

## SPECIAL POINTS OF INTEREST:

- All of it!

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## 2014 COMMONWEALTH GAMES REPORT

Placings at a glance for the smallbore team.

Mens Air Rifle —Dane Sampson 8th / Jack Rossiter 10th

Womens Air Rifle—Jennifer Hens 12th / Emma Adams 14th

Mens Prone Warren Potent 1st / Dane Sampson 4th

Womens Prone Robyn Ridley 4th / Jennifer Hens 10th

Mens 3P Dane Sampson 8th / Michael Brown 13th

Womens 3P Robyn Ridley 8th / Alethea Sedgeman 10th

The GOLD medal performance belongs to Warren.



After a strong Qualification round, the win was icing on the cake to this veteran of high level performances.

The team had 5 Finals' appearances, and along with the Gold medal, there were two 4th placings, and two 8th placings.....so close!

Well.... the dust has settled and the medals have been presented. The team is back in Australia.

Some are riding high, and others may be lamenting opportunities lost.

Regardless of the outcome, we can be assured that every team member gave everything they could, and when you next see one of the 2014 Commonwealth Games team, remind them how proud we are of them - they have our support and best wishes.

# The Team!



From left: Jennifer Hens, Michael Brown, Emma Adams, Alethea Sedgeman, Petr Kurkr (Coach) Robyn Ridley, Warren Potent, Jack Rossiter, Dane Sampson

## **COACH EDUCATION COURSES....**

Take note: there is a Club course scheduled in WA for 16-17 August and one in VIC and NSW later in 2014—check with your State Coach.

A Competition course is scheduled in SA on the 9-10 August and VIC on 20-21 Sept. WA is planning one closer to the end of 2014, or early in 2015. News on courses in NSW will come soon.

Ask your State Coach when the next course is in your State—or ask for one to happen

Tricia Van Nus











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•	•			Match		Impressive results from a competition cartridge featuring many attributes of Tenex. Amazing value for money and excellent accuracy.
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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](mailto: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)**

**Have a look at the expiry date on your Accreditation card—don't leave it until the last minute to be re-accredited.**

### 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 has now been P&A Workshops in each State, and the Assessors are keen to get working. Do you have Presenter or Assessor training through your work? Are you willing to be involved? Contact [traus@westnet.com.au](mailto:traus@westnet.com.au) for further information as to how you can be included in the Shooting Australia's P&A list.

### 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](mailto:traus@westnet.com.au)

REMINDER TO ALL BENCH SHOOTERS..

## Target Rifle Australia 2015 RBA Nationals

*Hosted by Queensland Target Sports*



**SHOOTING DATE & TIMES:** 8am to 5pm

**PRACTISE FRIDAY 30<sup>th</sup> JAN, 2015**

**DAY 1: SATURDAY 31<sup>st</sup> JAN 2015**

**DAY 2: SUNDAY 1<sup>st</sup> FEB 2015**

### LOCATION:

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

**MATCHES: 3<sup>rd</sup> Qualifier for Aus Teams, WRABF World Champs 2015 Brisbane**

**PRACTISE FRIDAY 21<sup>st</sup> 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](mailto:billcoles@commercialcleaning.com.au)  
0418 247041

**Entries are required up to 1 month before the match.**

*have you entered yet?*





With 698 competitors, the recent IPC World Championships were huge. Australia took 20 of our best IPC shooters and the placings are below.

Jason Maroney and Ashley Adams also earned IPC Quotas in the process.

SH1 AIR STANDING—Ashley Adams 19th  
 SH1 AIR STANDING WOMEN—Libby Kosmala 7th  
 SH1 AIR PRONE MIXED—Ashley Adams 12th, Anton Zappelli 13th, Libby Kosmala 48th  
 SH1 AIR PRONE TEAM—AUSTRALIA 5th  
 SH2 AIR STANDING MIXED—Jason Maroney 16th, Luke Cain 18th, Bradley Mark 24th  
 SH2 AIR STANDING MIXED TEAM—Australia 4th  
 SH2 AIR PRONE MIXED—Jason Maroney 4th, Bradley Mark 16th, Luke Cain 48th  
 SH2 AIR PRONE MIXED TEAM—Australia 7th  
 SH1 50m PRONE MIXED—Ashley Adams 8th  
 SH1 3P—Ashley Adams 11th

While the medals were hard to come by, the Oceanian records were not. Here's the list of records shot at these championships. Well done everyone.

OCEANIAN RECORDS					
Event	Phase	Old / New	Name	Nat	Date
Team R3 Mixed 10m Air Rifle Prone SH1	Qual.	1860.9/1885.4	ADAMS, Ashley Phillip ZAPELLI, Anton Lee KOSMALA, Elisabeth	AUS	21.07.2014.
Team R4 Mixed 10m Air Rifle Standing SH2	Qual.	1879.6/1880.4	MARONEY, Jason CAIN, Luke MARK, Bradley	AUS	21.07.2014.
R6 Mixed 50m Rifle Prone SH1	Elim.	617.3/617.8	ADAMS, Ashley Phillip	AUS	22.07.2014.
R5 Mixed 10m Air Rifle Prone SH2	Qual.	635.2/636.2	JOHNSON, Michael	NZL	23.07.2014.
Team R5 Mixed 10m Air Rifle Prone SH2	Qual.	1875.5/1893.1	MARONEY, Jason MARK, Bradley CAIN Luke	AUS	23.07.2014.
R7 Men's 50m Rifle 3 Positions SH1	Qual.	1134/1143	ADAMS, Ashley Phillip	AUS	25.07.2014.





Four of the country's best young shooters have secured their spot on the Australian team for the second Summer Youth Olympic Games (YOG) in Nanjing, China.



This August, (next week to be more precise) Daniel Clopatofsky (Bankstown, NSW), Monika Woodhouse (Shailer Park, QLD), will compete in the 10m Air Rifle event, along with Christopher Summerell (Toukley, NSW) and Elise Downing (Tamborine, QLD) who will be stepping on to the world stage to compete in 10m Air Pistol.



They will compete at the Fangshan Shooting Range which is 27km from Nanjing. There will be 80 athletes (40 male and 40 female) competing in the Youth Games.

Go Monica and Daniel—enjoy the experience and shoot your best.

Watch for results— <http://www.nanjing2014.org/en/>

## Target Rifle South Australia Inc.



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## The Commitment Step



The dictionary defines commitment as the state or quality of being dedicated to a cause, activity, ability or decision. The lack of commitment is a major reason good performers fail to execute well in competition and is often overlooked. Let's look at the solution.

In sports like golf, shotgun shooting, and archery the athlete must make decisions on the best way to put the ball, the shot or the arrow on the chosen target. There may be many ways to achieve success. A golfer must chose a club to use on a golf shot. The shooter must decide what is the best way to take the target and the archer must determine the best place to hold off to correct for the wind. If once the decision is made the athlete is not committed to the strategy he had selected there may be doubt in his mind during the shot causing lost points. You must be committed to the strategy you have selected.

In all sports, performances, presentations and examples of skill under pressure the performer must be committed to his or her ability to execute the task well. There can be no doubt in the person's mind. Doubt causes you to become overly cautious when being aggressive is necessary for success. Doubt drains confidence like a hole in a bucket. Doubt creates hesitation, indecision and lack of trust in one's ability.

I would rather you be committed to a less effective decision than be doubting the best one. Lack of commitment is just behind over-trying in my list of mental errors that rob championships from prepared players.

So, how do you insure that you are committed to your task? Everything we do has three phases to it, Anticipation, Action, and Reinforcement. The Anticipation phase is what you do and think about prior to the task. We teach that this phase has two mental parts to it, Preload and Mental Program.

Preload is further divided into three parts; Strategy, Rehearsal and Commitment. A shooter evaluates the situation and determines the strategy to best achieve success on the shot. Then he rehearses the feeling he wants. Next, it is time to become committed to both his strategy and his ability to execute the selected shot. Commitment is an "I got this!" kind of sensation. It is hard to describe but most performers know what this feels like and can duplicate the feeling at this step in the process. The key is to remember to get committed. All too often performers omit this step and pay a costly price.

Remember to execute the commitment step in the Anticipation phase of your sport or activity.

## The Start Counts

"It's not the start that counts, it's how you finish." This comment is made quite often and in many cases it's true, but not always. When it comes to running a consistent and effective mental program it's the start that counts. The purpose of the mental program is to narrow thoughts so that the athlete doesn't have to think during the action. This cannot happen if the individual doesn't perform the start of the mental program properly.

The starting point of the mental program is called "The Point of Initiation". This step in the program has two purposes. First is it defines when the mental program begins, hence the reason it's called Point of Initiation. The individual initiates when the mental program begins.

The second reason is to keep the individual from rushing into the action. This is why we use a physical trigger to identify the Point of Initiation. By doing something physical before the action the athlete has to pause before performing the action. This pause allows the conscious mind to quiet down and provides the starting point for the individual to narrow their focus. This is critical to performing a consistent and effective mental program. If the step is rushed the action will be rushed. When this happens good performance is difficult.

To increase your focus make sure you identify what your Point of Initiation is and make sure you do this every time. Consistency is the key to running a solid mental program and that starts with the performing a proper Point of Initiation. Remember, it's the start that counts.

**UNTIL NEXT TIME—KEEP SHOOTING AND LEARNING!**

**WOULD YOU LIKE TO FEATURE YOUR CLUB IN THE TRA E-MAG?** Have you a story to tell....history to share... are you proud of the achievements of someone in the club....or just proud of the work within the club? Then the next step is easy. Write a paragraph or two, and include pictures.... then send it to the Editor at [traus@westnet.com.au](mailto:traus@westnet.com.au)

Always on the lookout for interesting snippets and all submitted items will appear.

**GOT AN ISSUE TO AIR?** Here is a perfect opportunity to spark discussion





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## IS YOUR NAME HERE?

This is the list of accredited coaches as of August 2014. If your name does not appear, and you think it should be there...please contact [traus@westnet.com.au](mailto:traus@westnet.com.au) with the details.

If you are thinking that your club/State is a little light on coaches—contact your State Coach or State Secretary who may be able to advise when the next course/s will be held.

## GET INTO COACHING—IT'S SO REWARDING!

Laurie	Aberdein
Hugh	Barlow
Andrew	Bell
Rebecca	Bell
Graham	Boulter
Margaret	Bugden
Alyce	Devlin
Rodney	Faint
Robert	Gallon
Ray	Girdlestone
Peter	Hearle
William	Henry
Dan	Hunziker
Shane	Jones
Meredith	Nestor
Lesley	Perk
Anton	Perk
Janelle	Rossiter
Robyn	Sampson
Matthew	Smith
Alan	Smith
Murray	Thompson
Cliff	Walker
Jamieson	Webb

Michael	Poole
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Ursula	Bayliss
Dennis	Claxton
Gordon	De Groen
Malcolm	Duffy
Paul	Golden
Graeme	Hall
John	Innes
Darius	Krivanek
Phillip	Pangilley
Kimberley	Payne
Terrence	Payne
Robyn	Ridley
Lisa	Yates

John	Bird
Kevin	Brice
Barry	Cowburn
Kelvin	Masters
Susan	McKenna
Owen	Oliver
Tricia	Van Nus

Michael	Adams
Chris	Botting
Wayne	Brittain
Tim	Butler
Yvonne	Hill
Cynthia	Jones
David	Klemm
Libby	Kosmala
Stan	Kosmala
Petr	Kurka
Kim	Lang
Gilian	Ludlam
Ron	Maine
Coral	Malone
Morian	Muehlberg
Sylvia	Muehlberg
Ashling	O'Boyle
Carrie	Quigley
Tony	Rech
Cameron	Strachan
Andrew	Summers
David	Westley

Garry	Hobbs
Robert	Marshall
Leo	Southell
Hilary	Stuart-Williams

Peter	Braybon
Lindsay	Braybon
Beverley	Braybon
Trevor	Drage
David	Knight
Bill	Knight
Leon	Maguire
Ern	Mulcahy
Miroslav	Sipek

## LAST BITZ.....

### CHECK THE TRA WEBSITE FOR .....

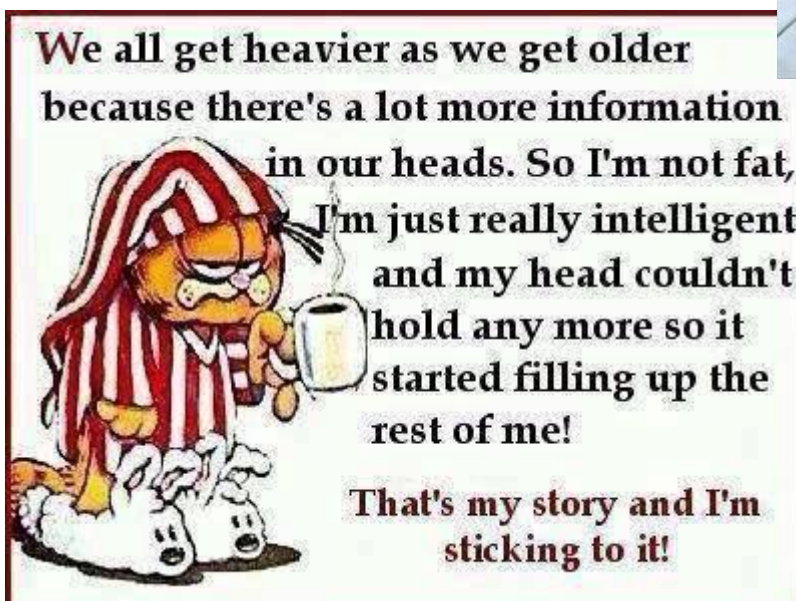
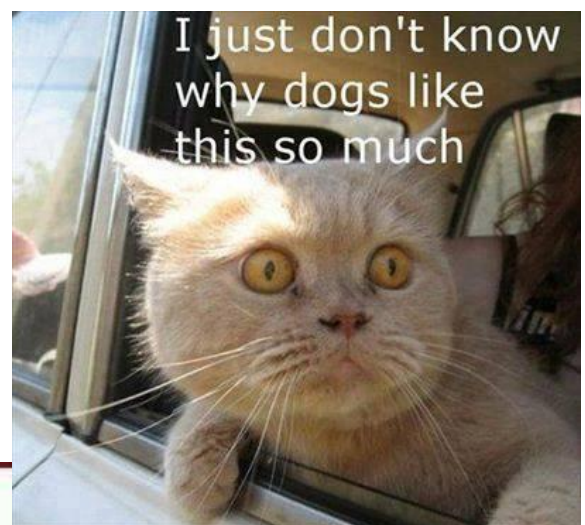
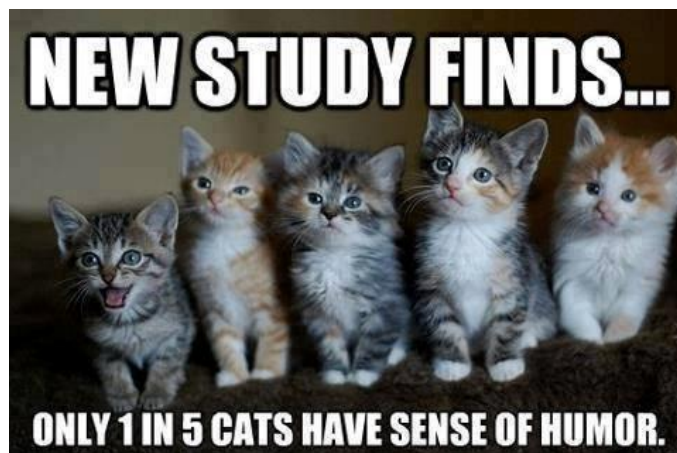
**\* THE TWO NEW PROMO ITEMS AVAILABLE FOR YOUR CLUB—A POSTER AND A TWO FOLD BROCHURE. EASY TO PRINT AND USE.**

*We know it's a boy—welcome Darcy. ....and we know that Sue and Chris are the most excited parents ever. ....pictures? Perhaps soon.*

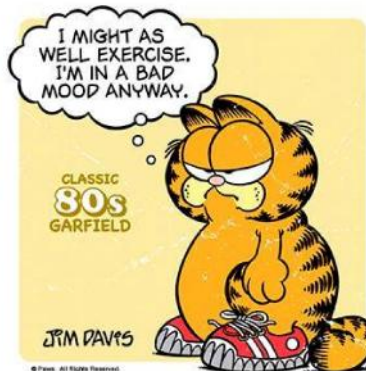
**CONGRATULATIONS SUE & CHRIS LOTT**



*That brings a new challenge to the Nationals next year. ....four babies under two! Robyn started it with the birth of Quinn, followed by Natalie having Daniel, then Susie had Tahlia and now Sue has little Darcy. Quite a formidable Junior Team by 2030!*







Toaster charger- phones pop up when fully charged

