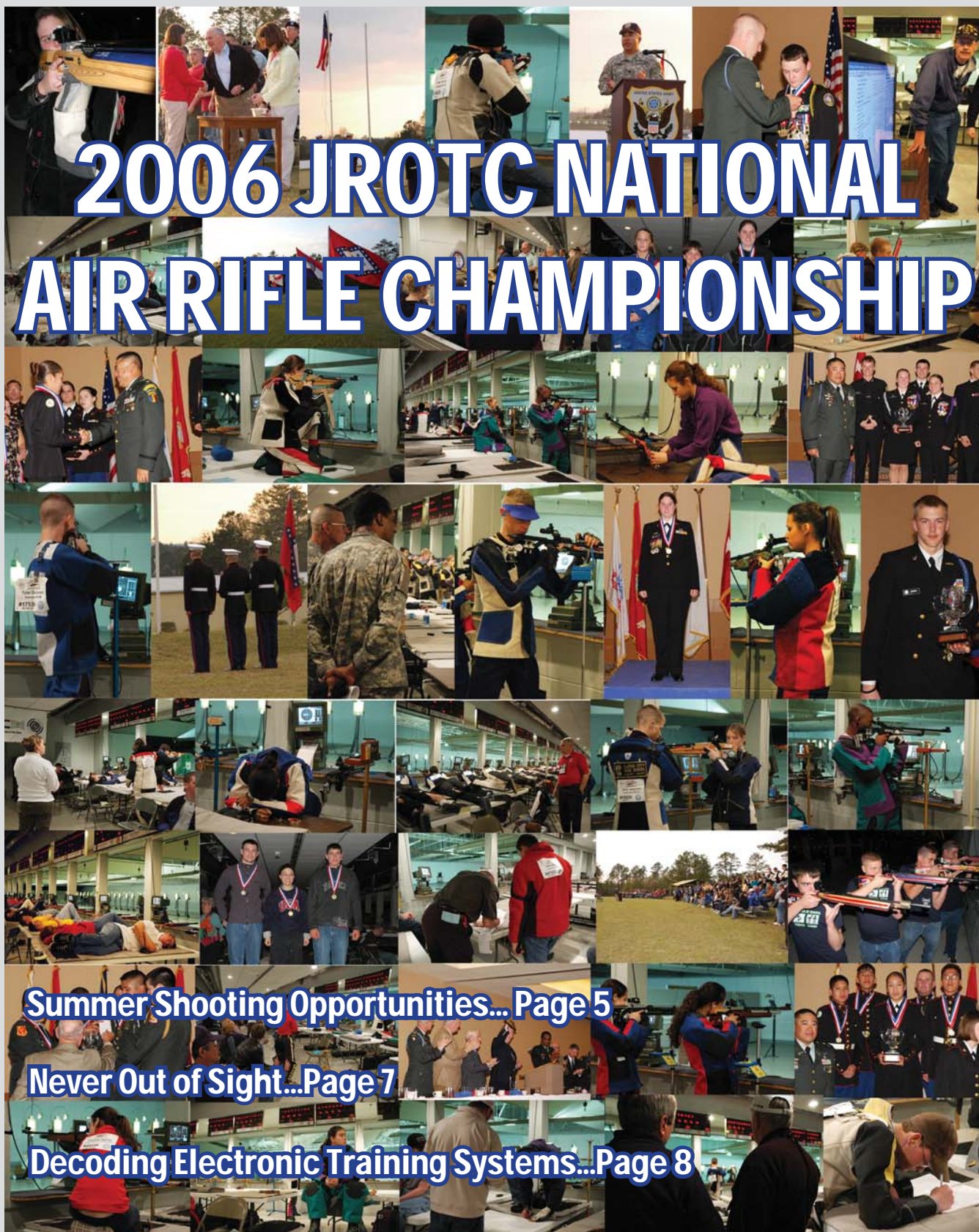


ON THE MARK

THE NEWSLETTER FOR COACHES AND JUNIOR MARKSMEN © JUNE 2006



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2006 National JROTC Air Rifle Championship

By Sommer Wood, Staff Writer/Editor

For 124 individual JROTC cadets and 23 Army, Marine Corps, and Navy JROTC teams March Madness took on a whole new meaning as they went shoulder-to-shoulder in the JROTC National Air Rifle Championship at Fort Benning, Georgia, 23-25 March. Like the teams competing in the NCAA Basketball Tournament, the road to the Championship was grueling for all those who advanced to the final round. The field began with 5,358 competitors and 974 teams, competing in their respective JROTC Service Postal Matches which concluded in December. From these Postals each Service advanced their top Sporter and Precision teams and at-large individuals to JROTC Region Championships. These competitors qualified by brigades/area commands, districts or areas to JROTC Eastern and Western Region Competitions held in February at Fort Benning (Eastern) and the Olympic Training Center in Colorado (Western).

The field was narrowed to 469 competitors and 110 teams for the Region Championships, all shooting to make it to the "Big Dance" at Fort Benning in March. Making it to the Championship round was not an easy task; only the top two teams and top three at-large individuals, sporter and precision, for each Service, advanced from the Eastern and Western Regions. But at the conclusion of the February regionals, the stage was set and the top JROTC Air Rifle teams and competitors began gearing up to go shoulder-to-shoulder for JROTC National Championship honors.

As with any National Championship, top performances are expected and this year's JROTC National Air Rifle Championship was no exception. Twelve National Records were tied or broken over the two-day event, and two team and two individual champions were crowned.

Leading the way in setting new records was Overall Sporter Champion Lauren Strebel from Owen J Roberts HS NJROTC in Pottstown, Pennsylvania. Strebel dominated both days of competition and won the overall aggregate by seven points. On the first day of competition she posted an impressive 96.1 final to claim the Navy 3x20 plus Final Record with a 645.1. On the second day, Strebel improved her standing score by nine points to claim both the Navy 20-shot Standing Record with a 181, and the Navy 3x20 Record with a 556. This put Strebel on pace to break her 3x20 plus Final Record she had set the day before, but she shot a 4 early in the final round to throw her off pace. This did not shake her up, though, and she still went on to shoot an 87.6 final and remained the top shooter of the day and the Overall Sporter Champion.

After the first day of competition in the Precision class, Overall Precision Champion Megan Smith of McEachern HS NJROTC in Powder Springs, Georgia found herself three points behind Kent Wilcox of Shelby County HS MCJROTC in Shelbyville, Kentucky. Wilcox tied the Marine Corps 20-shot Standing Record with 195 on the first day, but the second day got off

to a rough start when he shot a 193 in prone and slipped behind Smith in the



Megan Smith, of McEachern HS NJROTC, GA was the 2006 National JROTC Individual Precision Champion with a 1259.55 score.

point standings. Smith won the Overall Championship by one point with a 1259.55.

The Sporter Team Championship also saw several records broken. Tuba City HS MCJROTC from Arizona shot a 2144 to set a new Marine Corps 3x20 Team Record. The Tuba City record came on the second day of competition when both Tuba City and R. L. Paschal HS AJROTC of Fort Worth, Texas made valiant efforts to catch the Overall Sporter Team Champion, Bogalusa HS AJROTC from Bogalusa, Louisiana. This was the third year in a row for a Bogalusa win, but this year was the closest ever. The final margin between Bogalusa and R. L. Paschal was only three points, while Tuba City was only 17 points off the winning score.

The Bogalusa team was lead by MAJ Ricky Fredieu, Coach, and firing members Blake Phillips, who finished second in the Overall Individual Match, Tucker Lee, Cory Camp, and James Bell. Though the team did not reach the National Record score of 2145 they set in February at the Western Region Championship, they posted solid scores on both days to win the Overall Sporter Team Championship with a 4259 aggregate score. The Bogalusa victory was especially remarkable because Bogalusa lies just 60 miles north of New Orleans and took a direct hit from the eye of Hurricane Katrina. The devastation there was so severe that it took several weeks before the



Shelby County HS from Shelbyville, KY claimed the 2006 Overall Precision Team Championship, their third JROTC National Championship in four years.

Continued on Page 11

◎ Sighting Shots ◎

◎ **2006 Pistol and Rifle Small Arms Firing Schools** - The 2006 Small Arms Firing Schools (SAFS) will again provide outstanding marksmanship instruction to nearly 1000 students. This year, however, SAFS students also will be able to compete in two exciting new matches. SAFS instruction provided by Army Pistol and Rifle Teams and supported by coaching from Army, Air Force, Marine, Navy and Coast Guard team members has long been regarded as some of the best available anywhere. Now this great instruction will be accompanied by a new M9 Pistol EIC Match at the end of the Pistol SAFS and the M16 EIC Match at the end of the Rifle SAFS. Information and on-line registration for the 2006 Pistol and Rifle Small Arms Firing Schools are posted on the CMP web site at <http://www.odcmp.com/NM/safs.htm>.

◎ **2006 USMC Junior HP Rifle Clinic** - One of the most popular programs for junior highpower shooters is the CMP junior camp that is conducted each year at Camp Perry by the U. S. Marine Corps Rifle Team. Juniors interested in attending this school should review the clinic program and register on-line at <http://www.odcmp.com/NM/JrHPClinic.htm>.

◎ **Shoot in the National Rimfire Sporter Match** - The National Rimfire Sporter Match is a fun-filled, open event that both juniors and adult shooters can enter. Come to Camp Perry during the National Matches on 23 July to be part of this recreation-oriented competition which will celebrate its 5th year. Information and on-line registration is posted on the CMP web site at <http://www.odcmp.com/NM/rimfire.htm>.

◎ **Three-Position Air Rifle Council Meeting** - The National Three-Position Air Rifle Council, comprised of representatives of each of the organizations belonging to the Council, will have its annual meeting at Bowling Green, KY on Friday, 7 July, during the National Junior Olympic Air Rifle Championship. The Council meeting agenda includes the scheduling of 2007 three-position air rifle championships and consideration of several proposed rule changes. Anyone who wishes to submit rule change recommendations or other items for consideration by the Council should send them to sjudd@odcmp.com not later than 1st of July.

◎ **National Match Entries** - Junior pistol shooters are encouraged to participate in the special junior pistol events that are part of the National Trophy Pistol Matches on Sunday, 16 July. Juniors compete with .22 cal. pistols in the President's Pistol (40 shots) and National Trophy Individual Pistol (30 shots) Matches and as members of two-person teams in the National Trophy Pistol Team Match (30 shots each). As many as 300 Junior highpower rifle shooters are expected to participate in the National Trophy Rifle Matches that begin with the USMC Junior Clinic on 28 July and continue through a full week of high-power service rifle matches that end on Saturday, 5 August. Everyone who plans to participate in any National Matches event is urged to submit entries as soon as possible. Enter the CMP National Matches events on-line at <http://clubs.odcmp.com/matches>.

◎ **CMP SJDs Retiring**. CMP would like to recognize State Junior Directors Bob Inness, MD, Phillip Williams, GA and Col. Tom Johnson, NC who will be stepping down from their positions this summer. They have provided outstanding service for junior shooting and the CMP and will be greatly missed. In addition to the states they represented, CMP is looking for State Junior Directors in DE, ID, KS, MN, MT, ND, TX and VT. Those interested should contact the CMP SJD Coordinator, Lue Contreras at lcontreras@odcmp.com.

◎ **USA Shooting - Travel with Air Gun Cylinders** - As summer travel begins for juniors attending shooting camps and competitions, it is a good idea to check TSA regulations before trying to fly with air rifle cylinders. USA Shooting provides information for flying with cylinders on their web site at <http://www.usashooting.com/modules.php?op=modload&name=News&file=article&sid=233&mode=thread&order=0&thold=0>. If you are still in doubt, contact your airline prior to your arrival at the airport.

◎ **CMP ROTC Scholarships Announced for 2006-2007** - The CMP is privileged to announce the awarding of 100 college scholarships to deserving college students who excelled academically and in their rifle marksmanship activities. Scholarship recipients must enroll in ROTC during the 2006-2007 college year. Each year the CMP awards up to 100 \$1,000 scholarships in cooperation with the U.S. Army Cadet Command, the U.S. Marine Corps Training and Education Command and the U.S. Navy Education and Training Command. Congratulations to all of the students selected to receive these scholarships. For a complete list of the 2006-2007 scholarship winners go to, http://www.odcmp.com/Programs/honor_roll.htm.

◎ **2006 National Guard Air Rifle Tournament** - The National Guard Bureau has announced the teams that have advanced to the 2006 NGB Junior Air Rifle Tournament. The Tournament will take place 27-29 June at Western Kentucky University in Bowling Green, KY. The Sporter teams advancing are Ripley High School AJROTC, Lafayette Gun Club of VA, Spanish Springs JROTC, North Mesquite High School JROTC, North High School MCJROTC, Buckhorn High School JROTC and last years Sporter Champions Homestead 4-H Shooting Club. The Precision teams advancing are Dubois Junior Rifle Team, Mt. Jefferson High Desert Eagles, Spalding County Shooting Sports, Homestead 4-H Shooting Club, Wyoming Antelope Club, St. Louis University High School and TX Community Shooting Club. Be sure to check the CMP website at www.odcmp.com for results.

◎ **Highpower NM Junior Support Program** - Applications are being accepted for the 2006 National Match Junior Highpower Support Program. This program is designed to provide financial assistance to junior teams attending the National Matches at Camp Perry. For more information and applications, visit the CMP website at <http://www.odcmp.com/NM/JrHPSupport.htm>.

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.

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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 letterstotheeditor@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>.



Massachusetts Junior Highpower Clinic Reading Rifle & Revolver Club

Submitted by Maureen Trickett, CMP Junior Director MA

On April 22, 2006, Reading Rifle and Revolver in Reading, MA hosted a Junior Highpower Clinic. Registration was interesting; I had more phone calls from adults who wanted to take the clinic than I had juniors. I even had one who wanted to know if I could push the age up to 28 to qualify as a junior so he could attend. I did not have to worry though about filling the junior slots, all 40 filled very quickly. All in all, I was really impressed that there was that much interest by both juniors and adults for the highpower sport. We were also very lucky that Nashua Fish & Game Assoc., Merrimack, NH, was running a clinic the same weekend that I could refer the adults to rather than flatly turning them down.

Our clinic was a two day event with the first day consisting mostly of indoor classroom work and demonstrations. The classroom section was run by Mike Schunemann, with position demonstrations by Kevin Trickett. They covered everything from equipment to pulling targets. They also went out and had a tour of the 200, 300 and 600 yard lines. And of course our favorite place, the pits. Also all were warned not to wear anything regarding

the Yankees in front of our pit boss, Joanne, a true Red Sox fan.

Day two was to be a washout according to the forecast. I let the kids know, but they agreed they wanted to come back and get wet and muddy.

Spoken like true high power shooters! Unfortunately, we did have to postpone the shooting event until the following Sunday because of the weather was too severe. Though luck was on our side and the next Sunday was beautiful.

On the firing line, we had one coach with every two shooters. Coaches on the line were not just any coach; all of them were either masters or high masters. Many of them are Distinguished or very close to becoming Distinguished. The coaches ran in ages from 17 to retired military, with many other talented individuals in between. The shooters stayed with their coach throughout the day, both on the line and in the pits. The kids and coaches were able to establish a bond with each other, and they also had an opportunity to hear some war stories from the coaches. The pits are a great place for this. Relays one and two went to the line, and three and four to the pits. Mike Schunemann ran the line while coaches worked with relay one and support staff helped relay two with scoring and safety.

After jackets were fitted and equipment sorted out the firing began. It was hard to tell who had the bigger smiles, the juniors shooting or the coaches, as the targets came up and down with the spotters in the black most of the time. The juniors were instructed in slow prone, rapid prone, rapid sitting and our all-time favorite, offhand.

Lunch time came and so did the canteen truck. We were running behind so I told everyone it was just going to be a 10 minute break. This is where the coaches showed the juniors



how it was possible to eat a whole hot-dog and a slice of pizza in record time, or how to eat and score at the same time without getting the score card dirty.

While one relay was on the line getting instructions from their coaches, the others were in the pits learning target etiquette from the best pit boss in the area, Joanne Mallott. She pulls no punches and instructs her pullers to make the life of the shooter very enjoyable. We even had one comment from a junior on our comment sheets saying that their favorite part of the clinic was pulling targets.

As the day ended and all firing was completed, both the juniors and their coaches came back to the club house to be greeted by parents and receive their certificates from CMP. The club also donated several T-shirts that were presented to the top three male and female shooters of the day. Comment sheets were handed out to all the shooters and coaches and the request I saw most was, "to do more shooting!" 95% wanted to come back and shoot across the course and most were interested in participating in a junior program.

All I can say is that I was impressed by the attitudes and abilities of these young men and women, and I hope they all do come back. If they do, the sport will be kept alive for many, many more years.

It was a GREAT two weekends for all!



To search for a CMP Club Sanctioned Match or Clinic in your area, click on the CMP web site at <http://clubs.odcmp.com/matches#GARAND>.



Summer Shooting Opportunities for Juniors

By Gary Anderson, DCM

Summers can be a special time for junior shooters. Without the time demands of school, summers offer more time for extra training as well as the travel necessary to compete in the most important championships of the year. The 2004 and 2005 summer issues of *On the Mark* reviewed shooting opportunities that were available to junior shooters during the summer. This year, *On the Mark* again looks at the many shooting opportunities that can make this summer a special time for junior shooters.

Summers can be a time when juniors do extra training to improve their skills to be better prepared for the upcoming fall-winter shooting season. Summers are also a time to participate in one or more of the many junior or open national championships that offer prestigious junior titles. As you read about special summer shooting opportunities that might interest you and your juniors, use the chart on page 14 to obtain dates and sources of more information about those activities. Note that many activities like the CMP Junior Rifle Camps and NRA National Junior Smallbore Camp always fill early and that some competitions have qualifying competitions that took place in the winter and spring months. In those cases, you need to add those events to your list of activities to plan for in 2007.

NATIONAL CHAMPIONSHIPS

Top junior shooters' usually focus their goals and annual training plans on national championships that take place during the summer. National championships attract the best junior and senior shooters. They determine who the best shooters in the country are in competitions for prestigious trophies and titles that usually have fascinating histories and traditions. Almost every national shooting championship offers junior championship titles as well. Some juniors go to these championships striving to make winning performances in competitions for open and junior national champion titles. Many others attend these championships because the best shooters are there and there is much to learn from them. Still others go because competing in national championships is always a great experience. Many of these championships offer reduced entry fees for juniors and have other program features designed to encourage more juniors to attend. Championships taking place in the summer that are of particular interest to junior shooters are:

USA Shooting National Championship.

This is the national championship for Olympic and world championship shooting events in rifle, pistol, shotgun and running target. Every event offers both open or senior titles that juniors can and sometimes do win, plus junior titles that only juniors can win. The Olympic events include three-position and prone smallbore rifle, air rifle standing, air pistol, free and rapid fire pistol, running target and skeet, trap and double trap. Members of the U. S. National Team and U. S. National Development Team (national junior team) are selected at this championship. This is a must-attend championship for juniors who want to shoot in college or who dream of some day making an Olympic team.

CMP National Trophy Rifle Matches.

Juniors who compete in service rifle matches or who are interested in trying highpower rifle shooting will find plenty of reasons to attend these competitions at Camp Perry, Ohio. National Trophy Rifle week is the biggest week in the National Matches with nearly 3,000 total competitors and almost 400 juniors. These matches offer opportunities for brand new highpower shooters as well as the best junior highpower shooters in the country. Experienced junior highpower shooters start the week by attending the popular USMC Junior Highpower Service Rifle Clinic. Junior shooters with no highpower competition experience begin their week at Camp Perry by



The most sought-after individual junior honor at the National Trophy Matches is winning a place on the National Junior Rifle Team as one of the overall top six junior shooters in the Colonel Bill Deneke Trophy Match. The 2005 National Junior Team pictured above from left to right were John Volk, National Coach, Heidi Bickel, Team Captain, James Fox, Julie Coggsall, Kevin Trickett, Justin Utley, Jake Quamme, and Christopher Atkins.

attending the Rifle Small Arms Firing School taught by the U. S. Army Rifle Team.

National Trophy service rifle competitions include the President's Match, the National Trophy Individual Rifle Match, the Whistler Boy Junior Team Match, the National Trophy Team Match and the unique National Trophy Infantry Team Match. Many state rifle and pistol associations train junior highpower teams to compete in the Whistler Boy Junior Highpower Trophy for two-person teams, in the Minuteman Trophy Team Match for six-person junior teams and in the National Trophy Infantry Team Match, also for six-person teams. The most sought-after individual junior honor is to earn a place on the National Junior Team as one of the overall top six junior shooters in the Colonel Bill Deneke Trophy Match.

The CMP has a popular support program that junior highpower rifle shooters who are attending their first or second National Matches can use to help offset travel and entry fee

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Juniors can compete for national championship honors! At the 2005 National Trophy Rifle Matches, Steven Skowronek of Irwin, PA became the first junior to win the John C. Garand Match with a record breaking score of 292-8X. He poses here with his Garand Rifle.



Heather Depp of San Antonio, TX won the CMP's Junior Pistol Trophy during the 2005 National Trophy Pistol Matches. Depp was also the high Junior in the President's Pistol Match and was a member of the winning National Pistol Team Trophy team. This summer, Heather will be competing in the World Shooting Championship at Zagreb, Croatia, as a member of the USA Shooting Team.

expenses. Regulations and application form for the CMP Junior Highpower Support Program are on the CMP web site at <http://www.odcmp.com/NM/JrHPSupport.htm>.

CMP National Rimfire Sporter Match.

This competition, which will take place at Camp Perry, Ohio, during the National Matches on 23 July, offers juniors and adults an opportunity to compete with sporter-class smallbore rifles that can weigh no more than 7 ½ pounds in a fun-filled, less formal atmosphere. Members of 4-H Shooting Sports Clubs who shoot in a Rimfire Sporter Match at either their state 4-H championship or the 4-H National Invitational will have their entry fees waived for this match.

NRA National Smallbore Rifle Championships. The NRA National Smallbore Rifle Position and Prone Championships are always popular competitions for juniors. As many as 40 percent of the 350 or so competitors who attend these traditional smallbore competitions are juniors. NRA smallbore championships offer juniors several daily events with junior competitors divided into classifications. Newer or less skilled competitors compete for awards in the Marksman, Sharpshooter and Expert classes. A major appeal of these competitions is that they are part of the National Matches at Camp Perry, Ohio. Camp Perry is located in an enjoyable vacation area and features a commercial row lined with shooting equipment suppliers.

CMP & NRA National Matches for Pistol. The three big summer competitions for junior pistol shooters are the USA Shooting National Championships, with competition in the Olympic pistol events, the NRA National Pistol Championship and the CMP National Trophy Pistol Matches. Juniors who shoot in the 2006 NRA National Pistol Championship have the option of firing the entire 2700 aggregate in a "Made-in-America Junior Championship Program" where junior pistol shooters must fire .22 caliber "made in America"

pistols. CMP junior competitors fire .22 caliber pistols in the President's Match, National Trophy Individual and National Trophy Team Matches. The Junior Team event is a two-person event. Juniors who compete in these events can fire any .22 caliber standard or sport pistol.

JUNIOR SHOOTING CAMPS

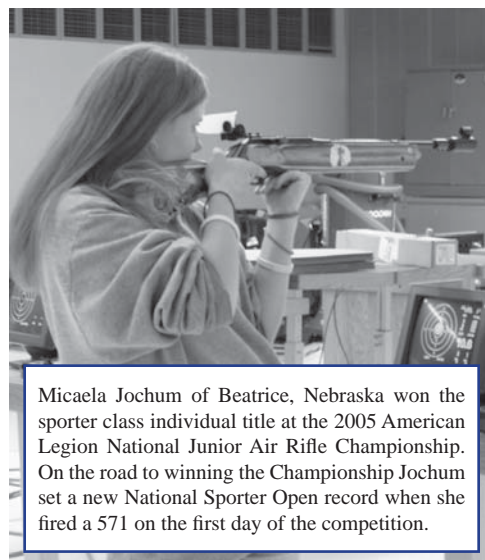
One of the best ways for junior shooters to improve their competition scores is to attend a junior shooting camp. The CMP, NRA and USA Shooting all sponsor outstanding shooting camps led by instructors with impressive teaching and competition credentials. In addition, there are many regional and local camps that offer opportunities to learn and improve skills. Shooting camps typically last three to five days and let campers learn new or advanced shooting techniques from expert instructors and spend lots of time on the range practicing. Camps typically have counselors or coaches who are accomplished competitors and who provide lots of hands-on coaching during range-firing sessions. Almost all juniors who attend camps report significant improvements in their shooting scores.

CMP Junior Rifle Camps focus on three-position air rifle shooting. The camp director and chief instructor for the 2006 camps is U. S. Olympian and former National Rifle Coach Dan Durben. He will be joined by assistant camp director Sommer Wood and a staff of nine counselors who are all current college rifle team members. CMP camps always fill early.

The NRA conducts or sanctions a wide variety of camps that are organized or sanctioned by the NRA Education and Training Division. The NRA features National Camps in rifle, pistol and shotgun that offer advanced instruction and intensive training. The NRA National Junior Smallbore Camp, which takes place each summer at Camp Perry, is another camp that always fills early. Over the years, it has introduced hundreds of juniors to smallbore competition and the National Matches smallbore events.

There are also prestigious National Junior Olympic Camps in rifle, shotgun and sometimes in pistol that top juniors aspire to attend. USA Shooting, as the Olympic national governing body, is the lead organization in these camps that take place at the Olympic Training Center in Colorado Springs, but the NRA also plays a supportive role in helping to organize these camps.

This year, the CMP is cooperating with USA Shooting to offer an Advanced Camp at Fort Benning, Georgia, on 12-17 June during



Micaela Jochum of Beatrice, Nebraska won the sporter class individual title at the 2005 American Legion National Junior Air Rifle Championship. On the road to winning the Championship Jochum set a new National Sporter Open record when she fired a 571 on the first day of the competition.

the USA Shooting National Championship. 10 junior shooters who attended previous CMP Junior Rifle Camps were invited to attend this camp. Also this year, the U. S. Army Marksmanship Unit is offering a Junior Smallbore Camp on 14-18 August at Fort Benning, GA. The USAMU camp will be led by the coach and members of the Army International Rifle Team. It is designed for juniors between the ages of 13-20 who have at least a couple of years of competitive experience.

NATIONAL JUNIOR INVITATIONAL COMPETITIONS

The summer shooting season is when most national junior invitationals have final competitions. All but one of these championships have qualifying competitions in the winter and spring so it is important to plan well ahead to make it possible for your juniors to take advantage of the unique experiences these competitions offer. The one competition that is open to all interested juniors is the Daisy Air Gun Invitational. Junior air rifle and air pistol shooters who are still looking for an exciting competition challenge for this summer should consider this competition that takes place this summer at Bowling Green, Kentucky.

National Guard Bureau Junior Air Rifle Tournament. The National Guard runs a major postal competition during the months of January through March with sporter-class three-position air rifle and precision-class standing air rifle events. The top teams in both classes are invited to a national competition, which this year will take place at Bowling Green, Kentucky in late June.

National 4-H Shooting Sports Invitational. The 2006 4-H Invitational will take place in Rapid City, South Dakota, in late



CMP Junior Rifle Camps take place during the months of June and July. CMP camps host up to 50 juniors in training experiences that feature expert instruction and intensive practice with lots of individual hands-on coaching.

Never Out of Sight

By Sommer Wood, Staff Writer/Editor

Picture Courtesy of USA Shooting

Morgan Hicks is no stranger to big competition. In 2004 she was the NCAA Smallbore Champion and an Olympian at the Athens Games. But the Olympics were the last event she fired until the World Championship Try-Outs at Fort Benning, GA in April 2006. For even a seasoned veteran like Hicks, nearly two years could seem like an overwhelming lay-off to return from.

"I did not intend to be away from shooting for that long," said Hicks who was plagued by medical issues after the 2004 Olympics. "I became very anemic and would pass out randomly, so picking up a gun was out of the question. Finally I went to the doctor and found that I had a tumor on my reproductive organs," said Hicks who had surgery last November to remove the non-cancerous tumor. "After surgery you just can't jump right back into it, but after about two months I decided I really wanted to go to the World Championships."

But recovering from surgery was not the only thing on her plate, Hicks also helps coach the Murray State Rifle Team where she is in her second year of graduate school. "It's hard to practice during our season because I have classes like everyone else. And if I were to practice at the same time as the team it

would defeat the purpose of me being a coach. Since it is not a typical practice situation like when I was an undergrad and I don't have all the time in the world, I made every minute count!" said Hicks. After the NCAA Championships in March her range time increased to five or six times a week, but she was left with little time to prepare as the April Tryouts loomed near.

"Going into the Tryouts I was so nervous, this was my first match since the Olympics! It was scary, not knowing if I still had it, what scores I might shoot. I don't count any scores I shoot unless I shoot them in a match, so practice scores are just that, practice. I was also worried because I don't have access to an outdoor range. All my smallbore practice is on a 50 foot indoor range, this is to prepare for a 50 meter outdoor match!" recounted Hicks.

The lack of outdoor training facilities and the long lay-off appeared to have little effect though as Hicks finished the first day of smallbore competition in second place. She held her position behind fellow Olympian Emily Caruso to finish second in smallbore and qualify for the World Championships. But Hicks mission was not complete, she also finished second in air rifle, her Olympic event, to double qualify for Worlds.



She will now have a packed summer as she travels with USA Shooting in preparation for the World Championships in Zagreb, Croatia which will be held 22 July through 5 August. This is great news for Hicks, though she will be greatly missed this summer at the Civilian Marksmanship Program's Junior Three-Position Summer Camps where she was scheduled to be counselor for a second summer in a row. No fear though, there will still be a Hicks family member on staff as her younger brother Cameron will take her place.

The CMP Guide To Rimfire Sporter Shooting



- The CMP Games Shooting Sports Program
- The Rimfire Sporter Match
- Basic Rifle Marksmanship Skills for Rimfire Sporter
- How to Fire the Rimfire Sporter Course of Fire
- How to Conduct a Rimfire Sporter Match
- How to Sanction a Rimfire Sporter Match
- Official CMP Rimfire Sporter Rules
- Official Program, National Rimfire Sporter Match

2nd Edition, with 2006 CMP Rimfire Sporter Rules

The 2006 version of the CMP Guide to Rimfire Sporter Shooting is now available. The new guide includes the official 2006 CMP Rimfire Sporter Rules, detailed instructions on how to shoot Rimfire Sporter, instructions for match sponsors on how to conduct Rimfire Sporter Matches and the official match program for the 2006 National Rimfire Sporter Match at Camp Perry.

The guide is now posted on the CMP web site at <http://www.odcmp.com/Competitions/rimfire.pdf>. It can be downloaded

and printed from there. In addition, shooters or clubs that need printed copies of the CMP Guide to Rimfire Sporter for distribution at a club event, clinic or match may request them from the CMP. The guides are free of charge as long as requests are for reasonable quantities. Contact kwilliams@odcmp.com or 419-635-2141, ext. 1109.

CMP to Hire New Program Manager

The CMP is now conducting a search to hire a new Program Manager who will work as a member of the CMP program staff at Camp Perry. CMP program managers report to the DCM and are responsible for planning, organizing, promoting and conducting specific CMP programs under the direction of the DCM and CMP Board of Directors. This position will be responsible for programs that include the new Garand-Springfield-Military Rifle Clinic Program, special CMP junior camps and clinics, Regional CMP Games planning and operations and CMP rules coordination. The person selected to fill this position should have a bachelor's degree from a four-year accredited college or university together with extensive experience as a shooting sports instructor, match official and competitive shooter. Experience in making effective written and oral communications is important; management experience in other fields is also relevant. Qualified individuals who are interested in applying for this position may submit resumes and/or request a detailed job description by contacting Kathy Williams at kwilliams@odcmp.com.

Behind the Line: Decoding Electronic Training Systems

By Dan Jordan

In the last issue of *On The Mark*, I discussed drills that focused on maximizing limited training opportunities. Measuring drill effectiveness often requires a great deal of personal accountability and feedback from the shooter. Those drills are good for addressing issues such as comfort zones, confidence, and expectations. However, technical issues can be more difficult to address, even more so if a shooter's abilities exceed a level that their coach is used to working with. Small details and technical problems can be difficult to communicate between a shooter and coach because the coach cannot see what the shooter is seeing. There is a way to bridge this gap with the use of electronic training systems. These systems may seem intimidating at first, but with a little knowledge of how they work electronic trainers can become invaluable tools.

Electronic training systems such as the SCATT, Noptel, and RIKa are widely known and available from several shooting suppliers in the United States. Priced at around \$800-\$1200, these machines are an investment. Because they are a fairly expensive item, it is often more economical for a club or school to purchase one than an individual. Each system has its own benefits and detractors, so each should be researched to determine the best choice for your needs. The SCATT trainer is the system I am most familiar with and will be the one referred to the most in this article.

The current training systems on the mar-

ket use some version of a target frame that is placed down range, and an aiming sensor which mounts to the barrel of the gun. The two work together through the use of light to produce a tracing of the shooters hold. The sensors transmit data to a computer, which processes and records the information that the trainer produces. By reviewing these tracings, the shooter and coach can observe hold length and patterns, shot recoil and focus/follow through. Keep in mind though that score is not the focus when using these machines. Scoring is not precise, meaning the score produced is arbitrary and not a true measure of one's shooting. The hold tracings, recoil, focus/follow through and the graphs generated should be the focus. You should be looking for tendencies, habits, and weaknesses. Also, different trainers cannot be compared equally as electricity, sensors, external light sources and parameters within the program are often different. Often times the tracings will be similar from machine to machine, but values and numbers will be different.

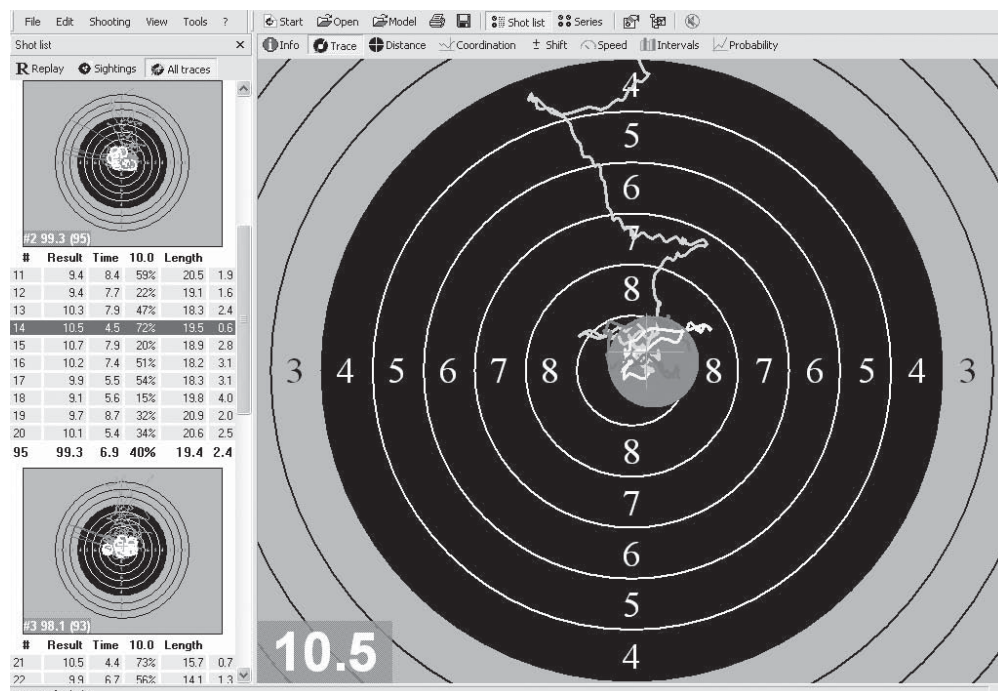
One of the major benefits of using an electronic trainer is the ability to practice anytime and anywhere. All of these machines operate in dry fire mode, making a live fire range unnecessary. Live fire is also possible on some systems, allowing recoil to be recorded as well. Many of the trainers can be used for both rifle and pistol. Also they can be operated at distances shorter than the required range length,

with some systems needing as little as three meters from target to sensor to work properly. This means almost any room can become a possible training site. Around the world some shooters train as much as 75% of the time on an electronic training system. The information recorded can provide a wealth of knowledge to both the shooter and coach.

Many people ask what the numbers on a SCATT display screen represent. The information for each shot is broken down into columns that appear as a series of numbers, these numbers are also presented in various graphs. In a review, from left to right, of the columns on a SCATT screen, I will provide a brief explanation of the values represented in each column. Then I will discuss how to use the information provided in greater depth and how to read the graphs.

The first and second columns on SCATT are the shot number and the shot value. The value in the Time column represents the time that the shooters hold was within the target area. The 10.0 column provides a percentage of time that the shooters hold was within the 10 ring. The 10.0a column provides the percentage of time the recorded shot would be in the 10 ring if the hold were centered on the target. The 10.5 and 10.5a columns are generally then next listed, but are not needed and can be removed from the menu. The last column provides the Length or L value. This is the length of the tracing during the last second of the hold. This number is very important because it shows how steady the hold is at the time of the shot. For instance, if the shooter jerks their trigger it will be recorded here. Other recording options are available, but they are not critical to evaluating performance and can be removed from the menu.

The first thing everyone notices with electronic systems is the colored tracing of the shooters hold. Not only is it neat to see, there is a lot of information recorded here. For instance, you can see if the hold is swaying from left to right, if there is heartbeat transfer or if the natural point of aim is centered. Over the course of a practice session and multiple sessions, shooters will begin to see tendencies in their holds. They may find their hold breaks down over time, or perhaps improves. They may begin to experiment with their positions to see the effect of the changes. Coaches can now see what the shooter is seeing and address any position deficiencies or technical problems with greater effectiveness. Repeated sessions



on the SCATT can show shooters their progress, and is a wonderful tool for testing the effects of adjustments to position and equipment.

Several things I look for when watching a shooter on SCATT are:

- **The Approach** – Make sure the shooter is approaching the target from the same direction every time. The trace for standing should be from 12 o'clock, in kneeling and prone it should be from 6 o'clock. Watch to see if they approach at the same speed each time or if it is haphazard. The program has the ability to zoom in and out on the target so the entire approach can be viewed. The standard recorded trace time in SCATT is five seconds; this means that only the last five seconds of the shooters trace is recorded. This time can be extended to 10 or 15 seconds by selecting the *Options* menu in "aiming time". This may be necessary for you to view the shooter's entire approach. Also if you select the *Series* menu, then select *shooting*, and select "all tracings" you can view all of the approaches at once to see tendencies and consistency.
- **Execution** – Does the shooter have smooth trigger control and execution? This can be determined by examining the trace more closely. The trace is broken down into four different color lines. The green portion represents the shooters approach to the target, and is the longest part of the trace. The yellow line is the last second of the hold prior to the release of the shot. The blue line records the distance the hold moved when the shot was fired; this is important in determining trigger control. The red line follows the execution of the shot and records follow through. Optimally the shot itself (the white circle) should cover the blue and yellow lines, showing there is little movement when the shot is released.
- **Focus/Follow Through** - Is the shooter able to "Focus Through," or maintain concentration throughout the whole process of the shot? Watch to see if they give up too early and drop the gun from the center of the target, or if they allow the recoil of the gun to carry them off center. Recoil should be consistent and as vertical as possible. Again the "all tracings" setting can show consistency in this as well.

One of the interesting things about the SCATT system is the graphs it produces. They can provide invaluable information when used correctly. Remember, the graphs will only generate in "Match" mode, not practice.

Here is some of the information that I look for on the graphs:

- **Coordination Graph** – This graph shows



the time of the hold versus the location of hold (how close to the center of the target). This should be a smooth transition as the shooter approaches the target and takes the shot. If the line rises at the end of the hold, this is a possible indication of a lack of focus/follow through.

- **Time Interval** – If the shooter is shooting a match or long string of shots uninterrupted, the time interval graph will measure the consistency of the timing and rhythm of that string. If the shooter begins rushing, the result will be evident on this graph. This graph can also be expressed as a percentage when viewed on the *General Information* scene under the "stability of time interval" heading. The higher the percentage recorded, the more consistent is the shooter's rhythm. Most good shooters will be somewhere between 60-70%, with the top shooters in the world reaching 90%+.
- **Speed Graph** – Shows the speed of the hold versus the hold length. Many beginning shooters will show an increase in speed, or movement, in the last .2 or .3 seconds prior to their shot. This is the result of the shooter failing to focus through sufficiently. Optimally, the graph span should show consistency or even a decline in movement as the shooter settles on the target.
- **Time Shift** – This graph shows what the score for the practice session would have been if the shots had been fired at varying points in the shooters hold, prior to the actual recorded shot. Basically it measures the reaction time of the shooter. It determines if they are executing their shots when their hold is at it optimum point. Most shooters will see that their score would improve

if they execute their shot .2 or .3 seconds earlier. Though simply trying to pull the trigger faster will not solve the problem, it will only lead to the shooter jerking the trigger and disturbing the shot. Instead, focus should be shifted to being more prepared for the shot when it presents itself. The shooters mind has to be prepared for the hold, not waiting until the sights are on the target. Applying pressure to the trigger early, before the shot settles, can also improve reaction time. Focus through is also critical, steadying the hold both before and after the shot.

While SCATT offers other graphs and information, many of these are not practical for most shooters, or can only be applied in specialized situations. Parameters can be changed within the program to manipulate data to fit your needs. Especially useful is the SCATT web site, www.scatt.com, which provides downloads of SCATT files from the top shooters around the world. Learn from these shooters, and strive to duplicate numbers they produce.

Electronic training systems may seem pricey at first, but to the teams and individuals who own them they have proven themselves to be a wonderful tool worth the investment. These machines will provide invaluable information that is not available through traditional training techniques.

Dan Jordan is the head coach of the University of Alaska-Fairbanks Rifle Team. He has won numerous national and international medals including a Silver Medal in Men's three-position smallbore at the 2004 Paralympic Games in Athens, Greece. He has over 15 years of shooting experience and over 7 years of coaching experience. He is a member of the U.S. Paralympic Team.

Three-Position Air Rifle Rule Interpretation: Weighing Triggers on Sporter Air Rifles

Q: When and how should we weight triggers on sporter air rifles?

A: Rule 4.2.3 of the *National Standard Three-Position Air Rifle Rules* requires that sporter-class air rifles be capable of lifting a 1.5 pound weight when the trigger is cocked. When many sporter class rifles come from the factory, their triggers are product-liability nightmares, with heavy pulls and lots of engagement. Many coaches perform simple gunsmithing alterations to lighten trigger pulls and smoothen or reduce the amount of sear engagement on these rifles. *Tom Johnson's Sporter Tips*, which is sold through the CMP E-Store (NLU #716, \$2.00 each), describes how to do this. The problem is that some people reduce the trigger pull weight too much and end up with an illegal trigger. The trigger weight requirement is in the rules to assure that all competitors have access to triggers with similar capabilities and that no one gets a special advantage by having an especially light trigger.

It is not necessary to check triggers before every competition, but weighing triggers as part of an equipment inspection process is routinely done at every national level three-position air rifle competition. Checking sporter air rifle triggers is, nevertheless, easy to do and should be done frequently enough to assure that position air rifle competitors are competing with legal rifles. Trigger weighing should be done before the competition, not during or after a match. This assures that a competitor with a trigger that is too light will have an opportunity to correct the fault before competition starts. A primary purpose of rule enforcement is to help competitors comply with the rules, not to catch them later to disqualify them for an inadvertent violation. This, of course, does not prevent match officials from spot-checking rifles after firing if there is a concern that a trigger might have been altered after it was checked.

Trigger weighing is done with specially designed "trigger weight" that has a hook and long extension to suspend the weight from the trigger. The extension must be shaped so that it does not touch the stock while hanging from the trigger. Certified 1.5 lb. trigger weights are made and sold by Pilkington Competition Equipment. Order item "3PW" or "3P Weight," \$30.00 each.



To weigh a trigger correctly, follow this sequence:

1. Make sure the rifle is unloaded. The rifle must be presented with its action open and a CBI inserted in the barrel. If it does not have a CBI in it, insist that a CBI be placed in the barrel before inspecting it to visually confirm that the air rifle is unloaded.
2. Cock the trigger or firing mechanism. Hold the rifle with the muzzle pointed up. It is not necessary to charge a pneumatic air rifle before checking the trigger. On CO2 or compressed air rifles, the gas/air cylinder may be removed or disengaged. Remove the CBI and cock the trigger; make sure the bolt is pulled all the way to the rear and then close it.
3. Place trigger weight hook on trigger. With the muzzle pointed up, place the trigger weight on the so that the hook rests on the middle of the curved part of the trigger.
4. Gently and slowly lift the rifle until it picks up the trigger weight. Hold the rifle vertical so that it lifts the weight straight up. The weight must clear the surface where it rests. The weight must be freely suspended; it is not sufficient to slightly move the weight.
5. After the rifle picks up the weight, apply additional pressure to the trigger to release it. This assures that the trigger was properly cocked before the trigger weight was lifted. You may wish to place a sticker or piece of tape on the rifle to verify that it was checked.
6. If the rifle does not pick up the weight, recock the trigger and make a second attempt to pick up the weight. If the rifle does not pick up the weight after two attempts, invite the competitor or competitor's coach to make the third attempt.
7. If the rifle does not pick up the weight after third attempts, it fails the trigger weight test and may not be used in the competition. No further attempts may be made to lift the trigger weight until the trigger is modified by a gunsmith. The trigger weight test may then be repeated.



Failure to pass the trigger weight test is one of the most frequent deficiencies detected in equipment control checks that are performed prior to three-position air rifle competitions. When a competitor's rifle fails this test, it may take repeated gunsmithing alterations and trigger weight rechecks to make a sporter class air rifle legal for competition.

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 below 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.



Badge #	Name	Hometown
119	Lauren Strebel	Pottstown, PA
120	Jessica Denney	Ozark, MO
121	Amber Criss	Walla Walla, WA
122	Kent Wilcox	Simpsonville, KY

2006 National JROTC Air Rifle Championship - Continued from Page 2

Bogalusa schools could reopen last fall and it remained a major challenge to get students to focus on preparing for rifle matches when their families faced monumental rebuilding challenges.

Also jumping into an early lead was Precision Team Champion Shelby County HS MCJROTC from Shelbyville, Kentucky. The team was coached by MSgt Gerald Lyons, whose teams have won JROTC Nationals team titles three out of four years. The firing members of the team were Kent Wilcox, who finished second in the overall individual competition, Logan Fox, Ashley Farley, and Chase Wininger. The team posted a Marine Corps National 3x20 Team Record at the Eastern Region in February with a 2314. They did not reach a record breaking performance at the Nationals, but after two strong days won the overall title by seven points with a 4596 aggregate, after holding off a strong challenge from Colquitt County High School MCJROTC from Moultrie, Georgia. Colquitt County finished with a 4586. They started the day ten points behind Shelby County, but just could not close the gap in a high-pressure team finish that was closely watched by Major General W. Montague Winfield, Commanding General of the United States Army Cadet Command.

At the conclusion of the competition all of the cadets were honored at the JROTC Air Rifle National Championship Banquet. The Overall Team Champions were seated at the head table with distinguished guests. Major General Winfield was the guest speaker for the event. MG Winfield spoke of values like honor and integrity that JROTC cadets exemplify. He closed his inspirational comments by telling the cadets, "the only thing between the possible and the impossible is you."

Not only were the Overall Champions recognized, the top teams and individuals from each Service in each class received awards. Also, five new Junior Distinguished Badges were awarded to Kyle Phillips, David Garman, Lauren Strebel, Jessica Denning, and Amber Criss.

Congratulations to this year's JROTC Air Rifle National Champions and to all of the JROTC unit teams and cadets who advanced to the National Championship round. Complete results are posted at http://clubs.odcmp.com/cgi-bin/report_matchResult.cgi?matchID=1159. Photos from the event can be viewed at <http://www.odcmp.com/Photos/06/JROTCNationals/index.htm>. Thank you to everyone who made this year's event a huge success!



Defending 2005 JROTC Air Rifle National Champions, Bogalusa HS of Bogalusa, LA, claimed the title again in 2006 to become the Overall Sporter Team Champions.

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

25-29 June 2006

National Guard Bureau Junior Tournament, Bowling Green, KY, see the Program on Page 13 or CMP web site, <http://www.odcmp.com/3P/NGB.htm>

25-30 June 2006

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

26-30 June 2006

USMC Eastern Region Junior Highpower Camp, Camp Butner, NC

30 June - 2 July 2006

Daisy National BB Gun Championship, Bowling Green, KY

3-5 July 2006

Daisy National Air Gun Championship, Bowling Green, KY

6-9 July 2006

National Junior Olympic Sporter Air Rifle, Bowling Green, KY

9-11 July 2006

National Junior Olympic Precision Air Rifle, Bowling Green, KY

9-11 July 2006

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

16 July 2006

National Trophy Pistol Matches (with junior trophy events), Camp Perry, OH

23 July 2006

CMP National Rimfire Sporter Championship, Camp Perry, OH

24-28 July 2006

NRA Junior Smallbore Camp, Camp Perry, OH

28-30 July 2006

CMP-USMC Highpower Rifle Junior Clinic, Camp Perry, OH

28-30 July 2006

Rifle Small Arms Firing School/M-16 EIC Match, Camp Perry, OH

31 July - 5 August 2006

National Trophy Rifle Matches (with junior trophy events), Camp Perry, OH

1-6 August 2006

American Legion 3P Air Rifle National Championship, Colorado Springs, CO

18-22 September 2006

Coach Training Schools, Port Clinton, OH

22-24 September 2006

National Youth Shooting Sporters Leadership Conference, Port Clinton, OH

24 September 2006

CMP State Junior Directors Annual Workshop, Port Clinton, OH

13-15 October 2006

Montgomery Bell Academy Rifle Classic, Nashville, TN

22-26 October 2006

4-H Extension Agents National Convention, Milwaukee, WI

4-12 November 2006

Western CMP Games and Creedmoor Cup Matches, Camp Pendleton, CA

15-17 February 2007

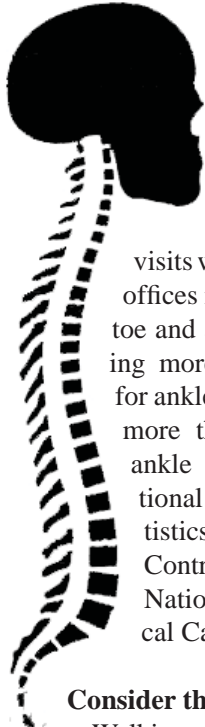
JROTC Eastern Region Championship, Fort Benning, GA

1-3 March 2007

JROTC Western Region Championship, Colorado Springs, CO

12-14 April 2007

National JROTC Championship, Fort Benning, GA



From the Training Room: Walking Away from Foot and Ankle Injuries

By Amy Kirkland P.T, MSR, OMT

More than 11 million visits were made to physicians' offices in 2003 because of foot, toe and ankle problems, including more than 2 million visits for ankle sprains and strains and more than 800,000 visits for ankle fractures (Source: National Center for Health Statistics; Centers for Disease Control and Prevention; 2003 National Ambulatory Medical Care Survey.)

Consider this:

- Walking puts up to 1.5 times your bodyweight on your foot.
- Your feet log approx. 1,000 miles per year.
- As shock absorbers, feet cushion up to one million pounds of pressure during one hour of strenuous exercise.

For most shooting athletes, foot and ankle injuries are more common in our daily activities than from participation in the sport itself. Though injuries can occur from any repetitive activity, and even if the probability is low, the possibility is always present. It is important to know how to get yourself back on your feet quickly no matter how your injury occurs.

So what are the most prevalent foot and ankle injuries?

Sprains. Sprained ankles are one of the most common injuries in sports. Because the inner ankle is more stable than the outer ankle, the foot is likely to turn inward from a fall, tackle, or jump. These actions stretch or tear ligaments; the result is an ankle sprain. Common locations for sprains are the ankles, wrists and knees.

Identifying the injury:

Sprains can cause rapid swelling and generally the greater the pain and swelling, the more severe the injury.

- **Mild.** Your ligament stretches excessively or tears slightly. The area is

somewhat painful, especially with movement. It's tender. There's not a lot of swelling. You can put weight on the joint.

- **Moderate.** The fibers in your ligament tear, but they don't rupture completely. The joint is tender, painful and difficult to move. The area is swollen and may be discolored from bleeding in the area. You may feel unsteady when you try to bear weight on your leg.
- **Severe.** One or more ligaments tear completely. The area is painful. You can't move your joint normally or put weight on it. If you try to walk, your leg feels as if it will give way. The joint becomes very swollen and also can be discolored. The injury may be difficult to distinguish from a fracture or dislocation, which requires medical care. You may need a brace to stabilize the joint or surgical repair for certain ligament injuries. Medical attention is needed.

Strains. A strain is a stretching or tearing of muscle. This type of injury often occurs when muscles suddenly and powerfully contract, or when a muscle stretches unusually far. This is called an acute strain. But overuse of certain muscles over time can lead to a chronic strain. People commonly call muscle strains "pulled" muscles. Hamstring and back injuries are among the most common strains.

Identifying the injury:

Depending on the severity of the strain, signs and symptoms may include:

- **Mild.** Pain and stiffness that occur with movement and may last a few days.
- **Moderate.** Partial muscle tears result in more extensive pain, swelling and bruising. The pain may last one to three weeks.
- **Severe.** The muscle is torn apart or ruptured. You may have significant bleeding, swelling and bruising around the muscle. Your muscle may not function at all, and you may need surgical repair if the muscle has torn completely away from the bone. Seek medical attention

for a severe strain.

Overuse injuries. Excessive training, such as running long distances without rest or spending hours in the shooting positions place repeated stress on the foot and ankle. The result can be stress fractures, shin splints and muscle/tendon strains.

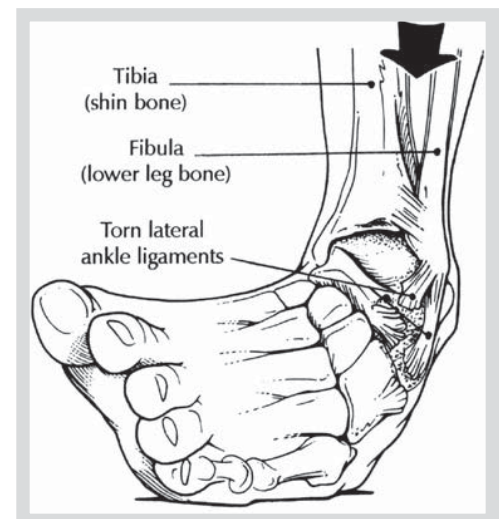
Identifying the injury:

There are basically two types of injuries: acute injuries and overuse injuries. Acute injuries are usually the result of a single, traumatic event (macrotrauma). Common examples include wrist fractures, ankle sprains, shoulder dislocations, and hamstring muscle strain.

Overuse injuries are more subtle and usually occur over time. They are the result of repetitive microtrauma to the tendons, bones and joints. Common examples include tennis elbow, swimmer's shoulder, Little League elbow, runner's knee, jumper's knee, Achilles tendinitis and shin splints. In most sports and activities, overuse injuries are the most common and the most challenging to diagnose and treat.

How are foot and ankle injuries treated?

Most mild and moderate injuries are treated with movement, ice, compression and elevation. Moderate and severe sprains and strains are often immobilized with a cast or splint. Severe fractures often



require surgical repair. Severe injuries will require the aid of a physical therapist who can help you customize a rehabilitation program to get you on your feet as soon as possible. For all injuries an over-the-counter pain reliever is also recommended.

You can treat mild to moderate injuries at home using the following steps:

- **Movement.** Moving the foot helps prevent stiffness and reduces swelling quicker. It also helps rebuild strength in the injured joint or muscle. Rotating the foot from side-to-side and up-and-down in 3 sets of 15 should be done before and after icing. Writing the ABC's with your toes is another good exercise to restore range of motion. The key is to keep the foot moving.
- **Ice.** Heat may feel good to your aching ankle, but if used right after an injury it will make swelling worse. Ice is the key to a quick recovery, it reduces swelling and promotes healing. Ice is critical 24-48 hours after an injury. Ice your ankle 15-20 minutes every 2-3 hours until swelling diminishes. Just remember, icing more than 20 minutes can actually be detrimental so keep an eye on the clock.
- **Compression.** Wrap the ankle securely with an Ace bandage after you ice. This will help keep the swelling down and protect the ankle from re-injury.
- **Elevation.** To be effective, elevation must be above the heart. Take the time to lie down and rest so you can properly elevate your foot. This will ensure reduced swelling and a quicker recovery.

Rehabilitation:

Rehabilitation can begin a few days after the injury when swelling starts to go down. There are three goals to aim for in rehabilitation:

- **Restoring motion and flexibility.** Gently move the ankle up and down. After 5 to 7 days, start restoring mo-

tion to the hind foot by turning the heel in and out. You should also begin to restore flexibility to the calf muscles. One way to do this is to face a wall with one foot in front of the other and lean forward with your hands on the wall, bend the front leg while keeping the back leg straight and both heels on the floor. Lean forward until you feel a gentle stretch, and hold for ten seconds. Switch legs and repeat.

- **Restoring strength.** After 60 to 70% of the ankle's normal motion has returned, you can begin strengthening exercises using a rubber tube or band for resistance. Resistance tubes and bands can be found with the fitness equipment at any sporting goods store. Fix one end of the tube to an immovable object like a table leg, and loop the other end around the forefoot. Sit with your knees bent and heels on the floor. Pull your foot inward against the tubing, moving your knee as little as possible. Return slowly to the starting position. Repeat with the other foot.

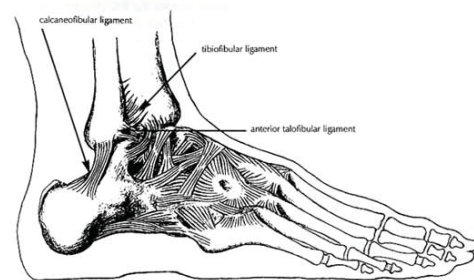
You can also sit on the floor with your knees bent and the tube looped around both feet. Slowly pull outward against the tube, moving your knee as little as possible. Return slowly to the starting position, and repeat with the other foot.

- **Restoring balance.** As strength returns, balance is restored by standing on just the injured foot with your hands out to the sides. You can increase the difficulty of this drill by slowly lifting your body up onto your toes and holding for a few seconds before repeating. You may want to warm the ankle before doing these exercises by soaking it in warm water. Warmed tissue is more flexible and less prone to injury. Use ice when you are finished to minimize any irritation to the tissue caused by the exercise.

Prevention:

No one is immune from injuries, but the American Academy of Orthopedic Surgeons developed these tips to help reduce your injury risk:

- Warm up before any sports activity, including practice.



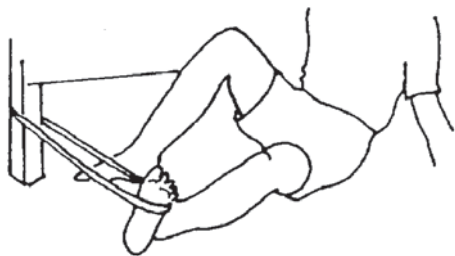
Ligament Anatomy of the Foot
Inversion or turning in of the foot causes the most common sprain of any ligament by injuring the anterior talofibular ligament.

- Participate in a conditioning program to build muscle strength.
- Do stretching exercises daily.
- Listen to your body: never run if you experience pain in the foot or ankle.
- Wear protective equipment appropriate for your sport.
- Replace athletic shoes as soon as the tread or heel wears out.
- Wear properly fitting athletic, dress, and casual shoes.

To avoid or overcome a foot or ankle problem you may need to learn some new habits or modify your current level of physical activity. Once your physical therapy goals are met, you should continue exercises that are designed to strengthen your ankles so you can prevent the injury from reoccurring. The goal of physical therapy is to return you to normal activity as quickly as possible, and prevent re-injury in the future. As always, the information provided in this article is not meant to replace professional care. Be sure to see your doctor if pain persists or is severe.

In the next issue of "From the Training Room", we will cover knee injuries and rehabilitation.

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 Roosevelt Center in Warm Springs, GA where she gained experience working with spinal cord injuries. She has worked 3 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.



A GUIDE TO 2006 SUMMER SHOOTING OPPORTUNITIES FOR JUNIOR SHOOTERS

Event/Activity	Discipline/Level	Sponsor	Location	'06 Dates	Program & Entry Information
NATIONAL CHAMPIONSHIPS					
USAS National Championships	Rifle, Pistol & Running Target - Intermediate to Advanced	USA Shooting	Fort Benning, GA	11-18 June	http://www.usashooting.com/competitions/programs/programs.cfm
National Trophy Matches	Pistol - Intermediate to Advanced	CMP	Camp Perry, OH	16 July	Program: http://www.odcmp.com/NM/pistol.htm Registration: http://clubs.odcmp.com/matches
National Rimfire Sporter Match	Rimfire Sporter - Beginning to Intermediate	CMP	Camp Perry, OH	23 July	Program: http://www.odcmp.com/NM/rimfire.htm Registration: http://clubs.odcmp.com/matches
National Trophy Matches	Rifle - Intermediate to Advanced	CMP	Camp Perry, OH	31 July - 5 August	Program: http://www.odcmp.com/NM/rifle.htm Registration: http://clubs.odcmp.com/matches
NRA National Championships	Pistol - Intermediate to Advanced	NRA	Camp Perry, OH	11-15 July	Register: https://www.nrahq.org/compete/camp_perry_signup/default.asp Program: Contact NRA Competitions Division at compadmin@nrahq.org
NRA Championships	Smallbore Rifle-Intermediate to Advanced	NRA	Camp Perry, OH	19-27 July	
NRA National Championships	Highpower Rifle-Intermediate to Advanced	NRA	Camp Perry, OH	6-14 August	
JUNIOR SHOOTING CAMPS AND CLINICS					
CMP Junior Rifle Camps	Three-Position Air Rifle-Beginning to Advanced	CMP	8 different five day camps in various locations		http://www.odcmp.com/Programs/camp.htm
National Junior Olympic Shooting Camps	Rifle and Shotgun-Advanced, by application	USA Shooting and NRA	Colorado Springs, CO	TBD	http://www.nrahq.org/education/training/junior_olympic_camps.asp
CMP-USMC Junior Highpower Clinic	Highpower Service Rifle-Intermediate to Advanced	CMP & USMC Rifle Team	Camp Perry, OH	28-30 July	Program: http://www.odcmp.com/NM/JrHPClinic.htm Registration: http://clubs.odcmp.com/matches
NRA National Junior Smallbore Camp	Smallbore Rifle-Beginning to Intermediate	NRA	Camp Perry, OH	22-27 July	http://www.nrahq.org/education/training/junior_olympic_camps.asp
NRA National Advanced Junior Camps	Rifle, Pistol, Shotgun-Intermediate to Advanced	NRA	Camps at various locations		http://www.nrahq.org/education/training/junior_olympic_camps.asp
Small Arms Firing School	Pistol-Beginning to Intermediate	CMP & Army Pistol Team	Camp Perry, OH	9-11 July	Program: http://www.odcmp.com/NM/safs.htm Registration: http://clubs.odcmp.com/matches
Small Arms Firing School	Rifle-Beginning to Intermediate	CMP & Army Service Rifle Team	Camp Perry, OH	28-30 July	
NRA Junior Shooting Camps	All disciplines-Beginning and Intermediate	NRA & local organizations	Numerous sanctioned camps at various locations		http://www.nrahq.org/education/training/junior_olympic_camps.asp
NATIONAL JUNIOR INVITATIONAL COMPETITIONS					
National Guard Bureau Junior Air Rifle Tournament	Air Rifle-for teams that qualify through postals ending on 31 March	National Guard Marksmanship Training Unit	Bowling Green, KY	27-29 June	http://www.odcmp.com/3P/NGB.htm
National 4-H Shooting Sports Invitational	Air Rifle, Smallbore Rifle, Pistol, Shotgun	National 4-H Shooting Sports Committee	Rapid City, SD	26-29 June	http://www.4-hshootingsports.org/invite06.htm
International BB Gun Championship	BB Gun-Beginner to Intermediate	Daisy and U.S. Jaycees	Bowling Green, KY	29 June - 2 July	http://ibbgcm.home.att.net/
Daisy Air Gun Invitational	Air Rifle, Air Pistol, Running Target-Beginner to Advanced	Daisy, with USA Shooting and CMP	Bowling Green, KY	2-5 July	http://ibbgcm.home.att.net/schedules.htm
National Junior Olympic Three-Position Air Rifle Championship	Three-Position Air Rifle-individuals & teams qualify in state championships	USA Shooting, with National Three-Position Air Rifle Council	Bowling Green, KY	5-12 July	http://www.usashooting.com/modules.php?op=modload&name=Sections&file=index&req=viewarticle&artid=46&page=1
American Legion National Championship	Three-Position Air Rifle-for individuals that qualify through postal competitions	American Legion Junior Shooting Sports	Colorado Springs, CO	1-6 August	http://www.legion.org/?section=prog_evt&subsection=evt_shooting&content=evt_shooting

June. It is open to 4-H Shooting Sports Clubs. Individual 4-H juniors are limited to participating in this national event for two years only. The Invitational features a variety of shooting sports events that are practiced by 4-H clubs including archery, silhouette rifle, air rifle, pistol and shotgun. One of the smallbore events on the 2006 program is the CMP Rim-fire Sporter event.

Daisy/U. S. Jaycees International BB Gun Championship. For 4-H and other junior programs that offer BB gun shooting, this is their national championship. Teams must qualify in state competitions. The BB gun championship is for youth 15 and younger and often includes juniors as young as nine or ten. The competition includes a 100-point educational test and a 4x10 5-meter BB gun course of fire. The 2006 championship will be at Bowling Green, Kentucky in July.

Daisy National Air Gun Open Championship. The Daisy air gun competition is the oldest youth air gun championship in the

country. It is open to any school-age junior and has both team and individual events in sporter and precision air rifle, air pistol and air rifle running target. Many juniors got their first taste of national competition by entering this popular event. The 2006 championship will be at Bowling Green, Kentucky in July.

National Junior Olympic Air Rifle Championship. USA Shooting and the National Three-Position Air Rifle Council sponsor this competition. It is the major national competition in three-position air rifle. Teams and individuals must qualify in Junior Olympic state championships in the winter or early spring. Competing teams must be either scholastic teams representing a single school or club teams where team members are regular participants in that club's program. All-star teams are not permitted. Sporter and precision class team and individual titles won at this competition have become especially prestigious because almost all of the top junior shooters now try to qualify for this event. The 2006 championship will be at Bowling Green, Kentucky in July.

NRA Junior Air Gun Championship. The NRA also sponsors a major national air gun championship that includes both three-position air rifle and air pistol. Teams that enter this competition may be all-star teams where team members are selected from different clubs or schools. This year's competition will take place at Redmond, Oregon in July.

American Legion Junior Air Rifle Championship. The last major junior competition of the summer is the American Legion National Air Rifle Championship that takes place every year in early August at Colorado Springs. A two-stage postal competition, which begins in the fall, is used to qualify the 30 individual juniors who participate in sporter or precision class three-position air rifle.

OTHER SUMMER ACTIVITIES

Summer is a Time for Extra Practice.

During the school year, when schoolwork and school activities take precedence and the time available for shooting practice is often limited, it is difficult to do enough training to accomplish especially challenging shooting goals. Even juniors who work in a full or part-time job typically have more time available to train during the summer. Some JROTC units and club teams make their ranges available for team members to train even after school is out. Juniors who own their own air rifles can easily set up a 10-meter range in a basement, garage or utility room. All that is required is a minimum clear distance of 40-45 feet in a location where outside entrance can be restricted. With a range at home, young shooters can train as much as they want. Devoting two to five hours a day to improving firing positions and techniques can pay huge dividends when the shooting season starts again in the fall.

Sometimes Summer is a Time for Taking a Break from Shooting. Anyone familiar with the principles of athletic training knows that rest is part of a sound sports training program. For most junior shooters, the shooting season begins in the fall shortly after school starts. If the fall, winter or spring was filled with lots of competitions and regular practice, a break might be beneficial. The best way to decide whether juniors are ready for more shooting during the summer is to evaluate their motivation to shoot. Are they eager to get back to the range and do more shooting? Are they excited about going to a big match? The answers to those questions will tell you whether your junior shooters are ready for a break this summer or are ready to take advantage of the many summer shooting opportunities available to them.



The summer months can be a great time to do the extra training that makes the difference in a young shooter's rise to the top.



SPC Brandon Green was present at the National JROTC Air Rifle Championship banquet to present five recent Junior Distinguished badges. SPC Green is a member of the USAMU Service Rifle Team and is the recipient of Junior Distinguished Badge #1. Pictured on the left is David Garman of McDonough, GA, badge # 118. Pictured on the right is Kyle Phillips, Stockbridge, GA, Lauren Strebel, Pottstown, PA, Jessica Denney, Ozark, MO, and Amber Criss, Walla Walla, WA. Since the program started in 2001, a total of 122 Distinguished Badges have been awarded. A list of current Junior Distinguished Badge winners can be found on the CMP web site at clubs.odcmp.com/cgi-bin/report_distinguished.cgi?distType=AIR. For a list of juniors with EIC credit points, go to www.odcmp.com/3P/EIC.pdf.



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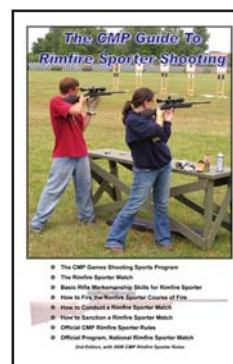
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