



Newsletter

QUEENSLAND TARGET SPORTS

SEPT 2009



ACCURACY FOR A GIVEN SHOOTER IS LARGELY A MATTER OF WHAT HIS MIND WILL ALLOW THE REST OF HIS BODY TO DO.

WHATS NEXT

MARYBOROUGH MASTERS - 3rd & 4th October. The Masters is a Graded competition as well as the Masters age groups so entry is for everyone ie. Silhouettes, prone, air rifle and bench rest.

For details visit the website or contact Alan Bradford on 07 4123 1256

LISMORE PRIZE MEETING - 7th & 8th November. Visit the website for programme or call David Gaze on 0411 247554 or Kevin Friend on 02 6625 1133.

QUEENSLAND STATE CHAMPIONSHIPS – 14TH & 15TH November. – a big weekend. Programme will be sent out and on the website soon.

TRA E-MAGAZINE

The August edition of the TRA E-magazine is now available on the TRA website http://www.tra.org.au/magazine_index.html Please take time to have a look and maybe pass your comments on to Trisha. If no one makes any comment it is difficult to know if it is what members are looking for in a magazine and it is easy to assume all are happy with the current set up. TRA is working towards a way of notifying members individually when a new edition is on the site - any suggestions would be appreciated.

COACHING CLINIC

Another successful coaching clinic with Gordon de Groen and Sue Carlyon was held at Belmont in early September with a number of quite new shooters coming along.

Shooters not only gained some extra shooting knowledge but enjoyed the experience of shooting on the new electronic targets.

Gordon and Sue were quite happy with the weekend overall although a little disappointed with the lack of 'follow-up' shooters from the previous clinic. They are both looking forward to returning next year for more clinics.

These clinics are conducted as part of the TRA Coaching Road Show and are a freebie from TRA to members. The coaches involved donate their time and this may sound corny, but do it for the love of the sport.

We are hoping to run at least another 2 clinics next year and if we can get enough members interested in attending in country areas, we may be able to run a clinic outside of Brisbane, but to arrange this you have to let me know. If I hear nothing I can only assume no one is interested.



Shooting Rhythm

BY Kim Frazer

We often hear athletes talking about how they were 'in the zone' during a competition. The 'zone' refers to a state of concentration where the technical aspects occur automatically, concentration is at its optimum, and performance is at its peak. Unfortunately there is no magic formula for getting into the zone, and few of us can achieve it every time we compete. One aspect that assists in gaining the performance zone, and that top performers always demonstrate, is excellent rhythm throughout their match, and it is this aspect of performance that I will discuss in this article.

What is Shooting Rhythm?

We often hear from coaches that in order to shoot a 10 each time we fire a shot, we must do the same thing each time. When we apply this principle to shooting rhythm, we are inferring that we must carry out all our actions associated with firing a shot, in the same order, and in the same amount of time, each and every time. However even a novice would say that surely some actions are more critical than others and this is absolutely correct. The more critical actions are those actions directly associated with firing the shot such as sighting, position checking, relaxing and so on. Less critical, are actions carried out that are outside the action of firing the shot, such as loading, spotting, changing targets, and so forth.

One will find that with top shooters, even these less critical actions will appear to the casual observer to be carried out with the same consistency, and in the same order and rhythm. Anyone who has ever seen the multiple World & Olympic Champion, Ralf Schumann compete in Rapid Fire will be able to compare the almost mechanical performance of Schumann with perfect shooting rhythm.

Others have timed some of the top rifle shooters in competition and observed that their execution time- from picking up to putting down the rifle – for each shot is remarkably consistent, varying by only 2 seconds over a 60 shot match. Shooting with rhythm doesn't mean shooting fast, although this may be an outcome. It does however, mean replicating the timing of the shot each time.

Why is Rhythm Important?

Physiologically the human body likes rhythm and tends to relax more when rhythm is present. Let's explore this a little. Our heart beats with a rhythmic sequence – when we are stressed, our heartbeat will be quicker, and less even, and our performance suffers. We breathe at a rhythmic, repetitive pace – if you've ever tried falling asleep when you are panting, you'll know that it just doesn't work. Marathon runners and long distance swimmers all speak of the need to find a rhythmic sequence to achieve their best performance. Hence in shooting, it is reasonable to conclude that our performance is more likely to be better with good shooting rhythm, because our bodies function better when behaving rhythmically. Now this doesn't mean that if you shoot all your shots in good rhythm but don't take care of the basic fundamentals of firing a shot, that your performance will be good. What it means is that if you get the basic fundamentals right and then work on improving your rhythm, you will probably find your performance is better.

How can you Improve your Rhythm?

Before embarking on a program to improve your shooting rhythm, you must be at a stage where each of the elements of firing a shot is performed consistently. For example, if you need more than one attempt to mount your rifle in your shoulder for a shot, then you need to try to perfect this aspect before working on your rhythm.

Assuming the basics are sound, the next thing you need is a friend who is willing to time your shooting. You need to identify the point of each shot at which timing will start, and the point at which it will finish. For example you may like timing to start when you mount the rifle in your shoulder, and conclude when you fire the shot. Agree these points and make sure these are clearly understood. Your observer should note the duration of each shot, and the score – you probably need about 40 shots to get any kind of statistical certainty, and you may want to do the exercise on more than one occasion to confirm your results. Once completed, graph your results and determine which time duration gives you the greatest proportion of 10s. For example, you may find that 60% of your 10s come from shots fired within 7-8 seconds. (If you can't find a friend to time you, you could use a tape recorder).

Once you are satisfied you have determined your optimum aiming time, you need your friend to help you train yourself to always fire within the optimum time. This is done by giving the shooter a start signal. Then if the shot is not fired by the desired time, the shooter is stopped from firing and asked to recommence the sequence.

When Should you Vary your Rhythm?

Perfectly consistent timing is not always practical. Often weather conditions or other factors may require a change to the rhythm. In these cases though, it is the non-critical aspects of the rhythm, such as the duration between shots that should be altered. The actual aiming/firing time should still remain consistent. Keeping a consistent flow of shots is only recommended when adverse conditions are not experienced. Once adversity, such as weather, nerves or other difficulties occur, a break in your shooting is necessary to allow time to refocus and regain your rhythm.

TOOWOOMBA PRIZE MEETING

Normally when one attends Toowoomba Prize Meeting you have to remember to bring all your jumpers – not so this year. The weather was unusually warm but with the usual ‘breeze’ which made for some interesting scores.



Numbers were down a little on previous years but those who did attend enjoyed a very well run and pleasant weekend. Local, John Patzwald took home most of the prizes and although he shot an 80 in the silhouette match he finished 3rd after the shoot off. Lesley Perk from



Isis Club returned to her old form, winning the match with Raymond Nielson from South Kolan in second place and Johnnie third. Well done Lesley – you can still do it.

John won both of the bench rest matches with a 600 on Sunday and produced a PB OF 593 in the prone match to come out on top there as well. Robert Eckel, from Charleville was the winner of the prone on Saturday but unfortunately was not well on Sunday and was unable to compete. Dane also shot well finishing with a 200 in the prone match on Sunday in rather bad conditions. (see below)

Ray Girdlestone was the winner of the Air Rifle match. This was just a fun match with competitors shooting 40 shots. Not all equipment was allowed for the match and the winner was drawn out of a hat. Ray must have been meant to win as he not only top scored but was also the winner of the draw.



Congratulations to Johnnie for his good shooting over the weekend, to all who helped in the running of the shoot and especially to the ladies who kept us well fed. Simon also did an excellent job of the presentations. – Well done everyone.

Results can be found on the QTS website.

RESULTS

50m Prone – Saturday

A Grade

1. Eckel, Robert	584.24
2. Patzwald, John	582.22
3. Sampson, Dane	581.20
4. Sampson, Robyn	580.28
5. Rossiter, Janelle	563.21

B Grade

1. Girdlestone, Ray	578.22
2. Muller, Roy	569.13
3. Gaze, David	566.18
4. Sampson, Rod	551.8

C/D Grade

1. McLennan, Bruce	566.18
2. Wooldridge, John	532.11
3. Neale, Stuart	508.7
4. Melody, Ray	450.3
5. Wright, Ben	445.2
6. Elliott, Braydon	423.2

Any Scope

1. Nielson, Raymond	561.15
2. Perk, Lesley	560.9

Bench Rest – Saturday

A Grade

1. Patzwald, John	598.32
2. Sampson, Robyn	590.31
3. Sampson, Dane	589.34
4. Bugden, Anne	589.32
5. Sondergeld, C	588.30
6. Muller, Roy	585.24
7. Perk, Anton	560.13
8. Gaze, David	557.22

B Grade

1. Neale, Stuart	585.27
2. Wooldridge, John	583.25
3. Wicks, Simon	579.23
4. Elliott, Braydon	563.15
5. Wright, Ben	545.7
6. Melody, Ray	538.8

Silhouettes

A Grade

1. Perk, Lesley	80
2. Nielson, Ray	80
3. Patzwald, John	80
4. Wicks, Simon	78
5. Wooldridge, John	77
6. Perk, Anton	76
7. Muller, Roy	71

B Grade

1. Gaze, David	70
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C/D Grade

1. Wright, Ben	68
2. Melody, Ray	66
3. Elliott, Braydon	58
4. Nixon, Brett	58

PRONE – SUNDAY

A Grade

1. Patzwald, John	593.33
2. Sampson, Dane	590.22
3. Sampson, Robyn	583.15
4. Rossiter, Janelle	573.16

B Grade

1. Muller, Roy	571.16
2. Gaze, David	569.19
3. Sampson, Rod	564.15
4. Girdlestone, Ray	563.12

C/D Grade

1. McLennan, Bruce	565.7
2. Wooldridge, John	552.11
3. Neale, Stuart	512.6
4. Elliott, Braydon	463.2
5. Wright, Ben	458.3

Any Scope

1. Perk, Lesley	566.16
2. Nielson, Raymod	540.11

BENCH REST - SUNDAY

A Grade

1. Patzwald, John	600.50
2. Sampson, Dane	596.38
3. Sampson, Robyn	594.49
4. Perk, Anton	594.40
5. Bugden, Anne	592.41
6. Gaze, David	592.28
7. Muller, Roy	590.29

B Grade

1. Neale, Stuart	593.35
2. Wooldridge, John	581.23
3. Melody, Ray	567.16
4. Wright, Ben	559.10
5. Elliott, Braydon	556.13
6. Meredith-Bramwell	509.7

Grand Champion – Target	John Patzwald
Bench	John Patzwald
Prone	John Patzwald

Also at Toowoomba



WE ALL KNOW ODD THINGS HAPPEN ON RIFLE RANGES SOMETIMES THAT LEAVE ONE WONDERING “HOW DID THAT HAPPEN?” THESE SHOTS WERE TAKEN AT TOOWOOMBA PRIZE MEETING WHERE, SHALL WE SAY, THE WEATHER WAS NOT CONDUSIVE TO GOOD SCORES. THE YELLOW TARP ON THE ROOF HAD JUST BEEN BLOWN THERE BY ONE OF THE MANY GUSTS OF WIND. IT HAD BEEN COVERING THE AREA BEHIND THE MOUND WHERE THE PEOPLE AND TABLES ARE.. ON THE RIGHT IS THE TARGET DANE SHOT WHILE ALL THIS WAS HAPPENING. DON'T WORRY, HE 'S STILL SCRATCHING HIS HEAD AS WELL..

SPREADING THE WORD

PLEASE!, PLEASE!, PLEASE! Secretaries and members, pass information on to each other. A copy of the newsletter, minutes of management meetings and other notices are sent to all secretaries at least every month. It is then up to secretaries to pass this information on to members – that is one of the duties of that position so if you have any questions, ask your secretary. Please do not assume everyone knows what is happening.

This newsletter and the website are a means of communicating to members but there is nothing like word of mouth.

Not everyone has access to the internet so it is difficult for these members to keep up to date with all the goings on of the association and other clubs. Even if you are not interested in a happening yourself, you may have members who are and the only way of them finding out is by someone telling them. We all need to work together to keep our sport going.

INSTALLATION OF ELECTRONIC TARGETS

The electronic targets have been installed at Belmont . This is a very exciting step for QTS and small-bore shooting in Queensland. We hope that everyone will come and try shooting on these targets, even if it only once, just for the experience.

There has been quite a lot of work done in preparation for the installation of the targets and a lot to be done with the computer setup of matches, lighting etc. but everything is well under way. I am sure there are still going to be quite a few calls to W.A. and Norway in the next few weeks though.

This is the first installation of Kongsberg Targets on a small-bore range in Australia so it was a new experience for the Australian Agent, Kim Potter. Kim spent 3 days in Brisbane for the installation. There are already many of these targets being used on full-bore ranges in Australia. QRA has had two for some months now and are finding them a very reliable machine with the shooters enjoying this new shooting experience. There have also been a number of enquiries from clubs looking into installing electronics.

Many members may feel that that this “computerized shooting” is too complicated and hard to understand, even a little scary, but from a shooters point of view it is quite simple. Like anything new it seems confusing at first but after awhile we wonder what the problem was. Come and try and see for yourselves.

As I have said previously, the Belmont Range is the state range and for the use of all QTS members, not just those in Brisbane.



TRA ANNUAL GENERAL MEETING

Just a couple of snippets of information from the AGM:

TRA executive:	Chairman	Glen Braybon	Victoria
	Deputy	Chris Hicks	Victoria
	Secretary	Peter Kelly	Victoria
	Treasurer	Rod Sampson	Queensland

TRA National Championships:	2010	NSW
	2011	Victoria
	2012	Queensland

Board Structure: TRA is changing to a Board Structure which should be happening by this time next year. This structure is in line with the Sports Commission's system of management and is hoped will work to our benefit.

*WHAT YOU HEAR - YOU FORGET.
WHAT YOU SEE - YOU REMEMBER.
WHAT YOU DO - YOU KNOW.*

Don Gowland

TWENTY SECRETS TO SUCCESSFUL SHOOTING

by Hill-an Hill (David Hillan & Yvonne Hill)

1. The number of crossfire's is directly proportional to the importance of the match.
2. Dust and clean rifles have magnetic properties.
3. Strong winds will fade at sundown.
4. The chances of being scheduled in the first detail are higher the further you live from the range.
5. The further the range is from home, the more likely you are to forget something.
6. Dud rounds of ammunition will emerge in matches.
7. Special deals on firearms will be available only during periods of financial embarrassment.
8. Weather conditions will improve on Monday.
9. Airline strikes will coincide with major matches.
10. The Supplies (Ammunition) Officer will stay home on the day you run out of ammo.
11. Firing pins and sling swivels will break only if you are not carrying spares.
12. Excuses will outnumber shooters ten to one.
13. The greater the number of tens on your sighter, the greater the chance that your first business shot will be a nine.
14. One minute is not a fixed unit of time – why else is the last minute on a windy day shorter than the first?
15. Wind flags are like members of the Committee – they all go in different directions.
16. The correct flag to watch will be determined as you fire the last shot.
17. Shooting gear will never break AFTER the match.
18. The scheduling of a major match guarantees extreme weather conditions.
19. Sights or bedding screws will be found to be loose only after a major match.
20. The scorers motto – 'If in doubt, give it out!'

This was printed in the NSW 'Ten Ring' in June 1981 but I think we can all still relate to it in some way.

TRA COACHING EDUCATION

These are coaching courses offered by TRA to members. TRA is in the process of organizing a calendar for next year so if we have any members interested in attending any of these courses **PLEASE LET ME KNOW**. If we receive no response we can only assume no one is interested. As with the coaching clinics, if there is enough interest in country areas we may be able to arrange a course outside of Brisbane. Attendance of 6 – 20 members is ideal.

The *TRA INSTRUSTOR'S COURSE* is n entry level (1 day) course useful for every member of every club in Australia. The Course provides quality information about all the shooting positions within the sport, and it includes strategies to assist the newer club members. This is not a pre-requisite to the Club Coach Course.

The *AISL CLUB COACH* (2 day) course is aimed at improving the coaching skills of those already involved in club coaching. While often a follow-On to the Instructor course, it can also be undertaken as a first point of coach education.

The *AISL COMPETITION COACH* course is aimed at furthering the knowledge of the more experienced coach. Accreditation at the Club Coach level is a pre-requisite to entering the Competition Coach course.

Target Rifle Australia

Warren Potent Interstate Teams 50 Metre Competition 2009

Round 4

New South Wales

Warren Potent	595
David Clifton	586
Ivan Kelly	588
Jennifer Hens	581
Trevor Johnson	576
	2926

South Australia

Ron Maine	584
Peter Eyres	585
Wil Godward	592
Jason Lowe	591
Debbie Lowe	585
	2937

Queensland

Ashley Adams	589
Dane Sampson	585
Jack Barnes	586
Thomas Versace	588
John Patzwald	586
	2934

West Australia

Barry Cowburn	585
Norm Abbott	580
Robert Fernandez	570
Owen Oliver	576
Barry Sarcich	583
	2894

Tasmania

Graham Glanville	573
Lucinda Bennett	577
Michael Poole	576
Phillip Gough	573
Derek Poole	576
	2875

Victoria

Glen Keogh	587
Chris Lott	584
Sam Elsmore	581
Andrew Cocks	580
Glen Turner	579
	2911

Attention Silhouette clubs!!!

The Sugar Coast/Norgrove and John Jackson Junior Shield dates for next year 2010

Round 1	at	Sth Kolan	February 20 th
Round 2	at	Maryborough	March 20 th
Round 3	at	Isis	April 18 th
Round 4	at	Bundaberg	July 11th

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Queensland Prone Silhouette Championships



Queensland Prone Silhouette Championships

Over the weekend of the 12th and 13th of September the Bingera and South Kolan Small Bore Rifle Club Inc located at 34 Ruths Rd, South Kolan, Qld. Hosted the Queensland Prone Silhouette Championships on behalf of Queensland Target Sports, we have now hosted this event for the past 12 years.

The shoot was Sponsored by “Queensland Target Sports”, “Bingera and South Kolan Club”, “Wide Bay Australia”, “South Kolan Hotel Motel” , On Behalf of Queensland Target Sports we would like to thank all our Sponsors without them these State Championships would not be possible.

To further compliment the Excellent Facilities shooters were blessed with perfect shooting conditions over the whole weekend, although numbers were slightly down on previous years all shooters enjoyed the weekend, scores were good with a lot of shooters obtaining a personal best.

The Championships consist of 2 x 80 shot matches, Saturday is a Day and Night match and Sunday is a Day match. Metal silhouette targets are shot over 4 distances, Chickens 35metre, Pigs 55metre, Turkeys 70metre and Rams 90metre. 50 shooters shot over the weekend and achieved some very high scores, winners on Sunday had to be separated by a shoot off when 4 shooters obtained the possible 80 score.

For the un-initiated a shoot off consists of 1 Ram, 1 Pig, 1 Turkey and 2 Chickens set up at the 90metre distance, should there still be a Tie, all Chickens are then set up, and this continues until there is a Winner and Placing.

Saturday: A Grade, 1st Geoff Robertson 80, 2nd Simon Wicks 79, 3rd John Patzwald 79, 4th Raymond Nielson 79. **B Grade**, 1st Kerry Pagotto 76, 2nd Peter Christensen 74, 3rd Ryan Turton 71, **C Grade**, Ethan Hammelswang 64. **Novelty Shoot**, a 20 shot over's and under's match, 1st John Pepprell 20 [we may have to swab him], 2nd Gary Stehbens 19, Simon Wicks 19.

Drawn Teams of 3, Geoff Robertson, John Patzwald, Ken Ogilvie.

Sunday: A Grade, 1st Ken Ogilvie, 2nd Rodney Probert, 3rd John Pepprell, 4th Simon Wicks all with a score of 80. **B Grade**, 1st Peter Christensen 76, 2nd Kerry Pagotto 76, 3rd Ben Maywald 72.

C Grade, 1st Ethan Hammelswang, 2nd Jeff Hammelswang, **Drawn Teams of 3**, Simon Wicks, Kerry Pagotto, Geoff Robertson

Qld Silhouette Champion: Gold Medal Simon Wicks, Toowoomba Club. Silver Medal Geoff Robertson, Bingera and South Kolan Club. Bronze Medal Raymond Nielson, Bingera and South Kolan Club.

Junior Champion: Gold Medal Raymond Nielson. Silver Medal Jordan Johnson, Bronze Medal Ryan Turton all medal winners coming from Bingera and South Kolan Club.

Sub-Junior Champion: Gold Medal Ryan Turton. Silver Medal Ethan Hammelswang, all medal winners coming from Bingera and South Kolan Club.

Presidents Perpetual Shield: Won by Bingera and South Kolan Club, Team Gary Stehbens, John Pepprell, Peter Christensen, Jordan Johnsen, Terry Harrold, Raymond Nielson, Geoff Robertson, Kerry Pagotto, Angela Johnsen, Ryan Turton..



JOKE OF THE MONTH

It's the AFL Grand Final and a man makes his way to his seat. He sits down, noticing that the seat next to him is empty. He leans over and asks his neighbour if someone will be sitting there. 'No,' says the neighbour. 'The seat is empty.' 'This is incredible', said the man. 'Who in their right mind would have a seat like this for AFL Grand Final and not use it?' The neighbour says 'Well actually, the seat belongs to me. I was supposed to come with my wife, but she passed away. This is the first AFL Grand Final we haven't been to together since we got married in 1967.' 'Oh...I'm sorry to hear that mate. That's terrible, but couldn't you find someone else, a friend or relative, or even a neighbour to take the seat?' The man shakes his head 'No, they're all at the funeral.'

RESULTS FROM AUS CUP 3

3 X 40 3P

Dane Sampson 1113 7th after final

50M PRONE

Jack Barnes 591 4th after final
Daniel Hunziker 577 19th
Dane Sampson 581 14th
Thomas Versace 594 1st after final

WOMENS AIR RIFLE

Tamsyn Henry 363 6th after final

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