



# SHOOTER'S JOURNAL

Name \_\_\_\_\_

*this journal provided courtesy of*

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

**CMP Program Information at [www.odcmp.com](http://www.odcmp.com)  
CMP On-Line Magazine at [www.odcmp.org](http://www.odcmp.org)**



# INSTRUCTIONS

## CMP Shooter's Journal

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

*Please follow these steps in using this journal:*

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

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

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

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

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

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

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

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

# Shooter's Word Search

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

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

- |             |               |             |
|-------------|---------------|-------------|
| ACTION      | DISTINGUISHED | PROGRAMS    |
| AFFILIATE   | EXPERT        | RANGE       |
| AMMUNITION  | GARAND        | RIFLES      |
| AWARD       | HIGHPOWER     | SAFETY      |
| BOYSCOUTS   | INSTRUCTOR    | SCHOLARSHIP |
| BULLSEYE    | JROTC         | SHOOTING    |
| CAMPS       | JUNIOR        | SITTING     |
| CLINICS     | KNEELING      | SMALLBORE   |
| CLUB        | LEADERSHIP    | STANDING    |
| CMP         | MARKSMAN      | TARGET      |
| COACH       | MEDAL         | TRIGGER     |
| COMPETITION | MUZZLE        | TROPHY      |
| DISCIPLINE  | PISTOL        |             |

Unscramble the remaining letters to spell what CMP stands for.

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Date & Time	Location	Rifle/Ammunition	Training/Competition	
Scores - Prone	Scores - Standing	Scores - Kneeling	Total	Sight Changes Kn to Pr Up/Dn__ L/R__ Pr to St Up/Dn__ L/R__ St to Kn Up/Dn__ L/R__

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# CMP PROGRAMS ORDER FORM

The CMP offers a variety of education and training materials for affiliated organizations and individual shooters.

	<p><b>NLU # 776 CMP Competition Rules</b> The official rulebook for service rifle and service pistol shooting; governs the conduct of all CMP events in the National Matches and other CMP sanctioned matches. <b>\$3.00</b></p>		<p><b>NLU # 775 National Standard Three-Position Air Rifle Rules</b> The official rulebook for sporter and precision class three-position air rifle shooting. Also contains details on the junior EIC and Distinguished program as well as instructions for how to conduct three-position air rifle competitions. <b>\$2.00</b></p>
	<p><b>NLU # 770DVD Highpower Rifle Competition Shooting</b> A 3 DVD set, produced by the CMP in cooperation with the U. S. Army Service Rifle Team, with full instructions on all phases of highpower service rifle target shooting. <b>\$34.95</b></p>		<p><b>NLU # 702 CMP Guide to Rimfire Sporter</b> A 48-page booklet with official Rimfire Sporter rules together with information on basic marksmanship skills, instructions on how to shoot the Rimfire Sporter course of fire and guidelines for organizing Rimfire Sporter Matches. <b>FREE</b></p>
	<p><b>NLU # 771DVD Bullseye Pistol Competition Shooting</b> A 3 DVD set, produced by CMP in cooperation with the U. S. Army Service Pistol Team, with full instructions on all phases of service pistol and bullseye pistol shooting. <b>\$34.95</b></p>		<p><b>ON THE MARK</b> is a quarterly newsletter dedicated to assisting junior shooting leaders and coaches in the continued success and improvement of their young shooters, regardless of skill level. Download an OTM order form at <a href="http://www.TheCMP.org/Comm/OTM.htm">http://www.TheCMP.org/Comm/OTM.htm</a>.</p>
	<p><b>NLU # 780 USAMU Service Rifle Marksmanship Guide</b> An illustrated 74-page book, written by the U. S. Army Service Rifle Team, with detailed instructions on the basic and advanced skills of highpower service rifle shooting. <b>\$6.95</b></p>		<p><b>NLU #740 CMP Rifle Instruction Guide</b> A 48-page 8 1/2 x 11 book with detailed instructions for learning basic target rifle shooting skills; written especially for junior and new shooters and youth shooting sports coaches, but suitable for use by anyone who wants to learn how to be a target rifle shooter. <b>\$4.95</b></p>
	<p><b>NLU # 774 USAMU International Skeet &amp; Trap Guide</b> A 66-page book, written by the U. S. Army International Shotgun Team, with detailed instructions on advanced skills involved in international skeet, trap and double trap shooting. <b>\$6.95</b></p>		<p><b>NLU # 748 Teaching Rifle Positions to New Junior Shooters</b> A 12-page pamphlet detailing with text and photos the newest methods for teaching the standing, prone and kneeling positions to new shooters. Published by the CMP. <b>FREE</b></p>
	<p><b>NLU # 777 USAMU International Rifle Marksmanship Guide</b> An illustrated 113-page book, written by the U. S. Army International Rifle Team, with detailed instructions on the advanced skills of three-position smallbore and air rifle shooting. <b>\$6.95</b></p>		<p><b>NLU # 716 Tom Johnson's Sporter Tips</b> An illustrated 8-page booklet with cleaning, maintenance and repair instructions for sporter air rifles. <b>\$2.00</b></p>

	<p><b>NLU # 778 USAMU Advanced Pistol Guide</b> An illustrated 113-page book, written by the U. S. Army Service Pistol Team, with detailed instructions on the basic and advanced skills of service pistol and bullseye pistol target shooting. <b>\$6.95</b></p>		<p><b>NLU# 747 Guide to Lead Management for Air Gun Shooting</b> A 20-page booklet produced jointly by USA Shooting and the CMP that summarizes test data and recommendations for best practices regarding lead management for air gun ranges. <b>FREE</b></p>
	<p><b>NLU # 244 OBI Flag</b> The OBI flag provides a clearly visible signal to range officers and other shooters that the rifle is unloaded and its action is open. OBIs or chamber safety flags cost \$4.99 per dozen. <b>\$4.99 per dozen</b></p>		<p><b>NLU # 741 A Junior Shooter's Guide to Air Rifle Safety</b> A 20-page booklet, written for junior air rifle shooters, but it provides safety rules, procedures and guidelines that can be used by youth or adult shooters in any range firing situation. <b>FREE</b></p>
	<p><b>NLU # 701 Air Rifle Range Safety Rules Poster</b> This 11x17 poster is made for display on ranges and in club rooms. The poster shows basic safety rules that focus on muzzle, action and trigger, plus eight important, additional rules that must be followed on all air gun ranges. <b>FREE</b></p>		<p><b>NLU # 703 Shooter's Journal</b> An 48-page shooter's journal suitable for use as a shooters diary to record information about personal scores and training or competition activities. <b>FREE</b></p>
	<p><b>NLU # 742 CO2 Instructor Poster</b> The CO<sub>2</sub> poster explains how to properly fill CO<sub>2</sub> air rifle cylinders. <b>FREE</b></p>		<p><b>NLU # 749 Advanced Shooter's Journal</b> A 94-page advanced shooter's journal that is the perfect tool for any junior who wants to progress their shooting beyond a beginner level. Focuses on short- and long-term goal setting and designed in conjunction with the CMP Three-Position Rifle Summer Camps. <b>\$2.00</b></p>
	<p><b>NLU # 746 BB Gun Shooting Poster Series</b> The 11x17 poster series highlights the most important teaching points for getting young BB gun shooters started in four-position marksmanship. Poster topics are: 1) Safe BB Gun Shooting, 2) Firing the Shot, 3) Supported Position, 4) Standing Position, 5) Proper Sling Use, 6) Prone Position, 7) Kneeling Position and 8) Sitting Position. The full-color posters are designed so that they can be used in presenting instruction or they can be posted on the range. <b>\$9.95 (includes SIH)</b></p>		<p><b>NLU # 718 Air Rifle Marksmanship For Youth Brochure</b> This document provides comprehensive, factual information for youth organization leaders and school administrators to consider when deciding whether to establish or approve rifle marksmanship programs. This document may also be used by youth and their parents to learn more about air rifle marksmanship. <b>FREE</b></p>


If your club is tax exempt, please include a Blanket Certificate of Exemption.

Shipping & Handling Charges  
 -Add \$6.95 for orders totaling under \$100.00  
 (FREE items must include a \$6.95 s/h charge)

-Add \$8.95 for orders totaling \$100.00 and over

<b>Subtotal</b>		
<b>Sales Tax</b>	OH Residents add 6.75%	
	AL Residents add 10%	
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<b>Total</b>		

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Check or Money Order, No. \_\_\_\_\_ Personal checks are accepted.  
 (Payable to the Civilian Marksmanship Program)

Credit Card:  Visa  Mastercard  American Express  Discover

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Cardholders' Signature \_\_\_\_\_

Mail the completed form with payment to:  
 CMP Program Sales, P.O. Box 576, Port Clinton, OH 43452 FAX (419) 635-2014



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