

SPECIAL POINTS OF INTEREST:

- All of it!

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2015 OCEANIA CHAMPIONS

EMMA WOODROOFE—WOMENS 3P

DANE SAMPSON—MENS 3P & PRONE

SUSANNAH SMITH—WOMENS PRONE

MITCHELL BAILEY—JUNIOR PRONE

JENNIFER HENS—WOMENS AIR RIFLE

TORI ROSSITER—JUNIOR WOMENS AIR RIFLE

JACK ROSSITER—MENS AIR RIFLE

2015 OCEANIA CHAMPIONSHIPS—

Day 1 started rather hot and humid for the Mens and Womens 3P event. At the end of the Qualification, Jenna McKenzie (NZ) lead the pack into the Final. The Final went smoothly with Jenna and NZ's Sally Johnston swapping the lead regularly.

Towards the business end of the Final, however Emma Woodroofe moved slowly but surely over her opposition. Things came down to the last shot with Emma still one point behind. The dust settled, and the CRO called a "tie—shoot-off"

Rifles loaded.... "START" and many held their breath. Both girls shot, and the cheer started—Emma has shot a 104.4 for her shoot-off shot, and won the match, and the Quota place for Australia.

She was heard to say that her heart was beating so fast, that the shot was either going to be in the middle, or way off target—we are glad it was the former. The quiet achiever took the Final by storm—congratulations Emma .

Dane Sampson, on the other hand, had a good tussle with Will Godward, however from half way though the Final the result never looked in doubt.

First the NZ shooters fell, and then Jack Rossiter, until it was down to the final shot for Gold and another Quota for Australia.



Always the gentleman, one of Dane's first acts was to hug his mum Robyn.

Then we moved to 50m Prone. Having come back from a challenging year, and with little time to train, Susie Smith took the Womens Prone in convincing fashion, while her daughter Tahlia ran boss over Sue Carlyon, Val McCready and myself. A very popular win, with NZ in 2nd and 3rd.

Mens Prone—After the Qualification, the match was interesting with Dane, Fred Woodhouse and Ryan Taylor (NZ) vying for top spot. The Final was very tight, however by half way, Dane started to draw away and eventually won comfortably, with Ryan and Fred taking the available Quotas and 2nd and 3rd position.

The Junior Mens Prone Final was equally as exciting as Mitchell held his nerve and came away with his first Oceania win.

Finally to the Air Rifle. The women's Final presented the audience with some fine shooting, and the three Australian girls—Jennifer, Emma and Maria Rebling, took the leading position early in the Final. Although Jen's last shot is not something she would like to remember, it was enough to secure her the Gold medal and the Quota place.

A new face emerged at this championships, in the form of Tori Rossiter from SA. She created a new Junior Oceania record in the Qualification, and this pocket rocket was far from done. By mid way through the Final, Tori had stormed to the lead, and was never in doubt—with another Junior Finals record as well. This is one young lady to watch.

The Men's Air Rifle—usually a good tussle between the Aussie boys, and this competition was no different. Although rather hot and humid on the Air Rifle day, the boys provided a fantastic Final to complete the championships.

Dane and Jack went shot for shot, tossing the lead back and forth—and although Dane shot 10.7 and 10.7 for his last two shots and Jack shot 10.8 and 10.2 it was enough for Jack to hold the lead by 0.1 and win the Quota and Oceania title.

The audience could breathe again and congratulate all our medallists, both individual and team (of which there were plenty).

As was said at the time—many thanks to the volunteers to worked hard to make the championships a success. Without the volunteer the “show does not go on!”

For a detailed list of all scores—look at the TRA website www.tra.org.au
The Oceania tab is on the right.





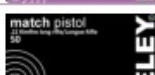



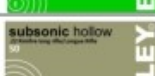
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<http://www.issf-sports.org/news.ashx?newsid=2257>



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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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Fitness Training for Shooters

Successful marksmanship is the product of a complex system, part biological (the shooter), and part mechanical (the rifle). Too often, in our fascination with things mechanical, we forget the human, physical side of the sport.

Shooters should be involved in three kinds of exercise to improve their physical conditioning: 1) Aerobic Exercise to strengthen the cardiovascular system; 2) Anaerobic Exercise (such as weight lifting) to build muscle strength and stamina; and 3) Flexibility exercises.

Strength Training

Weight training also increases your kinesthetic connections and awareness (your ability to notice internal changes in muscle position and tension). The more you utilize your brain-to-muscle connections, the more you will be able to tap into them to correct positional errors and normal, day-to-day changes in muscle tension.”

Improving Flexibility is Key

Coaches stress that flexibility training can be very helpful, even for older, or Benchrest shooters: “Of all aspects of fitness, flexibility is probably the most utilized by shooting athletes, though not consistently in most cases. Flexibility is important for several reasons including injury prevention and positional consistency. The more pliable and flexible your joint capsules, the more readily they will handle unanticipated stress. An athlete who performs flexibility work on a regular basis will have pliable, supple, relaxed muscles that are not bound by constant tensions and immobility.”

Skeletal Muscle System

A modest weight lifting program that is continuous throughout the shooting season is an excellent way to strengthen and tone the muscles. For most individuals, a whole body workout, consisting of 2-3 sets per body part, performed on Monday, Wednesday and Friday is adequate. Start with small weights and increase weight gradually from week to week. Use just enough weight to produce a light to moderate burn within a 12-15 rep range. Train muscle groups in the following sequence; chest, back, shoulders, biceps, triceps, quads, hamstrings, calves and abdominals. It sounds like a lot, but once you are familiar with the exercises and have them set up, the workout should be 45 minutes or less. Specific exercises should be kept to basic compound multiple joint movements, especially for beginners.

In summary, a workout should include a few minutes of stretching, 5-7 minutes on a stationary bike to elevate the core temp and heart rate, followed by a weight routine, moving into a cardio workout (stair stepper, elliptical, etc.) and ending with a light stretch.

Be careful to move with a purpose until the completion of the workout. Often people start strong and motivated only to be derailed by unrelated conversation. Becoming intensely focused on the individual workout and specific goals is highly recommended. The purpose of the weight training is not to become muscle bound, but to tone the muscles to increase strength and stamina. Keep the mind centred, practice visualization and concentration techniques. And above all—HAVE FUN!

TASMANIAN STATE CHAMPIONSHIPS—Looks as if the mainland invaded the recent Tassie champs. Shown with the perpetual trophies for the TSARA championship matches 2015 are

Julie Holcombe English Match Ladies Champion
 Kelvin Corneliusen 50 metre Bench Champion
 Chris Karamoshos Duel Range (20 & 90m) Bench Champion
 Stephen Zunker Short Range (20m) Champion
 Jason Lowe Dual Range and English Match Champion
 Joel Taylor English Match Junior Champion



We had 23 entries consisting of 12 intrastate and 11 local shooters
 6 Intrastate competitors' also shot bench rest.

The weather stayed fine for the whole weekend and local members joined the visitors for a meal at Sheffield on Saturday night

Joel Taylor our upcoming Junior won the English Match Junior Champion keeping a local in the prizes

He shot his first 100 at 20 metre's at the club night immediately before the competition well done Joel

Many THANKS must be made to Ken Hart who made and donated the trophies for the Bench rest completion.

As the trophies which are perpetual and stay in the state, he made small trophies to take home, the scopes on top of the boxes.

We had new medals created for this competition

Again many thanks to all volunteers, scorers and range officers

PRONE		DUAL RANGE			ENGLISH MATCH			
	GR	20m	90m	Total	1	2	3	Total
Lucinda Bennett	A	574	558	1132	183	190	186	559
Phillip Gough	A	578	561	1139	192	190	193	575
Ken Hart	A	588	568	1156	192	194	190	576
Julie Holcombe	A	584	572	1156	196	195	195	586
Paul Janicki	A	585	576	1161	193	191	193	577
Debbie Lowe	A	588	581	1169	197	192	190	579
Jason Lowe	A	592	580	1172	193	198	199	590
Stephen Zunker	A	593	577	1170	195	188	197	580
Michelle Glanville	A	0	0	0	188	195	194	577
Kelvin Corneliusen	B	579	555	1134	187	190	190	567
Michael Poole	B	586	573	1159	188	189	191	568
Nick Scott	B	564	557	1121	190	190	184	564
Robert Scott	B	552	550	1102	185	185	190	560
Joel Taylor	B	569	562	1131	186	183	190	559
Mark Walters	B	578	556	1134	196	193	191	580
Mark Chugg	C	504	523	1027				0
Kyle Janicki	C	580	560	1140	174	188	186	548
Damien Oliver	C	550	539	1089	175	170	173	518
Barry Youd	C	534	541	1075	164	185	184	533

BENCH								
		20M	90M	Total	1	2	3	Total
Julie Holcombe		0	0	0	241.07	242.08	239.05	722.2
Chris Karamoshos		569	591	1160	244.1	244.08	247.09	735.27
Suzanne Neeson		561	586	1147	239.05	239.02	238.06	716.13
Dennis Peacock		569	589	1158	246.09	244.1	247.09	737.28
Bob Spratt		563	584	1147	226.01	239.09	237.05	702.15
Kelvin Corneliusen		0	0	0	246.1	245.09	249.1	740.29



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Is this the winning Edge ?

In recent years I have been searching for a well priced alternative to more expensive ammunitions for training and shooting club competitions. I thought I had found a replacement to suit my budget when Eley 'Team' hit the market a few years ago.

However it is no longer manufactured and my search for good quality ammunition at a price around that \$15 mark per box has started again. Eley 'Edge' is the replacement for Team and so I decided it was worth investigating.

To quote from the Eley website:

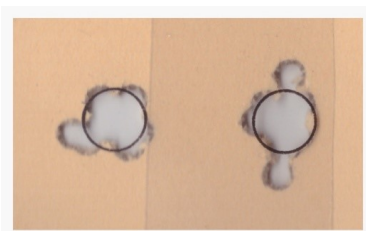
“This advanced, contemporary cartridge is instantly recognisable by its matt-black oxidised finish. Scientifically developed to microscopically increase the friction between the case and the projectile, the resulting stabilised projectile release force delivers greater internal ballistic consistency ultimately providing the shooter with more consistent projectile flight. ELEY edge is part of our elite competition range and benefits from ELEY tenex technology such as a flat nose bullet profile.”

Therefore I decided to test Edge to evaluate its performance. To do this in a manner that was scientific enough for me to draw some evidence based conclusions I decided to test a number of batches at the SISC testing range. As a matter of interest I decided to use my two rifles, firstly my 1813 Anschütz action with a Lilja barrel in a precise aluminium stock and secondly my 1975 1413 Anschütz stock with an 18 series action and a Maddco barrel.

Below is a picture of a rifle (not one of mine because I had to pose this picture as I forgot to take any pictures during my testing) set up in the jig in the testing range. I am old school so instead of using the technical data from the electronic target on the test range which doesn't give a life size representation of the group, I placed a target on the machine to give a test group. That way I had no issues interpreting the results.



Below are the groups that I achieved. I overlayed a transparency with a 10mm diameter circle on it and placed it centrally on the group.



Eley Edge 1068 Lilja barrel



Eley Edge 1068 Maddco barrel



Eley Edge 1065 Lilja barrel



Eley Edge 1065 Maddco barrel



Eley Edge 1066 Lilja Barrel



Eley Edge 1066 Maddco barrel

I found the results to be very satisfactory and believe that I could happily select a batch for each rifle from my limited testing. Which ones would you choose? I like the groups that are basically round so I would choose the 1066 for the Maddco barrel for sure and the same for the Lilja. I could have shot more shots in each group and cleaned the barrel after each batch, but I only had limited time and money so I thought my processes were adequate.

Here are a few of my beliefs about testing:

- Each ammunition manufacturer makes a range of products and batches. This makes ammunition selection very difficult, expensive and time consuming if you are going to do a lot of testing.
- Some rifles seem to like products from a single manufacturer.
- Certain speeds of ammunition seem to suit certain rifles.
- Testing can find batches that suit any particular rifle if it is in good condition.
- Price doesn't always mean you will get a good quality result in your rifle
- Because barrels wear over time it is wise to test reasonably regularly if you are going to get the best ammunition for your rifle.

Conclusion:

On the basis of my testing of Edge I believe that it does offer the shooter a consistent result and value for money when matched to a rifle. I would recommend it to anyone as worthy of testing. Eley allow it to be tested on their testing ranges and also on their new mobile testing facilities. Therefore they must have confidence in their product.

I know that at our Nationals this year a certain experienced shooter won a voucher to test on the test range at SISC and was very pleased with his test results with Edge and gladly parted with his hard earned cash for 7000 or so rounds.

Jim Brown
TRA Director



Introducing the TORFEAN SMALLBORE RIFLE SHOOTING CLUB.

Now the question may be—where is it. Torfeanis a state/region with a small population in **Wales**. Its biggest cities and towns include **Cwmbran**, **Pontypool** and **Blaenavon**.

History of the Club.

Torfaen Rifle Club, was formed early in 1983. The purpose and main aim of the club was to obtain a suitable piece of land to build an outdoor 50 metre shooting range incorporating .22 and air ranges. A lot of research and effort was put in to try and achieve our goal.

The original membership was drawn from local clubs, South Wales Switchgear, Cwmbran and Spencer Works who all knew of the need of an outdoor facility. Although it must be said that the majority of the membership came from the parent club ICI Fibres Pontypool. When ICI Fibres closed the sports and social complex, including the indoor shooting range, the priorities of Torfaen Rifle Club had to be changed to find an alternative shooting range.

Finance is always major factor in any club, I can remember the final meeting of ICI Fibres rifle club when all the shares of the assets was given out, £31 issued to each member. We all accepted our cheques, trooped up to Paul who was our first Treasurer and handed it straight over. This was the financial base of the club.

The Sports and social complex was closed and became a local Country Club. Builders, wanting to install snooker tables had destroyed the original shooting facility, and then found that they didn't have the necessary headroom. The New owners (at a cost of £1,000) agreed for us to use the old indoor range. We then had to gut, rebuild and re-licence the range, at our own expense. Unfortunately, it was only a short-lived home as the Country Club went bankrupt after only 18 months and in May 1987 we were homeless again. This was the most important 18 months in the club's history. It galvanised the club, Gwent Police rifle club and new members joined us.

The Club survived whilst the search for a permanent indoor range was undertaken. It was the negotiations with Torfaen Borough Council that finally provided us with a new home underneath the grandstand at Pontypool Park. The range was constructed mainly by members and with the help of local industry, Torfaen Borough Council, The Sports Council for Wales and the National Smallbore Rifle Association. This took the best part of two years to construct also battling on with the shooting side of things, as we were still competing in national and individual competitions.

The range was opened in December 1990, and provided us with a secure home on which to build our membership. With increasing membership and the club winning the prestigious Spooner cup at the National Championships at Bisley 1985, the club really started its forward thrust for success.



The Trofean Club itself has a 25 metre indoor range with 5 firing points and can cater for kneeling, standing or prone .22 rimfire shooters.

The range can also cater for air rifle shooting with a 10 meter returning target system for one firing point. The indoor range is primarily used during winter evenings. The club also boasts a full set of electronic targets.



We also have the use of 2 outdoor ranges. The first range is called 'Lower Parc' situated approximately 10 miles away. Set in a beautiful location. The range is a 50 metres range and is used by our shooters for 50m practice and 50m league competitions they have entered.

The second range is a little further away at Long Ashton near Bristol.



This range boasts 20 totally enclosed firing points out to 50 metres and 10 enclosed firing points out to 100 metres.

The club uses this range to host our Open competitions. In 2013 the club hosted the first full electronic open competition in Wales, with 20 electronic targets being used.



Editor: This looks like one amazing club!

5 THINGS THAT WOULD HAVE MADE ME BETTER HAD I KNOWN EARLIER

Aug 12, 2015—Adapted from an article by Ian Hawkins



“Recently one of my children...asked me: ‘Dad.....If you could go back 40 years, what would you have liked to know then that would have made you do things differently?’”

It’s a great question isn’t it? And it got me thinking, what are the things that I wish I had known earlier that would have made me better. One of the most powerful things that life has taught me is that you can learn the slow way through trial and error, or you can learn much faster from people who have tried things, made mistakes and can pass on those lessons.

With that in mind, I have analysed the points raised in this article and from the list I have chosen the 5 key things I have learned that apply to being a better Sportsman, Dad, Husband and Man. I have also given my take on them and how you can apply them to your life:

1. BECOME THE PILOT OF YOUR LIFE

My take: Take full responsibility for your own life and stop being a passenger: So much happens in our lives that is out of our control.

However, high performers in all areas of life know that the key is taking full responsibility for where you are at in your life. Yes, what others do can impact your life, but if you take full responsibility for where you are at and where you are headed, you stop accepting that you have no options, you are empowered to drive change and you can go out and take action to change the areas that you are not happy with.

2. KEEP YOUR EYES ON THE PRIZE

My take: Have goals and chase after them.

A real game changer. We often spend plenty of time discussing our future and what we want in a general sense, but we did not have written goals for the most important areas in our life, and a plan of how to get there.

How do you know where you are going if you don’t have a map or a plan? And how do you know when you get there? When you have written goals, then learn how to upgrade these goals and how to chase them passionately, life becomes exciting again.

3. YOUR ATTITUDE CHANGES YOUR REALITY

My take: You tend to get what you focus on. When you focus on the positive, you attract more of the same.

This one was hard for me to grasp at first but it works. In basic scientific terms, the Reticular Activating System (RAS) is the part of your brain that identifies the key things that you have asked it to find for you.

For example, if you decide that you really want a particular car in the future, your RAS has a clear focus, and you start seeing that car everywhere. They have always been there, you just hadn't noticed as much before.

The same thing happened to me when my wife was pregnant. I'd never noticed there were so many pregnant women until it became my focus and suddenly they were everywhere. You get what you focus on. So what do you want?

4. YOU MUST GIVE TO RECEIVE

My take: When you look to give to others first instead of focussing on "what's in it for me", you get people giving back to you.

And you actually become far happier when you focus on helping others, lifting people up instead of bringing them down and seeing where you can contribute instead of asking what am I going to get.

5. BE PRO-ACTIVE RATHER THAN REACTIVE

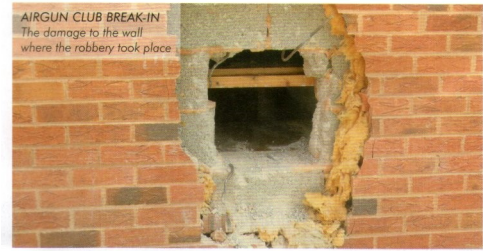
My take: Make what you want in life happen, don't wait for what you don't want to happen to you.

Decide what you want in life, and find out how to get it. Somethings might be easier than you think.

From a career perspective, it is like your dream job, rarely does someone come and tap you on the shoulder and offer it to you, you have to do the research, learn some new skills and most importantly, take action.

NOT TRYING TO FRIGHTEN ANYONE, BUT..... This is the extent that thieves went to in the UK recently, to steal eighteen .22 rifles and six air rifle from a local club. Through the brick and block wall.

Thieves that were very determined!



A FANTASTIC INNOVATION FOR NEW SHOOTERS.



This invention is simply stunning, and the easiest way to introduce a sling to the new shooter, in a foolproof way.

No longer will clubs need to have jackets in multiple sizes and shapes—this device eliminates the need and the club logo can be put on the front! Great for “come-try” days.

To see the full impact of the “TenPointNine Principle” you need to go to their website at

<http://www.tenpointnine.com/Articles.asp?ID=297>

Watch how easily the “new” shooters are kitted up and get shooting. It’s simple and effective. Is it available in Australia? Not sure, however they could well be ordered from the UK

May everyone enjoy a Happy Christmas, and a very successful 2016.





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Preloading the Process

How can I increase the probability of having a good performance?"

This question has been asked by several different athletes in a variety of sports. A college basketball player said to me that he gets nervous on free throws and has doubt creep in his mind. A professional golfer said he has trouble making a decision and doubts himself over the ball. A high school sporting clays shooter admitted he has no plan before shooting the pair, he just goes with his gut feeling.



It's amazing how we can overlook something so simple and go through the motions. This is a common mental error which can be prevented.

I ask all my clients the following, "Do you have a systematic approach to breaking down the task you are faced with?" The answer is usually something like "well, kind of".

When it comes to a systematic approach, there is no "kind of". A systematic approach requires specific order and discipline to follow that order every time.

Preloading is what I teach to help the individual have a consistent way to breakdown the task and improve the probability he will make the correct decision. This is a three step process which promotes the outcome the individual desires.

The golfer should determine what order is best for them and follow the chosen order every time on every shot. It doesn't matter if the order is lie, conditions and then yardage or if the order is yardage, conditions and lie. The consistency in following the order helps to promote that the individual will take into account all important information about the shot he is facing.

The same goes for the sporting clays shooter. He needs to have a specific order of how he will shoot the pair. If the order is break point of first bird, break point of second bird and hold point, than it should stay that way on every station. The shooter cannot afford to over look the first bird and assume he will be successful. The purpose for having a strategy is to improve the probability you will make the right decision.

Second, you must commit to the strategy. This means you need to be 100% sold on the decision made. A common mistake athletes make is they don't commit to the strategy and then second guess themselves right before the action. This should never happen.

It doesn't matter if you are correct in your strategy, what matters is that you are 100% committed to that strategy.

Third, you must mentally rehearse the strategy you committed to. This part of the Preload is important because it programs the subconscious with what you want it to do at the same time sending a positive imprint into the Self-Image that "it is like you" to do this task well.

This also directs the focus to the specific task and away from distractions. Having the focus of performing the strategy correctly promotes you will be successful during the action.

First, you must have a strategy.

The strategy should be a defined order on how you think about the situation you are in. A golfer needs to look at the lie, yardage and conditions before choosing a shot and club. A sporting clays shooter needs to look at where to break the first bird and second bird, as well as where the hold point is.

The key to making the best decision is to have a mental checklist in the same order every time.

The next time you are faced with a task, Preload the process by following these steps:

- ⇒ Develop a strategy,
- ⇒ Commit to the strategy
- ⇒ Rehearse the strategy.

It will help you stay focused on the task and allow you the ability to go into the task with more confidence and trust.

Troy Bassham, Master Level Mental Management Coach and Director of Junior Development, author of ["Attainment - The 12 Elements of Elite Performance"](#)

Mental Management®
for Shooting Sports



HAVE YOU SEEN THE FIRST ITALIAN COMPETITION AIR RIFLE?

- THE TECHNOLOGY OF PARDINI
- THE EXPERIENCE OF NICCOLO' CAMPRIANI
- THE ELEGANCE OF MADE IN ITALY

"Made in Italy" stands for elegance, quality, and originality since the beginning of time.

Italy is the country of the small entrepreneur, the artisans, the technician-artist. It is the home of all those who know that working well is important, but at same time who don't want to abandon creativity and genius in their products. For this creative side half the world envies us, because if it is true that an artist without technique cannot realize his vision, then a technician without art will be competent but never excellent. This is how my encounter with one of those "artisans" of the XXI century, Gianpiero Pardini, leads to the birth of the first professional air rifle made in Italy.

It all began the summer 2010. At that time I was neither world champion nor Olympic champion, but I was simply a passionate engineering student and a promising shooter (if you overlook my last shots). Yes, I was talented, but at the same time I knew my weaknesses, where most definitely the approach on the target stood out. In that stage I committed my most frequent mistakes, which then in return manifested punctually the moment I was to pull the trigger.

In an attempt to find a solution, I figured out something drastic: constantly staying in position, maintaining steady muscle tonic and therefore eliminating the delicate stage of initial positioning. My trainings consisted of shooting without going out of position for loading, reinforcing my body's resistance, and my results improved at surprising speed. Prone, standing, kneeling, the position did not matter, as soon as I shot one shot, I reloaded in position and I was already prepared to trigger the next one. For the first time in my life I tasted what the Americans call the "flow", a moment where shooting is relatively easy and straightforward.

The technique I used required that the loading mechanism was close enough to be easily reachable while in position. This backward location was typical of the bolt of a small-bore rifle, while at that time existing air rifles were characterized with a notable distance from trigger to loading chamber. Ergo, to load an air rifle I was forced to use a tripod and come out of position for loading between one shot and another.

I would like to be clear: it is possible to shoot good scores even if you are not loading in position, but to me it didn't seem as easy, especially in situations with major tension. So, after one of the many frustrating air rifle trainings I confessed my thoughts to Gianpiero Pardini, who in his youth had been an international shooter.

I expected a pat on the back, a simple "don't give up" and I would have been happy with it, but instead of an answer I saw Gianpiero smiling a secretive smile and giving a thoughtful look towards the ceiling.

"It is possible..."

Three years have passed since that day, and after hundreds of hours of development and work we are excited to present the new Pardini air rifle:

- *a barrel made and selected at Pardini factory*
- *a unique and patented absorber system to prevent recoiling*
- *a shaft with multiple regulation possibilities, designed by shooters for shooters*
- *and finally, a loading system significantly closer to the shooter, a small change that opens a world for new training methods and innovative shooting techniques*

This rifle is the answer to a new way to perceive the shooting sport, a way that the international shooting federation is aiming for, by shortening preparation and competition time which pushes the shooters to quickly settle down in position and adopt a faster pace.

A system has changed, not just a detail, and by offering the possibility of loading in position we want to convince the shooters to see these changes not as risks, but as a new opportunity. An all-Italian rifle, quality insured by the Pardini brand, designed by the shooters of today, for the champions of tomorrow.

Best regards, and good luck!
Nicco



Just Google Pardini Air rifle for suppliers, reviews, models and cost. The model shown is the GPR I TOP

Postal International Matches 2015

Ever wondered about the results of those matches that we shoot at the TRA National Championships? Here are the results of the 2015 events. They are conducted by the UK Federation every year, and will be again in 2016. The teams of special interest are the Womens, and Junior teams—are you going to be there to participate?

Dewar

Great Britain	7833
United States of America	7706
Canada	7536 (unofficial)
South Africa	Not shot

Randle

Great Britain	3996
United States of America	3983
South Africa	Not shot

Lord Wakefield

Great Britain	5921
New Zealand	5885
Australia	5872
Canada	5869 (unofficial)
South Africa	5854
United States of America	5832

Drew

Junior Men – Team of 3

South Africa	1760
Australia	1744
United States of America	1722
Great Britain	1715

Junior Women – Team of 3

South Africa	1732
United States of America	1708
Australia	1666
Great Britain	Not shot

Junior – Team of 10

South Africa	5802
Australia	5690
United States of America	5661
Great Britain	Not shot

Congratulations to all shooters who shot in the 2015 teams.

Come ready to participate in 2016 in Melbourne.

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.

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.

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Email: sales@targetriflesa.com
Shop hours are 10.00a.m. - 4.00p.m. Tues — Sats.



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

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

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

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

KEEP A PERFORMANCE JOURNAL—Mental Management

3 Reasons to Keep a Journal

Most of us take a lesson from a coach at some time in our life and we are often self-coached every time we practice or compete.

Has this ever happened to you? Your coach asks you “How have you been doing?” and you say something like “OK, I guess!”

You say that because you cannot say with precision what you have been doing because you have no record of it. I believe that the primary reason people do not keep a record in a performance journal is that they have never been given a really good reason to do it and because they have never been taught how to do it.

OK! Here is why you **MUST** record your progress in a Performance Journal. I’ll give you three reasons. First, because you cannot manage what you do not measure.

You need to have a plan to reach your goals. So, you set a goal, make a plan and go to a competition. If you have a well-documented performance journal you can easily determine if your plan failed or you just failed to work your plan.

Winning is not an accident. You must plan your work, work your plan and be accountable.

By referring to the performance journal you can see what went on in the training session or competition, what worked and what did not work, what the objective of each session was and if it was achieved.

How does a coach know this amount of detail if someone does not record it?

I believe that the primary benefit of a performance journal is to build Self-Image.

Self-Image is built primarily by imprinting both real and rehearsed images. Every time we think about something it imprints and shapes our Self-Image. Talking about a bad shot is a fine way to cause it to become a habit.

We become what we think and talk about. Want to have bad shots frequently, just talk about your failures to everyone. It also seems that mental images that are written down have a greater impact on the Self-Image than those that we simply talk about.

If you really want to change your Self-Image make it a habit of writing down what you wish to have happen. You tend to become what you write about.

Three Reasons Your Competition Won’t Keep a Performance Journal.

First, they often keep a diary not a journal. My definition of a diary is to record your impressions, good and bad, of what happened today. Recording the statistics can be helpful and we do this as well in a [Performance Journal](#) but if you record your mistakes you are making a huge mental error and the Self-Image suffers.

Let’s say you have a bad day on the range and you record all of your failures and just how you performed them. The Principle of Reinforcement works against you big time.

You have just improved the chance of performing poorly again in the future by writing them down in your diary.

A Performance Journal, by my definition, has no references to bad experiences or poor performances. It is a performance journal not a “lack of performance” journal.

Secondly, most competitors do not know how to keep a performance journal.

OK, so what should be in a Performance Journal? I recommend that you record critical information in a journal every day at the end of practice. You should record the date, location, time started and total time spent, weather conditions, what you did (no negative here, just record what you practiced), what you did well, what you need to find solutions for and your goals for the future.

You should have an equipment page that is constantly updated every time you change anything.

You need a competition page to record your scores in competition and an easy way to relate them to the performance analysis pages.

Keep your performance analysis journal where you can record this information immediately after a day of practice or competition. You can remember things only so long, so do your recording before you leave to head home.

Finally, most competitors will not keep a journal because they are just lazy. Look, if you are shooting just to have fun this section may not be for you but if you want to improve you must separate yourself from

the others in your dedication. I understand, I do not like to document things either but I do it because not doing it is just not acceptable.

It is not acceptable to:

- be unable to remember what I have or have not done.
- make the same mistakes over and over because I did not record the solutions
- not know if my plan is correct or if it is working at all.
- be defeated by someone keeping a Performance Journal.
- beat myself because I’m just too lazy to do what is needed to win!

A Performance Journal will yield great benefits to you if you are a competitor or a coach.

Ask any competitor who keeps a “PJ” “How is it going?” and see if he pulls out his Performance Journal and shows you.

Performance Analysis, the performance journal that we recommend and sell, is designed to do all of the things that I mentioned above in the article and to grow your Self-Image circle at the same time.

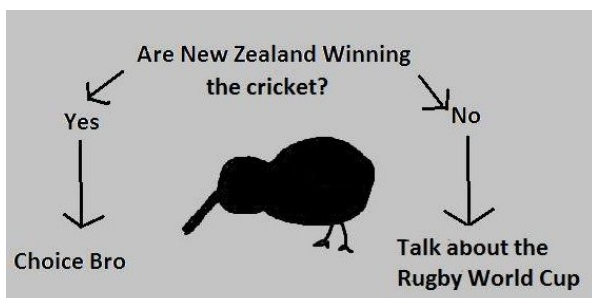
We do this by encouraging the performer to fill out the success analysis, solution analysis and goal statement steps in our prepared sheets. —Lanny Bassham

BTW—the TRA “journal” sheets are available on the TRA website and fit to this criteria in every way - <http://www.tra.org.au/coach.html>
Editor

LAST BITZ



Alcohol is not in my vodkabulary.
However, I looked it up on
whiskeypedia and learned
if you drink too much of it,
it's likely tequilya!



Exercises for Over 55's

Stand on a comfortable surface.

With 5lb potato sack in each hand, extend you arms horizontally & hold for one minute, then relax.

Each day you'll find that you can hold this position a little longer.

After 2 weeks, move up to 10 lb potato sacks.

After 1 month try 50 lb potato sacks.

Eventually, you will be able to lift 100 lb sacks in each hand, holding you arms straight for 1 minute.

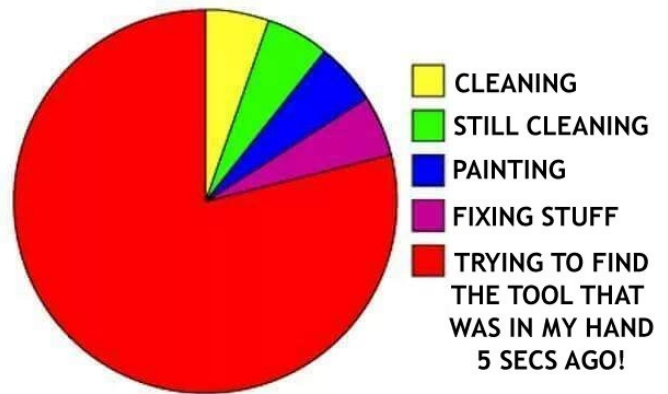
After you feel confident at this level... *put a potato in each sack !!!*

A friend said: "my cat died....and I want another just like it"

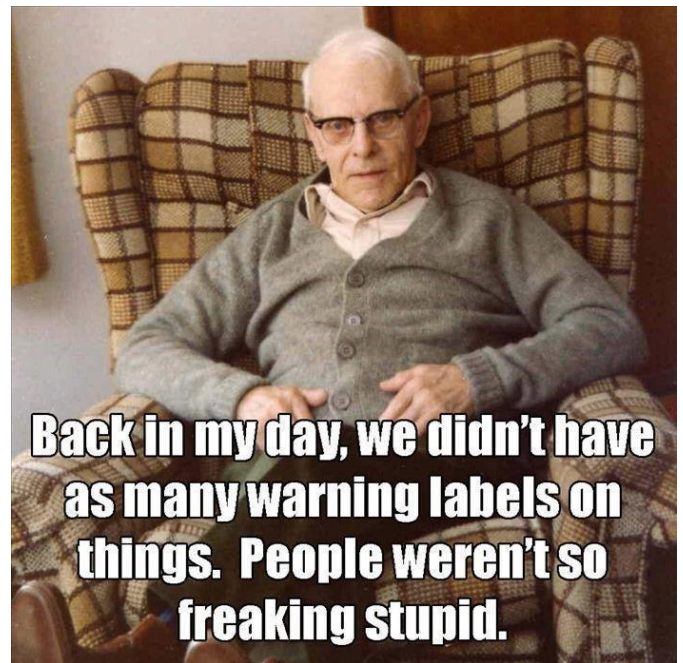
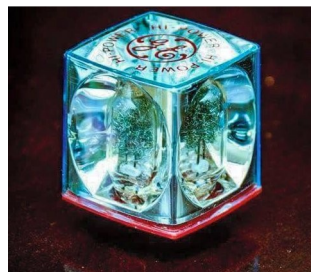
I thought: "why in \$*\$% would you want two dead cats?"



TIME SPENT IN THE GARAGE/SHED



KNOW WHAT THIS IS?



"Excuse me waiter... there's a hare in my pancakes."

