

SPECIAL POINTS OF INTEREST:

- Northcote 1922 team

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Oceania Shooting Federation Continental Championships 2013



The Oceania championship will be held at SISC—Sydney. Date: 29th Nov—5th Dec

Please note that entries for the Oceania Continental Championships for 2013 are now open for anyone that has an ISSF number to enter into the open or junior individual event.

If your athletes do not have an ISSF number they can apply for one for \$14, the application form is on the AISL website.

Entries will be taken online through the www.ausshooting.org on the calendar page.

Entries cost \$150 AUD per open event and \$100 AUD junior event.

Entries close 29th October, 2013 - late entries as per ISSF/OSF Rules. Please note that ISSF dress code will be enforced.

Please direct any questions to AISL office office@ausshooting.org or (08) 8177 1860

TOP 5 HABITS OF SHOOTERS (AND SOLUTIONS!)

1. **HOLDING TOO LONG.** Many a shooter has been caught holding, holding as if trying to make a good shot into an 11. There is a finite time frame for all shots given that “balance and breathing” (BB) must be considered. Too long a hold will only cause a breakdown in the BB process. Solution? Work with a coach and ask them to time your shots (ideally without weather playing an important role) so that you determine a picture of your perfectly timed shot. Then practice this over and over again.
2. **INEFFECTIVE POSITION.** The shooting sports all require a similar approach—solid position and balance for whatever firearm. Suffice to say that a solid and reliable outcome is just not possible to the shooter who adjusts position at every shoot. Solution? Take more care in the training session (perhaps on Club nights) - take time to understand the elements of what your body is doing—take notes, photos or even a video, to keep you on track. Variances should then be easier to spot and remedy.
3. **ANTICIPATION.** The shooter who anticipates the shot will create another fence over which they must climb, as the anticipation can cause muscular reflexes or even flinching at a time when the firearm should be at its steadiest—when the shot is fired. Solution? Training with a smooth rhythm mindset - working on the external and internal feelings.
4. **LOSS CONCENTRATION / ANXIETY.** So many shooters seem to work so hard on the shot quality, however their mind lets in thoughts about the outcomes (ie results) of previous shots, or doubt about the next shot, to cloud the current shot. Their faith in their performance has taken a dent. Solution? There are numerous concentration games to enhance focus. Training sessions where the process has more emphasis than a score outcome is very beneficial.
5. **PLAIN LAZINESS.** This is a mental fault rather than a physical one, which results in the shooter accepting imperfections in performance. Quality control has “left the building”. The end result is that a good shot is hoped for, not anticipated. Solution? Shooting at blank targets, and pull the focus back to the process. Be sure of the process with every shot fired.

YOU CAN'T WISH IT TO BE RIGHT—YOU HAVE TO MAKE IT SO!

Tricia Van Nus

AISL YOUTH NATIONAL CHAMPIONSHIPS

5th-8th December 2013



BBQ Sat Night



The 2013 Youth National Championships is being held in Sydney from the 5th -8th of December. This is a chance to meet other juniors from all shooting sports and make some great new friends. There will be a BBQ on the Saturday night!

This years AISL Youth National Championships is set to be our biggest yet, with competitions for different age groups and athletes with disabilities.

If you're not an experienced shooter we urge you to come along- bring a friend and try something new. Coaches why not bring a group from your club or state.

If this is something you're interested in be sure to check out the AISL website for more

Information and online entries

ENTRY IS FREE

For online entries and program details please visit our website: www.ausshooting.org



Prizes to be won!

THE "LEAVE YOUR MARK" PROGRAM IN THE USA



The Olympic Shooting Center, home to USA Shooting, on the U.S. Olympic Complex in Colorado Springs, USA is set to undergo a transformation of its 10m ranges that will increase event and training capabilities necessary for world-class performance.

Built in 1985, the Centre is the largest of its kind in the Western Hemisphere and one of the largest in the world and is used for elite and resident athlete training, competitions, national championships, coaching seminars, camps, committee meetings and local clubs.

Although it has been recognized as one of the shooting sport's premier facilities, today it suffers from still using outdated paper target systems.

By October 2013, the Olympic Shooting Centre upgrade will bring the following improvements:

- State-of-the-art 10m electronic scoring systems for all 70 firing points
- Installation of 16 flat screen televisions for improved spectator viewing
- High efficiency lighting over the firing and target lines at 10m and 25m distances
- Necessary technological infrastructure upgrades to stream competition results live via the Internet

With an overall project cost of nearly \$400,000 funding for this project the majority of the project's funding has come from USA Shooting, USA Shooting Team Foundation and the U.S. Olympic Committee.

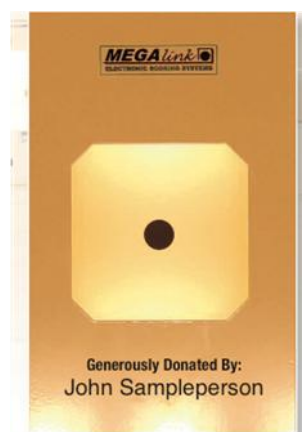
All major international and Olympic rifle and pistol events are fired on electronic scoring systems, providing instantaneous scoring to a tenth of a point with the ability to have results transmitted around the world in real time.

These electronic systems are vital for several reasons. First, they make the competition more fun and easy to follow for fans and spectators. Second, they reduce the costs associated with certified scorers. But most importantly, these electronic scoring systems are required in preparing for and hosting international competitions.

Then the info goes on to "invite" people to be one of 70 individuals to leave a lasting mark at the Olympic Shooting centre by contributing \$1,000 to sponsor and personalize one of these state-of-the-art firing points.

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				Tenex	<p>Olympic standard, medal winning, premium quality cartridges used by experienced club shooters and internationals.</p>
				Tenex Pistol	<p>The highest quality cartridge for semi automatic pistols and rifles, featuring a round nose bullet profile.</p>
				Match	<p>Impressive results from a competition cartridge featuring many attributes of Tenex. Amazing value for money and excellent accuracy.</p>
				Match OSP	<p>Designed to appeal to shooters seeking high quality at a competitive price. Suitable for use in semi automatic pistols and rifles and rapid fire pistols.</p>
				Match Pistol	<p>Softer round with reliable functioning and high accuracy in all popular pistols. Reduced velocity cartridge.</p>
				Team	<p>A great value cartridge for rifle shooters which features the same bullet profile and has a similar feel to Tenex.</p>
				Club	<p>Accurate and reliable mid-range cartridge used in all disciplines up to 50m range. A consistent winner at club competitions.</p>
				Sport	<p>An affordable general purpose cartridge, which is a great quality entry level round.</p>
				Subsonic Hollow	<p>Super accurate and one of the quietest subsonic rounds on the market. A lower velocity hunting cartridge with target shooting accuracy.</p>

ELEY World Cup 2011 medal tally

2011 ISSF World Cup 1 - SYDNEY

50m Men's 3 x 40 Rifle			
50m Women's 3 x 20 Rifle			
25m Sport Pistol Women			
50m Free Pistol Men			
50m Men's Prone			
25m Rapid-Fire Men's Pistol			

2011 ISSF World Cup 2 - CHANGWON

50m Men's 3 x 40 Rifle			
50m Women's 3 x 20 Rifle			
25m Sport Pistol Women			
50m Free Pistol Men			
50m Men's Prone			
25m Rapid-Fire Men's Pistol			

2011 ISSF World Cup 3 - FORT BENNING

50m Men's 3 x 40 Rifle			
50m Women's 3 x 20 Rifle			
25m Sport Pistol Women			
50m Free Pistol Men			
50m Men's Prone			
25m Rapid-Fire Men's Pistol			

2011 ISSF World Cup 4 - MUNICH

50m Men's 3 x 40 Rifle			
50m Women's 3 x 20 Rifle			
25m Sport Pistol Women			
50m Free Pistol Men			
50m Men's Prone			
25m Rapid-Fire Men's Pistol			

2011 ISSF World Cup Final - WROCLAW

50m Men's 3 x 40 Rifle			
25m Sport Pistol Women			
50m Free Pistol Men			
50m Men's Prone			
25m Rapid-Fire Men's Pistol			

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Warren Potent, Dane Sampson and Robyn Van Nus
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Games with batch selected **ELEY** Tenex

Warren Potent

2010 ISSF World Cup Sydney 50m
Prone Gold Medalist, and equalled
world record (600+103.7)

2008 Olympic 50m Prone
Bronze Medalist

The contact details for Target Rifle Australia Ltd
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www.targetammunition.com.au



IS THE WALL THE PROBLEM?

I had the good fortune of listening to Carol Dwek a while ago now, yet her concept of how we approach our work and sport is still firmly lodged in my brain.

Carol talked about “mindset” when applied to athletes, coaches, staff, volunteers. Her concept of Fixed or Growth mindset presented a number of interesting possibilities that I’m sure that all coaches and athletes can utilise.



eg.... **FM = FIXED MINDSET**
GM = GROWTH MINDSET

FM approach...Talent is fixed. nothing can be done to change that—you’ve either got it or not

GM approach...Talent is a malleable quality: a potential that can be developed with effort

THE MINDSET RULES...

FM “LOOK TALENTED AT ALL COSTS, it should look to come naturally”

GM “LEARN, LEARN, LEARN, work hard, effort” EFFORT + TALENT = SUCCESS.

Excellent questions when seeking to determine the mindset ...ask...

“In your opinion, ability is ____% natural talent and ____% effort and practice”

“How did you get so good at _____”

These types of questions give an indication of mindset. Where do we get our mindset ... language – what we believe and value. Remember that a Mindset can be changed over time.

FM praise... “Wow, you are good at this”

GM praise... “Wow, you’ve worked hard to get this process right”

FIXED MINDSET – a guide	GROWTH MINDSET – a guide
Often hide mistakes, has no recipe for recovery from failure, easily give in or blames others	Capitalises on their mistake, works to learn from error, challenges themselves to grow
Likes to stay in their comfort zone and only practice the known	Looks for increasing challenges and level of difficulty
Failure = loss of confidence and humiliation	Failure = temporary setup
Often in self-denial...“it wasn’t me”	Attacks challenges and the unknown
Genius has expectations, which sometimes leads to extreme actions to save face.. eg cheating	Effort is very positive, uses strategic choice, chooses the difficult task, learns to improve
Fixed Mindset Coaches, Officials or athletes do not want feed back from others too much, as it may highlight an error	Happy to take feed-back on board, as a means of self-improvement and willing to share knowledge

The “MINDSET” approach—where is your mind and where do you sit? Is the wall to be gone over, around or through, or is all too hard. Hmmm more thinking to be done.

Tricia Van Nus



7 Steps to Becoming an Elite Athlete

Don't assume you're too old or out of shape to make your dream of becoming an elite athlete come true. The oldest Olympic medallist was **72!** Here are steps you can take towards living your dream:

1. Critically assess your physical condition

The first step is to determine what shape you are currently in. This will help you to select the best training program you will need to follow. If you are 35 years old and your favourite activity is sitting on the couch with a six pack and a bag of chips, you probably aren't cut out to become an Olympian. However, if you are willing to make a few lifestyle changes..... You can get an assessment of your current level of fitness by visiting a local gym and consulting with one of the trainers.

2. Choose a discipline

Are you interested in Air Rifle, 3P and/or Prone. If you are an older athlete, you are more likely to achieve success in a sport that focuses on "mental" rather than purely "physical" strength aspects.

3. Find a place to train

Once you decide which discipline to pursue, you need to start developing your skills. Make the effort to attend the range whenever possible—use the best ammunition that you can afford, and make each shot worth it! Home dry firing works well also. Success comes from the level of work you are prepared to offer.

4. Start competing

If you haven't already started competing at the State and National level, now is the time to do it. It is important in many sports to build a national ranking by competing at certain competitions. TRA/AISL is no different. Many State have a State-based ranking also.

5. Get a coach

This step should be taken at the same time as you start competing. A coach can help you develop your skills, so you can progress to the next level. A coach is sounding board for you to bounce your ideas against—in essence, an essential element of successful shooting.

6. Visualize your success

A training technique used by top athletes is visualization. According to one theory, if you see a perfect golf swing 1,000 times in your mind, it's better practice than actually swinging the golf club 10,000 times. Your coach and the internet are full of valuable information to help you learn about visualization and how it will prepare you to achieve the result you want.

7. Attend the National Championships

Most States run the TRA National Championships in a similar format to the Olympic Games so it is good, high quality practice. Often, the HP and National coaches are present and they will be happy to help or advise—or even conduct a session with you.

THE REST..... IS UP TO YOU



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By Bill Collaros



2013 WRABF WORLD CUP, Plzen CZ

Team Australia

The WRABF World Cup in conjunction with the ERABSF European Championships will be the largest International event of its kind ever held. From major sponsorships to the amount of countries to the 120 shooters per event everything is BIG.

There are 8 matches listed below and there are both individual and team medals up for grabs in all events. There are 3 teams of 3 shooters for each event and we are allowed 3 teams

Air Light & Air Heavy 25meter

Rimfire International Sportier, Light & Heavy 25meter & 50 meter

In Australia we have been training hard and also tooling up to try and match it with the overseas competitors, at the last World Championships we were right up there in the mix behind the USA who dominated, this time the USA only has 3 shooters and we hope to take the lead with a very strong team that has qualified and been built over 2 years.

The full Australian Team is below:
3rd—16th August 2013 Plzen, CZ

Bill Collaros (Captain)
Brett Wilson
Glenn Seaman
Annette Rowe
Greg Schneider (Vice Captain)
Jaegen Peet
Stuart Neal
Geoff Knight
Chris Nocente
Rebecca Richards
Richard Lightfoot (Manager)
Hannah Seaman (Junior)
Mathew Brough



Hopefully we will do Australia Proud over in Plzen, however, there is no rest when we return 12 days later—qualifying starts at the RBA Nationals for the Aus Teams of 2015 World Championships which will be held in Brisbane, these matches are shaping up to be the biggest in Australia's history and are attracting all the top shooters, the HV event is looking to be at capacity of 78 shooters.

Benchrest is growing rapidly down here for one reason or another but whatever the reason it is shooting and we are proud to be part of the TRA banner and all its disciplines.

Next issue will have Results of WRABF World Cup & Australia's Biggest ever Rimfire & Air Rifle Benchrest the RBA Nationals.

**Best Regards
Bill Collaros**



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Anschutz 1913 in Precise.....	\$3,600
Anschutz 1903	\$1,350
Feinwerkbau 2700	\$4,100
Walther KK300 Alutec	\$3,200
Mannell—Special Price	\$3,900
<u>Air Rifles</u>	
Anschutz 9003	\$3,800
Anschutz 8002	\$2,500
Feinwerkbau 700 Alu (Air Rifle)	\$2,700
Feinwerkbau 700 Evolution Top	\$2,100
Walther LG 300 XT Alutec	\$2,200

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(if it is not on the list—just ask us!)

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MENTAL MANAGEMENT SYSTEMS



Thinking & Winning by Lanny Bassham



I have interviewed hundreds of World and Olympic Champions and asked them what they were thinking about while performing at their best.

Interestingly, most say that they were thinking about nothing or very little while winning their event. This makes sense when you consider that when the Conscious mind is quiet the Subconscious can do its best work.

We need to perform subconsciously in big competitions. When we think about winning while performing, we become outcome-oriented instead of performance-oriented and normally over-trying is the result.

Over-trying has caused more good competitors to lose competitions than any other form of mental error.

It is difficult not to think about winning the competition when you are in position to win it. You cannot hide from the score if you are performing well for if you are near the lead and are "score-sensitive" someone will certainly remind you of your place.

Sometimes you want to win so badly that it becomes the most important thing in your life at the moment.

Ask any finalist about wanting it so badly you can taste it. But the taste is bittersweet if wanting it too much keeps you from performing well enough to attain it. Friends tell us to just go out and enjoy the competition.

Yeah, right! It is easy to say but oh so hard to do. But, that is exactly what some of the people we have a difficult time beating ARE doing.

They are working hard in training and working easy in the competition. This is an advantage some of our younger competitors have on us old guys. They still view this as a game. We see it as life or death and it's neither one.

What winning means to each of us is a very individual thing.

MENTAL MANAGEMENT SYSTEMS...cont.

One thing is certain however, your worth as a person is not equal to your score this day. It is more than a game to the serious player but not worth the self-destruction that many competitors do to themselves after a poor performance.

Is there a proper time to think about winning?

Well that depends on your definition of winning. First, there are many winners in a big competition. There are class winners, pro and amateur winners, male-female, junior-senior-veteran winners, and team event winners.

But, there is only one over-all winner of the competition or should be in my opinion. This is the position that every truly competitive person wishes they held. Secondly, there are many ways to win other than finishing first on the leader board.

One could argue that we win whenever we advance down the road to achievement. We win when we learn and we learn more from our struggles up the mountain than by just standing on the summit.

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LOWEY PRODUCTS

<http://loweyproducts.com/>

Have you ever had a look at the Lowey Products website?

Then welcome to Lowey Products of Australia. Lowey Products produces innovative accessories for the sporting shooter, whether a serious or a recreational target shooter we have products that without doubt, will make your sporting experience more enjoyable.



Jason & Debbie Lowe from SA have a range of interesting accessories for the smallbore shooter as well.



BARREL TUNERS



BENCHREST STOCKS



BOLT KNOBS



CLEANING GUIDES



BOLT PROTECTORS

This is a quick sample of the products on offer. With a good "LINKS" and an informative "FAQ" section, this is one website that deserves a look.

<http://loweyproducts.com/>



Found on the Northcote SRC website. This is one of the “gems” of history. The “miniature” rifle teams or clubs were primarily developed from the belief that Smallbore shooting may assist Fullbore shooters in some way, and the clubs and ranges were miniature version of the Fullbore discipline. The picture below is the club’s 1922 Pennant Team

Congratulations Northcote!





STRETCHING FOR SHOOTING—yes I can the groans and moan from here. However I'm not sure that many appreciate the benefit that stretching will afford their bodies.

We heard it all before, yet a glance along most ranges will show that, although the message is out there, the challenge is unheeded.

How many times have we heard...

"I finally settled into the position by the 10th shot or so"

And why is this??? Well, obviously the body was not physically ready to shoot.

A warm body is a responsive body, an alert body and a body that is ready to meet the demands of shooting.

And of course those prone shooters will be thinking— *"yes this stretching stuff is OK for the position or air rifle shooters, but we don't need it in prone"*

Well think again. Imagine assuming your prone position while you are standing up on two feet. It's a most unusual position—muscles really stretched, arms in odd places indeed.

Now consider a body that has been warmed and stretched prior to commencing the actual shooting.

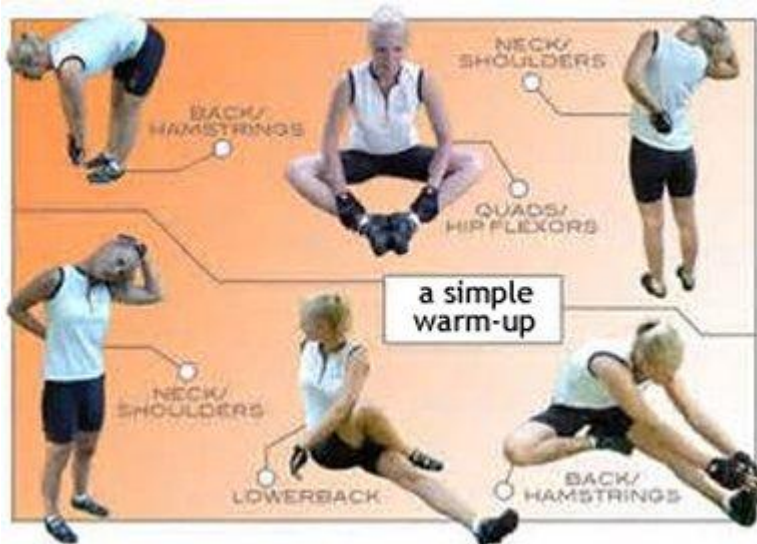
A warmer and stretched body promotes good blood circulation, and the mental benefits of that are amazing, ensuring that the body is less likely to be under stress, and this assists in injury prevention.

So—now you're convinced! Where to start. The essence of an effective stretching program works on the principles of:

- A general warm-up is essential prior to stretching
- Stretches should be undertaken in an ordered fashion...ie head to foot or foot to head
- Stretches should be held for a minimum of 15 seconds to gain the maximum effect
- Stretches should be complementary (ie forward stretch and then backward stretch)
- An effective stretch routine takes as little as 5min before shooting

A quick look at Google will provide numerous posters on stretching, and articles on the "best stretches". There is also material on the TRA website.

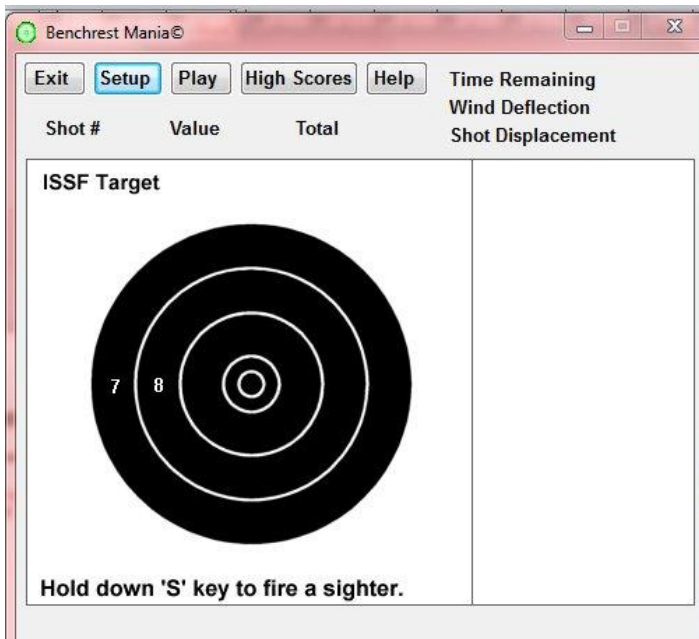
WHEREVER YOU FIND THE INFORMATION—START STRETCHING



FUN & LEARNING IN ONE SIMPLE PIECE OF SOFTWARE

Found a wonderful piece of software recently that is challenging and fun!

<http://www.wrabf.com/> Look at the right hand column, down a bit to find the RIMFIRE BENCHREST GAME—"BENCHREST MANIA" Simple to download and start playing. The "SETUP" tab has a number of variables, and you can create your own set of "HIGH SCORES"



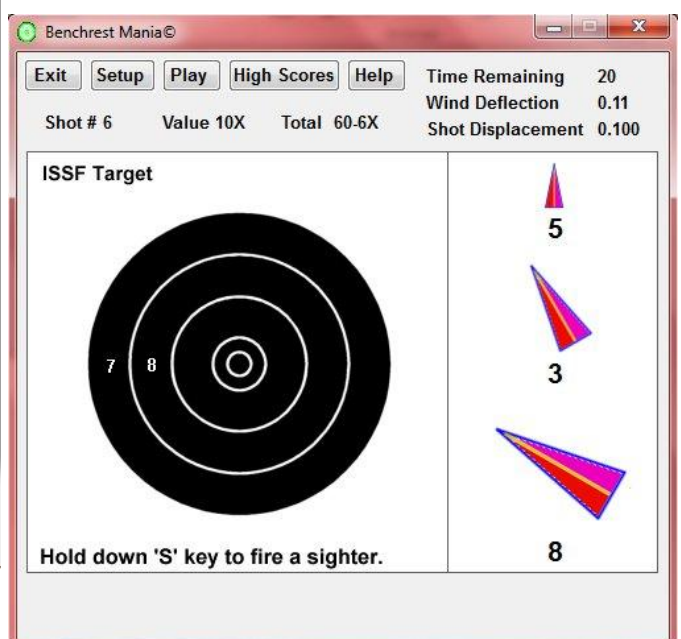
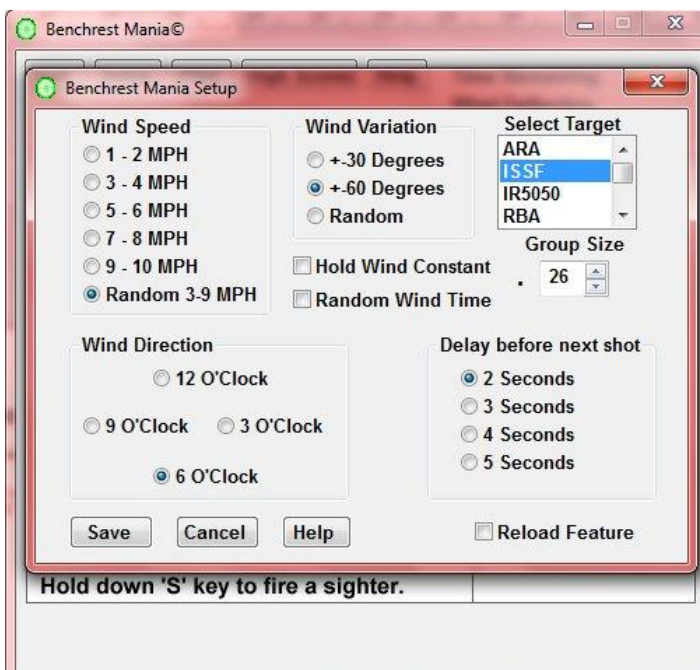
The software allows the user to determine wind direction and speed with a few other variables as well.

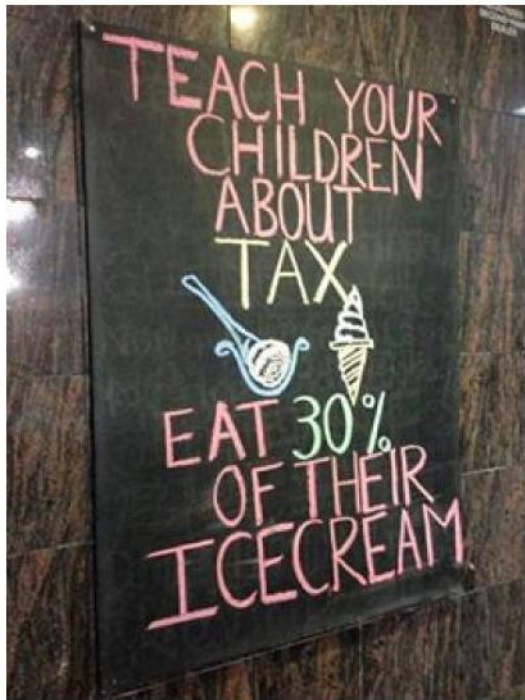
While you might be thinking that it's easy to "fire a shot" (mouse click), it is very interesting to watch the variation in the shot placement when the "flags" change.

This would be fantastic for newer shooters who need to get a grip on the effects of wind, and can take that knowledge out to the range.

There is no charge for this software

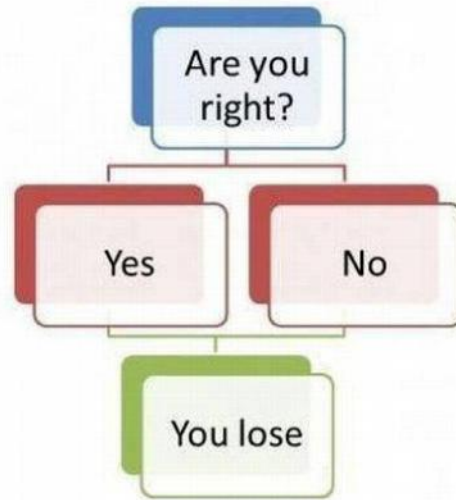
Many thanks to Mr J.W Brossman and our Benchrest buddies for this little gem.





How to argue with a woman

A flowchart



At my Age
I need glasses.



Women are Angels.
And when someone breaks
our wings,
We simply continue to fly....
On a broomstick.
We're flexible like that.



TIME MAGAZINE 1956: "TEACHING FIREARM SAFETY IN THE CLASSROOM."

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