

SPECIAL POINTS OF INTEREST:

- All of it!

INSIDE THIS ISSUE:

ACGA NEWS	1
TRA AGM	2
TRA NATIONALS	2-3
ELEY	4
COACHING NEWS	7
BENCHREST	8
LUKE CAIN	9
NATIONALS PICS	10
LANNY BASSHAM	12
NATIONALS PICS	13
STEPS TO SUCCESS	15-16
LAST BITZ	17-18



Tricia Van Nus
COACHING EXCELLENCE
ABN 59 182786592
5 AZENUS CRY, ASCOT WA 6104
Mob 0827446090
Email: trn59@gmail.com

AUSTRALIA'S NEWEST
SCATT DEALER.
SCATT MACHINES & PARTS

ACGA ANNOUNCES THE SMALLBORE TEAM TO THE 2014 COMMONWEALTH GAMES.

Emma Adams, Jennifer Hens, Robyn Ridley, Alethea Sedgman, Michael Brown, Warren Potent, Jack Rossiter, Dane Sampson



From SA—Australia will field its strongest ever shooting team at the 2014 Commonwealth Games as the ACGA officially announced the 29 athletes heading to Glasgow.

Shooting Australia (SA) nominated the athletes to the ACGA, following an extensive selection process.

ACGA CEO Perry Crosswhite said that the expectations for Glasgow were high. "Our shooters have a proud and successful record at past Commonwealth Games. Those named today are a good mix of experience and youth, and we expect another strong performance at the 2014 Games shooting competition," Crosswhite said.

Shooting was first included on the Games program in 1966, and with the exception of the first Edinburgh Games in 1970, has remained on the program ever since.

The shooting events will be hosted at the Barry Buddon Shooting Centre, one of the satellite venues, located near Carnoustie on Scotland's east coast. The centre was used for the Edinburgh 1986 Commonwealth Games.

Nineteen events will be contested in the shooting program in Carnoustie, with the competition schedule set to run for five consecutive days from 25-29 July 2014.

On behalf of TRA, we congratulate all athletes and wish them good shooting from now until the end of July and beyond.

Emma and Jack were at the formal announcement ceremony in Adelaide, and their comments can be seen on the Shooting Australia's website.

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



On Sunday 20th April, the Annual General Meeting of TRA Ltd took place. Delegates and guests heard President Clay Frederick outline the achievements of TRA for the 2013-2014 year, which included, amongst many other items, increased development of the ammunition company, and the announcement of the TRA Development group.

The Financial statements were reviewed, and it was noted that TRA is in a sound position moving forward.

The elections were then held, and Mr Rod Sampson was elected as the TRA President. There was also a need to elect three new Directors from the nominations received, and these were Jim Brown, Nick Sullivan and Richard Toye, who join current Vice President Glenn Braybon. I'm sure we will hear more from the new TRA Board in the coming months.

TRA NATIONALS—Adelaide during April. Great weather, good shooting, new electronic targets and renewed friendships made the nationals memorable. The target systems worked very well for the most part, although I'm sure that that staff in the "green room" have a few more grey hairs than previously.

As usual we started with the 3x40 with Dane Sampson opening his Nationals with a Gold, followed by Robyn Ridley on Silver, and Will Godward taking the Bronze. The tables turned the next day in the 3x20 match with Robyn taking Gold, Jennifer Hens the Silver, and Dane, the Bronze.

In the Benchrest Demo match, Murray Cole showed his class and took Gold, with locals Tim Butler and David Keen taking Silver and Bronze.

Both Air Rifle events (Mens and Womens) had a Final for PQS with Jennifer taking Gold, Maria Rebling the Silver, and Robyn the Bronze. In the Mens event Dane shot solidly in the final to take Gold, with Commonwealth Games team mate Jack Rossiter the Silver, and John Coombes the Bronze.

In the IPC events Jason Maroney shot over 630 on numerous occasions, and it was good to see Libby "out of retirement"

In the Class 3 Bench double match, David Keen showed nerves of steel to record 1199 as did the Silver medallist Alan Collins with only central dividing the pair. Vanessa Tierney took Bronze on 1198.

On to the Open Air Rifle Match, and after a thrilling Final Dane took his next Gold medal—0.2 ahead of Will Godward with youngster Emma Adams in the Bronze position.

As with the Mens and Womens Air matches, a Prone PQS event was held, and after an exciting Final Dane again took Gold, ahead of Warren Potent and Jason Lowe.

Then we were into the Benchrest Dual Range in which David Keen again showed his skill and took Gold, from Vanessa Tierney with Silver, and Morrie Muehlberg with Bronze.

The program had been adjusted a little this year, with the Bill Eddy Dual Range being shot on Good Friday and Easter Saturday, leaving the National's premier event—the Jim Smith 50m Match for Easter Sunday and Monday. The winner of the Dual Range was Warren Potent who shot a creditable 1196, followed by Barry Cowburn on 1190 and the Silver medal, and Dane Sampson on 1188 and the Bronze.

The final event on the program was the Jim Smith 50m match, and after two days Tom Versace took Gold with 1184, followed by Jason Lowe on 1178 and Dane Sampson on 1176.

The 2014 Position Champion—Dane Sampson

The 2014 Womens Position Champion—Robyn Ridley

The 2014 Prone Champion—Tom Versace

The 2014 Benchrest Champion—David Keen

The 2014 Womens Benchrest Champion—Vanessa Tierney

Who did we see—for those old enough to remember....Trevor Penney and Anton Wurfel dropped in for a chat, and for those who are saying “who are they”.... have a look at the records and national champion lists of the 1970's and 80's.

Many thanks to all the volunteers—the locals, the Queensland flavour to the kitchen, and the many who took time to undertake Range Officer duties and 20m scoring.

Friendships were renewed, and new ones established. One comment heard “hope TRA keeps the Nationals....we come for the friendships”

With the last of the current batch of babies due in another month or so, the comment was heard—hope the crèche will be ready for 2015. Robyn Ridley, Natalie Smith, Susie Smith and by the, Sue Lott will be providing attendees so that the mums can compete.

Time to start planning for Sydney—April 14th to be exact!

Photos on page 10

Did you hear.....

ELEY launch new self-shooting Tenex

ELEY are delighted to announce a brand new, never been seen on the market before, self-shooting .22 ammunition.

Gone are the days that you need to spend hours at the range for your postal cards, instead self-shooting Tenex does the hard work for you, simply put... so you don't have to.

Using patented timer technology, self-shooting Tenex has truly broken all engineering boundaries, throwing traditional ammunition to the wayside. Every shot using self-shooting Tenex is 100% guaranteed to hit a perfect 10, once set up correctly within a rifle or pistol.

Simply switch the cartridge to self-shoot mode, load self-shooting Tenex into your barrel and after a few seconds your shot will be fired directly to the 10 zone. There's no need to regulate your breathing or steady yourself perfectly before taking your shot, self-shooting Tenex does all the work for you while you reap the benefits of a perfect score.

Tenex self-shooting is only available directly from ELEY ammunition and will not be on sale to any of our worldwide distributors. If you're interested in new self-shooting Tenex, our full range of products can be found on the ELEY website: <http://www.eley.co.uk/en/ammunition/>

Wishing you a very happy April Fool's Day from everyone at ELEY.

Features

Patented flat nose bullet profile

Specially engineered self-timer mechanism

100% guaranteed accuracy

100% "GOTCHA FACTOR"













ELEY[®]

the choice of champions

Brought to you by
Target Rifle Australia Limited
All profits stay within the sport

Great pricing

Contact your State Association or local
Firearms dealer for pricing and supplies

Rifle	Pistol	Semi-Auto	Hunting	Product Name		
•	•			Tenex		Olympic standard, medal winning, premium Quality cartridges used by experienced club shooters and internationals
	•	•		Tenex Pistol		The highest quality cartridge for semi automatic pistols and rifles, featuring a round nose bullet profile.
•	•			Match		Impressive results from a competition cartridge featuring many attributes of Tenex. Amazing value for money and excellent accuracy.
	•	•		Match OSP		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.
	•	•		Match Pistol		Softer round with reliable functioning and high accuracy in all popular pistols. Reduced velocity cartridge.
•	•			Edge		Edge production benefits from tenex technology and introduces key features like the patented flat nose bullet profile to deliver superb accuracy.
•	•			Team		A great value cartridge for rifle shooters which features the same bullet profile and has a similar feel to Tenex.
•	•	•		Club		Accurate and reliable mid-range cartridge used in all disciplines up to 50m range. A consistent winner at club competitions.
•	•			Sport		An affordable general purpose cartridge, which is a great quality entry level round.
			•	Subsonic Hollow		Super accurate and one of the quietest subsonic rounds on the market. A lower velocity hunting cartridge with target shooting accuracy.



Please note this is a simple guide illustrating which ELEY products are suitable for different applications. NB Some of our products may also be appropriate for other applications not shown above. This may depend on how Firearms are set up and maintained.

For information contact: • andreaw.tra@gmail.com
• 0418 261 176 Andrea
• 03 5862 1187 Glen
• 0428 155 109 Rod

ELEY®

the choice of **champions**

www.eley.co.uk

Champions shoot Tenex

Warren Potent, Dane Sampson and Robyn Van Nus
all won 2012 Olympic quota places at the Oceania
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

Email: andreaw.tra@gmail.com
04180261176



HOW TO STAY BEING A COACH...IN CASE YOU MISSED IT

Over the past few years, there has also been a positive shift in the way a person can take maintain their Coaching Accreditation

Until 2013, the policy was that the Coach submitted a statement re their coaching activities and that was that—no longer is that so.

CURRENT PROCESS

Now each coach must demonstrate their skills at the level of their accreditation, by conducting a practical training session, with an accredited Assessor watching. This Assessor will record details of the session in line with a provided checklist. Then that checklist is sent through to the State body, and then on to TRA Coaching (ie me)

THE ROLE OF THE ASSESSORS

The current process revolves around the ASSESSORS. The Assessors have a checklist to use when watching a practical session.

THE VALUE OF THE P&A WORKSHOPS

There is little point having these wonderful P&As if they do not have an understanding of the material contained in the courses. To that end three further workshops are planned to assist the P&As to understand exactly they will need to do to conduct a course or present a module within a course.

What is planned:

VIC 31 May– 1 June Venue to be advised—check with TRV

SA 5-6 July Wingfield Range

NSW 12-13 Venue to be advised

If you are a Presenter or Assessor, look out for more information

MULTI-DISCIPLINE APPROACH

It has become very obvious that not all States can always find sufficient people who wish to take up coach training. There is also a minimum number of participants that are required to make the course viable—usually around 10 persons.

The most effective solution to this little dilemma, is for the AISL disciplines to band together and conduct a multi-discipline course. This has proven effectiveness as it increases the numbers to a viable level, and adds a different perspective to the information—makes the group discussion most interesting!

Same goes for Assessors—we can work together. Send an email to me if you require further clarification. Tricia—traus@westnet.com.au

Target Rifle Australia 2015 RBA Nationals

Hosted by Queensland Target Sports



SHOOTING DATE & TIMES: 8am to 5pm

PRACTISE FRIDAY 30th JAN, 2015

DAY 1: SATURDAY 31st JAN 2015

DAY 2: SUNDAY 1st FEB 2015

LOCATION:

Jim Smith Range, Belmont Shooting Complex, 1485 Old Cleveland Road, Belmont

**MATCHES: 3rd Qualifier for Aus Teams, WRABF World Champs
2015 Brisbane**

PRACTISE FRIDAY 21st February ALL DAY

DAY 1: Air LV 25m 2 Targets & Rimfire International Sporter 50m – 2 Targets

DAY 2: Rimfire HV 50m 2 Targets & Rimfire LV 50m – 2 Targets

**** Camping & Canteen available on site or hotels nearby in the City****

*****Note all RBA Matches to be run under NEW 2013 WRABF World Rules & only TRA Members can shoot*** Specific Crucial Rule Changes are Int Sporter Stock can now be Flat or Convex and Each Target has a 20 Minute Time Limit...FLAG HEIGHTS ???**

ENTRIES:

Entry + \$40 Per Day

**Entries OPEN CONTACT: billcoles@commercialcleaning.com.au
0418 247041**

Entries are required up to 1 month before the match.



Luke Cain has marked the start of a successful campaign for the Aussies at the International Shooting Competition of Hannover (ISCH). The Australian Air Rifle Standing team produced solid scores, earning them three spots in the finals.

Bradley Mark (Alexandra Hills, QLD) on 635.1, Jason Maroney (Wangaratta, VIC) on 632.5 and Luke Cain on 627.3, made the strong final in second, fifth and eighth position respectively.

Despite the standard being high with the likes of London Paralympic medallists in the line-up, Cain was too good, winning gold and setting a new unofficial World Record on 212.4. Michael Jonson of New Zealand came second, while Maroney finished fourth and Mark came sixth.

In the 60 Prone match, Ashley Adams (Blackall, QLD) made a final's appearance while setting a new Australian record of 621.8, but finished in fourth place with Jonas Jacobson of Sweden winning the gold.

National EAD High Performance coach Miro Sipek said that the competition was very strong. "This is a great start for us to have made four finals and won a gold medal. Luke shot very well, winning the gold amidst a top-class field. Well done to Luke, Bradley and Ashley who have shot record scores in their events," Sipek said. CONGRATULATIONS TO EVERYONE!

Target Rifle South Australia Inc.



132-134 Wingfield Road WINGFIELD SA 5013
Ph: 08 8347 2488 and speak to Emma or Gary
Email: sales@targetriflesa.com
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.



Continued on Page 10

Visit us at
SSAA SHOT Expo
Sydney
June 21-22

WALTHER®

LG400

Ahead of its time.



LG400 Anatomic Expert



LG400 Alutec Expert



LG400 Alutec Competition

- **Modular system:**
Select detailed features to individual requirements.
- **Smooth shooting:**
EQUALIZER magnetic absorber system, optimized ECO valve technology.
- **Precise shots:**
INSIGHT-OUT Expert match diopter, unprecedented possibilities for stock setting.
- **Easy loading:**
Breech with spring-mounted, precise pellet guide. New, ergonomically shaped loading lever.
- **Safety:**
Loading status indicator, QUICKCLEAN air filter, dry firing trigger.

FRONTIER | **ARMS**
Since 1949

65 years
1949-2014

Exclusive Australian Distributor
Call 08 8373 2855 for your nearest stockist
www.frontierarms.com.au

Preloading the Task



The term "Preload" refers to the thoughts that an athlete has in the anticipation phase of the task before the mental program begins. Since I began teaching Mental Management in 1995 I have found the Preload is the most under utilized part of the Mental Management System.

When I work with an athlete, I ask them what their strategy is for the task they are about to do. What's amazing is how general their strategy is. So many times the individual forgets to specify the strategy needed in order to get the best possible result. A perfect example of this is an experience I had with a competitive golfer.

John is a good golfer who can shoot under par at anytime. He hit a great tee shot that stopped next to the 150 stake. I watched him look at the ball and the stake and reach for his nine iron. He took no more than ten seconds to make a decision on that shot. The result of the shot was not a good one. He was not happy and couldn't believe that his performance wasn't what it should have been. I replied, "You got what you deserved."

The mistake he made was not going through the proper Preload. The Preload has two parts to it. The first part is to decide the strategy for the task at hand. In John's case, it's to make sure he looks at his lie, conditions and yardage before he makes a decision of what club or shot he should hit. He only looked at the lie and the stake. At no time did he consider the conditions and what affect that would have on his shot. Without doing this it is impossible to perform the second part of the Preload.

The second part of the Preload is commitment. Without having a strategy that the individual is sold on, how is it possible for them to commit to the task at hand? The commitment phase is the part of the Preload that sets up the mental program at the same time providing the confidence the individual needs to perform the task with ease. If this part is not given the proper attention, the performance of the task is going to be worse than it should be.

Each part of the Mental Management System promotes the next part. The Preload sets up the mental program, the mental program sets up the action and the action sets up the Reload. This is what having a mental system is all about. You can't expect to have a great performance if you leave out a step, nor can you expect to have a great performance if you don't properly perform those steps. It would be like driving a car with bad tires or no tires. The car would still go, but how well would it perform?

Think about the Preload as the starting point to your success for each and every task you do. If you perform the Preload with proper focus and give it the right amount of effort you improve the probability of having a great performance on every task.

TRA NATIONAL CHAMPIONSHIPS—PRESENTATIONS (cont)





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 \$3910



LG400 Alutec Expert .177 \$3530



LG400 Alutec Competition .177
 (with basic sights) \$2570
 (with insight/out sights) \$3020



AR20 Silver .177 \$1310



Knobloch
 ...the better you see, the better you shoot

K1 Glasses
 (includes lens holder, cased)
 \$270



KK300 Anatomic .22 \$4895



KK300 Alutec .22 \$3460

Please mention this ad when contacting us

7 High Performance principles for sport and business - Dr. Ross Tucker

This is a summary of the article by the author.

Below is my attempt at High Performance concepts – these are seven of many such concepts, highly summarized, by no means exhaustive, and in no particular order, except for #1 being the fundamentally important one.

1. PEOPLE & PURPOSE

“Better people make people better” The start point is always to recruit the right people. In sport, that’s partly talent ID and player selection (for the players), and partly the selection of the management team.

Once the best people are onboard, then they must be bound by a purpose that is bigger than any individual or just winning on a scoreboard.

The boxes that sum up everything about HP sport are shown below: get the right people in the right places, give them a powerful purpose (the ‘why?’) to ensure they’re doing the right things, and then make sure you do things right. That’s high performance.



2. INVEST IN UNDERSTANDING EVERYTHING

The margins between success and failure are often miniscule, and that final result is the outcome of all the things that go into preparation, practice and optimizing the performance outcome. In other words, the result is ‘decided’ before the first whistle in the match, or the sound of the starter’s gun.

The key is to understand all the factors that make up performance and address them in preparation – what are the critical factors, that added together, will produce the desired result? What buttons must be pushed, and which strings must be pulled? And the only way to answer this is to invest in finding all those hidden gains. You’re either investing in the pursuit of “everything”, or you’re hoping for luck.

However, in order to achieve this successfully, you must recognize a crucial mindset shift – don’t try to answer questions. Rather question your answers. At every opportunity.

Continued on Page 16

3. INNOVATE, ADAPT, CHANGE

The only certainty is change. Rules change, opposition changes, the workforce (players) change, and so success today is by no means a guarantee of success tomorrow.

The key requirement for sustained success is constant adaptation. It's about evolution.

4. THE PARADOX OF FAILURE

The paradox of failure is that those who wish to be successful are also those who are best able to fail – the “good failures”. Being a “good failure” means understanding that innovation, progress and improvement are never smooth processes, that failure is inevitable, and is an opportunity to learn. It's not really failure, even, but rather the successful learning about what did not work! Innovation is never successful the first time around.

5. RESTLESSNESS

High performance environments are by nature restless. They always seek the next thing, and never accept the status quo. Complacency and satisfaction are the enemies of progress. High performance is not about being the best, it's about being better. Not everyone can win, but everyone can be better.

6. RESPONSIVENESS

Responsive teams are those where the players are independent and tasked with some aspect of strategy and tactics, and thus able to adapt and move instantly in response to opposition and the changing environment. The world moves too quickly for it to work any other way.

7. BALANCE

In all the above, there is a balance that must be sought. Innovation is great, but so is consolidating what you already do well. Where on that continuum do you wish to lie? Where is the balance between complexity and simplicity?

There is balance between risk and reward (obvious to anyone in financial investment), between variety and stability, between freedom and control (do you micro-manage or do you let players chart their own course?). There is balance between failure and success – you cannot allow infinite failure from your players or staff, and at some point, there must be repercussions. Similarly, you cannot demand instant success, or you'll never move beyond the status quo. This is the balance dilemma.

Dec 2013

LAST BITZ..... CONGRATULATIONS ARE IN ORDER



To Natalie and Stuart a baby boy—Daniel Oliver



To Susie and Drew on the birth of their darling daughter Tahlia Grace



Now your turn... Chris & Sue!

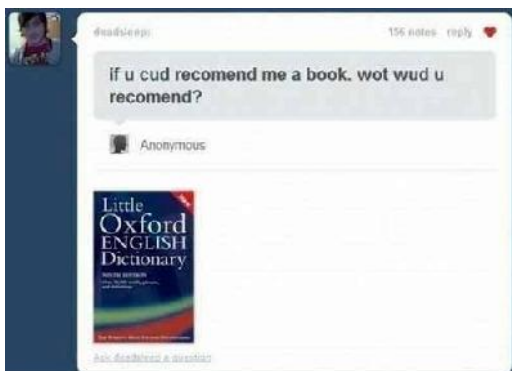
Hope there are plans for a crèche at next year's TRA Nationals!

CHECK THE TRA WEBSITE FOR

DETAILS ON THE NEW BENCHREST POSTAL TEAMS EVENT.

AN ELEY REPRESENTATIVE WAS AT THE TRA NATIONAL CHAMPIONSHIPS IN ADELAIDE—HOPE YOU HAD A CHAT

THE TWO NEW PROMO ITEMS AVAILABLE FOR YOUR CLUB—A POSTER AND A TWO FOLD BROCHURE. EASY TO PRINT AND USE.



IF YOU CAN READ THIS, YOU HAVE A STRONG MIND

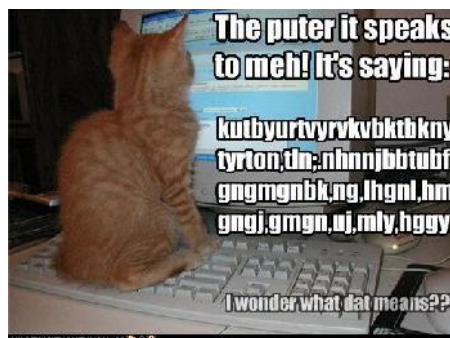
THIS MESSAGE
SERVES TO PROVE HOW OUR MINDS
CAN DO AMAZING THINGS!
IMPROVE THINGS!
IN THE BEGINNING IT WAS HARD BUT NOW,
ON THIS LINE YOUR MIND IS READING
AUTOMATICALLY WITH OUT EVEN
THINKING ABOUT IT, BE PROUD!
ONLY CERTAIN PEOPLE
CAN READ THIS

HOW TO CATCH A CAT

1. Bring an empty box
2. Wait...



more awesome pictures at: THEMETAPICTURE.COM





Guns Don't Kill People

Yesterday I placed my shotgun on the front porch, gave it six shells, and noticing it had no legs, placed it in a wheelchair to help it get around.

While I was gone, the mailman delivered my mail, the boy across the street picked up my yard, a girl walked her dog down the street, and quite a few cars stopped at the stop sign near my house.

After 10 hours, I checked on the shotgun. It had not rolled outside and it had not killed anyone in spite of many opportunities that had been presented.

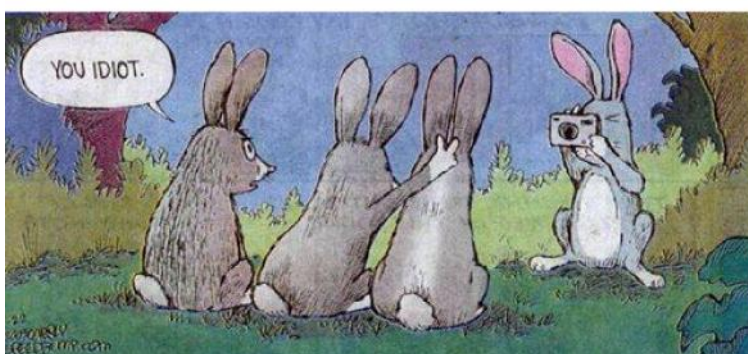
Can you imagine how surprised I was, with all the hype about how dangerous guns are and how they kill people? Either the killing is by people misusing guns or I'm in possession of the laziest gun in the world. So now I'm off to check on my spoons, because I hear they make people fat.

Donald K. Martin, Windsor Locks

more awesome pictures at THEMETAPICTURE.COM

5 Rules To Remember In Life

1. Money can't buy you happiness, but it's more comfortable to cry in a Mercedes than on a bicycle..
2. Forgive your enemy but remember the bastard's name..
3. Help someone when they are in trouble and they will remember you when they are in trouble again..
4. Many people are alive only because it's illegal to shoot them..
5. Alcohol does not solve problems but neither does milk..



OF COURSE I
TALK TO MYSELF.

SOMETIMES I NEED EXPERT ADVICE.

Even Duct
tape can't fix
stupid

But it can
muffle
the sound

