

SPECIAL POINTS OF INTEREST:

- All of it!

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PRESENTING...

Mr Nick Sullivan OAM

The Order of Australia Medal award was announced **recently in the Queen's Honours List, for Nick's service to sport.** Highly deserved for his work over many years. We congratulate you Nick—a well deserved award.



Nick is not only a member of the TRA Ltd. Board of Directors, but also volunteers at his local club as well as being a member on many other boards and committees representing the Shooting Sports,

including the Oceania Shooting Federation, and the Commonwealth Shooting Federation.

Nick has also been involved with several Olympic and Commonwealth Games campaigns in recent years continues to assist in the areas of administration and officiating as well as conducting many events.

Hearty congratluations also to Rio Shotgun Gold medallist Catherine Skinner, and Mr Kelvin Prescott —also awardees of an OAM.

ISSF Junior World Championship

The Rifle / Pistol event took place in Suhl, Germany from 22-29 June.

50m Rifle Prone Men Junior Qualification Round

Mitchell in 39th position with 613.7

Jack in 60th position with 607.8

Daniel in 67th position with 605.1

Their team score of 1826.6 saw them finish in 18th position in the teams event.

10m Air Rifle Women Junior:

Tori Rossiter - 35th with a score of 413.1

Emma Adams - 57th with a score of 410.5

Great results in a field of 131 competitors!

10m Air Rifle Men Junior:

Alex Hoberg - 29th with a score of 619.7

Jack Rossiter - 31st with a score of 619.4

Daniel Clopatofsky-Sanchez 58th with a score of 615.7

Also great results in a field of 102 competitors.

50m 3-Positions Junior Men

Daniel finished in 56th position with a score of 1141

Jack finished in 63rd position with a score of 1134

Well done to the entire team on their efforts at the event. We hope that the experience everyone gained gives them added incentive for the future.





HOW DID HE GO? Well, if you have not heard already, James shot his way into the Mens 50m Final in this tough World Cup. Munich World Cup is renowned for its high level of competition. James ultimately finished in 7th position. CONGRATULATIONS.



Does this look familiar? It's the SSAA NRA State Champs recently held in WA.

But for the scopes...hmmm

Perhaps we need to consider a few options!

Strategies to Attract and Retain Club Members



The ASC report titled “Market Segmentation for Sport Participation – Adults 14-65 years old” report indicated that “a total of 25% of the Australian market aged 14-65 years old were currently not members of sport clubs but expressed interest in joining one to do physical activity or sport.

This equates to over 3.8 million Australians who **are potentially new club members.”**

The report indicated that 20% of people who want to get involved in a club do not know how to do so.

Clubs therefore need to invite the community to join their club in as many places as possible. Most importantly clubs should have a website. This is how many people search for information.

The website must have an open invitation to come and become involved in the club. It **should list a club person’s name and contact details.**

Remember though, websites only capture those people who consciously seek the club information out. There are many people who wish to become part of a club but are not actively seeking this information out.

The club could consider using the following form of invitations:

- Posters, flyers and bill boards around town
- Letter box drops at the start of the year
- Using council communication it invite people to the club
- Social media invitations
- Create a monthly club newsletter

Club “communication should promote inclusiveness and address negative perceptions that clubs are exclusive and membership is dependent on skill level.”

Club communications should make it clear your club welcomes the diversity of their community, especially in terms of culture, age, gender and ethnicity.

Where possible, create a range of opportunities and options for people to participate at times which are convenient to potential new members. This is particularly relevant where the club is creating activities which are focused more on participation, enjoyment and socialisation rather than competition and winning.

Strategies to Attract and Retain Club Members (cont)

Create opportunities to invite potential members to try your activities and club facilities. **Running regular, free “come and try” opportunities to introduce your sport and club to potential members is a great way of breaking down barriers.**

Try to create “come and try” events which have activities for all the family.

The rigid structure and scheduling of clubs may unintentionally prohibit people from being members even when they want to.

Older participants may have restrictions based on age, injury or fitness so may require rules and playing structures to be modified to cater for these constraints.

Over half those surveyed indicated they joined their club for the social benefits. For many the social benefits are the primary driver of their club membership so it is vital that the club has a vibrant social calendar which meets this very important need of its members.

Social events and activities also create an opportunity for members to bring potential members into the club in a fun setting are a great way to overcome the perception of clubs being cliquey and exclusive.

Don’t fall into the trap of only creating social events as a way of making funds for your club.

Clubs offer significant positive benefits for individuals and their communities including: Practical benefits such as:

- Facilities and loan Equipment,
- Structure and
- Routine which facilitates regular exercise
- Clubs make it easier to get involved in sports
- **Facilitating competition with “like minded people who share a common purpose”**

Emotional benefits

- Strong sense of personal pride, inclusion and belonging
- The opportunity to social and make friends
- General enjoyment and fun
- A real sense of achievement (be it competition and winning, or personal improvement over time)

How does your club stack up—what can your club do to improve?



WHOLE OF SPORT PARTICIPATION PLAN

I recently attended the Shooting Australia Members Forum in Brisbane, on behalf of WASRA. In attendance were representatives from pistol, shotgun and rifle (both smallbore and fullbore) Remember that SSAA is not a member of Shooting Australia, and therefore not represented.

What struck me—the **challenges that smallbore has been talking about over the years...** declining membership, retaining members, shooters getting older, keeping volunteers, **retaining ranges etc etc the same challenges are occurring in the other shooting sports.**

The sub-committee (formed previously as I understand it) presented their ongoing **findings, and invited discussion. While there are no immediate “quick fix” solutions, the matters presented, gave rise to a lot of thought and consideration.**

Before I left for Brisbane, I was sent a Participation Plan document which was rather lengthy to say the least. However, after listening to the presentations and viewing the relevant slides, the whole plan became clearer, certainly in my mind.

By way of example, here is the crux of the situation:

This Participation Plan details the:

Reasons why a change in approach to participation is required;

- Ageing and declining base (ie members and volunteers)*
- Shifting trends in the Australian sports industry*
- Need for new revenue streams;*

Vision for participation, which is consistent with strategic priorities

Principles applicable to the design of any participation product together with the identification of key target markets

Marketing and communication support required

Delivery models focussed on interested clubs, but open to private business

Workforce capacity, club capability and facilities required to deliver any new product and be operationally ready for resultant growth

Priorities, measures of success and respective roles and responsibilities to ensure this Plan is implemented over the next four years within agree timelines and budgets.

Having absorbed that information—**what is it trying to achieve in a “real sense”**

WHAT ARE THE OBJECTIVES:

- ♦ *Increase participation in the sport of shooting*
- ♦ *Create lifelong fans of the sport*
- ♦ *Focus on retaining existing members*
- ♦ *Establish a whole-of-sport recruitment and promotion campaign*
- ♦ *Create programs and activities such as a consistent school program*
- ♦ *Champion and share best practice activities*
- ♦ *Scope and plan funding and resourcing*

WHAT'S PUSHING "CHANGE"

- ⇒ *Current base is relatively low, declining and ageing*
- ⇒ *Participants are predominantly older males and so the base is not inclusive or diverse*
- ⇒ *Sports industry is shifting around the consumption of participation*
- ⇒ *There are additional and specific barriers and impediments in the sport of Shooting given legislative requirements and public perceptions around firearms*

ANY BARRIERS TO CHANGE

- * *Legislation - Legislation places restrictions around age and gun ownership and licensing*
- * *Media - Negative news stories around mass shootings etc.*
- * *Cost - Cost of equipment and ammunition*
- * *Access - Access to ranges and proximity of ranges to central locations*
- * *Resources - Relatively limited resources and over-reliance on volunteers*
- * *Unity - The governance structure of the sport means it is fragmented*
- * *Traditionalists/Conservative - Historically, Shooting has been slow to change*

WHAT'S THE "VISION"

"More people participating, more often."

The participation Vision for this Plan is:

"A Sport for Life for All"

This Vision reflects the unique characteristics of Shooting as a sport, in that it includes:

Males and females as equal competitors

All ages, at both community and elite levels

Any body type, including people with a disability

City and regional areas

Sound simple? Watch this space for more information as it unfolds. Editor

TECHNICAL OFFICIAL'S PATHWAYS 2017

With the endorsement of the new Shooting Australia TO (technical officials) course late last year, the pathway is complete, easy to follow, and ready to implement.



FIRST STEP is enrolling in, and completing the STATE LEVEL TRA **Official's Course**.

Of course, your club will be very happy to have your technical contribution at Club and State events.

SECOND STEP is the completion of the TRA National Technical Course, and your work as a Technical Official at national and perhaps international events held in Australia.

THIRD STEP is completion (often RPL) of the Shooting Australia Technical **Official's Course**. **You would then be expected to officiate at International events in Australia, and Shooting Australia events.**

Officials who hold a full* TRA licence do not need to complete another course, only show that you officiating at the

events relevant to this level ie international events in Australia, and Shooting Australia events.



FINALLY you are ready to apply to complete in an ISSF **"B" level course**. **There is no specific course to complete an "A" accreditation.**

*full licence means all categories are ticked on your licence.

That is the new system overview. In the coming weeks, your State Technical Chairman should have all the details.

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PERFORMANCE SERIES

| 2017

| DATE | CLASS | EVENT |
|------------------|---|--|
| 10 - 13 MARCH | ISSF & IPC Pistol | VAPA ISSF State Champs Yackandandah, VIC |
| 9 - 16 APRIL | ISSF & IPC Pistol | PA ISSF National Champs Cessnock, NSW |
| 12 - 17 APRIL | ISSF & IPC Rifle | TRA National Champs Wingfield, SA |
| 21 - 25 JUNE | Full-Bore Rifle | NRAA National Champs Belmont, QLD |
| 7 - 9 JULY | Shotgun | QLD ISSF State Carnival Belmont, QLD |
| 18 - 20 AUGUST | Shotgun | Darwin Cup Darwin, NT |
| 7 - 10 SEPTEMBER | ISSF & IPC Rifle | Adelaide Cup Wingfield, SA |
| 29 SEP - 2 OCT | ISSF & IPC Pistol | PSQ ISSF State Champs Belmont, QLD |
| 29 SEP - 2 OCT | ISSF & IPC Rifle | QTS ISSF State Champs Belmont, QLD |
| 13 - 15 OCTOBER | ISSF & IPC Pistol ISSF & IPC Rifle Shotgun | Sydney Cup 2 SISC, NSW |
| 1 - 3 DECEMBER | ISSF & IPC Pistol ISSF & IPC Rifle Shotgun Full-Bore Rifle | SA Open Belmont, QLD |



www.shootingaustralia.org

HAS YOUR STATE MADE PLANS TO CONDUCT ANY COACHING AND/OR TECHNICAL OFFICIALS COURSES IN 2017?

Please let TRA know ASAP.

ARE YOU AWARE OF THE TRA FACEBOOK PAGE. Make a comment, add a video, support your sport.

AN OVERVIEW OF THE ORDER OF AUSTRALIAM PROCESS.

The Order of Australia is the principal and most prestigious means of recognising outstanding members of the community at a national level and nominations are encouraged from all members of the Australian public. Anyone can nominate a member of the community for recognition through the Order.

Council for the Order of Australia

The Council for the Order of Australia is an independent body that considers nominations for appointments and awards in the General Division of the Order and makes recommendations to the Governor-General.

There are 19 members including representatives of each state and territory, public office holders (ex-officio) and community representatives. The community representatives on the Council are appointed by the Governor-General on the recommendation of the Prime Minister.

The Council meets twice a year, usually in February and August, to consider whether each nominee in the Order of Australia has:

- demonstrated achievement at a high level
- made a contribution over and above what might be reasonably expected through paid employment, or
- made a voluntary contribution to the community which stands out from other volunteers.

Philosophy underlying the Order of Australia

The purpose of the Order of Australia is to recognise, by national honour, those who have made outstanding contributions that benefit their communities, and ultimately our country.

The second purpose of the Order of Australia is that it serves to define, encourage and reinforce community standards, national aspirations and ideals by acknowledging actions and achievement and thereby identifying role models at all levels and in all spheres of the community.

While endeavour may have been sustained over many years, in essence, membership of the Order of Australia is not an award for long service but for outstanding service.

Further information is available at:

<https://www.gg.gov.au/australian-honours-and-awards/order-australia>

MENTAL MANAGEMENT SYSTEMS



HOW CAN I AVOID COMPETITION PRESSURE

This question or something like it comes up a lot from shooters. In fact, I might have asked that same question early in my career. We are conditioned by the commonly held idea that pressure is a bad thing.

“If it’s bad then we need to avoid it.”

That idea presented a problem for me because every time I competed in a big competition I felt pressure. I didn’t feel pressure in training very often.

Interestingly enough, it did not seem to cause my scores to go down but it presented me with concern and caused increased anxiety when it occurred. In my more than fifty years as both a competitor and a coach I have known only a few shooters that say that they do not feel something different in competition.

For many, the effects of pressure are so destructive that they cause loss of points at critical times at best and the premature termination of careers at worst. However, many elite shooters find that the pressure of competition is useful, even essential, to the attainment of their best performances.

My answer to the question of avoiding pressure today normally sounds something like this.

“You should not want or need to avoid pressure. Pressure, or the stress of competition as some call it, is not something you need to avoid. It is something you need to use.”

“Pressure, is not something you need to avoid. It is something you need to use.”

The first thing we must do to control a thing is to understand a thing. The negative effects of pressure seem to be more prevalent in shooters that have trouble winning.

You can hear shooters talking about butterflies, being tight and the infamous choke.

By the way, what is the opposite of choke anyway?

We seem to have a great vocabulary for the dark side of pressure and few words for the good side. The good side of pressure just doesn’t make it as topic of conversation in a negatively charged world, but it should. Pressure, simply put, is neither positive or negative. Pressure is like air. Too much and you have a hurricane. Too little and you suffocate. But in the correct amount it is the breath of life.

Fact is, we need pressure. Half the fun of shooting would be gone without it. We just need it in the right amount. I’ve spent 35 years trying to understand the phenomenon so I can use it to my advantage. Here’s what I’ve come up with. Pressure is two things at the same time, anxiety and arousal.

Anxiety is fear. It is almost always viewed as a negative but think about it. Fear is what keeps me from driving too fast, following too close to the car in front of me and paying my credit card on time. Fear in a competition however can be paralyzing.

We can be afraid of not shooting well which usually means that we will not be happy and we will have a long ride home. Bummer!

Here is the good news, fear is overcome by experience. I've got to admit I was scared in my first nationals but the fear dropped with exposure to pressure situations.

Someone once said that the final in the Olympics is the greatest pressure situation a person can face short of a loss of life encounter. I might add that pressure also increases in direct proportion to your chances of winning.

I've been there and I agree. When I won my Olympic Gold in Montreal I was the favourite and I felt the pressure but I did not feel fear. I did feel arousal.

That is the other side of pressure. Arousal is your level of excitement. Everything we do best has a corresponding level of arousal. If we are too relaxed we might lose focus. If we are too nervous we might rush the shot or over-hold. People have a natural arousal state. Some are calm by nature while others are bouncing off of the walls most of the time.

Shooting and golf are low arousal sports. Shotgun and Archery are medium-low in arousal while International Rifle is just above coma. Adrenalin increases the pulse rate and moves the arousal level up. Way up! However, again this is not all bad. An adrenalin push can cause increased endurance, added strength and increased awareness of the senses.

So, if you are a naturally high arousal person in a low arousal sport you may have more trouble with arousal control than someone more naturally balanced to their sport. If that is the case some proven arousal control techniques must be learned, practiced and mastered.

If you are too nervous in a competition I have three suggestions that can help to match your excitement level to your sport.

Recognize that pressure is positive and something that you can control.

First, pressure is not in your imagination. It is a good thing and you can use it to your advantage. You must accept that it is normal to feel something in a pressure situation. This is **your body saying, "This is important. Pay attention!"**

Accept the advantages of stress and expect that your scores will be better for having felt **pressure. Also do not be surprised if you occasionally do not notice pressure's effects even in a big competition.** Pressure does not always make itself known to the conscious mind.

Focus on what you want to see happen not on what is stressing you.

Most of the time when shooters experience point-**reducing arousal levels it's because they are thinking about something that causes the level to rise. "What am I doing wrong?" "If I finish this round clean I win the shoot."**

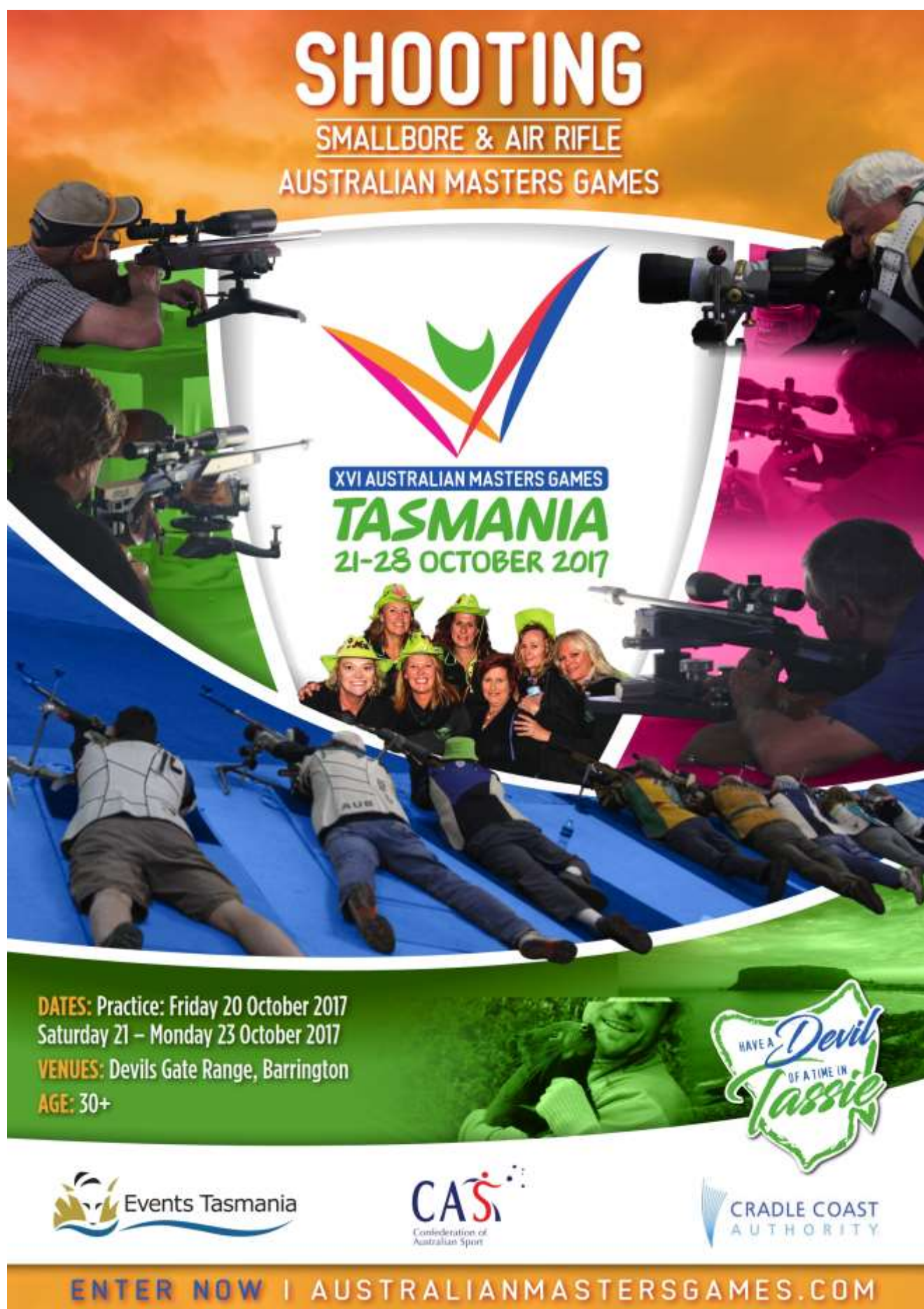
These thoughts are on outcomes, not on the process of shooting. Thinking about what you are doing wrong or counting your score just increases the negative effects of arousal. Keep your mind on the process of shooting well and the score will take care of itself.

Sometimes the pressure seems to increase just after a poor stage and you might need a way to recover. One effective technique is to have a planned and trained recovery strategy.

This interesting article continues on Page 16


SHOOTING


SMALLBORE & AIR RIFLE
AUSTRALIAN MASTERS GAMES





XVI AUSTRALIAN MASTERS GAMES
TASMANIA
21-28 OCTOBER 2017

DATES: Practice: Friday 20 October 2017
Saturday 21 – Monday 23 October 2017
VENUES: Devils Gate Range, Barrington
AGE: 30+



 Events Tasmania

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16th Australian Masters Games . . . Tasmania, 21-28 October 2017

The Tasmanian Smallbore & Air Rifle Association invites all members of Smallbore Rifle Clubs throughout Australia to join with our participation in the 16th Australian Masters Games.

Our events will be held at the Devil's Gate range, at Sheffield, on
21st / 22nd / 23rd October, 2017.

The Smallbore events (3 age groups) to be conducted in the Masters Games will be prone and benchrest and are as follows :

Saturday 21st October - 60 shots 20 metres

Sunday 22nd October - 60 shots 90 metres

Monday 23rd October - 60 shots 50 metres.

Please stay in Tassie for a while . . .

The following weekend (28 / 29th October) we will be conducting our annual TSARA State Championships (prone and benchrest) and we suggest that competitors in the Masters Games could stay on in Tassie to join with us for these championships (prone will be graded and open).

Note that entry numbers for the **c'ships** will be limited -
get your entry in **early!!**

For further information please contact the
Tasmanian Smallbore & Air Rifle Assoc. Secretary,
Robert Scott PO Box 3, Hagley, Tasmania 7292
Ph: 0407 902 266. Email: bvridge@bigpond.com

LANNY BASSHAM (cont)

HOW CAN I AVOID COMPETITION PRESSURE

All recovery strategies have two important things in common.

First you must get your mind off of the things that are increasing the arousal/anxiety response. Secondly, you must do something that you can absolutely control.

Here is an example. You've had a bad series of shots, you begin to think about your score and you need to recover.

First, concentrate on your breathing. Breathe in a practiced pattern for say three breaths. Then relax a specific muscle group such as your neck and shoulders. Finally, visualize being in complete control of shooting a perfect shot. You can only think of one thing at a time so while you are thinking about these things you cannot be still thinking negatively.

Also, you can 100% control your method of breathing, the relaxation of your muscles and the visualization so the second step is accomplished as well. Now, when you refocus on your next series you should be recovered and should shoot well.

FAKE a YAWN

A third recommendation might seem strange but this really works. If you catch yourself becoming a bit too excited and need a quick tool to get you calmed down try yawning.

That's right. FAKE a YAWN. The same chemicals that cause your muscles to relax when you yawn naturally also seem to work just the same when you fake a yawn. While you watch the Olympics on TV, look for this technique.

You will see athletes yawning just prior to the start of their stage or event. Everyone else will think he is really in control. You will know the truth. He/she might be using the fake yawn to control unwanted arousal.

Remember coal under pressure produces a diamond. Shooters in control under pressure produce winning scores. You can learn more about dealing with competitive pressure in Lanny's book **With Winning in Mind**.



BENCHREST 101 or How to get better at Benchrest shooting.

By Wade Hull

Seems quite simple—have the rifle on a couple of rests, hold the centre and fire! However, for those who wish to consistently hit the centre, here are some tips to note:

Consistency is a big factor when attempting to shoot tight groups at the range. **You** can get different shot placement if your bench technique is not the same every shot. This goes for the ammo you're putting in your rifle, the conditions at the range, and your personal shooting technique.

Seating—When possible, bring your own stool so that you can sit comfortably, at a consistent height, every time you shoot.

Rest Easy—When you're shooting from the bench, you don't want your front and rear rest to move. You want the rifle to slide over them, not push them around under recoil. You can get your rear bag to stick to the bench by placing a piece of rubber mat between the bag and the bench.

Use a Light Touch—With a rifle that weighs more than 6kg and rides the rests well, you can let it free recoil—meaning you don't need touch the stock much at all—when shooting groups. But with any regular less than 6kg rifle, you're going to need to grip it gently.

When I shoot a rifle that's around 5kg with a scope, I might just grip it with my trigger hand and barely rest it in my shoulder. Use the least amount of contact you can while still feeling the rifle is stable under recoil.

Head & Eyes—**Head Position**—Learn to keep your head down and follow-through after each shot. Stay relaxed and hold your position after breaking the shot.

Eyes—Learn to shoot with both eyes open so you can see more of the conditions.

Last Row Laziness—If the last row on a target is where your score falls apart, you may be guilty of what I call "wishing the last shots in". We just aim, pull the trigger, and do not worry about the wind flags. Probably because of fatigue or lack of concentration, and happens when you get excited and lose focus—**it's not the rifle!**

To cure this, reset yourself completely, on the bench. Stand up, turn in a circle, and get back behind the rifle. Check your body positioning and comfort, then go back to shooting the group.

Ammo—Use Good Quality Ammo, so you know if a bad shot placement was the wind, a rifle sighting error or a tuning or accuracy issue with your rifle.

Finally Invest In Good Optics-- Nothing is less fun than a scope that will not hold point of aim. You need to be able to position yourself behind the scope and have the same sight picture every time. Remember when it comes to accurate shooting consistency is king.

3P AIR RIFLE

JUST THINKING OUT LOUD

Everyone has been noting with dismay, the movement of Men's Prone out of the Olympic programme, leaving mixed Air Rifle "teams" and 3P events.

From the ISSF website we learn 10m Air Rifle and Pistol Mixed events have been recommended by the ISSF for inclusion in the Tokyo 2020 Olympic Program in an effort to achieve gender equality, to appeal new audiences and to promote the development of the sport at youth level. The ISSF recommendation - which was recently approved by the ISSF Extraordinary General Assembly in Munich - has been accepted by the IOC on the 9th of June.

So it appear that it is a done deal for Tokyo 2020.

While prone will still be in the World Championships (so far), and the 2018 **World Cups will have to include the quota events for these mixed teams....** will it be at the expense of prone events? Wait and see on that one.

What is possible then, to encourage shooters of all ages, into something new. One option which would have benefit may be 3P Air Rifle. Very popular in the USA, air 3P is perfect to introduce kneeling and prone, while shooting indoors. With a little adjustment in target heights, this could be done on most air ranges, and with most air rifles.



Why would we take on this new development?

If everything is to be believed, shooting needs to "reinvent itself" to accommodate the needs of the 21st century, and keep members involved in new challenges—Air 3P would be one of those challenges.

With or without exotic shooting clothing, it works.....just thinking out loud.



Tips from Matt Emmons

Multiple Olympic medal winner with ANSCHÜTZ



Matt Emmons



"It is important to see that my head is pretty upright. I'm looking almost out of the center of my eye to get a much better view. You can also see the wind flags better."



"It's good to see that my shoulders are level. The right one is not above the left one, they are in the same line. Also, you can see that my head is level and my left arm is pretty straight. It's not leaning over to the left or leaning into the right."



"You can see my left arm is pretty straight. It's not leaning over to the left or the right and so the pressure is going straight down into the ground. You can also see that the butt plate is in the pocket in my shoulder; it's between the collar bone and the shoulder bone."



"My left arm is straight, butt plate is far into my shoulder in the pocket, and also you can see that the left leg makes a line with my back which extends up into my left arm - just making one straight line."



"My left arm is pretty straight up and down. The weight of the rifle goes down into my hip bone which then goes down into my left leg. It almost makes one complete line, straight up and down. Head is straight, also my ears are level, so my balance is good and centered."

"My left arm is straight pointed to the target, as are my legs and my hips. My left forearm is straight up and down so the weight of the rifle is going down into my hip and into my leg. The rifle is straight over the middle of my foot. My head is level and not tilted. This way, the balance is good."



"Here you can see from the back of my shoulders - my left shoulder is maybe just a little bit below the right one, which is pretty good."



"My right foot is flat on the ground, the toes are flat, so that way the pressure is even on the foot. You can also see that I'm looking mainly out of the center part of my eye, my head is only tilted a little bit down. My ears are level, so my balance is good."



"Here you can see that my left foot and my kneeling side make a line toward the target. That's how it should be. Also you can see that the lower part of my left leg is straight up and down; it's not left or right, one way or the other. The left foot and the right lower part of my leg are nearly in the same line, not exactly, but pretty close."



"If you look over top of my left arm you can see that it's straight. It's not leaning over to the left or the right in either way - nice and straight."

"The upper part of my left arm (it's behind my right hand) is pushing down into my knee and almost down into my foot. It doesn't make one exact line and it never will, but it's pretty close. My elbow is behind the knee. My right arm is pretty relaxed, and the butt plate is far into my shoulder."



ANSCHÜTZ
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www.anschuetz-sport.com

If you want a full sized copy of this print ready poster, then send an email to traus@westnet.com.au with your request, and I'll return it via email.

TARGET SPRINT

A new Shooting sport discipline made its official debut in Suhl, where the first ISSF World Championship Running Target took place, involving around 100 athletes from 10 different countries.

First introduced in 2013 and being tested multiple times during these four years, Target Sprint combines middle-distance running and air rifle shooting, a mix that already attracted many athletes from different disciplines, such as track and field and biathlon, who gave it a try and welcomed Target Sprint positively.

Seven medal events were scheduled, with Germany taking the final medal standings and pocketing 6 of the 7 Gold medals up for grabs: 4 individual ones and 2 team ones.

Czech Republic followed in 2nd place with one Gold and one Bronze, both claimed in relays, while Egypt finished in 3rd position with one individual Silver medal and one team Bronze.

The track were set up in the main square of downtown Suhl, at Platz der Deutschen Einheit, where hundreds of fans gathered to watch the athletes run the 400 meters track and shoot from a 10 meters firing line using air rifles.



MIXED TEAM TEST EVENT

Also at the recent Junior World Championships, Medal Matches were held in the 10m Air Rifle Mixed Junior Team and the 10m Air Pistol Mixed Junior Team.

Czech junior shooters Filip Nepejchal and Nikola Foistova secured the Air Rifle Mixed **Team title at the end of an exciting match, beating People's Republic of China's Zhu Yingjie and Liu Yukun, who took Silver.** The 3rd place and the Bronze medal went to another Chinese couple: Gao Mingwei and Zhang Changhong.

A total of fifty teams representing 30 nations participated in the 10m Air Rifle Mixed Team test event in Suhl (GER), during the ISSF Junior World Championships Rifle/Pistol.



The Czech Republic duo prevailed over **People's Republic of China's at the end of a tight Gold medal match**, where the two teams split the first eight series. There, the Czech shooters stepped up their shooting, taking three of the following four points and securing the Gold medal with the final score of 7 points to 5.

Team India 1 won the Mixed Team 10m Air Pistol Junior test event on the closing day of the 2017 ISSF Junior World Championship in Suhl, Germany.

Anmol Anmol and Yashaswini Singh Deswal scored 7 points to claim the Gold, beating Team Russia 2 (Alexander Petrov and Nadezhda Kolda) that closed the medal match with 4 points, collecting the silver.



In the Bronze medal match, it was Team France 1 that made it to the podium with a net score of 7 to 1 points, leaving Team Republic of Korea 1 in 4th place.

On its way to the podium, Team India 1 outscored Team Republic of Korea 1 in the semi-final, with a tally of **239.3 points to Korea's 235.4.**

44 Teams from 29 nations participated in the test event of the Mixed Team 10m Air Pistol Junior event here in Suhl, showing once again the success of this new competition format among junior athletes.



Do You Belong to a Rifle Club?

Rifle Shooting is a mighty fine sport. Every "regular" boy hopes at some time or other to own a rifle. Shooting with a small bore rifle under proper supervision and with the object of acquiring skill is good fun.

The competitive spirit in rifle shooting brings out the best in the boy. It is a sport which develops manliness, fair play, self-reliance and muscular control, and all those things which contribute to ideal manhood.

WOMEN RIFLE SHOOTERS IN THE 1920s& 1930s

Found this amazing photo collection of women rifle shooters. Apart from the rifles, check out the “shooting” apparel.



SCORES CHECKED/CONFIRMED — JUNE 2017

AUSTRALIAN BEST SCORES - RIFLE ISSF EVENTS - M / W

| Event | Result | Holder Name | Date | Place | Competition |
|--------------------------------|--------------|--------------------------|------------------|-----------------------------|----------------------------|
| 50m Prone60 M | 629.5 | SAMPSON Dane | 5.5.2016 | Plzen, CZE | GP of Liberation |
| 50m Prone60 M <i>FINAL 24</i> | 248.3 | DALY James | 2.4.2017 | Adelaide, AUS | Endorsed SuperSat |
| 50m Prone60 M <i>Old FINAL</i> | 210.9 | POTENT Warren | 15.6.2013 | Brisbane, AUS | AusCup3 |
| 50m Prone60 W | 621.5 | SMITH Sussie | 17.4.2017 | Adelaide, AUS | TRA Nationals |
| 50m 3x40 M | 1171 | SAMPSON Dane | 13.6.2016 | Volmerange L.M., FRA | Int'l OG Prep comp. |
| 50m 3x40 M <i>FINAL</i> | 457.8 | SAMPSON Dane | 31.3.2017 | Adelaide, AUS | Endorsed SuperSat |
| 50m 3x20 W | 581 | RIDLEY Robyn | 01.4.2015 | Sydney, AUS | TRA Nationals |
| 50m 3x20 W <i>FINAL</i> | 455.8 | RIDLEY Robyn | 27.6.2014 | Brisbane, AUS | AusCup2 |
| 10m AR60 M | 628.9 | SAMPSON Dane | 27.9.2015 | Brisbane, AUS | QLD State Champ. |
| 10m AR60 M <i>FINAL 24</i> | 251.0 | SAMPSON Dane | 1.4.2017 | Adelaide, AUS | Endorsed SuperSat |
| 10m AR60 M <i>Old FINAL</i> | 209.9 | SAMPSON Dane | 24.3.2016 | Melbourne, AUS | TRA Nationals |
| 10m AR40 W | 418.1 | HENS Jennifer | 24.5.2015 | Plzen, CZE | CzeCup2 |
| 10m AR40 W <i>FINAL 24</i> | 248.4 | ROSSITER Victoria | 15.4.2017 | Adelaide, AUS | TRA Nationals |
| 10m AR40 W <i>Old FINAL</i> | 208.1 | HENS Jennifer | 15.3.2015 | Adelaide, AUS | AusCup2 |
| 10m AR MIX M/W | | | | | |
| 10m AR MIX M/W <i>FINAL</i> | | | | | |

AUSTRALIAN BEST SCORES - RIFLE ISSF EVENTS - JUNIOR M / JUNIOR W

| Event | Result | Holder Name | Date | Place | Competition |
|---------------------------------|--------------|----------------------------|------------------|--------------------------|--------------------------|
| 50m Prone60 jM | 624.1 | BAILEY Mitchell | 4.6.2017 | Adelaide, AUS | Endorsed SuperSat |
| 50m Prone60 jM <i>FINAL 24</i> | 248.1 | BAILEY Mitchell | 4.6.2017 | Adelaide, AUS | Endorsed SuperSat |
| 50m Prone60 jM <i>Old FINAL</i> | 207.6 | BAILEY Mitchell | 05.12.2015 | Sydney, AUS | SA Junior Champ. |
| 50m Prone60 jW | 620.7 | HATZIGIANNIS Jacqui | 13.5.2017 | Adelaide, AUS | TRSA State Champ. |
| 50m 3x40 jM | 1143 | CLOPATOFSKY Daniel | 31.3.2017 | Adelaide, AUS | Endorsed SuperSat |
| 50m 3x40 jM <i>FINAL</i> | 450.2 | ROSSITER Jack | 2.6.2017 | Adelaide, AUS | Endorsed SuperSat |
| 50m 3x20 jW | 578 | SEDGMAN Alethea | 14.3.2014 | Adelaide, AUS | AusCup1 |
| | | SEDGMAN Alethea | 31.3.2014 | Fort Benning, USA | World Cup |
| 50m 3x20 jW <i>FINAL</i> | 448.7 | SEDGMAN Alethea | 15.4.2014 | Adelaide, AUS | TRA Nationals |
| 10m AR60 jM | 626.0 | ROSSITER Jack | 16.1.2015 | Plzen, CZE | GP Plzen, Int'l. |
| 10m AR60 jM <i>FINAL 24</i> | 249.1 | HOBERG Alex | 3.6.2017 | Adelaide, AUS | Endorsed SuperSat |
| 10m AR60 jM <i>Old FINAL</i> | 208.8 | ROSSITER Jack | 28.6.2014 | Brisbane, AUS | AusCup2 |
| 10m AR40 jW | 414.8 | ADAMS Emma | 3.6.2017 | Adelaide, AUS | Endorsed SuperSat |
| 10m AR40 jW <i>FINAL 24</i> | 248.4 | ROSSITER Victoria | 15.4.2017 | Adelaide, AUS | TRA Nationals |
| 10m AR40 jW <i>Old FINAL</i> | 208.0 | ADAMS Emma | 14.9.2013 | Adelaide, AUS | AusCup4 |
| 10m AR MIX jM/jW | | | | | |
| 10m AR MIX jM/jW <i>FINAL</i> | | | | | |

AUSTRALIAN BEST SCORES - RIFLE ISSF EVENTS - TEAM

| Event | | Result | Team name | Team Members | Individual Results | Date | Place | Competition |
|-------|-------------|--------|-----------|--------------------|--------------------|------------|---------------|--|
| 50m | Prone60 M | 1871.8 | AUS | Sampson Dane | 629.5 | 5.5.2016 | Plzen, CZE | Grand Prix of Liberation |
| | | | | Bailey Mitchell | 622.3 | | | |
| | | | | Woodhouse Frederyk | 620.0 | | | |
| 50m | Prone60 M-j | 1850.0 | AUS | Bailey Mitchell | 619.6 | 27.06.2015 | Suhl, GER | ISSF Junior Cup |
| | | | | Woodhouse Frederyk | 618.5 | | | |
| | | | | Shand George | 611.9 | | | |
| 50m | Prone60 W | 1816.3 | AUS | Smith Susannah | 617.7 | 29.11.2015 | Sydney, AUS | OCEANIA Championships |
| | | | | Romanoff Chloe | 600.0 | | | |
| | | | | Payne Kimberley | 598.6 | | | |
| 50m | Prone60 W-j | | | | | | | |
| | | | | | | | | |
| | | | | | | | | |
| 50m | 3x40 M | 3438.0 | AUS | Godward William | 1151 | 1.5.2015 | Hannover, GER | ISCH |
| | | | | Sampson Dane | 1149 | | | |
| | | | | Sevelj Andrew | 1138 | | | |
| 50m | 3x40 M-j | | | | | | | |
| | | | | | | | | |
| | | | | | | | | |
| 50m | 3x20 W | 1684.0 | AUS | Hens Jennifer | 567 | 2.12.2013 | Sydney, AUS | OCEANIA Championships |
| | | | | Sedgman Alethea | 561 | | | |
| | | | | Woodroffe Emma | 556 | | | |
| 50m | 3x20 W-j | | | | | | | |
| | | | | | | | | |
| | | | | | | | | |
| 10m | AR60 M | 1849.2 | AUS - A | Rossiter Jack | 624.1 | 1.12.2015 | Sydney, AUS | OCEANIA Championships |
| | | | | Sampson Dane | 621.1 | | | |
| | | | | Godward William | 604.0 | | | |
| 10m | AR60 M-j | 1796.8 | SA | Rossiter Jack | 621.2 | 6.12.2015 | Sydney, AUS | Shooting Australia Junior Championhips |
| | | | | Ioakim Nicholas | 585.2 | | | |
| | | | | Hoberg Alex | 590.4 | | | |
| 10m | AR40 W | 1220.7 | AUS - A | Rebling Maria | 407.7 | 1.12.2013 | Sydney, AUS | OCEANIA Championships |
| | | | | Hens Jennifer | 406.6 | | | |
| | | | | Adams Emma | 406.4 | | | |
| 10m | AR40 W-j | 1217.4 | SA - A | Adams Emma | 407.8 | 11.12.2016 | Sydney, AUS | Shooting Australia Junior Championhips |
| | | | | Rossiter Victoria | 409.6 | | | |
| | | | | Kowplos Katarina | 400.0 | | | |

I'm going to
stand outside.
So if anyone asks,
I'm outstanding.

@Candidman

LIFE IS TOO SHORT
TO BE SERIOUS ALL
THE TIME.
SO, IF YOU CAN'T
LAUGH AT YOURSELF,
CALL ME...I'LL
LAUGH AT YOU.

Top 9 Ways to get Your Club into the Local Media

One of the greatest unknowns for many committee members is how do they get the stories about their club into the local media. It often seems that every other club gets into the local media easily. So how is it done?

Relationships – like everything else in this world strong personal relationships are vital so you need to form strong relationships, firstly with your local sports reporters and secondly with their editors or station managers.

Invite the media to your events – **Initially when you don't know the reporters, station managers and editors** it is a lot easier to be contacting these key people if you have a purpose rather than just ringing to introduce yourself and your club. Therefore create or tailor a club event to make it news worthy and then invite the media to attend your event.

Mayors and Councillors love to be in the media – create opportunities for them to be in the media. Likewise the local media love featuring Mayors and Councillors so invite both groups to your events and let the other party know that each other will be there.

Create your media list – and continually update a list of all media outlets, newspaper, **radio, TV and also don't forget to consider "unofficial" digital media such as a blog or forum** that covers your sport and club locally. Understand who is the right person to contact, when are their publication deadlines and how do they like to receive their stories.

Consistently produce and send media releases – that contain not just the competition results but also a story, a quote from a key person or people relating to the story, where possible a photo and the contact details of somebody from the club authorised to talk on the topic if they want further information. If a reporter has a choice between a complete story of community interest with quotes and photos lobbying on their desk or having to go out interview somebody and then write the story, well most would take the easy option.

Don't just tell the sports stories – Don't aim just at the sports pages – local sports clubs do so much in the community that is non-sport related. Make sure the media outlets are aware of these stories, well in advance if possible. For example someone who has made a National Team.

Relive club history – local media is all about story telling so continually tell the stories from great events and people from your clubs past. Link them into current day events if you can. For Example, a father/mother and son/daughter who have excelled in the sport, covering two generations.

Develop long term relationships – relationships take time to build and even longer before they allow you to influence the behaviour of the other person. Make sure that you are continually looking for ways to build relationships with the reporters, editors and station managers over the long term.

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| | | |
|--------------------|-------------------------|----------------------|
| Shooting Boots | Rifle spare parts | Cleaning gear |
| Shooting Gloves | Spotting scopes | Benchrest stands |
| Shooting underwear | Triggers | Benchrest stocks |
| Slings | Tuners/ Extensions | Telescopic sights |
| Handstops | Sights, irises, filters | Books |
| Shooting Jackets | Buttplates etc | Training accessories |
| Rifle cases/bags | Weights | |
| Shooting Glasses | | |

If you want it—we have probably got it—or could get it in for you. Check out our website on www.targetriflesa.com

ALL PROFITS FROM THE TARGET RIFLE SA STORE GO BACK INTO OUR SPORT.

Top 9 Ways to get Your Club into the Local Media

Don't just make one phone call to the sports reporter and then assume they will automatically start covering your club. You have to educate them about your club over **time and hopefully they will “fall in love” with your club, its culture, what it stands for and its standing and role within the community.** Unfortunately this takes time.

Self publish – Even if you have strong relationships and publishing great media releases every week you still may not get into the media as much as you like. If this is the case you may wish to consider joining the media. Grab a smart phone and start interviewing coaches, presidents, volunteers, athletes and anybody else around your club then publish the video on your clubs webpage and social media each week.

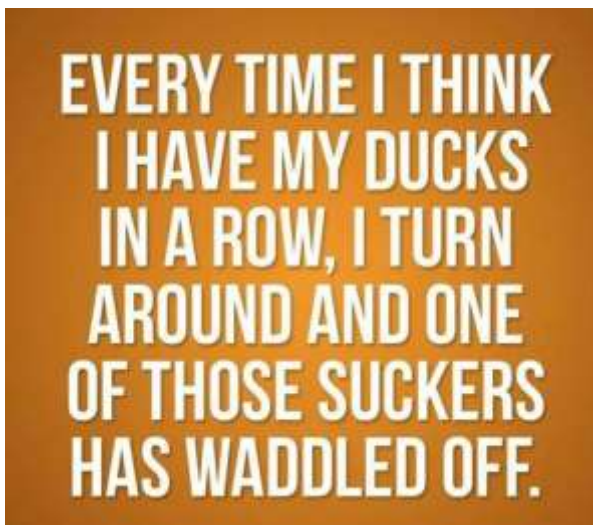
You will be surprised, if you publish the video or recorded interviews consistently at the same time each week just how quickly you will build an audience of people interested in your club.

Thanks to Sports Community for this information

Last bitz



When you're cooking & the recipe says "chill in the fridge for one hour"



what do you call
a fake noodle?



an impasta

My cooking is so
Fabulous... Even
the smoke alarm
cheers me on!



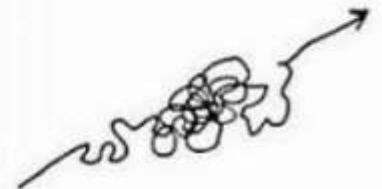
How to store your cats

Success



what people think
it looks like

Success



what it really
looks like

THIS LAMB IS SO UNDERCOOKED



I don't mean
to brag, but...
I just put a puzzle
together in 1 day
and the box said
2-4 years.