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## BELINDA MUEHLBERG IN FOCUS

Belinda, youngest daughter of Sylvia and Morrie Muehlberg grew up destined to join the "family tradition" - that of being a member of an Australian Shooting Team. Along with her mother and older sisters Carrie and Sue, Belinda is an Olympian, having earned that honour at the Sydney 2000 Olympics. She has also successfully competed at Commonwealth Games and World Championships

She has now turned full circle, and works for AISL as the Operations Manager—arranging / organizing the requirements of the Australian Shooting Teams, and generally being Nick Sullivan's "right hand"

It has also been heard from Lindy ... *"I didn't realize there was so much happening behind the scenes when a team goes away .... I just used to turn up at the airport when I was told, and shoot when I was told .... wasn't that all to it?"* She knows far better now.

### A little about Belinda's favourites....

Food: Chocolate, coffee & oysters

Music: Most stuff, not old though.

Place to shop in Adelaide: Anywhere

Clothing: VERY Warm stuff

Pet: the little thing in her arms..OJ

Shooting moment: Sydney Olympics

Weekend: Doing very little...with a friend!



Lindy is a multi-skilled young lady, and many of the longer standing members of shooting would remember seeing her as she grew up, playing (as a child with Debbie, Mark, Jodi and others at a range somewhere in Australia) and then shooting as a junior., then senior

In the late 1990s she started work in banking, then later worked with a settlement agency. She has lived in Canberra, Perth, Mildura and now back to her home town of Adelaide.

*"There is never a dull moment in this job"* - Lindy's reference to working with AISL. She brings many administrative talents to her position, yet always maintains the cheery smile that we know so well.

  
Tricia Van Nus  
COACHING EXCELLENCE  
ABN 55182788592  
5 AZENNIS CRT, ASCOT WA 6104  
Mob 0427446050  
Email: tvn599@gmail.com

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## COMMONWEALTH GAMES TEAM ANNOUNCED

*By now you would have heard that AISL has presented nominations to the ACGA, for a record 30 shooters to compete in the Commonwealth Games in October. The shooters were nominated at the conclusion of three selection series.*



**WOMENS AIR:** Robyn Van Nus (WA) & Alethea Sedgeman (VIC)

**WOMENS 3P:** Robyn Van Nus (WA) & Alethea Sedgeman (VIC)

**WOMENS PRONE:** Susannah Smith (NSW) & Deb Lowe (SA)

**MENS AIR:** Edwin Gouw (SA) & Tyren Vitler (WA)

**MENS 3P:** Ben Burge (VIC) & Will Godward (SA)

**MENS PRONE:** Warren Potent (NSW) & David Clifton (NSW)

*All shooters go with the anticipation of medal performance—remember that you can watch “almost live” on the Sius results website. Details will be available on the TRA website.*

*Congratulations to all the team members. Stay safe and enjoy the experience of a lifetime.*

*And...out of interest...The logo of the XIX Commonwealth Games 2010 Delhi is inspired by the Chakra, the national symbol of freedom, unity and power. Spiralling upwards, it depicts the growth of India into a proud, vibrant nation...the journey from tradition to modernity, ... reaching out to the world and leading the way, as India enthusiastically embraces all of the 71 CGA nations and territories of the Commonwealth and host the best ever Commonwealth Games in Delhi.*



Shera, mascot of the XIX Commonwealth Games 2010 Delhi, is the most visible face of the Games. His name comes from the Hindi word Sher – meaning tiger. Shera truly represents the modern Indian.

In Indian mythology, the tiger is associated with Goddess Durga, the embodiment of Shakti (or female power) and the vanquisher of evil. She rides her powerful vehicle – the tiger – into combat, especially in her epic and victorious battle against Mahishasur, a dreaded demon.

Shera embodies values that the nation is proud of: majesty, power, charisma, intelligence and grace. His athletic prowess, courage and speed on the field are legendary. He is also a reminder of the fragile environment he lives in and our responsibility towards the protection of his ecosystem.

*And of course he is cute too. No doubt we will be seeing more of Shera over the coming months.*

## ISSF WORLD CUP FINAL



The World Club Final is an event conducted by the ISSF at the end of the yearly World Cup series. Each shooter is awarded points based on their BEST placing and score in a World Cup.

At the end of the four WCs the top eight shooters (on points) are invited to contest the World Cup Final in that event. These eight are joined by the medallists at the World Championships, and last year's winner.

The event for 2010 will be held in Munich in October and this year Australia will have two shooters contesting this event. Warren Potent continues his stellar performances and will contest the 50m Mens Prone event.



This year, for the first time, an Australian woman rifle shooter will also be in Munich. With a solid performance in the Sydney World Cup Robyn Van Nus has earned a place in the top eight shooters.

## ISSF WORLD CHAMPIONSHIPS—MUNICH

Rifle	Event	
POTENT	Warren	Men Prone / 300m
VAN NUS	Robyn	Air/3P
GODWARD	William	Men Air / 3P
VITLER	Tyren	Men Air
HENS	Jennifer	Prone
LOWE	Debbie	Prone
HOLLISTER	David	300m
TAYLOR	Maris	300m
VERSACE	Thomas	Junior Men Prone
SEDGMAN	Alethea	Junior Air/3P/Prone
STYLES	Alice	Junior Air/3P
COOMBES	John	Junior Men Air
GOUW	Edwin	Junior Men Air

Shooters have trained in Plzen and are now in World Championships competition.

*Saturday July 31 ...Mens Air Rifle (Mens and Junior) with Tyren, Will, Edwin and John.*

*Sunday 1st August...Womens Air Rifle with Robyn & Alethea competing. Warren competes in the Mens Prone Elimination and Thomas in the Junior Mens Prone event. .*

*Monday 2nd August ...Alice competes in the Junior Womens Air Rifle event, and Warren contests the Mens Prone.*

*Tuesday 3rd August.... Will contests the Mens 3P eliminations, to compete on Wednesday*

*Thursday 5th August...Robyn, Alethea and Alice contest the Womens 3P Eliminations (Womens and Junior) to compete on Friday.. Warren also competes in the 300m Prone event.*

*Saturday 7th August...Deb, Jennifer and Alethea compete in the Womens Prone (Womens and Junior) eliminations for competition on Sunday.*

That's the brief run-down. Watch the scores as they happen on [www.results.sius.com](http://www.results.sius.com)

Remember that Munich time is 8 hours behind Sydney/Melbourne/Brisbane and 6 hours behind Perth time. Good shooting to all competitors.

LATE NEWS:...MENS AIR RIFLE RESULTS....Will 586 and Tyren 584—good start.



## A CLUB VIEW .... NARACOORTE, SA



Welcome to Naracoorte—the club was first started in 1967 and now, after 15 years in recess is back and running and has been since 2007, .

They shoot .22 Prone & Benchrest 20m, 50m & 90m, on Wednesday nights at 7pm and on the 1st & 3rd Sundays of each month. They also have a 10m indoor .177 Air Rifle Range with returning targets...and to top that they also shoot Black Powder Bench.

There is a 2 day Prize Shoot each year, the first weekend in September and the club is always welcoming to new and younger potential visitors.. (as demonstrated below)



The club has new and improved lighting in the indoor 10m Air Rifle range, as well as new lights on the outdoor 20m, 50m and lights available at 90m with a “all in carry”

Naracoorte lies in the south-east of South Australia, approximately 320km south-east of Adelaide. The area is best know for the Pleistocene fossil vertebrate deposits of Victoria Fossil Cave which are considered to be Australia's largest and best preserved.

The range address is Wimmera Highway, Naracoorte SA 5271 Australia

Remember if you are in the neighbourhood...all visitors are most welcome.

## A CLUB VIEW.... ACT SMALLBORE RIFLE CLUB



The Club was formed at a public meeting in Canberra in 1976 with some of the foundation members still shooting at the Club on a regular basis.

Originally the Club shot at 20 metres with 50 metres shooting being introduced in 1985 (10 and 50 metres are the international distance for Olympic smallbore shooting).

The Club moved into its current Olympic standard range in 1990.

In 1997 the Club's first two smallbore competitions were as part of the Australian Masters Games; and the Club now hosts its own open yearly championships.

Over the years, selected members have competed and officiated at the Olympic Games in Sydney, World Cups, World Championships and Commonwealth Games.

Members also compete in local competitions in New South Wales and Victoria as well as championships hosted by Australian State Associations.

The Club has accredited range officers and coaches to assist new shooters to master the sport.

In 2005 the Club added 10 metre Air Rifle to its list of regular activities.



The Club has a stable membership with people from 12 to 65. Shooting times are generally Tuesday evenings from 7:30pm for the weekly club competition and Thursday mornings from 9am for informal practice.

Alice Styles & John Coombes are two young shooters from the Canberra club, who are currently in Munich to compete in the 2010 Junior World Championships.

# TRA NATIONAL CHAMPIONSHIPS 2011



Target Rifle Victoria has announced to Target Rifle Geelong that the 2011 TRA Nationals will be shared between MISC and the Geelong range.



All 3P, Air Rifle and 50m Events will be Held at MISC. Melbourne International Shooting Club is located at 120 Todd Road, Fisherman's Bend, between the Go-Cart Track and Holden Gate.

The club's location is just 4km from the Melbourne CBD making it readily accessible to shooters from all areas. The club boasts modern state-of-the-art shooting facilities, with ample off-road car parking.

Target Rifle Geelong has accepted to host the Nationals comprising Dual Range Prone and all Bench-rest competitions with distances of 20, 50 and 90 Metres.

Before electronic target machines came on the scene Geelong hosted many large events including National, State and Commonwealth Games selection events and recently held the Australian Masters Games, all on paper targets.

Geelong has a varied level of accommodation available with short travelling distance to the Belmont Shooting Range, Breakwater Rd, Geelong ....from well appointed cabins in Caravan Parks, to 4 star motels.

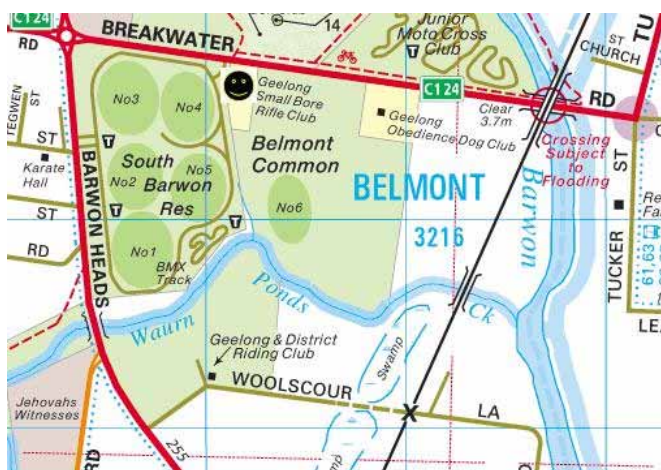
Geelong has many attractions within an easy drive, as well as great coastal areas, So when you're not shooting you can take in the great sights of the Geelong region. Geelong is a vibrant regional city just down the road from Melbourne featuring a stunning waterfront and a fabulous wine region on our doorstep.

And there is so much more. Geelong has an amazing mix of dining and entertainment options.

The beautiful Barwon River winds its way through the city past lush parks and gardens. Walking trails are everywhere so its very easy to explore.

Geelong has a colourful history which you can discover via many of the local attractions, museums and galleries.

Details on accommodation and other information will be posted at a later date. Hope to see you in Geelong in 2011.





# SINGAPORE SHOOTING CHAMPIONSHIPS

Australian shooters returned recently from the Singapore Shooting Championships, and what a successful trip it was.

Tyren Vitler (WA) celebrated his first win in international competition with a creditable 592 and 104.0 in Mens Air Rifle.

Tyren took an equal lead into the final, and was never challenged, extending his lead with each shot in the Final. Will Godward also contested the Final having scored 587 and finished in 5th place. Edwin just missed the final with 583. John Coombes was a little off the pace in this competition and finished with a 579



The Team of Tyren, Will and Edwin also took the Silver medal in the Teams event.. .

Alice and Alethea contested the Womens Air Rifle event, with Alice scoring 391 and Alethea 386. Although neither score made the Final, Alice had the opportunity as she was in a shoot-off for the last Finals position, narrowly missing by 0.1 By the photos—an enjoyable time was had by all.



Well done Everyone.



*A new section in the TRA e-mag...Question & Answers. You ask the question, and I'll try to find the best answer, or you can reply to a question. What can be asked? Anything to do with our sport. Who will answer? Invited coaches and you the general reader can provide the answers (published of course in the next issue) Over to you.*

- Q:** Shooting History... I have recently being doing some research on our club - Oakleigh Rifle Club and have found some really interesting things about past members and the history of rifle shooting and it's evolving structure. Our club is 110 years old and has occupied the same site for all of this time — it got me to wondering who has the oldest club in Australia in two parts - 1. Oldest shooting club and, 2. Oldest shooting club to still be on its original site and still shooting.
- Q:** Ring Size. When setting up a new 50m Prone shooter what ring size would you start with as a general rule of thumb. Because everyone's eyes are different and people see different things.
- A:** *A good start is somewhere around 3.8—4.0 with the back at 1.2 It's also essential have good eye relief with the back sight. Another essential is to ask the shooter how much white they think they can see around the black. In the early stages, the hold may not be tight and the larger sight will help the shooter to define target and sight.*
- Q:** New Shooters. We have a few new shooters and juniors in our club and I thought it might be a good idea if there could be an article on the fundamentals of firing the shot, so they would have something to refer to if things are not working for them.
- A:** *The TRA Introduction to Shooting series (Part 1 & 2) are good publications for that purpose. They are available at \$1 each + postage. Your club can order a supply to give to new members. Contact Tricia at [traus@westnet.com.au](mailto:traus@westnet.com.au) Another source is the TRA website under the Coaching Hints area. [www.tra.org.au](http://www.tra.org.au)*
- Q:** How important is the fit of the hand on the pistol grip / trigger?" Should it be packed out or shaved off to suit? How do you determine if a small medium or large grip is the one for you?
- A:** *The short answer—Ideally you would try both—not as easy as it sounds. The purpose of the pistol grip is to position your hand to enhance the trigger finger's position, resulting in a clean and direct trigger release. The placement of the palm (and size of the grip) is important as a grip that is too small will have the potential for a bent wrist and the fingers wrapped right around the grip possibly causing contact with the clothing as well (not allowed). Too large and the hand will be stretching to control the grip and firearm. Pack or shave?? You bet. No two people have the same hands, and it's the comfort and control that's paramount..*



*Remember—if you wish to offer an answer to any of the questions listed, please send your reply to [traus@westnet.com.au](mailto:traus@westnet.com.au) with the subject line Q&A and a bit about the question.*

**Q. Rifle Cleaning.** What is the best way to clean my rifle - how often - some of the do's and don'ts?

**A.** *Cleaning the rifle...a few basics from the TRA Introduction to Smallbore shooting Part 2*

- *Set up all that you will need within easy reach*
- *Remove the bolt and the sights prior to the barrel cleaning*
- *Always use a rod guide when using a cleaning rod*
- *Clean only from the breech end of the rifle*



- *A toothbrush is a very valuable tool for cleaning those harder to get to places. Forget the*
- *Solvent should be used sparingly.*
- *See your coach or more experienced shooters for advice and/or a cleaning demonstration*
- *Ask for a demonstration on appropriate cleaning procedures.*

- *Cleaning without solvent – run a cloth patch through the barrel. Change the patch and repeat the process until the patch runs through clean.*
- *Cleaning with solvent – run a cloth patch dipped in a little solvent through the barrel 5 or 6 times, then complete the cleaning with the dry patches as listed above*
- *A brush dipped in a little solvent can also be used on the end of the cleaning rod*



**Why use the rod guide????** *To ensure that no solvent can possibly enter the trigger mechanism area.*

**How often to clean????** *The answer to this question has been, and will be debated often... Some will confirm after every match or training session, the rifle should be cleaned, while others will happily leave their rifles for months between cleans. The best view is somewhere in between!!*

**MORE Q&A NEXT ISSUE...**

# ISCD WORLD CHAMPIONSHIPS 2010—ZAGREB

## Day One

QLD shooter Ashley Adams competed in the 10m Air Rifle Standing Mens SH1 event and Libby Kosmala (SA) in the 10m Air Rifle Standing Womens SH1 event.

Mens events were up first with two relays packed into the finals hall at the Vrapčanski Potok Shooting Range.

Ashley shot in the first relay achieving a score of 586, so it was just a matter of waiting for the second relay to establish finals places. With a final of 100.3, Ashley finished in 8th position.

There were two relays for the Womens event. Libby's 386 had her in 8th place for the second relay, but on further investigation, it was established that there was one score higher than 386 in the first relay, which then placed Libby in 9th



## Day Three

Today was the largest event of the program with 71 starters in the Air Prone Mixed SH1 event. The competitors were split between three relays—two scores of 600 were achieved in Relay 1, Relay 2 saw one more 600 and the last relay had another three shooters achieve 600. That left two positions to be filled for the finals from those with 599. Libby Kosmala shot well with a final result of 597 and Ashley Adams 591.

## Day Four

There is nothing like having a nail biting finish to a final. Ashley shot well, scoring an 1149 (393 Prone, 373 Standing and 383 Kneeling). With a 10 point lead Jonas JAKOBSSON (SWE) on 1163 was never really going to lose the final, the fight was going to be for 3rd with all shooters within one or two points of each other. By the end of the final a number of shooters had changed position both up and down.

End of the final saw Ashley and Doran on equal scores of 1243.3. A shot off was required to finalise placings, Ashley fired first scoring an 8.4, Doran finally fired his shot and scored a 10.1, giving him third medal. Well done on a 4th placing Ashley.



## Day Five

**BREAKING NEWS....** Silver team medal to, Jason Maroney, Luke Cain and Brad Mark in the Air Rifle Standing SH2 event. Brad Mark and Jason Maroney both shooting a 597 in the first relay and Luke Cain in the second relay, achieving a 595.

One score of 600 was shot in each relay, to take the first two final positions. There was then three 599's. There was only one 598, this left two positions to fill for finals.

There were four equal scores of 597 requiring a shoot-off for the last two places. Jason MARONEY (AUS), YUAN (CHN), Bradley MARK (AUS) and PAVLIN (SLO).

# ISCD WORLD CHAMPIONSHIPS 2010—ZAGREB

Both Jason and Bradley unfortunately missed the final  
**Team Results**

1 CHN - 297 299 297 298 299 299 Total 1789-152x

2 AUS - 297 296 300 300 296 300 Total 1789-149x

3 SLO - 297 297 299 299 298 298 Total 1788-147x



## Day Seven

Congratulations to Ashley Adams, Silver Medallist in the 50m Prone rifle event.

Conditions on the 50m range were bright light, a little bit of wind half way through, which gave some of the shooters a bit of trouble in the last half of their match.

Jonas JAKOBSSON (SWE) qualified in first place with a 592, 4 points in front of the next best shooter. Ashley shot a great final which helped move him up the leader board and he stayed in third place right up until the last shot, when he moved into second position.

Final results 50m Prone:

1 JAKOBSSON Jonas SWE 592-34x Final: 104.2 Total 696.2

2 ADAMS Ashley Phillip AUS 586-29x Final: 103.7 Total 689.7

3 SIM Jaeyong KOR 588-31x Final: 101.5 Total 689.5



## Day Eight (last day)

Luke Cain (VIC), Brad Mark (QLD) and Jason Maroney(VIC) now having a matching pair of Silver Team Medals. The trio won Silver in the Air Rifle Prone SH2 event today with an excellent team score of 1797-171 one point behind Korea on 1798-173 and one point in front of France on 1796-166, China also scored 1796-166 with the teams decided on the top decimal score.

There was nail biting as well on the day. Luke Cain shot an International PB with 600-59X, but was one of 10 people with 600.

The decision on how to separate the top finalists from each other to find the top eight for the final was decided on the decimal system. This means all 60 shots with their decimal value are added together to give a total score.

This left Luke in 9th place, out of the final. A huge disappointment after shooting so well.

Jason Maroney shot well and achieved a 599 which in this hot competition placed him 14th and Brad also shot well with a 598 which placed him 21st.

Well done guys & gals—thanks to Michelle for the updates.





# AISL GRAND PRIX WINNERS — 2010

FULL RESULTS ARE ON THE [TRA WEBSITE](#).

## 3P



1st... Robyn Van Nus (WA) .....575 + 99.6  
 2nd.. Susie Smith (NSW) .....571 + 96.5  
 3rd... Jenna MacKenzie (NZ) .....568 + 960



1st... Ben Burge (VIC) .....Results with  
 2nd.. Will Godward (SA) .....Finals are  
 3rd... Eddie Nargorcka (VIC).....not available

## Prone



1st... Jenna MacKenzie (NZ) .....591.40  
 2nd.. Deb Lowe (SA).....591.31  
 3rd... Susie Smith (NSW) .....589.34



1st... Warren Potent (NSW) .....594 + 104.7  
 2nd.. David Wright (NSW).....593 + 101.8  
 3rd... David Clifton.. .....589 + 103.3

## Air



1st... Robyn Van Nus (WA) .....392 + 101.9  
 2nd.. Alethea Sedgeman (VIC).....390 + 100.9  
 3rd... Jenna MacKenzie (NZ) .....389 + 101.8



1st... Edwin Gouw (SIN) .....590 + 103.0  
 2nd.. Tyren Vitler (WA).....584 + 103.8  
 3rd... Will Godward (SA) .....583 + 102.4

With all the other news in this issue...Coach Corner is a reduced version.

All shooters have been taught from their earliest days at the local club that shooting affects hearing, and that ear protection is a "must". Some have the larger headphone style, some the small mushy pellets, some have the formed plastic version in vivid colours.....and some unfortunately choose to disregard the advice and do not protect their ears at all.

Whatever the style of preferred ear protection, it is essential to take stock of where you are with respect to your ears and realise that it may not only be your sport that is damaging your hearing. Workplace and social activities may also contribute to a hearing loss. This hearing loss will generally happen quite slowly - often to the point where it is denied. The one sure way to find out where you are at is to attend your local Hearing Practitioner and ask for a hearing test.

### OK - SO NOW YOU HAVE HAD A HEARING TEST

The results of a hearing test will often indicate the degree and type of hearing loss. Of course you must remember that these comments given here are very general - see your health care professional for more accurate advice. Obviously actual physical injury may lead to hearing loss.... a blow to the head, damage to the neck in a car accident, or damage to the eardrum while engaging in water activities

### EVER WONDERED HOW MUCH NOISE COULD CAUSE PERMANENT DAMAGE?

The World Health Organisation recommends a maximum continuous noise exposure of 85 dB(A) for 8 hours per day. Hearing damage risk is negligible below 75 dB(A) so unfortunately the washing and vacuuming stays. The Sound Thermometer on the right gives you an idea on noise levels in decibels and length of exposure.

### OBVIOUS PRECAUTIONS YOU CAN TAKE

Avoid loud noise. It's murder on your ears! Loud bangs tend to be more damaging than continuous noise, particularly when they occur with no warning, which is often the case.

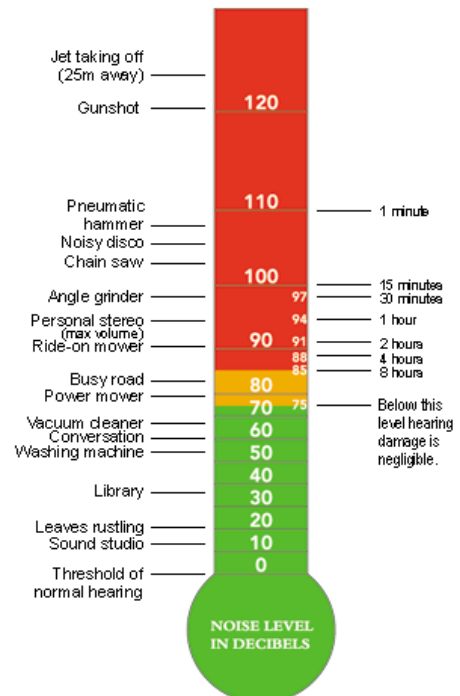
When attending night clubs, motor races or fireworks displays - wear earplugs. Learn to fit them correctly, because poorly fitted earplugs offer little protection.

Have a set of formed ear plugs made for both shooting and loud social activities - they are moulded to your ear and offer the best protection, without diminishing the enjoyment of the activity.

Cleaning - clean your ears regularly and wipe around the outside of the ear with a damp cloth. If a buildup of wax blocks the ear canal, special eardrops available from a chemist may soften the wax. Visit your doctor in order to physically remove any blockage.

### START NOW

It's never too late to start to protect the ears.... even protecting what hearing you still have after years of neglect!



The above noise levels are approximate and should only be taken as a guide

The following article has been reproduced from the Mental Management website by authority of the author. The MMS website (<http://mentalmanagement.com>) also lists the many available coaching and improvement resources that are available. Want to read more from Lanny Bassham?? Sign up for the **MENTAL MANAGEMENT** monthly newsletter at ( <http://mentalmanagement.ipower.com/content/newsletter-signup> )

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*Motivation.* The dictionary defines the term as the reason or reasons one has for acting or behaving in a particular way or the general desire or willingness of someone to do something..

*In my experience people are motivated by at least four things. We will look at two in this article; moving toward something you want and moving away from something that makes you uncomfortable. Let's look at each of these in some detail.*

*We owned and operated a horse ranch some years back. Horses respond well to both promise of gain and moving away from discomfort.*

*One of the most important things a horse need to learn to do on command is to jump into the horse trailer. This can be an easy task if you know what to do and have the time to do it. When a horse is young all you have to do is to put them in a pen with the horse trailer, putting feed in the trailer. Before you know it the colt will jump in to get the food.*

*Once they associate the horse trailer with food they will tend to load easily. Just make certain you have food in the trailer every time you need to load the horse. - That's promise of gain.*

*People are the same. John is looking forward to a huge bonus if he can bring in the sales quota established by his boss. He is willing to burn the midnight oil and sacrifice for the promise of more money.*

*Focus is enhanced, priorities are reevaluated, effort levels increase and the result is a change in behavior and attitudes. This works just as long as you put the feed in the trailer by paying the bonus.*

*Horses move away from discomfort. It is never necessary to hurt or injure a horse to train them, but making them uncomfortable is often necessary. You often need to lead a horse on a halter. Putting a halter on a horse that has never had one on him can be unpleasant for the trainer.*





*Horses resist this procedure. This is best done when the horse is young and you are bigger than they are. Once a strong halter is in place and secured to a solid structure the colt will strain against the halter.*

*It soon becomes unpleasant to continue to do this and they will relax against the pull of the halter. Soon one can then lead the horse anywhere because it stops resisting the halter.*

*People are the same. Jim spends a little more than he earns. No problem. He puts a small increase on his credit card debt. Each month this continues until paying the bill becomes painful. Debt is a halter.*

*Given time it will lead you where you don't want to go. Jim gets sick and tired of living from pay to pay. He takes action. He is willing to create a budget and live on less applying the difference to reducing his debt. Focus is enhanced, priorities are reevaluated, effort levels increase and the result is a change in behavior and attitudes.*

*Jane eats a little more than she can exercise away. Kilos appear. Soon she is unhappy with the way she looks in her clothes. Food is a halter. Given time it will lead you where you don't want to go. Jane gets sick and tired of the way she looks and feels. She takes action.*

*She is willing to exercise and follow a different eating pattern. Focus is enhanced, priorities are reevaluated, effort levels increase and the result is a change in behavior and attitudes.*

*So...this leads to .....What are you excited about? Are you moving toward something exciting or away from something uncomfortable today? What is your halter? Time to take it off and move on. When you do, the focus is enhanced, priorities are reevaluated, effort levels increase and the result is a positive change in the quality of your life.*

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*Visit the MMS website at  
(<http://mentalmanagement.com>)  
for more articles and hints*





### ISSF Executive Committee meeting – Disciplinary Sanctions

Two athletes were sanctioned with a 2-year suspension from competitions after they were tested positive for Beta Blockers use. Disciplinary sanctions related to the only two international doping cases occurred during the 2010 shooting season were communicated after today's ISSF Executive meeting, taking place in Munich (GER).

Concerning the case of an Indian Junior shooter, who tested positive for Beta Blockers use after the 2010 Junior competition in Suhl (GER), the Executive Committee sanctioned the athlete with a 2-year suspension from the competitions. Concerning the case of the Ukrainian shooter, found positive to Beta Blockers at the 2010 European Championship of Meraker, the Committee also sanctioned the athlete with a 2-year suspension from the competitions.

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### ISSF Executive Committee announces collaboration with IPC Shooting

The ISSF will collaborate with the International Paralympic Committee in the fields of coaching, judges and regulations. This was announced at the recent ISSF Executive Committee meeting.

Sharing a common view about the future of our sport, the ISSF and IPC Shooting will work together on the path of harmonization of the international shooting sport scene.

While the ISSF and the IPC Shooting will remain two separate realities, acting independently in mutual respect, further collaborations between the two institutions will be developed in the field of coaching, judges' certification, championships' organizers workshops and regulations.

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### ISSF Executive Committee meeting - 2012 World Cup locations

The locations of the 2012 ISSF World Cup Series have been unveiled at today's ISSF Executive Meeting taking place in Munich (GER)

The 2012 Pre-Olympic World Cup, the official test event of the next Games, will take place on the lines of the Olympic venue in London. Both Rifle&Pistol and Shotgun shooters will have a chance to test the venue at the same time, during a combined World Cup in April 2012.

#### 2012 ISSF World Cup Locations -

Combined World Cup Stages (Rifle, Pistol and Shotgun):

London (GBR) & Beijing (CHN)

Rifle and Pistol World Cup Stages:

Milan (ITA) & Munich (GER)

## General Assembly – ISSF Blue Cross awarded to Mr. Hudson (NZL)

Mr. Graeme Hudson was awarded the ISSF Blue Cross, the highest ISSF recognition, during today's ISSF General Assembly, held in Munich in occasion of the 50th ISSF World Championship in all shooting events.



Graeme was recognised the by the prestigious award for his long career dedicated to the shooting sport. Serving the ISSF for 12 years, Mr Hudson has been a member of the Council since 1998 as President of the Oceania Shooting Federation, and a member of the Executive Committee since 2002.

All TRA members who know Graeme, will agree that the ISSF have it right with this award. Congratulations Graeme, from all those over the big ditch.

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## IOC President Rogge opened the 50th ISSF World Championship

The IOC President Jacques Rogge officially opened the 50th ISSF World Championship in all shooting events in Munich, today.

Marienplatz, the main square of the city, become the centre of the shooting sport's world for two hours this afternoon, as about three thousands spectators, a few hundreds of athletes gathered to follow the opening ceremony of the 50th ISSF World Championship in all shooting events, filling the most representative square of the Bavarian capital.

The IOC President Jacques Rogge addressed the athletes parading through the square "I would like to welcome you to Munich. You are competing not only for the medals, but for the very special goal of qualifying for the London 2012 Olympic Games!" said Dr. Rogge, mentioning the fact that this is going to be the first qualifying event for the London 2012 Games.

The President of the German Olympic Committee, and IOC Vice-President, Mr. Thomas Bach, also saluted the participants: "It is an honour for our country to host such a record-breaking Olympic Qualifying competition. – He said from the stage - Good luck to all the athletes, and good luck to the city of Munich, in its run to host the 2018 Winter Olympic Games!"

The competition has broken every record with 2500 participants from 105 countries, who will compete in 55 different events from tomorrow to the 11<sup>th</sup> of August. 69 Olympic Quota Places, in Rifle, Pistol and Shotgun shooting will be earned in the next days.

The 15 Olympic Finals of Shotgun, Rifle and Pistol, as well as the Running Target medal matches, will be broadcasted live by the ISSF TV on the ISSF website at [www.issf-sports.org](http://www.issf-sports.org) . Results are available at [www.results.sius.com](http://www.results.sius.com).



ENOUGH OF THE SERIOUS READING....Time for the lighter side...

*"The US is the world's largest wine market by value and the second largest by volume (Italy drinks the most)" And you thought Australians could drink.*

Classic line....*"you have the honesty of Abe Lincoln and the charm of the guy who shot him"* Ouch! Said by a US comedian of Idol Judge Simon Cowell

*When visiting Utah, Lauren used her Blackberry to ask Google Maps for walking directions to her destination. Google provided directions, but they led her over a busy road and she was hit by a car. She's now suing Google over their carelessness and negligence in providing unsafe directions. She could have looked before crossing the road!*

Want to buy your own slice of New Zealand? Apparently the town of Otita is available for the bargain price of NZ\$1million. Don't miss this one...*"first to see will buy"*

*"I'm not a vegetarian because I love animals, I'm a vegetarian because I don't like plants."*  
Alan Whitney Brown as quoted on QI

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THE NEXT TRA E-MAG WILL BE AVAILABLE IN EARLY OCTOBER