

2019 CMP JUNIOR SMALLBORE CAMPS MN

Location: Minneapolis Rifle Club Range
Minnetonka Game and Fish Club property
8310 Hill and Dale Drive NW, Elk River, MN 55330

Dates: 8-12 July

Start Time: 1300 (local time) Monday (No lunch provided on the first day)

Check-in: Check-in will be held at the range on Monday from 1200-1245
(This typically takes 5-10mins.)

Range Facilities:

The Camp will be located at the Minneapolis Rifle Club range on the Minnetonka Game and Fish Club, property, which is at 8310 Hill and Dale Drive NW, Elk River, MN 55330. The range is an outdoor range, but has covered firing points. The camp will be run on a 20 firing point paper target range, and has a building located nearby that will serve as the classroom area for all non-range activities. There is indoor and outdoor seating available as well, where lunch, snacks, and water will be served (weather permitting).

Who May Attend:

The CMP Junior Smallbore Camps are for high school aged athletes with a high level knowledge of three-position techniques, with an additional understanding of smallbore techniques. These camps are designed for students who will be in grades 9 through 12 during the coming school year; admission of athletes who have not yet reached high school will be at the sole discretion of the Camp Director. Athletes who have graduated high school are no longer eligible for camp, unless they wish to attend as an Adult Leader. There is no minimum score requirement for the weeklong camps--CMP camps are open to all athletes who want to improve their rifle marksmanship and competition skills, given they have not already attended a 3 position camp in that year. Many shooters of all skill levels who have attended previous years' camps have achieved remarkable improvements in their performances and scores.

Adult Leaders:

An important feature of the CMP Junior Smallbore Camp format is the emphasis on athletes and adult leaders learning together. At least one adult leader (coach, team or club leader, parent, etc.) must accompany each athlete or group of athletes who attend. Adults may not attend camp unless accompanying athletes. Adult leaders are encouraged, but not required, to attend instruction and coaching sessions with their athletes. Sessions specifically covering coaching topics will be held for interested adults. Adult leaders are also responsible for providing transportation for their campers.

What to Bring:

Campers must bring their own shooting equipment including but not limited to rifles, shooting clothing, shooting stands, slings, kneeling rolls, prone mats, and ammo. CMP

will provide ammo enough for the diagnostic match at the start of the camp and the week end match (150 rounds), though athletes are advised to bring their own ammo for those matches unless comfortable switching lots or brands. Campers need to make sure that they are dressed comfortably in athletic clothing and close-toed footwear.

Camp Instructors:

Chance Cover will serve at the Camp Director for the 2019 CMP Junior Rifle Camps. Cover joined the program in 2012 as a counselor. He graduated from West Virginia University, where he competed for 3 years with the WVU Rifle Team. He is a full time CMP employee where he coaches junior shooters and organizes shooting events for the CMP. The lead instructors for the camps will be former counselors, and current collegiate assistant and head coaches who have competed at the NCAA, National, and International stage. Completing the camp staff will be a group of accomplished CMP staff members and college rifle team shooters who will serve as assistant directors, gunsmiths, and camp counselors. In addition, the camp material includes contributions from speakers who have Olympic and National Team backgrounds.

Training Groups:

Athletes will be divided into training groups, and assigned a specific firing point throughout the camp. Each training group will be under the direction of a counselor who is a collegiate rifle team member. One counselor will be assigned to groups of 4-6 camp athletes. Groups will work together for the entire camp.

Typical Training Day:

Each training day starts with a light warm-up and stretching exercises, followed by a series of class presentations that prepare participants for training activities on the range. The training day may include light physical exercise designed to introduce sport specific options for physical training.

Instructional Topics:

The camp schedule includes a variety of instructional topics and activities designed to help participants develop the tools necessary to excel as a three-position smallbore shooters. Participants will learn how to: construct stable and balanced prone, standing, and kneeling positions, personally tune their positions through an "inner position" approach, effectively analyze performance and training, set effective goals, control anxiety and self-talk, improve confidence, train efficiently, optimize the performance of their rifle and equipment, understand safety and rules, design a physical training program, shoot finals, and optimize their performance in competitions.

End-of-Camp Competition:

An informal competition will be run at the end of the week, using USA Shooting rules. Awards will be given based on the qualification of the competition, but no final will be run since paper targets will be in use.

Award Ceremony and Graduation:

Each camp concludes with a competition awards ceremony following the finals. Participants will also be awarded a distinctive camp t-shirt, and certificate at the end of camp.

Code of Conduct:

Each participant must agree to abide by and sign a code of conduct at the beginning of camp. Violations of the code may result in expulsion from the camp and loss of fees paid. This includes any behavior that is disruptive to the camp learning environment.

Food:

Lunch will be provided Tuesday-Thursday, and snacks and water are provided each day at all camps.

Local Housing Options:

- Lodging and housing options in the area ?

Transportation:

CMP does not provide transportation to the camp location. Camp participants must arrange their own transportation to the site of the camp. Adult leaders are expected to provide local transportation to and from the range for the athletes they bring.

Camp Schedule:

Monday	1200-1245	Check-in
	1300-1630	Camp Activities
Tuesday	0900-1630	Camp Activities
Wednesday	0900-1630	Camp Activities
Thursday	0900-1630	Camp Activities
Friday	0900-1230	Match, Final and Awards

A complete schedule will be provided at registration.

Costs:

Athletes: \$285, Adults: \$50

ADDITIONAL INFORMATION ON THE REGISTRATION PROCESS, CAN BE FOUND ON THE CMP RIFLE CAMPS INFORMATION PAGE; A LINK TO THIS PAGE CAN BE FOUND ON THE CMP HOME PAGE, www.thecmp.org. If you have any questions after reviewing the camp registration process on the main camp info page, please contact Chance Cover email ccover@thecmp.org or Catherine Green at cgreen@thecmp.org.

Emergency Contacts:

Chance Cover (Camp Director) : (256) 689-1802

Catherine Green (Camp Registration) : (419) 635-2141 x 704

