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Congratulations! Your son or daughter just informed you that they want to be on the rifle team. Rifle is a great sport that competes in the Olympics, in Collegiate Athletics, in High Schools, and in club teams around the country and the world. It is also a sport that your son or daughter can start now and can become a collegiate and Olympic champion! The Rifle Team is one of Robinson’s most consistently successful sports teams.

Regardless of whether they actually become a world class shooter, your son or daughter has chosen a sport that will benefit them in so many ways. They will, in a short amount of time, be better at time management, more disciplined, responsible, focused, social, and a source of pride for you and your family. At the same time, you will learn about a sport that you probably didn’t know much about and will find yourself explaining it to others.

You will also become busier driving them to practice and matches, more flexible when it comes to spending money on their sport, more knowledgeable on the sport, and will spend a lot of time with their teammate’s parents. You will also deal with a whole host of anxieties and emotions as your shooter has good days and not so good days. You will learn about sport psychology and how to be a better mentor, coach, parent, and life skills counselor.

About Competitive Rifle:

Robinson competes in two types of rifle: Precision Air Rifle and .22 caliber Smallbore (sometimes called rimfire) Rifle. At the High School level shooters compete primarily in three position (kneeling, prone, and standing). On rare occasions, a fourth position - sitting is added. At the college and international level, air rifle only competes in the standing position and we will compete in several matches of this type.

One thing you will quickly notice about rifle, unlike some other sports, is that your relative standing on the team and in matches is determined by your score and dependability. There is little concern about coaches’ favorites as your score (usually a rolling average of scores) determines who shoots in matches in which we are limited on entries.

While rifle is technically a winter sport at Robinson practice and matches occurs year-round. There is simply no way to progress to high levels in the sport without year-round practice. It is important to note that we are not only a high school team which competes in the Potomac High School Rifle League, but also a club which participates in a variety of matches, depending on whether the event is sanctioned by another club, the National Rifle Association (NRA), USA Shooting (Junior Olympics), or the Civilian Marksmanship Program (CMP). More on these later.
Competitors normally enter the sport in their freshman year and occasionally in their sophomore year. Team members may elect to compete in precision air rifle, small bore (.22 caliber) or both. As with any sport, practice, repetition, skill clinics and camps along with physical and mental conditioning and commitment are the keys to success.

Competitive rifle is an NCAA collegiate, Olympic, and international sport. According to the NRA, nearly 300 colleges in the U.S. offer shooting programs. A number of colleges provide athletic scholarship support for rifle shooters. Many Robinson Rifle Team graduates have gone on to shoot in college, including for the U.S. Military Academy at West Point, the U.S. Naval Academy, and the U.S. Air Force Academy. Robinson Rifle Team members have also competed as members of the U.S.A. Shooting Team in both national and international competition for the United States to include the Olympics.

Shooters are Athletes: In addition to developing shooting skills, shooters are athletes and need to focus on their nutrition and fitness. As in all sports, having a healthy mental approach to training, competition, and dealing with success and setbacks is essential.

Safety: Complying with range rules and firearms safety standards is our highest priority and will be strictly enforced. The Robinson Rifle team requires all members to wear eye protection at all times in air rifle events and eye and ear protection in smallbore events. Failure to follow safety rules and norms can result in disqualification from a match and/or dismissal from the team.

Coaches and adult supervisors are present at all practices and competitions.

Governing Organizations:

There are three major rifle organizations – the Civilian Marksmanship Program, USA Shooting, and the National Rifle Association. Both CMP and NRA maintain national record programs in a myriad of categories. Shooters should get a competitor ID number from each organization.

Civilian Marksmanship Program. The Civilian Marksmanship Program (CMP) was spun off from the Department of Defense in the mid-1990s and operates as a standalone organization to
promote marksmanship skills. The CMP organizes and sponsors air rifle matches throughout
the country. Of special note is their series of state championships which leads to a national
championship at the end of June. Robinson has frequently competed in the CMP national
championship and won the championship in 2010. The CMP recognizes both individuals and
teams. Get a CMP competitor number for free at

USA Shooting. USA Shooting is the national governing body for rifle shooting. At the high
school level, USA Shooting runs the Junior Olympic program in both air and small bore rifle.
They also run a series of state level qualifying matches for individual shooters. The top
shooters are invited to the Junior Olympic match at the Olympic National Training Center in
Colorado Springs. Robinson frequently has shooters qualify for the Junior Olympics. USA
Shooting offers incentives for referrals so be sure to list one of our shooters as the referring
source. Join USA Shooting and get a competitor number at

The National Rifle Association (NRA) sanctions two types of matches for both air and smallbore
rifle. They sanction Regional matches which are essentially stand-alone matches. There are
also Sectional matches where the matches are conducted throughout the country during a
specific time period. The sectional results are compiled at NRA headquarters to determine
overall standings. The results can also be broken out to specific winners for specific categories
such as juniors, for teams such as scholastic or ROTC teams, and for specific stages of the
match such as kneeling. Join NRA and get a member/competitor number at
http://membership.nrahq.org/.

At the college level, athletes compete under NCAA rules in 3-position small bore (SB)
international rifle and standing in air rifle.

**Shooter Classifications**: Your athlete will need to know her or his classification in addition
their competitor ID number for just about every match.

**NRA:**

Junior - A person may compete as a junior through December 31 of the calendar year in which
his or her 20th birthday occurs. Individuals who have National Guard, Reserve, or active duty
status and receive support (as defined in Rule 2.2) may not compete as juniors.

Intermediate Junior - A junior may also compete as an Intermediate Junior from January 1 of the
calendar year in which his or her 15th birthday occurs through December 31 of the calendar
year in which his or her 17th birthday occurs.

Sub-Junior - A Junior may also compete as a Sub-Junior through December 31 of the calendar
year in which his or her 14th birthday occurs.

**USA Shooting:**

J1/ Intermediate (age 18-20) USA Shooting recognizes and encourages competitions with junior
events or special junior awards in open events to promote youth shooting and competitor
development. Juniors are competitors who will be under the age of 21 on December 31 of the
year of the competition. USA Shooting recognizes two additional junior age groups that may be
used by competition organizing committees. Special age designations may be provided for
based on the competition.

J2/ Junior (age 15 - 17) Competitors who will be under the age of 18 and over the age of 15 on
December 31 of the year of the competition.

J3/ Sub Junior (age 14 and under) Competitors who will be under the age of 15 on December
31 of the year of the competition.

Shooter Development:

The most proficient shooters practice and compete regularly. Success and rapid
progress requires PRACTICE and COMPETITION, including frequent dry firing and live air
rifle practice at home (if possible). Athletes are highly encouraged to use a shooters journal
to track what is and is not working as they progress in the sport. This is sometimes called a
performance journal. Making journal entries after every practice and competition is one key
to improvement, but reviewing the entries is equally important.

Our team holds weekly practices at the NRA Headquarters range from 5 am – 8 am on
Saturday mornings, and at the Izaak Walton League Air Rifle Range on Wednesday evenings
from 4 – 7 PM. The NRA Headquarters is located at 11250 Waples Mill Road, Fairfax, VA
22030 and the Izaak Walton League (IWLA) address is 14708 Mount Olive Road, Centreville,
VA 20121. Additional details are outlined in a later section of this guide.

Competition and practice in other events and with other rifle clubs is encouraged when it
does not conflict with scheduled Robinson practices or matches (generally, this would be
during the off-season). Robinson team members may not compete on another team against
Robinson. Additional air rifle practice opportunities are available at the Izaak Walton Air Rifle
Range on Monday and Friday evenings.

All shooters are encouraged to enter as many matches as possible. The accumulation of
experience gained through competition is invaluable. It helps you manage your time, work
through the nervousness, and teaches you what to do when things do not go right, such as
when equipment malfunctions. It also helps build mental resilience and physical stamina.
Additionally, it builds comradery among the team members and the parents.

Camps and Clinics: Each year the CMP and NRA conduct camps for junior shooters. In
addition, West Virginia University holds a camp and some clubs such as Palmyra (located in
Pennsylvania) may also conduct camps or clinics. The U.S. Army Marksmanship Unit (AMU)
has as part of its mission to conduct clinics around the country. They also host a smallbore
camp in August.

The CMP normally runs Junior Air Rifle 3P and Standing camps and clinics each summer
in a number of locations including Camp Perry and Anniston, AL. They also occasionally run
clinics at several local locations such as Annapolis, MD, Dallastown, PA and Centreville, VA (at
our Izaak Walton range). The shooters are trained and coached by some of the NCAA’s best
collegiate shooters for 5 days in the 3P camp or 3 days in the standing camp. The CMP Camps
are an individual event. The team is not responsible in any way for travel, food, lodging or
supervision. We recommend using the team name (Robinson Secondary School) so that the
shooters can be placed together in a group.
Preparing to Shoot in College:

There are countless opportunities to shoot in college whether it is on a Division 1 NCAA team, a Division 3 team, a college club team, or with a local club. For the NCAA Division 1 teams, they are limited to 4.6 scholarships per team. Each college carries a different number of shooters and some colleges have a women’s only team. The NRA website has a list of college shooting opportunities: (https://competitions.nra.org/competitions/nra-national-matches/collegiate-championships/). There are limits on when and how a college coach may contact a shooter or their parent. There are no limits on shooters contacting coaches to let them know of interest in their team. In general, at the end of a match, a college coach may make small talk with a shooter who is not yet a high school senior. College coaches can reply to notes and make conversation with high school seniors except during designated time windows. College coaches look at how athletes will fit in on their team, it is important to be a team player and not just an individual.

What scores are college shooters shooting? Many college teams make their statistics readily available on their team website. In the web links section at the end are links to several schools.

College Shooting Recommendations:

1. Strive to maintain a 3.5 GPA or better throughout High School, this is just as important as your shooting scores
2. Compete in as many matches as possible, including regional matches that college teams attend (i.e. Palmyra and college invitational matches).
3. Compete in the NRA junior sectionals and the JORQ (Junior Olympic Regional Qualifiers) in your freshman year.
4. Compete in the U.S. Nationals your sophomore, junior & senior years.
5. Qualify for the Junior Olympics in your sophomore, junior and senior years or sooner.
6. Select 4 or 5 colleges by the end of your junior year & apply (to all of them) by mid-September of your senior year to be eligible for the early NCAA signing period - November of your senior year.
7. Start contacting coaches by the end of your Junior year (or sooner), the signing period is the first 2 weeks of November of your Senior year, mail coach a resume with match scores, shooting averages & shooting accomplishments. Complete their rifle team application, send e-mails & make telephone calls. Be aggressive and sell yourself. Let the coach know you applied to admissions & let him know when you are accepted. Have your parents or rifle coach call also.
8. Register with the NCAA Eligibility Center by January of your junior year & ensure you are taking the NCAA mandatory/required classes. https://web3.ncaa.org/ecwr3/.
9. Own all of your own equipment by the end of your junior year (at the latest) & let the coach know that you have all of your equipment & what brand.

PRACTICE, PRACTICE & PRACTICE SOME MORE. THE DIFFERENCE BETWEEN ORDINARY & EXTRAORDINARY IS THE LITTLE EXTRA YOU DO!!!

You can get a scholarship if YOU really want it!
ROBINSON RIFLE TEAM

The Robinson Secondary School Rifle Team is recognized by school administrators as a co-ed varsity sport and a club activity. As a varsity sport, student athletes can earn a school letter and be recognized as a scholar athlete. As a club activity, the rifle team must be completely self-sustaining and receives no school funds.

The Potomac High School Rifle League (PHSRL) is an association of High School rifle teams in the Washington, DC Metro area. Current teams include: Landon (MD), St. Johns College High School (DC), WT Woodson, Lake Braddock, Yorktown, Washington-Lee, West Springfield, Wakefield, Fairfax, Centerville, Robinson, and the Mavericks (shooters who go to High Schools that do not have a team). Of these schools, Robinson has the largest team. The league organizes matches during the winter months so that each team competes nine times (once against each team) in air rifle. The league also runs a series of opportunities to compete as individuals in small bore rifle. At the end of the season, the top six shooters in each discipline are recognized as the All-Metro First Team. The next six are the All-Metro Second Team. Recognition takes place at the regional tournament in February.

The rifle program is conducted according to the eligibility rules of the Virginia High School League and under the direction of the Robinson Activities Director. Both boys and girls in grades 9-12 are eligible and encouraged to participate. The competition season runs from November to the end of March. Training for each season begins in September, but competitive opportunities and practices are available for individual rifle team members year-round.

Getting Started:

Communication:
The team uses e-mail as the primary form of communicating with parents and team members. It is recommended that both the team member and parents list their e-mail addresses for contact purposes.

Practices:
Required team small bore and air rifle practices take place at the National Rifle Association (NRA) Range, 11250 Waples Mill Rd., Fairfax, Virginia on Saturday mornings from 5:00 a.m. to 8:00 a.m. year-round. Shooters are scheduled in one hour blocks. Air rifle practices are held on Wednesdays beginning at 4 p.m. at the Izaak Walton League (IWLA) located at 14708 Mount Olive Road in Centreville year-round. Athletes should attend both practices every week as much as possible. Team members will be expected to come early to help set up the ranges and stay late to clean up the ranges.

Additional practice opportunities are usually available at IWLA for air rifle on Monday and Friday evenings.

Scheduling:
Practices, matches, and other events will be scheduled in SignUpGenius <www.signupgenius.com>. Normally practices and league match will be sent out to the entire distribution list on SignUpGenius around 7 days prior to the event. Certain events such as Junior Olympic Regional Qualifiers, will be sent to a limited distribution as determined by the head coach before any remaining slots are released to the entire team. Signups usually come from dcunn@cox.net.
Weather and Cancellations:
The Robinson Rifle Team follows Fairfax County Public Schools weather cancellation procedures.

Equipment:
Equipment definitions and descriptions are at Appendix 4: Equipment. The team has some loaner equipment but it is primarily used by new shooters while they explore if this is a sport for them. In general, all rifle team members purchase their own target rifles and equipment. **It is recommended that you not buy any equipment until you have attended several practices.** Make certain that you want to be a part of the rifle team before you invest in equipment, which can total between several hundred to several thousand dollars, depending on the equipment you wish to buy. After you have decided to join the team, the coaches will provide detailed information and advice about buying rifles and equipment. We want to make certain that you want to be a part of the rifle team before you purchase any equipment.

Spirit Wear:
Team members and parents will have an opportunity to purchase warm-up jacket, pants, and other spirit wear items at the beginning of the season. Look for a team representative at practice and watch for e-mails with forms and turn-in information.

Transportation:
Team members are responsible for their own transportation to and from practices and matches. Pooling arrangements are encouraged. Many of the seniors drive themselves to Wednesday practice and can often take a younger shooter with them. Just ask for a ride!

Rules Regarding Movement of Rifles:
Air rifles and ammunition will be transported to and from all shooting activities in vehicle trunks and baggage storage compartments, inaccessible to team members in the passenger compartments. Ammunition needs to be stored in a separate container from the rifles. **NO smallbore rifles should brought to school.** Exceptions may be granted by the Director of Athletics/Principal for special activities such as Club Day.

Adult Volunteer Opportunities:
All coaches and support personnel are volunteers. There are opportunities for parents to help the team. First, you do a lot by helping your shooter get to practice and to matches (and probably your financial support for equipment and supplies). If you want to do more, the team can always use more volunteer coaches. You do this by attending the NRA Level 1 Coach Class. It is usually offered in the fall over a weekend. The team can also use help in coordinating the annual Palmyra banquet, the Rifle team portion of the Robinson Winter Sports awards night, team registration, a holiday party, and the spring end of season picnic. Talk to Coach Cunningham or any of the Captains parents.

Robinson Rifle Team Annual Yard Sale:
This event is held at the field house at IWLA after a Saturday morning practice in October. If you are new to the team and are looking for equipment to get started or if you’re looking to expand or upgrade your existing equipment, this is your chance to purchase items that are used and are in good condition. If you are in the market for something, you are encouraged to come early! Veteran shooters and their parents are generally a good source of advice.
NRA Breakfast Schedule (Snack Duty):
Each Saturday, one team member is assigned Snack Duty for NRA practice. The snack schedule is listed on the Robinsonrifle.org web site. The snack is a light breakfast of fruit and muffins for the NRA’s early morning staff (about 4 people) who support the team practice. If you are assigned duty and you cannot be at practice, it is your responsibility to switch with another team member and let the coaches know about the switch. You also have the option of getting the snack to a team captain’s house before practice so they can deliver it for you to the NRA staff.

Supplies/Consumables:
The team carries an inventory of basic to intermediate pellets and smallbore ammunition for sale, to team members, at cost. Please pay a Coach in cash or by check during a practice. Parents, ask your athlete to make sure they have enough on hand before a competition (Coaches may not carry inventory to competitions). Athletes should order their own supply of pellets and small bore ammunition if they shoot something more expensive than what the team normally carries.

Team Captains:
Each spring the team members elect four captains for the following year. The captains serve as a conduit between the team and the head coach, provide leadership for the team, assist new shooters in team acculturation, and organize team events to develop skills and build espirit de corps.

Fundraising:
Respecting the fact that rifle has a significant outlay of funds on the part of you the parents, the rifle team does far fewer fundraising activities, typically only 2 per year. Each October, on the Sunday of Columbus Day Weekend, we manage 2-3 parking lots for the annual Clifton Day festival in nearby Clifton. We ask parents and team members to sign up for a 2-hour slot. Families will often have other family members assist as well, and those students can earn volunteer hours for their time. We also assist at the Safari Club’s annual banquet for one evening each year by staffing tables at the silent auction and helping the sponsors set up and tear down their displays. No tag sales, no neighborhood canvassing, and no selling of goods required!

Recognition:

Varsity Letters:
Robinson athletic letters are awarded to team members in good standing who meet the following criteria:

1) Small bore—shot match scores in 3-position small bore of 480/600 (half course) or 240/300 (quarter course) or 350/400 in 4-P small bore; Air Rifle—250/300 in 3-P air rifle; 500/600 3-P air rifle; 300/400 in 400 point air rifle standing and 450/600 in 600 point air rifle standing; during the current high school season;

2) Unlettered seniors, who have participated in rifle loyalty for at least two years and have favorably represented Robinson at all times are awarded letters.

Winter Sports Banquet:
Rifle is considered a winter sport at Robinson. The Winter Sports Banquet is held in late February/early March to recognize Robinson’s athletes competing in the fall and winter Sports
season and celebrate the end of the season. All team members and guests meet in the cafeteria for a general recognition ceremony and each team then moves to another location in the school to have a team celebration. The evening features awards, recognition, food, and team bonding.

Matches:

In a typical year, Robinson shooters will have opportunities to shoot in approximately 20-30 matches with a match of some type occurring every month of the year. Some matches are for the entire team while others are limited (usually by range capacity).

Air rifle home matches in the High School league are competed at Izaak Walton and other facilities as may be designated. PHSRL matches are fired with five-person teams. Squadding will be decided before each match by computing the five highest averages on the team, determined by the last four scores from matches and/or record practices, dropping the lowest score and averaging the highest three scores. Shooters with the five highest averages will be the team for the next match. When range capacity permits, additional shooters can participate in the match to develop experience.

Air Rifle shooters will have the opportunity to compete in PHSRL Developmental Matches during their first year on the team. They are letter qualifying events. Small bore and air rifle shooters are strongly encouraged to compete in all sanctioned NRA matches. These competitions are designated as Robinson Athletic Letter qualifying events. When Robinson competes as a Team, Robinson and Virginia High School League rules require team members to compete for Robinson Secondary School. Offsite events such as Palmyra and Civilian Marksmanship Program Summer Camp events are not associated with Robinson Secondary or Fairfax County Public Schools in any way.

Matches in a Typical Year:

- Fairfax Rod and Gun, Virginia, 2-4, 50 and 100 yard outdoor smallbore matches (August, September, May, June).
- Arlington Rifle and Pistol Club, Marriotsville, MD shoot at the indoor air rifle range during the winter months and we use the Barnes range at Marriottsville for small bore shoots during the Spring, Summer, and Fall. https://arlingtonrpc.org/
- Queen Anne, Maryland, 3 or 4 matches, 60 shot standing + 3x20 smallbore (September, October, November, and sometimes in the spring).
- King George, Virginia, 2, 3x20 air rifle matches (October and March).
- Developmental Matches, IWLA Centreville and/or Landon School, Maryland, 3, 3x10 air rifle matches for novice (first year) shooters (November to January).
- U.S. Army Marksmanship Unit (USAMU) State Qualifier, NRA or IWLA, 60 shot standing air rifle (November) IWLA, Centreville, Virginia.
- Landon School and IWLA, Bob Long Classic, 2 person team (veteran and novice) the veteran shoots 40 shots standing and the novice shoots 40 shots in prone (December). https://www.landon.net/sports/team-page/~athletics-team-id/52
• Potomac High School Rifle League (PHSRL), 9 air rifle and 6 smallbore matches (December to May). [https://sites.google.com/site/potomachighschoolrifle/home](https://sites.google.com/site/potomachighschoolrifle/home).

• Junior Olympic Regional (JORQ) Qualifier Matches, IWLA, Centreville, VA 60 shot standing air rifle only (December) or U.S. Naval Academy, Annapolis, Maryland, 60 shot standing air rifle + 3x20 smallbore (January).

• Palmyra Sportsman Club, Pennsylvania, 60 shot standing air rifle + 3x20 smallbore (USA Shooting). Typically, this is a big event for the team as it is the primary overnight match. Usually held on MLK Weekend in January. [http://www.palmyrasportsmens.com/HTML/rifle_invitational.shtml](http://www.palmyrasportsmens.com/HTML/rifle_invitational.shtml)

• PHSRL Regional Match, IWLA Centreville, 3x20 air rifle match with one team from each school in the league and then room for additional top individual shooters up to range capacity. Usually held on Saturday of President’s Day weekend in February.

• NRA Sectionals, various locations, 4 matches on different days, 60 shot standing air rifle; 3x20 air rifle; 3x20 smallbore; 4x10 air rifle (the fourth position is sitting) (March through May).

• Wendell Thompson open, 60 shot standing air rifle (July).

• Arlington Rod and Gun, Maryland, 2 matches, outdoor prone smallbore and 3x20 smallbore (summer).

Additionally, team members frequently shoot in the following open matches:

• University of West Virginia Mountaineer Open, 60 shot standing air rifle +3x20 smallbore (October)

• Ohio State Buckeye Open, 60 shot standing air rifle + 3x20 smallbore (November)

• University of Akron, Ohio, Zippy Open, 60 shot standing air rifle + 3x20 smallbore (November)

National Matches:

• CMP and Junior Olympic 3 Position Nationals, Anniston, Alabama or Camp Perry, Ohio. Team and individual. Must qualify through a regional match. (June)

• USA Shooting Junior Olympics, Colorado Springs, Colorado, standing air rifle and/or 3x20 smallbore. Individual. Must qualify through a state qualifying match. (April/May)

• USA Shooting Nationals, Fort Benning, Georgia, open match for individual air rifle and outdoor smallbore. (July)

• NRA Smallbore Nationals, Bristol, Indiana, open match for individual outdoor smallbore. (July)

• USA Shooting Winter Airgun Championships in Colorado Springs, CO (Late November/Early December). The Winter Air Gun Championships are open to all competitors. All competitors must be current members of USA Shooting.

• U.S. Army Air Rifle Nationals, Fort Benning, Georgia, 60 shot standing air rifle. Team and individual. Must qualify through a state qualifying match. (January)
Appendix 1: RIFLE TERMS

3PAR: 3P Air Rifle

3-P - 3-position: shooters fire from Prone, Standing and Kneeling positions

4-P – 4-position: same as 3-P, plus shooting from the Sitting Position

Age Categories (NRA & USAS): Sub-junior thru Dec 31 of the year of the 14th birthday; Intermediate-Junior thru Dec 31 of the year of 17th birthday; Junior thru Dec 31 of the year of 20th birthday.

Air Rifle: A gun that uses a .177 caliber lead pellet propelled by compressed air or gas instead of a gunpowder charge. The rifles can weigh up to 12.12 pounds.

Annapolis/USNA: The range facility at the US Naval Academy (USNA) typically hosts two major junior matches.

Aperture Sights ... The standard type of sights used on air rifles and .22 rifles for target shooting. The sights consist of a rear unit with a small hole in it which is used to centralize the eye. A fore sight containing a ring, in the center of which the (round) aiming mark is placed.

Bull: Short for bull’s-eye. There are 12 bulls per target, 10 for competition and two for sighting shots. The 10 ring is actually a dot in the center of the bull’s-eye. In smallbore, the 10 dot is slightly smaller than the period at the end of this sentence, while in air rifle, the 10 dot is slightly larger than the period at the end of this sentence.

The Civilian Marksmanship Program (CMP): a national organization dedicated to training and educating U. S. citizens in responsible uses of firearms and air guns through gun safety training, marksmanship training and competitions.

Classification: The NRA system of dividing shooters into different skill levels for award purposes. (Master, Expert, Sharpshooter, Marksman)

Colorado Springs: USA Shooting is headquartered at the Olympic Training Center (OTC) in Colorado Springs, Colorado. Located on the OTC campus, the Olympic Shooting Center was built in 1985 and is used for elite and resident athlete training, competitions, national championships, coaching seminars, camps, committee meetings and local clubs. Junior shooters can qualify to attend developmental camps.

Counter: League matches pit 5 shooters from one school against 5 shooters from the other; the highest 4 scores from each are totaled to determine the match winner. The names put forward are the ‘counters’ for the match; if space/time permits, other shooters from either team may also shoot under the match conditions for individual achievements.

FRGC: Fairfax Rod and Gun Club- venue for some non-league smallbore match opportunities. King George, VA- Site of the Virginia State CMP/USAS 3PAR Championship match

Full course: In smallbore, a full course consists of 120 record shots, 40 in each position, fired in the following order: prone, standing, kneeling.

Half course: In smallbore or air rifle, a half course consists of 60 shots, 20 in each position (prone, standing and kneeling).
International air rifle: Air rifle discipline fired only in the standing position; usually 40 or 60 shots. This corresponds to Collegiate or Olympic Air Rifle.

Iron sights: Sights that employ no magnification. Also known as Aperture Sights.

Izaak Walton: Arlington/Fairfax chapter of the Izaak Walton League, in Centreville, VA; venue for Air Rifle practice and matches, and some non-league smallbore match opportunities.

IWLA: See Izaak Walton

JORQ: Junior Olympic Regional Qualifier

Junior Olympics: Annual invitation only match sponsored by USA Shooting. Invitations are earned through qualification at state level matches. Separate events for men and women and air rifle and smallbore. Usually held at the Olympic Training Center in Colorado Springs in April and Many of each year.

Landon School: One of the teams in our league, the Landon School hosts league matches, and developmental matches, at their range on campus in Bethesda, MD.

Megalink: Electronic target system installed at IWLA Sills Range and various CMP sites.

https://www.megalink.no/en/.

National Rifle Association (NRA): NRA’s Competitive Shooting Division offers a wide range of activities in all types of shooting, for everyone from the novice to the world-class competitor. The NRA sanctions over 10,000 shooting tournaments and sponsors over 50 national championships each year.

Offhand: The unsupported standing position (shooting "off the hand" rather than with the non-trigger arm supported on a knee or the floor).

Orion: An computerized target scanning and scoring system which can post results online.


Palmyra (Invitational): An annual smallbore/air rifle tournament conducted in Palmyra, PA. An optional team activity.

PCP: Precharged pneumatic; type of air rifle that has an air cylinder, filled from a SCUBA tank, which propels the pellet.

PHSRL: Potomac High School Rifle League – The sanctioning body for the 9 teams in the DC area that compete in NCAA and Olympic-style rifle competitions.

Plug: A metal device the same size as the shot hole, used to score targets. Variations include the "inward plug" and "outward plug." With the inward plug, the score is determined by the contact point of the outside edge of the plug with the inside of the next lowest scoring ring. With an outward plug, the score is determined by the contact point of the outer edge of the plug with the inside of the scoring ring.

Postal Match: A match in which competitor’s fire on their home ranges using targets which have been marked for proper identification. Fired targets and/or scores are then exchanged by mail.

Precision: Precision Air Rifle is modeled after Olympic-style shooting and allows the use of the specialized target air rifles and equipment, designed for use in Olympic and International Air Rifle Competition.
Quarter Course: In junior 3P air rifle, a quarter course consists of 30 shots, 10 in each position (prone, standing and kneeling).

Regional: Stand-alone NRA matches, usually a state level competition.

Sectional: The NRA National Junior Indoor Rifle Championships are comprised of Sectionals where competitors can compete in their local area under the same rules and conditions required of all the Sectionals that are conducted across the United States. Scores from each Sectional are sent to the NRA; winning targets are validated by the NRA; and the NRA publishes the National Championship winners. Robinson shooters will be able to shoot in several different types of optional Sectional matches. (Metric Position, Conventional Position, NRA International Air Rifle, Air Rifle Precision 3-Position)

Smallbore rifle: A .22 caliber gun with a metallic sight used in competition. It can be customized with special accessories and/or alterations (barrel length and style, stock, design, etc.) to fit the shooter’s needs and comforts.

Sporter: A category of entry-level air rifle competition, with simpler rifles and no specialized clothing. Robinson does not conduct this type of shooting, but you may see it at some matches we attend.

USA Shooting (USAS): a 501c3 non-profit corporation, was chartered by the United States Olympic Committee as the National Governing Body for the sport of shooting in April 1995. The organization implements and manages development programs and sanctions events at the local, state, regional, and national levels; developing shooting athletes from grassroots to Olympic medals.
Appendix 2: FORMS/PAPERWORK REQUIRED PRIOR TO JOINING THE TEAM

**Dues:** Team dues are $90 per member per season. The dues cover expenses for team supplies (targets, backers, etc.), team entry fees, range costs, awards, and high school league fees. Izaak Walton junior membership and Air Rifle Range membership are paid to Arlington Fairfax Izaak Walton League. Currently IWLA Junior Membership is $20 and Air Range Consumables Fees are $65.

The following forms and paperwork need to be completed and returned to the coaches and/or school prior to joining the rifle team and competing. Please don’t wait until the last minute. Failure to comply will result in removal from the team for the season. There will be no exceptions.

**VHSL Physical.** You must have a current (done after May 1) on file with Robinson Secondary School. Please write “Rifle Team” on the top before you turn it in to the Athletic Director’s Office. Please let the coaches know when you have turned it in or if you have one on file for another sport. The form is located at [https://drive.google.com/file/d/0B_7KGbWzA0LxcFRrOXZqQVNjdm8/view](https://drive.google.com/file/d/0B_7KGbWzA0LxcFRrOXZqQVNjdm8/view).

Additional information is at the FCPS Student Athletics page [https://www.fcps.edu/index.php/activities/student-athletics](https://www.fcps.edu/index.php/activities/student-athletics).

**Online Concussion Training.** Each student and at least one parent must complete the concussion training on line. Please let the coaches know when you have completed the training. [http://www.fcps.edu/supt/activities/atp/health/concussion/ceov_program.shtml](http://www.fcps.edu/supt/activities/atp/health/concussion/ceov_program.shtml).


**Emergency Contact Form.** Please turn this in to the team. The form is available on Blackboard FCPS 24-7 in the Parent View accounts.

**IWLA Junior Chapter Membership Application,** IWLA junior memberships and air rifle range fees are paid by the shooter through the IWLA SignUpGenius site and PayPal. The shooter will also need to complete the IWLA Waiver Form and submit through the IWLA SignUpGenius site.

**Team Dues.** The team dues for the 2018-2019 this season will be $90. Please turn in to the team.

**Standards of Conduct:** Team members are required to sign the Robinson athletic pledge to abstain from the use tobacco, alcohol, and drugs, and to conduct themselves in a manner that is a credit to Robinson.

**Satisfactory Academic Progress:** Virginia League eligibility rules require that each team member must have passed at least five of seven courses the preceding semester. The rifle team coaches will provide a form to each team member in January to be signed by their teachers verifying passing grades in their courses.
Appendix 3: USEFUL WEBSITES

Team Websites:
- Robinson Rifle Team Site: [http://www.robinsonrifle.org/wp/](http://www.robinsonrifle.org/wp/)
- Robinson Rifle Orion Site: [http://www.orionresults.com/robinsonrifle](http://www.orionresults.com/robinsonrifle)

Arlington Fairfax Izaak Walton:
- Bucky Sills Air Range: [http://afc-iwla-sillsairrange.org/](http://afc-iwla-sillsairrange.org/) (Click through for the range calendar)
- IWLA Orion Site: [http://www.orionresults.com/afciwla](http://www.orionresults.com/afciwla)

Fairfax County Public Schools:
- Fairfax County Public Schools: [https://www.fcps.edu/](https://www.fcps.edu/)
- FCPS Athletics: [https://www.fcps.edu/activities/student-athletics](https://www.fcps.edu/activities/student-athletics)
- Robinson Secondary School: [https://robinsonss.fcps.edu/](https://robinsonss.fcps.edu/)
- Robinson Secondary School Athletics: [https://robinsonss.fcps.edu/student-life-activities/athletics](https://robinsonss.fcps.edu/student-life-activities/athletics)

Governing Organizations:
- NRA Competitive Shooting Programs: [http://competitions.nra.org/](http://competitions.nra.org/)

Suppliers:
- Champion Shooter Supply: [https://www.championshooters.com/](https://www.championshooters.com/)
- Oberle Enterprises: [https://oberleenterprises.com](https://oberleenterprises.com)
- 10.9 Shooting Supply: [https://www.10pt9.com/](https://www.10pt9.com/)
- Pyramid Air: [https://www.pyramydair.com](https://www.pyramydair.com)

Camps and Clinics:
- CMP (usually opens in February): [http://thecmp.org/air/](http://thecmp.org/air/)

Rules:
- USA Shooting: [http://www.usashooting.org/7-events/usasrules](http://www.usashooting.org/7-events/usasrules)
- ISSF: [http://www.issf-sports.org/theissf/rules.ashx](http://www.issf-sports.org/theissf/rules.ashx)
Appendix 4: NCAA RIFLE PROGRAMS

Overall information and additional college links can be found at: https://competitions.nra.org/competitions/nra-national-matches/collegiate-championships/. The CMP also maintains a College Resources page at: http://thecmp.org/air/college-connection-articles/. Also, if you plan on competing in college take a look at the NCAA Eligibility Center which is the first step to becoming an NCAA student-athlete: https://web3.ncaa.org/ecwr3/.

Division I

- U.S. Air Force Academy (Air Force)
- University of Akron
- U.S. Military Academy (Army)
- The Citadel
- Georgia Southern University (women only)
- Jacksonville State University
- University of Kentucky
- University of Memphis
- Morehead State University
- Murray State University
- University of Mississippi (women only)
- U.S. Naval Academy (Navy)
- University of Nebraska–Lincoln (Nebraska) (women only)
- University of Nevada, Reno (Nevada)
- North Carolina State University
- Ohio State University
- Texas Christian University (TCU) (women only)
- University of Tennessee at Martin
- University of Alabama at Birmingham (UAB)
- University of Texas at El Paso (UTEP) (women only)
- Virginia Military Institute (VMI)
- West Virginia University
- Wofford College

Division II

- University of Alaska-Fairbanks
- University of North Georgia
- University of the Sciences in Philadelphia

Division III

- John Jay College of Criminal Justice
- Massachusetts Institute of Technology
- U.S. Coast Guard Academy
- Rose-Hulman Institute of Technology
- SUNY Maritime
Appendix 5: EQUIPMENT

Understanding Our Sport, Part 3: GEARING UP: THE TOOLS THAT AID IN TRYING TO EXECUTE THE PERFECT SHOT

Walk into any shooting range where Olympic-style rifle shooting is taking place, and you’re immediately met with strangeness. It’s not the athletes that are strange, or for the most part anyhow, but rather the equipment you’ll see piled up and used. Visors, suits, glasses, sights and shoes all lead one to believe you’ve entered into an intergalactic fantasy world where the game is vastly different than anything you’re familiar with.

However, closer examination reveals that these athletes are simply shooting nothing more than an embellished piece of sports equipment, specifically tricked out to try and give the athlete every possible advantage when fractions of an inch can mean the difference between average and great. The guns used and the accouterments involved are very similar to the modifications a street racer might make to a car to get ultimate performance.

Every piece of equipment used provides a specific purpose and all with the intent to increase comfort, enhance stability and ensure every shot is as accurate as possible. To help you comprehend the plethora of equipment needed, we break down all the pieces that go into making sure our athletes hit their mark.

There’s a vast difference between the amount of equipment needed for a pistol shooter as compared to a rifle shooter. The pistols used in Olympic shooting look strange and may even be compared to space guns as well. They are all made specifically for each discipline and every grip is molded for each individual shooter’s hand. Three types of pistols exist across the discipline, including Air (.177 caliber) as well as Free, Sport and Rapid Fire Pistols that all fire .22 caliber ammunition.

A good, well-fitted pistol and the optional accessories, such as shooting shoes, visor, glasses and blinders is about all that’s necessary at the elite level in pistol. Elite rifle shooters simply don’t have that luxury and the products available are vast and varied, each with a specific purpose of trying to execute perfection.

INTERNATIONAL COMPETITION RIFLES

There are two main rifles used in the international competition circuit; air and smallbore rifles. Air rifles are .177-caliber lead pellet guns that function from removable compressed air tanks attached to the action. These rifles are used in several different types of competitions, including non-Olympic events such as Three-Position Airgun, or Olympic events such as [Standing] Airgun. Smallbore rifles are .22-caliber, and are used in non-Olympic events such as Conventional Three-Position and Prone competitions and steel silhouette matches.

Olympic events competed in with smallbore rifles include 50-meter Three Position and Prone matches.

On these intricate rifles, there can be an unlimited number of attachments and adjustments to enable the athlete to conform the gun to his or her exact body type. The rifle consists of the same main pieces seen on a traditional rifle stock; but with many additional movable parts. Each of these parts exist to form the rifle to the specific positions athletes find themselves in, including prone, standing, and kneeling. These parts exist not only to make the positions comfortable, but also to enable the athlete to have the most stable position possible to take well-executed shots.

There are several key adjustments both kinds of rifles have in order to make the athletes have their best positions. The buttplate of the rifles are removable, and are also highly adjustable to the athlete’s body, fitting snugly against the shoulder and under the arm. Athletes also adjust the height of the fore-end stock using attachable blocks. These blocks are used to provide height to the athlete’s position to sit comfortably on the target through the sights.

1From USA Shooting News “Olympic/Paralympic Preview 2016” pp. 68-70.
RIFLE CLOTHING

First impressions with the stuffy suits shooting athletes wear include many questions: "Are they bulletproof? What do they do for you?" To answer the first question: no, they are not bulletproof in any form and aren’t used for protection — though they appear sturdy. The shooting jacket and pants, working together, provide support to the athlete and their position. They also serve as insulation against muscle tremors and heartbeat. Support given from the clothes is extremely helpful with keeping consistency in position and taking the optimum shot.

On the back of each leg of the pants, full length zippers allow for unzipping in the prone and kneeling positions. Zippers are used in standing to rebuild support. Buttons placed down the front of the jacket allow for similar adjustability, unbuttoning in prone and kneeling (using one or two), and then using full buttons for standing. These supports, while many may think they are unnecessary, provide the support and consistency needed to compete at the Olympic level and are highly regulated on thickness and flexibility.

THREE-POSITION SMALLBORE & AIR RIFLE COMPETITION

For smallbore matches, there are many pieces of equipment that athletes use to find the stable, consistent position that provides results. Air Rifle uses the same equipment in standing as Three-Position Smallbore Standing.

Kneeling: A unique shooting position that challenges even the most experienced shooters. Balance and alignment to the target is a key to success for the position, and both are influenced by the equipment an athlete uses to setup the position.

There is one key element to the kneeling position that is different from the other positions: the kneeling roll. It’s a small canvas or cloth beanbag that goes underneath the shooter’s supporting foot. Whether you use a small canvas roll or a larger one, both work to stabilize the position and allow the shooter to align their back along the line of their supporting foot. Also in the kneeling position, the sling (as mentioned in prone) and separate buttplate are also used.

Prone: A main focus in this position is sling tension and position alignment. Two main pieces of equipment used in prone are the sling (also used in kneeling) and the prone mat. The sling connects the upper arm and rifle so the arm can relax.

The slings used in international competition are complex and have several types of adjustments. The first adjustment, much like a belt, tightens and loosens the length of the sling. This is an important adjustment to make the position fit for you. Another adjustment the sling allows for is the tautness and tension of the sling, which is a small micro-length adjustment on the side of the sling. Both of these adjustments can be easily made while in the prone position. Also used is a prone mat, which is a 2" or thinner cloth or canvas mat that goes underneath the
athletes position to provide support and cushion to the position under the supporting elbows. An adjustable buttplate is also used in this position.

Standing: For this portion of the match, an offhand stand and multiple attachments to the rifle are used to make the optimum supported position.

The standing (a.k.a offhand) stand is used to hold ammunition and to rest the rifle on between shots (if desired). The stand can also be used in kneeling, after it’s adjusted to the appropriate height. Some attachments for the smallbore rifle include offhand blocks, which increase the depth of the stock’s forend, therefore raising the position of the rifle. Also in standing, an adjustable buttplate is preferred to allow for the drastic change to the shoulder rotation and angle of leverage.

The shooting suit is also fully taken advantage of in this position, by closing the zippers up the back of the legs to hold the most support, and using each of the buttons across the front to tighten the core and upper body.

ACCESSORIES

Many other small accessories make up an international rifle athlete’s gear bag. Special monocle glasses are used when athletes want to use a filter or prescription glass. By using a monocle style, the exact center of the glass is centered to the eye, allowing for the clearest sight picture possible.

Visors are worn to protect the athlete’s sight picture from overhead lights and sunshine that could become an obstruction. Similarly, athletes often wear blinders to eliminate distractions and to increase focus.

Barrel extension tubes, often called “Bloop Tubes” due to the sound they make, provide several advantages, the first being the increase in the sight radius. By increasing the distance between the front and rear sights, the shooter can aim more precisely and more consistently at his point of aim. An additional advantage is the weight added to the front of the gun, which allows for more balance adjustments and often helps improve the gun’s felt recoil. A secondary advantage is the protection such a device offers to the crown of the barrel, any damage to which is detrimental to the barrel’s accuracy.

Shooting shoes/boots are often worn to provide greater foot and ankle support and to provide more stable positioning with their flat sole design.
FEEDBACK: If you have feedback on this document, please contact the coach distribution list at coaches@robinsonrifle.org.