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## PAUL GOLDEN IN FOCUS

Paul has been involved in shooting for quite a long time....firstly as a shooter, and more recently in the officiating area. He has served as the NSW Delegate to TRA, Chairman of the TRA Technical Committee and AISL Technical Delegate amongst other things.



As a country person at heart from Junee in NSW, Paul is quite used to travelling the distances required to attend NSW Council meetings, also TRA and AISL events as needed. No one would want to know the kilometers he has travelled in the name of volunteering at shooting events.

He has also extended his travelling to far away places, and in his technical role, has officiated at the Olympic Games, Paralympic Games, Commonwealth Games, Commonwealth Shooting Federation Championships and many World Cups.

When not involved in the conduct of a shooting event, Paul still enjoys managing his farm, although he has promised himself that it will soon be time to slow down on the farm.....just a little... so there is more time for shooting!!

Paul's friendly manner has endeared him to those frequenting SISC. He is one of the very rare breed within shooting ranks..... a volunteer. Say hi to Paul when you see him next—he'll appreciate it.

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- 2008 ISSF WC Munich Bronze Medalist
- 2008 ISSF WC Rio de Janeiro Bronze Medalist

## THE EMMONS FAMILY IN FOCUS

I was lucky to have the company of Matthew, Katerina & Julia Emmons at SISC recently. Katerina (a member of the Czech Republic Team) and Matthew (member of the USA Team) were in Australia training prior to the World Cup in Sydney....while Julia (nearly 1) was in the safe and capable hands of her grandmother nearby.

Our Air Rifle team that travelled to Plzen and Munich had trained with Matt & Katerina in January, and were delighted to see and train with them again in Sydney prior to the World Cup. I had a chance to ask both of them a few questions....

### *Your most memorable shooting moment...*

**KATERINA:** The World Cup in Beijing—Air Rifle. I shot a great Final and a record score. The whole match was good—shot a 400 as well.

**MATT:** World Championships 2002—Prone. My first real big success. I remember every bit of it. Shot OK in the match, but as I approached the Final, I knew I was going to shoot well—I felt so much in control and I was. Thinking about it still gives me a buzz

### *Any difficulties having two famous champions in the one household...*

**KATERINA/MATT:** Of course not. We're not competing with each other. We understand each other and love what we do. Both of us know what is happening and what is required for each of us to succeed. We know the potential ups and downs and we are willing to work together to make good things happen. We do need to consider Julia of course, when planning our training and competition schedule. She is the number one priority.

### *Any thoughts on your time in Australia...*

**KATERINA/MATT:** It has been wonderful. Good weather and time to see more than just the range, airport and hotel. It's been a good few weeks.

**MATT:** I love the culture of the Australians....and the humour. I've even had the opportunity to learn a little about cricket...this bowling thing with a straight arm is getting me though.

Katerina made her return to competitive shooting here at the World Cup in Sydney, having not competed since the Beijing Olympics. While a little rusty at first, she showed her championships skills and was soon back in the swing.

Both Katerina and Matthew shot at the recent Aus Cup—Matthew winning the Mens 3P with 1176 and the Mens Air Rifle with 597.

Not to be outdone, Katerina won the Womens Air with 396. The spectators were treated to a display of fine shooting and enjoyed what they saw.



Katerina winning Aus Cup 2



Matt winning Aus Cup 2

Katerina and Matthew are wonderful ambassadors for shooting—they are outgoing, friendly and ready to share their experience, although I'm not sure that Matthew had a handle on the coloured Australian money, coming from the USA with its green, green and more green currency.

Both of these champions have a clear idea of where they are headed both in shooting and in life. Their life took a major turn last year with the birth of their daughter, Julia.

Baby Julia is the cutest little one—big eyes and a placid nature. She had little problem being handed around like “pass the parcel” and was a drawcard for many. It's amazing how sane adults will melt in the presence of a cute smiling baby.

Katerina only shot Air Rifle in the World Cup, and showed her skill to the maximum....with 100, 100, 100.... proving that tension is possible in even the great champion, she dropped her last shot for a creditable 399. Her Final extended the lead, and she won her first Gold medal for 2010.



Matt (more of a 3P specialist) had an impressive 1170 in 3x40 placing him second before the Final. With a solid final, he took the lead and the Gold medal. His pleasure at this first medal for 2010 was evident as the anthem played and the flag was raised.

At the conclusion of the World Cup, the family returned to Adelaide for a few days of R&R.

Thanks to Matt, Katie & Julia for their friendship—we hope to see you again soon.

What did our shooters gain from the Emmons family visit? Both demonstrate the ultimate dedication and enthusiasm required for their chosen sport. They fully understand the work level required to achieve at the top level....and do it

Australia may be host to the Emmons family again next year around the time of the World Cup in Sydney 2011.....we can only hope.



# TRA NATIONAL CHAMPIONSHIPS—SISC

They came from far and wide...Sydney 2010. Remember that the full results are on the TRA website.....with photos of the winners.

## 3x40 Free Rifle



We had the company of Peter Sidi from Hungary, the Bronze medallist from the World Cup in Sydney, who chose to use the TRA Nationals as good training prior to the World Cup in Beijing. Peter lead the way, and won with 1168, followed closely by WA's Robyn Van Nus with a new Australia record of 1165. Although a little puzzled that the girls also shot in this match, he was quite happy to be part of the medallist's photo with the two ladies!

- |                                     |                                     |
|-------------------------------------|-------------------------------------|
| 1st - Peter Side (HUN) .....1168    | 2nd - Robyn Van Nus (WA) .....1165  |
| 3rd - Susannah Smith (NSW) ....1143 | 4th - Michael Brown (NSW) .....1131 |
| 5th - Chris Gulvin (WA) .....1127   | 6th - Dane Sampson (QLD) .....1111  |
| 7th - Ron Maine (SA) .....1090      | 8th - Sam Houston (NSW) .....1056   |

## 3x20 Sport Rifle

Again Peter lead the way in this event, and finished with 590

- |                                     |                                   |
|-------------------------------------|-----------------------------------|
| 1st - Peter Side (HUN) .....590     | 2nd - Robyn Van Nus (WA) .....578 |
| 3rd - Alice Styles (NSW) .....569   | 4th - Chris Gulvin (WA) .....564  |
| 5th - Susannah Smith (NSW) .....563 | 6th - Dane Sampson (QLD) .....553 |
| 7th - Sue Carlyon (NSW) .....552    | 8th - Ron Maine (SA) .....550     |

## Air Rifle

This was a great display of disciplined shooting by Peter, finishing on 598.



- |                                   |                                   |
|-----------------------------------|-----------------------------------|
| 1st - Peter Side (HUN) .....598   | 6th - John Coombes (NSW) .....579 |
| 2nd - Robyn Van Nus (WA) .....588 | 8th - Chris Gulvin (WA) .....571  |
| 3rd - Tyren Vitler (WA) .....584  |                                   |
| 4th - Sue McCreedy (VIC) .....582 |                                   |
| 5th - Tim Braybon (VIC) .....580  |                                   |
| 7th - Alice Styles (NSW) .....576 |                                   |

## Benchrest

This event was again well supported with the high scores showing through.

- |                     |     |                        |         |
|---------------------|-----|------------------------|---------|
| 1 HILZINGER Barry   | QLD | 100 100 99 100 100 100 | 599-46x |
| 2 COLLAROS Bill     | NSW | 100 100 99 100 100 100 | 599-45x |
| 3 WOOLFE Patrick    | VIC | 100 100 99 100 100 100 | 599-44x |
| 4 VERSACE Thomas    | QLD | 100 98 100 100 100 100 | 598-49x |
| 5 RICHARDS Rebecca  | NSW | 100 99 100 100 100 99  | 598-46x |
| 6 LIGHTFOOT Richard | VIC | 100 99 100 100 99 100  | 598-44x |
| 7 TAYLOR Grant      | NZ  | 99 99 100 100 99 100   | 597-45x |
| 8 HOWARD John       | NSW | 99 100 100 100 99 99   | 597-42x |

**JIM SMITH 50m CHAMPIONSHIPS.** Warren again lead the championship, and finished with a new aggregate record of 1193. Warmly welcomed back to the winners circle, was Robyn Sampson to take the Womens championships with 591, and Tom, in his last Junior year took the Gold with 591

1 POTENT Warren	NSW	100 99 100 100 100 100	599	45	99 100 98 97 100 100	594	44	1193	89
2 VERSACE Thomas	QLD	99 98 98 98 99 99	591	38	98 99 100 100 99 99	595	41	1186	79
3 CLIFTON David	NSW	98 100 100 98 98 99	593	38	100 98 99 98 97 98	590	34	1183	72
4 COWBURN Barry	WA	100 97 97 99 96 99	588	28	98 98 99 99 98 100	592	36	1180	64
5 VAN NUS Robyn	WA	98 98 97 96 99 99	587	26	96 100 99 98 99 99	591	37	1178	63
6 ADAMS Ashley	QLD	97 99 99 98 94 97	584	25	100 100 97 98 100 98	593	33	1177	58
7 KEOGH Glenn	VIC	98 98 97 97 100 99	589	32	97 94 100 97 100 99	587	37	1176	69
8 HENS Jennifer	NSW	98 95 97 99 100 96	585	24	98 98 100 99 99 97	591	33	1176	57

## JUNIOR

1 VERSACE Thomas	QLD	591-38x
2 CHICK Janine	VIC	585-24x
3 STYLES Alice	NSW	584-25x

## JUNIOR UNDER 16

1 CLOPATOFSKY Daniel	NSW	560-16x
2 McKENZIE McHARG Luke	VIC	556-12x
3 ELLIOTT Braydon	QLD	541-10x

## WOMEN

1 SAMPSON Robyn	QLD	591-34x
2 VAN NUS Robyn	WA	587-26x
3 HOLCOMBE Julie	VIC	585-28x

	ISCD SH2	Standing	Prone
MARONEY Jason	VIC	593-48x	598-50x
CAIN Luke	VIC	588-41x	593-47x
DAVEY Joe	WA	587-37x	589-46x
ZEIBATH David			587-43x

## ISCD SH1

	Standing	Prone
ADAMS Ashley	QLD 585-37x	597-55x
KOSMALA Libby	SA 585-35x	597-51x
NICHOLSON Darren	VIC 588-46x	
KOSMALA Stan	SA 530- 8x	584-34x
ZAPELLI Anton	WA 580-35x	

## 50m OPEN TEAMS

1.	NEW SOUTH WALES	2351
2.	QUEENSLAND	2344
3.	WESTERN AUSTRALIA	2341
4.	SOUTH AUSTRALIA	2338
5.	VICTORIA	2336

**BILL EDDY DUAL RANGE CHAMPIONSHIPS.** - Sorry—no electronic results have been forthcoming.

A good time was had at the Presentation Night. Wonderful to see Russell Dove (and his dry wit) on show, presenting awards to the winners. Classic Dove comment heard...."what ...presenting something to Warren Potent again!!"

Now time to get ready for a week in Melbourne—Nationals 2011

**REMEMBER THAT THE RESULTS ARE AVAILABLE ON THE TRA WEBSITE**

## A PHYSICAL ROUTINE TO GET YOU GOING

This circuit of physical exercises was demonstrated by Matthew & Katerina Emmons (and tested by the World Cup squad in Sydney recently). The circuit can be adapted to suit your circumstances, and requires no expensive gym equipment. Use the "30 second rule" – ie complete as many of each exercise as you can within 30 seconds and then 15-30 seconds rest while you prepare for the next exercise. You will notice that the exercises progress from the harder cardio at Stages 1-5 and to easier cardio during Stages 6-10.

**STAGE 1 – PUSH-UPS.** simple push-ups, either full or from the knees.



**STAGE 2 – SIDE LUNGES.** Feet apart, deeply bend onto the right leg, push back up to centre and bend onto the left leg (go down as far as possible)



**STAGE 3 – BICYCLE.** Lie on your back, legs up with bent knees. Hands behind your head, shoulders just off the ground. Lift and move your right elbow to touch your left knee, then the left elbow to touch the right knee. Keep the motion flowing



**STAGE 4 – SIDE JUMPS.** Start with feet together. Leap over to the right and land on the right foot (with a bent knee) and hold the pose for a couple of seconds with your left foot off the ground. Leap over to the left side and again land and hold.



Many thanks to the demonstrating models: Alethea, Alice, Robyn, Will, and of course the circuit leaders Matthew & Katerina Emmons

**STAGE 5 – SCISSORS-KICKS.** Lie on your back, hands by your side. Lift your legs off the ground (20-30cm) is fine. Scissor-kick your legs. For an added degree, also scissor kick sideways.



**STAGE 6 – CHAIR SQUATS.** Hold the front of a chair with both hands, feet bent in front of you. Squat down until your elbows are level with your shoulders and then lift yourself back up. For those who have this under control, an extra degree of difficulty can be added by having your legs out straight, then squat.



**STAGE 7 – HEEL TOUCH** Lie on your back, legs bent in front of your, shoulders off the floor. Sway the shoulders left and touch your left heel, repeat to the right.



**STAGE 8 – BOXING RUNNING.** Jog in quick steps, while “punching” the air in front of you.



**STAGE 9 – TOES TOUCH.** Lie on your back with your legs vertical. Lift your shoulders off the floor and reach for your toes. Keep the motion quick and flowing.

**STAGE 10- BALANCE.** Stand upright with your hands above your head. As you slowly bring your hands forward and down, raise the left leg to the same degree, and hold. Then just as slowly, raise your arms and lower your left leg. Repeat with the right leg.



## COACH CORNER....by Carrie Quigley

### Zero Point

The zero point refers to the place the rifle naturally points when you have built up your position, and have taken care to ensure the inner feeling is correct. It is tested by looking away from the sights, or closing the eyes, and then checking where the rifle is pointing by looking through the sights. If the rifle has moved, then this is most likely to be the zero point for that position, and requires adjustment.

The zero point is an area where new athletes can get a little mixed up, as it is dependent upon the athlete finding the same inner position for each shot – this is particularly so in the standing position as it is less stable and there are more variations to the position. Therefore, for new athletes, a larger area (such as the whole target area rather than the black aiming mark) may be designated as the zero point, so that a gradual awareness is achieved, and confidence is developed over time. As you get better, then make the zero point closer to the aiming mark.

As the muscles in the body stretch and warm up from being in the shooting position, the zero point will alter. Thus, the zero point is something that needs to be checked for each shot, rather than something you do at the start of their shooting, and then forget about. I think that it is really helpful to include checking the inner feeling of the shooting position and the zero point into your routine for each shot.

A common mistake when first working with zero point is “over correcting” your zero point – that is using the information gained from the first shot to change how you set up your position for the next shot – the result is that you often end up pointing extremely to the opposite side you were originally pointing. It is better to think about the right inner feeling for each shot, rather than trying to fix mistakes from the last time you got into position.

Training Drills for zero point:

1. Find position and zero point.
  - Set up your position without placing your head on the cheek piece (for prone it may be too hard not to put face down on cheek piece, so look away – resist the temptation to look straight through the sights). Focus your attention inwardly to how your position feels – the placement of your elbows, hips, feet, hands, shoulders etc, then focus on your feeling of balance.
  - Now place your head on the cheek piece, look down, have a final internal check of your position, and then look through the sights.

## COACH CORNER....by Carrie Quigley

Note where you are pointing – There are three possibilities:

- You are aiming right at the target. If you are aiming directly at the target, stay in that position for 1 breath to reinforce your position, (also try this with your eyes closed to reinforce your position further).
- You are close, but not quite on the target. If you are aiming close to the target, make an adjustment to your position that will bring the rifle onto the target. *Resist the urge to force it onto the target.* Take note of the adjustments you made to move the zero point – then stay in that position for one breath and try to reinforce it in your body.
- If you were a long way from the target, break position immediately and start again.

This drill could last for 30 mins.

### 2. Break position.

- Take your time to find your correct shooting position and zero point. When you think you can fire a good shot (for some this will be an 8, 9, 10, or 10.5!), then load the rifle, and fire the shot. Hopefully it will be what you have determined is a good shot.
- Now move away from the firing line (totally break your position), and then come back to the firing point and start again. (Resist the temptation to chat to other shooters!).
- Build up your position from the beginning again, take your time and really make it your focus. Then when you think you can shoot a good shot, load and fire your shot. At the end of 20 or 30 shots, count how many good shots you actually fired. This will give you an indication of how well you are able to set up your position and zero point, as well as give you confidence to leave the firing point in the middle of a competition (as you know you can get in and out of your shooting position and still get good results).

### 3. Find position and zero point with sights covered.

- When you think you have worked on zero point and have worked out what you are doing – try covering your sights, and fire a live shot at a piece of paper or a target turned backwards (white target). Take care to ensure that you continue to focus on the internal feeling of your position and take your time to set your position up each time.
- It may help to have someone with you – if you miss the target, they can uncover the sights so you can see where you were aiming.

I would not recommend this exercise on electronic targets, and remember, you are not aiming to get 10's here. The focus needs to be on you finding your zero point and inner position without looking, and be somewhere close to the target!!

*Happy Shooting,  
Carrie Quigley*

I once had another shooter say to me....."aren't you lucky to get a trip like that" - meaning the 1978 World Championships in Korea. Lucky?..... Lucky? After I had finished with my reply his ears were burning and he probably wished that he had kept his mouth closed.

I had moved States to follow this idea of representing my country....and I was lucky?? Then much, much later on, I thought about it - and perhaps indeed I was lucky....

LUCKY— to have the "hard work ethic" that pushed me to keep extending myself - pursuing excellence

LUCKY— to have a supportive husband and family who didn't mind the many week-ends that Mum was off shooting somewhere in a competition

LUCKY— to have a coach/mentor who saw the potential in me

LUCKY— to have the mental capacity to recognise and capitalise on the power of the brain

LUCKY— to have the space and dedication to dry fire at home

LUCKY— to be able to drive a 110km round trip to range training three times a week - giving me valuable time to work on the mental skills of performance

LUCKY— that when my shooting jacket was stolen just prior to a selection series, a wonderful lady from NSW offered me hers without question - part of the support network

LUCKY— that I was able to mix a bit of talent, with a lot of hard work and boundless fun

LUCKY— that friendships that I made in those early years, have remained strong today - some 30 years on

So the question is - are you lucky? Can you see how to be luckier? The top shooters will tell you that they work hardest in training and then enjoy the match and let it happen. Too often club shooters do it the other way round without the success they hope for!

How to be lucky....in just a few sentences....

 Think about your ultimate shooting dream - put the thoughts on paper and in a place where you will see it often! Brain cells need reminding

 Plan what you intend to do to achieve this goal - get outside help if need be. There are good articles available on the website - ask a good coach for help.

- ✓ Consider that success takes time, energy and hard work - what are you prepared to do to achieve success.... sit back and hope or get up and work for it
- ✓ Be open to ideas and learn from those around you. Watch those who are successful and learn from them
- ✓ Be sure of the little things - learn the basics well and be prepared to practice the winning skills well and often

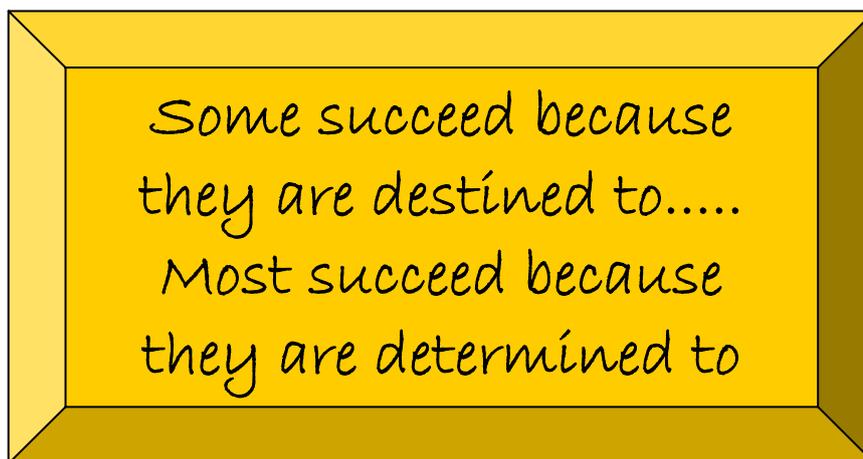
The sport is a series of simple steps -

STEP 1) hold the rifle still, pointing in the middle of the target - release the trigger  
STEP 2) repeat step 1.

Be happy that the focus on performance is greater than the outcome or score. While the medals may be awarded for the outcome, it is the shooter who works hardest on their performance, has the greatest glow and personal satisfaction.

Now the secret is out and the formula explained. Those who stand on the dias to receive medals are indeed "lucky" - they have had a chance to demonstrate just how hard they have worked and been rewarded for that effort.

And remember.....the harder you work, the luckier you get!



***“People who expect the best, usually get what they expect”***

## ISSF WORLD CUP (Sydney 2010)



23 nations and over 230 athletes competed at the recent ISSF World Cup in Sydney. The Australian team was well represented over all the rifle events, and the full results are available at [www.results.sius.com](http://www.results.sius.com)

Top "Honourable mention" must go to Warren Potent who shot 600 (equal world record) in the Men's Prone qualifying event and then pressed his lead even further to claim the Gold medal. Warren's performance was a delight to watch, even though, at times, the audience were more nervous that Warren appeared to be. His final 2 shots of the 600 are available on the TRA website. [www.tra.org.au](http://www.tra.org.au)



Next "Honourable mention" goes to Robyn Van Nus, who shot an impressive 583 (new Aus record) in Womens 3P to enter the final in second place. As this was Robyn's first Final in a World Cup, the nerves were evident. Anyone who questions the feelings entering a World Cup Final...obviously has not qualified for one. Robyn finished in a most creditable 4th place.

Not to be outdone, Robyn then shot the Women's Prone and claimed the Gold medal with 591. It was wonderful to see so many Australians stay for the Awards Ceremony, and cheer the medal winners from Australia, China & New Zealand ...and of course, hear the Australian anthem again.



Another "Honourable mention" goes to Alethea Sedgeman, who in her first World Cup shot as a "MQS" competitor, and finished with a solid score of 576 in the Womens 3P match.

Alethea is a young shooter with a great future. Her score would have placed her in the top ten shooters in that event - great stuff Alethea.

What would the event be without the volunteers...those dressed in blue, red, green and white....each working long hours to ensure that the event ran on time, and with total efficiency.

The following is a tribute to those volunteers—a huge thank you. If I didn't catch you with the camera, Bob Marshall did.



# ISSF WORLD CUP (Sydney 2010) VOLUNTEERS



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# AISSL AUS CUP 2 WINNERS — 2010

FULL RESULTS ARE ON THE [TRA WEBSITE](http://TRA WEBSITE).

## 3P



1st... Robyn Van Nus (WA) .....566 + 93.6  
 2nd.. Kadiejayne Tirkot (WA) .....566 + 90.1  
 3rd... Alethea Sedgeman (VIC) .....557 + 96.4



1st... Matt Emmons (USA) .....1176 + 98.1  
 2nd.. Opelka Lubos (CZE) .....1144 + 96.6  
 3rd... Grahame Rudd (GBR).....1145 + 89.0

## Prone



1st... Kadiejayne Tirkot (WA) .....588  
 2nd.. Susannah Smith (NSW) .....586  
 3rd... Jennifer Hens (NSW) .....585



1st... Neil Stirton (GBR) .....595 + 103.9  
 2nd.. Warren Potent (NSW) .....595 + 103.5  
 3rd... Matt Emmons (USA) .....594 + 103.0

## Air



1st... Katerina Emmons (CZE) ....396 + 104.3  
 2nd.. Robyn Van Nus (WA) .....394 + 101.8  
 3rd... Alice Styles (NSW) .....388 + 101.7



1st... Matt Emmons (USA).....597 + 103.4  
 2nd.. Edwin Gouw (SIN) .....589 + 100.4  
 3rd... Tyren Vitler (WA) .....583 + 101.6

## ISSF DRESS CODE

While the following are not mandatory on all Australian ranges, it is interesting to note the information, as one of your club members may be interested in taking the next step towards Australian Team representation. These rules will be enforced in ISSF competitions (and likely AISL Aus Cups in the future)

**ISSF Rule 6.4.2.1.** *It is the responsibility of the competitor to appear on the ranges dressed in a manner appropriate to a public event. This must be controlled by the Jury....*

### CLOTHING REGULATIONS

In order to address this situation and achieve positive change, the ISSF Executive Committee provides the following guidelines regarding how Rule 6.4.2.1 will be interpreted and enforced, beginning in 2010:

- **All clothing worn by competitors in training, elimination, qualification and final round competitions and in award ceremonies must be clothing that is appropriate for wear by athletes in international-class competition. All clothing must convey positive images of shooting athletes as competitors in an Olympic sport.**
- During award or other ceremonies, athletes are required to be dressed in their official national uniform or national tracksuits (tops and bottoms of training or warm-up uniforms including sport shoes). For teams, all members of the team must wear the same national uniforms.
- Prohibited clothing items for competitions and award ceremonies include blue jeans, jeans or similar trousers in non-sporting colours, camouflage clothing, sleeveless T-shirts, shorts that are too short, ragged cut-off shorts, all types of sandals, trousers with patches or holes as well as shirts or trousers with non-sporting or inappropriate messages
- Changing clothing must be done in designated areas and not on the field of play.
- All clothing must comply with ISSF Eligibility and Sponsorship Rules regarding the display of manufacturer and sponsor marks.

If you are not sure of how this works, ask your Club or personal coach. The rule is designed to ensure a quality standard, and will not be hard to work with. Further information is available on the ISSF website

## GOALS, GOALS, GOALS .....by Lanny Bassham

The following article has been reproduced from the Mental Management website by authority of the author. The MMS website (<http://mentalmanagement.com>) also lists the many available coaching and improvement resources that are available. Want to read more from Lanny Bassham?? Sign up for the **MENTAL MANAGEMENT** monthly newsletter at ( <http://mentalmanagement.ipower.com/content/newsletter-signup> )

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Are you a goal setter? If you haven't set them there is a good chance that you will be beaten by someone who has. Goal setting is a common practice among winners. We are going to look at goal setting in this article, why it works for some and is ineffective for others.

Goal setting is not easy to do and here is why. First, there are two common methods of setting goals that most people try and neither of them work; realistic goal setting and big-sky.

Some believe that you should always attain your goals so they try to set realistic goals. This means they will look at what they did last year and move up the scoring a bit and that will be their expectation for this year. Sound good? I don't know a single Olympic Gold Medalist that used this method successfully. Why? Because there is nothing realistic about winning a Gold Medal in the Olympics or setting a world record or reaching a dominant status in your sport. Big goals are more irrational than realistic. If you want to be realistic you had better keep your goals low. Do that and you will be beaten so often that you will soon begin to doubt the system and abandon it. I see this happen all too often. Another variant of this system is to be vague in defining your goal. "I want to do better this year!" Really! What does BETTER mean?

OK, so let's just do the other system. I call it big-sky. The advantage of this system is that there are no upper limits to the goals. "My goal is to win every competition this year, breaking all of the records and beating everyone." You've got to admit this sounds appealing. Who wouldn't want to have a year like that!

However, if you try this system you are almost guaranteed to miss your goal. Most who have banner years rarely, if ever, anticipate that it would happen just that way. The BEST years of the BEST players are rarely foreseen in advance. Why? I believe it is because the best at anything are not thinking about outcome. **They are thinking about process.**

Both of these flawed goal setting systems are outcome oriented and that is the big problem. The focus is on score or whether you win the competition.

It should be on the process of getting a score that can win the competition. Once you take your mind off of your score and focus on the process of doing well, you are dealing with something you alone can control. You cannot control what score will win a competition. You cannot control what other competitors will do and often you cannot even predict with accuracy what score will win a competition. But you can predict process.



**Process is what you can control and only what you can control.**

You can predict and control how many days a week you train. You can control the discipline of your efforts. You can control what you choose to think about and do. You can control the competitions you enter and how you choose to train for them. You can control the selection of your instructors and the training systems you use.

**My advice is to only set goals on things that YOU can control. Keep your focus on you, not your competitors. Rehearse in your mind the process of executing a combination of mental thoughts and technical moves that yield success. Your year is determined more by how well you can control you than any other single element.**

Most books on goal setting are often outcome oriented and I have a problem with that. I have no problem with setting a goal to have a competition winning performance, move up in a grade or to make a team if you are setting the goal to identify the process of attaining the goal. You do this by goal setting for both what you want to accomplish AND who you wish to become in the process.

There's that word again; **PROCESS**. If you goal set to move up to join the winners also ask yourself "Who do I need to become along with what I need to accomplish for this to happen?"

This will help you to look at more than score and to determine the things you need to change about you to reach your goals. Perhaps you need to develop the confidence that you can hit a shot and not just the skills needed to hit it. Do you need greater control over your attitude in adversity?

Winning is the total package. It is control over both the mental and physical processes. We become skilled. We become confident. We become champions!



If you have been following the TRA Nationals results, you would have noticed a Gold medallist from Hungary. Taken from the latest ISSF magazine.....

**PETER SIDI** is a 31-year old extraordinary Rifle shooter, who became the 2009 Shooter of the year. Sidi, a Beijing Olympic finalist in the Air Rifle Men event, won medals shooting at all distances this year.

Sidi became the "rifle king" the European Championship of Osijek by winning the 300m and 50m Rifle Three Position Mens match. He also displayed his skills at world-level events, winning a Gold medal at the ISSF World Cup in Beijing, a Silver medal in Munich.

Add to that a Bronze at the recent World Cup in Sydney. Little wonder that Peter won three Gold medals at this year's TRA National Championships....look for his name at the Beijing World Cup in April.

**WANT TO RECEIVE A PERSONAL EMAIL ADVISING WHEN THE NEXT E-MAG IS AVAILABLE?.....**Please send an email to [traus@westnet.com.au](mailto:traus@westnet.com.au) noting your name and State. You will be added to the email list. Remember that QLD & SA do notify their members.

**TRA COACHING**—Do you wish to participate in an Instructor or Club Coaching course?. These courses will most certainly help in the club situation...and will often help your personal shooting. Please advise your State Coach that you would like to attend the next course.

*You will have noticed that this is listed as Issue 6. There was a double-up and basically, I made a mistake. You will find two Issue 3 over the past six months.*

*Oops....these things happen!!*

PLEASE NOTE: Kim Frazer's "Shootenstuff" has been sold, and now based in Queensland. Michael & Jenny are keen to continue to offer supplies at reasonable prices to all the shooting sports. Check the phone contacts on the TRA web.

Contact them by email at [qstore@qldrifle.com](mailto:qstore@qldrifle.com)



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*THE NEXT TRA E-MAG WILL BE AVAILABLE IN EARLY JUNE*