

SPECIAL POINTS
OF INTEREST:

- COMMONWEALTH
GAMES PICS
- ISSF FINALS CHANGES

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Tricia Van Nus
COACHING EXCELLENCE
ABN 55 15 278 5592
5 AZENNES CRT, ASCOT WA 6104
Mob 08 274 46050
Email: trv5592@gmail.com

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PRESIDENT'S COLUMN—CLAY FREDERICK

As many of you will know (and many may not), the State Associations took a dramatic step to restructure Target Rifle Australia in the middle of last year.

In simple terms, it meant the replacement of an incorporated sporting association by a company governed by a board. In reality, the implications were far more significant.

For as long as most of us can remember, TRA and its predecessors have just been a forum for the State Associations to meet and decide matters of mutual importance. Chief among these have been the National Championships, and related competition issues. Of course, TRA also looked after critical insurance coverage for shooters' liability, and other more routine subjects, but for most shooters TRA did not seem to be an organisation with immediate relevance.

Many sporting organisations had abandoned this type of structure in favour of a company and board which was able to broaden its outlook and, if well managed, to serve the sport better.

In the case of TRA, the decision was not made lightly. The State Associations had to come to terms with the fact that they would lose direct control. They had to commit the future of smallbore, air rifle shooting and benchrest to an independent board with very wide powers. The board directors did not answer directly to them, and did not represent State interests; the directors' responsibility was to act in the interests of the sport generally.

OK, that's all the theory. Now for the reality. I said that "if well managed, the sport could be served better". And that's what the new board is setting out to do. We have been entrusted with an important task by the State Associations, and I, and my fellow directors, intend to show that they have made the right decision.

Our first job is to decide the strategic direction of our sport, and to set some tough, but achievable, objectives. Targets, if you like; something as shooters we all understand. No point to it all without targets.

I expect these objectives to be far wider-ranging than what the "old" TRA was trying to do.

First amongst them will be to increase and strengthen our membership base. Another will be to focus far more on what our membership needs, and deliver more value for the fees you pay. And we have to build for the future, both in terms of national and international competitiveness, and in terms of infrastructure, services, and competition pitched at all grades of shooters.

Big job!

I'm starting by personally visiting all the State Associations and asking for their opinions. Not just on what TRA has traditionally done, but what it should be doing. Then we'll be creating a strategic plan, with objectives and timeframe. And we'll be answering to you about what we're doing, and how well we're doing it.

In forthcoming columns I intend to keep you informed of progress. I, and the board, welcome feedback. This is our sport, and you are our members. And you're what we're here for!

Good shooting!
Clay Frederick

AMMUNITION TESTING by Warren Potent

Why bother?

- It might gain you an extra point or two.
- You will have a smaller group size.
- It takes time.
- I can cost a fair bit to do.
- It can help you win competitions.

Who cares? I do!!!

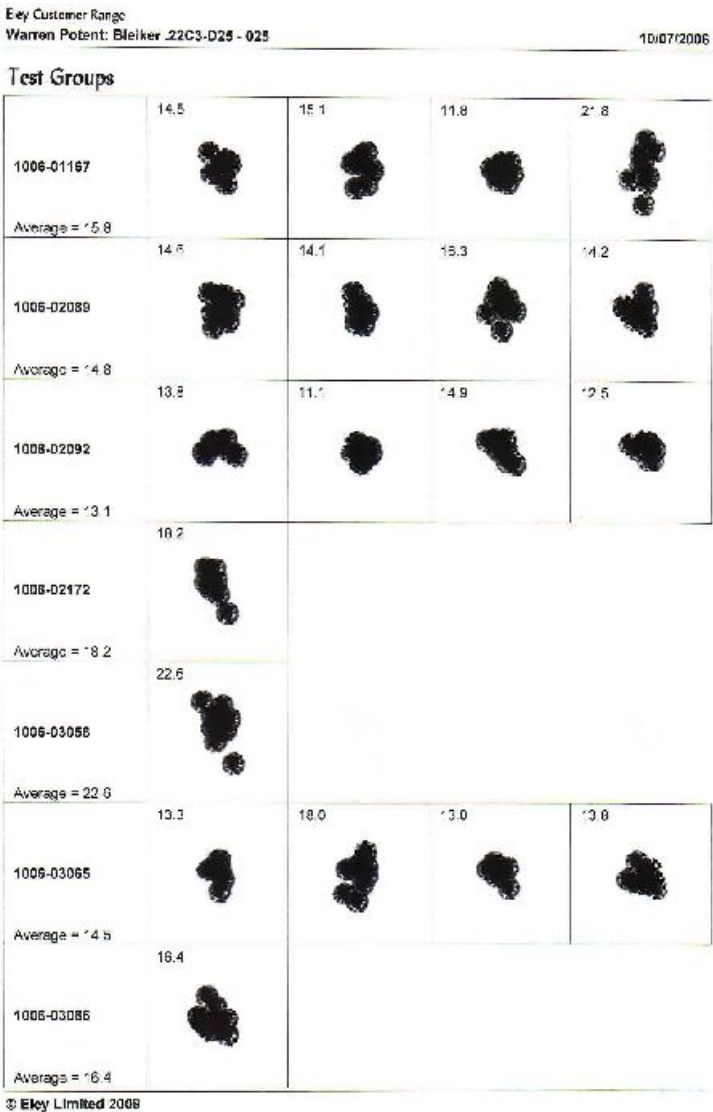
Ammunition testing is something the all the top shooters of the world do. The main reason is to give them the best chance of winning and I do the same.

There are a few ways of testing and different types of test benches around. If you are aspiring to reach Australian selection and your scores are getting better (e.g. starting to reach finals at Australia Cups). It is a good time to start to get the best ammo you can, obviously you can purchase the best you can afford. But is it the best batch number for your rifle?

Now if you have several batches to choose from, purchase a box of each and test them. Some ranges have test benches or some kind of test rig. If not use one of the bench rest tables,

I think just about all ranges have these. You should fire a couple of 10 shot test groups from each batch, when you do, use a backing card and accurately place your “test targets” on this so you end up with a 40 shot group from each batch. Or just shoot a 40 shot test group from each and try to find a very still day if you have to test outdoors.

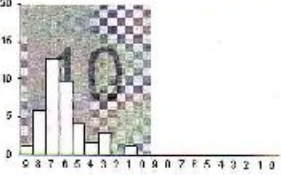
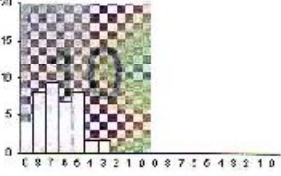
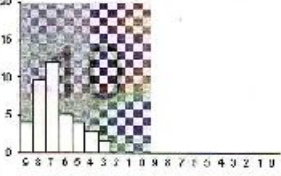
From here you can decide which batch number to purchase.



The reason I mentioned shooting a 40 shot group instead of a 10 shot group is simple a 10 shot group is just a ten shot group, but a 40 shot group will give you a lot better idea as to what the ammunition will do out of your rifle.

One good tip is to always test using your current batch of ammunition at the same time, this will give you something to use as a control so you can hopefully find a better batch for your rifle than what you are using now.

Analysis

Batch	Group Size	Consolidated score	Distribution of scores
1006-04138	17.4	17.4	
1006-04141	16.4	16.4	
1006-04146	15.3	15.3	

When selecting from your test groups, obviously the smaller the group size the better, but also look at the group shape and choose the group that is also circular in shape, not an odd shape group.

I have been lucky to be able to test at Eley every year for the last couple of years. Eley's test range has two lanes with large test rigs using electronic targets with some interesting software.

There are usually 20 – 25 batches of Tenex to test. The procedure there is to shoot 10 shots from each batch then select the better batches and shoot an extra 30 shots of each. At the end you will have a few 40 shot groups decimally scored with a graph showing from the selected batches to choose the best batch for your needs (see attached). You will also shoot a 40 shot group with your current batch to use as a control.

It is amazing how different batches group from any particular rifle, test groups can vary over 20mm in diameter! So if you have a choice of batches to choose from when you are purchasing ammunition, don't take a chance with what you buy! Take the time to test to see what you should buy!

In closing to prove a point I have 3 Bleikers as well as ammunition batch tested for each, one batch of ammo selected for one particular rifle does not shoot very well out one the other Bleikers.

Give it a go, you WILL be surprised at the results.



Club View—Frankston VIC

Frankston City is situated on the eastern shores of Port Phillip Bay approximately 40 km south of Melbourne. The municipality covers an area of about 131 square kilometres from Seaford Wetlands in the north, to Mt Eliza in the south, and the Western Port Highway in the east. The western boundary of the City is made up of about 10 kilometres of coastline along Port Phillip Bay.

Frankston City is strategically placed as the activity centre for the Mornington Peninsula and amidst this thriving community is the Frankston Smallbore Rifle Club. While having a solid history in the current site, it is in the last 6 months that massive improvements have been undertaken at the clubrooms.



Visitors and Club members who haven't been to the club for a while will notice the changes immediately. Have a look at some of the renovations completed thanks to the work of the committee and club members.



The club competes in TRV pennant competitions, and other postal competitions conducted by other clubs, or states. Members may also travel within the state and interstate to compete at other events. Have a look at the TRA and TRV websites for information on what is coming up



The Frankston Peninsula Target Rifle Range is a .22 (small bore) and .177 air rifle range. We can give you the opportunity to become proficient in different types and styles of shooting.



We have a 50 metre range with 16 bays, a 20 metre range with 6 bays, and an air rifle range with 6 bays. We also have automatic target changing machines for use at 50 metres.

Drop in when you are in the area.



Club View—Kalamunda WA



Set in the tranquil hills district of Perth, the Kalamunda range is surrounded by trees and green. The range consists of 14 bays at 20, 50 or 90 metres with the trees lining the side boundary.

This range has existed since the early 1980s, and has survived so far, without electricity or running water—depending on sunshine

and well placed water tanks. The trees also determine the extent of car parking available!



Kalamunda has, in more recent years, established 5 Benches so that shooters now have the option to try this developing aspect of our sport, and this has proven popular.



It is a strong club that conduct its club activities on a Sunday morning—hail, rain or shine. The two annual open events conducted by the club are well known in WA shooting circles as “a good day out in the country with a sausage sizzle that can’t be beaten”.

Over the years, the club has developed and improved the firing point area, and 2011 is to be known as “Operation Clubroom” with a number of changes and updates planned by members, that will keep us busy until the winter rains arrive....to fill the new tank!

If you visit WA, Kalamunda range is a “must-see”



What's this IRIS thing all about ?

By Ron Maine Email : sales@targetriflesa.com

General description - An adjustable rear aperture - which opens or closes the size of the small hole you look through!

- BUT there are optional extras such as these
- Optional colour filters (from 3 to 48 different colours)
 - Optional Polarisers (single or dual)
 - Optional colour of the unit itself

SOME QUESTIONS ANSWERED


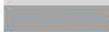

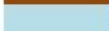








Why do I need an adjustable iris ?

A smaller aperture is better in bright light and conversely a larger aperture is better in dull light. It's all about balancing the aperture size with the light conditions and your personal vision characteristics to get the best possible sight picture for you.

What are the colour filters for?

Colour filters perform a range of functions ranging from a light grey to take glare away from what you are seeing to a whole range of colours to address contrast, clarity, artificial light issues.

Here is a table of the effects of different colours (courtesy of Gehmann & Co)

	light grey	absorbs 50% of normal light
	dark grey	absorbs 75% of normal light
	brown	turns artificial light with a light bluish tinge into what appears as natural daylight
	light blue	turns artificial light into natural light
	dark blue	as above - used for brighter artificial light
	red	enhances black and white contrast and reduces glare from the white surround
	orange	effect of clarity is as above however orange also reduces interfering ambient light
	yellow	effect is similar to that of orange but over a reduced wavelength (range of light)
	lemon yellow	effects slightly higher wavelengths
	light green	comfortable to the eye - effect as for orange
	dark green	as above however for more powerful light
	lilac	increases contrast in the red/green spectrum

What is this Polarisers thing?

Just like Sunglasses!! Generally speaking a single polariser assists if the target has direct sun (or glare on it). Gehmann produce a model with dual Polariser where one controls the white area around the target and the second controls all light through the sight,

Will these things fit my rifle?

These iris's are all made with standard European thread so they will fit Anschutz, Walther, Feinwerkbau, Steyr sights etc. and there are adapters available to fit such things as Parker Hale, Sauer Busk sights etc.

And the cost?

The iris adaptors come from the European manufacturers Gehmann, Centra and Anschutz and vary in price from the basic models iris at around \$60-\$130, those with colour filter \$110-\$225 right up to the Polariser at \$160-\$180 and the top of the line iris with both colours and polariser \$165-\$275 for a double polariser.

OTHER OPTIONS

Colour Rings - Push fit to rear of iris

Colour Filters separately - push fit to rear

Diopters and optical systems to correct astigmatism etc (beware ISSF rules that disallow these) Spring disk to easily hold blinder (Most Anschutz and Centra models)

Mirror can be fitted to rear of some of the Centra range

What do they look like?...some samples



A basic iris



Iris with colour filters



A Polariser



Polariser and filters

I try to keep all the popular models in stock but cannot guarantee that I will have every option in stock at all times. However if you require an item I don't have, I can have it here 2-3 weeks from your order.

To see the full article (with prices on individual models) please go to the TRA website at www.tra.org.au under the Coaching Hints area.

Prices on the website article are correct at publication but are subject to change due to exchange rate and postage variations. Prices are exclusive of postage to you - allow approximately \$8 for a small package to you.

MENTAL MANAGEMENT SYSTEMS



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THE TIME FOR CHANGE IS NOW!

If you are like most competitors you have been enjoying a well-needed rest from competition issues during the holidays. But, as the new season approaches some decisions might be in order. First, do you need to change anything; equipment, training schedule or mental game and when is the best time to do it? I submit that the best time is now. If you want to maximize your competition results for the coming year, now is the time to make that change. Here are a few tips to aid you in doing just that.

Begin with a careful evaluation of last year. You must first determine if you have anything that needs changing. This can be accomplished in multiple areas of concern such as equipment, skill, competitions or mental game so let's look at a couple of those.

Equipment is very sport-specific and since we have readers in a wide variety of sports and performance arenas I will hold off on recommendations for equipment change.

Let's look at skill a minute. Does your technical ability grow during the off-season or does it deteriorate? Well, again that depends on your level of experience and on your habits during this period. There is a training principle that says that we tend to forget what we do wrong faster than we forget what we do right. So, taking a short break might just help your skill. However this may be discounted if you are taking a long break and your competition is getting better during this period. How do you get better? Take a lesson from an instructor and practice, practice, practice. You should know what works for you and be honest about it.

How about evaluating the benefit of the competitions you attended last year? This is a relatively easy task if you have been keeping a performance journal during the year. Simply look at the entries you have recorded in your journal and the answers to this question will be answered. But, if you do not keep a journal you must rely on your memory and the longer you take to make decisions the greater the probability that you will benefit little from the attempt. It is not uncommon for competitors to mentally go on vacation after the final competition of the year and not to think too much about the next year until a few weeks prior to the first season's competition. That is way too late! Journal or not here are several questions you need to answer about last year. What competitions were a benefit to me and why and what competitions might I do well to avoid this year and why? Once this is done you can plan for the up-coming year with confidence.

Finally, let's look at your mental game as you prepare for the new season. Is your mental game a variable or a constant? There are a lot of variables in all sports and performance ranging from weather, to judging, to equipment, to other competitors but, your mental game should be a constant. When you change your mental game based on circumstances you are not controlling your mental game the circumstances are controlling you. If you do not have a defined mental thinking system for competition now is the time to develop one.

My suggestion is to try to remember what you were thinking about when you were performing well last year. Normally, performers find that they were not thinking too much at all. Some on the other hand find that they compete best when concentrating at a higher level of focus. You need to determine what works best for you. You cannot duplicate a thing until you have defined it. Once your mental game is defined your job is to run these thoughts every time, in every competition and in practice. When you run a defined mental system you can achieve mental consistency in competitions in spite of your environment. This part of the program is not so easy to implement. The environment is constantly pulling you to pay attention to it and to alter your thoughts based on it.

So, how is your preparation for the new season coming along? Do you need new equipment, a skill upgrade or a defined mental game? If you need to change some things now is definitely the time to do it.

Lanny Bassham (info@mentalmanagement.com)

REMEMBER... You never know who will be watching you as you compete for your dreams - so always act like a Champion, win or lose. Because at the end of the day, the people you meet and inspire will mean more than the trophies that gather dust on your mantle.

FROM AISL..... Nick Sullivan

Air and Prone Events Double Up at the Australia Cups

In reviewing the performances achieved last year against those in 2006, it is noted that with the demand (PQS) having been set at a realistic world level there has been a noticeable push to reach those levels; however three of the factors limiting our move to the top remain the same. They are:

1. *Training regime*
2. *Distance from competition circuit*
3. *Coaching methodology*

To assist in overcoming the first two items, a decision has been taken to provide the opportunity to compete twice in the most popular events conducted at the AISL competitions, namely air rifle/pistol and prone rifle. This also answers the request of many who spend significant monies and time travelling to shoot just the once.

Now for the details;

1. *the Air events have finals on each day and therefore are eligible for Performance Qualification Score (PQS) status.*
2. *the second 50m Prone Rifle event on Sunday is neither a ranking nor PQS event as time constraints, imposed by the desire/need to get home early, prohibit the conduct of a final. Given the opportunity to compete twice, the lack of PQS/ranking should not be a reason not to compete and gain valuable experience.*
If sufficient interest is shown we will add a final, at the next event, so it does qualify. For Australia Cup 1, the winner of the second match will receive 500 rounds of Eley Tenex with which to practice.

To make life that bit easier, competing in both will see a reduction in costs (\$40.00 for one entry and \$60.00 for the two entries.

Shooting twice does not negate the need for training; rather it provides the opportunity to practice those skills you and your coach are working to improve whilst measuring your success against the competition.

Coaching is a complex matter, but we all need to be working to improve the level of coaches within the system by implementing world best practices. AISL will be hosting an open coaching conference with speakers from around the world along with sports science specialists; stay tuned.

Remember; "if you keep doing what you have been doing you will continue to get what you already have"

Nick Sullivan

BENCHREST NEWS

JUNIOR SHOOTS NATIONAL RECORDDuring the recent Rimfire Benchrest Australian Nationals held at Melbourne International Shooting Club (MISC) in Victoria, November 2010, Junior shooter Hussein Ozaksoy shot a perfect 750 out of 750 with 67 centrals.

Hughesy as he is known to his mates, has only been shooting off and on for a period of 12 months. He took the opportunity to compete and in doing so listed himself in the record books. He was within one central of shooting a perfect 250 with 25 centres only gauged out by a hare's breath.



What was he using? A trusty Walther, with a reverse tapered Lilja Farley stand and Federal Gold Medal Ultra Mach ammunition. Great effort Hussey!

It is great to see young shooters given a chance and particularly if they can get a loan of good equipment, they are able to gain some indication of their potential. This being a stepping stone to greater success.

Such junior competitors should be encouraged as these younger members are the flag bearers of our future competitions. Whenever benchrest competitions are held, Clubs are encouraged to provide opportunities for juniors and encourage them in their shooting.

MORE ON BENCHREST

In the past ,Rimfire Benchrest has been shot at 50 metres, however, in the world competitions there is a 25 metre and 50 metre competition. At the 25 metre there are four classes of shooting....

- The Sporter class, which is a conventional rifle, no tuner, telescopic sight limited to six power, a weight of 3.86 kilograms and conventional stock.
- Light Varmit with an unlimited powered scope, tuner but with a weight limit of 10.5 pounds or 4.76 kilograms.
- the Heavy Varmit weighing over 10.5 pounds and less than 15 pounds.

An increase in the diversity of shooting is provided by a 25 metre air competition. This is shot on the same 25 metre rimfire targets and gauged to .22. With these competitions in mind MISC hosted the Nationals and approximately 25 shooters competed.

The 25 metre air competition was the first time that this competition has been shot in Australia and recorded scores were

Rank	Name	group	T1 Score	T2 Score	T3 Score	Total	Aus Team
1	B. Wilson		2465	2406	2467	732 18X	A
2	B. Collaros		2454	2404	241 7	726 15X	A
3	A. Rowe		2477	241 9	2367	724 23X	
4	M. Lee	S	2406	2425	2427	724 18X	B
5	R. Austin		24610	2405	2353	721 18X	A
6	R. Lightfoot	S	2408	24410	2366	720 24X	B
7	P Wolfe		2396	2393	2292	707 11X	B
8	P Males	J	2374	2364	2343	707 11X	C
9	K. Smith		2343	2395	2335	706 13X	
10	C Lott		2309	2372	2373	704 14X	C

Conditions were difficult with rain and swirling winds and from the scores it can be seen that the rifles used Air Arm EV2 Mark IV and Steyr LG 100, 110 very competitive and accurate. For people when contemplating a new and less expensive form of benchrest shooting, 25 metre air is a real prospect. It must be appreciated that with pellets costing \$20.00 for 500 and supplies of 200 bar air are somewhat cheaper than paying \$200.00 a brick for competitive .22 ammunition.



The 25 metre rimfire competition shot on the same range as the air competition, the conditions had moderated resulting in six shooters getting 750 out of 750 and the leading score by Glenn Seaman from New South Wales was 750 with 68 centre. This was followed by Hussein Ozaksoy, a 14yo Junior hitting a 750 with 67 centres—a spectacular effort by a Junior!

Rank	Compo No.	Name	group	25m RF			Total
				T1 Score	T2 Score	T3 Score	
1	112	G. Seaman		25024	25022	25022	750 68X
2	201	H.Ozaksoy	J	25024	25022	25021	750 67X
3	101	R. Lightfoot	S	25021	25021	25021	750 63X
4	109	P Wolfe		25018	25020	25021	750 59X
5	102	B. Collaros		25015	25021	25023	750 59X
6	111	E Mulcahy	S	25019	25014	25019	750 52X
7	110	R. Austin		25018	25017	24921	749 56X
8	105	M. Lee	S	25018	24918	25020	749 56X
9	203	J. Peet		24918	250 19	25019	749 56X
10	103	A. Rowe		25022	24922	24918	748 62X

The premium event was shot at 50 metres, the Heavy Varmit class. Shot at the MISC dedicated benchrest paper range. On this range there are 12 concrete topped brick supported bench units, 3 left hand units and 9 right hand units. This allows a progressive rotation of targets of four and therefore no shooter gained any specific advantage in location as each detail is shot one after the other, shooting being spread across the morning and no specific advantage was obtained by being the first shooter in the morning. The rimfire results saw Annette Rowe winning with a 747 and 50 centres. She was followed by Bret Wilson 747 with 45 centres and John Peet 742 with 38 centres.

Rank	Compo No.	Name	group	T4 Score	T5 Score	T6 Score	Total
1	103	A. Rowe		24817	25017	24916	747 50X
2	106	B. Wilson		25014	24715	25016	747 45X
3	203	J Peet		2459	24915	24814	742 38X
4	105	M. Lee	S	24718	24716	24614	740 48X
5	109	P Wolfe		24612	24717	24715	740 44X
6	101	R. Lightfoot	S	2489	24716	24517	740 42X
7	209	D. Romanoff		24711	24815	24313	738 39X
8	111	E Mulcahy	S	2479	24211	24913	738 33X
9	112	G. Seaman		24610	24511	24611	737 32X
10	102	B. Collaros		24513	24210	24816	735 39X

The range at MISC is fully lit and shooters can shoot 24/7 at this range. It provides a distinct advantage to members so that they can elect when to train and shoot and are not restricted to club nights only.



Special thanks goes to members of the Stawell Smallbore Rifle Club, they poured the bench tops for MISC.

Also to Reg and Val McCready, Ernie and Ruth Mulcahy, Patrick Wolfe and Martin Lee who provided assistance in both building the range and running the competition.

Based on the success of the 2010 competitions in Air and 25 metre Rimfire, it is envisaged that another event with air and rimfire be conducted on the 2nd, 3rd and 4th December, 2011. Watch the MISC website for details as we develop this sport.

Regards
Richard Lightfoot

New Rifle Clothing rule enforcement for 2011 and 2012

From the ISSF website....ISSF Rifle Clothing Commission Announces New Rifle Clothing Rule Enforcement Measures for 2011/2012. The ISSF Special Commission on Rifle Shooter Clothing met in Munich, Germany on the 8-9 December 2010, where it developed a series of rule interpretations regarding rifle shooter clothing that will be enforced in 2011 and 2012

The following rule interpretations will be enforced in all 2011 competitions that are governed by ISSF Rules, including all 2011 ISSF World Cups and 2011 Continental Championships.

1. During Equipment Control jacket and trouser stiffness testing, both before competitions and in post-competition checks, all clothing panels must measure 3.0mm or higher in flexibility within 60 seconds. No measurements below 3.0mm will be accepted.
2. During Equipment Control jacket and trouser thickness testing, both before competitions and in post-competition checks, all clothing panels must measure 2.5mm or less in thickness. No measurements above 2.5mm will be accepted.
3. It is the responsibility of the competitor to use clothing that has sufficient tolerance in its stiffness and thickness measurements so that it will not fail even if it changes slightly during the competition.
4. In Equipment Control stiffness testing, every part (panel) of the jacket or trousers must be capable of being measured with the 60mm measuring cylinder. If a part of the jacket or trousers is too small for normal testing (if there is no flat area 60mm or larger), testing must be done over the seams.
5. The ISSF considers the placement of names, national flags or symbols and sponsor signs on shooting clothing as positive and desirable. However, these markings cannot be used to increase the clothing stiffness or to prevent the measurement of clothing panels. Stiffness and thickness tests will ordinarily not be done over these markings, but if the panel where the letters or markings are located does not provide a flat 60mm or larger area to measure, stiffness testing will be done over the letters or markings.
6. The top of trousers seat pads must be at least 150mm below the top of the trousers waistband. Stiffness may be measured over the seat pad if necessary. This requirement replaces the test that was used in 2010 where the height of the seat pad was measured while shooters were seated with their trousers closed.
7. All rifle shooters must walk normally while wearing their shooting shoes and trousers anywhere on the range. Normal walking means heel down first—then heel up (the heel lift off of the floor must be visible) before lifting the toe. Normal walking also means bending the legs at the knees while walking. ISSF Juries will enforce this test for the flexibility of the shooting shoes and trousers by giving a warning for the first offence, a 2-point penalty for the second offence and disqualification for the third offence on any competition day.

8. Shooting trousers may have a maximum of 7 belt loops, but there must be at least 80mm of space between all belt loops.

9. Kinesio and medical taping are contrary to ISSF rules (Rule 6.4.2.1.1) and are not permitted. Post competition testing will now require selected shooters to undress to confirm that they are not using banned taping.

10. Shooters' underclothing will also be checked for compliance with the 2.5mm thickness restriction as part of the post-competition testing.

11. Post-competition testing will require escorts to ensure that selected shooters have no opportunity to change or remove clothing. Judges who are women will be available to do the post-competition checks on women athletes for taping and underclothing.

NOTES: The ISSF urges all National Federations to study these rule interpretations carefully to ensure that their athletes and coaches who will compete in the 2011 World Cups are prepared for them. For rifle shooters whose shooting jackets, trousers and boots were in full compliance with ISSF Rules during 2010 competitions, these rule interpretations should not require them to make any significant changes.

For shooters who try to use jackets and trousers that measure at or near the maximum stiffness of 3.0mm, they will need to make sure their clothing is somewhat more flexible since stiffness measurements below 3.0mm and thickness measurements greater than 2.5mm are not acceptable. The tolerance must now be in the shooters' clothing, not in the measurements. The small percentage of rifle shooters who have persisted in walking stiff legged and flatfooted must learn to walk normally when they wear their trousers and boots. Competitors with any clothing item that has small panels or large pads that make it impossible to find a 60mm area to measure stiffness must be aware that measurements of those panels will now be made over the pads, seams or letters if necessary.

The Commission is concerned that shooting boot soles and shooting gloves are becoming stiffer and less flexible and that some of these clothing items are not in compliance with ISSF Rules (7.4.6.2 and 7.4.6.3.2) that require them to be "flexible." The walking test will be enforced in 2011 as one means of ensuring that boot soles are more flexible, but the Commission is also seeking new methods of measuring these items to more accurately check their flexibility.

Several other rule change proposals were discussed during the meeting and the Commission agreed on some rule change proposals that could go into effect starting in 2013. These were forwarded to the ISSF Rifle Committee for their consideration. The Commission emphasized that the major emphasis in 2011 and 2012 must be on stricter enforcement of existing rules. The ISSF will release additional information in a continuing effort to educate all athletes, trainers and judges regarding these stricter rule enforcement measures that will be applied starting with the first World Cups in 2011.

ISSF
14th January 2011

RIMFIRE BENCHREST by Bill Collaros

WRABF World Postal Benchrest Air Rifle Championships,

AUSTRALIA'S GOLD MEDAL WINNERS



Rob Austin, Bill Collaros & Brett Wilson



The 2010 WRABF World Postal Air rifle Benchrest Championship was wrapped up in late November 2010. The Australia A Team won the Gold Medal in the teams event after their performance in the Melbourne RBA Dual Range Nationals. In Second place were South Africa followed by the UK in the 3rd place. Australia also had 3 in the top 10 individual results including Brett Wilson coming in 3rd place. We had over 100 competitors and many teams from all over the World competing in this years event.

The result is very pleasing as it is only our 2nd attempt at this relatively new discipline for Australia and gives us confidence leading up to the WRABF World Champs in the USA later this year where Air rifle Benchrest has 2 events. Full results are here;

<http://www.wrabf.com/Air%20Rifle%20Benchrest%20World%20Postal%20Championship.htm>

Team A & B was lucky enough to get support from XTEK Ltd who are the importers for Air Arms Air rifles, we used the AA EV2MK4 and it did not let us down. This is a field rifle Air Rifle that gives you the power required for the 25 meter distance. You also need to go away from the traditional flat pellets that are used for 10 meters and we used the dome topped JSB Diabalo Pellets.

Nest Issue, I will introduce you to the Australian RBA Team selected for the WRABF World Championships @ Palmetto Gun Club, South Carolina USA 2011.

TARGET RIFLE SOUTH AUSTRALIA

A not for profit organization, all profits from this scheme are returned to the sport to improve facilities and support projects and programs.

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just do it

Research by Jorg Schorer—Germany. Article by T. Van Nus

Too much thinking often hinders competition performance...but does it help training?

Tag lines such as “Just do it” and Hollywood movies such as “Tin Cup” illustrate what the research actually means for athletes and coaches.

In the movie Tin Cup, Kevin Costner plays a talented driving range golf pro that finally makes it into the US Open. On his first training session he “loses” his drive while standing next to the other professional golfers. His caddy helps to get back on track advising him to move his loose change from the left to the right pocket, and turn his hat from the front to the back. Basically he makes him look like an idiot. But the idea behind this strange advice is to stop the character thinking directly about his play and, as a result, he improves.

So the question needs to be asked...is this just a Hollywood tale, or is it practical evidence of the benefits of distracting a performer’s attention away from their immediate “game specifics”, and if so, are there differences between novices and experts when they use different focuses of attention during competition.

Schorer tested six German champions and six novices under four different focuses of attention conditions: 1st: perform the skill without instruction as a baseline, 2nd concentrate on the arms within the position (internal focus), 3rd concentrate on the release of the shot (internal focus) and 4th concentrate on the wider target area (external focus).

As expected there were differences between the champions and the novices. Strangely enough when comparing both groups results, and the focus of attention conditions, the external focus condition (ie focus on the wider target area) outperformed the internal focus condition (arms within the position). And remarkably, none of the conditions outperformed the baseline (without instruction or focus).

PRACTICAL APPLICATION...this means that it could well be detrimental to performance to make your more experienced athletes think too much about their technique during a competition. Better to consider the “just do it” or “KISS” approach. Leave the thinking to the training sessions.

It is said that Arnold Palmer used to think about the “feelings” in his little toe, rather than directly “concentrating” on his golf club.

Your athletes will be able assign the tasks required in competition, to the automatic zone and complete them with confidence if you enrich the training sessions with both external and internal focus training exercises, ... that’s why we train to improve the trigger control, the shooter’s balance, the rhythm of the shoot, shooting for score, head position, shooting at blank targets, body position and placement....the list goes on.

The research article gave me something to think about....what about you?



EUROPEAN AIR GUN TOUR 2011Some of our younger athletes are in Plzen as you read this, competing in a number of Air Rifle competitions in Plzen, Munich and Den Hague.

Results are available on the TRA website. The first day of the Pilsen GP saw John COOMBES (ACT) and Edwin GOUW (SA) do very well in the 10m Junior Air Rifle Junior event. John shot consistently, taking the Gold, with a solid 589 (+100.4). Fellow Aussie Edwin finished in second place with a total of 584, and an excellent final result of 104.8. Great work guys.



The first complaint however, was that, although there was little snow on the ground....it wasn't snowing! Sunshine and clear weather, plenty of time for good long walks to see the sights.



Looks like a few family members may be in for some crystal...mmm good choice.

Next is a training camp and some relaxation exploring Plzen prior to the coming matches ...although, by the looks of it,

John knows how to relax whenever the opportunity arises.

Munich is the next port of call with matches on Australia Day—Jan 26th, then off to Den Hague for Feb 2nd and two more matches.



Who is in Europe?? Will, Tyren, John, Edwin, Alethea & Alice with Petr keeping an eye of everything. Did we hear a rumour about someone forgetting their key to the rifle box???? Hmmmm wonder who that was??

The results are on the TRA website, as they are too numerous for this little publication.



Congratulations to all who are there...each of the athletes have their high points...and we haven't even got to Den Hague yet. By the photos... you can see the weather that they are enjoying....yes that is snow!



Coming 2nd and 3rd to Matt Emmons has to be a high point.

Many thanks to the shooters who have updated their Facebook pages with photos of the trip.



TARGET RIFLE AUSTRALIA Inc

NATIONAL CHAMPIONSHIPS 2011



Hosted by TARGET RIFLE VICTORIA Inc.
At MELBOURNE INTERNATIONAL SHOOTING CLUB (MISC)
120 Todd Rd, Fishermans Bend.
&
TARGET RIFLE GEELONG RANGE. Breakwater Road. Geelong.
April 18 to April 25.

MISC PROGRAM

- Monday 18th.** Practice (At own cost payable to MISC)
Equipment Control open from 10am – 3pm
- Tuesday 19th.** **3 x 40 Free Rifle Open Championship.**
In conjunction; Junior, Veteran & Graded 3 x 40 Championships.
Open & Junior State teams
ISCD 3 x 40 Free Rifle Open Championship
- Wednesday 20th.** **3 x 20 Sport Rifle Open Championship.**
In conjunction; Women's, Junior & Veteran, Graded 3 x 20 Championships.
Open & Junior State teams
ISCD 3 x 20 Sport Rifle Open Championship.
Air Rifle Badge Match 60shots. (Not squadded)
ISCD R3, R5. Prone mixed Championship.
- Thursday 21st.** **Air Rifle Open Championship & Final**
In conjunction; Junior & Veteran Championships. Women's Championship
(First 40 shots) Graded Air Rifle Championships.
10m Champion of State Champions
Open & Junior State teams
ISCD R4. Standing mixed Championship.
- Friday 22nd.** **Jim Smith Open Prone Championship. (1st 60 shots)**
In conjunction; 50mt Junior, Under 18 & 16 Junior Championships
50mt Women's Prone Championship.
Selection of Slazenger Team and Lord Wakefield Cup Team.
- Saturday 23rd.** **Jim Smith Open Prone Championship. (2nd 60 shots)**
The ranking system from the Jim Smith Championship (1st 60 shots) will be used for the bay allocation for the 2nd 60 shots.
In conjunction; Open Championship (120 shots).
Veteran Championship (120 shots).
Junior Prone Championship (120 shots).
Junior Under 18 Prone Championship (120 shots).
Junior Under 16 Prone Championship (120 shots).
Graded Championships (120 shots).

Saturday 23rd. *Slazenger Teams match and Lord Wakefield Cup Match.*
ISCD R6. Prone mixed Championship. (120 shots)
TEAMS MATCHES. *At the conclusion of the Jim Smith Championship.*
All Teams matches are to be shot in conjunction.
Open State Teams 50m Prone Match.
Women's State Teams 50m Prone Match.
Junior State Teams 50m Prone Match.
50m Champion of State Champions Match.

This concludes the matches at the MISC range.

GEELONG PROGRAM

Tuesday 19th. *Practice (At own cost payable to Target Rifle Geelong)*
Equipment Control open from 10am – 3pm

Wednesday 20th. **50mt Bench Rest Open Championship. (1st 60 shots)**
In conjunction; Veteran 50m Bench Rest Championship.
Junior 50m Bench Rest Championship.
Junior Under 18 50m Bench Rest Championship.
Junior Under 16 50m Bench Rest Championship.

Thursday 21st. **50mt Bench Rest Open Championship. (2nd 60 shots)**
In conjunction; Veteran & Junior 50mt BR Championships (120 shots).
Junior Under 18 50mt Bench Rest Championship (120 shots).
Junior Under 16 50mt Bench Rest Championship (120 shots).
Graded Championships (120 shots).

Friday 22nd. **20m Bench Rest (1st 60 shots Dual range Bench Rest Championship)**
 Saturday 23rd. **90m Bench Rest (2nd 60 shots Dual range Bench Rest Championship)**
In conjunction; Open, Veteran & Junior DR BR Championships (120 shots).
Junior Under 18 Dual Range BR Championship (120 shots).
Junior Under 16 Dual Range BR Championship (120 shots).
Graded Dual Range BR Championships (120 shots).
Open State & Junior Dual Range BR State teams (120 shots).

Sunday 24th. **Bill Eddy Dual Range Prone Championship. (1st 60 shots 90m Prone)**
 Monday 25th. **Bill Eddy Dual Range Prone Championship. (2nd 60 shots 20m Prone)**
In conjunction; Open Dual Range Championship (120 shots).
Veteran & Junior Dual Range Championship (120 shots).
Junior Under 18 Dual Range Championship (120 shots).
Junior Under 16 Dual Range Championship (120 shots).
Graded Dual Range Championship (120 shots).
Open State & Junior Dual Range State teams (120 shots).

Presentation dinner..... Monday 25th. (Venue and cost to be confirmed)



TARGET RIFLE AUSTRALIA Inc

NATIONAL CHAMPIONSHIPS 2011

GENERAL INFORMATION



RANGES

MISC. Melbourne International Shooting Club. 120 Todd Rd, Fishermans Bend.

GEELONG. Target Rifle Geelong. Breakwater Rd. Geelong.

Technical Delegate. Mr Rod Sampson.

ENTRIES—Match Entries close March 15 2011.

STATE TEAM ENTRIES. \$20.00 per Team. Payable on entry.

All entries to be forwarded to the address on the entry form which is available on the TRA website at www.tra.org.au or the TRV website at www.trv.org.au Late entries may be accepted after the closing date depending on range capacity. A late entry fee of \$20.00 will be payable.

SQUADDING—information will be posted on the Target Rifle Victoria Website.

Please Note.....Shooters will be squadded at MISC first if shooting at both ranges on the same day.

GRADING—Competitors are to list their State Grading on the entry form for each event.

FIREARMS—storage will be available at both MISC and Geelong ranges.

AGE CATEGORIES Junior- must be under 21 years on December 31st 2011

Under 18 years- must be under 18 years on December 31st 2011

Under 16 years- must be under 16 years on December 31st 2011

Veteran - must be over the age of 55 years on Dec 31st 2011

AWARDS—Trophies, Medals, Badges or Certificates will be presented in accordance with the TRA Bylaws. Additionally all events will include a graded championship with awards in each grade.

ACCOMMODATION—Limited Caravan/Camping sites are available at MISC and Geelong ranges please contact if required. Caravan Park, Motels and apartments are available close to both ranges. MISC. 03 97443748 valreg@bigpond.com Geelong Ph. 03 52484190

EQUIPMENT CONTROL—Will be at both venues for both venues' events.

TARGETS—MISC. All 50m events shot at MISC will be shot on Electronic Targets and the 10m Air Rifle is to be shot on single aiming mark paper targets.

GEELONG. All events at the Target Rifle Geelong range will be shot on TRV paper targets.

FOOD. Light refreshments available at both ranges.

GET YOUR ENTRY IN EARLY—AVOID THE LAST MINUTE RUSH.

Check the TRA website for pre-ordering 2011 Nationals Merchandise information—jackets, T-shirts etc



As 2010 has gone, I want to thank everyone for forwarding the educational e-mails over the past year.Now we know....

We can no longer open a bathroom door without using a paper towel, or have the waitress put lemon slices in ice water without worrying about the bacteria on the door handle or lemon peel.

We can't sit down on the hotel bedspread because one can only imagine what has happened on it since it was last washed.

We have trouble shaking hands with someone who has been driving because the number one pastime while driving alone is picking one's nose.

MUST SEND MY SPECIAL THANKS to whoever sent around the one about rat poo in the glue on envelopes because we all have to use a wet sponge with every envelope that needs sealing.

No one has any savings because we gave it to a sick girl (Penny Brown) who is about to die for the 1,387,258th time.

We no longer have any money,but that will change once we receive the \$15,000,000 that the nice man in Nigeria is sending us

We can't use cancer-causing deodorants even though we smell like a water buffalo on a hot day, especially after a 3P match!

But we have learned that prayers only get answered if we make a wish and forward an e-mail to seven of our friends within five minutes of reading the email

Can no longer use Cling Wrap in the microwave because it causes seven different types of cancer...or was the nine?

BECAUSE OF THE CONCERN, we can no longer drink Coca Cola because it can remove paint.

We can no longer buy petrol without taking someone along to watch the car so a serial killer doesn't crawl into back seat while we're filling up.

AND THANKS FOR LETTING US KNOW Don't boil a cup of water in the microwave because it will blow up in our face, disfiguring us for life.

We can no longer go to shopping centres because someone will drug us with a perfume sample and rob us.

No answering the phone either because someone will ask us to dial a number for which we will get a phone bill with calls to Jamaica , Uganda , Russia, and Uzbekistan ..

We longer need to buy biscuits from Woollies since we now have their recipe—thanks Curtis

THANKS ... We can't use anyone's toilet because a big black snake could be lurking under the seat and cause instant death when it bites our butt.

AND THANKS TO THE GREAT ADVICE We can't even pick up a \$2.00 coin dropped in the parking lot because it probably was placed there by a sex molester waiting to grab us as we bend overmale or female!!

Oh, by the way.....

A German scientist from Argentina , after a lengthy study, has discovered that people with “quiet” brain activity tend to read items on their computer screen with their hand on the mouse.

Don't bother taking it off now, it's too late.

LAST BITZ.....

CONGRATULATIONS.....If you have not heard....Robyn Van Nus & Brett Ridley have announced their engagement. Shooting and Navy commitments permitting, the wedding bells will be heard on the 25th February 2012 in ... ???????....watch this space

—— ooOOoo ——

QUEENSLAND shooters held a fantastic training camp in Brisbane recently. By the extend of the training and determination shown.....watch out for the Queenslanders at the Nationals 2011

—— ooOOoo ——

STOP PRESS: This will show who reads the back page of the e-mag!!!!

As part of my sponsorship of the Nationals, potential entrants might like to know that RWS have agreed to supply 10,000 rounds of their “Championship Edition” ammunition as supplied at the last World Championships in Munich, as prizes for the nationals.

Further, as an incentive to get shooters to try their R50 product, they have agreed to provide 10,000 rounds of this product at 25% discount. This ammunition will be made available from us to National’s Entrants at the event at 25% discount off the regular price (usually \$375.00 per 1,000)

This special offer R50 will be discounted to \$140.00 per 500 with a limit of 500 rounds to any shooter, but only to registered competitors, and only available at the Forbes Wholesale display at the event.

Best Regards,

Graeme Forbes, Forbes Wholesale P/L Black Powder & Target Shooting Specialists,

RWS Ammunition & Titan Rifles

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