



Newsletter

QUEENSLAND TARGET SPORTS

JUNE 2009

ONLY SHOOTERS WITH UNBREAKABLE WILL, WHO CONTINUALLY, TOUGHLY AND PAITENTLY TRAIN, CAN OVERCOME ALL HINDRANCES AND REACH THEIR GOAL.

ANOTOLI BOGDANOV

WHATS NEXT

ISIS CHILDERS PRIZE MEETING – 27th & 28th June INAUGURAL CHILDERS CUP. All clubs should have received programmes by now, if not see the website. Local businesses have been very generous with their support for the Isis Club so it would be great to see lots of support from the shooters as well – see you there.

AUSTRALIAN SHOOTING GAMES – 4TH & 5TH of July – AT THE BELMONT SHOOTING COMPLEX. This is a good opportunity for all you Brisbane shooters to compete without having to travel. Once again, you don't have to be a "good shooter" to enter these competitions. We all had to start somewhere and we are very short on B, C & D Grade shooters for our competitions. Come along and show us what you can do. Come along and show yourself what you can do.

We get to have a little break from competitions for the remainder of July. The next shoot is the Bundaberg Challenge on 8th & 9th of August.

Scores for both Winchester Interstate Teams and Graham Lawler matches have be sent away. Results for round 1 Winchester on following pages.

For those who do not know what these teams are: The Winchester Interstate Teams Match is a postal competition shot against the other states in a round-robin series. It is a 5 person team and consists of one match per month May to September. Queensland has not competed in these comps for a few years and due to distances we try to combine these matches with prize meetings.

The Graham Lawler is a similar style competition but for Air Rifle. These matches are shot on a Friday night in Brisbane – contact Bill Henry of Paramount Club for details.

THOMAS IS OFF OVERSEAS AGAIN, THIS TIME TO SINGAPORE IN JULY. GOOD LUCK TOM, HOPE YOU SHOOT WELL.

FOR THOSE AVID TV VIEWERS AMONGST US, WORLD NO.1 WARREN POTENT HAS A SMALL STINT ON AN UPCOMING EPISODE OF THE SBS PROGRAMME (THE SQUIZ) SEEN ON SATURDAY NIGHTS AT 8.30 P.M. – NOT SURE WHAT DATE AS YET.

Special congratulations must go to Warren who has regained his I.S.S.F. World No.1 ranking after winning 3 out of 4 World Cups this year with an average score of 597 – quite an achievement.

The World Cup Final is in China in October – best of luck, Warren.



If I am nothing without a gold medal, Then I will be nothing with it.

KIRSTY MARSHALL

Wide Bay Australia Ltd, Championships Hosted by the Bingera and South Kolan Small Bore Rifle Club

A very big thank you to all our Sponsors, “Wide Bay Australia Ltd, Major Sponsor”, “Bundaberg Travel World”, “South Kolan Hotel Motel” without your help these shoots would not be possible.

Results over the weekend were mixed with some shooters handling the conditions better than others, some grades were lower in numbers than previous years but in all the shooters that attended had a great time.

Saturday 16th May, Match No .1. Targets.

A Grade: 1st John Patzwald 586, 2nd Robyn Samson 578, 3rd Rodney Faint 555.

B Grade: 1st Jason Kettle 580.

C Grade: 1st Brian Stephenson 555.

D Grade: 1st Gary Stehbens 541, 2nd Ray Melody 491.

Match No .2. Targets with Scoped Rifles.

Open Grade: 1st Andrew Duncan 564, 2nd Raymond Nielson 561, 3rd Simon Wicks 548.

Match No .2A.: Bench rest.

A Grade: 1st John Patzwald 596, 2nd Anne Bugden 593.

Under A Grade: 1st Barry Sturgess 592, 2nd Paul Unger 587.

Match No .3.: Drawn Pairs: John Patzwald and Paul Unger 1173.

Match No .4.: Silhouettes 2 x 40 shot Match:

A Grade: 1st John Patzwald 80, 2nd Ken Ogilvie 79, 3rd Andrew Duncan 78.

B Grade: 1st Terry Harrold 80, 2nd Gary Stehbens 77, 3rd Julie Dunks 76.

C Grade: 1st Adam Kipp 69, 2nd Jim Wright 59, 3rd Ethan Hammelswang 56.

D Grade: 1st Ray Melody 62, 2nd Brian Stephenson 57, 3rd James Cameron.

Match No .5. Nominated Pairs. John Patzwald and Peter Christensen 154.



JOHNNIE AT THE BENCH

Sunday 17th May, Match No .6. Targets.

A Grade: 1st John Patzwald 582, 2nd Rodney Faint 580, 3rd Robyn Samson 576.

B Grade: 1st Jason Kettle 577, 2nd Geoff Robertson 540.

C Grade: 1st Brian Stephenson 532, 2nd Gary Stehbens 554, 3rd Ray Melody 512.

Match No .7. Targets with Scoped Rifles.

Open Grade: 1st Jason Kettle 576, 2nd Raymond Nielson 570, 3rd Simon Wicks 563.



GARY & TERRY

Match No .7A.: Bench rest.

A Grade: 1st Anne Bugden 594, 2nd John Patzwald 592.

Under A Grade: 1st Barry Sturgess 589, 2nd Simon Wicks 586.

Match No .8.: Drawn Teams of .3. Paul Unger, Raymond Nielson and Anton Perk 1724.

South Kolan Hotel Motel Silhouette Champion: A shoot off was required between the A Grade winner John Patzwald and the B Grade winner Terry Harrold the ultimate winner was Terry Harrold.

Bundaberg Travel World Target Champion: John Patzwald 1168.

Bingera and South Kolan Silhouette Results: All scores count for Club Annual Championships, Terry Harrold 40 - 40, 80. Andrew Duncan 38 - 40, 78. Gary Stehbens 38 - 37, 77 Geoff Robertson 37 - 38, 75. John Pepprell 38 - 37, 75. Peter Christensen 34 - 35, 74. Adam Kipp 35 - 34, 75. Ethan Hammelswang 22 - 34, 56. Kerry Pagotto 32.

If you are new to the area and interested in Small Bore Shooting, please, come along and try,

[conditions apply] Further Information on the club activities can be obtained by phoning President Gary on 41577342, Secretary Alan on 41577532 or 0418876640 or a.adams@skymesh.com.au Club Captain Peter on 41529492.



JOHNNIE & KEITH



This is an interesting photo taken through the scope on John's bench rest rifle – quite a good shot don't you think?

(THANKS TO ALAN FOR THE RESULTS AND SIMON FOR THE PHOTOS)

ARE YOU NERVOUS BY KIM FRASER

At the Commonwealth Games, Australia Post and Telstra ran programmes to enable our supporters at home to send athletes good wishes. This programme is enormously popular, particularly with schools. There have even been students who have been inspired by the athletes they have contacted, and gone on themselves to become champions in the same discipline.

In the many letters I received at the last three Commonwealth Games, the most popular question would have to be 'are you nervous?' This is an interesting question to come from children of primary school age, and I thought it would form a good topic for this article.

Nerves are something that affect all of us to varying degrees in various ways in all types of situations, it could be at work when you have to make a presentation, at home when you are asked to make a speech on a birthday, or in competition when the range officer says 'start'. The bigger the competition, the bigger the risk of nerves. Anyone who says they don't suffer from nerves probably doesn't understand how nerves affect them, is unwilling to admit the truth or genuinely doesn't care if they win or lose – a condition from which few competitors I know suffer.

I used to think that because nerves increase adrenaline, they would be helpful in sports like athletics, swimming and so on. I now know that whilst adrenaline can be helpful in providing explosive power, unless the nerves are managed, the rest of the side effects of nerves are decidedly detrimental to top performance, regardless of the sport.

Nerves can be a powerful ally in competition because they bring a heightened sense of awareness. This is not necessarily a bad thing as it will help us:

- Be more aware of our surroundings, the changing wind and so on;
- See the foresight more clearly;
- Feel the trigger more precisely and
- Allow us to process more activities at once.

All of the above would be helpful for shooting. However, the nerves also have downsides which could appear during the match as;

- Increased heart rate;
- Rapid breathing;
- Trembling or loss of motor control;
- Loss of concentration or ability to focus; and
- Panic.

The downsides could also appear prior to the match as;

- Sleeplessness;
- Loss of appetite;
- Vomiting or diarrhoea; and
- Bad temper.

There is not much doubt that if you are experiencing the above symptoms, you are probably on the way to a score below your best. Learning how to manage these 'downsides' is imperative to successful performance under match conditions.

How to manage your nerves in competition.

There are really two aspects to this. First and foremost are the technical. Your shooting position must be technically strong and free of tensions that force the rifle onto the target. A strong position which is 'relaxed' when on aim is the most fundamental requirement towards overcoming nerves in competition. The shooting position forms the base from which all performance grows and a lousy base will seldom give an optimal result. The first thing to address, if you think nerves are getting to you, is to get your position technically strong.

The second aspect is to learn the mental approaches that will work for you in competition. Everyone is different, and what works for one won't necessarily work for everyone. Still there are some basics that generally help most people. These basics are:

Breathing: being able to relax and control your breathing is definitely a big plus. When your heart rate skyrockets in a match, the use of breathing and relaxation techniques will help refocus the mind and relax the body.

Shooting Rhythm: firing the shot to a pre-practised sequence is also helpful, especially on the first few and last few shots.

Mental Rehearsal: we've all heard about this, but it really does work. Put yourself in your match situation and 'mentally rehearse' firing the shots.

Mental Tactics: working out prior to the match what you are going to do if you become nervous.

There are several other tactics that various people I know employ. These include not eating before a match, exercising, listening to music, dry firing and several others. Space does not permit extensive discussion on the above-mentioned techniques, however here are various texts available which will provide more detail. What works for one, may not work for you, however through trial and error you will find the combination that works best for you.

Am I nervous – you bet! - In every match to varying degrees. However through practice and experimentation in competitions over several years, I have learned how to manage my nerves and to use them to advantage. It doesn't always work for me; however mastering this is one of the challenges for me in our sport.

*Its good to be on the right track, but
you'll get run over if you just sit there.*

THE ATTACK OF THE KILLER 8'S

By Cheryee Dick

It happened in Maryborough on a bright, sunny day, when many a shooter from near and far had gathered to contest a prize meeting.

Everything seemed normal – as normal as a gathering of shooters can seem, that is!

The shoot began well. The weather was perfect - no conditions worth noting, whensuddenly...out of the bushes they sprang; from behind the targets they charged; they came from everywhere – yet nowhere! They weren't selective either! They attacked everyone. They attacked and attacked without let up.

Yes.... It was a strike of the Killer 8's.

The more they attacked, the more shooters found the need to defend themselves, and so shot them, till everyone on the range was mumbling things like 'I just shot an 8', 'You shot an 8, I shot 3 of the mongrels'. 'You shot 3 x 8's. I shot 4 on one target!'. (No-one was congratulating anyone on fine shooting either!)

No, it was dreadful! The panic in shooters' eyes; their faces contorted with fear of the 8's. Then Laurie Moran from Toowoomba shouted 'STOP!' We must NOT shoot any more 8's.

You see, Laurie had worked it out, (like a true maths teacher), that once disturbed, the 8's would attack. Unfortunately, they were being disturbed by beginner shooters on the range who were all quite happy to shoot 8's.

Laurie came up with the theory that because the 8's had already been disturbed then they would continue to attack, and so it would be best to beat them off with a stick – because if you shoot an 8 you've got nobody to blame but yourself!!!

It was a wonderful theory. Laurie put this theory into practice immediately and finished the day with the best score. By the end of the day calm had returned to the rifle range. Shooters noted Laurie's theory and although the damage had been done an important lesson had been learned.

I feel it's only fair to warn all shooters....Beware of the Killer 8's.

They are lurking everywhere – try not to disturb them – and whatever you do - Never, ever shoot them!!!!

Smallbore Australia 1991

ZEN TEACHINGS

1. Do not walk behind me, for I may not lead. Do not walk ahead of me, for I may not follow. Do not walk beside me for the path is narrow. In fact, just go away and leave me alone.
2. No one is listening until you fart.
3. Always remember you're unique. Just like everyone else.
4. Never test the depth of the water with both feet.
5. If you think nobody cares whether you're alive or dead, try missing a couple of mortgage payments.
6. Before you criticise someone, you should walk a mile in their shoes. That way, when you criticise them, you're a mile away and you have their shoes.
7. If at first you don't succeed, skydiving is not for you.
8. Give a man a fish and he will eat for a day. Teach him how to fish, and he will sit in a boat and drink beer all day.
9. Some days you are the bug; some days you are the wind screen.
10. Good judgement comes from bad experience...and most of that comes from bad judgement.
11. If you tell the truth you don't have to remember anything.
12. A closed mouth gathers no foot.
13. There are two excellent theories for arguing with women. Neither one works.
14. Generally speaking, you aren't learning much when your lips are moving.
15. Experience is something you don't get until just after you need it.

ISIS CHILDERS COACHING CLINIC

The coaches who came to the Isis Range for the two day Coaching Clinic were Anne Bugden and Robyn Sampson from Brisbane who have been in the shooting sport most of their lives and Barry Sturgess from Bundaberg shared some excellent technical knowledge which he has picked up over the many years of his shooting career.

The group was taken through all the steps taken by target shooters when preparing for a match, from setting up equipment, clothing, mental and physical preparation and referring to a diary. It was a very educational and informative weekend and each participant took notes on how to get the best performance from themselves and their rifles.

The 15 shooters who attended the Coaching Clinic were mostly silhouette shooters and they were quite surprised to find out that there is a lot more to being a good shooter than meets the eye. There was some instruction on benchrest shooting as well and a prone match was held on Sunday to see how much was taken on board. Some shooters were keen to learn more about what equipment was needed for benchrest and prone disciplines so the weekend was a great opportunity to enlarge the shooting goals of those who attended.

It was an enjoyable weekend, the weather was kind and the fellowship warm and friendly. Photos of the shooters taken from all angles were taken to refer to in future and remind everyone of their correct shooting position.

Thank you Anne, Robyn and Barry for your time and instruction.

Isis District Smallbore Rifle Club.



Annie and I had a very enjoyable weekend at the Isis Club for their coaching clinic. Although numbers were down on expected, we had a manageable group to look after.

It was very pleasing to see the keen interest by the younger shooters who I might say are very soon going to be giving the older members of the club a run for their money.

We hope that everyone gained something from the weekend and please do not hesitate to contact us at any time if you need any assistance.

We would like to thank Isis Club and all involved for your hospitality and a very pleasant weekend indeed.

See you all soon,

Annie & Robyn

WANTED

We have a number of members who would like to purchase good second hand target rifles but do not wish to or cannot afford to spend a lot of money.

If there are any members out there who have spare rifles or know of any rifles for sale could you please let me know?

At present we have members looking for possibly 2 x 1407's or like (RH) and a prone rifle 1411 or like (fully LH)



WIDE BAY CHAMPIONSHIPS

A very enjoyable weekend was had by all who attended the 2009 Wide Bay Championships in Maryborough.

Entries were good with 21 in prone on both Saturday and Sunday and 20 & 22 for Bench Rest. There were 11 entries in total for the Air Matches and around 20 for Silhouettes on Monday.

Quite a number of shooters camped on the range and partook of an excellent dinner on Friday, Saturday & Sunday nights.

The weather was especially favourable for Maryborough which could partly account for some good shooting.

Robert Eckel, from Charleville, showed us all what he is made of with scores of 594, 597 & 594 in the prone to come out on top, 17 points clear of Thomas Versace in 2nd place with John Patzwald in 3rd, a further 12 points behind.

Competition in the Bench matches was a little more fierce with a number of shooters posting excellent scores.

John Patzwald scored the only 600 (600.56) of the weekend followed by a 599.51 on Sunday to take out 1st overall. John and Barry Hilzinger could not be separated on Sunday and were both awarded equal 1st place. Thomas, Annie and a number of so called 'B' grade shooters kept the pressure on also posting good scores.

Local, Rodney Faint won the Air Rifle, Air Pistol and Standard Pistol matches.

Stan Thomas showed he's still not a bad shot for an old fella shooting the only 80 in Silhouettes. New shooter, Ben Wright from Toowoomba won the Junior section. What is it with these Juniors from Toowoomba? There must be something in the water.

It was pleasing to see a number of new shooters in Maryborough and hope this trend will continue. Also great to see 'Grannie' Joy from Charleville there. Hope you enjoyed your weekend Joy.

Congratulations to all the shooters and especially to Maryborough Club for all their hard work, excellent array of prizes and an overall great weekend.

A full list of results can be seen on the website.

See you all in Childers.



WIDE BAY CHAMPIONSHIPS – SILHOUETTE RESULTS

A GRADE

STAN THOMAS	B'BERG	80	1
JOHN PATZWALD	T'WBA	79	2
RAY NIELSON	STH/KOL	79	3
JOHN WOODRIDGE	MUND	79	
THOMAS VERSACE	T'WBA	78	
KEN OGILVIE	B'BRG	78	
ANTON PERK	ISIS	77	
PAUL UNGER	M'BOR	76	
JULIE DUNKS	ISIS	74	

C GRADE

BEN WRIGHT	T'WBA	65	1 JNR
MELINDA PRATT	M'BOR	63	

PAIRS

A & B	STAN THOMAS JOHN PEPPERELL
C & D	BRIAN STEPHENSON MELINDA PRATT

B GRADE

JOHN PEPPERELL	STH/KOL	78
ROY MULLER	M'BOR	78
ALAN BRADFORD	M'BOR	77
CAMERON BROWN	ISIS	76
ROD FAINT	M'BOR	75
LESLEY PERK	ISIS	71
CRAIG HOWARD		69
STEPHEN ROSSITER	M'BOR	52

D GRADE

BRIAN STEPHENSON	M'BOR	68
DAN CLANCY	M'BOR	63
JAMES CAMERON	ISIS	54
BRAYDON ELLIOT	T'WBA	43
TRENT BROWN	ISIS	40



HI,HO....HI,HO..
IT'S OFF TO WORK WE GO!

Target Rifle Australia

Winchester Postal Interstate Teams 2009

Round 1

New South Wales

Warren Potent	594
David Clifton	588
Ivan Kelly	582
Susannah Smith	585
Trevor Johnson	585
Total	2934

Queensland

Ashley Adams	588
Jack Barnes	584
Thomas Versace	584
John Patzwald	583
Dane Sampson	581
Total	2920

Victoria

Robert Howell	587
Matthew Hall	585
Sam Elsmore	586
Chris Lott	585
Glenn Keogh	583
Total	2926

Tasmania

Michael Poole	570
Ray Halley	561
Lucinda Bennett	563
B Saunders	534
Barry Youd	549
Total	2228

West Australia

Owen Oliver	571
Barry Cowburn	585
Norm Abbott	586
Barry Sarcich	578
Andrew Sevelj	569
Total	2889

South Australia

Jason Lowe	583
Ron Maine	584
Peter Evers	579
Debbie Lowe	588
Tim Butler	578
Total	2912

State	Shot	Won	Draw	Lost	Points	Aggregate
New South Wales	1	1	-	-	3	2934
Victoria	1	1	-	-	3	2926
Queensland	1	1	-	-	3	2920
South Australia	1	0	-	1	1	2912
West Australia	1	0	-	1	1	2889
Tasmania	1	0	-	1	1	2228

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