TARGET RIFLE AUSTRALIA LTD WWW.TRA.ORG.AU EDITIED BY TRICIA VAN NUS

TRA MAGAZINE—APRIL 2013

ISSUE 24

APRIL 2013

SPECIAL POINTS OF INTEREST:

TRA NATIONALS

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TRA AGM

The Target Rifle Australia Ltd Annual General Meeting was held in Brisbane on Friday 29th March. President Clay Fredericks presented his report which is reproduced here. The elections resulted in Glenn Braybon being re-elected, and Bill Henry being elected for a first term. After the formal AGM, delegates had an informal discussion with the TRA Board members present.

PRESIDENT'S REPORT TO THE AGM

I am pleased to present the TRA Limited President's Report for 2013.

Once again, our year has been a busy one. There have been four Board Meetings, each one attended by all Directors. In addition, there have been numerous committee meetings, either face-to-face or by telephone hook-up. There have also been a number of developments within Australian International Shooting Limited, necessitating representation by TRA both at meetings and in informal discussions.

Of course, "busyness" does not necessarily mean progress. Fortunately, I am able to report on a number of very significant initiatives taken by TRA, plus a several in progress.

Easily our most important initiative has been the establishment of the Eley agency. As you will know, Eley had, for several years, been represented in Australia by a commercial company. During that time, Eley pricing had risen to a point where many of our shooters found it too expensive, and had migrated to other brands.

TRA presented a proposal to Eley UK for the sole agency to be transferred to TRA. This was accepted, and our first shipment under the TRA banner was received just over 12 months ago. Since then, we have established commercial links to both our State Associations and retail outlets, delivering Eley ammunition reliably and at significantly reduced prices.

This initiative has necessitated a large financial commitment by TRA in terms of establishing inventories so that we can service the market more efficiently and reliably than has hitherto been the case. Once we reach steady state, we can expect our new

venture, Target Ammunition, to pay management fees and interest on loans to TRA, thus creating a new income stream to supplement our previous reliance on capitation fees for our funding.

Moving on to our shooting administration, it has been apparent to many of us that TRA has not been doing enough to create a formal development pathway for our promising shooters to achieve their full potential. This lack has now been addressed by the National Development Team concept. I won't go into the full detail now, and in any case we still have work to do on that detail, but it is pleasing to be able to report that AISL has approved the plan and has voted \$25,000 to support it in its first year.

When fully operational, the National Development Team will be the platform for up to 8 of our shooters to be supported via structured coaching, mentoring, competition, and material assistance. Our aim is to provide credible candidates for AISL's high performance programme. In this way, TRA will be actively contributing to future international success, instead of just relying on emerging shooters finding their own way to elite ranks.

We are also looking at ways to extend this even further towards a programme of early potential identification, in concert with the State Associations. Hopefully, there will be more on this as the year progresses.

TRA has a role to play in protecting our sport, both at the individual and the organisational level. An example of the former is the TRA submission to the Attorney General's Department on the subject of import regulation for target rifles. A draft proposal from the Department threatened to impose restrictive regulation on the import of many of our typical rifles. TRA's submission was detailed and, we think, well thought out. It has been endorsed by members of the Commonwealth Government's own Firearms Advisory Committee.

Some of you will be aware of the difficulties being encountered by our Western Australian Association in retaining shooting access to Harrison Range while the new facilities at Whiteman Park are being developed. WASRA has faced innumerable problems with unrealistic indemnity demands, bureaucratic inertia, and perplexing requirements being imposed with little or no consultation. TRA has been working with WASRA to find a way through the bureaucratic minefields with gradual, I'm pleased to say, success. A job still with more to do.

Speaking from the board's perspective, we have done a lot of thinking about many initiatives that can be taken, but a crippling problem has been the lack of resources to make sure that those initiatives can be progressed. In November 2012, we took the big step of appointing an Executive Director to give TRA a much-needed means of making things happen. Most of you have already been in contact with Andrea Wilkinson, and I am sure that you will have much more to do with her as the year unfolds.

Finally, I would like to acknowledge the tireless activities of your small group of Directors throughout the past year. In addition, the committees, their chairmen, and dedicated office holders such as our Coaching Coordinator and Company Secretary, have done sterling work. Without the efforts of all of these volunteers, TRA would be a hollow shell. With their continuing efforts, and your support, I am confident that we can continue to improve and build our sport.

Clay Frederick, President, Target Rifle Australia Limited

PRESIDENT'S COLUMN—Clay Fredericks

As I write this, the 2013 National Championships in Brisbane have just been concluded. Elsewhere in this issue you will find the details, but I would like to congratulate all of the winners for their achievements. There were too many great performances to list in this short note, but perhaps I could mention the gold medal to young shooter Thomas Versace (Queensland), and to acknowledge the emergence of another young competitor, James Daly of Victoria, who I am sure that we will see a lot of in the future. It was also great to see the return to form of Suzie Smith. Libby Kosmala was given a well-earned accolade and presentation from coach Miro Sipek

Of course, a great Nationals cannot happen without the energy, dedication, and plain hard work of many volunteers, and once again Queensland is to be congratulated for producing a flawless competition.

This was also the first PQS-rated Nationals, where competitors can earn national AISL ranking, critically important to all those treading the path to international representative honours.

Two other events occurred at the Nationals that I'd like to mention. The first was the 2013 Annual General Meeting of TRA, and Bill Henry is to be congratulated for being selected as a Director-elect by the member bodies (the State Associations) of TRA. Congratulations also to Glenn Braybon for being returned a Vice President for another term.

The second was the Shooters Forum, an opportunity for all shooters present to give their opinions on our sport, where it should be going, and what TRA should be doing to ensure that it gets there. There were many important messages that came out of the Shooters Forum, and also from informal State Association comments that followed the AGM. But I will refer to only one of them in this brief note. The others will, however, guide TRA over the coming months.

The issue raised at both the Shooters Forum and the informal Members Forum was communication. I know that this often comes up on such occasions, but it was very clear that TRA is not doing enough to communicate its objectives, its plans, its activities, and its achievements to the shooting community at large. It was a bit of a shock to hear that so many people were unaware of many things that we believed had already been disseminated, and to realise that many other things had never been publicised.

This is a fault that TRA intends to address as a matter of urgency. As a start, I have asked our website manager to include information on a very important matters that are currently underway.

This is the proposal that we put to AISL on the TRA National Development Team. I know that I have reported on this in general terms before, but it was clear from comments received over the last few days that you would appreciate more detail. So here is the proposal as it was presented to AISL. AISL has approved the proposal, and has already voted funds to support it in its first year. The board, and our Coaching Coordinator, are currently reviewing an implementation plan to put the National Development Team into effect

Secondly, as an example of what TRA has been doing to protect your interests, you might have already seen our submission to the Commonwealth Attorney General's Department on its proposed restrictive import regulations that could badly impact on our target rifles. We think that the proposed regulations were poorly thought through, particularly as they could affect legitimate sporting activity, and believed it necessary to make our views known. I hope that you will read it, if you haven't already done so, and find it interesting.

In the near future, we will also post an outline of the committee structure of TRA, together with the areas of responsibility for each of our committees. Several of these are already functioning, and in other cases we are still looking for people interested in contributing time and thought to our sport.

WINNERS + GRINNERS FROM THE NATIONALS

3x40 OPEN 1st Robyn Ridley



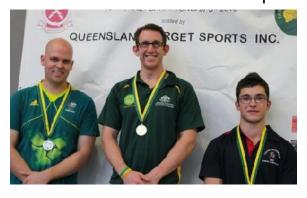
3x20 OPEN Ist Dane Sampson



AIR RIFLE OPEN Ist Dane Sampson



AIR RIFLE MEN Ist Dane Sampson

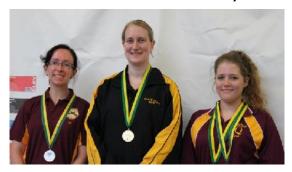




3x20 WOMEN | 1st Robyn Ridley



AIR RIFLE WOMEN 1st Robyn Ridley



50 BENCH 1st Annettte Rowe



WINNERS + GRINNERS FROM THE NATIONALS





50m JIM SMITH WOMEN 1st Susie Smith 50m BENCH FINAL 1st Rebecca Richards



20m OPEN 1st Jason Lowe



CON GRAT ULAT IONS!

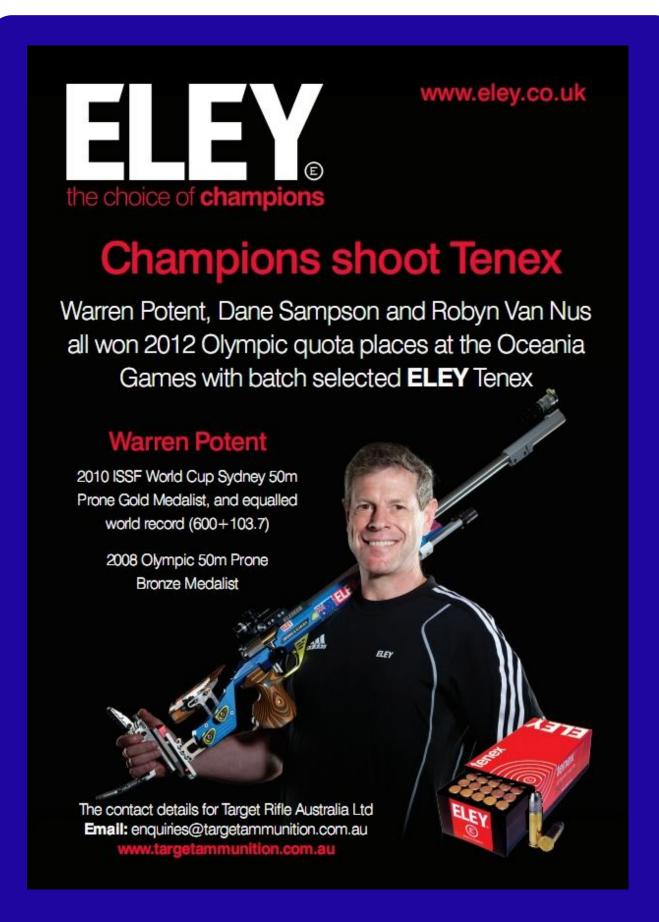
QUEENS TARGET SPORTS INC.

AIR RIFLE SHI 1st Natalie Smith



DUAL RANGE OPEN 1st James Daly





WINNERS + GRINNERS FROM THE NATIONALS

D/R WOMEN 1st Debbie Lowe



D/R BENCH 1st Roy Muller



D/R BENCH JUNIOR 1st Lucy Romanoff

D/R BENCH 50m 1st Roy Muller





CHECK THE WEBSITE FOR RESULTS. www.tra.org.au

ASK THE QUESTION....

What did you think of the program at this year's Nationals.

3x40 Open event + Final for the top 8 male shooters

3x20 Open event + final for the top 8 female shooters

NO AIR BADGE MATCH...instead...

60shot Men Air event + Final

40 shot Womens event + Final

50m Day I with a Mens Final

Benchrest 50m Open Final

These were the major change to the "old" program. Is it an improvement? Do you want it again in Adelaide?? What are your thoughts.

Voice your opinion—send your comments through the Development Committee's Jim Brown at jjbrown@aapt.net.au or you can send them to me for forwarding. traus@westnet.com.au

WHAT HAVE I BEEN UP TO LATELY

By Tricia Van Nus

As an avowed Coach Educator, I have recently had some wonderful experiences that I wish to share.

Firstly in January, there was the opportunity to work at the Olympic Youth Festival at SISC. This Festival was a fantastic celebration of youth shooting well and the number of athletes from a variety of countries made the event truly international.

From there, it was home for a night, and then to my second home—Singapore. Over the past few years, I have worked with the Singapore Sports Council and Singapore Shooting to develop, and deliver Coach Education courses with syllabus documents and the supporting material for two levels.

However, the first part of this trip was new to me. Singapore Shooting (ie me) had been asked to deliver one day courses to Army Instructors of the SES (Singapore Elite Services) at their newly constructed three level range complex.

I must take a moment to talk about the range....three storeys and three ranges, and numerous briefing rooms....nothing unusual so far. But once inside the complex, it was evident that this range was totally different. Each range was totally soundproofed with a mottled rubber type substance—floor, walls and ceiling.

A good set of Army ranges—however the best was yet to come. The lead extraction solution consisted of four 2m fans at the rear of the range (very softly turning) and extraction fans along the walls of the range at almost floor level.

To top this, I was taken to the target area (all electronic targets of course) to be shown the full extent of the lead extraction. The lead from the projectile goes through the rubber of the electronics, and then hits a wall of water, to drop into a collection tray which is then cleaned and the water recycled over a four hour period. Singapore is not short of water and this is a perfect solution.

When I thought there could not be any more surprises, my guide took me to the control room. With a flick of a few switches, the range turn to daylight...or nightlight complete with stars or desert or a rain forest. There are over thirty different combinations.

Now I can hear you say....where are the photos? Well as an elite services facility, photos are strictly forbidden—sorry for that. Just dream along with me.

The facility cost many millions—I heard at one point the number 200 being mentioned, and I wouldn't be surprised.

Anyway to the courses conducted. These instructors would be working with national service and regular Army, and were well versed in the firearms they use. The Commander of the base wanted a course that would define and enhance the instructor's skills and help them to be coaches.

I took the basis of the Singapore Level 1 and re-arranged a little—bingo—one instant effective one day course. Over the next three days, courses were conducted with a theory and practical base for 76 participants, just in time for the facility opening in mid February.

From there it was easy—conduct a Level 1 course for 28 participants from Singapore Shooting. Coach education in Singapore is important, as it can often lead to a paid position within the school based Air Rifle Program...remembering that Air Rifle is a school subject for the upper school students.

From Singapore, it was home for a bit, and conduct the first ever Club Coach Course for the Field & Games Federation (why I missed the Aus Cup 1 grrr)

Then off to New Zealand to conduct a Level 2 course in Palmerston North (Nth Island) for NZ coaches. (why I missed Aus Cup 2 aagh) Again three days of wonderful interaction with coaches who were intent on improving their skills.

After NZ, it was off to Brisbane for the TRA Nationals—great friends and good shooting by everyone. Wonderful to catch up with those that we only see once a year. So that is what I've been up to......



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TRA NATIONALS—BRISBANE

<u>50M Day 1:</u> Well this sorted out the women from the boys. Strong left to right wind with the occasional switch and lull keeping everyone on their toes. 42 shooters attended with the top 15 only having 5

points difference between them. Annette Rowe from Victoria reigned supreme with a 600.51 followed by Patrick Wolfe (shooting Annie's rifle also) & Bill Simmons from QLD rounding off the top 3.

50M Day 2: Early start slightly less wind but humid with wind coming the

other way, a few more 600's today and plenty of 599's, in the end Annette Rowe held it together and won the individual with Team NSW winning the Team Event.





<u>Demonstration Final</u>: This was the first ever match of this type for benchrest in Australia, this time we got rain, again the women showed the boys with Rebecca Richards just beating Annette Rowe.

Dual Range 20m/50m

Day 1 for the 20m saw great conditions and the scores reflected that with 14 shooters cramming the top all with 600's—the best being 600.56.

Day 2 a bit tougher and only 1 shooter managing another 600



to take out the match, congratulations to Roy Muller from QLD on winning the Dual Range with 1200.

Overall this was a great event for the benchresters thanks goes to QTS for giving us a great programme and our own final. Many of us also had a great time tuning our rifle indoors at the Patzwald/ Adams 50m range, along with some great nights and company at the Range Bar.













MENTAL MANAGEMENT SYSTEMS



Make Mistakes by Troy Bassham

I have been spending my Monday evenings teaching a Mental Toughness course to high school and collegiate competitors. Great conversation and topics come up from this audience. The topics of mistakes is a recent one we have discussed. Are mistakes ok? Should you make them? Why and when?



My father, Lanny Bassham, has always told me that you should not be afraid to make mistakes. In fact, he almost encouraged me to make them.

I learned that the timing of mistakes, as well as the willingness to make them was an instrumental part of success. Granted there are times we can't predict when we will make a mistake, but we should be willing to make mistakes earlier rather than later.

If you are striving to reach a goal or accomplish a task that you are motivated to reach, you will make mistakes along the way to reach that task. For me, I learned quickly that being ok with making mistakes early in my journey was much better than trying not to make mistakes at all. There are two prime reasons you should be ok with making mistakes early in your journey to your goal.

First, by being ok with making a mistake in the beginning you are more motivated to continue with the pursuit of your goal. For many of us, mistakes are discouraging and they keep us from staying motivated to reach our goal. People often procrastinate because they fear that they will make mistakes and that these mistakes will keep them from reaching their goal.

Mistakes show us that we are willing to take risk and without risk, why would the goal be worth striving for? If you make a mistake in the beginning you are able to correct and stay on course to reach your goal on time. If you try to not make mistakes you increase the probability of making a key mistake toward the end.

Secondly, you are allowing yourself to take some pressure off your shoulders. Mistakes show opportunities where we can grow. By seeing these opportunities early we can learn from our mistakes and become the person that we need to be in order to reach our goal.

Mistakes are what they are, mistakes. They are not intentional, they are accidents within our plan that force us to look at what we are doing. If changes need to be made, now is the time to make them. That is what mistakes provide.

MENTAL MANAGEMENT SYSTEMS...cont.

So don't be afraid to make mistakes. Allow yourself early on in your goal planning to be OK with making them and learn from them. This will keep you on track and keep you from making that critical mental mistake of focusing on the obstacles and instead allow you to look at the opportunity you have to grow.

Remember, elite performers focus on opportunities, while others focus on obstacles!



These four gentlemen are (from left) Don Gowland, TRA President Clay Frederick, Greg Marriott and Trevor Penney—all true champions, and great to see at the 2013 National Championships.

<u>SCATT E-MATCH</u>—got a Scatt, or access to one?? want to enter a fun competition?? Between now and the end of April, shoot as many times as you like on the Scatt, and select your best file to send in. Same idea for the months of May and June.

At the end of the month, send your file to traus@westnet.com.au

The file must contain at least 40 shots. Not looking at the score, but there will be a reward each month for the best group size, and the smallest average trace length. Remember that I do know how to check if shots have been deleted! Join the fun and improve your shooting at the same time—everything to gain!



Target Scoring System in your pocket!

Introducing a new app for iPhone or iPad. TargetScan App turns your iPhone/iPad into an instant personal Target Scoring System.

Take a photo of the paper target and the App will calculate the decimal score!

TargetScan will also help analyse the shot group calculating: Windage, Elevation, Mean Radius and Extreme Spread. Keep track of the previous shooting sessions and monitor the progress. ...all with your iPhone or iPad.

How it works—after opening the software and selecting the appropriate target, you point your phone camera at the target and take a "photo" and the software does the rest....on to the next shot and do the same. At the end of the session it shows the groups and session details.

The app will work with multiple shots, however it does have a challenge with tight five shot groups.

As an Air Rifle scoring system it is great. At the recent TRA Nationals in Brisbane, I challenged the app against the Rika scoring machine. Over the 25 targets scored, the TargetScan was the same as the Rika in all but one shot—and that was 0.1 difference.

No Service 23:47

Disciplines

IGSF 10m Air Pris
G sheds per target

ISSF 50m Rifle
1 stade per target

NSRA 15yd Rifle
1 stade per target

NSRA 25yd Rifle
1 stade per target

Wadge - 12 mm

Man Radius 23.9 mm
Wadge - 12 mm

Light 1 mm

Man Radius 23.9 mm
Light 1 mm

Light 1 mm

Man Radius 23.9 mm

Max Spread 97.2 mm

A few simple rules to remember...

- Always have the target on a clear white background—if the camera cannot see the
 definition of the shot hole, then the result is flawed.
- Keep the target flat while taking the photo
- "unclear or wrong shots" should be retaken

My opinion? I love it—so easy to use, accurate and reliable. I had a small group of shooters recently (some young and some not so young) and they had so much fun scoring their targets electronically—they were quicker at scoring that the scorers!

It is not expensive, and in answer to the Android question, the author is looking into this.

Perhaps with more iPhone sales, he will be in a position to complete the Android version.

To learn more, look at the TargetScan website. The website has more information, and a YouTube clip to watch. Have fun with this one....

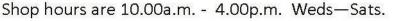
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Target Rifle South Australia Inc.



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





RIFLES IN STOCK

| Grunig & Elmiger Racer | \$6,600 |
|---------------------------------|-----------|
| Grunig & Elmiger Revolution III | \$7,500 |
| Anschutz 2013 | \$4,500 |
| Anschutz 1913 in Precise | \$3,600 |
| Anschutz 1903 | \$1,350 |
| Feinwerkbau 2700 | . \$4,100 |
| Walther KK300 Alutec | \$3,200 |
| Mannell—Special Price | \$3,900 |
| Air Rifles | |
| Anschutz 9003 | \$3,800 |
| Anschutz 8002 | \$2,500 |
| Feinwerkbau 700 Alu (Air Rifle) | \$2,700 |
| Feinwerkbau 700 Evolution Top | \$2,100 |
| Walther LG 300 XT Alutec | \$2,200 |

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

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CONGRATULATIONS to Sue McCready and Chris Lott who were married recently in Queensland just prior to the Nationals. Family and friends joined the happy couple as they were joined as man and wife on the sands of Noosa. Mr and Mrs Lott then returned to Brisbane to compete in the Nationals.







CLEVER COMBINATION—run by Bill & Morgan Henry (QLD)

The advert appears on page 9 of this e-mag....have you had a look at the products on offer? CC is able to offer single canvas jackets at the most reasonable price, starting at \$120....yes you have that price correct. These jackets are a cost-effective way for clubs to have good looking beginner jackets without the Thune price tag.

And there are shooting pants, gloves and under garments. Check out the website—it has to be a great way for clubs to offer the best. http://shooting.clevercombination.com.au





And while I'm on the subject of simple and effective solutions, QLD's Rod Sampson has created a fantastic rifle stand for standing shooters—great for the beginner the learn the basics of sighting and trigger control, without the hassle of the balance as well

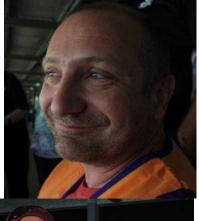
The stands come in various heights and essential in clubs who offer air rifle and/or standing shooting. The stand could also be used for supported Air Rifle.

Contact Rod for details on rrsampson@bigpond.com

OUT AND ABOUT AT THE NATIONALS 2013—BRISBANE

















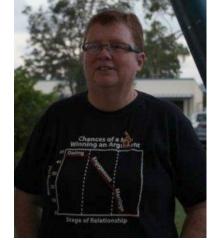


































Miro Sipek (HP Coach) also surprised Libby Kosmala with a small present to mark her inclusion in the top 100 Australian Sportswomen (noted in the February issue of the TRA e-mag)

Libby was totally taken aback, yet incredibly happy. The picture showed Libby rifle adorned with the many gold medals she has won in her long career.

This includes 11 Paralympic Games and numerous World Cups.

Congratulations Libby,





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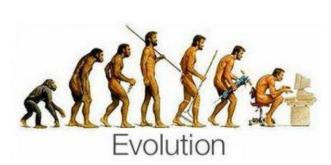






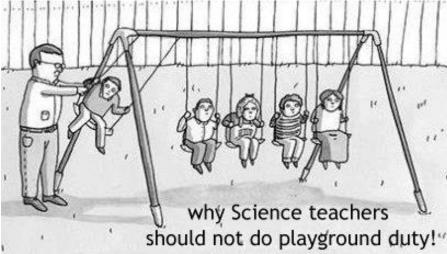














TRA MAGAZINE—APRIL 2013/



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|-------|--------|---------------|---------|--------------------|----------------|--|
| • | | | | Tenex | tenex | Olympic standard, medal winning, premium qualty cartridges used by experienced club shooters and informationals. |
| | • | • | | Tenex Pistoi | tenex pistol | The highest quality cashedge for semi automatic pistols and rities, teaturing a round nose builet profile. |
| | • | | | Match | match > | impressive results from a competition cartridge teaturing many attributes of tenex. Amazing value for money and excellent accuracy. |
| | | | | Match OSP | match osp | price. Suitable for use in sem |
| | • | | | Match Pistor | metch pistol | Softer round with reliable functioning and high accuracy in all popular pistols. Reduced velocity cartridge. |
| • | | | | Team | team > | A great value cartridge for title shooters which features the same build profile and has a similar feet to Tenex |
| | | | | Club | club | Accurate and reliable mid-range cartridge used in all disciplines up to 50m range. A consistent winner at club competitions. |
| • | • | • | | Sport | sport | which is a great quality. |
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ELEY World Cup 2011 medal tally

2011 ISSF World Cup 1 - SYDNEY

2011 ISSF World Cup 2 - CHANGWON

2011 ISSF World Cup 3 - FORT BENNING

2011 ISSF World Cup 4 - MUNICH

2011 ISSF World Cup Final - WROCLAW