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ALEX MARANIK IN FOCUS

TRA's new Technical Committee Chairman—Alex started shooting in 1976 with Legion Rifle Club (NSW) when he was 14 years of age.



He was introduced to the sport through his parents Aado and Dorothy Maranik. Alex also shot fullbore for a number of years as well as air rifle. Alex was also a member of the Army Reserve for 16 years.

He started volunteering and officiating in 1999 with the Oceania 99 being his first international competition. He has since officiated at various ISSF World Cups, Oceania and AISL events. He also around this time did his level 1 Coaching Course.

One of Alex's crowning achievements was the appointment as Team Leader of the armoury at the 2006 Commonwealth Games and CSFC.

He currently holds a B Class ISSF License. He has also been involved with NSW SARA since 2004 being on the NSW Council and Management Committees and was the NSW Observer to TRA for 2 years. He has been on the NSW Technical Committee since 2004. In 2005 he married Sandra Dunnachie, a fellow shooter.

In 2009 Alex was elected to the position of Chairman of the TRA Technical Committee upon the retirement of Owen Oliver.



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Meet GRAHAME LAWLER

Have you ever wondered who Grahame Lawler was . TRA has a long standing Air Rifle Teams match named in his honour....but who was Grahame Lawler. Recently I was contacted by Robyn Talbot (Grahame's sister) whose son had been investigating on the web, and she was amazed that Grahame's name lived on. Robyn and family agreed to write an article and scan a photo for publication. Robyn's words are below...

Grahame Lawler was a young man who was passionately dedicated to his sport of rifle shooting which began at the age of 18 years.

He was involved in several shooting styles over the coming ten years with his absolute favourite being air rifle. Early in his sport he would spend hours at home straddling the floor fine tuning his position and in the garage designing, making and finely finishing his latest stock.

The many achievements in the sport were not only proudly displayed in a cabinet at home, but with the recognition amongst his peers that he was always a willing supporter of other junior members to excel in their sport with help and encouragement. He travelled widely within New South Wales, interstate and overseas representing the sport he loved.



In his private life Grahame showed the same quiet tenacity to achieve. Even though he was achieving well, he left school at 15 years without his mum's knowledge - got a job at the local barber and began his dual life of setting off in school clothes - going to work and returning in school clothes - until mum got a call from the school to ask about his whereabouts.

Grahame then set off on his bike along Parramatta Road to seek a proper job as an apprentice Motor Mechanic. He wasn't gone long before returning with his job and hence completed his apprenticeship.

He was then ready for a greater challenge and studied to become a Draftsman, a job that he loved for many years but still a further challenge called. Again studying at night he graduated as a Design Engineer and began a new job in this field not long before his death.

Grahame's early death at 28 years of age from drowning whilst hiking in the Grose Valley, Blue Mountains in December 1974 came as a devastating shock to his family and friends. Grahame's family were extremely proud of his achievements and good character.

The Late Grahame Lawler

It is with deep regret that we report the death of Grahame Lawler of Hurstville V.D.C. Rifle Club. He accidentally drowned whilst hiking through the Grose Valley, near Katoomba, on December 15, 1974. He was 28 years of age.

Grahame commenced shooting with the Advance Rifle Club in March, 1965, at Anzac Range, Liverpool. He transferred to Hurstville V.D.C. about 12 months later. During the next four years he won four open prize meetings and three individual matches. He won a Queen's Badge in both the 1967 and 1968 N.S.W. Queen's Prize meetings.

He was selected as first reserve for the N.S.W. State Team to shoot in the Commonwealth matches at Belmont, Queensland, in 1968.

Late in 1968, Grahame switched to U.I.T. shooting, and chose free-pistol. His interest lasted about nine months, and he then started shooting air-rifle at 10 metres as preliminary training to 50 metres 3-position. Inside 12 months he was shooting regularly in the 350's and in 18 months in the 360's. This is from a possible 400.

Late in 1970 Grahame travelled to Perth for the National Air Rifle Championships. Later, he decided it was time to start 50 metres 3-positional training, so that he could also shoot in the small-bore events. On his second course in training he scored 1080 from a possible 1200.

At the 1971 National Championships he shot 1077 to come second in the 3 x 40 Championship. He also shot 1072 in the International 3-position match, and 521 x 600 to be placed 4th in the Standard Rifle Championship. Later in the year he recorded 367 for third place in Air-Rifle; 1109 for 2nd place in the 3 x 40 match, and 585 for 2nd place in the 3-Positional Rifle Match.

In the N.S.W. Postal Championships, his score of 370 won the Air-Rifle section and a score of 1097 shot in bad weather placed him second in the N.S.W. 3-Positional Championships.

Grahame travelled to Singapore in 1973 to compete in the Small Bore and Air Rifle Championships, and in 1974 was a member of the Australian team in the World Small-Bore and Air-Rifle Championships in Switzerland.

Last year in the N.S.W. Championships he scored 1098 to finish second in the 3 x 40 match and 540 for 3rd place in the 3-positional match. In the Australian Championships held at Gunnedah, N.S.W., he finished second in the Air-Rifle Championship with 360, and third in the 3 x 40 match with 1096, and also third in the 3-positional match with 551.

Grahame held several administrative positions in the Hurstville Club, one of which was Chairman, which he held at the time of his death. He served for 2 years as a member of the executive of the Sydney Metropolitan District Rifle Association.

He was appointed a member of the Small-Bore Association Council in 1971 and served on the Committee of Management the same year. He was Chairman of Committees in 1972 and 1973 and was a member of the committee and also observer to the Australian Small Bore Association at the time of his death.

Grahame always had time to talk with beginners. He was a man who made friends instead of acquaintances, and will be sadly missed by all who knew him.

K. A. Thompson.

"The Marksman", June, 1975—13

Accordingly his mother Louise donated a Perpetual Trophy to the Hurstville VDC early in 1975 to be presented to an up and coming shooter to give them encouragement to excel in their chosen sport.

This trophy was a local presentation in New South Wales. However in recognition of Grahame's outstanding achievements, good character and willingness to be involved in all levels of the sport from a young age, the ASBRA (now TRA) created a national teams event in the discipline that he most loved—Air Rifle. This is the now Grahame Lawler match that continues today.

Grahame's family recently became aware that the event had continued at a national level to this day, and regard this with honour.

His mum Louise Dunstan who is now 86 years and living in Warwick, Western Australia reflects proudly on Grahame's lifetime achievements even though not a long life it was one packed with striving to be the best he could be.

Written by Grahame's sister Robyn Talbot

At left is the tribute to Grahame in the Rifleman magazine of June 1976. It notes Grahame as a "go getter" who was willing give of himself and help others....the scores aren't bad either.

The photo (extreme left) is of Grahame in this World Championships uniform prior to the 1974 Championships in Thune, Switzerland.

Many thanks to Robyn and family for giving us an insight into Grahame's life and passion for shooting.

Next time you shoot a round of the Grahame Lawler match for your State, you now know the man behind the match.

BETA BLOCKERS—STAY AWAY FROM THEM

Much is said about sports and drugs and all shooters who wish to represent their country must be familiar with the requirements. These are available from the ASADA website (just put ASADA into your internet search). The most important compound tested for in shooting is the Beta-blocker. Beta-blockers have their place in medicine—usually in the treatment of heart conditions, but not in sport.

REPRINTED FROM THE ISSF JOURNAL 0509

Under the WADA Prohibited List and ISSF Anti-Doping Regulations, beta blockers are prohibited substances both in and out-of competition in shooting sport.

- *The ISSF does not, under any circumstances, grant Therapeutic Use Exemptions for the use of beta blockers.*
- *There are no possible or plausible excuses for the use of beta blockers for ISSF shooters.*
- *The use of beta blockers by a shooter will almost automatically result in a 2 year ban from competing in any shooting events.*

WHAT IS A BETA BLOCKER?

*Beta blockers, also known as beta-adrenergic blocking agents, are drugs that block norepinephrine and epinephrine (adrenaline) from binding to beta receptors on nerves. By blocking the effect of norepinephrine and epinephrine, **beta blockers reduce heart rate; reduce blood pressure by dilating blood vessels; and may constrict air passages by stimulating the muscles that surround the air passages to contract.***

HOW ARE BETA-BLOCKERS PERFORMANCE ENHANCING?

Beta blockers help fight anxiety and serve as muscle relaxants. They lower the heart rate and reduce tremors. Some people, particularly musicians, use beta blockers to avoid stage fright and tremor during public performance and auditions.

The physiological symptoms of the fight/flight response associated with performance anxiety and panic (pounding heart, cold/clammy hands, increased respiration, sweating, etc.) are significantly reduced, thus enabling anxious individuals to concentrate on the task at hand.

ARE BETA-BLOCKERS BANNED IN ALL SPORTS?

No. Beta blockers fall under the P2 Section of the WADA Prohibited List as a substance prohibited in particular sports.

Although they have no recognizable benefit in most sports, it is widely acknowledged that they are beneficial to sports such as archery and shooting. Again, this is because they lower the heart rate, minimize anxiety and reduce muscle tremors. That is why in Archery (FITA) and Shooting Sport (ISSF), the use of beta blockers is prohibited both in competition and out of competition.

WHAT ARE SOME COMMON MEDICAL NAMES FOR BETA BLOCKERS?

The list provided contains some but NOT ALL common names for beta blockers.

- | | | | |
|---------------|----------------|--------------|---------------|
| • Acebutolol | • Metoprolol | • Bisoprolol | • Esmolol |
| • Propranolol | • Atenolol | • Labetalol | • Carvedilol |
| • Nebivolol | • Alprenolol | • Carteolol | • Levobunolol |
| • Mepindolol | • Metipranolol | • Oxprenolol | • Pindolol |
| • Nadolol | • Timolol | • Sotalol | • Nevibovolol |
| • Amosulalol | • Landiolol | • Tillisolol | |

This is NOT an exhaustive list. There are many other medications which may contain beta-blockers.

BETA BLOCKERS—STAY AWAY FROM THEM

There are also a variety of “old fashioned home remedies” and cultural/ethnic preparations like herbs and potions which may contain beta-blockers.

All shooters and their medical personnel must ensure that anything ingested by the athlete does not contain any beta blockers. To avoid an inadvertent use of beta-blockers, it is strongly encouraged that all shooters:

- *Stay away from over-the counter preparations,*
- *Stay away from supplements,*
- *Refrain from using any substance that does not have a label clearly indicating the ingredients on the bottle,*
- *Check the ingredients of all medications before their use.*

ASK IF YOU ARE NOT SURE; YOU ARE BETTER SAFE THAN SORRY.

“BUT... I DIDN'T KNOW MY MEDICATION CONTAINED BETA-BLOCKERS!

This will never be a valid defence. The WADA Code and ISSF Anti-Doping Regulations make doping a strict liability offence. Case law confirms that a strict application of the rules is mandatory. This means that it is every shooter's responsibility to check every thing he/she ingests. If beta blockers are found in a shooter's urine sample, even if the athlete claims he or she did not know that medication or preparation contained beta blockers, this will not be a valid defence. In all likelihood, this anti-doping rule violation will result in a 2-year ban.

In the 2008 Beijing Olympic Games, 50m Pistol silver medalist, and 10m Air-pistol bronze medalist Kim Jong-su tested positive for the beta-blocker, propranolol. Although he claimed he was not aware that the herbal preparation he ingested contained betablockers, he was disqualified from the Olympic Games by the International Olympic Committee and received a 2 year sanction by the ISSF Anti-Doping Panel.

NEED MORE REASONS TO STAY AWAY FROM BETA BLOCKERS?

If getting banned for 2 years and risking putting an end to your shooting career is not enough, the use of beta blockers can also have the following reverse effects,

- | | | |
|-------------------------------------|--------------------------|-------------------------------|
| • <i>Low Blood Pressure</i> | • <i>Slow Heart Rate</i> | • <i>Impaired Circulation</i> |
| • <i>Loss of Sleep and insomnia</i> | • <i>Heart Failure</i> | • <i>Asthma</i> |
| • <i>Nausea</i> | • <i>Headaches</i> | • <i>Dizziness</i> |
| • <i>Muscle Cramps</i> | | |

BOTTOM LINE

- *The use of beta blockers is strictly prohibited for all ISSF shooters.*
- *Check the ingredients of anything you ingest and any medication that is given to you before taking it.*
- *ASK if you are not sure*
- *Seek other medical alternatives.*
- *If you plead ignorance, it will not absolve you from an anti-doping rule violation or a sanction.*

STAY AWAY FROM BETA BLOCKERS!

It is a fact that the shooter and coach must be familiar with the drugs in sport requirements. The ISSF and Australian authorities will not accept “I didn't know” as a reason for taking banned substances. This information is most relevant to those shooters shooting at the National and International level.

IT IS YOUR JOB TO KNOW—BE INFORMED—ASK YOUR COACH

More on next page

KNOW YOUR DRUGS....PSEUDOEPHEDRINE—FOUND IN COLD & FLU PREPARATIONS

Pseudoephedrine was reintroduced to the Prohibited Drugs List on 1st January 2010 and will be prohibited above 150 micrograms per millilitre. Athletes are to stop taking pseudoephedrine at least 24 hours before competition. For therapeutic use *in-competition*, consider the use of alternative permitted medications in consultation with a physician, with reference to the permitted medications from ASADA

The threshold level has been established based on the intake of therapeutic doses, defined as a maximum daily dose of 240mg PSE taken either as:

- four (4) daily administrations (one every 4-6 hours) of a 60mg pill (or 2 x 30mg pills), (8 Codral original cold and flu tablets in 24 hours), or
- two (2) daily administrations (one every 12 hours) of a 120mg pill, or
- one (1) daily administration of a 240mg pill.

In line with this dosing regimen, the intake, for example, of a single daily dose of 3 x 60mg pills constitutes a suprathreshold administration that may lead to a positive reading.

BETA 2 AGONISTS—FOUND IN ASTHMA PREPARATIONS

The status of inhaled salbutamol and salmeterol, beta-2 agonists, will change in 2010. Therapeutic use of inhaled salbutamol (maximum 1600 micrograms per day) and salmeterol will not be prohibited as of 1st January 2010 with a declaration of use.

Some asthma treatments no longer need a TUE, just a declaration of use at a testing session. Some treatments will still need a TUE. Make sure you check your asthma medication (and all medications) at www.asada.gov.au or by calling 13 000 ASADA (13 000 27232).

KNOW YOUR DRUGS—CHECK WHAT YOU ARE TAKING

ISSF "B" class coaches' course in Kuortane concluded

AISL coach Carrie Quigley recently returned from Finland where she attended the "B" coaches course, the second of three levels of the ISSF coaches education program, held at the official ISSF Training Centre in Kuortane, Finland.

During the course, the participants had the opportunity to gain further insight and knowledge in two of the three Olympic shooting sport disciplines as well as other coaching related subjects such as Coaching, Sport & Exercise Studies, Nutrition, Physical Education and Psychology.



Each participant went through both a written and a practical exam, including questions related to various coaching matters. Participants also discussed their presentations, which they had submitted as prerequisite of the course. All the participants were awarded the ISSF "B" Coaches license Diploma. Well done Carrie.

Photo courtesy of the ISSF website

WORKING WITH CHILDREN—by Tricia Van Nus

Do you coach young people within shooting or any sport (either club or at a State level)..ie any person under 18 years of age? Then read on... In most States there is a required "Working with Children" check, while it may not called that in each State, the intention is the same. It is highly recommended for all rifle coaches within Australia.

The WWC (Working with Children) check does apply to volunteers, and the relevant details and requirements should be read carefully. Most of the States' websites note that WWC checks are essential/mandatory for coaches where clubs have a large proportion of youth under 18...and while most shooting clubs do not meet this criteria, our advice is that shooting coaches working with juniors should complete the WWC check to adhere to best practice within coaching.

The *Working with Children Acts* in each State require that people who work or volunteer in certain child/youth-related work apply for, and pass, a WWC Check. It aims to strike a balance between protecting those under 18 years of age, promoting volunteering and safeguarding the rights of individuals.

The check involves completion of an application form (available from your local Post Office) ..usually with a photo...and payment of a small fee. A section is then completed by your State Association and sent to the WWC office. Many State Associations are paying the costs for their coaches...check what your State is doing.

The outcome of the WWC Check will depend on the results of a national police records check. Only a limited range of offences are taken into account, otherwise the WWC card will be issued—this is then valid for a period between 3-5 years..

THE BEST PLACE TO START..... <http://www.careforkids.com.au/articlesv2/article.asp?ID=82>
It provides a comprehensive overview and the direct links for the WWC check in each State.

Generally, exemptions from a WWC check are applied to accredited teachers, and serving police officers as these people will have an "equivalent" process within their profession.

Why apply for the WWC card? Is it for you?

- If you coach youngsters more than 5 single times in any year—YES
- If your club has juniors under 18 years of age—YES
- If you want to coach juniors in another club, or with the State Squad—YES
- If you wish to be a responsible coach—YES

While the very nature of the usual shooting club would show a greater number of adult members, it is in the interests of being a responsible coach that would lead to the undertaking of this WWC check.

Ask your State Coach or Secretary about completing the WWC

COACH CORNER....SHOOTING GAMES by Tricia Van Nus

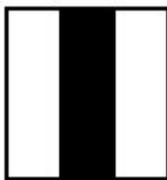
How to have fun in training....

- FACT: well directed training will improve performance
 FACT: effective training requires discipline and dedication
 FACT: sometimes it's hard to stay shooting for shooting's sake

If you have someone else at the range (or can arrange for that to happen) there are a number of shooting games that can be played, and create a sense of fun into training.

Training Games are beneficial on a number of levels.

- Firstly the sheer fun of the exercise, and working with a partner many times when shooting games are happening, laughter is not far away.
- Then there is the direction of focus of the shooter. Gone is the slug of just shooting, to be replaced with a challenge that is inspiring
- While being seemingly a bit of fun, games provide the best "pressure" practice possible.



Stripes - Dry and/or live fire on vertical and on horizontal black strip. Groups of 7 shots or so. What does that do???

For starters, it confirms to you whether are naturally aiming the rifle at the target, with the help of your body..... or whether you are getting onto the target because your eyes force you there. You will be amazed how small a group you can produce.

First to 15 - With a partner, and appropriate to all events with modification. Score a "point" only if your shot is greater than a predetermined level - for example if your shot is greater than 9.8 or 10.3 or whatever is decided between the partners and coaches. Deduct a "point" for each shot that does not make this level. The winner is the shooter who gets to 15 points first. The scoring can be varied for greater interest and competition - bonus points can be added for "three in a row" or whatever.

Finals - gather a few club mates together and practice shooting Finals, with the calls and scoring. Great way to put that rhythm work into practice.

Bull. In the least number of shots, shoot a predetermined number of 10's - for example, 25 tens should take 25 shots - how close to that can you go? This can work as a small group or individual exercise.

Up & Down - Fire groups of 7 or 9 shots (so scoring is not the first thought) and then move away from the line... come back again and start firing again. You are a winner when you can put the next shot right into the centre of the previous group. Take your time about the setting up.



Blocks - a "must do" for the standing shooter. Shoot while standing on the blocks. Makes for a lot of work, and amusement at the same time. Your balance is tested with this one.

Anyone who is handy with woodworking implements can create a set. Make them slightly longer and wider than the boot with the curve smooth.

COACH CORNER....SHOOTING GAMES by Tricia Van Nus

Holey Shot, cut out the 9 ring or 9.5 ring from the target, or in fact which ever ring is appropriate to the course of fire and the level of the shooter.

The aim here is to NOT see evidence of the shots, as the shots should go through the hole without touching the edges of the hole. Cut a smaller hole as you get more proficient. Challenge with a partner - shoot a set of shots, paying 10c to the other person for any shots (or parts) being visible

This can be successfully used for standing, kneeling, prone and air rifle, with the ring size cutouts being changed to suit the person and the discipline.



Longest string of 10's in a row - establish and then work to break your previous best string. What is your best record and strive to improve on that. This can be modified for all levels and events.

Tennis - a game with a partner, just like the real thing. Server, receiver - similar rules as in tennis. The server must shoot first, and then the receiver. Call shots loudly and win "points". Play one or two games or sets. Equal scores ie both 10's can be easily broken by using decimal scoring....10.4 is better than 10.2 Ask your coach to help score if you are unsure. This can be played as a singles or doubles match. Add the scores together for the doubles. Again both "servers" would shoot first.



Darts - great with a partner or small group. Start with a nominated number....eg 60. For every 10 you shoot - subtract 4, for every 9 - subtract 2, and for any 8's - subtract 1. First person back to 0 wins.

This can be adapted with varying level athletes, by starting them at different scores, or subtracting at different rates. Another fun games

All of these "games" have a purpose, and you must approach them knowing why you working. They are often light-hearted - but that in no way diminishes the effect. Have fun!

WHEN IT COMES TO THE REALLY IMPORTANT STUFF

We hear half of what is said...	50%
We listen to half of that...	25%
We understand half of that...	12.5%
We believe half of that...	6.25%
And we remember half of that...	3.125%

Not much hope for most of us is there?

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

EUROPEAN AIR TRIP by Robyn & Will

JANUARY 2010—While many were enjoying (or complaining) about the heat of summer, a number of young shooters were heading to Plzen in the Cech Republic and then to Munich for good training and a series of air rifle competitions.

Alethea Sedgman, Alice Styles, Kadiejayne Tirkot, Robyn Van Nus, Will Godward & Tyren Vitler set off from Sydney airport on Jan 12th. They were met by Petr Kurka in Frankfurt and into the bus they went for the journey to Pilzen. The snow was everywhere, as the photos show.



Firstly into a couple of training sessions and then the competition—the Plzen Grand Prix.

Match 1

MAR—Tyren 589, Will 581 WAR—Robyn 389
 JWAR—Kadiejayne 390, Alethea 383, Alice 380



Match 2

MAR—Tyren 590, Will 580 WAR—Robyn 387
 JWAR—Kadiejayne 395 (3rd) , Alice 394 (8th) Alethea 388

Then to have a look at Plzen and the snow. Over the next few days there were physio sessions, training sessions, physical work (swimming in a heated pool). We found McDonalds and some very strange variations of Macca's food.....even beer in the Macca's fridge.

A day trip to Munich gave us a change of scenery—Czech snow to German snow! We were not really sure why we went for a day's training and then back to Plzen....but it was a very good day with good training.



Then the interclub competition...

MAR—Tyren 584 (2nd), Will 583 (3rd)
 WAR—Robyn 392 (2nd), Alice 388, Kadiejayne 388, Alethea 386

A day in Prague was most enjoyable. Five hours of walking in one of the most impressive cities in the world....and then a couple of hours to thaw out when we got back to Plzen.



Other notable events included watching a local ice hockey game...that is a rough game at the best of times, although the Plzen team did manage a win for us. It was freezing outside, so we went into an ice rink to have fun!



Good food, good beer and good company—what more could be required.



We had the fortune of training with the world champions Matthew & Katerina Eamons. Their skills were a pleasure to watch.

Back to training prior to the departure for Munich. We drove to Munich and settled into our hotel. Again the snow was everywhere and it was cold.

The next competitions were the Munich International event.

MUNICH

Match 1 Mens Air Rifle—Tyren & Will both shot 590

Match 1 Junior Womens Air Match—Kadiejayne 389, Alice 388, Alethea 386

Match 2 Junior Womens Air Match—Kadiejayne 395, Alice 385, Alethea 385

Match 1 Womens Air Match—Robyn 389

Match 2 Mens Air Rifle—Will 593 & Tyren 587

Match 2 Womens Air Rifle—Robyn 390

Then packing for the return trip. Amazing how the stuff just will not fit into the suitcases after just three weeks away. Other Munich highlights included being able to correctly answer 2 question on the German version of Who Wants To Be A Millionaire, and trying to taste every dessert in Germany (that also applied to Plzen come to think of it)



After many entries and photos on Facebook, and a lot of positive memories, we headed home. Thanks to those who have sent messages. Did we say it was cold?

While it may look like the “dessert trip of Europe” we spent many hours training and for that we all thank Petr for his patience and guidance. Everyone had high points and some PB's in the process.



Thanks to AISL for the opportunity to be part of this trip, and to our loved ones who responded to the requests for money.

Can't wait for the next competition—the sun might even be shining, and the temperature should be above zero!



SOMETHING NEW IN QLD

The weekend of 14th & 15th November saw the first competition to be held on the electronic targets recently installed on the Jim Smith Range at Belmont.



An excellent roll-up of shooters celebrated the dawn of a new era in QLD, who join SISC and MISC as electronic ranges

This was the first visit to the state range for some of the country shooters who travelled from as far away as Blackall, Charleville, Mundubbera, Childers and Lismore. (Obviously to see what the fuss was about with these electronics)

Although there were a few little hiccups, overall the weekend went off well and the feed back was positive.

The weekend began with air rifle and first round of bench rest which was shot on the electronics. Two squads of prone then followed the bench.

This is the first year that the state championships has been only a 50 metre competition over 2 days with the exclusion of the 20 metre match, and it appears, by the number of entries on both days that the shooters were supportive of the program.

A demonstration final was held after the prone match with Queensland Minister for Sport, Mr. Phil Reeves, and other invited guests.

Two time Commonwealth gold medal winner, Alan Smith, was invited to shoot in the final and showed that he still remembers how it's done.

Mr. Reeves then presented trophies and certificates for the final and 2009 State Representatives

Special thanks to Ray, Annie, Dane, Jack & Dan for their efforts in getting the range to this point.

Full results are available on the QTS website.
Robyn Sampson



WARREN POTENT POSTAL COMPETITION

This event was formally the Winchester series, and now named in honour of our Olympic Bronze medallist, Warren Potent.

Congratulations to New South Wales, winners for 2009.

State	Shot	Won	Draw	Lost	Points	Aggregate
NSW	5	5	-	-	15	14688
QLD	5	4	-	1	13	14618
VIC	5	3	-	2	11	14610
SA	5	2	-	3	9	14561
TAS	5	1	-	4	7	14205
WA	5	0	-	5	5	14320

GRAHAME LAWLER POSTAL COMPETITION

STATE	SHOT	WON	DRAW	LOST	POINTS	R1	R2	R3	R4	R5	AGG
WA	5	5	0	0	15	2322	2310	2309	bye	2338	9279
NSW	5	3	1	1	12	bye	2299	2312	2303	2295	9209
VIC	5	3	1	1	12	2270	2256	2254	2303	bye	9083
SA	5	2	3	0	9	2252	2248	bye	2261	2267	9028
QLD	5	1	4	0	7	2139	bye	2197	2180	2251	8767

Congratulations to Western Australia, winners for 2009.

TOP 10 SCORERS IN THE LAWLER COMPETITION 2009

1	Robyn Van Nus	WA	590	582	586		590	2348
2	Will Godward	SA	585	586		590	587	2348
3	Susie Smith	NSW		583	586	584	581	2334
4	Barry Sarcich	WA	580	578	581		580	2319
5	Tyren Vitler	WA	577	573	585		581	2316
6	Kevin McKenzie	NSW		576	575	584	572	2307
7	Tim Braybon	VIC	565	561	574	570		2270
8	Dawn Tecza	NSW		561	566	560	572	2259
9	Sam Elsmore	VIC	573	555	554	575		2257
10	Dane Sampson	QLD	560		568	557	567	2252

AISL AUS CUP 1 WINNERS — 2010

FULL RESULTS ARE ON THE [TRA WEBSITE](#). The event is also the first selection event for the World Championships selection.



3P



Prone



Air



Special mentions of the week-end.

AISL PQS ...Warren Potent—597—Mens Prone

AISL PQS ...Robyn Van Nus—582—Womens 3P

New Australian record—Will Godward—594—Mens Air Rifle

TO BE CONFIRMED BY TRA



MENS 3P—1st Will Godward, 2nd Ben Burge, 3rd Dane Sampson
WOMENS 3P—1st Robyn Van Nus, 2nd Alethea Sedgeman, 3rd Kadiejayne Tirkot
MENS PRONE—1st Warren Potent, 2nd Maris Taylor, 3rd Rob Howell
WOMENS PRONE—1st Susie Smith, 2nd Jennifer Hens, 3rd Robyn Van Nus
MENS AIR RIFLE—1st Will Godward, 2nd Tyren Vitler, 3rd John Coombes
WOMENS AIR RIFLE—1st Alethea Sedgman, 2nd Kadiejayne Tirkot, 3rd Alice Styles

COMMONWEALTH SHOOTING FEDERATION CHAMPIONSHIPS INDIA—FEBRUARY 2010

*The following shooters will be representing Australia
at this event.*

*DEB LOWE—Womens Prone
ALETHEA SEDGMAN—Womens Air & 3P
SUSANNAH SMITH—Womens 3P & Prone
KADIEJAYNE TIRKOT—Womens Air & 3P
ROBYN VAN NUS—Womens Air, 3P & Prone*

*JOHN COOMBES —Mens Air Rifle
WILL GODWARD—Mens Air
ROB HOWELL—Mens Prone
WARREN POTENT—Mens Prone
THOMAS VERSACE—Mens Prone*

We wish them every success in India....

BRAIN TEASERS....can you work out these little gems??? The answers are included on page 18. Yes they are corny, I make no apology.

1. YOU / JUST / ME
2. DEAL
3. ECNALG
4. SIDE SIDE
5. BAN ANA

If you have missed the information re the Nationals...here's a short summary

WHEN: Tuesday 30th March—Tuesday 6th April 2010

VENUE: Sydney SISC

WHERE TO FIND THE INFO: TRA Website or the NSW website
<http://www.tra.org.au/>

Monday 29th Practice (At Own Cost)

Tuesday 30th 3 x 40 Free Rifle Open & all categories

Wednesday 31st 3 X 20 Sport Rifle Open & all categories.
 Air Rifle Badge Match (Non Squadded)

Thursday 1st Air Rifle Open Championship + Final & all categories
 Women's Championship (1 x 40)
 Benchrest Championships (60 Shots) . Open, & all categories

Friday 2nd Jim Smith English Match 50m Open Prone (1st 60 Shots), Women & Junior Championship. U18 & U16 Junior Championship.

Selection of Slazenger & Lord Wakefield Cup Team. ISCD: 50m Prone Championships (60 shots)

Saturday 3rd Jim Smith English Match 50m Open Prone (2nd 60 Shots)
 (It is intended to use the ranking system from the first 60 shots for bay allocation for 2nd 60 shots.)
 ISCD: Air Rifle Prone Championships

SATURDAY NIGHT BBQ/SOCIAL EVENING AT SISC (BYO ALCOHOL)

Sunday 4th Bill Eddy Open Championship—Short Range Match (1x60 20m) & all categories

Monday 5th Bill Eddy Open Championship—Long Range Match (1x60 50m) & all categories

Tuesday 6th State Team Matches 50m—Open / Women / Junior / Champion of State Champions
PRESENTATION DINNER

Entries close 1st March 2010 at the address on the entry form. Final squad numbers will be determined at that time. (The organizers may accept late entries but only to the number of squads determined at close of entries on the 1st of March. A Fee of \$50.00 per match will be payable for late entries. Cost of each event is noted in the Entry Form

Grading: When entering, competitors should list their home state grade, for each event.

VERY IMPORTANT: Firearms Licences and storage.

NSW recognizes licences issued in other States for the purposes entering a competition. When transporting the rifle/s it should be kept out of sight and secured in a locked container.

Storage when in Sydney; having a firearm stolen from an unattended motor vehicle, caravan or motel room is a serious offence. It is highly advisable to store the rifles in the armoury at the shooting centre.

The 2010 TRA NATIONAL CHAMPIONSHIPS ENTRY FORM is available on the TRA website.

**Send All Entries to: The Secretary, NSW SARAI, PO Box 3191 AUSTRAL NSW 2179
 IF YOU ARE WILLING TO HELP PLEASE CIRCLE YES / NO
 Volunteers are most welcome**



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](http://mentalmanagement.com) monthly newsletter at (<http://mentalmanagement.ipower.com/content/newsletter-signup>)

Prior to 1893 I cannot find in my research, a single reference to a mental coach or a sports psychologist in history. The idea that a person could be taught to improve his performance by changing his attitude seems to be a relatively new idea.

1893

Norman Triplett - "The first sport psychologist is thought to be Norman Triplett. Born in 1861, Norman would press onward to become a psychologist at Indiana University. Later, in 1893, he completed his experiment on the effects of social facilitation. This would later be deemed "the first sports psychology experiment ever performed"

1918

Coleman Griffith established the first sport psychology lab in North America. This laboratory was located at the University of Illinois. Much of Griffith's experiment had a heavy emphasis on being applicable to the 'real world' Griffith worked directly with both the Chicago Cubs and with Knute Rockne and the University of Notre Dame football team to enhance the performance of athletes who played on these teams.

1937

Dale Carnegie publishes *How to Win Friends and Influence People* This book starts the self-help revolution, a period we are still in today.

1960

Dr. Maxwell Maltz publishes *Psycho Cybernetics*, the first book to coin the term Self-Image. Self-Image is what makes you act like you and is a key element to winning.

1967

North American Society for the Psychology of Sport and Physical Activity. Formed in 1967 when the group had their first recorded meeting. Currently, there are three professional organizations for Sport Psychology.

1972

Lanny Bassham chokes at the Olympics and begins to interview Olympic champions about their mental game.

1974

The first use of the Mental Management system to win a world title when Lanny Bassham wins 15 medals at the World Shooting Championships in Thun Switzerland, 8 Gold, 5 Silver and 2 Bronze with 4 world records.

1976

The first Olympic Gold Medal using Mental Management. (Lanny Bassham Smallbore 3-position event). It will be 8 years before sports psychology appears at the Olympic Games.

1977

Mental Management Systems is started as a company and Lanny Bassham begins to teach Olympic teams and individual athletes Mental Management.

1984

Sport Psychology made its first appearance at the 1984 Olympic Games. The practice reached it's way into several of the events including: skiing, archery, shooting, boxing, cycling, fencing, synchronized swimming, track and field, volleyball, weight lifting. Interestingly enough, it failed to be credentialed by the USOC; none of the psychologists were able to provide on-site consultation during actual competition.

TODAY

From the 1980's to the present mental training, sports psychology and the value of mental training has grown in acceptance. It is not uncommon today for elite athletes to credit the mental portion as being as much as 90% of their sport.

It is now common to see articles about mental game issues in sport publications and many of the top selling non-fiction books published today are on subjects relating to the mind and attitudes.



What have you read lately??

WANT TO RECEIVE A PERSONAL EMAIL ADVISING WHEN THE NEXT E-MAG IS AVAILABLE?.....Please send an email to 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.

BRAIN TEASER SOLUTIONS:

1. Just between you and me
2. Big deal
3. A backward glance
4. Side by side
5. Banana split

PLEASE NOTE: Kim Frazer's "Shootenstuff" business has been sold. The new owners are based in Queensland. Michael & Jenny are keen to continue to offer supplies at reasonable prices to all the shooting sports.

Contact them by email at qstore@qldrifle.com



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Regards until next issue....send any info for publication to traus@westnet.com.au

THE NEXT TRA E-MAG WILL BE AVAILABLE ON 6th APRIL due to the Nationals