

Meagher County Sportsmen's
Junior Marksman Program

Shooting Notes

Name

Address

Phone

NRA Number

USAS Number

You don't remember things, you write them down.

Write down the things you did well. Go back and reread this. And again the next day.

The difference between a score book and a shooter's diary:

The score book just shows the results. The diary is a reflection of you, everything you do in training. It's purpose is to keep you from making the same mistakes you made today, tomorrow.

Equipment (Personal)

Goals: Say to yourself each day, "I can do this, I am that good."

I will achieve by the end of this season:

Equipment (Association)

This is my long term goal, I will achieve it by _____

Match Checklist

Gun	Prone Mat
Sling	Spotting Scope w/stand
'T' handles	Timer
Screwdriver	Cartridge Holder
Ammunition	Rifle support
Diary/Notes	Water
Ear Protection	Snack
Eye Protection	Lunch Money
Jacket/Pants/Shoes/Glove	Directions to Match
Kneeling Roll	NRA/USAS card w/number

Standing Position

Personal Best:

Settings:

Sling

Butt Stock

Cheek plate

Forend Strop [hand stop]

Position Notes:

Prone Position

Personal Best:

Settings:

Sling

Butt Stock

Cheek plate

Forend Strop [hand stop]

Position Notes:

Kneelling Position

Personal Best:

Settings:

Sling

Butt Stock

Cheek plate

Forend Strop [hand stop]

Position Notes:

Sitting Position

Personal Best:

Settings:

Sling

Butt Stock

Cheek plate

Forend Strop [hand stop]

Position Notes:

My pre shot routine: Repetition is key to shooting, by doing everything the same each time, you can concentrate on those things that change every time.

Shooting Diary

Event: _____ Train/Comp.

Date: _____ Time _____

Location _____

Days Objectives/Goal _____

Attitude Start 0-----|-----10 End 0-----|-----10

Preparation 0-----|-----10 Pre-shot 0-----|-----10

Physical Start 0-----|-----10 End 0-----|-----10

Concentration 0-----|-----10 End 0-----|-----10

Mental Start 0-----|-----10 End 0-----|-----10

Technical Start 0-----|-----10 Overall 0-----|-----10

Notes:

Analysis

Goal

Achieve goal y/n

Stuff that was good:

Problems:

Solutions:

Shooting Diary

Event: _____ Train/Comp.

Date: _____ Time _____

Location _____

Days Objectives/Goal _____

Analysis

Goal _____

Achieve goal y/n

Stuff that was good:

Attitude Start 0-----|-----10 End 0-----|-----10

Preparation 0-----|-----10 Pre-shot 0-----|-----10

Physical Start 0-----|-----10 End 0-----|-----10

Concentration 0-----|-----10 End 0-----|-----10

Mental Start 0-----|-----10 End 0-----|-----10

Technical Start 0-----|-----10 Overall 0-----|-----10

Notes:

Solutions:

Problems: