

SPECIAL POINTS OF INTEREST:

- 2012 TRA NATIONALS
- PARA MAGIC
- OCEANIA NEWS

INSIDE THIS ISSUE:

2011 OCEANA CHAMPS	2
TRA NATIONALS	3-5
CLUB VIEW	6-7
OCEANIA NEWS	8-9
COACH CORNER	10
EDUCATION COURSES	11
LANNY BASSHAM	12-13
OCEANIA NEWS	15
AUS CUP FINAL	16-17
BENCHREST NEWS	18-19
FRONT SIGHTS	18-19
PARA MAGIC	20-21
LAST BITZ	22

Tricia Van Nus
 COACHING EXCELLENCE
 ABN 5518278592
 5 AZENBIS CRT, ASCOT WA 6104
 Mob 0427446050
 Email: trn59@gmail.com
 AUSTRALIA'S NEWEST
 SCATT DEALER.
 SCATT MACHINES & PARTS

TRA Ltd PRESIDENT'S REPORT

The TRA board has been active these last few months.

Of great importance to many smallbore shooters will be the news that a TRA subsidiary, Target Ammunition Pty Ltd, has been awarded the sole agency for Eley ammunition in Australia.

The first very large consignment of Eley target ammunition is on the way, and should be here in the second half of January.

When it arrives, we should be able to correct the supply drought of this much sought-after brand. And we intend that supplies will, in future, be readily available.

However, the big news is that it will also mean significant price cuts to shooters.

We are currently working on the final details of pricing, but we are confident that all shooters will be very pleasantly surprised at the affordability of this "ammunition-of-choice". More on this in the near future.

I should acknowledge the work done by one of the TRA directors, Scott Wrigley, in achieving this great result for all of us. Scott initiated the process, and has guided it through to a successful completion. A big thanks, Scott!

Many of you know about the way in which Australian International Shooting Limited has brought a much-needed professionalism to lifting the performance of our elite shooters competing in Olympic Games, Commonwealth Games, and World Championships.

AI SL can only work with the elite shooters we develop from the grassroots up, though.

If TRA does not do its job in encouraging and developing promising smallbore and air rifle shooters, AISL will have no elite shooters to take to the next level.

If our undoubted success in the international arena declines, we lose a valuable opportunity to promote our sport to the general public.

TRA Ltd CHAIRMAN'S REPORT...continued

TRA has moved to correct what the Board has seen as a serious deficiency in our efforts to develop promising shooters.

The establishment of a National Development Team has been agreed, with funding being sought from AISL to ensure that it is managed effectively and is successful in its objectives.

It is essential that the TRA National Development Team meshes perfectly with AISL's own objectives, and we are working with AISL to ensure that this happens. I'm hopeful of being able to publish the full details of this new initiative in the near future, and then getting on with the job of making it happen.

Good shooting!
Clay Frederick
TRA President

OUR 2011 OCEANIA CHAMPIONS



Will Godward
Mens Air & Mens 3P

Edwin Gouw
Junior Air



Robyn Van Nus
Women's 3P



Warren Potent
Men's Prone



Matthew Smith
Junior Prone

TEAM MEDALS:

Many of the teams took medals. See page 8 for info and photos. Full results are available through the AISL website....

<http://www.ausshooting.org/index.php>



PERTH WA 2 April to 10 April 2012

Venues

- **Smallbore and Benchrest** – Harrison Range, off Alfred Road (West), Swanbourne
- **Air Rifle** – Claremont PCYC, Lapsley Road, Claremont
- **Presentation Dinner** – East Fremantle Yacht Club,
base of Petra Street, East Fremantle.

PLEASE NOTE

All competitors **before** entering W.A. must hold a valid **temporary** firearms permit
Issued by the W.A. Police Department for the duration of their stay.

A permit can be free of charge if details are provided to the organisers by
1st March 2012. Otherwise normal permit application charges will apply.

Please complete back of Entry Form.

Firearms Storage – an armoury will be provided at Harrison Range

All entries must compete in Open category and

- Entry into all other categories is included in Open entry fee and
- **All** entries will be in **A** Grade until suitably endorsed averages are provided.
- Appropriate squadding arrangements will only be made to enable sharing of equipment if a suitable note is made on the Entry Form.
- Consideration to provide adequate time between squads for contestants in events running concurrently will be made where possible but this cannot be guaranteed.

COMPETITION CONDITIONS

- The Nationals will be conducted in accordance with TRA endorsed ISSF and Australian Supplementary Rules.
- WASRA reserves the right to amend the program if necessary.
- Current Membership Registration Cards must be presented at time of registration.
- Squadding details will be provided at time of registration.
- Air Rifle will use single targets on TCMs.
- Targets for all 50m/90m events are standard TRA adopted paper targets - no TCM.
Targets for 20m rifle are std TRA targets, 20m benchrest targets will be WA/SA size.
- Bill Eddy Dual Range Championship is 20m and 90m ranges.
- Every squad will finish each days shooting before the next squad starts.
- Right and left- handed benches with standard chairs will be available but no rests.
- Shooting Mats will not be provided so personal shooting mats will be permitted.

A State Association or Club official must endorse a competitor's average scores notification.

See next page..



PROGRAM

MONDAY 2 nd April 9am	Practice Day	
TUESDAY 3 rd April 8:30am	3 x 40 Free Rifle Open Championship Includes IPC match	Open Championship, IPC Championship Junior Championship, Open State Teams Veteran Championship, Junior State Teams
WEDNESDAY 4 th April 8:30am 11:45am 8:30am 4:00pm	3 x 20 Sport Rifle Open Championship Includes IPC match Benchrest Open 50m Championship - Day 1 (50m x 60shots) Air Rifle Badge Match IPC Prone and Final	Open Championship, IPC Championship Women Championship, Open State Teams Junior Championship, Junior State Teams Veteran Championship Open Championship (120 shot) Junior Championship (120 shot) Veteran Championship (120 shot) Women &, Junior Championships (60 shot) IPC Prone Air Rifle Championships
THURSDAY 5 th April 8:30am 1:30pm 8:30am	Air Rifle Open Championship (1 x 60, Women 1 x 40) and Final Includes IPC Standing and Final Benchrest Open 50m Championship - Day 2 (50m x 60shots)	Open Championship, IPC Championship Women's Championship 1 x 40 Junior Championship 1 x 60 Veteran Championship 1 x 60 Champion of State Champions 10m Open State Teams, Junior State Teams Graded Championship, Open State Teams, Junior State Teams (120 shot)
FRIDAY 6 th April 8:30am	Jim Smith Open Championship (50m Prone 1st 60 shots) Includes IPC Prone Match	50m Junior Prone Championship 50m Under 18 Junior Prone Championship 50m Under 16 Junior Prone Championship 50m Women's Prone Championship Selection of Slazenger Team Selection Lord Wakefield Team
SATURDAY 7 th April 8:30am 1:30pm	Jim Smith Open Championship (50m Prone 2nd 60 shot) Champion of State 50m Champions	Open Championship (120 shot), Veteran Championship (120 shot), Junior Prone (120 shot), Under 18 Junior Prone (120 shot), Under 16 Junior Prone (120 shot) Slazenger Teams Match, Lord Wakefield Match Graded Championship (120 shot)
SUNDAY 8 th April 8:30am 8:30am	Bill Eddy Dual Range Championship Short Range Match (1 x 60 - 20m) Benchrest Short Range Demo (1 x 60 - 20m)	Short Range Open Match Open Dual Range State Teams Junior Dual Range State Teams Short Range Open Benchrest Match
MONDAY 9 th April 8:30am 8:30am	Bill Eddy Dual Range Championship Long Range Match (1 x 60 - 90m) Benchrest Long Range Demo (1 x 60 - 90m)	Long Range Open Match Dual Range Open Championship (120 Shot) Dual Range Junior Championship (120 Shot) Dual Range Under 18 Junior (120 Shot) Dual Range Under 16 Junior (120 Shot) Dual Range Veteran Championship (120 Shot) Dual Range Women's Championship (120 Shot) Open Dual Range State Teams Junior Dual Range State Teams Open Benchrest Match (120 Shot) Veteran Benchrest Match (120 shots) Long Range Open Benchrest Match Graded Championship, Open State Teams, Junior State Teams (120 shot)
TUESDAY 10 th April 8:30am	Teams Matches	Open State Teams 50 metre Prone Match, Women State Teams 50m Prone Match, Junior State Teams 50m Prone Match, Champion of State 50m Benchrest Champions

ENTRY FORM

NAME _____

ADDRESS _____

SUBURB _____ STATE _____ PCODE _____

CLUB/STATE _____ TELEPHONE _____

EMAIL _____ FAX _____

DATE OF BIRTH (compulsory Juniors & Veterans) _____

EVENTS

CATEGORIES

Please place X in each box

Free Rifle Match

Sport Rifle Match

Air Rifle Match

Air Rifle Prone

Jim Smith Match

Bill Eddy Match

Benchrest 50m

Benchrest 20/90m

Air Rifle Badge

Presentation Dinner

Help Volunteering

Preferred Role(s)

*

Less Early Bird discount

ENTRY FEE	OPEN	IPC	WOMEN	JUN.	U/16	U/18	VET.	GRADE/Ave
\$50.00			N/A					N/A
\$45.00								N/A
\$45.00								
\$45.00	N/A		N/A	N/A	N/A	N/A	N/A	N/A
\$50.00								
\$50.00		N/A						
\$50.00		N/A						
\$50.00		N/A						
\$15.00		N/A	N/A	N/A	N/A	N/A	N/A	N/A
(circle)	YES	NO						
(circle)	YES	NO						
-\$10.00	When applicable							

\$ TOTAL (Enclosed)

Entries Close 1st March 2012. (Late entries will only be accepted if bays available)Entry with payment received before 1st Feb 2012 is eligible for a \$10 Early Bird discount:
(Cheques made payable to WASRA)

Nationals 2012 Competition Secretary

Kerryanne. Oliver, 26 Wirilda Cres, Greenwood W.A. 6024

Ph: (08) 9447 2020 FAX: (08) 9447 2019

E-mail: trwa@bigpond.com**NOTE: THE PROGRAM, ENTRY AND INFORMATION RE FIREARM TEMPORARY PERMIT IS
AVAILABLE ON THE TRA WEBISTE www.tra.org.au**

Club View—with a difference

A highly motivated group of shooters in the Toowoomba area, certainly have something to celebrate.

Over the past 10 weeks, there has been a innovative schools program being conducted—headed by QLD shooter Jamie Webb. Now for a summary of things...

Just a bit of background on how the school program all came about. I started serious rifle training myself in December 2009 for 3P Rifle because I really enjoy it and want to see how far I can go if I gave it my best effort – I don't want to die wondering. I have set myself goals and a training plan.

Last year the rifle club was holding a monthly after-school shoot for the Toowoomba Cadet Units on a Thursday afternoon. Our rifle club took made a commitment to train the cadets in live firing because it was too hard to organise live fire range time within the Army/Cadet system.

Instead of calling it cadet shooting – we called it “Junior Shooting” as it is not an official cadet activity even tho all the members of the units turn up for it. Because it became “junior shooting” we opened it up to non cadets!

Also our club had set aside every Thursday as a training afternoon for members to practice. A couple of kids showed interest so I introduced them to the different disciplines of rifle. Then they asked if they could come every Thursday after school and it just grew like topsy.

Every week the kids would bring another friend or two and before we knew it we had 8 new junior members in our club in matter of 8 weeks. I used to tell the kids that the training I did had a technical focus and treated just like any other legitimate sports training. The kids loved it and the parents were used to taking the kids to sports training after-school. The range at Henry Street was extremely convenient as some of the kids could walk to range whilst others came in cars from local schools.

Because I work from home and am self employed as an accountant I was able to commit to the Thursday afternoons last year and found I really enjoyed it. I attended a QTS club rifle coaches course last year. Also one afternoon when I was bored with accounting work (which is as stimulating as watching paint dry!) I just started creating a school syllabus for rifle shooting from a brain storming session with a view to being able to approach schools.

I met one of the teachers, from Concordia – we got talking and I told him about my plans and he told me he takes the kids on the 96km Kokoda Challenge in the Gold Coast hinterland – he suggested offering target shooting as a school sport was a great idea because we both agreed that not all kids are cut out to be rugby players or cricketers or tennis players. So we took it from there and that is how we ended up with the current program.

Concordia has integrated the target shooting as part of their inter-house sports points system. We had a formal team photo as well as for inclusion in the school year book. Both myself and the teachers believed that offering target shooting helped develop character and teaches them great responsibility.

After a well conducted 10 week program, we attended the sports awards assembly at Concordia College followed by a formal rifle team photograph (with crossed rifles) on the steps of the schools historic Redlands building.

Awards were presented at School Assembly for:

- Interhouse Shooting Competition winner (perpetual trophy);
- Top Shot Smallbore (perpetual trophy & medal);
- Most Improved Smallbore (perpetual trophy & medal);
- Top Shot Fullbore (medal)
- X2 Fullbore Encouragement Awards (medal)
- Unluckiest Shooter trophy (a gold cup plus a smurf with a broken leg) for obvious reasons!



Club View— cont...

TOOWOOMBA SMALL BORE RIFLE CLUB

Small Bore Rifle Shooting At Its Best

A special thanks must go the supervisors who gave up half a day a week for 10 weeks to assist the students. John Doig and John Lawson graciously provided the perpetual trophies and medals.

The school presented the adult supervisors with a small gift to show their appreciation, and also said that the school hoped that target shooting would become a permanent fixture in the schools sporting calendar and the school is using target shooting (together with a suite of other sports) as a marketing tool to attract students (particularly boarders and international students) to the school.

Below is the article from the local newspaper. All Photos are used with parental permission.

A class of straight shooters



Year 10 boarder, Leela Nali takes aim at target shooting.

FOR parents in rural and remote locations, often there is no choice but a boarding school education for their children and it's one decision that needs careful consideration. Toowoomba, on all major bus routes is well situated to cater for the travel needs of such families. It offers city living with rural advantages.

Concordia has been nurturing boarders since 1946 and being co-educational means that it truly is one college for the whole family. Year 7 boarding students are also welcome as part of the secondary campus.

Co-curricular needs are well catered for and students can choose to relax with a wide variety of weekend activities. Food theme nights, weekend camps and film nights are always popular.

The benefits of physical fitness are well documented and the Redlands Bulls Rugby League team achieved pleasing success in the recent Confraternity

Carnival in Yeppoon. Target Shooting has recently been added as a sport and is proving to be a popular off-campus activity.

On the academic front, Concordia's Science and Engineering Challenges Team, which puts its skills to solve problems in a practical way, was recently named the state's best. Students now feel encouraged to take up university pre-requisites like Maths B, Maths C, Physics and Chemistry in order to tackle science and engineering based courses at tertiary level. Mrs Ku Lacey, Acting Head of Department in Science said "Concordia currently has close to 60% of senior students enrolled in a science subject and over 50% enrolled in Maths B, which puts us well above the state average."

Concordia is a co-educational Christian school that is not elitist or academically selective, but a College for parents who desire the best for their children.



Congratulations Toowoomba and Concordia College for a successful experience. Bring on 2012 for more shooting, and more fun.

OCEANIA NEWS



Sydney, November 2011.

All eyes were on the competition that would determine how many Olympic quota places (rifle) Australia would have, going into 2012. The spectators were not to be disappointed, with matches often going to tight Finals.

The Rifle Team was ready—first competition was Men's Air, and Will Godward lead the charge, supported by his "A" team colleagues John Coombes & Tyren Vitler. Will took the match and the team took the Team Gold.—Australia's first Olympic quota. Australia "B" Chris Gulvin, Dane Sampson & Tim Braybon took Silver.

Edwin Gouw shot solidly to take the Junior Gold, as did his team mates, Nick Ioakim and Jack Rossiter to take the Team Gold.

The Womens Air event proved more difficult with a New Zealand win (and quota) to Jenna McKenzie. Alice Styles fought well during the Final for the Bronze medal. This Final was the most exciting of the Oceania competition, with the lead changing numerous time. Australia "A" took Gold: Alice Styles, Alethea Sedgeman & Robyn Van Nus with Australia "B" Jennifer Hens, Tamsyn Henry & Emma Woodroofe taking the Silver.

Mens Three Position—again Will was on form for a solid win with 1150, ably supported by Chris Gulvin and Dane Sampson who as Australia "A" won the Gold medal. With Chris coming in second, Australia again took the Olympic quota.

Mens Prone—Warren showed that his "mojo" was back with a super 597 and a solid Final. He took the first of the two available quotas for Australia. Dane Sampson, although not so happy with his 590, shot a solid Final and took the second quota. Australia "A" team of Warren Potent, Dane Sampson & Tom Versace took Team Gold, with Australia "B" of Barry Cowburn, Ashley Adams & Chris Gulvin taking Bronze.

Womens 3P—all eyes were on Robyn Van Nus to see if the back issue that has restricted her over the past weeks, could be overcome for the final rifle quota opportunity. Approaching the Final in the lead, she was never challenged and took Gold and the Olympic quota.

Alethea Sedgeman took the Silver, and a fine effort from Jennifer Hens saw her overtake NZ's Sally Johnston for the Bronze medal. Australia "A" of Robyn, Alethea & Jennifer took the Team Gold, with Australia "B" of Susie Smith, Emma Woodroofe & Alice Styles taking the Silver.

Womens Prone—a very enthralling match in flicky, windy conditions. Jury decisions, and an appeal with more Jury decisions, saw the wait for medal presentations stretch to three hours. When the dust settled, the Gold and Silver went to New Zealand, with Susannah Smith taking the Bronze medal. Australia "A" Susannah Smith, Robyn Van Nus & Jennifer Hens took the Team Silver behind New Zealand.

A good week of shooting—congratulations to all competitors.



GOLD MEDALS...

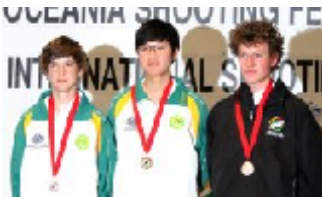
MENS AIR RIFLE



WOMENS AIR RIFLE



JUNIOR AIR RIFLE



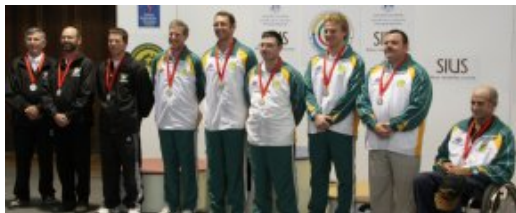
MENS 3P



MENS PRONE



WOMENS 3P



JUNIOR PRONE



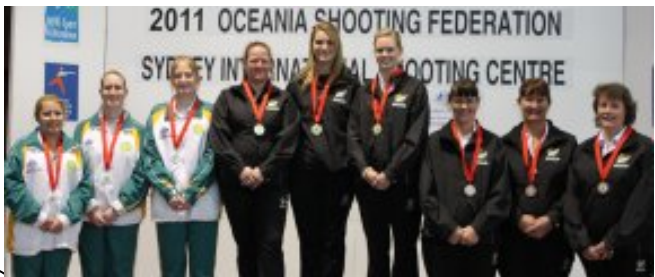
SILVER MEDALS...

JUNIOR PRONE



WOMENS 3P TEAM AUS "B"
MENS AIR RIFLE AUS "B"
WOMENS AIR RIFLE AUS "B"

MORE ON PAGE 15....



WOMENS PRONE

THINK ABOUT SHOOTING

Just to add something different to the mix, I found this little quiz for those who would like to try it. I will not be providing an "answer" key; there may not be a precise "right" answer for some (or all) of the questions., but they are great discussion starters....

Match preparation starts

- a. with the preparation period.
- b. when you get up on the day of the match.
- c. on the evening prior to the match.
- d. during the training sessions before a match.

The hold for the perfect shot

- a. has to sit stationary on the centre of the target.
- b. has to be continually and consciously corrected to keep it centred.
- c. should be allowed to float undisturbed over the aiming area.
- d. should be rigid, like a vice, to be effective.

The best way to achieve consistency is to

- a. perform the desired task over and over.
- b. allow the task to "perform itself" by making use of the subconscious.
- c. observe daily indicators and shift technique accordingly.
- d. compete in as many matches as possible.

The trigger operation for the perfect shot

- a. has to be slow to be consistent.
- b. starts just as the aligned sights settle in the centre.
- c. has to be fast to be consistent.
- d. completes as the aligned sights settle in the centre.

The best method to tell your subconscious what you desire is to

- a. perform that event.
- b. visualize that event.
- c. make that event a goal.
- d. study all the details about the event

The better you get, the less time is needed for training.

- a. True b. False

Two eights in the first ten shots means the match is lost.

- a. True b. False

Rate the following in importance from 1 to 8 (1 is most important):

- 1. ____ a. Natural Point of Aim
- 2. ____ b. sight alignment
- 3. ____ c. grip
- 4. ____ d. hold
- 5. ____ e. trigger operation
- 6. ____ f. stance
- 7. ____ g. attitude
- 8. ____ h. imagery (visualization)

If it's a ten, it must have been a good shot.

- a. True
- b. False

HAVE YOU EVER THOUGHT ABOUT BECOMING A COACH OR TECHNICAL EDUCATOR?

What is meant by this? AISL /TRA have Coach courses available—the Instructor, the Club Coach and the Competition Coach, and there are Range Officials and Technical courses also.

To deliver these courses, TRA needs a band of Presenters & Assessors around the country, who are reliable, qualified and accredited. This involves attendance, and successful completion of a two day training course specifically for the purpose. There is no charge for this course.

AISL is running a series of Assessor & Presenter courses in 2012 for all the shooting disciplines, and each State is invited to nominate three people (two for coaching and one for technical) to attend. The dates and locations for the courses:

Adelaide	4/5 February	Melbourne	11/12 February
Sydney	3/4 March	Brisbane	10/11 March
Perth	14/15 April	Hobart	21/22 April

If you are interested in attending the course in your State, please contact your State Secretary. Further specific information about the courses—contact Carrie Quigley, or Tricia Van Nus

The next stage after the P&A course would be that the newly accredited Presenters are upskilled in the specifics of the coaching or technical courses that they may be asked to present. That will also come in 2012.

Nominations close at the end of December 2011

Three Step Training Rule:

Building Subconscious Skill and Self-Image at the Same Time

The main purpose of this training rule is to work on technical skill and improve confidence at the same time. You must protect your Self-Image while improving your ability. This type of training allows you to do both.

The first step is to always start your training session with success. To improve the likelihood that you will start off with success, always begin your training with an area of strength.

This helps build confidence in the self-image. After you start off your practice with an area of strength, your attitude will be focused on success. This attitude will carry over and put you in the right mindset for an effective training session.

The second step is to always work on your weak areas in the middle part of your training session. Make sure to start easy and work towards the harder part of your training. This approach protects your self-image while building the necessary subconscious skills needed to perform at a higher level.

The final step is to always end with success. Save your best strength and practice it last. If you're a golfer and putting is the strongest part of your game, then it should be the last thing you practice. This step improves the likelihood of ending on a positive note. The purpose for organizing your training in this manner is to allow for a more effective and efficient training day.

Change It Up

If you have a situation occur where you are not having a good practice session, change up the practice. Sometimes moving onto another area of training and then re-visiting the problem can help alter your mindset and allow for a more effective training session. This will keep you focused on training your subconscious ability while at the same time reducing the frustration level that comes when you are faced with a bad training day.

The goal is to always have success. It does little good to keep practicing something that is not going well. By changing up the practice you will be more likely to have a positive training session. Once the training session is over, always focus on what went well. No matter how poor some days appear to be, there are always things that you are doing well.



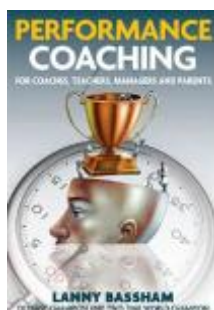
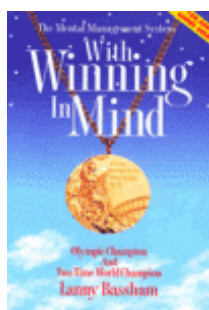
MENTAL MANAGEMENT SYSTEMS...cont.

Make sure you credit yourself for those successes. Remember, changing up the practice doesn't mean that you don't work on the areas that need work. Changing it up means that you go onto something else and then comeback to the area that was not going well previously. You will be amazed how many times you perform better the second time around.

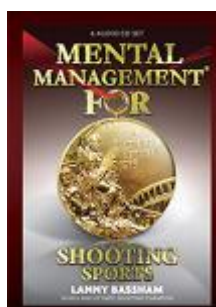
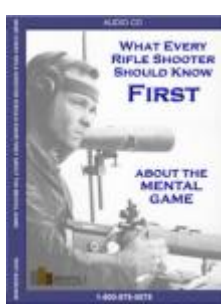
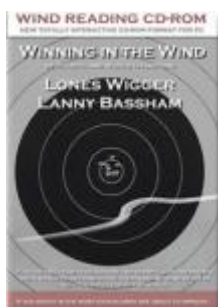
When things are going well extend your practice. If you are practicing putting and you are putting well, keep on putting. The successful imprints in putting that you are getting are building your Self-Image and allow confidence in putting to increase. Many athletes spend little time on their areas of strength and focus more on the areas that need work. Remember, that when you are performing above average keep on going. This rule will help you develop all areas quicker and make training more fun and productive.

When you have finished your session, please be sure to write your notes in you shooting diary.

Check out the Mental Management online Bookstore for more titles. These below are just a small sample.



The web address is
<http://mentalmanagement.ipower.com/catalog/products-sport/rifle-and-pistol>



TARGET RIFLE SOUTH AUSTRALIA

A not for profit organization, all profits from this scheme are returned to the sport to improve facilities and support projects and programs.

DEALER NO: 171279V ABN: 98 431 402 140

132 Wingfield Rd, Wingfield SA 5013

Ph: (08) 8347 2488 Fax: (08) 8347 2477

Email: sales@targetriflesa.com

www.targetriflesa.com

Open Tuesday to Saturday 9.00 a.m. to 5.00 p.m.

Your contact - Ron Maine

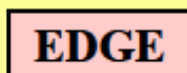


For Smallbore, Benchrest and Air Rifle requirements

Where else can you get all these product lines from the one supplier at very competitive prices?

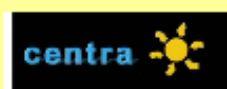
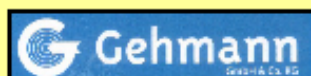
We keep the popular rifles in stock, but if we don't have something (which is unlikely) we will order it without delay.

RIFLES



Check out our website - we have lots more gear in stock from many other suppliers, so please contact us with any of your shooting requirements. If we haven't got it in stock, we can probably get it.

ACCESSORIES

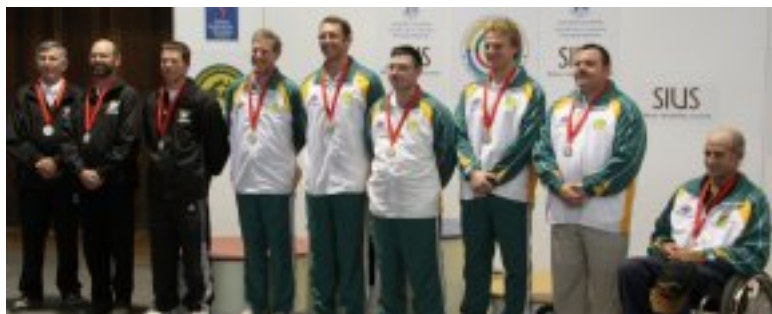


Phone orders are welcome and we take direct EFT payments or credit card payments over the phone and will dispatch to you promptly.



OCEANIA CHAMPIONSHIPS cont...
BRONZE MEDALS.

MENS PRONE



QUOTA PLACES WON FOR AUSTRALIA:

MENS AIR RIFLE—WILL GODWARD

MENS 3P—WILL GODWARD

MENS PRONE—WARREN POTENT & DANE SAMPSON

WOMENS 3P—ROBYN VAN NUS

While these shooters have won the quota at the Oceania Championships, they are quota places for Australia, and now the true selection process gets underway.

As per the Nomination Process, (available on the AISL website) at the end of the selection period in May 2012, shooters with the greatest potential to succeed at the 2012 Olympic Games in London, will be nominated to the Australian Olympic Committee for their endorsement and selection.

A similar process applies for nomination to the Paralympic Olympics.

WOMENS AIR RIFLE



WOMENS PRONE





Mens 3P

1. Dane Sampson
2. Will Godward
3. Chris Gulvin



Womens 3P

1. Robyn Van Nus
2. Susannah Smith
3. Alice Styles



Mens Air Rifle

1. Dane Sampson
2. Will Godward
3. Tyren Vittler



Womens Air Rifle

1. Alethea Sedgeman
2. Alice Styles
3. Tasmyn Henry



Mens Prone

1. Warren Potent
2. Jason Lowe
3. Chris Gulvin

CONGRATULATIONS!



Mens 3P GP

1. Will Godward
2. Dane Sampson
3. Chris Gulvin



Womens Prone (Sun)

1. Jenna McKenzie
2. Robyn Van Nus
3. Susie Smith



Mens Air Rifle GP

1. Robyn Van Nus
2. Alice Styles
3. Alethea Sedgeman



Womens Air Rifle GP

1. Aquilah Sudhir
2. Jenna McKenzie
3. Alethea Sedgeman



Mens Prone GP

1. Warren Potent
2. Jason Lowe
3. Ryan Taylor



Womens Prone GP

1. Jenna McKenzie
2. Susannah Smith
3. Aquilah Sudhir

AUS CUP FINAL - GRAND PRIX



AUST RBA CHAMPIONSHIPS, 2011

The Australian RBA Nationals were held in the new Hylands Road Greystaynes facility. The competition was held over 2 days and 6 targets with a maximum score per target being 250.25 X = 1500.150



Woollahra Rifle Club ran the match and North Rocks Rifle Club assisted with food and organisation of the event.

It was pleasing to see 37 shooters attending and coming from QLD, VIC, Country NSW and Sydney.

Day 1 was tough with very hot conditions and wind switches that were quicker than a trigger pull.

Day 2 was tougher, again very hot but also very strong winds by the 2nd half of the day.



The leaders' board changed constantly target to target and also from day to day. In the end Annette Rowe from Melbourne won, followed by Shane Clancy & Glenn Seaman from Country NSW.



Scores were not high due to the tough conditions and a new range that many had not shot at before but one highlight was a NEW JUNIOR single target RECORD by Mitchell Tallar 250.15

The next RBA event is the RBA Dual Range Nationals in Melbourne the first weekend of December being 25m Air, 25m Rimfire & 50m Rimfire



What do you need if you want to start Benchrest shooting? As in Smallbore or Air Rifle, there are many possibilities and adaptations. There is always little “bits” to add.

Where to start? If you are a smallbore shooter, who is now finding that getting into Prone is providing more aches than it used to, use your .22 target rifle with a few modifications. You won't need the sight, but you will need a scope—a telescopic sight. Check what others in your club are using and take their advice, or ask someone your trust for information.



To support the front of the rifle you will need a “rest”. Some models also have fine adjustment on all legs to set the rest perfectly level - as does the model shown below which also has a bubble level). Also available in basic form without all the fancy adjustment features. It's purpose is to hold the stock steady.



Rear.... (a “sandbag” with ears to support the rifle Butt). Rear rests can come in a variety of heights with different height “ears” and varying gap sizes between the ears. Good quality ones have a solid firm base, usually made from leather. Fine sand is used as a filler.

From there, the rifle is used on a bench for stability. Shooters use a stool (at a good height) and adjust the rests and rest settings so that the rifle is aiming at the target. Always ensure that the front rest is secure on the table. If necessary use spacers under the rear rest.

The rest is up to you—enjoy shooting BENCHREST....



From Bill Henry—QLD.

Some of you might be aware that Morgan and myself have been the agents for Mouche in Australia for some time. Recently we began importing a range of affordable jackets and accessories under our own brand name "Clever Combination".

We have also added Männel equipment and the full range of Quang Yuan target pellets to our range.

Check the website for more details.



Shooting Jackets

Mouche

The name speaks for itself

Clever Combination

Affordable range starting at \$120

Pellets

Quang Yuan

Excellent, Standard, Match .48 & .50

Equipment

Männel ASB & accessories

<http://shooting.clevercombination.com.au>

sales@clevercombination.com.au

IPC WORLD CUP—SYDNEY, NOVEMBER

The Sydney International Shooting Centre recently played host to the final stage of the 2011 IPC World Cup series as over 150 athletes chased a place in London next year.

Our fantastic Paralympic veteran Libby Kosmala lead the thirteen person Australian charge in Sydney, with Libby aiming to keep alive her bid to compete at an eleventh consecutive Paralympic Games. Just think for a moment, just how truly awesome this is!



The Australian team had so far secured two quotas places for London, with Natalie Smith and Ashley Adams successful earlier in 2011. The Aussies looked forward to the “home range” advantage, and wanted to make the most of it.



Ashley Adams (Blackall, QLD) was unable to prevent a clean sweep of medals to Korea in his events, as he finished fourth in the 10m air rifle prone SH1 mixed.

Ashley also finished fourth earlier in the week in the 10m air rifle standing SH1 Men, and shot an overall score of 704.3 after the final to fall short of the bronze medal by just 0.1 ouch!

However, Australian shooter Natalie Smith won the gold medal in the R2 women’s 10m air rifle standing SH1 to win her second successive World Cup gold medal after also winning in the United States last month.



This is starting to be a wonderful habit. Natalie entered the final in a four way tie for the lead after shooting 390 out of 400 in the qualification round, before notching 100.7 in the 10-shot final to hold off Korean Yunri Lee by just 0.6 points.

The guys then joined the fun and added a bronze medal to its IPC World Cup tally.

The 10m air rifle prone SH2 mixed team of Jason Maroney, Luke Cain and Bradley Mark won the bronze medal behind Korea and Great Britain on another successful day for the Aussies.





Bradley Mark then continued the Australian shooting team's superb run of results by winning gold in the R4 10m Airl Rifle Standing Mixed event.

He edged out the Korean pair of Youngjun Jeon and Juyoung Kang to secure the gold medal and also secure Australia a vital quota place for the 2012 London Paralympic Games.

AND FOR A BIT OF HISTORY...

In 1948, a sports competition was organised involving World War II veterans with a spinal cord injury in Stoke Mandeville, England. Four years later, competitors from the Netherlands joined the "games" and an international movement was born.

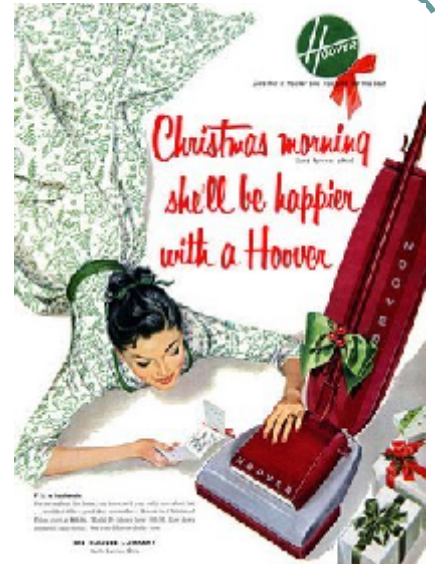
Olympic style games for athletes with a disability were organized for the first time in Rome in 1960, now called Paralympics.



The movement has grown dramatically since its first days. The number of athletes participating in Summer Paralympic Games has increased from 400 athletes from 23 countries in Rome in 1960 to 3,951 athletes from 146 countries in Beijing in 2008. The Paralympics are always held in the same year as the summer or winter Olympics.

Wenlock (left) and Mandeville (right) are two of the mascots for the 2012 London Paralympics.





And a note to all the husbands and partners..

Remember that these are fictional...

And we all know that "it never happens like the adverts anyway"



Life isn't fair, but it's still good.

Life isn't tied with a bow, but it's still a gift."

Life is too short to waste time hating anyone.

You don't have to win every argument. Agree to disagree.

Make peace with your past so it won't screw up the present.

Just because you believe you are right, doesn't mean you are. Keep an open mind.

Be eccentric now. Don't wait for old age .

No one is in charge of your happiness but you.

What other people think of you is none of your business.

No matter how you feel, get up, dress up and show up.



212 Gouger St, Adelaide SA 5000
 Phone 08 8231 3570
 Fax 08 8231 5128
 Mon-Thu 9am-5pm, Fri 9am-8pm,
 Sat 9am-12pm
www.adelaidegunshop.com.au



LG400 Anatomic .177 **\$3200**



LG400 Alutec Expert .177 **\$2900**



LG400 Alutec Competition .177
 (with basic sights) **\$2000**
 (with insight/out sights) **\$2400**



LG30 Vision Plus .177 **\$1420**



AR20 Silver .177 **\$950**



KK300 Anatomic .22 **\$3700**



KK300 Alutec .22 **\$2700**



Knobloch
...neither you nor the other you test

K1 Glasses

(includes lens holder,
 cover disc, cased) **\$239**