

GOING TO TOKYO!

射擊



Dane Sampson
RIFLE



Katarina Kowplos
RIFLE



Alex Hoberg
RIFLE



Jack Rossiter
RIFLE



Elise Collier
RIFLE

TRA NEWS

April
2020

We've Expanded Our Range!

Since 2012 Target Ammunition Pty Ltd has been offering the members of Target Rifle Australia Ltd access to quality ammunition at a reasonable price through TRA's Member Bodies—the State Associations that do so much to help grow and develop our sport.



ELEY 22LR ammunition products remain an integral and important part of our product range, and we're pleased to announce that ELEY Tenex air pellets became available in Australia in January 2019.



We've Expanded Our Range!



Target Ammunition now offers a select range of RWS ammunition and air pellets together with Lapua and SK ammunition to our member bodies so that all our members have access to a wider variety of quality ammunition at a reasonable price.

Talk to your State Association today!

Or Contact:

Target Ammunition Pty Ltd (ABN 15 152 308 177)

Ph: 0447 447 055

Email: execofficer@tra.org.au

Welcome to the April 2020 TRA E-Mag.

Hot off the Press

The Australian Olympic Committee and Shooting Australia today (17/04/2020) announced the Team to represent Australia at the 2020 Olympic Games in Tokyo; to be held in 2021. The Rifle Team in alphabetical (surname) order is Elise Collier (Vic), Alex Hoberg (SA), Katarina Kowplos (SA), Jack Rossiter (SA), Dane Sampson (Qld). The full team can be found on.....

For those who follow Facebook and the Internet some of this may be old hat, however we know many of you prefer the magazine format and we trust this issue will be worthy of a read.

If your club or State is doing something of interest or running a competition, why not write up an article or send some pictures and dot point and send it in so we can let the rest of the World know what's happening in your neck of the woods.

Maybe you have a question you need answered; it could be on the rules, technical or coaching issues etc. This could form a Q & A page.

The next Target Rifle Australia Ltd AGM will be held on Saturday 16th May by electronic means due to the COVID-19 rules.

In the Last magazine I wrote *“Interestingly the number of people, I have spoken with, across our sport of smallbore and air rifle who ask what's happening, are unaware, are critical about some aspect or other, concerns me greatly and rather than go into why, the magazine will have a link in the Index column that will take you to the last Board meeting report starting this issue.”*

Well it still does and to that end the summary of the TRA Board meetings are published in the magazine now or may be found on the TRA website at <https://tra.org.au/documents/reports-from-directors-meetings/>

Just a small gripe, if you are going to write an unsigned email, hidden behind a false address.....don't waste your time as I simply put them in the bin.....(Ed)

Our cover is the poster produced by Shooting Australia to announce the Team selected to represent Australia in the Small-bore and Air Rifle Events at the Tokyo 2020 (2021) Olympic Games. More info inside.

Contents

- P1. .Cover
- P2. .Target Ammunition
- P3. this page
- P4. Executive Officer's Page
- P5. From the Chair
- P6. Time to Say Goodbye
- P7. Unknown Heroes
- P8. Shooting Australia—COVID
- P9. A List of Websites COVID
- P10. E. Kosmala OAM a short story
- P11 From Petr Kurka National Coach
- P13. Olympic Selection Scoreboard
- P15. Australian Records Current
- P18. Summarised Directors Meetings
- P22. 2020 National Championships
- P23.Coaching by Tricia Van Nus
- P24 Tokyo Olympic Games Team Guide
- P25. Team Photos for Tokyo Olympics

If something is happening in your area that you think is worth coverage please send story to the office

Want to suggest an article then please let us know

From The Executive Officer's Desk:

The last 6 months has been quite a busy time in the TRA Ltd "office".

The most pressing items apart from the usual items requiring attention are;



COVID-19 Impact

The COVID-19 situation has had a severe impact on the organisation particularly in forcing the cancellation of the 2020 TRA National Championships and TRA Ltd Interstate Postal Competitions for the year.

A second major impact is the necessity to change the format of the 2020 Annual General Meeting to an electronic format via a teleconference / web conference. We are still determining the most appropriate option and format to use for the AGM and will keep the member organisations delegates informed as developments occur.

With the current restrictions in place TRA has also recommended that all member organisations and affiliated clubs should cease to deliver any type of shooting activity or social activity within their venue. This should be applied at all indoor and outdoor ranges.

It is further recommended that the cessation of activity at ranges should be applied until government directives are relaxed.

COVID-19 Reference Group:

The Australian Shooting Covid-19 Reference Group has been formed to create a platform for discussion and sharing of information regarding the Covid – 19 Virus and it's impacts on the activities and interests of Shooting Australia, member organisations and their respective State Associations and Affiliated Clubs.

The Reference Group comprises representatives from Shooting Australia, the Executive officers of all Shooting Australia Member Organisations and has been established to provide the respective organisations involved with a forum for open discussion, sharing of information and resources and a reference for decision making. The group operates via a weekly Tele-Conference.

Expressions of Interest for TRA National Championship Events:

With the board's decision in January to change the procedure for allocating National Championship Events, expressions of interest have been sent out for the 2022 and 2023 TRA National Championships (due 14th May) as well as the 2021 TRA Rimfire and Airgun Bench Rest Nationals (due 31st March).

Other activities in the last few months can be found in the summaries of directors meetings for January 2020 and March 2020 which have been included elsewhere in the newsletter.

I take this opportunity to wish everyone all the best over the unprecedented times we are currently experiencing in Australia and express my fervent hope that we can all return to "normal life" as soon as practically possible.

A handwritten signature in black ink, appearing to read 'Richard Toye'.

Richard Toye
Executive Officer

From the Chair

Easter, for many of us, has involved the Nationals, time with the family and friends or just simply a time of reflection; this was not to be for 2020, thanks to COVID-19.

My thoughts go out to the families and friends who have either lost loved ones or contracted this insidious disease.

A special thanks to our hard working and dedicated medical teams and those on the front line.



This issue has a mix of items primarily to provide more communication to you the member and to that end has the summaries of the last two TRA Board meetings along with results of the Olympic selection trials for Rifle and the current records, which will also appear on the website.

*To all those who have worked so hard for nomination and selection for the Tokyo 2020 (2021) Olympic Games, whether successful or not, you have done your family/support group, coaches and TRA proud. We wish you well. Whilst on the subject I have included a letter written by National Coach Petr Kurka to the athletes which I think is important to share. **Thank you Petr.***

A major activity was the meeting of the State Presidents to provide an opportunity for the States to voice concerns and discussed the establishment of a Consultative Group whose role it will be to provide meaningful input to the TRA Board.

From this meeting came the new (circulated) Vision and Mission Statements; the Presidents provided some great ideas and it was pleasing to see the desire to work together for the future of the sport.

Attempts to fill positions on the various committees by calling for nominations over the past few years has not met with much success; however I am confident the 'buy-in' from the States will assist this and provide enable the committees as discussed at the President meeting results.

The formation of a Finance Committee under Board member, Yvonne Hill, to assist our very capable Treasurer and fellow Director in deliberations has been a successful committee.

Incidentally Yvonne who was an appointed Director is retiring at the upcoming AGM to pursue her many interests and it would be remiss of me if I did not take this opportunity to thank Yvonne for her valuable input and support. I look forward to catching up on a range somewhere.

Many years ago I had the good fortune to be involved in the Disability shooting program in South Australia, when Judy Brittain (Wayne's mum) was coordinating the shooting section, until to her untimely death. At that time the numbers coming along to Wingfield for training were high and constant. More recently I note the numbers appear to have diminished; this is unfortunate and we need to better understand the reasons to further develop this sector of our sport.

Interestingly we do receive requests for rulings on whether someone who has this or that disability can shoot; often these people are quoted the IPC rules which are very tightly defined around the SH1 and SH2 categories, when in fact all we need is a clear guideline that enables them to shoot in a manner that leads to a level playing field. The Board will address this and provide a way forward.

A recent email for Georgi Nekhaev from Belarus, with statistics the Paralympic Games, drove me to study this and hence the article on Libby Kosmala. An interesting insight as to where we sit in the World of Paralympic Games in this magazine.

A suggestion from Yvonne was the introduction of the Unsung Heroes Page/column. Let's try and get this moving...maybe you know someone in your club who goes that extra mile.

To all, may you stay safe...follow the rules

Nick

Time to say Goodbye

After three years on the Board of Target Rifle Australia, I have decided that it is time to make way for someone else after the AGM. Those years have been interesting, informative and, I hope, productive.

I have just read the editorial in the latest edition of the magazine of the South Australian Sea Rescue Squadron, of which I have been a member for 35 years and I want to share some of the thoughts expressed by the Commodore in that editorial. He said at the outset – **“Culture eats Strategy for breakfast every time”** which instantly struck a chord with me. The statement is attributed to Peter Drucker, a leading Management consultant for the last thirty years. He has given permission for me to adapt his words to suit for this short article.



So, here goes....

Among other things I have been involved in as a member of the Board, is the development of a strategic plan for TRA and for use as a template by States if they wish. This appears to be dead in the water on most fronts. As Drucker recognised, the best designed strategies can be waylaid by the culture of an organisation and the attitudes of its members.

The culture of an organisation is based on shared attitudes, beliefs, customs, and written and unwritten rules that have been developed over time and are considered valid (The Business Dictionary).

Culture also includes the organization’s vision, values, norms, systems, symbols, language, assumptions, beliefs, and habits (Needle, 2004).

Simply stated, organizational culture is “the way things are done around here” (Deal & Kennedy, 2000).

Sometimes there is resistance to change and most of us are comfortable with things the “way they are” and don’t want change, while others are keen to move forward and try to do things better, or differently. This is the way anxiety and even friction can develop.

Change is unsettling as we all recognise in the current situation with Covid-19 and it is important that any proposed changes are explained carefully and clearly, and that support is given where needed to implement them. So, what am I trying to say?

My hope is that, whatever happens in the future for TRA, that we are all prepared to work together for the greater good of the organisation. In the final words of the Commodore in his Sea Rescue editorial – “Then we can all look to the future with renewed confidence while honouring the legacy of the past.”

Yvonne Hill OAM

Yvonne Hill — Just a little history visit for those unfamiliar (unlikely) with this member

A Rifle shooter for 50 years; competed at 1980 Moscow Olympics, 1982 Commonwealth Games, 1974, 1982, 1986 World Championships, several Oceanias, winning 20 international medals, including gold and silver at the 1982 World Championships.

After retiring from competition, Yvonne helped establish the first TRA coaching committee, became head coach for Paralympic shooting, coached the National Squad for both able bods and disabled, took many rifle teams overseas as coach, manager or both. Appointed team manager for the 2000 Olympics and Paralympics and managed teams of other disciplines, such as shotgun in the lead up.

Awarded an Order of Australia medal in 2015 for services to shooting and the community (the latter recognising 30 years volunteer service as an operational member of SA Sea Rescue Squadron). Yvonne also became involved with another form of shooting - Photography over the past twelve years and currently sits on the Management Committee for that organisation.

Unsung Heroes

Anne Bugden

Anne (Annie) Bugden would be known to many members of Target Rifle Australia. She is the kindest and most giving person who has worked with disabled shooters over many years in several different capacities.

She was a valuable member of many teams which participated in international competitions from World Cups to World Championships and Paralympic Games. Always calm, always there, always ready to help in any way possible. She was invaluable to the team as the Mrs Fixit, able to find a solution for any problems with wheelchairs, tables, rifles and so on. Over the years she did much carrying of baggage and shooting gear and her quiet humour always seemed to settle anxious team members down.



Annie Bugden is a very modest person who never seeks recognition for the wonderful work she does with the Paralympic shooters and indeed anyone else who needs help.

Tracey Jackson was taught to shoot at a Come and Try by Annie. She tells me that within six months she was in the Australian team and that Annie was by her side all the way. They have recently completed a road trip together and Tracey says Annie is her best friend.

Libby Kosmala, who was often Annie's roommate, says that she was a very easy to get on with person, who was always ready to assist as needed, and a quiet personality who never changed. You always knew where you stood with her. She also said her ear plugs sometimes got a workout at night when Annie began to gently snore!

Annie can be found on the firing line at local, interstate and international events making the Athletes and Team Manager's life much easier; she can be found in the kitchen at events everywhere or on the line as an official, a scorer, providing helpful guidance to those in need. A true inspiration.

Anne Bugden is most certainly an unsung hero.

In the photo of Paralympic Team 2000 below, Anne is pictured on the left.



Let's try and get this moving...maybe you know someone in your club who goes that extra mile. We just need a bit of a story and photo and if possible a phone number so we can gain approval to print.

SHOOTING AUSTRALIA MOVES TO ASSIST MEMBER ORGANISATIONS

Shooting Australia has taken the proactive measure to establish the Australian Shooting COVID-19 Reference Group to assist Member Organisations, and in turn their State and Territory bodies and Clubs through the current health crisis.

The newly created Australian Shooting COVID-19 Reference Group will hold a weekly teleconference which will be a forum for member organisation representatives to participate in open discussion, share information and resources, and be a reference group for decision making.

Following the Australian Government's directives announced over the past week regarding social distancing and community sport, Shooting Australia feels it is important that as Australians and as a shooting community we look to follow these directives in the best interest of mitigating the spread of COVID-19.

Therefore, based on Australia Government directives regarding social distancing and community sport, Shooting Australia recommend shooting clubs strongly consider the option to cease all types of competitions, shooting and non-shooting social activities at both indoor and outdoor ranges.

This recommendation applies to all indoor and outdoor ranges until further notice.

Shooting Australia CEO, Luke van Kempen, said it was important all shooting member organisations work collaboratively and co-operatively to best safeguard community health during these extraordinary times.

"These are challenging times for all sports at all levels – elite, state, club and social – and the sport of shooting is no exception," said Mr van Kempen.

"Shooting Australia recognises the immense value of community sport in fostering a sense of wellbeing and social interaction. However, in times like this, we must make health the number one priority.

"Like all sports, shooting relies very much on volunteers and the Shooting Australia COVID-19 Reference Group has been created to assist volunteers at all levels.

"It is becoming increasingly evident that like other parts of our community, sporting clubs are experiencing financial challenges also. For the immediate period and until further Government advice, clubs may be without income from events, memberships and social gatherings.

"The financial status of organisations within our membership structure has been a key agenda item of the Australian Shooting COVID-19 Reference Group. Within this forum we will actively share information and resources to best assist member organisations through the current situation," he added.

The COVID-19 Reference Group conducted its first tele-conference this week. If the shooting sport community wishes to add to this agenda, we ask that they make contact with their relevant member body.

Further information;

Greg Campbell

PRISM Strategic Communications

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COVID-19 INFORMATION AND RESOURCES FOR SPORTING ORGANISATIONS NATIONAL

Taken from a document by LEX SPORTIVA

World Health Organisation - latest news <https://www.who.int/emergencies/diseases/novel-coronavirus-2019>

Australian Government Department of Health - latest news <https://www.health.gov.au/news/health-alerts/novel-coronavirus-2019-ncov-health-alert/coronavirus-covid-19-news-and-media>

Australian Government Department of Health - fact sheet for older Australians <https://www.health.gov.au/resources/publications/coronavirus-covid-19-information-for-older-australians>

Australian Institute of Sport - COVID-19 and Sporting Activity <https://ais.gov.au/health-wellbeing/covid-19/> nocache

AUSTRALIAN CAPITAL TERRITORY

ACT Health - latest news <https://health.act.gov.au/public-health-alert/updated-information-about-covid-19>

Sport ACT - latest news and FAQs <https://www.sport.act.gov.au/about-us/latest-news>

NEW SOUTH WALES

NSW Health - latest news <https://www.health.nsw.gov.au/Infectious/diseases/Pages/coronavirus.aspx>

NSW Health FAQ <https://www.health.nsw.gov.au/Infectious/alerts/Pages/coronavirus-faqs.aspx>

NSW Health Resources multilingual resources and downloads <https://www.health.nsw.gov.au/Infectious/diseases/Pages/covid-19-resources.aspx>

NSW Office of Sport - COVID-19 - Information for Sport and Recreation Organisations <https://sport.nsw.gov.au/covid-19—information-sport-and-recreation-organisations-0>

NSW Government - COVID-19 Employees rights and workplace responsibilities <https://preview.nsw.gov.au/covid-19/businesses-and-employees>

NSW Office of Fair Trading - COVID-19 FAQ on consumer and business rights <https://www.fairtrading.nsw.gov.au/resource-library/publications/coronavirus-covid-19-faqs-consumer-and-business-rights>

Sport NSW - update <https://www.sportnsw.com.au/news/sport-nsw-covid-19-update/>

NORTHERN TERRITORY

NT Government - latest news <https://coronavirus.nt.gov.au/>

NT Government - COVID-19 Risk Assessment Tool [NT Health COVID-19 Risk Assessment tool](#)

Department of Tourism, Sport and Culture - latest updates on events, gathers and meetings <https://dtsc.nt.gov.au/news/2020/update-on-events,-gatherings-and-meetings>

QUEENSLAND

Queensland Gov't - latest news <https://www.qld.gov.au/health/conditions/health-alerts/coronavirus-covid-19>

Queensland Government - symptoms, travel warnings, and other preventative measures

[http://conditions.health.qld.gov.au/HealthCondition/condition/14/217/838/novel-coronavirus?](http://conditions.health.qld.gov.au/HealthCondition/condition/14/217/838/novel-coronavirus?fbclid=IwAR1XRPe2HKbkqj4cWylPsm9FzIbQA6hSL9a5SrfGbmCTDYc9GjX2BxUVHd0)

[fbclid=IwAR1XRPe2HKbkqj4cWylPsm9FzIbQA6hSL9a5SrfGbmCTDYc9GjX2BxUVHd0](http://conditions.health.qld.gov.au/HealthCondition/condition/14/217/838/novel-coronavirus?fbclid=IwAR1XRPe2HKbkqj4cWylPsm9FzIbQA6hSL9a5SrfGbmCTDYc9GjX2BxUVHd0)

Clubs Queensland http://www.clubsqld.com.au/Web/member_resources/covid-19.aspx

SOUTH AUSTRALIA

SA Health <https://www.sahealth.sa.gov.au/wps/wcm/connect/public+content/sa+health+internet/health+topics/health+topics+a+-+z/COVI+D+2019>

Office for Recreation, Sport and Racing - latest news https://www.orsr.sa.gov.au/ors_news?a=28302

Sport SA - COVID-19 and sporting activity <https://www.sportsa.org.au/news/coronavirus-covid-19/>

TASMANIA

Tasmania Department of Health - latest news https://www.dhhs.tas.gov.au/publichealth/communicable_diseases_prevention_unit/infectious_diseases/coronavirus

Department of Communities Tasmania - health alert info & useful resources <https://www.communities.tas.gov.au/coronavirus>

VICTORIA

Victoria Department of Health and Human Services - latest news <https://www.dhhs.vic.gov.au/coronavirus>

Media releases and statements from The Premier <https://www.premier.vic.gov.au/media-centre/#results>

Sport & Recreation Victoria - latest news and FAQs <https://sport.vic.gov.au/news/articles/update-11-march-coronavirus>

VicSport - COVID-19 updates and links <https://vicsport.com.au/blog/3522/covid-19-coronavirus-update-and-links>

Consumer Affairs Victoria - COVID-19 and your rights <https://www.consumer.vic.gov.au/resources-and-tools/advice-in-a-disaster/coronavirus-covid19-and-your-rights>

WESTERN AUSTRALIA

WA Department of Health - latest news <https://www.healthywa.wa.gov.au/coronavirus>

WA Sport and Recreation - latest news, info, advice <https://www.wa.gov.au/government/coronavirus-covid-19>

Libby Kosmala OAM

Twelve-time Paralympian in three different sports, Libby Kosmala was inducted into the South Australian Sports Hall of Fame on 22nd November 2019. Among her many achievements, she set a World record at the 1994 World Championships in Austria in the Air Rifle Prone event. Libby dominated Paralympic rifle shooting in Australia for most of her career which has spanned nearly 50 years and has won nine Paralympic



medals. As a shooter she is a phenomenon and, since retiring from competitive shooting, has switched her energy to assisting others through coaching.

She was awarded an Order of Australia in 1985 for her services to the sport of Rifle shooting and the disabled community.

At the time of compiling this note, the following files were added to Shooting.by, showing the dominance Libby has displayed as a competitor. Australia currently ranked 3rd in terms of Paralympic Games in Rifle; 1st in the world in Individual and in the last table Libby takes 1st place with 9 Gold whilst also from Australia in 3rd place is Barbara Caspers, with 5 Gold



Photos provided by Yvonne Hill (friend and coach of many years) taken at presentation night

Medal Standing at the Paralympic Games 1976-2016 by NOC for RIFLE

Rank	Nation			Gold	Silver	Bronze	Total
1	SWE	Sweden	1980-2012	23	8	16	47
2	KOR	Republic of Korea	1988-2016	16	12	9	37
3	AUS	Australia	1976-2012	15	5	3	23
4	GER	Germany	1992-2016	7	13	10	30
5	CHN	People's Republic of China	1996-2016	6	5	6	17

Medal Standing at the Paralympic Games 1976-2016 by NOC for Women Rifle Individual

Rank	Nation			Gold	Silver	Bronze	Total
1	AUS	Australia	1976-2012	14	4	2	20
2	KOR	Republic of Korea	1992-2016	7	5	2	14
3	CHN	People's Republic of China	1988-2016	6	6	3	15
4	GBR	Great Britain	1984-2004	6	4	5	15
5	SVK	Slovakia	2008-2016	3	1	1	5

Multi-Medalists at Paralympic Games 1976-2016 Women Rifle

Rank	Nation			Gold	Silver	Bronze	Total
1	AUS	KOSMALA, Elizabeth	1976-1998	9	3		12
2	KOR	KIM Im Yeon	1992-2008	5	3	1	9
3	AUS	CASPERS, Barbara	1980-1984	5	1	1	7
4	CHN	ZHANG Cuiping	2008-2016	4	3	2	9
5	GBR	COATES Deanna	1984-2000	3	3	2	8

A letter to the Athletes competing for Selection for the 2020 Olympic Games by Petr Kurka, the Australian National Coach (printed with permission)

Dear athletes,

I hope everyone is feeling OK, safe and gradually adapting to the new routine that comes from life with the COVID-19.

Firstly, I wanted to thank everyone for the huge effort which you put into your preparation for our selection events. It wasn't easy to have a tough Europe Tour (for some of you) in January and go straight into important competitions such as the Trials, which we have successfully finished this weekend. The Performances, which most of you brought, were excellent. Many new Personal Records and New Australian Records were achieved, which shows that your preparation is moving in the right direction.

I am very proud of you.

Thank-you to all coaches, Shooting Australia staff and SASI, who have participated in your preparation and supported you throughout. Also, to all family members, who stayed with you and supported you under every circumstance. Last but not least, to our fantastic volunteers, who ran our competitions in Adelaide at the highest level, flawlessly, with impeccable organization.

Everyone is closely watching the situation with the virus pandemic (Covid-19), which is affecting every part of our Globe, and Australia is no exception. The situation is very unstable and unpredictable. It plays a different game with sport, where competitions, schedules and strict planning have us knowing what will happen years in advance.

You have probably seen over the past few months or weeks some big competitions from various sports were postponed or even fully called off. Unfortunately, at this stage it is the only option to keep athletes and staff healthy and help to reduce the virus spreading around the Globe. The priority for all continents, countries and for all people is to help as much as we can with this to ensure everyone's health and safety.

Yesterday's news from the IOC indicates, that the Tokyo Olympic Games will probably be postponed somewhere in the middle of the year 2021. The AOC in their media release also have indicated that Australian athletes should prepare for a Tokyo Olympic Games in the northern summer of 2021!

I cannot deny that this announcement hit me hard and that I am disappointed, and certainly you were as well. Although, to be honest with you – I did expect it. You may feel that your preparation, in which you have spent many months and possibly years, suddenly lacks sense and goals. It's not like that.

Your preparation had a massive positive impact on your performance. Just because the year's top sporting goal has been removed from our calendar does not mean that we become sceptical and sit back!
Quite the reverse!

It is very positive that IOC speaks about postponing and not about the cancellation of the Games. That gives each of us a chance to continue hard work and be better and stronger for the Games next year. I know that each of you have some reserves in your performance, and now is a good time to put some time into finding it, so that you can be better than the others and win.

This enforced change means we will have more time to spend in our preparation for the Games and I feel positive about this. I don't want to say we wouldn't have been ready for the Tokyo Olympic Games in July 2020. We were ready and would still be competitive in Tokyo in July 2020. But we have a few more talented athletes with amazing results, and the extra preparation and training time for the year will help us to be even better and much more competitive. So, use the time that this unfortunate situation has given us, and act with a positive spirit.

Cont...

Yes, we must prepare for this year's season to be different. We will not have as many competitions as we think we need and we will not have the freedom for group training, at least over the next few months. But that doesn't stop us. We have Scats and we know that dry training is one of the most important parts of training to improve your performance and certainty your shooting posture. And I think I am not mistaken when I say we have all the appetite for work and that our goal is to show the entire world, that we are able to reach any sporting goal, even if there isn't hundreds of rifle athletes. Only two athletes per country may be competing at Games in every event, right??

I am convinced that the IOC during the next few weeks will make a crucial decision, which already our AOC correctly predict. This might give us the answers too.

Now is the time for a reassessment of our priorities - time spent with family , and at least for next few weeks we will have the possibility to dedicate time to our health, to our body and to our spirituality. This will be a positive outcome for these days and certainly we will benefit from it.

My recommendation for the next few weeks is

- to have a bit of rest without your shooting equipment
- limit your social activity outside of your residence to a minimum
- observe the hygiene rules
- follow AUS / SA Covid-19 measures
- stay fit and do exercises
- stay in regular contact with SASI James to find the best ways to continue improving you balance, cardio
- watch Team App, Shooting Aus, ISSF, TRSA web site and your email regularly to be in the picture about any changes

I believe that when the situation around the pandemic Covid-19 calms down (I guess it won't just fade away fully for a long time), we will find that our views on sport are different, and that we like the new picture of our future in sport very much.

It will perhaps be nearer to the famous *Pierre de Coubertin's idea (founder of the International Olympic Committee)*

“The important thing in life is not the triumph but the struggle,
the essential thing is not conquered but to have fought well. ”

I hope you have a good rest, stay safe and healthy.

Kind regards

Petr - AUS Shooting / National Rifle Coach

News Clip The Olympic Games Tokyo 2020 will be celebrated from 23 July to 8 August 2021, and the new dates for the **Paralympic Games, which will be celebrated from 24 August until 5 September 2021.**

Shooting Australia TV is a great way to see our best athletes in action and you can watch all the live-streamed finals from the 2019 Oceania Championships and from the recent Olympic Nomination Series plus all the athlete interviews on the SATV platform via Epicentre.tv

It is FREE to subscribe to SATV and easy to sign up. Just go to <https://epicentre.tv/shooting-australia> and follow the prompts. If you have any trouble, just email us at office@shootingaustralia.org and we can help you out.

Epicentre.tv apps available at your android play store or iphone app store

This worked very well as those who witnessed the selection coverage in Rifle, Pistol and Shotgun would agree; a great crew and indeed what the sport needs but we need to get all our friends watching.

Results and Records; the next 5 pages show the scoresheet setup for each of the Rifle Olympic Selection Events conducted by Shooting Australia and then the current recognised record scores in the ISSF events. These and more available on the website at <https://tra.org.au>

TOKYO OLYMPIC GAMES 2020 **SELECTION SCOREBOARD_21 Mar 2020**
10m Air Rifle MEN

	Selection Event 1 AdelaideCup1 Wingfield, SA 15th February 2020			Selection Event 1 AdelaideCup1 Wingfield, SA 16th February 2020			Selection Event 3 SuperSaturday Wingfield, SA 29th February 2020			Selection Event 4 Olympic Trials #4 Wingfield, SA 21st March 2020			
	Qualifying	Final	Score	Qualifying	Final	Score	Qualifying	Final	Score	Qualifying	Final	Score	Diff.
10m Air Rifle M												CURRENT TOTAL	
SAMPSON DANE	625.9	8	633.9	628.8	8	636.8	627.9	8	635.9	7	635.5	1908.2	
HOBERG ALEX	629.2	6	635.2	626.5	7	633.5	628.2	7	635.2	8	632.8	1903.9	-4.3
ROSSITER JACK	625.4	7	632.4	629.3	6	635.3	621.1	6	627.1	5	628.7	1896.4	-7.5
DAVIS MICHAEL	605.9	5	610.9	616.8	5	621.8	612.1	5	617.1	6	621.8	1860.7	-35.7
NICHOLAS MICHAEL	606.6	1	607.6	605.5	2	607.5	601.4	2	603.4	4	603.1	1818.5	-42.2

Official "2020 Olympic Games Nomination Scoreboard" will be available here:
<https://shootingaustralia.org/high-performance/high-performance-policies/>

TOKYO OLYMPIC GAMES 2020 **SELECTION SCOREBOARD_21 Mar 2020**
50m 3Position Rifle MEN

	Selection Event 1 AdelaideCup1 Wingfield, SA 18th February 2020			Selection Event 2 SuperSaturday Wingfield, SA 2nd March 2020			Selection Event 3 SuperSaturday Wingfield, SA 3rd March 2020			Selection Event 4 Olympic Trials #4 Wingfield, SA 20th March 2020			
	Qualifying	Final	Score	Qualifying	Final	Score	Qualifying	Final	Score	Qualifying	Final	Score	Diff.
50m 3 Positions M												CURRENT TOTAL	
SAMPSON DANE	1169	8	1177	1176	8	1184	1170	8	1178	6	1171	3539.0	
HOBERG ALEX	1155	6	1161	1158	7	1165	1161	7	1168	8	1174	3507.0	-32.0
ROSSITER JACK	1151	7	1158	1154	6	1160	1161	5	1166	7	1162	3488.0	-19.0
DAVIS MICHAEL	1145	5	1150	1133	5	1138	1145	6	1151	5	1171	3472.0	-16.0

AUSTRALIAN BEST SCORES - RIFLE ISSF EVENTS - Men / Women

Event	Result	Holder Name	Date	Place	Competition	Notes	Last check
50m Prone M	629.5	SAMPSON Dane	5.5.2016	Pizen, CZE	GP of Liberation	Non-Olympic Event	29.2.2020
50m Prone W	622.6	SMITH Susie	10.9.2017	Adelaide, AUS	Adelaide Cup	Non-Olympic Event	29.2.2020
50m 3 Positions M	1188	SAMPSON Dane	19.5.2019	Pizen, CZE	Czech Cup2		29.2.2020
	460.6	SAMPSON Dane	2.10.2017	Brisbane BISC, AUS	QLD Champion-ships		29.2.2020
50m 3 Positions W	1146	RIDLEY Robyn	18.04.2019	Sydney SISC, AUS	TRA Nationals		29.2.2020
	455.8	RIDLEY Robyn	27.6.2014	Brisbane BISC, AUS	Australia Cup2		29.2.2020
10m Air Rifle M	632.7	SAMPSON Dane	15.6.2019	Brisbane BISC, AUS	BISC Grand Prix		29.2.2020
	251.7	SAMPSON Dane	11.8.2019	Adelaide, AUS	Adelaide Cup - SA PF Series		29.2.2020
10m Air Rifle W	629.2	COLLIER Elise	21.3.2020	Adelaide, AUS	OG Trials 4/4	Updated	21.3.2020
	253.6	COLLIER Elise	21.3.2020	Adelaide, AUS	OG Trials 4/4	Updated	21.3.2020
10m AR Mixed Team	627.0	ROSSITER Victoria SAMPSON Dane	16.6.2019	Brisbane BISC, AUS	BISC Grand Prix		29.2.2020
	416.3	ROSSITER Victoria ROSSITER Jack	20.1.2020	Innsbruck, AUT	Meyton Cup		29.2.2020

AUSTRALIAN BEST SCORES - RIFLE ISSF EVENTS - Men Junior / Women Junior

Event	Result	Holder Name	Date	Place	Competition	Notes	Last check
50m Prone M-j	624.1	BAILEY Mitchell	4.6.2017	Adelaide, AUS	Endorsed SuperSat	Non-Olympic Event	29.2.2020
50m Prone W-j	620.7	HATZIGIANNIS Jacqui	13.5.2017	Adelaide, AUS	TRSA State Champ.	Non-Olympic Event	29.2.2020
50m 3 Positions M-j	1166	HOBURG Alex (54x) DAVIS Michael (48x)	20.3.2020	Adelaide, AUS	OG Trials 4/4	Updated	20.3.2020
50m 3 Positions W-j	453.4	HOBURG Alex	20.3.2020	Adelaide, AUS	OG Trials 4/4	Updated	20.3.2020
50m 3 Positions W-j	1143	KOWPLOS Katarina	2.3.2020	Adelaide, AUS	Adelaide SupSat-OG Trials 2/4		02.03.2020
50m 3 Positions W-j	448.7	SEDGMAN Alethea	15.4.2014	Adelaide, AUS	TRA Nationals		29.2.2020
10m Air Rifle M-j	629.2	HOBURG Alex	15.2.2020	Adelaide, AUS	Adelaide Cup1 - OG Trials 1/4		29.2.2020
10m Air Rifle M-j	252.3	HOBURG Alex	18.1.2020	Innsbruck, AUT	Meyton Cup		29.2.2020
10m Air Rifle W-j	628.1	ROSSITER Victoria	29.2.2020	Adelaide, AUS	Adelaide SupSat-OG Trials 3/4		29.2.2020
10m Air Rifle W-j	249.8	ROSSITER Victoria	9.9.2017	Adelaide, AUS	Adelaide Cup		29.2.2020
10m AR Mixed Team-j	623.4	AUS 3 KOWPLOS Katarina HOBURG Alex	20.1.2020	Innsbruck, AUT	Meyton Cup		29.2.2020
10m AR Mixed Team-j	415.6	AUS 1 ROSSITER Victoria HOBURG Alex	17.1.2020	Innsbruck, AUT	Meyton Cup		29.2.2020

AUSTRALIAN BEST SCORES - RIFLE ISSF EVENTS - Teams

Event	Result	Team name	Team Members	Individual Results	Date	Place	Competition	Notes	Last check
50m Prone M	1871.8	AUS	Sampson Dane	629.5	5.5.2016	Plzen, CZE	Grand Prix Liberation		29.2.2020
			Bailey Mitchell	622.3					
50m Prone M-j	1850.0	AUS	Woodhouse Frederyk	620.0	27.06.2015	Suhl, GER	ISSF Junior Cup		29.2.2020
			Bailey Mitchell	619.6					
			Woodhouse Frederyk	618.5					
50m Prone W	1830.7	AUS-A	Shand George	611.9	6.11.2019	Sydney SISC, AUS	OSF Championships		29.2.2020
			Smith Susannah	614.5					
			Collier Elise	609.7					
50m Prone W-j			Hatzigiannis Jacqui	606.5				not established yet	29.2.2020
50m 3 Positions M	3438.0	AUS	Godward William	1151	1.5.2015	Hannover, GER	ISCH		29.2.2020
			Sampson Dane	1149					
			Sevelj Andrew	1138					
50m 3 Positions M-j								not established yet	29.2.2020
50m 3 Positions W	3336.0	AUS-B	Henry Tamsyn	1094	7.11.2019	Sydney SISC, AUS	OSF Championships		29.2.2020
			Kowpilos Katarina	1126					
			Rebling Maria	1116					
50m 3 Positions W-j								not established yet	29.2.2020
10m Air Rifle M	1879.7	AUS-A	Rositzer Jack	628.7	3.11.2019	Sydney SISC, AUS	OSF Championships		29.2.2020
			Sampson Dane	628.4					
			Hobberg Alex	622.6					
10m Air Rifle M-j	1796.8	SA	Rositzer Jack	621.2	6.12.2015	Sydney SISC, AUS	Shooting Australia Junior Championships		29.2.2020
			Ioakim Nicholas	585.2					
			Hobberg Alex	590.4					
10m Air Rifle W	1864.5	AUS-A	Rositzer Victoria	624.6	3.11.2019	Sydney SISC, AUS	OSF Championships		29.2.2020
			Adams Emma	621.9					
			Collier Elise	618.0					
10m Air Rifle W-j	1849.3	AUS	Rositzer Victoria	626.1	22.3.2018	Sydney SISC, AUS	Junior World Cup		29.2.2020
			Kowpilos Katarina	614.4					
			Adams Emma	608.8					

TARGET RIFLE AUSTRALIA LTD
SUMMARY OF DIRECTORS MEETING
January 2020

- 1 Five directors and executive officer present.
- 2 Apologies received from Director Robyn Ridley
- 3 **Policy and Guideline Documents:** Approved Policy and Guideline documents were distributed to member organisations on 4/11/2019.
- 4 **Member Protection Policy:** Directors approved the TRA Member Protection policy for distribution to member organisations and will have the documents uploaded to the TRA website as soon as practically possible.
- 5 **Sports Science Policy** A draft Sports Science and Medicine Policy document adapted from the Shooting Australia policy of the same name will be revised and adapted to ensure it is relevant to the wider TRA membership. The draft will be finalised and circulated to directors for approval the next board meeting before distribution to member organisations.
- 6 **Members General Property Insurance Quotation:** TRA's Insurance Brokers were contacted in September of 2019 concerning an upgraded Members general property insurance quotation. Currently a response from the underwriters has not been received. Shooting Australia is also examining the issue of insurance in general and it has been recommended that TRA wait to ascertain whether there are any further developments in this area from Shooting Australia.
- 7 **National Championships Perpetual Trophies:** Replacement plaques have been ordered and existing plaques / shields have been submitted for engraving updates. All plaques will be finalized by 31/1/2020.

Directors resolved to update existing trophies to the end of 2019 before offering them back to the original donors or member organisations for display at their respective headquarters.

- 8 **Recommendation on appropriate investment strategy for TRA Cash Reserves:** Directors approved the recommendations of the Finance committee for the following investment strategy for a portion of TRA capital reserves. It was recommended that the total amount of \$400,000 be split and invested

- 9 **2019 SA Awards of Excellence:** Award recipients with connections to TRA were:

Anton Zappelli – Ashley Adams Perpetual Trophy - Athlete of the Year and High Performance Para-shooter of the Year
Tricia Van Nus – Coach of the Year Award.

Congratulations to the award recipients for 2019

- 10 **2020 TRA Rimfire and Airgun Bench Rest National Championships:** Expressions of Interest to host the 2020 TRA Rimfire and Airgun Bench Rest National Championships were circulated to Member Organisations in late November with a deadline of 15th December.

Only one EOI for the 2020 Rimfire and Airgun Bench Rest Championships received was from Hornets Rimfire Bench Rest Club (Qld).

Directors resolved to accept the expression of interest from Hornets Rimfire Bench Rest Club to conduct the 2020 TRA Rimfire and Airgun Bench Rest Championships.

- 11 **Promotions / Marketing:** A formal proposal to develop some TRA Ltd merchandise lines including items for specific events (e.g. shirts etc.) is being prepared for presentation to directors at the next board meeting

- 12 **Report from 2019 Shooting Australia AGM and Members Forum:** The 2019 Shooting Australia AGM and Member's Forum was held in Brisbane in November. This forum, for the first time in a number of years, included representatives from all bodies affiliated with Shooting Australia.

It was a productive and informative meeting with the main focus being on working together to benefit all shooters from club to Olympic level. Some of the key directions to come from this meeting included:

Shooting Australia is currently undertaking a feasibility study into a dedicated TV platform for the shooting sports given the need to promote our sport through the media in a positive light, including non- ISSF shooting.

Coaching and Officiating Pathways need clarification and Shooting Australia will share any data they have with affiliates

13 Executive Officer's Remuneration Review:

14 TRA National Championships 2021 Update: TRV has confirmed that it will host the 2021 TRA National Championships on behalf of TRA Ltd. TRV has formed a committee of 5 comprising ISSF, bench rest and Sprint shooters. Julie Holcombe will be the chair and any correspondence required can be directed to her. TRA Director Sue Lott is a member of the committee and her input in programming and events will assist TRV to stage the event.

TRV has indicated that a couple of options for venues are available and the organisation will be in a better position to advise the final decision sometime in the first few months of 2020.

15 2021 Rimfire and Airgun Bench Rest National Championships:

Directors resolved to seek expressions of interest from Member Organisations to host the 2021 Rimfire and Airgun Bench Rest National Championships. EOIs to be submitted by 31st March 2020

16 TRA National Championships 2022 and beyond:

Directors discussed improving consistency in the conduct of TRA National Championships for 2022 and beyond.

Directors resolved to abandon the "traditional" rotation policy of member organisations hosting TRA National Championships and move to future Nationals being hosted based on an expression of interest process according to and per the TRA National Championships Operating Manual.

Member organisations will be formally notified of the change to the procedure for hosting of TRA Ltd National Championships for 2022 and beyond.

17 TRA National Championships Operating Manual Review: There are a number of inconsistencies in the TRA National Championships Operation Manual as published on the TRA Website. (TRA National Championships Manual Version 2.0 – 2018)

A newer (unapproved version) of the Manual (TRA National Championships Manual Version 1.0 – 2019) will be distributed to Directors for review with the objective of finalising the program for 2022 and calling for expressions of interest from Member organisations to host the event as per item 16.

18 TRA Database: Training for Member Organisation Secretaries / Administration Staff will need to be facilitated once the TRA Ltd National Database is ready for roll out. Instructional documentation adapted from the original TRV software package for using the database will be developed and circulated to member organisations once the National Database is ready to be rolled out.

19 TRA Membership Trends / Capitation Fee Review: Directors noted that current membership trends for the organisation indicate that over all membership remains relatively static. Full membership nationally is trending lower while concessional membership is trending upward. Junior membership has remained static over a long period of time.

These membership trends will have an impact on TRA revenue received from member organisations which will affect the ability of TRA to meet annual financial operational requirements.

Directors resolved to have the Finance Committee review the TRA capitation fee structure with a view to implementing changes for 2023 and presenting recommendations at the 2020 Member's forum following the AGM.

The Finance Committee will provide recommendations concerning the TRA capitation fee structure for the next board meeting

20 TRA Organisational Restructure: TRA will send formal correspondence to member organisations concerning the proposed restructure and publish a synopsis of the proposed changes to the organisation in the next edition of the TRA E-Magazine.

The TRA strategic plan will be reviewed and updated to reflect the outcomes from the meeting of member organisation presidents (i.e. State Consultative Committee) held in October 2019.

TARGET RIFLE AUSTRALIA LTD
SUMMARY OF DIRECTORS MEETING

March 2020

- 1 All directors and executive officer present.
- 2 **Sports Science and Medicine Policy:** Directors approved the revised policy for distribution to member organisations as soon as possible.
- 3 **Athlete Funding Policy & Application Form and TRA Performance Grant Guideline Documents** have been approved for distribution to member organisations, affiliated clubs and athletes.
- 4 **TRA National Championship Perpetual Trophies:** Existing Trophies have been updated and offered to donors / member organisations for display. To date, QTS, WASRA and TSARA have indicated that they are happy to take care of the original trophies.
- 5 **2021 TRA Rimfire and Airgun Bench Rest National Championships:** EOI documentation was prepared and distributed to member organisations on 13/01/2020. Deadline for receipt of EOI's is 31st March 2020 – to date no EOI's have been received.
- 6 **TRA Financial Investments:** TRA has recently invested approximately \$100,000 in shares in each of the big four banks. 1,000 shares were purchased in each of ANZ, NAB, WBC and 300 in CBA. The dividends on these investments remain sound, all running at around 5% to 6%. A recommendation was made to buy Government bonds also but given the current situation and the fact that this is not the best time to buy shares the Finance Committee has discussed an alternative option which is to buy direct into a property trust such as Charter Hall.

Directors resolved that the finance committee investigate investing in an unlisted property trust such as Charter Hall in lieu of investing in Government bonds and provide an appropriate recommendation to the Board as soon as practically possible
- 7 **TRA Supplementary Rules Update:** Update has been completed by technical committee and is currently being reviewed before final publication given the inclusion of 10m 3-P Air Rifle with a view to publish the updated Supplementary Rule document for distribution later in 2020 to take effect from 2021.
- 8 **2020 TRA National Championships Update:** Entries have been extended to 18th March 2020 with approximately 80 entrants to date. Some Member Organisations have questioned whether the National Championships would be cancelled given the ongoing concern about the COVID-19 pandemic.

Directors considered the situation and resolved that the 2020 TRA Nationals would proceed as scheduled this stage and to issue a formal statement to this effect as soon as practically possible. Directors also resolved to advise that should the 2020 TRA Nationals not progress that NSW SARAI will be reimbursed for expenses incurred. EO will advise NSW SARAI of this resolution.

Update: On the 18th March, 2020 the board of directors resolved to cancel the 2020 TRA National Championships based on advice received concerning the ongoing COVID-19 pandemic and after consultation with the organising committee of the host member organisation, NSW SARAI. Member Organisations, affiliated clubs and members were officially advised of the cancellation on 18th March 2020.
- 9 **2021 TRA National Championships Update:** A progress report was received on 10th February 2020 and circulated prior to the meeting. In summary: TRV committee consists of Julie Holcombe, Sue Lott, Dennis Peacock Chris Karamoshos and Ewan Watson

The proposed dates are Wednesday 31st of March until Monday the 5th of April.

Proposed venue Shepparton Small Bore club.

It is believed Shepparton is a perfect fit by providing ease of travel to the venue, it provides a large area for all aspects of the event including parking and sprint.

A large choice of accommodation for all needs, things to do in the area when competitors are not shooting.

A draft program was prepared and forwarded to directors 10/03/2020 for discussion. Directors suggested that a number of changes to the program be implemented including: the daily start times be earlier (e.g. 8am subject to appropriate lighting), the 4th bench rest relay on this option be removed in favour of adding a second ISSF Prone relay, reducing the time between relays from 30 minutes to 20 minutes.

Directors resolved that the program be redrafted based on the suggested changes and distributed to directors for perusal and consideration as soon as practically possible. Final approval of the program will be made via circular resolution prior to next Board Meeting

10 TRA National Championships Review:

Member organisations were notified of the change to policy of hosting TRA National Championships and the general time frame for determining hosts for future Nationals via email on 13/1/2020. Feedback was received from TRSA on 16/01/2020. Directors resolved to review the feedback provided by TRSA, finalise a review and present a proposal to member organisations at the members forum following the 2020 TRA AGM on 16th May

Directors resolved to send a reminder calling for Expressions of Interest for the 2022 and 2023 National Championships to member organisations.

11 Proposed Revival of Duncan 400 Postal Competition: A proposal to revive the Duncan 400 postal competition was received. Directors resolved to proceed with a trial competition to be conducted in 2020 subject to more detailed rules and conditions being developed. The competition will be reviewed based on the entries received to determine if it is economically feasible to continue the event.

12 Coaching Report: A written report was received.

Business arising from the report: Directors endorsed the use of a welcome letter and brochure for new shooters joining to help outline the shooting sport

Directors endorsed the distribution of digital copies of the Shooting Starter and Benchrest Starter booklets to member organisations and clubs for inclusion in a welcome pack for new shooters.

Directors endorsed updating and distributing digital copies of the TRA promotional brochure to be used by club instructors and given to potential members to help outline the various positions/events.

14 Coaching Recommendations:

A written report outlining coaching recommendations was distributed to directors prior to and tabled at the meeting. Directors discussed the document and in principle approved of many of the recommendations contained therein. It was felt that the project is highly dependent on TRA endorsing an appropriate person to lead and drive the project.

As an initial step, directors approved that a survey as presented in the document be distributed to current accredited coaches. Directors also felt that a more detailed cost analysis needed to be considered and a project budget to be prepared prior to endorsing a project leader and proceeding with the project.

15 TRA Membership Trends A draft presentation concerning projected membership trends to 2029 using the current capitation fee structure was presented for perusal and consideration

Directors endorsed the proposal to deliver the presentation to member organisations during the 2020 AGM.



The 2020 TRA National Championship



Wow, how quickly things change.

On March 16th with entries about to close for the 2020 TRA Nationals we posted to all members via the usual circulars and facebook that, *"The Board of Directors assures everyone that planning and delivery of next month's 2020 TRA National Championships is continuing and that the 2020 TRA National Championships will proceed as scheduled, from the 8th – 13th April....."*

Later that day on advice, TRA and NSW agreed to cancel the 2020 event given it looked like CoronaVirus would only get worse. Postponement was considered but it was agreed that if there was another delay, many people including the overseas participants, would lose money.

Now, of course with ranges all over Australia affected, we reluctantly had to close the Postals as well.

On behalf of the Board of TRA Ltd I would offer our most sincere thanks to Dennis Claxton (President) and Sandra Maranik (Secretary) of NSW SARAI and their loyal members/workers for their efforts both in 2019 and 2020

We look forward to working with them in the future at the Olympic Games 2000 Venue, Sydney International Shooting Centre.

Also a special apology to those from New Zealand and other Internationals for having to cancel two years in a row; hopefully we will be rid of COVID-19 soon.

2021 Planning is underway for Shepparton, Victoria as mentioned elsewhere.

In the meantime, holding, dry-firing and Scatt or similar will help keep those skills honed.

Now is also an excellent time to give all your shooting kit a good clean. Make sure it is all ready to go when we are able to start up again and to prevent any damage from storage (rust etc).



THINKING DURING A MATCH

by Tricia Van Nus

THE ATHLETE: You've shot your sighting shots and happy with those, and the Range Official has said the magic word "start".... now to the match shots it is only then that you notice little changes occurring in your tough "ready to go" approach.

What if I will I.... can I....someone's talking back there I'm hungry

These little thoughts impose themselves to test your resolve, and give you the opportunity to ask the eternal question.....

What should I think about in a match?.....

Some will say - think about nothing. Easier said than done! What is nothing - a blank board, an empty sky, a black hole? Most people get the mind working on the images - nothing suddenly becomes something!

When the shooter is on the line, the mind is the voice of reason - keeping the performance constant and reliable. Some shooters happily talk to themselves to keep them on track, reminding themselves of what they are doing right. Some "listen" to music in their mind. Of course the KISS principle applies here - keep it simple.

Trying to analyse each and every action from all angles while shooting, will only divert energy to the analysis and perhaps away from what you are doing.... that is working on the process of firing a good shot. If need be, lock the analyst in the car while you shoot - plenty of time later to let them out.

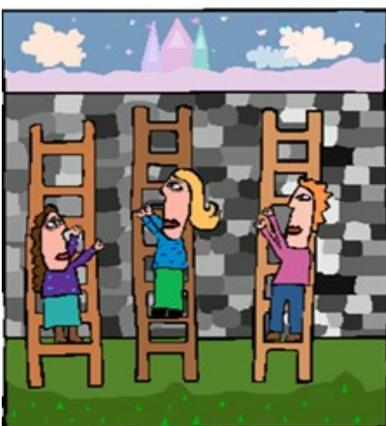
I offer a suggestion that **"CUE" words or phrases** are useful - words that invoke a positive image. By way of example "my position is rock solid"..... "my sights are crystal clear"..... "each shot I fire is smooth"

Of course, as is with many things, using cue words or phrases only works if you have trained with this approach. It's also an advantage if you are the kind of person who relates well to these image cues.

Learn about yourself and decide whether you produce your best work after being around people and absorbing their vibrant energy, or whether you prefer to step back a bit and have a quiet time to collect your thoughts just before a match. Don't be afraid to withdraw and get your mind into the "shooting mode"

My recommendation - think about how much you enjoy what you are doing - you have chosen this most exacting of sports. Think about your process - sure and reliable. Here a few other hints... things that you can think about.....

- Have a plan - know what you want to achieve - both short term and in the longer term and then stick by it
- Be concerned and pay attention to those details over which you do have control. There is little point wasting energy on thing that you can't control.
- A score is not the only indicator of performance level - it's your process that counts more in the longer term
- Stay working on those parts of your performance that matter - good balance, smooth breathing, solid position, good sighting with a reliable trigger release and follow-through
- Do nothing more and nothing less than perform your best shot
- Give yourself a pat on the back when it works, and a slight nudge to get back on track if it slips



You are your own motivation during a match

***"To see over the wall (ie outcome),
one must first climb the ladder
and take each step in order (ie process)"***

COACHING TIPS

Ask athletes to target factors that can be controlled, eg an athlete cannot worry about the result of the competition or the weather because they cannot control it, but they can nominate such things as good position, sighting and careful attention to the details in shooting.

Design and implement individual goal-setting plans - both long and short term. The athlete will then have a better idea of the grand picture and where this competition fits into the scheme of things

Discuss individual goals – every training session and match has a goal

Learn when it's best to leave the athlete who wants space - be available so they may seek you if required, yet not be "in their face"

Train the athlete towards independence

Learn simple key phrases for the talkative athlete - they want to express themselves not just hear a series of statements from

you

Assist the athlete in dealing with both winning and losing, eg when they win they can attribute success to their hard work in training, and their reliable match process. When they don't win, they should pay tribute to their effort,

GOING TO TOKYO

Name	Event/s*	Age	Olympic Games
Paul Adams	Men's Skeet	27	2nd (2016)
Dina Aspandiyarova	Women's 10m Air Pistol	43	4th (2000 for Kazakhstan), 2008, 2012
Laura Coles	Women's Skeet	32	Debut
Elise Collier	Women's 10m Air Rifle	21	Debut
Sergei Evglevski	Men's 25m Rapid Fire Pistol	22	Debut
Elena Galiabovitch	Women's 25m Sports Pistol	30	2nd (2016)
Thomas Grice	Men's Trap	27	Debut
Alex Hoberg	Men's 10m Air Rifle	18	Debut
Katarina Kowplos	Women's 50m Rifle 3 Positions	18	Debut
Daniel Repacholi	Men's 10m Air Pistol	37	5th (2004, 2008, 2012, 2016)
Jack Rossiter	Men's 50m Rifle 3 Positions	22	2nd (2016)
Dane Sampson	Men's 10m Air Rifle	33	3rd (2012, 2016)
Laetisha Scanlan	Women's Trap	30	2nd (2016)
Penny Smith	Women's Trap	24	Debut
James Willett	Men's Trap	24	2nd (2016)



AUSTRALIA
Tokyo 2020

shooting

**Katarina
Kowplos**

射擊

GOING TO
TOKYO!



AUSTRALIA
Tokyo 2020

shooting

**Elise
Collier**

射擊

GOING TO
TOKYO!



AUSTRALIA
Tokyo 2020

shooting

**Dane
Sampson**

射擊

GOING TO
TOKYO!



AUSTRALIA
Tokyo 2020

shooting

**Alex
Hoberg**

射擊

GOING TO
TOKYO!



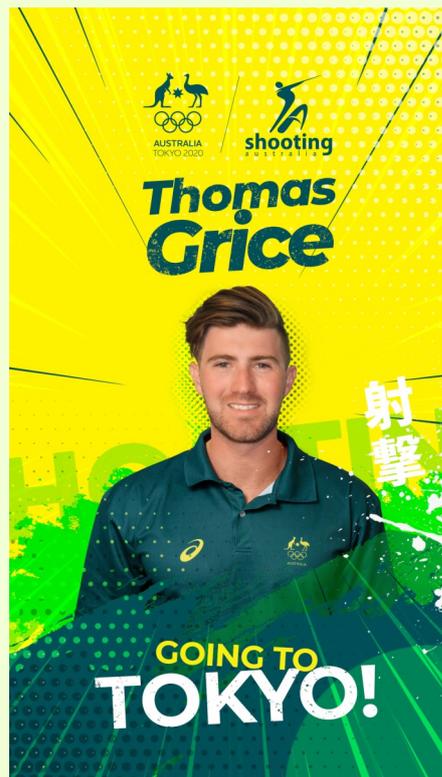
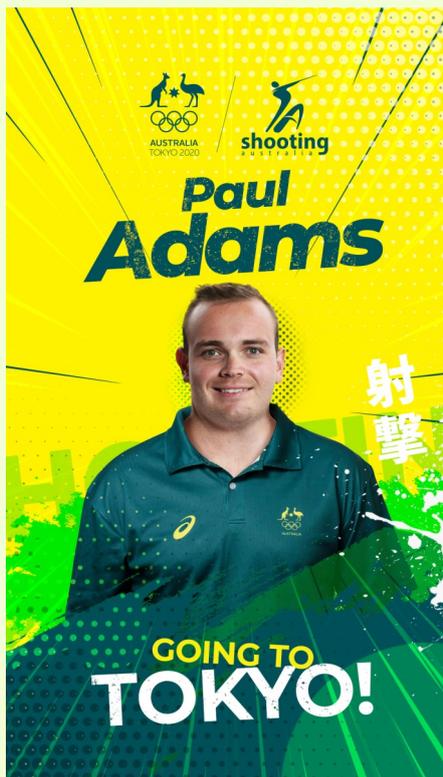
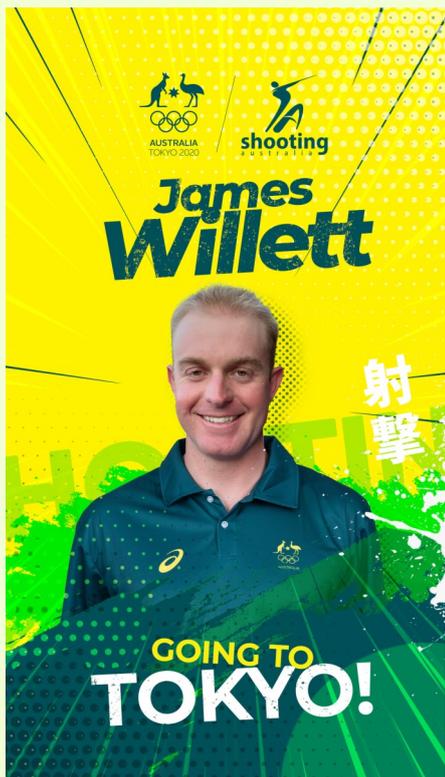
AUSTRALIA
Tokyo 2020

shooting

**Jack
Rossiter**

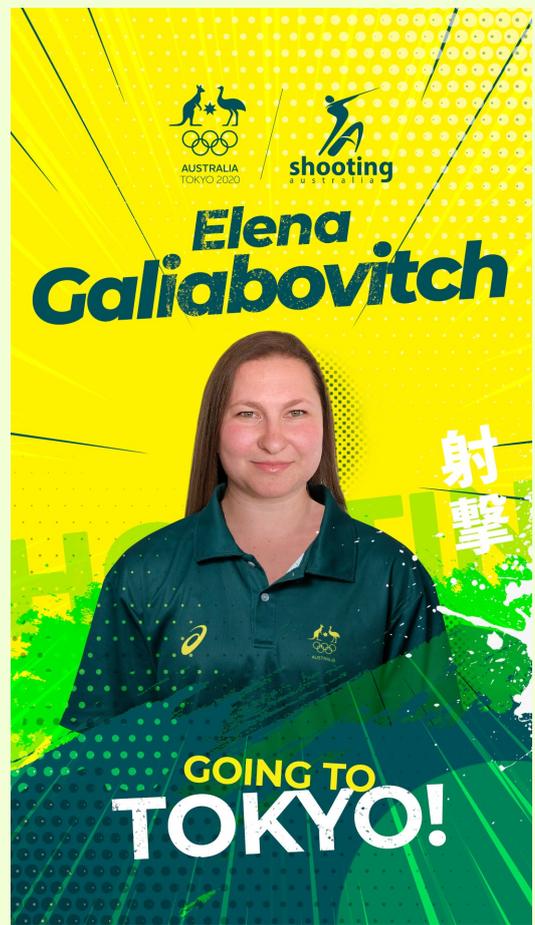
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GOING TO
TOKYO!



Clay Target





PISTOL

