

ON THE MARK



THE NEWSLETTER FOR COACHES AND JUNIOR SHOOTERS © SUMMER 2016

GINNY WINS GOLD

CMP Summer Air Rifle Camp Alumna Makes History at 2016 Rio Olympic Games

Plus!

An exclusive interview with Ginny's WVU coach, Jon Hammond

Also Inside...

- New 3P Rulebook Changes
- National Match Juniors
- Intro to Mental Training
- CMP 3P Nationals Results

SPECIAL EDITION

Olympic Issue

ON THE MARK

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

ON THE MARK Staff:

Gary Anderson DCM Emeritus
Steve Cooper North General Manager & Marketing Manager
Christine Elder Communications Manager
Ashley Brugnone CMP Writer/Editor

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.

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. 724 or email onthemark@TheCMP.org.

Back Issues of OTM: To view back issues of **ON THE MARK**, log onto <http://thecmp.org/communications/on-the-mark/>. Address Changes: To submit address changes or corrections, contact: 419-635-2141, ext. 724 or email onthemark@TheCMP.org.

Editorial Submissions: To submit articles, editorial material or photographs for possible inclusion in **ON THE MARK**, contact: Ashley Brugnone, **ON THE MARK** Editor, P. O. Box 576, Port Clinton, OH 43452; fax 419-635-2573 or email abrugnone@TheCMP.org.

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. 724 or email programs@TheCMP.org.

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 🎯

- 🎯 **13th Western CMP Games, Ben Avery Shooting Facility, Phoenix, AZ, 7-11 Oct., 2016.** The 13th Western CMP Games and Creedmoor Cup Matches are co-sponsored by the Civilian Marksmanship Program and Creedmoor Sports, Inc. and will be held at the Ben Avery Shooting Facility in Phoenix, Arizona. All interested shooters, whether new or experienced, recreation-oriented shooters or national championship contenders are invited to participate in these unique, national-level competitions. Visit www.thecmp.org for more information.

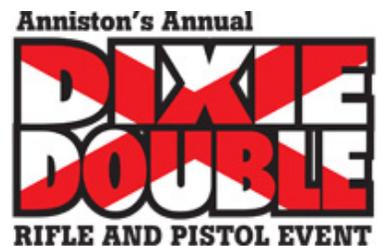


- 🎯 **Open Public Shooting Evenings and Monthly Matches at CMP Marksmanship Centers.** Shooters, including aspiring new shooters, who live in the Camp Perry, Port Clinton, Ohio, or Anniston, Ala., areas are invited to take advantage of the opportunity for practice at the Marksmanship Center air gun ranges' Open Public Evenings. Both 80-point, 10-meter air gun ranges are fully equipped with electronic targets that accommodate air rifle, air pistol or National Match Air Rifle shooting. Upcoming **Monthly Matches** include:
 - Sept. 17, 2016
 - Oct. 8, 2016
 For more information, please visit <http://thecmp.org/air/cmp-competition-centers>.

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



- 🎯 **Talladega 600, Talladega Marksmanship Park, Talladega, AL, 6-11 Dec., 2016.** The Talladega 600 will include popular CMP Games Matches and versions of prestigious National Trophy Matches. A GSM Master Instructor Course and a Small Arms Firing School will also be conducted. A .22 Rimfire Match EIC and As-Issued 1911 and Military & Police Matches are scheduled for pistol shooters, and shotgunners can indulge in a Sporting Clays Shoot and a 5 Stand Shoot on the park's own manicured shotgun fields. For more information on the event, including Registration and a complete match schedule, visit <http://thecmp.org/competitions/matches/talladega-600/>.
- 🎯 **Dixie Double, Anniston, AL, 18-20 Nov., 2016.** The Civilian Marksmanship Program (CMP) invites you to participate in its fifth annual Anniston Marksmanship Center Dixie Double. This match offers 60-shot international air rifle standing and 60-shot air pistol events for open men and women and junior men and women. USA Shooting is sanctioning this match as a PSA/PSI match sanctions; it is also sanctioned as a PTO. Members of the National Rifle and Pistol Teams will attend. The match is a two-day event held 20-22 November 2015.



On the Cover: CMP Air Rifle Camp alum, Ginny Thrasher, 19, won gold at the 2016 Olympic Games in Rio de Janeiro. Ginny was the first competitor to win gold during the Games – the youngest in history to do so.

Photo Credit: WVU Athletic Communications/Brian Persinger Photo

New Electronic Gun Range Open to Public at Camp Perry

By Ashley Brugnone, CMP Writer



Powered with KTS Technology, including outdoor electronic scoring monitors

CAMP PERRY, Ohio – The Civilian Marksmanship Program (CMP) is pleased to introduce 10 innovative electronic targets available for Open Public Shooting at Camp Perry. Rifle and pistol marksmen will now have the chance to fire towards the future of competitive shooting from the place that has been a pinnacle of marksmanship for over 100 years. Whether experienced or just beginning, the ground-breaking targets are designed with the ability to enhance skills and excite spectators of all ages.

From Aug. 29 to Nov. 7, 2016, Petrarca Range will be open to the public on Mondays, where only a small fee of \$10/hour (\$25 for 3 hours) will be required to fire upon some of the most advanced marksmanship technology available today. Visitors must provide his or her own firearms and ammo as well as any other accompanying equipment. Eye and ear protection is also strongly encouraged while firing or observing.

Similar to the targets used at CMP's Talladega Marksmanship Park in Alabama, the 10 state-of-the-art outdoor electronic targets on Petrarca Range (located on the historic grounds of Camp Perry) are capable of adapting to rifle, pistol and smallbore shooting. During Open Public, CMP staff members will be on hand to answer questions and to ensure safety on the range.

Rifle targets are located at the 100-yard line, but the

changing of the target faces and the use of reduced target definitions allow shooters to practice for longer distances as well. Pistol targets are mounted in portable carriers that are constructed to be set up at 25 or 50 yards. The rifle targets are wireless, while the pistol targets are hardwired. Target technology is provided by Kongsberg Target Systems (KTS), with equipment marketed by CMP Targets.

For an even more comfortable experience, sound deadening material has been added to the interior ceiling of the Petrarca firing line structure along with a dividing wall to create a more controlled environment. New doors and lighting have also been installed to the structure, and berm work has been constructed downrange.

KTS Electronic Targets work through the power of acoustics – “hearing” the shot and accurately determining its location. With extensive use by ranges in 30 nations for over 20 years by Kongsberg Target Systems and even more experience received in-house by the CMP, the accuracy of these electronic targets is unlike anything else in the United States.

Come out with a friend, as a family or even by yourself! All are welcome to Petrarca Range at Camp Perry. For more information on Open Public Shooting, visit the Petrarca Range page on the CMP website at <http://thecmp.org/competitions/cmp-targets-at-petrarca-range/>.

Ginny Thrasher Finds Many First at 2016 Rio Olympic Games

By Ashley Brugnone, CMP Writer

RIO DE JANEIRO, Brazil – During her first Olympic showing, American Ginny Thrasher, shooting member of Team USA currently in Rio for the Olympics, became the first gold medal winner for the United States and the first medal winner of the 2016 Games after firing an unbeatable score in the Women’s 10-meter Air Rifle event.

Her unbelievable performance, which included a 10.9 in the qualifying round, also named her the youngest female to ever win the first gold medal and set a new Olympic record with a finals score of 208.0 – finishing an unprecedented full point above Du Li of China, gold medal winner back in 2004 and in 2008 for 50-meter Three Position Air Rifle.

In a post-competition interview with NBC, Thrasher said, “About halfway through the final I knew I was in contention for a medal and that was a great feeling obviously . . . But I had to go and push that thought away and come back and focus on shooting.”

She went on to say, “I’m just very proud to start off the 2016 Rio Olympic Games in such a positive manner for my country.”

Making history on an Olympic-sized scale, Ginny, at only 19 years old, also marked a notable moment in the story of the Civilian Marksmanship Program (CMP) as she not only became the first CMP Junior Air Rifle Camp alum to ever make it to the Olympic team, but also the first medal winner.

“I am ecstatic for Ginny!” said Sommer Wood, Summer Camp director. “Her focus and commitment to her craft is impressive and will serve as a great example for other young shooters who want to follow in her footsteps.”

“In the camps, we talk about dreaming big, and not putting off your goals. Ginny’s accomplishment proves how quickly an athlete can reach the pinnacle of our sport when they train with purpose and don’t limit their dreams,” Sommer added.

Summer Camp co-director, Dan Durben, also commented on Ginny’s outstanding feat, saying, “I’m really proud of Ginny, how she prepared, how she performed at the Games and how she has carried herself after her extraordinary accomplishment. She will be a wonderful inspiration for our young shooters.”

A familiar face to the CMP, Ginny received eighth place during the 60 Shot National Air Rifle Match at the 2013 National Matches at Camp Perry, along with first place in the Junior match and fourth overall in the Open category



CMP Rifle Camps alumni Ginny Thrasher with her gold medal poses with Ashley MacAllister in Rio. Both Ginny and Ashley are past participants in CMP’s premier Air Rifle Camps. MacAllister was in Rio as the Rifle Team Coach for Puerto Rico.

during the 2015 Camp Perry Open event. In 2014, she received Junior Distinguished Badge #771 and was awarded a CMP Scholarship for her accomplishments the following year.

She attended the CMP’s Junior Air Rifle Camps to further hone her rifling abilities – a Three-Position Camp at the South Competition Center in Anniston, Ala., in 2012, and the Colorado Springs Standing Camp in 2013.

“The best part about CMP camps for me was the focus on the basics,” Ginny said in an earlier interview with the CMP. “I think no matter what skill level you are your process can always be improved by going back to the basics. I very much use those basics and the good foundation set for me in CMP and other camps every time I shoot.”

A self-described “Army Brat,” Ginny has lived in various places around the world. Originally, she wanted to compete in the Olympics for ice skating, but after a hunting trip with her grandfather in 8th grade (and falling in love with the feel of pulling the trigger), she set her sights on rifle.

She joined her West Springfield High School rifle team her freshman year, becoming a three-year team captain and four-time MVP. Outside of school, she also shot for the Arlington Optimist Acorn Rifle Club travel team.

In 2015, she decided the West Virginia University (WVU) Mountaineer rifle team was where she wanted to take her collegiate career, with only four years of competitive shooting experience. And what an incredible first year she had at WVU.

At the 2016 NCAA National Championships in March, Ginny became the first true freshman in NCAA history to overtake both the Individual Air Rifle and Smallbore titles. With her outstanding scores, she helped lead her team to its fourth consecutive National Championship win and its 18th overall.

Ginny was the third WVU female rifle competitor to earn a trip to the Olympics and the first in over a decade – the other two women making Team USA in 1992 and 2000, respectively.

Some of Ginny's other accolades in her fresh, yet stellar rifling career include:

- Her name next to more than 20 National Rifle Association and USA Shooting records
- Five medals at last year's USA Shooting National – two in the Open competition and three in the Junior event, including a gold medal in 3P
- Sixth-place finish in the Women's 50m Smallbore at the 2015 Spring World Cup Selection
- Third place at the 2014 Junior Olympics Championships in the Women's 50m Smallbore
- Becoming the 2015 Virginia Air Rifle State Champion
- Three-time Virginia Smallbore State medalist

Women's Air Rifle teammate Sarah Scherer, 25, who was an Olympian in 2012 and a CMP Summer Camp counselor in 2013, finished in eighth place in the 10-meter event.

In Men's Air Rifle, Lucas Kozeniesky, 21, another CMP Summer Camp alum, finished 21st in a tough 10-meter match.

Congratulations, Ginny, and all of the Team USA Shooting members!

Other Olympic Heroes

The women rose up to show the world on the largest competitive stage at the 2016 Olympics that they are confident leaders in the shooting realm – winning the only three medals collected by Team USA shooting.

In addition to Ginny's historic win, Kim Rhode, famed shotgun Skeet shooter, went on to add to her legacy by earning her sixth consecutive Olympic medal (bronze) to become the first woman ever to do so along with being the first competitor, man or woman, to earn medals on five different continents. Corey Cogdell-Unrein came home with her second bronze medal in Women's Trap during her third Olympic showing.



At the 2016 NCAA National Championship in Akron, Ohio, Ginny Thrasher was the first freshman in history to sweep both the Smallbore and Air Rifle competitions. With her outstanding performance at NCAA Nationals, Ginny Thrasher helped her team receive its fourth consecutive National Title – led by coach and Olympian Jon Hammond.

Introduction to Mental Training

An Introduction to Mental Training: Teaching Shooting Athletes How to Think

By Gary Anderson, DCM Emeritus



In Shooting, match pressure and the demands for athletes to maintain complete mental control over their actions are greatest when eight finalists are alone on the firing line in front of hundreds of spectators and television cameras with an important prize being contested. This is the Women's 50m 3-Position Rifle Final that took place during the January 2016 Asian Olympic Qualifying competitions in New Delhi, India.

If two young shooting athletes do similar amounts of training, the one who ultimately advances the highest will be the one who develops the best “mind game.” How an athlete thinks is decisive in determining how they will advance in any sport, but this is especially true in shooting. At the highest competition levels, no shooting athlete can become a consistent winner without incorporating mental training into their development.

Most coaches of beginning and intermediate shooters, however, do not regard “mental training” as a fundamental skill they should teach. To them, beginners’ fundamentals are safety, the shooting positions and basic shot technique.

They believe mental training, often described as sport psychology, is advanced training to be presented later.

Mental training concerns how an athlete thinks and applies mental controls when trying to perform difficult skills, especially under the pressure of competition. Many aspects of mental training are fundamental instruction that shooting coaches should teach to beginning and intermediate level athletes. To teach mental training, coaches must pursue personal study to acquire a practical understanding of mental performance so they can develop plans for presenting its essential elements to young shooters.

continued...

Motivation

The first mental training foundation is motivation. Why do youth want to learn how to shoot? There are many good reasons:

- *It looked like it would be fun (or interesting, or cool) to learn how to shoot.*
- *Mom (or Dad) wants me to learn gun safety.*
- *Guns and their technical features fascinate me.*
- *It's an Olympic sport and I want to try it.*
- *My friend is shooting and she really enjoys it.*
- *My father (or grandfather) wants me to be a shooter.*

All of these reasons are acceptable starting points, but the coach needs to orient them into truly positive motivations that will encourage long-term participation in shooting. Coming to the range because Mom or Dad or Grandpa wants them to be there is OK, but the young person needs to quickly decide that they are there because they want to be there. A fascination with guns is OK in the beginning, but new shooters must learn that shooting is a competitive sport and that target guns are pieces of sports equipment. Thoughts about becoming an Olympic champion are in the "it's OK to dream" category, but those youth also need to learn that shooting is fun and challenging or they will never put in the hard work necessary to realize their dreams.

In conversations with young athletes, coaches should affirm positive reasons for becoming shooting athletes like the joy of hitting a ten or the camaraderie that comes from being with other youth, or the pride and sense of achievement that comes from learning difficult sport skills. **To become a great shooting athlete, you have to like to shoot!** It is that simple.

After a young shooter gains experience and becomes active in competition, **MOTIVATION** takes on a whole new meaning that is defined by that athlete's will to win. Some athletes become motivated by an intense will to win that is much more than a simple desire to advance. It is a will to do the exceptionally hard work necessary to win at the highest levels. The coach must be ready to accept and encourage that rare gift when it appears.

Understanding What Shooting Is

A starting point for mental training is making sure new shooters clearly understand what shooting is. Three key concepts combine to answer that question: 1) **RESPONSIBILITY**, 2) **MARKSMANSHIP** and 3) **SPORT**.



Even the newest and youngest shooting athletes should learn basic mental skills that will become a foundation for their future development.

The coaches must explain these concepts in ongoing conversations with youth and their parents. A great way to do this is to use "**RESPONSIBILITY - MARKSMANSHIP - SPORT**" as a theme for a parents' orientation.

RESPONSIBILITY. This concept must underscore every youth shooting experience. Responsibility starts when a young person realizes that by taking a gun in their hands, even an air gun, they are accepting a grown-up responsibility and that their behavior with guns must fulfill that responsibility. Learning to handle guns safely means holding the power of life or death in your hands.



The relationship of trust and open communication that exists between the athlete and coach is critical in teaching mental performance skills, whether at beginner or international champion levels. The coach here is Yifu Wong, a 5-time Olympic medal winner who is now China's National Coach.

Introduction to Mental Training



THE REAL ESSENCE
OF SHOOTING IS
MARKSMANSHIP
—
HITTING
THE MARK!



Nevertheless, youth do not need to be frightened or threatened into practicing gun safety and following range rules. The remarkable thing is that youth in marksmanship programs readily accept and respect this responsibility.

As young shooters advance, responsibility takes on broader meaning. There is the responsibility to regularly attend club or team practices. There is the responsibility that team members have towards each other. There is the responsibility to always follow the rules and reject shortcuts or temptations to cheat. When goal setting begins there is the responsibility to actually do the training necessary to achieve those goals. Indeed, a shooter's total experience is one of living responsibility.

MARKSMANSHIP. Youth shooting programs must teach marksmanship as a sports skill. The soccer player uses his/her foot to launch a ball (projectile) to hit a place in the goal that is out of reach of the goalie. The golf player uses a club to launch a ball (projectile) so accurately that it lands in the cup. A shooter uses a rifle or pistol to launch a bullet so accurately that it strikes the center of a target. All are athletes who use sports equipment, a shoe, a club, a rifle or a pistol, to launch a projectile so precisely that it hits a difficult target. **The real essence of shooting is marksmanship, hitting the mark.** Real shooting is not about launching bullets or experiencing big "bangs," it is about skill, steadiness, control and precision. The most important question in shooting is not "did you shoot the gun," it is "did you hit the mark?" **Real shooting is marksmanship!**

SPORT. Too many people who don't understand shooting think of a rifle or pistol as a weapon. The original purposes of guns were to be tools of survival or weapons of war. But the rifles and pistols used in target shooting

are no longer weapons of war. A useful metaphor in understanding how weapons of war became tools of sport is the Biblical plea for peace among diverse peoples that comes from "*turning swords into plowshares and spears into pruning hooks... nor will they train for war anymore*" (Isaiah 2:4). When guns are transformed into sports equipment they become tools for bringing people together in peaceful competitions that generate friendship and human understanding. **Marksmanship is practiced for sport; no other purpose is needed.**

This, of course means the word "weapon" should not be used in youth shooting instruction or team conversations. But the instruction must go further. There must also be an explanation about how shooting is a real sport that is a respected member of the worldwide community of Olympic sports. Shooting should be explained in the same context as Archery, Athletics (track and field), Basketball, Gymnastics, Swimming and all other Olympic sports.

The coach's task is to make sure young athletes understand that the guns used in shooting are sports equipment, not weapons, and that the marksmanship skills athletes practice on the shooting range are sports skills practiced for the same reasons that youth practice skills in all other sports.

Learn About Shooting's History and Heroes

Young shooters may wonder how history lessons could possibly help their scores, but shooting has an inspiring history that can give youth greater pride in their sport. One of the easiest ways to introduce shooting history is to encourage parents and athletes to download a copy of the Winter 2016 **On the Mark** article on "*The History of*

continued...

Marksmanship" (http://thecmp.org/wp-content/uploads/OTM_History-of-Marksmanship_web.pdf). This article has 20 short vignettes about pivotal and fascinating events in the 3,500 year-old history of marksmanship.

A second aspect of learning about a sport is to know its heroes. Learning about shooting heroes and their competition scores can inspire young shooters to strive for higher scores themselves. There are two good places to find stories about shooting heroes. The USA Shooting quarterly magazine **USA Shooting News** is available online at <http://content.yudu.com/web/y5b2/0A1zosy/May2016Q2Mag/index.html>. This is a great source of information about the best shooting athletes in the USA. The ISSF website at <http://www.issf-sports.org/> is the premier source for information about the world's best shooters.

Understanding Skill Development

One of the most important mental constructs that an aspiring shooter can acquire is a clear understanding of how marksmanship skill is developed. The essential skills in shooting are motor control skills. Getting uncoordinated muscles to work together to stabilize the shooting positions is a motor control skill. Teaching the brain to coordinate sight picture images with muscles that control the index finger so the trigger is released when sight picture movements are steady and centered is a motor skill. A fundamental principle in sports training is that **motor control skills are not determined by talent or natural ability; sports motor skills are developed through training**, indeed through thousands and thousands of correct repetitions.

Another aspect of skill development takes place in pistol shooting where the progressive overload principle must be applied to develop the arm and shoulder strength necessary to hold the pistol steady. Strength increases when hundreds of pistol lifts create exhausted arm muscles that then overcompensate and become stronger after a recovery period.

Aspiring shooting athletes must sincerely believe that advancement comes from practice, not natural ability. In over-simplified terms, the more you practice, the better you will become. There is a caveat to this, however. Practice repetitions must always be performed while trying to do them correctly. Just putting shots downrange in order to produce a higher pile of empty brass will not succeed. **Every practice repetition must be driven by a genuine will to make that shot a good shot.** For a new shooter, a good shot may mean hitting the aiming black with each shot. For an advanced shooter, a good shot may mean trying to shoot 10.5 or better on every shot.



Encouraging young athletes to learn about champions' techniques and scores helps them develop higher mental standards. The athlete is Matt Emmons, USA, multiple Olympic and World Championship medalist.

Mental Performance and Shooting Fundamentals

How athletes think and discipline their mental processes really does enhance and improve their performance of marksmanship fundamentals. After a new shooter learns gun safety and range procedures, basic shot technique and the shooting positions, the coach and athlete must work together to improve shooting scores by perfecting how the athlete executes the real fundamentals of marksmanship: 1) **STABILITY** - making the firing position(s) more stable, 2) **ALIGNMENT** - precisely aligning the gun with the aiming point and 3) **CONTROL** - releasing the trigger when stability and alignment are optimal. Mental skills directly impact how well all three fundamentals are performed.

Introduction to Mental Training

The Fundamentals of Marksmanship

I STABILITY

- a) Position Structure
- b) Bone and Sling Support (rifle)
- c) Breath Control
- d) Muscle Stability
- e) Muscle Relaxation
- f) Balance

II ALIGNMENT

- a) Sight Alignment
- b) Natural Point of Aim
- c) Sight Picture
- d) Visual Dominance

III CONTROL

- a) Initial Trigger Pressure
- b) Coordinated Smooth Trigger Pressure
- c) Shot Call
- d) Follow-Through
- e) Shot Analysis



STABILITY requires both a mechanically correct firing position and the athlete's efforts to relax and balance the position. Achieving relaxation and balance are mental skills initiated by deliberate thought. Athletes must be taught to consciously relax and balance the firing position while preparing to fire the shot. Relaxation techniques involve consciously relaxing or letting muscle tension in key muscle groups go when exhaling. Balancing a position also requires conscious mental focus that must be done before beginning to aim and fire the shot.

The mental discipline of consciously relaxing and balancing a firing position before starting to aim and fire the shot is called a pre-shot routine. Some instructors refer to this conscious evaluation as perfecting the "inner position." Learning to do a pre-shot routine before aiming and firing the shot is not an advanced technique to be learned after years of training; the pre-shot routine is something new shooting athletes should learn as soon as their firing position(s) and shot technique are well established.

ALIGNMENT, in an athlete's early stages of development, starts as a passive action to 'see' a good sight picture where the sights appear properly aligned in relation to the aiming point. This becomes a mental performance skill when a pistol shooter consistently focuses primary attention on achieving sight alignment stability (relationship of front and rear sights) or when a rifle athlete focuses intense attention on precisely centering front sight movements over the bulls-eye. It takes focused mental effort to do either well.

An even more advanced mental performance skill emerges when the athlete's intense efforts to see the aligned pistol sights stabilize stimulates the brain to better coordinate the wrist and forearm muscles so that sight alignment stability is improved even more. Similarly, a rifle athlete's concentrated efforts to see front sight movements (the hold) more precisely centered over the aiming bull stimulate the brain to teach appropriate muscles to alternately relax or control the body and rifle so that the hold actually becomes slower and steadier.

This mental skill has variously been described as "attention," "concentration" and "visual dominance." It is often said that good shooting requires concentration, but an athlete cannot concentrate on concentrating, an athlete's visual attention must have a point of attention.

A first step in learning to use deliberate thought to better prepare for an accurate shot is to take a few seconds before shouldering the gun to calm the mind and take a couple of deep breaths to relax the body.

continued...

That comes when the athlete concentrates, with resolute mental intensity, on pistol sight alignment or rifle sight picture perfection.

CONTROL is defined by how the athlete releases the trigger and finishes each shot. This process is also governed by what the athlete sees and thinks so it is very much a part of mental performance. The release of the shot by pressing the trigger must be coordinated so that it occurs when the athlete's visual control determines that sight alignment (pistol) or sight picture (rifle) movements are optimal and signals the index finger muscles to add smooth pressure to the trigger to complete the shot.

When the hammer falls, the athlete must see how the sights were aligned so he/she can call the shot. The shot call must be followed by a quick mental analysis of that shot. Seeing an accurate, honest shot call and using that information to analyze whether the shot was performed correctly or whether a sight correction is needed for the next shot is another mental performance skill. Being able to identify a position or performance error and make a correction is an advanced mental skill that separates great shooters from good shooters.

The Shot Plan

One of the real difference-makers for great shooters is having a shot plan and the mental discipline to follow that plan for every shot, whether in training or competition. Shot plans are detailed, step-by-step descriptions of what an athlete does to fire a shot. They begin with loading the gun and proceed through assuming the position, firing the shot and post-shot analysis. Shot plans should always include the position relaxation and balancing steps described above.

Shot plans should be carefully thought out, written and meticulously followed. When an athlete develops the mental discipline to actually follow his/her shot plan for each shot, this becomes a pathway to consistent excellent performance. The shot plan is also the best way to withstand the pressures and distractions of competitions and to stay focused on positive, performance related actions when match pressure is greatest.

Tools for Responding to Adversity

An important part of a shooting athlete's mental game is the complex of attitudes he/she uses to deal with frustrations, challenges and adversity. All shooters have bad shots. A few scores will be embarrassingly low. Sometimes things just do not go well in competitions.

The Pre-Shot Routine



Rifle and pistol athletes achieve better holds (stability) by consciously calming, relaxing and balancing their firing position before starting to aim.

Introduction to Mental Training



Joy is an essential ingredient in sports. When young athletes know there will be happy moments in their shooting they will continue to do the hard work necessary to succeed.

Part of the coach's responsibility is to help young athletes embrace a viable recovery strategy for when disaster strikes. Athletes should develop a complex of attitudes that will help them confront adversity and become better because of it.

Keep JOY and FUN in Shooting. There must be joy in the shooting experience or adversity will win. A primary source of joy in shooting is the simple satisfaction that comes from shooting a great shot or score. Coaches must recognize those moments and encourage their youth to enjoy them. Almost all youth in organized shooting programs like the contacts they have with their friends. Shooting sessions should be organized to provide opportunities for social contacts. When young shooters know happy moments are sure to come, it's a lot easier to face bad times with optimism and to continue to do the hard work necessary to advance.

POSITIVE SELF-TALK. The best athletes are positive about how they see and describe themselves. In a very real sense, **we are what we say we are.** Coaches must intervene when young athletes react to adversity with negative self-talk, "I can't do this," or "I'm never going to be that good." Coaches should encourage positive affirmations like:

- *I will remain cool and calm no matter what happens (SELF-CONTROL).*
- *I will never stop trying to do my best (DETERMINATION).*

- *I can solve this problem if I continue to work on it (PERSISTENCE).*
- *I like to shoot in bad weather because it's an extra challenge.*
- *I'm not afraid to be nervous in competitions because I know I can stay focused and still shoot like I do in training.*

The comments 21-year-old Lucas Kozeniesky made after he won the 2016 USA Olympic Men's Air Rifle trial are instructive: *"I stayed positive and kept everything simple – I didn't overthink anything, and I let the training I've been doing over the last couple of months just take over, I gave myself a lot of straight self-talk. 'Lucas, you need to be 100 percent here.'"*

EMOTIONAL CONTROL. One of the most destructive responses to bad shots or poor scores is acting out. Profanity, angry outbursts or throwing things should never be tolerated on the shooting range. More importantly, young athletes must be taught that controlling their emotions is the most constructive way to deal with frustrations and setbacks. Tell them their reactions after a bad shot should be no different than their reactions after a good shot. There is, of course, a time to celebrate good scores, but that should come after the last shot is fired and the gun is cleared.

RESILIENCE. The concept of resilience is not well understood in shooting, but it should be. Every athlete will have times when disaster strikes. Resilience is the ability to come back after a devastating match or experience.



There is a time to celebrate great scores—after the last shot is fired and the gun is cleared!

continued...

Resilience is believing in yourself so steadfastly that when disaster strikes you can say *“this is not me; I am better than this; I just need to evaluate what went wrong, correct my mistake(s) and work hard to come back from this.”*

The Role of Positive Analysis

Every athlete’s mental game should be supported by a dedication to analyze each shot, each score and each day of shooting, whether in training or competition.

POST-SHOT ANALYSIS. After each shot, the athlete must call the shot and quickly note if it was performed correctly or if any adjustments are required. Then decide if the shot was on-call or off-call and a sight correction is required. If the shot was performed correctly, proceed to the next shot. If shot performance was not correct, decide what step in the shot plan must be emphasized to ensure correct performance on the next shot.

RESPONSIBILITY. It is wrong to tell an athlete to forget a bad shot or score or to throw a bad target away. Bad shots and scores potentially teach very important lessons. The athlete’s mental training must lead him/her to accept full responsibility for every bad shot or score and to try to analyze why this happened. When a reason is found, a position correction or point of emphasis in the shot plan can be used to prevent a recurrence.

SHOOTERS DIARY OR JOURNAL. Analysis is a fundamental mental performance skill that every serious shooting athlete should master. The most practical tool for doing this is to keep a diary or journal record of every shooting training and competition



The most elementary form of post-shot analysis and correction is to decide that the shot was off-call and to make the required sight adjustment.

session. Making regular journal or diary entries teaches the athlete to think about their shooting performances. Journal entries should note things done right because that reinforces correct shooting performance. Journal entries should also note any problems or errors that need to be corrected through positive performance measures in the next shooting session.

There is nothing mystical about mental training for shooting. It should begin during a new shooter’s first days on the range when athletes learn to think of shooting as “responsibility, marksmanship and sport.” It continues when young athletes truly understand how marksmanship skills can only be developed through correct repetitions. Athletes must learn how mental processes enhance their performance of marksmanship fundamentals. Attitudinal concepts like joy, self-control, determination, persistence, emotional control and resilience become decisive when athletes must respond to adversity. A big pay-off comes when mental discipline in the form of analysis yields continuing improvements in scores and rankings. **How a shooting athlete thinks is indeed an indispensable part of how a shooting athlete shoots.**

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.



Gulfport Outdoes Jinx to Earn Gold at 2016 CMP National Air Rifle Championship

By Ashley Brugnone, CMP Writer

CAMP PERRY, Ohio – “At national competition, we always end up in second or third. And this year, we pulled it off – somehow,” said Gulfport MCJROTC coach LtCol John Owens, with a smile.

Though full of talent, Owens admits that his team from Mississippi has been plagued with a “Always a bridesmaid, never a bride” sort of jinx over the past few years when it comes to clinching a National Title. With a taste of victory at the Junior Olympic competition in 2014 as the overall winning team, Gulfport has yet to climb back to the top – finishing in second place the last two years at JROTC Nationals and left with a third and fourth place finish at the last two CMP Air Rifle Nationals, respectively.

But this year, Gulfport stayed focused and overcame their affliction to bring home gold at the 2016 CMP National 3P Air Rifle Championship after topping second place finisher National Ford High MCJROTC of South Carolina in an extremely tight match. Gulfport squeaked out their win with a score of 2208-83x – just less than 10 x’s above Nation Ford, which ended with 2208-75x.

After losing one of the team’s best shooters, Brittany Robins, to the Air Force before the National competition at Camp Perry, the team was unsure about how they’d fare against some of the best young marksmen in the country. With confidence, the all-female team of Rebecca Cook, Gabrielle Phelps, Katy Nevins and Jillian Tyler came together to post outstanding scores to finally bring the National Championship Trophy home to Gulfport.

“We’ve been waiting for this moment – it’s been a culmination,” said Owens. “We tried to make it to the top, and we finally did it. We’re happy.”



After years of falling short, Gulfport MCJROTC from Mississippi finally brought home the CMP Championship trophy – winning the sporter class by less than 10 x’s.

Jillian Tyler has been a member of the Gulfport team for the last four years. A graduated senior, the 2016 CMP National Championship served as the last match she would ever fire with her Gulfport teammates – and, for her, it was the perfect ending.

“It’s really exciting,” she said. “I was really happy that we were finally able to pull it through because we’ve been trying every year, we come so close, but not quite close enough – so this year, I was really happy that we were able to do it.”

With plans of shooting for Ole Miss in the fall, Tyler has an exhilarating future ahead of her. Moving forward with a CMP National Title attached to her list of growing accomplishments, she will always be able to look to her

past and remember how she helped carry her team to a gratifying victory.

"I'll always have memories of this – this great time on my high school team," she added.

Zion Benton Team Gold of Illinois finished one "10" shot away from beating Gulfport and Nation Ford in the sporter competition – landing in third place for the second consecutive year, with a score of 2200-62x.

The CMP National Air Rifle Championship for sporter and precision was held June 28 and July 1 at the Gary Anderson CMP Competition Center, located on the grounds of Camp Perry. The event was conducted along with the National Junior Olympic 3PAR Championships (held June 27 and 30) and brought together the talents of some of today's most remarkable junior athletes.

Leading the sporter class individual competition in first place overall was Emma Thompson, 16, of Freeport High School, IL, with a score of 655.2. Graduated senior and last year's Junior Olympic Champion, Brian Hampton, 18, of Charlotte Jr. Rifle, followed closely in second with a score of 652.7. This year's Junior Olympic Champion, Levi Carlson, 17, of Nation Ford High School MCJROTC, SC, landed in third with 648.6.

In precision, Sarah Osborn, 17, of Patriot Shooting Club, VA, led overall with her outstanding score of 695.2. Samantha Peterson, 18, of Minnesota Centershots impressively fought her way

up to second place, finishing with a score of 694.6, as Taylor Gibson, 15, of North Salem High School Sniping Vikings, OR, recorded a score of 693.5 for third. All three ladies were also the Top 3 Individuals in the Junior Olympic match – ending first, third and second, respectively.

Hardcore 4 of Georgia won the overall precision team match for the second consecutive year, with a score of 2353-170x. Team members are Carleigh Peters, Mary Pratt, Dana Bowen and Rachel Kimbell. The team is coached by Al Bowen.

Minnesota Centershots earned the second place position with a score of 2347-158x, followed by the Buffalo Sharp Shooters of North Dakota in third, with a score of 2345-147x.

In addition to awards given each day to winners of the Junior Olympics and CMP 3P Championship, an aggregate of each athlete's best final of the two days was used to determine the high male and female shooters. Winners of the aggregate were presented with a USA Shooting team jacket and a spot on the junior team.

This year, Antonio Gross, 16, of Webster Junior Marksmen, NY earned his jacket for the first time as the high male, while Sarah Osborn, already a USA Shooting jacket recipient, reinstated her place on the team as the high female.

Additionally, three \$1,000 Scholarships were awarded to the top three graduating seniors of each discipline. This year's sporter recipients were Jillian Tyler of Gulfport



Hardcore 4 of Georgia won the overall precision team competition for the second consecutive year.

MCJROTC, Lexis Smith of Des Moines North MCJROTC and Brian Hampton of Charlotte Jr. Rifle. Samantha Peterson of the Minnesota Centershots earned a scholarship on the precision side, along with Carleigh Peters and Mary Pratt, both of Hardcore 4.

Further displaying the level of talent at the National Championship, a total of 21 marksmen earned Junior Distinguished Badges during the week: 12 in sporter and 9 in precision.

As in years past, Larry and Brenda Potterfield, co-founders of the MidwayUSA Corporation, provided generous fund donations to winning teams of the National Championship and its preceding matches. First place teams at the National competition received \$6,500, with second and third earning \$4,000 and \$5,000, individually.

The funds will be placed in each team's endowment account with the MidwayUSA Foundation. The MidwayUSA Foundation is a 501c(3) public charity that helps communities and organizations raise funds to support youth shooting teams and activities. The Foundation is an endowment that helps fund team expenses today and into the future.

The CMP also provided monetary awards, including to individuals in the Top 8 places of each discipline: \$750 for first, \$500 for second, \$400 for third and \$200 each for fifth through eighth place. Winning teams at Nationals received \$4,000 for first, \$2,500 for second and \$1,500 for third.

The National Championship is a 3x20 air rifle match, meaning competitors fire 20 record shots from three positions: prone, standing and kneeling. Junior JROTC, 4-H and club team precision and sporter marksmen involved in the competition began their journey with the CMP Postal Competition in November, where CMP-issued targets were mailed into Headquarters in Ohio for official

scoring. Top shooters in the Postal Competition were invited to compete in the Regional Championships in March and April, with the overall high individuals and teams from that match qualifying for the National Championship.

Congratulations to all winning teams and individuals! We hope to see you next year!

National Junior Olympic Championship Winners:

Sporter:

- **Gold:** Levi Carlson, 17, of Nation Ford High School MCJROTC, SC – 652.1
- **Silver:** Alyssa Hornung, 17, of Freeport High School NJROTC, IL – 650.1
- **Bronze:** Rebecca Cook, 16, of Gulfport MCJROTC, MS – 648.5

Sporter Team:

- **Gold:** Freeport High School NJROTC, IL – 2213-73x
Team Members: Lindsay Strohacker (captain), Alyssa Hornung, Emma Thompson, Elizabeth Woitynek;
Coached by SgtMaj Michael Dechy
- **Silver:** Nation Ford High School MCJROTC, SC – 2192-64x
Team Members: Levi Carlson, Marcus Stallings, Morgan Tench, Patrick Daniels; **Coached by** Col Sean Mulcahy

- **Bronze:** Lebanon High School JROTC, OR – 2187-65x
Team Members: Lara Lewis (captain), Emily Knight, Jasmine White, Alexander Eikelenboom; **Coached by** LTC Mark Smith

Precision:

- **Gold:** Sarah Osborn, 17, of Patriot Shooting Club, VA – 696.6
- **Silver:** Taylor Gibson, 15, of North Salem High School Sniping Vikings, OR – 693.8
- **Bronze:** Samantha Peterson, 18, of Minnesota Centershots – 693.5

Precision Team:

- **Gold:** Minnesota Centershots – 2356-165x

Team Members: Samantha Peterson, Abigail Buessler, Elizabeth Ewert, Kamilla Kisch;
Coached by William Buessler

- **Silver:** Arlington Optimist Acorns, VA – 2349-169x

Team Members: Elena Kim (captain), Amity Ermarth, Grayson Wheeler, Rebecca Lamb;
Coached by Douglas Lamb

- **Bronze:** Black Swamp Jr. Rifle, OH – 2348-153x

Team Members: Joseph Hoover, Sean Roehrs, Justin Kleinhans, Sarah Sutton;
Coached by Fred Sutton



As the high male and female competitors of the aggregate competition (comprised from Junior Olympic and CMP Championship scores), Antonio Gross and Sarah Osborn received USA Shooting jackets and spots on the junior team. Osborn, already a member of the team, was reinstated, while Gross joined for the first time.

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

2016

September

10 Sept
3-Gun Match
Talladega, AL

10-11 Sept
Creedmoor High Power Match
Talladega, AL

14-15 Sept
GSM Master Instructor Course
Jericho, VT

14-18 Sept
CMP New England Games
Jericho, VT

15-18 Sept
State Shotgun
Talladega, AL

17-18 Sept
Project Appleseed Clinic
Talladega, AL

17 Sept
USPSA
Talladega, AL

17 Sept
CMP Monthly Match
Camp Perry, OH
Anniston, AL

24-25 Sept
GCA Convention
Talladega, AL

24 Sept
IDPA
Talladega, AL

24 Sept
Ohio Day at the Range and Outdoor Adventures
Camp Perry, OH

29 Sept-2 Oct
Babes with Bullets (Women's Camp)
Talladega, AL



October

2 Oct
Steel Match
Talladega, AL

7-8 Oct
GSM Master Instructor Course
Phoenix, AZ

7-11 Oct
CMP Western Games Matches
Phoenix, AZ

8 Oct
3-Gun Match
Talladega, AL

8 Oct
Registered Trap
Talladega, AL

8 Oct
CMP Monthly Match
Camp Perry, OH
Anniston, AL

9 Oct
50 meter Rifle and Pistol Match
Talladega, AL

12-16 Oct
Western Creedmoor Cup Matches
Phoenix, AZ

13-16 Oct
Montgomery Bell
Nashville, TN

14-15 Oct
Midway USA Foundation National-State Partners Conference
Columbia, MO

15 Oct
Gobbler Special Clays Shoot
Talladega, AL

15 Oct
USPSA
Talladega, AL

22 Oct
IDPA
Talladega, AL

29-30 Oct
Project Appleseed
Talladega, AL

November

4-5 Nov
Area 4 & 5 Invitational
Camp Perry, OH

6 Nov
Steel Match
Talladega, AL

12 Nov
3-Gun Match
Talladega, AL

Visit our Competition Tracker – ct.thecmp.org – for upcoming clinics and competitions!

Winning Juniors of the 2016 National Trophy Pistol and Rifle Matches

By Ashley Brugnone, CMP Writer



Glenn Zimmerman (left) was the overall winner of the Junior Individual Pistol Match – firing a new National Record of 292-12x. At his first National Matches, Jack Leverett III (right) earned wins in the Junior President's Pistol Match as well as the Junior Team Match.

Pistol:

- Winning this year's M9 EIC Match was junior Sam Kwon, 16, of New York, NY, with a score of 269-2x. At the 2015 National Trophy Pistol Matches at Camp Perry, Kwon was the overall winner of the Junior Individual Pistol Match, placed second in the Junior President's Match and third in the Overall Junior Pistol rankings.

- Junior Glenn Zimmerman, 20, of Waterville, OH, earned the top spot in the Junior Individual Pistol Match to receive the G.P. Perry DeFino Trophy for the second time, with a new National Record score of 292-12x.

His first win came in 2013, when he also earned the overall junior pistol title. He earned that honor again the following year, along with becoming the winner of the Junior President's Pistol Match – making him no stranger to the pressure that comes with competing at the National Match level.

- At his first National Match appearance, Jack Leverett III, 16, of Bainbridge, GA, claimed the overall position in the Junior President's Pistol Match with a score of 368-8x and was named the overall junior competitor. He also teamed up with his brother, Henry, to fire a combined score of 559-9x for the Junior Team Trophy. The team is coached by their dad, Jack Jr.

Air Pistol:

- Following just 10 points behind the overall leader in the 60 Shot Air Pistol event was Anthony McCollum, 19, of Purdin, MO, with a score of 565-12x. McCollum served as High Junior of the event.

- In the 30 Shot Air Pistol Match, junior Michael Soklaski, 19, of Ringoes, NJ, fired a score of 289-8x to



Sean Wilkinson was the High Junior of the AiR 15 Challenge match, finishing in third place overall after a shoot off.

become the overall winner – only five x's above GySgt Michael Lawson, 48, of Stafford, VA, who recorded 289-3x for second. Clifford White Jr., 52, of Pittsfield, MA, claimed the third place spot with a score of 287-7x.

Air Rifle:

Taylor Farmer, 18, of Castalia, OH, overtook both the 20 Shot Re-Entry sporter and precision matches with perfect scores of 200.

Rifle:

- High Junior of the President's Match was Forrest Greenwood, 20, of Ceres, CA, who recorded a score of 289-9x during his sixth President's Match appearance. A member of the California Grizzlies Junior Rifle Team, which won a slew of trophies and even broke records during the 2016 National Matches, he gives credit to his teammates and others for helping him reach his accomplishments.

In 2014 and 2015, he served as High Junior of the National Trophy Individual Match. Aging out of the junior category, Greenwood is set to join the Army Marksmanship Unit this year – the third Grizzly to do so.

- The California Grizzlies Momma Bear fired a new record score of 2889-80x to break the Junior National Record that had been set by the Grizzlies program back in 2012.



Forrest Greenwood of the California Grizzlies won multiple High Junior honors during the Rifle National Matches.

- The Grizzlies were also the High Juniors of the National Trophy Infantry Team Match (NTIT) and were ranked second in the civilian category with a score of 1246.

- In the National Trophy Junior Team Match, California Grizzlies Team Shilen earned the Freedom's Fire Trophy as the overall winner in the National Trophy Junior Team Match by firing an aggregate score of 979-39x – a new National Record previously set by California Grizzly Team Heidi's Dream in 2013. Team members were Morgan Owen, 20, of Sonora, CA, and Forrest Greenwood, 20, of Ceres, CA.



The California Grizzlies swept the junior team categories, achieving High Junior status in the NTIT and NTT matches, along with overtaking the National Junior Team Match. The team also set two new records during the National Matches.

What It's Like to Shoot in College – And How to Get There

By Ashley Brugnone, CMP Writer

For some juniors, moving their shooting careers from high school into college is an indispensable goal. It's the chance to compete at an even higher level of competition, while also gaining a worthwhile and valuable education. But a lot of juniors, coaches and parents have absolutely no idea where to start in getting their athletes onto college teams – or what to expect when they get there.

The following series highlights questions asked of current college student athletes and coaches – some of whom are alumni of the Civilian Marksmanship Program. The series will cover how juniors can gain college attention, what they can expect in college as both athletes and students, as well as the sort of qualities coaches look for in their athletes – answered by those with first-hand experience.

Jonathan Hammond, Head Coach West Virginia University

**How long have you coached your current team?
Have you coached anywhere else?**

"This is the 10th year I have coached the team, and this is the only coaching job I have had."

What have been some of your successes while coaching?

- 5 NCAA Championships
- 7 GARC conference championships in a row
- 7 individual NCAA Championships
- at least 4 current and former team members will be competing at the Rio Olympics this summer
- approaching 100 All American honors and
- most importantly, seeing almost every team member receive their degree!



West Virginia University head coach, Jon Hammond (far left), stands with his team during its fourth NCAA National Championship win in 2016. The team included NCAA smallbore and air rifle champion and Olympic gold medalist, Ginny Thrasher (center).

What is your background in shooting?

"I started the sport around 1990 at a small school in Scotland. I began to represent Scotland and Great Britain at different age levels as a teenager, highlighted by winning the World Junior Championship in prone at age 17. I have competed internationally for close to 20 years now, including the 2008 and 2012 Olympics, both while I have been coaching the WVU team. Shooting brought me to the USA on a scholarship to WVU and the last 14 years have been an amazing experience!"

What do you look for in shooters when recruiting?

"We look for a lot of characteristics. Someone's drive and commitment to the sport is very important, as it leads to their motivation and work ethic. We have created a team atmosphere around hard work and commitment to be the best you can be. You have to love the sport in order to put the amount of hours in needed to do that.

Strong academics are also important, mainly so they can survive the time demands of being a college athlete, but also so they are not overwhelmed with their studies. However, skills such as discipline and goal setting, and being somewhat of a problem solver, are very important in our sport and they tend to come with students with strong academics."

What steps should juniors take if they are thinking of shooting at the college level?

“There are many steps they can take. Firstly, train hard! Get as much range time as possible and then find a way to train at home also.

Take care of school work, study hard and get good grades and prepare for the tests. GPA and test scores are what gets you accepted to college, but they are also how academic scholarships are awarded. Which incidentally is often a lot more than rifle scholarships.

Juniors also need to start contacting college coaches. Coaches will not always come to them, we don't know every recruit and junior shooter, nor do we know if they have an interest in our school. Juniors should create resumes, and from there, email or send their info to coaches expressing an interest. From there, the recruiting process will often begin.

On a shooting side, compete in many different competitions. Coaches need to see scores and progress, so shooting many matches, around the country, gives the juniors good experience, but also shows commitment to the sport.”

What do you feel they should look for in a school or coach to make sure it's the right fit for them?

“That's a hard question, and depends a lot on the individual and what they want out of their college experience. They should look for a school that provides them the academic programs they are interested in. Their career will more likely be based on their degree and not their shooting accomplishments. As for a coach and shooting program, finding somewhere their goals can be met, and somewhere that shares the same values – often that will provide the best fit.”

Is there anything you feel juniors overlook when they think about collegiate shooting?

“Probably the effort that is required and the time commitment of being an NCAA athlete. While there are great rewards, there is a lot of sacrifice and hard work that comes before that.”

Smallbore is sometimes a discipline that not many juniors have experience with. Do you ever have any challenges with student athletes when they first begin to shoot smallbore? How do you go about introducing it and implementing it into their practice/competition routines?

“It would be very rare for us to have a team member with very little smallbore experience. In NCAA shooting, you shoot both smallbore and air rifle, so someone with little to no experience in either event will be at a huge disadvantage in the recruiting process. If someone did

have a little less experience and was on our team, there wouldn't really be an introduction period – it would be full on training!”

*****THE 2015-2016 SEASON...**

Your team won its FOURTH consecutive NCAA National Championship. Wow! What do you think sets your team apart from the rest? What do you do for your athletes to help them maintain that tradition of excellence?

“That's hard to answer as I simply don't know what other teams do! We are fortunate to be able to recruit some excellent students, with good shooting skills, good academics and strong work ethics. After that, I believe we provide them all the resources and a good environment for them to flourish. However, it's on them how much they commit to that and utilize the resources made available to them. I know they work incredibly hard, and from a staff perspective, we work hard to keep them focused on getting better each and every year and not dwelling on previous success.”

*****GINNY THRASHER...**

Ginny Thrasher, had an incredible first year. If you could, speak a little about Ginny. What did you think about her joining the WVU team, and how do you feel about her sensational performances?

“Ginny came to many of our junior camps, so we knew the type of person we were getting. I was very excited for her to join the team, as I knew she was very motivated to improve and would work really hard to make that happen. All we had to do as a staff is steer her in the right direction and give her the tools to be successful, and she did the rest.

Her performance at NAAs was just excellent, for anyone, never mind a freshman. She has an excellent approach to the sport and a very positive attitude, which allows her to block out all distractions and just focus on the things she needs to. She is not afraid of the outcome, good or bad, which allows her to focus on just shooting and doing her best, each and every time.”

Watching her compete at the Olympics while he was in Europe:

“I was getting more and more excited. It was just great to watch the match. She was able to do just enough to qualify for the final, and that was a great result. And then her final was just unbelievable – not only the performance but how she shot it, her mental aptitude. She was super calm and controlled in that environment. It was definitely super exciting to watch all the way to the end.”

After her win:

“I texted her and gave her a massive congrats, with a few ‘wows’ in there. I told her how proud I was of her. Everything she had gone through this summer, to come away with that type of result – I think at that point, it’s still not sinking in of what’s actually happened. So it was better after it set in a few days later to really have a good chat with her and find out how she was doing and how it was sinking in. And it was an interesting situation that she still had another match to shoot. So I was really more there to get her back on track and make sure she was getting refocused for the next match as well.”

Going into the 2016-2017 WVU Season with an Olympic gold medalist:

“I think ultimately how we approach the season won’t really change at all. We still have to do the same things that make us successful and for us to be the best team that we can be.

In most ways, Ginny is another team member, and she’ll be treated like the other team members. She’s maybe going to have a different set of demands to juggle her time with. I think just helping her manage her time and maybe the extra commitments she’ll have, obviously managing her training schedule is going to be a little different to some of the others just from what she’s done this summer. But ultimately, being on the team, being at the range, being at school, that’s her normal and her place where she can be comfortable.

I know her and know that she’s not going to want to be treated any differently by her team members, and I don’t think she will be. We get back to work as a team, and I think she has so much knowledge from this summer that she can pass off to her team members. And hopefully she takes on that leadership side and is a bit of an inspiration or guidance for the new freshman coming in. But by and large, nothing really changes, and we get back to business.”

He added:

“I’m incredibly proud of her. It was just an unbelievable result that she was able to win a gold medal, and I think, not only Ginny, but Nicco’s (Campriani of Italy, a former WVU shooter who earned gold in Men’s 10-meter Air Rifle in Rio) success as well, is just a huge boost to our program. But there’s a different type of pride with Ginny being homegrown, shooting from the U.S., still being a current team member and developing so fast in the last 12 months of being with us.

She’s a great example of what can be achieved, but a lot she has achieved on her own dedication to her training, her mental approach, all of the things that she’s worked really hard on in the last year.

Ultimately, it’s been great to see, and it’ll be exciting to see what happens over the next four years and the next three years of her college career.”

***THE FUTURE...

What do you look forward to in the future of your coaching career?

“I look forward to many more successful years coaching the WVU team. But mostly I look forward to all the new and different students that I will be fortunate enough to coach and help guide on their college journey. Coaching in NCAA brings so much satisfaction, as you are part of their journey through college. Starting from the recruiting process when they are still in high school, all the way through to them graduating, starting jobs and having families. It’s so much more than just helping them become a better rifle shooter, and that is definitely what I look forward to the most for the rest of my career.”



Jon Hammond at the 2016 NCAA Championship

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.

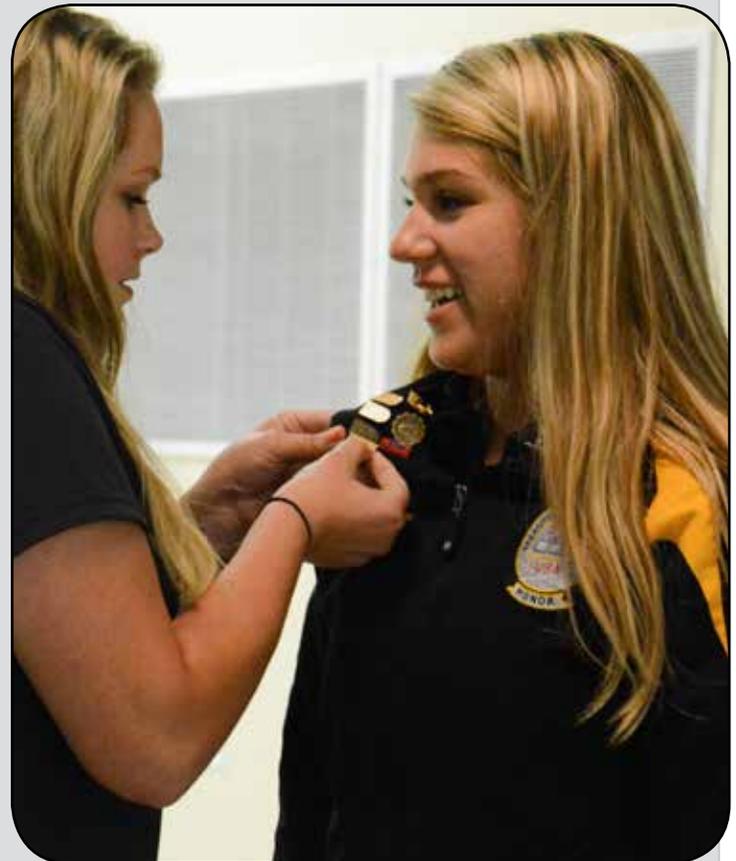
For more program info, log onto <http://thecmp.org/air/junior-distinguished-badge/> or email CMP Competitions at 3PAR@TheCMP.org.



Badge #	Name	Hometown	Badge #	Name	Hometown
#1005	Issabela Castro	San Antonio, TX	#1032	Hannah Oravec	Sarasota, FL
#1006	Jacob Langley	Lakewood, CO	#1033	Dylan Smith	Lusby, MD
#1007	Brianna Mitta	Fountain, CO	#1034	Jonna Warnken	Superior, MT
#1008	Lara Lewis	Lebanon, OR	#1035	Hunter Jacob	Sarasota, FL
#1009	Abigail Gordon	Granbury, TX	#1036	Juliet Lambert	Rutherfordton, NC
#1010	Kierstyn Olinger	Ozark, MO	#1037	Steven Lester	University Park, FL
#1011	Kris Klein	Selma, CA	#1038	Jared Minor	Circleville, OH
#1012	Fabriel Jones	Madison, NC	#1039	Dorian Macintosh	Turlock, CA
#1013	Gabriella Mayes	Rio Rancho, NM			
#1014	Emily Stith	Poulsbo, WA			
#1015	Rachel Benesh				
#1016	Thomas Breneiser	Albuquerque, NM			
#1017	Zane Simonton	Des Moines, IA			
#1018	Patrick Daniels	Fort Mill, SC			
#1019	Will Komenda	San Diego, CA			
#1020	David Cortez	Selma, CA			
#1021	James Jackman	Seabrook, TX			
#1022	Allison Reed	Fort Mill, SC			
#1023	Amy Delgado	Gainesville, GA			
#1024	Tanner Whitehead	Newnan, GA			
#1025	Sarah Griffith	Oviedo, FL			
#1026	Kayla Hitshe	Granbury, TX			
#1027	Samantha Bakaysa	San Antonio, TX			
#1028	Grace Nelson	Lititz, PA			
#1029	Jamika Paige	Lusby, MD			
#1030	Madeline Erikson	Walla Walla, WA			
#1031	Emily Fitzgerald	Peralta, NM			

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.



Thunderstorms Put a Damper on National Match Rifle Clinics

By Ashley Brugnone, CMP Writer



Thomas Doligale participated in his first SAFS with his Boy Scout Troop 109 from Louisville, Ky.

CAMP PERRY, Ohio – A sudden parade of afternoon storms caused a delay in firing on Sunday, July 24, as the National Match clinics attempted to wrap up instruction. Besides halting the courses, which had begun Friday, the extension forced the scheduled Squadded Practice to be cancelled and the standing portion of the M16 event to be dropped in order to allow time for completion of that match.

Aggressive thunder and lightning during the Small Arms Firing School (SAFS) evacuated nearly 430 competitors from Viale Range immediately after a pit change. Firing was temporarily suspended until the weather passed, then the soggy competitors returned to finish their accompanying M16 Match.

Earning the top place in the match was SSgt Josh Heckman, 30, of the U.S. Marine Corps, Beaufort, S.C. His win included a perfect sitting position score of 100-5x.

First-time competitors were plentiful during SAFS,

including Thomas Doligale, 12, of Prospect, Ky., who came with his Louisville Boy Scout Troop 109. The troop has brought a gaggle of young, fresh marksmen to National Matches for the past few years.

Morgan Mowrer, 23, of Fredericksburg, Ohio, was one of the more standout competitors on the line during the M16 event. She had some company on her firing point during her National Match debut – as she competed eight months pregnant.

A rare sight during any competition, her SAFS instructor was both privileged and nervous to have her next to him.

“I had never trained someone THAT pregnant!” he said with a laugh. “I thought I was going to have to deliver a baby out on the line!”

Experienced marksmen or those hopeful to become one are free to enter SAFS as many times as they’d like. This year, many returnees made their ways back to the

firing line, including Matthew Nodine, 50, and his son, Isaiah, 17, from Pleasant Lake, Ind. The two have attended the school together for the last five years.

"We basically make a vacation out of it," said Matthew. "I'd probably come up here even if I wasn't shooting anything. There's just something about it."

John Brooks Jr., 20, of Ada, Mich., returned for the first time since 2011. Even though he had completed the course back then, he felt making a second trip was worthwhile for his game.

"I did learn more this time," he said. "I had taken some time off before coming back here, but I'm glad I made it back. I had fun."

The clinic is designed for both new and veteran shooters. Beginners learn the basics of marksmanship and competition shooting, while the more advanced are given the opportunity to receive more specific instruction on how to improve their areas of limitation.

The course is led by members of the Army Marksmanship Unit and highly qualified military shooting team members, along with CMP instructors. At the end of live-fire practice on the range, all students compete in a true Excellence-In-Competition (EIC) Match – with the chance to earn points towards becoming Distinguished marksmen.

Along with SAFS, a junior highpower clinic and advanced clinic was also held on the Camp Perry ranges.

The clinics catered to those who wished to acquire fundamental lessons or more progressive instruction.

The CMP-Remington Advanced Highpower Clinic offers in-depth learning through classroom and dry-fire exercises on the range. The course is led by members of the Remington-Bushmaster Team and headed by retired U.S. Marine and former non-commissioned officer in charge of the Marine shooting team, Ken Roxburgh. This year, over 65 students attended the course held on the newly-improved Petrarca Range.

During the CMP-USMC (United States Marine Corps) Junior Highpower Clinic, members of the USMC shooting team provided classroom instruction and also conducted live firing practice on the range from the 200, 300 and 600 yard lines. The group of over 120 juniors learned many variables of the sport including maintenance, positioning, sight alignment and weather – the latter becoming an unexpected live lesson.

For more information on the National Matches and its clinics, visit <http://thecmp.org/cmp-national-matches/>.

****Look for your opportunity to participate in a SAFS clinic as they are offered at our various Travel CMP Games throughout the year!
Visit the CMP website for details.****



The CMP-USMC Junior Highpower Clinic combines real Marine Corps Rifle Team classroom instruction with live fire practice.

Past CMP Scholarship Recipients: Where Are They Now?

By Ashley Brugnone, CMP Writer

Irina Andrianova: Ohio State Pistol

Irina Andrianova's entire marksmanship career has been cultivated from conquering her fears.

Now going into her junior year at The Ohio State University, the 20-year-old is majoring in biology and is also a member of the Ohio State Pistol Team. Though a dedicated member of the team and passionate about marksmanship, it wasn't always something that interested her. In fact, it frightened her.

"I was, initially, scared of guns and didn't want to go anywhere near them," she explained. "My dad got a gun and I said, 'Keep that thing away from me!'"

Her father, Anatoly Andrianov, happens to be an accomplished marksman himself – Distinguished in both Service Pistol and .22 Rimfire Pistol. One day, when she was in middle school in Schaumburg, Ill., he convinced her to join an "archery club" – which actually turned out to be an air gun club (a detail she had missed while speaking to her dad in Russian).

Fearful of the guns in front of her, she managed to give them a chance. Then, her fear turned into infatuation, which eventually flourished into a lifelong love. Irina tried both rifle and pistol, unsure of which discipline she wanted to pursue. She carefully studied the details of each, right down to the wardrobe.

"In rifle, you get to hold these cool guns, and it seems so intricate. And the gear and the clothing – it looks kind of cool. Which, in pistol, we don't have any special uniform to wear. But at the same time, they have a lot more luggage to carry around. So there's a benefit with pistol – we have less stuff," she joked.

Outside of the accessory aspects, it was the intensity of pistol that kept her interested.

"Pistol is a challenge. You have to use one hand. You have to have a strong arm! With rifle, you get help with your stance, but not with pistol. That's the reason I chose it."

Irina started with air pistol, then after watching her dad shoot larger caliber firearms, she became intrigued and wanted to try something new. That was when she became involved with .22 pistol shooting before moving on to sport pistol and bullseye.

Her senior year of high school, Irina won at the Junior Olympics in sport pistol and traveled to Germany and Spain for even more competitions. With the competitive



Irina Andrianova

itch within her, she was ready to look for colleges that would allow her to continue her career.

After searching and searching, the one college she continued to come across was The Ohio State University. Many schools only offered pistol as a club sport, but Ohio State offered more, which made it her top choice.

Unfortunately, she almost didn't get to attend the school because Ohio State's coach was unaware that she was even interested in joining the team. Luckily, at the last moment, Irina reached out and talked to her as a way to get noticed.

"It's also good to practice and be competitive because going out for scholarships, the schools are looking for that," she said. "Other schools also have clubs that go to the big collegiate events, so that's definitely an option too. And still a great experience."



For Irina, the challenge pistol presents is what keeps her interested in the discipline.

Since she had mostly only shot with her dad back home, going to college was an adjustment. Leaving meant she would have to compete without him – the biggest influence in her life.

“It was so weird not having my dad at matches!” she said.

“He shoots a lot, and it kind of motivates me to compete too and be as good as him because he’s pretty good,” she added with a laugh.

The absence of her dad and walking into the unknown brought back the fear she once felt for the sport. But just as she did at the air gun range when she was young, Irina picked up her reservations and fired towards her future.

“It was kind of scary – getting to know the new people and team, because I didn’t really know any of them, and I was going to be spending a lot of time with these people!” she said. “But now, they’re kind of like my family away from home.”

Working with different coaches was also an experience for her. She had to get used to fresh expectations and mentalities, as well as balancing school on top of practice.

“It was fun. It was a bit of a challenge, getting used to the whole schedule because I was getting used to the college and also the team,” she said. “But I still enjoyed it because it’s fun being part of a team, with that whole ‘family’ mentality.”

Her first match at Ohio State, she was extremely nervous. Unlike her teammates, she was unable to explore the range beforehand because she was competing in an international event. She wasn’t sure what she was supposed to do with the target system or even where she needed to be.

“I had to kind of look at my teammates and go off of them. They helped me along,” she said.

Her time as a member of the pistol team has, so far, been successful. The year before she arrived at Ohio State, the team won a National Championship. Her freshman year, they repeated the feat, as well as her sophomore year. Individually, she has won multiple times and has even achieved an overall aggregate women’s title.

Last year, she traveled to South Korea for the World University Games as a member of Team USA. Then, in June 2016,

she competed in a national competition at Fort Benning, Ga., against adult competitors. Having only been a junior marksman at that point in her career, the experience allowed her to see how she measures up against some of the best shooters in the country – including some Olympians.

“Just to see how other people are shooting their stances, I think about myself, and it just motivates me to do more,” she said. “This summer, I’ve spent a lot of time on training and getting physically ready.”

In the future, she will be training hard for her ultimate goal: competing at the 2020 Olympics. She is also looking forward to becoming a mentor to the incoming freshman to the team who may be nervous of the what’s to come. Undoubtedly, they will soon leave their fears behind – just as Irina did.

“I want to be friends with them and get to know them so it’s not a scary situation and they find it easier to adjust to different people and a different environment,” she said. “I know I can’t imagine myself anywhere else now.”

**If you’d like your
exceptional marksman
highlighted in On The Mark,
submit your story for
consideration to Ashley at
abrugnone@thecmp.org.**



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.

New Mexico 4-H Earns High Marks at Nationals

The National 4-H Shooting Sports competition was held in Grand Island, Neb., June 26 through July 1. Attending were teams representing 36 states and made up of 685 participants competing in eight disciplines. The air rifle team from San Juan County, N.M., competed with 21 other teams (93 competitors) from across the country.

The 4-H air rifle/pistol and .22 rifle/pistol shooting program, headed up by volunteer leaders and coaches, differs from most other junior shooting programs in the diversity of the type of targets the competitors are up against. Therefore, the skills needed to be proficient are more demanding. Many state level 4-H competitions include a separate standing event and a silhouette target course in addition to the familiar 10-meter, three-position event.

The course of fire at Nationals included 10-meter, 3x20 three position (off-hand, kneeling and prone), a separate 10-meter 40 round off-hand event and a 40-target off-hand silhouette course at distances ranging from 20 to 45 yards. CMP provided the Megalink scoring system for the air rifle and air pistol events, which contributed greatly to the success of the event.

New Mexico's four-girl team received 15 individual and team medals. As a team, they earned sixth in 3-P, third in standing and first in silhouette. Kimberly Hull won overall High Point Individual, and Michaela Langlitz placed second, Rashel Korte 14th and Jeana Dolan 34th.



4-H National Champion Air Rifle Team, left to right: Jeana Dolan, Michaela Langlitz, Rashel Korte, Kimberly Hull

San Juan County 4-H shooting sports is CMP affiliated and has received fantastic support over the past few years. The knowledge base, training camps and clinics, and access to equipment that this affiliation has provided have been instrumental in our team growing to this point.

This year marks the first time that New Mexico has won the 4-H National Air Rifle Title. The team would like to thank everyone at CMP for their support throughout the year which contributed greatly to make this dream possible.

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/>.

On Target 4-H Shooting Sports Club, Millville, NJ
 Johnson County 4-H Shooting Sports, DeSoto, KS
 Trapper Trails Council Boy Scouts of America, Ogden, UT
 Boy Scout Troop 922 of Chester Virginia, Chester, VA
 Cypress Springs HS Air Force JROTC, Cypress, TX
 Douglas HS Air Force JROTC, Box Elder, SD
 Broome HS Air Force JROTC, Spartanburg, SC
 Minot High School AFJROTC, Minot, ND
 Eagle Lake Camp, Colorado Springs, CO
 Friona Texas 4-H Shooting Club, Bovina, TX
 Indian River County 4-H Bullseye, Sebastian, FL



Kentuckiana Practical Defense League, West Point, KY
 Wisconsin Sportsman Association, Racine, WI
 Bullets and Bagels Club, Los Alamitos, CA
 National Association for Gun Rights, Windsor, CO
 Centerville Small Arms Association, Clinton, UT
 Ark-La-Tex Gun Collectors Association, Shreveport, LA
 Stoughton Fish & Game Association, Inc., Stoughton, MA
 Carolina United Rifle Club, Pittsboro, NC
 Chuluota Sportsmen's Club, Oveido, FL
 High Springs Boy Scout Troop 69, High Springs, FL
 Valley HS JROTC, Albuquerque, NM
 Carter County 4-H Shooting Sports, Ardmore, OK
 D C Shooting Team, Armour, SD
 Top Shot 4-H Club, Mt Pleasant, MI

Statesville HS JROTC, Statesville, NC
 Upper Valley Bullseyes, West Newbury, VT
 North Valley Military Institute, Sun Valley, CA
 North Star Precision 4-H, Fairbanks, AK
 Rocky Mountain Region Marksmanship Academy, Boise, ID
 USNSCC American Veterans Division, Lake Worth, FL
 Vermillion Pistol Club, Vermillion, SD
 Worland Shooting Complex, Worland, WY
 Upper Savannah Shooters Association, Greenwood, SC
 3-County Club, Prescott, MI
 Singletary Rod & Gun Club, Inc., Oxford, MA
 Dunn County 4-H Shooting Sports, Monomomie, WI
 Boy Scout Troop 128, Rhinebeck, NY
 USU Eastern Blanding Campus, Blanding, UT

New 2016-2018 3P Air Rifle Rules Released

Three-Position Air Rifle shooting is one of the most popular youth shooting programs in America. Its massive participation base includes more than 2,000 JROTC programs in schools, hundreds of 4-H Shooting Sports clubs and several hundred junior rifle clubs. An estimated 250,000 to 300,000 youth participate annually in three-position air rifle programs, with most of them engaging in some form of organized competitive shooting. The main governing body for this massive youth sports program is the National Three-Position Air Rifle Council. The primary means of governance is the Council's rulebook, the National Standard Three-Position Air Rifle Rules.

There are only a few real rule changes that will come into effect for the next two-year rules cycle, but there are a number of rules updates and clarifications. The Council tries to keep three-position rules coordinated with ISSF rules (International Shooting Sport Federation rules that govern Olympic and international shooting competitions) because some of the best USA junior three-position air rifle athletes will advance to compete in USA Shooting and ISSF competitions. Some Council rule changes followed 2017 ISSF rule changes while some were deemed to be not appropriate for USA junior competitions.

Input from coaches, parents, athletes and match sponsors regarding possible rule changes was solicited though a CMP Shooters News article that was posted on 14 April. Several comments and suggestions were received and the National Council reviewed all of them



National Council members now include The American Legion, Boy Scouts of America, CMP, Daisy Shooting Education Program, 4-H Shooting Sports, Orion Scoring Systems, U. S. Army Marksmanship Unit, USA Shooting and the Army, Marine Corps, Navy and Air Force JROTC Commands.

when it met at Camp Perry on 13 July. Many of those recommendations were incorporated into the 2016-2018 rules.

The importance and impact of National Three-Position Air Rifle Council programs and three-position air rifle shooting recently received a big affirmation when USA shooting athlete Ginny Thrasher, a 19-year-old West Virginia University sophomore, won the first gold medal of the 2016 Olympic Games in Rio de Janeiro. Thrasher has been an active participant in junior 3-position air rifle competitions, attended CMP junior rifle summer camps in 2012 and 2013 and earned Junior Distinguished Badge #771 in 2014.

The National Standard Rules are revised and reissued on a bi-annual basis. The newest version of the Rules, the 11th 2016-2018 edition, has just been released. An electronic version of the new three-position rules is posted on the CMP website at <http://thecmp.org/air/national-standard-three-position-air-rifle-rules/>.

The first gold medalist in the 2016 Rio de Janeiro Olympic Games was the USA's Virginia Thrasher. The 19-year-old athlete from Virginia and West Virginia University is shown with her Olympic gold medal (center) and the silver and bronze medalists, who are both from China. Thrasher began as an active 3-position air rifle shooter.



Parting Shots: Photos from Recent CMP Events & Competitions

Junior shooters left their mark on several recent CMP events including the CMP 3P Nationals and the National Trophy Pistol and Rifle Matches.



National Trophy Pistol Matches



CMP 3P National Championship



National Trophy Rifle Matches

ON THE MARK

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



NON-PROFIT ORG.
U.S. POSTAGE
PAID
PERMIT NO. 43
BERNE, IN 46711



Credit: WVU Athletic Comm./Brian Persinger Photo

Olympic Gold: Ginny Thrasher 4



CMP 3P Nationals Results..... 14

IN THIS ISSUE

Sighting Shots..... 2
Electronic Targets at Camp Perry.....3
Olympic Gold: Ginny Thrasher 4
Introduction to Mental Training 6
CMP 3P Nationals Results 14
Calendar of Events..... 17
National Match Junior Winners..... 18
NCAA Coach: WVU's Jon Hammond ..20
Junior Distinguished Badges.....23
National Match Clinics 24
Scholarships: Where Are They Now?..26
Clubs Corner 28
Newly-Affiliated CMP Clubs..... 29
New 3P Rulebook Released.....30
Parting Shots..... 31



National Match Junior Winners..... 18



NCAA Coach: WVU's Jon Hammond.. 20