

IN THIS ISSUE:

COMM GAMES	1-6
SA HAVE A GO DAY	7
TRA CHAMPIONS	8
ASADA APP	9
TRV 20m PENANT	10-11
VOLUNTEERING	12
BEING AN OFFICIAL	13
GAINING/RETAINING	14-15
TRA BOARD	16-19
MEMBER'S FORUM	19-21
TECH COURSES	22
TRA NATIONALS	24-29
BASSHAM NEWS	30
TRA CAPTATION FEES	31
SA CEO UPDATE	32-34
CARDBOARD AMMO	35
TRA PATHWAY	36-37
BEING POSITIVE	38
LAST BITZ	40-41

GOT A SUBJECT THAT
YOU WANT COVERED IN
THE NEXT E-MAG?

SEND AN EMAIL TO THE
EDITOR—TRICIA VAN NUS
AT coaching@tra.org.au

I WILL DO WHAT I CAN TO
GET ANSWERS FOR YOU

DANE'S GONE GOLD

After a nail biting Final, local QLD shooter, Dane Sampson took Gold in the Mens 10m Air Rifle match. Congratulations.





We're Expanding Our Range!

Since 2012 Target Ammunition Pty Ltd has been offering the members of Target Rifle Australia Limited access to quality ammunition at a reasonable price through TRA's Member Bodies—the State Associations that do so much to help grow and develop our sport.



Eley 22LR ammunition products will remain an integral and important part of our product range, and we're pleased to announce that Eley Ventus air pellets will be available in Australia from April 2018.



We're Also Expanding into Other Products!



From the 1st December 2017, Target Ammunition will also be offering the full range of RWS ammunition and air pellets together with Lapua and SK ammunition to our member bodies so that all our members have access to a wider variety of quality ammunition at a reasonable price.

Talk to your State Association today!

Or Contact:

Target Ammunition Pty Ltd (ABN 15 152 308 177)

Ph: 0447 447 055

Email: enquiries@eleyammunition.com.au









Contribute to a national movement building the profile and positioning of the sport of shooting in Australia!

- ▶ Capitalise on the positive media attention created by a home Commonwealth Games
- ▶ Take advantage of the national advertising campaign and resources
- ▶ Join clubs from around the country in promoting our sport
- ▶ Show communities how much fun our sport can be

shootingaustralia.org/come-try-may



OUR PARTNERS



SPORTING CLASS AUSTRALIA



THE GAMES

The Games are done, The athletes have shot their best, the Technical Officers have been technical, and the volunteer have volunteered.

Funnily enough the range complex is still a little shaken from the invasion!

However the legacy of 18+ months of confusion, is that the Brisbane range is spectacular, with a dedicated Finals range, extended range space, improved roads and parking, and an electronic air range.



Back to the Games, and our fantastic Australian rifle shooting team. Let's take it by event:

AIR RIFLE: Women—Tori Rossiter, in her first Commonwealth Games qualified for the final and finished in 7th with Emma Adams in 16th. Mens— Dane Sampson and Alex Hoberg made the Final, and as we know Dane went on to take the Gold medal, with Alex taking 5th.

PRONE: Women—**Both Robyn Ridley and Susannah Smith didn't have their best day,** and finished in 9th and 13th respectively. Mens—James Daly completed the Qualification in first place, and fought through the Final and finished in 6th place.

Surprisingly Dane did not make the Final, however when the scores of both the Men's and Women's event are reviewed, - 3 or 4 points often meant the difference between Finals and medals or not.

3P: Women—Robyn Ridley competed in her pet event and completed the Qualification in fifth position with 577 and Emma Adams shot a highly creditable 566. to finish in 14th place. In the Final, athletes moved up and down the leader board as the Final progressed, and Robyn finished in 7th place.. Mens—Will Godward finally had a chance to shoot, and shot 1135 to finished in 12th place. Dane completed the Qualification in **5th, and then shot the Final. Like the Women's event, athletes moved up and down the** leader board as the Final progressed, and Dane finished in 7th place.

I leave you with this thought—the Commonwealth countries threw their very best shooters into this competition. Any shooter making the team had shown their excellence, then in the qualification performance, and making the Final of their event, is to be applauded, and when one looks at the scores, it is obvious that it was parts of a point that made the difference.

CONGRATULATIONS TO ALL THE TEAM—WE ARE PROUD OF YOU.

ASADA NEWS

As you may be aware, almost one Australian athlete tests positive from a supplement every month. Typically, these are not athletes at the elite level, who have the guidance of dietitians and strong support teams, but younger athletes or those at levels which have less support.

Historically, ASADA's advice to athletes has always been to simply not take any supplements, however, evidence shows that many athletes still use them. To help ensure athletes do not take high-risk supplements, we have recently launched the **ASADA Clean Sport** mobile and tablet app.

Available free on Android and Apple, **ASADA Clean Sport** provides athletes with a complete list of every single supplement sold on Australian shelves which has been screened for prohibited substances by an independent laboratory. These 'batch tested' supplements cannot give a 100% guarantee that they do not contain prohibited substance (abstinence is still the safest option for athletes) but they are significantly less risky than other products.

In addition, athletes can also assess the risk of products they are already taking by completing a short 9 question survey which is built into the app.

In addition to the supplement tool, the app also has an in built link to GlobalDro, access to our anti-doping education, a way to report doping, and give feedback on a testing mission or education session. In addition, it contains information on TUEs, travelling overseas, rights during a testing mission, and whereabouts.

Screenshots iPhone iPad



Editor's note— *I downloaded and tested this app, and I am impressed. Not only can supplements be checked, but so can current medications.*

Go get your phone/tablet and put this app to the test.



2018

20 METRE PRONE PENNANT

Entries for the 20 Metre Prone Pennant are now open.

All participating clubs must be affiliated with TRA.

All team members must be financial.

Commencement date:

Week commencing 25nd June 2018

Entry fee: \$50.00 for the first team entered

\$25.00 for each additional team

Teams will consist of six members, with five to count. All team members to be named on the entry form (up to ten), no other shooters are to shoot in the team.

Teams will be graded using the five highest averages from those named in the team.

Note: Interstate Competitors, you MUST supply your First and Last Name, Date of Birth, Gender and local State registration number, if you cannot provide this information you will NOT be able to enter the competition.
Also, if you would like any prizes sent, you will need to provide a postal address.

Rules: TRV Competition rules, ISSF and Australian Rifle Rules will apply.

Competition stickers and rules will be posted to all participating clubs.

Official TRV 20m Prone Targets to be used.

20 metre targets produced by TRV are available from Robert Spratt.

ph. 03 5664 2358 or email: targets@trv.org.au

Awards: Scratch in each section & Handicap overall.

Overall top ten, 1st, 2nd and 3rd in each grade A, B, C & D

1st, 2nd & 3rd in Junior (under 21), Sub Junior (under 16) and Veteran.

The winning team in each section will receive a Pennant Flag. Each team member will receive a copy of the pennant flag with all team members named on the copy.

Please send entry forms and fees to: TRV Indoor Convenor
2757 Princes Highway
Port Fairy VIC 3284

Make Cheques payable to Target Rifle Victoria.

Entries Close: Monday 21st May 2018. No late entries accepted.

Enquiries: Tel: 03 5568 2291 or email: indoor@trv.org.au

Next step—if your club wishes to enter this competition, please contact the organisers on the phone or email above, and request an entry form.

HAS YOUR STATE MADE PLANS TO CONDUCT ANY COACHING AND/OR TECHNICAL OFFICIALS COURSES IN 2018?

This matter is essential, and all State Committees should think seriously about conducting courses. There are courses, resources, and presenters ready to help you get going.

Contact TRA for assistance ASAP.

VOLUNTEERING

One interesting item that was discussed in the recent Members Forum after the TRA AGM, was volunteering, and that possibly there are volunteers out in the wider community who may be willing to come and help a club in a specific area. This came from the discussion about retaining members, and the need to ensure the administrative strength of every club. Perhaps your club could do with a secretary, or financial person, or even someone who would keep the target frames in good order.

My suggestion was to approach the “volunteering” organisations in each State, and see what may be offered. Yes this will cost money to establish the membership and then the advertisement, and yet another option may be to contact your Dept of Sport & Rec for help. They may also have avenues to specific volunteers.

The Volunteering Australia website is below—from there you can link to the States.
<https://www.volunteeringaustralia.org>

From the V Aus website....as a guide

Your organisation has to go through the planning stage, and determine exactly who might be needed, and why.

Once you have a clear idea of what you need your volunteer/s to do and you have current personnel, procedures, and structures that are ready to receive them.

Take a moment to reflect on why you yourself are here.

Why are you attracted to the organisation? What can it offer others?

Why are you committed to the cause? What does it have to offer you as a person?

Then you are ready to speak to someone from the V network, and hopefully your advertisement will attract just the right person to help the club.

While researching this concept, I also found a large number of “seniors’ groups, and that could also be a useful lead to effective volunteers.

Finally, in any club in country town, advertise for volunteers (training offer if required)
 You may be very surprised at the uptake from all ages.

This information may be fix for you, and maybe, not however it is sure, that no one will **know the outcome if it ‘s not given a go. Perhaps there is a volunteer out there, just** looking for an opportunity. While we often focus our attention on attracting juniors to the sport, perhaps there is an avenue to attract older people, specifically for the skills that they can offer—bank managers, company secretaries, book keepers, carpenters, plumbers—all these people retire, yet their skills live on.

Food for thought!

BEING AN OFFICIAL

Sports officials must be able to bring control to chaos, understand fairness, promote safety and encourage good sportsmanship. A sports official must have the positive characteristics of a lawyer, judge, accountant, reporter, athlete and diplomat. They are also someone who can be put in a position of authority and handle the responsibility without being overbearing.

Along with the rules of the competition you must fully understand your role before, during and after the match has ended.

What's expected of you as an official?

Being an official is an extremely important role in any sport. Without officials giving up their time, most sporting competitions would be unable to function. Officiating can be challenging. Officials need to be able to perform their role in a positive manner and block out the negative aspects. They need to ensure that their approach towards officiating is in line with the aims of the competition. Officials should be aware that their approach to officiating can influence the participants' experience and enjoyment of the sport.

Each official becomes the 'face' of officiating at competitions. People often judge all officials by how an individual official behaves, which means that they need to behave in a professional and responsible way. It is important that officials present in a manner that portrays officiating in a positive and respected manner.

Officials undertake an important role in the staging of competitions. They provide leadership and guidance to participants, ensuring that the competition is conducted in a safe and fair manner. Qualities such as integrity, honesty, trustworthiness and respect are integral to the role of the official. This includes how they behave and relate to others prior to, during and after competition, how they present themselves as an official, and how they go about their role. Officials are responsible for their actions and attitudes. People expect the official to be a person they can trust to control the competition.

There are a number of expectations of officials including:

- Trustworthy - honest and impartial
- Responsible - have integrity and take the role seriously
- Prepared for their role - prepared physically and mentally for the task
- Competent - have and are further developing the skills for the task

At the end of the day, it's all about the players and athletes. You're there to ensure everyone sticks to the rules and ethics of the game so everyone gets the most out of it. It's not about you – without the participants there would be nothing to officiate.

So—having read all this, are you willing to step up and be trained as an official...for your club, state or nationally? Options are available, and the pathway of training is shown again in this publication on page 18. Contact the State Technical officer and see when the next course is being held, or have your club offer to host a training session to improve the level of officiating, personally and collectively.

GAINING AND RETAINING—another concept from the TRA Forum

Which is more valuable to your club / association?

A) One new member?

B) One retained member?

The answer is definitely B.

According to research, “acquiring a new members is anywhere from five to 25 times more expensive (usually in time and effort) than retaining an existing one.” That’s because it costs more to find and convince a new member to join than to keep your current members engaged. Of course, keeping members engaged can be difficult at times, so here are some ways to keep member engagement going.

Firstly Discover why they joined and do more of it

The [top two reasons](#) people join an club/organization are because they want to:

Network and engage with others in the sport, and access specialized and/or current information

While perhaps 2/3rds of your members joined for these two reasons, what about the rest?

You could be losing people if you’re not delivering the value they expected when they joined. Imagine you’re a fishing club and someone joined because they love to fish, but all your events are about how to craft lures? This person may become disappointed and end up lapsing.

The sad thing is that 90% of the organizations do not track the reasons why members joined. Knowing this information and delivering on it is one of the most influential ways to engage your members and keep them from lapsing.

There are two ways to collect this information from your members:

1. Ask them in your new member application form.
2. Survey all current members (often member expectations change from year to year)

To collect this information in your new membership application form, simple add a field called, **“Why did you join?” and include a checklist of your benefits with an additional open ended option.**

If you use an application form, this information will go right into your database and allow you to quickly see the reasons why people are attracted to your organization.

Then, focus on the benefits your new members want. But, don’t forget about your current members. The benefits they seek may have changed since they joined. Once a year, survey your current members to make sure you always know what they want. Use any of the free online survey platforms like [SurveyMonkey](#), or [Google Forms](#).

Here are some sample questions you can use for your current members:

1. **What are 3 things that our “organization” should continue doing**
2. **What are 3 thing that our “organization” should stop doing?**
3. Which benefits do you take the most advantage of? (make a list and check all that apply)
4. **Would you recommend our “organization” to a friend? (1- no, 10- definitely)**
5. Why did you give that rating in question 4?

GAINING AND RETAINING

Refresh your members' memories of the benefits you offer

Some organizations don't put enough importance into keeping members onboard and many members aren't even aware of their total benefits.

How many of your members might be in the same situation, and may lapse because they don't feel they're getting their money's worth? A simple email, or mention in the newsletter with a list of all benefits can easily take care of this. But, as a proactive measure, make sure you've got a consistent process for all new members so they're aware of all your benefits right away.

The easiest way to do this is to send your promotional materials in your new member confirmation email or letter with the memberships card.

If you can't identify which of your members aren't engaged, you can't do anything to win them back before they end up lapsing.

Win back before the lapse

Your member database should be organized in a way that allows you to easily identify who these **people are. Once you identify these people, send them a "win-back" email** - while personal, work and financial circumstances change, a simple email will not hurt, and it shows that the **club / association cares. Nothing engages a member more than a personal connection. It's a smart strategy that a lot of membership organizations have also used to grow.**

If it works for new members, try it with potentially unengaged members too. I would suggest **they'd love a phone call, or at the least a personalized email. It may be the thing that keeps** members so that they don't lapse. Make a commitment to reach out to one unengaged or even lost member every single week. Put it in your calendar to follow-up.

Send automated reminders

One of the [top reasons why people don't renew](#) their memberships is because they forgot. How ridiculous is that? All that hard work you put into obtaining and engaging a member and **they don't renew, because they forgot?**

But, figuring out that the dues are coming up and sending each of these people a reminder can be a lot of manual work.

With a [Membership Management Software like Wild Apricot](#), you can easily set up 3 **personalized email reminders to be sent out automatically before each member's dues are due.**

And finally

It's OK if someone does not renew, if your club / association has taken all the reasonable steps. Make sure that every person leaves your club with a good impression. You never know who they may recommend the sport to, or if they may become a member again in the future when their circumstances change again.

One simple thing you can do every time you part with a member is to send them a thank you letter personally signed, for being part of your club / association.

Produced from an article by Terry Ibele on the website "Wild Apricot"

TRA BOARD MEETING—Brisbane, May 5/6 2018

Meeting Opened: 1:52pm on 5/05/2018

1. **Attendance:** Mr Nick Sullivan (NS), Mr Glenn Braybon (GB), Mr Anton Wurfel (AW), Mrs Yvonne Hill (YH), Mr Richard Toye Executive Officer (EO)
2. **Apologies:** Mr Jim Brown (JB) (Proxy form submitted to meeting with YH acting as proxy)
3. **Action List from 4th March, 2018:**
 - 3.1 **2018 Nationals:** National championships Entry Forms and portal for online entries have been uploaded to the TRA Website
 - 3.2 **Postal Competition Pennants:** 2017 Pennants will be completed by mid-June. Directors resolved to continue providing pennants for TRA Postal competitions for the foreseeable future.
 - 3.3 **TRA Technical Committee Meeting:** an impromptu meeting of the majority of the TRA Ltd Technical Committee was organised at Commonwealth Games on 13/04/2018. Summary of Key Outcomes from that meeting:
 - TRA Presenters and Assessors List updated.
 - Draft Qualifications for Presenters and Assessors for Officials courses discussed
 - Alex Maranik gave updates on the TRA Supplementary Rules, TRA Officials Licence renewals and Range officials courses
 - Members were given copy of the ISSF Officials course assessment sheets for consideration by TRA to use in TRA Ltd Officials education courses
 - Discussion concerning the Technical Delegate for 2019 Nationals in Perth
4. **Financial Reports:**
 - 9.1 Financial Reports of TRA Ltd to 30th April 2018
 - 9.2 Financial Reports of TA Pty Ltd to 30th April 2018

Financial reports as listed above were circulated and tabled and directors resolved to accept the financial reports as presented.
5. **Governance:**
 - 5.1 **Vote of Thanks:**

The directors of Target Rifle Australia Ltd. formally thank Rod Sampson for his service as a director and President of the Company for the last 8 years.
 - 5.2 **Election of President for 2018 – 2019**

Acting Chair (EO) called for nominations for President of TRA Ltd for 2018-2019.

Two nominations were received. Directors conducted a secret ballot with Glenn Braybon winning the ballot 3-2. EO declared Glenn Braybon elected as President of TRA Ltd for 2018-2019 and stepped down as acting chairman of the meeting.
 - 5.3 **Appointment of Director to fill Casual Vacancy**

Directors discussed the need to find candidates with appropriate skill sets to assist the board in governance matters. Skill sets particularly required include Financial Management, Marketing and Promotion.

Directors resolved to call for nominations for position of director to fill a casual vacancy with above skill sets. Nominations must be forwarded to the Executive Officer **by Friday 28th July 2018.**

The Executive Officer will formally correspond with all member bodies concerning this matter.

5.4 Capitation Fees 2020 – 2021

TRA Board resolved that the capitation fees due in **2020** will be as follows:

Full Year Members		Half Year Members	
Full Member	\$ 62.00	Full Member	\$ 31.00
Junior	\$ 45.00	Junior	\$ 23.00
Family*	\$ 124.00	Family*	\$ 62.00
Concession	\$ 45.00	Concession	\$ 23.00
Non-Shooter	\$ 20.00	Non-Shooter	\$ 10.00
Sub-Junior	\$ 28.00	Sub-Junior	\$ 14.00
Provisional	\$ 30.00	Provisional	\$ 15.00

School Program Member \$10.00

Directors tentatively approved the following capitation fees for **2021**:

Full Year Members		Half Year Members	
Full Member	\$ 63.00	Full Member	\$ 32.00
Junior	\$ 46.00	Junior	\$ 23.00
Family*	\$ 126.00	Family*	\$ 63.00
Concession	\$ 46.00	Concession	\$ 23.00
Non-Shooter	\$ 20.00	Non-Shooter	\$ 10.00
Sub-Junior	\$ 29.00	Sub-Junior	\$ 15.00
Provisional	\$ 30.00	Provisional	\$ 15.00

School Program Member \$10.00

The Executive Officer will formally notify Member Bodies of Fee Structures for 2019 and 2020.

5.5 2019 Annual General Meeting

Directors discussed holding future AGM's separate from the National Championships. EO advised that AGM must be held no later than 31st May each year. **Directors resolved that the date for the 2019 TRA AGM will be 8th May 2019 at a venue and time to be confirmed.** Venues considered included the Qantas Club Melbourne or Airport Motel (Attwood)

5.6 TRA Policies and Procedures Documents:

Directors resolved to examine Shooting Australia policies to determine their relevance to TRA Ltd and whether they can be endorsed by TRA Ltd and / or re-branded for publication to TRA Website.

Directors will also investigate what other policies TRA Ltd needs to develop and adopt for use as an organisation.

5.7 Strategic Plan:

Directors discussed the need to develop a new strategic plan for the next 12 months with a view to a long term (5 years) strategic planning document. One critical area of any future strategic plan must be succession planning for directors and governance of the organisation.

6. Competition Committee Business

6.1 2018 National Championships

Directors resolved to send member bodies a reminder notice concerning 2018 TRA Ltd National Championships

6.2 2019 National Championships

Directors resolved to contact WASRA requesting draft program of events to be forwarded to Competitions Committee as soon as possible.

6.3 Performance Grants to Commonwealth Games Athletes

Directors approved the issue of a number of small performance grants to athletes who made finals or won medals at the 2018 Commonwealth Games.

Directors will also consider small performance grants to athletes who made finals or won medals at WSPS World Championships at the next board meeting.

7. Technical Committee Business

7.1 Australian Supplementary Rules Revision

Directors were advised that the Technical Committee was still waiting on recommendations from Bench Rest Committee before finalizing the TRA Ltd supplementary rules update.

In response to Member's Forum following the 2018 AGM, directors resolved to make no changes to the existing TRA Ltd Bench Rest rules concerning rifle classes and that the supplementary rules can be updated and distributed to member bodies when completed.

The Executive Officer will formally correspond with Member Bodies concerning this decision.

The Executive Officer will also formally correspond with Bench Rest committee members advising them of board's decision based on feedback received from members as well as the Member's Forum and thanking members for their work and input.

7.2 TRA Ltd. Officials Course and documentation

The board was advised that final assessment documentation for the TRA Ltd Officials course was being finalised and will be forwarded to technical committee for comment / approval prior to being submitted to the Board for ratification.

8. Coaching Committee Business

8.1 Pre-A4G Squad – Progress Report and Budget

The Board is still waiting to receive a report from Shooting Australia outlining a strategic plan, Key Performance Indicators and a Memorandum of Understanding together with a proposed budget for this joint venture. The Board will continue to liaise with Shooting Australia on this matter and provide updates as and when they are received.

9. Promotions and Marketing Committee Business

9.1 Starter Pack document

The final version of the starter pack document for publication / upload to TRA Ltd Website was tabled. Directors resolved to proceed with distribution of the initial starter pack document and publication to TRA Ltd Website with other documents.

9.2 TRA Website

The Board was advised about discussions with Cornerstone Web Systems concerning costings for a package to train four people to update the website. As yet costings are still to be finalised.

It was suggested that a representative from each of the competitions, technical and coaching committees and the Executive Officer be trained in Adelaide for a one day course which will incur some travel and accommodation costs.

Directors will continue to liaise with Cornerstone Web Systems on this matter.

The Board was also advised that ongoing website hosting and maintenance costs will be approximately \$300 per quarter.

10. Bench Rest Committee Business

10.1 2018 RBA National Championships

The Board was advised that expressions of interest have been called for clubs / member bodies to host the 2018 TRA – RBA National Championships since the original proposed host club advised that it was unable to conduct the nationals.

Expressions of interest are due in by 31st May, and a decision will be finalised as soon as practically possible following this deadline.

The Executive Officer advised that a draft rolling calendar of future National Championship events and Major International Championships will be distributed to Member Bodies to assist with future planning.

11. Shooting Australia Business

11.1 National Come and Try Day Updates

The Executive Officer reported that 31 TRA Ltd member bodies and / or affiliated clubs are involved with the Shooting Australia Come and Try Day initiative for 2018.

Further information will be distributed as and when it is received from Shooting Australia.

11.2 Shooting Australia Members Forum 25th – 26th May

The Executive Officer advised that the next Shooting Australia Members Forum is scheduled for 25-26 May at the Pullman Hotel, Brisbane Airport. Key contacts for all Shooting Australia Member Bodies (i.e. Presidents and EO's) have been invited.

Directors discussed the appointment of another delegate in addition to the EO to attend the forum and resolved that Yvonne Hill would attend the forum as the TRA Ltd delegate for the forum.

12. Next Meeting: 11th – 12th August 2018 at Brisbane International Shooting Centre (subject to confirmation) Meeting Closed 11:26am Sunday 6/05/2018

MEMBER'S FORUM SUMMARY MAY 2018

Bench Rest Rule Review:

TRSA raised the issues and problems created by the review into the TRA Ltd Bench Rest Rules, particularly the issues around proposed changes to rifle specifications and removal of rear bags for some classes of rifle (specifically class 1)

Following extended discussion, the general consensus of the forum was that the rules pertaining to rifle specifications and rear bags should remain unchanged.

Director Nick Sullivan advised the forum that the Board of TRA Ltd could finalise a decision at the board meeting immediately following the forum.

TRSA requested that TRA Ltd formally notify Member Bodies and members concerning the matter as soon as practically possible. Directors agreed that this should be done.

Starter Pack Documentation:

WASRA requested an update on the Starter Pack Documentation. Director Yvonne Hill advised that the final document had been completed and would be presented to directors for approval at the board meeting immediately following the forum.

Once approved the Starter Pack Document would be distributed to member bodies and uploaded to the TRA Ltd Website so that it is available for download by the general public.

Membership Growth and Development Discussion – TRA Ltd Directors Jim Brown / Yvonne Hill

Director Yvonne Hill facilitated a discussion concerning strategies to increase the membership of the organisation while at the same time retaining existing members. Some strategies proposed by the member bodies present included:

- ✓ Mobile trailer setups that can be moved to different locations for promotional or come and try activities (already in use in Victoria)
- ✓ Junior Club programs already existing in South Australia with new programs coming on line in Victoria and Queensland in the near future and the potential for other States to develop these programs
- ✓ Attracting older age groups and alternative groups (e.g. cadets, scouts and guides, etc)
- ✓ Specific programs focusing on athletes or organisations caring for people with a disability including repatriation services and armed forces personnel
- ✓ Expanding disciplines based on interests of members and potential new members (e.g. target sprint running target, falling target metallic silhouette, Bench Rest, laser / scatt shooting etc.)
- ✓ Using different event formats – e.g. mini finals, games etc.

Yvonne Hill advised that she and Jim Brown will make this a focal point of board activities over the next 12 months leading into the development of an updated long term strategic plan for the organisation.

Technical Committee Update:

Glenn Braybon, Director and Chairman of the Technical Committee provided an update:

The TRA Ltd Range Officer's Course has been approved and distributed to Member Bodies and Presenters and Assessors for use.

The TRA Ltd Officials Course is still being finalised. Assessment documentation and questions are being compiled and will be distributed to Technical Committee representatives for comment prior to final ratification by the Board.

When completed the course documentation will provide a full and complete pathway for officials to ISSF level as follows:

- ✓ ISSF Official Level A
- ✓ ISSF Official Level B
- ✓ Shooting Australia Technical Official
- ✓ TRA Ltd Officials Course
- ✓ TRA Range Officer's Course

The TRA Technical Committee Meeting held a meeting on 13/04/2018 during the Commonwealth Games. Key Points discussed at the meeting included:

- ✓ Corrections and updates to the TRA Presenters and Assessors List for officials.
- ✓ Draft Qualifications for Presenters and Assessors for Officials courses discussed
- ✓ Updates on the Rules, TRA Officials Licence renewals and Range Officers courses
- ✓ Members given copy of the ISSF Officials course assessment sheets for consideration by TRA to use in courses
- ✓ Discussion concerning the Technical Delegate for 2019 Nationals in Perth

Coaching Committee Update:

Nick Sullivan, Director and Chairman of the Coaching Committee delivered a verbal report to the forum:

- ✓ Meetings have taken place with Shooting Australia concerning the Pre-A4G squad joint venture with Shooting Australia.
- ✓ TRA has committed \$25,000 per annum for the next 5 years towards the initiative. This funding will be matched by Shooting Australia.
- ✓ Entry to the squad will be by nomination with no age limit restrictions. Nominations will be considered based on set criteria and expectations concerning return on investment.
- ✓ A pilot program has been conducted in South Australia for some time and preliminary discussions have commenced with Target Rifle Victoria and Queensland Target Sports with a view to expand the program to all State Associations within the first 5 years if possible.
- ✓ The TRA Board is still waiting to receive a progress report, strategic plan outlining Key Performance Indicators and a Memorandum of Understanding together with a proposed budget from Shooting Australia and will continue to liaise with Shooting Australia on the joint venture.

Governance: TRA Policies and Procedures documentation

Director Yvonne Hill, together with Tricia Van Nus will examine Shooting Australia policies to determine their relevance to TRA Ltd and whether they can be endorsed by TRA Ltd and / or re-branded for publication to TRA Website.

Yvonne Hill will also investigate what other policies TRA Ltd needs to develop and adopt for use as an organisation and liaise with Tricia Van Nus on this matter.

Strategic Plan:

There is an urgent need for the organisation to develop a new 5-year strategic plan in consultation with member bodies. One key point of this strategic plan must be succession planning for directors and governance of the company in the future.

TECHNICAL OFFICIAL'S PATHWAYS 2017

With the endorsement of the new Shooting Australia TO (technical officials) course late last year, the pathway is complete, easy to follow, and ready to implement.



FIRST STEP is enrolling in, and completing the **STATE LEVEL TRA Range Officer's Course**.

Of course, your club will be very happy to have your technical contribution at Club and State events.

SECOND STEP is the completion of the **TRA Official's Course**, and your work as a Technical Official at national and perhaps international events held in Australia.

THIRD STEP is completion (often RPL) of the Shooting Australia Technical **Official's Course**. You would then be expected to officiate at International events in Australia, and Shooting Australia events.

Officials who hold a full* TRA licence do not need to complete another course, only show that you officiating at the

events relevant to this level ie international events in Australia, and Shooting Australia events.



FINALLY you are ready to apply to complete in an ISSF **"B" level course**. There is no specific course to complete an **"A" accreditation**.

*full licence means all categories are ticked on your licence.

That is the new system overview. In the coming weeks, your State Technical Chairman should have all the details.

BECOME AN OFFICIAL IN 2018



WALTHER®

KK500

WALTHER

KK500

Through Evolution To Revolution

- Short system and loading port positioned far back
- Ball-bearing-mounted, finely adjustable match trigger with trigger stop
- Bolt handle can be switched for right or left-handed operation
- High-precision match barrel with long lifespan
- Sturdy aluminum stock with a wide range of settings

WORLD'S FIRST

- BACKTAKE Bolt**
- EXPERT Trigger**
- AMBI Action System**
- ALLOY Barrel Steel**
- EXPERT Stock**

FRONTIER | **ARMS**
Since 1949

Exclusive Australian Distributor
Call 08 8373 2855 for your nearest stockist
www.frontierarms.com.au



Target Rifle Australia Limited

NATIONAL CHAMPIONSHIPS

2018

hosted by

Queensland Target Sports Inc.

held at

BRISBANE INTERNATIONAL SHOOTING CENTRE

**1485 Old Cleveland Road,
BELMONT. QLD. 4153**

Monday 9th – Saturday 14th July 2018



TARGET RIFLE AUSTRALIA LTD. NATIONAL CHAMPIONSHIPS - 2018

hosted by **Queensland Target Sports Inc.**

9th to 14th July, 2018



PROGRAMME OF EVENTS

Mon 9th July	Arrival, Practice all ranges, Registration, Equipment checks	09:00-16:00	All Ranges
Tues 10th July	3x40, 3 Positions + WSPS R7 & R8 Final Men/JM Final Women/JW	08:15 13:30 15:00	50m FH FH
Wed 11th July	Half Course 3P (3 x 20) WSPS Air Rifle Standing R1, R2, R4 *Finals R1, R2, R4 10m Air Rifle Men/Women (60 Shots) Final Men/JM Final Women/JW	08:15 10:00 13:45 15:45 16:45	50m FH FH 10m FH FH
Thurs 12th July	50m Prone Championship Matches WSPS Prone Mixed R6 SH1 & R9 SH2 Open Air Rifle Championship (60 shots) State Teams in Conjunction Champion of State Champions 10m Open Final	From 08:30 10:30 14:00 16:00	50m 50m 10m FH
Fri 13th July	TRA 50m Benchrest Day 1 (Open/Graded) WSPS Air Rifle Prone R3, R5 *Final R3, R5 Jim Smith Match Day 1 (Open/Graded) Champion of State Champions 50m in conjunction. EVENING SOCIAL EVENT	08:15 10:00 13:15 10:00 15:30	50m 10m FH 50m TBC
Sat 14th July	Jim Smith Match Day 2 (Open/Graded) State Teams Matches in conjunction TRA 50m Benchrest Day 2 (Open/Graded)	08:15 1200	50m 50m

COMPETITION DETAILS & CONDITIONS

Venue . All events will be conducted at the Brisbane International Shooting Centre, the venue for all rifle & pistol events at the recent 2018 Commonwealth Games. The range complex is fully equipped with 60 x 50m and 60 x 10m Sius Electronic Scoring targets.

QTS Organising Secretary: Robyn Sampson
 Ph: 0459 195400
 Email: entries@targetsports.org.au

TRA Technical Delegate: Mr. Alex Maranik – New South Wales

Entry Conditions

- ✓ Entries close 9th June, 2018
- ✓ Practice on arrival day is at shooters own cost.
- ✓ Squadding times and finals locations may vary depending on entry numbers and time constraints.
- ✓ Late entries only accepted if bays are available and accompanied by Late Fee of \$10.00 per match.
- ✓ Entry into grades and all other categories is included in Open Entry Fee.

✓ Appropriate squadding arrangements will only be made to enable sharing of equipment if a suitable note is made on the Entry Form and will be dependent on entry numbers.

Consideration to provide adequate time between squads for contestants in events running concurrently will be made where possible but cannot be guaranteed.

Competition Conditions

The Nationals will be conducted in accordance with ISSF, WSPS (IPC) & TRA Australian Supplementary Rules. Entries & printable entry form are available via the Nationals Portal on the TRA website. www.tra.org.au

**ALL COMPETITORS MUST BE MEMBERS OF TRA
OR SIMILAR INTERNATIONAL FEDERATION.**

- ✓ QTS & the TRA Board reserve the right to amend the program at any time if necessary.
- ✓ Current Membership Registration Cards and Shooters Licences must be presented at time of registration.
- ✓ The Range Register must be signed every day prior to shooting.
- ✓ Squadding details will be provided at time of registration.
- ✓ Shooting mats will be provided.

There will be music (possibly loud) playing during qualification and finals.

* Finals for WSPS events will only be held if there are more than 3 entrants in each event.

Event Details

3x40 Three Position:	Open to both men and women. Men's Final to determine Men's Championship. Women's Final to determine Women's Championship. Open, Men, Women, Junior Categories Open & Junior State Pairs
Half Course Three Position:	Open to both men and women. (3 x 20) Open, Junior Categories Open & Junior State Pairs
10m Air Rifle Men/Women:	ISSF 10m Air Rifle match format. Men/Jnr Men, Women/Jnr Women
Open Air Rifle Championship:	Open to both Men/JM, Women/JW. – Graded, Veterans. Integer scoring. Open & Junior State Teams in conjunction. Champion of State Champions 10m in conjunction.
50m Prone Matches	50 metre Prone Championship matches - 60 shots. Open to all competitors. ISSF 50m prone match format – decimal scoring. Men, Junior Men, Women, Junior Women.
Jim Smith Match:	Open & Graded, 120 shot 50m prone match over 2 days (60 shots each day) Match Format - Integer scoring 60 shot Match timing - 1hr 15mins including unlimited sighters. Open, Junior, Veterans. Champion of State Champions 50m – Day 1 Open, Women's, Junior State Teams – Day 2 Postal Teams – Day 2
TRA Benchrest 50 metres:	120 shot Open match shot over 2 days Open to all classes of rifle as described in Australian Supplementary Rules - Benchrest. A.5.4 60 shots each day – Match format as per JS Match. Open, Junior, Open & Junior State Teams – Grades apply.
WSPS (IPC) matches:	as per current WSPS (IPC) Rules.

Entries and squadding advice:

Entries are requested by no later than 9th June 2018.
Late entries will only be accepted if space permits.
Entry fee is for entry to Open Events unless stated.
Entry to other categories, including grades, is included in Open fee.
Please note, start times for each squad, may vary depending on the number of squads required.

Firearms Licences, transport, storage and range safety:

The licence provided by your state will be recognised in Queensland.

Please check local requirements for transport & storage of firearms in Queensland at:

www.police.qld.gov.au/programs/weaponsLicensing/

Secure storage for firearms will be available on site.

Trophies, Awards and Medals:

All awards, medals, certificates & trophies will be presented according to that specified and approved by the TRA Board.

Medal Presentations:

Presentations will be conducted as soon as possible after the final results being posted in each event.

Gradings:

Entry into graded matches is optional. Shooters must indicate that they wish to enter the graded matches by entering their scores or grade on the entry form otherwise they **will not** be included in the graded matches. Grading scores for graded matches at the National Championships are:

<i>Event</i>	<i>A Grade</i>	<i>B Grade</i>	<i>C Grade</i>	<i>D Grade</i>
TRA Air Rifle 60 Shots	582 & above	550 - 581	< 550	
50m Prone - Jim Smith Match	588 & above	575 - 587	562 - 574	< 562
TRA 50m Benchrest	596 & above	590 - 595	< 590	

Targets:

All 10m & 50m events will be shot on Sius Electronic Scoring Targets.

Canteen:

Breakfast, lunch & snacks will be available for the duration of the Championships

On-site Accommodation:

Motel, chalet, bunk room, powered & unpowered caravan & camping accommodation is available, on site, at the Belmont Complex.

For more information on accommodation available and latest rates go to the QRA website:

www.qldrifle.com/accommodation

For bookings & enquiries, phone the QRA Office on 07 3398 4309 or email qra@qldrifle.com

When placing bookings, please state you are attending the TRA National Championships.

ENQUIRIES:

Robyn: 0459 195 400

Rex: 0402 819 071

Janelle: 0407 351 922

Email: entries@targetsports.org.au

Additional Events:

Queensland Target Sports will conduct 2 events in addition to the set Nationals Programme. These events will only be conducted if adequate interest is shown from competitors.

These events will be:

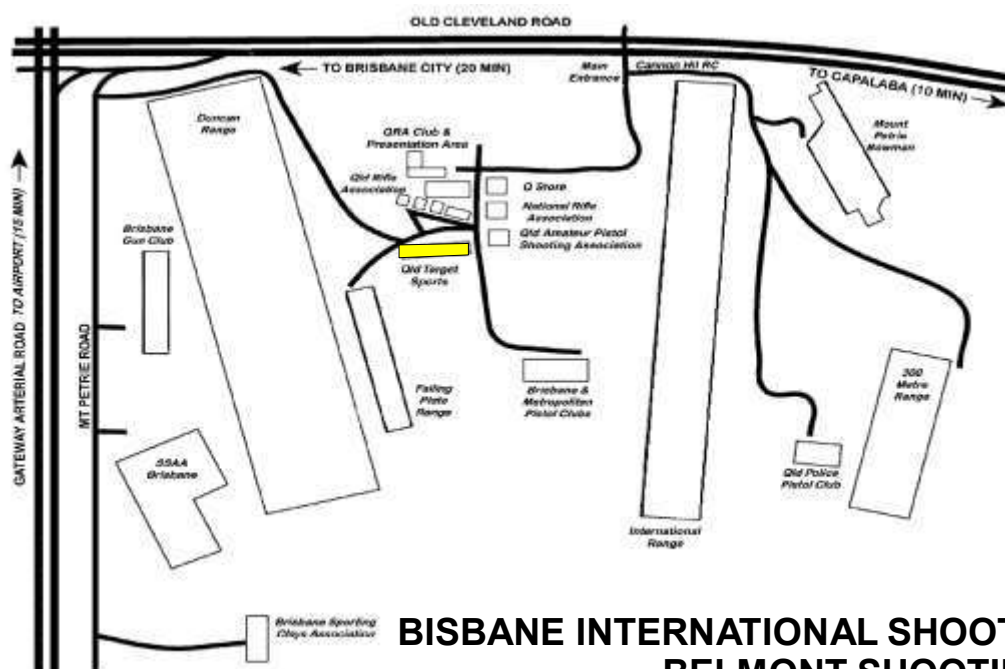
Air Rifle Supported - Thursday 12th - 12 noon

30 shots – Match format in accordance with TRA rules for 'Australian Auflage-Supported Rifle Shooting'—See TRA website.

Target Sprint – Friday 13th – 2:15 pm

Match will consist of 5 series (3 running, 2 shooting) of alternate running and shooting (air rifle). Fastest time wins.

All information regarding these events will be available on registration and will be posted on the Official Notice Board.



**BISBANE INTERNATIONAL SHOOTING CENTRE
BELMONT SHOOTING COMPLEX
1485 Old Cleveland Road
BELMONT. Qld. 4153**

MENTAL MANAGEMENT SYSTEMS



STICK TO A MENTAL CHECKLIST

For the past two months I have seen a reoccurring issue that keeps coming up with a lot of my students.

The common issue is not sticking with a mental checklist in the preload. This is something that becomes lost when the individual gets ahead of themselves in the task at hand.

When looking at the anticipation phase of a task, it is important to remember that there are always two parts to this phase.

First is the preload, this is when you breakdown your strategy and commit to the decision that is being made. Second is the mental program, the last thoughts to occupy the conscious mind before the action. It is in the strategy part of the preload that the mental checklist must be adhered to.

When I was competing in rifle shooting, it was important to remember my checklist. The order of this mental checklist was important to follow because if I got ahead of myself I would put myself in a position to make a critical error, resulting in a poor shot.

My checklist had three parts to it.

1. First: Check the wind. I would always focus on where the direction of the wind was coming from. **I didn't** care where it went. I was always looking where it was coming from. So if the wind was coming from right to left I would look at the wind flags 10 to 15 points to the right of me. This gave me a good indication of how the wind was going to effect my shot.
2. Second: Make a decision on how to execute the shot. I had to decide if I needed to hold off, shoot a normal centre shot, or to let the sights settle in the middle of the target and then break the shot toward the wind
3. Third: I had to mentally rehearse the shot I choose to shoot. The preload sets up the mental program and **if I didn't give myself a solid mental rehearsal of what I wanted to execute I would often have bad** shots. The better the mental rehearsal, the better the shots.

The following is an example:

I load the rifle and look up wind to see what the wind flags were doing (sometimes I would have to use other wind indicators, like trees, high grass and mirage). I decided that the wind was a full value wind at 3:00. This means that the wind was blowing hard from right to left. I always like to settle the rifle in the center and then move toward 4:00 and break the shot into the wind.

This was how I was going to shoot this shot. I then mentally rehearsed how the shot would feel and look before going into the mental program. This mental checklist allows the athlete to make the best decision. **If you don't follow a checklist you risk getting ahead of yourself** and this often leads to a poor result.



TRA CAPITATION FEES

Definition of the categories used in setting Capitation Fees

State Associations pay a Capitation fee annually to Target Rifle Australia Ltd. The fee is calculated on the State Association membership numbers as at the Financial Year end immediately prior to the date Capitation fees become due and payable.

In recognition of differing financial and or membership years at State Association level, the definition of age bands as set out below will be related to the State financial year rather than the ISSF specification of 31 December.

Full Member:	A shooting member who is not otherwise covered by another category.
Junior:	A shooting member who is under 21 but 16 or older on the last day of their State Association's Financial Year
Sub Junior:	A shooting member who is under 16 on the last day of their State Association's Financial Year.
Family:	A family of members, comprising a shooting member, the member's spouse, and the member's dependent children qualifying as Juniors or Sub Juniors.
Concession:	<p>A shooting member 60 years and over as at the last day of their State Association's Financial year, or; A shooting member holding one of the following:</p> <ul style="list-style-type: none"> • Centrelink issued Pensioner Concession Card (PCC); • Centrelink issued Health Care Card (HCC); • Department of Veterans' Affairs Pensioner Concession Card; • Full time secondary or tertiary student card
Non Shooter:	A person who does not shoot, but attends a shooting range on a regular basis with a shooting member, and would not otherwise be covered by the TRA insurance policy.
Provisional	A new shooter participating under supervision before obtaining a Firearms Licence (Can apply for no more than one year)
School Program	
Member:	A Secondary School Student who is part of a specific school-based program approved, administered and delivered by a recognised educational institution that has provided a letter from the School Principal indicating the school has approval from its overseeing authority for the operation of the program as part of the school's sports program.

Please note that these are the only categories of person whose liability is covered by the TRA Ltd insurance policy. It is very much in the interests of clubs and other shooters to ensure that every person on a range (other than a bona fide visitor) is covered by one of these categories, and pays the appropriate Capitation Fee.

Approved: TRA Board, 25/09/2017
Effective: 1 January, 2018

SHOOTING AUSTRALIA—CEO Update - May 2018

What a great month April was for our sport! A successful home Commonwealth Games with nine individual medals, two medals at an ISSF World Cup, we now have almost 130 Clubs signed up to Come & Try May, we won the rights to host a World Championship, and we have appointed a key role to help our athletes get the best out of themselves.

2018 Commonwealth Games

The Australian team performed remarkably well at the 2018 Commonwealth Games and the shooting team had a wonderful competition. We were able to win nine individual medals which is one more than we won during our successful 2014 Glasgow campaign. Of significance is that we were able to secure a medal in all four disciplines. Special mention must be made of Elena Galiabovitch who was able to win two medals in her two pistol events. This outcome was richly deserved, as Elena put her career as a Doctor on hold for many months to focus on her training and preparation and boy did it pay off.

The Australian Shooting medalists at the 2018 Commonwealth Games were:

Fullbore

- Jim Bailey, Silver, Individual Queen's Prize

Pistol

- Dan Repacholi, Gold, Men's 50m Pistol
- Elena Galiabovitch, Silver, 25m Women's Pistol
- Kerry Bell, Silver, Men's 10m Air Pistol
- Sergei Evglevski, Silver, Men's 25m Rapid Fire Pistol
- Elena Galiabovitch, Bronze, 10m Women's Air Pistol

Rifle

- Dane Sampson, Gold, Men's 10m Air Rifle

Shotgun

- Laetisha Scanlan, Gold, Women's Trap
- Emma Cox, Silver, Women's Double Trap

We would like to take this opportunity to thank Commonwealth Games Australia for their ongoing support and partnership.

2022 Commonwealth Games

Shooting Australia continues its work to have the decision to remove shooting from the 2022 Commonwealth Games reversed. During the 2018 Commonwealth Games we were able to conduct a number of fruitful meetings with Commonwealth Shooting Federation, the International Shooting Sport Federation (ISSF), The Federal Minister for Sport and all of the Commonwealth Countries in attendance. As a result of these there is a much more collaborative and concerted effort going in to this push. I will continue to keep you up to date with any progress.

Come & Try May

It gives me great pleasure to inform you that at the time of writing this we have almost 130 Clubs from every State and Territory and from every discipline registered to participate in Come & Try May. This initiative is one of the most important activities our sport has ever undertaken together. Its sole purpose is to create more friends of our sport by allowing people not currently a member to have a go. I strongly encourage everyone within our community to support this initiative and to contact your local club or facility and ensure you are part of this great month for our sport.

Changwon ISSF World Cup

Directly following the Commonwealth Games we sent a number of athletes to the ISSF World Cup in Changwon, Korea. At this World Cup with a relatively small team, we had some wonderful success. The medalists at this event were:

Elena Galiabovitch, Gold, Women's 25m Pistol
Penny Smith & Jack Wallace, Silver, Mixed Trap Teams

Well done to these three medallists and I want to take the time to acknowledge Elena's Gold Medal. This is the first time in a long time that Australia has won a gold medal in a pistol event at a World Cup or similar and Elena did so beating all of the best athletes in the world.

World Shooting Para Sport World Championship

It gives me great pleasure to announce that we have been successful in winning the bid to host the 2019 WSPS World Championship. This event is significant, not only because it is a World Championship where we are expecting approximately 400 participants, but this event will carry the most quota places for the 2020 Tokyo Paralympics. Winning the rights to host this event is a great achievement for our sport.

Performance Support Manager

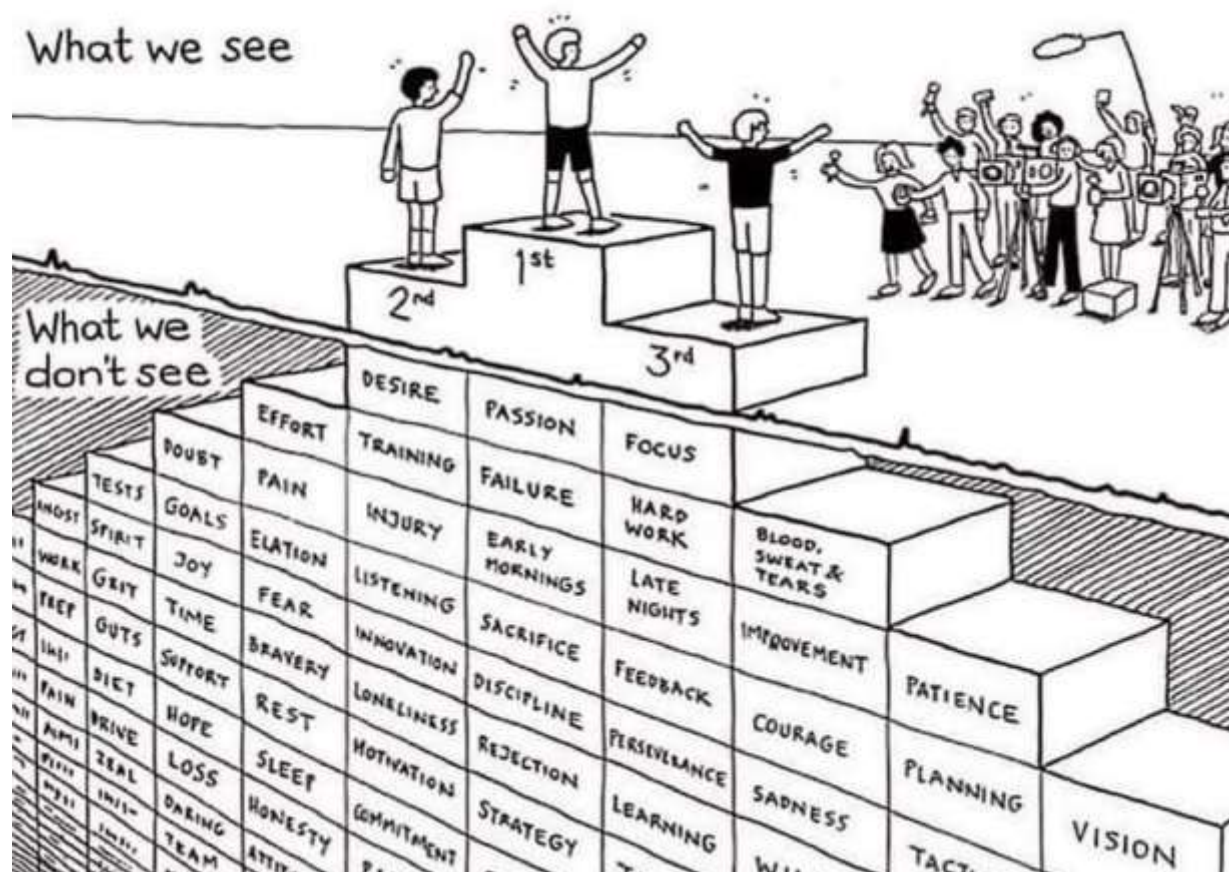
In another huge coup for our sport, we have just appointed Nicky Frey to the role of Shooting Performance Support Manager to be employed by the Victorian Institute of Sport (VIS). It is important to explain that this role is as a result of our partnership with VIS and the AIS and is being FULLY funded by these two organisations.

The role is to ensure that our athletes are engaged with our Institute and system partners and Nicky will focus on making sure our athletes are getting the best level of support and assistance available.

Nicky comes to us from Athletics AUS (AA) where she worked as the Athlete Performance Advisor alongside their Performance Director and National Coach. In this role, Nicky's primary responsibility was to lead conversations between athletes, coaches and performance support staff around the development, monitoring and evaluation of individual performance plans that were geared towards athletes delivering peak performances at benchmark events.

I wish you all well over the coming month and good luck to our Athlete's competing at the WSPS World Championship in Korea. I would like to finish by again encouraging you to be a part of Come & Try May. This is the time to encourage or even call out those family and friends who have said they want to have a go at our sport. this is the month, get them to the range!

Kind regards,
Damien
SHOOTING AUSTRALIA



One out of the history chest—who remembers cardboard boxes for ammo? All the cartridges rattling around, and ammo blocks were essential, as these little blighters were hard to get out!

For Rifles

.22 rimfire ammunition was born in the mid-19th century as a cheap cartridge for amusement purposes only.

Little did its originators foresee that it would develop from its simple beginning into the modern long rifle cartridge with a 40 grain bullet producing the consistent accuracy needed for today's high level precision target shooting.

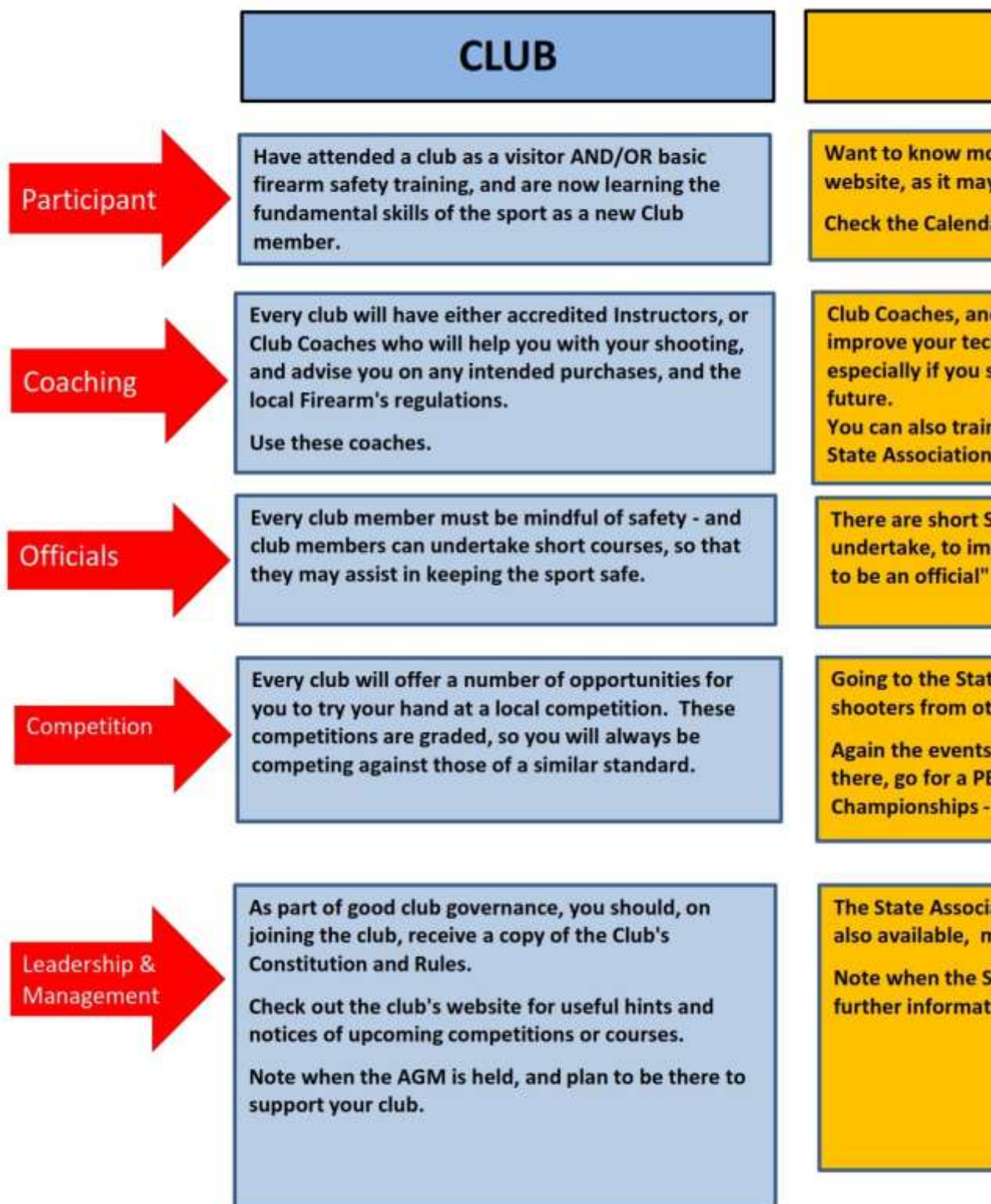
Tenex

Some years ago, Eley's personal and practical experience encouraged the concentrated technical programme which produced TENEX—a new concept in target ammunition, one that will not only shoot into the 12.4 mm bull at 50 metres, but will do so consistently and is available to everyone.

TENEX is undoubtedly the most successful .22 cartridge of our time and is used and appreciated the world over. It is surely recommendation enough that the top twelve at the 1968 Olympic Games relied on it and seven New World Records were established with Tenex at the 1969 European Championships.



TRA PATHWAYS



STATE

ore - check out the State Association
y provide many useful hints.
ar, and any shooting tips and tricks.

d Competition Coaches are able to
hniques and mental outlook,
see a National Championship in your
n to become a coach, through your
and TRA.

State based courses that you can
prove your knowledge of "what it is

State Championships is a thrill. Meeting
other clubs, and even other States.

are often graded - but why stop
3, and aim to attend a TRA National
especially when it is in your State.

ation's Constitution (and By-Laws) is
more often on their website.

State AGM is on, and attend to gain
ion about the State body.

NATIONAL

The TRA website is another contact point for useful
information. www.tra.org.au

TRA is comprised of all the State bodies as members.

TRA supports an accredited program of Coach Education
- currently at three levels, and then the ISSF Coach
accreditation is possible.

TRA encourages and assists States to develop State
based Coaching courses.

There are nationally accredited courses available for
officials. These are conducted by TRA, and applicants
can often apply for a Shooting Australia accreditation as
well. ISSF accreditation is also available.

TRA National Championships are held each year, and the
venue rotates around the States.

Shooting Australia conducts an "Aus Cup" series, and
then on to International competition which includes
Oceania Championships, Commonwealth Games, World
Championships and Olympic Games.

All States are members of Target Rifle Australia (TRA)
and your State is represented on the national body,
through elected Board members, and Committees.

All financial members are covered under the TRA
national insurance policy. The premium is paid through
your fees each year.

TRA also produces a national magazine. Make sure that
your email is "on the list" by forwarding an email to the
TRA Exec Officer, whose address is on the TRA website.

HOW TO MANAGE NEGATIVE THOUGHTS

CHALLENGE YOUR THOUGHTS

- What is the best thing that could happen?
- What is the most likely thing that will happen?
- What is the worst thing that could happen?

CHECK FOR EVIDENCE

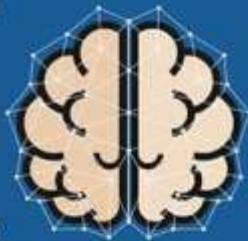
- What is my evidence for my thinking?
- What is my evidence against my thinking?
- How can I find out if my thoughts are true?



☐ Write down your negative thoughts

☐ Identify your automatic thoughts

☐ Learn what triggers your negative thoughts



☐ Put things into perspective

☐ Distract yourself

☐ Learn to forgive yourself

INSTEAD OF THINKING...

VS

TRY THINKING...



I am not good enough



I am good enough



I can't do it



I can do it



Why does this always happen to me?



This is just one bad day



Everything is always my fault



I can't blame myself for everything



I always fail



I will learn from this failure

BEING POSITIVE

It's a process of change and complete improvement.

If the possible negatives are identified, then it is easier to see how they (ie the negatives) can be replaced with positive directions, thoughts and actions.

Facing the fears and making it into a positive experience will improve your thinking.

I wrote an article a while back, noting the different mindsets—a positive mindset will always find a perspective

Target Rifle South Australia Inc.



132-134 Wingfield Road WINGFIELD SA 5013
Ph: 08 8347 2488 and speak to Emma or Gary
Email: sales@targetriflesa.com
Shop hours are 10.00a.m. - 4.00p.m. Tues — Sats.



MOST RIFLES AND OTHER SHOOTING GEAR
Anschutz, Feinwerkbau, etc etc

Shooting Boots	Rifle spare parts	Cleaning gear
Shooting Gloves	Spotting scopes	Benchrest stands
Shooting underwear	Triggers	Benchrest stocks
Slings	Tuners/ Extensions	Telescopic sights
Handstops	Sights, irises, filters	Books
Shooting Jackets	Buttplates etc	Training accessories
Rifle cases/bags	Weights	
Shooting Glasses		

If you want it—we have probably got it—or could get it in for you. Check out our website on www.targetriflesa.com

ALL PROFITS FROM THE TARGET RIFLE SA STORE GO BACK INTO OUR SPORT.

BRAIN AT 3AM:
I can see you're trying to sleep, so I would like to offer you a selection of every memory, unresolved issue, or things you should have said or done today as well as in the past 40 years!



Last bitz

I PUT THE
THINGAMABOB INSIDE
THE WHATCHAMACALLIT,
TURNED THE
DOOHICKEY AND THE
WUTEVERITIS STILL
DOESN'T WORK.
ANY IDEAS?



Paper Beats



Rock!

barked at
mailman

he said "how
cute"



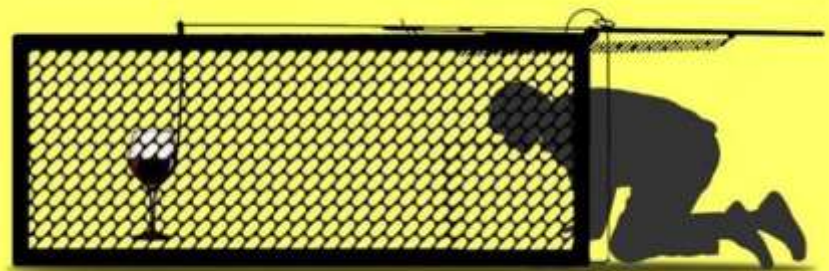
YOU'RE FAT

THAT'S VERY...

HIPPO-CRITICAL



...and that's pretty much
how i got kidnapped



I don't need
Google
my wife knows
everything



Asked my dad for a cordless
drill and this is what I got.



credits: reddit/u/ElectricNed

They say money
talks, But
mine just
waves
GoodBye.

