

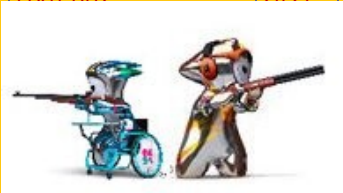
SPECIAL POINTS OF INTEREST:

- All of it!

MERRY CHRISTMAS

INSIDE THIS ISSUE:

WARREN POTENT	1-2
ELEY PRODUCTS	5
BENCHREST	6
ELEY PRODUCTS	7
ELEY PRODUCTS	8-9
WHAT THE LADIES SAY	10-12
SA AWARDS	14-15
LANNY BASSHAM	16-17
TRV JNR CHAMPIONSHIPS	19
AUS CUP FINAL	20-21
2015 TRA NATIONALS	22-23
TRV PENANT	24
TRA JNR POSTAL	25
LAST BITZ	26-27



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WARREN POTENT—WORLD CHAMPION

Gold medal at the Commonwealth Games I Glasgow, and now recently a Gold Medal at the World Championships in Granada. I had the opportunity to chat with Warren recently in Perth, on his way back from the World Cup Final. Here is what he had to say....



...1. You've had a stellar year in 2014. How did you make this happen....

I have had a great year. To make this happen, I changed my mental approach during competitions and started to have fun with the sport again.

I found I was trying too hard, so this year, I just "let it happen". Trusting myself to fire good shots and not worry about the outcome.

I think this kept me relaxed during qualifications and finals. I also made a little change to my rifle setup as well as visiting Bleiker to have my rifles served before testing at Eley.

2. What has been the most satisfying moment in 2014, and why....

My most satisfying moment would be just after the last shot in the final at the World Championships, as I realised I had just won!



It started during training, where I didn't shoot so well, then during pre event training, I didn't shoot very well at all.

I decided, with consultation with Petr to make two small changes to my set up, which improved my results a little. In the elimination match, I didn't start so well in the first ten shots, after that it all came together and I finished well.

For the qualification, I approached it early relaxed and just let the shoot happen, trying to keep the pressure off myself. Then in the final, where the fun really happens, I shot well for the first 6 shots, then found myself in the lead after the 8th shot, after that I just concentrated on my sighting and let the shots "happen".

I was a little surprised at then end as I was not expecting to win!

WARREN POTENT cont...

3. They say "overnight success" takes years - what would you offer to the younger shooters who want it all right now....

The saying or calling someone an overnight success is a myth! For our younger shooters, the only way you will succeed is by training well, saying that I mean make every shot count!

Success will take time, it might take 5 years, or it might take 10 years or more. The main thing is to never give up on your goals and dreams. Always, keep aiming for a very high level, If you have the drive, you will get there. But don't think for a minute, you will get an easy path to international competitiveness, you will have to work for it.

The main thing is to always have fun with the sport, otherwise it will not happen.

4. I know that you take reliable information from a number of people. Without naming, what is it that these people in your circle can offer...

We all get information from different people to help us in this sport. Sometime you will get too much information, you should try the advice given to you, not all of it will work, but some will make a big difference and improve your scores. Most people in my circle tend to talk about how they approach the sport mentally as well as little technical (positional) aspects that work for them.

5. What is the future for Warren Potent

My future in the sport is to continue to at least 2016, to see if I can make the Rio Olympic team and be competitive at the Olympic games again. After that I will make a decision as to how long I will continue.

6. At some point, are you thinking of moving into coaching

After I retire from competitive shooting, I would like to continue to be involved in shooting. The best way for me to do that is to get into high level coaching, as this will enable me to put something back into the sport (I think I have the knowledge to do this!). Maybe, like Petr has done, coach someone(s) to the top of the sport. After 30+ years in the sport, I can't just walk away from high level competition!

Thanks Warren—and good shooting in 2015.

And just to finish—a few tips from Warren on firearms maintenance, from the Eley website.

Warren: This is an overview of how I maintain my firearms:

- *I clean my barrel every time I shoot - this is exceptionally important.*
- *I spend time cleaning under the loading platform every 3 months.*
- *About every four months I clean and lubricate (adjust if necessary) the trigger.*
- *I fully disassemble, clean and lubricate the bolt about every 6 months.*
- *Since I travel with my rifle taken apart, the bedding screws are torqued up before competitions.*
- *I clean and lubricate the rear sight every 9 months.*
- *I also check the sling keeper on the hand-stop for wear every 12 months.*

Many thanks Warren for your very useful tips on how you maintain your firearms for competition use.









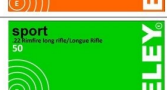

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Rifle	Pistol	Semi-Auto	Hunting	Product Name		
•	•			Tenex		Olympic standard, medal winning, premium Quality cartridges used by experienced club shooters and internationals
	•	•		Tenex Pistol		The highest quality cartridge for semi automatic pistols and rifles, featuring a round nose bullet profile.
•	•			Match		Impressive results from a competition cartridge featuring many attributes of Tenex. Amazing value for money and excellent accuracy.
	•	•		Match OSP		Designed to appeal to shooters seeking high quality at a competitive price. Suitable for use in semi automatic pistols and rifles and rapid fire pistols.
	•	•		Match Pistol		Softer round with reliable functioning and high accuracy in all popular pistols. Reduced velocity cartridge.
•	•		AVAILABLE SOON	Edge		Edge production benefits from tenex technology and introduces key features like the patented flat nose bullet profile to deliver superb accuracy.
•	•			Team		A great value cartridge for rifle shooters which features the same bullet profile and has a similar feel to Tenex.
•	•	•		Club		Accurate and reliable mid-range cartridge used in all disciplines up to 50m range. A consistent winner at club competitions.
•	•	•		Sport		An affordable general purpose cartridge, which is a great quality entry level round.
			•	Subsonic Hollow		Super accurate and one of the quietest subsonic rounds on the market. A lower velocity hunting cartridge with target shooting accuracy.

Please note this is a simple guide illustrating which ELEY products are suitable for different applications. NB Some of our products may also be appropriate for other applications not shown above. This may depend on how Firearms are set up and maintained.

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REMEMBER TO DOWNLOAD THE LATEST VERSION FROM THE ISSF WEBSITE



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Internationaler Schiess-Sportverband e.V.
Fédération Internationale de Tir Sportif
Federación Internacional de Tiro Deportivo
ISSF • Bavariaring 21 • D-80336 München • Germany
Phone: +49-89-5443550 • e-mail: munich@issf-sports.org
Fax: +49-89-54435544 • internet: <http://www.issf-sports.org>

ISSF RULES - 3rd Print published online – Quota rules and anti-doping

13.11.2014 by Marco Dalla Dea

The International Shooting Sport Federation has released the 3rd print of the ISSF Rules, now available for download. WADA updated the World Anti-Doping Code.

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Champions shoot Tenex

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

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ELEY MANUFACTURING PROCESS —FOR YOUR INTEREST

For loaded products marked 10xx, Eley set out to produce Tenex. Tenex, Match, are all produced on 6 different loading machines.

Each box is labelled with a number code e.g. 1011-04244 then below that it will have the average velocity in feet per second. The average velocity is in the range of 1045 to 1080 fps.

The 1011 is the product code and year stamp. 10xx means it was loaded in the Tenex process and the xx11 means it was made in 2011. Match will have the same 10** code as Tenex to begin with because it was made as Tenex, but after testing it was not to Tenex specifications and so becomes Match. 04 is the loading machine on which it was produced and 244 is the batch number for that loader.

Case Numbers

Every case of **ELEY** ammunition has a specific number code printed next to the barcode, which relates to the grade of the product; manufacturing year; the loader on which it was produced; batch number; and the average velocity of the ammunition.



10	= Loaded Product
10	= Year of Manufacture
04	= Loader number
244	= Batch number for loader
1045	= Mean velocity across four barrels

A batch is produced as long as the machine is running or for as long as the batch of components last. If the machine is shut down for any reason, then the next time it is restarted, a new batch number begins.

We have many shooters that request a certain loader which bears no relevance to the accuracy or performance of the ammunition. The loaders are maintained regularly so loader 4 this week for example may have been stopped and stripped for maintenance and in order to get it back to peak performance we may put in a piece is from loader 3 and then we go on to maintain loader 3. So over time each loader changes and has absolutely no effect on the ammunition performance.

The velocity we find is down to the personal preference of the shooter again this can vary from barrel to barrel and it is a mean velocity. The only way a shooter can get the absolute best match to their barrel is to test.

We have had many shooters come to test with a certain speed in mind which they believe works better in their barrel, most of the time the better batch is not the speed they normally buy.

Once the ammunition is produced, it goes to the test range where it is shot indoors at 50M in 4 different rifles. A total of 300 rounds are shot to sentence the ammunition. The group size and average velocity is calculated and if it meets the standard set for Tenex, then it is labelled Tenex.

If it meets the standard for Match, then it goes into Match boxes. The best ammunition is in Tenex boxes. Eley will not disclose what these standards are, but they are regularly improving their standards. The Match of today would have been good enough for Tenex a few years ago.

Cont on Page 7



The two day RBA style of Benchrest competition held at Melbourne International Shooting Club on the 29th and 30th November, 2014 was attended by a dedicated group of shooters from New South Wales, South Australia and Victoria.

The wind lived up to its normal expectations on a baffled range. On Day One (Saturday) the competition was Air Rifle at 25m and followed in the afternoon by Sporter at 50m.

One really appreciates the need to have a second rifle as standby as Annette Rowe and Richard Lightfoot could not compete in the Air match as Annette's Styer developed a fault unto its own and therefore precluded participation.

The 25m competition was won by Gerhard Maya, very right on conditions and successful with a score of 726. He was followed by Rebecca Richards with a score of 725 and third was Dean Bakker with a score of 725.



The Sporter competition being 8½lb rifle, 6.5 powered scope and a 2¼ fore-end is always a competitive event and in this instance it was won by Annette Rowe shooting her Hall, scored 733/28, followed by Vanessa Tierney with a score of 729/27, and third Junior, Michael Di Pasquale using Annette's rifle scored 725/19.

On Day Two (Sunday) a field of fourteen shooters attended, originally there were over twenty entrants however with the progress of time, new jobs, persons having to complete other work, children becoming ill and parents having to mind them, the field was reduced to fourteen dedicated shooters.

It was pleasing to see Rebecca Richards down from New South Wales along with Dean Bakker and the indomitable combination of David Keen and Vanessa Tierney from Adelaide. These competitors made the field work very, very hard.

Sunday competition was six RBA card shot, three in the morning and three in the afternoon all on a twenty minute cycle standard within WRABF competitions. This meant that shooters worked hard but there were no persons running out of time and it proved that 25 scoring shots in twenty minutes was possible particularly with shooters at this level of proficiency.



The conditions were most varied and if unfortunate in reading the conditions incorrectly sevens and eights were in the shooters score. In the whole competition there was only one 250 that was shot by Rebecca Richards.

On examining the scores, the first and second place shooters and likewise third and fourth place were on adjacent benches in each detail. For the first three matches scores were very close, however, as the wind conditions became choppy in the afternoon, bench spacing of only one bench made a difference.

Competition was won by Rebecca Richards with a score of 1481 and 60 centres, followed by David Keen with a score of 1476 and 56 centres, third place went to Vanessa Tierney at 1465 and 65 centres.

BENCHREST NEWS CONTINUES....

All the participants at this match commented on the wisdom of having rotating details and benches so that no competitor got any specific advantage by shooting all three targets, one after the other in still conditions or alternatively, or the shooting of three cards in what would only be deemed as untenable conditions.

Both Annette Rowe and Richard Lightfoot wish to thank all the competitors who came and it was concluded by both organisers that it is far better when running a competition not to shoot because it guarantees a smooth participation, timely details, finishing on time and having a group of quite happy and satisfied shooters at the end of the competition.

Richard Lightfoot

ELEY MANUFACTURING PROCESS...CONT

The velocity on the box is the mean velocity determined from the 300 test rounds across 4 barrels.

This doesn't mean that good quality only goes into Tenex boxes. It simply means that the quality control mean standards are slightly higher for Tenex based upon a random sample of just 300.

The possible proportion of the rounds that would have passed the Tenex standard depends upon the production size batch. The bigger the batch, the greater the percentage; the smaller the batch, the smaller the percentage.

Such is the way with set size quality control testing when used as a means of determining quality in regards to volume batch production.

The only other way is a predetermined random selection proportional percentage sample testing procedure. Whilst this ensures a more stringent quality assurance testing process it also adds to production costs.

Difference in manufacturing technique between Edge and Tenex

Edge and Tenex are made on two separate production lines. Tenex and Match are made on what we call the white bullet line, the cases are trimmed and smooth before the bullet profile is secured. This process is quite timely and this hence we charge the price we do for Tenex.

Edge is made in a slightly different way than Tenex although using the same projectile. The cartridge case has an oxidised surface which creates an improved release force when the lead projectile leaves the case; this release force matches that of Tenex and Match lines which have an additional manufacturing process which adds to the cost of production.

Edge has been developed in this way to duplicate the release force of Tenex at a lower price.

Cont on Page 8

ELEY MANUFACTURING PROCESS...CONT

Edge however is made on our black bullet line along with club and sport, the case is not cut or smoothed but crimped onto the cartridge. (please note that all our competition make their .22 using the black bullet method).

The cutting and smoothing process for Tenex and match gives the bullet a very consistent release from the case. What we wanted to do is take the technology and knowledge we have learnt from Tenex and apply that to a black bullet so customers that possibly couldn't afford Tenex or Match could still again a similar experience but at a price they could justify.

In order to mimic the smoothness and give the cartridge the consistent release we have oxidized the case. The case is still brass but the oxidation mimics the smoothing process in a very cost affect way.

We have found also because the oxidation is inside the case the propellant is burning extremely effectively. The performance of edge is toward the lower end of the match spectrum but we have just started to offer it on out test ranges ab seen some very results especially when you consider the price point.

Edge is not Tenex or Match but it's a flat nose profiled bullet with great performance and great value.

Club and Sport use a different projectile and a different manufacturing process with fewer steps. The testing is minimal and no average velocity is recorded. There have been some very good batches of Club produced. There is just no guarantee Club or Sport will perform to the same degree as Match or that Match will perform to the same standard as Tenex.

Components

When manufacturing any product there are tolerances. This is true for the manufacture of .22 ammunition.

There are five components in .22 ammunition, cartridge case, projectile, primer, powder and lubricant. In the manufacture of Eley Tenex all these components are made to exacting tolerances. Some of the tolerances for the brass cartridge case are for hardness, rim thickness, length.

Tolerances for the projectile include weight, concentricity, shape and composition. The tolerances for the quantity and composition of the primer compound and powder are probably the most critical.

Minute variations will give different velocities. As an example a typical .22 round contains about .07 grams of powder and about .04 grams of primer. Should both these parts vary by 10% or 1/1,000,000th of a Kilogram the average velocity is bound to change by about 10%.

And yet many shooters expect better than this. The lubricant is probably the least critical part although not insignificant. The collective differences in all these components play a part in the accuracy of the finished product.

Barrels

There are numerous barrel manufacturers with differing dimensions for bore, depth and width of grooves as well as the shape of the lands.

The finish of all these sections plays an important part in the accuracy of the barrel. The length and contour of the barrel can affect the accuracy. Different barrel lengths will give different velocity for the same batch of ammunition.

Manufacturers and champion competitors recognise the importance in matching barrels to a particular batch of ammunition by means of Batch Testing

The Importance of Batch Testing

Batch testing is about fine tuning, getting the best match of characteristics of a batch of ammunition to your rifle / pistol / barrel. You will get a closer match resulting in a much more accurate and consistent performance. Nearly 100% of medals won at World class events were won with batch tested ammunition.

It is a well-known fact that different batches of ammunition will perform differently in different rifles. In order achieve the best possible results, every shooter should consider batch testing.

Batch testing is best completed in indoor ranges built underground so there is no wind and to ensure a constant temperature.

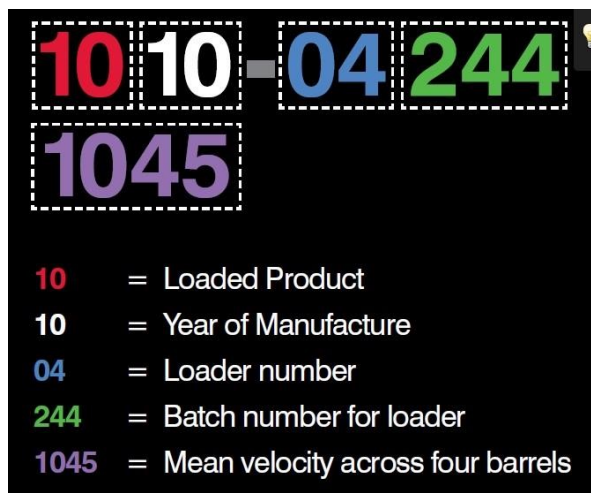
Eley's method of batch testing involves shooting strings of 10 rounds through each barrel, which is clamped to a concrete base by a heavy vice.

Below is a quick reminder of the coding system.

Thanks to Richard Toye and Eley for this information.

As an aside—Barry Cowburn and Andrew Sevelj have just returned from visiting the Testing centre.

Talk to them about the experience, and the valuable lessons they learned about batch testing ammunition.



10	= Loaded Product
10	= Year of Manufacture
04	= Loader number
244	= Batch number for loader
1045	= Mean velocity across four barrels

Recently I asked a selection of top female shooters – both past and present, and I they have answered the questions that I posed to them.....here are their secrets to success.

Q1. How and why did you get involved in shooting....

L - My parents and brother were shooters and I thought I'd give it a crack too.

H - My uncle took me to the range when I needed a distraction from some things that were happening in my life and told me that I should be a good shooter because of my family history of good shooters. He loaned me his rifle, gave me ammo and taught me to shoot. Before long I got hooked on the challenge of trying to beat myself and improve my standard.

R - I just went to the air rifle range one day because I was bored. And I was sick and tired of my mum getting to travel all over the world without me.

Q - I got involved in shooting because my family has always been involved, and I saw at an early age where this sport could take me.

B—My ex had shot with his father as a junior and we thought it was a sport we could compete equally and also drag the kids along to.

Q2. What is your most memorable moment in shooting....

L - Being thrown off a train heading to Plzen! Ha ha! Seriously, winning a gold medal at the 1998 Commonwealth Games.

H - Two unforgettable moments which taught me about the importance of checklists were both in Australia - one was at a club shoot when we were all on the line and the range officer said commence fire, I was all set up with everything, or so I thought, until after I put a bullet in the breech and went to close the bolt....the bolt was still in my bag wasn't it! The other was when I was training for the Comm Games in Brisbane, except that I had left my sight home on another rifle, necessitating using a borrowed one until mine could be flown up express.

R - I was struggling with kneeling and Miro told me not to stress about it... that if I could keep my group and not shoot less than 9's then some of the shots will always go in and be 10's. I then promptly shot 20 9's in a row in my next match...ha ha ha. And the Commonwealth Shooting Federation Championships in India in 2010. We weren't allowed to go anywhere due to security concerns so when we weren't at the range we were stuck in the hotel. Seems to be a recipe for boredom but it actually ended up being one of my most enjoyable competitions and I won a bronze medal.

Q - I have many - and they are mostly when I was really shooting well - not just score wise, but also when my shot rhythm felt "easy". It takes a long time to get to this point, and it so great when you actually can shoot like it in a competition.

B—Being selected into my first Aus team for 1990 World Champs, Moscow. First use of the then electronic targets.(My performance was not the best, had a mental derailment half way through)

Q3. When did you realise that you had the potential to become one of Australia's top shooters...

L - Never really thought about this, my plan was to conquer the world!

H - Probably when I was selected for my first international team....and when I started beating the blokes!

Women shooters have their say.....

R - At the 1999 Oceania's when I was beating some of the "A Team" scores I realised I could make senior teams, but it wasn't until about 2008 when I had enough confidence in my shooting to believe that my scores could be good enough to be one of Australia's best and take on the world.....making the World Cup Final was fantastic.

Q - I think that I have never felt this way. Really when you get to a certain level in Australia, you need to start looking at what is going on overseas. This really puts things into perspective. So when I retired from shooting, I was aware that I still had a long way to go to really be internationally competitive.

B—Still waiting, think I have passed it now

Q4. For those who have - what is the best part of being in an Olympic team....

L - Best thing: free Macca's 24/7. Seriously, the opportunity to represent Australia at an event where thousands of people from all over the world of all different races and religions meet to compete together in peace. The opportunity to sit at a table with Americans, Israeli's, French and British and all are friends.

H - The Olympic opening ceremony raised the hairs on the back of my neck; the experience of being on the line with the best shooters in the World, the vast majority of whom were men.

R - Best: Wandering around the village, as everyone is so excited to be there. And the feeling you get when they say "start" before your match and you realise you are about to shoot in the Olympics.

Q - Being in the Olympic Team was amazing. It was my dream and a goal I had set for myself coming to fruition.

and what was the most challenging

L - Most challenging: not achieving goals or meeting expectations.

H - the most challenging was maintaining focus and concentration prior to and throughout the match in spite of media attention, other distractions

R - Making the team! It's so much less nerve racking shooting in your first Olympics, than it is shooting in the selections to get there.

Q - the journey to get there is challenging – it is the daily choice to train rather than go out with friends, to use holiday time at competitions, and spend hard earned money on ammo rather than other options. At the end of it I did question why I had made these choices as they don't always seem logical. But then I reflect on what I have also gained from this experience, which extend beyond my shooting life and into all areas – I am able to set goals and reach them, I am self-directed and independent. I am stronger for having had this experience.

Q5. What was the best thing that a coach ever said to you

L - Many, many things, but I like simple things: aim at the middle and pull the trigger. No need to complicate things!

CONTINUED NEXT PAGE....

Women shooters have their say.....

H - Mostly I didn't have a coach but when I did, there were several things, "believe in yourself, you can do it" and "chase the small percentages"

R - *That shooting is just a sport. Everyone important in your life will still love you whether you come first or last. So enjoy the competition, de-stress and have fun.*

Q - I can't really quote one thing that a coach has ever said – for me it was that they stuck by me when things were tough, and always gave me the same consistent message to work hard.

B—*Never give up, the match is not over until the last shot is fired*

So there you have it....the secrets bared. Thanks ladies.

Now you have probably worked out who these ladies are. If you haven't—stay in blissful ignorance. The most amazing comment that ran through the replies was.... “wow, no one has ever asked me theses types of questions before—I had to stop and think”

Perhaps we need to appreciate our champions just a little more!

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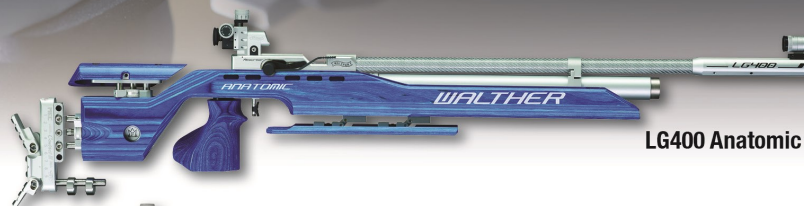
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Shooting Australia Awards of Excellence



Nominations open until 15th December 2014

In the following categories:

“Coach of the Year”

- ☐ Pistol Coach of the Year
- ☐ Fullbore Rifle Coach of the Year
- ☐ ACTA Shotgun Coach of the Year
- ☐ F&GFA Shotgun Coach of the Year
- ☐ Smallbore Rifle Coach of the Year

“Official of the Year”

- ☐ Pistol Official of the Year
- ☐ Fullbore Rifle Official of the Year
- ☐ ACTA Shotgun Official of the Year
- ☐ F&GFA Shotgun Official of the Year
- ☐ Smallbore Rifle Official of the Year

“Volunteer of the Year”

- ☐ Pistol Volunteer of the Year
- ☐ Fullbore Rifle Volunteer of the Year
- ☐ ACTA Shotgun Volunteer of the Year
- ☐ F&GFA Shotgun Volunteer of the Year
- ☐ Smallbore Rifle Volunteer of the Year

Nominations for Smallbore Coach, Official or Volunteer of the Year need to be sent to TRA, who will then select a finalist to be sent to Shooting Australia. Finalists will be notified early 2015, and overall winners will be announced at the 2015 Awards of Excellence in Sydney, Saturday 21st February.

SELECTION CRITERIA

Coach of the year

The “Coach of the Year” needs to be an active Volunteer coach who has made an outstanding contribution to coaching in 2014. The criteria used will be;

- A demonstrated commitment to quality coaching
- The development, progress and outcomes achieved by coached athletes
- Supporting, developing and contributing to the education of coaches more broadly
- The use of innovation or new ideas or techniques to improve coaching and athlete performance
- Overall impact of your coaching for the sport of shooting

Official of the year

The “Official of the Year” needs to be an active Official who has made an outstanding contribution to officiating in 2014. The criteria used will be;

- A demonstrated commitment to officiating
- A proven positive impact on other officials and event delivery
- Supporting, developing and contributing to the education of officials more broadly
- Overall impact of your officiating on the sport of shooting

Volunteer of the year

The “Volunteer of the Year” needs to be an individual who through volunteering their time has made an outstanding contribution within the sport of shooting in 2014. The criteria used will be;

- A demonstrated commitment to positively contribute to their club/s, State or National Association
- A volunteer who has significantly contributed through their actions, work and time to the sport of shooting
- A volunteer who has worked selflessly for the betterment of their club/s, state or National Association
- Overall impact of your volunteering on the sport of shooting

NOTE: Any State Assoc, Club or individual can nominate a Coach, Official or Volunteer of the Year. All nominations are to be sent to the TRA EO at execofficer@tra.org.au

Please don't be shy—recognise those within your association or club.

Temper! Temper!



Recently, I had a phone call from a concerned father of a 15 year old. He told me that his son could not seem to control his temper after a poor performance. He asked me if Mental Management might be helpful in eliminating this behavior. As I have been working on this problem for the past few weeks I thought that you might benefit from what we have learned. Not that you need it personally mind you but you might have a friend that loses it occasionally and you might need the information to do something helpful for them before you do something harmful to them.

If you look in the dictionary you will find several definitions for this word, temper. One meaning of the word is a tendency to become easily angry or irritable causing an outburst of rage as in losing one's temper. Let's look at this phenomenon from three angles. First, why does it happen? Next, is it really destructive to our mental game? And finally, what can be done about it?

People who tend to lose their tempers seem to do so when things that they were certain were buckled-up come unbuckled. Almost all of us have experienced this at one time or another.

With the loss of temper we experience an accompanying loss of control. We become the opposite of the person we most want to become. We sometimes take out our anger on slam-able doors and nearby throw-able objects. We tend to shift the blame for our troubles to anyone other than ourselves and heaven help the first person that tries to talk us out of this behaviour.

So why do we tend to lose it? Well, according to Dr Kalman Heller, a PHD psychologist who studies and writes about this sort of thing, losing one's temper is caused by stress, unrealistic expectations and a feeling of powerlessness.

How do you respond to the stress of competition? Are you empowered by it? Do you feel that stress is a positive thing? Is it an advantage? No? If you feel that stress is not your friend you are not alone. However, most elite performers that I have worked with feel that stress works for them and not against them in competition.

Competitive stress will not cause your performance to drop, however, your attitude about it may. Those that use stress to their advantage have several things in common. They believe that the stress of competition will help them achieve their goals, they are disciplined in their preparation for trials and they tend to be veterans of many competitions. How do you stack up in these areas?

Most people know that if you visualize something in advance it improves the chance that it will happen so rehearsing success is a good thing to do. How about also rehearsing that you are in complete control when things go out of control?

We learn more when we make mistakes than when we are error free.

I am suggesting that the best expectations for you in a competition are first to advance your personal growth as a competitor and secondly to reach your goals as a team. When the only acceptable expectation of a competitor is to win there is a huge chance that they will be devastated if the result is anything less than what was envisioned.

So, what should you do? I recommend rehearsing that you are calm, collected and cool when inundated by events that cause others to loose it. It will become "like you" to handle the unexpected with grace, skill and good humour. Wow! Under control, whether or not you are the winner, is the ultimate goal.

There is great danger in losing your temper and here's why. Your Self-Image makes you act like you. If you feel in control and powerful you will tend to act accordingly. Conversely, when you allow yourself to become angry and lose control this may soon become a habit. Your Self-Image is changed by imprinting; both what your environment give you and by what you imagine.

The power of the imprint is heightened when there is a lot of emotion in the imprint. Losing your temper causes severe damage to your Self-Image. You are improving the probability of having this situation repeat itself in the future. You must control what you think about immediately after an action. Your future depends on it. Be careful what you reinforce.

Take a break and understand that this will get better with time. Your patience is being tested. You are anything but powerless. You have the power of your knowledge, your endless hours of training and if you will focus on solutions instead of problems you have power over this very moment. Now is the time to feel power-FULL. Now is the time to use your temper not to lose it.

So what is your temper? If you revisit the dictionary you will find another definition for the word temper. To strengthen through experience or hardship; to toughen as in soldiers who had been tempered by combat. Problems, when we choose to find solutions for them, tend to strengthen us. If you are not having a lot of problems your goals are too small. Your task is not so much to avoid your problems as to learn from them.

Some of the solutions to life's greatest lessons come to us during conflict. When you feel the tendency to loose your temper stop to think, "This is the time when I'm being tested. I can and will get through this. What is the lesson here? What can I take away from this situation that is positive?"

Now is the time to keep your cool and ask the question,

"Temper, temper, am I losing it or using it?"



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 ...the better you see, the better you shoot

K1 Glasses
 (includes lens holder, cased)
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Please mention this ad when contacting us



TARGET RIFLE VICTORIA AND THE VICTORIAN
AMATEUR PISTOL ASSOCIATION
PRESENT



VICTORIAN JUNIOR TARGET SHOOTING CHAMPIONSHIPS 2015

FEBRUARY 7th and 8th 2015
MELBOURNE INTERNATIONAL SHOOTING CLUB
120 Todd Road, Port Melbourne

Saturday 7th :	Sport Pistol	9am Final to follow
	Sport Rifle 3x20	9am Final to follow
	Air Rifle:	
	40 shots junior girls	
Sunday 8th :	60 shots junior boys	1pm Finals to follow
	Air Pistol:	
	40 shots junior girls	
	60 shots junior boys	9am Finals to follow
	Prone Rifle 60 shots	9am Finals to follow
	Benchrest Rifle 60 shots	9am Final to follow

Age Categories: Under 21, Under 18, Under 16
Entry Fee: \$15 per event

Rifle: outdoor@trv.org.au Pistol: awattz@iinet.net.au

Entries close Friday 23rd January
If sufficient numbers present, an interstate teams match will take place

ISSF, PA, TRA and TRV rules will apply

The organizing committee reserve the right to amend the program if necessary
Camping available on the range

IPAD

10.9?
If you score electronic,
you read digital.

ISSF iPad Magazine:
available on the Apple store, now!

WOULD YOU LIKE TO
FEATURE YOUR CLUB IN THE
TRA E-MAG? Have you a story to
tell... history to share... proud of
the achievements of someone in the
club?

Write a paragraph or two, and
include pictures.... then send it to
the Editor at traus@westnet.com.au

Aus Cup Final 2014

3P



PRONE



AIR





Thanks to Petr Kurka for these pictures.

Congratulations to all the competitors in the Aus Cup series throughout 2014, and the Finalists in the Aus Cup Final.

Full results... are on the Shooting Australia website



ALSO SEEN IN SYDNEY.... Daniel Smith (son of Natalie and Stuart) “chatting” with Quinn Ridley (daughter of Robyn and Brett).

Daniel at 8 months, and Quinn at 13 months played happily while their mum competed in their matches.

Hey...you reckon our mums will win today?

Yeah—they will, and they'll get medals and stuff too

You're not going yet....are you?



TRA NATIONAL CHAMPIONSHIPS 2015—SYDNEY, NSW MARCH 30—APRIL 6, 2015

Monday 30th	Practice (At Own Cost)
Tuesday 31st	<p>3 x 40 Free Rifle Open Championship In conjunction n: Open, Junior & Veteran Championship. Open State Teams & Junior State Teams. Graded 3 x 40 Championships IPC R7: 50M Rifle 3 Position Men SH1</p>
Wednesday 1st	<p>3 X 20 Sport Rifle Open Championship In conjunction: Open, Women, Junior & Veteran Championship. Open State Teams & Junior State Teams. Graded 3 X 20 Championships IPC R8: 50m Rifle 3 Position Women SH1</p>
Thursday 2nd	<p>Air Rifle Mens and Womens Championship In conjunction: Womens Championship (1 x 40) & Final Mens Championship (1 x 60) & Final IPC R1 10m Air Rifle Standing Men SH1 IPC R2 10m Air Rifle Standing Woman SH1 IPC R4 10m Air Rifle Standing Mixed SH2</p>
Friday 3rd	<p>Jim Smith English Match 50m Open Prone (1st 60 Shots) In conjunction: Women Championship Junior Championship Junior under 18 Championship / Junior under 16 Championship Selection of Slazenger Team & Lord Wakefield Cup Team Benchrest Championships (1st 60 Shots 50m) IPC R6: 50m Rifle Prone Mixed SH1 (60 shots) Air Rifle Open Championship In conjunction: Open Championship & Final Open State Teams & Junior State Teams. Graded Air Rifle Championships</p>
Saturday 4th	<p>Jim Smith English Match 50m Open Prone (2nd 60 Shots) (It is intended to use the ranking system from the first 60 shots for bay allocation for 2nd 60 shots.) In conjunction: Open Championship (120 Shots) Veteran Championship (120 Shots) Junior Under 21 Prone (120 Shots) Junior Under 18 Prone (120 Shots) Junior Under 16 Prone (120 Shots) Slazenger Team Match / Lord Wakefield Cup Match Graded Championship (120 Shots)</p>

Saturday 4th State Team Matches 50m (To be shot in conjunction with the open match) Open State
 Team 50m Prone Match
 Women State Team 50m Prone Match
 Junior State Team 50m Prone Match
 50m Champion of State's Champions Prone Match
 IPC R3: 10M Air Rifle Prone Mixed SH1
 IPC R5: 10M Air Rifle Prone Mixed SH2
 Benchrest Championships (2nd 60 Shots 50m)
 In conjunction: Open & Veteran Championship
 Junior Championship
 Junior under 18 Championship
 Junior under 16 Championship
 Open State Teams
 Supported Air Rifle (60 Shots)

SATURDAY NIGHT BBQ/SOCIAL EVENING AT SISC (BYO ALCOHOL)

Sunday 5th MOSSVALE SBRC RANGE - Old Berrima Road, New Berrima NSW 2577
 Bill Eddy Open Championship—Long Range Match (1x60 90m)
 In conjunction: Long Range Open Match
 Open Dual Range State Teams
 Junior Dual Range State Teams
 Open Benchrest Championship — Long Range Match (1x60 90m)

Monday 6th Bill Eddy Open Championship—Short Range Match (1x60 20m)
 In conjunction: Short Range Open Match
 Dual Range Open Championship (120 shots)
 Dual Range Junior Championship (120 shots)
 Dual Range Junior Under 18 (120 shots)
 Dual Range Junior Under 16 (120 shots)
 Dual Range Veteran Championship (120 shot)
 Dual Range Women Championship (120 shot)
 Open Dual Range State Teams
 Junior Dual Range State Teams
 Open Benchrest Championship — Short Range Match (1x60 20m)

PRESENTATION DINNER

Liverpool Catholic Club

424-458 Hoxton Park Road, Prestons NSW 2170

FULL INFORMATION—ON THE TRA WEBSITE
www.tra.org.au

50 METRE PRONE PENNANT

Entries for the 50 Metre Prone Pennant are now open.

**All participating clubs must be affiliated with TRA.
All team members must be financial and hold a current firearms licence.**

**Commencement date:
Week commencing 2nd February 2015**

**Entry fee: \$50.00 for the first team entered.
\$25.00 for each additional team.**

Teams will consist of the four shooters (the top three to count) plus a maximum of six emergencies. Teams will be graded using the three highest averages from those named in the team. Only those shooters named in the team are eligible for this competition.

ISSF, Australian Supplementary Rifle Rules and TRV Competition Policy 2015 will apply. Competition stickers and TRV Competition Policy rules will be posted to all participating clubs.

Any 50m target meeting ISSF or TRA specifications may be used.
TRV targets are available from Robert Spratt. 035664 2358 or email: targets@trv.org.au

Awards: Scratch in each section & Handicap overall.
Overall top ten, 1st, 2nd and 3rd in each grade A, B, C & D
1st, 2nd & 3rd in Junior (under 21), Sub Junior (under 16) and Veteran.

The winning team in each section will receive a Pennant Flag. Each team member will receive a copy of the pennant flag with all team members named on the copy.

**Please send entry forms and fees to: TRV Outdoor Convenor
PO Box 245, Sunbury Vic 3429**

Make Cheques payable to Target Rifle Victoria.

Enquiries: Tel: 03 97443748 or email: outdoor@trv.org.au for a nomination form

Weekly results will be emailed only.

Entries Close: Friday 23rd January 2015. No late entries accepted.

PLANNING FOR COACHING COURSES IN 2015.

If you are interested in becoming an accredited coach—then please ask your State Association for details about when courses will be held near you in 2015.

There is a TRA Instructor's course (which is only accredited with TRA) and from there the coach moves to the Club course, which is accredited with Shooting Australia. The courses provide the basics in quality coach education. See your State Coach for further details.

TRA JUNIOR POSTAL COMPETITION 2014 - CONGRATULATIONS SOUTH AUSTRALIA

Target Rifle Australia Limited
Junior Interstate Postal 2014

Round 5			
New South Wales		Queensland	
Marcus Kilby	576	DNS	
Ryan Woo	569		
Brendon Leo	555		
1,700			
South Australia		Tasmania	
Joel Beattie	585	Joel Taylor	569
George Shand	581	Thomas Poole	550
Nicholas Ioakim	572		
1,738		1119	
Victoria		Bye	
Chloe Romanoff	579		
Alex Cameron	579		
Luke Crozier	574		
1,732			
Reserve			
Michael Davis	567		

State	Shot	Won	Draw	Lost	Points	Aggregate*
South Australia	5	4		1	13	8,636
Victoria	5	4		1	13	8,613
Queensland	4	4			12	6,978
New South Wales	5	3		2	11	8,484
Tasmania	5			5	5	4,305

* Aggregate based on best 3 scores for all teams.

Over the year, highly talented shooters from almost every State, battled out the contest to determine which Junior Team would prevail.

This year, South Australia took the honours closing followed by Victoria, only 20 aggregate points behind—not bad after 5 rounds of team shooting.

Highest score in the match came from Fred Woodhouse (QLD) with 591.

Best all round aggregate belonged to Joel Beattie (SA) with 2907 points. His team mate George Shand was certainly not far behind on 2898.

TRA thanks all competitors and organised within the States.

Thanks to Peter Robinson for driving the competition.

See everyone back in 2015 for a bigger and better challenge.

Junior Interstate Postal 2014
Individual aggregate

State	Name	Round 1	Round 2	Round 3	Round 4	Round 5	Aggregate
SA	Joel Beattie	573	582	579	588	585	2,907
SA	George Shand	589	582	572	574	581	2,898
VIC	Alex Cameron	577	583	573	569	579	2,881
VIC	Chloe Romanoff	571	583	577	570	579	2,880
NSW	Ryan Woo	576	577	578	563	569	2,863
SA	Nicholas Ioakim	561	572	561	565	572	2,831
TAS	Joel Taylor	552	555	554	544	569	2,774
NSW	Brendon Leo	564	560	496	551	555	2,726
QLD	Frederyk Woodhouse	588	588	591	589		2,356
QLD	Matthew Smith	574	578	585	576		2,313
QLD	Bradley Lovett	574	574	581	580		2,309
NSW	Marcus Kilby			583	578	576	1,737
VIC	Mitchell Lucas		555	565	555		1,675
NSW	Daniel Clopatofsky	581	577				1,158
VIC	Michael Davis				569	567	1,136
VIC	Jacob Cooper		563	561			1,124
TAS	Thomas Poole				564	550	1,114
VIC	Cameron Paterson	581					581
VIC	Luke Crozier					574	574
TAS	Zeth Cartledge				417		417

LAST BITZ.....



A very happy Christmas and fantastic New Year to all the TRA e-mag readers, and members of Target Rile Australia.

May your 2015 be truly wonderful.



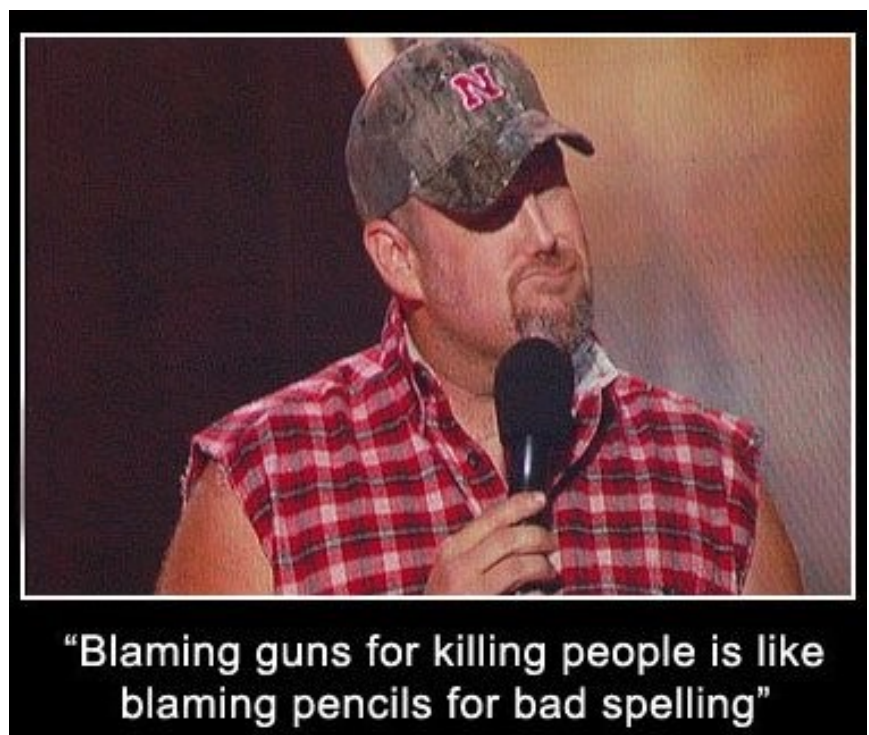
Merry Christmas



DEAR SANTA,

FOR CHRISTMAS THIS YEAR...
I WANT A BIG FAT BANK
ACCOUNT AND SLIM BODY...
AND PLEASE DON'T MIX
THOSE TWO UP LIKE YOU DID
LAST YEAR!

**Tupperware
For Men.**

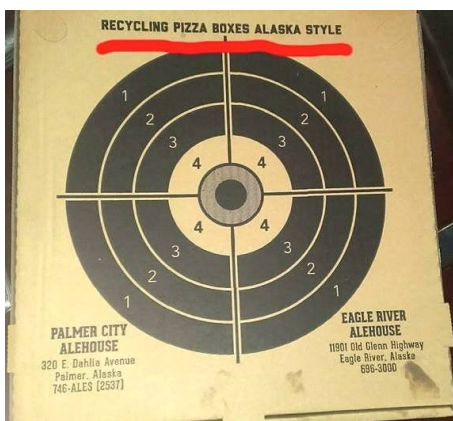




An eye, brain trick. You will enjoy this if you are using the right side of your brain. Stare at this pic carefully and you will see this man turn his face. Share this with your friends if you saw him turn his head.



SPIDER IDENTIFICATION CHART



The 5 second rule for food dropped on the floor, does not work if you have a 2 second dog

