TRA MAGAZINE-NOVEMBER 2017

ISSUE 48

NOVEMBER 2017

SPECIAL POINTS OF INTEREST:All of it!

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COMMONWEALTH SHOOTING FEDERATION SHOOTING CH/SHIPS & OCEANIA CHAMPIONSHIPS REPORT.

While this edition of the e-mag may seem more like a picture book, believe me, it is worth it. Our shooters have done **themselves and their country proud. Brisbane's new range at** Belmont, played host to a combined CSF, Oceania and Commonwealth Games test event recently.

Shooters came from 17 countries to compete in Rifle (both smallbore and fullbore), Pistol and Shotgun events. Selected Volunteers came from all part of Australia, with a large number of international and local technical officials as well all part of the leadup to the "event" next April.

Of course, one of the advantages of having this event/s was to determine areas where changes may need to be made, and these will be addressed soon.

Over to the athletes—firstly there was the Youth Olympic Games—Oceania Qualifying Event from the 27-30th Oct. Air Rifle and Air Pistol were the events.

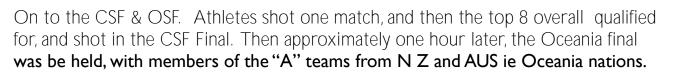
In Women's Youth Air Rifle, GOLD to Victoria Rossiter, and SILVER to Katarina Kowplos.

In the Men's Youth Air Rifle, GOLD to Alex Hoberg, and SILVER to Michael Davis.





CSF & OSF CHAMPIONSHIPS RIFLE / PISTOL / SHOTGUN / FULLBORE GOLD COAST, AUSTRALIA 28 OCT - 08 NOV 2017



MENS AIR RIFLE—Three Australians qualified for the Final and after many tense moments and stiff competition, Alex Hoberg emerged the winner of the GOLD medal, with Jack Rossiter the SILVER, and Dane Sampson in 6th position. A fantastic start to the CSF competition, and when you take a look at the "fame names" in that Final, it makes Alex's medal all the more sweet.

In the OSF it was Dane Sampson —Gold, Jack Rossiter—Silver, and Alex Hoberg— Bronze, Australian clean sweep.

WOMENS AIR RIFLE—Only Victoria Rossiter qualified for the CSF Final, and she shot well to finish in 7th position. Again she face extremely tough competition in that final. In the OSF event, Tori Rossiter —Gold, Emma Woodroofe —Silver, and Emma Adams—Bronze, with the A and B team taking the Gold and Silver.

MENS 50m PRONE—Two Australian competitors qualified for the CSF Final, Dane and James Daly. The placings changed by the moment, and the final was thoroughly exciting, however when the dust settled, Dane Sampson had GOLD, and James Daly the 6th position.

On to the OSF and, after a great Final, Dane emerged in the top spot, ahead of Ryan Taylor (NZ) and Jason Lowe.

WOMENS 50m PRONE—no Final in this event. Our girls met their match in Sally Johnston (NZ) who took the Gold, ahead of Susie Smith and Chloe Romanoff. However, Australia turned the tables on NZ, and won the Team Gold medal.

MENS 3P

Another great match with Dane making the CSF Final, and finishing with the Bronze medal. Then on the to OSF Final where Dane took Gold, and Daniel Clopatofsky the Bronze.

WOMENS 3P

The blue haired Seonaid McIntosh left no one in doubt about how to shoot a 3P Final, and she did it with style. Following the CSF Final the girls lined up for the Oceania Final, and it did not take long for Robyn Ridley to fly to the top position and stay there, ahead of Emma Woodroofe (Silver) and Emma Adams (Bronze)

ALL RESULTS CAN BE FOUND AT

http://results.sius.com/Championships.aspx



THE OSF RECORDS BROKEN in 2017...

10m AIR RIFLE MEN INDIVIDUAL—Dane Sampson JUNIOR—Jack Rossiter TEAM—Dane Sampson, Jack Rossiter, Alex Hoberg

10m AIR RIFLE WOMEN INDIVIDUAL—Tori Rossiter JUNIOR—Tori Rossiter TEAM—Tori Rossiter, Emma Woodroofe, Emma Adams

50m 3P MEN INDIVIDUAL—Dane Sampson JUNIOR—Daniel Clopatofsky

50m 3P WOMEN INDIVIDUAL—Robyn Ridley JUNIOR—Emma Adams

50m PRONE MEN INDIVIDUAL—Dane Sampson

50m PRONE WOMEN JUNIOR—Jacqueline Hatzigiannis

The full records are listed http://shooting.by/im/results/record/official_oceania_records.html

We can now breathe again—before turning around twice and doing it all again in April. Congratulations to the fine effort of the many volunteers and officials—things ran smoothly and challenges resolved with the minimum of fuss.

To the athletes—you were truly amazing!

CSF & OSF CHAMPIONSHIPS RIFLE / PISTOL / SHOTGUN / FULLBORE GOLD COAST, AUSTRALIA 28 OCT - 08 NOV 2017









OSF MENS PRONE



CSF MENS 3P



OSF MENS 3P



CSF MENS AIR RIFLE

OSF MENS AIR RIFLE

CSF & OSF CHAMPIONSHIPS RIFLE / PISTOL / SHOTGUN / FULLBORE GOLD COAST, AUSTRALIA 28 OCT - 08 NOV 2017





OSF WOMENS AIR RIFLE



OSF WOMENS PRONE



OSF WOMENS 3P







OSF MENS 3P TEAM GOLD AND BRONZE (TEAM B)

OSF WOMENS 3P TEAM GOLD AND BRONZE (TEAM B)

CSF & OSF CHAMPIONSHIPS RIFLE / PISTOL / SHOTGUN / FULLBORE GOLD COAST, AUSTRALIA 28 OCT - 08 NOV 2017





OSF WOMENS PRONE TEAM



OSF WOMENS AIR TEAMS





CSF & OSF CHAMPIONSHIPS RIFLE / PISTOL / SHOTGUN / FULLBORE GOLD COAST, AUSTRALIA 28 OCT - 08 NOV 2017





















CSF & OSF CHAMPIONSHIPS RIFLE / PISTOL / SHOTGUN / FULLBORE GOLD COAST, AUSTRALIA 28 OCT - 08 NOV 2017





















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CSF & OSF CHAMPIONSHIPS RIFLE / PISTOL / SHOTGUN / FULLBORE GOLD COAST, AUSTRALIA 28 OCT - 08 NOV 2017





shoo









Many of these photos would not be available without the camera skills of Petr Kurka.

Thank you Petr for allowing me to use them in the e-mag, it is very much appreciated.





WRABF HV, LV, Sporter (50m) & LV & HV Air Rifle (25m) TRA National Benchrest Championships at MISC Melbourne November 23 **–** 26, 2017



TRA – RBA NATIONALS Benchrest Bonanza

Schedule:	The range will be open from Thursday, 23 rd November, 2017

Official practice:

<u>25 & 50m</u> Thursday, 23rd November – Approximately 10.00am to 4.00pm

Competition Events:

<u>25 metres LV & HV Air</u>	Friday, 24th November – 8.00am to 4.00pm – Day 1
50 metres Sporter & LV	Saturday, 25 th November – 8.00am to completion – Day 2
<u>50 metres HV</u>	Sunday, 26 th November - 8.00am to completion – Day 3
<u>Armoury</u>	Available from Wednesday, 22nd November, 2017 approximately 3.00 p.m.

Scrutineering: Weigh in and scrutineering – Thursday, 23rd November, and Friday, 24th November, 10.00 a.m. – 4.00 p.m.

Catering:The MISC will be open 8.00 a.m. to 4.00 p.m. on competition
days and 10.00 a.m. to 3.00 p.m. on Practice Day

Welcome BBQ: A free welcome BBQ will be held after 6.00 p.m., Thursday, 23rd November, 2017.

- <u>Course of Fire:</u> 25 record shots (one shot per bull, best edge scoring) with unlimited sighters at 25/50 metres in 20 minutes at one target. The competition will be a 3 target match for HV, LV & Sporter, Air, LV & HV.
- WRABF rules: Unlimited scope power, LV/HV Air, HV/LV, 6.5 X Sporter rifle specification as per WRARF Rule Book 2013-2021, available on the WRABF website.

<u>Nominations:</u>

Close on the 16th November, 2017.

Please advise any sharing of firearms, gear or flags.

Entry Fee is \$50.00 per day. Juniors (under 18) - \$25.00 per day. Practice Day is \$25.00 adults and \$10.00 juniors. Practice targets \$1.00 each.

Juniors must produce their minors permit when signing in. Please e-mail richard.m.lightfoot@gmail.com or annettemrowe@gmail.com with your nominations.

Fee paid on registration at the range. Shooters must demonstrate membership to TRA.

<u>Awards:</u> HV, 1st, 2nd & 3rd place medals LV, Sporter, 1^{st,} 2nd & 3rd medals LV/HV Air, 1^{st,}2nd & 3rd medals 2 Gun Air, 2 Gun and 3 Gun Rimfire trophies

The Melbourne International Shooting Centre is located at 120 Todd Road, Port Melbourne. Melways Street Directory, Page 42 or for more details visit the MISC web page www.melbourneinternational.org.au

For more information contact by email or mobile: Richard Lightfoot - 0438 68 38 48 or Annette Rowe - 0407 83 43 80

THOUGHT OF THE MONTH

Don't make excuses, make improvements.



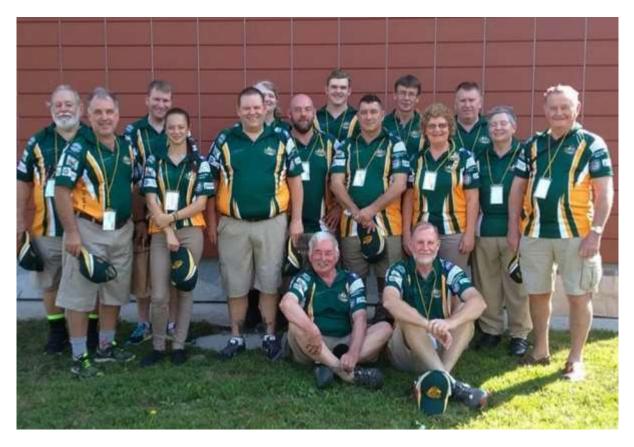
SHOOTING REPORT

3RD WRABF WORLD CUP CHAMPIONSHIP



HELD FROM 2ND AUGUST TO 10TH AUGUST 2017,

PRAGERSKO, BREZOVICA, SLOVENIA



The 3rd World Cup Championship Benchrest Air and Rimfire was held between the 2nd and 10th August, 2017 in Slovenia. Sixteen Australian shooters that had pre-qualified in two lead up events attended. Family of some of the shooters also attended and provided valuable assistance to the team by way of administration and logistics.

The shoot was conducted at a range outside Maribor in northern Slovenia. This was a flat agricultural area on the outskirts of the second largest city in Slovenia. The city was primarily industrially based until 1990 and on the breakup of the Yugoslav Federation readjustment of the industrial manufacture has occurred and primary agricultural work continued. The area relies heavily on forestry, cropping and animal raising.

The range itself is privately owned and had to be hired with considerable work being undertaken by both the Match Director, Matjaz Svetek, Jens Lagas from Finland and Marcus Feltmann from Germany. Without their assistance this event would not have been as successful. Shooting was conducted in two periods. First, over three days with two categories of air rifles, Light Varmit at 12 foot pounds energy and Heavy Varmit at 20 foot pounds energy. The air range was sheltered on four sides, with an open roof and baffles. These created a circulating wind making it very difficult for the shooter unfamiliar with such an arrangement.

The Air Light Varmit (LV) event consisted of 125 shooters with Les Frazer of Australia being the best of our teams and gaining fifteenth position. Full results can be obtained from <u>http://</u><u>www.benchrest.si/</u>.

The second air event was the Heavy Varmit (HV) using higher powered air rifles. The best placed Australian being Stuart Elliott coming third of 115 shooters. In this event, Australia Team B was the best of Australian competitors with it being placed tenth of twenty-eight teams. The winning Finnish team had an average individual shooting score for Light Varmit of 742 and the South African A Team for the Heavy Varmit of 743, which under the conditions experienced, was an excellent effort.



In the break between air and rimfire, a practice day allowed recently arrived shooters the opportunity to zero their rifles.

Rimfire events were conducted on an open range with a small baffle approximately five metres out from the firing line and well clear of the ground. The range had a wall on the right and left and partially enclosed on the left but away from the target line. This arrangement created circulating winds that required excellent wind reading skills and patience.

On the first day of rimfire, International Sporter (IS) rifle was shot. At this IS event, Australian Team member, Matt Brough came second out of 79 shooters followed by Joy Harrison at eighth, Bill Simmons at seventeenth. In the teams event, Australia A came second, Australia B came sixth and Australia C came ninth. Here the average shooting score for the winning team, Italy (UITS) A was 728.3.

In the Rimfire Light Varmit (LV) category, a ten and half pound rifle with a three inch forstock attracted 138 shooters with Stuart Elliott being the gold medal winner, silver medal went to Bill Simmons and Matt Brough was fourth in the event. In this event Australia A was the successful gold medal winner with an average score of each shooter of 741.7.

The final event, conducted over three cards on the last day and half of the competition, was the Heavy Varmit Rimfire. In this event, Stuart Elliott won the bronze medal with Rebecca Richards coming fourth in the competition and Annie Elliott achieved eleventh place. The winning team was Italy (UITS) C, their average was 740.3.



What was interesting to note was that the average individual score for the air rifle events were higher than the rimfire,

This indicated a milder condition for shooting air rifle.

Conduct of a shoot of this nature adds further awards by way of 2 and 3 Gun, namely the accumulation of scores of the classes.

In the case of the 2 Gun air, HV/LV, 118 shooters were attracted to it with the best placed Australian being Les Frazer coming eighth.



The 2 Gun rimfire (LV & HV) attracted 137 shooters with Stuart Elliott gaining the gold medal and Annie, his wife, being placed fourth.

In the 3 Gun competition, as the Elliotts had not participated in the International Sporter, this left it open for Matt Brough to win the bronze medal, Rebecca Richards was placed fourth.

The World Cup event also provided for junior shooters. Australia having two, namely Mel Frost and Patrick Sullivan.

They shared success in International Sporter with Patrick being placed second and Mel being placed third. In the Light Varmit class, the roles were reversed with Mel being placed second and Patrick being placed third and in the Heavy Varmit, Mel gained a bronze medal in that category.



The joy of shooting as a team member brings together the dedication of the group and the assistance to each member in set up and also providing assistance in all phases of the shooting.

The team was ably assisted by Michael and Sonia Frost, Lea Anne Sullivan, Tayisa Felniak and Natalie Mathews. These support members provided significant assistance by way of checking of

team benches, organising lunches and transport and provided mentoring for the inevitable disappointments which occurred during shooting.

The presentation ceremonies were conducted at the range and were located at the finals range area where there was a stepped seating area. When there was an Australian win or place, the team was quite vocal in celebrating our successes. Cries of Aussie, Aussie, Aussie were heard a number of times.

With the heatwave coming through southern Italy and over the Adriatic into Slovenia, the first week of competition was extremely hot and humid. Via the generosity of Joy Harrison, the Australian team members all had small towels that we could damp and place around our necks to maintain our cool. There were sufficient of these towels to donate to most of the participants.

All the shooters in the teams combined well and great camaraderie existed. After the final **event, the sky opened up and there was a downpour, weren't we all lucky? Following the rain** and wind members all attended a finals dinner. At this dinner the principal door prize was for a front rest, this was won by Scott Kiddle of Australia. This followed up his 2015 win of a rifle in Brisbane. Some have all the luck!

At the final dinner, Billy Chamberlain of South Africa gave a briefing of the 4th World Championship to be held in Pretoria, South Africa, 2019.

For those potentially interested in attending as a team member in South Africa it will be necessary to qualify in the next two Australian qualifiers, the first being held in Melbourne in November 2017 and the second qualifier to be held in Queensland in 2018.

Members are encouraged to participate, as they will be shooting in a National event, and if fortunate enough, to be short listed to join the Australian team in South Africa in 2019.

The South African shooters present a positive picture of their country and have made it their intention to provide excellent facilities, good security and a top competition.

Those attending the 2017 World Cup in Slovenia wish to thank all our sponsors and fellow Australian shooters for their support and encouragement.

IMPROVING THE BALANCE IN AUSTRALIAN SPORT

At the IGW Women and Sport conference held in Helsinki in June 2014 the International Council for Coaching Excellence presented an analysis of the coaches attending the 2012 London Olympics. The results were startling!

Of the 3,225 accredited coaches at the 2012 London Olympics 89% or 2,867 were male and only 358 or 11% were female. The research also highlighted the gender split of the Australian team managers with 84% of the Australian team managers being male with the remaining 16% of roles being filled by females.

More evidence of imbalance was presented at the 2014 Asia Pacific World Sport and Women Conference in Sydney where research conducted by Women On Boards Australia titled Gender Balance in Global Sport Report was tabled and identified that 84% of seats on the committees responsible for administering the Olympics in their respective countries are held by men.

Now for me this is not a discussion about gender, rather about an opportunity lost. In this time where volunteers are harder and harder to find, how many coaches and for that matter team managers are being lost to sport simply because they are not being given an opportunity?

I strongly believe that the low female numbers in leadership roles in sport isn't sport being sexist (although I understand others will argue strongly to the contrary). It may once have been that the only role for women was to prepare and serve afternoon tea, but this scenario is hopefully long gone.

For me the issue of imbalance highlights a cultural weakness in Australian sport. In the absence of reason to the contrary, the behaviours of individuals, especially new individuals into a club environment, will default to the existing culture and behaviour exhibited by club members. For generations, generally, this default position is men filling the leadership roles within clubs and sport.

Does this need to change and how can we change this situation?

If you accept the position that the issue is a cultural behavioural issue then the solution becomes significantly easier to change than if the issue was caused by a person, club or teams belief that there is not a role for women in coaching, leading or managing your club.

The most important feature of instigating any change is to ensure there is a real desire to make the change. There must be a real intention to make the relevant change and if there is a desire then your clubs behaviours must match its intent.

Often we work with clubs who "talk" about wanting a change but this may not be reflected in their actions.

There is nothing truer than the adage "actions speak louder than words" and generally these clubs are unable to effect actual and sustainable change.

Once it has been established that your club has a real desire for change the next step is to define the outcome or behaviour your club wants. This starts to really open up some challenging discussions. If women are underrepresented at your club then what are your targets and by when, and how to achieve them?

Should your club set targets for the number of female coaches and/or administrators for a point of time in the future? If the key to making a significant change is to define the change we want, then this step, although challenging, is vitally important. Once your club has defined the change it wants it must document it. Generally this means enshrining the change into club policies and procedures, putting it on the website and making it clear for the world to see.

Not only do committees need to document the change they are seeking but also what the procedure is for dealing with people who resist or undermine the change and any consequences for these actions.

The next step is creating the buy-in or implementing the change. Take the time to speak to the women in your club about the new opportunities your committee is creating and proactively encourage women to invest the time and effort to develop the skills required to become the best applicant for the role.

Encourage women to take on coaching and officiating accreditation, and provide opportunities for them to utilise their knowledge. Your club may need an advocate for promoting the opportunity for women within your club.

The last step is often seen as the most challenging. Your club must consistently and continually re-enforce the positive behaviour (a skill many clubs are terrible at) and deal with any unsatisfactory or negative behaviour.

When initiating any behavioural change into a club there are likely to be people who **don't want the change or, more accurately, like the status quo and don't see the need to** change. These people are the real challenge for the committee and so often we see that the views of the minority hijack the outcomes desired by the majority.

Change requires leadership and leadership requires courage. Does your club have the courage to change the status quo?

Article by.....

Steven Pallas Managing Director Sports Community

Defamation Ruling:

The following article appeared in a local paper in Australia recently and whilst not connected is probably worth remembering or rather disseminating as a case in point about the use of Facebook and media, to our members.

Whilst the matter was an extreme case, it was heard in the Supreme Court. N.B. Names have been removed from this article to protect all parties as the matter has been the subject of Supreme Court action.

However the article serves as a reminder for all members to be careful of what they say or write in correspondence and via social media posts.

"Recently, a clay target shooter has been awarded \$90,000 in damages after a long-time member of his club started an online vendetta against him, including an attempt to get him detained in Dubai during the world championships.

The retired entrepreneur launched civil action in the Supreme Court against a fellow target shooter, who had been a member of a branch of the Field and Game Association since the mid-1980s. The retired entrepreneur joined the branch in 2010 as he considered clay **shooting to be "absolutely the best fun"**.

"Clay target shooting was [the defendant's] life," Supreme Court Justice Anne Bampton said in her judgment. "He lived and breathed it until the suspension of his firearms licence.

"Unfortunately, [the two men] did not see eye-to-eye on certain issues regarding the Branch." In 2012, the branch started to become concerned with [the defendant's] "aggressive" and "irrational" behaviour after his firearms licence and club membership were suspended.

She said [the retired entrepreneur] and [the defendant] engaged in some "churlish, puerile, tit-for-tat behaviour" in 2012. But she said [the defendant] stepped up his campaign and launched an online vendetta targeting [the retired entrepreneur] and the branch executive by venting his opinions on a website.

[The defendant] believed [the retired entrepreneur] was trying to oust him from the club so **he started a campaign, entitled: "what happened to xxxx [the defendant's nickname". In** 2013, [the defendant] threatened [the retired entrepreneur] with a defamation lawsuit, prompting the retiree to get in first.

Continued on next page....

He claimed [the defendant] defamed him on 41 days in 132 publications, comprising of 116 separate statements on the website, 15 emails between October 2012 and June 2014 and on a Facebook page.

[The Plaintiff] alleged that the publications painted him as a criminal, liar, thug, bully and stated that he had abused his position in the branch.

In 2014, [the Plaintiff] travelled to the Nad Al Sheba World Sporting Clays Championship in **Dubai. "[The defendant] had sent an email to the organisers of the Dubai event," Justice** Bampton said.

"The email was titled, 'Security Issue?' and ... referred to attempts to bring to justice several members who had been involved in 'deception and intimidation to cover up and condone dangerous and illegal practices'. "It referred to the ringleader as [the retired entrepreneur], 'who poses as a legitimate law abiding wealthy businessman''.

"[The defendant] admitted that he sent the email knowing that [the plaintiff] was in Dubai, travelling with firearms, and knowing 'that people in Dubai who were considered to be criminals or cheats would be treated worse than they would be treated in Australia'.

"I strongly suspect that [the defendant] wanted [the plaintiff] to come to the attention of security services and possibly be detained for questioning," she said.

Justice Bampton said she was satisfied that the website was "broadly read within the sporting shooting community in South Australia". "I accept that the defamatory matters caused [the plaintiff] hurt and distress, that he was originally really annoyed and frustrated and then subsequently hurt by the publications," she said."

Thanks to Nick & Richard who sent this through. Everyone should remember the "power" of the internet / facebook / twitter et al.

Used wisely, the platforms are a power for good and great enjoyment, forget to put the brain in gear before sending that email / facebook / twitter comment and karma will get you!

And as shown above, karma costs!

I saw a similar situation in WA a number of years ago, and was amazed that the person who was wronged did not seek to take it further. Equally as lucky, the instigator moved jobs and left for another State—lucky WA.

Editor

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.





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 2017-2018





IMPORTANT DATES TO REMEMBER.

Dec 1-3	Shooting Australian Performance Series Final & Awards of Excellence	Belmont Range, Brisbane QLD
Dec 8-10	Shooting Australia Junior Championships	Belmont Range, Brisbane QLD

HAS YOUR STATE MADE PLANS TO CONDUCT ANY COACHING AND/OR TECHNICAL OFFICIALS COURSES IN 2017-18?

Please let TRA know ASAP.

The Importance of Having the Right Insurance

Ever wondered why TRA Ltd. and your State Associations consider insurance to be one of the major benefits of being a member of TRA Ltd?

Insurance seems to be one of those intangible benefits that many people probably **don't really consider to be extremely important when it comes to the day to day** operation of a club or competition.

However, last year a litigation action brought against one of TRA Ltd.'s affiliated clubs by a former member has illustrated just how important it is having the right insurance coverage through the National Body.

The claim against the club affiliated with TRA Ltd. through its State Association went to court. The matter was handled by our insurance brokers and underwriters, with the underwriters making an offer of \$190,000 including costs for the plaintiff.

The end result should see the claim settled for approximately \$230,000 after all costs have been finalised.

And what was the cost to the club involved? \$1000 – the amount of excess charged for any single claim under the TRA Ltd. Public Liability Policy which covers all Member Bodies, affiliated clubs and TRA Ltd. members.

How many clubs or other not for profit organisations around the country would be able to absorb such a significant litigation action against them without having the appropriate insurance policies in place?

As a direct result of this claim, the TRA Ltd. Public Liability policy premium increased by 10% for 2017-2018, which is a good result considering the settlement figure.

When you consider that insurance component in the TRA Ltd. capitation fee amounts to approximately \$5.40 per member, it represents pretty good value for money for an intangible benefit considering what the alternative result be when litigation actions are brought against any organisation.

MENTAL MANAGEMENT SYSTEMS

NUTRIENTS OF SELF IMAGE

The Self-Image needs two nutrients to grow, confirmation from others and confirmation from self. I will look at both of these nutrients in this article.

You need to receive praise from others. We all enjoy applause when we have done something well. Recognition is a prime motivator when used appropriately. I am a big advocate of taking every chance to praise someone when they do something worthy of praise. Praising others when appropriate is a win-win scenario. You make them feel good and your Self -Image gets a boost as well.

Also it has the added benefit of greatly improving the chance that others will remember to praise you when you deserve it.

You also need to give yourself a hand once in a while. We call this positive imprinting.

Unfortunately, most people are much better at self-deprecation than self-praise. In an effort to seem humble and avoid being called arrogant, we often belittle ourselves toward others. Our Self-Image takes a huge hit when we do this. This is compounded by the few number of times we praise ourselves in front of others.

I am not advocating bragging as a solution here. But do we really have to buy into the "I have to cut myself down" mentality to be accepted today by friends? I cannot accept that at all.

Remember what you say is not as important as what someone pictures. The way you say something determines the picture, as much as the words you use.

If we combine a careful selection of words with a confident but non-bragging tone we can communicate pride in our efforts without being viewed and an egotist.

One great way to boost your self-praise is to record what you have done well in a <u>performance journal</u>. This will create multiple imprints in your Self-Image.

You imprint by thinking about what you are going to write.

You imprint when you write the words and again when you read back what you have written. Remembering to feed your Self-Image will aid you in reaching your goals.

Choose today to praise others as often as possible.

Choose today to praise yourself internally when you do something well.

Choose today to begin keeping a Performance Journal to help build your Self-Image as you head toward your goals.





MANAGEMEN

THE POWER OF IMPRINTING

Have you ever seen a book titled, "The Power of Negative Thinking?" I haven't and I believe the reason is because it is easy to do without a book.

We live in a negative environment where it's easy to beat yourself up, vent to others why things are bad, and focus on the things not going well. It's easy to be negative and takes no effort. With that said, if one practices having positive thoughts, it becomes easier for them to be positive instead of negative.

The power of imprinting is real, both negative and positive. I've known people who seem to **only have "bad" luck.** They are the same people who focus only on the negative. What if, those same people changed their thought process? What if you only focused on the positive and left the negative at the door? How much more could they accomplish?

The Self-Image needs two ingredients to grow, 1) Confirmation from others and 2) Confirmation from self. Let's take a look at the first ingredient, confirmation from others. You must have a strong circle of people who lift you up. Think about the 5 people you spend most of your time around and ask yourself this question, "Do I feel better about myself when I'm around them?" If the answer is yes, keep them in your circle. If the answer is no, protect yourself. What I am saying is that if you want to reach your true potential you must interact with people who build you up.

The second ingredient can be difficult for some, but it is necessary if you want to have a strong Self-Image. There are 3 types of imprints: Actual Imprints, Environmental Imprints, and Imagined Imprints. Both actual imprints and environmental imprints are out of your control.

However, Imagined Imprints are in your control. What you choose to think about, write about, and talk about is up to you. Choose to think Helpful thoughts, write down Positive Affirmations, and talk about what you want to have happen helps build your Self-Image.

You have the POWER to change the Self-Image that you currently have to the Self-Image you desire by using the power of imprinting. First, make the decision that you are willing to change.

Only you can make that choice. Second, identify specifically the habits and/or attitudes that you need to change. You must be specific.

Third, identify the new Self-Image that is in direct conflict with your old one. Finally, only IMPRINT the new habits and/or attitudes of the desired new Self-Image.

Imprinting positive thoughts and focusing on the new habits and/or attitudes may also create conflict within your current Self-Image. Only two things can happen; you become the person you desire by continuing to change your thoughts or you stay being who you are by stopping those imprints. The Self-Image hates conflict so this process is not easy but knowing that if you stick with your positive imprints long enough the Self-Image will change can be the motivation you need to keep going. Imprinting is in your control, control your thoughts and you can accomplish anything you put your mind to.



SPORTS BETTING/GAMBLING AND SHOOTING

The Australian Gambling Research Centre which is a part of the Federal **Government's Australian Institute of Family Studies published in early November 2014, a report titled "**<u>Sports Betting and Advertising</u>**". This articles is taken and** paraphrased from that publication.

This innocuously titled report highlights the very deep ramifications arising from sports betting and its associated advertising campaigns that use sport as their enticing platform.

The report identified "the clear target market for most sports betting advertising is young adult males" and that sports gambling "has become part of a young male culture".

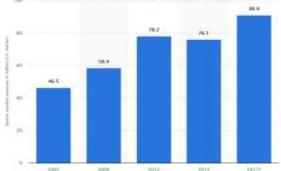
The report also suggested promoting gambling in a "family-friendly" environment such as sport may normalise gambling among young viewers, with gambling becoming an integral part of the sporting landscape via advertising through sports telecasts (which I do not like at all—btw).

As I read the report, it was what the report did not say that really worried me. How long before the online gambling companies seek to expand by offering odds and **coverage of community sport at the "local" level?**

If online gambling companies are targeting young adult men then where do many spend much of their leisure time? The answer: participating in community sports. You can hear the very logical argument already from the gambling companies. They potentially would say they are simply providing a product for their target audience.

While this is logically correct and the very essence of commercialism the ramifications would be little short of catastrophic.

Today, community sport is so vulnerable, grappling to come to terms with increasing costs, reducing numbers of volunteers, increasing governance and compliance costs and ever increasing competition from other recreation and leisure activities.



The global growth of sports betting is rather scary...doubled in the past 10 years.

THE GROWTH OF SPORTS BETTING IN AUSTRALIA

- The growth of sports betting can be partly attributed to the growth of online gambling.
- Half of all sports betting is now conducted online.

- Many commercial arrangements now exist between sporting entities (events, clubs, stadiums, stadium naming rights etc.) and bookmakers.
- These arrangements have increased sports betting marketing and contributed to its growth.

Expansion of Internet gambling has driven the recent growth of sports betting, which comprises 53% of the international online gambling market. Australians now have convenient, 24/7 and mobile access to betting websites, meaning they can gamble from any time and place, on any sporting event in the world.

Shooting is community sport! Is there an issue? Tricia Van Nus

While I could find opportunity to place a bet on boxing. cycling, netball, darts, e-sports, baseball, basketball (AUS and USA), Australian and American Football, (take a breath here) golf, soccer, tennis, show jumping, alpine skiing, athletics, bowls, chess, USA ice hockey, Canadian ice hockey, rugby, cross country, gaelic football, hurling, motor sports, pool, sailing, snooker, surfing, handball, biathlon, table tennis, volleyball, futsal, racing (and some sports I've never heard of) I could not find anywhere to put a bet on a shooting event.

That is good news, yes? Well not quite. Ask that question in an Olympic year and again review the answer.

Would Australians bet on local community sport—it is suggested from research, again from AIFS, that the answer is NO, however the attraction of such sites as Lottoland have proven that we are prepared to bet on unlikely outcomes.

Just for background for those not in the know.....Lottoland is a relatively new "player" in Australia. It is a company based in Gibraltar. One of its main areas of business is offering online bets on the results of more than 30 different lottery draws around the world.

They are actually an online betting bookmaker which allows customers to <u>bet on the</u> <u>outcome</u> of the official lottery rather than hold tickets in the draw. What the????

Is "Lottoland" Having a Direct Impact on Tatts (or similar in other States) and Therefore Returns to Good Causes

This is an interesting tangent to the topic of sports betting, and unfortunately I would suggest that there has been a negative impact. While the LL website would assure us that many people have increased their spend on local lotto tickets, agencies have reported that the level of funding available has decreased due to depleting sales.

We can all help here is we buy local tickets, and keep the money helping sport in your State.

So—are you now more aware of the situation of sports betting. There have been rumours of shooting betting on the sub-continent in the past few years, although nothing was proven. **Do your best to keep Australian shooting "sports bet free"** Editor

ASADA Athlete warning - Higenamine

ASADA has issued a warning about a banned substance called Higenamine which is being found in supplements sold around Australia. In the last year alone, 13 athletes have tested positive to the substance and have faced anti-doping sanctions as a result.

This is the second time ASADA has warned athletes about this substance so it is important that you take this seriously. Full details are on the ASADA website.

It includes the names of some supplements known to include Higenamine, as well as ways to reduce the risk of testing positive.

If you have any questions you can contact ASADA on 13 000 ASADA

Higenamine is a Beta-2 Agonist (these type of substances allow lungs to take in more oxygen) and is prohibited in- and out-of-competition. Today it is found in many popular supplements, including:

OxyShred Alpha T2 PES Amphamine Advanced as well as a number of other products.

It is often described as 'natural', and has also been listed as an ingredient on supplement labels as:

Nandina domestica Tinospora crispa Asarum hetertropoides Demethylcoclaurine Aconitum japonicum Norcoclaurine Gnetum Parvifolium

WHAT CAN YOU DO?

There are a number of things you can do to prevent a positive test.

1. Don't take supplements.

All supplements are risky, and none can 100% guarantee that they do not contain prohibited substances. Supplements can be accidentally cross contaminated by other substances made in the same factory, or can contain prohibited substances deliberately included by the manufacturer to ensure users get results, while failing to list the ingredient on labels.

2. Choose a low-risk, tested supplement

If you choose to take supplements, consider using one which has been tested by an independent auditing company. <u>Informed Sport</u> and <u>HASTA</u> both offer testing before the product hits the shelf, and Informed Sport lists all tested products on their website. These do not give you a 100% guarantee, but are less risky than other non-tested supplements.

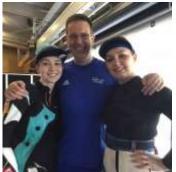
3. Check the ingredients

DO NOT take a supplement if you do not know the ingredients. You can check some ingredients on <u>GlobalDro</u>, but since ingredients can have more than 20 different names, not every version is listed. And, as above, not every ingredient is always listed.

FAMILY AFFAIRS AT THE CSF AND OSF CHAMPIONSHIPS

While many of the shooters took home medals recently, it was interesting that there were a couple of "special" family occasions, and those I've included here.

Firstly, Coach Donald McIntosh from Scotland, with this two daughters Jen and Seonaid—who both took home Gold medals from Brisbane.





Then, from New Zealand there is the Nobes family. While I have photos of Gerald and Thomas here, the girls in the family were competing at the time!

We move closer to home with QLD's Dane Sampson with his proud mum Robyn and aunty Anne, both

volunteers at the event. Dane's Gold

medal haul was over numerous events—both team and individual. Sorry to miss father Rod in the picture, who was off at a meeting at the time.





Then there is Robyn Ridley and mum Tricia, also a volunteer. Robyn took home Gold medals from two events, two team and one individual.

Finally—our Australian Rifle Team "yummy mummys" Robyn and Susie who have three young children between them, all under the age of four.

Robyn with Quinn and Paige, and Susie with Tahlia.

Fortunately the babes were home with family. Can you imagine the chaos at home with the mummies away!



There may have been a number of "family affairs" that I missed—sorry if you were not included.

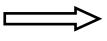
TRACE 10—I have repeated this article from the last e-mag, and add the following. It is far easier to have two people working on the TRACE, one to shoot, and one to work the computer, especially for the first couple of times, until you have the hang of things.

There have been a couple of challenges with some live-fire, however, I can say that with my Scatt knowledge, I've had no issues.

	TRACE 10	USB SCATT	MX02 SCATT
COST	\$1000	\$1500	\$2000
ease of use	\checkmark	\checkmark	\checkmark
what it shows	All the trace	Only what has been set eg 5 or 8 seconds	Only what has been set eg 5 or 8 seconds
CO-ORDINATION	\checkmark	\checkmark	\checkmark
saves the shots	<	\checkmark	\checkmark
SOFTWARE	Need to get a "key" via email before use	Serial numbers come with the machine	Serial numbers come with the machine
CALIBRATION	✓	\checkmark	\checkmark
LIGHTING	Needs good light	Needs good light	Needs good light
DRY / LIVE FIRE	Both	Dry fire only	Both
INDOOR / OUT- DOOR USE	Both	Indoor only and uses its own target	Both

Remember that you can buy the TRACE 10 through TRA.

Remember that all these machines should be used for TECHNCIAL training, and then results tested on the range. While the SCATT MX02 and TRACE10 can live fire, it is only after solid work dry firing, that the shooter and coach get an accurate measure of the process of each shot, and then offer comments suggestions to improve the process.



2017 Awards of Excellence

SAVE THE DATE Sunday 3rd December 2017 Brisbane

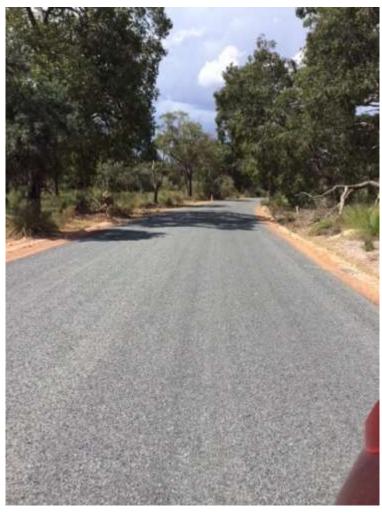




Although some have a challenge in getting...would still I buy a TRACE10? And the answer is a resounding YES. It is good value for money, and allow athletes to work on their pure process at home. Having worked with both, I probably prefer my SCATT, **but for very different reasons, as I'm looking at it as a coach, and know the ins and** outs. Use these e-trainers for what they are.....TRAINERS. They can't be pseudo electronic targets.

Contact me if you want a more indepth opinion Tricia Van Nus

THE ROAD TO EVERYWHERE!



Yes it's a road, however it is not just any road.

Permit me to provide some history. This piece of road is on the northern section of Jules Steiner Drive, in the Whiteman Park International Shooting **Complex (Perth's northern suburbs).**

From the mid 1980s to late October 2017, this "road" (term used loosely) was a limestone nightmare—bumpy, potholed, rutted and I won't mention what happened when it rained!

The finance to seal the road was just beyond the Complex Management.

Then along came the projected Perth to Darwin Highway, and suddenly, there was an urgent need to seal this road as an emergency exit, as our current exit road is to be made into a cul-de-sac.

Then to my complete delight (and after a lot emails) our local DSR agreed to pick up the tab to seal the last 400m of Jules Steiner Rd, effectively meaning that every tenant on the Complex now has a bitumen road to their range.

This has been a long process, yet the reward have been worth it—no need to wash my car after every trip to the range!



My bed is a magical place where I suddenly remember everything I forgot to do.

2017 Grahame Lawler Air Rifle Teams Competition

Team Points

			Round				
State	1	2	3	4	5	6	Total
South Australia	3	3	3	3	3		15
Victoria	1	з	3	1	3		11
New South Wales	3	1	1	1	1		7
Queensland	0.5	1	1	3	1		6

Team Draw & Scores

Round	State	Score		State	Score
0.400	Victoria	2,296	vs	South Australia	2,363
-1	New South Wales	2,290	vs	Queensland	No Scores Libritte
2	South Australia	2,345	vs	New South Wales	2,308
2	Victoria	2,248	V5	Queensland	2,214
3	New South Wales	2,283	VS	Victoria	2,286
2	South Australia	2,318	vs	Queensland	2,301
. A	Victoria	2,308	vs	South Australia	2,337
-4	New South Wales	2,280	VS	Queensland	2,283
e	South Australia	2,338	vs	New South Wales	2,296
5	Victoria	2,297	vs	Queensland	2,251
	New South Wales	0.0074.0410-02	VS	Victoria	
6	South Australia		V5	Queensland	

Individual Scores

	Round							
Shooter	State	1	2	3	4	5	6	Total
Michael Davis	VIC	586	570	583	587	590		2,916
Maria Rebling	NSW	585	580	578	589	576		2,908
Kevin McKenzie	NSW	568	572	568	567	568		2,843
Gavin Qin	NSW	545	561	554	565	566		2,791
Jack Rossiter	SA	587	593		589	592		2,361
Alex Hoberg	SA	592	591		593	581		2,357
Daniel Clapatofsky	NSW	592	595	583		586		2,356
Alyce Devlin	QLD		578	580	565	580		2,303
Cain East	VIC	577	572	574	568			2,291
Chris Lott	VIC	563	561	567	569			2,260
Dane Sampson	QLD			598	597	596		1,791
Tori Rossiter	SA	589	586			585		1,760
Emma Woodroofe	SA		575	584		577		1,736
Tamsyn Henry	QLD		558	563	563			1,684
Emma Adams	SA	595				580		1,175
Tanroop Ghumann	SA			584	581			1,165
Kamsindeep Singh	VIC				584	581		1,165
Kim Faint	QLD		561	560				1,121
Rachel Strik	VIC		545			549		1,094
Kata Kowplos	SA			577				577
Euan Gibson	VIC					577		577
Nicholas loakim	SA				574			574
Lynda Wegener	SA			573				573
Tim Braybon	VIC	570						570
Lindsay Braybon	VIC			562				562
Dawn Tecza	NSW				559			559
Rachel Ross	OLD				558			558
Clinton Sondergeld	QLD					539		539
Victoria Botting	QLD					536		536
Cliff Walker	QLD		517					517

Rewarding volunteers

Recognition is vital in the retention of club volunteers. There are some key considerations and approaches to recognising and rewarding volunteers in terms of equity.

It is important to keep records and to know why volunteers are being recognised or rewarded (e.g. length of service, going beyond the call of duty). Recognition stems from genuinely valuing your volunteers and their efforts within your club.

Ways to recognise volunteers:

- Smile, say hello and thank you to your volunteers regularly
- Send welcome letters when volunteers are first recruited
- Include volunteers in organisational charts
- Write letters and post cards of thanks to volunteers
- Write letters of reference and include details of service
- Provide identification pins, badges, shirts or caps
- Provide discounted memberships to volunteers
- Acknowledge and profile volunteers in newsletters
- Present volunteer awards at annual general meetings or awards ceremonies
- Feature your volunteers at special events throughout the year (e.g., state championships, family days)
- Provide complimentary tickets to volunteers for special events functions
- Send get well, birthday and Christmas cards to your volunteers
- Have a volunteer-of-the-month award
- Name events or facilities after long-serving volunteers
- Award life memberships for long-serving volunteers
- Reimburse out-of pocket expenses for volunteers
- Hold special "thank you" or social functions in honour of volunteers
- Present volunteers with a special memento recognising their service to the organisation
- Farewell volunteers when they move away from the area or leave the organisation
- Arrange for free or discounted use of facilities
- Present special awards for 1, 3, 5, 10, 15 and more years of service
- Celebrate International Volunteers day December 5.

Source: Recognising Volunteers – Active Australia Volunteer Management Program; Australian Sports Commission

People are the essence of organisations

Through its focus on people development, the Department of Sports and Recreation in each State is committed to working with State Sporting Associations (SSAs), Club Development Officers and Club officers to support the sports industry.

They can often provide advice and information on:

- Professional development
- Managing people
- Workforce development
- Consultancy and advisory
- Learning and development
- Human resources management

Volunteers Volunteers are the backbone of sport and recreation in Western Australia.

Officiating Officials are an essential part of sport.

Coaching **Behind every good athlete, there's bound to be a good coach.**

Board / Committee members Training and events for board members.

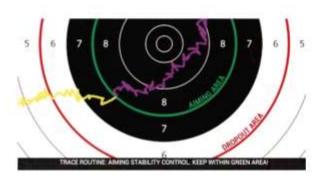
Professional development courses and events Sport and recreation industry is diverse with a range of pathways.

Check out your local department, and see what they can do for your club. Whether it be funding support, facility support, and/ governance support, they are often a good "one stop shop"



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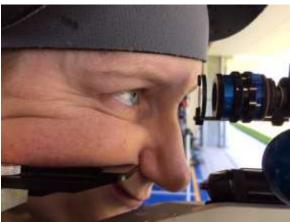
If you want it—we have probably got it—or could get it in for you. Check out our website on www.targetriflesa.com

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SIGHTING GENIUS!

Are you over having to adjust your shooting lens frame all the time, so that you have the best sight? Especially for the 3P shooter, and the position changes. Well help is in hand. Try the lens adapter that attaches the lens to your sight.





Then, if you use more than one set of sights, it is easy to have an adapter for each one—saving time and energy. Your eye is always seeing a constant picture, as the lens stays vertical.

Check with your local supplier for this affordable sighting trick—thanks also to Robyn for being my model.

Last bitz



Firefox knows



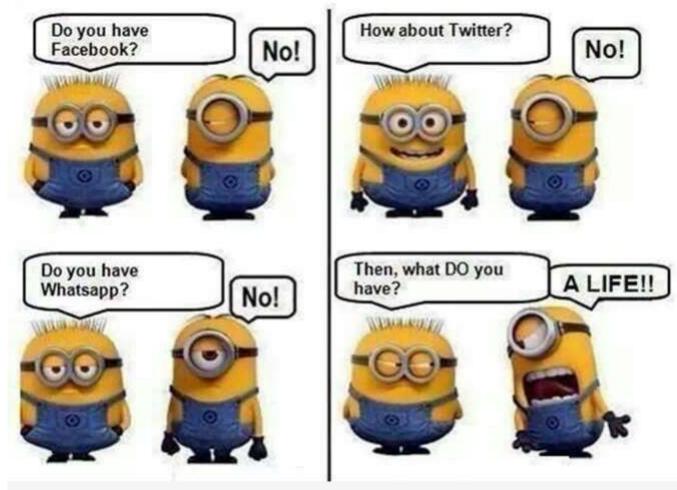
HIL SHOW THAT DOG

I'LL CATCH YOU!



TAG SOMEONE

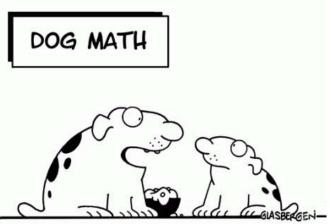
Never let an angry sister comb your hair.



Minions2015.com







"If I have 3 bones and Mr. Jones takes away 2, how many fingers will he have left?"



Quotesideas.com

