

Keeping a Shooter's Journal

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Shooter's Journal

- A Shooter's Journal is one of your most important tools
- Must be kept consistently from day 1 through your shooting career
- Every time you shoot
- Every time you learn something useful



Shooter's Journal

- Chapters
- 1. Personal Info
- 2. Rifle, clothing and position settings
- 3. Goals
- 4. Your Training Plan, Practice Plans and Evaluations
- 5. Match Experience
- 6. Packing List



Shooter's Journal

- Chapter 1
- Your Personal Information
- Name, address, phone #, email
- Coach's contact info
- School address and phone #
- Helpful websites (NRA, CMP, USA Shooting, etc..)



Shooter's Journal

- Chapter 2
- Rifle, Clothing and personal settings
- Picture of rifle with notes
- Pictures of each position with notes
- Extensive notes on each position
- Clothing adjustments for each position
- If you shoot a great set, tell me so I can take pictures of your outer position
- Notes on “inner position” when you “find” it



Shooter's Journal

- Chapter 3
- Goals
- Notes on your current abilities
- Long term goals (1-5 years)
- Short term goals (1-6 months)
- Weekly goals
- Daily goals



Shooter's Journal

- Chapter 4
- Your Training Plan
- These are steps you will take every time you do the following:
 - 1. Practice Plan
 - 2. Pre-Match Plan
 - 3. Prep Period Plan
 - 4. Match Plan
 - 5. Shot Plan
 - 6. Refocus Plan



Shooter's Journal

- Chapter 5
- Match Experience
- Filled out after each competition match
- Class Competitions
- Drill Meets
- Postals
- Sectionals
- Jr. Olympics
- Nationals
- Record:
 - How did I feel?
 - How did I shoot?
 - What did I learn?
 - What went well?
 - What didn't?
 - What will I do different next time?



Shooter's Journal

- Chapter 6
- Packing Lists
- 1. Packing list for shooting here at home
- Packing list for shooting on the road
- Packing list for shooting out of area (airline flight)



QUESTIONS?

