ON THE MARK
THE NEWSLETTER FOR COACHES AND JUNIOR SHOOTERS © WINTER 2012

Trials by Fire

CPL Matt Rawlings holds a narrow lead in men’s air rifle while Sandra Scherer and Emily Caruso battle to stay atop a competitive women's field as the USA Shooting Olympic Trials for Airgun Part 2 heads to Camp Perry.

What’s Inside:
• CMP adds Oklahoma & Georgia Games to regional event schedule
• High school mom kicks Kimber butt-plate woes with a little ingenuity
• Peck, MacLagan and Hicks are top juniors at Camp Perry Open
Katlyn Bass Establishes Six New National Sporter Air Rifle Records at Anderson Invitational

By Steve Cooper, CMP Writer

ANNISTON, ALABAMA & CAMP PERRY, OHIO – Katlyn Bass, 16, of Daleville High School Army JROTC, Alabama, established six new sporter air rifle records at the 2011 Gary Anderson Invitational three-position air rifle championship on 9 &10 December. Bass fired her record scores in Anniston against regional competitors while dozens of others from northern regions participated simultaneously at CMP’s Ohio facility at Camp Perry.

Bass’s qualifying score of 574-28 surpassed the open/overall 3x20 sporter record of 573 set by Micaela Jochum in 2006. In doing so, Bass also set the Army JROTC record previously held by her former Daleville High School JROTC teammate Mikaelah Atchley (570-31). She also broke the records of Jochum and Atchley in the open/overall and Army JROTC 3x20 plus final with a combined score of 669.7, shattering the former mark by 5.9 points. Lastly, Bass broke both of Jochum’s Age Group II (15 & 16) records in the 3x20 and 3x20 plus final.

She fired a 197-12 in prone, 184-6 in standing and 193-10 in the kneeling position for a total qualification score of 574-28. Her final score of 95.7 ensured her the record-setting victory in the match. Brianna Sawyers, 16, of Ozark, Missouri, finished second overall with an aggregate score of 653.1 and Leigh Yarbrough, 17, of Waxhaw, North Carolina, placed third with a 643.7.

It was the last match for Daleville coach, LTC Ralph Aaron, U.S. Army (ret.), who retired six days later after leading the Daleville Army JROTC air rifle program for several years.

“I have been coach for 13 years and it has been the highlight of my life, watching these young people grow and excel, reaching their potential,” LTC Aaron said.

During his tenure the sporter team won JROTC bronze in the 2009 postals and that same year David Hall set four national precision air rifle records at Camp Perry, he said. In 2010-11 the team won sporter silver at the JROTC Nationals. Along the way Mikaelah Atchley set eight national records in sporter air rifle.

The sporter team won the gold at the Army JROTC service championship in 2011 at Anniston, Alabama and again at the U.S. Army Marksmanship Unit’s Jr. Championships. The team set two national records of 2223 in 2011 for Army JROTC and open class. The team also won the NRA Alabama state championship in 2011 while establishing the NRA JROTC national record of 2166.

The team has won 18 state championships in the past 13 years, winning both categories several times, LTC Aaron said. Daleville High School has announced that it has hired LTC Christopher Miller to replace the retiring LTC Aaron.

For complete results log onto http://clubs.odcmp.com/cgi-bin/report_matchResult.cgi?matchID=7565
The Civilian Marksmanship Program (CMP) has official Facebook, Google+ and Twitter accounts. We encourage you to Like our pages and receive the latest updates in CMP Programs and Sales updates, along with shooting sport news.

The CMP Rifle Camps are now on Facebook and Twitter. View pictures and news releases by liking CMP Rifle Camps and following @CMPRifleCamps on Twitter.

The Civilian Marksmanship Program (CMP) invites you and your club rifle team to participate in the CMP’s Monthly Matches at the CMP’s Marksmanship Centers North and South on 17 March, 21 April and 19 May. The competitions will feature a Junior Air Rifle 3x20, 60 Shots Air Rifle Standing, 60 Shots Air Pistol, a 20 shot Novice Prone stage a National Match Air Rifle 20 Shot Standing, Garand Course and 3x20 events. For more information, please visit http://www.thecmp.org/3P/MonthlyMatches.htm.

Civilian Marksmanship Program Announces New Youth-Oriented Grant Program for CMP-Affiliated Groups - CAMP PERRY, OHIO - The Civilian Marksmanship Program (CMP) is pleased to announce the availability of financial assistance grants to CMP-affiliated groups benefitting youth marksmanship projects, activities and events. Visit http://www.thecmp.org/clubs/grants.htm for more information and to download an application.

CMP Expands Scholarship Offerings to Graduating High School Seniors for the 2011-2012 Scholastic Year - CAMP PERRY, OHIO - The Civilian Marksmanship Program is pleased to announce it has expanded the eligibility for its $1,000 annual college scholarship program to all graduating high school seniors who participate in rifle or pistol marksmanship competitions. Deadline to apply is 5 March 2012. Visit http://www.thecmp.org/competitions/scholarships.htm for more information.

The CMP Marksmanship Center at Camp Perry will host the 2012 USA Olympic Trials for Airgun Part 2 at Camp Perry, Ohio on 24-26 February 2012. The competition program and match schedule for each airgun trial is available on the USA Shooting Match Information page. Visit the Events- Calendar tab and search for “Olympic Team Trials for Air Rifle and Air Pistol” as the event name.

CMP Master Instructor Training Courses - How You Can Become a Master Instructor - CMP-Sanctioned Rifle Clinics are one of the most effective ways for shooting clubs to recruit and train new shooters. To do this successfully, clinics must provide high quality instruction and safe range firing experiences. A well-run rifle clinic will get new shooters off to a great start and increase the likelihood that they will return for more shooting and even become active club members. For more information, visit http://www.thecmp.org/competitions/clinics.htm.

Masters sweeps women’s JO qualifier - FAIRBANKS — Forest Masters of Valdez swept the women’s competition and Alaska Nanooks dominated the men’s competition at the Alaska Junior Olympics Rifle Championships held in December at the University of Alaska Fairbanks E.F. Horton Range.

The GSM (Garand-Springfield-Military) Rifle Master Instructor Course will be held several times in 2012. Rifle marksmanship instructors and shooters who would like to receive advanced training and be certified as “Master Instructors” to teach CMP-sanctioned Garand, Springfield and Vintage Military Rifle or CMP-sanctioned Rimfire Sporter Clinics are invited to apply to attend a CMP Master Instructor Training Course. Master Instructor Courses will be conducted at Anniston, AL on 10-11 March; Oklahoma City, OK on 11 April and 4-5 May at Camp Butner, NC. For more information and to register for a GSM Master Instructor Course, visit http://www.thecmp.org/Training/GSM.htm or contact Kathy Williams at kwilliams@odcmp.com or 419-635-2141, ext. 1109.

JROTC Postal Results and Service Championship Qualifiers posted. CMP staff members scanned and scored over 25,000 air rifle targets for the 2011-2012 JROTC Air Rifle Postal Match. The top individuals and teams will advance to the JROTC Service Championships held in February. To view results log onto http://www.thecmp.org/3P/JROTC.htm.

On the Cover: The first of two USA Shooting Olympic Trials for Airgun took place in December. The second and final phase comes to Camp Perry on 25 and 26 February.

ON THE MARK
www.odcmp.com/Comm/OTM.htm

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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.

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. 1129 or email krose@odcmp.com.

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

ON THE MARK Wants Your Input: We want your 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 we do something you like or dislike, let us know. 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 scooper@odcmp.com.

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

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 www.odcmp.org/0212/default.asp.
Note: This article is one of a series of On the Mark articles on Teaching Rifle Marksmanship to Young Shooters. This article examines the lessons and methods that coaches should use to prepare new shooters for competitions and to help them respond positively to the unique challenges of competition shooting.

Most youth shooting sports participants want to become successful competition shooters. They may start by wanting to learn gun safety or how to shoot a rifle, but when they find out that shooting is a sport that offers competitions involving travel to local, regional and even national events, high school and college rifle teams and even shooting in the Olympics, shooting in competitions becomes their primary objective and motivator.

Competitions are the ultimate challenge in sports and teach many valuable life lessons. Some argue that competitions among youth are negative and that they should not be exposed to the pressures of competition. Anyone who has spent much time around youth shooting has surely witnessed a young boy or girl who shot badly leaving the range in tears. The problem, however, is not that competition is bad, but that competition must be kept in perspective. We have also seen many more young people who leave competitions smiling and clearly enjoying experiences that were rewarding and fulfilling to them.

Coaches should introduce young shooters to competition, but coaches also have a high duty to ensure that those experiences focus on athlete-centered values.

1. Shooting is a Sport. Competition is the heart and soul of sports; they are the ultimate test of an athlete’s knowledge, training and skills. People learn sports skills so they can test those skills in competition.

2. Life Lessons. The life lessons that shooting teaches so well are best learned in competitions where striving to excel, hard work, focus, self-discipline and self-control are paramount.

3. Competitions are Fun. Traveling to a new range and city, meeting new friends and experiencing the ‘high’ that comes from being in a challenging competition can be tremendously enjoyable.


5. Striving to Excel. The dream of becoming capable of performing well enough to win important competitions drives many athletes to embark on a process of extraordinary skill and personal development that is always rewarding and meaningful whether it brings competition victories or many great experiences.
Making Competition Experiences Positive

Coaches must put a great deal of thought and effort into making sure the experiences the youth in their programs have in competitions are focused on their developmental needs and positive values.

1. **Evaluate Performance, Not Winning or Losing.** Young athletes must be taught to assess how well they do in competitions according to how well they perform the skills they have acquired, regardless of their final place finish. A shooter who equals or exceeds his/her practice average or who sets a new PR (personal record) has performed well regardless of where that score places.

2. **Preparation, Not Surprises.** A major cause of anxiety is not knowing what to expect. Before going to a competition, coaches should spend time explaining how the competition will be conducted and what the shooters can expect to see, hear and experience. Rehearsing the course of fire that will be fired in the match is a critical step in this preparation.

3. **Excitement, Not Fear and Anxiety.** Prepare young athletes for upcoming competitions by helping them understand how they can enjoy the excitement of competition and how pre-match jitters can make them more alert and ready to perform their best.

4. **Expect Effort, Not Winning.** Young shooters, parents and even coaches often go into competitions expecting winning or unrealistic results. It is important for the coach to change those expectations to simply expecting every team member to make their best efforts to perform the skills they learn in practice. When shooters can say after the match that they worked hard on every shot, affirm that effort regardless of the outcome.

5. **Bad Scores Are Opportunities, Not Failures.** Every shooting champion can report having fired many bad shots and bad scores. The difference is when the coach and shooter treat bad scores as learning experiences to be corrected through training. Shooters should not be allowed to think they failed or “clutched,” but rather that when things go wrong they can turn those mistakes and problems to their advantage by treating them as lessons learned.

6. **Acceptance Regardless of Results.** Fear that others will reject them if they shoot badly is a major cause of poor competition performances by young shooters. They need to know that they will continue to be accepted as persons of worth by their coaches and teammates and loved by their parents and siblings regardless of the outcome of any competition.

7. **Self-Control and Sportsmanship.** Teams that are disciplined to keep themselves under control at all times, even when things are going wrong, will handle adversity much better and will benefit far more from the competition experience. A team schooled in good sportsmanship will arrive expecting a good experience and most likely will have a great experience.

Types Of Competitions -- How To Find Them

There are several different types and levels of competitions.

1. **Postal Matches.** Participating teams shoot on their home range and submit targets to a match organizer for scoring and ranking. The biggest postal competition that is open to all juniors is the American Legion Junior Shooting Sports Program Postal (http://www.legion.org/shooting). The annual JROTC postals sponsored by the CMP are the largest junior postals with over 7,000 JROTC cadets competing (http://www.odcmp.com/3P/JROTC.htm). Many other organizations organize postals that offer low-key competition opportunities, especially for teams in more isolated areas.

2. **Shoulder-to-Shoulder Matches.** All competitors in these competitions compete together on a single range on the same day or succession of days. In shoulder-to-shoulder matches it is common to divide competitors into multiple relays that shoot at different times during the competition.

3. **Sectional Matches.** This is a variation of shoulder-to-shoulder matches where different regional
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Competition Rules

All competitions are governed by rules. The problem is not all junior rifle competitions are governed by the same rules. Fortunately, the rules governing junior rifle competitions in the USA have much in common. Basic rules that apply in most competitions were explained in the article “Three-Position Shooting—The First Steps” in the Spring 2011 issue of On The Mark.

That article summarized competition rules for courses of fire, preparation periods, sighters and record shots, time limits, changeover periods, range procedures and finals. There are additional rules concerning competitor eligibility, equipment and clothing restrictions, coaching, malfunctions and scoring that coaches must know and should teach to their shooters as they gain experience in competitions.

In order to make sure you prepare for competitions with the correct rulebook, you need to know how to obtain the different rulebooks that may be used:

- **Three-Position Air Rifle.** The National Standard Three-Position Air Rifle Rules govern a big majority of these competitions. Download the 2010-2012 version of this rulebook from the CMP website at http://www.odcmp.com/3P/Rulebook.htm.

- **Standing Air Rifle and Smallbore Rifle.** Many junior competitions are governed by the USA Shooting Official Rules, which are derived from ISSF rules. Download these rules from the USAS website at http://www.usashooting.org/7-events/usasrules.

- **Smallbore and Air Rifle.** Many junior rifle competitions also are governed by NRA rules. You can download NRA Smallbore Rifle Rules, NRA BB Gun Rules and other NRA rulebooks from http://www.nrahq.org/compete/nra-rule-books.asp.

Junior rifle teams now have a wide variety of competitions at local, regional and national levels where they can strive to reach their competitions goals and even win awards.

Competitions are conducted on different days in various locations throughout the country. Scores from those matches are compiled into a national results bulletin. The National Rifle Association (NRA) is a leading organizer of Sectional Matches. It offers several different annual Sectional Matches for juniors.

- **Virtual Matches.** The universality of Internet communications and recent growth in the number of shooting teams and clubs that use Orion electronic target scoring systems is now creating a new kind of competition where teams or clubs can shoot in different locations at the same time on the same day and use their electronic scoring systems to score targets and upload scores into an online ranking system where all targets are scored by the same standard.


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**Competition Planning**

Every junior program should have an annual competition plan that identifies the matches the team plans to enter. For most teams, the plan should begin with the start of the school year or when the team’s competition season begins. Experienced coaches will already know about major open competitions in their area that are especially welcoming to new shooters. These matches need to be scheduled early because advance entry is usually required and some fill up quickly. For many teams, there is a major goal match near the end of the competition year.

**How Many Competitions?**

Teams can shoot in too few or too many matches. Ideally, there should be about one competition per month. This gives teams adequate time between competitions to conduct several practices focused on skill development followed by one or two practices focused on preparing for the upcoming match. An exception to the one competition a month rule occurs when teams belong to a league that may have matches as frequently as one per week. Coaches with teams in areas where there are very few competitions may need to find postal or virtual matches to fill out the competition calendar.

**Upcoming Competition Listings**

For teams and coaches that are new to competition shooting, it will be necessary to find matches in their area where they can compete. Fortunately for them, there are excellent sources for information about upcoming matches. Some matches may be open only to particular categories of teams so be sure to confirm that your team is eligible to compete in a match. Check these sources for upcoming matches that might be appropriate for your team.

1. **CMP.** The CMP provides a complete list of Junior Olympic Three-Position Air Rifle state championships and CMP Cup Matches where the top competitors can win credit points that count towards earning the Junior Distinguished Badge as well as other three-position air rifle events. Check the “Air Rifle” “Upcoming Events” list at http://clubs.odcmp.com/cgi-bin/index.cgi.
2. **USAS.** USAS sanctions Junior Olympic smallbore and air rifle standing state championships together with many open competitions where junior teams compete. Check the USAS “Find a Match” listing at http://www.usashooting.org/7-events/interactivecalendar.
3. **NRA.** The NRA sanctions smallbore and air rifle Sectional, junior and open competitions where many junior clubs participate. The NRA has a “Tournament Calendar” search feature on its website at http://www.nra.org/nralocal.aspx.

4. **Orion Results Center.** The Center now provides online match management software that allows Orion users to list upcoming matches, manage their competitions and upload results directly into a live online score display. Upcoming matches listed on the Results Center can be found at http://www.orionresults.com/orion/orionteam.cgi.

In working out the competition plan for your team, identify the matches you want to attend as far in advance as possible. Once the plan is prepared, communicate it to all team members and their parents so that they can get these dates on their calendars.

**Competition Preparation**

One of the real keys to success in competitions is making sure your young shooters are well prepared for their competitions. There should be no surprises for them when they arrive at the competition. Preparation steps should include:

1. **Enter and Make Arrangements in Advance.** Obtain a copy of the competition program and complete and submit the entry forms early. If overnight travel is involved, make the necessary reservations.
2. **Know the Program and Rules.** The match program describes conditions of the competition. Study it to identify competition conditions your shooters should know and explain these to them. Make sure you have a copy of the
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Open, frequent communications between the coach and team members is a key to attaining good competition performances. The rulebook that governs the competition. Review it to identify any specific rules your shooters need to know. It is a good idea to have rules sessions with your team before departing for a competition.

3. Practice the Course of Fire. Dedicate one or two practice sessions before departure to shooting the course of fire that will be used in the competition. Follow match procedures and time limits precisely. These practice matches should also be used to teach shooters how to deal with problems that can occur at competitions such as malfunctions, firing two shots on one bull, distractions or performance mistakes.

4. Practice Good Performance. Most practice sessions in the days before a competition must still be dedicated to perfecting shooter performances. This is not a time when position or technique changes should be tried. Shooters must practice the positions and shot plans they worked out earlier. Repetition, not change, is the rule for pre-match practices. Of special importance is rehearsing shooters’ shot plans. They should repeat their shot plan many times in practice and then go to the match determined to follow the same shot plan.

5. Establish Expectations. The coach’s communications with team members in the days before the match should establish both his/her expectations for them and their expectations for themselves. Team members should expect to shoot a score that is within the range of scores they shoot in practice. They should know their coach will judge their performance efforts in trying to do this and not their final placings.

6. Confirm Equipment Lists. Team members should have lists of equipment they must have with them for a match. Just before departure, check their equipment lists and equipment to ensure that no team member arrives at the match missing a vital piece of equipment.

Competition Performance

After the team arrives at the competition site, the coach’s role switches from managing preparations to supporting the team’s performance. Here are some guidelines for coaching during competitions.

1. Arrive Early—Avoid the Rush. As a rule, teams should arrive at the range at least an hour before the start time for their relay. This gives plenty of time to check in, obtain firing point assignments and move equipment into the staging or ready area. Arriving late and having to rush to get ready causes a lot of unnecessary anxiety.

2. Do Not be Distracted by the Side Show. When a team arrives at the match site, there can be lots of other activities going on to attract their attention. Keep the team focused on getting themselves and their equipment ready. Team members should recognize that after they finish shooting there will be plenty of time to watch other shooters, contact friends and check out points of interest in the area.

3. Nervousness is Real—Treat it as a Friend. Coaches must expect that their team members will be nervous.
Accept their nervousness and anxiety as normal, but continually reassure them that if they focus their attention on just doing what they do in practice, this will help them control their nerves. Coaches should encourage shooters to understand that match pressure can make them more alert and focused if they do not fear it. The coach also must be an example for the team by remaining calm and under control. Coaches can aid their shooters in controlling their nervousness by being behind them when they are on the firing line. They must know that their coach is there for them.

4. Effective Performance Coaching. Coaches will have their best opportunities to speak with their shooters just before the preparation period and between positions. In shooting, where shooters must be calm and controlled, this is not a time for rousing pep talks. In most cases, the best coaching advice at these times is the least advice. New advice that was not previously practiced can be disastrous. Certainly reassure the shooter that he/she is well prepared and capable of performing like they are trained to perform.

5. When Problems Occur. Going to matches hoping problems will not occur is delusional. Go to matches prepared to deal with problems if and when they occur. If shooters are mentally prepared and know how to react, they can overcome most problems. If there are problems with target or range operations, call a Range Officer. If there are problems with a shooter’s rifle or equipment, it may be necessary to check with a Range Officer and bring the shooter and his rifle off the line for repairs. If a shooter is having performance problems with his/her own shooting, the coach must look for opportunities to help the shooter refocus on his/her performance routine. Shooters should know that if they need to talk to their coach, they can check with a Range Officer and then go back to the coach. If a coach sees that a shooter is doing something seriously wrong, the coach can also check with a Range Officer and call the shooter off the line to discuss a correction.

6. Sportsmanship. Before and during competitions, issues with competition conditions can almost always be resolved through polite requests to match officials. In these cases, the coach must be a calm advocate for team members. When the match is over, the coach should have already established expectations for the team to be gracious in victory or defeat. After scores are posted, victories and high placings should be enjoyed, while scores below expectations must be transformed into opportunities for improvement. Practicing and benefiting from good sportsmanship is something that makes every competition experience that much better.

Competitions are the ultimate challenge in sports, but when evaluating team members’ performances in competitions, it is essential to remember that the most important values coming from competitions are not winning, but what they experience in going through the process of trying to win or do well.

You and your young shooters must judge their efforts not by whether they won, but by how well they prepared.

About the Author

Gary Anderson, Director of Civilian Marksmanship-Emeritus, is a regular contributor to On The Mark. He served as DCM for 10 years and remains an effective advocate for firearms safety training and rifle practice. Gary’s primary role at CMP has been to develop and sustain successful youth shooting programs at both regional and national levels.
Airgun Hopefuls Take First Step Toward Reaching Their Goals to Compete in 2012 Olympic Games

By Steve Cooper, CMP Writer

ANNISTON, ALABAMA – More than 200 air rifle and air pistol shooters assembled at the CMP South Marksmanship Center on Saturday and Sunday, 3-4 December in hopes of getting their names on the short list for the 2012 U.S. Olympic 10-meter airgun teams for men and women.

The USA Shooting event was the first of a two-part series of contests that will determine who will be selected to represent the U.S. in the 2012 Summer Games in London, England in July and August.

Each part of the two-part trial is comprised of a pair of 60-shot standing matches and finals in men’s air rifle and air pistol and two 40-shot standing matches and finals in women’s air rifle and air pistol.

The leaders of Part 1 were determined by highest aggregate qualification scores plus the higher of the two finals fired over two days. The same course will be fired again in February. It’s safe to say that only those competitors who finished near the top will have a chance at locking up Olympic roster slots.

Shooters will assemble once again at the CMP North Marksmanship Center at Camp Perry, Ohio, on 25-26 February to fire the same sequence of qualifications and finals. Upon completion of the second event, aggregate scores from all four courses of fire and the two best finals will determine the top shooters to fill the available Olympic airgun team roster slots.

The resulting race among the top competitors at Camp Perry will be fierce as a handful of shooters will be pressing each other to win the London Games slots.

In Men’s Air Rifle at Anniston, CPL Matt Rawlings, 27, of the U.S. Army Marksmanship Unit, Ft. Benning, Georgia, leads all competitors with an aggregate score of 1297.2, followed by Olympic veteran Matt Emmons, 30, of Grand Rapids, Minnesota, who fired a 1295.6. Jonathan Hall, 23, of Carrollton, Georgia, is currently third, roughly four points back, with a score of 1293.3.

In fourth place and 10 points behind the leader is Bryant Wallizer, 24, of Little Orleans, Maryland, who posted a 1287.1, topping CPT Chris Abalo, 25, of the USAMU, who holds fifth position with an aggregate score of 1285.3. High junior Connor Davis, 18, of Shelbyville, Kentucky, rounded out the top six positions with an aggregate of 1283.6.

USA Shooting rifle coach, Dave Johnson said he is pleased with the intensity of the men’s air rifle group. He said the leaders have been working hard to maintain their focus and will challenge each other down the stretch. Scores are markedly higher approaching the 2012 Games compared to 2008, which bodes well for the U.S. team, Johnson said.

The race among competitors in Women’s Air Rifle is much tighter as junior Sarah Scherer, 20, of Woburn, Massachusetts, and veteran Olympian Emily Caruso, 34, of Fairfield, Connecticut, are tied for first with Scherer prevailing on center shots. Both women compiled 898 aggregates out of 900 points possible at Anniston, with a mere nine center shots separating them (Scherer 68, Caruso 59).
Jamie Gray (formerly Beyerle), 27, of Lebanon, Pennsylvania, and 2008 Olympian, holds onto third place, just 1.8 points behind the leaders at 896.2. Meghann Morrill, 25, of Charlottesville, Virginia, trails just seven-tenths behind Gray at 895.5.

Two juniors, Emily Holsopple, 19, of Wilcox, Pennsylvania, are currently in fifth and sixth positions, respectively. Holsopple stands at 894.6 and Abigail Stanec, 20, of Wadsworth, Ohio, is about 10 points behind the leader with 888.3.

Coach Johnson said he is very excited about the growth of the women's rifle field and pleased to have so many talented shooters challenging for roster spots in Part 2 of the trial.

"It's a tight race among the women and it will make for a very competitive event at Camp Perry," he said.

SFC Szarenski has been performing at a very high level leading up to the trials.

“You saw what he did here yesterday (Dec. 3rd at Anniston). That was world-class – it was actually an Olympic gold level. There’s no reason to expect him to fall from the first position – I don’t see that happening," Luzov said.

“I was very proud of how he performed on the second day as well. He backed up what he did yesterday with a very strong performance. His score was very good, but if you look closely at his score – there were several 9.9’s that made it very close to what he shot on Day I.”

“I knew Daryl was stronger than the others, but not by that much. It thought it would be tighter. For the rest of the group, they are in the hunt, all the way back to sixth place, for the second slot,” Luzov said.

“We have camps planned; we have World Cup competitions, we have a London test event on the Olympic range in April, we have European and U.S. camps and another tryout for those shooting Free Pistol in June at Nationals at Fort Benning. After that we have a challenge competition in Germany, a camp in Denmark, a pre-Olympic camp and then the Olympics," Luzov said.


In Women’s Air Pistol, PO1 Sandra Uptagrafft, USNR, 40, of Phenix City, Alabama, leads all competitors by a wide margin with a Part 1 aggregate score of 859.5. Junior Darian Shenk, 17, of Annville, Pennsylvania, follows in second place. Although no quotas will be awarded for women’s air pistol at the London Games.

Team USA pistol coach Sergey Luzov said SFC Szarenski set two new USA Shooting national records in Men’s Air Pistol in Anniston. He leads a talented group of shooters and leads the pack by more than 18 points.
ANNISTON, ALABAMA – Jennifer McIntosh, 20, of Aberdeen, Scotland, and member of the Great Britain air rifle shooting team, was the high aggregate junior competitor in the third annual Dixie Double. The 60-shot X2 international match was fired at the CMP South Marksmanship Center on Saturday and Sunday, 5-6 November. McIntosh fired an aggregate score of 1394.6 to lead the juniors and finished third in the open category.

Like the top Americans in the event, McIntosh is vying for an opportunity to represent Great Britain in the 2012 Olympic Games in London.

The 2011 Dixie Double was sanctioned by USA Shooting, the U. S. Olympic shooting governing body, as a sanctioned preliminary tryout (PTO). Scores from this match will be used for PSA (Performance Standard Average) and PSI (Performance Standard Individual) qualifying. Competitors in this match were all members of USA Shooting. Meghann Morrill, 25, of Charlottesville, Virginia, and Matt Emmons, 30, of Grand Rapids, Minnesota, members of the USA Shooting national rifle team, were the top open aggregate air rifle shooters with two-day plus final aggregate scores of 1400.1 and 1396.5, respectively. Morrill shot a remarkable 598 on Day I and backed it up with a 593 on Day II with 104.8 and 104.3 finals. Emmons fired 593 and 596 qualifying scores on days I and II.

Samantha Bullard, 16, of Atmore, Alabama, was the runner-up in the junior class, firing an aggregate score of 1372.9 and Daniel Hermsmeier, 20, of Chesterfield, Missouri, placed third with a 1370.1 aggregate. Bullard fired 587/581 and a pair of 102's on days I and II.
Meghann Morrill shot a remarkable 598 on Day I and backed it up with a 593 on Day II plus 104.8 and 104.3 finals.

...while Hermsmeier shot 585/583 and capped his shooting performance with a 103.1 on the second day final.

Rounding out the top five in junior air rifle were Hannah Black, 17, of Richmond, Virginia, who fired a total two-day score of 1360.9 and Abigail Casey, 20, of McDonough, Georgia, followed in fifth place with an aggregate of 1358.3.

In team competition, Scottish-themed “Braveheart,” composed of McIntosh and American Amy Sowash, 27, of Colorado Springs, tallied a team aggregate of 2369 for first place. “Pinky and the Brain” placed second narrowly by one center shot tiebreaker and was fired by Morrill and Elizabeth Lee, 17, of Philadelphia, Tennessee (2338-150) over “Limited Editions” fired by SPC Joseph Hall, U.S. Army, and Casey (2338-149).

Disabled shooter, SFC Josh Olson, 32, U.S. Army, fired an aggregate score of 1403.9 in air rifle.

In air pistol competition, the high junior shooter was Alexander Chichkov, 17, of Tampa, Florida, who fired an aggregate score of 1308.4. Chichkov fired 559 and 554 qualifying scores on days I and II with a pair of 97 finals and placed seventh overall. Anna Meeks, 18, of Hickory Flat, Mississippi, placed second among juniors with an aggregate of 1179.5 and Ronnie Pierson, 15, of West Blocton, Alabama, fired an aggregate of 1080.9 for third.

The high open class air pistol shooters were Keith Sanderson, 36, of Colorado Springs, who shot an aggregate of 1362, coming in with 579/581 qualifiers. Sanderson fired a 100.9 final on Day I and followed with a 101.1 on Day II.

In air pistol, 28 shooters took to the firing line at this year’s event. Like rifle, the pistol format for the Dixie Double spans two days with 60 shots fired plus finals for the top eight shooters each day.

Brian Beaman, 27, of Selby, South Dakota, placed second with a total of 1350.4 and Nick Mowrer, 23, of Ramsay, Montana, trailed Beaman by eight-tenths of a point with an aggregate of 1349.6 for third.

The unopposed air pistol team of Chichkov and Beaman fired a combined aggregate score of 2264. Sanderson and Beaman are members of the U.S. National Pistol Team and Chichkov is a member of the U.S. National Junior Pistol Team.

WALTON, NEW YORK - Dennis Bennett has been involved in the Central Empire State Pistol League for more than 10 years and this last year his idea for a junior pistol league in Walton garnered support and involvement from local youngsters willing to learn the sport of shooting.

In 2010 Bennett was granted permission by the Central Empire State league and the Walton Pistol Club to start a junior program if he could find support. He had little trouble finding supporters and the fledgling program began to welcome girls and boys ages 12 through 20.

The program is affiliated with the National Rifle Association and the Civilian Marksman Program, both of which cloak their participants in safety from the second they enter the range until after the final round is shot.

“When I go out west to the National Pistol Matches there is just so much junior involvement. “There are a lot of programs to get junior people interested in a shooting program,” Bennett said.

The National Matches are held each summer at Ohio’s historic Camp Perry on the shore of Lake Erie between Cleveland and Toledo.

The matches draw thousands of shooters from across the nation and beyond. It’s a traditional event that originated in New York at Creedmoor Range in 1903 and moved to the larger range at Camp Perry in 1907.

By the end of the 2010-11 season, the Walton junior league program had attracted eight boys and two girls. “It’s always safety first,” he said. Bennett stressed how well prepared the instructors are for the opportunity it affords younger generation to be involved in shooting competition and to learn how to handle firearms safely.

“Kids grow up and they have no idea how to handle firearms. This program helps to show you how to be responsible,” he added. Bennett belonged to a rifle team back in high school went on to the military and came back to become an electronic technician.

With a family of his own, Bennett’s children became involved with shooting competitions and now that they are grown he is focusing on the children of the community.

“I knew there was some interest here with some parents and so the idea of a junior league kind of came about,” he said.

“They stress self awareness and there are always range officers around to help people with a problem.”

Shooters are instructed to put down their firearm and raise their hand if there seems to be a problem with the firearm. Strict safety protocol is always in place.

“Safety comes first, last and foremost,” Bennett said. There is no cost to getting involved and so far ammunition has been generously donated to the program.

“I actually started out with four kids and ended up with 10,” Bennett said. “We shoot indoors at 50 feet with bulls eye targets using .22 caliber pistols. Shooters age 15 years and under begin using two hands and older juniors fire single-handed.”

“We now have about 15 to 18 kids that shoot every Wednesday night. We have several range safety officers that frequently help one on one with students,” Bennett said.

Walton members compete in-house with each other for now because there are no other area clubs involved in a junior shooting program yet.

The league is looking to start at least one or more junior teams in the area, perhaps in Delhi and Oneonta, and it welcomes interest from individuals, groups (Scouts, Explorers, 4H, etc.) as well as sponsors.

For more information, visit their Website at http://www.cesrpl.org/home/junior-program.
CALENDAR OF EVENTS

The Calendar of Events is featured in every issue of On The Mark. If you would like your match or clinic listed, please contact the CMP at onthemark@odcmp.com, or call 419-635-2141, Ext.1111. Please include the name of the event, date, whom the event is open to and contact information and web site (if available). The CMP will do its best to accommodate each request to be included in the Calendar of Events.

9-11 February 2012
Army & Air Force JROTC Service Championship
- Camp Perry, OH & Anniston, AL

12-14 February 2012
Navy JROTC Service Championship
- Camp Perry, OH

21-24 February 2012
ACA Camp National Conference & Exhibition
- Atlanta, GA

21-23 February 2012
NRA Level 3 Coaches Course
- Camp Perry, OH

23-26 February 2012
USAS Olympic Trials for Airgun Part 2
- Camp Perry, OH

22-24 March 2012
National JROTC Championship
- Anniston, AL

11 April 2012
GSM Master Clinic
- Oklahoma City Gun Club, OK

11-15 April 2012
CMP Oklahoma Games
- Oklahoma City Gun Club, OK

21 April 2012
Monthly Match
- Camp Perry, OH & Anniston, AL

26-29 April 2012
CMP Georgia Games
- Blakely, GA

28 April 2012
Alabama State Junior Olympic Qualifier
- Anniston, AL

4-5 May 2012
GSM Master Clinic
- Camp Butner, NC

5-8 May 2012
CMP Eastern Games
- Camp Butner, NC

9-13 May 2012
Creedmoor Cup Matches
- Camp Butner, NC

19 May 2012
Monthly Match
- Camp Perry, OH & Anniston, AL
3-P Air Rule Interpretations

These rule interpretations are based on questions received by the National Three-Position Air Rifle Council Rules Hotline and are answered based on the National Standard Three-Position Air Rifle Rules.

Q: What type of stand is legal when shooting in the standing position?

A: 4.7.4 Shooting Kit and Shooting Stand
A shooting kit, chair or shooting stand may be used as a rifle rest between shots in the standing position, providing the stand is not taller that the shooter’s shoulders when standing normally. The shooting kit, chair or shooting stand may not be of such size or construction as to interfere with other competitors. When used as a rifle rest or pellet holder (kneeling position), the kit, chair or stand may be placed forward of the firing line. When using a rifle stand, competitors must take special care to be sure the muzzle of the rifle, when the rifle rests on the stand, is not pointed towards or near another competitor. Any rifle placed on top of the shooting stand must be held by the competitor; a rifle may not be allowed to rest freely on top of a shooting stand. When not used as a rifle rest or pellet holder (kneeling), the kit, or stand may not be placed forward of the firing line.

Q: When may I have contact with my coach in sporter competition?

A: 5.2.1 Coaching In Sporter Air Rifle
Coaching shooters on the firing line is permitted in Sporter Air Rifle events during the preparation or changeover periods and while the competitor fires sighting shots in any of the three positions. When the competitor fires his first record shot, coaching must stop and the coach must move to the rear of the firing line. After the first record shot, a competitor, while on the firing line, may only communicate with a Range Officer or Jury Member. If the firing line is so crowded that coaching will disturb other competitors, a competition sponsor may prohibit coaching on the firing line, but this should be done only if absolutely necessary. If coaching on the line in Sporter class is not permitted, this must be stated in the Competition Program. If mixed Sporter and Precision Class relays are squadded, the Sporter and Precision class competitors should be squadded on separate areas of the firing line so that Sporter Class competitors may receive coaching assistance.

For more information about 3-P Air rules, download the rulebook at http://www.thecmp.org/3P/Rules.pdf
CAMP PERRY, OHIO - It’s official, the Civilian Marksmanship Program has expanded its schedule of regional games to include two new events - the CMP Oklahoma and CMP Georgia Games, both scheduled for April 2012.

“We are taking our programs to the shooters,” says Christie Sewell, general manager of CMP North and head of firearms safety and marksmanship programming at Camp Perry. “The CMP is excited about reaching out to our friends in Oklahoma and Georgia with our programs. As always, we’re looking forward to working with CMP-affiliated clubs who are opening their doors to host our events,” she said.

Currently the CMP conducts recreational and competitive events each year at Camp Butner, North Carolina (CMP Eastern Games), Ben Avery Shooting Facility in Phoenix, Arizona (CMP Western Games) and at its Camp Perry home in the late summer as part of the National Matches.

The CMP Oklahoma Games, 11-15 April, will include 11 matches:
- EIC Service Rifle Match (NMC)
- 40-Shot (Presidents 100) Pistol Match
- Garand-Springfield-Military Rifle Match 1
- M1 Carbine Match
- As-Issued Service Pistol Match
- As-Issued M1 Garand EIC Match
- Garand-Springfield-Military Rifle Match 2
- EIC Service Pistol Match
- Garand-Springfield-Military Rifle Match 3
- Vintage Sniper Rifle Team Match
- Pistol 4-Member Team Match

Shooters may elect to shoot different rifles in each of the Garand-Springfield-Military (GSM) matches or shoot the same rifle twice or three times (as a re-entry and not part of the three-gun aggregate championship).

In addition, CMP will provide a number of shooter clinics, awards and one meal during the event including:
- GSM New Shooter Clinic
- M1 Garand Maintenance Clinic
- Hornady Reloading Clinic
- Vintage Sniper Rifle Team Clinic
- Medal presentations each day, BBQ final day

The CMP Oklahoma Games will be hosted by and fired at ranges operated by the Oklahoma City Gun Club. The targets at OKC Gun Club are electronically controlled in the pits. Competitors will pull targets and score for corresponding relays.

The OKC Gun Club is a private club and is located seven miles from the city of Arcadia, northeast of Oklahoma City.

The CMP Georgia Games, 26-29 April, will include the following matches and events:

26 April
- Check-in & GSM New Shooter Clinic
27 April
- Garand-Springfield-Military Rifle Match 1 & 2
28 April
- Garand-Springfield-Military Rifle Match 3
- Vintage Sniper Rifle Team Match
- Awards Ceremony & BBQ
29 April
- As-Issued M1 Garand EIC Match
- M1 Carbine Match
- Awards Ceremony

The event will be conducted at the new American International Marksmanship Academy (AIM) in Blakely, about 75 miles south of Fort Benning. The academy, originated in 2010, is situated on a 2,300-acre site, home to native pine forests and Georgia red clay.

IMPORTANT INFORMATION
Ammunition will not be issued to competitors at CMP Games this year. Competitors will have the option to purchase ammunition, at a reduced cost, upon arrival to the CMP Games or bring their own safe, good quality ammunition. Ammunition will be available for sale to all event attendees at a discounted price. **Competitors in the CMP Games will receive an additional discount and must bring their scorecards with them to purchase ammunition at the additionally discounted price.**
CAMP PERRY, OHIO - CPL Matt Rawlings, 27, U.S. Army Marksmanship Unit, narrowly defeated Jonathan Hall, 23, of Columbus, Georgia, in the precision air rifle open class at the 2012 Camp Perry Open held here 14-15 January. The Camp Perry Open features a two-day 60-shot X2 standing match in air rifle and air pistol, preceded by a one-day junior 3x20 precision and sporter air rifle match.

In what amounted to a tune-up for USA Shooting’s Olympic Trials for Airgun Part 2, held on the same range in February, Hall pressured Rawlings much like he did in the Trials for Airgun Part 1 in November in Anniston, Alabama.

In the November event Hall finished third behind Rawlings and Matt Emmons to lead the men who are vying to win two open slots at the 2012 London Games. Without Emmons at the Camp Perry Open, Hall ably stepped in and challenged Rawlings throughout the event at the CMP North Marksmanship Center, leading after Day I, 1186 to 1185.

On Day II Hall opened the door to Rawlings in the final firing 9.5 and 9.8 on his third and fourth shots. Rawlings emerged the winner with a 103.1 to Hall’s 102.3, overcoming his own miscue, a 9.4 on the first shot, to amass a 1391.9 aggregate to Hall’s 1391.5.

Meghann Morrill, 24, of Charlottesville, Virginia, finished a close third at 1390.8. Morrill is currently 2.5 points back in fourth place in the women’s air rifle division of the USAS Trials for Airgun behind Sandra Scherer, 20, of Woburn, Massachusetts, Emily Caruso, 33, of Colorado Springs and Jamie Gray (formerly Beyerle) 26, of Phenix City, Alabama. Gray finished fifth overall at 1389 in the open division in the Camp Perry Open.

The women will also compete in the Trials Part 2 at Camp Perry. Scherer and Caruso did not participate in the Camp Perry Open.

In junior air rifle, Amos Peck, 17, of Leslie, Michigan, placed first in precision air rifle with an aggregate score of 1380.7, good for seventh place overall. Peck finished with a qualifying score of 1179 and fired finals of 101.4 and 100.3 respectively in the two-day event. Ryan Anderson, 17, of Great Falls, Virginia, finished in second place with an aggregate score of 1367.1 and Adam Wheland, 16, of Williamsburg, Pennsylvania, placed third with a score of 1361.3.

In air pistol competition, SFC Daryl Szarenski, 43, of the U.S. Army Marksmanship Unit, placed first in the open division with an aggregate score of 1353.5, followed closely by Brian Beaman, 26, of Selby, South Dakota, at 1352.9 and SPC Greg Markowski, of the U.S. Army Marksmanship Unit, who fired 1352.3. Similar to air rifle, the pistol match was a two-day 60 shot X2 match with finals.

Szarenski leads all men’s pistol competitors heading into the USAS Olympic Trials for Airgun Part 2, with the second slot open to a field of excellent shooters, including Beaman, SPC Greg Markowski, 38 and SFC Thomas Rose, 36, also of the USAMU. SFC Rose placed fourth in the Camp Perry Open competition.

The air pistol junior champion was Joseph Totts, 19, of Mogadore, Ohio, who fired an aggregate score of 1285.8. Totts amassed a qualification score of 1095 and fired finals of 91.9 and an outstanding air pistol score of 98.9 on Days I and II, respectively.
Jordan Akow, 17, of Columbus, Ohio, finished in second place with an aggregate score of 1276.2. He fired finals of 92.7 and 92.5. Kathryn Robertson, 17, of Lynden, Ontario, placed third among juniors with an aggregate score of 1265.5. Rounding out the top five were James McCaig, 19, of Columbia, Tennessee and Clay Beckholt, 18, of Columbus, Ohio.


MacLagan and Hicks Win 3x20 at Camp Perry Open

By Steve Cooper, CMP Writer

CAMP PERRY, OHIO – Sarah MacLagan, 17, of Rehoboth, Massachusetts, won the 2012 Camp Perry Open 3x20 championship in the precision air rifle category with an aggregate score of 688.4. The junior-only three-position match, part of a two-discipline event which also includes a two-day 60 X2 international standing match of juniors and open class, was held at the CMP North Marksmanship Center 13-15 January.

MacLagan fired a qualification score of 588 and topped it off with a 100.4 final to lead all juniors. MacKenzie Martin, 14, of Fairhaven, Massachusetts, who shot a 100.7 final on a qualification score of 586, placed second with an aggregate score of 686.7. Sonya May, 17, of Rockland, Massachusetts, placed third, just two-tenths behind Martin with a total score of 686.5.

MacLagan and Martin, Taunton (Massachusetts) teammates, fired a competitive final with MacLagan leading off with a perfect 10.9. Martin answered with a 10.6, but MacLagan refused to yield, finishing 1.7 points ahead.

In sporter competition, Tamara Hicks, 18, of Kenton, Ohio, won the Camp Perry Open sporter air rifle 3x20 competition at CMP North.

Third place went to Central Crossing (OH) (2056), which was made up of shooters Eric Bohanan, 17, of Grove City, Rebekah Slane, 15 of Galloway, Daylin Vansteenburg, 14, of Grove City, and Nathan Householder, 18, of Grove City.

FAIRHAVEN, MASSACHUSETTS - Every year there are new junior shooters who attend our weekly evening practice and eventually reach the point where they want to perform better.

These aren’t the shooters who just want to get better hunting results or to understand the principles of the rifle, or who just want to be around other young adults who like to shoot. These are the shooters who want to compete in air or small-bore and perform well. That said, shooters of all types will benefit from the method of thinking we instill while coaching - which is a strict focus on the “mental aspects of competitive or accurate shooting.”

Usually the desire to improve shooting ability starts with the shooter’s desire to compete. At this point, coaches will begin to work with these shooters by providing them with the information needed to consider competition. We explain that it requires a deeper commitment to training and a requirement to obtain proper equipment.

At the same time the shooter needs to focus on developing their mental attitude toward performance. It’s a key area that requires the least investment but offers the most results and rewards not only in the beginning, but will last through their entire shooting career. In addition, the mental preparation crosses over into personal life and business life very well.

At this early point in development, there are basic physical activities that should begin, such as watching TV in the prone and kneeling positions, light weight lifting activities to provide strength on days that the individual will not be shooting. Daily exercise to include walking, running and playing are activities that should be added to the routine.

Parents, because they cannot physically help the shooter to perform well usually want to do everything else they possibly can to help the shooter. Often, they want to purchase precision rifles and suits costing thousands of dollars. Even high-end sporter rifles can prove to be costly. Oftentimes these investments come too soon. Purchases of a reasonable spotting scope and support, offhand stand, and basic proper ammunition make a lot more sense.

Generally, the shooter should slowly add performance-enhancing equipment. They should seek the coach’s guidance to add the proper equipment as they grow into the sport.

Many young shooters will be anxious to get all the equipment as quickly as possible. Even some coaches like to see their shooters have all the equipment possible available to the shooter, however; the equipment changes must be introduced at the correct stage of the shooter’s development and the shooter must be able to slowly adapt to the new equipment for optimum benefit. This gives the shooter the chance to adjust to the new aids and will help understand the payback.

Ammunition is another component that can be explored over time. Some shooters and parents want to purchase the absolute best (perceived) ammunition that they can too soon in the development process. Often they are trying to take advantage of ammunition performance that
they don’t yet understand when the focus at this stage needs to be on the mental part of shooting. The focus should be on the young shooter having a positive attitude about shooting which will result in shooting being a fun activity.

One thing I’ve been asked is “does positive thinking allow for ignoring the fact that the shooter didn’t perform well in a competition?” It’s a great question that leads to even deeper subject matter.

The worst thing that can happen during a match is to talk about how the match is going and to make things worse is to talk about the performance negatively after a match. Unless there’s a perfect string of 10s happening between two shooters in a match it is possible that they’ll meet partway through the competition and start talking. The conversation may start with, “it’s just not going well, I’ve had a bunch of 8s that should have been 9s, and my 9s were 10s.” Or “the range is cold and it’s affecting me so I’m doing poorly”, or maybe “my offhand was just terrible and now I’m afraid of kneeling.”

All of these types of comments are negative. Are they the reality of the situation? Not necessarily. It’s more likely that there’s a lot more going right than they realize. If there’s any talk at all, it’s time to talk about what is going right rather than reliving the difficulties bringing focus to the negative.

After a match it’s good to ask a shooter “What went right?”, “What felt good?” and my favorite question is “Did you have fun?” These questions usually allow a positive response to the experiences that occurred within the match or training. Sometimes the shooter will respond negatively and the next question could be “What went right?”

The truth is that positive thinking doesn’t ignore the problem; it helps the shooter see the problem in a new way. In reality the shooter may not even see ‘problems’ as problems going forward. Think about it; regardless of how you react to an external situation; the situation will still be the same. If being upset doesn’t change the outcome of a past situation, wouldn’t it serve the shooter, and your future shooting ability, to see the positives?

Our mind relives the events whether we complain or are enthused about the match. We want to burn positive memories into our brain of the positive events. There’s no reason to reinforce negative events that we can’t change by rethinking them. We can be positive when we talk about what went right, and we can be positive when we talk about opportunities for improvement.

It’s important that the coach follow up with the shooter to determine what didn’t go well during the match. However, the negative issues need not be revisited with others aside from the coaches because others may reinforce the negative performance in the shooter’s mind.

A positive mental attitude creates a mindset of good performance, enthusiasm, and solutions. Instead of thinking about what can’t be done, a positive thinking shooter will not be constrained by ‘can’ and ‘cannot.’ A positive thinker is free to think of new ways to solve shooting problems because they are not limited by fear of failure. When we are in a state of positive thinking, we provide a positive environment for possibilities and
making our shooting dreams a reality. When we’re thinking positively it is amazing how good things, good habits and good shooting will start popping up in our lives.

Have you ever heard a shooter expressing the negative saying that they aren’t negative; they’re just being ‘realistic’? This myth keeps that shooter locked in a negative reality of their creation. A person’s thoughts, whether positive or negative, do have an effect on their environment. If you think negatively about shooting performance, your mind will automatically seek out confirmation that the shooting world is a terrible place.

Seeing is believing, and your mind reinforces your belief that reality of your shooting performance is negative. See how it’s a downward performance spiral of negativity? If you expect negative results, you are less likely to take risks and try new things. Negative thinking manifests fear and reluctance to try new things in the shooter. Instead, be positive, read more books on the topic, talk to others and listen to advice.

Positive thinking works in a similar way. With a positive mental attitude, the shooter will seek out positive choices and expect positive results. This helps the shooter move past fear and try things that others may believe “can’t be done”. These actions typically end in positive results.

A person’s thinking helps determine their reality. Negative thinking is realistic for the negative thinker, but only because the negative shooter’s thoughts make it true. A couple of shooters talking about poor performance will begin to talk about how miserable they’ve performed. Misery will prevail and they’ll enter the next match stage somewhat depressed. However, had they talked about what had gone right they will enter the next phase of the match enthusiastically with positive expectations.

Ironically, the positive thinker also sees the reality of their performance, just in a more positive light. For example, focus on the perfect 10 that was shot, talk about that positive performance, or the set of shots that just happened. This is somewhat like when an athlete describes being in the zone, remember that automatic shooting performance.

The more that you reinforce this positive performance the more likely it is that it will reoccur. Both types (positive and negative) of people see their own reality, and both consider it the reality. However, the brain rehashes the negative performance and engrains the belief of the negative performance making it difficult to think positively. When we think positively we will have a much better performance as our mind is expecting a good result.

Because the development of a positive mental attitude can be a difficult task for many shooters, the best way to begin is with a plan. If you have a goal it is just a wish unless you measure the results. Knowing what to measure is part of the plan. If the plan is a good one to start, it can later be improved upon and made to be even better. The beginning, however, will require a good basic plan and adherence to it if you wish to be successful.

Once the plan has been set into order, it is best to give it a real practical edge. How exactly will you carry out your plan each day? How will you keep an eye on your progress and give yourself a regular assessment about your attitude? Focusing on score is one way, but in reality focusing on score all the time only keeps the focus on a score, not on the activities that lead to an improvement in score. Perhaps, it would be better to
develop a plan that includes days of training, what you’re going to do at home to train, exercising and what you’re going to read.

First, decide on just two or three things that you could do better at shooting and work to make your attitude a more positive mental attitude each day. Some people consider daily meditation to be a great way of improving their mental attitude throughout the day. It is easy to assess your progress with meditation because you simply mark it on your calendar each day that you sit still for 20 or 30 minutes. Over time, as you see the days being marked off consistently, you will also begin to see an improvement in your ability to sit still and to achieve a calmer mind.

During this time you could run positive mental images of yourself shooting well. Then, after you have proven yourself to be truly dedicated to the task of meditation, yoga and positive thinking, you can increase the time to 30 or 40 minutes each day. Some of these programs may be available on the internet or cable TV if these are available to you. This is one way to build up a more positive mental attitude in your life.

At the very least, consider adding a smile to your life. There are a lot of theories about putting on a game face for competition, but shooting is a sport where the competition is really with yourself, so why not show a few smiles and get your affect into a good place to start the day, training or competition?

Patience is something we need to have in shooting. Sometimes, patience is the most difficult thing to have, but it is often times the most powerful tool for the shooter. Oftentimes we observe shooters who almost appear to be sleeping on the line, but in reality they are in deep thought about how to improve their current situation.

They are silently manipulating the rifle and its components in their head and then making the adjustment to try it out. Patience, a positive mental attitude and a smile are inexpensive items to add to the shooting bag but can be powerful tools for improving performance.

Special thanks to Students Today Leaders Forever blog at http://www.stlf.net/get-connected/blog/staples-series-pma-all-the-way for contributing to this article.

**CMP to Assist at NCAA Air Rifle Championship in March**

COLUMBUS, OHIO - The NCAA Rifle Championship travels to French Field House and Converse Hall on the campus of The Ohio State University, March 9-10.

Brad Donoho and Katie Harrington, CMP program coordinators, will serve as technical directors at the air rifle championships at Converse Hall. It will be the second year for Donoho and Harrington assisting at the NCAAs. Live target images will appear in real time on CMP’s Competition Tracker during the event.

At home CMP staffers head up all airgun technical duties at CMP’s Marksmanship Center at Camp Perry, Ohio. Their jobs will include running the targetry and providing results of the air rifle matches in electronic form for distribution over the Internet.

In addition to air rifle, OSU will also serve as host of the NCAA’s smallbore rifle competition to be fired at Converse Hall. Here’s the tentative schedule:

**Smallbore competition includes three relays, starting Friday, March 9 at 8 a.m., ending at 3 p.m. with finals scheduled for 4 p.m.**

Air rifle will follow the same schedule, with three relays, on Saturday, March 10 starting at 8 a.m. with awards following the finals.

For more information, log onto http://www.ncaa.com/championships/rifle/d1.
WACO, GEORGIA - The West Georgia Youth Range Association (WGYRA), founded in 2009, is growing in popularity thanks to an enthusiastic group of junior shooters, friends, family and a great firearms safety and marksmanship leadership team.

The West Georgia Youth Range is the realization of a 20-year-old dream – a dream to provide a venue for citizens, young and old, to be taught to responsibly, safely and skillfully handle firearms. It’s a venue where a sense of community, sense of belonging and an appreciation for our constitutional rights to keep and bear arms can be fostered and preserved, according to its founders. Its first match was fired in March 2010.

The purpose of the association is to provide age-appropriate youth education, sponsor and promote good sportsmanship through proficient and enjoyable participation in shooting sports and provide a fun and safe environment for those activities. Both recreation and competitive shooting opportunities are available for multiple disciplines of shooting competition including trap, skeet, rifle and pistol.

Youth groups are introduced and educated in the various shooting sports, and WGYRA will provide opportunities to strengthen youth development and life skills necessary to become productive and respected adults of the community.

At the focal point of its youth marksmanship program instruction are range officer Denny Briggs, 70, of nearby Muscadine, Alabama, and instructors, Harris “Leon” Rutherford and brother Glendale “Don” Rutherford, both residents of Tallapoosa, Georgia. Briggs is a retired dentist who relocated to the area five years ago from Wisconsin. Leon Rutherford, 66, is retired from the telecommunications industry and serves as a part-time armorer and sales associate for the Civilian Marksmanship Program in Anniston, Alabama. Don Rutherford, 59, works in the service department of the Haralson County Schools and remains an active member of the Alabama National Guard.

The Rutherford brothers, each veteran highpower rifle competitors, have taken a lead role in formulating and conducting smallbore and highpower firearms safety and marksmanship programs for juniors.

The club’s ranges provide shooting opportunities for participants of multiple disciplines, including two 4-H shotgun ranges for modified trap shooting, a combination trap and skeet range, five 30-yard pistol pits with up to 10 target locations per pit, a 200-yard rifle range with 12 firing points and an additional target station that can accommodate one 300-yard target. The range is set up to handle smallbore rifle and BB-gun activities as well.

“We are really fortunate to have a great group of volunteers and leaders at the club who see the importance of strong marksmanship programs,” Leon said. “The kids are great – they keep us young.”

Leon and Don, in addition to being former National Guard shooting team members,
are regular participants in Civilian Marksmanship Program games matches at venues across the country, including the National Matches at Camp Perry, Ohio, the Eastern Games at Camp Butner, North Carolina, the Western Games at Ben Avery Shooting Facility in Phoenix, Arizona and the upcoming first-ever CMP Oklahoma City Games in April 2012.

“We think it’s important to give back to the community and to all those who want to learn to become better shooters - especially the kids,” Don said. “We’re lucky to get an opportunity to compete at some of the best ranges in America alongside national highpower champions.

“Hopefully some of that greatness is rubbing off on us so we can pass it on to those back home,” he added.

At the 2011 CMP Western Games, Leon and his teammate Bob Schanen, of Brookfield, Wisconsin, won the Vintage Sniper Rifle team match at Ben Avery. It’s a contest fired with pre-1953 military rifles complete with matched scopes and shot at distances of 300 and 600 yards. One shooter spots while the other fires on timed targets and they switch places after 10 shots. The same course is fired at both distances and the team is scored as a unit.

Don’s team placed fifth in the sniper match, 10 points back, but the younger Rutherford brought home his share of medals too. He won the Vintage Military Rifle match with his 6.5mm Swede, placed second in the Springfield Rifle match, and placed ninth in the John C. Garand M1 rifle match, which earned him top honors as the Three-Gun Aggregate champion, scoring 852 points out of a possible 900.

He also won the Three-Gun Aggregate at the 2011 National Matches at Camp Perry, placed second in the 2011 Eastern Games at Camp Butner and won the 2010 Western Games Three-Gun championship at Ben Avery.

Back home at the WGYRA in November, the club held its first annual .22 Caliber Rimfire Sporter Turkey Shoot. Shooters were allowed unlimited sighters and each got one shot for record at a bull’s eye about the size of a quarter at 50 yards. The shooters with the closest to the center of the bull with single shots won gift certificates for free turkeys at a local grocery.

In total, 18 turkeys were awarded during six relays of firing during the event. Participants, including 72 junior entries, fired in either scoped or open sights class, and were treated to hot dogs and refreshments. All juniors (under 18) fired the match at no charge. Plans are to grow the event as more area juniors get involved at WGYRA activities.

The turkey shoot is one of several rifle matches the club runs each year. During fair weather, the WGYRA runs monthly highpower and rimfire sporter matches throughout the year and all proceeds benefit the club’s junior programs.

The monthly matches include events for highpower enthusiasts where they can shoot AR15s, M1 Garands, military bolt guns and M1 Carbines at 100 yards. In 2011, WGYRA ran 10 matches, usually three relays each and had up to 26 entries per match.

For more information about the West Georgia Youth Range Association, log onto http://youthrange.com/.

Leon Rutherford, left, is joined by U.S. Marine GySgt (Ret.) R. Lee Ermey, center, and Leon’s brother Don Rutherford at the 2010 CMP Western Games in Phoenix, Arizona. The brothers bring their national competition highpower rifle experience home to the WGYRA range each year to help develop the safety and marksmanship skills of the area’s juniors.
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. A complete list of juniors who have earned their Junior Distinguished Badge is at www.thecmp.org/3P/EIC.pdf. For more program info, log onto www.thecmp.org/3P/Forms/EICProgram.pdf or email CMP Competitions at 3PAR@odcmp.com.

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<tr>
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<td>Alexi Henry</td>
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Sharpen Your Rimfire and NMAR Skills With These Helpful Guides!

If you’re a Rimfire Sporter shooter or a National Match Air Rifle enthusiast, these two FREE, downloadable guides will greatly help you better understand these shooting disciplines and improve your scores!

NMAR: http://www.thecmp.org/Competitions/NMARGuide.pdf
ZIMMERMAN, MINNESOTA - At a prone regional event in 2011, I received a 50%-off certificate for the entry fee to the National Matches. We registered online two weeks later, and soon after, a postcard came addressed to me which meant I was officially going to Camp Perry.

We didn’t really get serious about packing until the night before I left. One benefit was that my clothes weren’t too wrinkled from staying in my bag! The downside was I stayed up until about 10:30 P.M. and 4:30 A.M. seemed to come in an instant - but a hot shower washed that feeling away.

We loaded our truck and met Morgen Dietrich and Steve Knutson (Minnesota CMP State Director) at Steve’s house and we left around 6 A.M. The main thing I remember about the drive when I wasn’t sleeping is that it was long and flat. But the whole ride was worth it when we arrived and saw those lighthouses; I remember thinking to myself, what a place!

We went straight to the range to talk with some other shooters from Michigan who Steve and Morgen knew well. Right away after getting out, I was instantly amazed. Back in Minnesota, almost all of the ranges were about 20 firing points, and Camp Perry was much larger! There were actually a little over 200 firing points set up for smallbore.

We were lucky enough to bunk in the new officer’s barracks next to the huts and kitty corner to the camp in-processing building. Then we went in to check out our room and it was pleasantly cold compared to the extreme humidity of outdoors.

The room itself was about four feet larger in every direction than the huts. It was also fully furnished with four-twin size beds, a large desk next to the window, four private dressers and a mini fridge.

After about two trips unloading stuff into our rooms, I shook hands with someone I had only read about in shooting books. I came outside and saw Morgen leaning over a car talking to someone. He then introduced me to Lones Wigger, I said hello and shook hands. On my way to the next load I thought to myself, “Wow, this place really is amazing. Within 40 minutes of being here I had already shook hands with a multi-time Olympic champion!”

The next day was a fairly relaxed pace. I got to sleep in late and then take a bunch of cool pictures from a variety of places. Later that day after the position shooters were all done shooting, it was practice time for the prone shooters. So we all got to hang a few targets and figure out the wind for our point. Some of the military officials then notified everyone that a large storm system was moving in.
in tonight. Since the base has a Doppler weather station, they can predict storms very accurately for where we are. Then it was time to pack everything up. After that, we headed into the room and took a light catnap. Later that evening, Morgen went to a sushi bar to eat with some other shooters. Steve and I went to Wal-Mart to get some basic stuff for the following week. Within the half-hour we were there, the skies darkened to an extreme and it just poured.

During a slight let-off we quickly put everything in the truck and headed back to the base. By the time we got back it had basically stopped raining. Later we made P.B. and J sandwiches for the next day. Finally we got to collapse in our beds.

After a good night’s rest, we all woke up fully recharged. I could already tell it was going to be a good day. Once we arrived at the line I put my gun together and set everything out and stickered up most of the targets for the day. After colors it was the beginning of the prep period.

Once down in position I immediately noticed a problem. Just a few points down there were a couple of juniors shooting Anschutz Precise stocks, which are highly polished aluminum. Those combined with rays of sunlight equals bad glare in position. After adjusting the flaps on the hat I was ready to shoot. After the match I got to meet my firing point partner, Peter Church, a little bit better. I was lucky enough to shoot with such a good shooter who is really very nice also.

Later that day, I also did my first challenge of the week. It was just a simple math mistake. I ended up as the high Sub-Junior for the 100-yard match that day with a 396 with 10 X’s. Shortly after, we just browsed commercial row. Then another thunderstorm moved in and put us all indoors - it was like that for the rest of the night.

Monday was much better thankfully. It was a little bit warmer but not bad. The conditions were a little bit less stable though. There was a cease-fire for an eagle downrange during the second relay of the 50-meter stage. It was down by the 600 yard flags behind the pits. To speed up its “leave” time they drove a golf cart down to shoo it away. The eagle actually started to attack the golf cart but then flew away.

Almost as soon as the daily 1200 was done the mentor match began. The mentor match consisted of one junior and one adult. The course of fire was the Dewar or one 50 yard and one 100-yard target each. I shot with Morgen and Steve shot with Shelby Sandstrom, who was also with Carmen Fry and Andy from the Harris, Minnesota club.

Later that night on the end row of huts on Sommer street, was movie night. The Gopher Rifle Club brought an electronic projector and a roll up screen and were watching a movie. I got to stay up late and watch it because the next day was team day.

I did not shoot on team day. Instead it was like a big break. Steve and I went around and got lots of pictures. At the beginning of the day we stopped by the CMP store. When I first got a glance around I was amazed. There were Kimber .22’s and assorted rifle stocks lining one wall while Garands and other vintage rifles were lined up in aisles down the middle.

The other sides were dominated with clothing and rifle parts and kits. After staying in there for a while, we went back to the warehouse and got to see into the massive back room where hundreds of rifles wait to be shipped to their potential buyers. We even went in and saw the CMP air rifle range. They had 80 electronic targets that everyone got to shoot at during open shoot. I shot air pistol for the very first time there. Some of the most important aspects of the sport are trigger control and natural point of aim. Without those, it is very easy to
break a shot in the white.

On the opposite side of the facility was the pier. We stayed there for a while and then saw all the different accommodations. After we were done with that, Morgen, Steve and I went to Andy’s for what was quite possibly the largest ice cream cone I’ve ever had. We all got to go to bed early that night except Morgen. He went to the Stincknik’s banquet that night.

The next day was the third 1200 of the week. By this time I had automatically learned to fold down the extra flap on my hat down. Today wasn’t really bad but it wasn’t the best either. There was also another cease-fire, this time for people in the backstop area. It was most likely beach walkers who just wandered too far.

After shooting that day, Morgen had to go to the Blackhawk’s banquet. Steve and I then went out to eat with some AMU shooters. We ate at Bell Mells, a local pizza place, with Mike McPhail, George, and Joe. They are all very renowned shooters. McPhail actually went on to win the overall championships. Everyone there was having a great time and a lot of shooting talk went on. We were there for a while and then it was time to wrap it up and end tomorrow with a bang for the last day of shooting.

I am pretty thankful I went to bed early because it sure helped on the 50-yard target. The wind factor and a X-ring hold also assisted in a 200 with 18 X’s. Before that target, the best score that I have ever shot was a 200 with 11 X’s. It’s a score that will be a challenge to top.

The meter targets were the best for the whole week also. Being recognized by some of the AMU shooters was just one of the highlights of the week, such as just walking to grab something and McPhail or somebody will just say hi, and invite you to sit a while, or talk about our targets together.

After we were done for the day and got all cleaned up for awards tonight, we went out to eat. We went to Nick’s Road House to meet with some other competitors and got to meet Nick. Near the end of our stay there, Mid and Nancy Tompkins came over to sit at our table. We talked to them for a little while before leaving for the awards.

At the awards ceremony in the theater many important people were there to pass out the awards including Lones Wigger. Several people went up multiple times. There were many juniors called up as well. There was a lot of applauding, it was almost deafening when Mike McPhail went up to claim the overall champion award. Once we got back in our room we pretty much just fell right to sleep. We ended up packing in the morning.

Loading the truck up was probably the toughest thing we had to do that day. Once we put everything in, including all the new stuff we got from commercial row, the truck was pretty much jam packed full with our gear. All I knew then was that a long drive home was ahead of us.

By the time we reached Steve’s house I’d had a long time to reflect on the amazing trip I just had. One point I remember vividly, was getting there and thinking, what a place, and leaving and thinking, wow, what a great place!
ACWORTH, GEORGIA - My husband purchased a Kimber M82G smallbore rifle from the Civilian Marksmanship Program for my daughter, Ann Clay, to compete in smallbore rifle matches. One of her endeavors is representing Allatoona High School in Georgia High School Association sanctioned air rifle matches.

To augment her future ambitions of shooting on the collegiate level, she competes in smallbore matches to gain experience and acquire the necessary qualifications to do so.

Upon purchasing the Kimber M82G, adjustments and modifications had to be made to the rifle in order to make it compatible with my daughter’s three position precision shooting stances. Installing a rear sight with an adjustable aperture was one. Another crucial modification was to make an adjustable butt plate mount to accommodate proper size and fit for precise shooting.

The object of this mission was to make an adjustable butt plate mount assembly to accommodate the proper size and fit for the Kimber and the Anschutz. To solve the butt plate conundrum, I milled a piece similar to the one in the air rifle that she uses in high school matches, which is the Anschutz 8002. By doing this, the butt plate can be interchangeable with both rifles, and thus money can be saved by not needing to buy an expensive butt plate for the Kimber.

Several steps were involved in this process. The first step was to mill the clamping device that is similar to the one for the Anschutz. Then wooden blocks were made in succession to nest and secure the milled clamping device for the butt plate to mount on the Kimber. Alas, to my dismay, this pretty wooden block assembly did not suit my daughter’s shooting needs. It would have worked if she had arms as long as those of a gibbon.

I had to come up with an improved modification, and suddenly, eureka! An idea hit me – I purchased a length of 1/8 thick, 2-inch wide aluminum bar stock from a home improvement store and fabricated a mount plate for the butt plate clamping device from which I milled earlier.

Despite my original intentions, the next step in the modification process required removal of material from the Kimber stock. Oh, how I hate the idea of butchering an original piece of work. This later mod required more milling, reaming and tapping existing holes in the clamping device.

Fabrication of the clamp mount plate required locating and drilling holes, cutting and filing, and finishing to match the contour of the butt of the Kimber rifle stock.

Finally, the assembly was complete. As a result, there was a cost savings of an estimated $300. I realize that this is pocket change for many accomplished shooters, but when a shoestring budget is the norm, any amount of money saved is a victory for staying in budget.

The bulk of the savings occurred when the military surplus Kimber was purchased for $400 – originally worth $1,200. The rifle stocks were slightly damaged during the military’s uncrating process and inspection process prior to transfer to the CMP.

Many of these rifles were known as “rusties,” however; the surface discoloration was a brownish film that was readily cleaned with CLP. Now the shooter and “Kustomized” Kimber are in harmony with the universe!
Parting Shots: Photos from Recent CMP Events & Competitions

The new year is well underway, but it’s a great time to reflect on some faces, places and events from the last quarter of 2011 and the beginning of 2012.

Stuart “Jake” De Motte, of Kagel Canyon, California, topped the eligible Garand EIC class, firing a 373-8X in the 400-point match at the 2011 CMP Western Games in Arizona.

Dalton Welty, foreground, and a buddy recently had an opportunity to get some airgun trigger time at the CMP North Marksmanship Center at public shooting night.

Left - It’s out with the old Rodriguez Range berm and pits at Camp Perry. Right - It’s up with the new wall as catwalk sections await final placement. Far right - A welder tacks on a support that will hold berm-top timbers when grading is done.

Fans and teammates had a rare opportunity to hoot and holler during the Superfinal fun match at the close of the 2012 Camp Perry Open in January.

Dalton Welty, foreground, and a buddy recently had an opportunity to get some airgun trigger time at the CMP North Marksmanship Center at public shooting night.
ON THE MARK
Corporation for the Promotion of Rifle Practice and Firearms Safety
PO Box 576
Port Clinton, OH 43452

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