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2023 Smallbore Camps Info Sheet Minnetonka Game and Fish Gun Club

Location: Minnetonka Game and Fish Gun Club, 8310 Hill and Dale Drive Elk River, MN 55330

Dates: July 27 - June 30

Start Time: Tuesday @ 9am CDT

Check-in: Check-in will be held at the range on the start date from 8am to 8:45 am CDT
(This will typically take 5-10 mins)

Range Facilities:

The Minnetonka Game and Fish Gun Club is located at 8310 Hill and Dale Drive Elk River, MN. It is home to a large, multi discipline range system where CMP will host this camp. The camp will be hosted on the outdoor smallbore range, and all classroom sessions will be held in the nearby clubhouse, as well as lunches, snacks, and drinks.

Covid Protocols:

Please be prepared to wear a mask at all times while at CMP events. The CMP may or may not require a mask to be worn by each individual during the conduct of the event. Please bring your mask with you and if instructed to wear your mask by CMP management, it must cover your nose and mouth at all times. The final decision concerning mask wearing at CMP events will be made the first morning of the event by CMP management.

Who may Attend:

The CMP Junior Smallbore Camps are open to any and all entrants, but recommended for high-school aged athletes with at least one year of three-position air rifle competition experience. It is also recommended that the athletes have at least a year of smallbore experience, but not a requirement. The curriculum is designed for students who will be in grades 9 through 12 in the coming school year, and admission to athletes who have not yet reached high school will be through the discretion of the Camp Director. Athletes who have just completed their senior year may attend as athletes. Athletes who are more than one (1) year removed from high school may NOT attend as athletes; they may attend the Camps as Adult Leaders. There is NO minimum score or experience level requirement for the CMP summer camps - CMP camps are open to all athletes who want to improve their marksmanship and competition skills. Many shooters of all skill levels who have attended previous years' camps have achieved remarkable improvements and success after attending camps.

Adult Leaders:

An important feature of the CMP Junior Rifle Camps is the emphasis on athletes and adult leaders learning together. At least one adult leader (a coach, team or club leader, parent, etc...) must accompany each athlete or group of athletes who attend. Adults may not attend camps

unless accompanying athletes. Adult leaders are encouraged, but not required, to attend instruction and coaching sessions with their athletes. Sessions that specifically cover coaching topics will be held for all interested adult leaders. Housing and transportation is the responsibility of each adult leader.

What to Bring:

Campers are responsible for bringing their own equipment, including but not limited to rifles, appropriate clothing, shooting stands, slings, kneeling rolls, and ammo (*CMP will provide 150 rounds of ammo to each competitor for the 3x20; athletes will have to bring their own ammo*). Shooting will take place on paper targets, and campers should bring their own spotting scopes and prone mats. Campers need to make sure they are dressed comfortably in athletic clothing and footwear (reference the CMP 3P Rule Book).

Camp Instructors:

Ryan Hinson will serve as the primary instructor for the camps, as well as the Camp Director. Hinson joined the program in 2018, and worked as a counselor with summer camps for three years while competing at Morehead State University. Upon graduating in 2021, he joined CMP full time, and began his role as Camp Director in 2022.

Also serving as a primary instructor will be Alana Kelly. Kelly has been with summer camp staff since 2017, and joined CMP full time after the summer of 2021 after graduating from the University of Mississippi in 2020.

The other lead instructors for the camps will be former counselors, collegiate coaches, and other athletes and coaches who have experience at the NCAA, National, and International stages.

Completing the staff will be a group of accomplished CMP staff members and collegiate athletes who will serve as assistant directors, gunsmiths, target technicians, 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 at the beginning of the camp. Each training group will be under the instruction of a counselor or counselors, who are members of collegiate rifle teams, varsity or club. Each counselor will be responsible for roughly 2-4 camp athletes, and groups will work together for the entire camp.

Typical Training Day:

Each training day will start with a light warm-up and stretching, 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 three-position smallbore athletes.

Participants will learn how to: construct stable and balanced 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 effectively, optimize the performance of their rifle and equipment, understand safety and rules, understand the design of an appropriate physical training program, shoot finals, and optimize their performance in competitions.

End-of-Camp Match, Award Ceremony and Graduation:

A formal EIC competition (3x20 plus final) will be conducted on the last day of each full-length camp. Medals will be awarded for the high scorers at the conclusion of the competition. The match will be run in accordance with the CMP Smallbore Rules

<https://thecmp.org/competitions/cmp-competitions-rulebooks/>.

Each camp concludes with the competition awards ceremony following the finals. Participants will also be awarded a distinctive camp t-shirt and certificate for their attendance.

Code of Conduct:

Each participant, athlete and adult leader, must agree to abide by and sign a code of conduct at the beginning of the camp. Violations to the code may result in the removal of the offender from camp and a loss of fees paid. This includes, but is not limited to, behavior that is disruptive to the camp learning environment.

Food:

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

Local Housing:

All camps are commuter only. Housing options are TBA.

Transportation:

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

Camp Schedule:

Tuesday	0900-1630	Camp Activities
	0800-0845	Check-In
Wednesday	0900-1630	Camp Activities
Thursday	0900-1630	Camp Activities
Friday	0900-1630	Match, Finals, and Awards, and last Lessons

A complete schedule will be provided at check-in.

Costs:

Camp: Athletes: \$300, Adults: \$75

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 Ryan Hinson (rhinson@thecmp.org; 256-689-1802) or Alana Kelly (akelly@thecmp.org; 419-635-2141 x 751)

Emergency Contacts:

Ryan Hinson (Camp Director) : 256-689-1802

Alana Kelly (Camp Registration) : 419-635-2141 x 751