

## SPECIAL POINTS OF INTEREST:

- All of it!

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## THE PARA-LYMPIC ISSUE

Catch up on what our 2016 team is doing, what they've seen and where they've been. While the August issue was filled with the Olympic experience, October brings the "paras" centre stage.

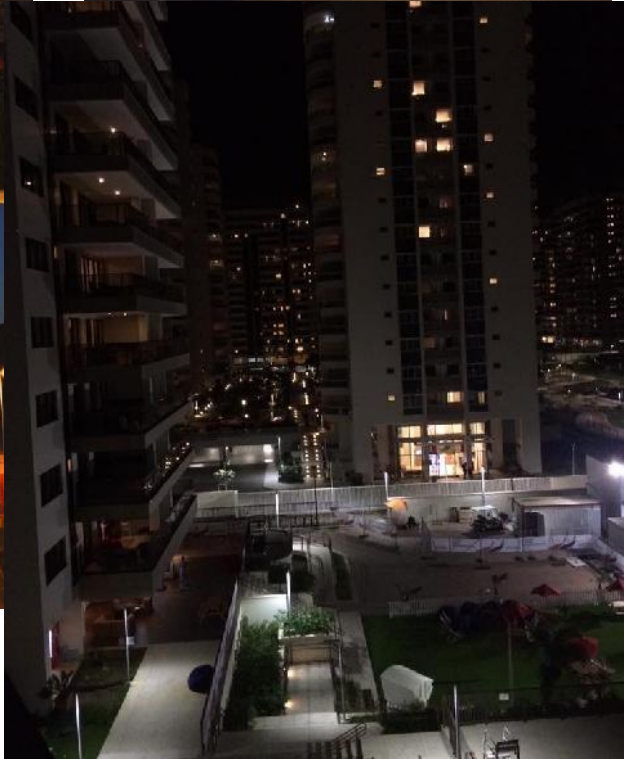


We congratulate (from left) Chris Pitt (SHI Pistol), Bradley Mark, Luke Cain, Libby Kosmala, Anton Zappelli and Natalie Smith—what a good looking group in the varied team outfits.





## The team at work....and play














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**ISSF RULES - 3rd Print published online – Quota rules and anti-doping**

13.11.2014 by Marco Dalla Dea

The International Shooting Sport Federation has released the 3rd print of the ISSF Rules, now available for download. WADA updated the World Anti-Doping Code.



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Warren Potent  
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## PHYSICAL SELF TRACKING—Tricia Van Nus

With the invention of the self tracker (ie fitbits, Garmon etc) more humans than ever are keeping an eye on themselves.

Just what are they looking at? Primarily the pundits will say that they are keeping an eye on the health and fitness. What is not said, is that the little machine has finite limits, and the old adage is “you get what you pay for”

### THINGS TO LOOK FOR

#### Work out what you want from the thing

Answer the following....

Is it to be a watch as well ie tell the time!

Do you need to see heartrate

Is the sleeping function essential

Are you looking at the number of “steps” in your normal day

When these answers are together, then go shopping and investigate the possibilities

#### Get Something that Looks and Feels Good

No matter how impressively a given tracker detects sleep quality or measures steps and calories, you'll be miserable if you buy something you don't like to wear, or it's uncomfortable. Pay attention to design, and consider spending a bit more for a device that's elegant, low-profile and comfortable

#### Get Something that Syncs Easily

Fitness trackers work best when they sync automatically. You want to be able to throw on your strap, clip, or bracelet, then casually check stats at your leisure, as opposed to some sort of ritualistic, 5 o'clock rite where you plug in your USB cord and wait...and wait.

#### Get Something that Works with Your Device(s)

Before you make the final purchase, double-check that your tracker of choice is compatible with your personal phone, tablet, or computer. The device is a gathering tool, not a display tool.

### Pros & Cons Of The Fitbit (or similar)

#### Pros:

- It's super easy to wear all the time. They should be very light and comfortable, and look casual and natural on the wrist. You can often get different wristbands, reasonably priced, in dozens of fun colours and designs!
- You will often be pleasantly surprised to learn how many steps taken during the normal work day. It's also fun to actually find ways to fit in even more activity at work, so you can watch the numbers go up.
- It's water resistant, to a point...so it can be worn in the rain without worrying about keeping it dry. (Technically, many can be submerged up to 10m.)
- You should ever have to connect the tracker to a computer or phone to upload the status. It should happen automatically through the Bluetooth and the app on your phone or tablet.

Continued on Page 9





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## LIBBY CALLS IT A DAY

12-time Paralympian Libby Kosmala has hung up her rifle after a 37<sup>th</sup> place finish in the mixed 10m air rifle prone SHI at Rio 2016 Paralympic Games.

The queen of our Paras who has competed at every Paralympic Games since 1972, says she would have liked to have performed better in her last event. "I'm fairly happy, I've enjoyed it, but I haven't shot as well as I'd have liked,"



The nine-time Paralympic gold medallist says she hopes to remain involved in shooting during retirement. "I'll continue shooting at home because it keeps me fit and I enjoy it. In fact, I'm training a young one at home at the moment, Steven Myers. He's very new, but he's very keen. I'm quite keen to get home and really train him."

## WARREN PULLS UP STUMPS



Current World and Commonwealth Games champion, Warren Potent also pulled the pin on a stellar international career with his announcement at the recent World Cup Final, that this would be his last international event.

Like Libby, if we tried to list all of Warren's titles, both nationally and internationally, this issue would be full.



THERE are few athletes around the world who have as much experience on a big stage as the five-time Olympian. Having a quick look at the ISSF Athlete site will give you an idea of the impact that Warren has had. His international successes are second to none in Australia. These are truly large "boots to fill"

Suffice to say, smallbore shooting has seen a true gentleman and a quiet achiever who has blasted the competition away in many events.

No doubt Warren will continue to shoot locally and more than likely turn his attention to coaching other young hopefuls.

**Thank you to Libby and Warren for the success you have brought to the sport. You are two inspiring people.**



From Page 7

Although there is a learning curve to get the most from it, most devices have a form of Dashboard which is a colourful and fun display of the activity.

### Cons:

- If you have a cheaper model without the watch function, hmmm. Most people wear their device on the same wrist as a watch.
- Be aware of how the device charges. Some devices you can only charge the tracker with the USB cable, and others have a finite battery life.
- Having a device means being dedicated to using it, and some people like the look of the device on the wrist, more like “showing others” that they are keeping fit too.  
Old adage “use it or lose it”
- Many devices have plastic bands, and if your skin gets irritated, best to investigate getting a better, non-irritating band.

Finally:

If you decide what you want from such a device, then do the research, as there are many models to choose from, at varying prices.

Expensive does not always equate with best. Look at, and feel the models. See how it feels on your wrist. See what can be done on the particular device and how it fits your budget and your needs. Enjoy the search.

From the Editor:

*I have one of these things (with a watch), and the first thing I noticed was that the plastic band did badly irritate my wrist—mine now has a cloth band, courtesy of the local bootmaker.*

*The number of kilometres I complete most days was the next major surprise. I didn't look at steps, but kms. Wow—we often burn up the kms and not know it.*

*The sleep function was very interesting, and it confirmed my thoughts about how many times I wake up momentarily in the night. A few small changes in habits and this improved as well.*

*Would buy one again—oh yes indeed. While there are a couple of features that I don't use, the ones I do make the device most worthwhile.*



And for something completely different—did you catch up with Shaun the Sheep and the “shaun the sheep championsheeps”

Olympic events as you have never seen them before—enjoy!

## MINDSET—USE IT TO YOUR ADVANTAGE—Ned Hallowell

### Step 1. Learn to hear your fixed mindset “voice.”

As you approach a challenge, that voice might say to you “Are you sure you can do it? Maybe you don’t have the talent.” “What if you fail—you’ll be a failure” “People will laugh at you for thinking you had talent.” “If you don’t try, you can protect yourself and keep your dignity.”

As you hit a setback, that voice might say, “This would have been a snap if...” “I told you it was a risk” “It’s not too late to back out, make excuses, and regain your dignity.”

As you face criticism, you might hear yourself say, “It’s not my fault. It was something or someone else’s fault.” You might feel yourself getting angry at the person who is giving you feedback. “Who do they think they are? I’ll put them in their place.”

The other person might be giving you specific, constructive feedback, but you might be hearing them say “I’m really disappointed in you. I thought you were capable”

### Step 2. Recognize that you have a choice.

How you interpret challenges, setbacks, and criticism is your choice. You can interpret them in a fixed mindset as signs that your fixed talents or abilities are lacking.

Or you can interpret them in a growth mindset as signs that you need to ramp up your strategies and effort, stretch yourself, and expand your abilities. It’s up to you. So as you face challenges, setbacks, and criticism, listen to the fixed mindset voice and...

### Step 3. Talk back with a growth mindset voice.

Here are some classic examples. As you approach a challenge:

THE FIXED-MINDSET says “Are you sure you can do it? Maybe you can’t”

THE GROWTH-MINDSET says, “I’m not sure I can do it now, but I think I can learn to with time and effort.”

FIXED MINDSET: “What if you fail—you’ll be a failure”

GROWTH MINDSET: “Most successful people had some failure along the way.”

FIXED MINDSET: “If you don’t try, you can protect yourself and keep your dignity.”

GROWTH MINDSET: “If I don’t try, I automatically fail. Where’s the dignity in that?”

FIXED MINDSET: “This would have been a snap if you really had talent.”

GROWTH MINDSET: “That is so wrong. Basketball wasn’t easy for Michael Jordan and science wasn’t easy for Thomas Edison. They had a passion and put in tons of effort”

FIXED MINDSET: “It’s not my fault. It was something or someone else’s fault.”

GROWTH MINDSET: “If I don’t take responsibility, I can’t fix it. Let me listen—however painful it is— and learn whatever I can.”

### Step 4. Take the growth mindset action.



Over time, which voice you heed becomes pretty much your choice. Whether you

- take on the challenge wholeheartedly,
- learn from any setbacks and try again
- hear the criticism and act on it is now in your hands.

Practice hearing both voices, and practice acting on the growth mindset.

See how you can make it work for you.

## **CONFIDENCE**

- Remind self of strengths
- Use imagery of successful performances
- Remind self of the hard work done and progress made at training
- Remember past success

## **CONCENTRATION**

- Use cue words to direct attention
- Use positive affirmations
- Stay in the present moment
- Go over match plan or tactics in your mind

## **ACTIVATION LEVELS**

### **Increase Activation**

- Listen to music
- Fast physical movements
- Short shallow breaths
- Energising Imagery

### **Decrease Activation**

- Listen to music
- Controlled breathing
- Stretching
- Calm Imagery

## **Summary**

Using a routine to prepare mentally and physically is a critical skill in high performance sport. We have focused on mental preparation and how this can be integrated with your physical preparation in a competition routine.

In summary, using a competition routine in sport involves:

- Understanding competition routines and how they can be used
- Identifying the mindset that you want prior and during to competition
- Identifying strategies that will help you to achieve this mindset
- Identifying how you will physically prepare

Integrate your mental and physical preparation to create a competition routine.

Just like technical skills in sport, an effective competition routine can be developed and enhanced over time with quality practice. You start by practicing your competition routine, or elements of it, at training so that is familiar by the time you use it in competition. As you reflect on performances at competitions over time review the strategies that you use in your competition routine and adapt as necessary.

## Target Rifle Victoria Champs a hit for biathletes

We loved being part of the Target Rifle Victoria Junior Championships, held at Melbourne International Shooting Club!

It was tshirts/lycra vs leather, and excellent match experience for biathletes, who went up against their more experienced opponents in the traditional summer sport.

Podium placers were very pleased to receive medals from 2012/2016 Olympian shooter Keith Ferguson.

Many thanks to Target Rifle Victoria and Melbourne International Shooting Club, we are looking forward to the next event!

Full report in the Target Rifle Victoria September newsletter at: <https://www.trv.org.au/TRV/newsletters.php>, pic thanks to TRV.

Here's a partial excerpt:

“Sunday was out on the 50m ranges with Prone first up in the morning which included four Biathlon shooters competing as part of the Championships and was great to see that both Jethro & Gabby Mahon made it into the final as well.

Alex Hoberg had the top score of the Qualification series with a nice 609.4 followed by Michael Davis on 603.0 and Laura Crozier (Kyneton) finishing in 3rd with 595.3.

The finals commenced at 11am with introduction of the 8 finalists (which included a mix of females and males as well as Biathlon) then commencing with 2x 3 shot series and then 2-shot series deciding placings from 8th to 1st.

It was great to see that all the juniors stayed around to support their fellow supporters as well as the small spectator crowd that was there.

Unfortunately Alex had a bit of a malfunction during his 2nd series of 3 with an empty cartridge jamming in his bolt which gave a few misfires and wasn't able to get 3 scoring shots away as he would have been in contention for a Top 3 spot.

Congratulations to Rachel Strik (Benalla SBRC) who pulled out some big shots during the final with 10.9 & 10.8 which helped her win the final by 2.2pts from Michael Davis.

### **U/16**

1st Alex Hoberg, Wingfield – 609.3  
2nd Michael Davis, MISC – 603.0  
3rd Lachlan Hughes, Wingfield – 568.0

### **U/18**

1st Laura Crozier, Kyneton – 595.3  
2nd Rachel Strik, Benalla – 593.0  
3rd Jethro Mahon, Biathlon/MISC – 570.0



**U/21**

1st Blade Lacey, Kyneton – 582.5  
 2nd Lucy Romanoff, FPTRC – 570.0  
 3rd Jeremy Flanagan, Biathlon/MISC–56.4

**OPEN (Final)**

1st Rachel Strik, Benalla – 201.6  
 2nd Michael Davis, MISC – 199.4  
 3rd Laura Crozier, Kyneton – 178.5



After the Prone had finished it was onto the Benchrest range where numbers were not as great as the Prone but nonetheless Ebony Parker from FPTRC was the person to beat over the 60 shots with a nice 587.020 and only started shooting a couple of months ago when she went down to the range with her Grandfather. Lachie Anderson (Sale SBRC) finished in 2nd place with Seb Scamporlino in 3rd.

**BENCHREST**

1st Ebony Parker, FPTRC - 587.020  
 2nd Lachie Anderson, Sale - 576.010  
 3rd Seb Scamporlino, TRG (Geelong) - 536.016

Thank you and well done to everyone who came along and competed in this years Junior Shooting Championships and thanks to all of those who helped out over the weekend from taking entries, range duties and the scorers.

All results of the weekend are available on the website. There are also some more photos on the TRV Facebook page so make sure that you check them out.



From the Editor.... I had the opportunity to visit an old friend recently—although the surrounds had changed a bit (well actually quite a lot), the friend was still the same welcoming buddy that I remembered. Feeling nervous, I had asked directions to this old friend, as I knew that times change, and I may not have remembered the exact location.

In the thirty or so years since my last visit, things had certainly changed. I passed an oval with a grandstand, a BMX track and the entry to the Pistol Club had upgraded. Then I found it—my memory served me well—Morpeth Rifle Range.



I would not like to count the number of shots I put down that range, probably in the thousands over the years I lived in NSW. As a member, it was “my local club”

Gone were much of the grassy banks, the ones that used to gobble up unsuspecting cars in the winter mud (my car being one of them once!) Always a challenge in the winter months—a combination of the slope and the water-logged grass. Cars slid and glided over the wet ground....oh such fun!



The range is smarter now and has aged well. Newer members have taken on Bench-rest rather than prone, but there is one thing for sure — they enjoy their shooting and the club thrives.

I also caught up with another long standing friend that day — Robin D’Ombrain.

Robin and I chatted about the “old days” and the development that surrounds the current range. We surmised that the original logo for

the club was probably a product of Robin’s father, Athol D’Ombrain as he was the artistic type.

Robin no longer shoots, but he keeps a supervising role over the attendance register and fees. Seeing Robin at a computer (where else would he be) brought back memories. As an aside, did you know that Robin created history when he developed Scoremaster, a program for the computer input of scores at a National Championships. We take these things for granted now, but the year of that break-through was 1980 in NSW

Robin assures me that he will put pen to paper and delve into the history of the Morpeth range for a coming issue. Thank you my friend, for bringing back and sharing the wonderful memories.





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## 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 centre 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.

---

### **What percentage of your success is mental?**

I've asked this question to countless champions in my career as both an elite competitor and as a coach. Most say that the mental game is 90% mental or higher. If you agree, are you spending 90% of your time, money and effort on your mental game? No? If not what are you doing and more importantly what should you be doing?

Don't feel too bad if you are neglecting your mental game as you are in good company. Most competitors do not have a defined mental system. They have their technique down and might even go to a coach occasionally for a tune up.

### **Have You Done Your Research?**

So, how do you begin to develop the mental game? First, do your homework. You might want to learn the mental fundamentals the same way you learned the technical or physical ones. Find someone who, in your opinion, has this down and ask them what they do.

This could be a coach or elite competitor or perhaps a sport psychologist. I would prepare you in advance that this is no easy task. Many good competitors who appear to be mentally tough are not capable or not willing to explain what they are doing mentally. They can do it and might not really know how or why.

### **Do a review.**

Next, I suggest that you do a review of the books, magazine articles and CD/Video recordings that are recommended by people that you respect in the sport. What are the winners reading, watching and listening to?

### **Determine Your Participation Level**

There appears to be a subtle but important division among competitors. I call it their Participation Level. There are three levels or groups. The first group is made up of people that are training to learn the sport or talent. The second group trains to compete and the third group is training to win. Advice given to one group might be inappropriate for another.

### **Analyze Your Current Status**

Begin by grabbing a pen and paper and honestly answer some questions about your current mental system.

### **Determine If You Are Willing to Go It Alone**

Determine if you will seek counsel on mental issues or will you go it alone. I offer three suggestions. First, if you are going it alone make certain you do your research well as it is all you will have to guide you in your decision making. Secondly, if you decide to seek help, find someone that has either been where you want to go or has trained someone that has made it.

Finally, if you are at participation level three, that is, training to win, then I feel that you have little choice but to hire the best help you can afford as it may happen that your competition is doing just that. Enjoy your next challenge!



## **TARGET RIFLE AUSTRALIA LIMITED SUMUARY OF DIRECTORS MEETING 24th – 25th September 2016**

### **Notice of Resignation as Board Member:**

Sam Houston has tendered a letter of resignation to the Board.

Sam indicated his new position does not allow him to perform his role as a board member to the level he felt was necessary. Sam wished TRA Ltd and the Board well for the future.

### **Matters arising and Action List from 16th - 17th July 2016**

Update of TRA Supplementary Rules is ongoing. Board suggested postponing the publication and distribution of updates until after new ISSF rules are issued and the Technical Committee met to finalise all rule updates early in 2017. Evaluation of Ammunition Testing Rigs is ongoing

### **From TRSA Inc. – TRA AGM**

Correspondence was received from TRSA Inc. Consider holding the AGM at a different time from the National Championships.

Directors resolved that the 2017 TRA Ltd. Annual General Meeting will be held during the National Championships as previously indicated (Saturday 15th April 2017 following the conclusion of the day's competition). A Members Forum may be held following the AGM, if time permits.

It was noted that in 2018, the Annual General Meeting and Members Forum must be held at a different time to the National Championships in order to meet ASIC requirements.

### **From TRSA Inc. – TRA Fees and Juniors**

Correspondence received from TRSA Inc. concerning recent changes to capitation fees.

Three requests were made:

1. Reconsider the age groups and leave them as sub-juniors up to age 18 and juniors from 18-20.
2. Not to stipulate that the fees must be calculated at the end of the shooting year, but at the start.
3. Alter the fees list so that captions are correct – (Concession rather than Senior)

Directors discussed the requests and reaffirmed the decision to change the age eligibility definitions as the new eligibility definitions fit more closely with the age eligibility rules of the I.S.S.F. as well as Shooting Australia and TRA Ltd. competition age divisions.

Similarly, the decision to stipulate that fees be calculated at the end of the shooting year is in accordance with ISSF rule 3.3.6 which states: "Juniors are athletes who will be under the age of 21 on December 31st in the year of the Competitions / Championship."

### **Competition Committee—2017 National Championships**

The 2017 program is almost complete and has been developed in conjunction with the updated TRA National Championships Manual. The 2017 National Championships will be conducted from 12th-17th April, 2017.

Proposed fee structures are \$35 per event, except the Jim Smith 50m Prone Match, Bench Rest Class 3 (\$ 45 each) and Supported Air Rifle, 50m Bench Rest Class 1 (\$25 each)

Grades are included in non-ISSF events only and non-ISSF events will be scored in integer format. 50m Bench Rest Class 1 will be included as a demonstration event for 2017.

## **Technical Delegate**

The Technical Committee Chairman suggested that Dean Romanoff be appointed as Technical Delegate for the 2017 National Championships.

## **2018 National Championships**

QTS has accepted TRA Ltd.'s request to conduct the 2018 Nationals from 7th – 15th July 2018. The rationale for the rescheduling of the 2018 National Championships to July is primarily due to the scheduling of the ISSF Junior World Cup event in Sydney from 20th-29th March 2018 followed immediately by the Commonwealth Games from the 4th – 15th April. With NSW SARAI unable to host the National Championships during the traditional Easter period, the TRA Board requested QTS consider hosting the event at another time during the year.

## **2020 National Championships**

EO was directed to contact NSW SARAI with an invitation to host the 2020 TRA Ltd. National Championships in lieu of hosting the 2018 Nationals.

## **TRA Ltd. National Championship Manual:**

The manual and rules have been extensively reviewed again this year with the aim to ensure that there is a standard set and maintained every year.

Amendments have been made to the manual the areas of program, events, grading, results presentations, award list, including updates to the trophy manual. The updated manual will be distributed to Member Bodies as soon as practically possible.

## **Technical Committee:**

### **TSARA Request for Officials Courses for 2017 Masters Games**

TSARA has requested assistance to conduct an officials course prior to hosting the Australian Masters Games from 21st - 28th October 2017. Directors considered it was better to wait until early 2017 to conduct the course as there will be a number of ISSF rule changes that will need to be included in the course structure. The Technical Committee will continue to liaise with TSARA on this matter.

### **Adoption of Prone Metallic Silhouette as a Recognised Discipline of TRA Ltd**

Director moved that TRA Ltd. formally adopt Prone Metallic Silhouette as another shooting discipline recognised by TRA Ltd. Draft Prone Metallic Silhouette rules have been sourced from QTS. Some minor changes are needed prior to publishing and distribution to member bodies. The rules will be distributed to Member Bodies as soon as practically possible after final approval.

### **Coaching Committee—National Training Squad**

A revised version of the FTEM Athlete Framework has been released.

It has been agreed to hold the first National Training Squad Camp immediately following the International Grand Prix in Sydney (4th-6th November).

Participant numbers for the camp will be reduced, targeting approximately 12 specific athletes. National Rifle Coaches Petr Kurka and Carrie Quigley will attend the camp in addition to TRA coaches. The Coaching Committee will continue to liaise with all stakeholders.

Continued on Page 22

## WHAT ARE THESE YOU ASK? THE NEW ANSCHUTZ RIFLES



### The 9015 ONE – Premium Air Rifle—The concept

A match air rifle was needed for all marksmen and all disciplines, something for the entire family. In other words, from junior to adult marksmen and seniors to bench rest marksmen, EVERYBODY can practice their sport with a SINGLE air rifle. Regardless of whether the marksman is right-handed or left-handed. It should be of high quality, robust and able to grow with the shooter, multifunctional and, above all repeatable, precise and have an appealing design.

### THEN THERE IS THE 54.30 in stock 1918 Aluminum Precise BENCHREST



Not to be outdone, the .22 target rifle in the stable looks like this



Check out more, especially the possible configurations on the Anschutz website.



## ESSENTIAL READING



### Sport Psychology and Competition by

Heinz Reinkemeier & Gaby Buhlmann

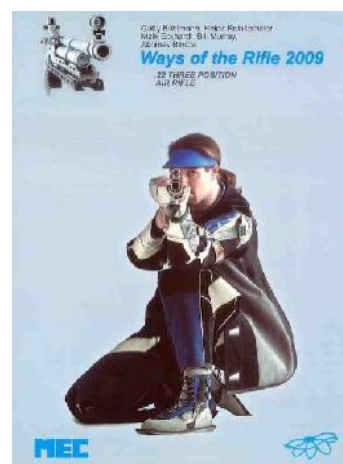
An Instructional and practical manual on the psychology of competition in shooting. Includes comprehensive training programmes. In decisive moments, it's our psyche that tips the balance. Whether you achieve your goal or not is dependent on your thoughts and feelings, but most of all on your behaviour.

This book is a guide to how you can systematically prepare for tournaments and other stressful moments. It contains 1,000 pictures, 200 exercises, a 6-week training plan and audio files on the techniques of psychological regulation.

Not new—but worth every cent....**"Ways of the Rifle"** - written by top German and Swiss shooters and coaches - attempts to describe all the components of successful smallbore and air rifle shooting, with many of the top athletes of the last decade pictured.

The "standard" techniques of rifle shooting are covered, along with discussions of the individual variations used by some of the sport's more exceptional talents.

Because techniques, performance levels and equipment are all constantly developing, even at club level there is a trend towards innovation. "Ways of the Rifle" documents those trends which currently dominate in the highest level of the sport.



### AIR RIFLE—TRAINING & COMPETITION

A new edition for 2015, brought to you by World Class coaches Gaby Buhlmann & Heinz Reinkemeier.

This book focuses primarily on 10m air rifle shooting, but also covers three-position shooting and supported shooting.

With diagrams like this, the athlete cannot go wrong, nor can the Coach. Contains all that is special about air rifles in a comprehensive format.

Google the titles to find where these books can be obtained. I know two places to check...

<http://www.edinkillie.co.uk/ecatalog/index.php>

<http://shop.mec-shot.com/> (MEC has many titles)

From page 19

### **Request for Funding – TRV coaching camps / days**

A request was received from TRV seeking funding assistance for a number of coaching weekends / days held during 2014, 2015 and 2016. Directors resolved to provide some funding assistance to TRV for the coaching activities conducted.

Directors also resolved that any future funding requests for coaching activities conducted by member bodies will only be considered if a fully costed written proposal is forwarded to the Executive Officer at least 3 months prior to the proposed activity.

### **Bench Rest Committee**

The Bench Rest Committee met on 1st of August. The meeting covered a number of preliminary discussion points relating to clarifying and updating, including:

|                               |  |
|-------------------------------|--|
| Rifle Classes                 | Rules for each Class Bench Rest Stands Targets |
| Wind Flags                    | Competition Rules                              |
| Supported Air Rifle (Auflage) | Air Rifle Bench Rest                           |

The next meeting has been scheduled for November in Adelaide on date to be finalised.

### **Shooting Australia Matters**

#### **Shooting Australia AGM and Members Forum – November**

Correspondence has been received from Shooting Australia giving preliminary notice of the AGM and Member's Forum in November. It was noted that an email to Shooting Australia on the 23rd September 2016 requesting details of which Shooting Australia directors are retiring or up for re-election at the AGM had not yet received a response.

Directors resolved to wait until further information has been received to ascertain if any issues or matter need to be raised at the Shooting Australia AGM and / or Member's Forum. The President and the Executive Officer will attend the meeting and forum as representatives of TRA Ltd.

### **TRA Ltd. Website**

TRA Ltd. has engaged Cornerstone Web Systems to develop a new website for TRA Ltd. based on the current ISSF website and to integrate the database developed by Neil Davis into the design with increased security measures.

### **SSAA Shot Show – Perth October.**

Directors resolved that TRA would fund the cost of a TRA Ltd. pull up banner for WASRA to use as part of a display stand during the SSAA Shot Show in Perth in October.

WASRA has also been provided with 500 TRA Ltd. introductory brochures and a number of other promotional materials for the exhibition.

### **Next Meeting: January 2017 at Sydney International Shooting Centre**

For any further information: contact TRA Exec Officer Richard Toye

## PLANNING FOR COACHING COURSES IN 2016.

If you are interested in becoming an accredited coach—then please ask your State Association for details about when courses will be held near you in 2016-17.

There is a TRA Instructor's course (which is only accredited with TRA) and from that the coach moves to the Club course, then the Competition courses, both of which are accredited with Shooting Australia and the Australian Sport Commission.

There is also an Advanced level, for those who are seriously interest in coaching.

The courses provide quality coach education. See your State Coach for further details.

# 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](mailto: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](http://www.targetriflesa.com)

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



## FIVE REASON TO WORK WITH A COACH

The finest athletes attribute their success to their coaches. A good sports coach does much more than just sports training. He/she concentrates on the physical training and prepares the mind and personality of the athlete. The job is to train the pupil with the skills and techniques of the sport and also teach him lessons of winning and losing.

Here are five reasons you need a good coach to succeed in sports.

### 1. Learn the skill

An efficient coach would train you with the intrinsic skills of your sport. An experienced teacher will train your mind and body for toughness, strength, and performance.

They teach you the basic strategies and key elements of the sport. Sports training sessions, whether online or on the field give lessons about the various rules, skills, techniques, and injury prevention methods. A coach should be a competent sportsperson himself.

### 2. Motivation

A trainer's positive words of encouragement can do wonders to improve your performance. It could be the driving force to help you perform better. Your coach will guide you, help you improve in your weak areas and teach you to focus on your strengths.

A dedicated coach could be the biggest driving force for athletes to perform well. He or she will train you for fitness and sports, and also toughen you from within.

### 3. Biggest critic

Your coach will definitely encourage you to do better, but should also be your biggest critic. A good coach points out your mistakes and trains you to overcome your shortcomings and improve performance.

The little pieces of improvement advice can help you hone your skills better. Every athlete is different from the other, and this will be understood by your coach. He will thereby train you as per your personality, attitude, potential and performance level.

### 4. Focus and attitude

Your coach will train you for mental fitness. He will work on increasing your mental toughness, focus and concentration power.

Some coaches give incredible guidance to their students. They prepare their students to handle success, failure, adverse situations and other low phases in life.

They would overcome their egos and give you the best advice in the sport.

It is the game that is of prime importance. Players are often faced with pressure situations and if they succumb to it, the game is gone. A competent coach will train you to increase your concentration and keep a positive attitude in all situations.

## 5. Help you meet perfection

If your coach is a great teacher, you will go that extra mile to reach his expectations.

A great coach should not just train you, he should lead by example. He should be so influential that the athletes strive hard to his expectations. They will try and attain the high standards set by him. This would make them achieve high levels of excellence in their sport.

Sounds easy—final question.....are you working with a coach?

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Behind our sporting stars is usually a great coach. They are often former athletes, who see coaching as a natural progression after retiring.

Others begin at the grassroots level, learning their craft by attending coaching courses and from more experienced coaches as they move up the ranks.

Coaches must have expert knowledge about the skills, tactics, and physical training associated with their sport. These areas are typically the focus of coaching textbooks and manuals.

Coaches must also be competent teachers, and there are some important lessons they can learn from classroom teachers to get the best performance from their athletes.

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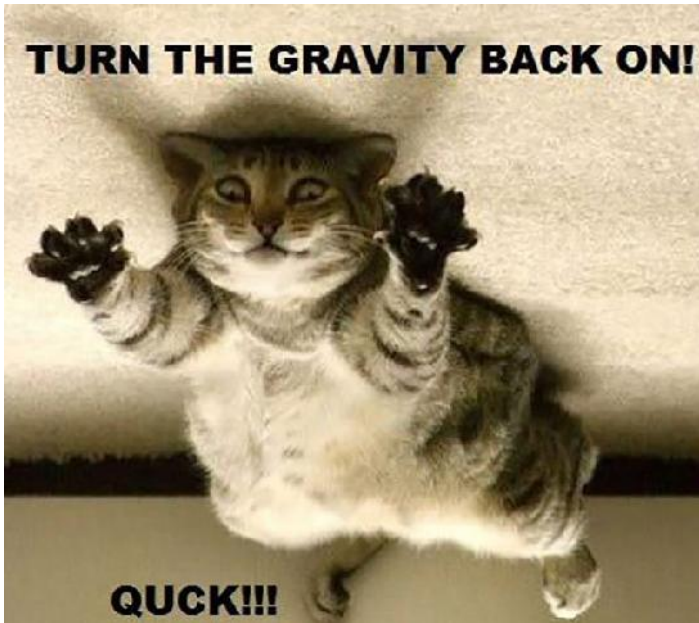
## WADA TOOLKIT FOR COACHES

Have you seen this?

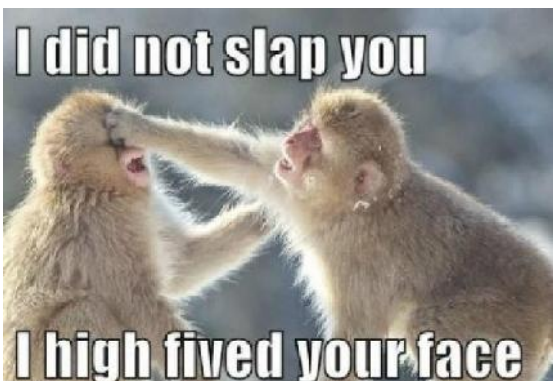
The Coach's Tool Kit provides anti-doping organizations, coaching associations and universities with material that can be integrated directly into existing coach education curriculum or used as a stand-alone workshop. It is essential reading for all active coaches.

<https://www.wada-ama.org/en/resources/education-and-awareness/coachs-tool-kit>

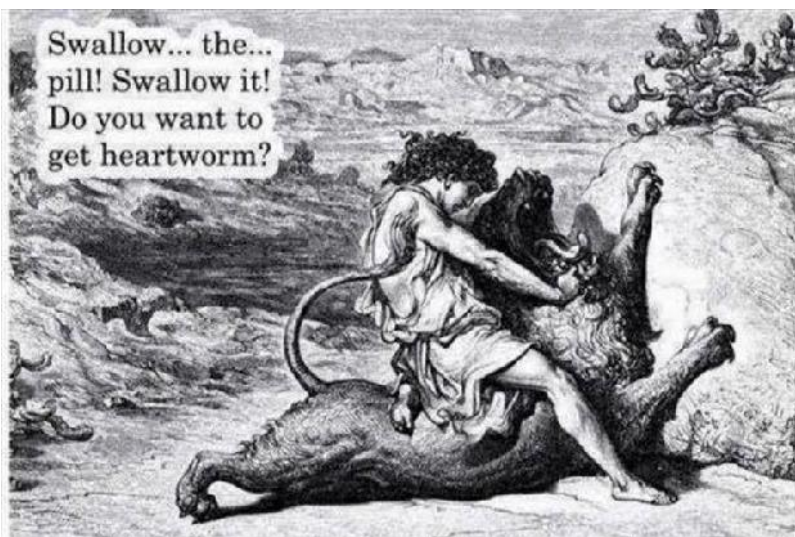
last bitz



Internet not working







I'm only buying one box, so you better all agree or we're leaving.



I don't do Touchy-Feely



FINALLY



Playing Hide & Seek!



love is in the air



YOU THREW IT,

