



Shooter's Journal

Name _____

this journal provided courtesy of

**Civilian Marksmanship Program
P.O. Box 576
Port Clinton, OH 43452-0576
Phone 419-635-2141**

www.TheCMP.org

CMP PUBLICATIONS & TRAINING MATERIALS

<https://thecmp.org/news-media/publications/>

The CMP makes a wide array of printed and electronic media available to assist shooters and coaches of all ages and skill levels. Topics include news & program information, marksmanship instruction, forms & technical manuals and safety & rules.

Many items are free and each are easy to order through the CMP E-Store or by completing a Publications Order Form located in the middle of this journal. Shipping and handling may be charged separately depending upon the item's source.



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INSTRUCTIONS

CMP Shooter's Journal

Keeping a Shooter's Journal is one of the best ways to improve target shooting scores. This Shooter's Journal is designed to introduce you to the benefits of keeping a shooting log or journal. It can be used for 10-meter three-position air rifle or smallbore shooting. A journal provides a record of practice and competition scores. More importantly, a journal helps you analyze your shooting so you can reinforce what you do right and correct the problems that challenge you.

Please follow these steps in using this journal:

Each of the three sections of one journal page can be used to record scores for one day of shooting or each section can be used to record scores and comments for just one shooting position.

Complete the top line by entering the date, range or location, the rifle and ammunition or pellets used and whether your shooting is training or competition. If it is a competition, write the match name or location.

As you shoot, record your 10-shot series scores for each position.

After you complete a position, determine the sight change you made to change from the previous position to that position. Record how many clicks you came up or down and how many clicks you moved the rear sight left or right to get your group centered. This information will help you develop standard sight changes to facilitate changing from one position to the next.

Under "What I Learned," always write down at least one thing you learned or did well while shooting in each position. When you write down the good things that you do, you will be more likely to remember and repeat them the next time you shoot.

Under "Problems to Solve," always try to identify at least one thing in each position that you can do better or that is causing a problem for you now. Then work on these problems the next time you practice.

Each journal page has a blank back where you can write additional notes on your shooting. If you want to write more about "What I Learned" or "Problems to Solve," just continue those notes on the back of the page.

It is important that you record the results of each day of training and competition. If you conscientiously keep a journal record of your scores and the things you learn each day you shoot, it will help you become a better shooter. Good luck!

Shooter's Word Search

Q G D B P I S T O L N I C S V C C I Z X
 I N S T R U C T O R C B L M K K N M D J
 D I S C I P L I N E G K U A N C A E Y K
 T W L E A D E R S H I P B L E W W S M G
 R B I X D S T A N D I N G L E U A C U A
 O A K P I P B F O H O Q B B L Y R H Z R
 P B M E S M R S C O U T S O I K D O Z A
 H P J R T W C M P Y P J G R N A K L L N
 Y R C T I Q R A N G E S Y E G M A A E D
 A O O X N E A F F I L I A T E M I R Y C
 C G A H G B P D T R I G G E R O R S J O
 T R C M U U R L K S A F E T Y U G H S M
 I A H M I L S I P J U N I O R X U I I P
 O M T A S L V L F A C O H O B Z N P T E
 N S A R H S J J I L L J M E D A L C T T
 M M R K E E I R I N E O V I U T A M I I
 V F G S D Y S N O S G S Z U B M C C N T
 B I E M G E I H H T B V L A P Z N Z G I
 W J T A E C A O H V C T A S J Y D G R O
 R D M N S Q T F H I G H P O W E R P Z N

Find the words from the puzzle list. They can be read up, down, backwards, across or diagonally.

ACTION
 AFFILIATE
 AIRGUN
 AMMO
 AWARD
 BULLSEYE
 CAMPS
 CLINICS
 CLUB
 CMP

COACH
 COMPETITION
 DISCIPLINE
 DISTINGUISHED
 EXPERT
 GARAND
 HIGHPOWER
 INSTRUCTOR
 JROTC
 JUNIOR

KNEELING
 LEADERSHIP
 MARKSMAN
 MEDAL
 MUZZLE
 PISTOL
 PROGRAMS
 RANGE
 RIFLES
 SAFETY

SCHOLARSHIP
 SCOUTS
 SHOT
 SITTING
 SLING
 SMALLBORE
 STANDING
 TARGET
 TRIGGER
 TROPHY

CMP Air Rifle Programs



The CMP actively promotes Three-Position Air Rifle shooting as a premier youth marksmanship competition by providing low-cost equipment and pellets as well as training curriculum materials and competition activities. In addition, other air gun events for juniors and adults are hosted by CMP throughout the year. CMP Competition Centers located in Anniston, Alabama, and Port Clinton, Ohio, offer Open Public Marksmanship and Monthly Matches for air rifle and air pistol competitors.

Please visit our web site to obtain specific information about Three-Position Air Rifle programs and activities. If you have questions, please contact us at 3PAR@thecmp.org or (419) 635-2141, ext. 702 or 731.

Visit
www.TheCMP.org/Air/



Learn Intermediate to Advanced Skills through:

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- Outreach Clinics
- Advanced Standing Camps



**Taught by current NCAA Rifle Athletes
Held all summer long around the country!**

Find more info at www.THECMP.org

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Develop a checklist of your shooting equipment. These are the items you want to make sure you have packed and ready for practice and competitions. This list might vary depending on where you are shooting, for example you need different gear if you are going to a range with electronic targets versus a range with paper targets, so you could have a list for each situation.

[illegible]

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Prone Settings:

Describe step-by-step of how you set-up your position, including as many details as possible. This can change with time, so revisit and make adjustments to your notes.

This image shows a single page of white paper with horizontal blue or grey ruling lines. The lines are evenly spaced and run across the width of the page, leaving small margins at the top and bottom. There are no vertical margin lines, and the page is completely blank except for the lines themselves.

CMP

Describe step-by-step of how you set-up your position, including as many details as possible. This can change with time, so revisit and make adjustments to your notes.

This image shows a single page of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

CMP

Kneeling Settings:

Describe step-by-step of how you set-up your position, including as many details as possible. This can change with time, so revisit and make adjustments to your notes.

[illegible]

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Telephone		Email Address		Date
Club/State Association				
ITEM/QUANTITY INFORMATION				
Item #	Item Description	Quantity	Price Each	Total Price

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Scores - Prone	Scores - Standing	Scores - Kneeling	Total	Sight Changes Kn to Pr Up/Dn__ L/R__ Pr to St Up/Dn__ L/R__ St to Kn Up/Dn__ L/R__
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