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EDITIED BY TRICIA VAN NUS

TRA MAGAZINE—AUGUST 2015

ISSUE 36 AUGUST 2015

SPECIAL POINTS OF INTEREST:

- All of it!

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MEDAL/QUOTA FEST—Our fantastic IPC Team at the recent IPC World Cup in Croatia.

We went to the IPC World Cup in Osijek (CRO) with the main goal to win another 1-2 Quotas for Rio'16, but we won 4 Quotas for Rio'16 with 3 individual (0,1, 2) and 2 team (1, 0, 1) medals.

Our athletes made it to 4 finals and all of them we converted to Quotas and 3 of them to medals. There was record number of over 250 athletes from 48 countries and our small team of 7 athletes had an excellent performance, but we still didn't reach our full potential and there is more to improve to be ready for the Paralympic Games in Rio'16.

The first day in Air Rifle Standing (R2), Libby Kosmala won the Bronze Medal and the Quota for Australia, with Natalie Smith finishing in fourth position. An excellent Final for Libby.

The second day in the 3P match (R8) Natalie Smith had a great Final and won the Silver Medal with a further Quota for Australia. It's good to see Nat getting back to solid performance, after her time away from shooting last year.

The same day, in Air Rifle Standing (R4) Luke Cain won another Quota for Australia finishing 4th - only 0.1 short of the medals but extremely happy for a great performance.

The third day Anton Zappelli surprised everyone with his excellent performance in Air Rifle Prone (R3), wining Bronze Medal and the fourth Quota for our country at this World Cup, bringing total Quotas for Rio'16 to 6.

Chris Pitt had a very good performance in Sport Pistol (P3), just missing the Final and another Quota, but confident to go step further at the next IPC World Cup later this year.

Our newest squad member, Tracey Jackson was excited with her first big international competition, and achieved a good result in Air Rifle Standing (R4) and contributed to the team Gold medal in this event.

Bradley Mark had a big expectation at this World Cup, but unfortunately his rifle didn't work properly and towards the end of the competitions it completely stopped responding and Bradley couldn't finish his match.

Fantastic result for Australia with 6 Quotas for our athletes and the chance to win another 1-2 Quotas at the last two IPC World Cups later this year.

Our next challenge is IPC World Cup in Sydney, 12-20 September, bench mark event for 2015 and more quotas on offer.

Miro Sipek
IPC High Performance Coach

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REMEMBER TO DOWNLOAD THE LATEST VERSION FROM THE ISSF WEBSITE
The 2015 March Interpretation document is now available

http://www.issf-sports.org/news.ashx?newsid=2257

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

13.11.2014 by Marco Dalla Dea

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

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WRABF 2015

Thank you for attending this wonderful event. Without participants, there would be no winners. It is for all of us a great honor to be part of this wonderful shooting community.
I trust that we all enjoyed this Brisbane shooting event.

To Bill and all his merry men and the wonderful ladies, I want to say thank you for organizing the best shoot I ever participated in.

Thanks to Brett for his part in implementing the electronic scoring. This system was new for most of the participants and I am 100% sure that is was accepted by all and that this system is the future of scoring targets. We are promoting that all the countries obtain this system that will make it easier and a more fair scoring system that they all can use at their home shooting competitions. To all the old-timers and the fat boy club members - just keep on breathing and to all the other competitors, hope to see you all in Slovenia in 2017 and in South Africa in 2019.

Thanks to everyone who supported me and for your confidence in me to lead the WRABF for the next eight years. We the committee, wil do our best.

Nick Schoonwinkel
President WRABF

List of Countries present

Australia	Ireland	Brazil	Italy	Czech
Philippines	Finland	South Africa	Great Britain	Ukraine
India	USA			

Medal Tally Air Rifle	SAF	USA	AUS	ITA	GB	BRA
Gold	2	1	2	1	0	0
Silver	3	3	0	0	0	0
Bronze	1	1	1	0	1	1
Totals	6	5	3	1	1	1

Medal Tally Rimfire	AUS	FIN	ITA	SAF	USA
Gold	4	3	1	0	0
Silver	2	5	1	1	1
Bronze	5	1	2	1	0
Totals	11	8	4	2	1

Grand Total Medal Tally	AUS	FIN	SAF	ITA	USA	GB	BRA
Gold	6	3	2	2	1	0	0
Silver	2	5	4	1	4	0	0
Bronze	8	1	2	2	1	1	1
Totals	17	8	8	5	6	1	1

Congratulations to all competitors. Full report on the TRA Website.

National Squad Coach Positions

The National Squad Coach (NSC) is a new role that is focused on working with a new National Development Squad (NDS) of TRA Ltd. The position will entail working with selected NDS athletes within the States as well as supporting State coaches, though the State Coaching Committees, who are interested in working with athletes working within, or towards the Shooting Australia Athlete Pathway.

TRA Ltd is seeking to appoint one coach in each State, in the initial stages of the roll out of the new NDS. These roles are voluntary, however agreed expenses will be met within the program budget. It is expected these initial appointees will also comprise the new TRA Ltd Coaching Committee.

TRA Ltd also acknowledges the importance of offering a structured coaching program to juniors and other identified talented athletes, providing them with appropriate information in regard to competitions and the Athlete Pathway, so they are aware of the opportunities in this sport.

Applications and CV should be forwarded to nicksull.ns@outlook.com by the 11th September.

A guide to duties includes;
Supervise the daily training environment of those TRA squad athletes through a variety of ways including:

- Working with athletes to develop a training plan
- Actively supervise regular training (depending on where the athlete lives) as negotiated
- And/or support/mentor the personal coach who works with the athlete
- To work in an integrated way with the National Squad Coaches from other states and the Head Rifle Coach of Shooting Australia.
- Working with existing clubs and coaches in identifying and coaching potentially talented athletes including juniors.
- Facilitating junior clubs
- Involvement in training camps that are part of an ongoing program
- Supporting existing school based clubs
- Consideration of the social and emotional needs of the athletes, and develop an environment that is encouraging of this.

The National Squad Coach will need to have the following

- Shooting Australia NCAS Coach Accreditation at Club Coach Level or appropriate experience as a high level competitor as a minimum. The applicant would be expected to be working toward gaining the Competition Coach or beyond.
- Working with Children clearance necessary for the relevant State (or be prepared to get this).
- Ability to mentor and support coaches.

Applications and CV should be forwarded to nicksull.ns@outlook.com by the 11th September. Should you require further information please feel free to contact Nick Sullivan by email (above) or phone 0419 866 804.

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*Discount only applies to the net daily rate component on selected promotional rates. It doesn't apply to additional fees, taxes and optional extras (e.g. excess reduction, portable GPS etc.)

THINGS THAT YOU FIND…. By Sean Finn (Frankston Peninsula SRC)

Having taken a sabbatical from shooting in the early 90's due to work issues and recently coming back to the sport about 18 months ago, I still always felt that at some time I would come back to the sport that I once loved.

Taking on an apprenticeship as a Book Binder & Finisher just after leaving high school meant that I didn't really have the extra money at the time to keep on with my smallbore shooting.

Luckily for me only a couple of years earlier I had just bought myself a brand new (at the time) Anschutz 1913, so I had decided to keep all of my equipment as I knew at some stage that I would return.

As a youngster I never really knew what I wanted to do but I just fell into the trade of Bookbinding and we were the last group of apprentices to learn the art of hand binding, as employers had directed that the curriculum utilise the time at trade school to be spent on mass production of books and magazines with machinery and not by hand.

Four years later and having done quite well at trade school, I developed a little passion for making hand bound books/albums from scratch and doing a bit of restoration work in my spare time. Quite liking the restoration work and fixing up books or family bibles from the 1800's it gave me a bit of satisfaction to see the end result.

To help me do this, it meant whenever going to country towns or other areas that I would always check out the local antique stores for any tools as they were not readily available from Bunnings!!!

There was a time in one those shops in the Dandenong's that I came across a medal with a kangaroo, crossed rifles, shield on the front and Won by (blank) 1925 on the back.

Not knowing what it was at the time, although I knew about the BSA Cup I decided to part with $15 for it. Having forgotten about it as it was in amongst all of my other stuff that I had collected over the years, only recently moving house and coming back to the sport, I decided to do a bit more research into this medal as I wondered how it got

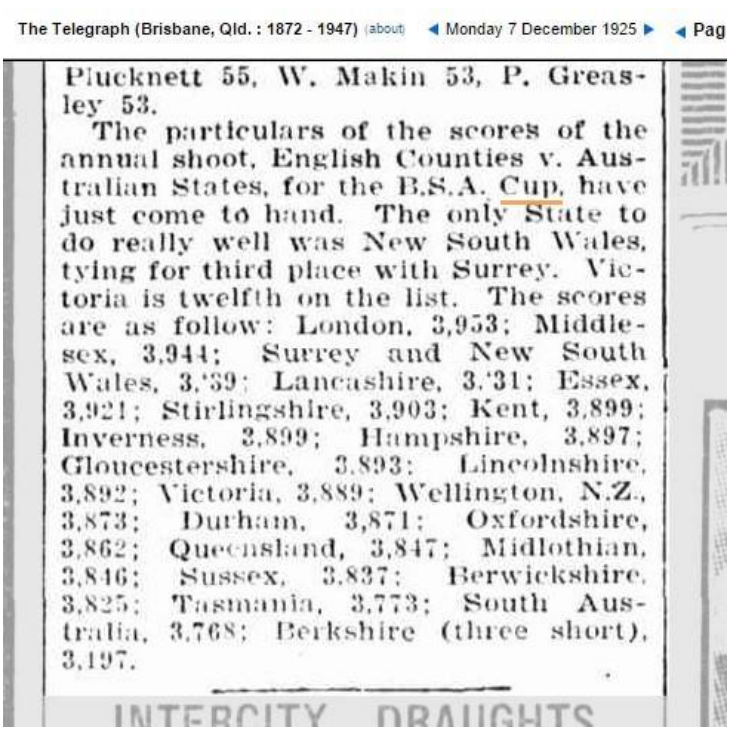
As most would know the BSA Cup is an annual postal competition held by the National Small-bore Rifle Association in the UK for all English County and Australian State Associations to compete in. Medals for this competition have been handed out since 1921 with the obverse having two changes that I know of.

In 1937 the working around the circumference changed to 'Britains Counties and Oversea States' as well as deleting the loop to attach a chain or ribbon and then in 1947 the wording to 'National Small Bore Rifle Assocn' (see the photos). Medals were handed out to members of the teams in 1st, 2nd & 3rd placings. I am not exactly sure of what presentations are available now but they are a fairly cool medal.

Finding the results on Trove Newspaper website from the particular year that I have, showed that the 2nd placing team was Middlesex with London winning that year and Surrey & New South Wales tying for 3rd.

The other Australian States that competed that year was Victoria (13th), Queensland (17th) and Tasmania & South Australia finishing 21st & 22nd respectively.

Although I never found out how an unnamed medal that was won in Middlesex made it to an antique store in Victoria, it was still interesting to find out a bit more information about the BSA Cup along the way. It goes to show that you never know what 'junk' you may find sitting in a display cabinet of a second hand store.
Cheers Sean Finn



The Telegraph (Brisbane, Qld. : 1872 - 1947) (about) ◀ Monday 7 December 1925 ▶ ◀ Pag

Plucknett 55, W. Makin 53, P. Greasley 53.

The particulars of the scores of the annual shoot, English Counties v. Australian States, for the B.S.A. Cup, have just come to hand. The only State to do really well was New South Wales, tying for third place with Surrey. Victoria is twelfth on the list. The scores are as follow: London, 3,953; Middlesex, 3,944; Surrey and New South Wales, 3,'39; Lancashire, 3,'31; Essex, 3,921; Stirlingshire, 3,903; Kent, 3,899; Inverness, 3,899; Hampshire, 3,897; Gloucestershire, 3,893; Lincolnshire, 3,892; Victoria, 3,889; Wellington, N.Z., 3,873; Durham, 3,871; Oxfordshire, 3,862; Queensland, 3,847; Midlothian, 3,846; Sussex, 3,837; Berwickshire, 3,825; Tasmania, 3,773; South Australia, 3,768; Berkshire (three short), 3,197.

INTERCITY DRAUGHTS

This is a complete set circa 1925

And a Silver medal circa 1925

These are from 1936

And these are 1958

What a great find. If you have history tucked away, please share with others—traus@westnet.com.au

And many thanks to Sean for sharing

PROC...RAST....IN....ATION

By James Caan

Procrastination, AKA the thief of time, is one of the main contributors to the lack of productivity in any scenario. We've all done it. Putting off a task and convincing ourselves it'll all be fine… until we decide to conquer it last minute and cause even more stress.

I think it's safe to say everybody has experienced this feeling. Whether it's avoiding a task you don't really want to do at work or writing an essay at university or train that extra time during the week – for some reason we tend to think that the longer you leave it, the easier it will get. Unfortunately, this isn't so.

It's so easy to get distracted by emails, conversations or your friend's latest Facebook status update, but in the end, you're just delaying the inevitable; procrastinating will cause more stress and when you eventually get round to it, the lack of time will mean you're not performing to the best of your ability.

Many people claim they've found the cure to procrastination but the truth is, it's completely up to you. It depends on what kind of person you are. Different people deal with things differently; some people love lists, some people work better to deadlines, other people rely on good working relationships with colleagues.

In an attempt to conjure up my own cure, I asked some people around the office how they deal with procrastination. Why do they procrastinate, when do they realise they're procrastinating and how do they snap out of it?

Although they were all different, I noticed there was one common denominator in their answers; they all cited the importance of motivation. Everybody agreed that feeling unmotivated is one of the most prevalent reasons behind their procrastination habits. If you're not motivated to be the best you can be in your role and you spend your day twiddling your thumbs and wishing you were somewhere else then there's definitely something wrong.

A motivated workforce is an essential component to a successful business and when you're feeling motivated at work, you're less likely to procrastinate. Think about how you feel after finishing a great meeting with your boss – you're ready to take on the world! This shouldn't stop there. I set up weekly meetings with my team, not only to make sure I know what's going on, but to ensure they feel appreciated and above all, motivated to work to their best potential.

Through these discussions, I identified three ways to nip procrastination habits in the bud.

Lists, lists, lists

For some people, nothing beats a good list and there's nothing better than crossing off completed tasks. Planning your day like this can help you avoid misusing your time: a lot of people in the office find that physically writing down 5 things they absolutely MUST do that day means they don't have time to procrastinate because there's no way they want to carry over

anything over to the next day. By doing this, you have a constant reminder of the tasks you are yet to complete and you also get a great sense of satisfaction crossing out the ones you have done. I have always worked by lists and although my paperwork may look chaotic – it's mostly organised chaos.

Just DO IT

So you have your list of to-do's, some easier than others. Naturally, we tend to pick the easiest task first and work our way towards the hard ones. It sounds cliché but it's true when they say the best thing to do is get the hardest task over and done with first. Don't let the smaller tasks distract you, tackle the main job straight away and you will leave work feeling accomplished and successful.

It's easy to put stuff off and say 'Oh I'll just wait for X to happen until I start that' but excuses like this are breeding ground for procrastination. Why are you delaying the inevitable? If you find yourself daydreaming at your desk, take a minute to prioritise your tasks and then just DO IT!

Take a break

This may sound like a perfect example of procrastinating but sometimes, a tea break is all you need. Two of the hardest working guys in the office are known for their 4'oclock chocolate break. Knowing that you've earned yourself a treat can be all you need to avoid procrastination. It may sound a little silly, but it works! If your mind is constantly doing overtime, you could be zoning out without even knowing it. Information overload is never good and sometimes a quick break is all you need to refresh and focus.

Ultimately, it's all down to self-discipline. It's not a case of 'just don't get distracted' – that's easier said than done. If you find yourself procrastinating a lot at work, think about which of the above suits you best and remember that the more efficient and effective you are at work, the more likely you are to be rewarded.

On that note, I think it's time for a tea break…

Website: http://www.targetshootingapp.com

Facebook: http://facebook.com/targetscanapp

30 days ago Thomas asked for financial help to fund the transfer of the Target Scan app to an Android app as well.

The initial version of TargetScan has just been published to Google Play. You can download the App:

- using the link: https://play.google.com/store/apps/details?id=com.gabrowski.targetscan
- or simply searching for 'TargetScan' in the PlayStore App.

Even though I promised that the App will be delivered free, I had to put a small price tag on it, because on Google Play once an App is made free it is not possible to change back to a paid for. I have set the price to the lowest possible level ($0.99) Apologies for the inconvenience.

Using Google Play for delivery allow easy distribution of future updates, because it will be associated with your account. It will also allow to verify the licence This is a first release of the App on Android and supports only ISSF 10m Air Pistol and Air Rifle When we iron out first bugs I will add more disciplines and hopefully the App will grow organically.

This app is still available for iPhone or iPad through the Apple store.

Hawthorn Rifle Range shuts shop after 100 years

Hawthorn Rifle Club members Kevin Saunders (left), president Alby Jackson (right)and Martin Stockdale before a 'Christmas Shoot' to mark the closing of their club. *Photo: Chris Hopkins*

Every Monday night, 47-year-old Martin Stockdale picks up his rifle, grabs his shooting jacket, ammunition, mitt, and a sling and heads to Hawthorn to shoot.

There, at the 20-metre range, he lays his mat on the floor, slides the bolt, loads a bullet and take aim at a paper target.. The father-of-four has been making the trek to the Hawthorn Small Bore Rifle Club for 33 years.

Recently, he has been joined by two of his children – Thomas, 17, and Renee, 14. They are the fifth generation of their family to shoot at the 100-year-old club. They will also be the last. This Monday, the club will shut its doors after the Boroondara City Council deemed the club house unsafe.

Mr Stockdale said it was a sad time. "I have been a member of this club my whole life," he said. "We have always had a member of the family in this club – my great-grandfather, William Hall, started at the club. It is an end of an era."

The atmosphere inside the club house, which is located next to a community garden, is a bit like a home. Children run around the room, while mothers line benches along the wall.

Esther Birchall, who introduced both her husband Geoff and daughter Erica Fox to the sport, watches on while knitting a bonnet for her grandchild.

Trophies, some dating back to the 1920s, line the walls of the dilapidated building. The club can make claims to an illustrious history – it spawned an Olympia Noel Hall – but Boroondara mayor Coral Ross said it would have cost more than a $1 million to replace the range.

Cr Ross said the council acknowledged the history of the club, and the important role it has played in the community, but given the low patronage – the club has just 19 members – the council could not justify spending what was needed to bring it up to a safe standard.

"In March 2014, council obtained a report from an independent structural engineer which advised that the building was unsafe for ongoing occupation," she said.

"In response, council funded temporary repairs allowing the club to continue to occupy the building until the end of its lease in June 2015 and provided the club with 12 months' notice that the lease would not be renewed." Cr Ross said after the demolition the land would return to open space.

Club treasurer Kevin Saunders said the Camberwell Rifle Club in Surrey Hills had offered to share their premises in the short term, but the future remained uncertain.
"It is very hard to know what the future of the club will be when it won't have its own range, and there is no way we will get another place to build a range," Mr Saunders said. "We wouldn't have the money."

Every week, the Stockdales pick up the club's 86-year-old president, Albert 'Alby' Jackson, and give him a lift to the club. Mr Jackson said he had been going to the club for 62 years, and the members had become part of his family. Mr Stockdale said he was proud that his children had been able "to join the club and shoot". "It is something we are able to do together," he said.

Thanks to the Frankston Peninsula Newsletter for this piece. It's a shame to see the history of the Hawthorn Club just fade away. Good luck for the future, to all members of Hawthorn Club

Shooting is 90% Mental by Chip Lohman

We generally agree that "shooting is 90 percent mental," but apply it in very personal ways. When a coach emphasizes the need to focus, for example, one shooter's interpretation may be to bear down and think harder, while the next may visualize "living in the moment" and relaxing.

From Dr. Keyes: "At the very highest levels, the problems of learning to shoot and how to deal with match pressure have been solved, more or less, but in order to achieve this level, the resolution of these issues has to have been worked out in a deliberate, layered manner that sets a solid base for the next level. Talent, i.e. a set of physical, mental and psychological attributes that give the shooter a step up on the ladder to success, has a place, but mostly this is a starting point. It takes hard work—work that is specific to the training task, to improve to an elite level. This is the "ten thousand hours" that you read about, and it can't be a random amount of work. It has to be focused and deliberate, which means that when you train you have to have goals and a good idea about what is going to help you.

After a while the very best shooters have a good idea about what is needed to succeed and their analytic abilities are at a peak. But even the very best can be helped by a good coach who can help with that incremental increase in training that might make all the difference in the rarified competition that marks the very best. The bottom line is that you have to work in order to succeed and you have to have the right kind of work, or you are wasting time. If you don't have a good base of training, all the talent in the world will not help at the edges of your talent when stress becomes the most acute.

MATCH PRESSURE

From Olympic Gold medalist Lanny Bassham: "Here's a myth—Pressure causes performance to drop. Pressure does not cause your performance to drop. What I learned about pressure was that when you feel the physical effects of pressure, it's real. You feel an adrenaline rush and your heart rate and blood pressure go up. I've seen shooters shoot extremely high scores with their legs shaking. Pressure doesn't cause your scores to go up or down, but your attitude does. Your attitude is what's important."

Good training also seeks to replace panic, a lack of preparation for the brain's "fight or flight" alarm, with rehearsed options, an approach presented by National Smallbore Champion Ernie Vande Zande in his November 2011 interview where he reflected: "Back in high school, I felt that pressure was normal. I started noticing in speech class that sometimes I got pretty nervous, but I didn't get nervous every time. Over time, I realized that I only became more nervous on days when I gave a speech, when I felt *less prepared*. I started thinking about that in relationship to my shooting. It was the same kind of thing: At those times when I wasn't prepared, I felt more nervous."

Interested to read the full article—read it on the TRA website under the "Coaching" tab

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MENTAL MANAGEMENT SYSTEMS

How to Change Self-Image

Changing a Self-Image that is keeping you from reaching your goals may be the most important skill you will ever learn. I believe that you can change any attitude or habit you do not want. You should experience a corresponding change in performance when the Self Image changes. Here is how to do it in four steps.

One, you must be willing to change. Our Self-Image does not respond to the changes others want us to make. You must decide for yourself and you must choose to do it NOW.

Second, you must identify specifically the habits and/or attitudes that you need to change. Be specific. For example; "I'm looking for a solution to worrying about performing below my average in the days just before a competition."

Third, you must identify a new Self-Image that is in direct conflict with your old one. For Example; "I only think about what I want to have happen concerning up-coming competitions."

Fourth, you exchange the old Self-Image for the desired one by only imprinting the new attitude or habit and trying to eliminate imprinting the old one. In my book With Winning in Mind I explain how to use a Directive Affirmation to do this in less than 21 days.

Remember, your Self-Image is the CURRENT STATE of YOU. It is not the FINAL state. Your present is not your potential. Be aware that your Self-Image is evolving in the direction of your imprinting. The better you control your imprinting the better chance you have of reaching your goals.

BONUS ARTICLE THIS MONTH
Leave the Judging to the Judges

Some of the competitors we work with compete in sports/areas that are subjective in grading and a judge determines the winner. A couple of years ago we did a group training for a competitive dance team and their parents. The questions the parents and dancers had regarding the mental game for dance are very similar to questions I have been asked over the past several years by clients in a variety of sports. I'll cover two areas which seem to be at the top of the list.

Comparing Self to Others: In sports or activities where you are graded on your individual ability there is a chance you will be tempted to compare yourself to the competition.

Ask yourself this question: Who is given the job of judging this competition? Judges have a job to do - don't do it for them. Comparing yourself to the competition is not your job.

Your job is to execute what you have learned. Your job is to HAVE FUN! Your job is to enjoy the process of showing your skills - the skills you have trained so hard to master. Your job is never to judge the other participants. That job belongs solely to the judges and officials to determine..

Comparing yourself to someone else takes the focus off of you and onto something you cannot control. You have no control over what another competitor does or how well they prepare. You also do not have control over what the judges think or how they score. Challenge yourself to focus ONLY on what you can control.

Negative Talk After Performance: The owner of the studio mentioned that sometimes dancers will come off stage and talk about how terrible they did even if they did well, how can the parents and instructors help them focus on the positive?

Quick answer is to change the way you talk to them. Train your children and students to be solution based thinkers. Train them to always focus first on what went well by asking specific questions. What did you like? What was fun? What did you learn? Do not allow them to elaborate in detail on anything negative, instead teach them to think differently by leading the conversation in a positive direction.

And don't we see shooters doing just the same….. everyone has had a shooter tell them about the "8" that appeared. Solution is the same—focus on what did work well, what part was fun, what did you learn from the session/competition.

A performer/shooter who allows the judging to be in the hands of the judges has an advantage over a performer who is critical of their own performance and is focused on others instead of what they can control.

CONTROL WHAT YOU CAN, AND RELEASE WHAT YOU CAN'T CONTROL

By Heather Sumlin - Mental Coach
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Coaching Camp

On 18th & 19th July Frankston club hosted one of the TRV Training Camps for the year. Although numbers were down a little it was a great weekend for those who did come along with about 15 shooters each day.

Saturday had everyone out on the 50m range with both Benchrest and Prone positions being shot. Shooters only shot 5 shots before they were dragged back into the warm clubroom….and taught how to stretch!

Each person only shot about 50/60 shots fired for the whole day but there was quite a few different exercises done throughout the day. Live/Dry fire exercises, 5 shots in 3mins, Dry Fire revenge, eye/perception testing, various focus mind games as well as a heap of fun to be had.

The Dry Fire revenge was a lot of fun with people shooting in pairs, one loading and one shooting for 10 shots to achieve a great group. The person loading though had a snap cap (blank) and could utilise that anywhere within the ten shot live fire and quite often more than one in a row unbeknown to the shooter but there was plenty of laughing on the firing point.

It did make those shooting more aware of ALL of their shots and not just the ones that they thought were live. The day finished up about 5pm.

It was a chilly start to Sunday with a lashing of crunchy frost across the ground and only about 2 degrees although it did feel a little cooler with a slight breeze. The Coaches had at least three layers to beat off the cold.

It was even that cold that the water pipes at the club room had frozen up and alternative measures were needed to get the kettle filled up!! As it was so cold, the day started off with a re-cap of activities from the day before as well as discussions on apparel/equipment, nutrition and the differences between training, practice and competition.

After a quick warm up session it was onto the range as two groups were made up of .22 on the 50m range and air rifle shooters filling the air rifle shed. I think that a lot of the .22 guys had wished they were shooting air rifle for the morning, as we had the heater on the air range.

Lunch also proved to be an extra part of coaching and training for the day, seeing the effects of what had been learnt in theory that morning and how eating such foods without enough rest time may affect your shooting!! Especially when lunch was Pizza.

There was more training in the afternoon behind the rifles which culminated in a 30 shot control match to put everything that had been learnt for the weekend into practice with some very surprising results for quite a few.

It was then back into the warm club room to wrap up the learnings from the weekend and Tricia passing on her thoughts. Sam Lavallin was one of the people asked to come to the front and bring his 30 shot target with him. Tricia was highly impressed with the group that he shot and gave him a couple of gold stars due to the tightness of the group (and centred) at 50m just about obliterating the 10 ring - well done Sam!!

Thanks to Trevor Drage (TRV Coaching Convenor) for organising the weekend and having Tricia Van Nus from WA, Steve Zunker (now in VIC) and Trevor there as coaches for the weekend.

As the numbers were not over subscribed, all of the participants were also able to have some one on one time with the various coaches for improvements, adjustments or suggestions to help with their processes of shooting.

Thanks also to everyone who helped out with the food for the weekend and keeping the hunger at bay. Those who attended either one or both days would have left with a great deal of information and things to consider for future training, practice and competitions that they do. It was also pleasing to hear that those who came along shooting benchrest got just as much if not more out of it than the position shooters as the principles still apply to them albeit a little different.

The Iceberg Illusion
Success is an iceberg
SUCCESS!
WHAT PEOPLE SEE
WHAT PEOPLE DON'T SEE
Persistence
Failure
FAIL
Sacrifice
THINGS I HAVE TO GIVE UP
1.
2.
3.
Disappointment
Dedication
GOAL
Hard work
Good habits
@sylviaduckworth

NEXT WEEK
TOMORROW
OTHER DAY
NOW
NEXT YEAR
SOMEDAY
IN THE FUTURE
LATER

PLANNING FOR COACHING COURSES IN 2015.

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

There is a TRA Instructor's course (which is only accredited with TRA) and from that the coach moves to the Club course, then the Competition courses, both of which are accredited with Shooting Australia and the Australian Sport Commission.

There is also an Advanced level, for those who are seriously interest in coaching.

The courses provide quality coach education. See your State Coach for further details.

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Shooting Boots	Rifle spare parts	Cleaning gear
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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		

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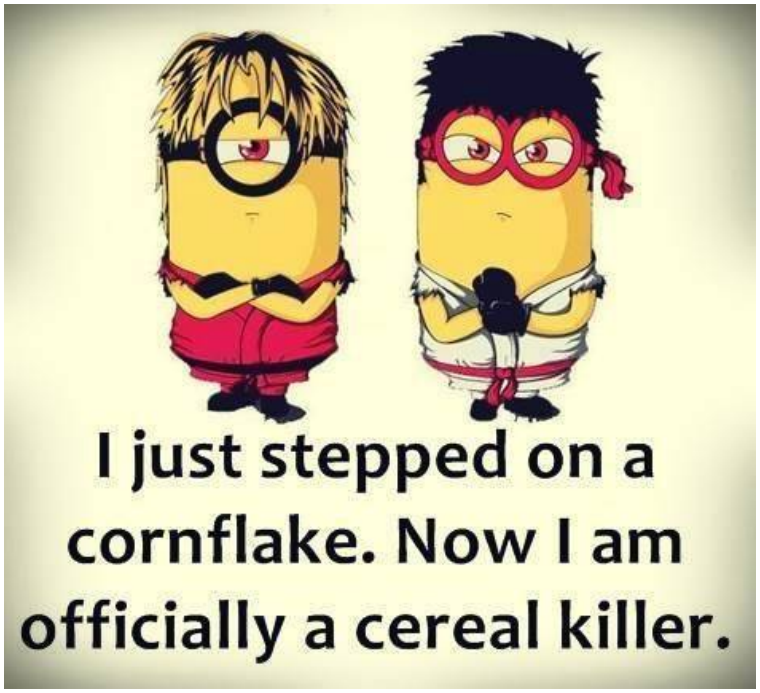
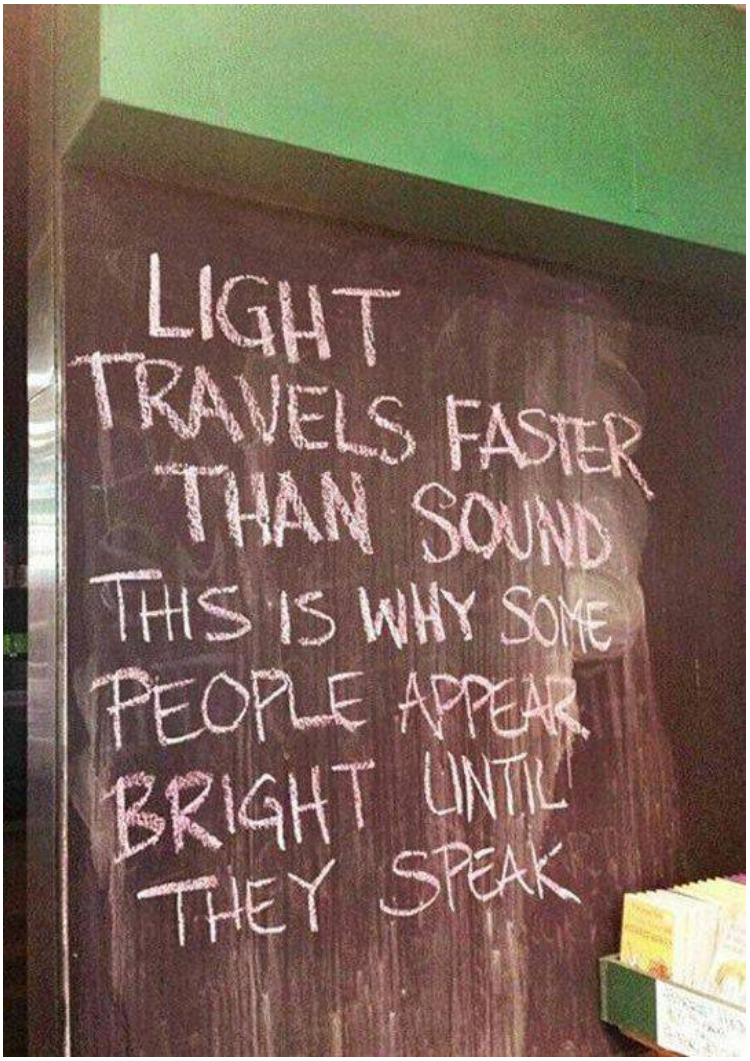
LAST BITZ



What doesn't kill you makes you stronger. Except for bears, bears will kill you.


LIGHT
TRAVELS FASTER
THAN SOUND
THIS IS WHY SOME
PEOPLE APPEAR
BRIGHT UNTIL
THEY SPEAK

I'M THE KING OF THE JUNGLE
WHY DO I NEED BATH, MAN?

Why you don't leave your phone unattended....

If money doesn't grow on trees, then why do banks have branches?

Hit me with that whip, Chimney Breath, and I'll scratch you silly!
I'm sorry. I can only wear real diamonds.
I'll leave when I'm good and ready.
Why SANTA doesn't use cats.

Helping grandma
with the controller