

SPECIAL POINTS OF INTEREST:

- 20112 TRA NATIONALS
- ELEY TESTING
- AISL COACH CONFERENCE

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2894 Cross-over from
 previous line



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**AUSTRALIA'S NEWEST
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FOCUS ON ROBYN & ANNE

Taken a slightly new twist on the "Focus" this month with the inclusion of two of shootings most well known Queensland girls. E-mag Editor sat with them over the week-end of the Aus Cup 3 in Brisbane, and amidst a lot of laughter, we have the following.

When did you start in the shooting sports?

Anne..1975...because my then husband was interested to try it Robyn..1976..I was invited to come an have a try by Anne, and then I was hooked too

What is your most memorable moments in shooting?

Anne.. earning my first Australian Team berth and uniform, and, watching and helping people I know well, to reach their goals Robyn.. I'd have to have three...A Silver medal in the NZ Nationals in 1986 when I was four months pregnant, and being counted out in a NSW State Champs when Dane was six weeks old, and now watching Dane current progress.

Who is the older of the two of you, any other siblings? Anne is the older sister and Robyn is the baby by four years, but she says she's got more grey hairs! Dane says that Anne has the wrinkles...sweet nephew!

Where were the two of you born, and brought up?

Anne was born in Townsville and Robyn in Tully. We lived most of our child life in North, and Western Queensland.


Anything "not done yet" in shooting?

Anne.. I still want to shoot, but the body won't let me! Robyn..I achieved many of my personal goals, it's now more to do with working to see shooting accepted as a mainstream sport, and making sure the sport will be available for future generations.



IT'S TIME FOR THE MASTER'S GAMES AGAIN

If you are over 30 years of age you are eligible to shoot in the Masters Games that will be held in Adelaide in October 2011.



XIII AUSTRALIAN MASTERS GAMES
ADELAIDE 7-16 OCTOBER 2011

get in the game!

Shooting
Smallbore & Air Rifle (min. age 30)
Target Rifle South Australia Inc
TRSA Wingfield Range, Wingfield

Friday 7 - Monday 10 October
Contact Sylvia Muehlberg [08] 8322 6791 or sylvia.morian@bigpond.com

Registrations now open
For specific event information visit www.AustralianMastersGames.com

Target Rifle SA has a wide range of events that will be conducted at the Wingfield Range from Friday 7th to Monday 10th October.

These events include the International events for Air Rifle, Prone and Three Position, and also Benchrest (Class 1 and Class 3), Any Sights Prone, and Air Rifle Supported.

A copy of the program is in our brochure which is on the next page.

Entries must be made via the Masters Games website – go to www.AustralianMastersGames.com – but as entries are closing shortly, please be quick.

(Although WE are happy to accept entries right up to the day before the event, sometime in mid-August,

the Masters Games people will place a “late fee” on their entries.)

If you have any queries about the events, please do not hesitate to contact us – phone 08 8347 2488 or email to us at admin@targetriflesa.com

We look forward to seeing you here and extending some good old South Australian hospitality to you all.

Regards,
Ron Maine





PROGRAMME



Fri 7th

Practice Day – all ranges.
20 Metres Prone (if unable to shoot on Sat)

Sat 8th

3x20 3-Position (ISSF/TRA Rules) (9.00 a.m.)
Disabled 3-Position (3X20-ISCD Rules)(9.00a.m.)
20 Metres Prone (TRA Rules) (9.00, 11.00, 1.00 & 3.00)
50m Bench Rest (Class 1) (TRSA Rules) (12.00p.m.)
50m Bench Rest (Class 3) (TRA Rules) (1.30 & 3.00)

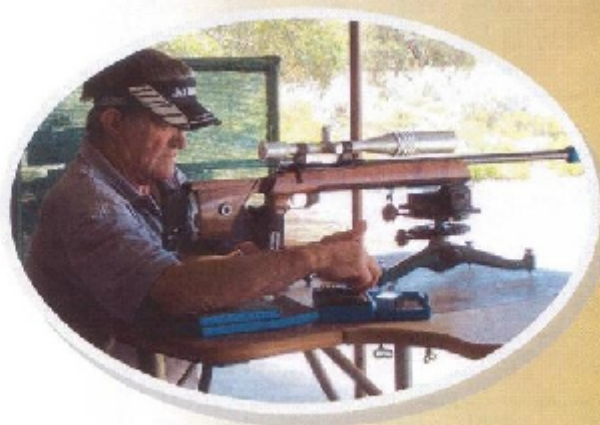
Sun 9th

50 Metres Prone (ISSF/TRA Rules) (9.00 & 11.30)
Disabled 50 Metres Prone (ISCD Rules)
Air Rifle (ISSF/TRA Rules) 1.30 & 3.30
Disabled Air Standing (ISCD Rules)
20m Bench Rest (Class 3-TRA Rules) and
20m Bench Rest (Class 1-TRSA Rules) (9,11,1,3 & 5)

Mon 10th

3x40 3-Position (ISSF/TRA Rules) 9.00
Disabled Air Prone (ISCD Rules) 9.00
Air Rifle Supported (TRSA Rules)..11.00
"Any Sights" 50m Prone (TRSA Rules) 2.00

Farewell Dinner – 6.00pm





TRA NATIONALS 2012



And now the 2011 Nationals are but a memory.... it's time to start thinking about getting to West Australia for the 2012 TRA National Championships.

Harrison Range—the WA State range, initially built in the 1960s, is due to close at the end of 2012, due to expansion of the SAS buildings next door. We are on Defence Dept land, so the time on the fullbore and smallbore range is quickly coming to an end.

This will definitely be the last Nationals on Harrison Range—plan to be there, to help celebrate the end of an era.

Visitors in 1990 will remember the opening of our “new” range...we had to move the range forward and change direction a little, to accommodate the creation of a major road along our boundary.. Now however, there is no reprove.

There were rumours running around Geelong range, to indicate that the program in Perth would be shortened in some way.....not so.

While we cannot fully advertise the full shooting schedule just yet, please be assured that the needs of all shooters will be met. A more detailed timetable will be available, and advertise to all States shortly.

3x40 Free Rifle

Air Rifle

Air - ISCD both Prone and Standing

Jim Smith – 120 shots

Benchrest – 120 shots at 50m

Team events

3x20 Sport Rifle

Air Rifle Badge Match

Bill Eddy Dual Range – 120 shots

Benchrest – 120 shots at Dual Range

Champion of State Champions

A list of accommodation possibilities, entry form, shooting timetable and all the other required details will be in the next issue of the TRA e-Mag.

Remember that all shooter comings to WA, will need to obtain a Temporary permit to bring their firearm/s to WA. Again WASRA will help all shooters with this, and the information will be in the next issue.

Harrison Range runs on 5 bull paper targets. Enjoy shooting as it was prior to the electronic explosion...details....shooting on 5 targets (that tests the position), hand scoring, and all the fun that goes with a WA Nationals

2012 Nationals from Monday 2nd April to Tuesday 10th April....plan to be there.

AUS CUP 3—Brisbane, July 2011



Mens 3P

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



Womens 3P

1. Robyn Van Nus
2. Jennifer Hens
3. Susie Smith



Womens Air Rifle 1 (Sat)

1. Robyn Van Nus (New Aus Record 397)
2. Alethea Sedgeman
3. Alice Styles



Mens Air Rifle 1 (Sat)

1. Will Godward
2. John Coombes
3. Dane Sampson



Womens Air Rifle 2 (Sun)

1. Robyn Van Nus
2. Emma Woodroffe
3. Alethea Sedgeman



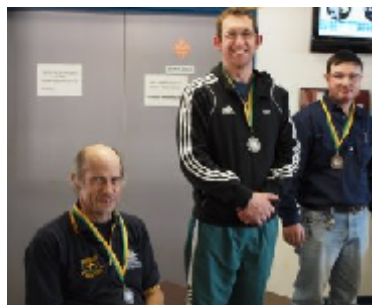
Mens Air Rifle 2 (Sun)

1. Will Godward
2. John Coombes
3. Chris Gulvin



Mens Prone 1 (Sat)

1. Dane Sampson
2. Tom Versace
3. Barry Cowburn



Mens Prone 2 (Sun)

1. Dane Sampson
2. Ashley Adams
3. Tom Versace



Womens Prone

1. Sally Johnston (NZ)
2. Susie Smith
3. Robyn Van Nus

Best bits.... Robyn shot a new Australian record in Womens Air Rifle with 397, and shot two AISL PQS scores (397,396) in the two consecutive Air Rifle matches, while Dane also shot two AISL PQS scores (597, 596) in the two consecutive Mens Prone matches. Tom and Ashley also shot a AISL PQS scores in Mens Prone. WOW

The weather was wonderful...the wind was tricky. No guess who handled the conditions better.. The QLD shooters definitely had the edge on the opposition. Congratulations to all competitors.

Club View—Rockhampton (QLD)

Rockhampton Smallbore Rifle Club Inc.



Being some 745km from Brisbane, and with a population of around 58,000, the coastal Queensland town of Rockhampton is one of the many centres on the usual route to Cairns. The Tropic of Capricorn runs through Rockhampton, regarded as the meat capital of Australia, and this semi-tropical city is one of the prettiest in North Queensland.

Rockhampton Small Bore Rifle Club meets every Monday night, weather permitting, at the Lakes Creek Pistol Complex.

Being a small club we pride ourselves on old fashioned hospitality.

We shoot several disciplines of small bore including

- 20m & 50m Prone
- 20m & 50m Bench-rest



Call in when your are passing—you'll be welcomed in style

Club View— NORTH ROCKS (NSW)



North Rocks club was formed in 1954 to promote smallbore shooting in the North Rocks area. It was situated off Hepburn Road at North Rocks and the range was resumed with the building of the M2 Motorway. The club moved to the Hyland Park range at Greystanes in 1991.

The club operates on every Wednesday night except for a 3week break at Christmas. (Got to partake in the Christmas and New Year cheer) Shooting starts at 7.15pm and finishes around 9.45pm, when members usually adjourn to the clubhouse to socialise.

The club shoots at the Hyland Park Range at Hyland Road Greystanes (UBD ref 209 B12) (Gregory's ref 305 B12). There's no way that visitors can't find us.

We enjoy providing coaching to new and existing members to help them improve their skills. We also have a quantity of club rifles and equipment that may be borrowed free to members until they decide to purchase their own.



The club has a wide profile of members both male and female, junior/senior and veterans. While we promote competitive shooting this is not a requirement of the club and members may elect to shoot how they wish. We run a hotly contested prize shoot every year in July.

The club has a number of Firearms Safety Awareness Officers who conduct the NSW required Firearms Safety Awareness Tests. The club has application forms for temporary club membership and all the information that prospective members will need.

If you are going to be in the areas, and wish to have a shoot...or just drop in for a chat....phone the range on 9725 5397 Wednesday night 9.45pm-10.30pm, (remember that we are shooting before that time), or phone Steve on 9831 2104, or email skidd@optusnet.com.au or just drop in at the range on a Wednesday night to have a look at what we do, we would love to see you.

North Rocks SRC—a friendly club with members who thoroughly enjoy their sport...see you soon



HISTORIC MOMENTS IN THE ISSF

19th century – During the 19th century, earlier forms of organizations such as shooting clubs developed into national shooting federations.

The Société Suisse des Carabiniers was founded in 1824 in Switzerland; Queen Victoria inaugurated the British National Rifle Association in 1859. Duke Ernst II of Saxony-Coburg and Gotha founded the Deutscher Schützenbund in 1861, and military leaders established the National Rifle Association of America (USA) in 1871. The Federation Francaise des Societies de Tir was formally established in 1884, but earlier French national federations had preceded it.

1896 – The shooting sport began part of the modern Olympic Family since its first steps. In the first Olympic Games, held in Athens in 1896, 39 shooters from seven nations competed in three pistol and two highpower rifle events. Shooting also was included in the program of the second Olympic Games where 139 shooters from 13 nations competed in three pistol, five rifle, two clay target and one running target events.

1907 – On 17 July 1907, representatives of seven national shooting federations, six from Europe (Austria, Belgium, France, Greece, Italy, Holland) and one from South America (Argentina), met in Zurich, Switzerland, to formally establish the L'Union Internationale des Fédérations et Associations nationales de Tir (International Union of National Shooting Federations and Associations) in a meeting that would be remembered as the first UIT General Assembly. UIT was the name prior to ISSF.

1908 – The second General Assembly of the ISSF history took place and three new member federations from England, Germany and Hungary, were also represented. The Swiss shooting federation, after the first indecisions, joined the union at the General Assembly. Later on, during the year 1908, USA would join the union.

1909 – The shooting family grows, and more national federations join the union. Between 1909 and 1914, Serbia, Denmark, Spain, Portugal, Sweden, Peru, Mexico and Finland become members of the Union Internationale.

1912 – 284 shooters, coming from 16 different countries, participated in the 1912 Olympic Games of Stockholm, Sweden, in 15 total events, two pistol, eight rifle, two shotgun and three running target.

1920 – The 1920 Olympics of Antwerp saw 21 shooting events in its program, the highest number of events in Olympic history. 18 nations participated with 233 athletes.

1928 - The practice of awarding money prizes in ISSF World Championships clashed with strict IOC amateur standards. As a result, the IOC excluded shooting from the 1928 Olympic Games in Amsterdam. At its 1928 General Assembly, UIT delegates approved an appeal to the IOC to reinstate shooting to the 1932 Olympic Games program.

1937 – Saw the first participation of a Woman in an open World Championship event. Catherine Woodring fired as a member of the USA team, winning the 50-meter rifle prone gold team medal.

1948 – 300m Rifle event returns at the Olympic program of the 1948 Games after missing since 1924

1958 – Men's Skeet event was added at the UIT program.

1966 - The UIT recognized all of its open events as "mixed" events where women could participate with men. The IOC also agreed to apply this standard to Olympic shooting events. For four Olympiads, from 1968 through 1980, the Olympic shooting events were mixed, with opportunities for women and men to participate regardless of gender.

1966 – Air Rifle event was added at the UIT program.

1970 – Air Pistol event was added at the UIT program.

1984 - The IOC agreed to add three women's events, 10 meter air rifle, 50m small-bore rifle 3x20, and 25m sport pistol, to the 1984 Olympic Games program.

1986 – Following the invitation of the IOC, the UIT developed an Olympic qualification system and established a new series of World Cups, included them in the Olympic qualifying system, and recognized scores fired in World Cups as World Records

1988 – The 10m Air Pistol Women Event was added to the 1988 Olympic program of the Seoul Games.

1994 – The UIT General Regulations recognize 15 junior men's events and 10 junior women's events that were added to the program of the UIT World Championships.

1996 – A shotgun event, double trap women, was added to the 1996 Olympic Games program.

1998 – At the 1998 General Assembly in Barcelona, the word "sport" was formally incorporated into the UIT's modern name, "International Shooting Sport Federation."...ISSF

2000 – Following the introduction of the double trap women event at the previous Games of Atlanta, two additional women's shotgun events, trap and skeet, were added to the program of Sydney 2000.

2004 – The Olympic Games of Athens saw a record participation of 106 countries, presenting 390 shooters to compete in 17 events.

2007 – One century after that first meeting in Zurich, the 17th of July 2007, ISSF celebrated its 100 years anniversary. The Federation now has 158 national federation members in 146 countries on all five continents

2008 – The Olympic Games of Beijing saw the participation of 103 countries, presenting 390 shooters to compete in 15 events (9 men and 6 women), in the disciplines of Rifle, Pistol and Shotgun.

Following the "tradition", the first Gold medal of the XXIX Olympiad was assigned to the Shooting sport. On August the 9th, Czech's Katerina Emmons became the first Olympic Gold medallist of the Olympic Games of Beijing 2008 by winning the 10m Air Rifle Women event.

The full version is available at <http://www.issf-sports.org/theissf/history.ashx>

Aiming.

The goal of aiming is to coordinate the functions of being able to align the sights on the target, along with the reflex of releasing the trigger, (Buhlmann et al 2008). While it is important to be able to see the target, it is the behaviour associated with aiming that is more important. It is often in the behaviour of aiming that one can find many problems.

Shooters need to consider the following areas:

- Sight correction
- Aiming Time
- Approach to the Target
- The way they look through their glasses
- Eye alignment with the rear sight
- Foresight elements
- The cant of the rifle

This article will address correcting the sights and aiming time, and the other points will follow in the next E-mag.

Sight Correction:

Errors in sight correction can occur by accident (when an individual makes a mistake in the direction they change the sights), or because the individual has not yet learned about their sights and how they work. I think it always helps to make sure you remember which way to turn the sights so that you do not have to think too much about it during your training or competition. Ask around the range – people have some very interesting ways of remembering.

Some training drills to learn more about the way your sights work include:

- Adjust the vertical sights 10 clicks clockwise, and shoot 10 shots. Adjust 20 clicks anticlockwise and shoot 10 shots. Adjust 10 clockwise, and the windage sights 10 clicks clockwise, and shoot 10 shots. Adjust windage sights 20 clicks anti clockwise.

You should get four groups high, low, left and right. The result of this exercise is to get a sense of where the shots go when these sight adjustments are made, and give you a bit of an idea how far you can click your sights to move around the target.

It will also show you the impact of your cant (if you turn the rifle in toward your body), and if you need to make adjustments for this in your sight adjustments. For example, if you do shoot with a cant, your lower group will land on the target more at 4 or 5 O'clock and your higher group more at 10 or 11 O'clock. This means you need to consider some windage when you adjust your sights as well as the vertical adjustment.

Ensure the rifle is sighted to the centre of the target. Ask a coach or someone you trust to make an alteration to the sights, and note the number of clicks moved and the direction. Your task is to change your sights back to where they were by shooting, and using the information from each shot to inform them. When you believe you are back to the centre, compare how many clicks you changed with what was actually changed.

Some people are reluctant to change their sights, preferring to accept the responsibility for the location of the shot.

Some training drills to work on this include:

- Calling shots – determine where you think the shot landed prior to looking at the target.

By developing greater awareness of where you believe the shot to be, and where it actually was on the target, you can develop more willingness to change your sights when necessary.

Others change their sights too frequently, and get confused by where their shots are landing. If you change your sights too often, it becomes difficult to know where the rifle is actually sighted. STOP. Shoot a group. Think about where you are calling your shots and what the wind is doing. Then start making sighting adjustments.

Aiming Time:

It is really only necessary to spend 5-8 seconds actually sighting the rifle. This is especially so if you have spent the bulk of your time ensuring you have the correct natural point of aim, inner position, and correct balance for your shooting position – and this is true of all three shooting positions.

Spending too long in the actual aiming can mean that you are not doing the “inner” work I just described, or that you don’t trust the inner work you are doing, or that you are falling asleep! Your eyes really can’t look at the sight picture for too long anyway without becoming fatigued, so it is better to just get on with, (Yur Yev, 1985).

Some training drills to work on aiming time include:

- Timing exercises – time yourself while you are shooting. Identify when you have gone overtime, and *put the rifle down*. You may do better with a friend with this exercise – get them to work out when you have been aiming longer than 8 seconds.
- Shoot onto a white target or into the back stop, so your focus can be on the timing of each shot. Work to ensure that each shot is fired within the appropriate time. It helps to have someone who can act as a timekeeper for this exercise, and give feedback regarding the time each shot was fired.
- Similar exercise as the point above, however, this time on an actual target. This exercise is putting all the skills together, and initially the focus is on the timing with less focus on the whereabouts of the shot. You need to put the rifle down and start again if you hold for too long.
- Use of video can be helpful to see yourself shooting to a rhythm.

Attend lots of competitions and practice your aiming time in these settings.

*Happy Shooting,
Carrie Quigley*

Buhlmann, G., Reinkemeier, H., Eckhardt, M., Murray, B., Bindra, A., Hecker, M., (2008) Ways of the Rifle, MEC, Dortmund, Germany.

Yur'yev, A.A., (1985) Competitive Shooting, Physical Culture and Sports Publishing House, Moscow - English translation edited by Gary Anderson, National Rifle Association of America.

MENTAL MANAGEMENT SYSTEMS



The Challenge

(taken from the last Chapter of the New With Winning in Mind Book)

I challenge you to take action. You live at a unique time in history.

If you are a competitor I would bet that your competitors, while thinking that the mental game is critical to success, is doing little to advance their mental game.

What if you did? The fact that you are reading this book puts you ahead of the competition. How much ahead depends on the effort you put forth in applying it.

I challenge you to take action. Your competitors are thinking the thoughts their environment gives them. This is typical.

What if you were not typical? You have a choice to continue to allow your thoughts to be controlled by your environment or to control them yourself. Running a mental system means that you define the best things to think about before, during and after your stage of competition.

What if you trained your subconscious to respond consistently to these thoughts so that they were embedded? What if you trusted yourself to only think this way in competition?

I challenge you to take action. Not everything is as it seems.

There are times in our lives when our circumstances appear to us to be heading toward doom when in reality we are on the road to our dreams.
We just don't realize it.

I challenge you to look at problems and adversity as learning experiences, to see the potential lesson in every failure and to appreciate just how fortunate you are when you finish well.

I challenge you to take successful outcomes as conformation that you are on the right track and unsuccessful ones as opportunities to learn.

Written by: Lanny Bassham (info@mentalmanagement.com)

The new With Winning in Mind publication is available through Mental Management at this website <http://mentalmanagement.ipower.com/content/winning-mind-hardcover-book>



"Motivation is what gets you started. Habit is what keeps you going."

Coaches Conference

Sydney October 15 & 16, 2011



AISL invites Coaches and anyone interested in Coaching to its first ever Coaches Conference. The conference is an excellent opportunity for coaches to learn about the latest trends in Coaching, within an international arena. Learn about technological trends, gain valuable insight into Sport Psychology, and much more. To finish off, there will be a Networking Dinner where you will have a chance to catch up with other Coaches and eminent speakers.

- **Panel discussion with head coaches**
- **Pathway from club level Shooting to High Performance Shooting**
- **Skills Acquisition**
- **Video technology**
- **Athletes with a disability**
- **Sport Psychology**
- **Workshops in coaching**
- **Acclaimed Guest Speakers (tba)**

Venue: Ridges Hotel, Bass Hill.

Package 1 \$145

Conference, Lunch, Light Refreshments and Saturday Networking Dinner.

Package 2 \$225

Conference, 1 Night's Accommodation (twin share) with Breakfast, Lunch, Light Refreshments and Saturday Networking Dinner.

Package 3 \$295

Conference, 2 Night's Accommodation (twin share) with Breakfast, Lunch, Light Refreshments and Saturday Networking Dinner.

Package 4 \$445

Conference, 2 Night's Accommodation (Single) with Breakfast, Lunch, Light Refreshments and Saturday Networking Dinner.

Please check the web for more details www.ausshooting.org

For Registrations, Inquiries and Bookings, please contact the AISL office on 08 8296 0951 or email events@ausshooting.org

During June, Warren, Dane and Robyn visited the Eley factory in the UK, with the aim of testing their (and other) barrels to determine the best batch of ammunition to use over the coming year.

Obviously, the data on these pages will not specifically help other shooters, as each barrel has a mind, and a particular batch, that works best in that barrel. It does show quite a range in a particular barrel—which batches work well, and those that really don't.



So— what is involved in testing at Eley? For starters, a lot of time! Each person must do the hard yards, and just put bullet after bullet into their barrel, letting the computer record group size and placement.

How it the rifle barrel secured. As you can see, it is a reliable clamping system to hold the barrel.



After an initial round of testing, the “best batches” are noted, and another round of testing is under way. From this next round of testing, more attention is paid to those batches that appear to work. However, that is not the end of the story.

More testing, and higher scrutiny of group size and shape. It is not purely about the group size, as seen here at right. The group sizes at 17.1 and 17.2—very close, however the shape of the group differs greatly.

Remembering that each barrel has its own special requirements, and noting that all the groups in this article were from the same barrel, so as to not confuse the issue, one needs to also look at the range of the group sizes, From 15.8–20.3

Which batch would you discard first? Also note the shape of the 19.5 group—quite fair at first glance, but three or four shots are definitely well out of the group....that one's out as well.

The ammunition was not tested in the field, and it is common for some variances to occur once outside the closed testing range (often better!)

However, common sense would suggest that an ammunition that is shooting very tight groups in the test situation, will probably shoot well on any range, given that the shooter is competent.

The shooter whose groups I have illustrated above, obviously decided to go with the batch that produced the groups on the right...consistent and small.....

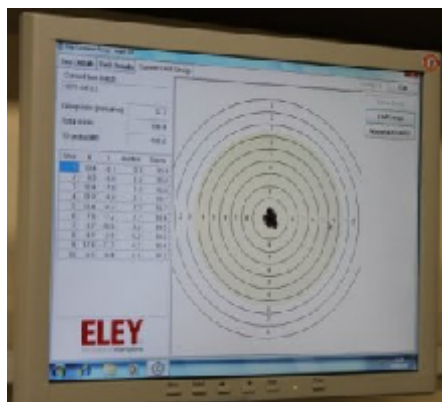
1011-03155	17.2	421.7
1011-03158	17.1	423.5

Batch	Group Size	Consolidated score
1009-03092	20.3	420.6
1011-01131	18.5	422.0

1011-02149	19.5	419.9
1011-03108	15.8	423.4

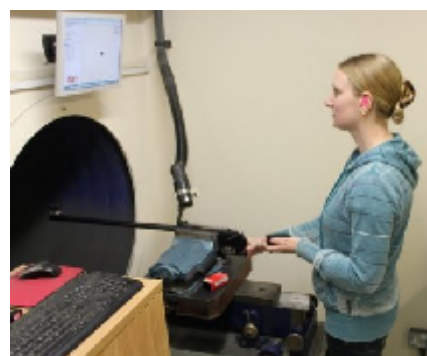
ELEY AMMO TESTING

PAGE 15



If the barrel will shoot groups like this with this ammunition, then there is more chance that the group sizes will remain close to the factory, when shot out of the shoulder and on the open range.

I firmly believe that everyone can, and should take the time to test the ammunition that they have purchased. While we do not often have the option of selecting batches, we can at the very least, know the potential capabilities of the ammunition in the barrel.



Now to hear from one of the shooters themselves....

Warren, Dane and I arrived bright and early in London and then had a rather cold and rainy (typical England) drive up to Birmingham where the Eley factory is located. We were there for two days to test our barrels. Each barrel takes about 2 hours (if you're quick) and the factory can test two at a time.

For testing, there were 23 batches of Tenex available to us. It is also useful to bring along to Eley, 50 rounds of a batch currently being used, as a 'test' group. This works by establishing a benchmark group first, and will also tell you whether you've found anything better than the batch you're currently using.

This is not absolutely necessary, especially if you have not been using one consistent batch, however it is useful. If you've been shooting scores you like with a batch you've been using, and then find a better batch, it gives you a great deal of confidence that the ammo will be giving the best possible on match day.

We all started by shooting 10 shot groups with these 23 batches, then eliminated all those batches that did not group well, eg had shots out of the group etc and choose the best groups to keep testing. In my case I have 11 batches that I wanted to test again.

With those batches you want to test again, you go on to shoot another 30 shots to form 40 shot groups to compare against each other. To compare, you get a print out of how all the batches tested in your barrel, including the initial 10 shot group and the 40 shot group size, total score and a breakdown of how many of each score (10.9, 10.8, 10.7 etc) are in the group.

Continued next page

ELEY AMMO TESTING

Continued from Page 14...

After comparing, I decided that there were 4 batches that worked quite well in my barrel, The trick was then deciding which one was the best! I

In the end I decided on a group that was fairly round, a high score and one that did not have much less than a 10.3. Just choosing the smallest group may not always be the best, as groups will generally get tighter shooting out of the shoulder anyway, so you also have to consider the **shape** of the group (shots left and right to far out are a definite no-no, high and low shots, within reason, can usually be accounted for due to the clamp and can disappear back into the group when shooting from the shoulder) and **score** you would achieve using that batch of ammunition.



It is important to note how different all the barrels we tested were, and that just because one batch tested well in one barrel, certainly didn't mean it would test well in another.

Luckily for us, all our barrels tested very differently and we didn't have to argue over who would get the ammunition from a particular batch. Especially lucky for Warren and Dane that their barrels didn't test the same as mine, as I

decided to take all remaining stock of the batch I particularly like, and chose.

The two days of testing at Eley were a good experience and it did reinforce how much I like my Anschütz barrel, as it has always been fairly consistent with testing, and again I found a number of batches that worked quite well.

After watching 6 other barrels being tested, I know that a non fussy rifle barrel is quite a blessing!

Although all this happened many thousands of kilometers away, the process can be replicated at home here in Australia. I know at least Sydney and Adelaide ranges both have clamps that can be used for testing.

There may not be quite as many batches to choose from in Australia, yet finding the 'best of the bunch' for your rifle is an important part of improving scores and going into a match with far greater confidence.

*Experience is of no use,
if you cannot learn from it.*

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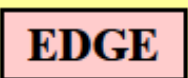

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The recent Aus Cup in Brisbane saw some fantastic shooting by the ISCD shooters. 600s seemed to just flow every day—that is good shooting.



SH1 Prone—Mixed

1st— Darren Nicholson (VIC)
2nd— Ashley Adams (QLD)
3rd—Libby Kosmala (SA)



SH2 Prone—Mixed

1st— Michael Johnon (NZ).. 600
2nd— Bradley Mark (QLD)..600
3rd—Jason Maroney (VIC)



SH1 3P

1st— Ashley Adams (QLD)



SH1 Womens Air

1st— Libby Kosmala (SA)
2nd—Natalie Smith (QLD)



SH1 Mens Air

1st— Ashley Adams (QLD)
2nd—Stan Kosmala (SA)



PARA MAGIC

IPC World Cup Turkey 2011

For Australian shooting team season 2011 started with excellent performances at the IPC World Cup in Turkey 26-29 April. Athletes from 18 countries attended this world cup in Antalya .

Our team of 6 athletes Jason Maroney, Bradley Mark, Luke Cain, Ashley Adams, Elizabeth Kosmala and Darren Nicholson were on the top at the medal tally with 4 Gold's and 4 Silver's. Great Britain came second with 7 medals.

IPC World Cup Spain 2011

3 – 8 May Alicante (Spain) hosted the IPC World Cup. More than 550 entries from 46 countries around the world are the biggest shooting competitions ever. Australian shooting team continued with excellent results this year and most of the athletes achieved even better scores then at IPC World Cup in Turkey.

Our team of 6 athletes Jason Maroney, Bradley Mark, Luke Cain, Ashley Adams, Elizabeth Kosmala and Darren Nicholson won another 7 medals, 3 individual medals (1,2,0) and 4 team medals (0,3,1).

The highlight is the GOLD medal for **Ashley Adams** in 50m prone with 594 and an excellent final. **Libby Kosmala** once again equalled the World Record in Air Prone with 600 (600) and finished with SILVER after the final

Bradley Mark equalled the World Record in Air Standing with 600 (600) and finished with SILVER
Team Silver in SH1 Air Prone (Kosmala 600, Nicholson 596, Adams 599)
Team Silver in SH2 Air Standing (Mark 600, Maroney 597, Cain 593)
Team Silver SH2 Air Prone (Maroney 599, Mark 599, Cain 596)
Team Bronze SH1 '22 Prone (Adams 595, Nicholson 586, Kosmala 573)

If we add another 12 PQS and excellent scores with fourth places for Ashley (590 Air Standing), Libby (392 Air Standing) and Jason Maroney (599 Air Prone) this world cup is one to remember.

Athletes are well prepared and we are looking forward to the rest of the season. At this stage we've secured 1 quota place for London'12 and I'm very positive to win another 2+ quotas this year.

AISL HP PPP Squad

The AISL HP PPP Squad is re-evaluated every six months with the last review in March 2011.
The AISL HP PPP Squad currently has 7 rifle shooters and 1 pistol shooter:

AISL PPP High Performance Squad - LEVEL 1
(Up to 100% funding support)

SH 1 Ashley Adams , Elizabeth Kosmala
SH 2 Jason Maroney, Bradley Mark, Luke Cain

AISL PPP Development Squad - LEVEL 2
(Up to 50% funding support)

SH 1 Darren Nicholson & Natalie Smith (Development/New athlete)

Miro Sipek

More Para Magic next issue...wait until you see the Australian Para Records.....

BENCHREST NEWS



**World Rimfire Air Rifle Benchrest Federation 2011
WORLD CHAMPIONSHIPS, South Carolina, USA**

July 30th – August 7th 2011



As our correspondent is at these Championships, there is no Bench report this issue. Let's hope that the team is having a successful trip.

THE OPTIMISM BIAS... Those rose-coloured glasses? We may be born with them....why our brains tilt towards the positive.

We like to think that we are rational creatures...we watch our backs...weigh up the odds ...take a jacket in case of rain. Neuroscience suggest that we are however, more optimistic than realistic. On average, we expect things to turn out better than they often wind up being.

The belief that the future will be much better than the past and present is known as the optimism bias, and we start it in childhood. Children playing “when-I-grow-up” are rampant optimists, but so are grown-ups. A 2005 study found that adults over 60 are just as likely to see the glass half full as young adults.

You might expect that optimism to erode under the tide of news about violence, high unemployment, floods and all of the threats and failures that shape human life. Publicly we can grow pessimistic.... but privately, about our personal future, we remain incredibly resilient.

Overly positive assumptions can however, at times, lead to miscalculations.. make us less likely to get a health check-up or apply sunscreen in the sun. When applied to sport, it can make us gloss over the little details of hard work, and expect that the competition “will be fine” because it usually is... our optimism reaching the surface!

Even if that better future is often a little cloudy, optimism has clear benefits in the present—both sport and life. Hope keeps our minds at ease, lowers stress and improves physical and mental health. To think positively about our prospects, we must first be able to imagine ourselves in the future. But the brain doesn't travel in time in a random fashion. It tends to engage in specific types of thoughts ... and we can help direct those thoughts—away from the negative, and directed to something positive. eg, that 9 just shot is not as important as the bullet (or pellet), and potential 10 in the hand. Think about how this works, and talk to your coach for help on perfecting this skill.

Can Optimism change reality? Yes...with reservations. It is how we see ourselves, are we talking in positives to ourselves....feeding our optimism bias. An athlete who hears phrases such *solid performance* and *great work* will react differently to one who hears *stupid mistakes* and *bad competition*. In short, we have to take note of phrases we use on ourselves.

Knowledge is the key. Once we are made aware of our optimistic side, we can act to protect ourselves. It is possible to strike a balance—we believe that we will stay healthy, yet get medical insurance, we believe we will be successful at the next competition, but work hard in training anyway.

Extracted by Tricia Van Nus from Time Magazine June 2011

Q: *I've heard that there is an AISL Athlete's Committee. What's that about?*

R: Good question, and the reply is from Susannah Smith, who is on the Athlete's Committee.

The AISL Athlete's Committee acts a unified voice for all athletes who compete with AISL affiliated Member Bodies. Our aim is to communicate the views and voices of participants to those in positions of authority within AISL and promote athlete representation within our sport.

We also aim to provide a formal means by which all athletes can make their voices heard and provide advice on pathways to success and/or and resolve any problems encountered within our sport.

Current members of the AISL Athlete's Committee are:

Susannah Smith – Rifle (Chairperson)

Dina Aspandiyarova – Pistol

Suzy Balogh – Shotgun

While each of us as Athlete's Representative's, have specific knowledge of the particular disciplines in which we compete, we endeavour to represent and promote all shooting disciplines equally. We are not sport specific in terms of representation and endeavour to provide advice and support to all athletes.

Our primary goal is to ensure that AISL athlete's have a formal means by which to air their suggestions and/or concerns and to have a voice in any proposed changes.

It must be emphasised that this Athlete's Committee's role is that of an advisory committee only, though the Chairperson does sit on the AISL Board ensuring issues arising from the Athlete's Committee are heard and offering advice from an Athlete's perspective where relevant in the decision-making process.

Since our inception the Athlete's Committee has actively worked in the interests of all athletes.

We have advised AISL on many matters affecting athletes, from the formulation of selection policies, to the development of our junior and development shooters and have assisted in the formulation of pathways from club to elite levels.

We have also endeavoured over the last two years to have an Athlete's Representative attend High Performance Meetings to ensure an athlete's perspective is presented when policies are being formulated. This Representative is also able to advise on issues discussed which potentially impact athletes.

The input and suggestions from the Athlete's Committee has always been welcomed and valued by the AISL Board and High Performance Committee.

If you would like to raise an issue or suggestion to the Athlete's Committee may contact any of our members via email (available via AISL office).

"WHERE THE HEART IS WILLING, IT WILL FIND A THOUSAND WAYS.
WHERE IT IS UNWILLING, IT WILL FIND A THOUSAND EXCUSES"

LAST BITZ.....

Where are they— 93% of people surveyed recently in Australia, believed that they were very good drivers and had skills which placed them in the top 10% of skilled drivers.

— oo00oo —

Marmite in trouble—Marmite has been banned in Denmark. The Vegemite like substance, made from brewer's yeast, falls under Danish legislation forbidding food with added vitamins—ouch!

— oo00oo —

Teaser— What numbers go in the spaces...(answer on the front page)

63 (5942) 71
59 (7163) 42
94 (4259) 28
()

— oo00oo —

Facebook—with all the media hype surrounding privacy, and whether others should be able to see a posting or wall comments, it was recently noted that over 65% of Facebook users do not use the security features available within the program, and older users are often the most unprotected.

— oo00oo —

Golden Swim—if all the gold ever mined was put together, it would fill three Olympic swimming pools.

— oo00oo —

YIKEBIKE—the latest offering in the small, eco-friendly bike world is the Yokibike which looks akin to a very small penny farthing bike of the 1900s. It's rechargeable, light, and with an ability to reach speeds of 23km/h. Compact enough to fit under the desk at work, or in the boot of the car. And it's only \$3,585 for a carbon fibre version.

— oo00oo —

Unusual words..Hoplophobia—From the Greek: hoplon- meaning weapon, is defined as the "fear of firearms" A great one to add to the next dinner party conversation.

— oo00oo —

Subway—is now the top selling "fast food" outlet in Australia, with 27% of the overall market in Australia. McDonalds followed in second place with 14.7%. KFC on 11% and Hungry Jacks 6.3%

— oo00oo —

Most expensive city—according to a recent cost-of-living survey (as noted in "The Week" magazine) the most expensive city in the world is Luanda, Angola. Sydney could only manage 14th place.

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".

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