The American Legion Junior Shooting Sports Program Adult Leader Manual

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The American Legion Junior Shooting Sports Program
Junior Membership Application

Last Name _____ First Name _____ MI _____

Address _____

City _____ State _____ Zip _____

Home Phone _____ Sex _____ Date of Birth _____

Father's Name _____ Occupation _____

Work Address _____

Work Phone _____

Mother's Name _____ Occupation _____

Work Address _____

Work Phone _____

Are you current member of the National Rifle Association (NRA) or USA Shooting (USAS)? Y or N

If yes please provide membership number(s) _____

Have you had any previous shooting experience or training? Y or N

If yes please list experience _____

_____

Are either of your parents veterans of military service? Y or N

If yes are they members of The American Legion? Y or N

_____
Signature of applicant

_____
Date

I have read the above information and find it to be true to the best of my knowledge. I give permission for my son/daughter to become a member of this club and participate in the club activities.

_____
Signature of Parent(s)/Guardian(s)

_____
Date

The American Legion Junior Shooting Sports Program
Medical History Questionnaire

Last Name _____ First Name _____ MI _____

Address _____

City _____ State _____ Zip _____

Home Phone _____ Sex _____ Date of Birth _____

Person to contact in case of an emergency _____

Address _____

City _____ State _____ Zip _____

Phone _____

Medical Insurance Company _____ Policy Number _____

Please circle "YES" or "NO" and provide details where requested. All information will be kept CONFIDENTIAL

Are you allergic to any medication (including aspirin, penicillin, sulfa, etc)? YES NO
List any allergies you have _____

Do you take any prescribed medication on a permanent or semi-permanent basis? YES NO
List medications and give reason

Have you ever had an epileptic seizure? YES NO

Have you ever been told by a doctor that you have epilepsy? YES NO
List medication_____

Have you ever been treated for diabetes? YES NO
List medication_____

Have you ever been told by a doctor that you were anemic? YES NO
When? _____

Have you ever been told by a doctor that you have sickle cell anemia? YES NO

Do you have or have you had high blood pressure? YES NO
List medication_____

Do you have or have you ever had the following?

Heart Disease Give Date _____ YES NO
Lung Disease Give Date _____ YES NO
Kidney Disease Give Date _____ YES NO
Liver Disease Give Date _____ YES NO

Have you ever been told by a doctor that you have asthma? YES NO
List medication_____

Have you ever had a hernia or "rupture"? YES NO
Has it been repaired? YES NO

Have you ever been "knocked out" (unconscious) in the past three years? YES NO
List dates _____

Have you had a concussion or other head injury in the past three years? YES NO
List dates _____

Have you been hospitalized overnight due to a head injury? YES NO
List dates _____

The information above is correct to the best of my knowledge.

_____
Signature of member

_____
Date

If the member is under 18 years of age, a parent or legal guardian must also sign.

_____
Signature of Parent(s)/Guardian(s)

_____
Date

The American Legion Junior Shooting Sports Program
Liability and Medical Release

PRINTED NAME _____

If I am injured or suffer illness or disease while participating in the programs of the _____ Shooting Club, except as may be caused by the gross negligence or reckless conduct of the _____ Shooting Club, I and my parent(s) or guardian(s) waive any legal claim against the _____ Shooting Club and its affiliating American Legion Post. If injured while traveling to or from any _____ Shooting Club activity by public, private or any other means of conveyance, I agree to waive any legal claims against the _____ Shooting Club, its leaders and its sponsors.

I give consent for the _____ Shooting Club to provide medical attention, transportation, and emergency medical services as warranted by the circumstances. (The club sponsor may require a guarantee of medical, doctor, or hospital bills.)

I state that I am in good physical condition and I am not aware of any disease or injury that would be aggravated or result in my being incapacitated or injured during any program participation.

I further understand and agree to abide by the general rules of conduct prescribed for the members of the _____ Shooting Club and that violations may result in denial of privileges and a forfeiture of all fees paid.

I have read this release. I understand that it affects my legal rights and responsibilities and I hereby agree to its terms and conditions.

_____
Signature of member

_____
Date

_____
Signature of Parent(s)/Guardian(s)

_____
Date

For club members under 18, parent(s) or guardian(s) must sign the statement below:

I have explained to my son/daughter the aforementioned stipulated conditions and their ramifications and I further consent to his/her membership in the _____ Shooting Club. As his/her parent/guardian, I understand the terms of this release and hereby waive any claim(s) as set forth herein.

_____
Signature of Parent(s)/Guardian(s)

_____
Date

The American Legion Junior Shooting Sports Program
Junior Club Sample By-Laws

These sample By-Laws have been prepared by The American Legion based on those of the National Rifle Association to assist junior clubs in writing their own By-Laws. These sample By-Laws can be modified or, if found suitable, may be adopted by the club as written.

A Junior Club's By-Laws are important. They should not include minor rules, such as the selecting of teams, hours of shooting, or other matters that may change from time to time. Instead, the By-Laws are the permanent regulations governing the administration and operation of the club and serve as a guide for the officers and members. Each newly elected officer and member of the sponsoring committee should be completely familiar with the By-Laws and should consult them frequently.

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ARTICLE I – NAME

The name of this organization shall be the _____ Junior Shooting Sports Club.

ARTICLE II – PURPOSE

The purpose of this organization shall be to improve the knowledge and skill of its members in matters relating to the proper care and handling of firearms; the management of target shooting ranges and competitions; the concepts of hunting and conservation; and to develop among its members those qualities of leadership, loyalty, cooperation, and good sportsmanship which are essential to good citizenship.

ARTICLE III – MEMBERSHIP

Membership shall be open to any boy or girl whose application for membership, approved by a parent or guardian, is approved by the Executive Committee.

ARTICLE IV – DUES

The annual dues of this organization shall be _____. No member in arrears shall be eligible for the benefits offered by the club or by The American Legion. The club initiation fee shall be _____.

ARTICLE V – OFFICERS

The officers of this club shall be an adult leader twenty-one years of age or older, at least three adult advisors, a President, Vice President, a Treasurer, and a Secretary.

The officers shall constitute the club's Executive Committee.

All action taken by the Executive Committee shall become effective only upon approval of the Club Leader.

The President, Vice President, Treasurer, and Secretary shall be elected by a majority vote of the members present at the regular annual meeting or at a special meeting called by the Leader for the purpose of electing officers.

The affiliating American Legion Post shall appoint the Club Leader. The affiliating American Legion Post may also appoint the Leader as an advisor if he or she is qualified for these duties.

Club advisors shall be appointed by the affiliating American Legion Post (according to program participation) subject to certification as an official instructor/coach by the National Rifle Association, Civilian Marksmanship Program or USA Shooting.

ARTICLE VI – SPONSOR

There shall be a sponsoring committee consisting of not less than three nor more than seven adult members of the affiliating American Legion Post. The Club Leader shall be the permanent chairman of the sponsoring committee. Club advisors will also be members of the committee. Vacancies on the committee shall be filled by a majority vote of the remaining members of the Committee.

The duties of the Committee shall be to advise and assist the Leader on financial and other matters pertaining to the operation of the Club, to assist the Leader and club members in developing proper public relations within the community, and in cooperation with the Leaders to do any and all things which will aid in carrying out the club's objectives.

ARTICLE VII – DUTIES OF OFFICERS

Executive Committee: Subject to approval by the Leader as provided in Article V, Paragraph 3, it shall be the duty of the Executive Committee to administer the affairs of the Club including the discipline of Club members, the acceptance or rejection of applications for membership, the designation of depositories for the club's funds, the establishment of financial and administrative procedures, and such other matters as are normally the duty of an organization's Executive Committee. Vacancies in the Executive Committee may be filled by a majority vote of the members present at any regular or special meeting.

Club Leader: The Leader shall be responsible for the general administration of the club. Working with the instructor/coach(s), he/she shall arrange club activities and be certain that all shooting is done with the safety precautions and appropriate rules prescribed by the sponsoring organization(s). He/she shall promptly render to the sponsoring organization(s) such reports as may be required. The Leader shall be a member of all committees.

Advisors: The Advisors are responsible for the proper instruction of the members of the club. The National Rifle Association, Civilian Marksmanship Program or USA Shooting shall certify advisors as an official instructor/coach. If not certified when appointed, he/she shall apply for such certification and become certified within one year. (Note: Where desired, the adult club leader may also be designated to serve as an advisor. In such cases, he/she must meet the necessary qualifications specified for that capacity. In other cases, different adults can be appointed as the various Advisors.)

President: The President shall preside at all regular or business meetings of the club and at all meetings of the Executive Committee. He/she shall appoint all special committees and shall be a member ex-officio of all such committees.

Vice President: The Vice President shall perform the duties of the President in his/her absence or at his/her request.

Treasurer: The Treasurer, under the supervision of the Leader, shall have charge of all funds of the club. He/she shall deposit such funds in the bank designated by the Executive Committee in joint account requiring the signature of both the Treasurer and the Leader for any withdrawals or payments from such account. He/she shall pay all bills contracted by the club and approved by the Executive Committee. He/she shall keep an accurate record of all transactions and shall render a detailed report whenever requested by the Executive Committee and an annual report to the organization at its annual meeting.

Secretary: The Secretary, under the supervision of the Leader, shall conduct the club's correspondence. He/she shall notify all club members of special and annual meetings and shall notify the members of the Executive Committee of all meetings. He/she shall maintain the minutes of all Executive Committee and club meetings. All applications for membership in the club shall be made to the Secretary. He/she shall collect all fees and dues, turning the same over to the Treasurer and taking proper receipt therefore.

ARTICLE VIII – MEETINGS

Meetings of the organization will be held on the call of the Leader or the President. One-third of the members shall constitute a quorum for the transaction of business.

Meetings of the Executive Committee will be held on the call of the Leader or the President. Three committee members will constitute a quorum.

ARTICLE IX – WITHDRAWL OF MEMBERSHIP

Any member whose conduct shall be decided by a majority vote of the Executive Committee to have been injurious to the interest or welfare of the club may be suspended or expelled from the organization. Such vote shall not be taken without giving the offender two weeks notice of the charges against him/her and affording an opportunity of being heard in his/her defense. He/she may appeal from a decision of the Executive Committee to the club at a special meeting called for that purpose, but it shall require a two-thirds vote of those present to reverse the committee's decision. The sponsoring organization(s) shall be given a complete report whenever a member is expelled, showing charges and action taken.

ARTICLE X – SHOOTING RULES

All shooting competitions and record shooting held by the club will be governed by either the current National Standard Three-Position Air Rifle Rules (preferred) or of the National Rifle Association.

ARTICLE XI – AMENDMENTS

Any Amendments to these By-Laws may be presented at any meeting of the club. A two-thirds vote of the members present will be necessary for adoption.

Note: the Club President, the Club Leader, and The American Legion Post Commander should sign the document.

Sample Resolution

The following sample resolution can be used to promote firearm/airgun safety training for school-age children. The resolution, through modification, can be adopted for all levels of government.

WHEREAS, over half of the households in the United States are estimated to contain firearms; and

WHEREAS, improper or unsupervised use or handling of firearms by children can be hazardous; and

WHEREAS, an unfortunate and preventable number of children in the United States are the victims of unnecessary firearms accidents each year; and

WHEREAS, the right of United States citizens to keep and bear arms is a right guaranteed by the United States Constitution; and

WHEREAS, it is expected that United States citizens will continue to have a high level of private ownership of firearms; and

WHEREAS, safety training for other life hazards or injury hazard topics, such as driving a car and fire evacuation, is currently being conducted in most schools in the United States; and

WHEREAS, widespread firearms safety training for school-age children could result in a significant reduction in firearm-related injuries and deaths among this country's children; and

WHEREAS, The American Legion offers a program of gun safety and marksmanship training for youth;

NOW, THEREFORE, BE IT RESOLVED, BY _____
That _____ encourage the provision of firearms safety training for school-age children in (state or community) through cooperation between school districts and appropriate local organizations the represent the shooting and sporting community in _____.
The cooperation shall include:

1. The dissemination of information on firearm safety.
2. Information on the availability of firearms safety training programs offered by the appropriate local organizations; and
3. An agreement or relationship be initiated to provide facilities at the local school or at another suitable site for the firearms safety-training program offered by an appropriate local organization that represents the shooting and sporting community.

Publicity Notes for Club Leaders

Through your club's activities, you have an excellent opportunity to provide a much-needed service to the residents of your community. However, for your program to meet its intended goal, the public must know of its availability. The following material has been designed to help you in accomplishing this task.

The news releases and public service announcements are generic in nature and can be modified or adopted to meet specific needs. Following are suggested steps to follow to most effectively publicize your shooting sports programs:

Approximately four weeks prior to program date:
Deliver an initial news release and fact sheet to local newspapers and other media outlets. You may wish to call the city desk editor the day before to let him or her know you will be delivering the news release.

Approximately three weeks prior to the program date:
Make follow-up calls to newspapers and other media outlets and verify receipt of the news release and fact sheet. This is also an opportunity to offer additional information about the program and answer specific questions the media may have. It is also the time to deliver public service announcements to public affairs managers at local radio and television stations. Be sure to include the initial news release and fact sheet.

Approximately two weeks prior to the program date:
Make follow-up calls to radio and television stations and verify receipt of promotional materials. This is also an opportunity to give additional information about the program to your media contact. This is also the time to deliver your pre-event news release to your newspaper contact and offer to conduct a brief phone interview about the course or program.

INITIAL NEWS RELEASE

FOR RELEASE UPON RECEIPT
(month, day, year)

FOR FURTHER INFORMATION CONTACT:
(instructor's name and telephone number)

The American Legion Sponsors Junior Shooting Sports Program

(City, State) – Young shooting enthusiasts in the (city) area may now take advantage of an organized shooting sports program. The activity, sponsored by (name of Post) No. _____ of The American Legion, is open to young men and women through the age of 18.

The athletes will become members of the (name of the club) Junior Shooting Club, which will meet (weekly, bi-weekly, etc.) at (meeting place). The program will utilize .177 caliber air rifles.

The curriculum will include gun safety, specifically the basic knowledge, skills and attitudes for safe handling and use of firearms. The young athletes will also learn basic marksmanship skills and participate in club activities in a wholesome environment.

Anyone interested in enrolling in the club or desires additional information should contact (contact's name) at (phone number) by (date).

-end-

PRE-EVENT NEWS RELEASE

FOR RELEASE UPON RECEIPT
(month, day, year)

FOR FURTHER INFORMATION CONTACT:
(instructor's name and telephone number)

The American Legion Sponsors Junior Shooting Sports Program

(City, State) – There is still time for interested junior shooting enthusiasts to enroll in the (name of club) Junior Shooting Club. Sponsored by (name of Post) No. _____ of The American Legion, is open to young men and women through the age of 18.

The activity is designed to teach youngsters the basic knowledge, skills and attitudes of responsible firearm ownership. It will also feature the development of basic marksmanship skills through the use of .177 caliber air rifles.

The club will meet (weekly, bi-weekly, etc.) at (meeting place). Anyone interested in enrolling in the club or desires additional information should contact (contact's name) at (phone number) by (date).

-end-

FOR RELEASE UPON RECEIPT
(month, day, year)

FOR FURTHER INFORMATION CONTACT:
(instructor's name and telephone number)

Public Service Announcement
10 Seconds

American Legion Junior Shooting Sports

Enrollment for The American Legion's Junior Shooting Sports program will be held on (date) at (time) at (location). For more information call (instructor's name) at (phone number).

*****

FOR RELEASE UPON RECEIPT
(month, day, year)

FOR FURTHER INFORMATION CONTACT:
(instructor's name and telephone number)

Public Service Announcement
20 Seconds

American Legion Junior Shooting Sports

All young shooting enthusiasts are invited to enroll in The American Legion's Junior Shooting Sports program. An organizational meeting will be held on (date) at (time) at (location). Junior shooters will learn safe handling and use of air guns. For more information call (instructor's name) at (phone number).

*****

FOR RELEASE UPON RECEIPT
(month, day, year)

FOR FURTHER INFORMATION CONTACT:
(instructor's name and telephone number)

Public Service Announcement
30 Seconds

American Legion Junior Shooting Sports

If you are a young shooting enthusiast with an interest in learning more about air gun safety, junior shooting programs, and air gun shooting tips, then you are invited to enroll in The American Legion's Junior Shooting Sports Program. Open to beginning and novice shooters. The club will meet at (location), on (date), from (time) to (time). For more information contact (instructor's name) at (phone number).

*****

Ordering Junior Shooting Sports Program Publications and Products from The American Legion's National Emblem Sales

Additional copies of ***JSSP Administrative Manual***, the ***Student Handbook for Position Air Rifle*** and other items are available from The American Legion National Emblem Sales. Call toll-free 1-888-4LEGION for orders and questions. Please refer to a current National Emblem Sales Catalog for prices and shipping/handling charges. National Emblem Sales gladly takes MasterCard, Visa and Discovery.

JSSP Administrative Manual #755.212
Student Handbook for Position Air Rifle #755.208
ALJSSP Patch (3" x 3") #720.412
ALJSSP Ball Cap Red with embroidered insignia #75173

Additional copies of the Junior Shooting Sports Program brochure are available at no cost from The American Legion, Attn: JSSP, P.O. Box 1055, Indianapolis, IN 46206.

What is The American Legion Junior Shooting Sports Program?

It's a three-part program that combines the Basic Marksmanship Course, Qualification Awards, and Air Rifle Competition.

During the past thirteen years of this program's continued fast growth, thousands of male and female junior shooters have participated, with a perfect safety record of no reported gun-related injuries.

Participants in The American Legion Junior Shooting Sports Program can be of any gender, through the age of 18. Handicapped youth are encouraged to participate.

Basic Marksmanship Course

The Basic Marksmanship Course is a comprehensive instruction package for the beginning shooter that has little or no marksmanship experience. The course insures understanding by the student and easy use by the instructor. Gun safety and marksmanship fundamentals are taught through a balanced mix of short lecture or discussion followed by hands-on activity. The package of instruction and support materials include:

- **INSTRUCTOR'S GUIDE** - Detailed information for the instructor to teach the course.
- **STUDENT HANDBOOK** - Now in its third edition, this popular handbook is a comprehensive reference text for beginning shooters, thoroughly covering the fundamentals of position shooting.
- **LEARNING TOOLS** - Six quizzes and a final exam.

Qualification Awards

If an effective job is done presenting the Basic Marksmanship Course, most graduates will want to keep improving their marksmanship skills. The National Rifle Association provides **MARKSMANSHIP QUALIFICATION COURSES** for **AIR RIFLE**. These courses offer personal skill developments ladder where individual shooters work to achieve established performance standards. For each level of success, a sew-on patch and certificate of achievement are presented. Marksmanship Qualification Courses offer family fun and enjoyment that can last a lifetime. Junior shooters may enroll in these programs upon graduation from the Basic Marksmanship Course.

Competitive Shooting

Is not a sport, which gives an advantage to individuals of great size or strength. Physical fitness and stamina are important, but it is mental toughness and self-discipline, which determine success. Competitive shooting is also one of the few sports where men and women can compete as equals. It is truly a sport which is **OPEN TO ANYONE** willing to practice and to test his or her shooting skills on the firing line.

THE AMERICAN LEGION JUNIOR POSITION AIR RIFLE TOURNAMENT is an annual tournament that begins with postal matches to determine state and/or regional champions. The next stage is a Qualification Round (also a postal match) to determine shooters who will earn expense paid trips to compete in the National Championship. The National Championship is a shoulder-to-shoulder match held during the summer, and is conducted at the

Olympic Training Center/USA Shooting Range Facilities in Colorado Springs, Colorado. This is the same facility that our Olympic shooters train and practice on.

For more information, consult the current American Legion Junior Position Air Rifle Tournament Official Match Program.

The Shooting Sports – A Perspective

Today, the shooting sports are an important recreational activity in America. Nearly 70 million people own firearms, with over half of all U.S. households containing at least one firearm. Tens of thousands of competitors participate in matches from neighborhood tournaments to the Olympic Games. More than 20 million hunting licenses are issued annually in the United States, generating vast sums for the conservation of wildlife and wildlife habitat.

Marksmanship is a proud part of our national heritage. Our forefathers fought the Revolutionary War to gain their freedom as individuals and independence as a nation. Just a few years later the United States of America was called upon to defend its newly won independence in the War of 1812.

In both of these wars, skilled American riflemen played a deciding role. It is easy to understand why Americans were skilled marksmen during the Revolutionary period. They had to know how to shoot accurately to put food on the table and for their own protection. Marksmanship skills have been valuable national assets.

There is still a need for these skills. Today there is another call for expert marksmen in the exciting sport of competitive shooting. In recent years, the United States has been a dominant force in international shooting competition.

You are starting a sport that can, with study, practice, and hard work lead your junior shooters all the way to the Olympics.

Competitive marksmanship does not require great physical size or strength. Even though physical fitness and stamina are important, mental qualities determine whether a shooter will ever become a champion. Being able to concentrate completely on a task and being able to relax under pressure are two of the mental keys to success.

What is Shooting?

Shooting is a skill sport

Skills learned in shooting are valuable in other aspects of life. Learning to be a safe shooter teaches responsibility. Learning to hit a difficult target teaches self-discipline and self-control. Learning to hold a firearm steady and hit the target teaches concentration. Knowing that the shooter alone is ultimately responsible for his or her performance teaches self-reliance and enhances individual esteem.

Shooting tests how well one can control his or her body in using a firearm to hit a target. It's hard to imagine being able to control one-self so well as to almost always hit a target the size of a typed period from 10 meters away, but in shooting that is what your participants will learn to do.

Shooting is a participation sport

No one has to sit on the sidelines and watch; everyone can take part. This active involvement is important because sports are fun when young people can participate personally

instead of watching others. Persons with physical disabilities also can take part in shooting, often right alongside other shooters in matches.

Shooting is an Olympic sport

The summer Olympics have rifle, pistol, running game target and shotgun shooting events. The winter Olympics have a biathlon event that combines cross-country skiing and shooting. Shooting is the third most popular Olympic sport. Only two sports - track and boxing - regularly have more participating nations.

Shooting also offers international championship events in the Pan American Games, World Shooting Championships and Shooting Championships of the Americas.

Shooting is a safe sport

Injuries are so rare in target shooting that accident records are not even kept. Shooting is safe because it has a strict code of safety that all shooters follow. Like water safety training, the firearm safety training associated with a shooting activity is of lasting value, even if the young people don't develop an ongoing interest in the shooting sports.

Shooting is a lifetime sport

Persons of all ages participate successfully in shooting. Children as young as eight or nine can learn to shoot using BB guns and lightweight air rifles.

Shooting is an exciting sport

There's a special thrill in being able to hit a target the shooter isn't sure can be hit. It is fun to see shooters' abilities improve. The challenges of preparing shooters in your club to compete against other shooters throughout the nation make every practice session an exciting event.

Shooting is a sport for girls and boys

Boys and girls compete equally in shooting. Recent national junior championships and The American Legion Junior Air Rifle National Championships have been won both by girls and boys.

Getting Started - A 10 Step Checklist

1. Determine Your Goals

You may already have some goals in mind. Here are some suggestions:

a. To provide an opportunity for young people to learn firearm safety and basic marksmanship.

b. To introduce the shooting sports to community members and to educate them about shooting.

c. To provide participants in an existing youth organization an opportunity to achieve objectives related to the shooting sports, e.g. Boy Scout merit badges, 4-H awards, the Law Enforcement Venturing qualification program.

d. To use the shooting sports as a vehicle to help young people develop leadership, discipline, concentration, sportsmanship, and responsibility.

2. Identify Your Leadership

Your Post probably already has a structure set up to develop committees for special projects. It is probably a good idea to appoint such a committee made up of interested members who will (if necessary) identify an individual or individuals in your community who are knowledgeable and interested in running a program for your Post.

The shooting club leader should be qualified to instruct the basics of gun safety and marksmanship. Other volunteers from the Post should be encouraged to take part as assistant instructors in what is generally a once a week session. It is strongly recommended that at least one of your instructors complete an NRA certification course if he or she is not already certified.

If your club becomes involved with competitive shooting, in addition to your gun safety instruction, it is recommended that at least one of your instructors take a USA Shooting/NRA Coach certification course.

Keep in mind that a shooting club is a great way to get Post members involved in a Post activity regardless of age or physical ability.

A shooting club can also be a great Post membership-recruiting tool!

3. Affiliate with Junior Shooting Sports Program

This is probably the easiest part. Simply complete the application form and return it to the address found on the form.

After receipt of your form, you will automatically be sent (at no charge) the Junior Club Leader's Administrative Manual complete with the Basic Marksmanship Course. The manual will also include the ***Shooter's Guide to Position Air Rifle*** and a form for ordering additional guides and other program clothing and materials.

Enrollment in the program automatically places you on the program mailing list and you will periodically receive information including the target set order form for each year's American Legion Junior Air Rifle National Championship tournament.

4. Check on Your Insurance Coverage

It is critically important that you make certain that you have liability coverage. Many existing Post insurance policies will cover most activities you hold in your Post home. If you plan on locating the operation of your club in some other facility, you will need to check their insurance coverage. If your Post coverage is not adequate, you may wish to look into an additional rider to your own policy or investigate some specific shooter's coverage.

There are several companies that offer shooter's insurance:

Kirke-Van Orsdel, Inc.
NRA Liability Insurance Plan Administrator
777 Third St.
Des Moines, IA 50309
(800) 544-9820

Carpenter Insurance Service, Inc.
134 Holiday Court, Suite 300
Annapolis, MD 21401-7059
(800) 472-7771

Please be advised that the National Headquarters of The American Legion does not endorse either company. We are providing this information to assist you in your efforts to obtain proper coverage.

5. Selecting Your Facilities

One of the great advantages of firing airguns is that a range can be set up just about anywhere. Most meeting areas in most Post homes can serve as an airgun range. Depending on the number of firing points you wish to have, there are some minimum requirements.

The range itself will need to be at least 10 meters (33 feet) deep. You will, of course, need some additional room for the shooter's position and some space behind the targets for backstops and pellet traps. You should protect the walls with some type of covering (many Posts have used a canvas tarp or furniture moving quilts). You should allow about 4 feet of width for each shooter.

Other equipment you will need includes safety glasses for each shooter, pellets, target traps (which can usually be made cheaply) and rifles. You may also want to have mats for shooters to use for prone firing. Spotting scopes are another popular accessory.

6. Obtaining Equipment

Rifles are of course, your primary concern with regards to equipment. There are sporter air rifles available that sell for around $250-$350. You can contact Daisy Manufacturing, P.O. Box 220, Rogers, AR 7275; telephone 800-643-3458 or Crosman Corporation, Routes 5 & 20, East Bloomfield, NY 14443; telephone 800-7AIRGUN for further information and a product catalog.

Pellets can usually be purchased at any sporting goods store including most of the large discount chains.

Order forms and catalogs for most equipment are included in the Junior Club Leader's Administrative Manual that is sent to you when you affiliate.

7. Funding Your Program

Each Post has a different situation with regards to their available funds. You may already have funds set aside for the Post's youth activities. Most Posts need to come up with additional ways to raise money for club operations. There are several options.

At least in the beginning, you may wish to have participants pay some of the cost in the form of a registration fee or club member fee. You may ask the shooters to purchase their own targets and pellets. Many times local businesses or local shooting clubs may wish to make donations to the good of the club. Local community leaders can be very helpful in soliciting funds. Many Posts dedicate proceeds from specific Post functions to raise money for the club. Once you have your club established you might want to hold an "adult" match with entry fees going to the club operating fund.

8. Promoting Your Program

The first audience you will want to interest will be your participants. The second group will be the parents of these potential shooters. Still a third group will be made up of individuals who are in a position to provide assistance and support for the program, such as business people, community leaders, and school officials. A fourth audience is the general public of your community. Even though the majority of the community may not be involved with your program, their goodwill is important to the success of your efforts.

You will need to determine the most effective way of promoting your program. Posters on school bulletin boards or items in the school newspaper are a good way to communicate your

message to the young people. The Internet and a Post website are other potential sources to make contact with potential participants.

For raising money, a letter to local businesses or a presentation before local community groups would be appropriate.

The general public can generally be reached through newspaper articles, radio announcements, or Internet WebPages. This type of publicity is frequently the result of news releases (sample news releases as well as other promotional ideas are included in your administrative manual).

9. Recruiting Participants

Numerous groups have existing youth programs, which can provide you with a readily accessible pool of potential recruits. Examples of some of these groups are school athletic departments, police athletic leagues, Boy Scout Councils, 4-H clubs, S.A.L. Squadrons or simply the children and grandchildren of your Post and Unit membership.

Remember that you can be more successful in your recruiting efforts if you explain that gun safety is the foundation of your program, and that shooting activities complement many other youth activities.

Keep in mind that in order to have a successful program; you must constantly seek new members. In addition, you must ensure that the program can be adapted to meet the various needs of its young participants.

10. Other Ideas and Suggestions

Included in your Junior Club Leader's Administrative Manual will be applications for affiliation as a Junior Club with Civilian Marksmanship Program (CMP), USA Shooting (USAS), or the National Rifle Association (NRA).

CMP Junior Rifle Clubs are supported with .177 caliber pellets and the sale of selected precision air rifles. The CMP also has a qualification system with awards. For additional information contact the Civilian Marksmanship Program, P.O. Box 576, Port Clinton, OH 43452-0576; telephone 888-267-0796.

USA Shooting was established in 1994 by the United States Olympic Committee to serve as the National Governing Body for Olympic-style shooting in the United States. USAS training and competition programs focus on the shooting disciplines and events that are part of the Olympic Games program. For additional information contact USA Shooting, Attn: Youth Coordinator, One Olympic Plaza, Colorado Springs, CO 80909-5764; telephone 719-578-4670.

The NRA provides Marksmanship Qualification Courses for Air Rifle. These courses offer personal skill developments ladder where individual shooters work to achieve established performance standards. For each level of success, a sew-on patch and certificate of achievement are presented. Marksmanship Qualification Courses offer family fun and enjoyment that can last a lifetime. For additional information contact NRA Youth Programs, 11250 Waples Mill Rd., Fairfax, VA 22030-9400; telephone 703-267-1596.

You may wish to take advantage of some of the opportunities offered by these shooting sports organizations, in both gun safety and competition as an affiliated club.

The Junior Shooting Sports Program is a program of the National Americanism Commission

The American Legion is a member of the United States Olympic Committee

The American Legion
Junior Shooting Sports Program

Basic Marksmanship Course

An Eight Lesson Course of Air Rifle Marksmanship Training

BASIC MARKSMANSHIP COURSE (BMC)

INSTRUCTOR'S GUIDE

The Basic Marksmanship Course (BMC) is an important part of the overall American Legion Junior Shooting Sports Program. It is the educational foundation for beginning shooters to learn the fundamentals of marksmanship training.

This BMC Instructor's Guide is written in a "club format" and may be modified for use during school class periods.

The Basic Marksmanship Course was written by Lt. Col. Leo R. Lujan, USA (Ret.) He also authored the student text "Shooter's Guide to Position Air Rifle" which is used with the BMC.

The American Legion Junior Shooting Sports Program welcomes suggestions for improving the BMC Instructor's Guide. Such suggestions may be sent to, ALJSSP Coordinator, at The American Legion National Headquarters, P.O. Box 1055, Indianapolis, IN 46206.

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ANNEX A

Lesson Plans One through Eight

SECTION I:
GENERAL INFORMATION

PURPOSE

The Basic Marksmanship Course (hereafter referred to as the BMC) will provide the student with a solid grasp of the fundamentals of three position rifle marksmanship. Additional goals of the course are:

— To build the self confidence of each student

— To stimulate the interest of each student to fully develop his or her own potential

This Guide is designed to help prepare individuals to instruct the BMC who may not have had any previous experience as a marksmanship instructor or as a competitive shooter. This lack of experience can be overcome if the instructor will study the material and thoroughly prepare for each class.

TEACHING CYCLE

Important information which the student must learn is presented at least three times during the BMC teaching cycle. The three presentations of material within the teaching cycle are:

— **Homework Assignment.** New material is introduced to the student in a reading assignment to be done at home prior to each class.

— **Class.** Next, the student will deal with the same material in class. Subjects are broken into short lecture or discussion topics which are followed by a practical exercise to apply what has just been taught. Short quizzes covering new material are given to the students periodically during the course.

— **Review.** Each topic is reviewed at least once and usually several times during the course.

This repetition in presenting the material should give the instructor confidence that the students will have ample opportunity to learn the essential points of instruction even if the instructor lacks shooting experience.

INSTRUCTOR PREPARATION

You must study the material and make thorough preparation before making your presentation to the class. You will have to use both the Instructor's Guide (hereafter referred to as IG) and the Student Handbook.

The IG provides a topical outline for each lesson with supplementary information to assist the instructor (i.e. suggested times and main points, etc.). The wide left margin is for any reference notes you may wish to make on the lesson plan.

You will have to refer to the Handbook for most of the information you will be teaching from the podium. You should study the material in the Handbook and then put it in your own words for presentation to the class.

The lecture or discussion time devoted to any one topic is kept short since the student's attention span is usually quite short. The short time limit on any one topic will require you to explain or discuss the topic in a well thought out and logical fashion. If you digress, you cannot make your point in the time allowed.

Lecture periods are followed, whenever possible, by a short practical exercise (PE). The PE gives the student a chance to apply some knowledge or skill. It also provides the student with immediate feedback — satisfaction for mastering the point of the exercise or the knowledge that added effort is required.

Be sure to practice and master each PE yourself before putting the class through it. Some of the PE's are not as easy as they may appear.

One word of caution — do not try to bluff your students. When a student asks a question for which you do not have the answer, the recommended reply is "good question. I don't know but I will find out and let you know." The instructor who bluffs his way through a question for which he doesn't know the answer is likely to give out misinformation and will certainly damage his credibility in the eyes of his students.

SIZE OF CLASS

The size of your classroom/range may limit the number of students who can be enrolled in the BMC. Your class should have no more students than can be handled on two firing relays; more than this will severely detract from the value of the course for each student and create problems for the instructor. The classroom/range should have a minimum of four feet of width of reach firing lane. A classroom that is 24 feet wide can accommodate six firing lanes (24 feet/4 feet = 6 lanes) and the number of students in the class should be limited to 12 (2 students x 6 lanes = 12). Even if space is not a constraint, class size should still be limited to not more than 16 students.

COACHING PARTNERS

For all practical exercises, two students will be paired together at one firing point. While one student is perfoming the exercise, the other should be observing and commenting on that performance (serving

as the coaching partner). Because we tend to be naturally shy with strangers, it is suggested that you allow the students to pick their own partners at the first meeting and then keep the same pair working together throughout the course.

SETUP FOR THE CLASSROOM/RANGE

The classroom should be setup for use as a range with a row of shooting mats (or carpet sections) laid down so that the front edges are just behind the firing line. The firing line should be 33 feet from the face of the targets. See the Circular in the Adult Leader's Guide titled "Range Set-Up." Two students should be assigned to each shooting mat/firing point.

During periods of lecture, the students will sit on the mats or stand. There should be no chairs or tables for the students since this will slow down the change from lecture to PE and back to lecture.

The instructor should lecture from behind the firing line with a blackboard close at hand. A lecture podium is optional depending on the desire of the instructor.

STUDENT INSTRUCTORS/COACHES

In time, you should use your experienced junior shooters who have graduated from the BMC as instructors. Junior coaches should start with a very short lecture presentation and be allowed to pick a topic with which they feel comfortable. An experienced instructor should be on the sideline ready to help out when a youth makes his or her first effort as an instructor.

NAMETAGS

If instructors and students wear nametags at the BMC meetings it will help you call students by name and it will help the students get to know each other. Disposable nametags can be made quickly with mailing labels and a felt tipped marker.

COURSE SCHEDULE AND ATTENDANCE

BMC Lesson One is primarily introductory in nature with no shooting involved. Any remaining club membership fees or dues should be collected at this meeting.

Starting with Lesson Two, the BMC is best conducted with one instructional class period a week with attendance required and one practice session a week with attendance optional. It should be explained at the outset that anyone who misses more than one of the required class periods will not be able to graduate. Students should be required to make up a missed meeting with extra study and a written paper covering the lesson.

The practice sessions give the shoorters a chance to start using their newly acquired knowledge about shooting and to get help on problems. There is not enough time for this during the class periods. Possible schedules might be:

CLASS PERIOD	PRACTICE
Tuesday	Thursday
Monday	Thursday
Tuesday	Saturday

Wednesday evening should be avoided wherever it is the traditional mid-week church night. The period Friday through Sunday will often conflict with family recreational plans. If two meetings a week are not possible, you may want to stretch the course out and alternate between a class week and a practice week.

PROGRAM INFORMATION

As soon as a member elects to participate in the air rifle program, the following materials should be presented:

— Reading Assignments for the first class (Lesson One)
— The Student Handbook

Students should obtain a three-ring binder with ruled paper for notes to be taken in class. The notebook will also be used to retain all handouts. This notebook should be brought to all class periods and practice training sessions.

CRITIQUE OF THE BMC

Both the Instructor's Guide and the Student Handbook will be evaluated at the end of each acadmeic year. If this program is to improve, we must have your suggestions and recommendations. Please tell us about the problems you encounter teaching the course and when you find a better way, share it with us so we can pass it along. Comments should be sent to:

Program Coordinator
The American Legion Shooting Sports Program
P. O. Box 1055
Indianapolis, IN 46206

SECTION II

EQUIPMENT AND SUPPLIES FOR THE BMC

The supply and equipment items which you will need for the BMC are covered in this section. The actual number of each item required will vary with the number of students in your course. Certain exercises such as the Triangulation Exercise will require additional items for one of the training sessions. In preparing for your presentation, you will probably come up with additional requirements.

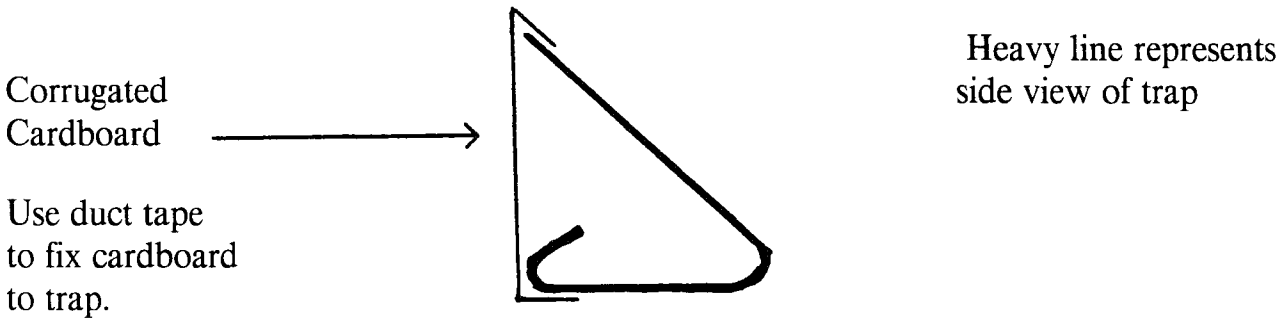
AIR RIFLES AND TRAPS

See the Adult Leader's Guide for information on obtaining these items.

— If your club owns its own rifles, they should be numbered and marked with the club's name on the stock. Any rifle that is student owned should have the owner's name clearly painted or carved on the stock.

— Extra Slings. One rifle sling will be needed for each member of the class even though two shooters are sharing one rifle. In the classes where a sling is used, there will be less wasted motion if each student puts the sling on for the duration of the class. Extra slings are available from Daisy for the Model 853.

— Traps. The open face of the trap should be covered with corrugated cardboard as shown below.



The cardboard should bend over top and bottom of trap face and extend 1/2 inch beyond either side. Covering the face of the trap with cardboard has the following advantages:

— The solid backing for the target results in clean and easily scorable shot holes.

— Targets can be mounted with masking tape.

CARDBOARD BOXES OR MILK CRATES

When setting up the range, place each trap on a corrugated box or a plastic milk crate. A box which will elevate the trap 10 to 14 inches for the prone, and kneeling positions, and 28 to 40 inches for the standing position should be used. Cardboard boxes can be obtained from a supermarket at no cost. Milk cases may be borrowed from a local dairy or purchased at a K-Mart or WalMart store. Two to three cases are needed for each firing point if used.

PLYWOOD BACKSTOP (OPTIONAL)

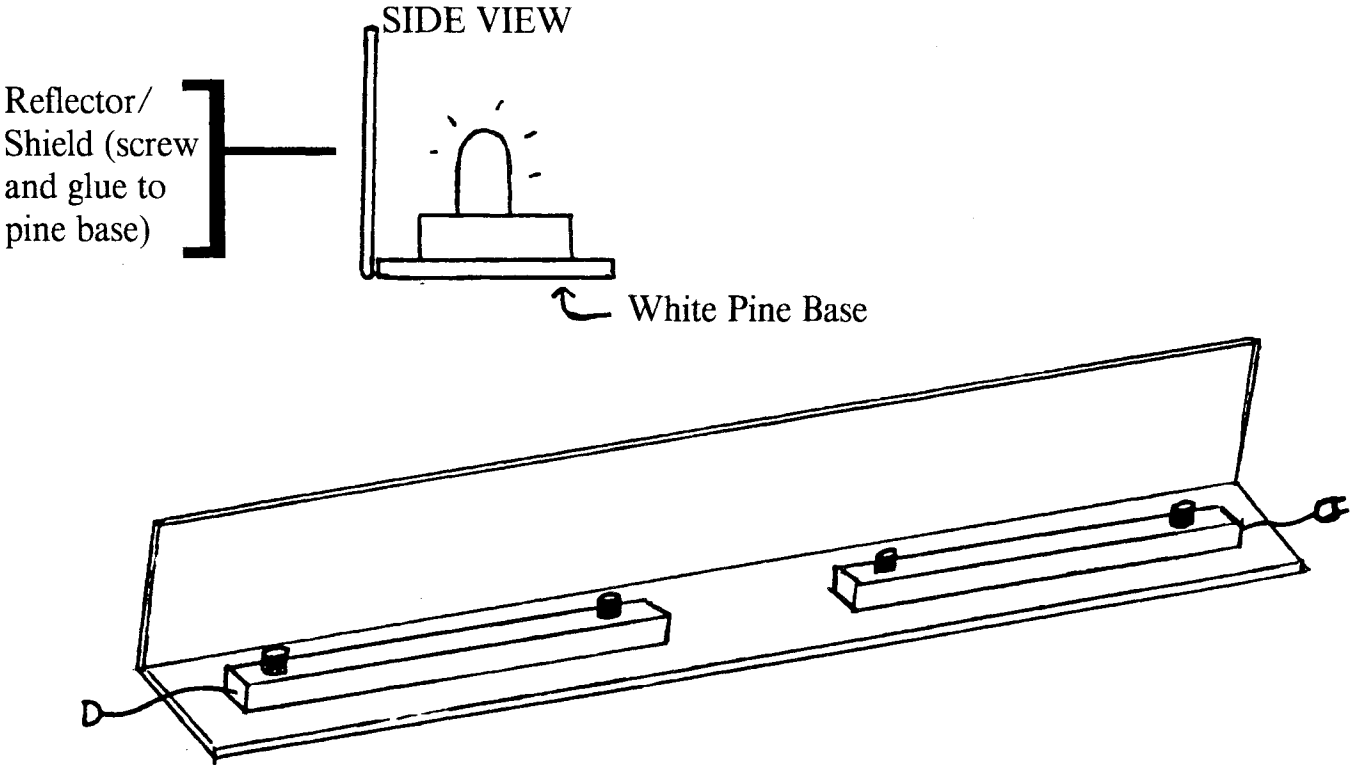
Beginning shooters should be able to hit the trap with every pellet from the very start. If the wall behind the trap needs to be protected, this may be done by standing a piece of plywood (3/4" x 24" x 48") behind each trap.

Pellets hitting a block wall will flatten out and drop to the floor within a few feet of the wall. Pellets striking a sheet rock wall will penetrate it. A backstop in addition to the trap is used to protect the wall — not the shooter.

LIGHT BARS

For the best indoor light conditions for rifle competition, the light on the targets should be brighter than over the firing line. There should be enough light over the shooters for the range officer to see each of the shooters and conduct safe range operations. The firing line on some indoor rifle ranges are operated in semi-darkness, but this is not desirable either for safety or the best shooting conditions. If the class is conducted during the daytime in a classroom you need to close some blinds to keep bright light from shining into the shooter's eyes.

To provide light on the targets, you will need one light bar for every three firing points. A light bar is easy to build with flourescent fixtures and should look something like the following illustrations (not to scale).



As a minimum you will need the following for each light bar:

1 each piece 1 x 8 white pine (3/4" x 7 1/2" x 120")
1/2 inch plywood (1/2" x 8" x 120") Since it is not economical to, get plywood in this length, two pieces can be used for the reflector/shield.
2 each 48" flourescent fixtures
2 each flourescent bulbs (40 watt)
1 each male electrical plug
1 each female electrical plug
Electrical wire (with ground)
Wood glue
Wood screws
White paint

Only a general suggestion is given on how to construct the light bar since much will depend on the material available.

PELLETS AND TARGETS

Consult the Adult Leader's Guide to find ways of obtaining these items.

BMC EQUIPMENT AND SUPPLY CHECKLIST

Quantity Needed:	**Equipment Items:**
_____	Air Rifles*
_____	Slings*(one for each student)
_____	Traps*
_____	Cardboard box*
_____	Plywood backstop*
_____	Plastic milk crates (3 per point)
_____	Blackboard with erasers
_____	Light bar (one for every 3 points)
_____	Extension cords
_____	Scoring plug
_____	Screwdriver for tightening sights

Quantity Needed:	**Equipment Items:**
_____	Stopwatch
_____	_____
_____	_____
	Supply Items:
_____	Pellets
_____	Targets
_____	Rolls of one inch masking tape
_____	Large safety pins for each sling
_____	_____
_____	_____

*One per firing point

ANNEX A — EIGHT CLUB FORMAT LESSON PLANS

Lesson One (90 minutes)

Introduction to the Sport of Shooting
History of the Air Rifle
Equipment, Clothing and Supplies
Coaching Partner Selection

Lesson Two (90 minutes)

Safety, Rules and Range Commands
Air Rifle Operation
Mental Training
Aiming
Triangulation Exercise
Trigger Control

Lesson Three (90 minutes)

Breath Control
Firing a Group
Sight Adjustment
Building a Position
Standing Position

Lesson Four (90 minutes)

Shoot Standing
Use of Sling
Prone Position

Lesson Five (90 minutes)

Prone Firing/Sight Adjustment/
Shoot Standing
National Guard
Kneeling Position

Lesson Six (90 minutes)

Prone/Zero/Standing Exercise
Scoring

Lesson Seven (Over two hours)

Three Position Practice Match
Building and Testing Skill
Review for Final Exam

Lesson Eight (Over two hours)

Final Exam
Three Position Match

BMC LESSON ONE (CLUB FORMAT)

Preparation Reference in Student Handbook:

Chapter I, Introduction
Chapter II, Equipment, Clothing and Supplies

Instruction Time:

90 Minutes

Handout material required for this lesson:

Quiz No. 1

Training aids required:

Shooting mat made of carpet
Unassembled pieces to make a kneeling roll
Homemade kneeling roll
Shooting glases
Pellet trap
Daisy 853 air rifle

OUTLINE FOR BMC LESSON ONE

3 min. 1. Administrative announcements and roll call.

10 min. 2. Introductions.

Describe yourself and introduce your staff who will help you teach the course. You may wish to say something about each individual you introduce.

Have each individual in the room introduce themself and say at least two things about themself. Call it a "Voice Check" if you like but stress that each person in the class will have to communicate if the BMC is to be a success.

1 min. 3. Overview of today's lesson.

— Introduction to sport of shooting

— History of Air Rifle

— Equipment, clothing and supplies

— Coaching partner selection

— Quiz No. 1

4. Introduction (Chapter I).

2 min. A. Early American marksmen
Explain why early Americans had to be skilled marksmen.

3 min. B. Shooting as a sport
Competitive marksmanship today is an international Olympic sport. Shooting does not require tremendous strength to do well. It is a sport where men and women may compete on equal terms.

1 min. C. Becoming a skilled marksman
The first step to becoming a skilled shooter is to learn the fundamentals.

14 min. D. Shooting champions

Divide the class into three groups and assign each group with making a two minute report on one of the three shooting champions (Anderson, Spurgin, and Bassham) profiled in Chapter I. Each report should stress the major factors in how their shooter developed into a champion.

Give the class five minutes to prepare the material on their champion and decide how they are going to give their report.

Reports: Each group may have one or more spokesmen so long as they cover what they feel to be the most important points about how their shooter became a champion.

NOTE: The purpose of this exercise is to get the students working together, to get them on their feet expressing their thoughts and to cover the material.

6 min. 5. A Brief History

A. Ancient Air Guns.
Air guns have been in existence since the 1500's when they were powered by a bellows and strong spring. Air guns were even used by the Austrian Army against Napoleon Bonaparte.

B. Modern Air Guns.
Most modern air guns use a spring driven plunger to compress air which propels the pellet. Others use CO2 in small cartridges.

C. Leading Countries in Air Gun Development. European countries are far ahead of the U.S. in air rifle competition and development, with West Germany leading the way.

20 min. 6. Equipment, Clothing and Supplies (Chap. II).

A. Why limits on equipment?
To provide a doorway into competitive shooting while teaching gun safety. To keep the cost of equipment low so that the competition is a test of an individual's marksmanship skill rather than a test of his equipment.

B. Position Air Rifle Kit.
Review the Circular (this subject) in the Adult Leader's Guide and explain how students can buy their own kit. It is important to encourage students to buy their own rifle and trap so that they can practice at home.

C. Shooting Mat.
Explain how each student can make their own shooting mat from a piece of scrap carpet. New carpet scraps may be obtained at little or no cost at carpet stores. If you do not have enough shooting mats for the class, assign the making of a mat as a project of each class member. They should bring their mat to the next class.

D. Kneeling Roll.
Discuss how to make a kneeling roll. Show the unassembled pieces to make a roll and the finished product. Assign each member of the class to make a kneeling roll (with parential help if needed); the finished kneeling roll should be ready by the time of the class on the kneeling position (establish date for the class).

E. Clothes Worn by Shooters.
No special shooting coats are allowed in this entry level shooting program. One or more sweatshirts may be worn to absorb pulse beat transferred by the sling from the body to the rifle. They also keep the sling from hurting your arm. Clothes should be loose fitting (i.e. pants, etc.). Demonstrate by show and tell.

10 min. 7. Coaching Partner Selection.

Explain purpose and let class members pick their own partners. Pair up those who do not choose a partner on their own. Explain that the coach MUST talk to his partner. The coach should give frequent comment on the things the shooter is doing and cannot see — not just on those things the shooter may do wrong but also praise for good form or performance.

5 min. 8. Collect remaining program fees, in any.

15 min. 9. Summary.

A. Review all major points covered in Lesson One and invite questions to clarify any point that is not understood.

B. Distribute Quiz No. 1. It is to be completed in five minutes without reference to the Handbook or notes. Collect the quiz and announce that it will be graded and then returned at the next class.

C. Remind students they are to make a shooting mat and bring to the next class.

D. Preview next class.

— Basic safety rules and range commands

— How to load and operate an air rifle

— Mental Training

— Aiming and trigger control

— Quiz No. 2

E. Assign reading for next class:

— Chapter III, Gun Safety & Range Commands

— Chapter IV, Operation of the Air Rifle

— Chapter VII, Mental Training

— Chapter VI, Aiming, Trigger Control

— Ask students to bring a current newspaper or magazine article about gun safety or gun accidents to the next class.

10. Free Time after class is dismissed.

Have one rifle available that the students can handle under your close supervision.

BMC LESSON TWO (Club Format)

Preparation Reference in Student Handbook:

Chapter III, Gun Safety and Range Commands
Chapter IV, Operation of the Air Rifle
Chapter III, Mental Training
Chapter VI, Aiming and Trigger Control

Instruction Time:

90 Minutes (the schedule for this lesson is very tight so instructors must be well prepared if all the material is to be covered)

Handout material required for this lesson:

Quiz No. 2

Training aids required:

Air rifles

Box cradles for triangulation exercise (Annex B)

Cardboard paddles with bullseye (See Annex B)

Marking Pens

OUTLINE FOR BMC LESSON TWO

3 min. 1. Administrative announcements and roll call.

5 min. 2. Review

A. Return Quiz No. 1. See Adult Leaders Notebook for answer key. Ask class for the answers to each quiz question; allow students to respond orally. The instructor should give the correct answer only if the class does not know it.

B. Ask review questions of your own.

1 min. 3. Overview of today's lesson.

— Safety and Rules

— Range Commands
— Air Rifle Operation

— Mental Training

— Aiming

— Triangulation Exercise

— Trigger Control

4. Safety (Chapter III)

3 min. A. Attention step and introduction.
Ask the students to discuss articles on gun accidents they found in a newspaper or magazine since last week. If there are no outside articles to work with, use articles on page 3-1 of the Handbook as the basis for a discussion. Try to get the students to come up with the major points you want made. Stress that any rifle or pistol is dangerous if not handled properly and that range safety rules, which are strictly enforced, help to make competitive shooting a sport with one of the best safety records.

NOTE: The pellet rifles which we use in this program can drive a pellet at least one inch deep in human flesh. Practice safety at all times.

6 min. B. Safety Rules (Chapter III)
Cover each of the home and range safety rules and ask for examples of what could happen if they were ignored. Stress to the class that gun safety rules will be strictly enforced in this course.

DEMONSTRATE THE FOLLOWING:

— A two-handed rifle carry with barrel pointed up and bolt open and to the rear

— How to open and close the bolt

— How to place the rifle on the shooting mat pointing down range with the left side of the rifle on the mat and the bolt side visible so that anyone can see that it is open

4 min. C. Range Commands (Chapter III)

Go through the range commands with the class as if a relay was actually being called to the firing line to shoot; have an assistant demonstrate what the shooter should be doing as you give the range commands. Explain commands as you give them but do not take a lot of time.

As you routinely use correct range commands over the balance of this course, the students will learn to properly respond to each command.

For the moment, it is essential that the students know how to respond to the command

"CEASE FIRE"

and that they may not touch their rifles while someone is down range. Make the point that range commands must not be anticipated.

5. The Air Rifle (Chapter IV)

5 min. A. Basic parts of the rifle
Using a rifle as a visual aid, point out and name each of the basic parts. After you have named the parts, point to the different parts of the rifle and let the class call out the name.

4 min. B. DEMONSTRATE the operating steps of the air rifle. This should include an explanation of the loading procedures.

8 min. C. PRACTICAL EXERCISE:
Pair students (shooter/coach) at a firing point.

— Under your command, using unloaded rifles, have the shooter at each firing point go through the operating steps and DRY fire three shots from the standing position while the other student coaches. Do not be concerned here about standing position form.

— Then reverse shooter/coach roles and repeat.

6. Mental Training (Chapter VII)

6 min. A. Introduction.
Explain that firing a good shot requires you to execute a number of mechanical skills under the control of the mind. It will be important to your progress to understand how the mind works. Discuss the three mental processes which results in performance.

— Conscious mind

— Subconscious mind

— Self image

3 min. B. At this point, the three things we need to know about mental training are:

— When learning a new skill, most of your mental direction will have to come from the conscious mind. It can handle only one thought at a time — so you have more than you can handle in the beginning to consistently fire a good shot.

— The subconscious mind is where your power is. Repetition (practice) transfers control of mechanical skills to the subconscious mind.

— Self image makes you act like you. Focus on what you do right — say "that is like me!" when you catch yourself doing well.

C. Points on mental training will be interspersed throughout the rest of the course.

7. Aiming (Chapter VI)

1 min. A. Introduction.

2 min. B. Dominant Eye.
Explain

4 min. C. PRACTICAL EXERCISE: Dominant Eye. Have students go through the exercise to determine their dominant eye. Those who are left eye dominant should fire left handed.

Anyone who see a double bull while aiming with both eyes open must use a blinder.

3 min. D. PRACTICAL EXERCISE: Head Position. Explain proper head position. Then have students hold their eyes in an extreme position (i.e. as far to the right as possible) for just four seconds to demonstrate the strain on the eye muscles.

2 min. E. Fixed Vision
Explain fixed vision and how to prevent it.

2 min F. Eye Relief.
Explain.

5 min. G. Sight Alignment.
Explain and illustrate on blackboard.

2 min. H. Sign Picture.
Explain and then add bull to the sight alignment illustration to represent sight picture.

8. Triangulation Exercise (See Annex B).

2 min. A. Explain.
This exercise will test the shooter's ability to consistently aim the rifle. In the normal aiming process the target is stationary and the rifle is moved by the shooter. In this exercise, the rifle is stationary and shooters give directions for the bullseye to be moved to achieve proper sight picture.

3 min. B. Demonstration:
The instructor should conduct a demonstration of the exercise using two others who have been rehearsed prior to the instruction period. One demonstrator lies down on the mat to serve as the shooter and the other demonstrator stands to one side of the trap to serve as a marker. A blank sheet of paper (or a reversed target) is mounted on the cardboard face of the trap. Tape the paper at two points to assure that it does not move during the exercise. The marker has a cardboard paddle with a bullseye at one end (a 1/8 inch hole has been punched in the center of the 10 ring) and a felt tipped pen.

— The marker places the movable bull at one corner of the trap.

— The shooter looks through the signs without moving the rifle which is cradled on a cardboard box. The shooter gives instructions (verbally and with hand signals) to the marker as to how the bull is to be moved to achieve proper sight picture.

— When the shooter is satisfied with the position of the bull in relation to the sights, he calls out "Mark!"

— Keeping the bull in place, the marker takes the felt tip pen and draws a dot on the paper through the hold in the 10 ring. The bull is then removed.

— This process is repeated two more times. The resulting spread of the three dots on the paper can be evaluated as follows:

Good — three dots covered by a quarter
Better — dots covered by a nickel
Best — one dot or three dots touching

The three dots usually form some sort of triangle. The closer the three dots are together, the better the job of aiming that was done by the shooter.

If perfect sight picture is achieved each time, all three dots will be at the same point.

The ability to aim will improve with practice however, the shooter should not expect to see and be able to maintain perfect sight picture.

12 min. C. Practical Exercise:
Pair students (one student acting as the shooter and the other as the marker). Use an available adult to complete a pair not having two members.

— Conduct the exercise

— Rotate assignments and repeat the exercise

9. Trigger Control(Chapter VI)

4 min. A. Explain trigger control.

4 min. B. Practical Exercise:
Pair students at a firing point. Have the shooter at each point do the following twice:

— Cock the rifle (pull bolt back/push bolt forward)

— From the standing position with both eyes closed (to isolate all other distractions), dry fire a shot concentrating only on trigger control. After the shooter has dry fired twice, reverse shooter/coach roles and repeat the exercise.

8 min. 10. Summary.

A. Review all major points covered in Lesson Two and invite questions to clarify any point that is not understood.

B. Distribute Quiz No. 2. Give students five minutes to complete it without reference to the Handbook or notes. Collect the quiz and announce that it will be graded and then returned at the next class.

C. Preview the next class:

— Breath control

— Firing from supported position

— Sight adjustment

— Standing Position

— Quiz No. 3

D. Assign reading assignment for next class:

— Chapter VI, Aiming and Trigger Control

— Chapter IX, Sight Adjustment and Scoring

— Chapter V, Standing Position

BMC LESSON THREE (CLUB FORMAT)

Preparation References in Student Handbook:

Chapter VI, Aiming and Tigger Control
Chapter IX, Sight Adjustment and Scoring
Chapter V, Standing Position

Instruction Time:

90 Minutes

Handout material required for this lesson:

Sight Adjustment Problem

Quiz No. 3

Training Aids required:

Gallon plastic milk jugs filled with sand or gravel
(One jug for each firing point)

OUTLINE FOR BMC LESSON THREE

3 min. 1. Administrative announcements and roll call.

8 min. 2. Review

A. Return Quiz No. 2. See Adult Leader's Notebook for answer key. Ask class for the answer to each quiz question; allow students to respond orally. Give the correct answer only if the class cannot come up with it.

B. Ask review questions of your own choice. Concentrate on a thorough review of aiming and trigger control.

1 min. 3. Overview of today's lesson.

— Breath Control

— Firing a Group

— Sight Adjustment

— Standing Position

4. Breath Control (Chapter VI)

1 min. A. State that "Breathing will disturb your aim." To demonstrate rib cage movement, have students:

— Place the tips of their fingers on their rib cage where the lowest ribs join

— Then inhale and exhale as fast as they can three times. This dramatizes the amount of movement breathing causes.

2 min. 5. Firing a Shot (Chapter VI)
Review briefly the three fundamentals that go into firing an accurate shot and how they relate to each other.

17 min. 6. Firing a Group (applying the fundamentals of aiming, trigger control, and breath control).

A. Explain:

— The purpose of firing a group and what a tight group indicates.

— To fire a good shot, one must aim, get the rifle to fire without disturbing aim (i.e. trigger control).

B. PRACTICAL EXERCISE:
Pair students (shooter/coach) at a firing point. The goal of this exercise is to get the students to fire the tightest possible group by applying the fundamentals. Make sure the students understand that where the group is located on the target in relation to the bull is NOT important at this time.

— Have one student in each pair fire a three shot group from the supported position; this can be either prone or firing across a table. The key element is that shooters are to use a rest (a gallon milk jug filled with sand/gravel or several kneeling rolls can also be used) to steady the rifle. The non-shooting student in each pair should coach.

— When firing is completed, have the coach go forward and mount a new target and return the three shot group to the shooter. Then have the same shooters repeat the exercise trying to fire a tighter group. Have shooter's put their names on their targets for a later exercise.

— Reverse coach/shooter roles and repeat the exercise.

7. Sight Adjustment (Chapter IX)

5 min. A. Explain:

— How to calculate the adjustment needed to zero a rifle.

— How to make the sight adjustments.

— Backlash

5 min. B. Sight Adjustment Problem (See Answer Key for solution).
Pass out problem sheet and give students three minutes to solve it. Using a blackboard, work through the solution to the problem with the class helping.

C. Using one of their group targets, have students compute the sight adjustment necessary to zero the rifle.

D. Working as a team, have the two students at each point put one of the sight adjustments solutions on the rifle they are using.

4 min. 8. Building a Position

A. Cover what a shooter wants from a good position:

— Stability of hold

— Proper body functioning

— Must be legal

B. Briefly explain what elements are used to build a good position (Note — this is one of the exam questions most often missed):

— Bone support

— Muscle relaxation

— Proper use of sling

— Natural point of aim

— Upright head position

9. Standing Position (Chapter V). NOTE: In setting up the range to shoot standing, either two or three milk crates will be needed to give sufficient height to the pellet trap.

4 min. A. Using a demonstrator, explain the key points of a good standing position.

30 min. B. PRACTICAL EXERCISE: Standing

Prepare the shooters for the greatly increased movement of the bull in the front sight when compared to the rest position. They must not allow the movement of the bull to cause them to freeze up during their steadily increasing pressure on the trigger.

During this exercise, the shooters will need a great deal of encouragement. Give praise for even the largest groups. Assure the students that, with practice, their groups will tighten up.

Pair students at firing points. Have the shooter do the following assisted by the coaching partner:

— Get into a good standing position without the rifle.

— Coach will add the rifle to the position.

— Practice getting into position and determine form of hand support (clenched fist, V, or heel of hand) needed to give proper elevation to the rifle.

— Align the position. NOTE: Instructor should demonstrate and explain steps to align position before students try it.

— Dry fire three shots concentrating on aiming, breath control, and trigger control.

— Fire three pellets. Go forward on your command, examine the target, assess the three-shot group, mark each shot hole with a pen, and return to the firing line.

— Fire three more pellets.

— Go forward and put up a new target. Reverse shooter/coach roles and repeat the exercise with shooter firing on two bottom bulls.

7 min. 10. Summary.

A. Review all major points covered in Lesson Three and invite questions to clarify any point that is not understood.

B. Distribute Quiz No. 3. It is to be completed in five minutes without reference to the Handbook or notes. Collect the quiz and announce that it will be corrected and then returned at the next class.

C. Preview next class:

— Scoring

— Sling

— Prone Position

— Quiz No. 4

D. Assign reading for next class:

Chapter IX, Sight Adjustment and Scoring

Chapter VIII, Prone

NOTE: Before the next class is conducted, students should have an opportunity for at least one period of supervised practice (standing). This should be scheduled so as not to be on the same day as the next class.

BMC LESSON FOUR (Club Format)

Preparation Reference in Student Handbook;

Chapter VIII, Prone Positon

Instruction Time:

90 Minutes

Handout material required for this lesson:

Quiz No. 4

Training Aids required:

Large safety pins for each sling. Pins should be left with slings.

OUTLINE FOR BMC LESSON FOUR

2 min. 1. Administrative announcements and roll call.

6 min. 2. Review.

A. Return Quiz No. 3. See Adult Leader's Notebook for the answer key. Ask class for the answer to each quiz question; allow students to respond orally. Give the correct answer only if the class cannot come up with it.

B. Ask review questions of your own choice.

1 min. 2. Overview of today's lesson.

— Shoot standing

— Use of Sling

— Prone Position

4. PRACTICAL EXERCISE: Standing

2 min. A. Review fundamentals and apply them to the standing position:

— Concentrate on aiming but accept the fact that you can't keep the rifle perfectly still. Keep front and rear sights aligned and strive to keep the bull centered in the front sight aperture.

— When your hold begins to settle, stop breathing until follow through is completed.

— When your hold settles to your minimum movement, initiate trigger pressure and keep increasing pressure until the shot breaks.

22 min. B. Pair students at a firing point. Have the shooter at each point do the following:

— Dryfire three shots from the standing position.

— Fire a five-shot group. Shooters should concentrate on group rather than score.

— Reface targets, reverse shooter/coach roles and repeat the exercise.

5. Sling (Chapter VIII)

1 min. A. Explain purpose of the sling.

3 min. B. DEMONSTRATE how to put a sling on your arm, how to shorten it, and how to lengthen it. Slings should be pinned to sweatshirt to keep it high on the arm.

10 min. C. PRACTICAL EXERCISE:
Pair students (shooter/coach) at firing points. Have them practice putting the sling on the arm and practice shortening/lengthening the sling while it is on the arm and attached to the rifle. This can be done in the sitting position with the rifle pointed toward the ceiling.

6. Prone Position (Chapter VIII)

4 min. A. Explain the prone position using a demonstrator to illustrate your points as you explain them. Also demonstrate how to align position.

30 min. B. PRACTICAL EXERCISE: Prone
Pair students at firing points. Have the shooter do the following assisted by the coaching partner:

— Get into a good prone position without a rifle.

— Add rifle to the position without using sling.

— Attach sling to rifle and adjust.

— Align position.

— Dry fire three shots concentrating on aiming, breath control, and trigger control.

— Fire three pellets. Go forward on your command, mark the shot holes, assess the three-shot group for needed sight adjustment, and return to the firing line.

9 min. 11. Summary.

A. Review all major points covered in Lesson Four and invite questions to clarify any point that is not understood.

B. Distribute Quiz No. 4. It is to be completed in five minutes wihtout reference to the Handbook or notes. Collect the quiz and announce that it will be corrected and then returned at the next class.

C. Preview next class:

— Kneeling position

— Quiz No. 5

D. Assign reading for next class:

— Chapter X, Kneeling Position

BMC LESSON FIVE (Club Format)

Preparation Reference in Student Handbook:

Chapter X, Kneeling Position

Instruction Time:

90 Minutes

Handout material required for this lesson:

Quiz No. 5

Training Aids required:

None

OUTLINE FOR BMC LESSON FIVE

3 min. 1. Administrative announcements and roll call.

6 min. 2. Review.

A. Return Quiz No. 4. See Adult Leader's Notebook for the answer key. Ask class for the answers to each quiz question; allow students to respond orally. Give the correct answer only if the class does not know it.

B. Ask review questions of your own choice.

1 min. 3. Overview of today's lesson.

— Prone Firing/Sight Adjustment/Shoot Standing

— National Guard

— Kneeling Position

30 min. 4. PRACTICAL EXERCISE: Prone/Zero/Standing
Pair students (shooter/coach) at a firing point. Have the shooter do the following:

— Dry fire three rounds from the prone position.

— Fire a three-shot group from the prone position and put up a new target.

— Adjust sights based on three-shot group.

— Dry fire three shots from the standing position.

— Fire five shots from the standing position.

— Put up a new target. Shooters should put their name on both of the targets they have fired on and turn them in. These targets will give you an indication of how each student is grasping the fundamentals.

NOTE: During the above exercise, the student coach should be assisting the shooter and going down range to replace the target. The first cycle above should be completed in about 15 minutes.

— Reverse shooter/coach roles and repeat the exercise.

3 min. 5. National Guard. There are three things that the author of the BMC would like you to know about the National Guard. They are:

— The National Guard is the oldest reserve component of the U.S. Military and traces its roots back to the "First Muster" in 1637.

— There is an Army National Guard and an Air National Guard in each state (also in DC, PR, VI and Guam)

— The National Guard is the only reserve component with both a Federal and a state mission. The governor of a state can call out the National Guard to assist during state emergencies.

6. Kneeling Position (Chapter X)

5 min. A. Explain the kneeling position. Use a demonstrator to illustrate your explanation.

35 min. B. PRACTICAL EXERCISE: Kneeling.
Pair students (shooter/coach) at a firing point. Have each shooter without sight adjustment do the following:

— Get into position is correct, the coach should add the rifle to the position.

— Attach sling to rifle and adjust.

— Align the position.

— Dry fire three shots concentrating on aiming, breath control and trigger control.

— Fire five shots. Concentrate on group rather than score.

— Reface targets, reverse shooter/coach roles and repeat the exercise.

7 min. 7. Summary.

A. Review major points covered in Lesson five. Invite questions to clarify any point that is not understood.

B. Distribute Quiz No. 5. Give students five minutes to complete it without reference to the Handbook or notes. Collect the quiz and announce that it will be graded and then returned at the next class.

C. Preview next class:

— Prone/Zero/Standing Exercise

— Scoring

D. Assign reading for next class:

— Chapter IX, Scoring

NOTE: Before the next class is conducted, students should have an opportunity for one hour of supervised practice. This should be scheduled so as not to be on the same day as the next class.

BMC LESSON SIX (Club Format)

Preparation Reference in Student Handbook:

Chapter IX, Scoring

Instruction Time:

52 minutes

Handout material required for this lesson:

Scoring Exercise
Quiz No. 6

Training Aids required:

None

OUTLINE FOR BMC LESSON SIX

3 min. 1. Administrative announcements and roll call.

4 min. 2. Review.

A. Return Quiz No. 5. See Adult Leaders Notebook for the answer key. Ask class for the answers to each quiz question; allow the students to respond orally. Give the correct answer only if the class does not know it.

B. Ask review questions of your own choice.

1 min. 3. Overview of today's lesson.

— Prone/Zero/Standing Exercise

— Scoring

24 min. 4. PRACTICAL EXERCISE: Prone/Zero/Standing
NOTE: This exercise must move along and be completed in the time allowed. Five minutes less are allowed than in the last lesson.

Pair students (shooter/coach) at a firing point. Have each shooter do the following:

— Dry fire three shots from the prone position.

— Fire a three-shot group from the prone position and put up a new target.

— Adjust sights based on three-shot group.

— Dry fire three shots standing.

— Fire five shots from the standing position.

— Put up a new target. Shooters should put their name on their targets and hold onto them as they will be needed for the daily quiz.

Reface targets, reverse shooter/coach role and repeat exercise. Each relay of this exercise needs to be completed in 12 minutes.

5. Scoring. (Chapter IX)

4 min. A. Explain (and illustrate on blackboard or butcher paper) scoring.

2 min. B. Excessive Hits (this is not covered in the text). When a shooter has extra hits on a target which can't be established as having been fired by another shooter, the shooter will have to accept the score of the hits of lowest value on the target. EXAMPLE: if he were supposed to fire five shots on the target and there were six hits, he would have to accept the value of the lowest five shots on the target.

5 min. C. PRACTICAL EXERCISE: Scoring.
Pass out the Scoring Exercise and allow the students about three minutes to score the target using the dropped point method.

Discuss answers. Allow students to keep the exercise sheets.

7 min. 6. Summary.

A. Review major points covered in Lesson Six. Invite questions to clarify any point that is not understood.

B. Distribute Quiz No. 6. Give students five minutes to complete it without reference to the Handbook or to notes. Students will need their three-shot group target and standing target to complete the quiz. Collect the quiz and the targets. Announce that it will be graded and then returned at the next class.

C. Preview next class:

— Discussion of the Qualification Program

— Review of the course.

— Three Position PRACTICE Match

D. Lessons Seven and Eight will require schedule adjustments. The requirements of the next two lessons must be resolved in advance so that dates and times can be announced at this time.

E. Assign reading for next class:

— Chapter XI, Building and Testing Your Skills

— Review all course material.

NOTE: Before the next class is conducted, students should have an opportunity for one hour of supervised practice. This should be scheduled so as not to be on the same day as the next lesson.

BMC LESSON SEVEN (Club Format)

Four Position Practice Match

Preparation Reference:

Chapter XI, Building and Testing Your Skill

Instruction Time:

Two hours +

Properly conducting this block of instruction requires several changes from the previous routine. More adult leaders will be needed because three activities (range firing/classroom instruction/ Stat Office) will be conducted at the same time.

Handout material required for this lesson:

Progress Record Form for Jr. Olympic Qualification Program

Training Aids required:

Stop watch to run range time
Scoring Plug (cal .177)
Black fine tip markers (for students)
Red fine tip markers (for Stat Office)
Jr. Olympic Qualified Brassards and Certificates
Score Cards (Annex C) — Photocopy; cut in half

OUTLINE FOR BMC LESSON SEVEN

2 min. 1. Administrative announcements and roll call.

5 min. 2. Review.
Return Quiz No. 6 (corrected). See Adult Leader's Notebook for answer key. Ask class for the answers to each quiz question; allow students to respond orally and invite questions to clarify any point that is not understood.

2 min. 3. Overview of today's lesson.

— Three position practice match, 10 shots in each position (30 record shots total); the match will be fired in two stages (prone and standing plus kneeling).

— Explain the course of fire and exactly what will be expected of the shooters at each stage.

— While Relay One is on the firing line, Relay Two will be in a classroom.

4. Organization — divide class into two relays.

— Send relay one to the range.

— Send relay two to the classroom.

5. Range Schedule — Three Position PRACTICE Match

The Range Officer will have to be thoroughly familiar with the range commands (see pages 3-2 and 3-3 of the Handbook).

50 min. A. Prone and Standing Stage

Relay One

— Call Relay One to the firing line for the prone and standing stages of the Three Position Match.

— Give shooters a three-minute preparation period.

— Give shooters three minutes to fire three shots to zero their rifles. Have them take down their zero target and mount two TQ-18 targets side by side on the trap. Each target should be marked with the shooter's name and the word "PRONE" at the top.

— Give shooters three minutes to make sight adjustments.

— Fire the prone stage. Ten rounds in ten minutes (five shots on each target).

— Have shooters put up two new targets and raise the traps for standing (center of trap should be 48 inches or higher but no higher than 60 inches). Each target should be marked with the shooter's name and the word "STANDING."

— Allow three minutes to make sight adjustments based on the prone targets.

— Fire the standing stage. Ten rounds in ten minutes (five shots on each target).

— Have the shooters take down their standing targets and mount one zero target for the next relay. Traps should be lowered (center of the trap should not be lower than 12 inches nor higher than 36 inches) for prone and kneeling.

— Direct this relay to take their fired targets and go the classroom.

NOTE: If all shooters on the line complete a stage of fire before the alloted time, call a "Cease Fire" and move on to save time.

Relay Two

— Call Relay Two to the line and repeat the above.

50 min. B. Kneeling Stage

Relay One

— Call relay One to the firing line for the kneeling stage of the Three Position Match.

— Allow three minutes to make sight adjustments.

— Fire the kneeling stage. Ten rounds in 10 minutes (five shots on each target).

— Have shooters take down their kneeling targets and mount a zero target for the next relay.

— Direct this relay to take their fired targets and go to the classroom.

Relay Two

Call Relay Two to the line and repeat the above.

6. Classroom Schedule.

This schedule is for the relay that is not on the firing line. The topics to be covered in the lesson plan below will not utilize all the time available. After each period is

completed have the students study their Handbook in preparation for the Final Exam or visit quietly.

Relay Two (while relay One is firing prone and standing)

A. Building and Testing Your Skills (Chapter XI)

— Importance of Practice — particularly dryfire.

— Competition. Explain Challenge Ladder and other opportunities for competition.

— Own Equipment. Progress is dependant upon being able to shoot when you want and shooters must have their own equipment for this.
— Qualification Program. Explain the Junior Olympic Qualification Program, pass out the Individual Progress Record Form (if your group is using the JOQP to recognize your shooters).

B. Review. Lead an organized review of the course material or allow class to study on their own until they are called to firing line.

Relay One (While Relay Two is firing prone and standing.)

C. Scoring (Chapter IX)

— Each shooter should score his/her own record targets as shown on page 14-3 of the Handbook. The shooter should not disturb any shot hole. Shooters must give their best estimate for the value of each shot. If a shot needs to be plugged, it will be plugged later by the adult leader handling the Stat Operation for the match.

NOTE: Student scoring should be done with black fine tip markers. Stat Office scoring will be done with red fine tip markers.

D. Cover A and B above with this relay as you did with the previous relay.

NOTE: From this point forward, supervise the student self-scoring of each succeeding relay as it comes off the firing line. When scoring is completed, direct the students to prepare for the final exam. Quiet visiting which does not disturb the shooters should also be allowed.

7. Summary.

3 min. A. Preview next class:

— Final Exam
— Record Match

B. Review. Encourage students to ask any question on the course material they wish or to clarify any point in preparation for the final. Give students first chance to provide the information. The individual who handles this review needs to know the material.

3 min. C. Announce results of practice match and dismiss.

Statistical Office

Every match must have one or more people assigned to do the official scoring (or compile scoring already done on the firing line). Here we allow the shooters to unofficially score their own targets to give them much needed practice. This function is usually referred to as the "Stat Office."

After each relay completes its self-scoring, the targets should be passed to the Stat Office for the following:

— Review all scoring (shot calls and math) and make corrections in red so that the shooter can easily identify the correction when the targets are returned.

— Post target totals to the Match Score Card. The score card (Annex C) allows you to post scores from four targets in each position; you will only be posting two target scores for each position in this event.

— After all target scores are posted, total the three position match score.

— Sort score cards by score (highest first) and post name and score on blackboard or on butcher paper for the class to see.

BMC LESSON EIGHT (Club Format)

Final Exam/Record Fire Match

Preparation Reference:

None

Instruction Time:

Approximately two hours

This block of instruction is very similar to the previous lesson. Additional adult leaders will again be needed because three activities (range firing/final exam/Stat Office) will be conducted at the same time.

Handout material required for this lesson:

Final Exam

Training Aids required:

Stop watch to run range time
Scoring Plug (cal. .177)
Black fine tip markers (for students)
Red fine tip markers (for Stat Office)
Score Cards (Annex C) — Photocopy and cut in half

OUTLINE FOR BMC LESSON EIGHT

2 min. 1. Administrative announcements and roll call.

2 min. 2. Overview of today's lesson.

— Three position record fire match, ten shots in each position (30 record shots total)

— Explain the course of fire and exactly what will be expected of the shooters at each stage.

— While Relay One is on the firing line, Relay Two will be in a classroom taking final exam. Then relays will exchange places.

Announce that graded final exams will not be returned to students but answers to any question will be reviewed upon request.

3. Organization — divide the class into two relays

— Send Relay One to the range.

— Send Relay Two to the classroom.

4. Range Schedule — Three Position Match

The Range Officer will have to be thoroughly familiar with the range commands (see pages 3-2 and 3-3 of the Handbook).

70 min. A. Prone and Standing Stage

Relay One

— Call Relay One to the firing line to fire for the prone and standing stage of the Three Position Match.

— Give shooters a three-minute preparation period.

— Give shooters three minutes to fire three shots to zero their rifles. Have them take down their zero target and mount two TQ-18 targets side by side on the trap. Each target should be marked with the shooter's name and the word "PRONE" at the top.

— Give shooters three minutes to make sight adjustments.

— Fire the prone stage. Ten rounds in ten minutes (five shots on each target).

— Have shooters put up two new targets and raise the traps for standing (center of trap whould be 48 inches or higher but no higher than 60 inches). Each target should be marked with the shooter's name and the word "STANDING"

— Allow three minutes to make sight adjustments based on the prone targets.

— Fire the standing stage. Ten rounds in ten minutes (five shots on each target).

— Have the shooters take down their standing targets and mount one zero target for the next relay. Traps should be lowered (center of the trap should not be lower than 12 inches nor higher than 36 inches) for prone, and kneeling.

— Direct relay to start scoring their targets.

— When Relay Two has completed the final, send Relay One to the classroom — Caution them that they are not to duscuss the exam with Relay Two.

— Call Relay Two to the line and repeat the above.

50 min. B. Kneeling Stage

Relay One

— Call Relay One to the firing line for the kneeling stage of the Three Position Match.

— Allow three minutes to make sight adjustments.

— Fire the kneeling stage. Ten rounds in ten minutes (five shots on each target).

— Have the shooters take down their kneeling targets and mount a zero target for the next relay.

— Direct this relay to take their fired targets and go to the classroom.

Relay Two

— Call Relay Two to the line and repeat the above.

5. Classroom Schedule (for Final Exam):

A. Final Exam for Relay Two (while Relay One firing prone and standing)

— Seat students so that they can't observe each other's answer sheets.

— Have students put away Handbooks, notes and all material which could give aid during exam.

— Check to make sure that every student has a pencil.

— Pass out exams

— Notify students that:

1) That they have 30 minutes to complete the exam without reference to any other material.

2) When finished, they should turn in their exam and depart the room.

3) They are not to discuss the exam with each other or the other relay until everyone has completed the exam.

— Start exam and give 30 minutes.

— At the end of 30 minutes, collect the exams even if students are not finished.

— Take the exams to the Stat Office to be scored.

B. Final Exam for Relay One (while Relay Two is firing prone and standing)

— Repeat A. above as you did with previous relay.

C. When both relays have completed exam, help in Stat Office.

6. Summary.

3 min. A. Review of Final Exam.

— Give answers to the exam questions but DO NOT RETURN THE EXAM to the students.

— Announce exam scores if they are ready.

3 min. B. Post results of record match and dismiss.

The American Legion - "Still Serving America"

The American Legion continues its intensive drive to protect and preserve the Flag from physical desecration, veteran benefits, National Security, and provide wholesome programs for the welfare and enhancement of future generations, the numerical strength of this organization is vital. Do you belong and are you doing your part in asking others to belong?

One of the greatest challenges faced today is reminding others about the selfless service of veterans. Veterans have made America strong enough to endure war so there could be economic prosperity, political freedom and peace. The American Legion has consistently been a cornerstone in ensuring those who served are not forgotten. The American Legion has never lost sight of what's really important: veterans, their families, communities, God and country.

The American Legion possesses a proud heritage in the role it plays in helping others since our inception in 1919. Our commitment is further evident through our efforts to create a viable Veteran Health Care System, a fair and equitable GI Bill of Rights, and our insistence in ensuring treatment for illness caused by Agent orange and unknown illness from the Persian Gulf War.

Membership in The American Legion is a matter of pride; pride in heritage, pride in accomplishment, pride in serving, pride in belonging Every eligible veteran deserves the opportunity to share in the spirit of this pride. We each have the opportunity to instill this sense of pride in others by committing ourselves to asking an eligible veteran to join. It is simple, JUST ASK!

Simply put, without members there would be no American Legion. It is often said, **"it is not the price you pay to belong but the price you paid to become eligible to belong."**

For additional information regarding membership in The American Legion, contact: The American Legion, National Headquarters, P.O. Box 1055, Indianapolis, IN 46206 or phone (317) 630-1321.

BMC QUIZ #1

Name: _____ Date: _____

1. To be a competitive marksman, an individual does not have to have great physical size or strength. T F

2. Competitive shooting is an Olympic sport. T F

3. In America, men and women compete as equals in the sport of competitive shooting. T F

4. The first step to becoming a skilled marksman is to learn the fundamentals. T F

5. Gary Anderson (winner of two Olympic Gold Medals) as a teenager had to teach himself how to shoot. T F

6. Pellets used in target shooting should have a flat nose so that they make a clean scoreable hole in the target. T F

7. The two main reasons why Americans were skilled marksmen during the early development of this country are (circle number of correct answers):

a) As members of the local militia, they practiced frequently.

b) They hunted wild game for food.

c) They had to protect their families.

8. What should always be worn by air rifle shooters while on the firing line? (circle the correct answer)

a) Hearing protection.

b) One or more sweatshirts.

c) Glasses with impact resistant or hardened lenses.

9. How old was Pat Spurgin when she won the Olympic Gold Medal for air rifle in the 1984 Olympics?

a) 14

b) 18

c) 28

BMC QUIZ #2

Name: _____ Date: _____

1. How should you treat every rifle (or gun)?

_____

2. List three rules for handling a gun:

a)_____

_____

b)_____

_____

c)_____

_____

3. Who can give the command **CEASE FIRE** when a dangerous situation is observed?

_____

4. The #1 concern of all people participating in any kind of shooting program should be:

_____

5. To prevent accidents, personnel are not allowed down range unless all _____ are _____and all _____ are _____.

6. Air rifle pellets have: (circle correct answer)

1) hollow nose/solid tail
2) solid nose/skirted tail
3) solid nose/solid tail

7. Any performance is a function of three mental processes. They are:

a)_____

b)_____

c)_____

8. Both of your eyes do the same work. T F

9. Your eyes work as a team. T F

10. Your eyes can't relax when one eye is closed and the other eye is open. T F

11. Eye relief is the distance between the eye and the front sight. T F

12. The most critical element in the aiming process is sight alignment. T F

13. The shooter should close one eye during the aiming process. T F

14. The shooter should look as straight forward out of the eye socket as possible during aiming. T F

15. Proper sight alignment occurs when the front sight is centered in the rear sight as the shooter looks through the rear sight. T F

16. Explain fixed vision.

_____

_____

_____

17. Why is Kentucky windage seldom used in competitive shooting?

_____

18. Trigger control is the process of causing the rifle to fire without _____

BMC QUIZ #3

Name:_____ Date: _____

1. The shooter should fire the shot during an extended pause during which time the breathing cycle is stopped. T F

2. During the process of firing a shot, the trigger finger must apply pressure on the trigger straight to the rear in order to maintain good trigger control. T F

3. "Follow through" simply means that the shooter continues to aim and maintain steady hold for a second or two after a shot breaks. T F

4. The first step in adjusting your sights is to fire a 3-shot group. T F

5. The windage knob will move the strike of the pellet up or down. T F

6. Back bend and body twist are used in the standing position to help insure that the weight of the rifle is held up mainly by bone structure rather than muscles. T F

7. The item used to transfer support of the rifle from the muscles to the bones is the:

_____

8. The most common trigger control mistake made by new shooters is:

_____

9. The term frequently used by shooters in describing the process of firing an accurate shot is:

a) Creep
b) Group
c) Jerk
d) Hold

10. Any trigger movement from the point after slack is taken up to the point when the rifle fires is called:

a) Hold
b) Jerk
c) Creep
d) Group

11. _____ is one of the most important firing techniques for all shooters.

12. There are just two things you need to know about breathing. List them:

_____
_____
_____
_____
_____
_____

BMC QUIZ #4

Name: _____ Date: _____

Answers for fill in the blanks exercise. THERE ARE EXTRA RESPONSES

prone	90 degrees	muscles
directly	bone	sling
45 degrees	natural	standing
almost		

FILL IN THE BLANKS

1. _____is considered the least stable position.

2. _____ is considered the most stable of the shooting positions.

3. In the standing position, the feet are a comfortable shoulder width apart and pointed _____away from the target.

4. A good prone position has a _____ point of aim.

5. A good prone position does not use _____ to support the rifle.

6. The sling loop should always be on the biceps in the prone position. T F

7. Natural point of aim is not important in the standing position. T F

8. The sling tension on the arm should be tight enough to assure that it does not slip down on the arm. T F

9. In the prone position, the right hand grasps the pistol grip firmly and exerts a steady pressure rearward into the shoulder. T F

10. For better stability, and more contact with the rifle, the trigger finger should touch the side of the rifle. T F

BMC QUIZ #5

Name: _____ Date: _____

1. In the kneeling position, the left elbow is placed do the flat spot on the elbow fits against the flat spot on the knee. T F

2. Back bend and body twist is an important feature of the kneeling position. T F

3. Repetition (practice) helps transfer skills to your conscious mind. T F

4. Your "self image" makes you act like you. T F

5. If the arm loop of the sling slips down over your biceps, it could stop circulation and cause a pulse effect. T F

6. In kneeling, twisting the left foot around until it is nearly parallel with the right leg will stabilize the left knee. T F

7. In the kneeling position, the spine is centered over the head of the right foot. T F

8. If you do not follow through, you can relax your hold before the pellet is out of the barrel. T F

9. In prone and kneeling, the forearm of the rifle rests on the small depression in the palm of the left hand. T F

10. The fingers and thumb of the left hand firmly grasp the stock. T F

BMC QUIZ #6

Name: _____ Date: _____

1. When aligning your position (in prone and kneeling), you can raise the front of your rifle by: _____
_____
_____

2. What is the first step to be taken with the rifle after completing the shot firing sequence?
_____

3. When pumping the Daisy 853 air rifle, why should you pause for one second when the pump handle is fully extended?
_____

4. If a shot is close to the line, a shooter who is scoring his or her own target should plug it. T F

5. The plug used in air rifle is .177 caliber. T F

6. In dry fire, the shooter should go through all the steps required to fire a shot, striving to make it the best possible shot.
T F

7. In dry fire, you should even visualize the result, a dead center shot. T F

8. In the standing position, the shooter relaxes forward with most of the upper body weight transmitted to the legs. T F

Sight Adjustment Problem

Name _____ Date _____

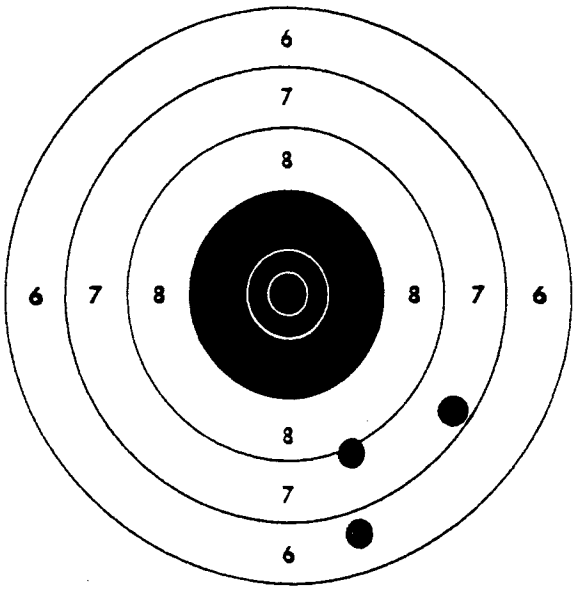
Determine the sight adjustment data for each of the shot groups on this page. Proceed as follows:

- Place a dot in the center of the shot group.
- Draw a horizontal line through the dot which can be used to calculate the elevation adjustment. Place an "E" at one end of this line.
- Draw a vertical line through the dot which can be used to calculate the windage adjustment. Place a "W" at one end of this line.

1. What adjustment would you make to set your sights to move the dot into the 10 ring?

Elevation: Clicks _____ Direction _____

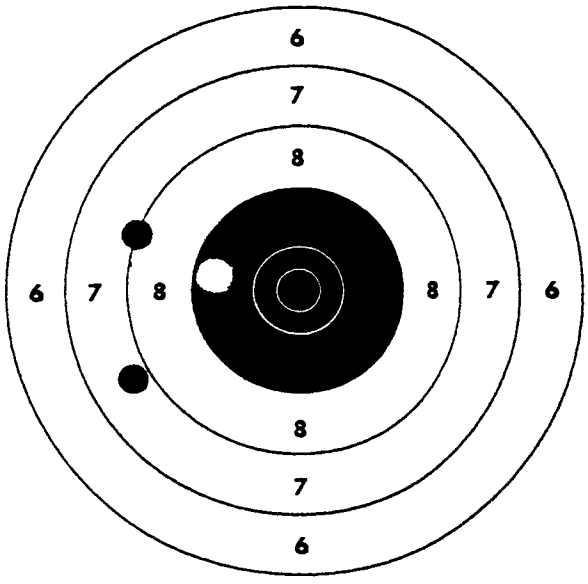
Windage: Clicks _____ Direction _____



2. What adjustment would you make to your sights too move the dot into the 10 ring?

Elevation: Clicks _____ Direction _____

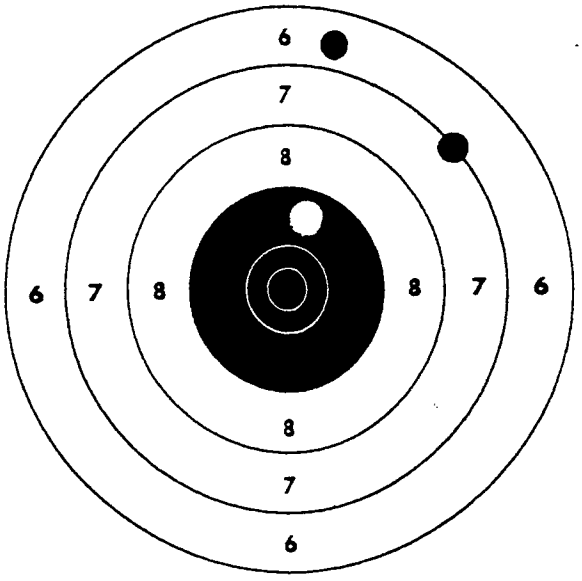
Windage: Clicks _____ Direction _____



3. What adjustment would you make to your sights tc move the dot into the 10 ring?

Elevation: Clicks _____ Direction _____

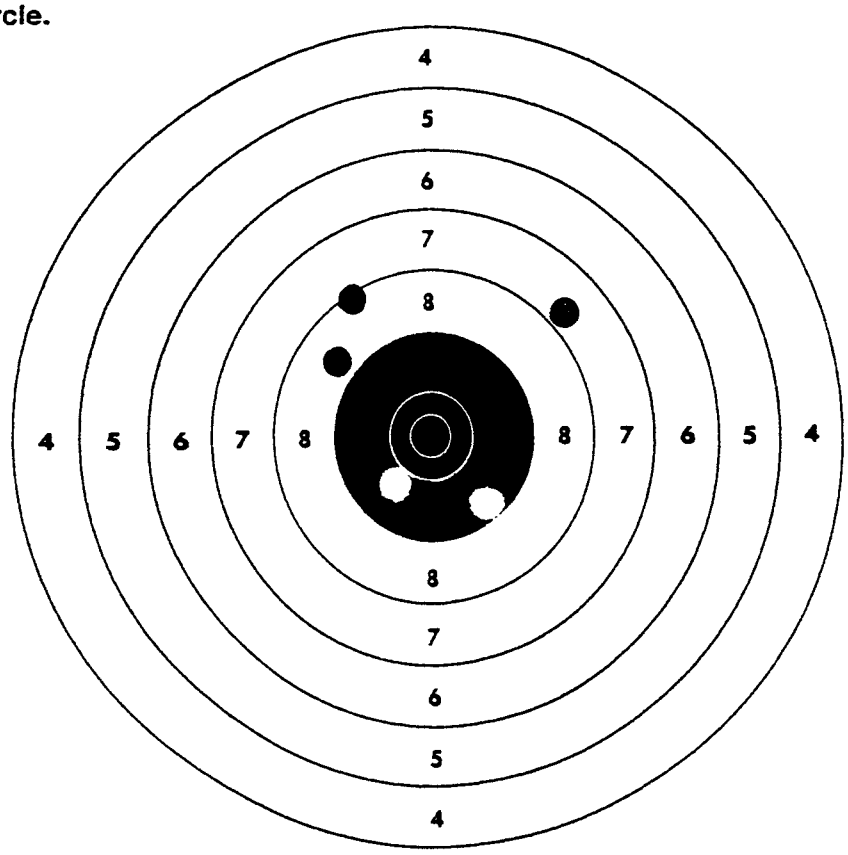
Windage: Clicks _____ Direction _____



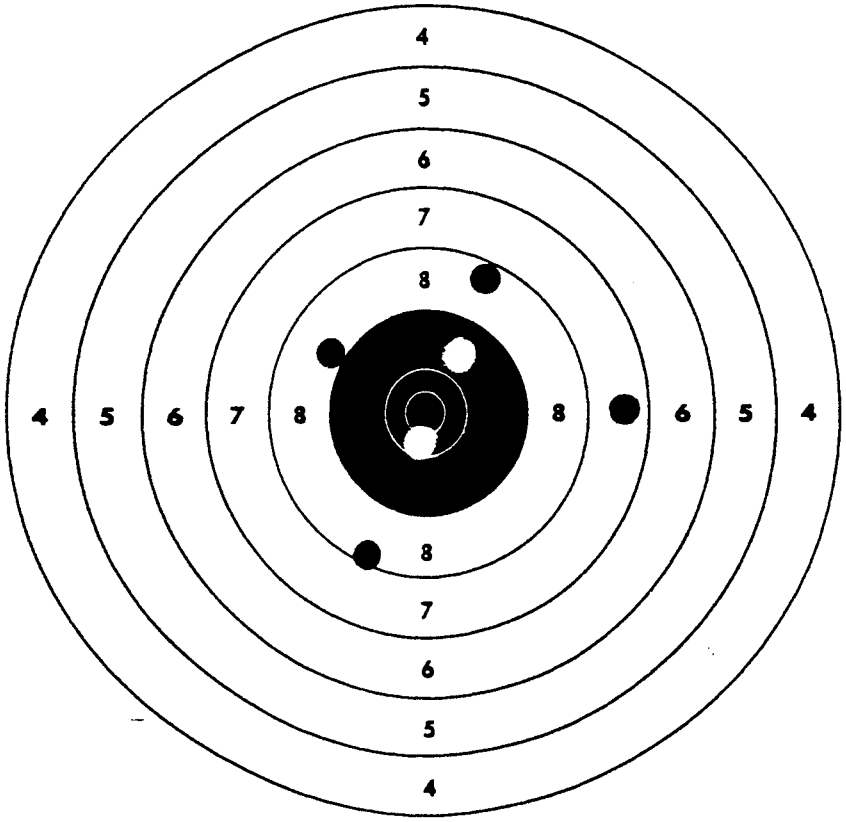
Scoring Exercise

1. Assign a numeric value to each shot on the target using the "lost points" method.
2. Show your math inside the **bold circle.**

TOTAL SCORE



TOTAL SCORE



Note: If there are extra hits on a target, and it is impossible to confirm that another shooter fired the shot(s), the extra hits of highest value will be nullified (i.e. score the lowest five).

BMC FINAL EXAM

Name: _____
Date: _____

I. True and False. 20 Exam Points (1 for each correct answer). Circle the correct answer.

1. As long as you know that a rifle is unloaded, it does not matter where it is pointed. T F

2. A shooter should aim with the dominant eye. T F

3. Because our eyes work best in a forward looking position, we try to build all our positions in a manner that allows the head to be upright while firing. T F

4. It is best to inhale a large amount of air and hold it into your lungs when firing a shot so you will have longer to work on each spot. T F

5. During aiming, if you feel an overwhelming urge to breath, you should go ahead and fire the shot. T F

6. The elevation knob on the rear sight is used to move the strike of the pellet from side to side. T F

7. Air rifle is an Olympic event. T F

8. The first step in sight adjustment is to fire a three shot group. T F

9. "Hold" refers to how tightly you clutch the rifle stock into your shoulder. T F

10. Dry fire must always be done on an approved range. T F

11. Our goal in shooting is to train our subconscious mind to control the act of firing a shot. T F

12. In a shooting match, being male or female has no bearing on who is most likely to win. T F

13. "Sight alignment" is more important than "sight picture." T F

14. While aiming and firing the rifle, the shooter should keep both eyes open. T F

15. The shooter should make every effort to fire the rifle during an extended pause in the breathing process. T F

16. The elevation knob on the rear sight is used to elevate the rifle. T F

17. A blinder is an aid to aiming because it helps keep the shooter from seeing double images of the target. T F

18. Back bend and nody twist helps to insure that the weight of the rifle is held up mainly by bone structure rather than body muscle. T F

19. The conscious mind has the power to control our thoughts, set our goals and even set us dreaming. T F

20. Kneeling is the least stable position. T F

II. Multiple Choice. 10 Exam Points (1 for each correct answer). Circle the correct answer.

1. What should you do when you hear the command "cease fire?"
    a. Fire the last shot
    b. Turn and look at the range officer
    c. Immediately open your bolt, remove clip, and ground your rifle

2. A sweat shirt is a help in shooting because it:
    a. Soaks up the sweat
    b. Pads the body and dampens pulse beat
    c. Keeps the shooter warm

3. Eye relief is:
    a. The distance between the eye and the rear sight
    b. A method for resting the eye during shooting
    c. The distance between the front sight and the eye

4. Which of the three shooting positions is the least stable?
    a. Prone
    b. Kneeling
    c. Standing

5. What should a shooter do to avoid fixed vision?
   a. Stare at the bullseye
   b. Rub both eyes
   c. Simply glance away or blink every four or five seconds

6. In the standing position, the left arm should:
   a. Be tensed to support the rifle
   b. Be resting against the rib cage to support the rifle
   c. Be held away from the body and muscle up the rifle to the proper position

7. The key to good trigger control is being able to:
   a. Steadily increase pressure on the trigger until the round breaks
   b. Snap the trigger as the bull comes past
   c. Jerk the trigger cleanly

8. Hold is:
   a. Looseness in your rear sight
   b. How tight you can grip the rifle
   c. How still a shooter can maintain the rifle while aiming and firing a shot

9. The caliber of pellet used in this program is:
   a. .112 caliber
   b. .177 caliber
   c. .22 caliber

10. Because of the sympathetic reaction between the eyes, you should fire:
   a. With only your dominant eye open
   b. With both eyes open
   c. With one closed

III. Fill in the blanks. 15 exam points (1 point for each blank). All answers are listed below; each answer may be used only once.

anyone	open & to the rear
butt	oxygen starvation
down	safety
eye relief	safety rule
fundamentals	see if it is loaded
hold deteriorates	sight alignment
loaded	up in the air
mental distraction	

1. The command to "CEASE FIRE" may be given by _____ on a range when a life threatening situation exists.

2. The first thing a shooter should do when he picks up a rifle is to check to:
_____.

3. The bolt of the rifle should be _____ _____ when not actually firing a shot.

4. The number one concern of everyone on a range at all times should be _____.

5. You should treat every gun as if it were _____.

6. During aiming, _____ is generally considered the most critical element.

7. The distance between the rear sight of a rifle and the eye is called _____.

8. The rear of the stock that fits against the shoulder is called the _____.

9. The shooter should stop the firing sequence immediately when any of the following disturbances occur during the aiming process:
a. _____

b. _____

c. _____

10. "Always be sure of your target and what is behind that target" is a good common sense _____ everyone should observe when shooting or hunting.

11. When handling a gun, the muzzle should be pointed in a safe direction which is usually _____ or _____.

12. The first step in learning to become a skilled shooter is to learn the _____.

IV. Fill in the blanks. 14 exam points (1 point for each blank). All answers are listed below and the answers can be used twice.

aiming	follow through
bones	hold
breath control	jerk
comfort	translucent
extended pause	sight alignment
sight picture	sling
trigger control	natural point of aim

1. The most important requirement of any of the shooting positions is _____.

2. When a shooter looks through the sights and centers the bullseye in the front sight, the shooter has achieved what is termed as _____.

3. The blinder for the non-sighting eye should be _____.

4. What part of the body do we strive to use most in building a good position? _____

5. The act of causing the rifle to fire without disturbing the aim is a fundamental referred to as:

_____

6. The most common trigger control mistake made by a new shooter is the _____.

7. Centering the front sight in the rear sight is a process called _____.

8. Continuing to hold and aim the rifle for a second or two after the shot breaks is known as:

_____

9. A sudden pull to the rear on the trigger which caused the rifle to fire and at the same time moves the rifle before the pellet can exit the bore is called a:

_____

10. Three of the five elements which may be used in building a good position are:

a._____

b._____

c._____

13. A very small error in _____ can cause a dramatic change in the placement of a shot on the target.

14. How still an individual shooter can maintain the rifle while aiming and firing a shot is called:

_____

V. Fill in the blanks. 13 exam points (1point for each blank). All answers are listed below, No answer is used more than once; there are extra answers which do not apply.

back bend	inhale & exhale
elevation	kneeling roll
exhale & inhale	nine
one	natural point of aim
body twist	point of aim
six	prone
right leg	sitting
windage	zeroed
kneeling	

1. The _____ position has the largest area of support and is therefore the steadiest.

2. A piece of equipment used in the kneeling position to transfer the weight of the body from the right instep to the floor is the _____.

3. After the shooter has established a good shooting position, the shooter should check for natural _____.

4. A natural pause in the body's respiratory cycle occurs between the _____ phases of the respiratory cycle.

5. It takes _____ clicks of the rear sight to move the strike of the pellet one scoring ring on the TQ-18 target.

6. In the kneeling position, the left foot should be approximately parallel with the _____.

7. The technique used in the standing position to insure the weight of the rifle is held up by bone structure rather than muscles is known as _____ and _____.

8. The two types of sight adjustment which can be made with the rear sight to change the impact of the pellet are called _____ and _____.

9. A shooter is ready to shoot from the kneeling position on the firing line, but the rifle wants to point to the left of the target. The shooter's position needs

to be corrected to achieve _____.

10. The lowest score you can get for one shot on the TQ-18 air rifle target without getting a miss is a _____.

11. To get the highest score results from shot group placement, the sights of the riffle must be _____ for the individual shooter.

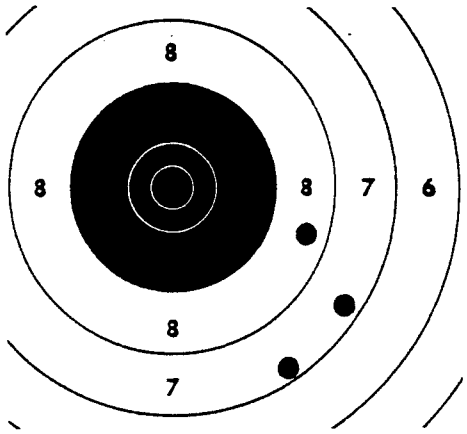
VI. Sight Adjustment Problem. 15 Exam Points.

Using the shot group illustrated below:

1. Estimate the center point of the three shot group and mark your estimated point with a small dot. (one point).

2. Draw a dashed line through the center of the shot group which can be used to calculate the required WINDAGE adjustment. Mark this line "Windage" (two points).

3. Draw another dashed line through the center of the shot group which can be used to calculate the required ELEVATION adjustment. Mark this line "Elevation." (two points).



The following questions concern the adjustments which must be made to move the center of the illustrated shot group into the 10 ring. Each correct answer below counts (two points).

Elevation Adjustment:

4. The correct elevation adjustment will move the center of the shot group which direction (circle answer)?

up / down / right / left

5. How many clicks of elevation are required?

_____ clicks.

Windage Adjustment:

6. The correct windage adjustment will move the center of the shot group which direction (circle answer)?

up / down / right / left

7. What direction should the windage knob be turned (circle answer)?

clockwise / counter-clockwise

8. How many clicks of windage are required?

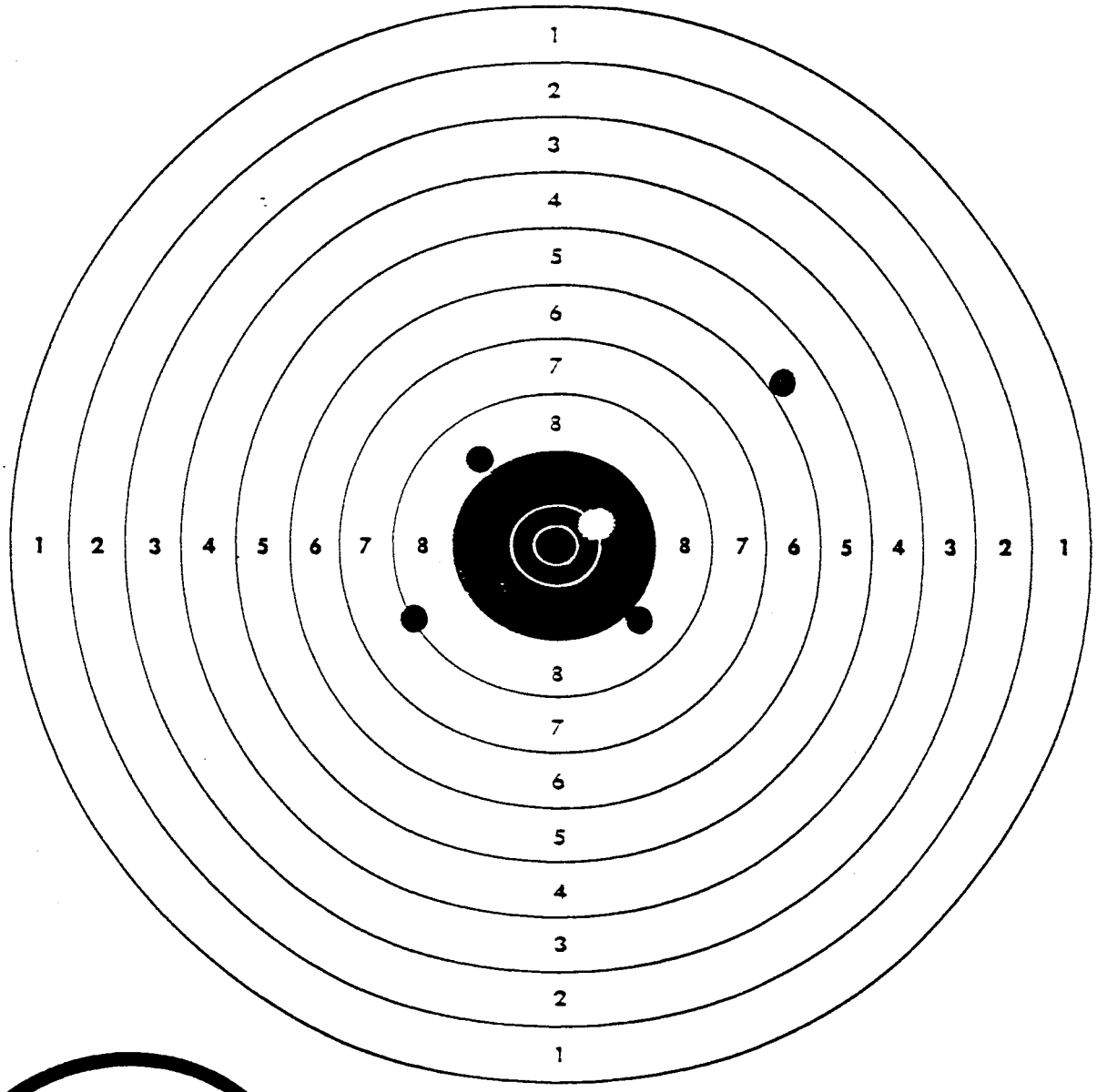
_____ clicks.

VII. Scoring Problem. 14 Exam Points

1. Assign a numeric value to each shot on the target using the "lost points" method.
2. Make your total score calculation inside the bold circle. Show your math.

National Rifle Association

10 METER AIR RIFLE TRAINING TARGET



TOTAL SCORE

INSTRUCTOR'S GUIDE

Key to Quiz Sheets, Exercises and Final Exam

This section provides answer keys for grading the six quiz sheets, the in-class exercises and problems, and the final exam. With each question is a page reference in the Student Handbook where the answer may be located.

Your suggestions for improving this material should be addressed to:

Michael D. Buss, Program Coordinator
The American Legion Junior Shooting Sports Program
P.O. Box 1055
Indianapolis, IN 46206

BMC QUIZ #1

Name: _____ Date: _____

1. To be a competitive marksman, an individual does not have to have great physical size or strength. (T) F 1-1

2. Competitive shooting is an Olympic sport. (T) F 1-1

3. In America, men and women compete as equals in the sport of competitive shooting. (T) F 1-1

4. The first step to becoming a skilled marksman is to learn the fundamentals. (T) F 2-1

5. Gary Anderson (winner of two Olympic Gold Medals) as a teenager had to teach himself how to shoot. (T) F 1-4

6. Pellets used in target shooting should have a flat nose so that they make a clean scoreable hole in the target. (T) F 2-2

7. The two main reasons why Americans were skilled marksmen during the early development of this country are (circle number of correct answers):

a) As members of the local militia, they practiced frequently.

(b) They hunted wild game for food. 1-1

(c) They had to protect their families.

8. What should always be worn by air rifle shooters while on the firing line? (circle the correct answer)

a) Hearing protection.

b) One or more sweatshirts. 2-2

(c) Glasses with impact resistant or hardened lenses.

9. How old was Pat Spurgin when she won the Olympic Gold Medal for air rifle in the 1984 Olympics?

a) 14 1-2

(b) 18

c) 28

BMC QUIZ #2

Name: _____ Date: _____

1. How should you treat every rifle (or gun)?
As if it were loaded 3-2

2. List three rules for handling a gun:
a) Always point the muzzle in a safe direction
b) Keep your finger off the trigger until ready to shoot
c) Keep the action open and the gun unloaded until ready to shoot 3-2

3. Who can give the command **CEASE FIRE** when a dangerous situation is observed?
Anyone 3-3

4. The #1 concern of all people participating in any kind of shooting program should be:
Safety 3-2

5. To prevent accidents, personnel are not allowed down range unless all bolts & actions are open and all rifles are grounded 3-3.

6. Air rifle pellets have: (circle correct answer)
1) hollow nose/solid tail
(2) solid nose/skirted tail 4-2
3) solid nose/solid tail

7. Any performance is a function of three mental processes. They are:
a) conscious mind
subconscious mind 7-1
b) _____
c) self image

8. Both of your eyes do the same work.
T (F) 6-1

9. Your eyes work as a team. (T) F 6-1

10. Your eyes can't relax when one eye is closed and the other eye is open. (T) F 6-2

11. Eye relief is the distance between the eye and the front sight. T (F) 6-2

12. The most critical element in the aiming process is sight alignment. (T) F 6-4

13. The shooter should close one eye during the aiming process. T (F) 6-2

14. The shooter should look as straight forward out of the eye socket as possible during aiming. (T) F 6-2

15. Proper sight alignment occurs when the front sight is centered in the rear sight as the shooter looks through the rear sight. (T) F 6-3

16. Explain fixed vision.
If you fix your vision of 1 object for more than a few seconds, you will burn image into your eye and will see ghost image when look away 6-2

17. Why is Kentucky windage seldom used in competitive shooting?
It is too imprecise 6-6

18. Trigger control is the process of causing the rifle to fire without
Disturbing aim 6-4

BMC QUIZ #3

Name:_____ Date: _____

1. The shooter should fire the shot during an extended pause during which time the breathing cycle is stopped. (T) F 6-4

2. During the process of firing a shot, the trigger finger must apply pressure on the trigger straight to the rear in order to maintain good trigger control. (T) F 6-4

3. "Follow through" simply means that the shooter continues to aim and maintain steady hold for a second or two after a shot breaks (T) F 6-4

4. The first step in adjusting your sights is to fire a 3-shot group (T) F 6-6

5. The windage knob will move the strike of the pellet up or down. T (F)

6. Back bend and body twist are used in the standing position to help insure that the weight of the rifle is held up mainly by bone structure rather than muscles. (T) F 5-1 5-2

7. The item used to transfer support of the rifle from the muscles to the bones is the: Sling 8-1

8. The most common trigger control mistake made by new shooters is: jerking trigger 6-6

9. The term frequently used by shooters in describing the process of firing an accurate shot is:
   a) Creep
   b) Group 6-6
   c) Jerk
   (d) Hold

10. Any trigger movement from the point after slack is taken up to the point when the rifle fires is called:
   a) Hold
   b) Jerk 6-6
   (c) Creep
   d) Group

11. Dry fire 6-6 is one of the most important firing techniques for all shooters.

12. There are just two things you need to know about breathing. List them:
Stop breathing when you aim
Taking one or two deep breaths and letting it out slowly before each shot will help you relax 6-6

BMC QUIZ #4

Name: _____ Date: _____

Answers for fill in the blanks exercise. THERE ARE EXTRA RESPONSES

prone	90 degrees	muscles
directly	bone	sling
45 degrees	natural	standing
almost		

FILL IN THE BLANKS

1. Standing 5-1 is considered the least stable position.

2. Prone 8-1 is considered the most stable of the shooting positions.

3. In the standing position, the feet are a comfortable shoulder width apart and pointed 90 degrees away from the target. 5-1

4. A good prone position has a natural point of aim. 8-4

5. A good prone position does not use muscle to support the rifle. 8-4

6. The sling loop should always be on the biceps in the prone position. T (F) 8-1

7. Natural point of aim is not important in the standing position. T (F) 10-4

8. The sling tension on the arm should be tight enough to assure that it does not slip down on the arm. T (F) 8-1

9. In the prone position, the right hand grasps the pistol grip firmly and exerts a steady pressure rearward into the shoulder. T (F) 8-1

10. For better stability, and more contact with the rifle, the trigger finger should touch the side of the rifle. T (F) 6-5

BMC QUIZ #5

Name: _____ Date: _____

1. In the kneeling position, the left elbow is placed do the flat spot on the elbow fits against the flat spot on the knee. (T) F 10-1

2. Back bend and body twist is an important feature of the kneeling position. T (F) 10-1

3. Repetition (practice) helps transfer skills to your conscious mind. T (F) 7-1

4. Your "self image" makes you act like you. T (F) 7-2

5. If the arm loop of the sling slips down over your biceps, it could stop circulation and cause a pulse effect. (T) F 8-1

6. In kneeling, twisting the left foot around until it is nearly parallel with the right leg will stabilize the left knee (T) F 10-1

7. In the kneeling position, the spine is centered over the head of the right foot. (T) F 10-1

8. If you do not follow through, you can relax your hold before the pellet is out of the barrel. (T) F

9. In prone and kneeling, the forearm of the rifle rests on the small depression in the palm of the left hand. (T) F 8-3 & 10-1

10. The fingers and thumb of the left hand firmly grasp the stock. T (F) 10-1

BMC QUIZ #6

Name: _____ Date: _____

1. When aligning your position (in prone and kneeling), you can raise the front of your rifle by: moving your left hand back on the stock 8-4

2. What is the first step to be taken with the rifle after completing the shot firing sequence?
Pull the bolt to the rear 4-2

3. When pumping the Daisy 853 air rifle, why should you pause for one second when the pump handle is fully extended?
So the pump can fill with air 4-1

4. If a shot is close to the line, a shooter who is scoring his or her own target should plug it. T (F)

5. The plug used in air rifle is .177 caliber. (T) F 9-1

6. In dry fire, the shooter should go through all the steps required to fire a shot, striving to make it the best possible shot.
(T) F 6-6

7. In dry fire, you should even visualize the result, a dead center shot. (T) F 6-6

8. In the standing position, the shooter relaxes forward with most of the upper body weight transmitted to the legs. T (F) 5-1

Sight Adjustment Problem

Name _____ Date _____

Determine the sight adjustment data for each of the shot groups on this page. Proceed as follows:

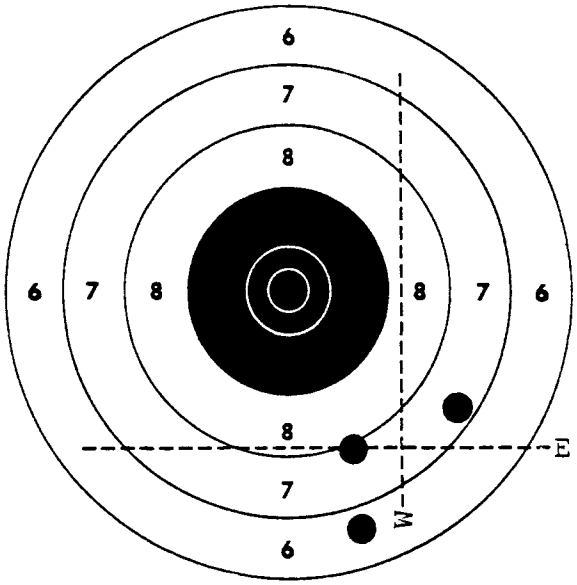
- Place a dot in the center of the shot group.
- Draw a horizontal line through the dot which can be used to calculate the elevation adjustment. Place an "E" at one end of this line.
- Draw a vertical line through the dot which can be used to calculate the windage adjustment. Place a "W" at one end of this line.

All answers to the click adjustments are correct if they are within + or - 3 clicks of answer shown.

1. What adjustment would you make to set your sights to move the dot into the 10 ring?

Elevation: Clicks 18 Direction up

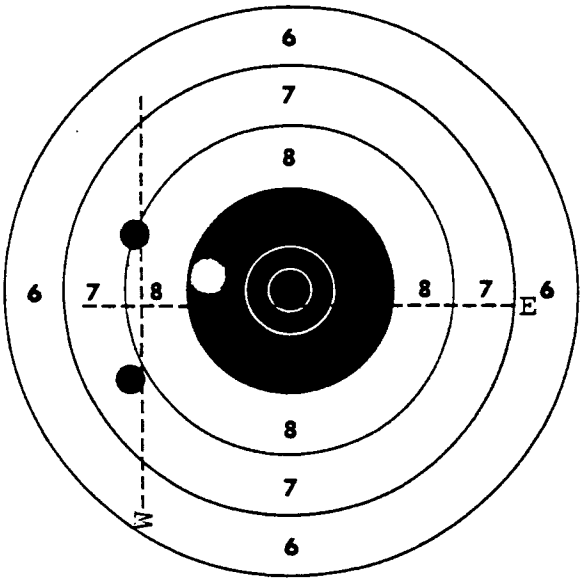
Windage: Clicks 14 Direction left



2. What adjustment would you make to your sights too move the dot into the 10 ring?

Elevation: Clicks 2 Direction up

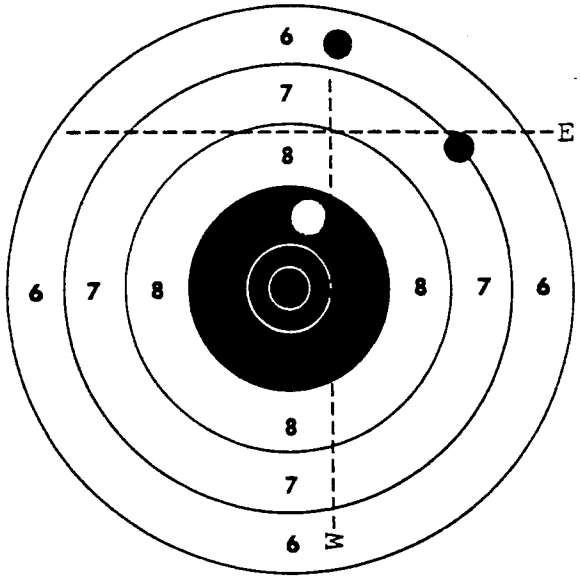
Windage: Clicks 15 Direction right



3. What adjustment would you make to your sights to move the dot into the 10 ring?

Elevation: Clicks 16 Direction down

Windage: Clicks 9 Direction left



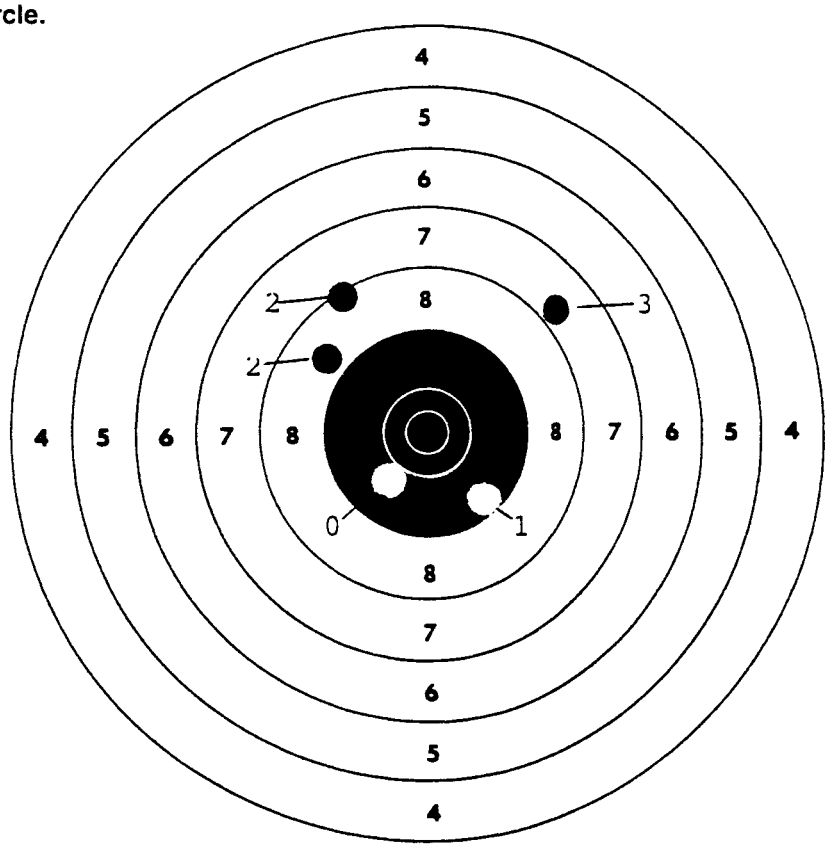
Scoring Exercise

1. Assign a numeric value to each shot on the target using the "lost points" method.

2. Show your math inside the **bold circle.**

TOTAL SCORE

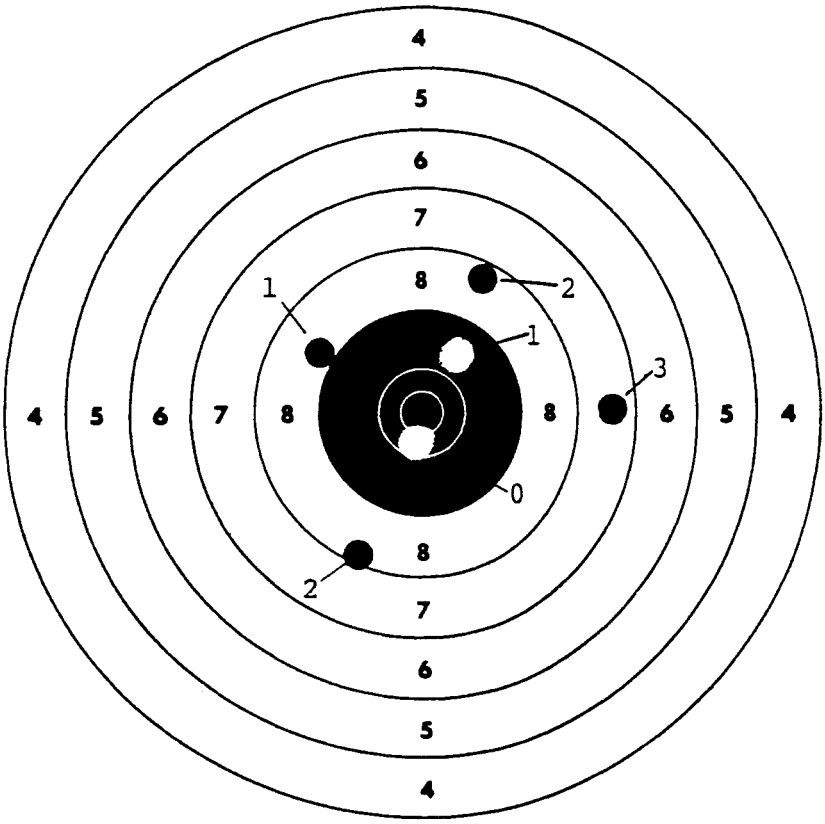
$$\begin{array}{r} 50 \\ -8 \\ \hline 42 \end{array}$$



TOTAL SCORE

$$\begin{array}{r} 50 \\ -9 \\ \hline 41 \end{array}$$

Extra Hit



Note: If there are extra hits on a target, and it is impossible to confirm that another shooter fired the shot(s), the extra hits of highest value will be nullified (i.e. score the lowest five).

BMC FINAL EXAM

Name: _____
Date: _____

I. True and False. 20 Exam Points (1 for each correct answer). Circle the correct answer.

1. As long as you know that a rifle is unloaded, it does not matter where it is pointed. T (F) 3-2

2. A shooter should aim with the dominant eye. (T) F 6-1

3. Because our eyes work best in a forward looking position, we try to build all our positions in a manner that allows the head to be upright while firing. (T) F 6-1

4. It is best to inhale a large amount of air and hold it into your lungs when firing a shot so you will have longer to work on each spot. T (F) 6-6

5. During aiming, if you feel an overwhelming urge to breath, you should go ahead and fire the shot. T (F) 6-6

6. The elevation knob on the rear sight is used to move the strike of the pellet from side to side. T (F)

7. Air rifle is an Olympic event. (T) F 1-1

8. The first step in sight adjustment is to fire a three shot group. (T) F

9. "Hold" refers to how tightly you clutch the rifle stock into your shoulder. T (F) 6-6

10. Dry fire must always be done on an approved range. T (F) 11-1

11. Our goal in shooting is to train our subconscious mind to control the act of firing a shot. (T) F 7-2

12. In a shooting match, being male or female has no bearing on who is most likely to win. (T) F 1-1

13. "Sight alignment" is more important than "sight picture." (T) F 6-2

14. While aiming and firing the rifle, the shooter should keep both eyes open. (T) F 6-2

15. The shooter should make every effort to fire the rifle during an extended pause in the breathing process. (T) F 6-6

16. The elevation knob on the rear sight is used to elevate the rifle. T (F)

17. A blinder is an aid to aiming because it helps keep the shooter from seeing double images of the target. (T) F 6-2

18. Back bend and nody twist helps to insure that the weight of the rifle is held up mainly by bone structure rather than body muscle. (T) F 10-2

19. The conscious mind has the power to control our thoughts, set our goals and even set us dreaming. (T) F 7-1

20. Kneeling is the least stable position. T (F) 10-1

II. Multiple Choice. 10 Exam Points (1 for each correct answer). Circle the correct answer.

1. What should you do when you hear the command "cease fire?"
   a. Fire the last shot
   b. Turn and look at the range officer
   (c.) Immediately open your bolt, remove clip, and ground your rifle 3-3

2. A sweat shirt is a help in shooting because it:
   a. Soaks up the sweat
   (b.) Pads the body and dampens pulse beat
   c. Keeps the shooter warm 2-2

3. Eye relief is:
   (a.) The distance between the eye and the rear sight
   b. A method for resting the eye during shooting 6-2
   c. The distance between the front sight and the eye

4. Which of the three shooting positions is the least stable?
   a. Prone
   b. Kneeling 5-1
   (c.) Standing

5. What should a shooter do to avoid fixed vision?
   a. Stare at the bullseye
   b. Rub both eyes
6-2 c. Simply glance away or blink every four or five seconds

6. In the standing position, the left arm should:
   a. Be tensed to support the rifle
   b. Be resting against the rib cage to support
5-1 the rifle
   c. Be held away from the body and muscle up the rifle to the proper position

7. The key to good trigger control is being able to:
   a. Steadily increase pressure on the trigger
6-4 until the round breaks
   b. Snap the trigger as the bull comes past
   c. Jerk the trigger cleanly

8. Hold is:
   a. Looseness in your rear sight
6-6 b. How tight you can grip the rifle
   c. How still a shooter can maintain the rifle while aiming and firing a shot

9. The caliber of pellet used in this program is:
   a. .112 caliber
   b. .177 caliber
2-2 c. .22 caliber

10. Because of the sympathetic reaction between the eyes, you should fire:
   a. With only your dominant eye open
6-1 b. With both eyes open
6-2 c. With one closed

III. Fill in the blanks. 15 exam points (1 point for each blank). All answers are listed below; each answer may be used only once.

anyone	open & to the rear
butt	oxygen starvation
down	safety
eye relief	safety rule
fundamentals	see if it is loaded
hold deteriorates	sight alignment
loaded	up in the air
mental distraction	

1. The command to "CEASE FIRE" may be given by anyone 3-3 on a range when a life threatening situation exists.

2. The first thing a shooter should do when he picks up a rifle is to check to:
open the bolt if it is not already open 4-2

3. The bolt of the rifle should be open and to the rear 4-2 when not actually firing a shot.

4. The number one concern of everyone on a range at all times should be safety 3-2.

5. You should treat every gun as if it were loaded 3-2.

6. During aiming, sight alignment 6-2 is generally considered the most critical element.

7. The distance between the rear sight of a rifle and the eye is called eye relief 6-2.

8. The rear of the stock that fits against the shoulder is called the butt 5-1.

9. The shooter should stop the firing sequence immediately when any of the following disturbances occur during the aiming process:
a. hold deteriorates
b. mental distraction
c. oxygen starvation

10. "Always be sure of your target and what is behind that target" is a good common sense safety rule everyone should observe when shooting or hunting.

11. When handling a gun, the muzzle should be pointed in a safe direction which is usually down or up in the air 3-2.

12. The first step in learning to become a skilled shooter is to learn the fundamentals 1-1.

IV. Fill in the blanks. 14 exam points (1 point for each blank). All answers are listed below and the answers can be used twice.

aiming	follow through
bones	hold
breath control	jerk
comfort	translucent
extended pause	sight alignment
sight picture	sling
trigger control	natural point of aim

1. The most important requirement of any of the shooting positions is hold 6-6.

2. When a shooter looks through the sights and centers the bullseye in the front sight, the shooter has achieved what is termed as sight picture 6-3.

3. The blinder for the non-sighting eye should be transluscent 6-2.

4. What part of the body do we strive to use most in building a good position? bones

5. The act of causing the rifle to fire without disturbing the aim is a fundamental referred to as:
trigger control 6-4

6. The most common trigger control mistake made by a new shooter is the jerl 6-6.

7. Centering the front sight in the rear sight is a process called sight alignment 6-2.

8. Continuing to hold and aim the rifle for a second or two after the shot breaks is known as:
follow through 6-4

9. A sudden pull to the rear on the trigger which caused the rifle to fire and at the same time moves the rifle before the pellet can exit the bore is called a:
jerk 6-6

10. Three of the five elements which may be used in building a good position are:
a. bones
b. sling
c. natural point of aim 8-4

13. A very small error in sight alignment 6-4 can cause a dramatic change in the placement of a shot on the target.

14. How still an individual shooter can maintain the rifle while aiming and firing a shot is called:
hold 6-6

V. Fill in the blanks. 13 exam points (1point for each blank). All answers are listed below, No answer is used more than once; there are extra answers which do not apply.

back bend	inhale & exhale
elevation	kneeling roll
exhale & inhale	nine
one	natural point of aim
body twist	point of aim
six	prone
right leg	sitting
windage	zeroed
kneeling	

1. The prone 8-1 position has the largest area of support and is therefore the steadiest.

2. A piece of equipment used in the kneeling position to transfer the weight of the body from the right instep to the floor is the kneeling roll 10-1.

3. After the shooter has established a good shooting position, the shooter should check for natural point of aim 10-2.

4. A natural pause in the body's respiratory cycle occurs between the exhale & inhale phases of the respiratory cycle.

5. It takes six clicks of the rear sight to move the strike of the pellet one scoring ring on the TQ-18 target.

6. In the kneeling position, the left foot should be approximately parallel with the right leg 10-1.

7. The technique used in the standing position to insure the weight of the rifle is held up by bone structure rather than muscles is known as back bend and body twist 5-1.

8. The two types of sight adjustment which can be made with the rear sight to change the impact of the pellet are called elevation and windage.

9. A shooter is ready to shoot from the kneeling position on the firing line, but the rifle wants to point to the left of the target. The shooter's position needs

to be corrected to achieve natural point of aim

10. The lowest score you can get for one shot on the TQ-18 air rifle target without getting a miss is a one.

11. To get the highest score results from shot group placement, the sights of the riffle must be zeroed for the individual shooter.

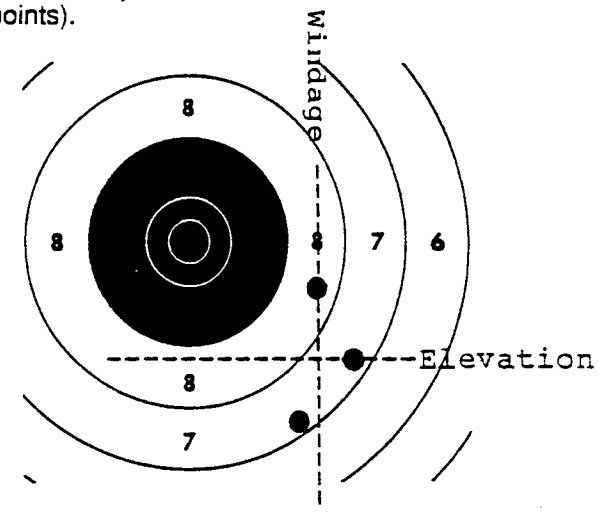
VI. Sight Adjustment Problem. 15 Exam Points.

Using the shot group illustrated below:

1. Estimate the center point of the three shot group and mark your estimated point with a small dot. (one point).

2. Draw a dashed line through the center of the shot group which can be used to calculate the required WINDAGE adjustment. Mark this line "Windage" (two points).

3. Draw another dashed line through the center of the shot group which can be used to calculate the required ELEVATION adjustment. Mark this line "Elevation." (two points).



The following questions concern the adjustments which must be made to move the center of the illustrated shot group into the 10 ring. Each correct answer below counts (two points).

Elevation Adjustment:

4. The correct elevation adjustment will move the center of the shot group which direction (circle answer)?

(up) / down / right / left

5. How many clicks of elevation are required?

15 clicks. + or - 3

Windage Adjustment:

6. The correct windage adjustment will move the center of the shot group which direction (circle answer)?

up / down / (right) / left

7. What direction should the windage knob be turned (circle answer)?

[clockwise] / counter-clockwise

8. How many clicks of windage are required?

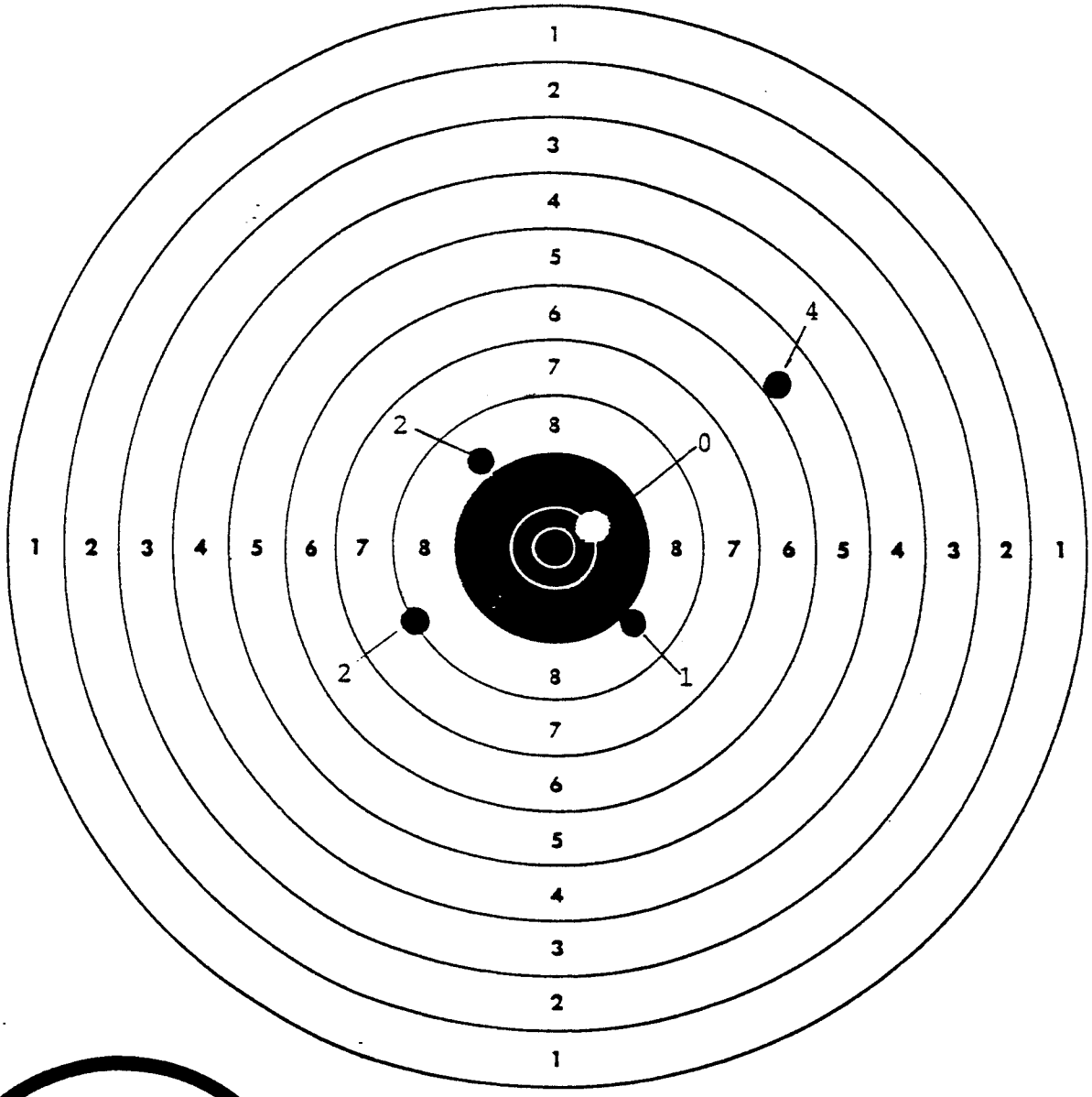
12 clicks. + or - 3

VII. Scoring Problem. 14 Exam Points

1. Assign a numeric value to each shot on the target using the "lost points" method.
2. Make your total score calculation inside the bold circle. Show your math.

National Rifle Association

10 METER AIR RIFLE TRAINING TARGET



TOTAL SCORE

$$\begin{array}{r} 50 \\ -9 \\ \hline 41 \end{array}$$

The NATIONAL RIFLE ASSOCIATION Headquarters
Monday, January 09, 2006
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Youth Hunter Education Challenge
Youth Education Summit
Outstanding Achievement Youth Award
Youth Shooting Sports E-Newsletter
Youth Shooting Development Seminars
Resources & Information
NRA Youth 2000
Cooperative Youth Organizations
Youth Wildlife Art Contest
Sanctioned Special Tournament
Junior Membership
InSights Magazine
Marksmanship Qualification Plan
Special Offers
Youth Essay Contest
Frequently Asked Questions

YOUTH PROGRAMS

NRA Youth Programs offer many opportunities for youths who are interested in the shooting sports and our firearms heritage.

NRA Shooting Sports Camps

Through the NRA Shooting Sports Camp Program, people of various ages have the opportunity to learn gun safety, participate in shooting sports activities, learn a new discipline or hone their skills. NRA Shooting Sports Camps are conducted through the collaborative efforts of the NRA, local-level shooting and sporting clubs and other organizations. There are a variety of different camp themes, such as **Safety and Firearm Education Camps, Basic Shooting Camps, Competition Camps, Hunters Camps, NRA/ATA Youth Trapshooting Camps, Special Interest Camps** and **Youth SportsFests**. **Click here to go to the current list of upcoming camps!**

Club leaders should click here to request a Shooting Sports Camp Planning Guide and Application.

NRA Marksmanship Qualification Program

NRA Marksmanship Qualification Shooting is an informal, year-round activity for people of all ages. Qualification shooting is the ideal way to develop and build shooting proficiency by progressing through each skill level, from Pro-Marksman through Distinguished Expert. There are courses of fire for rifle, pistol, shotgun and muzzleloaders, with patches, skill rockers, pins, medals and certificates available for each discipline.

NRA Youth Shooting Sports E-Newsletter

This quarterly e-newsletter is filled with information about youth programs for youths, parents, and program leaders. Find out what's going on in the youth shooting sports community and read about upcoming events and programs.

Topics include program ideas, training opportunities, NRA programs, resources, expert tips, the latest from NRA headquarters, special offers from NRA and industry, achievements of young people, and a section specifically for parents and kids, featuring frequently asked questions, glossary of shooting jargon, and more. This e-newsletter is open to everyone. You may also subscribe to the free e-newsletter and receive an e-mail notification and link whenever a new issue is available online.

Youth Hunter Education Challenge

Improve your hunting skills and learn more about hunting methods and game species with other young hunters. Developed exclusively for hunter education course graduates under 19 years of age, at the regional, state and international levels, YHECs provide graduates with a unique opportunity to test their abilities at a variety of hunting techniques under simulated hunting conditions.

Youth Education Summit and Scholarship Program

This program offers students (current high school sophomores or juniors with a 3.0 GPA) the opportunity to apply for the week-long educational experience in Washington, D.C. and compete for college scholarships. Students with a strong interest in American Government and the Second Amendment are encouraged to apply.

NRA Outstanding Achievement Youth Award

This award recognizes NRA Junior Members who take an active part in the shooting sports through individual participation and educational pursuits. By meeting the requirements to be eligible for the award, youths gain a greater sense of responsibility and an appreciation for the variety of shooting sports opportunities available. Youths who meet the eligibility requirements will receive a special medal and certificate to celebrate their accomplishments. Award recipients will also be eligible for state and national awards.

NRA Youth Advisory Board

The NRA is seeking applicants to serve on the newly-formed Youth Advisory Board. The Youth Advisory Board, or YAB, provides opportunities for NRA Junior Members 18 years of age or under (or Annual and Life members 18 or under) to offer constructive feedback on NRA's youth programs, *InSights* magazine, and other topics. The YAB represents the broad range of interests and experiences in the shooting sports.

Eagle Scout Recognition

The NRA recognizes the great distinction a young man receives when he is awarded the coveted Boy Scouts of America Eagle Scout Award. Any scout who has earned this rank can receive a beautiful certificate from the NRA congratulating him on this achievement by completing the Eagle Scout Recognition Application. **Due to the large volume of requests NRA receives, this application is the only approved method for requesting Eagle Scout recognition from NRA.**

InSights Magazine

Insights is the NRA's monthly magazine for junior members. Every month the magazine features articles on a variety of topics, such as firearm safety and skill development, hunting, competitive shooting, product reviews, history, announcements of NRA youth programs and events nationwide, news bullets, games and a monthly gun quiz to test your knowledge. Become an NRA Junior Member and receive *Insights* magazine each month!

NRA Youth Shooting Program Development Seminars

Through the Youth Shooting Program Development Seminars, NRA provides adult leaders, club members, coaches, and instructors with the tools needed to start a successful youth shooting sports program. The one-day seminar teaches you how to set goals for the program, how to determine what type of program is best for you, how to budget for and fund your shooting program, how to obtain the necessary equipment, and more.

Resources and Information for Kids, Parents and Program Leaders

NRA has a wide array of gun safety and shooting sports information for youth, parents and program leaders. From the basic gun safety rules to handbooks detailing the marksmanship fundamentals everyone needs to become a successful, responsible shooter. NRA also offers books on how to develop and conduct shooting sport programs.

NRA Youth 2000

An opportunity for anyone interested in preserving the future of the shooting sports to help make a difference by sponsoring a junior shooting club (4-H, FFA Chapter, Boy Scout Troop, etc.) for a one-year NRA junior club affiliation! For each $15 donation towards NRA YOUTH 2000 the donor will receive a unique lapel/hat pin and a postcard with the name of the junior shooting club

who becomes the recipient of the 1-year NRA Club Affiliation!

Cooperative Youth Organizations Program

Youth organizations can become part of the NRA network of clubs. As an NRA affiliated club you have access to a variety of resources, programs, and training for your youth participants and program leaders. Organizations who have affiliated with NRA include: Boy Scout troops, American Legion posts, JROTC units, 4-H clubs, FFA chapters, commercial summer camps and U.S. Jaycee chapters. Take advantage of the free one-year youth club affiliation program, Youth 2000.

NRA Civil Rights Defense Fund Youth Essay Contest

The NRA Civil Rights Defense Fund (NRACRDF) is once again sponsoring an essay contest celebrating the Second Amendment as an integral part of the Constitution and the Bill of Rights. The theme for the essay is "The Second Amendment to the Constitution: Why it is important to our nation." Essays will be judged in two categories: Senior (grades 10-12) and Junior (grades nine and below), with separate prizes awarded to the winners in each category. First prizes are $1,000 in U.S. Savings Bonds; second prizes, $600 in Savings Bonds; third prizes $200 in Savings Bonds; and honorable mention, $100 in Savings Bonds. The entry deadline for this contest is December 1, 2005.

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Three-Position Air Rifle Shooting

Three-Position Air Rifle Shooting is the most popular and fastest growing form of shooting sports competition for youth of high school age or younger. Two different Three-Position Air Rifle events are available. Precision Air Rifle is modeled after Olympic-style shooting and allows the use of specialized target rifles and equipment. Sporter Air Rifle is designed for new competitors or those who desire to compete with a minimum of equipment and expense. In both types of shooting, competitors fire at targets at a distance of 10 meters in three different positions, prone, standing and kneeling. Sporter and precision air rifle classes may also be combined into one "open" class. Three-Position Air Rifle provides young competitors with competitive shooting sports opportunities that can be offered on a wide variety of easily accessible or easily constructed ranges, with equipment that is commonly available at affordable costs.

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.

Please check the following pages on this web site to obtain specific information about Three-Position Air Rifle programs and activities.

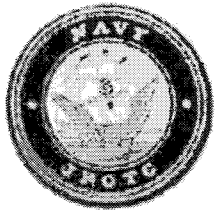
Three-Position Forms & Information

NATIONAL GUARD BUREAU
JUNIOR AIR RIFLE
TOURNAMENT

Rules FAQ
Sanct. Clinic App
3-P Air Rifle

2005-2006 ARMY JROTC AIR RIFLE POSTAL PROGRAM

2005-2006 MCJROTC AIR RIFLE POSTAL PROGRAM



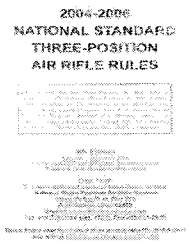
2005-2006 NJROTC AIR RIFLE POSTAL COMPETITION

INTERNATIONAL AIR RIFLE POSTAL LEAGUE

2005 GARY ANDERSON INVITATIONAL

7TH ANNUAL PALMYRA INVITATIONAL

COACH EDUCATION OPPORTUNITIES IN SOUTH CAROLINA



NATIONAL STANDARD THREE-POSITION AIR RIFLE RULES

JROTC AWARDS FOR STATE 3P AIR RIFLE CHAMPIONSHIP

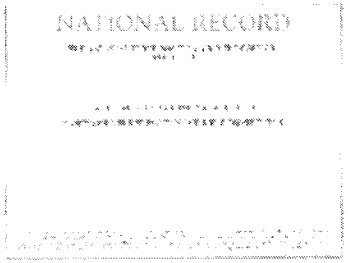
THREE-POSITION JUNIOR OLYMPIC SANCTIONED MATCHES

JUNIOR EIC AWARD PROGRAM DESCRIPTION

LIST OF JUNIOR SHOOTERS WITH EIC CREDIT POINTS

JUNIOR THREE-POSITION DISTINGUISHED BADGE WINNERS

NATIONAL RECORD APPLICATION FORM



NATIONAL RECORDS FOR THREE-POSITION AIR RIFLE

THREE-POSITION AIR RIFLE RESULTS

National Three-Position Air Rifle Council

The CMP promotes position air rifle shooting by cooperating closely with other organizations that also support this popular youth sports activity. Organizations that belong to the Council or support its work to standardize competition rules, coordinate competitions and more effectively promote all youth shooting activities are:

- American Legion

- Army Cadet Command (Army JROTC)
- Boy Scouts of America Venturing
- Civilian Marksmanship Program
- Daisy/U. S. Jaycees Shooter Education Program
- Marine Corps Training and Education Command (USMC JROTC)
- National 4-H Shooting Sports
- National Guard Marksmanship Training Unit
- Naval Education and Training Command (Navy JROTC)
- USA Shooting (Olympic shooting governing body)

Back Home Up

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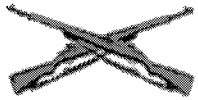
UPS or Fed Ex: Camp Perry Training Site
Building 3 Port Clinton, OH 43452
Telephone: (419) 635-2141
Fax: (419) 635-2802 Program Fax (419) 635-2573
E-mail: custserve@odcmp.com



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Web Caretaker

Updated: Friday December 02, 2005

Pistol - Rifle - Shotgun

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2006 Three-Position Air Rifle Program

(590 total words in this text)
(265 Reads)

Welcome...
Three-Position Air Rifle is the fastest growing program for youth that has been organized in years. Several organizations met in October 1999 to try bringing structure and meaning to the program by establishing a method of selection and encouraging participation at a National Championship by state selected four person teams in the Sporter and Precision category. The organizations that met that historical day were the Civilian Marksmanship Program (CMP), the National Rifle Association (NRA), 4-H Shooting Sports, Daisy Jaycees, American Legion, the National Guard Marksmanship Youth Leaders and BSA-Venturing. This group became the National Three Position Air Rifle Council and met for the first time at the competition in 2000. Army, Navy and Marine Corp JORTC became members in 2000 as well. The NRA chose to withdraw from the Council and start their own program in the first year.

The youth program was designed around the scholastic aged shooter and has evolved to allow older collegiate and adult categories to use the rulebook (Blue Book). The state selection procedures and national championship are limited to the scholastic aged kids that have no passed the summer of graduation from high school. Already these young shooters are being recruited for scholarships to shooting programs in colleges and universities and some have already been selected as Olympic Team members.

I suggest contacting the state coordinator for this program in your state to find a club or program close to you. They are much closer to the facts in their state than USA Shooting, but in any case you are always welcome to contact USA Shooting Youth Programs at 719-866-4881 or email Martin.Edmondson@usashooting.org.
To find your **State Coordinator** click here.

Each state listed in the contact form runs at least one location for selection each year and depending on the size of the state may have several location so competitors don?t have to travel so far.

- Merchandise
- Policies & Procedures
- Sponsorships
- Web Links
- Youth Programs

Online

We have 16 guests and 0 members online

Welcome Guest, become a member today.

Syndication

The ?State Guide? document is the procedural instructions for carrying out the selection procedures in each state. This will give you an idea of what to expect and with both the contact name above and this document you can get involved in this great program. To download a copy of the **State Guide** click here.

The Annual National Three Position Air Rifle Championship is a prestigious activity designed to allow the selected state champion teams and invited individuals to compete for national titles. It has been held at the Olympic Shooting Complex in Atlanta, Wilmington, NC, and Bowling Green KY. To download a copy of the **National Three Position Air Rifle Program** please click here.

For sanctioning matches we have provided you a form to be used. This form is for both Progressive Position Air pistol and Three Position Air Rifle. Use of any other USA Shooting form for sanctioning is confusing and could cause undue delays in getting your match sanctioned. To download a copy of the **USA Shooting Sanctioning Form** click here.

An excel file for reporting scores is also provided for your use. Please use this form to report scores, as we will not accept hard copy results. We need the addresses and information for our files so we can tabulate scores for classification and the Excellence in Competition (EIC) points toward the Junior Distinguished Three Position Air Rifle program. Download the **Excel file for reporting scores** please click here.

If you need a different version of excel to make this work contact Martin Edmondson at 719-866-4881 or email Martin.Edmondson@usashooting.org.

[Back to Youth Programs]

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One Olympic Plaza
Colorado Springs, Colorado 80909
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