

ON THE MARK



THE NEWSLETTER FOR COACHES AND JUNIOR SHOOTERS © FALL 2015

The Rise of Junior Pistol

Kwon and Stout Lead New Generation of Marksmen

Also!

**Open Public Night Fun
How To Become A Whole Lot Better**

Please...

- **Aces Postal Contest**
- **Dixie Double Results**
- **Air Rifle 3P Terms Defined**



ON THE MARK

<http://thecmp.org/communications/on-the-mark/>

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ON THE MARK is published quarterly 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 correspondence and opinions. **ON THE MARK** will dedicate space to publish letters from readers. Though we may not be able to publish them all, we will make every effort to provide comments that will be beneficial to the broadest audience. If there is a story you feel we should cover, notify us. Send your comments or questions to: Letters to the Editor, CMP Headquarters, P.O. Box 576, Port Clinton, OH 43452 or email your letters or comments to abrugnone@TheCMP.org.

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

Information about the CMP may be viewed on the CMP web site, www.thecmp.org or on the CMP online newsletter, **The First Shot**, at <http://thecmp.org/communications/the-first-shot/>.

◎ Sighting Shots ◎

- ◎ **Creedmoor Sports Talladega Pro Shop.** The Creedmoor Pro Shop at the Talladega Marksmanship Parks Club House store is open during all regular range hours for shooter convenience. Be sure to stop by the Creedmoor Sports Talladega Pro Shop when you visit the CMP Talladega Marksmanship Park. Great selection of rifles, shooting equipment and ammunition. Follow the Pro Shop on Facebook for Specials & Upcoming Events.



- ◎ **Camp Perry Open.** The Civilian Marksmanship Program's (CMP) ninth annual Camp Perry Open will be held Jan. 15-17, 2016. This year's match will include a three-position air rifle competition, an international air rifle (all standing) event, a pistol course of fire, and an optional clinic held at the Gary Anderson CMP Competition Center at Camp Perry, OH. For more information, visit <http://thecmp.org/air/cmp-competition-center-event-matches/camp-perry-open/>.



- ◎ **CMP Affiliated New Clubs.** Affiliate your club with the CMP. We look forward to working with you to assist your club in

reaching its goals and in reaching the mission and vision of the CMP - to promote marksmanship training and firearms safety for all qualified U.S. citizens with a special emphasis on youth. Visit <http://thecmp.org/clubs/affiliate/> for more information or contact the CMP Affiliate Relations Department at 419-635-2141, Ext. 782 or email clubs@thecmp.org.

- ◎ **JROTC Postal Match.** Results for the 2016 JROTC Postal Competition are now available online. They can be found by logging onto <http://thecmp.org/air/jrotc-air-rifle-national-championship/>. Qualified teams and individuals will compete at one of three Regional Championships in February, located in Anniston, AL; Camp Perry, OH; or Provo, UT. The National Championship will be held at the Anniston location in March.



- ◎ **CMP Paver Project.** Become a permanent part of the CMP Talladega Marksmanship Park. Leave your legacy on one or more than three firing lines throughout the park with a personalized engraved granite paver. For more information, visit <http://thecmp.org/competitions/talladega-marksmanship-park/paver-project/>.



On the Cover: Sam Kwon, 16, was the winner of the G.P. Perry DeFino Trophy after his win in the Junior Individual Pistol Match at the 2015 National Trophy Pistol Matches at Camp Perry. Photo Credit: Alice Kang

Win a FREE Entry Through the 2016 Aces Postal Poker Chip Design Competition

The CMP is reaching out for a 2016 Aces Postal Poker Chip design from you! Submit your design for the CMP's Aces Postal for the opportunity to shoot free for a year (limit 2 events per quarter) and see your design on one of our Poker Chips.

We will choose one design per quarter, with a total of four winners. Entries should be submitted by emailing cmpsouthcomp@thecmp.org before the target deadline of Dec. 31, 2015, in picture format (JPG or PNG preferably). We will announce the winners of the competition with the 4th quarter results.

For any and all issues or questions please email the CMP South staff at cmpsouthcomp@thecmp.org or call 256-835-8455 ext. 418 or 445.

Thank you for your continued support of the Civilian Marksmanship Program, and best of luck shooting! Good luck, and happy designing!

The **CMP "Aces" Postal** satellite match offers all junior and adult air rifle and air pistol shooters a program designed to encourage participation in the sport and test marksmanship skills nationally with their peers. The program consists of Air Rifle, Air Pistol and Para-Air Rifle/Air Pistol events.

Quarterly matches can be shot on Orion paper targets or electronic targets. Orion targets must be requested from the CMP and will be mailed to participants. All Orion targets must be returned for scoring at CMP (Return address: 1470 Sentinel Drive, Anniston, AL 36207). Scorecard files/Graphic scorecards from electronic targets may also be mailed or be faxed/mailed to CMP. Electronic scorecards must show individual shots in decimal and centers, except for pistol.

For more information, please visit <http://thecmp.org/air/cmp-aces-postal/>.



Talented Junior Marksman Overcomes Firearm Challenges with Family Support

*By Ashley Brugnone, CMP Writer –
with great contribution from Alice Kang*



Sam Kwon has endured many obstacles during his days of competitive shooting, but has managed to overcome them with the help of his supportive family.

Samuel Kwon's path to excellence has been a unique and challenging one. A junior at Packer Collegiate Institute in New York City, Sam, 16, took up Conventional/Precision Pistol shooting just three years ago and has already shown outstanding skill in the sport.

At the 2015 National Trophy Pistol Matches at Camp Perry, Sam was the overall winner of the Junior Individual Pistol Match – winning the G.P. Perry DeFino Trophy with his score of 270-4x. He also placed second in the Junior President's Match and third in the Overall Junior Pistol rankings.

Because Sam had to fly back to attend classes the day after competition, he wasn't able to stay for the National Match awards ceremony. It wasn't until the next day, while he was in biology class, that his uncle sent him a text to tell him the good news.

"I couldn't believe it," he said. "I was really happy that I was able to make it to Camp Perry this year. It was worth all the make-up work I had to do for school."

Last year, at his first National Trophy Pistol Matches, Sam finished in the Top 10 in the Junior Individual Match and in the Top 20 overall amongst all junior pistol competitors. Noticeably gifted with a natural flair for competitive shooting, he has also been fortunate enough to have a caring family to support him along the way through the unexpected ups and downs of his journey.

From the start, Sam was greatly influenced by his uncle, Dr. Richard Kang, who guided his fascination for pistol shooting. Sam recalls going to his uncle's house when he was young and asking to fire BB guns – shooting at cans until they were called in for dinner.

Dr. Kang, an orthopedic surgeon from Maryland, has been shooting competitively since 1997 and is a Distinguished Pistol Shot and a NRA High Master. After Sam witnessed his uncle's matches and tried a few practices, he was immediately enthusiastic about the sport.

"The shooting and scoring was so exciting, and watching the firing line was very cool," he said. "My mom asked me about Bullseye and if I'd be interested in doing it as a serious sport. I decided to check it out and was surprised by the time and practice it took to hit the targets – but I was hooked."

With his new passion, Sam quickly learned that living in downtown Manhattan presented some unique challenges for a marksman. His biggest obstacle was trying to find a place to practice in New York City after finding out the laws were extremely prohibitive with all things guns. Anyone under the age of 21 in New York City cannot legally handle a firearm – explaining the non-existence of junior shooting teams and organizations in and around the city and the state.

In nearby New Jersey, however, minors under parental supervision with or without a permit can attend ranges for practice and competition. With that knowledge, Sam joined the Old Bridge Rifle and Pistol Club in New Jersey. There, Sam and many other juniors pursuing the sport receive the incomparable help of Mary Badiak, the match director at the club, as well as Ed Glidden, who manages the junior program.

Though Sam practices with the team as a club member and participates in matches with the club's junior team, he unfortunately can't fire with the group at Camp Perry since he is not a resident of New Jersey.

As an additional challenge, Sam has spent his competitive shooting career using borrowed pistols. A few years ago, before Sam took up the sport, there was a "Target" permit that allowed gun owners to travel to scheduled NRA/CMP sanctioned events in and out of state with their pistols. Now, it's completely prohibited to travel outside the state with any firearm.

"Practicing for a match without the gun you're going to actually use is very difficult," he said.

In New Jersey, he uses the club's pistol that the junior program directors keep around for the purpose of travel use. Sam also occasionally borrows a pistol from Dr. Kang, when they attend the same matches.

At first, to overcome the challenges of New York's strict laws, Sam practiced with an air gun. Because the weight, balance and trigger pull were significantly different than the 1911 he would usually shoot, his mom, Alice, got her pistol license and allowed Sam to dry-fire the .45 she kept at home.

"I was a bit discouraged by challenges at the start, but my parents and I found ways around the obstacles, and we didn't let them stop us," Sam said.

Sam has worked with his mother and his father, OhSang, to meet each of his challenges successfully – with both of his parents participating in competition and practice with Sam whenever possible.

"My parents' support has been phenomenal. I can't imagine pursuing this sport without them," Sam said. "They're willing to drive hours to a match, go through weeks and weeks of papers to get a license solely so I can practice and give their never-ending support. I'd also like to give a shout out to my uncle, who's also been very supportive and encouraging."

Since there has been so much controversy with second amendment rights and laws in the public and media, Alice and OhSang have also encouraged Sam to research and understand the issues for himself. He practices safe and conservative gun handling, and he and his family have all taken safety classes and are continually coached on proper safety and match shooting protocols.

"Gun issues – mainly violence unfortunately – have helped me understand the need for 'safety first' and respect for competitive shooting," he said. "Many people don't understand how safe the sport of shooting actually is. 'Safety is first, last and always' – that's what's been drilled through my head."

His mother, Alice, added, "It is important to us that he articulate and defend his participation in the sport and his opinion. His father and I are very proud of him and we think his perseverance pursuing his sport is admirable."

Winning the Junior Individual Pistol Match was just the latest in a series of achievements for Sam in his already impressive competitive shooting career. During a spring Tri-State Regional match in New Jersey this past year, his score elevated his classification to Sharpshooter. Looking ahead, Sam plans to continue to attend practices and matches to achieve a higher classification next year – with a goal of attending the 2016 National Matches with Expert classification.

"This sport has everything," he said. "Great team spirit, interesting physical and mental challenges, a chance to make new friends and go to new places – it's been a great experience and I'm looking forward to more great experiences in the sport."



Though he practices with them regularly, Sam (far right) is unable to officially participate at Camp Perry as a member of his New Jersey Pistol Team since he's not a resident of the state.

How To Become A Whole Lot Better

How To Become A Whole Lot Better

A Primer for Young Rifle and Pistol Shooters, Coaches and Parents

By Gary Anderson, DCM Emeritus



Haoran YANG, 19 years old from China (center), is still a junior, but he has been number one in the world in the 10m Air Rifle Men event for three years. Yang's many international victories include the 10m Air Rifle World Championship in 2014. When young shooters look at YANG's accomplishments, many will ask, *"what do I have to do to become that good?"*

This **On the Mark** technical article addresses the daunting challenge faced by young athletes who want to become champion shooters. To put this challenge in perspective, let's look at it through the eyes and thoughts of a typical young shooter.

You just finished a competition and are looking at the results list to see where you finished. At the top of the list are juniors who are just a year or two older than you. They shot scores that you couldn't even dream of shooting on your best day. You continue to scan down

the list of names and scores until you come to your score, halfway down the list. A middle-of-the-pack finish seems OK considering the short time you have been shooting and how little you practice. But then you look back up to the top of the list. You start to think that's where you really would like to be. But the winning scores seem so high. "What do I have to do to become that good?"

To quote a leading German text on junior shooting training: "There has never been a champion who fell

continued...

from heaven.” This article explores the components of shooting excellence and how shooting champions really are created. It is not just about how to shoot better scores, but about “**how to become a whole lot better.**” The answers are complex and are organized into three primary areas of emphasis, 1) a goal-oriented work ethic, 2) training smarter and 3) pursuing technical perfection.¹

A Goal-Oriented Work Ethic

Becoming a whole lot better begins with a faith in training and actually putting that belief into practice. It begins with a fundamental truth: All the positive thinking, talent and desire to win in the world won't make someone a champion shooter unless those thoughts are transformed into a **goal-oriented work ethic** that is defined by hard work and practice. Working hard is not a guarantee that a young athlete will become a champion, but no young athlete will ever become a champion without working hard.

Faith in Training. The foundation for advancement in all sports is practice or training. That is especially true in a skill sport like shooting. The one common thread through the personal stories of all champion athletes is their work ethic, how much they trained and how they



Bowen ZHANG from China is already the number one free pistol shooter in the world at age 19. In 2015, he won gold and silver medals in two ISSF World Cups and a gold medal in the World Cup Final. ZHANG said he started pistol shooting when he was 11 and regularly shoots five hours a day.

A QUICK START GUIDE

For young shooters, coaches and parents who are just getting started and are overwhelmed by how much detail is involved in getting better, this Quick Start Guide boils this complexity down to “where do I start on a path of excellence.”

1. Do more training — increase your practice time and practice days.
2. Train as much as you can—as long as it's fun and you try hard on every shot.
3. Keep a Shooter's Journal.
4. Develop a shot plan and use it.
5. Change your self-talk from “I can't” to “I will keep trying...”
6. Resolve to stay cool no matter what happens — in practice or matches.
7. Study and improve your firing positions — concentrate on holding the rifle or pistol steadier.
8. Enjoy and learn from every competition.

trained harder than other athletes. The personal stories of sports champions like Michael Jordan and Tiger Woods as well as those of so many shooting champions confirm that training and hard work is the foremost difference maker. The challenge is to get aspiring young shooters to believe in training. For coaches and parents, that means exposing them to convincing messages that no one is a natural-born champion and that training really does make a difference. The personal stories of great sports champions and great shooting champions who succeeded through hard work and purposeful training need to be shared with young shooters.

Adopting a Work Ethic. Young shooters must then progress from believing that training works to actually doing real training. A good start is taking full advantage of available range time. The best shooters typically are the first ones to start shooting when the range opens and the last ones to leave. Good time management also means focusing on shooting and not on other activities while on the range. Doing more training means increasing practice days from once or twice a week to four or five days a week. If the school or club range is not available that many days, dry firing or shooting air guns at home is an equally effective way to train. One of the best ways to gain training time is to rebel against a popular culture that wants youth to watch television and play video games and instead to use that time to practice getting better in a sport.

¹ Most of the thoughts and ideas in this article can be studied in more detail in Mr. Anderson's book, **Coaching Young Rifle Shooters**, which may be purchased from the CMP Sales E-Store at <http://estore.thecmp.org/Store/catalog/catalog.aspx>.

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What Should the Goals Be? Young shooters are encouraged to adopt a “goal-oriented” work ethic, but this begs the question, “*what should their goals be?*” It’s OK to dream about becoming an Olympic champion, but at this stage in a young shooter’s development that should be a dream, not a goal. Initial goals should focus on perfecting skills and improving scores. Competition goals should not be to win, but rather to perform learned skills well in matches. As goals and accomplishments climb higher, a possible future will start to unfold. If lots of training and hard work continue to be interesting, enjoyable and rewarding, decisions can be made about how much to train and longer term goals.

How Much Training is Enough? The fundamental answer is that young shooters who truly want to rise to the top of the rank lists should train as much as they can, balanced, of course, with their responsibilities to family, school and good health.

Standard advice for how much juniors in the USA should train suggests that shooting one or two hours a day, two or three days a week, is about right. But that

advice pales in comparison with what is practiced in China, a nation that has enjoyed remarkable success in producing juniors who win World Cup, World Championship and Olympic medals in open competition. The 2015 ISSF World Cup Finals provide just one recent example. There three Chinese juniors, who were 18 or 19, won four medals (2 gold, 1 silver, 1 bronze), in open competition. When we asked Chinese National Team Leader Yifu WANG, who is himself a six-time Olympic pistol medalist, how much these young athletes train, he described a program that begins at age 11 or 12 and that includes about five hours of shooting a day, five or six days a week, plus two hours of physical training, plus school work. When we asked WANG whether young shooters in this age group could train too much, he simply answered “no.” There are no secrets as to why Chinese juniors are winning; they are working harder than everyone else.

A Desire to Train and Compete. When a young shooter embarks on a serious training program and begins to set higher goals, another set of questions



ISSF Junior Cup competitions are now a showcase for rising future champions. Young athletes in the 50m 3-Position Men Junior Final at the 2015 IJC in Suhl Germany are shown here. The USA's Ben Estes (firing point A) had the top qualifying score with an 1167 and finished 6th in the Final.

must be answered. This is because too often the drive to train and compete comes from mom and dad or the coach. Those goals and the resolve to train a lot must come from the young shooter, not the parents or coach. Many young shooters truly enjoy shooting and training as well as going to matches and competing. Other young shooters enjoy learning how to shoot, but are simply not motivated to do a lot of shooting. Training several hours a week is not their thing. Some youths never become comfortable with competitions and pressures to excel. Junior shooters must be given a chance to sort out what they want out of shooting. Are they really excited about the idea of trying to win and training hard? If this personal soul-searching yields negative answers, then respect those feelings. But if young shooters can honestly say they like to train and compete, then encourage them to go for it.

Training Smarter

In shooting today, there are many young people all over the world and in the USA who are willing to do the huge amounts of training needed to excel. This means that to compete against these athletes, there must also be other ways to gain an advantage. This edge must come from training smarter, from doing things that help training achieve maximum effectiveness.

Intensity and Reward. Adopting a work ethic means doing more training, usually a lot more training, but more training cannot just be firing as many shots as possible. For live or dry training repetitions to have positive training effects they must be 1) performed correctly, 2) performed with intensity and focus and 3) result in a sense of reward. Correct performance means following a well-prepared shot plan. Intensity and

focus is defined by concentration and effort. A sense of reward is the good feeling, even a fleeting sense of joy, that comes from shooting good shots that are performed correctly. Training must be fun or the young shooter will not continue doing it.

Keeping a Shooter's Journal. A key element in training smarter is keeping a shooter's journal or diary. A well-kept journal provides a record of training progress, but its most beneficial role lies in helping shooters analyze performances. Any young shooter who wants to become a whole lot better must keep a shooter's journal and be highly disciplined about making insightful entries in it after every shooting exercise.

Using a Shot Plan. Firing great shots and scores requires performing a myriad of details inherent in shot technique the same way for each shot. This means paying attention to details, performing them correctly and with consistency. The best way to do that is to develop a detailed shot plan and then to follow it precisely. The "*Rifle Shot Technique Chart*" breaks down the phases and detailed action sequences in firing a shot with a rifle.² The bold, red technique elements represent points where attention must be focused during the firing of a shot. The "*Pistol Shot Technique*" diagram provides a graphic analysis of the technique for firing a pistol shot. Advancing young shooters can use the chart and

| RIFLE SHOT TECHNIQUE CHART | | | | | |
|-------------------------------|--|---|---|--|---|
| Shot Phase Action Sequence | PREPARE THE POSITION | START THE SHOT | MAKE THE SHOT | | AFTER THE SHOT |
| PHYSICAL CONTROL | Shoulder rifle, do position checks (butt-plate, left elbow, balance) | Relax body and bring aligned sights onto target | Stay relaxed — maintain passive muscle control | | Maintain hold through recoil — load for next shot |
| BREATH CONTROL | Breathe normally | Exhale and stop breathing | Stop breathing | | Inhale and breathe normally |
| AIMING | Complete position checks, then align sights | Check NPA, adjust if necessary before final exhale | Focus on sight picture — perfect sight picture | | Call the shot, follow-through, analyze |
| TRIGGER CONTROL | Finger on trigger guard | Move finger onto trigger and apply initial pressure | Apply smooth, increasing pressure until shot breaks | | Move finger forward |

² A full explanation of the "*Pistol Shot Technique*" chart can be found in the summer 2015 issue of *On The Mark* and its article on "*Pistol Opportunities for Juniors II*."

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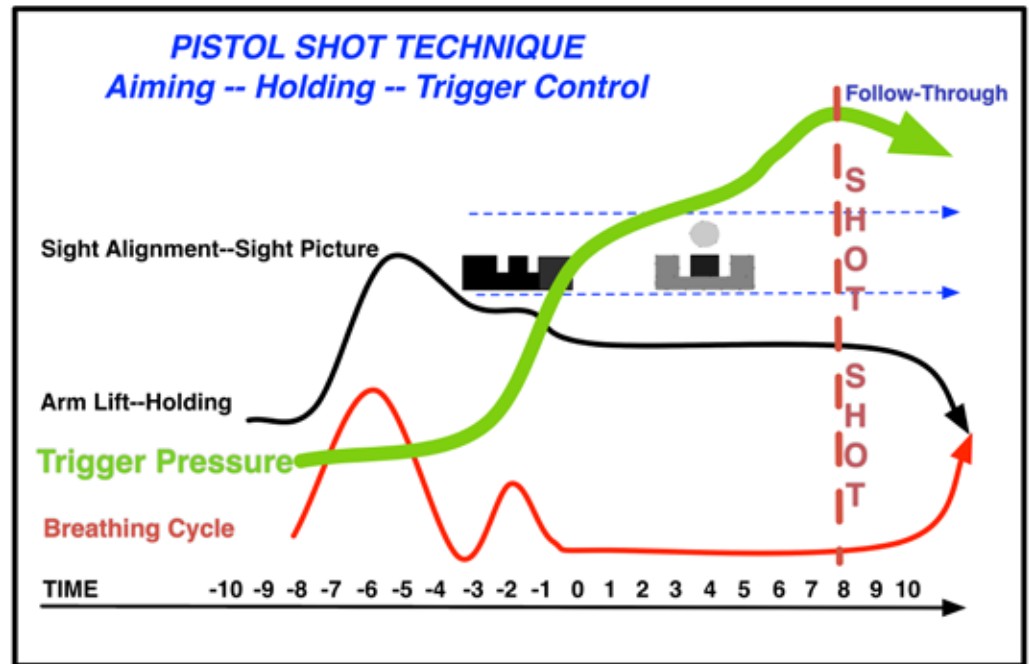
diagram as starting points for preparing their own shot plans. Careful thought must be given to deciding how each of these technique elements is performed. After that, the benefits from a shot plan come from developing the self-discipline to follow the plan for each shot fired in practice and in matches.

Doing a Pre-Shot Routine. A key part of the shot plan is what the shooter does to “prepare the position” and “start the shot.” The things a shooter does to prepare the firing position and to be physically and mentally prepared to fire an accurate shot are called a “pre-shot routine.” Rifle shooters check butt-plate and left elbow locations, adjust their natural points of aim (NPA) and control balance and selective muscle relaxation. Pistol shooters focus on the coordinated breathing and arm lift that brings the pistol onto the aiming point and on achieving visual focus on the sight picture. Spending extra time before the shot to carry out a pre-shot routine is an essential way to train and compete smarter.

Shot Calling, Follow-Through and Analysis. Another vital part of the shot plan concerns what the shooter does after the shot. Perfecting this phase of the shot includes developing precise shot calling skills, achieving consistent follow-through and having a feedback loop where each shot is analyzed to provide necessary correction cues for the next shot.

Optimistic Self-Talk. There is an important axiom in human performance that will help young shooters become better. This is that “*we are what we say we are.*” Anyone who wants to improve significantly must learn to get rid of negative thoughts and self-talk. This means replacing “*I’ll never shoot scores that high*” with “*I know I can get there if I just keep working hard.*” It means replacing “*I’m getting tired of training this hard*” with “*I feel good when I finish a good day of hard training.*” Optimism for the shooter means believing that hard work will pay off and that goals will be achieved.

A Winner’s Mind-Set. The winner’s mind-set refuses to see adversity as an obstacle to success. The winner accepts full responsibility for bad shots or scores and sees bad results as opportunities to learn and correct.



The winner is someone who never looks for excuses for why they do not shoot well. They refuse to blame failure on the coach or bad luck or range conditions or inadequate training opportunities. They know that if they start finding excuses for why they are not progressing or winning, they will never achieve their goals. Instead, winners resolve to find ways around these obstacles and somehow find a way to win.

Staying Cool—Perseverance—Resilience. These are psychological qualities champion shooters must possess. No path to becoming a whole lot better is a super-highway to the top. There will be many potholes, bumps and detours. There will be bad shots, bad scores and disappointing matches. There may be times when things go terribly wrong, often in a really important match. So when things go wrong, a first step is learning to stay cool, no matter what. Shooters who resolve to stay cool and calm no matter what happens will control the situation much better than someone who becomes angry or tries to act out. When real setbacks occur, perseverance and resilience must be brought into play. Zorana Arunovic of Serbia is the top ranked woman’s air pistol shooter in the world. Her website advice to young shooters is “*never give up no matter how hard it is.*” So when things go terribly wrong, resilience means not letting those terrible results become a reason for giving up. Resilience means continuing to believe in oneself and bouncing back. It truly means never giving up.

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Health, Nutrition and Fitness. Another critical way to train and compete smarter is to keep the mind and body functioning at peak performance levels by staying healthy, eating properly and practicing physical fitness. Elite Chinese juniors like Bowen ZHANG are not doing a couple hours of physical training a day just to kill time. Health, nutrition and physical fitness are foundations for top performances in shooting. Getting enough sleep, eating healthy foods and avoiding unhealthy foods are essentials. Engaging in physical exercises that develop 1) coordination, 2) endurance, 3) strength, 4) flexibility and 5) quick reactions will make training more effective and improve the ability to perform well in competitions. Pistol juniors must do strength training, especially for the upper body, shoulder and arm muscles. Rifle and pistol juniors should participate in other sports such as jogging, bicycling, swimming, volleyball, soccer or cross-country skiing.

Pursuing Technical Perfection

Pursuing technical perfection addresses the acquisition and automation of specific technical and mental skills that contribute to superior performances in training and competitions. Technical perfection means building firing positions that provide the best possible stability (hold) for the rifle or pistol. It means mastering shot techniques that unfailingly fire shots during periods of optimum hold stability. And in the world of the new (post-2013) ISSF shooting finals where firing times are shorter and great shots must be made at critical junctures like threatened eliminations or shots to decide medal winners, today's shooters must be able to make consistent good shots on first hold attempts.



***Sight Alignment Drill.** A simple, but effective exercise for improving pistol hold stability involves repeating the shot preparation (breathing and arm lift) and then aiming at a blank wall while concentrating on perfecting sight alignment.*

Improving Hold Stability. One of the most vital success factors is how steady athletes can hold their rifles or pistols. Rifle shooters improve stability by studying their firing positions and using current best instruction to make improvements. Good position checklists are a valuable resource for this. Learning to do pre-shot position checks and checks for balance and relaxation before every shot are effective ways to improve hold stability. Pistol shooters improve their ability to control pistol hold movements by developing arm and shoulder strength, performing holding exercises and doing sight alignment drills. Achieving intense visual focus on pistol sight alignment or rifle sight picture leads to steadier holds.

Improving Shot Technique. Correct shot technique over-simplified is a matter of only releasing the trigger when the sight picture is centered and hold movements are minimized. However, actually doing that when holds are often not so steady and competition pressure threatens to short circuit judgment and timing makes shot technique one of the most difficult acts in shooting. The rifle technique chart and the pistol technique diagram make it clear that shot technique is

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complicated. Shooters who want to get a whole lot better need to spend time analyzing details in their shot technique and making decisions about exactly how to perform each technique element. Improving shot technique requires paying attention to details and striving to achieve consistency and focus in performing every shot.

Analyzing Performance.

Shooters who consistently produce high results are almost always shooters who are very good at analyzing individual shots as well as their overall performances. After each shot they quickly determine whether a shot was on or off call, whether the recoil jump was correct and whether key elements of the shot plan were executed correctly. These rapid judgments and any necessary corrections form a feedback loop to prepare for the next shot. Analysis of overall performances can use shot group analyses, score comparisons and coach evaluations.

Dynamic Goal Setting. Goals give purpose and direction to training and competition efforts if those goals are realistic and achievable. Becoming a whole lot better requires excellent goal setting skills. Dynamic goal setting employs annual plans to schedule competitions and key training objectives. Within an annual plan, the shooter establishes training and competition goals. A key to dynamic goal setting is adjusting the plan when goals are achieved and when they are not achieved.

Equipment Preparation. Shooting is a sport where equipment plays an indispensable role. Obtaining excellent equipment, taking proper care of it and adjusting it correctly are all part of technical perfection. Rifle shooting, in particular, requires a lot of expensive equipment so it is important to select well. Equipment



Studying successful positions and applying those lessons to position improvements is a productive way to improve hold stability. The athlete is Andre Link, Germany. Link won the World Junior 50m 3-Position Championship in 2014 and the open World Cup Final 3-Position title in 2015.

preparation means having a rifle or pistol and selected ammunition or pellets that are superbly accurate. Equipment adjustments are also critical; pistol grips must be precisely adjusted and the seemingly infinite adjustments on match rifles must be tuned to fit the athlete's positions and techniques.

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Equipment preparation means having a rifle or pistol and selected ammunition or pellets that are superbly accurate.

Perfecting Match Performance. A final part of pursuing technical perfection is improving competition performances. Shooting match scores that are lower than practice scores doesn't have to happen. Good competition results, like doing more training, starts with believing that match scores can be just

as good as practice scores. A good match is when the competition score falls within the range of good practice scores. Evaluating match performances should not look at winning or losing, but at how well skills learned in practice were performed. Learning to enjoy matches and look at match pressure as a friend that can help performance is a key. Match anxiety can be reduced by being well prepared for the match, with an equipment checklist and a rehearsed course of fire. Having a plan for setting up the firing point and comfortably staying within time limits can make a difference. Shooting during matches must emphasize following the shot plan. Staying in the now is crucial. That requires thinking only about the present shot, not the last shot or a future outcome. And above all, enjoy and learn from every competition experience.

This **On the Mark** article has been a quick tour through the complex details that young athletes who want to become great shooters must navigate. The all-encompassing endeavor to become a whole lot better presents a daunting challenge, but it is also an endeavor filled with meaningful rewards.

About the Author

Gary Anderson, Director of Civilian Marksmanship Emeritus, retired as the full-time CMP Director at the close of 2009. He continues to work with CMP as the senior marksmanship instructor. During his remarkable career, he won two Olympic gold medals, seven World Championships and 16 National Championships. He is a Vice President of the International Shooting Sports Federation, the President of USA Shooting, a former Nebraska State Senator and was one of the two Olympic Games Technical Delegates for Shooting during the 2012 Olympic Games in London.

In June, 2012, the International Olympic Committee awarded Gary Anderson the IOC's highest honor, the Olympic Order, "for outstanding services to the Olympic Movement."

In 2014, the CMP expanded their world-class air gun center at Camp Perry and renamed the facility the Gary Anderson CMP Competition Center, in honor of Anderson's contribution to the organization and the marksmanship community.



Games, Practice and Fun Now Available at CMP Open Public Nights

By Ashley Brugnone, CMP Writer

ANNISTON, Ala.; CAMP PERRY, Ohio – Come be a part of Open Public Shooting at the Civilian Marksmanship Program's (CMP) world-class air gun facilities in Camp Perry, Ohio, and Anniston, Ala. All ages and genders are welcome and urged to take a shot (or two or three) at the rousing world of air rifle and air pistol marksmanship from our safe and fun indoor ranges.

"Open Public Shooting at the air range is an enjoyable evening for many different groups," said Lue Sherman, North Competition Center coordinator. "We have a great staff of qualified coaches on hand to make everyone feel comfortable."

Sherman can often be seen helping range-goers during Open Public nights, along with other qualified CMP staff members from various backgrounds and firearm experience – including World Cup athletes,

college athletes, military members and certified coaches through NRA and USA shooting.

"People come to the range for the first time to experience electronic targets, but they stay for the attentive coaching that they receive from staff," said James Hall, CMP program outreach supervisor – stationed at the South office in Alabama.

The 20,000-square-foot CMP South Competition Center in Anniston houses classrooms, offices and changing rooms. Connected to the facility is the 80-point air gun range that houses 10-meter firing points – equipped with state-of-the-art electronic targets.

The Gary Anderson CMP Competition Center at Camp Perry is the completed result of the \$1.1 million-dollar expansion to the formerly known CMP North Marksmanship Center. The expansion includes an open



Men, women and children of all ages are welcome to visit the range and are guaranteed to have a great experience.



Guests who fire on the CMP targets are able to receive a printout of their shots as a free souvenir.

reception and common area, fully equipped classrooms, cylinder filling room and CMP retail store. The addition also includes projection screens and flat-screen television sets throughout the building.

Connected to the new expansion is the existing 80-point air gun range, which replicates the impressive South Range in Anniston.

For those new to the sport, the lightweight, easy-to-use air guns are available for loan at both ranges. Sporter class air rifles are free of charge, while the National Match Air Rifles (NMAR) are available to rent for a reasonable fee.

Participants must supply their own pellets or may purchase them at the range. Shooters who own personal air guns may use them at the range as well, as long as they are under 600 fps.

"It's great to work with the beginner shooters and have them leave at the end of the evening with a smile on their face and excited to come back again," said Sherman of her observations at the Ohio range.

"Many first time visitors are surprised to find such

a world class facility is located close to their home in Anniston AL," Hall added.

"Participants really enjoy using the NMAR rifles as well as the pre-charged Crossmans – not having to pump the gun entices people to spend more time shooting. And the comradery amongst the other shooters undoubtedly makes for a friendly atmosphere," he said.

Offering the chance to do something safe, fun and a little out of the ordinary, youth church groups and clusters of friends have been known to use both ranges as a "game night" – challenging each other with pretend matches and generating laughs throughout the evening.

The Annie OAKleys, a local church group of women who gather for fun matches and marksmanship practice (instructed at times by Gary Anderson himself and organized by his wife, Ruth Ann), also occasionally spend girl's nights together on Tuesdays and Thursdays at the range in Ohio.

Because of the state-of-the-art facilities offered by the CMP, some local rifle programs in Alabama as well as Ohio use the Open Public Nights as practice

sessions. The Ottawa County 4-H Shooting Stars and Black Swamp Jr. Rifle teams, along with the nearby Donoho School, Munford City School and Calhoun County 4-H programs in Alabama, call the ranges home on Tuesday and Thursday nights.

A group of air pistol shooters even drive to the South Competition Center from Birmingham and Atlanta to receive coaching from the CMP staff as well. Additionally, because of the center's close proximity to Jacksonville State University in Jacksonville, Ala., many college rifle team members come to the range to receive coaching from the CMP's experienced staff.

The CMP also encourages those with disabilities to attend its Open Nights. The air ranges carry spring stands and other equipment for use with para-athletes. Because the shooting sport utilizes a functional classification system, wheelchair users and ambulant athletes from different disability classes are able to compete together, either individually or in teams.

For individuals with a competitive spirit, Open Public Nights host a CMP Pneumatic Bench League – fired to add a little competition to the setting. The course of fire is 20 shots from the bench at 300 yards reduced targets (first 10 shots are “sighters,” or practice shots) and 20 shots from bench at 600 yards reduced targets (first 10 shots are sighters). Shooters must use Sporter Pneumatic Single Pump .177 pellet rifles that shoot at



Lue Sherman is one of the many helpful staff members available during Open Public Shooting Nights to guide experienced and inexperienced marksmen and to ensure safety around the range.

600 feet per second or less with either Open Sights or Scope, such as Daisy 853 Rifles.

This is a Monthly Re-Entry League, meaning shooters can re-enter as many times as they'd like, with the top score kept. Entry fee is \$2.00 for each entry – placed into the prize pool that offers 100 percent payout (1st Place, 50 percent; 2nd Place, 30 percent; 3rd Place, 20 percent).

The Gary Anderson CMP Competition Center is open Tuesday and Thursday evenings from 5-8 p.m., August through June, except for holidays and special events. The range can also be rented for a fee for your next company or business/family outing.

The CMP South Competition Center holds Open Shooting hours for the public on Tuesdays and Thursdays from 4-7 p.m.

All shooters who wish to fire in the range must complete a one-time CMP Eligibility Affidavit and a Liability Waiver, as well as attend a short safety briefing. Shooters under the age of 18 must have a parental consent form signed.

For more information on Open Public Shooting, visit <http://thecmp.org/air/cmp-competition-centers/open-public-shooting/>.

Questions may be directed to Lue Sherman at lshearn@thecmp.org or 419-635-2141 ext. 707 for the Gary Anderson CMP Competition Center and Matt Carroll at mcarrroll@thecmp.org or 256-835-8455 ext. 415 for the CMP South Competition Center.



CMP's Matt Carroll, who works the South Range, and Catherine Green, of the North Range, are just a few of the friendly faces seen each week at Open Public Shooting.

Students: Apply Now for 2016-2017 \$1,000 CMP Scholarships

By Ashley Brugnone, CMP Writer



CAMP PERRY, OH – The Civilian Marksmanship Program (CMP) is proud to again award exemplary student-athletes in their future endeavors through its annual scholarship program for the 2016-2017 school year. The CMP offers \$1,000 one-year scholarships based on merit and rifle or pistol marksmanship participation to current high school seniors.

Last year, the CMP received 256 scholarships – setting another record as the most ever in the scholarship's history. After careful consideration, 173 were awarded for a total of \$173,000 from the CMP Scholarship fund. Recipients hailed from JROTC schools, 4-H groups and other shooting clubs. Since 2005, CMP has awarded over \$1 million in scholarship prizes.

TO BE CONSIDERED, applicants must turn in a list of past and present rifle or pistol competition history, awards, involvements and future expectations for the sport. **Proof of participation**, including match bulletins, photos or CMP Competition Tracker printouts (for example), **MUST** be presented in order to be considered for the scholarship. Applications without this will be discarded.

Those interested must also provide **academic information** such as GPA, test scores and a list of extracurricular activities. Additionally, an **official transcript** must

be provided, along with a **letter** explaining why the applicant is applying and what future plans the money will fund. A **nomination/recommendation letter** from a coach or instructor is also required.

Incomplete applications will not be considered, so please check that all required information is sent. Because the CMP takes great care in personally reading each application, all mandatory information (including forms and other necessary materials) must be sent to the CMP in its entirety. **We are eager to recognize praiseworthy student-athletes for their hard work – so please take extra precaution in sending all application requirements.**

The deadline for application submission is **March 20, 2016**. Scholarships may be used to pursue post-secondary education or vocational programs for the upcoming school year.

The CMP is dedicated to its commitment to youth programs and furthering the education of the successful young adults involved within them. Through these scholarships, the CMP is able to uphold one its missions of awarding those who present exceptional talent, motivation and determination within the field of marksmanship.

Application forms and other scholarship information can be found by visiting <http://thecmp.org/communications/cmp-scholarship-program/>. For specific questions, please contact Kathy Williams at 419-635-2141, ext. 709 or email kwilliams@thecmp.org.



Junior Air Riflemen: Sign Up for the 2015 CMP 3P Postal Competition

By Ashley Brugnone, CMP Writer

Registration for the Civilian Marksmanship Program (CMP) National Postal Championship opened on Nov. 1, 2015, for any junior shooter involved in 4H, Scouts, American Legion, club or JROTC air rifle programs. The competition is designed for those juniors interested in testing their three-position skills against some of the top shooters in the country, from the convenience of their home ranges. The Postal Competition will conclude on January 31, 2016.

Registered shooters will receive official CMP targets by mail to fire record shots upon at each of the three positions: prone, standing and kneeling. Targets will then be mailed back to CMP for scoring. The top shooters of the Postal competition will qualify for the CMP Regional Championships, to be held in Camp Perry, Ohio; Anniston, Ala.; and Sandy, Utah. Postal scores will be available for viewing through CMP's Competition Tracker system.

To reward the hard work of dedicated junior athletes and coaches, the CMP administers monetary donations towards teams who qualify for the Regional and National events. A scholarship check for \$1,000 is also available for each of the Top 3 highest-scoring senior athletes in both the sporter and precision classes at the National competition.

As in years past, Larry and Brenda Potterfield will provide incredible endowment donations to the JROTC Championships through the MidwayUSA Foundation for winning teams. The MidwayUSA Foundation is a public charity that helps communities and organizations raise funds to support their youth shooting teams and activities.

For registration and more information on the CMP Postal Competition, visit <http://thecmp.org/air/three-position-national-postal-competition/>.



| EVENT | LOCATION | DATES |
|---------------------------------|-----------------------|--|
| CMP State | National | 1 Nov. 2015 - 31 Jan. 2016 |
| CMP Postal Competitions | National | 1 Nov. 2015 - 31 Jan. 2016 |
| CMP Regional (Western) | Sandy, UT | 31 March 2016 - 2 April 2016 |
| CMP Regional (Southeast) | Anniston, AL | 7-9 April 2016 |
| CMP Regional (Northeast) | Camp Perry, OH | 7-9 April 2016 |
| CMP Nationals | Camp Perry, OH | 26-28 June 2016 (Sporter) 29 June - 1 July 2016 (Precision) |



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 badges. **ON THE MARK** will recognize all juniors who achieve this outstanding goal in each issue.

For more program info, log onto <http://thecmp.org/air/junior-distinguished-badge/> or email CMP Competitions at 3PAR@TheCMP.org.



| Badge # | Name | Hometown | Badge # | Name | Hometown |
|---------|-------------------|----------------------|---------|------------------|----------------|
| #901 | Marcos Serrano | Fontana, CA | #929 | Logan Hanscom | Anchorage, AK |
| #902 | Emma Thompson | Freeport, IL | #930 | Casey Iwamoto | Seattle, WA |
| #903 | Jessie Allcock | Britton, SD | #931 | Maddison Korthas | Belgrade, MT |
| #904 | Rebecca Green | Coventry, RI | #932 | Samuel Wolfe | Los Alamos, NM |
| #905 | Andrew Gross | | #933 | Meike Drewell | Austin, TX |
| #906 | Antonio Gross | Ontario, NY | #934 | Shelby Huber | Columbus, GA |
| #907 | Joseph Hoover | Sterling Heights, MI | #935 | Luke Rochford | Nashville, TN |
| #908 | Anna Scheer | Trussville, AL | | | |
| #909 | Brittany Carter | Wirtz, VA | | | |
| #910 | Emily Knight | Lebanon, OR | | | |
| #911 | David Pitt | Severna Park, MD | | | |
| #912 | Thomas Welch | Wampum, PA | | | |
| #913 | Bailey Powell | Albuquerque, NM | | | |
| #914 | Levi Carlson | Fort Mill, SC | | | |
| #915 | Sarah Huffman | Rutherfordton, NC | | | |
| #916 | Charles Mathews | Newnan, GA | | | |
| #917 | Daniel Peters | Monroe, GA | | | |
| #918 | Ashley Stacy | Monroe, GA | | | |
| #919 | Katrina Shaw | Bones Mill, VA | | | |
| #920 | Nicolas McKeon | Turlock, CA | | | |
| #921 | Silas Ochsner | Sutter, CA | | | |
| #922 | Tristen Smith | Chatham, VA | | | |
| #923 | Brandon Perdue | Ferrum VA, | | | |
| #924 | Morgan Tench | Fort Mill, SC | | | |
| #925 | Austyn Pacheco | Lebanon, OR | | | |
| #926 | Taylor Wease | Rutherfordton, NC | | | |
| #927 | Samantha Peterson | Ham Lake, MN | | | |
| #928 | Michael Zanti | Norfolk, VA | | | |



Want to Earn YOUR Junior Distinguished Air Rifle Badge?

Visit <http://thecmp.org/air/junior-distinguished-badge/> or contact the CMP by calling (419) 635-2141, ext. 702.

Junior Outshoots Country's Top Marksmen at 2015 Dixie Double

By Ashley Brugnone, CMP Writer



Left photo (L to R): Rifle Juniors Sarah Osborn, Rhiann Travis and Elizabeth Marsh. Right photo: Pistol Junior Lydia Paterson

Junior Rhiann Travis was the overall winner in the Open Rifle competition, while Elizabeth Marsh finished in second in the Junior Rifle class but received first place. Lydia Paterson was the High Junior in Pistol, as Sarah Osborn and her teammate Sarah Beard overtook the team event.

ANNISTON, AL – Rhiann Travis, 16, of Springtown, TX, was the High Junior and Overall Open Rifle winner during the seventh annual Dixie Double – held Nov. 20-22 at the CMP South Competition Center. With her win, Travis outdid her performance at last year's event, where she finished second overall.

Sarah Beard, 24, of Danville, IN, earned second place in the Open Rifle event, while Daniel Lowe, 23, of Olympia, WA, landed in third.

A group of over 100 juniors, civilians and Army Marksmanship Unit (AMU) competitors met on the line to fire in the two-day, 60-shot air rifle and air pistol event. Overall winners were determined from Day 1 and Day 2 aggregate 60-shot scores combined with Finals scores.

SPC Nick Mowrer, 27, of Colorado Springs, CO, was the overall Open Pistol winner, as Alexander Chichkov, 21, of Tampa, FL, followed in second and James Hall, 32, of Anniston, AL, claimed the third place spot. Lydia Paterson, 19, of Kansas City, KS, was the High Pistol Junior and finished in sixth in the Open class.

After Day 1 of competition, Travis led in the Open Rifle category – beating out Daniel Lowe in second and Sarah Beard in third. In pistol, SPC Nick Mowrer was the forerunner of the Open class, followed by Alexander Chichkov with a strong hold on second and Jason

Turner, 40, of Colorado Springs, CO, in third.

Travis again led in the Open contest on Day 2 of competition, as Sarah Beard trailed in second. Fellow junior Elizabeth Marsh, 17, of Searcy, AR, earned third in her performance. Marsh was also the second place finisher overall in the Junior Rifle competition.

SPC Mowrer was the victor after Day 2 in the Pistol class, with Chichkov and James Hall trailing behind in the second and third place positions.

A team event that paired an Open competitor's results with a Junior marksman's score was also held concurrently with the individual competition. In the rifle team category, the "Lone Ranger and Tonto" team of Sarah Beard and junior Sarah Osborn, 16, of Hampton, VA, overtook the first place spot. In pistol, "Mental Spike Flakes" consisting of SPC Mowrer and Lydia Paterson won the contest with a commanding lead over the competition.

Overall winners of the Dixie Double earned \$200 for first place, \$150 for second and \$100 for third from the CMP, along with a gold, silver or bronze medal for their accomplishment. Travis, in order to keep her amateur status, received \$50 for her win. Junior winners received a sleeve of Vogel pellets, a soft rifle case or a CMP t-shirt for first, second and third place finishes.

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@thecmp.org. Please include the name of the event, date, whom the event is open to and contact information and web site (if available). The CMP will do its best to accommodate each request to be included in the Calendar of Events.

2016

January

9 Jan
Alabama State Pistol JO Qualifier
Anniston, AL

15-17 Jan
Camp Perry Open
Camp Perry, OH

16 Jan
USPSA
Talladega, AL

16-17 Jan
Above the Best Invitation-al
Anniston, AL

23 Jan
Area 8 Invitational
Anniston, AL

30 Jan
Area 12 Invitational
Anniston, AL

30-31 Jan
Project Appleseed Clinic
Talladega, AL

February

6 Feb
Dixie Challenge
Anniston, AL

12-14 Feb
JROTC Service Championships
Anniston, AL

12-14 Feb
JROTC Service Championships
Provo, UT

13 Feb
Honor the Flag Clay Shoot
Talladega, AL

18-20 Feb
JROTC Service Championships
Anniston, AL



18-20 Feb
JROTC Service Championships
Camp Perry, OH

March

12 Mar
CMP Monthly Match
Camp Perry, OH
Anniston, AL

17-19 Mar
JROTC National Championship
Anniston, AL

19-20 Mar
Project Appleseed Clinic
Talladega, AL

28-29 Mar
Project Appleseed Clinic
Talladega, AL

31 Mar-2 Apr
CMP Regional Championships
Sandy, UT

April

6-10 Apr
CMP Oklahoma Games
Oklahoma City, OK

7-9 Apr
CMP Regional Championships
Camp Perry, OH

16 Apr
CMP Monthly Match
Camp Perry, OH
Anniston, AL

29 Apr-3 May
CMP Eastern Games
Camp Butner, NC

May

4-8 May
Creedmoor Cup Matches
Camp Butner, NC

21 May
CMP Monthly Match
Camp Perry, OH
Anniston, AL

CMP Welcomes Disabled During Second Annual Ohio Day at the Range

By Ashley Brugnone, CMP Writer



Guests and the CMP mark the Ohio Day at the Range as one of the most fun and fulfilling days of the year – where friends are made and smiles are contagious.

CAMP PERRY, Ohio –The second annual Ohio Day at the Range and Outdoor Adventure Fair once again welcomed people with disabilities to participate in educational, hands-on outdoor opportunities in an attempt to open their eyes to what can be possible for them and their families. Last year, over 400 attended the event, held at Camp Perry, Ohio, with even more participation at this year's Fair.

Along with the blustery winds off of Lake Erie, stories of inspiration swept the grounds of Camp Perry as those with mental and physical disabilities walked, wheeled and laughed beside one another through a mix of activities – including fishing, archery, bocce ball, horseback riding and cycling.

The Civilian Marksmanship Program (CMP) took part in the event by lending its state-of-the-art Gary Anderson CMP Competition Center air gun range to guests for air rifle and air pistol firing. Many were grateful to give their sons, daughters, relatives and friends the opportunity to do something they thought they never could before – shoot.

Laura Calcutta from Kettering, Ohio, returned to the Ohio Day at the Range this year with her husband, Tom, and her son, Benny, after the family's positive experience at the inaugural event last year.

Tom comes from a family of outdoorsmen, lovers of hunting and guns, and he had been searching for a way to share that passion with Benny. Eleven-year-old Benny is autistic, with ADHD (Attention Deficit Hyperactivity Disorder) and mild visual impairment – leaving him limited options with firearms.

After Laura saw a flier for the Ohio Day at the Range that highlighted all of the outdoor activities geared towards people with disabilities – even shooting – she knew it would be a good fit for her son. So, the family packed and took the nearly three-hour trip north to check it out.

“We had a great time. He really enjoyed the shooting and the archery,” Laura said. “It was great to experience new things.”

Last year when Benny first got to the range, he felt a little overwhelmed. After taking a short break from the firing line to visit the other activities going on at the event, the family came back to the range to give it another shot – so to speak.

“He did a really great job. He knew what to expect, and some of the anxiety and excitement had worn off and he was able to focus better,” Laura said.

With the CMP's world-class air range, featuring some of the most advanced shooting equipment available to help those with and without disabilities and also filled with trained employees, Benny was able to try the air rifle in a safe and controlled environment.

“You will not find a shooting facility more capable of assisting the disabled community,” said Brad Donoho, CMP program coordinator who participated in the event. “We encourage anyone, of all ages and abilities, to come in and give it a try.”

Benny was given support last year and this year by Brad, who is not only highly skilled at air rifle (having fired on the University of Kentucky team) but also has

personal experience working with an autistic child.

"The first time I met Benny, I could tell he was autistic. I knew this because I have a son with autism," said Brad. "I was more than happy to work with Benny because of my own experiences, and I felt I had a great chance to insure Benny walked away with a positive experience."

Through his own studying on the matter, Brad has found that Autism Spectrum Disorder (ASD) represents a very wide range of characteristics and similarities. For example, many people with autism thrive in a structured and routine environment. Because of this, Brad believes shooting is perfect for an individual with autism because it requires him or her to follow a routine to fire a good shot. When these individuals follow a step-by-step process to fire the shot, great results are produced – just as with Benny.

"He was the first kid to walk in the door last year and he was the first kid to walk in the door this year, and I was excited to get the opportunity to work with him again," Brad added. "His parent's said it was the first place he wanted to go, so it made me feel good knowing that we made a positive impression on him last year."

Because of Brad's care in helping him, Benny fell so in love with air rifle shooting that Laura and Tom even bought him his own air rifle from the CMP store. Unfortunately, there isn't a facility in his hometown area where he can safely use it regularly, so he had been thinking all year about returning to Camp Perry – and Laura and Tom were more than willing to bring him back.

"It's really nice to come to an event where people have different types of disabilities. Everyone is very welcoming and supportive, and it's a great way to be able to connect with the community," Laura said. "We really appreciate the event and all of the work that goes into it. It's really wonderful to see everyone come out and support."

She added that she also enjoyed exposing Benny to others with a variety of strengths and challenges, which are two things she and her husband always try to emphasize with Benny.

"People do things in different ways, and it's nice for him to be able to see that," she said.

Brad also expressed his admiration for the event, saying, "This is my second time working the Ohio Day at



Benny Calcutta, 11, returned to shoot at the range for the second year. He was assisted by Brad Donoho of the CMP.

the Range, and it has been the two most gratifying days I have had during my time at CMP. Being able to put a smile on the faces of so many is something I will always remember, and it has also taught me more than I could have imagined in such a short period of time."

He went on, "I got the chance to speak to some incredible people. It's not every day my wife and I get a chance to meet other families going through the same thing we are. Sharing ideas and stories with them has given us insight into things to try with our son and what milestones we have to look forward to. All in all, I am grateful for the opportunity to have been part of this event."

The Ohio Day at the Range wouldn't have been possible without the hard work of Tory Thompson of The Ability Center of Greater Toledo, who brought the event to life in Ohio, along with her committee members.

Also assisting with the event was the selfless efforts of over 100 volunteers and countless donations from area businesses and organizations that provided any means possible to creating a successful day and to making a difference in the lives of many appreciative families.

**For more information on marksmanship opportunities with the CMP for those with disabilities, visit our Open Public Shooting page at <http://thecmp.org/air/cmp-competition-centers/open-public-shooting/>. Our range is equipped with apparatuses and helpful personnel who will do all that is possible in helping those with special needs take part in the fun world of air rifle shooting.

Record-Setting Junior Proves Practice Equals Success in All Aspects of Life

By Ashley Brugnone, CMP Writer



Mark Stout II, 17, set a new National Record during this year's Carbine Match at the 2015 National Rifle Matches.

"The shooting sports are open to everyone. I have almost no natural talent in shooting, but I've always known that with a good teacher, and a lot of practice, there was no limit to what I could achieve."

Mark Stout II, 17, of Waterford, Mich., is an accomplished young man. As a senior at Clarkston High School in Michigan, his peers know him as the astute scholar – a 4.0 GPA and a member of the National Honor Society. At Camp Perry, however, he is known as a force to be reckoned with – especially after his performance at the 2015 National Matches.

The famous National Matches has always been

a family event for the Stouts – with Mark competing this year alongside his brother, Connor, 12, and his father, Mark Sr., 46. Using the same Carbine rifle, they all performed remarkably well – especially Mark Jr., who was the high junior and fired a score of 362-5x to become the highest scoring junior ever in the match.

"It feels great to hold a National Record," he said. "I'm honored and humbled to be among so many other shooters who have famously set and broken National Records at Camp Perry over the last century."

His third year competing in the Carbine Match, Mark is gaining a stellar reputation – earning two gold medals

before receiving his third in 2015, though he wasn't exactly confident he could reach number three.

A rigorous high school curriculum spread his schedule thin and left him with limited practice in the days leading up to the match. Feeling less assured than previous years, his passion for shooting shined through his performance.

"I went into the match with a good attitude regardless because I really love getting to meet people from all over the country who share my interest in the shooting sports," he said. "I didn't perform particularly well on any single stage of the match, but instead held myself to a consistent, realistic standard from stage to stage – which was what I needed to do to score well."

With an obvious enthusiasm for marksmanship, Mark has already been shooting nearly half of his life. He began when he was around seven years old with his .22 rifles, firing at balloon targets. He used them as a way to practice the fundamentals, at the direction of Mark Sr. – his first and only teacher.

Mark Sr. is a lieutenant with the West Bloomfield Police Department – allowing him plenty of experience teaching the responsibility of marksmanship to others through concealed pistol license courses.

Along with his knowledge within the classroom, Mark Sr. has also won a countless number of gold and silver medals at the National Matches and has been the Michigan Police Combat Pistol Association's PPC (Police Pistol Combat) Champion for three consecutive years.

"There are individuals who are simply good at what they do, but my father has the unique quality of being able to effectively teach shooting skills to shooters of all levels," said young Mark. "He started me and my brother very early in life, and he has always supported us in everything we do."

Since his modest beginnings with shooting balloons with his father, Mark Jr. has become a skilled recreational marksman in a variety of disciplines, including pistol, long range rifle, archery, and he is also an avid hunter. Additionally, Mark learned how to reload ammo – even using some he had reloaded for his record-breaking performance at Camp Perry.

"Reloading my own ammunition for the match was a goal of mine for some time," he said. "Carbine ammunition is becoming more and more difficult to locate in large quantities, and reloading it gives me a way to build very accurate and reliable loads for a fraction of the price of factory ammo."

Along with his success in the Carbine Match, Mark earned gold in the M1 Garand Match and was the fifth-highest junior in the event. He also earned two bronze medals in the Rimfire Sporter Match. With his consistent performances, Mark has placed himself within a growing

class of talented juniors that are quickly proving their places in the marksmanship community.

"Shooters like us are in the prime of life and typically possess better eye sight and strength, which enables us to compete with the older generation," he said. "We are the future of this country. As our parents age, the responsibility will fall on us to keep shooting sports alive."

Continuing his success after the National Matches, Mark Jr. was the third-highest ranked civilian in the state of Michigan at the PPC event he fired with his father. At last year's PPC event, Mark Jr. proved he belonged by earning the honor as the first junior to make the Governor's Top Twenty shooters.

"I am certainly a proud father," said Mark Sr. "He is a really awesome kid."

Mark Jr. jokingly said of his dad, "Now that I am at the point where I can actually compete with him, he has made a point of telling me that I am the only person by whom he would be happily beaten."

"I owe every one of my achievements in shooting to him," he added.

Outside of the shooting world, music has become one of Mark's greatest passions. He plays the trumpet and currently holds several leadership roles within the Clarkston band program, including trumpet section leader of the marching band, principle trumpet in the school's Symphonic Wind Ensemble and is lead trumpet in the jazz band. He's also been selected to various all-state and honors ensembles over the past several years.

Strangely enough, he's found that his interest in shooting actually correlates into music at times – noting that both take hard work in difficult and often tense situations.

"Nobody becomes a good shooter or musician overnight," he said. "To get to where I am, I've had to practice for years and years. I also find that much of the mindset required to play well under pressure also translates to shooting accurately. Both require large measures of strength and finesse at the same time to succeed."

In the future, Mark would like to pursue a career in engineering once he graduates from high school. He has already applied to several admirable colleges, such as the University of Michigan, The Ohio State University and Purdue.

"I have a very mechanical mind and enjoy tinkering with mechanical devices in order to figure out how they work," he said. "I believe this makes me well suited to music and shooting. I certainly hope to continue in both of these two interests in addition to engineering while in college – and for the rest of my life."



Throughout its history, the CMP has prepared an ever-growing number of shooters with firearm safety and marksmanship skills through its programs, clinics and other events. With the hope to spread the promotion of marksmanship and shooting sports, other organizations have joined CMP in its efforts by creating their own hometown clubs. Whenever possible, we recognize these clubs and their achievements in our publications. If you would like your club recognized, please email photos, captions and a short article to abrugnone@thecmp.org.

Oklahoma City Gun Club Hosts Air Cadets

Submitted by Dan Arnold, Oklahoma City Gun Club

Air Cadets from Australia, Canada and Great Britain joined Oklahoma Civil Air Patrol cadets for a day of shooting at the Oklahoma City Gun Club's youth training area on July 26, 2015. The cadets got to hone their marksmanship skills with the club's .22 rifles before firing a qualification round for NRA marksmanship medals.

Afterwards, they were able to relax on the plinking range – firing .22 caliber AR15-type rifles at a variety of reactive targets. Following a light lunch, the cadets spent the rest of the day on the shotgun range shooting clay targets with over and under, pump and semi-auto shotguns.

The Australian, Canadian and British cadets were in the United States as part of the International Air Cadet Exchange program (IACE), where air cadets from around

the world travel to different countries to learn about each other's aviation and aerospace industries, cultures and cadet programs. Members of the U.S. Civil Air Patrol were participants as well as hosts in this annual program – now in its 68th year.

Suzi Rouse, OKC Gun Club president and shotgun instructor for the event, said, "Every shooter who stepped up busted clays today! What a great group of kids."

She added, "I was so proud and pleased that the gun club and I could be part of this year's IACE events for these cadets."

The Oklahoma City Gun Club is a CMP Affiliated Club and hosts the CMP Games-Oklahoma events each year in April. To find out more about the Oklahoma City Gun Club, visit their website at <http://www.okcgunclub.org/>.



IACE Group Photo

CMP Welcomes Our Newly-Affiliated Clubs

The CMP welcomes clubs and associations to affiliate with us to help develop firearm safety and marksmanship skills. See our clubs page on the Web for more information about the benefits of club affiliation at <http://thecmp.org/clubs/>.

Camp Kilowan, Dallas, OR
 South Port Gun Club Inc., Kenosha, WI
 The Hartford Gun Club Inc., East Granby, CT
 Michigan Technological University, Houghton, MI
 Triple S&E 4-H Club, Corona, AZ
 Breaux Bridge HS Army JROTC, Breaux Bridge, LA
 McMullen 4H Shooting Sports, Tilden, TX
 Coffee County 4-H Club, Douglas, GA
 Vigo County 4-H Shooting Sports, Terre Haute, IN
 Great Smoky Mountain Council #557 Boy Scouts of America, Knoxville, TN
 Richmond 4-H Shooting Sports, Janesville, CA
 Venture Crew 308, Paris, TN
 Lafayette County 4-H Shooting Sports, Darlington, WI
 Washington County 4-H Shooting Sports, West Bend, WI
 Boy Scout Troop 3409, Excelsior, MN
 Allegan County 4-h Shooting Sports, Byron Center, MI
 Maverick County 4-H Shooting Sports, Eagle Pass, TX
 Webster 4-H Shooting Sports, Minden, LA
 BSA Troop 383, Mentor, OH
 Caroline County 4-H Rifle Club, Denton, MD
 South Gwinnett HS JROTC, Snellville, GA
 Dodge County 4-H Shooting Sports, Juneau, WI
 Moberly HS Army JROTC, Moberly, MO
 Champaign Co 4-H Shooting Sports, Champaign, IL
 Dickson County HS AJROTC, Dickson, TN
 Lamb County 4-H Shooting Sports, Littlefield, TX
 Emerald Cove Camp, Bass Lake, CA
 San Fernando Valley Sportsmen's Club, Sierra Madre, CA
 Midnight Rider Marksmen, Las Vegas, NV
 Southern Michigan Sportsmen's Club, Temperance, MI
 Chatuge Gun Club, Inc., Hiawasse, GA
 Lewiston Sportsmen's League, Johannesburg, MI



Australian Cadets from IACE Group



Canadian Cadet from IACE Group



Willamette Valley Rifle Club juniors shooting prone



Three-Position



The National Three-Position Air Rifle Council Rulebook governs many of the junior air rifle competitions in the United States. All three-position air rifle (3PAR) matches that run or sanctioned by the Civilian Marksmanship Program use this rulebook. This is a list of terms and definitions that are common in this type of shooting. Many of these definitions come directly from the rulebook.

Classes – There are two major equipment classes in three position air rifle, Sporter and Precision. The classes are based on the type of rifles and equipment that the athletes are permitted to use. Athletes may only compete in one class for each competition.

Precision – The rifles used in the precision class are typically higher priced and have the ability to make specialized modifications for the individual shooter. The athletes in this class are permitted to wear shooting trousers and jackets, typically made of a stiff canvas material.

Sporter – Sporter class is a low cost, entry-level

rifle without specialized modifications. The rifles used must be included on the list of approved sporter air rifles. Shooters must wear street clothes that provide no artificial support.

Sights – The sights used in 3PAR must not contain lenses. The sights are often referred to as metallic or aperture sights.

EIC Award Program – Excellence-in-Competition (EIC) award program in three position air rifle awards badges of distinction to the most outstanding junior shooters. Shooters earn points in sanctioned competitions towards their badges by placing at certain events. Shooters can earn between 2 and 8 points at one competition, and need a total of 30 points to earn the top badge, the gold junior distinguished badge.

EIC Credit Points – Points earned in designated matches towards the junior distinguished badge.

Distinguished Badges – There are three distinguished badges—bronze, silver and gold. The top badge is the gold junior distinguished badge. Shooters

Air Rifle Terms



need 3 EIC points for the bronze, 15 for silver and 30 for gold distinguished badges.

CMP Cup Matches – CMP Cup Matches are large junior three-position air rifle competitions that must be approved and sanctioned in advance for the Council by the CMP. Junior athletes may earn EIC Credit Points in these matches.

National Three-Position Air Rifle Council – The National Three-Position Air Rifle Council is the primary National Governing Body for Three-Position Air Rifle shooting in the USA. The Council consists of representatives of major youth-serving organizations in the USA that are active in the promotion and development of Three-Position Air Rifle shooting. Council members are The American Legion, Boy Scouts of America, Civilian Marksmanship Program, Daisy/U.S. Jaycees Shooter Education Program, 4-H Shooting Sports, the Army, Marine Corps, Navy and Air Force Cadet Commands, the U. S. Army Marksmanship Unit and USA Shooting.

Sanctioned Competitions – Competitions that are officially recognized by the National Three-Position Air Rifle Council. The CMP administers the Council's competition sanctioning program.

Clear Barrel Indicators or CBIs – A florescent or bright colored cord that is inserted from the breech to the muzzle of the rifle to provide a visual means of checking that the rifle is clear. Both ends must be visible. The use of CBIs is required at all three-position air rifle competitions.

Prone – Position where athletes lay down to fire.

Off-Hand – Term sometimes used to describe the standing position.

Positions – The three positions are prone, standing and kneeling. The matches are fired in that order.

Course of Fire – Course of fire describes the number of stages that are fired in an event, and the number of shots per stage. For example, a 3x20 is three stages of 20 shots. The stages represent the three shooting positions.

Equipment Control – Some events may require that equipment is checked before or after firing. In sporter class, the rifle is typically weighed, trigger verified and clothing is visual inspected for compliance. In precision, the rifle is weighed and the button closures are checked to make sure they are not too tight. In both classes, the sling, kneeling roll and blinders are also inspected. Not all equipment may be checked during equipment control.

Dry Firing – Dry firing is releasing the trigger

mechanism on a cocked rifle without releasing a propelling charge.

Expelling Air – Expelling air is the act of releasing a propelling charge without loading a pellet. During record stage, this is considered a miss. During changeover this is considered a warning. During sighting stage this is permitted.

Finals – Finals are typically conducted for the top 8 athletes in each class. It is not required to hold a final, but most national and regional level events conduct a final. In 3PAR, 10 shots are fired on command. Scores are combined with the qualification scores of each athlete. If electronic targets are used, decimal scores are used.

Qualification – Qualification is course of fire before the final occurs. This event qualifies the top 8 athletes for the final.

Postals – Matches fired on the home ranges of athletes where scores or targets are either mailed in or digitally uploaded to the match director. These matches are a means of allowing a large number of shooters to compete at a low cost to the athlete or team.

Shoulder-to-Shoulder Matches – Matches fired at the same location and with more than one team represented on the firing line. Multiple relays are typically conducted to accommodate all entries.

Scoring Gauge or Plug – When paper targets are used, values of certain shots may not be apparent right away. A scoring gauge or plug may be inserted in the shot hole to help aid in the scoring of the shot.

Electronic Targets – Electronic targets are an electronic system that scores that values of shots fired almost instantaneously. Shooters fire at a single target bull and within seconds the shot value and placement is displayed on a monitor next to the shooter. Spectators can watch shot groups and scores as they occur.

Orion Scoring System – The Orion Scoring system is the only Visual imaging scoring system that is approved by the National Council. Special targets are fired then digitally scanned. A computer program then finds shot holes on the paper and scores the target quickly and accurately.

Inner ten, center ten or X – On an air rifle target, an inner ten (also known as a center ten or X) is any shot that completely covers the 10-ring dot. When electronic targets are used, an inner ten is any shot that is 10.2 or higher on the decimal scale. The inner ten is used to determine tie-breakers.

Decimal Scoring – Decimal ring values (1.0 – 10.9)



Three-Position Air Rifle Terms



are used to determine the athlete's score. In 3PAR shooting, this is typically only used in the final.

Integer Scoring – Full ring values (1 – 10) are used to determine the athlete's score. In 3PAR shooting, this is commonly used in the qualification portion of the match.

Scope – In matches where paper targets are used, shooters use spotting scopes to determine the location of shots in order to make sight changes.

Off-hand stand – Stand used to rest the rifle between shots in the standing position. This piece of equipment is often used to also hold pellets in standing and kneeling positions.

Sighting Shots – Sighting shots are practice or warm-up shots that do not count in the athlete's score. Unlimited sighting shots may be fired during the preparation and sighting or sighting stage for each position.

Record Shots – Record fire shots are shots that count in the athlete's score.

Changeover – The time between prone and standing as well as between standing and kneeling. During this time, athletes reposition their equipment and prepare for the next stage of fire. Athletes may handle their rifles, get into position, remove CBIs, dry fire and do

holding and aiming exercises.

Preparation and Sighting Stage – During this stage, athletes may get into position, remove CBI and fire unlimited sighting shots.

Crossfire – Crossfires are shots that an athlete fires on the target of another athlete. In sighting time, there is no penalty. In record fire, these shots are considered misses.

Double Loading – If an athlete loads two pellets and fires both at the same time. The highest shot value of the two is scored and the lowest value is nullified.

ISSF – The International Shooting Sport Federation is the Olympic governing body of the shooting sports. Many of the rules and procedures that are used in Three-Position air rifle shooting originate with the ISSF rules. Changes that are made to the ISSF rules are often reflected in the next addition of the National Three-Position Air Rifle Council Rulebook.

USA Shooting – USA Shooting is the National Governing Body for the shooting sports in the United States. USA Shooting rules are very similar to the ISSF rules, with a few minor variations. USA Shooting sanctions Olympic courses of fire in the United States, which in air rifle consists of 40 or 60 shots in standing.



Parting Shots: Photos from Recent CMP Events & Competitions

Junior shooters left their mark on several recent CMP events including Western Games, Open Public Shooting and Ohio Day at the Range.



Open Public Shooting Nights



Western CMP Games Fun in Phoenix



Ohio Day at the Range — Gary Anderson CMP Competition Center

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