



# Newsletter

QUEENSLAND TARGET SPORTS

APRIL 2009

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

ANOTOLI BOGDANOV

## COACHING CLINIC

A very successful coaching weekend was held at Belmont on the 15<sup>th</sup>-16<sup>th</sup> March. National Competition Level coaches, Sue Carlyon and Gordon de Groen travelled up from Sydney to conduct the clinic which was attended by 20 shooters in total over the course of the weekend. Another 10 people attended as assistants or observers, so overall it made for a very busy couple of days.

The shooters ranged in ability from beginner, 12 year old Braydon Elliott from Toowoomba, to the much more experienced top Queensland shooters. Four of our disabled shooters also attended.

Even though the weather was a little on the warm side, everyone including the coaches went home very tired but happy and felt they had gained a lot from the clinic. (Probably gained some weight as well.) Feed-back from the weekend has been very positive, both from the shooters and the coaches, so this can only mean that we are on the right track.

We are hoping to run another clinic later in the year as a follow-up for the shooters who attended and also for other shooters interested in coming along.

Many thanks once again to Sue and Gordon for a great weekend.



## 2009 BILL CAMPBELL MEMORIAL SHOOT

The competition kicked off with the 40 shot Air Rifle match. Nine shooters battled it out with the "retired" Kelly Frost dominating with a fine 380. The match also witnessed the well and truly retired Alan Smith putting in a solid performance, much to the annoyance of Cliff Walker and others who actually train (occasionally). Dane Sampson picked up second place closely followed by Rachael Ross and Tamsyn Henry.

Six shooters took on the challenge of the Para 3p Match. This is a modified 3 position event, shooting pants and boots are forbidden, 25 shots in all. Cliff Walker reigned supreme with a score of 179 withstanding a strong challenge from Ashley Laurens (174) who actually led the field into the last 10 shot string. Ashley has not been shooting for much longer than a year so this was an impressive performance on his behalf. Dane Sampson posted a 159 to take third place.

The prone match was contested in difficult conditions, the wind was anything but consistent, it could be argued typical Belmont. However, Thomas Versace managed to master the conditions to post a 587, a clear 10 points ahead of his nearest rival Jack Barnes. We saw a tie for third place with Dane Sampson counted out in favour of Robyn Sampson.

Once the shooting was over it was time to commence the festivities. This year's theme was Guinness in order to celebrate the 250<sup>th</sup> birthday of that lovely dark drop.

For dinner we started with Potato Scones and Black Pudding followed by Guinness Pies, Mash and Veg. The dinner was completed by Mock Guinness sweets.

Throughout the night the band kept us entertained with a variety of Irish and contemporary music. Many thanks to those that participated and helped during the day and night.

For a full list of scores and some pics, visit [www.pramount.org.au](http://www.pramount.org.au)

## THE NATIONALS 2009

Another Easter has passed and another very successful Nationals for Queensland Target Sports and the Queensland shooters who attended.

The Nationals were held at the Wingfield Range in Adelaide, which is a rather unusual setting (next to a refuse tip) but is a very impressive complex. It consists of a 28 bay 50 metre range with room for expansion, a 20 bay indoor Air Rifle range a 12 bay indoor 20 metre range, testing tunnel, club room, office, conference room, fully equipped kitchen, scoring room and a very well stocked equipment shop.

Entries to all events were good and with a number of demonstration finals and bench rest events as well as the usual events it made for a very busy week.

Star of the prone events was, no doubt, Thomas Versace, who we believe may be the first to win the Junior 50m, Open 50m and Dual Range at the same Nationals. Considering Tom is still recovering from a knee reconstruction and was suffering from the flu, we are looking forward to seeing what he is capable of when feeling 100% fit and well. Thomas is off to Germany in a couple of weeks to compete in the World Junior International Competition in Suhl. Congratulations Thomas, well done and best of luck in the future. You should be very proud of yourself.

Dane also had his best Nationals yet placing 4<sup>th</sup> overall in the Jim Smith Match and 3<sup>rd</sup> in the Dual Range.

Jack placed 3<sup>rd</sup> in the 3 x 20 match which I believe is Queensland's first 3P medal for many years. Jack also placed well in the prone events. We also found that Jack suffers from Nav man dyslexia.

Jack and Dane also finished 9<sup>th</sup> and 10<sup>th</sup> in the 3 x 40 Match, a good achievement for 3P in Queensland and only to improve.

Ashley medalled well in the disabled events and was also silver medal winner in the Jim Smith Match - Well done Ashley. Unfortunately, Ashley had to leave Adelaide before day 2 of the Dual Range and was therefore unable to compete in the teams events.

Robert Eckel, from Charleville, placed 6<sup>th</sup> in the 50M and 7<sup>th</sup> in the Dual Range and won the Any Sights Match.

Thomas, Dane, Jack and Robert made up our victorious State Teams for both 50M Prone and the Dual Range. WELL DONE boys – you flogged them (52 points in the DR and 21 points in the 50M). Dane was walking around singing “We are the Champions” after their 50M success. I think he was happy.

Rachael was counted out for 3<sup>rd</sup> place in the Ladies Air Rifle – well done Rachael.

It was Rachael and Tamsyn's first Nationals and they were a little overwhelmed by the number of competitors but really enjoyed their experience and being part of a team. Glad to have you with us girls.

Janelle and Robyn received medals and placings in both Ladies and Veterans prone events.

Dan fired a personal best in one of his matches. It as also Dan's first Nationals. He also has trouble with child proof cupboards.

Special mention too must go to reasonably new shooter to our ranks, Nathaniel St. John. Nat, who incidentally is not as quiet as we thought, fired 6 personal best scores in 3 days in both prone and bench events. Great effort Nathaniel – he's happy too.

Our Bench Rest boys found the competition very tough. They generally placed well in the strong field and picked up a number of placings in both open and junior sections. Tom fired an Aust. Junior record on 600.52 on day 2 of the 50m match. A young female teenager from N.S.W. blew everyone away with her scores (even her Dad). Simone Collaros fired 600.51 & 599.44 in the 50M match and 600.54 & 600.55 in the Dual Range, dropping only 1 shot out of 240 - Very impressive shooting indeed. There were 19 600's in the 20M match, including one 600.60 and a 600.41 from our Nathaniel.

Ray has been busy since coming home and has posted a list of Queensland achievements on the website. Full results are also available on [www.targetriflesa.com](http://www.targetriflesa.com).

Special thank you to everyone who pitched in and helped with preparing meals, shopping, washing up, transport etc. It definitely makes our stay much easier with everyone's help.

'Team Queensland' also received many positive comments on how we presented ourselves as a team, our team shirts, 'silly' dog tags and working together. Congratulations everyone, well done. We certainly made our presence felt.



TEAM QUEENSLAND – 2009  
L to R: Thomas, Rachael, Tamsyn, Mary, Janelle, John, Robyn, Maureen, Nathaniel, Barry, Dane, Jack, Dan, Rod, Ashley, Anne, Robert, Ray. Missing: Brian, Michelle & Rosa, Bradley & Ace.



# BE REALISTIC - AIM FOR A MIRACLE

## WHATS NEXT

### **CHARLEVILLE PRIZE MEETING**

Unfortunately, the Charleville prize meeting usually held on the May long weekend has been cancelled this year.

### **AUS CUP 2.**

Brisbane is hosting Aus Cup 2 on the 8<sup>th</sup>, 9<sup>th</sup> & 10<sup>th</sup> of May and we need lots of helpers to assist on the range. Many of us would like to shoot as well as work so the more help we can get, the better. If you need any more information, please contact Rex, Ray & Janelle or myself.

### **BINGERA & SOUTH KOLAN PRIZE MEETING 16<sup>TH</sup> & 17<sup>TH</sup> MAY.**

A great weekend – hope to see you there this year.

### **ISIS COACHING CLINIC 30<sup>TH</sup> & 31<sup>ST</sup> MAY.**

See Isis article on next page for details.

## ISIS COME & TRY DAY

The Isis District Smallbore Rifle Club at Childers recently held two 'Come and Try' days to give members of the community the opportunity to see if they might like to take up shooting as a sport. On Saturday March 14 the pistol range was operating and about 40 visitors attended. On Sunday over 50 visitors arrived and the members were very busy giving them all a turn at silhouettes and benchrest. At the club matches the following weekend several of the visitors returned for another try and there has been some enquiries about joining up. The weekend was a great success and the club intends to hold another weekend 'Come and Try' later in the year.



Attached photo shows club secretary Tim Turner supervising young locals as they try their hand at air pistol.

The Isis Club will be holding a free coaching clinic for QTS members on the weekend of May 30<sup>th</sup> & 31<sup>st</sup>. Coaches Anne Bugden and Robyn Sampson will be instructing in all rifle disciplines and the clinics will run from 9am on both days. For more information contact Anton 41576806.

Submitted by Lesley Perk 41576806

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A pleasant surprise on the range on the weekend of the coaching clinic in the form of a shooter from way back. Joe Baxter (Josephine) used to shoot with us on a Saturday afternoon at Belmont when the Q.S.B.R.A. ran a competition. Wendy Smith used to score the girls cards first, so Joe started calling himself Josephine and of course the name stuck. I can't remember ever seeing Joe shoot anywhere but club shoots and Saturday afternoons (perhaps he did before my time) but he was a VERY!!! good shooter and took great delight in beating us nearly every weekend.

I asked if he still had his rifle and unfortunately he said that they had visitors one night and they left with his rifle, along with a few other things.

I'm not sure how many of you will remember Joe but he is a true gentleman and a 'really nice bloke'. He is looking fit and well and it was a delight to see him again.

Robyn

## VALE – DOUG WEARE



Doug Weare  
10th December 1933 – 28<sup>th</sup> March 2009

Douglas Walter Weare, born Herberton, North Queensland 10<sup>th</sup> December 1933. Moved to Brisbane with his family in 1948 giving him an opportunity to begin his apprenticeship in the building industry.

After four years in Brisbane it was on to National Service, Lance Corporal Doug Weare served in the infantry. Competitive sports were encouraged; boxing was Doug's specialty, winning many bouts in the featherweight division.

Doug took up Sport shooting and first attended the Barry Parade Small Bore Rifle Shooting Club in Fortitude Valley, Brisbane in the early 1950's.

With his mate Fred Will, Doug began his journey around Australia in his Zephyr Ute, leaving Brisbane and travelling to Charleville (never going any further). It was there he met and later married a shy young lady named Joy who also had a love for small bore rifle shooting.

1962 saw the beginning of the Charleville Small Bore Rifle club. Doug & Joy were the founding members, spending countless hours building the club and eventually hosting annual championship shoots. The annual shoots created great mateship's with both men and women. In a speech written by Doug he says ***"Thank you for making the effort to come all this way to attend. I've said it before and say it again, you are a great bunch of people and we are proud to call you friends. Most of you have been coming out here for years and we like the friendship you all bring with you"***.

Who can forget the after match activities created and organized by Doug; night golf, Shang eye shoots, pole climbing and various acts of strength that always were a challenge to the younger men and women.

Doug was always very keen to coach and guide the younger shooters – ***"We need not forget you young shooters who we should give all the encouragement in the world because they are the future of this sport (give them a clap)"***.

In later years Bench Rest became Doug's preferred position for shooting and this saw the return of a few familiar faces back to the sport. This gave Doug a renewed hope in the continuation of the Charleville Club.

With new developments in rifle technology, Doug was approached to design and craft yet another rifle stock. Who can forget Doug's rifle, had carved from his beloved Ringed Gidgee wood with the axle spline on the end, making it so bloody heavy.

We have lost a great sportsman and most of all a great mate. We will all miss him dearly. Raise your glass of port and toast our mate, Doug Weare.

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*I would just like to add; Doug, it was never an effort, but a great pleasure to travel to Charleville to visit the 'great bunch of people' there. We are the ones who are proud to be called a friend and it has been an honour to be able to share in your life. We are all going to miss you dearly.*

# SHOOTING BASICS FOR BEGINNERS

## AND OTHERS WHO MIGHT HAVE FORGOTTEN *by Kim Frazer*

So you've taken up shooting, joined your local club and you've started to wonder about what to do next to improve your scores. Perhaps you have your own rifle and shooting gear, but maybe you don't. Your club may have a coach or someone to help you, or you may have been left on your own after a bit of help on your first couple of visits. No matter what stage you are up to I'll talk about various aspects of shooting designed to help you, the new small-bore shooter to get your scores up to your desired level.

I make no claims to being an expert, but share information gained from my own experiences with shooting, coaching beginners and more experienced shooters and from discussions with other shooters.

### Practice for Improvement

Regardless of whether you shoot for fun, the social life in your club environment, the competition or you have higher aspirations, most of us are happier if we shoot up to or above our expectations, rather than below the score we got last week. The first question is '*what score level are you going to be happy with?*' Initially, you may be happy to just break 90 for a 10 shot series. Therefore the first lesson in practising is to set yourself a realistic and achievable goal with a time frame. Once you have achieved this goal, you must re-evaluate and set yourself a new goal for which to aim.

Some examples of goals you might use to start are:

- To shoot a 10 shot series over 90 by four weeks.
- To shoot 3 x 10 shot series over 90 by four weeks after achieving my first goal, and to have one 10 shot series over 93.
- To shoot a score higher than a particular person who shoots scores close to my level.
- To only fire a shot in my next practice session when it is the best I can make it.
- To shoot only 9's or 10's in 3 consecutive practice sessions.

### How do you achieve the goals you have set?

There are no magic solutions to achieving improved performance – as they say, practice makes perfect.

Some shooters have more natural ability than others, and will improve more quickly, but almost all shooters can improve their performance through practice (or rather through perfect practice).

The rate of improvement will depend on:

- How many times per week you can practice – if you can practice four times a week you will probably get better than if you only practice once a week.
- How many shots you fire (live or dry) per practice session.
- The quality of your practice shots (how many are perfect, and how many do you just fire because you can't hold on to your breath, sight picture, etc longer). In other words how disciplined are you in your practice.

If you have aspirations to become a world champion, then you probably need to be practising six times a week, you need to be firing around 100 (live or dry) shots each session, and you need to be extremely disciplined in your practice sessions. If you want to shoot socially, and go to the occasional competition and perhaps get a prize in one of the grades, then you may only need to practice once a week with perhaps a few extra sessions in the weeks leading up to your competition. The level you reach, your rate of improvement, and how high you set your goals is entirely up to you.

### What to practice?

All practice is in vain if you do not follow the three basic principles of producing a shot. These are *laws of shooting*, and failure to follow them **every** time you fire a shot will mean you *cannot consistently shoot a good shot*.

1. *Your sights must be in alignment and the aiming mark must be centred in the same position each time: i.e. aiming mark centred inside front ring centred inside rear aperture.*
2. *Your position must produce the same pressure and position on the rifle at all contact points every time, i.e. same cheek pressure, same shoulder pressure, and so on.*
3. *You must activate the trigger without anything in either points 1 or 2 above changing: i.e. squeeze the shot off without the sight alignment changing, or the body pressures on the rifle or ground changing. (this excludes your trigger finger only).*

This may seem an over simplification and you may think it can't be this easy. However, if you follow these three basics in your practice sessions over the next three months you will be well on your way to improving your scores and achieving your goals.

## *Bingera & South Kolan Smallbore Rifle Club Inc.*

Just to start – the information in this article has been obtained from a booklet prepared for the Official Opening of the Bingera & South Kolan Small-bore Rifle Club Disabled Facilities & Club House Complex on 19<sup>th</sup> October 2002. I apologize, that if in my editing, I have made errors regarding the information. I must confess that I have never been to the club (maybe this year will be a first) and it is difficult for me to write about something I have not seen. Anyway, here goes:

The Bingera & South Kolan Small-bore Rifle Club came into being when a few interested people met and held a semi-formal meeting at the gateway to the existing range driveway. These people were Greg Morris, Gary Stehbens, Barry Sturgess, Kerry Pagotto, Ron Jensen, John Habberman and Geoff Morris and all shared a common interest to form a Silhouette Rifle Club using .22 rifles. Memberships were paid and the club was registered.

The range sits on a reserve of 1.25 hectares of natural bush which was gazetted as a rifle range reserve on 28<sup>th</sup> November 1900. The Bingera District Rifle Club (big bore) was formed and started shooting in 1901. After many years of shooting and due to lack of facilities and members, the club moved to the Bundaberg Rifle Range in 1974. Eric Brighton, a member of the then big bore club, paid rental for many years to keep the range open until Greg Morris called the first meeting to form a small-bore club.

As with the majority of clubs, it developed from very humble beginnings, in this case a paddock, to what it is today.

A monumental amount of effort has gone into developing the club from the very hard work of land clearing, planting grass, building a shooting mound, laying sleepers and constructing buildings. As there was no shed in the beginning, all equipment was transported back and forth to the range on shooting days by Gary and Roslyn Stehbens. Raffles were held at the local pub to raise funds. An enormous amount of fund raising, a number of grants and the efforts of many members have allowed the facilities to develop from a beach umbrella at the front gate to what it is today.

The club has always been very keen on competing with other clubs and holds an annual prize meeting. The Tom Norgrove and Sugar Coast Shields are shot for each year also the John Jackson Junior Shield. Various other annual trophies are shot for within the club. The club also has a number of disabled shooters who compete. Facilities have been developed within the club to cater for their needs.

The club has hosted the Queensland Silhouette Championships for the past 18 years and also hosts the 'Challenge Shield' which encourages other non-shooting clubs to give shooting a go. All proceeds go to a nominated charity.

It seems to me that there are a great number of people who should be very proud of their efforts in developing this club to where it is today.

If anyone would like more information on the club, please contact the secretary, Alan Adams on 0418 876640 or email: [a.adams@skymesh.com.au](mailto:a.adams@skymesh.com.au).

***DON'T FORGET THEIR PRIZE MEETING COMING UP ON THE 16<sup>TH</sup> & 17<sup>TH</sup> MAY.  
SEE YOU THERE.***

### ***A REMINDER TO SECRETARIES***

Just a reminder to please pass on copies of the Newsletter to members who do not have the internet. The reason for the newsletter is to keep everyone informed and included in what is going.

If anyone would like the newsletter emailed directly to you, please let me know and I will add you to my list. Also, if anyone does not have the internet and for some reason, is unable to access a copy, let me know and I will post one to you.

***FOR THOSE WHO BELIEVE,  
NO PROOF IS NECESSARY.  
FOR THOSE WHO DON'T,  
NO PROOF IS POSSIBLE.***

## JOKE OF THE MONTH

If you've ever worked for a boss who reacts before getting the facts and thinking things through, you will love this!

Harley Davidson, feeling it was time for a shake-up, hired a new CEO. The new boss was determined to rid the company of all slackers.

On a tour of the facilities the CEO noticed a guy leaning against a wall.

The room was full of workers and he wanted to let them know that he meant business.

He walked up to the guy leaning against the wall and asked, 'How much money do you make a week?'

A little surprised, the young man looked at him and replied, 'I make \$400 a week. Why?'

The CEO then handed the guy \$1,600 in cash and screamed, 'Here's four weeks pay, now GET OUT and don't come back.'

Feeling pretty good about himself, the CEO looked around the room and asked 'Does anyone want to tell me what that slacker did here?'

From across the room came a voice,  
'Pizza delivery guy from Domino's.....'

**ON THE SUBJECT OF JOKES:** Remember folks, when you send in your jokes, not everyone reading the newsletter is an adult so all need to be appropriate for 12 year olds to read as well.

## IN THE NEWS

Below is an article from the Toowoomba Chronicle on March 25<sup>th</sup>. The Chronicle has a section each Wednesday called JS (Junior Sport). In this particular edition there were eight pages of photos and articles on kids involved in about a dozen different sports in Toowoomba and district. Congratulations to the Chronicle – it's great to see such coverage and so many kids being active.

### **Shooter finds target**

Toowoomba shooter, Braydon Elliott, is proving to have more than the average share of natural talent. Twelve-year-old Braydon is a new member of Toowoomba Smallbore Rifle & Silhouette Club, and already is beginning to make his presence felt in shooting circles. Recently, Braydon competed in the Queensland Cup held at the Belmont Complex in Brisbane.

Although this was Braydon's first competition, he presented himself exceptionally well and went home with a number of prizes.

On the weekend of March 15-16, Braydon also attended a two day coaching clinic with National Level coaches from Sydney.

Smallbore Rifle shooting, which is an Olympic sport, is very challenging both mentally and physically and even at his young age, Braydon is showing the potential and maturity needed to be a top class shooter. For more information on the Toowoomba Small-bore Rifle and Silhouette Club call Simon on 4659 8579.



*Keep an eye out for the April 30<sup>th</sup> edition of the 'Queensland Country Life' newspaper. There is a 'Shooting' liftout with a full page advert from AISL including an ad from QTS.*

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