

ON THE MARK

THE NEWSLETTER FOR COACHES AND JUNIOR MARKSMEN © SEPTEMBER 2006



YEAR OF THE WHISTLER GIRLS

Julie Coggshall and Amanda Elsenboss of the Connecticut Palmer Team won the Whistler Boy Junior Highpower Rifle Trophy competition firing an impressive 966-19X. This is the first time in the history of Whistler Boy Junior Highpower Rifle Trophy competition that both firing members of the winning team were females.



Juniors at the '06 National Matches... Page 2

How to Conduct Competitions, Part 1...Page 7

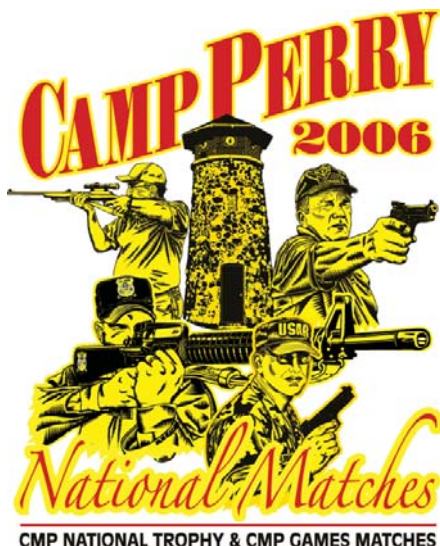
2006 CMP Three-Position Air Rifle Summer Camps...Page 14

**From the Training Room:
Inside the Knee, Part 1...
Page 12**

**CO₂ Instruction Poster
Inside**

Make Way for the Girls - Juniors at the 2006 National Trophy Matches

By Sommer Wood, Staff Writer/Editor



Each summer the National Pistol and Rifle Matches at Camp Perry, Ohio draw large numbers of competitors--all striving for personal records and a few seeking National Championships in this historic 103-year-old event. Of those competitors making their mark, several of the top shooters are juniors. In the 2006 National Matches many of those top juniors were women, a first in the history of the Matches.

It had already been a summer led by female champions in the Junior Air Rifle Championships, which were held throughout the country. The case was no different once the 2006 National Matches got underway at Camp Perry. The National Trophy Pistol Competitions were the first to be fired, events that have been dominated in recent years in the junior category by Heather Deppe of San Antonio, Texas. This year, however, the field was wide open as Deppe competed for the USA in the ISSF World Championships in Zagreb, Croatia, which took place at the same time as the National Matches at Camp Perry. Stepping up to the challenge was Rebecca Jennings of Boerne, Texas. Jennings was the high junior in the President's Match with a 356-3X, she won the National Junior Pistol Trophy with a 263-5X and was a member of the Texas State Rifle Association Junior Gold team that won the National Junior Pistol Team Trophy. She and teammate John Seward of San Antonio, Texas combined for a 523-8X to win the event.

Following the National Pistol Matches, the CMP held its fifth annual National Rimfire Sporter Match, which took place during the NRA smallbore championships. Rimfire Sporter Matches require participants to shoot

a plinking or sporter-type smallbore rifle that cannot weigh more than 7 ½ pounds and must have a 3-pound trigger. Shooters cannot be aided with special equipment such as a shooting jacket or glove. There are two divisions in the match, the T-Class and the O-Class. The difference is that the T-Class can use scopes up to 6X power on their rifle and the O-Class can only use traditional open sights.

This has become a very popular event for juniors and 4-H clubs because it is relatively inexpensive to get started and it allows whole families to compete together. High Juniors Awards were given to both the Overall High Junior and to the High 4-H Junior in each class. In the O-Class Eric Curavo of Northwood, Ohio shot a 552-12X to win the Overall High Junior and finish 13th overall. Stephenie Sabin of Curtice, Ohio was the High 4-H Junior with a score of 443-3X. In the T-Class Lucas Boord of Stanton, Pennsylvania posted a 588-22X for the Overall High Junior and finished forth overall. Colin Vanderveen of Galesburg, Michigan shot a 571-14X to claim the High 4-H Junior Award.

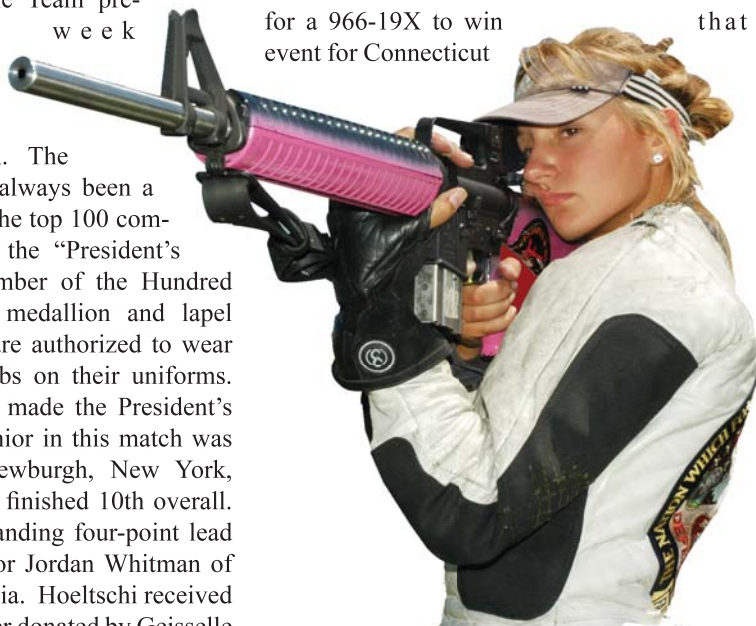
Highpower Rifle week at Camp Perry began for juniors with the U. S. Marine Corps Junior Highpower Clinic, which had 155 participants. This three-day clinic instructed by the Marine Corps Rifle Team prepared the juniors for the week of competition ahead. The first event on the schedule was the President's Rifle Match. The President's Match has always been a popular event because the top 100 competitors are named to the "President's Hundred." Every member of the Hundred receives a certificate, medallion and lapel pin; military shooters are authorized to wear President's Hundred tabs on their uniforms. This year, nine juniors made the President's Hundred. The high junior in this match was Kelly Hoeltschi of Newburgh, New York, who shot a 293-7x and finished 10th overall. Hoeltschi had a commanding four-point lead over second place junior Jordan Whitman of Springboro, Pennsylvania. Hoeltschi received a National Match Trigger donated by Geisselle Automatics LLC for her high junior score in the President's 100 Rifle Match.

After an impressive start by Hoeltschi, the National Trophy Rifle Matches junior rankings continued to be dominated by women



Kelly Hoeltschi of Newburgh, New York was the high junior in the President's 100 Rifle Match. She shot a 293-7X and finished 10th overall.

when the week became the Julie Coggshall show. Coggshall of Meriden, Connecticut was in a close race for her first victory of the week in the National Trophy Individual Match. She won the Golden Eagle Trophy, which is awarded to the high junior in the NTI, by beating 2004 President's 100 Champion Christopher Atkins in the X count. Coggshall shot a 486-12X to Atkins' 486-10X for the win and the 33rd place overall. She nearly matched her NTI score the following day when she shot the high individual score in the Whistler Boy Team Match with a 486-9X. Coggshall and teammate Amanda Elsenboss combined for a 966-19X to win that event for Connecticut



Julie Coggshall stole the show at the 2006 National Trophy Rifle Matches as she posted the high junior aggregate award of 1258-26x and earned the Deneke Trophy competition.

☉ Sighting Shots ☉

☉ **Air Force JROTC Marksmanship Program.** For many years, the Air Force JROTC program was the only one of the four Armed Services JROTC programs that did not recognize marksmanship as an approved activity for its cadets. In one of the most exciting developments in the shooting sports arena in many years, the Air Force recently selected a group of 25 AFJROTC units to pilot air rifle marksmanship programs during the 2006-2007 school year. Based on this test, a decision will then be made regarding the adoption of air rifle marksmanship as an elective AFJROTC cadet activity that could be available to all of the 800 plus schools that have AFJROTC programs. On 24-25 August, 25 AFJROTC instructors representing this original group of AFJROTC units attended rifle instructor training course at Maxwell Air Force Base in Montgomery, Alabama. The course was conducted by Gary Anderson, Director of the CMP. The AFJROTC instructor training course was based on the JROTC Instructor Training Course (JMTC) that the CMP developed in cooperation with the Army, Marine Corps and Navy JROTC marksmanship training programs.

☉ **CO₂ Instruction Poster Included With This Issue!** Proper filling of CO₂ cylinders is one of the most frequent problems encountered by CMP staff at matches and camps. Learning how to properly fill CO₂ air rifle cylinders saves both time and money. Take advantage of the inserted poster and hang it on the range by your CO₂ filling station.

☉ The mission of the **CMP State Junior Directors** is to provide leadership, resource and program information, coordination, networking, motivation and publicity for junior shooting within his or her state. The CMP would like to welcome four new CMP State Junior Directors:

- ✦ David Jenkins of Sanford, NC
- ✦ Steven Knutson of Andover, MN
- ✦ James Bryant of Catonsville, MD
- ✦ Richard Benjamin of Colchester, VT

To view a complete list of CMP SJD's, visit <http://www.odcmp.com/Programs/SJD.htm>. Currently, there are openings in the following states: Delaware, Georgia, Idaho, Kansas, Montana, North Dakota and Texas. For more information on requirements on applying for a State Junior Director position, contact Lue Contreras at lcontreras@odcmp.com.

☉ **Western CMP Games and Creedmoor Cup Registration Open.** Competitors who are interested in attending the clinics and competitions of either the 2006 Western CMP Games that will take place at Camp Pendleton, California on 4-7 November or the 2006 Creedmoor Cup Matches that will take place at Camp Pendleton on 8-12 November can read or download a copy of the official match program at <http://www.odcmp.com/Competitions/Western->

[Games.htm](http://www.odcmp.com/Competitions/Western-Games.htm). Register on-line for either competition at <http://clubs.odcmp.com/cgi-bin/matchInfo.cgi?matchID=1643>.

☉ **Sixth Annual International Air Rifle Postal League** - South Fork High School JROTC Department is hosting the Sixth Annual International Air Rifle Postal League (5 Matches). This postal is an excellent way for your Air Rifle Team to compete with Army JROTC, Marine Corp JROTC, Navy JROTC, 4 H, and Canadian Cadet League Air Rifle Teams. Every team has a winner in each match, the top shooter from each team in each match will receive a Military Style Medal. View the complete program and entry form at <http://www.odcmp.com/3P/International.pdf>. For more information, contact SGM. (Ret.) Charles R. Ford at (772) 879-0772 or email ffordcar@aol.com.

☉ **USAMU Q's & A's** - U. S. Army Marksmanship Unit team members continue to answer your questions regarding highpower rifle shooting. New questions and answers are posted on the CMP web site at <http://www.odcmp.com/USAMU/Shooting-Tips.htm>. If you have a question for the USAMU Highpower Rifle Team, send it to USAMU@odcmp.com.

☉ **2006 MBA Rifle Classic.** The tenth annual MBA Rifle Classic will be held in Nashville, Tennessee over the weekend of 15-17 October. The Classic was initiated in 1995 to provide a premier season opening competition for high school rifle teams. It has grown each year, and is now the largest high school sponsored shooting event in the U.S. Last year 51 high schools from 11 states participated and 308 athletes tested their shooting skills. The official program and entry form for the 2006 MBA Rifle Classic is posted on the CMP web site at <http://www.odcmp.com/3P/MBARifleClassic.pdf>.

☉ **Wake County Firearms Education and Training Center, in Apex, NC,** is open to the public. Public Access Hours are on Tuesdays and Thursdays at 6 PM - 9 PM and Saturdays and Sundays at 1 PM - 6 PM. All range personnel are National Rifle Association of America Certified Range Safety Officers. Sir Walter Shooting Services, Inc. (SWSS), a North Carolina corporation based in Raleigh, provides staffing of the range. The public section of the indoor range has three bays: 1) Nine positions for standing pistol shooting at distances from 15 feet to 50 yards; 2) Nine concrete benches for pistol or rifle shooting, seated or standing, at distances up to 50 yards; and 3) Eight concrete benches for pistol or rifle at 50 yards or 100 yards. For more information, visit the Wake County web site at <http://www.wakegov.com/ccbi/fetc/about.htm> or contact Lach Kincaid at lach.kincaid@co.wake.nc.us.

ON THE MARK

ON THE MARK Staff:

Gary Anderson	DCM
Sheri Judd	Admin. Asst. to DCM
Sommer Wood	Editor
Christine Elder	Publications Coordinator

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

Subscriptions: One free **ON THE MARK** subscription is provided to each junior club that is affiliated with the CMP, JROTC unit with a marksmanship program and 4-H Shooting Sports Club. Individual subscriptions to **ON THE MARK** are available at \$8.00 per year. To subscribe to **ON THE MARK**, contact: 419-635-2141, ext. 1111 or email onthemark@odcmp.com.

Address Changes: To submit address changes or corrections, contact: 419-635-2141, ext. 1111 or email onthemark@odcmp.com.

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

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

ON THE MARK Wants Your Input: We want your letters, questions, comments and opinions. **ON THE MARK** will dedicate space to publish letters from readers. We may not be able to publish them all, but we do hope to include letters, and answers to the letters, that will be beneficial to the broadest audience. If we do something you like, let us know. If we say something you do not like, let us know. If there is a story you feel we should cover, then let us know. If you have questions or comments please address them to: Letters to the Editor, CMP Headquarters, P.O. Box 576, Port Clinton, OH 43452 or email your letters or comments to letterstotheeditor@odcmp.com.

* * * * *

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

Information about the CMP may be viewed on the CMP website, <http://www.odcmp.com> or on the CMP on-line newsletter, **The First Shot**, at <http://www.odcmp.org>.

ON THE COVER: Julie Coggs, left, and Amanda Elsenboss, right, were stand-out performers during the 2007 National Trophy Rifle Matches at Camp Perry. Both made the six-person National Junior Service Rifle Team; Coggs was the top junior highpower shooter overall. They won the two-person Whistler Boy Junior Team Match and were members of the winning junior six-person team, Connecticut Palmer.

Marine Corps JROTC Rifle Team Given a Taste of the National Matches

By Sommer Wood, CMP Writer/Editor



MSgt Gerald Lyons knows a thing or two about coaching champions. He has led his Shelby County High School Marine Corps JROTC Rifle Team from Shelbyville, Kentucky to victory in the JROTC National Championship three out of the last four years. That is why it was a special reward when Dr. Bill McHenry, Director of the Marine Corps JROTC Program, invited the Shelby County MCJROTC unit to send a four-member team and an instructor to attend the 2006 National Matches at Camp Perry as a reward for winning this year's JROTC National Championship.

The team traveled to Camp Perry and began the week by attending the Marine Corps Junior Highpower Clinic. Highpower shooting was a whole new experience for these cadets who were shooting outside for the first time. Reading wind, dealing with recoil, learning to shoot sitting, a position they had never fired before, and mastering highpower courses of fire with range and zero changes were all taken in by the cadets as they tried to prepare for their first highpower competition.

The U.S. Marine Corps Rifle Team took the Shelby County cadets under their wing and provided support for them all week. The cadets had all the experiences that new shooters face on their first trip to Camp Perry. "We made every mistake in the book. We cross-fired, saved rounds, you name it and we did it. We came in with no idea what to expect," said MSgt Lyons.

Even with mistakes, the team had a great time and learned a lot. They enjoyed the National Team Trophy Match the most, despite

having to fire out-of-competition because they only had four shooters for a six-person team match. On that same day these JROTC Champions witnessed their mentors, the U.S. Marine Corps Rifle Team, win the National Team Trophy Match while firing a new National Matches Record. Then the following morning the cadets volunteered to pick up brass for the Marine Corps Team as they competed in the National Trophy Infantry Team Match, also known as the "Rattle Battle".

The week ended with a special honor for one of the cadets. Kent Wilcox of Simpsonville, KY was awarded the Junior Distinguished Badge at the awards ceremony held on Saturday at the conclusion of the CMP Matches. Wilcox received Junior Distinguished Badge #122 for his accomplishments in three-position air rifle competitions. His badge was presented by Major General Greg Wayt, the Adjutant General of Ohio.

For the cadets from Shelby County HS MCJROTC and Coach MSgt Lyons it was a memorable week that will certainly be in their minds as they vie for another JROTC National Air Rifle Championship next year. Considering that Shelby County's entire championship team will return for the upcoming JROTC competition season, and adding to that the lessons they learned while working under the tutelage of the Marine Corps Rifle Team and the competitive experiences they gained from the National Matches, there is certainly a chance another reward trip will be in store for the team next year.

For results from the 2006 National Matches visit http://clubs.odcmp.com/cgi-bin/report_matchResult.cgi?matchID=1409.



One of the events Shelby County competed in was the Whistler Boy Highpower Match, a two person team event for juniors.



Kent Wilcox was presented his Junior Distinguished Badge at the end of the National Matches for his accomplishments in Three-Position Air Rifle. This special presentation was made by Major General Greg Wayt, the Adjutant General of Ohio.

Continued from Page 2

Palmer with a commanding nine point lead over Wisconsin Rifle and Pistol Association's Golden Boys who shot 957-23X. This was the first time in the history of the Whistler Boy Junior Highpower Rifle Trophy competition that both firing members of the winning team were females. CMP Director Gary Anderson remarked during the CMP Highpower Awards Ceremony that the trophy name might now have to be changed to the "Whistler Girl Match." The pair was coached by Bradford Palmer and team captain Peter Mathewson. There were 103 teams entered in the 2006 Whistler Boy Highpower Rifle Team Match. The top 20 teams received CMP Medallion Awards.

The impressive week was not over for Coggsall or Connecticut Palmer who again finished as the high junior and the high junior team respectively in the National Trophy Team Match the next day. Coggsall shot a 487-12X to lead Connecticut Palmer to victory in the junior class. She and teammates Ryan Castonguay, Neil Sookdeo, Jeffery Mendyka, Amanda Elsenboss, and Steven Joyce shot a 2852-60X to win the Minuteman Trophy awarded to the high junior team in the NTT. The team finished 16th overall; they were led by coach Bradford Palmer and team captain Katharine Coggsall.

As a result of her outstanding performances all week Coggsall posted the overall high junior aggregate score of 1258-26X in the Deneke Trophy Competition. For this accomplishment she was presented a Compass Lake AR-15-Type match rifle with a Krieger barrel, donated by Compass Lake Engineering. Also for her victory in the National Individual Trophy Match she was presented a National Match Trigger donated by Geisselle Automatics LLC.

The Col. Bill Deneke Trophy recognizes the six most outstanding junior shooters in the National Trophy Rifle Matches. These shooters comprise the National Junior Rifle Team that is selected from their scores in the President's Match, the National Trophy Individual Match and the Whistler Boy Team Match. The captain and coach of the highest-scoring Whistler Boy team are selected as coach and captain for the National Junior Rifle Team. 2006 National Junior Rifle Team members were Julie Coggsall of Meriden, Connecticut, Kevin Trickett of Woburn, Massachusetts, Evan Hess of Mount Pleasant, Texas, Brian Mann of Prospect, Kentucky, Christopher Atkins of Brunswick, Georgia and Amanda Elsenboss of Woodbury, Connecticut. The 2006 National Junior Rifle Team coach and captain were

Bradford Palmer and Peter Mathewson of the Connecticut Palmer Whistler Boy Team.

Other juniors also made their mark during the 2006 National Rifle Matches. The top junior team in the Infantry Trophy Match was Illinois Harddogs Gold led by coach PFC Elliot Farro, USA, and team captain MAJ Jon Casillas, USAR. Firing members were Grant James, Ross James, Keatin Martin, Paul Mazurski, Dillon Sloneker and Tyler Smith. The team score of 1005 earned them the Junior Infantry Team Trophy and placed them 17th overall.

The Matches concluded with the CMP Games events. The CMP Games provide a venue for competitors to shoot CMP military rifles like as the M1 Carbine, 1903 Springfield, and M1 Garand as well as foreign military rifles. These matches have become extremely popular events for shooters of all ages, with many juniors in attendance. In the 1903 Springfield Match the high junior was Anthony Ressel of Torrington, Connecticut who shot a 271-6X and finished 108th overall. The high junior in the Vintage Military Match was Kevin Anevicius of Hilbert, Wisconsin with a 272-3X, which placed him 28th overall. The 2005 John C. Garand Match was won by junior Steven Skowronek of Irwin, Pennsylvania. This year Robert Rice of Stillwater, Minnesota finished 11th overall with a score of 282-5X and claimed the top junior spot. All three competitors were awarded High Junior Plaques which were provided by the Camp Perry Retired Marines.

The 2006 National Matches were a huge success for all involved and provided an excellent venue for juniors to compete. In fact, the



Rebecca Jennings, 15, Boerne, Texas, was the leading junior pistol shooter in the National Trophy Matches. She is shown here with the Junior Individual Pistol Trophy.

largest junior participation in any phase of the National Matches occurred during the CMP National Trophy Rifle week when 423 different junior shooters participated. The CMP hopes, nevertheless, that junior participation in all 2007 National Matches events will be even higher. The 2007 National Matches will be special because they will celebrate the 100th anniversary of the first National Matches at Camp Perry in 1907. For complete scores from the 2006 events visit the CMP website at <http://clubs.odcmp.com/cgi-bin/matchResultSearch.cgi>. To facilitate early planning by coaches and shooters, the schedule for the 2007 CMP National Matches events is already posted on the CMP web site at <http://www.odcmp.com/NationalMatches.htm>.



The Col. Bill Deneke Trophy was awarded to the six most outstanding junior shooters in the National Trophy Rifle Matches. These juniors comprise the National Junior Rifle Team.

Pennsylvania Marksmen Do Well in American Legion Air Rifle Championships

By Mike Buss

Photo Courtesy of Sean Crosier



Tempe Regan of Superior, Montana was the Sporter class Champion and Thomas Santelli of Washington, Pennsylvania was the Precision class Champion of the 2006 American Legion National Junior Air Rifle Championships.

Two records were broken or tied as 29 junior air rifle competitors met at the Olympic Training Center in Colorado Springs for the 16th annual American Legion National Junior Air Rifle Championships 3-5 August 2006.

Seventeen-year-old Thomas Santelli of Washington, Pennsylvania claimed the overall Precision Championship with a score of 2474.4/2509. Santelli set a new precision standing record of 785, breaking the old record by one point set last year by tournament champion Jonathan Hall. Santelli's performance also tied the precision prone record of 800.

Santelli attended the American Legion Air Rifle Championship fresh off competing in the International Shooting Sports Federation World Shooting Championships held in Zagreb, Croatia 12-22 July. He earned the right to attend the World Championships at the USA Shooting National Championship in June, and represented the USA as a member of the US National Development Team. Santelli is a member of the Frazier-Simplex shooting team, sponsored by Edwin Scott Linton Post 175. He last competed in the American Legion National Junior Air Rifle Championship in 2004.

Tempe Regan, eighteen-year-old of Superior, Montana claimed the 2006 Sporter crown firing

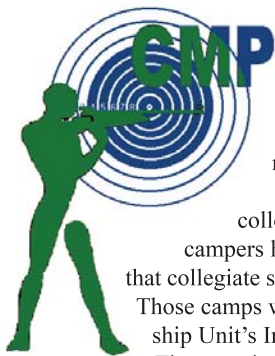
a 2286.1/2509. Competing in her first finals and shooting a pneumatic Daisy 753 air rifle, Regan out shot the rest of the field who were all shooting compressed air and CO2 rifles. Regan is a member of the Mineral County 4-H Shooting Sports, sponsored by Ray Welch Post 13.

The tournament staff selected Christina Dutra as the recipient of the annual Francis M. Redington Sportsmanship Award. This award was established in May 2005 in memory of Francis M. Redington, a long time tournament staff member who passed away in 2003. Dutra was selected as the athlete competing in the National Championship who best exemplified good sportsmanship and fair play.

A complete list of results from the American Legion Championship can be viewed at http://clubs.odcmp.com/cgi-bin/report_matchResult.cgi?matchID=1709 and pictures can be viewed at <http://www.odcmp.com/Photos/06/AmerLegion/index.htm>. For more information on the championship, contact Mike Buss at mbuss@legion.org.

A Family Tradition

By Sommer Wood, CMP Writer/Editor



When Kirk Ware, who now lives in Kennesaw, Georgia, attended a CMP summer rifle camp as a rising junior at Murray State in Kentucky he never imagined that over twenty years later he would be attending a CMP summer camp with his son Jesse. A lot has changed in the CMP summer camp structure since then, but the CMP emphasis on youth development has remained the same.

The current CMP summer camps were inaugurated in 1997 and are significantly different from the camps Kirk attended as a collegiate shooter in the early 1980's. The early CMP camps were designed for smallbore shooters, and unlike today's participants, campers had to earn a spot to attend. To receive an invitation, junior shooters had to win an NRA Junior Indoor Sectional. This meant that collegiate shooters who were still juniors were eligible. The original camps focused on elite juniors and were limited to around 20 juniors. Those camps were two week programs sponsored by the Army's Director of Civilian Marksmanship and conducted by the Army Marksmanship Unit's International Rifle Team and later by the National Guard Marksmanship Training Unit. Camp costs were covered by the DCM. The experience made a big impression on Kirk. He went on to qualify for the NCAA Championship in air rifle in the year following his attendance at a DCM camp.

Today the camps have transformed into CMP Three-Position Junior Air Rifle Summer Camps that are open to high school air rifle shooters across the country. Instead of one camp for 20 elite juniors, there were eight 2006 camps that took place in four different locations while serving 250 youth and 75 coaches. Kirk's son Jesse, a rising senior, began attending the camps as a freshman at Kennesaw High School.

Kirk helps out with his son's high school team, and has joined him in attending the CMP camps each year. Both father and son are pleased with the development of the CMP camp program and find attending the camps a very valuable experience. "After every camp I attend, my scores improve 10-20 points," said Jesse. This will pay off as he works to make the leap to the college shooting ranks, Jesse hopes to follow his father's footsteps and shoot for Murray State. Coincidentally, Jesse's camp counselor this year was Cameron Hicks, a rising junior on Murray State's Rifle Team. Good luck to both father and son as the approaching rifle season beings. Perhaps one day Jesse will have a son or daughter of his own with whom he can share the CMP camp experience.



Kirk Ware (back row, 3rd from left) pictured with his 1982 Murray State Rifle Team the year after attending a CMP Rifle Camp.



Murray State Junior Cameron Hicks, Jesse Ware and Kirk Ware at a 2006 CMP Three-Position Junior Air Rifle Camp in Fort Benning, GA.

How to Conduct Competitions, Part I

An On the Mark Series by Gary Anderson, DCM

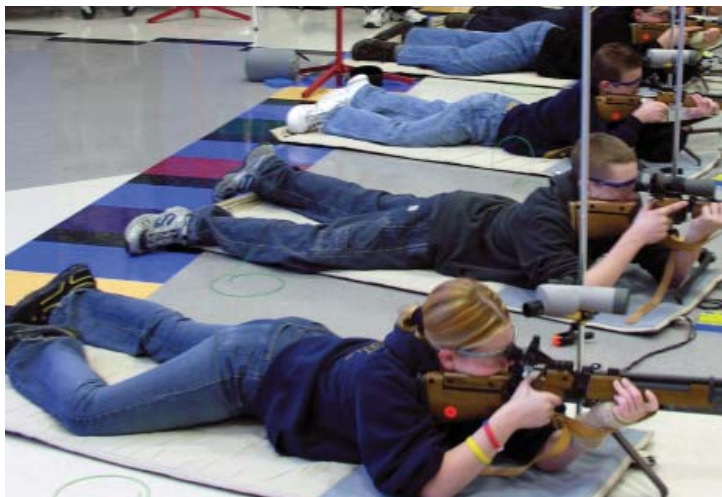
THE WORK OF THE RANGE OFFICER

This is the first of a series of *On the Mark* articles that will examine all phases of how to conduct competitions. This article looks at the responsibilities and work of the Range Officer and provides guidelines to direct that work.

1. **Range Officer Responsibilities.** The Range Officer (RO) is a key competition official who is directly responsible for the safe conduct of firing on the range during a competition. The RO is also responsible for the application and enforcement of the competition rules that apply during that competition. In most matches the RO is the competition official who has the most direct contact with shooters and in most cases the best opportunities to ensure that all competitors have a fair, enjoyable match.
2. **Range Officer Qualifications & Training.** The most important RO qualification is to have a sincere desire to promote the sport of shooting and help shooting athletes have safe, fair, enjoyable competitions. The second most important qualification is to have a good knowledge of shooting competitions and rules. This knowledge can be gained by having been a competitive shooter or through training. Much can be learned by just going to competitions and observing or volunteering to help. Get a copy of the rulebook and read it. Experienced ROs frequently conduct informal or formal training for parents and volunteers who are interested in serving as ROs. With a desire to serve and a basic knowledge of the rulebook, the next qualification is experience. You gain that by agreeing to serve at competitions where you will quickly learn to apply your knowledge. It is always best to start as an Assistant Range Officer (ARO) so you can work with an experienced RO who will guide you and answer your questions.
3. **How Many Range Officers.** There must be at least one RO who is in charge of the range and firing activities on any range. The number of ROs depends upon the skill level and experience of the competitors. As a general rule, there should be one RO for ranges with 10 or fewer firing points. On larger ranges there should be one additional Assistant Range Officer (ARO) for each 10 additional firing points. If competitors are inexperienced, it may be necessary to appoint additional AROs so that the ratio of AROs to competitors could be as low as one to five. If competitors are highly experienced, it may be possible to operate a large range with one CRO and one additional ARO for each 15-20 firing points. The key is to have enough ROs to assure the safety of everyone on the range and to attend to all of the concerns that competitors may have.
4. **Range Officer Equipment.** Every RO who works on the firing line must have with him/her 1) a copy of the appropriate rulebook, 2) a stopwatch and 3) a small notepad and pencil. In some instances it may be useful to have a pair of binoculars to check targets or a carpenter's angle finder to check prone positions.
5. **Giving Commands and Instructions.** In every competition, the CRO or one of the ROs is responsible for "calling the line," that is, giving the instructions and range commands. These commands have five general phases: 1) Calling shooters to the firing line, 2) Conducting a Preparation Period, 3) Starting fir-

ing, 4) Concluding firing and 5) Conducting a position change or bringing shooters off of the line. Everyone who calls the line must develop a script to follow in going through these five phases of a competition stage or position. A good starting point for a script for three-position air rifle matches is to use the Commands and Actions listed in the chart on "Range Commands" (**Rule 7.12**). Rule 10 in the different discipline NRA Rules outlines "Firing Line Procedures and Commands" that also can be used to develop a script. Keep this script in a notebook and follow it carefully in conducting competitions. A key to the safe and efficient conduct of firing is for the CRO to use consistent commands where competitors know what to expect. Give all commands in a loud, firm, clear voice. Try to establish a command presence while running the line.

6. **RO Duties During Firing.** During firing, ROs must remain on the firing line at all times, constantly observing the competitors. RO responsibilities during firing are 1) to observe competitors' gun handling to assure that muzzles remain pointed downrange or up and that loading and firing is done in accordance with range commands, 2) to always be available to competitors who ask for assistance or who have problems and 3) to assure that competitors comply with applicable rules.
7. **Malfunctions or Problems.** If a competitor reports a possible interruption, malfunction or problem, immediately start your stopwatch and go to the competitor. Approach the competitor so that you can speak with him/her without disturbing other competitors. Particularly with inexperienced shooters, approach on the right side (right handed shooter) so that you can be sure the rifle muzzle remains pointed downrange while you deal with the problem. Determine what the problem is and take appropriate



During firing, Range Officers must remain on the firing line, behind the shooters, observing safety and rule compliance and being available to resolve problems.

How to Conduct Competitions, Part I

An On the Mark Series by Gary Anderson, DCM

action. Make a record of the problem and the action you took in your notebook. When the problem is resolved, check your stopwatch to see how much time has elapsed and determine whether the competitor is entitled to extra time. Be sure to let the competitor know how much extra time is allowed.

8. **Rule Enforcement.** Rules establish the conditions under which competitors compete to ensure that the playing field is level and that all competitors compete under equal conditions. It is the RO's duty to make certain all competitors follow the rules. When shooters bring their equipment to the line, ROs must check to be sure it was inspected (where there are equipment inspections) and is legal. The time to check positions is during the preparation period and sighters, not later during record shots. If a competitor's prone position is too low or a foot is forward of the firing line in standing, for example, explain the fault and tell the competitor they must correct it (warning). Only if a competitor refuses to correct a position fault should this become an issue for deductions or disqualification. Never wait until record shots are fired to deal with a position fault. ROs should recognize that almost all position faults are innocent violations and that the RO can first serve as a teacher by instructing competitors to correct their faults. **A RO's first duty is to help competitors do things right, not to catch them doing something wrong!**
9. **Irregular Shots.** A common problem occurs during firing when a competitor fires a sighter "out of the box," receives or fires a crossfire shot or fires a shot on the wrong bull. A RO must know the rules for irregular shots and give proper instructions to the competitors concerned on how to proceed. When targets are retrieved, be sure to make notes on the targets if there were any misses in the scoring area, irregularities, crossfires or penalties.
10. **Rules Issues.** If questions or protests come up, handle them politely, calmly and respectfully. Stay calm and in control at all times. A cardinal tenet in such situations is to **"open the rulebook before you open your mouth."** Listen to the question or protest and invite the person making a protest to examine the rulebook with you. When you make your decision, be sure to point out the rule that you use to make your decision. If there are other ROs on the range always consult with another RO before making a decision.
11. **Physical Fitness and Appearance.** ROs usually work long hours where they remain on their feet all the time. It is essential that they are sufficiently fit physically so that they can be alert and engaged throughout a long day of firing. The RO has a position of authority and is a visible representative of the sport of shooting. ROs must always present an appearance in dress, demeanor and language that is a credit to the sport of shooting and that commands the respect of the competitors.
12. **Summary.** Whenever you work as a Range Officer, remember that your primary objectives are to assure that the competition is safe and that all competitors have a fair, sportsmanlike and enjoyable competition. Range Officers are there to serve the competitors. Enjoy your work as a Range Officer.



When a shooter has a malfunction or problem while firing, the Range Officer must start a stop watch and go to the shooter to determine what the problem is and resolve it.

How Should Range Officers React in Challenging Situations?

ROs infrequently are faced with situations where they feel competitors are doing something wrong, are not responding to them or where there is a safety concern. Even though such situations may cause considerable stress, the worst way to handle them is to start yelling at competitors or "get in their face." The best way to handle such situations is simply to speak in a clear, firm voice that is loud enough for all concerned competitors to hear. Becoming angry and yelling at competitors will just make them mad too and lead to an unproductive confrontation and situation escalation. In a challenging situation, the one person who must remain under control and in command is the RO. In most such situations being able to give firm instructions with a smile and even a sense of humor will relieve the competitors and bring quick compliance. Be empathetic with the competitor; he/she is under stress and may not realize they are causing a problem. The bottom line for ROs: Stay in control of yourself and never yell at competitors. Just be firm, clear, empathetic and persistent in addressing the situation.

Three-Position Air Rifle

Rule Changes

By Gary Anderson, DCM

The National Three-Position Air Rifle Council has released the 2006-2008 *National Standard Three-Position Air Rifle Rules* that govern position air rifle shooting in the United States. The new rulebook is available both on the CMP web site and in printed form. The new rules incorporate several rule changes that were approved by the Council during its annual meeting last July. This article summarizes those changes.

REVISED SAFETY RULES

One of the most significant changes in the new rules involves updated safety rules and procedures that reflect the now mandatory use of CBIs (Clear Barrel Indicators) and the grounding of rifles on the firing line before preparation and after firing is completed. Now all air rifles brought to a range or removed from a gun case must have their actions opened and CBIs inserted. CBIs may only be taken out of rifles during preparation and firing periods and must be replaced on the firing line immediately after any stage of fire is complete.

A grounded rifle is defined as a rifle with its action open, a CBI inserted in its barrel and lying on the floor or bench without anyone touching it. The new rules specifically require that rifles be grounded on the shooters' firing points immediately after the Range Officer instructs shooters to bring them to the firing line. Shooters cannot pick up their rifles again until the Range Officer begins the preparation period. When a shooter finishes that stage of fire, actions must be opened, CBIs inserted and rifles grounded again. The rifle must remain grounded on the firing point until the Range Officer starts the change-over period for the next position or gives shooters instructions to remove their rifles and equipment from the firing line.

After competitors finish firing a stage of fire and as long as the command STOP has not been given, they may make sight, butt-plate or cheek-piece adjustments on their grounded rifles, but rifles may not be removed from the firing line. When the commands STOP-UNLOAD are given, all handling of rifles must cease.

Rules concerning the transport of rifles to the range and firing point using gun cases were modified to permit the Range Officer to decide whether to permit shooters to remove air rifles from gun cases behind the firing line or to require that this be done only after taking the cased gun to the firing point. In either case, the air rifle action must be opened and a CBI inserted as soon as the case is opened, if a CBI is not already in the rifle bore.

NEW SPORTERS APPROVED

The rule requiring all sporter class air rifles to be specifically approved by the National Three-Position Air Rifle Council by make and model number remains unchanged, but the Council has now approved three additional sporter rifles. Two of the new sporters are produced by Daisy and one is an imported air rifle sold by Champions Choice.

The Daisy Model 853CM was introduced one year ago as a special variation of the Daisy M853 pneumatic air rifle that was ordered for Marine Corps JROTC units. The "CM" version features a black synthetic stock that was originally designed for the Daisy M953, an upgraded El Gamo-type sight set, an extra barrel weight and a sling attachment with a lever release that facilitates adjusting the sling swivel.

Two new sporter air rifles were approved at the July 2006 Council meeting. The first was the Daisy M887 CO2 air rifle. This is an upgraded version of the popular



The Daisy M887 CO2 air rifle is now approved for sporter class competition.

M888 that features a laminated stock with a higher cheek-piece and pistol grip with a more pronounced curvature. The stock configuration on this rifle closely resembles the Daisy M753 stock. The M887 also has El Gamo-type sights. Daisy Special Marketing will sell this rifle to CMP affiliated junior programs, 4-H clubs and JROTC units for \$295.00.

The other air rifle now approved as a sporter air rifle is a special version of the Air Arms T200 that is imported and sold by Champions Choice. The action, trigger, compressed air gas system and sights are the same as those found on the now-discontinued Daisy XSV-40 air rifles. The new sporter, however, complies more closely with sporter guidelines by having a standard stock without an adjustable cheek-piece and vertically-adjustable butt-plate. Champions Choice is selling these air rifles for \$445.00 each.

OTHER RULE CHANGES

The Avanti XSV-40 air rifles that were sold by Daisy until 2005 continue to be grandfathered as legal sporters, but the new rules also place one additional limitation on what can be done with XSV-40 rifles that have vertically-adjustable butt-plates. Starting this year, those butt-plates must remain fixed in the center or neutral position during all sporter class events.

When external weights are added to sporter air rifles, those weights must be added to the barrel or the fore-end. Barrel weights must be within a radius of 30mm (1.2"). Weights attached to the rail or fore-end must not extend more than 50mm (2.0") from the fore-end. Internal weights can be added at any location.

There is a change to the sporter sling rule that will permit the use of slings with non-slip rubber or similar lining (padding is still not allowed) in the part of the sling

Continued on Page 11



The Daisy 853CM Pneumatic air rifle that was originally produced for MCJROTC use was officially approved as a sporter class air rifle.



Champions Choice Air Arms S200. Only S200 air rifles with a standard butt-stock with no adjustable cheek-piece or vertically-adjustable butt-plate may be used in the sporter class.

CMP Camp Riflery Program Instructor Training Courses

By Jeff Williams, Camp Riflery Program Manager

Having been my first summer with the CMP, I had much to see and learn. The Camp Riflery Program completed its summer with higher than ever numbers. In about 7.5 weeks during the summer, a team of 10 Master Instructors, Kathy Williams, and I conducted 23 ITCs throughout the United States. The locations of these training courses were scattered all over the country. We had courses in northwest Washington State, Southern California, Wyoming, Wisconsin, Texas, Maine, Georgia, and that is just to name a few. At each one of these ITCs there were 4-14 students in the class. Upon graduation from the Camp Riflery Course, students began their work as rifle instructors for youth in summer camp environments.

It takes a special person to do what these summer camp staff members do. Most of them work about 6 days a week,

24 hours a day with the campers. Although Riflery is not the only activity in which the campers participate, our new instructors made sure that the time spent at the range was safe, educational, and fun for them all.

It is estimated that about 20,000 campers this summer participated in CMP Camp Riflery supported programs. That could be with BB guns, air rifles, or .22 cal rifles. We are setting some steep goals for the program, and want to see that number jump to around 60,000 campers during the summer of 2007.

A great deal of appreciation is due to the Master Instructors, the support staff at HQ, the camps that hosted the ITCs, and our new instructors. It was a great summer for the CMP Camp Riflery Program, and I am already looking forward to summer 2007.



CMP Master Instructor Lance Miller watches ITC students during a training exercise at the Camp Eagleview in DuBois, WY.

Jeff Williams, the author of this report on the CMP Camp Riflery Program, joined the CMP staff as its Camp Riflery Manager in March 2006. This was his first summer as the manager of this exciting program.



CMP Master Instructor Bill Dunn watches as an ITC student demonstrates the kneeling position during an Instructor Training Course at Camp Seagull in North Carolina.



After students complete the CMP Instructor Training Course, they begin working with youth campers at various summer youth camps.

Junior Distinguished Badge Program

The National Three-Position Air Rifle Council established the Junior Excellence-In-Competition Award Program to provide incentives for junior three-position air rifle competitors to improve and excel. This program awards prestigious badges of distinction to the most outstanding junior shooters.

Junior shooters earn EIC credit points by placing in designated competitions in accordance with the requirements of this program. The Junior Distinguished Badge is awarded to school-age junior three-position air rifle shooters who attain a series of high rankings in a series of designated major junior air rifle championships that may include the State Junior Olympic Qualifiers, CMP Cup Matches, National Junior Olympic Championships and other National Council Three-Position Air Rifle Championships.

Congratulations to the juniors listed who recently earned their Junior Distinguished Badges. **ON THE MARK** will recognize all juniors who achieve this outstanding goal in each upcoming issue. A complete list of juniors who have earned their Junior Distinguished Badge is at <http://www.odcmp.com/3P/EIC.pdf>. If you would like more information on this program, visit the CMP web site at <http://www.odcmp.com/3P/EICProgram.pdf> or email CMP Competitions at competitions@odcmp.com.



Badge #	Name	Hometown
123	Cory Lee Camp	Bogalusa, LA
124	Clisty Buie	Henning, TN
125	Elisha L LaFond	Spokane, WA
126	P J W Snider	Bozeman, MT
127	Ryan James Schneider	Huntsville, AL
128	Cole Bures	Beatrice, NE
129	Kyle Smith	DuBois, PA
130	Ryan Jones	North Bay, NY
131	Ethan Settlemires	Walnut, MS
132	Forrest Klein	Columbus, GA
133	Simone Riford	Kaneohe, HI
134	Charles Roberts	Zion, IL
135	Jared N. Taylor	Etters, PA
136	Jimmy McMahon	Hartford, SD
137	Brian Carstensen	Hoover, AL

Three-Position Air Rifle Rule Changes - Continued from Page 9



A Daisy M853 pneumatic air rifle with a Gun Snot sling attached. Note the Top Grip lining in the arm loop of the sling. This type of sling is now permitted in the sporter class.

that fits around the arm. This rule change was adopted after the Council examined a Gun Snot sling that was submitted for rule change consideration. These slings were previously not allowed in sporter competition because the "Top Grip" lining in the sling's arm loop was considered a prohibited lining. The Council decided that adding a non-slip lining was no different than using safety pins or buttons attached to the shirt sleeve as a means of preventing sling slippage.

The new rules affirmed that the detachable fore-end risers that are standard with new aluminum stocked precision air rifles are not considered prohibited palm rests and may be used in one, two or three positions.

A number of rules issues that came up during the last two years were clarified. For example, a competitor in a 20-shot position stage who fires sighters in error on both competition targets before going for record may notify the range officer and receive a warning only. However, if the range officer is not notified before the shooter goes for record, sighting shots appearing on target number two will each receive two penalty points.

The posting of the new *National Standard Three-Position Air Rifle Rules* will be announced as soon as they are available. Any coaches, parents or junior shooters who have questions about the new rules are urged to contact the Council Hotline at competitions@odcmp.com or 419-635-2141 ext. 1112.

Where to Purchase New Products Reported in this Article

Coaches, parents or shooters who are interested in obtaining more information or prices regarding the purchase of newly legal air rifle products should contact these sources:

- Daisy Model 853CM sporter air rifle: Daisy Special Marketing, contact Denise Johnson at 479-621-4317 or djohnso@daisy.com.
- Daisy M887 sporter air rifle: Contact Daisy Special Marketing.
- Air Arms T200 or TS200 sporter air rifle: Champions Choice, <http://www.champchoice.com/>, (615) 793-4066 or sales@champchoice.com.
- Gun Snot sporter slings: Contact Champions Choice.

CALENDAR OF EVENTS

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

27 September - 3 October 2006

4-H Shooting Sports National Workshop Pilot, Salida, CO

13-15 October 2006

Montgomery Bell Academy Rifle Classic, Nashville, TN

22-26 October 2006

4-H Extension Agents National Convention, Milwaukee, WI

4-12 November 2006

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

10 January 2007

4-H Shooting Sports Media Day, Orlando, FL

13-16 February 2007

American Camp Association Convention, Austin, TX

15-17 February 2007

JROTC Eastern Region Championship, Fort Benning, GA

1-3 March 2007

JROTC Western Region Championship, Colorado Springs, CO

9-10 March 2007

NCAA Rifle Championship, Colorado Springs, CO

12-14 April 2007

National JROTC Championship, Fort Benning, GA

5-13 May 2007

Eastern CMP Games and Creedmoor Cup Matches, Camp Butner, NC

11-14 June 2007

NJROTC Region 3 BLT Marksmanship, Camp Perry, OH

24-29 June 2007

Eastern States Junior Highpower Championship, Camp Butner, NC

9-10 July 2007

Pistol Small Arms Firing School, Camp Perry, OH

15 July 2007

National Trophy Pistol Matches, Camp Perry, OH

21-22 July 2007

National Rimfire Sporter Match, Camp Perry, OH

27-29 July 2007

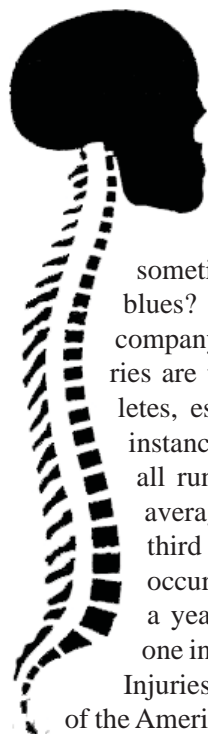
Rifle Small Arms Firing School, Camp Perry, OH

27-29 July 2007

USMC Junior Highpower Camp, Camp Perry, OH

30 July - 4 August 2007

National Trophy Rifle & CMP Games Matches, Camp Perry, OH



From the Training Room: Inside the Knee, Part I

By Amy Kirkland P.T, MSR, OMT

Do your knees sometimes give you the blues? If so, you're in good company, common knee injuries are the curse of many athletes, especially runners. For instance, about 60 percent of all runners are injured in an average year, and about one-third of those misfortunes occur to the knee, producing a yearly knee injury rate of one in five runners ('Running Injuries to the Knee,' Journal of the American Academy of Orthopedic Surgeons, vol. 3, pp. 309-318, 1995). In contact sports like American football, the knee is the most commonly injured joint. But do not think you are safe just because your sport is not high impact. Many "overuse" knee injuries are common in non-contact sports, but the good news is that these types of injuries are often predictable and preventable.

Over the next few issues we will discuss injuries and treatment methods for both the muscles and ligaments in and surrounding the knee. The knee is a complex joint and it is susceptible to a variety of injuries. In this first installment we will go inside the knee and take a closer look at patellar tendonitis.

What is Patellar Tendonitis?

Patellar tendonitis, often called jumper's knee, affects the patellar tendon which connects the kneecap (the patella) to the shin bone. This is part of the 'extensor mechanism' of the knee, and together with the quadriceps muscle and the quadriceps tendon, these structures allow your knee to straighten out, and provide strength for this motion. The patellar tendon, like other tendons, is made of tough string-like bands. These bands are surrounded by a vascular tissue lining that provides nutrition to the tendon.

What are the Causes?

Patellar tendonitis is the condition that arises when the tendon and the tissues that surround it, become inflamed and irritat-

ed. This is usually due to overuse, especially from jumping activities. This is the reason patellar tendonitis is often called "jumper's knee."

When overuse is the cause of patellar tendonitis, patients are usually active participants of jumping-types of sports such as basketball or volleyball. While the most common activity causing patellar tendonitis is too much jumping, other repeated activities, such as running, walking, or even prolonged hours in shooting positions with out a break may also lead to patellar tendonitis. All of these activities put repeated stress on the patellar tendon, causing it to become inflamed. Patellar tendonitis can also happen to people who have problems with the way their hips, legs, knees, or feet are aligned. These alignment problems can result from having wide hips, being knock-kneed, or having feet with arches that collapse when you walk or run, a condition called overpronation.

Also, some patients develop patellar tendonitis after sustaining an acute injury to the tendon, and then not allowing adequate healing. This type of traumatic patellar tendonitis is much less common than overuse syndromes.

What are the Symptoms?

The signs and symptoms of patellar tendonitis are fairly easy to detect. The athlete will complain of:

- Pain in the area of the tendon, behind and below the knee cap.
- The knee will often feel "tight."
- Pain will be experienced early in the workout and after the workout is completed.
- There may be some subtle swelling of the tendon.
- The athlete may feel that the tendon is "squeaking."

Patellar tendonitis usually causes pain directly over the patellar tendon. Your doctor should be able to recreate your symptoms by placing pressure directly on or under the knee cap. The other common symptom of patellar tendonitis is pain with

activities, especially jumping or kneeling. Less common, but not unusual, is swelling around the tendon itself, often considered fluid on the knee.

X-ray tests are usually performed to confirm there is no problem with the bones around the knee. Occasionally, a bone spur is seen that can be related to patellar tendonitis. A MRI is useful in patients with chronic patellar tendonitis to look for areas of degenerative tendon.

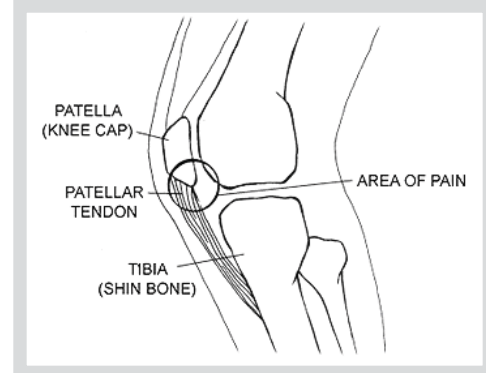
What are the Treatments?

• **Rest.** The most important first step in treatment is to avoid activities that aggravate the problem. Your body is the best guide to know how much to rest the injured knee. If an activity hurts in the area of the injured patellar tendon, then you should rest from or limit that activity.

• **Medication.** Nonsteroidal anti-inflammatory medications (NSAIDs) include a long list of possibilities such as Ibuprofen, Motrin, Naprosyn, Celebrex, and many others. Patellar tendonitis treatment can be improved by these medications that will decrease pain and swelling. Be sure to talk to your doctor before starting these medications.

• **Ice.** Icing the area of inflammation is an important aspect of tendonitis treatment. The ice will help to control the inflammation and decrease swelling. By minimizing inflammation and swelling, the tendon can return to its usual state and perform its usual function.

• **Stretching.** Once a problem is identified by a doctor you will also be given rehabilitation exercises to help you return to your sport. Also while you are recover-



ing you will need to adjust your activities so you do not make your condition worse. Stretching the quadriceps, hamstring, and calf muscles prior to practice and matches is very important once you do resume full activities. Getting into a good stretching habit, even after the symptoms improve, will help prevent a recurrence of the problem.

• **Chopat-Straps/Braces.** Occasionally, your doctor will provide a support strap (called an infrapatellar strap or a Chopat strap), a knee brace or custom orthotics. The benefit of these measures in the treatment of patellar tendonitis is not well known, but some patients find complete relief from using these products. Though if these products are prescribed, you should consult your rule book because they may not be allowed during competition.

When Can I Return to My Sport?

The goal of rehabilitation is to return you to your sport or activity as soon as is safely possible. If you return too soon you may worsen your injury, which could lead to permanent damage. Everyone recovers from injury at a different rate. Returning to your activity will be determined by how soon your knee recovers, not by how many days or weeks it has been since your injury occurred. In general, the longer that you have symptoms before you start treatment, the longer it will take you to get better. You may safely return to your sport or activity when you can meet each of the following requirements:

- Your injured knee can be fully straightened and bent without pain.
- Your knee and leg have regained normal strength compared to the uninjured knee and leg.
- Your knee is not swollen.
- You are able to jog straight ahead without limping.
- You are able to sprint straight ahead without limping.
- You are able to do 45 degree cuts.
- You are able to do 90 degree cuts.
- You are able to do 20 yard figure-eight runs.
- You are able to do 10 yard figure-eight runs.
- You are able to jump on both legs without pain, and jump on the injured leg without pain.

Injury Recovery and Prevention:

Tendonitis is simply the inflammation of a tendon. This can be due to numerous factors. Some of the more common factors associated with this condition are:

- A rapid increase in the frequency of training.
- Sudden increase in the intensity of training.
- Transition from one training method or sport to another.
- Repeated training on a rigid surface.
- Improper mechanics during training.
- Genetic abnormalities of the knee joint, and/or poor base strength of the quad muscles.
- Improper support from footwear while training.

Any or all of these factors can lead to the development of patellar tendonitis.

Treatment of this condition begins with continuation of a general fitness and flexibility program. The best treatment is prevention! The multi-sport athlete should utilize proper conditioning techniques to ease the transition from one sport to another. Proper conditioning should include aerobic fitness, lower body strength training, and lower body flexibility training. Flexibility is very important in preventing overuse injuries such as patellar tendonitis.

Once the condition is present, there are several treatment options. The athlete is strongly encouraged to remain active in practice as well as rehabilitation so that he or she will not fall behind or most importantly, loose the mental drive to compete. The rehabilitation should be designed to decrease the symptoms, strengthen the muscles of the quad region and improve hamstring and quad flexibility.

Also, factors that may pre-dispose the athlete to this injury should be isolated and corrected. This could be as simple as improving the conditioning of the athlete (e.g. non-pounding conditioning such as interval training on a bicycle rather than running). If the tendonitis is due to a strength imbalance in the quadriceps and hamstrings, the athlete should begin exercises to target the weak muscles of the quads or hamstrings.

A General Rehabilitation Program Should Include:

- Non-impact aerobic conditioning.
- Flexibility training for quadriceps and hamstring muscle groups.
- Decrease in predisposing factors.
- Use of physician prescribed non-steroidal anti-inflammatory medications.
- Use of therapeutic modalities, such as: Ultrasound, Electric Muscle Stimulation, or Iontophoresis.*
- Cryotherapy (ice massage or ice packs).
- Strengthening exercises that do not target the involved muscle. Once you have no pain in the involved muscle you may begin direct strengthening.
- Return to full competition as symptoms allow.

* These treatments must be prescribed by a physician and performed by the licensed health care professionals such as Physical Therapists.

Treating this condition begins with prevention through a structured off-season, in-season, and transition season. Once the tendonitis occurs one must first recognize the predisposing factors, whether it is the repeated pounding from running on a poor surface, rapid increase in jumping, or a strength and flexibility imbalance. If this condition goes unchecked, the tendon may form scar tissue in the irritated area, resulting in a career of fighting off the tendonitis whenever there is an increase in volume or intensity of the training sessions. Early detection and prevention is key to washing away those knee injury blues.

Amy Kirkland graduated from the University of South Carolina with a Bachelor of Science, and went on to the Medical University of South Carolina where she earned a Masters of Rehabilitation Sciences in Physical Therapy in 2003. Following her graduation she spent time at Roosevelt Center in Warm Springs, GA where she gained experience working with spinal cord injuries. She has worked 3 years in orthopedics with a specialization in sports and spinal rehabilitation. She currently works as a Physical Therapist with Pivotal Therapy in conjunction with the Steadman-Hawkins Clinic of the Carolinas. In her spare time she enjoys running, sports, and Tarheel basketball. Questions for Amy can be directed to kirkland@pivotaltherapy.com.



2006 CMP Three-Position Air Rifle Summer Camps

By Sommer Wood, CMP Writer/Editor

The conclusion of the 2006 CMP Three-Position Summer Camp season marks the 10th year for this highly acclaimed program. Over the years this program has benefited countless young shooters across the country and is revered as the premier camp of its kind. This year the schedule included new locations and new programs that carried forward the standards campers and coaches have come to expect.

The camps were once again led by Dan Durben, who served as Camp Director for his third season. Durben is a 1988 Olympian. He was the National Rifle Coach from 1996 through the 2000 Olympics. He subsequently coached the National Paralympic Shooting Team in 2004. Also in her third season with the camps was Camp Assistant Director Sommer Wood. Now a CMP staff member, Wood spent her collegiate career with the Clemson University Club Rifle Team. Returning staff members were Vicki Goss and Brad Donoho from the University of Kentucky, Katie Harrington from the University of Nebraska, Natasha Dinsmore from West Virginia and Joseph and James Hall from Jacksonville State. New camp counselors were Andrew Hahn of Memphis State, Jennifer Marshall of North Carolina State, Ray Geyer of the University of Kentucky and Cameron Hicks of Murray State.

Many events were packed into the camp season this year, including some new addi-

tions to the program. The camps with their five-day schedule, which has been a staple of the program for 10 years, again traveled from coast to coast reaching shooters in Channelview, Texas; Oceanside, California; Spartanburg, South Carolina and Fort Benning, Georgia. For returning campers additions to the curriculum gave the camps a fresh look. The most noticeable change was in the physical training portion of the camps where the USA Shooting Exercise Training Program was added. This program was developed for the U. S. National Team by Brian Cassidy of ADAPT, a physical therapy firm in Portland, Oregon and Amber Darland, a former U. S. National Team member. The program is designed to improve balance, strength and stability using only the body for resistance. Because no extra equipment is needed, the workout can easily be conducted on the range. The workout targets specific areas of the body that directly relate to shooters stability such as the hip flexor muscles that provide much of the support in standing and kneeling. This program primarily reaches the smaller muscles used for stability that are not typically worked in traditional exercise programs like weight training. This is the first workout of its kind and the participants of the summer camps were the first to see it outside of the U. S. National Team.

New events on the schedule this summer were a CMP Advanced Camp that was of-



Campers participated in a new physical training program this year. "Ambercising," as the campers and staff called it, was created by former USA Shooting National Team Member Amber Darland and ADAPT Sports, the first program specifically designed for shooters.

fered at the USA Shooting National Championships and a Coaches Clinic held at Fort Benning. This was actually the second year for the Advanced Camp, but it was the first time the entire counselor staff was involved. 10 campers participated in the invitation-only camp. Selection criteria included previous participation in a CMP Camp and having demonstrated tremendous growth and improvement throughout the past competitive season. During the weeklong camp, participants competed in both air rifle and smallbore national championship events. For some, this was their first experience with outdoor smallbore competition. Advanced camp juniors also had many opportunities to work with counselors one-on-one and to be in discussion groups with National Team Members. This camp's unique setting allowed athletes to work through performance issues in real match situations. This, of course, made for a very busy week and an especially rewarding camp experience.

The Coaches Clinic was brand new on the summer camp schedule and offered an opportunity for coaches to explore the CMP Camp curriculum from a coach's perspective. During the two and one-half day clinic at Fort Benning, Georgia, coaches participated in classroom instruction and discussion sessions on the range where they received live demonstrations from the counselor staff. On the last day of the clinic Scott Pilkington of Pilkguns in Monteagle, Tennessee provided a hands-on rifle maintenance course for sporter and precision air rifles. The clinic was a big hit with instructors who gained more than just a few coaching tips. "After the clinic I returned home to shoot a match



CMP Counselor Vicki Goss shot beside Advanced Camp participant Micaela Jochum. The Advanced Camp offered the unique opportunity for campers and counselors to work through shooting issues together in live match situations.

and my scores improved as a direct result of the techniques I learned. If it had that kind of effect on my shooting, I know it will help me become a better coach," said Robert Head of Auburn, Alabama.

In keeping with a practice established last year, commemorative targets were painted for each camp. The use of commemorative targets comes from a tradition that was first developed by German shooting clubs beginning in the 17th century and which is continued to this day. These targets are typically large painted wooden discs that commemorate special festivities for the club, such as a significant anniversary or the annual crowning of the club's shooting king or queen. Many of these painted "Schützenscheiben" were impressive works of art that are extremely valuable today. Originally the targets were used for one shot matches where each club member or participant shot at a designated spot on the target. The person with the shot closest to that spot became the winner or would be designated as the club's shooting king or queen for the coming year.

In modern German shooting clubs, festival target competitors no longer shoot at the painted wooden targets, but rather shoot one-shot matches on paper targets. The names of participants and the winner who fired the best center shot are then recorded on the outer area of the target. The targets for the CMP Junior Rifle Camps were painted by the CMP staff's resident artist, Sommer Wood. Each commemorative camp target was uniquely designed to incorporate pictorial features characteristic of the region of each camp. Junior Camp participants also did not shoot at the painted targets, but instead fired their commemorative shots on paper targets that were subsequently attached to outer band of the wooden targets for everyone to view. Targets were then either donated to the host site or a drawing was held among partici-

pants giving the winner the right to display the target in their home range.

For the weeklong Camps participants were placed with their teams into counselor groups where they began the week working on position skills. By the middle of the week the athletes were ready to put their training to a test in match and final training. These pressure situations allow the shooters to incorporate the mental training tools that are stressed all week. The goal is to not only help these shooters make it to the final, but to help them develop the mental toughness to win. Throughout the week shooters are pushed to raise their personal expectations. For many this pays off at the end of camp match where as many as 25 campers each camp shot personal best scores, this included the individual camp winners. Extra pressure is added to the end of camp match because it is an EIC match where juniors can earn points towards a Junior Distinguished Badge. Scores from all the Camps are combined into one match, and the top ten percent of non-Distinguished shooters earn EIC points. This adds to the incentive for athletes to shooter their best.

After an extremely successful summer, the bar is set high for next year's camps, but CMP will be up to the challenge of making the 2007 Three-Position Air Rifle Camps better than ever. For all the athletes who attended this past summer's camps, expectations for the coming season should be high as they return to their schools with the tools that can make them shooting champions. For photos from the summer visit <http://www.odcmp.com/Photos/06/3PCamps/index.htm>, for complete scores from the summer visit http://clubs.odcmp.com/cgi-bin/report_matchResult.cgi?matchID=1497.



Campers who arrived to camp with dirty or malfunctioning rifles depended on camp staff to get them back to match condition.

Planning for the 2007 Summer Camps is already under way and announcements will be posted on the CMP website in early January. For information about the camps, contact Sommer Wood at swood@odcmp.com.



The first CMP Summer Camp Coaches Clinic allowed coaches to work with camp counselors for two days both on the range and in the classroom.



Commemorative Targets have become a CMP Summer Camp Tradition, and one was painted for each location by the Camp's resident artist Sommer Wood.

ON THE MARK



**Corp. 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. 576
PORT CLINTON, OH 43452

Address Service Requested



Air Force JROTC Marksmanship
Program..... Page 3



Marine Corps JROTC Rifle Team Given a Taste
of the National Matches..... Page 4

IN THIS ISSUE

A Family Tradition	6
2006 CMP Three-Position Air Rifle Summer Camps	14
Calendar of Events	11
CMP Camp Riflery Program Instructor Training Courses	10
From the Training Room: Inside the Knee, Part I.....	12
How to Conduct Competitions, Part I.....	7
Junior Distinguished Badge Program	10
Make Way for the Girls - Juniors at the 2006 National Trophy Matches.....	2
Marine Corps JROTC Rifle Team Given a Taste of the National Matches	4
Pennsylvania Marksmen Do Well in American Legion Air Rifle Championship	6
Sighting Shots	3
Three-Position Air Rifle Rule Changes.....	9



CMP Camp Riflery Program Instructor
Training Courses.....Page 10



Pennsylvania Marksmen Do Well in American
Legion Air Rifle Championship..... Page 6