

## SPECIAL POINTS OF INTEREST:

- All of it!

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## RIP ASHLEY ADAMS 1955-2015

We awoke on Wednesday 18th March to the devastating news that our friend and fellow shooter Ashley had been killed in a bike accident the night before (March 17th)

The unbelievably tragic news travelled around the country like wild fire, with the same reaction "I can't believe it"

The tributes have flowed, as we remember Ashley in our own way. Rest in peace mate.



Australia's five-time Paralympic shooter, Ashley (from Queensland) commenced shooting in 1992 and first shot for Australia in 1996.

He competed at five consecutive Paralympic Games from 1996 and 2012, with his best performances coming at the Athens 2004 Games. There, he won two medals – a silver in free rifle prone event and a bronze in the SH1 air rifle standing event.

## ASHLEY ADAMS (cont)

He was also won a world title in the 50m rifle prone event at the 1998 IPC World Championships in Santander, Spain.



Ashley operated his 64,000-hectare Darracourt property north of Blackall, running a 3500 head Brahman, Simmental and Santa-infused herd. He won the Rabobank Red Meat Industry Producer of the Year award in 2008 as one of the early adopters of GeneStar tenderness marker testing and developed the TendaBEEF brand to market his cattle.

Using the shooting range situated at his 64,000 acre rural property in Queensland, Ashley spent countless hours refining his shooting technique.

Ash was always willing to share his firearms knowledge. He will long be remembered for his laconic approach to life, typical of the likable country bloke from rural Queensland who always embraced the challenges ahead of him and worked hard to succeed.

Tributes came from Shooting Australia, the Australian Paralympic Committee, and the International Paralympic Committee. All noted Ashley's sense of humour and total commitment to excellence in his chosen sport.

Who will forget the trademark "thumbs up" - you will be missed Ashley Adams.



From team mate Luke Cain



*"Have lost a best mate! I have travelled the world with you for the last 8 years and loved every second of the time I got to spend with you, so many great memories.*

*A true Aussie Legend! With a unique character loved by everyone you crossed paths with.*

*The one place in the world that I never had the pleasure of exploring with you was your much-loved farm.*

*It was on top of my list of places I wanted to see.*





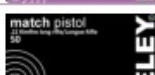



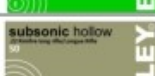
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**REMEMBER TO DOWNLOAD THE LATEST VERSION FROM THE ISSF WEBSITE**  
The 2015 March Interpretation document is now available

<http://www.issf-sports.org/news.ashx?newsid=2257>



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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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## ASHLEY ADAMS (cont)

*Roughly 70,000 acres and around 4,000 head of cattle run by a truly amazing man! All from a wheelchair!*

*FIVE! times a Paralympian and Paralympic medallist—Ashley had already qualified for RIO.*

*I spoke to Ash weekly either by phone or on Skype, little did I know when I spoke to him Monday night it would be for the last time.*

*We spoke about shooting as we always did but also about his new Sewing Machine. He could fix anything and adding a sewing machine to his list of tools just meant he could fix more things than before. Always willing to help others he had already offered to do any alterations to my shooting coat I might need.*

*Most people would get a new Rifle and dare not to adjust anything in fear of decreasing its accuracy. Not Ashley! He would pull it to pieces and find ways to improve its accuracy!*

*Ashley was a proud man, proud of his achievements in shooting! And so he should be! Proud of his Tenda Beef produced on his farm, but most of all proud of his son Ian.*

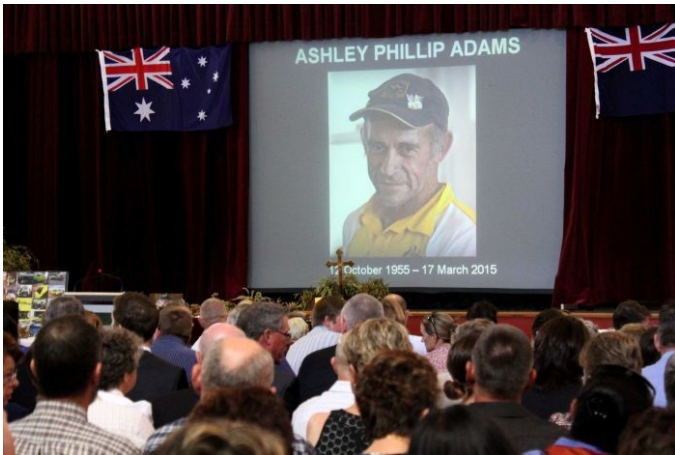
*Words can't express how much I will miss you mate! I looked forward to seeing you at every shooting Competition we attended. I would not be the shooter I am without your help and advice. It's going to be tough to continue without you mate, I will do my best to make you proud! You could not find a better bloke! RIP Ash Love ya mate!*



## Tuesday—7th April 2015. Hundreds farewell 'one of a kind' paralympian Ashley Adams in funeral service at Blackall, Qld

It was standing room only as over 500 people turned out to pay their respects to five-time paralympian, grazier and innovator Ashley Adams in a funeral service in the outback Queensland town of Blackall.

Many of his team mates and fellow shooters travelled to be there and say farewell. Ashley's prized green ute followed the hearse away from Blackall Cultural Centre



## **VOLUNTEERS IN MODERN SPORT**

**FACT:** Volunteers are the backbone of sport in Australia. If organisations are to meet the needs of the modern volunteer, organisations need an innovative and flexible volunteer management program. Not only do volunteers ensure that the sport continues to grow, but they also make a major impact on the strength of a sporting community.

The impact of volunteers in sport is endless. Volunteer work is an enormous source of social capital and contributes directly to the growth and development of sport.

### **STATISTICS ON VOLUNTEERS**

- About 1.5 million adult volunteers are in Australian sport and recreation
- This is worth approximately \$2 billion annually
- Without volunteers in sport, costs could increase by approximately \$330 per year, per participant.
- More than 50% of volunteers are aged over 50 years old

### **PRACTICAL APPLICATIONS:**

- Sports need clear job descriptions for volunteers
- Conduct concise training/briefings as required for the position/s
- Have clearly documented and understood procedures / safety and risk warnings
- Recognise what is reasonable
- Recognise volunteer's work constantly

### **TRENDS INVOLUNTEERING**

Just putting this out there for consideration—what does your club do to train and retain the essential volunteers.

TREND	RESPONSE
Busy lifestyle, changing family structures and work patterns affect people's ability to volunteer	Shorter, concise commitments are often more appealing.
Sense of "community" and "giving back" has diminished, especially among younger people	We can no longer anticipate or expect that people will volunteer. We need to put in place strategies to more professionally seek out volunteers
Retired "baby boomers" are keen to volunteer. They are an untapped resource and have skills to offer	In this group, retired professionals have skills, but do not want to waste their time. They will walk with their feet if the club / organisation is poorly managed, or does not provide something meaningful for them to achieve.

Tricia Van Nus... from a presentation by Carol Hodgen (DSR WA)

## HEARING..... is it worth protecting???

*Thoughts by Tricia Van Nus*

All shooters have been taught from their earliest days at the local club that shooting affects hearing, and that ear protection is a "must". Most use the small mushy pellets, some have the formed plastic version in vivid colours.....and some unfortunately choose to disregard the advice and do not protect their ears at all. From the interesting and valuable resources on the website of [Hearing Australia](http://HearingAustralia) I have compiled a few notes..... food for thought.... even music to the ears!

Whatever the style of preferred ear protection, it is essential to take stock of where you are with respect to your ears and realise that it may not only be your sport that is damaging your hearing. Workplace and social activities may also contribute to a hearing loss. This hearing loss will generally happen quite slowly - often to the point where it is denied. The one sure way to find out where you are at is to attend your local Hearing Practitioner and ask for a hearing test.

### OK - SO NOW YOU HAVE HAD A HEARING TEST

The results of a hearing test will often indicate the degree and type of hearing loss. Of course you must remember that these comments are very general - see your health care professional for more accurate advice.

#### **Degree of hearing loss (decibels, dB) What that may mean in real terms**

Mild: 21-45 dB You may have some difficulty hearing soft speech and conversations but would manage in quiet with clear voices.

Moderate: 46-60 dB You would have difficulty understanding conversational speech and more so in the presence of background noise. TV and radio would be turned up.

Moderately severe: 61-75 dB The clarity of speech heard may be significantly affected and this can restrict the benefit of a hearing aid.

Severe: 76-90 dB Normal conversational speech is inaudible. A hearing aid will amplify many speech sounds. Visual cues may be necessary in understanding speech.

Profound: 91 dB + There is great inconsistency in the benefit derived from a hearing aid. Some can understand clear speech face to face in places with good auditory conditions when wearing a hearing aid. Others find it impossible.

### **NOISE INDUCED HEARING LOSS**

Exposure to excessively loud noise is very similar to exposure to ultraviolet radiation from the sun... too much can be dangerous. Around 27% of people have a hearing loss as a result of exposure to excessively loud noise. The ear does not differentiate between noise and sound. The brain does that. Noise is often defined as annoying sound. Though you may not find a noise annoying, it may be sufficiently loud to damage your hearing. Noise affects you by either just being irritating, or by actually damaging the hearing mechanisms in the inner ear.

### **WHEN IS A SOUND TOO LOUD?**

An excessively loud noise is when you must use a raised voice or shout in order to be able to speak to someone at an arm's length. The noise in that area is possibly dangerous.

### **ENTERTAINMENT & MUSIC**

Noise does not need to be unpleasant to cause damage. Do not imagine for a moment that only workplace noise has an effect on your hearing. Many rock musicians suffer from a disabling hearing loss. The ear does not distinguish noise produced by work activities and noise produced by leisure activities, the brain does.

## ILLNESS OR INFECTION INDUCED HEARING LOSS

Some medications and chemicals may disrupt your hearing. If you use chemicals at work or at home, take a few minutes to study the instructions in the safety sheet that should be supplied with chemicals. If taking prescribed drugs, and your ears start to ring, inform your doctor immediately. Some medications have the potential to harm hearing if used over time or in high doses.

## PHYSICAL INJURY

Obviously actual physical injury may lead to hearing loss.... a blow to the head, damage to the neck in a car accident, or damage to the eardrum while engaging in water activities

## EVER WONDERED HOW MUCH NOISE COULD CAUSE PERMANENT DAMAGE?

The World Health Organisation recommends a maximum continuous noise exposure of 85 dB(A) for 8 hours per day. Hearing damage risk is negligible below 75 dB(A) so unfortunately the washing and vacuuming stays. The Sound Thermometer on the right gives you an idea on noise levels in decibels and length of exposure.

## OBVIOUS PRECAUTIONS YOU CAN TAKE

Avoid loud noise. It's murder on your ears!

When attending night clubs, motor races or fireworks displays - wear earplugs. Learn to fit them correctly, because poorly fitted earplugs offer little protection.

Have a set of formed ear plugs made for both shooting and loud social activities - they are moulded to your ear and offer the best protection, without diminishing the enjoyment of the activity.

Cleaning - clean your ears regularly and wipe around the outside of the ear with a damp cloth. If a build-up of wax blocks the ear canal, special eardrops available from a chemist may soften the wax. Visit your doctor in order to physically remove any blockage.

## START NOW

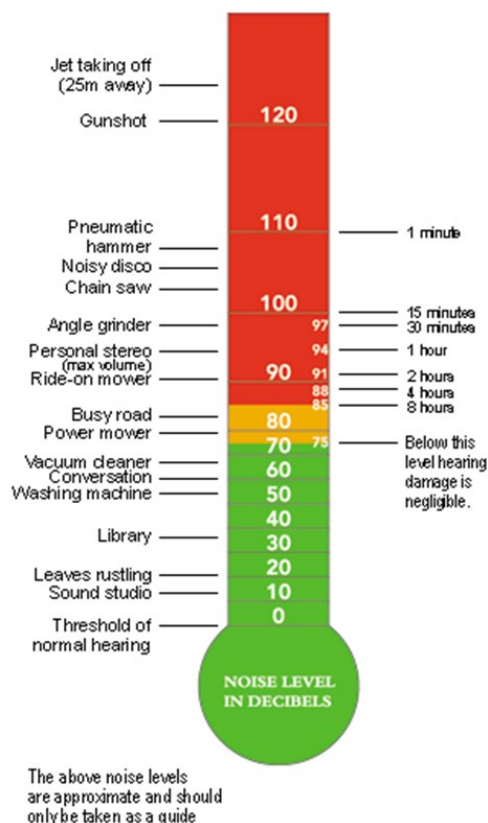
Shooting (and standing next to jets taking off) are obvious activities that could, over time, severely reduce your hearing.

Studies have shown that teenagers and young adults may be aging their ears at between 3 to 10 times the usual rate by exposing their ears to dangerously high levels of noise or music. Many will likely begin to lose their hearing in their thirties instead of their sixties. NAL, the National Acoustic Laboratories, the research division of Australian Hearing has shown that in today's urban society everyone is at a higher risk of early hearing loss, more so than in previous generations or quieter societies.

Ensure that all members of your club take an active participation in "keeping their hearing". Insist on all visitors wearing ear protection and encourage all members to invest in correct protective devices - even those who say that their "hearing is shot" See your local Hearing Practitioner - she/he may offer special deals to club members in the interest of better hearing.

Have fun and enjoy your shooting ..... what was that? .....

**I SAID, HAVE FUN AND ENJOY YOUR SHOOTING**



## TRA BOARD—ANNUAL MEETING



2015 meeting of member was held in Sydney on Saturday 4th April.

The Member's Delegate listened to President Rod Sampson deliver his Annual Report.

Vice President—Glenn Braybon elected

Director—Anton Wurfel elected

TRA Ltd presented the relevant audited accounts for the period to 31/12/14 and these were passed.

The two resolutions to be considered were "*that TRA cover all the costs of the medals for the National Championships as of 2016*"

This was debated and ultimately passed.

The other resolution re Competitor Nominations fees was withdrawn by NSW

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After the conclusion of the AGM, the Delegates and Board members engaged in an informal meeting—each being able to update on project progress.

These included:

Jim Brown noted the completed of two new video clips. Warren Potent talking about ELEY produces (which is already available on the TRA Facebook page) and Dane Sampson's interview with Warren, on the success of 2014.

A TRA Banner will be made available soon to each State at no cost

Rod Sampson spoke of the TRA Initiative Grants. There are three applications to date.

Alan Smith suggested that Shooting Australia consider naming a match in honour of Ashley Adams.

The Commonwealth Games range plans are in place, just awaiting the relevant approvals.

Notification re the TRA Future Conference to be held in June. Board members asked if there were topics to be added to the program.

TRA will consider re-instating the TRA Directory

## MATTHEW EMMONS SHOWS HIS STYLE IN WINNING THE 50m PRONE EVENT AT THE WORLD CUP IN CHANGWON, KOREA RECENTLY

His qualification score of 632.0 was 0.3 short of the world record. Matt held his nerve for a Final of 208.3 and the Gold medal. BTW it was a 600 in “old speak”!

Below is his qualification round, and the medallists shortly after the conclusion of the Final.

### 50M RIFLE PRONE MEN QUALIFICATION 12 APR 2015, START TIME 09:00



**Matthew EMMONS**

Nation: USA

Current Ranking: 1

Handedness: right

Master Eye: right



#### SERIES



And before you ask....Warren did not contest this event.



(L to r) QUINN, TAHLIA, DARCY & DANIEL

**TRA JUNIOR TEAM 2030**

## TRA NATIONAL CHAMPIONSHIPS 2015

### Winners of the events:



#### **3x40 Three Position**

1st Dane Sampson  
2nd Robyn Ridley  
3rd Susannah Smith



#### **3x20 Three Position**

1st Robyn Ridley  
2nd Dane Sampson  
3rd Kevin McKenzie



#### **Womens Air Rifle**

1st Robyn Ridley  
2nd Emma Adams  
3rd Sue Lott



#### **Mens Air Rifle**

1st Dane Sampson  
2nd Jack Rossiter  
3rd Daniel Clopatofsky



#### **Junior Air Rifle**

1st Jack Rossiter  
2nd Emma Adams  
3rd Daniel Clopatofsky



#### **Open Air Rifle**

1st Dane Sampson  
2nd Jack Rossiter  
3rd Sue Lott

## TRA NATIONAL CHAMPIONSHIPS 2015

### Winners of the events:



#### **Jim Smith 50m Prone**

**1st Dane Sampson**  
**2nd Jason Lowe**  
**3rd Michael Brown**



#### **50m Benchrest**

**1st Peter Armstrong**  
**2nd Kim Cosstick**  
**3rd Rebecca Richards**



#### **Womens 50m Prone**

**1st Susie Smith**  
**2nd Robyn Ridley**  
**3rd Robyn Sampson**



#### **Junior 50m Prone**

**1st Fred Woodhouse**



#### **Bill Eddy Match**

**1st Warren Potent**  
**2nd James Daly**  
**3rd Frederyk Woodhouse**



#### **DR Bench Match**

**1st Rebecca Richards**  
**2nd John Howard**  
**3rd Kevin Corneliusen**

CONGRATULATIONS TO EVERYONE—NOW TRAINING FOR VICTORIA!

## AROUND THE NATIONALS—THANKS TO OWEN OLIVER FOR THE PICS



CONGRATULATIONS TO ALL THE WINNERS AND GRINNERS.

**AUSTRALIAN IPC TEAM** in London recently, giving the famous “thumbs up” in tribute to team mate Ashley Adams.

IPC World Cup, Stoke Mandeville, GBR—performances and results can be found on Facebook by checking Shooting Australia for the latest news.





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## Where You Finish Doesn't Always Measure How Far You've Come



Where you finish does not always measure how far you've come. Olympic history abounds with tales of athletes who overcame crippling adversity to win gold medals. Karoly Takacs of Hungary is one of those. Takacs, a right-handed shooter was part of Hungary's world champion pistol shooting team in 1938. As a soldier in the Hungarian army Takacs suffered a tragic blow when a grenade exploded taking his right hand off at the wrist. Takacs had goal set to win the Olympics and would not be derailed. He learned to load and shoot with his left hand.

Ten years later in 1948 he won his first gold medal in rapid-fire pistol shooting with his left hand. In 1952, he would repeat as Olympic Champion.

Canadian Silken Laumann was world champion in 1991 in single-scul rowing and highly favored to win the event in the upcoming 1992 Olympic games in Barcelona Spain. With the games just 78 days away, Laumann was competing in Essen Germany when another scull rammed into hers. A bone in her right leg was shattered and a nerve to her foot was cut. Laumann would suffer five operations within the next few weeks. Her doctors said she should recover but there was no way she could compete in the approaching Games.

In spite of the advice Canada did not replace her on the team and almost unbelievably when the Olympic sculling competition began in Barcelona Silken Laumann was there. With the drive that can only be described as Olympian, Laumann limped to her event, cane in hand. And against all the odds, and with what had to be unbelievable pain, Laumann won the bronze medal.

A Canadian journalist would write, "Canada won four gold medals and one bronze medal here today. Let the words go out this day, that the bronze medal shone more brightly in the Barcelona sun than any of the gold."

Where you finish does not always measure how far you've come. It is not a question of if you will have to overcome but when.

The difference between accomplishing and attaining is the personal growth part of the journey to the goal. It's the becoming of something better or greater. All too often we are focused only on the accomplishing, forgetting the power of the becoming part of attainment

## Staying in Focus

Staying focused on what you need to do in order to overcome the obstacles in front of you, is a main ingredient to reaching success. You may have never heard of Karoly Takacs, but in the 1940's he was well known in Hungary as a national hero. Everyone who knew his story was inspired by it, after reading his story you will never forget his success and how he made it happen.

When Karoly Takacs showed up at the 1939 National Championships, many of his friends and other shooters greeted him with open arms and were excited that he came to watch them shoot. They were surprised when he told them that he was there to compete, not to watch. They were even more surprised when he won!

Things looked like they were back in order for Karoly. He was now the talk of the shooting communities and his dream of going to the Olympics were once again a reality. This reality of going to the Olympics was once again short lived. The 1940 and the 1944 Olympics were cancelled, due to World War II. It looked like Karoly's dream of going to the Olympics was not meant to be. He would continue his training over that eight-year period and at the age of 38 he would qualify for the 1948 Olympics.

Before the rapid-fire pistol event Carlos Enrique Diaz Saenz Valiente, the former World Champion and the current world record holder and favorite to win the event, asked Karoly why he was in London England.

The reply that Karoly gave was a humble one, "I'm here to learn." Karoly not only won the gold medal, but he beat Carlos Valiente's world record by ten points. During the award ceremony, it is said that Carlos looked at Karoly and said, "You have learned enough." Karoly would also repeat as Olympic Gold medalist four years later in Helsinki Finland.

The more you think about something happening you improve the probability of that thing happening. This is what Karoly Takacs did better than anyone else. He focused constantly on what he needed to do.

Never doubting what he could achieve, but focusing on what he needed to do in order to put himself in position to achieve his goals. His story is one that is told throughout the international shooting communities around the world.

While many will use his story as one that proves you should never give up, I think it's Karoly's ability of constantly thinking about what he wanted and what he needed to do to get it that is the bigger lesson learned.

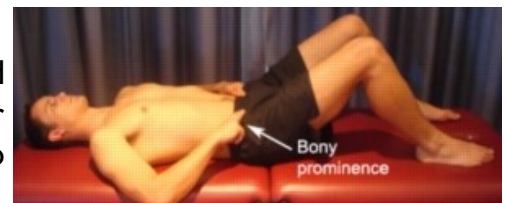
## WAYS TO IMPROVE CORE STABILITY

What is core stability... basically it is the capacity of the muscles of the torso to assist in the maintenance of good posture, balance, etc., especially during movement. Core stability is the name given to the strengthening of the corset of muscles surrounding the back and abdomen. These muscles are also known as the core or powerhouse muscles and provide a solid base upon which all other muscles can work upon to initiate movement

Over the past few years, there has been increasing attention to the role of “core stability” in athlete training and preparation. Being strong through the trunk is critical in both developing good posture, and preventing back soreness and injuries. With reference to sport, core stability is vital to longevity and optimal performance, and is essential for air / positional shooters and very useful for prone shooters.

Core stability training starts with the basic position:

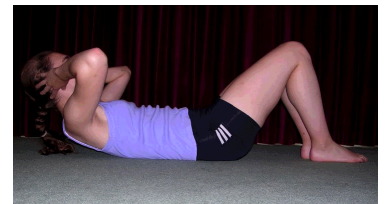
- Start by lying on your back with knees bent
- Your spine should be relaxed on the floor, aligned normally with a small gap between the floor and your back. This is the "neutral" position you should learn to achieve
- Breathe in deeply (belly breathing) and relax all your stomach muscles. Breathe out and, as you do so, draw your lower abdomen inwards as if your belly button is going down towards the floor. Hold the contraction for 10 seconds and stay relaxed, allowing yourself to breathe in and out as you hold the tension in your lower stomach area
- Repeat 5-10 times



Once you can complete this exercise successfully, then the concept can be combined in the following ways.

### Crunches

- Lie on your back with your knees bent and your feet flat on the floor.
- “Crunch” or curl your stomach to lift your shoulders just off the floor.



Try not to use your hip flexor muscles to carry out this movement, or use your arms to pull up your head.

### The Plank

- Assume a front-support position resting on your fore-arms with your shoulders over your elbows.
- Straighten your legs out behind you and lift up your hips to form a dead-straight line from your shoulders to your ankles. You should be balanced on your fore-arms and toes, with your lower abdomen and back working to keep your body straight. Hold for 1 minute.



Article adapted by Tricia Van Nus from [PhysioAdvisor.com](http://PhysioAdvisor.com)

## WAYS TO IMPROVE CORE STABILITY (cont)

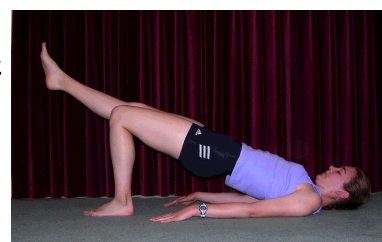
### Oblique Plank

- On your side, balance on your right fore-arm with your shoulder above your elbow.
- With your legs out straight to the left, lift your pelvis so that you are balanced on your fore-arm and feet. Your body should form a straight line and you should feel the oblique muscles down the side of your trunk working to maintain the position.
- Hold for 1 minute then repeat on other side.



### Static Leg & Back

- Lie on your back with your knees bent and your feet flat on the floor.
- Lift your pelvis so that you form a bridge position with a straight line running from your shoulders to your knees.
- Lift your right leg off the floor and extend it so that it continues the straight line. You should be able to feel your left buttock, your back, and lower abdomen working to keep the position.

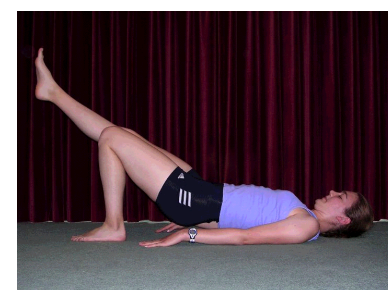


Hold for 30 seconds then repeat on the other leg. Your hips should be level

### Dynamic Leg & Back

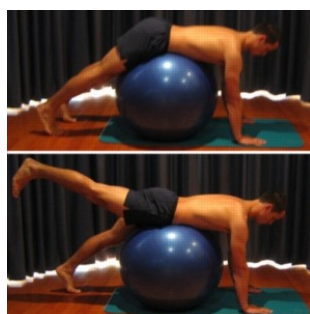
- Assume the same position as for the “Static leg and back”.
- Lower your pelvis but do not allow it to tilt or touch the floor. This should be a slow, controlled movement.
- Return to the original position, restoring the straight line from shoulders to toe.

Aim to complete 10 with each leg. Stop if you feel the hamstring hurting at all.



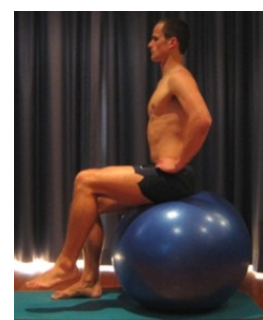
**Swiss Balls** are a great exercise tool to improve core strength and tone the entire body. They are inexpensive and widely used in back pain rehabilitation and injury prevention. Swiss Balls can help improve balance, coordination, strength, stability and posture. They are widely used by both athletes and patients and are frequently recommended by Physiotherapists.

When used correctly, Swiss Balls can also help improve sitting posture and decrease the likelihood of posture related injuries, such as headaches, back pain and neck pain.

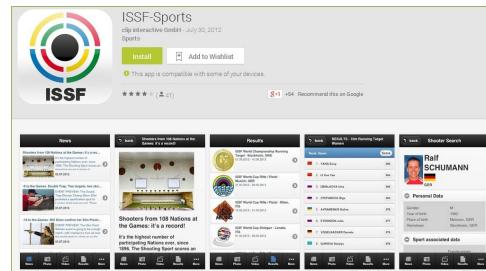
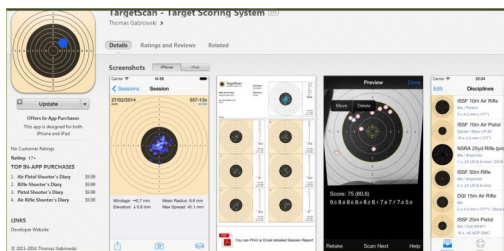
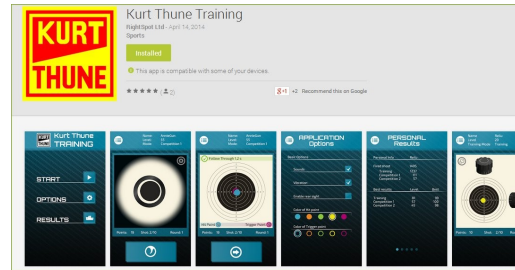
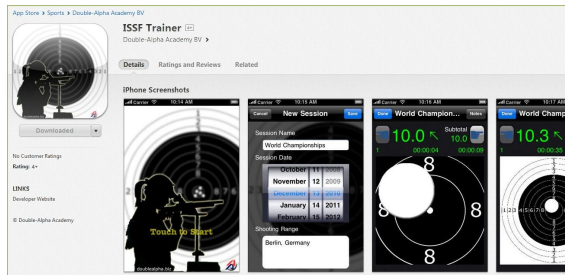


You can't help but be impressed with that. Try improving your core stability, and see the benefits to your shooting.

Contact your local Physiotherapist for more information.



## SHOOTING APPS THAT ARE FUN AND WORK



Mother's Day presents for the shooting Mum in your life....

1. 5000 rounds of Tenex ammunition (when only the best will do)
2. A new shooting jacket—made to measure and vibrant colours
3. Perhaps a set of Centra sights (all the better to see you)
4. A full clean and service of her favourite rifle
5. Peaceful day at the range—without the children!
6. Noise cancelling headphones—coloured to match her jacket
7. A full fat, full sugar, guilt free cake to enjoy
8. A heated shooting mat—for those cold days on the range
9. A shiny new rifle stock—colour co-ordinated of course
10. A day at the range where coffee (and cake) is served by a shirtless Channing Tatum lookalike!

LATE NEWS...Natalie Smith brings home the GOLD from Szczecin IPC World Cup!

Congratulations on the awesome shooting Natalie!

First major shoot back after Daniel's birth



### PLANNING FOR COACHING COURSES IN 2015.

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 2015.

There is a TRA Instructor's course (which is only accredited with TRA) and from there the coach moves to the Club course, then the Competition course which is accredited with Shooting Australia. The courses provide the basics in 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.**

## SPORTS VISION AND TARGET SHOOTING

### *Visual Errors Affect Performance*

Accuracy depends on eyes ability to gauge a separation of two objects and recognise symmetry. The rifle shooter requires optimal contrast between the foresight ring and aiming mark – this can be achieved through choice of iris opening, foresight ring size, managing fatigue, eliminating reflections and glare, trialling filters and optimising vision. Proper aiming depends on being consistent in maintaining sight alignment and is dependent on visual acuity (clarity of sight).

### *Visual Aids*

Refractive errors are correctable with shooting frames and lenses, rear sight lenses and contact lenses. Non-reflective lenses protect eyes from annoying reflections. Lenses and filters need to be easy to clean as dusty lenses can cause errors and strain.

### *Shooting Frames*



Lens must be correctly centred to avoid distortion – shooting frames and lens holders can be centred before the line of sight regardless of the shooters position. Normal glasses are usually not suitable. Some shooters are choosing to have their prescription in a shooting frame as well as having additional lenses of either +0.25D or -0.25D held in a lens holder before or behind the front sight, these additional

lenses are either added or removed depending on the sight picture being influenced by fatigue or environmental conditions.

### *Choosing Filter Tints:*

Tints selectively filter light by absorbing it and reducing transmission – for example, amber filters blue light. Light is focussed in a tighter range, chromatic blur is reduced and clarity and contrast are enhanced. There is no consensus on which tints are better to use, however the most acceptable are yellow and orange filters of light and medium densities.



As a rule choose the lightest tint you can wear without having to squint or feel uncomfortable and choose the correct tint before competition by comparing the colours on the ground before shooting.

### *Visual Skills:*

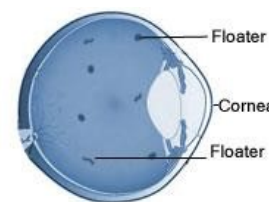
Optimal visual skills improve performance and reduces visual fatigue. Even if you already wear prescription lenses or contact lenses, the visual skills you need for optimum sports performance probably need improvement. If you do not require a vision prescription, your visual skills may still be enhanced through vision training.

Visual training can be prescribed to improve visual stamina, focusing, eye movement control, eye teaming, eye hand coordination and mental rehearsal. In shooting, best accuracy occurs when the eye focuses at the foresight and not at the target at the moment of shot release.

Depth of field is the range of distances which the eyes perceives as being in focus. Maximising depth of field allows the eye to concentrate on the sight picture, without constantly trying to shift focus between the foresight and the aiming mark. The depth of field can be improved by adjusting the rear sight aperture.

### Seeing Spots Before Your Eyes (Floaters)

Floaters are particles within the eye. They are distracting if on line of sight but are normally ignored by the brain. Floaters appear more often with dry eye and dehydration, also stress and fatigue can bring them into consciousness. An eye examination is required. Some simple treatments includes relieving fatigue, treating dry eye, staying hydrated and flicking the eye before firing to move the floaters away.



### Dry Eyes Or Sore Eyes



Dry eye blurs vision; degrade image quality and hence visual performance. Treatments include taking vitamin supplements, using tear supplements, cooling eyes with cold compresses, refreshing lids with saline lid cleans and protecting from wind and glare with sunglasses.

### Preventing Eye Fatigue

Protect the eye from excessive light. Blacken any bright spots or reflections in the fields of vision, on the surface of the gun or sights. A foresight tunnel can be fitted with extensions front and back to reduce glare. Prevent barrel reflections by covering with cloth tape or mirage band.

During aiming, the same receptors are at work and danger of fatigue is significant. An after-image may occur from fatigued receptors. It is important to manage eye fatigue during shooting by avoiding shifting the point of focus too frequently and avoid prolonged aiming (5-8 seconds maximum). Also blink normally, avoid staring, look away during pauses and rest the aiming eye by scoping with the non-aiming eye. When checking inner position, some close eyes, others prefer to avoid pupil fluctuations by looking down with an unfocussed gaze at a dull surface which has even tones of grey (least photo receptor activity), green or blue.

### Full Examination

A full examination is where common eye conditions are detected and treated. The old prescriptions and shooting lenses are measured and compared against the new prescription. Visual skills are assessed and if required, a program of visual training will be designed to improve the skills required for shooting. A full eye examination should be done at least every two years and is covered by Medicare. No referral is required.

Whatever your Target Sport discipline may be, poor visual acuity will stop you realizing your full potential.

Contact Bryan Smith (who resides in Queensland) on 0404 540 497 for a complete eye examination and professional advice on your personal vision requirements.

Postal Address: Bryan Smith, P.O. Box 320, Carina, Qld 4152

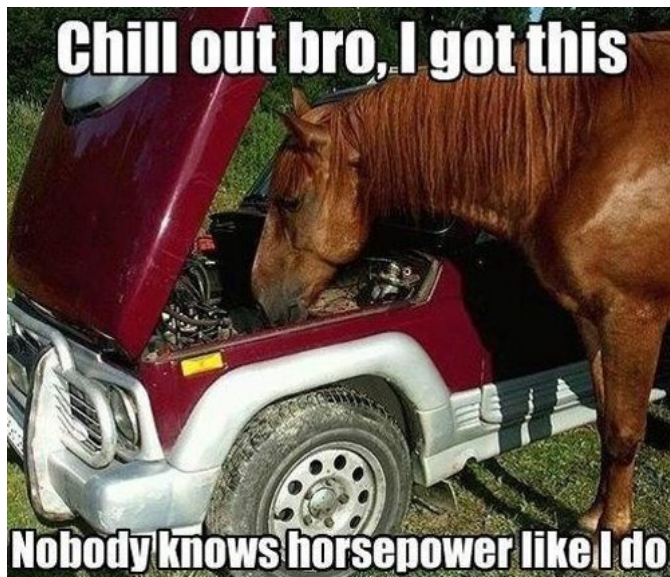
Tel: 0404 540 497 Fax: (07) 3398 8924

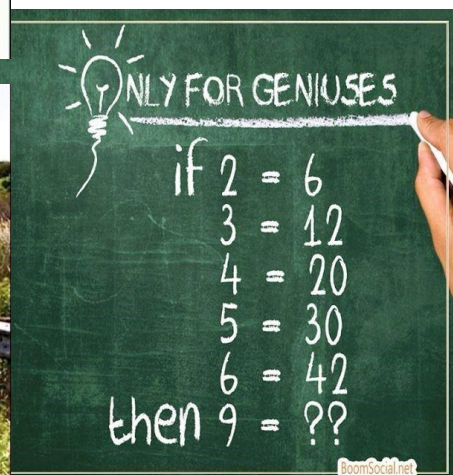
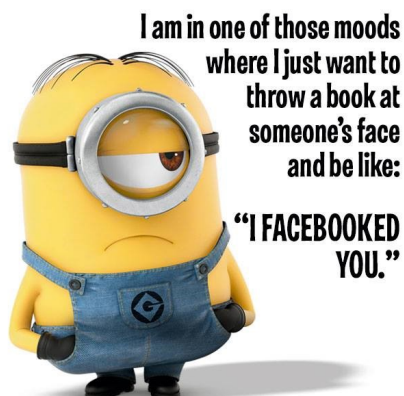
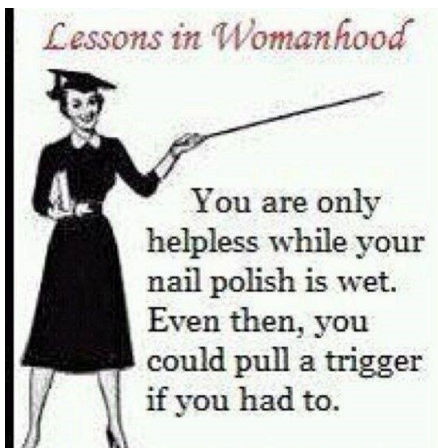
Email: [bryansmith@vsi.net.au](mailto:bryansmith@vsi.net.au)

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LAST BITZ.....





**Dont look, scary part.**

