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SPECIAL POINTS OF INTEREST:

- 2011 TRA NATIONALS
- PARA MAGIC
- AISL COACH CONFERENCE

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WELCOME TO TRA LTD

It is with a tinge of sadness and a lot of anticipation that we announce the suspension of TRA Inc and introduce TRA Ltd.

At the Annual General Meeting of Target Rifle Australia Ltd recently, the Board of TRA Ltd formally took charge of all matters to do with smallbore rifle shooting within Australia, on behalf of TRA Inc.

What does it mean to shooters, Clubs, Associations? In general terms the change gives the Board(Executive) the authority to make decisions without having (in theory) to refer all decisions to the Council. Previously all the authority was in the Council - a rather cumbersome situation.

What we must all remember is no matter what the Board decides, if the Clubs and Associations (which is really the shooters) do not play their part in promoting and encouraging new members nothing will change.

The ones that just sit back and criticise will surely then point the finger at the Board and say they have done nothing because nothing has changed. The Board will try and introduce changes but does not have all the answers. Any input from shooters, clubs or Associations is very welcome. This is one reason President Clay Frederick has been visiting each State and also did some research when on holidays in USA.

The current Board members are:
Clay Frederick (President), Glenn Braybon (Vice President),
Rod Sampson (Finance), Scott Wrigley (Director),
Scott Wrigley will also act as the communication point for all matters, until such time as a CEO is appointed.

"we can only go forward when we make our history safe"
Courtesy Time Magazine 2011

With this new era in mind, it is appropriate to collect details of the history of the sport in Australia. The following is an initial compilation of the available material. Anyone who can add (or correct) details is encouraged to send the information they have, with photos where possible to traus@westnet.com.au

History of Target Rifle Australia

THE BACKGROUND…Small Bore target shooting has its roots in the late 19th and early 20th centuries. Civilian clubs were formed in Great Britain as a cheap form of shooting and were known as miniature rifle clubs. Rifle Shooting in Australia dates back to the early 1850's with the formation of the Colonial Volunteer Corps formed during the Crimean War.

Rifle Associations were formed in NSW and Victoria under Vice-Regal patronage in 1860. In 1901 Rifle Clubs were subject to the Australian Defence Act and promoted as part an adjunct to the National Defence.

History of Target Rifle Australia cont..

Early in the 20th century an Englishman Lord Roberts formed the Society of Miniature Rifle Clubs, and it is from this that we have smallbore and air rifle clubs.

About this time similar shooting clubs were formed in many other countries and in particular within Europe. In Australia many small bore clubs were formed within .303 clubs which formed State Small Bore Rifle Unions and came within the authority of the Australian Council of State Rifle Associations.

Rifle shooting has been part of the Olympic Games since its inception in 1896. Miniature rifle shooting was conducted by schools, lodges, Returned Serviceman's Clubs and Rifle clubs from 1901 until the 1960's under the umbrella of the National Rifle Association of Australia (fullbore rifle). After the stimulus of the 1956 Olympics an Association was formed to deal with the varied and demanding disciplines of shooting - the Australian Joint Shooting Council. This Council defined fields of interest - one of them being smallbore and air rifle shooting.

THE BIRTH OF A NEW ASSOCIATION….The Australian Small Bore Rifle Association (ASBRA) was formed in November 1961 when delegates from Small Bore Rifle Clubs Unions from all States in Australia attended a meeting chaired by Mr Gary Armstrong, LLB Command Secretary, Southern Command. ASBRA was formed to manage smallbore shooting independently of the Fullbore Rifle Association.

Acting as Secretary was Brigadier E. E. Grant OBE, Secretary, Australian Council of State Rifle Associations; Mr T. K Fisher from army Headquarters and Mr Tudor Evans, Supervisor of Rifle Clubs Southern Command and delegates from all State Small Bore Rifle club Unions.

The meeting was held in response to a proposal from No1 Victorian Small Bore Rifle Clubs Union that a meeting of delegates from Small Bore Unions in all States be held to discuss the possibility and desirability of forming an Australia Small Bore Rifle Association. It was noted that I.C.I. (Imperial Chemical Industries) was prepared to pay the fares and accommodation of delegates to attend the meeting.

The proposal for the meeting to form a National Body was brought about by a ”*state of uncertainty in which Small Bore Unions find themselves following a change in government policy towards rifle clubs*”. The change was that “*Authority for the control and management of Small Bore rifle clubs is passed to an organisation constituted for the control of Small Bore shooting within Australia*”.

There was general agreement to form an Australian Small Bore Rifle organisation managing its own affairs however reservations were held by some delegates. A motion to form an Australian Small Bore Rifle Association was put and carried with Queensland and South Australia dissenting. In 1971 the Association became an incorporated body.

As far as can be determined, there was no official “logo” for ASBRA, and a combination of Aboriginal symbols graced the National Championship medals of the time.

From the mid 1970's the sport broke away from the NSRA style of shooting and concentrated more on Olympic style competitions, however remnants remain with the 20m and 90m events still being shot at club, State and National level.

This shift to 50m shooting also coincided with metric conversion in Australia.

The Technical Committee was formed in 1974 with William (Bill) Eddy as the first International A class Licence holder. Very high technical standards developed and have since been acknowledged by the ISSF.

The first International Gold medal was won in 1974 by Yvonne Gowland at the Christchurch Commonwealth Games, and this has been followed by numerous successes iover the years, both in team and individual events.

AND THEN THERE WAS AIR RIFLE….It was also throughout the 1970's that Air Rifle shooting became more popular and was included in our National Championship program. The inclusion of Air Rifle events in the Olympic Games and Commonwealth Games saw its popularity expand worldwide.

In 1988, in a move to further clarify and enhance the precise nature of the sport ASBRA decided to change its name to the Australian Smallbore and Air Rifle Association Inc (ASARA) . The name change reflected the growing interest in 10m Air shooting.

The links between the Defence Department and the sport were by this time however, growing very fine, with a full separation finally in the mid 1990's.

The early 1980's also saw a competition to create a logo for the new organisation – ASARA. After receiving many varied entries, and with careful deliberation, the familiar three figure emblem was chosen.

THE NEW PHASE…With that separation from the Defence Department, a change in the ASARA Constitution was required, to formalise and update the sports guiding regulations.

From ASARA to Target Rifle Australia Inc (TRA) also in the late 1995 and the sport moved towards the next century with an updated Constitution and new branding.

At the 2006 AGM of Target Rifle Australia a committee was formed to review the structure of TRA Inc to see if it could be managed more effectively. Following presentation of the report at the 2007 AGM TRA Council determined the best structure seemed to be a company limited by guarantee having a board of directors.

This meant nominations for a position on the Board could come from anyone who was a member of their State Association. Directors could also be appointed from outside our sport.

After a lot of work and much discussion the final model was agreed to at the TRA Inc AGM of 2010. The first meeting of the elected directors took place in October 2010.

THE NEW CHAPTER…Today – May 2011–TRA Inc hands the remaining duties of conducting the affairs of small bore rifle and air rifle shooting in Australia to TRA Ltd.

While for many, it will seems like business as usual, and many of the processes that are in place will continue, the strongest analogy is that of the duck gracefully on the pond….while to most onlookers, the duck is just gliding along, little realising that underneath the surface, the feet are working very hard.

Many thanks to those who provided information for this article. As the history of an organisation is as important as its future, if you can add any details—please send your material to the Editor—traus@westnet.com.au

Check the new look TRA Ltd website over the coming weeks….
Watch for more small bore history in coming issues.

TRA NATIONALS 2011

TARGET RIFLE VICTORIA

And now the Nationals are but a memory…. But it's time to honour the champions and thank the volunteers involved.

The standout performance at this year's Nationals would have to be that of QLD's Dane Sampson (shown here with his 50m Jim Smith Aggregate co-medallists NSW's David Wright and WA's Robyn Van Nus).

Dane started with a win in the 3x40 3P Free Rifle event, followed by Robyn Van Nus and SA's Will Godward.

While Robyn took revenge and won the 3x20 3P event with an AISL PQS, Dane took the silver ahead of Will Godward.

A momentary lapse in concentration in Air Rifle had Dane fire a shot without a pellet (oops) and he was out of contention for the Air Final, which was won by WA's Chris Gulvin, ahead of Will Godward and Robyn Van Nus.
Chris' Air Rifle win was also his first national title.

We then moved to the 50m Prone events, and Dane pushed into an upper gear in his favourite event, winning both days with 594 and 593 and consequently won the Gold aggregate medal.

Moving to Geelong for the Dual Range events, where by the flick of a number of centrals, Dane also took the Bill Eddy Dual Range Aggregate and ultimately the TRA Prone Champion's title.

Dane completed many "firsts" during the Nationals...most notably,,,first time he had won a national title—now he has four!...the 3x40 3 Position, Jim Smith 50m Prone, Bill Eddy Dual Range and TRA Prone Champion. Well done Dane.

Robyn Van Nus took the titles of TRA Position Champion, TRA Women's Position Champion, 3x20 3 Position (Open & Women) as well as the Women's Air Rifle titles.

Just for your information—the methods of determining the overall Champions is…

POSITION CHAMPION is a combination of scores from 3x40, 3x20 & Air Rifle and the Champion for 2011 is Robyn Van Nus

WOMENS POSITION CHAMPION is the top woman from a combination of scores from 3x40, 3x20 & Air Rifle and the Champion for 2011 is Robyn Van Nus

PRONE CHAMPION is a combination of scores from the Jim Smith 50m event and the Dual Range Aggregate, and the Champion for 2011 is Dane Sampson

Of course, there were more champions to note—a quick overview

MATCH	OPEN	WOMENS	JUNIOR	VETERANS
3x40 3P	Dane Sampson	No award	Nicholas Ioakim	Ron Maine
3x20 3P	Robyn Van Nus	Robyn Van Nus	Alethea Sedgeman	Ron Maine
Air Rifle	Chris Gulvin	Robyn Van Nus	Tamsyn Henry	Ron Maine
50m	Dane Sampson	Jennifer Hens	Frederyk Woodhouse	Mike Jarrod
50m Bench	Rebecca Richards	Rebecca Richards	Hussein Ozaksoy	Roy Helbig
Dual Range	Dane Sampson	Janine Chick	Alethea Sedgeman	Robyn Sampson
DR Bench	Richard Lightfoot	Rebecca Richards	Andres Ball	Richard Lightfoot
ISCD AIR PRONE	Brad Mark	Libby Kosmala		
IPC STANDING	Brad Mark	Libby Kosmala		

50m Benchrest—good to see the girls taking two of the medals with Rebecca Richards (NSW) taking gold in a count-back over veteran shooters Roy Helbig (SA) and Catherine Burnett (VIC). This was a hotly contest event with all of the top eight place getters shooting 1195+ That's good shooting.

Dual Range Benchrest—only Roy Helbig was able to continue his medal winning form, as a new set of medallists emerged in this event. Richard Lightfoot (VIC) and Ivan Kelly (NSW) took the gold and silver medals.

The 20m Bench target used by Victoria proved to be a challenge to all shooters, with the top score being 579.12

However, the shooters redeemed themselves with an often 20 point improvement at 90m. No competitor could bemoan the usual "my 20m score is so far ahead of the 90m score"

Remember that the results are on the TRV and TRA websites

On behalf of TRV, it's a huge thank you to all the people, especially those from outside Victoria, who donned a RO jacket when needed, took on Jury service, checked shooter's equipment, photocopied result pages, cursed a computer in the hope of it doing what was required, tapped results on a computer keyboard, scored targets, and generally ran around to help make the 2011 TRA National Championships a success for the shooters.

PS—as I do not have any photos from the events at Geelong, they are not on the website, or included here. Send them on if you have them. Editor traus@westnet.com.au

Club View—Sutherland (NSW)

Welcome ...to the Sutherland Smallbore Rifle Club is situated in a picturesque grove located at Newland Place, Yarrawarrah, NSW, only 33 kilometers south of the centre of Sydney.

The Sutherland Shire Miniature Club, as it was then known, was established in 1939 by a group of Diggers and patriotic citizens. The club held its first official competition shoot in 1940 indoors over 12 yards in the old Miranda produce store.

The following year the Club moved to the Fowler Potteries claypit at Miranda (now the site of the Westfield shopping complex) where competition was conducted outdoors over 25 and 50 yards. Following sale of the claypit to Westfield in 1958, the members established the present range at the site of an abandoned shale quarry at Yarrawarra.

The Club boasts the largest membership of any smallbore club in Australia. Its members comprise male and female shooters from juniors through to veterans, including World Cup, World Championships and Commonwealth Games representatives - all dedicated to the promotion of safe smallbore (.22 rimfire) rifle shooting.

Shooting Program

- Tuesday Evening Competition shooting takes place on our 15 berth, 50 metre range (The Joe Clements Rifle Range) each Tuesday night commencing at 7:30pm. Competition includes graded championships from D Grade through to A Grade. The best 20 from a possible 40 shoots count for the championships. The program also includes team, handicap, novelty and social shoots.

- Sunday Morning Practice shooting takes place on the same range each Sunday morning at 10:00am until 1:00pm.

Most shooting is based on the ISSF (Olympic style) prone discipline, however the Club also caters for the growing interest in both Sport Rifle (i.e. field rifles) and benchrest shooting.

Some members are also venturing into 10 metre air rifle (.177 calibre) shooting and the club is currently looking at ways of installing the necessary facilities to grow this interest.

Many of our members enjoy shooting socially or competing at club level. In addition, our members are among the most competitive in Australia and compete as individuals or represent the club at prize meetings, interclub, state and national levels. A number have represented NSW and Australia.

The club belongs to the members and endeavors to meet the requirements of all, irrespective of their level of interest or the level at which they wish to compete.

If you're in the area, drop in and have a chat….and a shoot. You're always welcome.

Club View— HORSHAM (VIC)

Our Friendly Club—Iain Sedgeman

Small in number but you won't find a friendlier club in the Wimmera. On a club night (Fridays) you have a shoot, discuss life, ponder how to get your scores higher and learn from the more experienced shooters.

The club shares the Horsham Rifle Range clubrooms with two other Big-bore clubs; Natimuk Rifle Club and Horsham Rifle Club.

Horsham Small Bore meets weekly at the Horsham Rifle Range, Natimuk Rd (a few km out of town) on a Friday night at 7:30pm. The club arranges 20m and 50m small-bore (.22) target rifle shoots. The club also has a 10m air rifle range which is seeing renewed interest.

At the AGM in July 2009 Iain Sedgman was elected to a new position of Memorabilia Officer and charged with maintaining and building up the history of the small-bore club.

Thought I'd start collecting a few notes about the history of Horsham Small Bore Rifle Club Inc and the following notes are what I've got so far.

Notes to far….
Our Buildings
Apparently the original members of our club each contributed £10 for a hut to be moved from Ararat to the back of the Horsham Army Drill hall near Baillie Street. Some existing members shot at this hall and welcomed the move to our existing premises at the shared range in Natimuk Road (about 3km from Horsham).

Key People
David Cambourne—A Life-member who one of our important club trophies is in memory.

Kevin 'Mick' Lane—A Life-member who still shoots with club and assists the club in the area of equipment.

Andrew Rudolph—A Life-member who still shoots regularly often taking out the scratch position for the night.

Trevor Butler—Trevor has been a member for yonks and held the position of secretary for over 25 years; a tremendous effort. Trevor is still shooting regularly and takes a keen interest in the club.

Frank Watts—A Life-member. He was our champion shooter in 1968 competing in the State Champion of Champions contest.

Roy Smith (1921-2009) - Apparently Roy was a keen shooter before and after WW II with Horsham Rifle Club. In the late 1950's he was an original member of our club.

If others can help with gems from the past, please contact Iain. He will welcome the information with open arms...and ears.

ISSF NEWS

NEW ISSF ENFORCEMENT PROCEDURES FOR SHOOTER' SHOES

The ISSF Technical Committee recently approved a testing device for checking the flexibility of shoes worn by rifle and pistol shooters, which gives precise measurements of the flexibility of the shoe soles.

The ISSF Technical Committee recently approved a testing device for checking the flexibility of shoes worn by rifle and pistol shooters.

The testing device has already been used to test shooters' shoes during the 2011 European Championship in Brescia and the Sydney and Korean World Cups.

Data gathered during this testing has been used to establish shoe sole flexibility standards that will now be enforced in ISSF Championships, beginning with the Munich World Cup in June 2011.

The approval of the new shoe flexibility testing device means it can now be used in equipment control checks in ISSF Championships, both in pre-competition equipment control and in post-competition checks.

Boot and shoe testing for the remaining 2011 ISSF Championships will be done as follows:

Fort Benning World Cup. Rifle and pistol shooters' shoes will be tested with the new device on an advisory basis. Shooters with shoes that do not meet the ISSF flexibility standard will be advised that their shoes must be modified to meet the ISSF standard if they are to be worn in future ISSF Championships.

Munich World Cup. Rifle and pistol shooters' shoes will be tested in equipment control checks and will not be approved for use in the competition if they do not pass. They may be modified to meet the ISSF flexibility standard and then be rechecked. Boots and shoes will be checked in post-competition tests and will be subject to disqualification if they do not pass.

All Future ISSF Championships. The testing standards enforced during the Munich World Cup will apply in future ISSF Championships such as the 2011 World Cup Final and Continental Championships (ie Oceania Championships) as well as in all future ISSF supervised competitions and the Olympic Games in London.

The ISSF emphasizes that its rules clearly require shooters' boots and shoes to be flexible. The key rule in this case is 6.4.2.1.1 that reads:

"*The use of any special devices means or garments that immobilize or unduly reduce the movement of the shooter's legs, body or arms is prohibited in order to ensure that the performance skills of the shooters are not artificially improved by special clothing.*"

ISSF Rifle Rules have an additional provision requiring that "the sole must be flexible at the ball of the foot" (7.4.6.3.2). Now that the ISSF has an approved testing device and test data from more than 700 boots and shoes taken during 2011 Championships, it is possible to establish an objective testing standard. The soles of shooters' shoes must bend at least 22.5 degrees when a force of 15 Newton-Meters is applied to the heel area while the boot or shoe is clamped in the testing device.

All National Federations and coaches are urged to be sure that shooters who are entered in upcoming ISSF Championships have shooting shoes that are legal according to ISSF flexibility standards and are prepared for these new enforcement procedures.

From the Editor:

Now this sounds very technical and obscure, however it is to ensure that everyone is playing fair. Apparently, there have been steel inserts found in some footwear.

While I'm not sure that steel inserts would actually stabilise the shooter, as it is the body that moves, the use of any such inserts was totally intended to artificially assist the shooter. Shooting is about pure performance skills, not increasing the technological aids that diminish the need for skill.

What to do next. If you are a shooter who is hoping to be nominated in an Australian team either now or in the future….or even the coming Oceania team—read on and take note.

If you have a newish pair of boots (especially Sauer apparently) then work them in ASAP and have them checked by an experienced coach or shooter.

It is fact that a pair of well kept Sauer boots that are approximately seven years old, did not pass the new test in the USA this year. They fell just short of the required 22.5 degrees.

Seven year old boots not passing??? That may put fear into many shooters who have younger boots.

However, if you have boots that are perhaps going to be too stiff….then there is a solution, and it is the solution applied to the shooter in the USA World Cup. A series of small holes were drilled into the sole where the shoe bends when you walk (basically under the ball of the foot) to aid the "bend"

If done correctly, in no way do these hole damage the boots, or affect the stability given to the body by the boots, however they will help the boots pass the new ISSF testing regime. Remember—talk to your coach before rushing to the shed and getting out the drill.

COACH CORNER

Sway: in the Standing Position.

Sway is the back and forward movement that is observable in some standing shooting positions. This problem can come from many different areas, including the way the rifle is set up; changes to the zero point; changes to the outer position; or from a lack of balance, (Buhlman, et al, 2008). To overcome sway in your standing position, you need to look at all the possible areas the problem is coming from.

Rifle set up: Check the rifle and the length of the butt to ensure you are able to reach the pistol grip easily and with comfort. Changes may also be made to the balance point within the rifle, to make it heavier in the butt so you can hold the rifle with more control, (remember though to consider the weight restrictions in the rules).

Changes to the zero point: If your zero point has altered, the position is holding the rifle onto the target unnaturally. This will lead to a compromise in the stability of your position. Check the zero point (as discussed in a previous article) and make the necessary changes.

Changes to the outer position: Turning the toes outward or inward slightly can help with sway. To work out what works best for you, try out different positions with your feet, close your eyes, and make your decision based on which position gives you the best feeling for stability. It may help to have someone watch you from behind and give you feedback on their observations.

Balance: It is a natural for the human body to sway slightly when standing; and that the mechanism within the calf muscle that helps us maintain an upright position also contributes to a gentle sway, (Loram et al, 2009, Fitzpatrick and Gandevia, 2005). The implication of this for rifle shooters is that sway is an inevitable part of standing, and that exercises need to be introduced to reduce the impact of this.

Some training drills to help improve your balance include:

- Holding exercise, 1 – begin holding the rifle in the standing position with no extra support from the shooting clothes, then put on shooting boots and pants and continue holding. Next, put on the shooting jacket. The position is slowly built up and moves from a less stable position to more supported with the shooting clothes. The body has to work hard to stay balanced when there is no support from the shooting clothes. This exercise can last for 15 minutes.
- Holding exercise, 2 - stand in the shooting position with shooting clothes on. When you have found your zero point, you are ready to begin the holding. Take your normal time to get into your shooting position, then when you place your head on the cheek piece, relax and slowly breathe out and close your eyes for the time it is comfortable to be without breath. Focus on being as still as you can and on maintaining balance, as well as on the muscles, and the inner position. This exercise can last for 15 minutes.
- Holding exercise, 3 – holding in the standing position on unstable blocks (rockers).
- Muscle strengthening exercises – joining a Pilates or yoga class, or develop a physical exercise program that improves the strength of the abdominal muscles, which are important in holding the standing position stable.
- Shooting at a thin vertical line instead of a normal round target can further increase awareness of balance, hold and aiming.

The use of a stand as a visual cue of your stability can be helpful for some people. You may be able to see if you are moving as you will have the comparison of the stand.

Happy Training,
Carrie Quigley

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Coaches Conference

Sydney October 15 & 16, 2011

Australian International Shooting Limited invites Coaches and anyone interested in Coaching to its first ever Coaches Conference. The conference is an excellent opportunity for coaches to learn about the latest trends in Coaching, within an international arena. Learn about technological trends, gain valuable insight into Sport Psychology, and much more. To finish off, there will be a Networking Dinner where you will have a chance to catch up with other Coaches and eminent speakers.

- **Panel discussion with head coaches**
- **Pathway from club level Shooting to High Performance Shooting**
- **Skills Acquisition**
- **Video technology**
- **Athletes with a disability**
- **Sport Psychology**
- **Workshops in coaching**
- **Acclaimed Guest Speakers** (tba)

Package 1	**$145**

Conference, Lunch, Light Refreshments and Saturday Networking Dinner.

Package 2	**$225**

Conference, 1 Night's Accommodation(twin share) with Breakfast, Lunch, Light Refreshments and Saturday Networking Dinner.

Package 3	**$295**

Conference, 2 Night's Accommodation (twin share) with Breakfast, Lunch, Light Refreshments and Saturday Networking Dinner.

Package 4	**$445**

Conference, 2 Night's Accommodation (Single) with Breakfast, Lunch, Light Refreshments and Saturday Networking Dinner.

bookings made before August 1, 2011 will go into the draw to have their fee reimbursed.

Please check the web for details www.ausshooting.org

For Registrations, Inquiries and Bookings, please contact the AISL office on 08 8296 0951 or email events@ausshooting.org

MENTAL MANAGEMENT SYSTEMS

Is Tiger Over-Trying?

Recently Lanny was asked his thoughts on Tiger Woods and if he can win at elite levels or if his personal life is getting in the way. Here is what Lanny had to say:

“Tiger Woods, prior to the events that caused his divorce, had a reputation of being able to isolate his golf ability from outside influences. That may not be the case now.

Woods has played in 5 events with one top ten so far this year. He has not won a tournament in over a year, uncommon by Tiger's standards. Clearly something is amiss. Here is a player that has more experience with winning than anyone in golf, having trouble winning.

In my more than 35 years teaching and coaching the mental game there is one cause that stands out in this situation. Tiger may be over-trying. It takes more shots away from those that are skilled and have trained diligently than any other. When you give it your all, you may be trying too hard. Your level of mental effort exceeds the optimum and shots are lost. Let's look at why this happens and what we can do about it.

When we begin any form of skill acquisition we are forced to do things consciously. An example would be looking at the keys when we begin to learn to type. I have to admit that I still have to look at the numbers when I type but the keys are touched automatically now that I've been typing for a good while.

As my Conscious mind can only think about one thing at a time, I was slow as Christmas at typing in the beginning. As I began to practice interesting things happened. Very soon I found that I didn't have to think about the keys. They seem to type without conscious effort. When this happens we are typing with our Subconscious mind. What a difference! Our speed increases and so does our enjoyment of the skill of typing.

Skill acquisition in shooting occurs exactly the same way. At first, we have to think about the elements of our form. Through training we begin to do them automatically or Subconsciously. There is a huge advantage when the Subconscious controls the process.

The Conscious mind can only think of one thing a time while the Subconscious can handle countless activities simultaneously. We play best when the Conscious mind is quiet and the Subconscious is in control.”

I leave it to you to relate exactly the same principles to your shooting.

FROM NEIL JENKINS……Getting your nose ahead of the competition

I'm not much of an air rifle shooter, but like everybody who is part of TRA, I enjoy it every aspect of what it offers - except for the 6s and 7s that sometimes pop up on my target.

Well, I'm about to share a personal story that I hope isn't too gory, but might help others who might be thinking about going under the knife to improve their breathing, to think about the advantages it offers.

Those of you who know me, know that I sometimes sound a bit nasally. That's because I had things called nasal polyps in my nose blocking the airway, often meaning that I could only breath through my mouth.

After seeing a specialist, I had the polyps cut out which, after some recuperation, meant that for the first time in maybe twenty years or so, I could breathe really easily through my nose. The change was amazing.

When I next took up my rifle, this resulted in a noticeable improvement in the way I was able to settle the rifle down before those last few critical seconds as I settle on the target, and instantly picked up another 20 points above my norm of about 540.

While I'm no expert on respiratory systems, I think the reason for the improvement is that breathing through the mouth seems to involve more movement of the upper than lower chest and that possibly creates some almost indiscernible movements of the cheek on the cheek-piece. Breathing through my nose seemed to reduce those problems with some big results.

While I haven't been able to shoot as regularly as I'd like to, this little op has made quite a difference to my shooting.

So, if you're in the same boat, then I'd encourage you to see your GP about it today

Neil Jenkins

TECHNOLOGY

With the increase in the use of the internet and technology in general, there is now a wonderful array of new technical tools for the coach and shooter….and especially those with an ipad, ipod or iphone.

Firstly, there is the ISSF TRAINER

The ISSF Trainer is a unique new app for your iphone/ipod/ ipad which provides you with a power training aid for Olympic shooting training and match session. The application utilizes touch screen features, allowing you to record the position of each shot as it is fired during your practice session or match.

It also keeps track of the time elapsed between shots. You can select from several shooting disciplines, including 10m Air Rifle, 10m Air Pistol, 50m Rifle and Standard pistol 25 and 50m, and 300m Rifle. Each discipline records the shots on the correct target design and shot size in the setup.

You can review your practice on your device, replaying the shots one by one, or showing them in groups of 5,10,20 or all, and you can easily export by email, which includes lists as well as graphic pictures of the shots fired. The application allows you to insert notes and comments mid session, and even change the colour of the shot after a note or equipment change.

Cost? Through iTunes—under $10 Review? - Brilliant application

Next—the SHOOTING PORTAL on the AISL website.

This is the gateway to a variety of interesting websites and information. Use the AISL website http://www.ausshooting.org/index.php

then look for this icon below

shooting portal SHOOTING

ISSF SHOOTING FINAL

Shooting Final the Target Shooting Training application for the iPhone, iPod touch or iPad.

It enables you to train specifically for ISSF / Olympic style 10 Metre and 50 Metre Finals, creating the exact format including all of the necessary Audio prompts.

All commands are "Spoken" to you, and also displayed as text on screen. Just click "START" and your taking part in your own Final.

The Final can be "PAUSED" at any time.

Each of the stages are clearly displayed on screen, so that you don't lose track of where you are in the Final.

The application will work with both manual and automatic targets (by allowing you to set the delay of the target changing)

Shooting Final lets you concentrate on improving your performance in Finals. Should the rules for finals change, the application will be updated to take care of it.

Features include:
….Audio prompts played for each stage of the Finals

….Many preparation settings can be turned on/off

…..Adjust Target changing time to suit the equipment you use. (electronic or card)

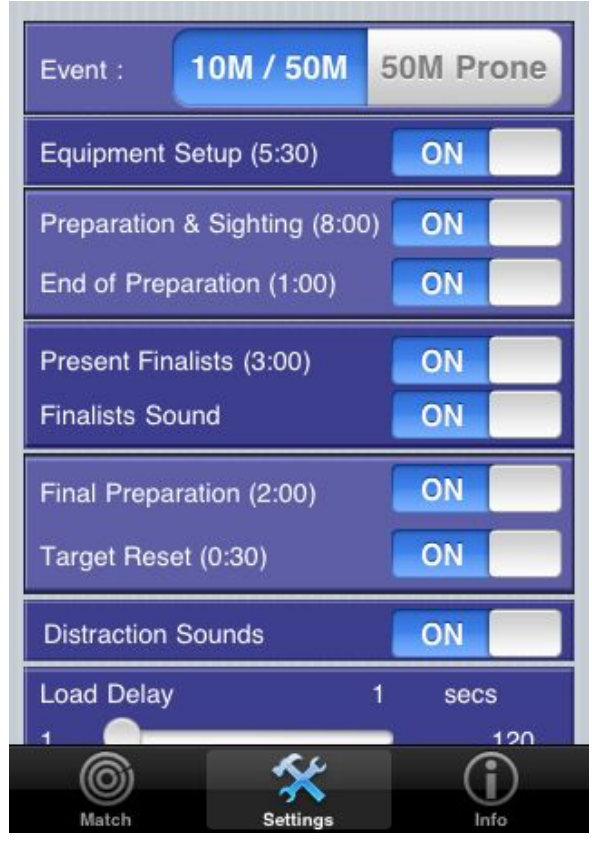
…..Adjust the time allowed for loading your Pistol / Rifle.

……Manually move onto the next shot if you do not want to wait the full time.

…..Turn distracting sound on/off (plays shots in the background)

Requirements: Compatible with iPhone, iPod touch and iPad. Requires iOS 3.0 or later.

Cost? Through iTunes—under $10

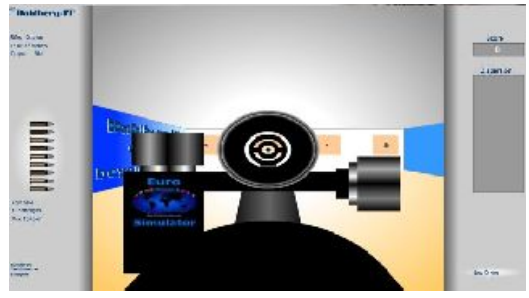


more TECHNOLOGY

And finally a website that allows you to practice your skills. This would be fantastic for the very new shooter, as it provides excellent training in sighting...as well as being a lot of fun.

EUROSIMULATOR (website… http://www.eurosimulator.com/)

The first of the "games" is the BEGINNER'S RANGE version, whereby the operator settles the front sight aim on the target first, and then aligns the back sight. All actions are completed via the mouse, and it only takes a couple of tries to get the hang of things. A bit of good fun as well.



Once you have that one under control, there is the more realistic (and sometime confusing) ADVANCED RANGE. At this range you can determine the amount of firearm movement, amongst many other variables.

Same principle—aim with front and then back sight, release the mouse to fire. Both are realistic enough and challenging.

While these "toys" won't make you into a champion….it will make the challenge a lot more fun.

Article by Tricia Van Nus

Q & A

Q: *Shooters in parts of Australia that have high humidity, how do they keep their rifles dry from the moisture that causes rust on their rifles.*

R: Good cleaning is the key, Wipe the barrel down after shooting and store the rifle in a cotton bag in the case. Most cases are lined with foam, that may sweat. Another help is a bag of the moisture absorbing crystals...the type that usually come with many things we buy….they can be purchased

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BENCHREST NEWS

World Rimfire Air Rifle Benchrest Federation 2011
WORLD CHAMPIONSHIPS, South Carolina, USA
July 30th – August 7th 2011

For the upcoming 2nd WRABF World championships, Australia will be sending a 16 Team Member Team. We are allowed 3 teams of 3 plus some individuals, the team was based on qualification scores for the last 3 years of RBA Nationals. Our Air Rifle Team won Gold in the Air Rifle World Postal of 2010 and members of our Rimfire Team also won Silver in the Team Rimfire World Postal of 2010, so we are expecting some good results over there. The main opposition will be the large and strong local USA Team followed by the British and Italian Teams. We will update with results in future TRA Magazines.

Australia will also be submitting a bid to host the next WRABF World Championships in Brisbane for September 2015. This event includes a number of matches and the programme is quite grueling for those undertaking all events;

FRIDAY 29/7/11 - PRACTISE DAY AIR & RIMFIRE 25M & 50M + WEIGHT& SCOPE CHECKS
SATURDAY 30/7/11 - OPENING CEREMONY - Air Rifle LV 25M
SUNDAY 31/7/11 – Air Rifle HV CLASS B 25M + WRABF - AGM
MONDAY 1/8/11 - International Sporter 25M Rimfire
TUESDAY 2/8/11 - Light Varmint 25M Rimfire
WEDNESDAY 3/8/11 - Heavy Varmint 25M Rimfire
THURSDAY 4/8/11 - International Sporter 50M Rimfire
FRIDAY 5/8/11 - Light Varmint 50M Rimfire
SATURDAY 6/8/11 - Heavy Varmint 50M
SUNDAY 7/8/11 - FREE DAY & FAREWELL DINNER

A photo of some of the team in Brisbane in uniform and the full team is listed below;

RIMFIRE:

TEAM A: John Patzwald, Clinton Sondergold, Bill Collaros (Team Captain)

TEAM B: Brett Wilson, Barry Hilzinger, Martin Lee

TEAM C: Bob Mulder, Dal Larsen, Richard Lightfoot

INDIVIDUALS: Greg Schneider, Geoff Knight, Joy Harrison, Rebecca Richards, Annette Rowe & Patrick Wolfe

AIR RIFLE:

TEAM A: Brett Wilson, Bill Collaros, Annette Rowe

TEAM B: Martin Lee, Richard Lightfoot, Patrick Wolfe

TEAM C: TBA

Team Captain & WRABF President

Bill Collaros

Team Aus would like to thank our sponsors for their support and assistance; they are ….

BRT Shooters Supplies, Safari Firearms, Lowey Products, Hand Arms, Forbes Wholesale, Pine Rivers Gun Shop, QLD Gun Shop, NSWSARAI & TRA.

P A R A M A G I C

The Australian Paralympic team has made an excellent start to the 2011 season, with strong performances at the IPC World Cup in Antalya (26-29 April), alongside athletes competing from 18 other countries.

Our team of 6 athletes, including Jason Maroney, Bradley Mark, Luke Cain, Ashley Adams, Elizabeth Kosmala and Darren Nicholson were on the top of the medal tally with 4 Golds and 4 Silvers.

Great Britain came in second with 7 medals.

Australia won 5 individual medals and 3 medals for the team events. Results below:

Jason Maroney: ...Gold in SH2 Air Standing with 598 (600).
Bradley Mark: ...Silver in SH2 Air Standing with 597 (600).
Ashley Adams: ...Silver in SH1 Air Standing with 584 (600).
Libby Kosmala: ….Silver in SH1 Air Prone with excellent score of 599 (600).
Bradley Mark: ….Gold in SH2 Falling Targets.

Team: Gold in SH1 Air Prone (Kosmala 599, Nicholson 598, Adams 597).
Team: Gold in SH2 Air Standing (Maroney 598, Mark 597, Cain 594).
Team: Silver SH2 Air Prone (Maroney 598, Mark 598, Cain 595).

This has undoubtedly been a fantastic start for a very important season, and, in particular, for qualification to the London Paralympic Games 2012.

For the very first time all 6 Australian athletes made the Final and achieved 7 PQS scores, with Darren Nicholson achieving his PQS at his first IPC World Cup with a PB of 598.

The team then headed to Spain to compete in the IPC World Cup in Alicante

ASHLEY ADAMS WINS GOLD IN ALICANTE, SPAIN

Australia's Paralympic shooting team has completed another impressive performance, walking away with three medals at the IPC World Cup in Alicante, Spain.

Ashley Adams recorded the standout achievement with a gold medal in the R6 50m rifle prone SH1, winning an exciting final after an initial score of 594 gave him the lead after the qualification round.

Adams, who has competed at four Paralympic Games, went on to score 102.3 in the final, leaving him 1.2 shots ahead of the second placed shooter from Israel.

The 55-year-old also recorded a fourth place finish in the men's R7 50m rifle 3 positions SH1, whilst he finished seventh in the R1 10m air rifle SH1.

10-time Paralympian Libby Kosmala won the silver medal in the R3 10m air rifle SH1, an agonising 0.2 of a point behind the gold medallist from Slovakia.

Libby recorded a perfect 600 in the qualification rounds to be in the equal lead moving into the final, but an amazing final score of 105.1 was still not enough to reach the top of the podium. 600+105.1 …..that's amazing.

She also claimed fifth place in the R2 10m air rifle women SH1 to cap off another successful event for the veteran shooter.

Bradley Mark was the third and final Australian medallist as he won silver in the R4 10m air rifle SH2, finishing 0.3 points off the gold medal position.

Jason Maroney finished in seventh position in the same event, before finishing fourth in the R5 10m air rifle SH2.

CONGRATULATIONS TEAM

From Bill Henry—QLD.

Some of you might be aware that Morgan and myself have been the agents for Mouche in Australia for some time. Recently we began importing a range of affordable jackets and accessories under our own brand name "Clever Combination".

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TRA 2010/11 3P Postal Competition

The inaugural TRA 3P Postal competition has concluded. This was an initiative from Ron Maine in SA, who noted that while we have a strong postal teams matches in the Warren Potent (50m) and Grahame Lawler (10m), there was nothing for Three Position. The event has been conducted since October, and the results are now presented. To give an indication of the closeness of the final results….at the end of March, Victoria A and NSW One were level on 38 points each. After the April results - a one point margin in favour of Victoria A (1695 vs 1694)

The 2010/2011 3P Postal Award goes to Victoria A (S McCready A Sedgmann C Lott)
Dane Sampson – highest Individual score . Congratulations to all who took part.

TEAM SCORES

	Score	Points				
	this month	Oct	Nov	Feb	March	April	Total
VICTORIA A	1695	10	10	9	9	10	48
NSW ONE	1694	9	9	10	10	9	47
NSW TWO	1610	8	8	7	6	8	37
QLD	1585	6	7	5	7	7	32
SA TWO	1554	3	4	4	5	6	22
SA ONE	1120	5	3	8	8	5	29
SA THREE	1097	7	6	6	2	4	25
VICTORIA B	1055	4	5	3	4	3	19
VICTORIA C	503	2	2	2	3	2	11

	Oct	Nov	Feb	March	April	Total
D Sampson	575	573	573	575	579	**2875**
J Hens	574	576	569	575	560	**2854**
W Godward	557	562	571	572	578	**2840**
A Sedgman	578	561	556	567	575	**2837**
S Smith	571	567	571	557	559	**2825**
S McCready	557	562	560	564	568	**2811**
A Styles	558	549	558	565	575	**2805**
E Woodroofe	551	551	554	569	562	**2787**
C Lott	549	554	552	559	552	**2766**
R Frisby	534	543	551	558	551	**2737**
S Carlyon	558	554	542	537	541	**2732**
R Maine	540	525	541	560	542	**2708**
M Clopatofsky	530	537	530	531	538	**2666**
S Houston	522	529	533	536	531	**2651**
J Davidson	535	518	540	518	533	**2644**
J Webb	524	534	514	542	528	**2642**
L Braybon (B)	538	535	524	505	534	**2636**
P Kelley	506	527	504	513	521	**2571**
L Braybon (C)	511	531	518	505	503	**2568**
C Walker	493	501	514	513	478	**2499**
D Colmer	477	505	483	501	470	**2436**
N Ioakim	542	543	541		535	**2161**
R Richards	516	521	495	492		**2024**
P Robinson	509	521		470	490	**1990**

Cont..

The individual scores over the course of the competition are also shown.

What is most amazing—THERE ARE SO MANY 3P SHOOTERS involved in this competition!

Absolutely wonderful to see 30 shooters in this competition. Well done to all who entered the event.

Although not in the 2010/11 event, I have it on good information that West Australia will join the next competition.

Thanks to Ron Maine for initiating the concept.

Look for details of the 2011/12 event in the August e-mag.

	Oct	Nov	Feb	March	Total
R Gallon	482	447	522	521	**1972**
C Malone	470	457	500	510	**1937**
R Hill	410	447	452	463	**1772**
M Neisingh	501	508	507		**1516**
K McKenzie	544	540			**1084**
L McKenzie-McHarg	411	433			**844**

LAST BITZ.....

What the?? *An Aussie Rules footballer has been sent off the playing field for "having a dangerous haircut" (He had a well gelled spiky Mohawk.) Wow—those fashion police are everywhere.*

—— ooOOoo ——

We've all been waiting for this one! *- bling, wiki, myspace and 3,000 technology related words have been added to the Collins Official Scrabble dictionary.*

—— ooOOoo ——

Did they do the maths? *The Minister of State of the United Arab Emirates has confirmed a donation of $30m to build 10 cyclone shelters in north QLD. Hmm... as the population of the coastal areas of North Queensland is approx. 725,000 there's going to be a lot of "closeness" going on.*

—— ooOOoo ——

Time to retire? *A 91 year old New Zealand man has been told that he is not allowed to fight crime alone on the streets at night. As part of a local community patrol initiative, he must find a new partner—he fired his last sidekick—a man in his late eighties who fell asleep while on duty.*

—— ooOOoo ——

Monkey Business—*Science quotes that "Chimpanzees are very self-aware and can anticipate the impact of their actions on the environment around them" Shame that there are a number of humans who can't follow suit.*

Answers to the crossword in the last issue

SOLUTION TO CROSSWORD

answers across: 1 Baibussinova, 3 Marienplatz, 7 Badaracchi, 9 First, 10 NADO, 11 Scoring, 12 Three, 13 Achilleos, 17 Eighty, 19 KSA, 20 Walther, 22 Accreditation, 25 Flag, 27 Hilton, 28 Gun, 29 December, 30 Apple.

answers down: 2 Juniors, 4 Plain, 5 Kiermayer, 6 Greece, 8 Insulin, 14 SVK, 15 Diploma, 16 Hedgehog, 18 Cartridge, 21 Errata, 23 Coaches, 24 Ticket, 26 Green.