

SPECIAL POINTS OF INTEREST:

- 2012 TRA NATIONALS
- BRETT STEPHENSON

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TRA Ltd NATIONAL CHAMPIONSHIPS REPORT

The competition has come and gone. The range in Perth offered everything from rain, wind, heat (over 30 degrees some days), and to top that off—fog, which lead to a delay of 20 minutes to the start of the 90m match.

While Harrison Range offers five bull paper targets, all competitors got into the spirit of the “old days” and many shot scores that were creditable on any range.

The first couple of windy days had the three position shooters in a state of mild shock—most had not seen the effects of wind at a range that has ocean on the doorstep. Hmmm a few more 8's appeared than usual.

At the end of the 3x40 Dane Sampson (QLD) took Gold—one point ahead of Robyn Van Nus (WA) with WA's Chris Gulvin taking the Bronze.



3x20 match—and this time Chris Gulvin (WA) snuck ahead of defending champion Robyn Van Nus (WA) to record a two point win and take the Gold. Dane Sampson (QLD) had to be content with the Bronze.

Then things moved to the local Claremont PCYC club for the Air Rifle matches. Tyren Vitler (WA) was first out of the blocks and recorded a 593 to take the Air Rifle Badge Match.

Then it was on to the IPC matches. Then weather was not too bad, although quite warm inside the air range.

600 was the score to get in the SH2 Prone event, and it took the Final to separate the shooters. Finally Gold to Michael Johnson (NZ) Silver to Bradley Mark (QLD) and Bronze to Luke Cain (VIC) Between them, with their 600's they shot 172 out of a possible 180 centrals.

Libby Kosmala's 599 was not beaten in the Final and she took the Gold, ahead of Natalie Smith (VIC) and Anton Zappelli (WA)



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Warren Potent, Dane Sampson and Robyn Van Nus
all won 2012 Olympic quota places at the Oceania
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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: enquiries@targetammunition.com.au
www.targetammunition.com.au

Website still under construction—check back soon





VALE ... BRETT STEPHENSON (QLD)

In late February, we got the saddest news that our friend and fellow shooter Brett Stephenson had lost his short battle with cancer. Many friends, shooters and family gathered to farewell our mate and colleague.

In his short life, Brett achieved many things, including—Australian Team membership, National Championship titles, and great skills in firearm armoury.

A very good prone shooter (with a little Air & 3P) Brett was consistently in the Top 10 at Nationals, and there will be many Queensland trophies bearing his name as a winner.

I fondly remember Brett's droll sense of humour (especially in the bus driving through Germany on the way to Suhl) as I navigated the surrounding mountains, and I always enjoyed sharing a moment with him. Brett was always the first to help others and did love a drop or two of Bundy.



Sue — *Time to say goodbye to an old friend - your journey is now complete. Thanks for all the love, tears and laughter over so many years. Bundy and BBQs will never be quite the same, and they will always remind us of you. You may be gone, but NEVER forgotten. Thanks for the memories.*



Bergita—*14 years ago, Brett turned up in my new life in Brisbane. Always a good friend for my son and I. We had a great time when he lived at my place in Vienna. We were always joking that he could be my son and this is how I still feel about him. Will never forget the Bundy Rum hunts in Vienna, not a lot of stores had our favourite drink, so we ended up in the Aussi Pub behind the Opera House when we got desperate. We will not forget you. Only the good die young xxx*



Miss you mate.
To Brett's family we offer our love.

DO NOT STAND AT MY GRAVE AND WEEP;
I AM NOT THERE. I DO NOT SLEEP.
I AM A THOUSAND WINDS THAT BLOW.
I AM THE DIAMOND GLINTS ON SNOW.
I AM THE SUNLIGHT ON RIPENED GRAIN.
I AM THE GENTLE AUTUMN RAIN.
WHEN YOU AWAKEN IN THE MORNING'S HUSH
I AM THE SWIFT UPLIFTING RUSH
OF QUIET BIRDS IN CIRCLED FLIGHT.
I AM THE SOFT STARS THAT SHINE AT NIGHT.
DO NOT STAND AT MY GRAVE AND CRY;
I AM NOT THERE. I DID NOT DIE.



Next match—Air Rifle, and this was a good tussle right to the last Final's shot

Tyren Vitler (WA) went into the Final in first position, however Dane had other ideas, and during the course of the Final, took first position and the Gold medal. Tyren held on to the Silver and Robyn Van Nus, who started the Final in 5th position, took the Bronze.



Then on the IPC Standing match. Again 600 was the score to get, and after a close Final, Bradley Mark (QLD) took Gold, Michael Johnson (NZ) took Silver, and Luke Cain took the Bronze.

Back to the 50m range (Harrison Range) and the two days of the Jim Smith Match. It's a tricky range, which showed in the top scores each day—591/590. Dane had a solid two days and took the Gold, with Chris Lott and Ashley Adams taking the Silver and Bronze.

Shot concurrently, the 50m Benchrest shooters showed how it's done and the winner, John Patzwald (QLD) shot 598/600 to take the Gold, with Rebecca Richards (NSW) taking Silver and Richard Lightfoot (VIC) taking Bronze.



The Women's Prone match was won by Jennifer Hens (NSW) with Gail Oliver (WA) taking Silver and NSW's Susannah Smith taking the Bronze.

Frederyk Woodhouse (QLD) showed emerging talent to take the Junior Championships

The traditional Saturday night BBQ was highly entertaining and a time to sit and catch up with friends...and make new ones.



Then back to the serious stuff—the Dual Range at 20m and 90m, both Prone and Benchrest. Dane recorded 599 (20m) and 594 (90m) to take the Gold, with local WA shooter Barry Cowburn (WA) taking the Silver, and John Patzwald (QLD) claimed the Bronze

The "Dane train" had struck again.

Champion shooter Yvonne Gowland (SA) showed that she "had it" with 600 (20m) and 599 (90m) and a win by 2 centrals in the Benchrest Dual Range, just ahead of Richard Lightfoot (VIC) who also shot 1199. A young Victorian shooter Hughsey Ozaksoy, took the Bronze.



Full results of all matches are available on the TRA website. www.tra.org.au

While many of the Teams matches are shot concurrently, one that is not, is the 50m Team Match.

Highlight of this match was seeing champion bench shooter Bill Collaros don the attire of a smallbore shooter (yes sling, jacket, glove and prone position) to complete the NSW team. Without Bill, NSW only had three people.

What was more satisfying was watching how many people (from all States) were ready to lend equipment, or help to get Bill into position and ready to shoot. He used Clinton's rifle, Andrew's glove etc etc.

The Queensland team proved to be too hard to equal, especially when Dane posted a 597 in that shoot.

The shooter of the Championships has to be QLD's Dane Sampson, who won the 3x40, Air Rifle, 50m Prone and Dual Range. He also took the Bronze medal in the 3x20 match and was the Position and the Prone Champion.

Although not formally nominated until June, he is more than likely a 2012 Olympian, along with Warren Potent and Robyn Van Nus, who, as per the Selection Criteria, have both the Quotas and sufficient PQS scores for this unofficial comment to be true. (see note below)

As Rod (his father) put it so well at the Presentation Night.

"A few years ago, we had a son...and the introductions were...Rod & Robyn with their son Dane. Now it's more like Dane has parents...and the introductions are... this is Dane Sampson....oh yes, and his parents Rod & Robyn"

This quiet unassuming young man has developed his skills and 2012 is a year for him to shine—well done Dane.

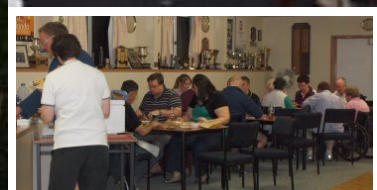


Note: There are five rifle Quota places to potentially be filled for the 2012 Olympic Team. (2x MPR, 1 x MAR, 1 x M3P, 1 x W3P) The shooters specifically mentioned above have multiple PQS (as noted on the AISL Ranking list) and it is line with the Selection Criteria document that the comment is made. All nominations will be made to the AOC at the conclusion of the World Cup in Munich. Ed



TRA NATIONALS—the story in pictures

A glimpse at the “goings-on” Thanks also to Neville Woodhouse and Robyn Van Nus for the photo-work.



The Warren Potent Postal, and the Grahame Lawler pennants were presented to NSW and WA.

Google Search...smallbore rifle

How wide ranging is the internet? I did a simple "smallbore rifle" search under Google images, and this just a small percentage of what I found.

Recognise anyone ... the time or event when this pic was taken?



Just thinking a bit about the Nationals and offer a personal comment...TVN

We have recently completed another TRA Nationals Championships with just over 70 entries, held in mostly beautiful weather, on a range that will cease to be at the end of 2012.

Now is the time to have a look at a myriad of things around the Nationals, to see if comment can be offered to TRA Board, with a view to improving the overall experience for those attending.

Firstly—a comment was made about the low numbers. Fair call. Was it because....

- WA is rather a long and expensive trip (*we won't go near the fact that WA shooters pay almost every year to go "East"*) Yes it is...but everyone knew a couple of years ago that it would be in Perth. It was no 2012 surprise.
- WA used 5 bull paper targets....*Dane shot 597 (50m Teams match) and other "Benchies" shot 598-600...so that can't be the over-riding issue. Are we getting soft, expecting electronic targets everywhere.*
- Shooters are looking for something a little bit "new" in the format. *Perhaps that has merit, and needs to be explored.*

As an aside...with the exception of Warren (who was flying to London for the World Cup) we had, competing in Perth, most of the top ranked shooters in Australia, who obviously saw this as another notch in the competition improvement schedule, and medals there to be fought for.

Since my time in shooting (from the mid 70s) the Nationals programme has seen little change in basic format. There have been little tweaks here and there, an additional match for Air shooters, the renaming of matches, Mens medals in, and then seemingly out, and of course the addition of a Benchrest and IPC program. Finals remain a touchy subject.

My first instinct is to ask— are we clear about the purpose of the TRA National Championships. Is it to determine the very best in the events, and hence crown a National Champion/s, or is the traditional annual event we hold to get together and enjoy shooting, and by the way, give out medals for good shooting.

If the former, then we are slipping back a little. By way of example, the Juniors (and Women) often do not compete shoulder to shoulder in their specific championships, but take their chances in whatever squad they are allocated.

Then there is a mishmash of medals—Open medals, then Womens medals for 3x20 (cos it's the Womens match—fair enough) but no Mens medals for the 3x40 (that's the Mens match) hmmm— in fact, Mens medals have faded out.

If we are looking for the latter—traditional social event— then we are on the ball. Lots of Graded events, and no entry refused.

Don't use the easy excuse of saying "AISL has taken away from our Nationals" That's lame and simply not true.

AI SL have added to the competition calendar with competitions in a format similar to world standard. Aus Cups are open to shooters—from those chasing ranking positions, to the C grader who wants to experience the challenge.

Only the Aus Cup Final is an “invitation” event, and even then, others may certainly shoot in the concurrent Gran Prix.

Is it time for the format of the Nationals to be reviewed? At a forum held during the Nationals the comments were flowing, and it appeared that there is a truly divided camp as to whether the current nationals programme is meeting the need, or whether something needs a change.

If I made the decisions (and there are many who are very glad that I don't)...I would be looking at the following for the smallbore events. Sorry Benchrest and IPC shooters—not enough pages to add yours...but on similar lines—you'll get the idea.

3x40 Open with Final G,S,B medals 4-8 Certs Mens G,S,B medals
 3x20 Open with Final G,S,B medals 4-8 Certs Womens G,S,B medals
 Air Open with Final G,S,B medals 4-8 Certs Mens & Womens G,S,B medals
 Junior categories in the above events where numbers dictate—G,S,B medals
 Veterans likewise—Certificates

Prone 120 shots Open with Final G,S,B medals 4-8 Certs

Mens Prone Championship 120 shot —G,S,B medals

Junior Prone Championship 120 shot —G,S,B medals

Womens Prone Championship 120 shot—G,S,B medals

DR Short Range Champ—G,S,B medals Junior—G,S,B Womens—G,S,B

Delete the Long Range (often another 50m match anyway). Hold the 50m Team match and Presentations on that day. All medals would be distributed as advertised and match fees would be \$50 per event with a Junior Discount to \$40 Too long have we pussy-footed around the cost of sport.

Would I make it a Qualification Nationals like many other sports? That is, the Nationals only be open to those who achieved eg top 10 in their State (top 15 for 50m Prone)
 Hmmmm the Jury is still out on that one...good thought though

It's time to stand up and be counted—send your comments through to the TRA Board via clayfrederick1@gmail.com It's no good complaining and doing nothing. Get your thoughts on paper. Well that should be enough comment to get the hackles raised on a number of people.

TRA FORUM—During the forum, one of the many good ideas was to develop an app for iphone, ipad or smart phone. I've got the ideas from shooters, and I'm hoping there's someone who will have the time to help develop this idea to reality.

Who knows how to write/create an app. I'm willing to learn from you, or give you the ideas and projected format. The epub part is easy—it's the more developed app that seems a little more advanced. Yes, I know— I need to find a 16 year old.

All help gratefully accepted. Email to traus@westnet.com.au

MENTAL MANAGEMENT SYSTEMS



THE EYES HAVE IT

What are the advantages that the top performers have over the others? Equipment, experience, knowledge or skill you say. That is certainly true but one of the differences might be in the way they use their eyes. We are not going to be talking about where you should be looking once the targets are visible although that is important as well. We are going to look at some recent research on what we are doing visually before we call for the targets. Is there a connection between consistent mental performance and eye movement? We will look at these issues in this article.



Ever heard of “The Quiet Eye Phenomenon”? I’ve just returned from speaking at The World Scientific Congress of Golf and one of the speakers was Dr. Joan Vickers of the University of Calgary. Here is what she says about her research on what she calls the quiet eye phenomenon.

“By recording under laboratory conditions precisely what golfers see while they putt, researchers are beginning to figure out what separates really good putters from the rest. We call it The Quiet Eye. “

“The Quiet Eye occurs when your gaze remains absolutely still on the ball just before and as the stroke is performed. There are two important aspects to this basic yet essential skill: location and duration. Research has shown that golfers who putt well focus their gaze on either the back of the ball or the top of the ball. Which is better? Both locations are effective in improving accuracy, but a weight of evidence is beginning to favour the back of the ball. We've also studied Quiet Eye duration.

The expert putters had Quiet Eye duration of two to three seconds on average, while the less skilled players held their gaze steady for one to two seconds. The same result has been found in a number of other sport skills such as rifle shooting, darts, billiards and the basketball free throw. In putting as well as in other hand eye target skills,

The Quiet Eye is emerging as an indicator of optimal focus and concentration. Why is it essential that you develop a Quiet Eye? It's simple your hands are controlled by your brain, which gets valuable information about what to do from your eyes. As you putt, your brain needs to organize more than 100 billion neurons. These neural networks are informed by your gaze, and control your hands, arms and body as the stroke is performed. These networks will stay organized for only a short period of time; a window of opportunity opens that must be used when it is at its most optimal. This is The Quiet Eye period. “

MENTAL MANAGEMENT SYSTEMS...cont.

Interesting? You bet! Smart people doing stuff that actually helps the rest of us hit more targets. So, what does this mean to you? It might mean that if you look precisely at one spot for 2 to 3 seconds before taking a shot (golf, shotgun, etc.) you just might hit more of them.

First, a sport like shotgun is definitely a hand-eye-target skill. If the mind is not engaged properly first the eye does not lock on to the target. And if the eye does not lock on to the target we do not move the hands/shotgun in the correct manner to break the target. We need the mind to do its job first.

There are three mental processes at work to execute both a golf shot and a shot on a target. The conscious mind is the first mental process and it is largely a left brain process. The left brain handles processing the information from our senses and our decision making. These are all left brain processes; Conscious Mind Processes. Now, here is the problem. Shooting the target should be a Subconscious Process and that is primarily a right brain process.

How are we going to transfer the action from left brain to right brain? One way to look at this is that the left brain needs to be quiet so that the right brain can do its job. This can be demonstrated and measured by studying the electrical activity of the brain. Dr. Debbie Crews has done just that and she has determined that when the left brain quietens, performance increases. We become more consistent because we are not thinking too much. In fact, the left brain does what it is supposed to do but does not inhibit the right brain.

I can't prove it, but I have a theory. I believe that one reason why the quiet eye works is because it allows the left brain time to quiet down and allow the right brain to shoot subconsciously. We teach shooters to "Run a Mental Program" just prior to calling for the target.

The Mental Program seems to aid the shooter in both blocking out outcome oriented thoughts and in increasing the chance of Subconscious shot execution. Since reading about the Quiet Eye Phenomenon I have paid attention to what the top shooters appear to be doing with their eyes just prior to calling for the target. A remarkable number of them are holding their eyes still for 1 to 2 seconds just prior to shooting. Now the reason for this delay might be that they want to insure that they lock on to the target. I feel that there is an added benefit of giving the left brain time to quieten just in time to allow for the shot to be subconsciously performed. Enjoy the result.

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Ms Robyn Van Nus is now Mrs Robyn Ridley

Congratulations to Robyn Van Nus and Brett Ridley who celebrated their marriage in Perth recently. Members of the "shooting family" and "Navy family" joined friends and family on a perfect day with everyone thoroughly enjoying themselves (bride and groom included)



Honeymoon plans are on hold until later in 2012

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.



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THE STAGES OF MOTHERS...

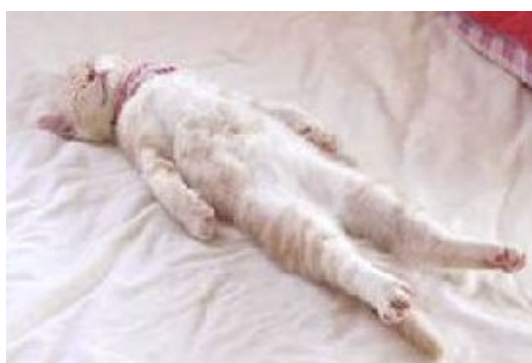
At 6 yrs— *"mummy I love you"*
 At 13 yrs— *"mum ...whatever"*
 At 16 yrs— *"my mother is so annoying"*
 At 18 yrs— *"mum, I'm leaving"*
 At 25 yrs— *"mum ...you were right"*
 At 30 yrs— *"I'm going to Mum's"*
 At 50 yrs— *"I don't want to lose my mum"*
 At 70 yrs— *"I'd give anything for mum to be here"*

Did you know?

The 2011 total numbers within the Australian Defence Personnel:

Army:	30,617
Navy:	14,220
Air Force:	14,216

TOTAL: 59,053
 to be precise.....



A fool-proof method to let you know if your glove or shooting boots need airing?
 Apply as demonstrated above...

TIP OF THE WEEK.... How to win a Gold medal.

Take 500g of talent—add 1500g of sheer effort. Mix together carefully.

Then fold 75g of luck and 400g of positive attitude into the mix. Put this mixture aside, and let it rise for a bit. Check progress frequently.

This mixture will also now need a sprinkle of opportunity and approx 300g of sheer mental toughness. This last ingredient is essential and must be added.

Your mix is now ready for the "cooking" process. Remember that the cooking may take anything from 2-5 years to reach its optimum flavour. Again, check progress from time to time to prevent burn-out.

Remove from container, and let loose on the competition circuit. You have a winner with this recipe.

TRA NATIONALS 2013—BRISBANE QLD

Yes, I understand that the dust is still settling on the 2012 Nationals, however as many know, the Brisbane range has the opportunity to stay “on the range” in the QRA accommodation.

There are 4 motel style rooms (shown right), and numerous combination rooms for up to four persons. The facilities are good, and at a reasonable cost.

There is also a van/tent area for those who “bring their own”



QRA requires anyone wishing to book accommodation and van sites for next year to contact them personally.

Please contact David on 07 3398 4309 and state that you are attending the TRA Nationals. Accommodation may run out quickly so it is best to book as early as possible.

Further information on the accommodation available, can be seen at <http://www.qldrifle.com/QRAAccommodation.htm>

