to walk slowly and with short steps.

Easily correctable causes of ITB include:

- Exercising on hard surfaces, like concrete;
- Exercising on uneven ground;
- Beginning an exercise program after a long lay-off period;
- Increasing exercise intensity or duration too quickly;
- Exercising in worn out or ill fitting shoes; and
- Excessive uphill or downhill running.
- Always running on the same side of a crowned road.

These causes can be corrected easily by simply changing the running surface/routine or by just changing the running shoes. Once the change occurs often the pain is alleviated quickly.

Biomechanical causes include:

- Leg length differences;
- Tight, stiff muscles in the leg;
- Muscle imbalances;
- Foot structure problems such as flat feet; and
- Gait, or running style problems such as pronation.





Biomechanical causes will require a little more work to correct. You may need the assistance of a specialist to fit you with shoes that will correct for leg length differences or flat feet. Perhaps you will also need advice from an athletic trainer on a workout to improve muscle imbalances.

### ***Traditional Iliotibial Band Syndrome treatment:***

The widely accepted way of taking care of ITBS once it arises is certainly less than perfect. Usually, athletes are told to cut back on their intensity and volume of training and to work out only on smooth, non-hilly terrain. Icing and non-steroidal anti-inflammatory medications like Ibuprofen are recommended to reduce discomfort and inflammation, and athletes with ITBS are strongly cautioned to never try to 'run through' the pain.

Obviously, those are decent and logical suggestions, but note that not one of these strategies actually addresses the true cause of the ITBS. The athlete who alleviates the symptoms of ITBS with reduced workouts, drugs, icing, and hill phobia and then returns to normal training is often destined for another serious ITB flare-up, with the second episode frequently worse than the first. Unfortunately, severe cases of ITBS can last for up to six months!

This is why it is so important to determine the specific cause of your ITBS so you can better address the problem. If the cause is poor footwear, then the problem is simply corrected by replacing the shoes. If your problem stems from poor flexibility or muscle imbalances, work to address these problems in your training.

Of course, stretching the ITB is often recommended as an ITBS cure-all, and stretching is almost never a bad idea. However, it's important that the stretching routine you adopt actually improves the flexibility of the ITB in a functional way. That can hardly be said for the traditional, popular ITB stretches prescribed for runners, which never

mimic the biomechanical patterns associated with running. An over-emphasis on stretching may also lull runners into thinking they are truly getting at the root of their ITB problems, when in fact their gains in flexibility must be combined with advances in strength in order to make the ITB highly resistant to injury.

### ***Remedies you can begin at home:***

It is best to begin with patience; this is an injury that can take a while to fully recover from depending on how long you let it go. Give yourself plenty of rest, reduce your miles and ice frequently (ice for 20 minutes after a workout). You can keep running, but cut your run short as soon as you begin to feel any pain. Cut way back on hill work, and be sure to run on even surfaces. If the pain is severe, look into deep friction massage with a physical therapist.

### ***To improve your hip and leg strength, try these exercises:***

#### **Flutter kicks**

**Starting position:** Lie on back with legs out straight, thighs tight and toes pulled back. Raise head off the ground so you are looking at your feet.

**Action:** Keeping thighs tight and legs straight alternate kicking legs up and down 6 inches above the floor. Half way through your reps point your toes forward. **25 reps with toes back, 25 reps with toes pointed forward**

#### **Frog Kicks & Reverse Frog Kicks**

**Starting position:** Lie on back with legs straight and hands under glutes.

**Action 1:** Pull your knees straight to your chest, then spread your legs apart. Keeping your legs spread apart, straighten them out below you. Finally, bring the legs back together to the starting position. Repeat back and forth in a smooth motion. **20 reps**

**Action 2:** Immediately reverse the frog kicks by first spreading your legs apart, then pulling your knees up to your sides, then drawing your knees together above your chest, then straight-

### **Iliotibial Band Stretch**

©The IT Band runs down the outside of the leg from the hip to the knee.

©Crossing your legs and pushing the hips out as demonstrated in this photo will provide a stretch down the IT Band in the back leg.



ening your legs back to the starting position. **20 reps**

**You will also want to add the following stretch to your daily routine, doing it gently but often:**

**Starting position:** Stand with your left side facing a wall, arms length away. Cross your right leg behind your left leg, place your left hand on the wall. Make sure the right foot is parallel to the wall.

**Action:** Shift all your weight to the right leg and push hips away from the wall, feeling a stretch in your hip and down the IT band (in this case, along the right side of your right leg). **Hold for 5 seconds and repeat 10 times, reverse position for left leg.**

With a little care, you and your knees should be feeling better in no time!

Amy Kirkland graduated from the University of South Carolina with a Bachelor of Science, and went on to the Medical University of South Carolina where she earned a Masters of Rehabilitation Sciences in Physical Therapy in 2003. Following her graduation she spent time at the Roosevelt Center in Warm Springs, GA where she gained experience working with spinal cord injuries. She has worked three years in orthopedics with a specialization in sports and spinal rehabilitation. She currently works as a Physical Therapist with Pivotal Therapy in conjunction with the Steadman-Hawkins Clinic of the Carolinas. In her spare time she enjoys running, sports, and Tarheel basketball. Questions for Amy can be directed to [kirkland@pivotaltherapy.com](mailto:kirkland@pivotaltherapy.com).



# New U. S. Army Junior Air Rifle Postal Announced

By Gary Anderson, DCM

Fort Benning, Georgia. The U. S. Army Accessions Command, which includes the U. S. Army Marksmanship Unit, announces the inauguration of a new national junior air rifle championship that is sponsored by the U. S. Army. The Army is actually taking over the sponsorship of a postal and national championship program that previously was sponsored by the National Guard Bureau. The program begins with a State Championship Postal competition that offers three-position air rifle sporter and precision standing events for school-age junior shooters. The match is open to teams and individuals representing any junior shooting team or club that wishes to enter. The culmination of the 2007 program will be a National Championship competition that will take place at the Army Marksmanship Unit ranges at Fort Benning in August.

The U. S. Army Junior Championship is open to all school-age juniors who will graduate from high school in 2007 or later. There are two classes of competition. Sporter class air rifle shooters will fire a 30-shot three-position event in the postal State Championship phase and the ten qualifying teams will fire two 3x20 events in the National Championship. Precision air rifle competitors will fire a 40-shot postal in the State Championship phase and the ten qualifying teams will fire two 40-shot courses in the national competition.

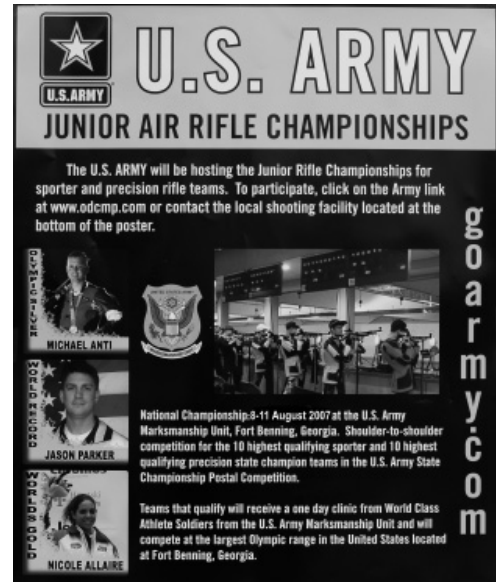
All clubs and teams that enter will receive a special U. S. Army poster featuring Army

champion shooters. The poster is suitable for posting on the home ranges of participating organizations or it can be used to encourage new shooters to join these organizations. All teams and individuals that enter and fire the postal phase will be eligible to win state championship individual and team medallions; the number of awards will be based on the number of entries from each state.

The Army Championship is supported by the U. S. Army Marksmanship Unit, which will conduct the National Championship competition at Fort Benning in August. Members of the Army International Rifle Team will conduct a clinic and provide coaching for competitors during the training period that precedes the national competition. The CMP is also supporting the Championship by administering the postal competition and providing the results system for the national events.

The official match program and entry forms are now posted on the CMP web site at [http://www.odcmp.com/3P/Army\\_Jr\\_Championship.htm](http://www.odcmp.com/3P/Army_Jr_Championship.htm). To enter your team and receive targets to fire the State Championship postal phase as well as the Army Championship poster, all you need to do is review the program and submit the entry form at the end of the program. Mark the number of sporter 3-position and precision standing target sets that your team requires. Entry fees for this competition are now \$5.00 per individual competitor; no additional fees are charged for team entries. In the postal phase, organizations may compete in both the sporter and precision events; individual shooters may also compete in both events in this competition.

All junior clubs, JROTC units, 4-H clubs and other junior teams, as well as individual school-age junior air rifle shooters, are encouraged to enter the 2007 U. S. Army Junior Air Rifle Championship and compete in the State Championship postal phase where medallion awards will be given for top teams and individ-



A poster produced especially for the new U. S. Army Junior Air Rifle Championship will be provided to every organization that enters the upcoming competition.

uals in each state. Teams and clubs may enter as many individual shooters as they wish; team scores will be determined by the top four scores for that team or club in each team event.

Targets may be ordered any time between now and 23 February 2007. Targets must be fired and returned to the CMP for scoring postmarked not later than 16 March 2007. Ranked results will be posted on the CMP website as soon as targets are scored. After scores become final on 30 March 2007, the top ten state championship teams in each event will be invited to the U. S. Army National Junior Air Rifle Championship at Fort Benning on 8-11 August.

Go to [http://www.odcmp.com/3P/Army\\_Jr\\_Championship.htm](http://www.odcmp.com/3P/Army_Jr_Championship.htm) to view the program and use the entry forms on the next page to enter your team.



Members of the Army International Rifle Team, including world record holder and World Champion SFC Jason Parker (above), Olympic silver medalist MAJ Mike Anti and World Champion SFC Tom Tamas, will provide clinic instruction and coaching for teams that qualify for the National Championship competition at Fort Benning in August.



The national championship phase of the 2007 U. S. Army Junior Air Rifle Championship will be conducted at the Army Marksmanship Unit's Pool Range. All teams and individuals that enter will fire the state championship postal phase on their home ranges.





# TARGET ORDER FORM

## 2007 U.S. Army Junior Air Rifle Championship

*Please Print or Type*



Name of Organization: \_\_\_\_\_

Coach or Team Leader: \_\_\_\_\_

Address: \_\_\_\_\_

City/State/Zip \_\_\_\_\_

Phone (Day) \_\_\_\_\_ E-Mail \_\_\_\_\_

**Target Set Orders:** *Please order one target set for each shooter who will fire the tournament in the sporter three-position event and one target set for each shooter who will fire in the precision standing event. Individuals may fire in both events, but no more than one target set may be ordered for each competitor in either event. An organization must order a minimum of four target sets for four shooters in either event in order to enter a full team in that event. Each organization is, however, permitted and encouraged to enter as many junior shooters as they wish. Unfired targets must be returned to the CMP with the fired competition targets. Please review the Official Match Program for complete details on the competition rules.*

Use This Chart to Order Target Sets			
Event	Number of shots	Total number of target sets ordered	No. of target sets X \$5.00 entry fee
Sporter class 3x10	10 shots each in prone, standing and kneeling (3 targets in set)		
Precision Class Standing	40 shots standing (4 targets in set)		
Please send check or provide Credit Card information		Total Entry Fee Remitted	
Credit Card: <input type="checkbox"/> Visa <input type="checkbox"/> Master Card		Card Number:	
Card holder name and address:		Card holder signature:	Expiration: CVV2 #: (3 digit code on back of card)
<p>Mail or fax completed Target Order Form with fees or credit card information to:</p> <p><b>CIVILIAN MARKSMANSHIP PROGRAM</b>  <b>ATTN: U.S. ARMY AIR RIFLE POSTAL</b>  <b>P.O. BOX 576, PORT CLINTON, OH 43452</b>  <b>FAX (419) 635-2573</b></p>			
<p>All target orders must be sent to CMP/U.S. Army Air Rifle Postal Coordinator, postmarked not later than 23Feb07. Fired targets must be sent to the CMP, postmarked not later than 16Mar07.</p>			

# ON THE MARK



**Corp. for the Promotion of  
Rifle Practice and Firearms Safety  
PO Box 576  
Port Clinton, OH 43452**

NON-PROFIT ORG.  
U.S. POSTAGE  
**PAID**  
PERMIT NO. 576  
PORT CLINTON, OH 43452

## Address Service Requested



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