

ON THE MARK

THE NEWSLETTER FOR COACHES AND JUNIOR MARKSMEN © DECEMBER 2008



2008 Paralympic Games

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One More Main Event for Beijing

By Sommer Wood, CMP Program Manager

When the Olympic Games wrapped up in Beijing, China last August many sports fans in the United States were already shifting their focus to the gridiron for the start of football season, or to the pennant races in the Major Leagues. What these fans missed out on was a great second act in Beijing as the 2008 Paralympic Games took place 6-17 September.

The Paralympic Games provide an opportunity for the world's elite disabled athletes to come together every four years for the most important competitions in their sports. The word "Paralympic" derives from the Greek preposition "para" meaning "beside" or "alongside" added to the word "Olympics". In short, the Paralympic Games are considered a parallel to the Olympics Games. The Paralympic term was originally a pun combining 'paraplegic' and 'Olympic', however after the inclusion of other disability groups and with the close association to the Olympic Movement, the word Paralympic is now used to illustrate how the two movements exist side by side.

There are 20 sports in the Paralympic Games, including shooting, which has a large number of participants. There are both pistol and rifle events, and athletes are divided into these events based on their classifications and gender. Classifications are based on the athlete's disability, and these classifications allow athletes of similar physical ability to compete shoulder-to-shoulder.

Athletic competition for disabled athletes can be traced as far back as the 1800's but the first formal Paralympic event was held in 1960 in Rome, Italy immediately following the Summer Olympic Games. This first Paralympics used the same venues as the Rome Olympics and had 400 athletes from 23 different countries in attendance. The Beijing Paralympic Games had 4,200 athletes from 148 countries, so the event has certainly grown over the last 48 years.

Shooting became a medal sport in the 1976 Paralympic Games in Toronto, Canada, which was also the site of the first Winter Paralympic Games. Shooting in the Summer Paralympics is



Michael Dickey was one of two athletes to represent the USA in Shooting at the Paralympic Games in Beijing. Dickey competed in both air rifle and smallbore rifle events. (Wood)

divided into 12 different medal events. These events include air rifle, air pistol, smallbore rifle and sport pistol. There are also gender specific and mixed events, which is a variation from Olympic shooting competitions that do not offer any mixed gender events.

Like the Olympic Games, athletes must earn quota slots for their country with high performances in international competitions leading up to the Paralympic Games. Earned quota slots determine how many athletes can represent each country in a sport. Also, like the Olympics, athletes must earn a spot on their country's Paralympic team via a tryout system.

The United States earned one quota slot in shooting for the 2008 Paralympic Games and was granted one additional slot by the International Paralympic Committee (IPC). Athletes competing for those slots had to shoot an elite level score in an international competition. The required elite level



Pictured above was part of the Paralympic Village in Beijing, China. This was home to the Paralympic Athletes while they were in China to compete in the 2008 Paralympic Games. The Village provided several gardens where athletes could escape from the outside distractions that surrounded the Games. (Photo by Dan Durben)

◎ Sighting Shots ◎

◎ **CMP Videos posted** - The CMP has posted videos featuring our new air rifle ranges and CMP events. Competitors and coaches are encouraged to view these videos at www.odcmp.com/Videos.htm.

◎ **2008 - 2009 JROTC Air Rifle Postal Competition** - JROTC postal targets are pouring into CMP North Headquarters. Keep track of match info and scores at www.odcmp.com/3P/JROTC.htm.

◎ **2009 Army Open Air Rifle Championship** - The Match Bulletin for the 2009 Army Open Air Rifle Championship is posted on the CMP home page. The postal phase of the competition will be completed on 22 March 2009 and the National Championship will take place 14-16 May 2009 at Fort Benning, GA.

◎ **2009 Camp Perry Open** - The program for the 2009 Camp Perry Open Air Rifle competition is now posted on the CMP website. This 3x20 Air Rifle Match and two-day International Standing Match will take place 16-18 January 2009 at the new CMP Competition Center-North. This event is filling up fast so get your registrations in soon. Many of the top shooters in the country will be in attendance including the USAMU and USAS National Team. Visit <http://clubs.odcmp.com/cgi-bin/matchInfo.cgi?matchID=3950> for more information.

◎ **New Daisy Air Rifle Price** - The CMP announced new prices for Daisy sporter air rifles offered through the CMP Junior Rifle Purchase Program. CMP had to increase its sales prices for the M853, M853CM, M887, M888 and the extra CO₂ cylinders due to price increases at Daisy Outdoor Products. These prices which include shipping are still the best available for beginning and advanced sporter air rifle marksmanship. To order Daisy air rifles and accessories through the CMP, please review the CMP Affiliate Rifle Purchase Program brochure and download the order form at www.odcmp.com/Programs/JrRi-

fles.htm. For questions regarding these air rifles, please email CMP Club Rifle Sales at clubrifle@odcmp.com or contact Mike Conrad at 419-635-2141 ext 1116.

◎ **CMP Competition Center Monthly Matches** - The CMP North and South Competition Centers are now conducting monthly air rifle and air pistol matches. The first event was held in October at CMP North, followed by a match in November at CMP South. More information on the monthly matches and on the CMP Competition Centers can be found at www.odcmp.com/MarksmanshipCenters.htm. There is also a link to the Competition Centers from the CMP home page.

◎ **Eastern CMP Games and Creedmoor Cup Matches, 2-10 May 2009** - Do not forget to watch the CMP website for the Eastern CMP Games and Creedmoor Cup Matches program which will be released soon. Scores and articles on the 2008 Western CMP Games and Creedmoor Cup Matches can be found on the CMP website and *The First Shot Online*, www.odcmp.org. The Western Games took place in mid-October 2008.

◎ **2nd Annual Developing Amazing Leaders Paralympic Conference** - 17-20 May 2009 the Developing Amazing Leaders Conference will take place in Colorado Springs, Colorado. This is a great opportunity for anyone who hopes to develop a Paralympic athlete. More information on the conference can be found at www.us-paralympics.org.

◎ **2009 CMP Three-Position Summer Camps** - Dates for the 2009 CMP Three-Position Air Rifle Summer Camps will be posted on the CMP website on 5 January 2009 and registration will open two weeks later. The camps will once again bring together some of the top college rifle shooters to continue the tradition of providing the premier air rifle camp for juniors in the country. Be ready to register early because many locations fill-up quickly.

ON THE MARK

www.odcmp.com/OTM.htm

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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.

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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.

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

Information about the CMP may be viewed on the CMP web site, www.odcmp.com or on the CMP online newsletter, *The First Shot*, at www.odcmp.org.

On the Cover: Photo taken inside the famed "Birds Nest" stadium during the 2008 Paralympic Opening Ceremonies in Beijing, China. Photo provided by Frank Polich Photography.

CMP Hosts National Youth Leadership Conference

By Steve Cooper, CMP Writer

As a coach looking for ways to motivate and train junior shooters, wouldn't it be ideal to spend a couple of days listening to tips, real life experiences and advice from some of the shooting world's best shooting instructors, coaches and match organizers?

Well, in case you missed it, that's what many of your colleagues experienced during the 2008 National Youth Shooting Sports Leadership Conference at CMP's Bataan Armory conference center on 26-28 September. The conference concluded a week of training courses for junior shooting coaches and club leaders.

The program is part of a two-year cycle of major fall training conferences that are co-hosted by the NRA Education & Coaching Division, USA Shooting and the CMP. USA Shooting hosts the National Coaches College at the Olympic Training Center in Colorado Springs in odd-numbered years, while the CMP hosts the leadership conference in even-numbered years.

The two and a half day Leadership Conference culminated a training week that began with four Basic and Advanced Rifle and Pistol Coach Courses. The conference itself focused on developing more knowledgeable and effective junior team and club leaders who can better serve and train junior shooters in their communities. Its fundamental objective is to foster the growth of junior shooting.

Featured key speakers included David Johnson, the National Rifle Coach and 2008 U.S. Olympic Rifle Coach; Ralf Horneber, Sport Director, Bavarian Sport Shooting Federation (Germany); Marcus Raab, NRA National Coach Trainer; Bob Foth, USA Shooting's Director of Coaching Programs and Youth Development; and Rob Harbison, CMP Director of Program Operations.

In addition, Gary Anderson, the Director of Civilian Marksmanship, provided a pictorial report from the Beijing Olympics with photos taken during his service as an International

Shooting Sport Federation Judge during the Olympics. Two of the most successful junior highpower leaders, Bob Hughes of North Carolina and Brad Palmer of Connecticut, discussed how to organize a junior highpower camp.

Ray Harvey, the Tennessee State Junior Director, shared his successful experiences in conducting an introductory youth air rifle demonstration event at Gatlinburg's Winterfest, while Richard Whiting, whom Gary Anderson introduced as "the best highpower rifle Chief Range Officer in the country," discussed the conduct of competitions and the responsibilities of Range Officers.

Richard Hawkins, the U.S. Army Marksmanship Unit's Service Pistol Coach, covered scientific research he is conducting on body position, weight distribution and endurance as it relates to improving shooter stability and scores.

The featured presenters covered several important topics including prepping juniors for Olympic-style shooting, lessons learned at the Beijing Olympics, motivating junior shooters, fundraising, increasing club membership, coach effectiveness and skills, advertising and promotion, growing competitions and an insightful look at shooting in Bavaria, Germany's

largest province.

In his two presentations, David Johnson discussed highlights of the Beijing Olympics and how USA Shooting develops its Olympic team from the local club level to the Olympic Games level.

He discussed USA Shooting's plan to prepare for the 2008 Olympic Games, how they employed incentives for medals won, team-building techniques, participation in training camps and successful goal-setting strategies.

Coach Johnson singled out issues such as crowd noise, something most shooters don't encounter in a home range setting, but which was a real concern in Beijing. "The Chinese are very vocal in support of their teams and it made concentrating on shooting that much more difficult," he said.

At the Beijing Games, the U.S. brought home six medals in shooting - two gold, two silver and two bronze. In addition to four medals by U.S. trap and skeet shooters, Matt Emmons of Browns Mills, New Jersey, took home a Silver in Men's 50-Meter Prone Rifle and Jason Turner of Rochester, New York, was awarded a Bronze Medal in the Men's 10-Meter Air Pistol. In the women's rifle events, 10-Meter Air Rifle and 50-Meter Three-Position Rifle, Jamie Beyerle of

Continued on Page 6



Over 80 Shooting Sports leaders, coaches and instructors attended the 2008 National Youth Leadership Conference at CMP Headquarters.



New Website Provides Great Links to College Shooting Teams

By Dan Jordan, University of Alaska Head Rifle Coach

College Connection

Attention all high school athletes looking for a good resource on college rifle shooting, there is a new website that you can turn to that is packed with tons of information. The Collegiate Rifle Coaches Association (CRCA) has a new website, www.CollegeRifle.com, which is a one-stop-shop for all things associated with college rifle shooting.

Included on the website are sections with college scores, information for college coaches, dates for major matches around the country, and information about the NCAA and NRA. A section for prospective student-athletes has information about NCAA rules and regulations regarding recruiting and articles about how to contact college coaches. Links are also available to all of the current NCAA and club rifle teams around the country as well as competitive shooting suppliers.

The CRCA is currently working with the NCAA to make all reported collegiate scores available to the public with the ability to search by school, air rifle, smallbore, and overall scores. CRCA is hoping to have the link available this year. The CRCA is always open to suggestions and comments about the site and the group is interested in including other information that college athletes and prospective student-athletes would like to see. You can contact CRCA at CRCArifle@gmail.com or through the website.

Dan Jordan is the Head Rifle Coach at the University of Alaska-Fairbanks. His teams have won multiple National Rifle Championships. He is also a 2004 Paralympic Silver medalist and a University of Alaska-Fairbanks alumni.

2008 Paralympian Bio: Mike Dickey

Photo provided by USOC



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Set goals
and develop
a good

training plan that has you training at least five days a week. This includes mental and physical training, as well as range time. Also get good equipment, and don't get discouraged if things aren't going well. When you have the opportunity, ask other shooters for advice.

Mike Dickey began his journey to the 2008 Beijing Paralympics in 2002 when he started shooting three-position air rifle in the NRA Beeman Series. This is a competition series conducted for disabled shooters. That same year Dickey was named Top New Shooter in the series after posting three perfect Kneeling and Prone scores. He went on to win 11 Beeman Cup matches.

Dickey's strong performance at the 2005 3xAir Match in Colorado Springs, Colorado, earned him a slot on the Paralympic National Team for 2006. This allowed Dickey to represent the USA at the 2006 Paralympic World Championship in Switzerland.

After the World Championship, Dickey continued to improve as he

competed in major U.S. Matches like the USAS National Championships and Rocky Mountain Invitational. It was at the 2007 3xAir Match that Dickey shot a perfect 600 in prone air rifle that earned him a spot on the Paralympic Elite team. This elite level score eventually earned him a berth on the 2008 Paralympic Team. At the 2008 Paralympics, Dickey competed in both air rifle and smallbore events.

Dickey did not take much of a break after returning from Beijing and is already preparing for a push to make the Paralympic Team for the 2010 Paralympic World Championship in Croatia and the 2012 Paralympic Games in London.

CMP Hosts National Youth Leadership Conference, continued



Conference participants were given an opportunity to shoot a 20-shot "Fun Match" with Air Rifles and Air Pistols during the conference at the CMP's new Competition Training Center.

Lebanon, Pennsylvania, just missed two medals, finishing fourth and fifth.

While praising his entire team, Johnson discussed the ups and downs of Beyerle and Emmons over the past two Olympic cycles as an illustration of what it takes to mentally and physically prepare for events that require years of preparation.

In his second presentation, Johnson discussed the prototypical path taken by shooters from their beginnings at their local range to successfully earning a place on an Olympic team.

He said it's his job to identify potential talent, develop, nurture and train those talented shooting athletes toward international success. In doing so, he described the four-year cycle which begins and ends with the Olympic summer games.

In fact, he has already begun his planning for the 2012 Games in London that involves budgeting, shooter development, team selection, training and eventually shooting in international competition and finally, competing in the London Games.

Once the top junior smallbore and air rifle shooters are identified, they may tryout for the National

Development Team, a phase where they will train and compete with the best juniors from across the country. Advancement continues until eventually the top two shooters in each event make the Olympic team.

Johnson, who is a Major in the U.S. Army Reserves, said it always boils down to talented shooters who have the discipline and drive to succeed.

Ralf Horneber, Sport Director of the Bavarian Sport Shooting Federation in Germany, provided conference attendees with two sessions describing the structure of shooting in Germany and the development and training of his country's junior shooters.

He described the history of shooting in Germany as well as its organizational structure that is based on the geography of Germany. He explained how each German Federal State like Bavaria, its largest state, has its own shooting federation with a full-time staff and a full array of shooting programs. He said Germany is about the size of Montana while the state of Bavaria is about the size of West Virginia. There are 480,000 members in 4,800 shooting clubs in Bavaria out of a population of 12 million, and all are

participants in target shooting activities of one type or another. The total population of Germany is 82 million, he said.

Horneber said that unlike the U.S., shooting is an important part of the social and cultural fabric of Germany. Shooting, which began with archery and crossbow shooting, has grown to encompass today's various forms of marksmanship and has developed as a highly respected tradition dating back to the middle ages. It is common for families to pass along their shooting heritage from generation to generation, always expecting more from the next, he said. Due to the high population density in Bavaria and the other German states, it's common to have shooting ranges within walking distance of many people's homes.

He explained the structure of German shooting clubs and leagues - the most popular being the Bundesliga or federal shooting league. The Bundesliga is a highly popular 12-year-old league system that provides an opportunity for recreational and high-level shooting competition nationwide. It helps prepare and feed shooters to the German national championship and eventually Germany's Olympic teams.

In Horneber's second presentation, he described the process of developing junior shooters from the club level to regional, Bavarian and national levels. With 15,000 shooting clubs in Germany, a sophisticated and organized system has evolved to develop and channel junior shooters into the national shooting scene, he related.

In Germany, there is a highly standardized training program to ensure consistency from a shooter's introduction to the sport all the way to Olympic competition. There are between 5,000 and 7,000 shooting coaches in Bavaria and each coach is licensed and categorized into one of three levels from entry-level to expert.

Horneber said promising shooters from around the country are selected for membership on regional squads. Regional training centers funnel the best shooters to state and national training squads through a series of competitions that occur in March, June, July and August of each year. The system produces a final pool of approximately 40 shooters from which the national team selects its members.

Marcus Raab, NRA National Coach Trainer, discussed the qualities of good coaches and focused on what coaches should know and what they should do to succeed as mentors.

"Coaches have to be good at communicating, teaching, organizing, planning and must serve as a role model," Raab said. He emphasized the necessity of teaching character to young shooters.

He said coaches need to have knowledge of technical issues, rules and procedures, competition strategies, first aid and risk assessment and should possess the skills needed to maximize the performance of competitors.

Raab stressed the importance of being a good communicator throughout the process, not only verbally, but through the use of body language and tone. He said coaches need to be active listeners, provide feedback and know how to resolve conflicts.



Both Marcus Raab, NRA National Coach Trainer, and Bob Foth, USA Shooting Director of Youth Programs and Youth Development, gave presentations during the Conference.

Psychology is a large part of coaching, Raab said. Teaching the skills of goal-setting, imagery, relaxation, energy management and self talk are all critical components of developing youth shooters. Physical conditioning, training and safety issues are hallmarks of a good coaching platform, he said.

Bob Foth, USA Shooting's Director of Youth Programs and Youth Development, dovetailed his remarks with Raab while focusing on effective leadership and the importance of finding capable assistants and being an effective delegator.

He said it is important for coaches to find good assistants who can assume some of the burden of non-coaching duties such as range safety, running competitions, fundraising, media relations, equipment, facility maintenance and training.

While multi-tasking is an important skill, a coach who is focusing attention on a young shooter cannot be a Range Safety Officer at the same time, Foth said.

"It's impossible to have your eyes in both places," he said. "Obviously for safety reasons there must be a division of responsibility."

Rob Harbison, CMP Director of Program Operations, discussed the volume of training needed to bring along a young shooter. He said one of the most common questions he has received over the years is "how much training is required to become a good shooter?"

He then broke down the reasons for shooting and explained how that core question will answer itself. While it's impossible to predict the number of hours or rounds of ammunition that are required, those questions begin to answer themselves as the shooter identifies their goals, he said.

Most shooters shoot for fun, Harbison said. He categorized shooting levels as 1) fun - just plinking and enjoying a day at the range, 2) fun plus - where shooters concentrate and make



During his presentation, Ralf reported that the nation of Germany has 1.5 million shooters in 15,000 clubs.

an effort to post respectable scores, 3) winning at the club level - where shooters take competition seriously and strive to be the best in their club and 4) elite - where club level champions seek to reach the highest levels in their sport.

Harbison recommended that all serious coaches and shooters develop training plans to help them succeed at the competitive level that matches their personal goals. While stressing the importance of time management, he said the elite shooter must have an articulated goal, backed up by quantifiable tasks. He said those tasks will dictate the purposes and structure of daily training.

He concluded his presentation with creative approaches to coaching and illustrating different styles of coaching that can be most effective in training junior shooters.

If you missed this year's conference, watch for an announcement of dates for the 2009 National Coaches College that will be hosted by USA Shooting. Those dates will be posted on the CMP website as soon as they are available. Dates for the 2010 National Youth Leadership Conference are expected to be set soon and will be posted on the CMP website. DVD's from the presentations will also be available through the CMP website, so watch the home page for further ordering information.

One More Main Event for Beijing, continued



Pictured L to R are Danielle Fong, Michael Dickey, Sommer Wood, Barbaro Ponce, Eric Hollen and Dan Durben in Bad Orb, Germany in May 2008. This event was used as a Paralympic Tryout for many different countries. Nearly thirty countries were in attendance for the match. (Wood)

scores were based off of the top scores from the previous Paralympic Games.

Mike Dickey of Trafford, Alabama, and Danielle Fong of New York, New York, were the two shooting team representatives for the United States on the 2008 Paralympic Team. Dickey competed in the Men's R7-50M Free Rifle 3x40-SH1 and the Mixed R3-

10M Air Rifle Prone-SH1 events. Fong competed in the Women's R2-10M Air Rifle Standing-SH1 and the Women's R8-50M Sport Rifle 3x20-SH1 events. This was the first Paralympic experience for both competitors. 2004 Paralympic Shooting Coach, Dan Durben, was the coach for the Beijing Team. Durben competed in the 1988 Olympics and served as the U.S. Olympic Rifle Team Coach in 2000 before taking on the Paralympic position. Durben has also served as the CMP's Three-Position Summer Camp Director for the last five summers.

This was a particularly busy year for the Fong family who had two daughters represent U.S. Shooting Teams in Beijing. The Fong's middle daughter, Sandra, qualified for the U.S. Olympic Shooting Team in Women's 50M Rifle. The Fong sisters are part of a trio of shooting siblings that includes the oldest sister, Abigail, who barely missed making the Olympic team, finishing just behind Sandra. Even more impressive is that both Sandra and Danielle were high school students when they qualified for their Olympic and Paralympic

teams. Sandra, 18, is now a freshman at Princeton and Danielle, 16, is a junior in high school.

Dickey finished 21st in Men's 50M Free Rifle 3x40 and 41st in Mixed 10M Air Rifle Prone events. Fong finished 19th in Women's 10M Air Rifle Standing and 16th in Women's 50M Sport Rifle 3x20 events. While they did not make their way to the medal stand in the 2008 Paralympics, both athletes represented their country well and gained valuable experience competing on the international stage.

For more information on the 2008 Beijing Paralympic Games, visit the official website at <http://en.paralympic.beijing2008.cn/sports/shooting/index.shtml>. To learn more about Paralympic programs in the United States, visit the U.S. Paralympic website at www.usparalympics.org. Also, starting in 2009, the U.S. Paralympic Shooting Team will be governed by USA Shooting, so keep watching the USA Shooting website for team and match information, www.usashooting.org. Congratulations to the 2008 USA Paralympic Team!



It was easy to spot the USA teams in the Paralympic Village as American Flags hung from the athletes balconies. Many teams displayed their countries colors in the Paralympic Village. (Photo provided by Dan Durben)



Danielle Fong works through a practice session in Beijing with her coach, Dan Durben, watching. Athletes were allowed practice sessions prior to their competitions. (Photo provided by Yuman Fong)

CMP Welcomes New Program Staff Leader

By Steve Cooper, CMP Writer

Robert E. "Rob" Harbison, 42, has joined the Civilian Marksmanship Program, serving in the newly-created role of Director of Program Operations after a 20-year career in the U.S. Army.

Harbison retired from the Army, effective 30 September, as a Lieutenant Colonel, most-recently serving at Fort Benning, Georgia, and has begun his assignment at CMP headquarters at Camp Perry.

The retired Lieutenant Colonel will assist DCM Gary Anderson, performing a variety of tasks that will help free up the CMP Director to focus on the overall mission of the organization.

"In recent years, the number of shooters and programs the CMP administers has demanded a significant amount of Gary's time," Harbison said. "My presence will now hopefully allow Gary to step back and stay broad-focused on CMP Programs and I will take on some of the details that do not require the Director's personal involvement."

One of Harbison's first tasks will be to develop the systems, policies and procedures to ensure the continued seamless operation of the new CMP Competitions Center, which opened in June. The center is a joint-used facility, shared with the Ohio National Guard. It houses an 80-point electronic target air gun range.

He said he will draw on his experience at Fort Benning, which has had an indoor range in operation since 1992. Harbison expects the CMP to hire a Facility Manager to operate the center in the near future.

"I've been very impressed by the performance of the staff. They anticipate requirements and that's just huge when you're running any organization as it enables you to catch problems before they ever happen," Harbison added.

Prior to leaving the service, his last task was to write a proposal to the Army to grow the number of people assigned to the Marksmanship Unit, a difficult job at a time when the military

has a fixed number of human resources, Harbison said.

He said the popularity of marksmanship ebbs and flows over time based on the state of war or peace the country is in. Since the onset of war in Afghanistan and Iraq, the necessity of marksmanship has come to the forefront once again.

Like Anderson, Harbison's career included assignments at the U.S. Army Marksmanship Unit and membership on U.S. Olympic rifle teams. He was assigned to the USAMU in 1992 and represented the U.S. at the 1996 Atlanta Games. At the Centennial Olympic Games, Harbison was the highest scoring American rifle shooter and placed sixth in three-position (3x40) 50-meter smallbore rifle and seventh in 10-meter air rifle.

He began his shooting career as a 13-year-old with the Tussey Mountain Junior Rifle Club in central Pennsylvania and later fired on the winning Whistler Boy smallbore and highpower junior rifle teams. He was an NCAA individual champion in 1987 and three-time national champion.

Harbison served with the First Cavalry Division and was deployed to Saudi Arabia for Operation Desert Shield and Operation Desert Storm as an Abrams tank platoon leader. While there, he participated in General Norman Schwarzkopf's "Hail Mary" attack into Iraq by the U.S. 7th Corps.

Additional military assignments included Commander, A Troop, 5th Squadron, 15th Cavalry Regiment; Executive Officer, 2nd Squadron, 16th Cavalry Regiment; and Ground Operations Officer, U.S. Central Command (CENTCOM). During his assignment with CENTCOM, he served in the Coalition Coordination Center in support of Operation Iraqi Freedom and Operation Enduring Freedom. He returned to the USAMU in 2005.

Harbison earned a Bachelor of Science degree in psychology from the



University of Tennessee in 1988 and a Masters of Military Arts and Sciences degree in 2002 from the U.S. Army Command and General Staff College, Fort Leavenworth, Kansas.

His awards and decorations include the Bronze Star Medal, the Joint Service Commendation Medal, the Distinguished International Shooter Badge, the Distinguished Rifleman Badge, the President's Hundred Tab and the Parachutist Badge.

When not on the job, Harbison said he enjoys spending time with his wife, Elizabeth, and their daughters, Julia, 7 and Kate, 5. His family still resides in Georgia until relocation plans to Ohio are finalized. He said he enjoys woodworking, hunting and photography, when time allows.

Harbison said he started competing in DCM matches in 1980 while shooting club guns. He said his first forays as an early teen were coming to Camp Perry to shoot the NBPRP matches that are now CMP matches.

"I look back on my shooting accomplishments, including the Olympics and some gold medals at the world level, but winning the Whistler Boy trophies here, in hindsight, ranks pretty high on my list of things I'm proud of," Harbison concluded.

Teaching the Kneeling Position

An On The Mark Series by Gary Anderson, DCM



The kneeling position is the most complicated of the three shooting positions that are typically taught to juniors. Kneeling usually follows prone since prone offers a better setting for mastering the use of the sling. Nevertheless, the proper method of initially adjusting a sling is the same in kneeling as in prone. Kneeling also requires the effective use of a second position support, the kneeling roll.

The prerequisites for developing a stable kneeling position capable of steady improvement are 1) Sit with as much body weight as possible relaxed and balanced over the heel and kneeling roll, 2) align and balance the shoulders and hips over the heel so that tension in the torso is minimized and 3) configure and balance the left leg, left arm and sling above the left foot to provide stability in supporting the rifle while not compromising prerequisites 1) and 2). All this sounds complicated and it is, but if new shooters follow the “Steps in Building a New Kneeling Position” they will start with a kneeling position that conforms to these requirements.

Step 1--Build The Position Foundation. Just as we did for prone and standing, let's go through the *Steps in Building a New Kneeling Position* to see how these steps fit together and what each step seeks to establish. All descriptions are for right-handed shooters—simply reverse left and right for left-handed shooters. First, review these steps with new shooters in a brief instructional session, then build their new kneeling positions by talking them through these steps, one at a time, in order. Go slowly so that any difficulty in performing a step properly can be corrected before going to the next step.

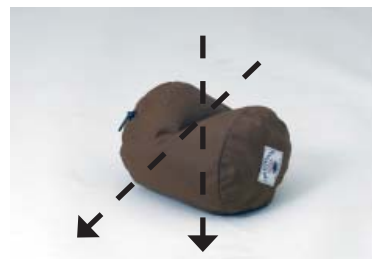
In building any position, the first step is to establish the foundation. In standing, that was done by locating the feet so that the body is turned 90 degrees from the target. The position is then built upon this foundation by placing the left elbow and butt-plate in position. In prone, the foundation is the floor or shooting mat and the position is built by locating the left elbow and butt-plate in the shoulder. In kneeling, the position's foundation starts with a kneeling roll, but there are several additional steps to building the complete kneeling position foundation.

STEPS IN BUILDING A NEW KNEELING POSITION

1. Build the Position Foundation--

- Locate the Kneeling Roll**—place the kneeling roll on the firing point and turn it approximately 40-60 degrees from the target.
 - Kneel over the Roll**—kneel by placing the right ankle over the kneeling roll—keep the right heel vertical.
 - Sit on Right Heel**—place heel in center of buttocks—sit with weight back on the heel.
 - Locate the Left Leg**—place the left foot under the rifle so that the lower leg is vertical.
- Add the Sling and Rifle**—prepare for the next steps by putting on the sling, adjust it “long and loose” and attach it to the rifle.
 - Shoulder the Rifle and Locate the Left Elbow**—with the sling loose on the arm, place the butt-plate in the shoulder—with the weight back on the heel, drop the left elbow down onto the knee or leg.
 - Position the Butt-Plate and Head**—locate the butt-plate high enough in the shoulder to establish a good head position.
 - Adjust the Rifle Height**—move the left hand forward or rearward to raise the rifle sights to target level.
 - Adjust Sling Swivel and Tighten Sling**—with the hand position established, move the sling swivel back to the hand and tighten the sling until it takes over the work of supporting the rifle.
 - Rotate the Position to the Target**—rotate the entire position by pivoting on the kneeling roll so that the sights point naturally at the correct target.

Step 1a--Position the Kneeling Roll. The kneeling roll is the base point for the kneeling position. Start with a roll that is three-fourths filled so that a shallow “V” can be formed in the center. Turn the roll 40 to 60 degrees away from the line of fire. It is also recommended that a shooting mat not be used in kneeling; there is no real need for padding under the knee or feet; a mat only makes the support surface a little less solid.



Step 1a. Place the kneeling roll on the firing point and turn it 40 to 60 degrees away from the line of fire.



Step 1b. Kneel over the roll—place the ankle on the roll—keep the toe extended and the foot vertical (heel up).



Step 1c. Sit on the right heel. Let the weight of the body relax down onto the heel. Keep the foot vertical.



Step 1d. Locate the left lower leg so that it is vertical. This photo shows the kneeling position foundation in place—the kneeling roll and vertical left foot supports the body weight and the left leg is ready to support the weight of the rifle.

Teaching the Kneeling Position

An On The Mark Series by Gary Anderson, DCM

Step 1b--Kneel over the Roll. Start with the right toe behind the kneeling roll. Kneel with the right ankle resting on the V in the kneeling roll. Extend the toe to the rear and keep the heel vertical. The key to this step is keeping the foot vertical. If the foot is turned even slightly to the side, it will gradually turn further while shooting due to the weight of the body pressing down on it.

Step 1c--Sit on Heel. Try to sit with the heel placed in the center of the buttocks. Rest as much body weight as possible on the heel. Indeed, the key to this step is to sit with the weight back on the heel.

Step 1d--Locate the Left Leg. The left leg provides the support base for the weight of the rifle and left arm. The correct location for the leg is to place the foot so that the lower leg is vertical. It is OK to shift the left foot and lower leg slightly forward, especially for a shooter with longer legs and a short torso. It is not OK to shift the left foot back so that the lower leg is angled to the rear.

Step 2--Add the Sling and Rifle.

With the position foundation established, you are ready to put the sling on and attach it to the rifle. Place the sling high on the arm, just as in prone. Likewise, leave the sling long and loose, with the sling swivel moved forward. With the sling on the arm and attached to the rifle, you are ready to build the upper part of the position.



Step 2. With the position foundation established, put on the sling and attach it to the rifle.

Step 3--Shoulder the Rifle and Locate the Left Elbow.

To build the upper part of the kneeling position, the rifle must be placed in the shoulder and the left arm dropped to its natural location on the left leg or knee. The key to this step is placing the left elbow in the correct location on the left knee or leg. To do that, place the butt-plate in the shoulder, continue to sit with your weight back on your heel and drop the left elbow onto the left leg. Do not reach forward with the left elbow; let it drop onto the leg without leaning forward with the body. For some shooters, the elbow will fall on the left knee; for other shooters, the elbow will fall somewhere behind the knee. For only a rare few, will the elbow fall ahead of the knee. Be sure the sling remains loose when locating the left elbow position.



Step 3. With the sling on and attached to the rifle, shoulder the rifle and drop the left elbow to the left leg or knee. Do not reach forward; just let the elbow drop naturally to the leg or knee.

Step 4--Position the Butt and Head.

Just as in standing and prone, the correct position for the butt-plate in the shoulder is determined by the correct position for the head. The head must be reasonably erect in all positions. Locate the butt-plate high enough in the shoulder that the head and eyes can look forward comfortably and without straining while aiming. Try to keep the butt-plate close to the neck while aiming in kneeling.



Step 4. Fix the location of the butt-plate in the shoulder—keep the butt close to the neck and high enough to assure that the head and eyes look forward naturally while aiming.



Step 5. With the sling still loose, shift the left hand rearward and forward until the sights are at target level.

Step 5--Adjust the Rifle Height. After the butt plate is fixed in the shoulder so that aiming is comfortable, the height of the rifle must be adjusted so that the sights are aligned at the level of the targets. Do this the same way it was done in prone, by shifting the left hand forward or rearward to raise or lower the rifle until the sights point at target level. Do not worry about where your target is, only that the sights are at target level.

Step 6--Adjust Sling Swivel and Tighten Sling.

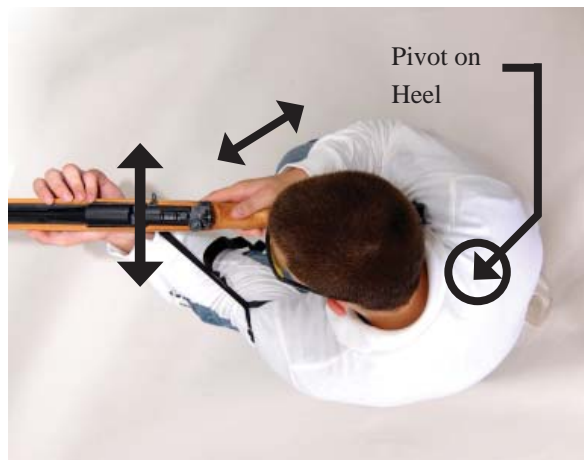
With the sights at target level, the sling swivel should be moved back to the hand and tightened in place. Then the sling must be tightened so that it fully supports the weight of the rifle.

Step 6. With the left hand location established, move the sling swivel back to the hand and tighten the sling. Adjusting the sling swivel is easier if someone is available to assist.



Teaching the Kneeling Position

An On The Mark Series by Gary Anderson, DCM



Step 7. Rotate the entire position over the right heel and kneeling roll until the sights point naturally at the correct target.

Step 7. Rotate the Position to the Target. The final step in building the kneeling position is to rotate the position over the right heel and kneeling roll until the sights point at your target. The pivot point for rotating the kneeling position is the right heel and kneeling roll. Rotate by shifting the left foot and right knee right or left as necessary to bring the sights onto the correct target.

After the new position is built, it is important to have new shooters do both dry and live firing in the position to become comfortable with the new position. Teach them to prepare to fire shots in kneeling by checking:

1. That the butt-plate location in the shoulder is the same for every shot.
2. That weight of the body is relaxed down onto the right heel and kneeling roll.
3. That the left arm and shoulder are totally relaxed with the sling supporting all of the rifle weight.
4. That the weight of the body-rifle system is balanced over the right heel and left heel; there should be little or no weight on the right knee.

Consistency, relaxation and balance are the keys to getting good kneeling scores after a sound position structure is established. Consistency means placing the butt-plate and elbow in the same location for each shot. Relaxation means relaxing the body weight down onto the heel and kneeling roll and letting the sling totally support the weight of the rifle. Balance means balancing the weight of the relaxed body-rifle system over the two heels. After many practice sessions where good position structure and sound technique are maintained, most shooters will reach a point where they need to fine-tune their position because kneeling is, after all, a position where the complex interrelationship of several parts of the body, rifle, sling and kneeling roll must be worked out. That cannot begin without a good foundation, however.

Common New Shooter Mistakes in Kneeling

Coaches should be alert to detect and correct these common mistakes:

1. **Kneeling roll too big (or too small)**—If the kneeling roll is too big or too full, the body will be too high.
2. **Right foot turned**—if the foot is not vertical, it will gradually turn further under the weight of the body; a vertical foot is stable and cannot turn further.
3. **Pulling lower left leg back**—this shifts weight forward off of the heel and reduces stability.
4. **Sitting up straight**—sitting up straight increases tension in the body; instead, let the shoulders and upper body relax down.
5. **Unbalanced position**—leaning to the right usually by placing weight on the right knee requires lots of muscle tension to keep the body in position; instead, balance the entire weight of the body-rifle system over the right and left heels.



Consistency, relaxation and balance are the keys to getting good kneeling scores after a sound position structure is established.

CMP Program Sales



ANSCHÜTZ MODEL 1903 JUNIOR TARGET SMALLBORE RIFLE

The CMP Limited Edition 1903 Junior model smallbore rifle is being reduced by \$100 to offer a special price of \$945 in time for the holidays. This is a limited time offer while quantities last. Anschütz will no longer be manufacturing the 1903 junior smallbore model so if you've ever wanted one, now is the time to purchase.

- Sales are available to CMP clubs and individuals who belong to CMP clubs (must provide a copy of a membership card or have card on file).
- Original signed FFL is required with order.
- The rifle is a bolt-action single-shot .22 caliber (5.56 mm) smallbore target rifle.
- The Anschütz 6834 sight set is included with each rifle.
- The rifle is supplied with an ambidextrous (can be used by right or left handed shooters) beech stock.
- The CMP logo, 55 mm in diameter, is engraved on the right side of each butt stock.
- The rifle is supplied with normal accessories including handstop 6226, screwdriver, Allen wrench, instruction booklet and original test group.

This special offer is available through the CMP on the website at <http://www.odcmp.com/Programs/JrRifles.htm>. For further information on the CMP Affiliate Junior Rifle Purchase Program, please contact Mike Conrad at 419-635-2141 ext. 1116 or via email at clubrifle@odcmp.com.

Internet Matches Growing in Popularity

Information provided by Maureen Trickett, CMP Massachusetts State Junior Director

The Reading Rifle Club in Reading, MA held its first *Across the Web* internet postal match on 10 October 2008. This match was a prime example of a growing trend of shooting competitions that make use of the internet to bring competitors from different regions together. The structure allows participants to shoot at their home range, usually on a specific date, and email in their scores to the match director who enters the competitor and scores into the match. Then the competitor can see how they fared on that day against shooters from other parts of the country and even the world. While a shoulder-to-shoulder match is still the ideal competition experience for any shooter, an internet postal match can provide a great addition to a shooting season. And with the availability and low cost of these events, it can be expected that their popularity will continue to grow.

The Reading Rifle Club's first internet postal match in October had a humble beginning with only 40 entries, but this does not discourage club members who already have plans for additional internet matches in the near future. These types of matches come in many varieties, and the one hosted by Reading Rifle Club included both smallbore and air rifle events. These events were broken into several categories for juniors and adults to encourage participation.

In all, the *Across the Web* match brought together shooters from Pennsylvania and Massachusetts over the internet, which made the event a success. If you or your club are interested in participating in Reading Rifle Club's next internet postal match, please contact Maureen Trickett at mrmtrcktt@aol.com for more information. For results and photos from the first *Across the Web* match, please go to www.readinghighpower.com/webpostalmatch.htm.

Competitive Edge: Flexibility

By Amber Darland, LMT, PAS

Now that you've finished your aerobic and strength-training workouts, it's time to go home, right? NO! Haven't you forgotten something? Now that you've started conditioning your body, working on flexibility will become a key component in preventing injuries and maintaining consistency in your shooting.

Flexibility is, perhaps, the one component of fitness that shooters don't have to buy in to. Even the most non-athletic shooters typically do at least a small bit of stretching before a practice or match. While that's commendable, the key to getting the most out of your session is to stretch consistently and properly every day.

To review, flexibility is "the range of motion possible about a joint," as defined by the American Council on Exercise. The goal of this type of training is to improve that range, and to prevent injuries caused by inadequate range during increased "demand." And demand can be anything! That could be stepping off a street curb or reaching for a hand hold while rock climbing. If the needed joint is less flexible than the amount of demand you place on it, an injury is highly likely. Ever heard of someone throwing their back out while sneezing? It sounds strange, yes, but the lack of flexibility in their spine and ribs creates a huge potential for injury. The tremendous amount of pressure created in the chest cavity can actually pull thoracic joints out of their proper alignment if the muscles around those joints are not evenly supple and flexible.

And how does that apply to shooting? Shooting sports, in particular, create a *huge* amount of muscle imbalance due to the nature of

the positions. Rifle especially requires long amounts of time to be spent in one-sided twists, stretches, or crouched positions. Over time, the shortened muscles stay short (even after practice and matches), and the stretched muscles stay stretched. This environment of left-side long, right-side short, or vice versa provides a "torquing" effect on the joints that makes a shooter ripe for injuries. Balance between the left and right side of the body, and from the front to the back of the body are crucial for staying healthy. That is why it is absolutely crucial to do corrective exercises and flexibility work.

To get you started, I have listed a basic flexibility routine that uses some static (still) and dynamic (moving) exercises to elongate tight muscles and strengthen the over-stretched, weaker muscles. It doesn't matter what time of day you do the routine, as long as you do it consistently. If you are going to do some other sport or exercise session, you will probably want to complete this series before beginning that particular activity.

Recommended Flexibility Exercises for Shooters:

Gravity Drop – 3 Minutes: Stand with feet directly under hips and toes pointing forward on the edge of a step. Shift weight back over ankles, so that body is in one straight line and heels are hanging below toes; lightly hold on to railing for balance.

Elbow Curls – 40x: Lay on back with knees bent and feet flat on the floor, place knuckles on temples of your forehead, thumbs pointing towards shoulders and shoulder blades pinched together. Bring elbows together and apart.

Pullovers – 40x: Lay on back with knees bent and feet flat on the floor, extend arms above chest and interlace fingers. Keeping arms straight lower hands toward the floor above your head as far as it is comfortable then pull them back toward your waist.

Frog Abs – 40x: Lie on back, place soles of feet together, relax and spread knees apart letting them fall towards the floor. In this position, place hands behind head keeping elbows back; squeeze and hold glutes while contracting abdominal muscles and lifting shoulders off the floor and back down; repeat up and down.

Upper Spinal Floor Twist – 1 Minute each side: Lay on left side, with hips and knees bent to 90 degrees. With arms extended straight out in front of you, place left hand on top of knees to hold them together, twist upper body back, opening right arm toward the ground behind you and hold. Repeat on other side.

Active Shoulder Bridge – 15x: Lie on back with knees bent and feet flat on the floor. Keep knees and feet at hip width. Squeeze glutes, raising hips and lower back off the floor and then lower down; repeat.

Active Frog – 20x: Lie on back placing soles of feet together. Relax and let knees fall towards the floor. Starting in this position, bring knees together and apart; repeat.

Wishbone Kicks – 20 each leg: Lay on back with knees together

and feet apart with hips and knees bent at 90 degrees. Extend right leg toward the sky and lower back down to 90 degrees. Repeat with left leg and alternate back and forth.

Pelvic Tilts – 10x: Lie on back with knees bent and feet flat on the floor. Keeping hips in contact with the floor, arch lower back off floor, then press lower back into floor; repeat.

Lower Spinal Floor Twist – 1 Minute each side: Lie on back with left leg straight and resting on the floor, lift and bend right knee so that your right knee and hip are at 90 degree angles, grab right knee with left hand and pull it across body towards the floor and hold.

Cats & Dogs – 10x: On hands and knees with hands under shoulders and knees under hips, arch back up and pull chin to chest, then lower back toward floor and raise head up; repeat back and forth.

Kneeling Bridge – 1 Minute: Kneeling, grab heels with hands so that thumbs are inside of heels, squeeze glutes and push hips forward into the air and hold.

Extended Child's Pose – 1 Minute: Kneeling, sit back on heels, extended arms above head with palms flat on the floor and relax by dropping chest towards knees; hold.

Hero Squats – 20x: Kneeling with knees and feet at hip width. Place hands on hips, lower hips as far as comfortable to ankles while keeping shoulders above hips and then come back up to kneeling position.

Downward Dog – 1 Minute: On hands and knees. Curl toes under feet and straighten legs by lifting knees off the floor. Press heels towards the floor and hold.

Standing Quad Stretch – 1 Minute each leg: Stand in front of a chair on left leg, place left hand on chair for support; bend right knee and pull heel toward glutes, reach down with right hand and hold right foot. Keeping knees even and hips square to chair, squeeze right glute and slightly press hip forward and hold. Switch legs and repeat.

Air Bench – 2 Minutes: Stand with back against a wall, knees and ankles at hip width. Lower yourself into a sitting position against the wall so that thighs are slightly above parallel with the floor. Keeping weight in heels, lightly press lower back into the wall. Knees should not go in front of ankles.

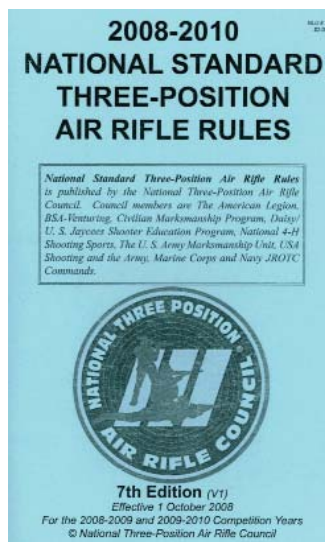
Before I sign off for this series, I'd like to take a moment to give credit where credit is due. In reviewing the previous article regarding strength training, I realized I never recognized the person who helped me develop these workouts. Brian Cassidy of ADAPT in Beaverton, Oregon, collaborated with and guided me in develop these routines. We discussed the needs of shooters, the typical injuries, challenges of the sports, etc., and worked together to produce a series that would develop the necessary core strength and flexibility for shooting athletes. It is *not* my work alone. If you happen to live in the Portland, Oregon, area, I would highly recommend going to check out his facility. He is truly an amazing teacher and a master of the body.

If you are hungry for more information about how you can assess and balance your own body, I highly recommend the book "Pain Free" by Pete Egoscue. He is many years ahead of the medical profession in evaluating and treating injuries, and his books are highly insightful to laypeople, physical therapists, athletes, and doctors alike. Many of the principles I've used in these articles come directly from his teaching. Some of his other titles include "Pain Free for Women" and "Pain Free at Your PC" both of which are excellent reads. He also has a website at www.egoscue.com.

Thank you so much for following this series of articles. I've truly enjoyed the challenge of writing them for beginning athletes. As always, if you have any questions about this or any of the other installments, please feel free to contact me at akamber80@yahoo.com.

Amber Darland, is a Licensed Massage Therapist and Certified Posture Alignment Specialist from Ashmead College in Portland, OR. She is a certified Personal Trainer through the American Council on Exercise, ACE. She is also a graduate of the University of Alaska-Fairbanks with a B.A. in Journalism and Publishing. While attending UAF she was a member of the school's NCAA Rifle Team, which won four National Championships while she was there. Her other shooting accomplishments include being a U.S. National Team Member from 2002-2006, U.S. OTC Resident Athlete 2002-2005, World Championship Team Member 2002, National Champion Three-Position Smallbore 2003 and first alternate for the U.S. Olympic Team 2004.





The 2008-2010 7th Edition of the National Standard Three-Position Air Rifle Rules, with changes approved by the National Three-Position Air Rifle Council, are now available in printed version or as a downloadable *.pdf file. The new rules may be accessed immediately through the CMP website at www.odcmp.com/3P/Rules.pdf. Printed copies of the new rulebook may be ordered from the CMP at a cost of \$2.00 each.

The 2008-2010 rules are effective immediately and will remain



The new rules follow the lead adopted by the ISSF by using inner tens to break ties. An inner ten is scored when the shot hole completely covers the shot hole. Inner tens may be scored with 4.5mm INWARD gauges, but, as this illustration of the gauging of a shot that does not score an inner ten shows, it is challenging to score inner tens with INWARD GAUGES.

New Three-Position Air Rifle Rules Released 2008-2010 Rulebooks Available

By Gary Anderson, DCM

in effect through the next two school years until September 2010. There are not a lot of major changes this time, although a Council decision to cap prices on approved sporter air rifles that may be used in competitions is potentially significant. The Council has already adopted a policy mandating that no sporter class air rifle may be used in sanctioned competition unless the Council approves that specific model. The current approved sporter list includes the AirForce Air Guns Edge, Daisy M853/753/953/853CM (pneumatic), Daisy M888/887 (CO₂), Crosman M2000 (CO₂), Daisy XSV40 Valiant (compressed air) and the Air Arms T200 (compressed air) that has a non-adjustable cheek-piece and butt-plate. The Council decided that if the price that junior teams and clubs must pay for any of these approved sporters rises above \$525 dollars, that air rifle will lose its approval. Air rifles of that model that were purchased prior to the last price increase would continue to be legal (grandfathered), however.

Here are some new rule changes that will be of interest to coaches and instructors in three-position air rifle programs:

* **Mid-Term Graduates.** High school students who graduate at mid-term during the school year will continue to be eligible until 31 August after the school year ends.

* **One Rifle Limitation.** While it has always been the intent of the rules that competitors in three-position air rifle matches can only use one sporter or precision air rifle for all three positions, this intent was not explicitly stated in previous rules. It is now.

* **Sporter Clothing.** New language makes it clear that under clothing such as T-shirts must be "loose-fitting" and that "tight-fitting undergarments

such as Under Armour™" or similar clothing products cannot be worn. An ordinary shirt with a pocket may be worn as one of two permitted layers of clothing, but no double layers may be on any of the normal rifle or position contact areas (elbows, shoulder, left side).

* **Changeover Period.** Match sponsors now have the option of giving precision class shooters a 10-minute changeover period between prone and standing and between standing and kneeling. If a 10-minute changeover period is used, this must be stated in the competition program.

* **Outdoor Ranges.** The use of outdoor ranges for conducting three-position air rifle matches has always been permitted, but again not explicitly stated until now. Suggested standards for wind flags for outdoor ranges are given.

* **Scoring Excessive Shots.** One of the most frequently asked questions coming in to the Rules Hotline concerns how to score a target where a shooter fires 11 or more record shots in a 10-shot series or 21 or more records shots in a 20-shot stage. Hopefully, the new rules will eliminate most of these questions. On 10-bull paper targets, the ten or 20 lowest value shots must be scored. This means nullifying the highest value extra shots. There is a two-point penalty for each extra shot that must be deducted from the lowest value shot(s) on the target, or first target in a 20-shot stage. If penalties take a shot down to zero, the remaining penalty points must be deducted from the next lowest value shot(s).

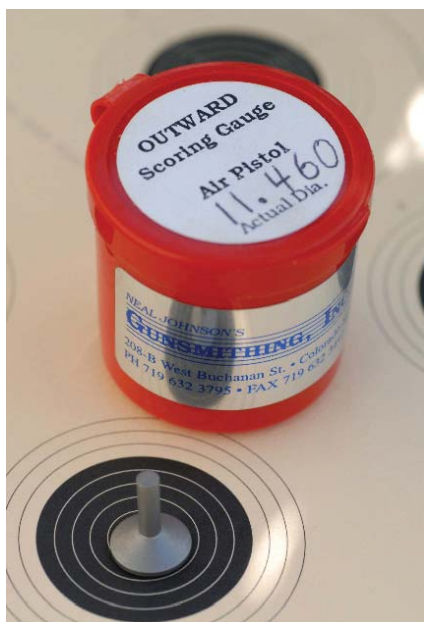
* **Malfunction Procedures.** The maximum time that may be allotted to a competitor to repair a malfunctioning rifle remains at 15 minutes, but there

is no longer a minimum repair time for being able to shoot sighters after the rifle is repaired. If a repair requires a competitor to get out of position, he/she must be allowed to shoot sighters before resuming record shots. A shot that was fired unintentionally as a result of an allowable malfunction such as the release of the trigger when closing the action may be nullified and refired if the Range Officer concludes that the unintended shot was not the fault of the competitor.

* **Penalties and Disqualification.** The new rules strive to make the distinction between "open violations" and "concealed violations" clearer. A fundamental test concerns whether a competitor gained or tried to gain an unfair advantage. Most violations for illegal positions or illegal equipment occur because the competitor simply does not know the rules and is not seeking to gain an unfair advantage. The philosophy of the National Three-Position Air Rifle Council is that the first priority in these cases is to educate competitors regarding the rules, but not to disqualify them unless they are trying to gain an unfair advantage. If, for example, a shooter is firing in kneeling with the right foot placed at less than 45 degrees on the kneeling roll, the appropriate action is to first explain to the competitor how the foot must be positioned (a warning). Failure to correct a fault can result in a two-point penalty if a second warning must be given, but it is extremely rare to have a competitor who refuses to heed a clear, but polite warning. Any decision to disqualify a competitor must be made by at least two persons after an explanation has been given to the competitor regarding why disqualification is being considered.

* **Using Inner Tens to Break Ties.** In a major change triggered by this year's decision by the International Shooting Sport Federation to use inner tens instead of the last ten-shot series score to break ties, the National Standard Rules will also use inner tens as the first tiebreaker. If competitors are tied for score and inner tens, then the count-back by series tiebreaker will be used. An inner ten is a shot where the ten-dot is completely covered by the shot hole. Inner tens may be scored by using an INWARD 4.5mm gauge. It is, however, recommended to use an 11.5 mm OUTWARD air pistol gauge. Indeed, the 2009 ISSF rules require the use of the 11.5 mm OUTWARD gauge because they are easier to use and more accurate.

* **Submitting Protests to National Jury of Appeal.** If a protest is filed at a match, the match director must appoint a Jury in accordance with Rule 6.3. After the Jury decision is made, a copy or report of the protest and the jury decision must be forwarded to the National Council (CMP



New ISSF Rules provide for scoring inner tens with a 11.5mm OUTWARD air pistol scoring gauge. If the outer edge of this gauge lies inside the outside edge of the seven-ring, it scores an inner ten.

Continued on Page 19

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, 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 web site (if available). The CMP will do its best to accommodate each request to be included in the Calendar of Events.

5 January 2009

CMP Three-Position Summer Camp dates posted on CMP home page, www.odcmp.com

16-18 January 2009

Camp Perry Junior Open Air Rifle Match, Camp Perry, OH

19 January 2009

CMP Three-Position Summer Camp registration opens

24-25 January 2009

GSM Master Instructor Training Course, Camp Perry, OH

12-14 February 2009

Army JROTC Championship, Camp Perry, OH

19-21 February 2009

Marine Corps and Air Force JROTC Championship, Camp Perry, OH

26-28 February 2009

Navy JROTC Championship, Camp Perry, OH

20-22 March 2009

CMP Monthly Matches, Port Clinton, OH

25-28 March 2009

National JROTC Championship, Fort Benning, GA

17-19 April 2009

CMP Monthly Matches, Port Clinton, OH & Anniston, AL

1 May 2009

GSM Master Instructor Training Course, Camp Butner, NC

2-5 May 2009

Eastern CMP Games, Camp Butner, NC

6-10 May 2009

Eastern Creedmoor Cup Matches, Camp Butner, NC

14-16 May 2009

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

18-21 June 2009

Bushmaster Open Highpower Championship, Fort Benning, GA

20-26 June 2009

Eastern Junior Highpower Championship, Camp Butner, NC

1-3 July 2009

NRA Junior Air Rifle Championship, Camp Perry, OH

4-6 July 2009

National Junior Olympic 3PAR Sporter Championship, Camp Perry, OH

7-9 July 2009

National Junior Olympic 3PAR Prec. Championship, Camp Perry, OH

10-12 July 2009

National Progressive Position Pistol Championship, Camp Perry, OH

13 July 2009

National Match First Shot Ceremony, Camp Perry, OH

13-14 July 2009

Pistol Small Arms Firing School, Camp Perry, OH

13 July - 9 August 2009

National Matches Air Gun Events, Camp Perry, OH

19 July 2009

National Trophy Pistol Matches, Camp Perry, OH



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: I have a shooter that would rather shoot the right target first when shooting a 20-shot series on two 10 bull's-eye targets. Is it okay for a competitor to shoot their targets in "reverse" order?

A: Yes, as long as the targets are properly identified (target #1 is on the right). It is legal for a competitor to shoot the record bulls in any order, and when two 10 bull's-eye targets are hung either target may be fired first. When two targets are hung for a 20-shot series, the targets must be marked to identify which target is fired first. (Rule 5.4.2)

Q: Almost all of the shooters who come to our matches use CBIs (clear barrel indicators)

without any concerns, but we have encountered a few shooters and coaches who protest that inserting weed eater line in the bores of their air rifles can damage them. How serious a problem is this? Are there any alternatives?

A: National Standard Three-Position Air Rifle Rules are now very clear in requiring the universal use of CBIs in all air guns. This is the only type of safety flag we have found that effectively proves an air rifle is unloaded with no pellet in the barrel. Since safety is such a critical priority for our sport, the rigorous enforcement of this requirement without allowing any exceptions or alternatives is necessary. To prevent any possibility of damaging air rifle bores with CBIs, teach shooters the proper use of CBIs.

Easy insertion is aided by bending the last half-inch or so of the cord. It is also sometimes necessary to trim burrs off of the end to facilitate easy insertion. If CBIs are removed and dropped on the floor where they can pick up dirt or grit, putting them in the barrel could potentially cause damage. For this reason, all air gun shooters should pay attention to where they put their CBIs when they pull them out of their rifles or pistols. Just dropping them on the floor is not a good idea. It is a good idea for the shooter to keep a small soft cloth handy and to use it to wipe off the CBI before reinserting it. If CBIs are kept clean and off of the floor, there should be no possibility of damaging air rifle barrels.

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 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 www.odcmp.com/3P/EIC.pdf. If you would like more information on this program, visit the CMP website at www.odcmp.com/3P/EICProgram.pdf or email CMP Competitions at 3PAR@odcmp.com.

Badge #	Name	Hometown
219	Sammie Williams	Elberton, GA
220	Sarah McEwan	Charleston, SC
221	Gunner Overgaard	Clarkton, NC
222	Aaron Holsopple	Wilcox, PA
223	Courtney Duncan	Newnan, GA
224	William Teller	Mattaponi, VA
225	Matthew Brewer	Hampton, VA
226	James Keith	Albuquerque, MM
227	Abigail Stanec	Wadsworth, OH
228	Abigail Casey	McDonough, GA
229	Jessica Klein	Bay City, MI
230	Danielle Foster	Newport News, VA
231	Jason Nienhaus	St Louis, MO
232	Kirsten Moyer	Albuquerque, MM
233	Kelly Audet	Omaha, NE

New Three-Position Air Rifle Rules Released, continued

headquarters) so that any issues regarding ambiguous rules or rule interpretation issues can be identified. If the coach or competitor who submitted the protest still disagrees with the Jury decision, the coach or competitor has a right to submit the matter to the National Jury of Appeal for a review in accordance with Rule 9.2.3. The appeal must be received at CMP headquarters within 72 hours after the competition. The new rules provide procedures for doing this including a provision that the match sponsor or match director must be notified so that the National Jury can also consider his/her viewpoint. The decision of the National Jury is final.

* **Electronic Target Scoring.** The Orion VIS scoring system was added to the approved methods of scoring paper targets in Rule 8.2.

* **National Records.** Air Force JROTC was added to the list of categories where National Records may be established.

The National Three-Position Air Rifle Council continues to urge all coaches, competitors and match sponsors who have questions about the Three-Position Air Rifle Rules to contact the National Council Rules Hotline. If you have questions or recommendations concerning the rules, contact Vicki Donoho at vdonoho@odcmp.com or 419-635-2141, ext. 1102.



When the same shot that was scored with an INWARD gauge (Page 16) is scored with an 11.5mm OUTWARD gauge, it becomes much easier to see that this shot does not score an Inner ten.

Ohio Army National Guard and Civilian Marksmanship Program Host First Open House at the Camp Perry Marksmanship Center

Written by Sommer Wood, CMP Program Manager

In the summer of 2008, the Ohio Army National Guard (OHNG) and the Civilian Marksmanship Program (CMP) opened the Camp Perry Marksmanship Center, which features a state-of-the-art electronic air rifle range and a National Guard Engagement Skills Trainer (EST). Since the new facility opened several events and training sessions have taken place, but the range has not been open for the local community to take a hands-on tour. This was finally remedied on 15 November with the first Camp Perry Marksmanship Center Open House.

The event turned out to be a large draw. An estimated 500 people ventured out to Camp Perry on a very cold and rainy November day in Northern Ohio to see the new center and learn more about what it offers people who live in that area. Luckily, there were plenty of indoor events to draw people to the Marksmanship Center, including an old-fashioned turkey shoot on the CMP air gun range and open shooting sessions on the National Guard EST system. A total of 345 individuals tried their luck in the turkey shoot.

For the turkey shoot, participants were placed in a group of 10 shooters, and each person fired 10 shots. The individual in each group whose best shot was closest to the cen-

ter won a turkey. Rifles, pellets and safety instruction for the event were all provided by CMP staff and volunteers, so the only thing participants had to worry about was hitting the center of the target, which many were successful in doing. In all 40 turkeys were awarded by the CMP, and participants of all ages took part in the fun.

The National Guard EST was also a popular attraction, as shooters took turns cycling between it and the CMP turkey shoot. The EST system uses a technology similar to video games, and allows the National Guard to provide soldiers with valuable training in various shooting scenarios. For the soldiers this often means engaging an enemy in a battlefield situation, but for the Marksmanship Center Open House turkeys were the targets being chased on the screen. But unlike the turkey shoot on the CMP range, the turkeys on the EST could chase back, adding an extra element of excitement to the activity. Participants were allowed to shoot M16's and grenade launchers to try to take-out the attacking birds, and despite all the firepower the turkeys occasionally won.

Visitors who worked up an appetite were treated to hot dogs and refreshments, and the CMP store was also open for anyone who

wanted to pick up a souvenir. The event was considered a great success and the CMP and OHNG would like to thank everyone in the community who participated. To find out about future events planned at the Camp Perry Marksmanship Center or at the CMP South Marksmanship Center in Anniston, AL, please check online at <http://www.odcmp.com/MarksmanshipCenters.htm>. Pictures from the Open House can be viewed at <http://www.odcmp.com/Photos/08/CPOpenHouse/index.htm>.



Cally Sebastain, 5, fires a shot downrange with the assistance of her mother, Haley Halstead.

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