Road to Gold
The Olympic Journey Begins Now

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CMP Hosts 2nd Annual Camp Perry Junior Open
By Sommer Wood, CMP Writer/Editor

For the second year in a row CMP’s newest three-position air rifle event, the Camp Perry Junior Open, was filled to capacity with juniors from different parts of the country. Travelers from as far away as Auburn, Alabama and Waukegan, Illinois made the trek to Camp Perry, Ohio, the home of CMP North, for the sanctioned precision and sporter air rifle match.

Currently the match is still relatively small, with a limit of three relays of 20 competitors each firing on a temporary range set up in Camp Perry’s Bataan Armory, which the CMP acquired from the Ohio National Guard in 2006. The more exciting news is that this will be the last time an event like this will be conducted on the Armory’s 20-point range. The new CMP Competition Center—Camp Perry is on schedule to be completed in June; it will offer a brand new 80-point air gun range with electronic targets to host next year’s Camp Perry Junior Open.

To kickoff the weekend a clinic was held on Friday night with nearly half of the match participants in attendance. DCM Gary Anderson opened the clinic and CMP instructors, Sommer Wood, Brand Donoho and Vicki Donoho led clinic presentations on shooting positions and competitions.

The match was a full course 3x20, plus every shooter on each relay shot a 10-shot standing position final. To handle all the scoring and keep the match on track, CMP relied on its Orion Visual Image Scoring technology, which has been in use since late 2006. This program works by digitizing and scoring 8.5x11 inch scan- nable 10-bull targets. It is so efficient that one person did all scoring for the entire match, with scores for each position being available within 15-20 minutes after firing was completed. Achieving this with conventional scoring would normally require a team of several scorers. Another advantage of Orion is that as scoring was completed for each stage, the scores could be uploaded in to CMP’s Competition Tracker and viewed over the Internet. This meant that relatives and friends could follow their favorite competitor’s progress at home. Orion even lets them download a PDF file that shows a competitor’s shot groups for each 10-shot series with scores for each shot listed in tenths. To download and print these PDF files, click on the total score for an individual competitor and the file will download.

On the range the competition was close with only a few points separating the leading competitors. Awards were given to top five individuals in both sporter and precision classes and to the top three teams. An award was also given for the highest final round score shot in each class and for the highest scores fired a new shooter. A new shooter was classified as someone who had been shooting less than one year. In the sporter category, Western Reserve Academy from Hudson, OH had the strongest showing for the second year in a row. They won the sporter team event with a score of 2008. Winning sporter team members were Chance Cover, 514, Evan DeShong, 509, Jung-Min Kim, 503 and Dan Litowitz, 482. Western Reserve

57 juniors came to Camp Perry to participate in the 2nd Annual “Camp Perry Junior Open”.

The top five finishers in each class were recognized. The winners of the sporter class were (left to right) Steven Head (4th) Auburn HS of Auburn, AL, Anthony Hayes (2nd) Auburn HS, Chance Cover (1st) Western Reserve Academy of Hudson, OH, Eben Jenness (3rd) Western Reserve Academy and Evan DeShong (5th) Western Reserve Academy.

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Waukegan HS from Waukegan IL claimed both the team gold and silver in the precision class. This is the second year in a row that Waukegan has won the precision team championship in the Camp Perry Open. Waukegan was one of several out-of-state teams that made the trip to Camp Perry for the event.

The top three teams in the sporter class were Western Reserve Academy Team 1 (center), Western Reserve Academy Team 2 (left) and Auburn HS (right). This was the second year in a row that Western Reserve Academy claimed the sporter team championship at the Camp Perry Open.
Sighting Shots

**ON THE MARK**, the CMP’s Newsletter for Coaches and Junior Marksmen, is now available on-line at [http://www.odcmp.com/OTM.htm](http://www.odcmp.com/OTM.htm). **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 skills more effectively and assist junior shooting leaders and coaches in fostering the continued success and improvement of their young shooters, regardless of skill level. Be sure to bookmark [http://www.odcmp.com/OTM.htm](http://www.odcmp.com/OTM.htm) to view the latest issue of OTM or to read articles in previous issues.

The 2008 CMP Junior Air Rifle Camp schedule and application forms are now posted on the web! The dates for the highly popular summer camps were posted in early January, and applications are already coming in from across the country. Three camps are already full with waiting lists; if you intend to attend a CMP camp this summer, it is important to select a camp and submit your applications as soon as possible. Visit our web site at [http://www.odcmp.com/Programs/camp.htm](http://www.odcmp.com/Programs/camp.htm) to view the 2008 schedule and application forms.

Regulations and Applications for the 2008-2009 CMP College Scholarships are now posted on the CMP web site. One-hundred $1000 scholarships are available to high school seniors and college underclassmen who excel in rifle marksmanship and who are enrolled in Army, Navy, or Marine Corps JROTC or ROTC programs. For more information go to [http://www.odcmp.com/Programs/Scholarship.htm](http://www.odcmp.com/Programs/Scholarship.htm).

National Youth Leadership Conference Dates Set. Dates are now set for the 2008 National Youth Shooting Sports Leadership Conference that will be hosted by the CMP at Camp Perry. The conference will open on Friday, 26 September, and end on Sunday, 28 September. The CMP State Junior Directors Workshop will take place on Sunday afternoon, 28 September. Plans are being worked out for CMP/NRA/USAS coach schools that can be offered on 23-25 September preceding the conference. The National Youth Leadership Conference is a biennial conference organized to update junior leaders from all over the country concerning new program developments and to educate them on topics that will benefit their junior shooting leadership activities. Put these dates on your calendar and plan to attend if you are an active junior shooting sports leader.

CMP Affiliated Clubs report “Zero” accidents in Club Annual Reports. The CMP now has 4,950 affiliated clubs and organizations. 4,260 of the CMP affiliates are either youth shooting sports organizations or regular clubs that sponsor junior activities. Each year, CMP affiliates must submit annual reports that provide information about club activities during the past year. One of the key questions concerns whether there were any firearms-related injury-causing incidents in club activities. The CMP is pleased to report that there were no reported firearms-related injury-causing incidents among its nearly 5,000 affiliates during the 2006 program year. Reports for the 2007 program year are just starting to come in. Marksmanship is indeed one of the safest of all sports!

2008 Club Annual Report and Renewal Forms are posted on the CMP web site at [http://www.odcmp.com/Clubs.htm](http://www.odcmp.com/Clubs.htm). Annual reports are required for a club to maintain CMP affiliation and are due by April 1, 2008. For further information or questions, contact Dana Bacak-Lynd at (419) 635-2141 ext. 1123 or via email at dbacak@odcmp.com.

On the Cover: Matt Emmons, a resident athlete at the U. S. Olympic Training Center in Colorado Springs, is shown raising his rifle in triumph immediately after firing his last shot in the 50 meter rifle prone final in the 2004 Olympic Games in Athens. Emmons scored 599 in the 60-shot qualification round and 104.3 in the 10-shot final to win an Olympic Gold Medal.

**ON THE MARK**


**ON THE MARK Staff:**
Gary Anderson  DCM
Sheri Judd  Admin. Asst. to DCM
Sommer Wood  Editor
Christine Elder  Communications Manager

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

**Subscriptions:** One free **ON THE MARK** subscription is provided to each junior club that is affiliated with the CMP, JROTC unit with a marksmanship program and 4-H Shooting Sports Club. Individual subscriptions to **ON THE MARK** are available at $8.00 per year. To subscribe to **ON THE MARK**, contact: 419-635-2141, ext. 1107 or email lmandell@odcmp.com.

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**Editorial Submissions:** To submit articles, editorial material or photographs for possible inclusion in **ON THE MARK**, contact: Sommer Wood, **ON THE MARK** Editor, P. O. Box 576, Port Clinton, OH 43452; fax 419-635-2573 or email swood@odcmp.com.

**Junior Program Resources:** To request information about CMP junior shooting programs, contact: CMP Programs, P. O. Box 576, Port Clinton, OH 43452; 419-635-2141 ext. 1101 or email programs@odcmp.com.

**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 do hope to include letters, and answers to the letters, that will be beneficial to the broadest audience. If we say something you like, let us know. If we do 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.

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.

Road to Gold:
An Olympic Year

The Olympic Games are the ultimate sports platform; no other event brings as many countries together in good-will and sportsmanship. Each athlete’s success is the result of great commitment and sacrifice over many years, and for that they are admired. For most of these athletes there are no big contracts or endorsements waiting for them, and shooting teams are not like professional sports teams run by owners and general managers. Olympians represent the people of their country, and their motivation comes from the desire to know that on the day of their event, for that moment, they were the very best in the world.

Every four years the Summer Olympic Games take place, and on 8-24 August 2008 Beijing, China will play host to the XXIX Summer Olympiad. Shooting is one of the 29 sports in the Summer Olympics, and it has the third highest country participation rate behind Track and Field and Swimming. Summer shooting events include rifle, pistol and shotgun disciplines, and the United States will have athletes competing in all of these events.

Over the next five issues of On the Mark, we at CMP want to present you with a comprehensive look into Olympic Shooting. We will cover the history of the sport in the Olympics, how athletes are selected for the team and biographies of the 2008 U.S. Olympic Shooting Team Members. This will be an exciting year, and we look forward to covering the road to gold!

Sincerely,

On the Mark Publication Staff

Academy also had several shooters win awards in the individual category, including Chance Cover who had the top individual score with a 514+83.2 final for a 597.2 aggregate. Finishing out the top five in the sporter class were Anthony Hayes of Auburn HS, Auburn, AL, 517+73.4=590.4; Eben Jenness, Western Reserve Academy, 501+86.7=587.7; Steven Head, Auburn HS, 502+80.6=587.7 and Evan DeShong, Western Reserve Academy, 509+71.9=580.9. The top new shooter in the sporter class was Shaley Clements from Kenton HS in Kenton, OH. Western Reserve’s Jenness had the high sporter final with his 86.7.

Attendance was down in the precision category from 2007, but last year’s team champion, Waukegan HS of Waukegan, IL, was once again in attendance and claimed the 2008 precision team championship. Members for the first place team were Chris Sedar, 570, Dana Carpenter, 568, Iris Gordillo, 566 and Michael Bicanic, 542. The top five individuals were Dana Carpenter, Waukegan HS, 568+97.8=665.8/ Iris Gordillo, Waukegan HS, 566+95.7=661.7; Chris Sedar, Waukegan HS, 570+91.7=661.7; Juan Adan, Waukegan HS, 563+91.8=654.8 and Tyler Luce of Sturgis, MI, 555+91.5=646.5. The top new shooter in the precision class was Matthew Bell of Waukegan HS. Waukegan’s Dana Carpenter fired the top final with her 97.8.

Congratulations to all of the competitors and thank you to all the parents, coaches and volunteers who helped make the 2008 Camp Perry Junior Open a success! Dates for the 2009 Camp Perry Junior Open are set for 16-18 January, so mark your calendars. The 2009 Camp Perry Junior Open will feature an expanded program and will be held in the new state-of-the-art CMP Competition Center—Camp Perry, making it an event that you will not want to miss. Start looking on the CMP web site in September for the 2009 program and registration form. For complete scores for the 2008 Camp Perry Junior Open go to http://club.odcmp.com/cgi-bin/report_matchResult.cgi?matchID=2857. For photos from the event go to http://www.odcmp.com/Photos.htm.

CMP has an opening
for a Writer/Editor

The Civilian Marksmanship Program (CMP) seeks a talented and enthusiastic individual to work part-time in its Port Clinton, Ohio, office as a Writer/Editor. The candidate will be responsible for reporting short articles on CMP events and editing/proofreading written materials for our publications and on-line magazine. Strong writing and editing skills are required along with excellent interpersonal skills. Travel to CMP events is required and reimbursed by the CMP. A Journalism Major is preferred, with one to three years of experience. This position may be used as a College Internship if your College or Journalism Department has a mechanism to grant academic credit for internshp work experience. Interested candidates may view the job description at http://www.odcmp.org/0108/WriterEditorPosition.pdf. Qualified candidates should send a cover letter with resume and three writing examples to CMP, Attn: Christine Elder, PO Box 576, Port Clinton, OH 43420 or fax to (419) 635-2573. EOE
Choosing a College Shooting Program

By Brad Donoho, CMP Program Manager

When we last met, I discussed how to become eligible to shoot for an NCAA rifle team by filing for the NCAA Clearinghouse. Now comes the hard part, choosing the school that is right for you. In the end, you want to find a school that offers you the academic, social and shooting sports opportunities that you want. Hopefully this step by step instruction can simplify the decision making process.

Step One: Before you begin your search for rifle teams, you must first give some thought to your future. We are all faced with this question at one time or another; what do I want to be when I grow up? Let’s face it; shooting probably will not pay the bills! You do not need to narrow this down to one career, but you should create a list of possibilities. If you are having trouble with this, broaden the search by choosing an academic field. It could be science, math, writing, or engineering, anything you might take an interest in.

Step Two: Your next step is to search for universities with college rifle teams. A few lists have been compiled with this information, but none are more comprehensive than the NRA’s collegiate directory. The directory allows you to narrow your search of collegiate shooting programs by state and discipline. You will find colleges and universities with everything from pistol teams to NCAA varsity rifle teams. The link to the NRA directory is http://www.nrahq.org/compete/college_lookup.asp.

Now the question is, how much time do you want to invest in shooting? Do you want to continue to shoot as a hobby, or do you want to be part of a varsity team that is training to win an NCAA Championship? This is going to determine how much time you will spend on the rifle range. If you decide you want to dedicate your time and compete for the national championship, then you should look at universities that have NCAA rifle teams. At these universities you may find yourself shooting 5-6 days per week for 20 or so hours per week. That hard work can sometimes pay off in the form of a scholarship. Division I schools are permitted to give their shooters scholarships. Each Division I team is allowed a total of 3.6 scholarships per year. The head coach decides how the 3.6 athletic scholarships are distributed among the team. The chances are, the harder you work, the better the scholarship. The NCAA also has Division III rifle teams but they cannot offer scholarships.

Another scholarship and career opportunity is to consider an ROTC program. If you want to join an ROTC program and shoot for an NCAA program, that is a great way to get your school paid for, compete for an NCAA rifle team and prepare for an important future career. College rifle coaches usually do not have a problem with adding ROTC cadets to their roster.

If you decide that you only want to shoot a few hours a week, then you might want to consider looking at colleges with club programs. Club programs can vary from teams that shoot for the fun of it, to organized conferences that compete for a championship. Some college rifle clubs will provide shooting equipment and team travel expenses.

Step Three: Step three is going to require a little more research on your behalf. Now it is time to compare your list of possible career choices from step one with the schools with rifle programs that you found in step two. You want to make sure that the schools with shooting programs that interest you also offer an academic program in your field of interest. If you want to be a veterinarian and shoot at a school without a veterinary program, then it probably is not the best fit for you. Collegiate shooting is only going to last four years, but your career will last a lifetime.

Some secondary college characteristics that you may want to pay attention to are size, location and distance from home. You can find rifle teams at schools varying in size from a few thousand to 55,000 students and located in small towns as well as large cities.

Choosing a college can be one of the most difficult decisions a high school student can make. Picking a college with a rifle team adds an additional challenge and can make your choice that much more difficult. This is a decision where you will want to seek as much advice as you can get. Once you narrow your list down to a select few, you can begin the process of applying and enrolling. In the next installment of College Connection, I will discuss ways to get the attention of college coaches and how to contact them.

Brad Donoho is a graduate of the University of Kentucky where he was a member of the Wildcats Varsity Rifle Team for four years. He was a Team Captain his junior year. Subsequent to his graduation, he also served as Assistant Rifle Team Coach at Kentucky.
The CMP and Savage Arms Company have just announced a new special purchase program that makes the Savage Mark I-FVT junior smallbore rifles available to CMP-affiliated organizations sponsoring junior shooting activities. This program is part of a CMP effort to make it possible for more of its affiliated junior clubs and youth marksmanship programs to obtain the basic target shooting equipment they need to expand their programs and serve more youth with rifle instruction. The CMP tested numerous rifles that might fulfill this need and concluded that the Savage Mark I-FVT offers the best overall combination of features and price that make it especially suitable for junior training and entry-level competition.

The Savage Mark I-FVT can now be purchased through this program for $212.00 each, including sights, packaging and shipping. Purchasing organizations must be CMP-affiliated organizations that will use these rifles for youth marksmanship. Eligible organizations may be junior shooting clubs, adult clubs with junior programs, 4-H Shooting Sports Clubs, summer camps with camp riflery activities, BSA organizations or camps or other organizations that sponsor junior activities, as long as they are affiliated with the CMP. 4-H, BSA and JROTC organizations may enroll as CMP-affiliated organizations at no cost. Affiliation applications may be downloaded from http://www.odcmp.com/Clubs/Affiliates.htm.

A downloadable information bulletin on the CMP Junior Smallbore Rifle Purchase Program is posted on the CMP website at http://www.odcmp.com/Programs/Savage.pdf. This information bulletin also has an Application Form that purchasing organizations may complete and send to the CMP to obtain a Rifle Purchase Eligibility Certificate that must be used when ordering the rifles from Savage.

The Savage Mark I-FVT is a bolt action, single shot, .22 cal. rimfire rifle. It comes with a black, checkered synthetic stock. With a 21” barrel, a 39.5” overall length and a total weight, with sights, of 5 ¼ pounds, it is ideally sized for younger juniors. Indeed, one of the most important prerequisites for successfully starting juniors in rifle shooting is to use a rifle that is sized appropriately. Marksmanship instructors should never start juniors with a rifle that is too big or too heavy for them to handle safely and comfortably. Additional information on the Savage Mark I-FVT rifle may be downloaded from the Savage Arms web site at http://www.savagearms.com/markifvt.htm.

The Savage Mark I-FVT has several key features that make it especially suitable for junior target shooting. It has a sling attachment stud so slings can readily be used with it for prone and kneeling shooting. It is equipped with a hooded front sight supplied with ten interchangeable ring and post aperture inserts. The larger apertures are suitable for new shooters. The Williams receiver sight that ships with the rifle has click-adjustable windage and elevation knobs. One of this rifle’s most attractive features is the Savage AccuTrigger® that offers a two-stage type release with a remarkably smooth let-off and no significant creep. The AccuTrigger® is adjustable for weight of pull and comes with an adjustment tool.

Purchasing procedures are quite simple. An organization that wants to order one or more of these rifles must first submit an Application Form to the CMP. When the CMP receives the application, it will confirm eligibility to purchase by checking the organization’s affiliation status and confirm that the organization is conducting junior marksmanship training or competition activities. The CMP will then send a Rifle Purchase Eligibility Certificate to the organization together with an order form and instructions. The purchasing organization may then complete the order form, obtain a signed copy of the FFL of a local dealer who will handle the FFL transfer and send the order with payment for the rifles directly to Savage. Savage will ship the rifles to the FFL dealer for delivery to the purchaser.

The Savage Mark I-FVT has a remarkable array of features that are desired in a junior smallbore target rifle including appropriate size and weight, single shot action, ability to attach a sling, adjustable aperture rear sight, a front sight with interchangeable inserts and a crisp, clean trigger. The special purchase price for eligible organizations of $212.00, with sights and shipping included, is well below the MSRP for this rifle of $346.00. Organizations sponsoring junior shooting activities that are interested in purchasing these rifles should begin the order process by downloading the program instructions and Application Form from the CMP web site at http://www.odcmp.com/Programs/JrRifles.htm.
A Primer on Scoring Gauges

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

A frequently asked question at CMP concerns what are the correct gauges to use for scoring different targets and where can they be obtained. This is not a simple question to answer. There are inward gauges and outward gauges for most 10 meter and 50 foot targets and when each must be used varies from target to target. There are actually three different smallbore or .22 cal. inward gauges. And in highpower rifle matches governed by NRA Rules, the gauge used depends upon the caliber of the rifle being fired at each target. Moreover, ISSF and USA Shooting Rules give legal gauge dimensions in millimeters and NRA Rules use inches, while National Three-Position Air Rifle Council Rules give both. With so many rulebook variations, it is not difficult to understand why questions about scoring gauges are commonplace.

**Scoring Gauge.** A scoring gauge is a precision metal instrument with a spindle sized to fit into the shot hole and a flange or “measuring diameter” turned to a precise size that is specified in a competition rulebook. The gauge, which is often called a “plug,” is inserted into a doubtful shot hole. The scorer then examines or “reads” the edge of the flange to determine whether the doubtful shot is “in” (receives the higher value) or “out” (receives the lower value). A magnifying glass is usually used to aid the scorer in accurately reading where the edge of the flange lies. Scoring gauges come with various types of handles that are used to gently hold the gauge while inserting it in a doubtful shot hole. Scoring gauges available in the USA vary in cost from $4.00 to $15.00.

**Inward or Outward Gauges.** A first step in sorting out this question requires an understanding of the difference between inward and outward gauges. An inward gauge is read on the inside or side of the gauge that is closest to the target center. An outward gauge is read on the outside or side of the gauge that is away from the target center. Inward gauges give direct readings—does the inside edge of the flange touch or break the scoring ring in question? Outward gauges give indirect readings—does the outside edge of the flange remain inside the outer edge of a scoring ring that is one or two rings outside of the scoring ring value that is being evaluated? Some short-range targets and all targets used at distances of 25 yards or longer are scored with inward gauges. Outward gauges are used to score certain shots on 5-meter BB gun, 10-meter air rifle and pistol and some 50-foot smallbore rifle targets. Outward gauges typically are used on smaller rifle targets that have miniscule dots for 10-rings and scoring rings that are very close together because reading those gauges to the outside on larger scoring rings is more accurate.

**Scoring Templates.** Scoring templates are made of a clear material and have scoring rings and/or score measuring diameters precisely printed, etched or engraved on them. A special type of scoring template is the commercial Eagle Eye scoring device that combines etched rings of various sizes engraved on one end of a 1 ½” x 3” Lucite tube with a magnifying glass installed in the tube. Scoring templates can be used to reconstruct scoring rings when scoring multiple shot groups. Templates or Eagle Eye devices are used to score torn shot holes where the spindle of a scoring gauge cannot accurately find the true center of the shot hole. Eagle Eye devices are also exceptionally effective in finding double shot holes in multiple shot groups.

**When Using Gauges.** Since there are so many different gauges it is especially important to be sure all scorers use the same correct gauges. Check the rulebook for the competition being fired to confirm the correct size gauge(s) for that competition. If you are unsure of your gauges, it may even be a good idea to check them with a precision micrometer. For .22 cal. scoring, take special note of the fact that there are three different .22 cal. inward gauge standards, the ISSF/USAS Inward (.221-.223”), the NRA
A Primer on Scoring Gauges

An On the Mark Series by Gary Anderson, DCM

Inward (.2225-.224”) and the NRA 5.56 Highpower Inward (.2235-.2245”). When scoring events that require two scoring gauges, be sure all scorers are clear as to when outward and inward gauges are used. Scorer training must assure that the obvious mistake of using an outward gauge and reading it on the inside is avoided.

5-Meter BB Gun. Two scoring gauges are required to score BB gun targets.

- AR4 BB Gun Outward Gauge (0.421-0.423”) for scoring 10 to 3 rings.
- Air Rifle/Pistol Inward Gauge (4.50-4.55mm or .177-.179”) for scoring 2 and 1 rings.

10-Meter Air Rifle. Two scoring gauges are required to score 10-meter air rifle ISSF, NC-AR10 and NRA AR5 targets. Use an Eagle Eye gauge to score torn shot holes.

- Air Rifle Outward Gauge (5.45-5.50 mm) for scoring 10 to 3 rings.
- Air Rifle/Pistol Inward Gauge (4.50-4.55mm or .177-.179”) for scoring 2 and 1 rings.

50-Foot USAS 50 Smallbore Rifle. Two scoring gauges are required to score the USAS 50 smallbore target that is reduced from the current ISSF 50 meter target.

- .22 USAS Outward Gauge (8.98-9.03 mm) for scoring 10 to 4 rings.
- .22 ISSF/USAS Inward Gauge (5.60-5.65 mm or .2205-.2225”) for scoring 3 to 1 rings.

50-Foot A-36 Smallbore Rifle. Two scoring gauges are required to score the 50-foot A-36 smallbore target that is reduced from the 1958-1988 ISSF target.

- .22 NRA Outward Gauge (.3625”) for scoring 10 dot/ring only.
- .22 NRA Inward Gauge (.2225-.224”) for scoring 3 to 1 rings.

ISSF/USAS .22 Cal. Rifle & Pistol. All smallbore rifle or pistol scoring that uses ISSF/USAS rules must be scored with a .22 ISSF/USAS Inward Gauge (5.60-5.65 mm or .2205-.2225”) for all rings. Note that the .22 NRA Inward Gauge is not legal for scoring these events.

NRA Smallbore Rifle & Pistol. All other smallbore rifle or pistol scoring that uses NRA rules must be scored with a .22 NRA Inward Gauge (.2225-.224”) for all rings.

CMP Rimfire Sporter. A .22 NRA Inward Gauge (.2225-.224”) must be used to score all rings. Use an Eagle Eye gauge to detect and score double or multiple shot holes.

CMP Games Highpower Rifle. A .308 Inward Gauge (0.3075-0.3085”) must be used to score all CMP-sanctioned As-Issued Military Rifle Matches.

CMP EIC and NRA Highpower Rifle. One of five different gauges may be used, depending upon the rifle caliber being fired at a target. .224” Inward Gauge for 5.56 mm, .243” Inward Gauge for 6 mm, .264” for 6.5 mm, .284” for 7 mm and .308” for 7.62 mm (all gauge dimensions are +/- .001”).

Center Fire Pistol Scoring. A 9.65 mm Inward Gauge must be used for ISSF-center-fire pistol. Appropriate sized Inward Gauges must be used for pistol events scored according to NRA rules, including CMP-sanctioned service pistol EIC matches (9mm or .45).

Where to Buy Scoring Gauges. The following organizations or shooting equipment suppliers are sources for purchasing scoring gauges and scoring aids.

Gunsmithing Inc., Colorado Springs CO, [http://nealiguns.com/], has a full selection of precision machined scoring gauges. Gunsmithing scoring gauges are micrometer-measured and the precise measurement of each gauge is recorded on the protective carrying tube supplied for that gauge.

National Rifle Association, [http://material nraily.org/go/products.aspx?cat=Scoring%20Aids], offers a wide variety of scoring gauges, most made by the RIG company, as well as several scoring templates.

Champions Choice, LaVergne TN, [http://www.champchoice.com], has a full line of RIG and Eagle Eye scoring gauges.

Champions Shooters Supply, New Albany OH, [http://www.championshooters.com/index-ssl.html], also has a full line of RIG and Eagle Eye scoring gauges.

CMP E-Store, [http://estore.odcmp.com], offers Eagle Eye .177”/.221” gauges (NLU # 057). Eagle Eye .224”/.308” gauges (NLU # 058) for Highpower rifle scoring will be available in April 2008.

RIG scoring gauges are available in virtually all calibers used for rifle and pistol competitions in the USA from .177 to .45. Most RIG gauges, including the one shown here, have a built in magnifier that is mounted over the flange.

An Eagle Eye scoring device with engraved 4.5 mm and 5.6 mm rings and a magnifier. These gauges are used to score torn shot holes and locate doubles. The magnifier also serves as a magnifying glass for reading inward and outward scoring gauges.
Enter the U. S. Army Junior Open Air Rifle Championship

Visit http://www.odcmp.com/3P/Army_Jr_Championship.htm to enter today!

All junior shooting clubs and JROTC units are encouraged to make entries and order targets for the State Championship Postal Phase of this annual junior air rifle competition. Clubs and units have until 15 March to fire and return their targets. Entry fees are just $5 per shooter and there are no additional team fees. There are team and individual events for three-position sporter air rifle and standing position precision air rifle. Awards will be given in every state with three or more teams or individuals. In 2007, 240 teams and over 1,700 individual juniors participated in the State Championship Postal Phase that also determined the teams that were invited to the shoulder-to-shoulder National Championship at Fort Benning in August.

Anschütz Model 8002 CA Club Air Rifle

If you are looking to make the jump from sporter air rifle to precision, or if you just want to upgrade your club’s air rifles, the Anschütz Model 8002 CA Club Air Rifle is an excellent choice. The Anschütz name has long been associated with excellence in international competition, and Anschütz will be the rifle of choice for many Olympians at the 2008 Beijing Olympic Games.

The 8002 CA Club Air Rifle is a full-sized, ambidextrous, single-shot, .177 caliber precision compressed air rifle. It comes with the Anschütz 6834 sight set, air cylinder, refill adapter, barrel weights, adjustment kit and even the original test group shot at the Anschütz factory in Germany. This rifle features an adjustable cheek piece, buttplate and patented Model 9003 trigger. Another advancement in the design includes a dry-fire mode, which allows shooters to dry-fire the rifle without having to release the air cylinder.

This rifle is available to all CMP affiliated clubs and comes with the CMP logo engraved on the right side of each butt stock. Priced at $1495, it is a hard deal to beat for this top class rifle. For more information on this rifle or the CMP sales program, visit http://www.odcmp.com/Programs/JrRifles.htm#Precision or contact customer service at (419) 635-2141 ext. 1113 or clubrifle@odcmp.com.
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.

The 2006-2008 National Standard Three-Position Air Rifle Rules was recently updated to reflect the following rules: 1.8 Sanctioned Competition (page 4) and 1.2.2 Achievement Award Pins (page 48) and 8. Junior Achievement Award Pins (page 50). To download the new rules, visit http://www.odcmp.com/3P/3PRuleUpdates.pdf or download the complete updated rule book at http://www.odcmp.com/3P/Rules.pdf.

SHOT FIRED BEFORE START COMMAND

Q: At a competition this past weekend, we had a competitor fire a shot after the command LOAD, but before the command START. We gave the competitor a warning, but should we have disqualified him for a serious safety violation (Rule 7.18.3)?

A: Loading a rifle before the command LOAD or firing a shot before the command START, is a safety violation that must be penalized even though competitors are on the firing line and their rifles are no longer clear. This is because the Range Officer’s commands to LOAD, START, STOP and UNLOAD must be strictly followed. A new provision was added to the 2006-2008 National Standard Three-Position Rules that specifically deals with these situations. Rule 9.14.1 states, “a shot fired before the command LOAD must be scored as a miss (0) on the first competition target.” It goes on to state, “a shot fired after the command LOAD and before the command START must receive a penalty of two (2) points on the first competition target.” The warning given in this case was certainly proper, but the competitor should also have been given a two-point penalty.

TEAM MEMBER ELIGIBILITY

Q: I know that the National Standard Three-Position Air Rifle Rules are quite strict in requiring teams to be local club teams and not all-star teams made up of shooters from different clubs or cities. Our club has a member who lives 250 miles away, but she always shoots with our team whenever we have matches because she has become a good friend of our juniors. Is there any problem with her shooting with our team?

A: One of the objectives of the National Three-Position Air Rifle Council is to encourage the development of local school and club teams. The Council feels that for one club to “cherry-pick” the best shooters from other clubs to make one strong team prevents those other clubs from also developing competitive teams. Rule 3.2.1 states, “All team members must reside in the geographic proximity of the city where the club, team, school or other organization is based and participate regularly in its activities.” The Council also recognizes that in some cases, particularly in rural areas, individual juniors may live in areas where they have no clubs to shoot with and that their closest club is sometimes hundreds of miles away. There have been other cases where a junior belongs to a sporter-only club, but wants to shoot in the precision class. To deal with these and similar special cases, the Council has established an “eligibility determination” procedure where facts concerning each specific case are presented to a National Jury of Appeal so that it can issue an “eligibility ruling.” In your case, 250 miles is not within the “geographic proximity” of your club, but if this junior does not have a local club with which to compete, her continued participation with your club may still be possible. To avoid the possibility of a disqualification at a competition, you should submit a request for an eligibility ruling, with a description of the relevant facts in her particular case, to the National Three-Position Air Rifle Council, P. O. Box 576, Port Clinton OH 43452 or via email (preferred) to competitions@odcmp.com. If the required information is submitted, eligibility rulings are normally issued within a few days.

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 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 3PAR@odcmp.com.

<table>
<thead>
<tr>
<th>Badge #</th>
<th>Name</th>
<th>Hometown</th>
</tr>
</thead>
<tbody>
<tr>
<td>182</td>
<td>Kelsea Hunt</td>
<td>Ozark, MO</td>
</tr>
<tr>
<td>183</td>
<td>Amanda Aguilera</td>
<td>Fort Worth, TX</td>
</tr>
<tr>
<td>184</td>
<td>Robert Ferner</td>
<td>Grove City, OH</td>
</tr>
<tr>
<td>185</td>
<td>Kaila Millis</td>
<td>Bowling Green, KY</td>
</tr>
<tr>
<td>186</td>
<td>Kacey Davis</td>
<td>Clanton, AL</td>
</tr>
<tr>
<td>187</td>
<td>Kayla Allen</td>
<td>Alabaster, AL</td>
</tr>
<tr>
<td>188</td>
<td>Christopher Thrasher</td>
<td>Stockbridge, GA</td>
</tr>
<tr>
<td>189</td>
<td>Patrick Haney</td>
<td>Albuquerque, NM</td>
</tr>
</tbody>
</table>
2008 Camp Counselor Announcement

The Civilian Marksmanship Program is seeking qualified individuals to fill counselor positions for its Three-Position Air Rifle Summer Camps. This premier program has a long established history of providing the highest quality air rifle instruction for high school athletes in the country.

Camp counselor positions are open to college students who have completed at least one year of college and are members of an NCAA or college club rifle team. Applicants must be available to work and travel from 27 May-1 August 2008. These are highly competitive positions. Selection will be based on academic performance, shooting experience, coaching and youth leadership experience and references. A background check is required of all candidates and a mandatory drug test will be performed by CMP on all hired.

Job duties primarily consist of working with groups of five or more high school athletes at five day summer camps, following a camp curriculum designed by the Director of the Civilian Marksmanship Program Gary Anderson, and modified by Camp Director Dan Durben. Additional duties include range set-up, break down, general clean-up and additional range duties. Counselors will work 40 hour weeks, and will not be responsible for campers in the evenings.

Employment will begin 27 May with a training session at CMP South Headquarters in Anniston, AL. This training is mandatory for everyone hired. The camp schedule includes seven full-length camps and one advanced three-day standing position camp. The staff will have the week of 28 June-6 July off to allow counselors to compete in the USA Shooting National Matches. Competing in this event is highly encouraged and CMP will cover one-half of each counselor’s entry fee for the matches. Also, staff will be provided housing in Columbus, GA and one-half pay during that week. Counselors will be given 10-13 July off without pay, but housing will be provided in Columbus, GA during that time for those who request it. A complete camp schedule is provided below:

<table>
<thead>
<tr>
<th>Training</th>
<th>Anniston, AL-CMP South</th>
<th>27-29 May</th>
</tr>
</thead>
<tbody>
<tr>
<td>Camp 1</td>
<td>Kerrville, TX</td>
<td>2-6 June</td>
</tr>
<tr>
<td>Camp 2</td>
<td>Kerrville, TX</td>
<td>9-13 June</td>
</tr>
<tr>
<td>Camp 3</td>
<td>Rapid City, SD</td>
<td>16-20 June</td>
</tr>
<tr>
<td>Camp 4</td>
<td>Camp Perry, OH</td>
<td>23-27 June</td>
</tr>
<tr>
<td>Camp 5</td>
<td>Fort Benning, GA-Standing Camp</td>
<td>7-9 July</td>
</tr>
<tr>
<td>Camp 6</td>
<td>Fort Benning, GA</td>
<td>14-18 July</td>
</tr>
<tr>
<td>Camp 7</td>
<td>Fort Benning, GA</td>
<td>21-25 July</td>
</tr>
<tr>
<td>Camp 8</td>
<td>Fort Benning, GA</td>
<td>28 July-1 August</td>
</tr>
</tbody>
</table>

The pay scale begins at $400 a week for first year counselors, $450 for second year, $500 for third year and beyond. A per diem of $30 a day is also provided. All travel and lodging is covered by CMP once the camps begin, though the counselors are responsible for providing their own transportation to the training location and home at the end of the summer.

Interested candidates may download an application form at [http://www.odcmp.com/Programs/CCApp.pdf](http://www.odcmp.com/Programs/CCApp.pdf) and send it to Sommer Wood at Sommer Wood at: 419-635-2573. Email questions to swood@odcmp.com. Applications must be received by 28 March 2007. Successful applicants will be notified by 4 April 2007.
How to make the 2008 USA Olympic Rifle Team
By Dan Durben

To much of the general public a new set of Olympic heroes seems to pop up once every four years. For most athletes, though, the Olympics are an ongoing process that takes many years of preparation. Even making the Olympic Team requires many things to happen throughout the quadrennium (the four-year leading up to the Olympics Games) that remain behind the scenes to all but the most devoted fans.

Fortunately, due to the hard work of our top USA rifle shooters over the last three years, you now have an opportunity this spring to make the 2008 USA Olympic Rifle Team. While the training and preparation needed to make the Team is certainly challenging, the mechanics of making the Team and becoming the next Olympic hero are quite simple.

Your Route to the 2008 Olympic Team
There are three main things that must happen in order for you to become a member of the 2008 Olympic Rifle Team:

1. **The USA must earn a Quota Place in your event.**

   Before any athlete can compete in any of the shooting events at the Olympics, the athlete’s country must first obtain a Quota Place in that event. These Quota Places are earned through the winning performances of the country’s athletes in major competitions sanctioned by the International Shooting Sport Federation (ISSF) during the first three years of the quadrennium. A Quota Place guarantees that someone from that country – not necessarily the athlete who earned it – will compete in that event in the Olympics. An individual athlete may only win one Quota Place for their country and each country may earn up to a maximum of two Quota Places in each rifle event.

   The good news for you is that the USA earned nine out of the maximum possible ten Quota Places in rifle events for the 2008 Olympics. No other country earned more. This means there will be at least one slot available for you on the Olympic Team in each rifle event.

2. **You must shoot a Minimum Qualifying Score (MQS) in an ISSF match.**

   For an athlete to be eligible to fill a country’s Quota Place and compete in the Olympics, that athlete must fire a Minimum Qualifying Score in an ISSF sanctioned competition such as World Championship, Continental Championship, or World Cup. The MQS requirement ensures that all athletes competing in the Olympics have met a minimum level of competence.

   The good news for you is that you still have an opportunity to obtain your MQS – any athlete who makes the USA Olympic Rifle Team at the Olympic Trials without having already fired an MQS will have an opportunity to do so at a World Cup in Spring, 2008.

3. **You must place in the top one or two at the U. S. Olympic Team Trials.**

   Open slots on the USA Olympic Rifle Team are awarded to athletes based strictly on scores from the Olympic Team Trials. The Olympic Team Trials are run by USA Shooting and are open to any USA Shooting member. (One caveat is that if entries exceed range capacity, athletes will be ranked for inclusion in the Trials based on their highest score in USA Shooting Preliminary Tryout matches during the 2007 season.) An athlete’s ranking for Team selection in each Trials event is determined by adding the athlete’s scores from three courses of fire plus their best two Finals from the Trials. The top one or two ranked athletes in each event (depending on the number of open slots available in that event) are named to the Olympic Team.

   It’s that simple – shoot for three days, come in first (or second in some events) and you are on the Olympic Team!

The Trials for air rifle events will be held March 1-3, 2008, at the US Olympic Shooting Complex, Colorado Springs, CO. The Trials for smallbore rifle events will be held in mid-May, 2008, at Fort Benning, GA. Men’s 50m Rifle Prone will be May 13-15, Men’s 50m Rifle 3-Position will be May 17-19, and Women’s 50m Rifle 3-Position will be May 20-22.

Detailed information about the Trials can be found at www.usashooting.com.

The Olympic Trials are an exciting opportunity for you to make the 2008 Olympic Team. Regardless of whether or not you make the 2008 Olympic Team, participating in the Trials will provide you with excellent experience in preparation for making future Olympic Teams.

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**Minimum Qualifying Scores**
To be eligible to compete in a rifle event at the Olympics, an athlete must meet or exceed the following Minimum Qualifying Score (MQS) at an ISSF World Championship, Continental Championship, or World Cup during the four years between Olympic Games.

<table>
<thead>
<tr>
<th>Event</th>
<th>MQS</th>
</tr>
</thead>
<tbody>
<tr>
<td>Men’s 50m Rifle 3-Position</td>
<td>1135</td>
</tr>
<tr>
<td>Men’s 50m Rifle Prone</td>
<td>587</td>
</tr>
<tr>
<td>Men’s 10m Air Rifle</td>
<td>570</td>
</tr>
<tr>
<td>Women’s 50m Rifle 3-Position</td>
<td>555</td>
</tr>
<tr>
<td>Women’s 10m Air Rifle</td>
<td>375</td>
</tr>
</tbody>
</table>

**USA Quota Place Winners**
Congratulations to the following athletes who earned Quota Places for the USA. Each Quota Place allows the USA to enter an athlete in that event at the 2008 Olympic Games.

<table>
<thead>
<tr>
<th>Name</th>
<th>Event</th>
<th>Match and Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>Thomas Tamas</td>
<td>Men’s 50m Rifle Prone</td>
<td>2006 World Cup Resende, BRA</td>
</tr>
<tr>
<td>Michael McPhail</td>
<td>Men’s 50m Rifle Prone</td>
<td>2007 Pan American Games, Rio de Janeiro, BRA</td>
</tr>
<tr>
<td>Jason Dardas</td>
<td>Men’s 50m Rifle 3-Position</td>
<td>2005 Championship of the Americas, Salinas, PUR</td>
</tr>
<tr>
<td>Matthew Emmons</td>
<td>Men’s 50m Rifle 3-Position</td>
<td>2006 World Championships, Zagreb, CRO</td>
</tr>
<tr>
<td>Jason Parker</td>
<td>Men’s 10m Air Rifle</td>
<td>2005 World Cup Changwon, KOR</td>
</tr>
<tr>
<td>Ryan Tanoue</td>
<td>Men’s 10m Air Rifle</td>
<td>2005 World Cup Munich, GER</td>
</tr>
<tr>
<td>Kimberly Chrostowski</td>
<td>Women’s 50m Rifle 3-Position</td>
<td>2005 Championship of the Americas, Salinas, PUR</td>
</tr>
<tr>
<td>Jamie Beyerle</td>
<td>Women’s 50m Rifle 3-Position</td>
<td>2006 World Championships, Zagreb, CRO</td>
</tr>
<tr>
<td>Emily Caruso</td>
<td>Women’s 10m Air Rifle</td>
<td>2005 Championship of the Americas, Salinas, PUR</td>
</tr>
</tbody>
</table>
The Olympic Rifle Events

There are five rifle events in the Olympic Games. Each event begins with a qualification round. The top eight competitors in the qualification round advance to the Final. Medals are then determined by adding the Final score to the qualification score. All Olympic rifle events are considered “Precision” events and are governed by precision rifle rules. The Olympic rifle events are:

- **Men’s 50m Rifle Prone** This is a smallbore rifle (.22 caliber) event shot outdoors at a distance of 50 meters. The qualification round consists of 40 shots prone within 45 minutes, 40 shots standing within 75 minutes, and 40 shots kneeling within 60 minutes. Firing is stopped at the end of each position and there is a 10-minute equipment changeover period between positions. The Final consists of 10 shots standing with each shot fired within 75 seconds.

- **Men’s 50m Rifle 3-Position** This is a smallbore rifle (.22 caliber) event shot outdoors at a distance of 50 meters. The qualification round consists of 20 shots prone, followed by 20 shots standing, followed by 20 shots kneeling, all within a running time of 135 minutes. Athletes can shoot each position at their own pace, but all sighters, record shots and equipment changeovers are included within the 135 minutes. The Final consists of 10 shots standing with each shot fired within 75 seconds.

- **Women’s 50m Rifle 3-Position** This is a smallbore rifle (.22 caliber) event shot outdoors at a distance of 50 meters. The qualification round consists of 20 shots prone, followed by 20 shots standing, followed by 20 shots kneeling, all within a running time of 135 minutes. Athletes can shoot each position at their own pace, but all sighters, record shots and equipment changeovers are included within the 135 minutes. The Final consists of 10 shots standing with each shot fired within 75 seconds.

- **Women’s 10m Air Rifle** This is an air rifle (.177 caliber) event shot indoors at a distance of 10 meters. The qualification round consists of 40 shots standing within 75 minutes. The Final consists of 10 shots standing with each shot fired within 75 seconds.

Other Olympic Shooting Events

Do you have skill and ability in other shooting disciplines? In addition to the five rifle events, there are also five pistol and five shotgun events at the Olympics:

- Men’s 50m Pistol
- Men’s 25m Rapid Fire Pistol
- Men’s 10m Air Pistol
- Women’s 25m Pistol
- Women’s 10m Air Pistol
- Men’s Trap
- Men’s Double Trap
- Women’s Trap
- Women’s Skeet

An alternate route to the Olympic Team

In addition to the Trials system, athletes had the opportunity to earn an automatic berth on the USA Olympic Rifle Team based on a points system designed to identify exceptionally strong medal contenders. Athletes accumulated points by medaling in major ISSF competitions during the 2006 and 2007 seasons. The threshold of points required for an automatic berth was set very high, requiring numerous medal winning performances. Congratulations to Matthew Emmons who earned enough points to be named to the Olympic Rifle Team in both the Men’s 50m Rifle Prone and Men’s 50m Rifle 3-Position events.

Dan Durben
- Physics Professor at Black Hills State University
- 1988 Olympian
- 2000 Olympic Rifle Coach
- 2004 & 2008 Paralympic Shooting Coach
- CMP Three-Position Air Rifle Summer Camp Director

2008 Olympian Bios: Matt Emmons

Competing in the Olympics is nothing new to 2008 Olympian Matt Emmons. In 2004, Emmons won the gold medal in Men’s 50 Meter Prone Rifle and narrowly missed medaling in both 50 Meter Three-Position Rifle and Air Rifle events at the Athens Games. If he wins gold in 2008 in Beijing he will only be the sixth American to win two gold medals in Olympic Games Shooting events.

This is a real possibility for Emmons who has already qualified for the U. S. team in Men’s 50 Meter Prone and 50 Meter Three-Position Rifle. He will try to add Men’s Air Rifle to the list when he competes in the Olympic Trials in Colorado Springs, CO in early March. By competing in multiple events he also has the potential to make history by becoming only the second person in Olympic Shooting to win three individual gold medals, and if he qualifies in Air Rifle he could potentially be the first Olympic Shooter to win four individual gold medals.

Emmons, who grew up in Mount Holly, NJ, started shooting competitively in high school. In 1997, he competed in his first national level event where he caught the eye of USA Shooting by winning both 50 Meter Prone and Three-Position Rifle events. The following year, when Emmons was only 17 he earned a position on the USA National Team by winning the 50 Meter Prone event at the USA Shooting National Championships. Since then he has gone on to win multiple National and International Medals and was named USA Shooting Male Athlete of the Year in 2007. He is a graduate of the University of Alaska-Fairbanks where he was a member of four National Championship Teams and won five NCAA Individual Championships.

Emmons recently married Katerina Kurkova, also a 2004 Olympian and Bronze Medalist from the Czech Republic. She and Emmons first met at the 2004 Athens Games, and where married last June. Katerina Emmons is also a 2008 Olympic hopeful and is a top prospect to make the Czech Republic Team this year. When the two Emmons’ are not training they enjoy camping, hiking, fishing and cross country skiing. After the Olympics they hope to move to Alaska and make the state their permanent home.

Be sure to watch Matt Emmons this summer as he represents the United States in the 2008 Beijing Olympic Games! For more information on Emmons or other US National Team Members please visit the USA Shooting web site at www.usashooting.com.
Olympic Shooting Facts
Compiled by Gary Anderson

The Olympic Games are the biggest and most important sports competition in the world. More than four billion people will watch the 2008 Olympic Games Opening Ceremony in person or on television. More people watch this Olympic event than any other event in the world. Target shooting with rifles, pistols and shotguns is a very important part of the Olympic Games program. Here are some interesting facts about the role that target shooting plays in the Olympic Games.

- There are currently 36 different sports in the Summer and Winter Olympic Games. Four Olympic sports, Shooting, Archery, Biathlon and Modern Pentathlon, involve target shooting.
- Shooting, with different events for rifles, pistols or shotguns, is one of 29 Summer Olympic Sports.
- The sport of Shooting was on the program of the first Olympic Games in 1896 in Athens. Shooting had more participants in the 1896 Olympic Games than any other sport.
- The founder of the modern Olympic Games, Baron Pierre de Coubertin, was an expert pistol shooter who won several French national championships.
- The sport of Shooting has been in every Olympic Games since 1896 except two, 1904 and 1928.
- There are now 15 different Olympic gold medal events in the sport of Shooting.
- Nine Olympic Shooting events are for men, six are for women.
- Of the 15 different Olympic Shooting events, there are five rifle events, five pistol events and five clay target events.
- 106 different countries qualified athletes to participate in Shooting in the 2004 Olympic Games. Only Athletics (track & field) and Swimming had more participating countries.
- 50,000 spectators purchased tickets to see Shooting at the 1996 Olympic Games in Atlanta. This is the highest number of spectators ever to witness a shooting competition.
- The first gold medal of the entire Olympic Games is traditionally awarded to the winner of a Shooting event. Du Li of China won the women’s air rifle event to become the first gold medal winner of 2004 Olympic Games.
- All Olympic Games Shooting events are now telecast live to a worldwide TV audience. Over one billion people saw Du Li win the first gold medal of the 2004 Olympic Games.
- Olympic Shooting is a very competitive sport with outstanding athletes in many countries of the world. Shooters from 22 different nations won medals in the 2004 Games.
- In the over 100-year history of the Modern Olympic Games, only one shooter, Ralf Schumann of Germany has won three individual gold medals. 20 different shooters have won two individual gold medals; no shooter has won more than three gold medals.
- Five Americans, Alfred Lane (1912, 1920), Morris Fisher (1920, 1924), Gary Anderson (1964, 1968), Lones Wigger (1964, 1972) and Kimberly Rhode (1996, 2004) are among the 20 shooters who have won two individual gold medals.
- A maximum of 390 shooters can qualify to participate in the Olympic Games. Shooters must qualify through World Championships, World Cups or continental championships as well as through national team trials.
- The first women to participate in Olympic shooting competed in Mexico in 1968. Margaret Murdock of the USA was the first woman to win an Olympic medal in shooting (silver, 1976). Separate women’s events were first added to the Olympic program in 1984. Linda Thom of Canada was the first woman to win an Olympic gold medal in shooting (25m pistol, 1984).
- Konstantin Lukashyk of Belarus won the men’s free pistol event in 1992 at the age of 16 years, 301 days, to become the youngest shooter ever to win an Olympic gold medal. Oscar Swahn of Sweden won a running deer event in 1912 at the age of 64 to become the oldest shooter to win an Olympic gold medal.

American Matt Emmons (center) won the Gold Medal in the 50 Meter Men’s Prone Rifle event at the 2004 Athens Olympic Games. Emmons will try to make Olympic Shooting history when he strives for multiple Gold medals this year in Beijing.
Kevin Trickett, 18, from Woburn, MA had a year most shooters only dream about. The year started off with a formal invite to become a member of the U. S. Army Marksmanship Unit Service Rifle Team. It was indeed a momentous year for Kevin, graduating from high school, leaving friends and family; there were real life choices to be made.

His decision was very different from those made by Kevin’s friends who were choosing a college. Joining the Army is not a choice that one makes lightly. Once Kevin decided to enlist he could not just drop out and go home to mom and dad, or transfer to another school. The Army would own him for the duration of his contract, so he did a lot of research prior to his decision. What jobs would he qualify for, how long did he have to enlist, what about money and school? He also met with members of the AMU while at Camp Perry to ask lots of questions. Then he sat and talked with his parents to weigh his options.

Kevin decided to start shooting highpower with his father as his coach. He is shown here competing in the National Matches with his father, Charlie, to his right.

Kevin’ introduction to shooting came at an early age when he started volunteering at Camp Perry with his mother and sisters at the age of eight. He started formal target shooting in a junior program when he was 10-years-old, with his sister and father as his first coaches. The next year when his sister went to college to shoot for Ole Miss, his mother took over as his coach. Kevin took part in his first competition, a three-position air rifle camp match in Rhode Island, when he was 11-years-old. Wearing a hand me down shooting jacket, dungarees, sneakers and using a club rifle he stood out on the line of competitors, but once scores were posted and challenge time over, not only had he placed first in the sub-junior category, he also broke a National Record for sub-juniors with a 387. This was only the beginning, as Kevin also took-up smallbore and began traveling and competing in matches locally and across the country with his mother as his coach.

It was not until three years ago that Kevin decided to start shooting highpower seriously. He fired smallbore and air rifle as training in the winter months, and he started shooting and training for highpower with his father. Kevin quickly fell in love with the special challenges of this target discipline. With the support of the Reading Rifle and Revolver Club and its members, he was able to learn quickly.

In his first year of shooting highpower, Kevin earned enough points for his Distinguished Rifleman Badge and received it on the awards stage during his first trip to Camp Perry as a competitor. It was a great first year for Kevin, he made the President’s 100, he had the top individual score in the Whistler Boy Match and was the third highest junior on the Col. Bill Deneke Trophy National Junior Team (top six junior aggregate scores from the Presidents, NTI, and the Whistler Boy Matches). This was the beginning of many highpower shooting accomplishments for Kevin.

In 2006, Kevin not only shot the USA Shooting Spring Selection Match, but he also participated in Eastern U.S. Junior High Power Clinic at Camp Butner, North Carolina and once again shot the National Matches at Camp Perry. It was at Camp Perry, after Kevin finished the week of competition with another strong showing, that the coach and members of the AMU Service Rifle Team requested an interview.

Continued on Page 16
The 9th Annual Palmyra Invitational took place over 12-13, 19-21 and 26-27 January 2008 at the Palmyra Sportsman’s Association in Palmyra, PA. This smallbore and air rifle match has gained tremendous popularity in recent years attracting some of the top collegiate and junior shooters from across the country.

When match director Erin Gestl first held the event nine years ago only 65 shooters competed in the match. This year over 360 competitors registered, filling relays all three weekends the event was held. One of the draws to this match is that shooters can compete as individuals and as members of four-person teams; this makes it an excellent match for NCAA teams to attend. This year there were over fifty teams in both smallbore and air rifle, and competitors were broken down into several categories such as NCAA, Open, J1, J2 and J3.

A large volunteer staff was on hand each weekend to keep the range operations running smoothly. With over 2000 members, the Palmyra Sportsman’s Association certainly has a large volunteer pool to draw from, and the event is spread between two air rifle ranges and one smallbore range located on the club’s 130-acre complex. When competitors were not on the line they could watch a slideshow with photos from the match on a display in the waiting area, or browse the Center Shot or Ernest Shooting Products booths. The vendors were on hand with a variety of shooting equipment for sale.

In the NCCA, division the top air rifle individual score was shot by Christopher Abalo of West Point who finished with a 593. The top air rifle team was the University of Alaska Fairbanks with a score of 2347. In smallbore, Stephen Scherer of West Point won the NCAA individual event with a 583, and the top smallbore team was the University of Kentucky Blue with a score of 2306. For complete preliminary results from the 2008 Palmyra Invitational please visit www.palmyrasportsmens.com. Published results will be sent to each participant along with a CD with the photos taken during the match. Registration for the 2009 Palmyra Invitational will begin after the final results are mailed out, which is usually mid February. Continue to check the club’s web site for further information, or contact Erin Gestl at egestl@wcupa.edu.

Kevin recently completed basic training and is now a member of the U. S. Army Marksmanship Unit Service Rifle Team.

This started a long decision process that lasted several months and eventually led Kevin to Boston to take his oath and join the Army and the Marksmanship Unit.

This past summer in his final trip to Camp Perry as civilian and a junior, and with the added pressure of his future AMU teammates tracking every move, Kevin made the Presidents 100 for the third year in a row, was the second highest junior in the Presidents Match, won the Golden Eagle Trophy, was the High Overall Junior on the Col. Bill Deneke Trophy Team, was the National Trophy Junior Service Rifle Champion and finished as the High Individual in the Whistler Boy Match. Kevin carried his successful run into NRA highpower and long range week at Camp Perry and finished as the top junior overall in both the under 21 and the 18-20 divisions, receiving two gold medallions. He also placed as the High Junior in Service Rifle and received the Jackson Arms Trophy Plaque and the Long Range Leech Cup Trophy Plaque for High Junior in that match.

After three weeks at Camp Perry and many plaques and rifles later, Kevin returned home to attend his going away party and immediately departed for basic training. On 7 December 2007 Kevin graduated from U. S. Army basic training is now beginning his job with the Army Marksmanship Unit. What a year it has been, and it all happened before Kevin turned 19!
Competitive Edge: Physical Training and Shooting

By Amber Darland, LMT, PAS

Are you a shooter? Or are you an athlete? Thousands of people claim the first, but only a dedicated few can say they are both. If you want the respect of other athletes, if you want to be competitive in high-level events, if you want to be considered “elite,” you absolutely must train like an athlete. Which means you need to spend a fair portion of your training time in the gym doing sport-specific exercise. As your scores improve, the time you spend in the gym will be one of the few factors that sets you apart from your competitors.

But what exactly is sport-specific exercise, especially where shooting is concerned? It’s not as if shooters need to do “trigger finger curls” or train like a marathon runner would (though the latter would certainly be admirable). The most important training routine for shooters is one that:

- increases overall physical fitness and stamina.
- improves the ability to deal psychologically and physiologically with the increased stress of competition and weather.
- prevents injury.

Before discussing how much exercise you should do and when, it is important to understand the three types of activities that make up a well-rounded training regime.

The first is aerobic exercise, such as running, walking, skiing, etc. Aerobic, as defined by the American Council on Exercise, means “with, or in the presence of oxygen.” This type of activity is important because it improves the ability of the heart and lungs to utilize oxygen within the cardiovascular system. But why should a shooter care about that?

Let us answer that question by asking another one: What is the first thing the body does in response to stress (be it a charging bear or the first shot of a final)? The sympathetic nervous system -- the branch of the nervous system responsible for flight-or-fight response -- kicks in, which increases the rate of breathing, increases heart rate, increases blood pressure, dilates the pupils, and slows digestion, among other things. The better conditioned the heart and lungs are for increased demand, the less noticeable a small increase in heart rate will be for the athlete.

For example, if your heart is conditioned for routine, sustained cardiovascular training at 150 beats per minute (about mid-range for a 20-year-old), how much will you notice the difference between your “competition” heart rate of 75 bpm, and your “first shot of the final” heart rate of 85 bpm? It will be noticeable, simply because you’re in a situation with increased stress, but your heart is well conditioned to handle the extra demand.

However, if you tend to be more of the couch potato type and your heart is conditioned for routine, sustained sitting (about 60-70 bpm for many people), how much are you going to notice the difference between 75 and 85 bpm? The difference will be substantial, considering an increase of 15 bpm will be roughly 25% of your trained heart rate.

The next type of activity you should understand is anaerobic exercise, such as weight lifting. Anaerobic means “not requiring oxygen.” In this type of activity, the body uses glycogen stores within the muscle (rather than oxygen in the bloodstream) to perform the requested activity. Strength training is important for the very reasons you would expect: well-conditioned muscles have more strength and stamina that de-conditioned muscles. Weight training also increases your kinesthetic connections and awareness (your ability to notice internal changes in muscle position and tension). Kinesthetic sense has obvious applications for shooters, but why, in a sport where relaxation is paramount, would you care about muscle strength?

Regardless of how much relaxation is required for shooters, muscle stabilization is a fundamental skill in order to be a high-level athlete. The more you utilize your brain-to-muscle connections (which nearly any form of exercise does), the more you will be able to tap into them to correct positional errors and normal, day-to-day changes in muscle tension. Weight training is also valuable in that it, when done properly, develops balance and coordination at the same time. Do those two skills sound at all important for shooting athletes?

The final term is by far the most well-known: flexibility. The American Council on Exercise defines flexibility as “the range of motion possible about a joint.” This, of all aspects of fitness, is probably the most utilized by shooting athletes, though not consistently in most cases. Flexibility is important for several reasons including injury prevention and positional consistency. The more pliable and flexible your joint capsules, the more readily they will handle unanticipated stressors (i.e. tripping over an unseen gear bag on the line). Additionally, if you have chronic inflexibility due to past injuries or lack of exercise, you will certainly battle with tension in your positions. An athlete who performs flexibility work on a regular basis will have pliable, supple, relaxed muscles that are not bound by constant tensions and immobility.

Over the next three issues of On the Mark we will address the three components of fitness -- aerobic training, strength training, and flexibility -- separately, and specifically as they relate to shooting. You will be provided with basic guidelines for designing a training plan and sample exercises that specifically benefit shooters. You will also find links to additional resources for those who want to further research this topic. In the meantime, if you have any questions as they relate to this particular article, please feel free to e-mail the author at akamber80@yahoo.com.

Now drop and give me 20.

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 schools NCAA Rifle Team, which won four National Championships while she was there. Her other shooting accomplishments include US National Team Member from 2002-2006, US 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.
On Friday, 14 December, Brigadier General Jack E. Lee, Deputy Commander, Joint Force Headquarters (Ohio), OH ARNG, joined Civilian Marksmanship Program Director Gary Anderson, and COL James Chisman, OH ARNG, Fort Ohio Installations Commander, in a ground breaking ceremony at Camp Perry for a new indoor range and marksmanship training facility. The Civilian Marksmanship Program is partnering with the Ohio National Guard in constructing the facility, which will provide expanded electronic skills training for National Guardsmen and an 80-point air gun range for CMP training and competition programs. Construction is started in December 2007 and is scheduled for completion in June 2008.

The new two-million dollar Joint Use Training Facility, which includes the CMP Competition Center, will cover a 28,000 square foot area just to the east of Camp Perry’s Petrarca Range. The south end of the building will house National Guard electronic engagement skills training systems. The north end of the building will house the air gun range. Shared space in the middle of the building will provide both organizations with classrooms, storage and office space, a foyer and bathrooms. General Lee described the financial and operational partnership between the Ohio National Guard and the CMP as “a win-win for both organizations.”

“This joint-use facility will double the size of the Army National Guard’s Engagement Skills Trainer 2000, a scenario-based weapons training simulator used for initial and sustainment marksmanship training,” Col. James Chisman, Camp Perry Commander, said. “It will go from 12 to 25 lanes and enable us to train twice as many Soldiers at a time.”

“This is a great joint effort,” Chisman said. “Everybody gets more for less and we are excited to be able to continue a partnership with the CMP that provides quality marksmanship training opportunities for Soldiers as well as the civilian community.”

The Civilian Marksmanship Program is providing funding to construct a new indoor air gun range that will be a major part of the Joint Use Facility. The 80 firing point range will be equipped with electronic targets. When finished, it will be the largest facility of its type in the Western Hemisphere. The addition of this facility to the complex of ranges at Camp Perry will enable the CMP to conduct year-around programming with many of its activities being conducted during the winter months when outdoor activities are not possible at Camp Perry.

CMP Director Gary Anderson said, “the construction of this new facility with its state-of-the-art electronic targets is the fulfillment of a major objective in the CMP long range plan. This will give us a dedicated education, training and competition center at Camp Perry that we can use to conduct many youth and adult training and competition activities that simply were not possible before or that that had to be conducted at other locations. Our Board of Directors and staff are very excited about the new facility. It’s going to have a major impact by bringing many more events and visitors from all over the country to Camp Perry.”

Construction of the facility and the installation of electronic targets is scheduled to be completed in June 2008 in time to host two major youth training events in June including a CMP Junior Rifle Camp on 23-27 June. The air gun range will also be available during the 2008 National Matches to host air rifle and air pistol competition and fun-shooting activities.
2007 JROTC Postals Deliver Again
By Sommer Wood, Writer/Editor

For ten years the Civilian Marksman Program has overseen the scoring of Navy, Army and Marine Corps JROTC 3x10 three-position air rifle postal competitions. These annual postals now determine which JROTC unit teams and individual cadets advance to compete in their respective service’s Eastern or Western JROTC shoulder-to-shoulder championships. From those Region Championships, the best unit teams and individuals representing each service advance to the JROTC National Championships. This year, for the first time, the Air Force joined in the fall postal competitions, with 14 units submitting targets. Altogether, 5,974 cadets and 1,101 JROTC unit teams participated in this year’s postals.

Postal targets could be fired in October, November or the first days of December, with a target mailing deadline of 5 December. In all, 17,922 targets were scored between the 1st and 15th of December when all scores were posted on the CMP web site. That is an increase over 2006 when 16,008 targets were scored. To handle such a large number of targets, the CMP used its state of the art electronic scoring system called Orion. This system uses Visual Imaging Scoring (VIS) technology to score 10-bull paper targets that have been scanned at 300 dpi or better. This system was first introduced for the 2006 postals and the new technology allowed scores to be posted shot by shot on CMP’s web site. This is a huge improvement from 2005 and before when teams of 20-25 scorers were needed to hand score all of the targets. The Orion system also eliminates much of the range of errors that occur when human scorers are used.

Scores for the 2007 Air Force, Army, Marine Corps and Navy Postal Competitions can be found on the CMP web site. Open http://clubs.odcmp.com/results and then click on “Air Rifle”. The top individual precision score in the 2007 JROTC postal was a 296 total fired by Steven Frazier from Union Grove HS NJROTC in McDonough, GA. The top sporter score was a 283 fired by Matthew Berkley of Ripley HS AJROTC in Ripley, Tennessee. The overall top team scores were an 1159 precision team total fired by East Coweta HS Marine Corps JROTC in Sharpsburg, Georgia and a 1099 sporter team score fired by Ozark HS Army JROTC in Ozark, Missouri.

Score data and shot group print-outs like the ones shown here for the top sporter and precision class shooters may be downloaded from the CMP web site. To obtain a score data sheet, open an individual results list for one of the services and then click on the “Aggregate” total that is shown in red for the shooter whose scores you wish to see. A *.pdf file with the shot data and a facsimile of each position’s shot group will download.

The top Air Force, Army, Marine Corps and Navy unit teams and at-large individual cadets are now qualified to advance to either the JROTC Eastern Region Championships that will take place on 14-17 February at Fort Benning, Georgia or the JROTC Western Region Championships that will take place on 21-23 February at the Olympic Training Center in Colorado Springs, Colorado. Congratulations to all competitors for another successful JROTC Postal! The initial list of qualifiers for the 2008 Eastern and Western JROTC Region Championships is posted at http://www.odcmp.com/3P/jrotcinvites.htm.

Team Leaders by Service:

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Individual Leaders by Service:

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<td>Steven Frazier</td>
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