

## OF INTEREST...

- **TRA National Records**
- **Lanny Bassham Article**

## INSIDE THIS ISSUE:

- Joe's Diary 2-3
- Rod Sampson in focus 4
- Scores & Performance 5
- Coaching Corner 6-7
- OCEANIA News 10
- AUS CUP 3 photos & results 12
- Australian records 13
- Lanny Bassham 15
- Last Bitz 16

## WA Shooting Assoc. Awards Night

At a dinner held recently at the Whiteman Park Shooting Complex, WASRA members were honoured with WA Sports Star nominations. The WA awards recognize both senior and junior athletes, administrators and coaches



Above: Owen Oliver (awarded the Veteran's Award for service to sport) Robyn Van Nus (awarded both the International and Senior Sports Star) and Tyren Vitler (nominated in the Junior category).

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- 2008 Olympic Games Bronze Medalist
- 2008 ISSF WC Beijing Gold Medalist & equals Final World Record
- 2008 ISSF WC Munich Bronze Medalist
- 2008 ISSF WC Rio de Janeiro Bronze Medalist

## MY DIARY — Joe Davey

My name is Joe Davey....I live in WA and live and work via a wheelchair. I love my rifle shooting (and also participate in wheelie basketball, lawnbowls and hand cycling)

2009 has been a good and bad year in one. Good in that my shooting skills have improved greatly and I have now been invited to participate in the Aus Cup Final...bad in that it was the year of great personal loss.

### 2 WEEKS TO GO.

Getting back to the Aus Cup Final....I have not been to one of these events before, and I have to say there is a mixture of excitement and nerves. I have called Tricia (my coach) almost every day, about one thing or another—she has the solutions. Wheelchair Sports WA have also been very helpful. They booked my flight for me and provided me with a great Wheelchair Sports jacket and shirt for the trip. Flight & Accommodation booked....training is on schedule.... Now planning what I need to take to Sydney.

### 1 WEEK TO GO.

Still training well—good training = good results. We work through exactly how I'll get through the airport with 2 wheelchairs (my usual one, and the shooting one), the shooting table, the rifle and kit bag. Tricia will take my kit and meet me at the airport in Sydney (she will be there a couple of days earlier). Packing is carefully planned and only the required bits are being taken. .

### 2 DAYS TO GO.

Still training well. I went over the plans yet again with Tricia...Sights must be taken off the rifle before packing, put foam around the rifle, wheelchair to be taped and wheels "bagged".

### IN SYDNEY

Arrived with no problems. Qantas were great, Tricia met me at the airport, and by 10pm I was at the accommodation. Got my first view of SISC the next day (Saturday). SISC is a great range. So many things to see.. especially easy for a first timer to lose your way underneath in the "tunnel"..although I found that it was easy to navigate in a wheelchair.



I got to shoot on the electronic targets—that was amazing. I'd never seen those before... then it was time for my first event—Air Rifle Prone.

As a SH2 competitor I use a table to lean on and support the rifle on a spring. I found that there were a few nerves, but it was great to be shooting with other ISCD competitors.



Shooting on the electronic targets was a fantastic experience, and I was happy with my overall performance, but of course, had a few shots that certainly did not go where I intended (I'm probably not the only one who had that thought over the weekend)

All the competitors were so friendly and welcoming. The best part was having time to meet and chat with other shooters. Looking at the various gear and wheelchair modifications, ....an endless list of possibilities that have got me thinking again.

Everyone was so happy to share their information. I even got to talking to Ron Maine re some much needed equipment purchases.

Sunday—my next match was the Air Rifle Standing (no table for this match). This match was good, and I can see where further improvements can be made.

Again the other shooters were happy to chat and share their thoughts—thanks guys.

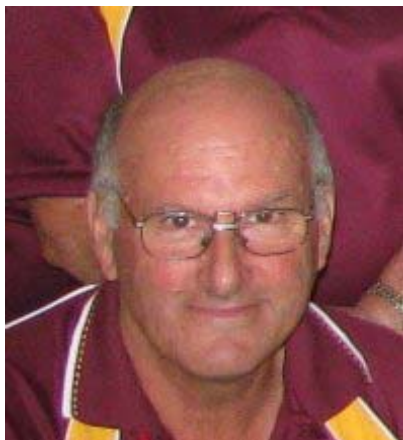
All too soon, the weekend was over, and it was time for me to pack and fly...literally. Back to the airport and a smooth check-in. I even had no worries with excess baggage charges, thanks to some smooth talking and a kindly Qantas staff member.

What a great experience...so much to learn. Thanks to Tricia and Miro for their support. Now I'm planning for next year—Aus Cup and TRA Nationals.



All the results for the ISSF and ISCD Aus Cup Final are available on the AISL & TRA website.

## Meet the TRA Treasurer—Rod Sampson



Rod first became involved in shooting in 1964 at tender age of 18 years. He was introduced to the sport by David Hollister and started as a member of North Sydney Club of which he is now a life member.

During his shooting years, he has been competitive in Prone, 3 Position and Air Rifle as well as trying Pistol, Full-bore and Clay Target shooting. Rod reached proficiency sufficient to win a few badges at the TRA National Championships, a number of medals at State Championships, as well as winning a number of club prize meetings.

Serving in the positions of President, Captain and Armourer at club level for many years, Rod was first elected to NSW Council in 1968 and served on NSW Management in 1968 and on the shooting and management committees in NSW continuously from 1971 to 1985.

Continuing his involvement Rod was also NSW Range Secretary from 1975-1981..... NSW delegate to ASARA (now TRA) 1980-1986. ASARA (TRA) Treasurer 1982-1991. If that was not enough, he has served on the TRA Forward Planning, TRA Selection and TRA Technical Committees, and he is a current 'A' class ISSF Licence holder.

Due to a move to Queensland, for family and business commitments, Rod had a little gap in his shooting but still officiated at a number of Oceania Championships, Commonwealth Games, was Technical Observer for the World Cup in Moscow and Chief Range Officer at the Sydney Olympics.

Rod was again elected as TRA Treasurer in 2006, a position which he still holds, and QTS President in 2009. He still shoots occasionally, when he has time.

## SCORES & PERFORMANCE—thoughts by Tricia Van Nus

There is often the grumble around regarding the question “how can I ever get into an AISL team....I need the experience....the PQS scores are too high.” This got me thinking. In my involvement with AISL High Performance, it is evident that a number of athletes over all the Olympics disciplines (Rifle, Pistol & Shotgun) are more focused on making a team and going away somewhere, rather than improving their score level here at home, and ultimately being more competitive once selected.

To be the top in Australia is a fantastic and creditable achievement, however in the scheme of things, there is often a huge gap between Australian scores, and the rest of the world. Take a look at the chart below to see what I mean.

	M3P	MAR	MPR	W3P	WAR	WPR
WORLD RECORD	1186	600	600	594	400	597
EUROPEAN RECORD	1186	600	600	594	400	597
AMERICAN RECORD	1184	599	600	591	399	595
ASIAN RECORD	1180	600	599	592	400	597
AFRICAN RECORD	1162	595	597	581	394	592
OCEANIA RECORD	1169	591	599	583	395	591
AUSTRALIAN RECORD	1156	592	600*	581	396*	596
AUS INTERNATIONAL RECORD	1169	590	599	583	398	595
AVERAGE OF THE CURRENT						
TOP RANKED AUS SHOOTER	1140	583	597	580	392	587
* awaiting endorsement						
AISL PQS	1166	595	595	580	396	590

Some of the gaps between the top ranked shooter’s average and even the Australian records are just too large. When looking at the Aus records listing (page 11) I also noticed that a number of current records have not been equaled or broken since the last century!!

Why is this...our shooters can shoot 10’s and plenty of them. Are we too complacent... close enough is good enough....do we need a mindset change....think bigger.

Where to from here? Perhaps athletes and coaches need to re-invent themselves to focus on the skills and “pursuit of excellence.” Working on the skill performance first and the resulting score improvements will see more of our athletes become more competitive.

Should AISL be sending athletes to events just to compete?? Or should athletes who are actually competitive, or close to it, be attending international events. It is very clear that the latter is the policy and will continue to be so.

I don’t have a magic wand, or all the answers—just bringing this to your attention.... makes interesting reading, don’t you think

## COACH CORNER....RIFLE TUNERS by Ron Maine

### How to “tune” those tubes....

Many shooters have one of those tubes on the end of the barrel as shown.



### What are they?

Barrel tuners are basically a weight that attaches to the barrel (usually at the muzzle). They come in 2 basic forms – those with a fixed weight which is adjustable forwards and back from the muzzle and those which have a range of weights which attach forward of the muzzle.

### What do they do?

This is where it can get really technical. For the scientifically minded out there is an article here [http://www.ozfclass.com/articles/1/psm\\_2005\\_03.html](http://www.ozfclass.com/articles/1/psm_2005_03.html) which goes into great detail on the effect of tuners.

### A more layman explanation is:

- When a bullet is fired the barrel vibrates.
- This vibration pattern is circular, up and down and there are points in the vibration pattern where there is a flat spot.
- If we can coincide this flat spot of the vibrations with the muzzle then we should get more consistent shots.
- Weight added to the barrel (typically at the muzzle end) changes the vibration pattern (actually lengthens it) such that we can position the flat spot at the muzzle.
- The weight has to be positioned precisely so therefore much testing can be needed to position the weight on the barrel to effect the vibration pattern and position the flat spot of vibration precisely at the muzzle.

### Do they work?

- There is no doubt that putting a tuner on a rifle and firing test groups with the tuner on different settings results in different group sizes and patterns. Groups CAN be modified with Tuners BUT maybe in some cases it doesn't (your rifle/ammo combination may be one of those -- don't ignore this possibility). The general opinion is that tuners affect the verticality of groups more than the horizontality (new word).
- The objective is to see if the tuner will reduce the group size of your barrel/ammunition combination as shot in your rifle without a tuner.
- The question is how to determine this and what the best “setting” on the tuner is without stumbling around in the dark and just guessing at settings.
- Included are 3 systems commonly used to determine tuner settings and some other advice on this procedure.

## Benchrest only or Prone & 3P?

While it is acknowledged that Tuners are the "Norm" on serious Benchrest outfits – are they relevant to Prone and/or 3P disciplines? The basic question here is -

*Are you shooting small enough groups for a tuner to make a difference AND can you handle the extra weight at the muzzle?*

## BUT FIRST....

Before you attach a tuner and start putting shots down range, prepare properly for the exercise and be realistic about the process.

- Pick the conditions - testing group sized in a howling gale is a waste of time.
- Be realistic about your own ability to shoot tight groups in a bench situation - it isn't as easy as it seems. If you haven't the expertise – beg/pay/coerce someone who is skilled into doing the testing.
- Set yourself a starting point - shoot some groups with your rifle/ current ammunition combination and keep these as a reference and starting point - this is what you are trying to improve upon after all.
- Be realistic about what you are expecting. If you are using \$4 ammunition and getting a 30mm group then no tuner will turn this into 10mm groups. Also be real about what even premium ammunition will achieve.
- Here is some advice from one of the premium target rifle manufacturers (German company)

*With good quality ammo and selected batches it should be possible to achieve group sizes of 15mm and below per 10 shots .*

*Perfect combinations (ammunition and rifle) can produce 13 mm, but not regularly.*

*Below 13 mm happens occasionally – be thankful!! .*

- Ensure you have good facilities and equipment for the test. Solid table, Solid rest, good scope, lots of aiming marks, pen and paper handy (you must write down **everything** you do – including what groups shot on what settings – which shots were not good (yes, you might actually put a loose shot down occasionally)

*Continued next page...*

HERE ARE 3 examples of Tuners. The top 2 have a fixed weight which moves along the tuner body, while the bottom one has a series of weights which are added to the tuner body.



Example: "250" showed the smallest group. Now, start at "245" and shoot a five shot group at 245, 247, 249, 251, 253 and 255.

You will locate the "sweet" spot of your rifle barrel. If you have any doubts, start over at Step #6, and redo the testing. This is also known as "The Hopewell Method"

## METHOD TWO

I start with the bare tuner and bloop tube. Focus ring set at 3 rev's from the front, shoot two three shot groups check the vertical. Add once (1oz) shoot two more three shot groups. I'll keep adding 1 oz to the stack until I see the vertical get to it's smallest size and then start to grow larger again.

## METHOD ONE

1. Set you tuner to "0" and fire two shots. Turn the tuner one complete revolution (25 clicks) and fire two shots, continue this until you reach "100". You now have a 10 shot group, all shot at the same POA.
  - Repeat step 1 from "100" to "200"
  - Repeat Step 1 from "200" to "300".
  - Repeat Step 1 from "300" to "400"
  - Repeat Step 1 from "400" to "500".

You now have five 10-shot groups. One of the 10-shot groups will show the smallest vertical stringing and you should have used only 50 rounds so far. Let's say that you find that the "200" to "300" group shows the least vertical stringing.

- Starting at "200", shoot 2 five shot groups. Shift to a different POA for each group.
  - Repeat step one from "100" to "200"
  - Repeat Step one from "200" to "300".
  - Repeat Step one from "300" to "400"
  - Repeat Step one from "400" to "500".

You now have five 10-shot groups. One of the 10-shot groups will show the smallest vertical stringing. You should have used only 50 rounds so far. Let's say that you find that the "200" to "300" group shows the least vertical stringing.

- Starting at "200", shoot 2 five shot groups. Shift to a different POA for each group. Repeat at "225", "250", "275" and "300"

One of these settings will show a decrease in group size.



Then I will go back to the weight that showed the least vertical in it.

Try the 1/2oz on either side of the best weight. ie.. if the 3oz worked the best I will try 2 1/2 & 3 1/2 if either shows less vertical I will use that.

From there I will start working with adjusting the focus ring. Again using two three shot groups, I will start at 0 and go through the six rev's to see which showed the least vertical. Then you can really fine tune from there.

I'm usually done in less than two boxes of ammo.

Courtesy of Roger Von Ahrens

### METHOD THREE

Variation on Hopewell method for tuners with movable fixed weight. and a major scale of say 0 to 6 (call this 0 to 600 and a minor scale usually 0 to 50. (Fudd and Lowey are examples)

Tuner setting	0	shoot a 5 shot group
	100	shoot a 5 shot group
	200	shoot a 5 shot group
	300	shoot a 5 shot group etc

Pick smallest vertical group (say 200)

Then shoot 5 shot groups on settings before and after the setting chosen as follows

Tuner 125 150 175 200 225 250 275

Pick Smallest group (say 225)

Then shoot 5 shot groups on settings before and after the setting chosen as follows

Tuner 210 215 220 225 230 235 240

Pick smallest group

Done with less than 2 boxes of ammo!!

### WHAT NEXT

Regardless of the Tuner or the method used to find the best setting or weight...

- ALWAYS test more than once to confirm the results - we can all have a bad day !!!
- Record your results...over time and ammo batches.
- Be prepared to invest time and energy into getting the most from your barrel tuner.

Ron Maine is always happy to answer your queries re these "barrel blobs".

Contact Ron on 08 8347 2488 or sales@targetriflesa.com

***REMEMBER a  
Tuner does not  
guarantee good  
results - YOU  
still have to do  
everything  
right!!!***

***"People who expect the best, usually get what they expect"***

# OCEANIA—News & Results

RESULTS IN BRIEF.... FULL RESULTS ARE ON THE TRA OR AISL WEBSITE  
PLEASE NOTE—ATHLETES FROM NEW ZEALAND ARE NOTED IN ITALICS

## WOMENS AIR RIFLE

1st—ROBYN VAN NUS...2nd—*REBECCA WADSWORTH*...3rd—SUSANNAH SMITH  
TEAM: 1st—NEW ZEALAND.... 2nd—AUSTRALIA

## JUNIOR WOMENS AIR RIFLE

1st—KADIEJAYNE TIRKOT...2nd—ALICE STYLES...3rd—ALETHEA SEDGEMAN  
TEAM: 1st—AUSTRALIA.... 2nd— NEW ZEALAND

## MENS AIR RIFLE

1st—BEN BURGE...2nd—TYREN VITLER...3rd—WILL GODWARD  
TEAM: 1st—AUSTRALIA.... 2nd— NEW ZEALAND

## JUNIOR MENS AIR RIFLE

1st—JOHN COOMBES...2nd—*IAN IRVINE*...3rd—SAM ELSMORE

## WOMENS PRONE

1st—JENNIFER HENS...2nd—*SALLY JOHNSTON*...3rd—*NIKKI COOKSON*  
TEAM: 1st—NEW ZEALAND B.... 2nd—AUSTRALIA A....3rd—AUSTRALIA B

## JUNIOR WOMENS PRONE

1st—*ALEISHA COLVILLE*...2nd—KADIEJAYNE TIRKOT...3rd—*FIONA Mc LEOD*

## WOMENS 3P

1st—SUSANNAH SMITH...2nd—*SALLY JOHNSTON*...3rd—ROBYN VAN NUS  
TEAM: 1st—AUSTRALIA .... 2nd—NEW ZEALAND

## JUNIOR WOMENS 3P

1st—ALETHEA SEDGEMAN...2nd—KADIEJAYNE TIRKOT...3rd—ALICE STYLES  
TEAM: 1st—AUSTRALIA .... 2nd—NEW ZEALAND

## MENS 3P

1st—*ADRIAN BLACK*...2nd—*JAMIE BONIS*...3rd—BEN BURGE  
TEAM: 1st—NEW ZEALAND .... 2nd—AUSTRALIA

## MENS PRONE

1st—WARREN POTENT...2nd—BEN BURGE...3rd—DANE SAMPSON  
TEAM: 1st—AUSTRALIA B.... 2nd—NEW ZEALAND A....3rd—AUSTRALIA A

## JUNIOR MENS PRONE

1st—*DANIEL MORRIS*...2nd—*IAN IRVINE*...3rd—*JORDAN CRAIG*  
TEAM: 1st—NEW ZEALAND B.... 2nd—AUSTRALIA

## AIR RIFLE STANDING MENS SH1

1st—ASHLEY ADAMS...2nd—KIYOTO MATAYOSHI (JPN) ...3rd—DARREN NICHOLSON

## AIR RIFLE STANDING WOMENS SH1 .... 1st—LIBBY KOSMALA

## AIR RIFLE STANDING MENS MIXED SH2

1st—VIKTORIA WEDIN (SWE)...2nd—LUKE CAIN ...3rd—JASON MARONEY

## MENS 50m ENGLISH MATCH MIXED SH1

1st—JONAS JACOBSSON (SWE)...2nd—JOSHUA OLSON (USA) ...3rd—ASHLEY ADAMS

Humble apologies if any events have been missed.....Editor



MENS AIR RIFLE



JUNIOR WOMENS AIR RIFLE



JUNIOR MENS AIR RIFLE



JUNIOR WOMENS 3P



MENS 3P



LIBBY KOSMALA

WOMENS 3P



JUNIOR MENS PRONE

CONGRATULATIONS TO ALL THE MEDAL WINNERS



MENS PRONE



MENS AIR RIFLE STANDING SH1



JUNIOR WOMENS PRONE



# AISL AUS CUP FINAL WINNERS — 2009

FULL RESULTS ARE ON THE [TRA WEBSITE](#). The event consists of both the Aus Cup Final and the AISL Grand Prix.



ROBYN VAN NUS

3P



WILL GODWARD



BEN BURGE with DENNIS CLAXTON

Prone



WOMEN'S PRONE GRAND PRIX  
2nd DEB LOWE, 1st SALLY JOHNSON, 3rd ROBYN VAN NUS



WILL GODWARD with DENNIS CLAXTON

Air



ALICE STYLES

MENS 3P—1st Will Godward, 2nd Ben Burge, 3rd Eddy Nagorcka

WOMENS 3P—1st Robyn Van Nus, 2nd Alice Styles , 3rd Jennifer Hens

MENS PRONE—1st Ben Burge, 2nd Ashley Adams, 3rd Glenn Keogh

WOMENS PRONE—1st Sally Johnson, 2nd Deb Lowe , 3rd Robyn Van Nus

MENS AIR RIFLE—1st Will Godward, 2nd Ben Burge, 3rd Tyren Vitler

WOMENS AIR RIFLE—1st Alice Styles, 2nd Alethea Sedgman, 3rd Robyn Van Nus

## TRA NATIONAL RECORDS ..... OCTOBER 2009

### English Match - 50 metre

Open	W. POTENT	NSW	600	2000*
Juniors	T. VERSACE	QLD	596	2009
Women	S. SMITH	NSW	596	2008
Men	W. POTENT	NSW	600	2009*

### English Match - Double Agg

Open	A. SMITH	QLD	1190	1991
Juniors	T. VERSACE	QLD	1186	2009
Women	K. FRAZER	VIC	1184	1997
Men	A. SMITH	QLD	1190	1991

### Dual Range Agg (20/90)

Open	D. HOLLISTER	NSW	1192	1994
Juniors	A. SMITH	QLD	1186	2009
Women	Y. HILL	SA	1187	1979
Men	D. HOLLISTER	NSW	1192	1994

### Dual Range—90m

Open	D. HOLLISTER	NSW	595	1994
Juniors	P. BROWN	SA	590	1989
Juniors	A. SMITH	QLD	590	1978
Juniors	T. SMITH	QLD	590	1978
Women	Y. HILL	SA	593	1979
Men	D. HOLLISTER	NSW	595	1994

These are the current Australian National Records, as endorsed at the 2009 TRA Council meeting.

Records noted as \* are new, and pending endorsement.

### Dual Range Agg 20m

Open	J. LOWE	WA	600	2008
Open	W. POTENT	NSW	600	2000
Open	Y. GOWLAND	SA	600	1992
Open	W. POTENT	NSW	600	1986
Open	M. MUEHLBERG	SA	600	1979
Juniors	H. TAYLOR	VIC	599	1999
Women	Y. GOWLAND	SA	600	1992
Men	J. LOWE	WA	600	2008
Men	W. POTENT	NSW	600	2000
Men	W. POTENT	NSW	600	1986
Men	M. MUEHLBERG	SA	600	1979

### Dual Range Agg (20/50)

Open	J. LOWE	SA	1197	2008
Juniors	T. RYAN	NSW	1188	2004
Women	A. BUGDEN	QLD	1186	1995
Women	K. FRAZER	VIC	1190	1991
Women	Y. GOWLAND	SA	1186	1991

Continued next page....

**Air Rifle—60shot**

Open	R. VAN NUS	WA	592	2009*
Open	S. McCREADY	VIC	592	1999
Open	R. WIELAND	VIC	592	1999
Juniors	S. McCREADY	VIC	592	1999
Men	R. WIELAND	VIC	592	1999

**Air Rifle—40shot**

Juniors	S. McCREADY	VIC	396	2000
Women	R. VAN NUS	WA	396	2009*
Women	S. McCREADY	VIC	396	2000

\* Records pending endorsement

**3x40 Free Rifle Agg**

Open	B. BURGE	VIC	1159	2006
Juniors	T. LOWNDES	VIC	1156	1999
Women	S. SMITH	NSW	1154	2008
Men	B. BURGE	VIC	1159	2006

**3x40 Free Rifle—Prone**

Open	A. WILLIAMS	WA	399	1994
Juniors	B. SARCICH	WA	396	2001
Women	A. BUGDEN	QLD	394	1992
Men	A. WILLIAMS	WA	399	1994

**3x40 Free Rifle—Standing**

Open	B. BURGE	VIC	386	2006
Juniors	M. BROWN	NSW	378	2001
Women	S. McCREADY	VIC	381	2002
Men	B. BURGE	VIC	386	2006

**3x40 Free Rifle—Kneeling**

Open	S. SMITH	NSW	391	2008
Juniors	T. LOWNDES	VIC	390	1999
Women	S. SMITH	NSW	391	2008
Men	T. LOWNDES	VIC	390	2004
Men	T. LOWNDES	VIC	390	1999

**Sport Rifle**

Open	R. VAN NUS	WA	581	2009
Open	S. McCREADY	VIC	581	1998
Juniors	S. McCREADY	VIC	581	1998
Women	R. VAN NUS	WA	581	2009
Women	S. McCREADY	VIC	581	1998
Men	D. TURLEY	SA	571	1998

**Benchrest Class 3—Open Target Rifle**

Open	S. COLLAROSS	NSW	600	2009
Open	B. HILZINGER	QLD	396	2007
Juniors	S. COLLAROSS	NSW	600	2009
Men	A. WILLIAMS	WA	399	1994

**TEAM EVENTS****50m TEAMS**

Open	QUEENSLAND	2361	2003
Juniors	NEW SOUTH WALES	1177	1998
Women	NEW SOUTH WALES	1759	2000

**DUAL RANGE**

Open	SOUTH AUSTRALIA	4722	1991
Juniors	QUEENSLAND	2352	1998

**AIR RIFLE TEAMS**

Open	VICTORIA	2348	1999
Juniors	VICTORIA	1169	2001

**3x40 FREE RIFLE TEAMS**

Open	VICTORIA	4524	1998
Juniors	VICTORIA	2169	2006

**3x20 SPORT RIFLE TEAMS**

Open	VICTORIA	2258	2006
Juniors	NEW SOUTH WALES	1147	2000

The following article has been reproduced from the Mental Management Newsletter by authority of the author. The [MMS website](#) also lists the many available coaching and improvement resources that are available.

**How does one not become too careful?"** Careful is a good thing. We often say to those we care about "Be Careful!" when they travel or just go to work. This indicates that there is danger out there and that we should be prepared for it. To exercise too little care is careless and this causes a multitude of issues. Careless indicates a lack of focus while performing and poor scoring is often the result. Caring is a good thing so one might think that the more you care the better you do, right? Wrong! There is another word for it - OVER-TRYING.

There are many different forms of over-trying such as over-thinking (paralysis by analysis). Continuing to analyze at the point of starting a task might indicate that you are not sure that your decision to begin the task is correct. In other words, you have doubt. Bad idea! Doubt about your performance lowers effectiveness and promotes error. One answer to the question is to make certain you are sold on your plan before you act. If you are hitting a golf shot you must be committed to the shot before you hit it.

Another kind of over-trying is using too much effort on a task. When I began shooting I believed that to do your best at a sport you should give it 110%. That's what I'd always heard. I accepted the fact that to try hard was to do well and if I gave an activity less than my all, I deserved to lose. Now trying your hardest may be the best thing to do if you are trying to win a 100-yard sprint but there are many activities that do not work well when you give them your all and shooting seems to be one of them.

It seems to me that all things in life require a certain amount of mental effort to do them well. If we give them 1% less effort than is required or 1% more than is needed the performance tends to drop. The key is to find the proper level of mental effort for the task.

Some sports tend to require a lot of power. These high-power sports require certain muscle groups to be tensed to the maximum. Shooting, however, requires a light hand and fluid motion. Shooting requires control not power and when we try to over-power the rifle we tend to lose control. Shooters tend to experience a greater chance of over-powering the rifle when they are TRYING to make a shot on a target instead of TRUSTING that the shot will subconsciously come together. This is a prime example of over-trying. When you push yourself you tend to tense up. Tensing slows down the fluid movement of the rifle and the performance suffers.

So, what are we to do? Is it possible to find the effort point where we are trying just hard enough and not exceed this amount? I believe that it is possible but it is not an easy task. You must pay attention to how hard you are trying when you are doing well. In some sports like golf, I think you will find you are not trying hard at all. Great performances often require us to become careful enough to perform the task well while becoming aware of using too much effort in the process.

Want to read more from Lanny Bassham?? Sign up for the [MENTAL MANAGEMENT](#) monthly newsletters.



**TO ANY MEMBERS WHO WISH TO RECEIVE A PERSONAL EMAIL ADVISING WHEN THE NEXT E-MAG IS AVAILABLE.....**Please send an [email](#), noting your name and State. You will be added to the email list. Alternatively, check the TRA website as the next e-mag will be available on December 1st, and thereafter early on the "even" months ie Dec, Feb, Apr, June etc

**TRA**—Have you got your BREECH FLAG and MEMBERSHIP LANYARD yet? These were produced by TRA and distributed to the State Assoc for all members. Some States have now made the Breech Flag a requirement....check what is happening in your State and range.

The lanyard is a useful item that will hold your membership card, and even your Firearms Licence (depends on the State of course).

Then there is the SHOOTER DIARY. Many were distributed at the Nationals...but there are more available. These can be [ordered](#), and remember, re-fills can be downloaded and printed through the TRA website, under the Coaching section.

#### **A FINAL THOUGHT....."BOLTING TO SUCCESS"—**

*Record breaking sprinter Usain Bolt and his coach Glen Mills recently shared their success strategy in "The Week" magazine. The relevance to shooting is astounding.*

**KNOW HOW TO LOSE**—that means confronting the "crippling fear of failure." Once that fear is faced, you can focus on the positive and play to win.

**DON'T TRY AND DO IT ALONE**—hiring a coach is not about finding someone who can do it better, but someone who can help you to know yourself.

**UNDERSTAND THAT NATURAL TALENT IS NOT ENOUGH TO GUARANTEE SUCCESS.** Being bright and creative gives a sense of entitlement—success depends on hard work.

**AS SUCCESS ACCUMULATES, IT'S EASY TO GET CARRIED AWAY.** To prevent an inflated sense of your own importance, maintain contact with people who will keep asking awkward and challenging questions.

**LEARN TO SACRIFICE SHORT-TERM GAIN FOR THE LONG-TERM PRIZE.** Studies have shown that people tend to discount future benefits and may lose motivation. Sustain motivation by upgrading the dream as each goal is reached.

**KEEP IT FUN.** Make light of the hard work and turn each incremental challenge of the job into a game..

Regards until next issue....send any info for publication to [traus@westnet.com.au](mailto:traus@westnet.com.au)

**THE NEXT TRA E-MAG WILL BE AVAILABLE ON 1st FEBRUARY**