

Newsletter

QUEENSLAND TARGET SPORTS

JAN 2010



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

Happy New Year

WHAT'S NEXT

AUS CUP 1 – SYDNEY – 5TH, 6TH & 7TH FEBRUARY

QTS A.G.M. & COUNCIL MEETING – SATURDAY 13TH FEBRUARY.

Members, this is your chance to come and have a say in the running of your association.

SUGAR COAST NORGROVE SHIELD - STH. KOLAN – 21ST FEBRUARY

QUEENSLAND CUP – BELMONT – 27TH & 28TH FEBRUARY

See the website or ask your secretary for a programme.



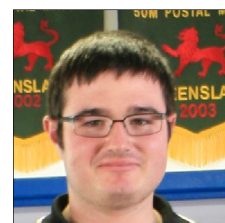
DON'T FORGET Valentine's Day –Feb 14th.

C'WEALTH SHOOTING FEDERATION CHAMPIONSHIPS

The Commonwealth Shooting Federation Championships are to be held in New Delhi, India from the 18th – 28th of February.

Thomas Versace, from Toowoomba Club has been selected to shoot in the Men's Prone competition.

Best of luck to you Tom, and all the other team members.



DUE TO A NUMBER OF REASONS, THE TRA CLUB INSTRUCTORS' COURSE PLANNED FOR THE 13TH & 14TH OF FEBRUARY, HAS NOW BEEN POSTPONED UNTIL LATER IN THE YEAR.

ANY QUESTIONS, PLEASE CONTACT ME.

FOR THOSE INTERESTED, THE TRA NATIONALS ENTRY FORM IS AVAILABLE ON THE TRA AND N.S.W. WEBSITES. GO TO www.tra.org.au OR www.nswarai.com



THE RULES

With the installation of the electronic targets and the forthcoming Queensland Cup in mind, we would like to make a little clearer a couple of ISSF rules regarding electronic scoring.

As most competitors would be aware, the results protest time is now 10 minutes (not 30 minutes) after the posting of scores. Please note, this is RESULTS protest time.

6.15.4.1.1. Basically, this means, if you disagree with your total score you have 10 minutes to question this.

When shooting on **electronic targets**, if a shooter wishes to **contest the value of a shot**, a protest will only be accepted when made before the next shot is fired. This means, for example, if the machine says you have fired a '7' when you think you have fired a good shot, you must notify the range officer before you fire another shot. He may then ask you to fire another shot in addition to your competition shots. At the completion of the match it can then be determined by looking at the rubber, if the questioned shot is a bad shot by the competitor or a machine error. Rules 6.15.4.2.1 and 6.15.4.2.2

These rules apply to all matches shot on electronic targets. Also, if you have any doubts about anything during a match, put up your hand and ask the range officer – it may be too late at the end of the match.

To explain all the differences in rules with regard to shooting on electronics as opposed to paper targets would take up lots of space in this newsletter.

Many of the ISSF rules are for the benefit of the media etc. and do not really apply to many of our competitions here. Having said that, it is in the best interests of each shooter to familiarise themselves with the rules of their sport. In fact, there is a rule (6.10.2.1) that states that all shooters must be familiar with the rules and comply with them.

Once again, any questions, don't hesitate to contact me. I'll then get out my rule book and try to answer your question for you and if I can't, I'll try to find someone who can.

ONCE AGAIN, THE PLEA GOES OUT FOR ANY ARTICLES, JOKES, RECEIPES, GOSSIP, RESULTS ETC. FOR THE NEWSLETTER.

THE IDEA OF THE NEWSLETTER IS TO KEEP EVERYONE INFORMED AS TO WHAT IS GOING ON WITH THE ASSOCIATION, MEMBERS AND CLUBS SO IF YOU HAVE ANYTHING YOU THINK MAY BE OF INTEREST TO YOUR FELLOW SHOOTERS, PLEASE SEND IT ON TO ME. THE MORE I RECEIVE FROM OTHERS MEANS LESS FOR ME TO MAKE UP.

IF YOU WISH TO BUY OR SELL ANY EQUIPMENT, I WOULD BE PLEASED TO ADVERTISE IT FOR YOU.

THE ARTICLES DO NOT ONLY HAVE TO BE ABOUT SMALL BORE SHOOTING AS MANY OF US SHOOT A VARIETY OF DISCIPLINES.

MAYBE YOU WOULD LIKE TO TELL EVERYONE WHAT YOU DO IN YOUR SPARE TIME. (OH, THAT'S RIGHT, YOU GO SHOOTING)

ANYTHING AT ALL WOULD BE MUCH APPRECIATED.

What could I do if I wasn't afraid?

Serena Williams (Tennis Player)

JUST JOKING

A fifteen year old Amish boy and his father were in a shopping mall for the first time. They were mazed by almost everything they saw, but especially by two shiny, silver walls that could move apart and then slide back together again.

The boy asked, 'What is this Father?'

The father (never having seen an elevator) responded, 'Son, I have never seen anything like this in my life, I don't know what it is.'

While the boy and his father were watching with amazement, a very overweight and unattractive old lady moved up to the moving walls and pressed a button.

The walls opened, and the lady struggled between them into a small room...

The walls closed, and the boy and his father watched the small numbers above the walls light up sequentially.

They continued to watch until it reached the last number and then the numbers began to light in the reverse order.

Finally, the walls opened up again and a gorgeous, young blond stepped out...

The father, not taking his eyes off the young woman, said quietly to his son...

'Go get your mother.'

JUST COOKING

APRICOT & DATE SLICE

FILLING

- 1 $\frac{3}{4}$ cups (250g) pitted dates, chopped
- 1 $\frac{1}{3}$ cups (250g) dried apricots, chopped
- 250 ml (1 cup) water
- $\frac{1}{2}$ cup (30g) shredded coconut

PASTRY

- 2 cups rolled oats
- 1 cup wholemeal plain flour
- $\frac{1}{2}$ cup raw sugar
- 4 tablespoons margarine, melted
- 80ml ($\frac{1}{3}$ cup) water

Preheat the oven to moderately hot. (200°C or 400°F). Line a 30 x 20 cm shallow baking pan with foil.

To make filling, put dates and apricots in a small saucepan and add the water. Bring to the boil, reduce heat to low and cook for 3-4 minutes, stirring frequently, until fruit is pulpy and water has been absorbed. Stir in coconut and set aside to cool. To make pastry, combine oats, flour and sugar in a mixing bowl and make a well in the centre. Add margarine and water and mix with a knife until ingredients are evenly moistened. Press half the pastry into the prepared pan, spreading firmly with the back of a spoon. Spread filling over pastry, sprinkle remaining pastry evenly over the top and press lightly with a fork. Bake for 30 minutes or until golden brown. Cool in the pan then lift out and cut into squares to serve. Garnish with toasted shredded coconut or a light dusting of icing sugar if desired.

Serves 12

IMPORTANT - CALENDAR CHANGES

As expected, there are some changes to the printed calendar that was sent to all secretaries. Please make the changes and also let me know if I have made any other mistakes so I am able to correct them A.S.A.P.

Sorry for any inconvenience.

AUS CUP 2 – 12TH, 13TH 14TH MARCH - (5TH, 6TH, 7TH IS HIGHLIGHTED)

AUS CUP 3 – 7TH TO 9TH MAY. (CALENDAR SAID AUS CUP 2)

BILL CAMPBELL SHOOT - 20TH MARCH (NOT 13TH)

WIDE BAY CHAMPIONSHIPS - 12TH, 13TH & 14TH JUNE (NOT 5TH, 6TH & 7TH)

COUNCIL MEETING MARYBOROUGH – 12TH JUNE

IF YOU DON'T KNOW WHICH CALENDAR I AM TALKING ABOUT, ASK YOUR CLUB SECRETARY. A COPY WAS SENT TO EACH CLUB.

IF YOU WOULD LIKE A COPY, PLEASE LET ME KNOW AND I WILL EMAIL YOU THE FILE. ALTERNATELY, I WILL PRINT AND POST ONE FOR YOU AT THE COST OF \$5.00.

The Isis District Smallbore Rifle Club celebrates a successful year.

2009 was a great year for our club. Many improvements have been made at the range and we had our first Childers Cup shoot which proved to be a great success. Our management committee has worked hard all year long with the help of a small but reliable band of members who always turn up to lend a hand.

For our end of year celebrations we decided that instead of having a Christmas luncheon at the range- which involves a lot of work- we would present the club champion medals at the last club shoot with a sausage sizzle and then a couple of weeks later we got dressed up and went out to dinner at the Childers Chinese restaurant.

Twenty-five members and friends including rifle and pistol shooters gathered for the dinner adorned with flashing lights, baubles and reindeer antlers. It was a sultry evening with a huge storm looming to the south so we were glad of the air conditioned dining room. The storm decided to veer off to the west and dumped a few inches of rain on Biggenden while we all enjoyed the delicious array of dishes prepared by our local Chinese Chef. A few bottles of locally produced wine helped to get the festivities under way and a bit of bull dust was heard on several occasions throughout the proceedings.

At the end of the evening we exchanged season's greetings and went home feeling satisfied with the year's events and looking forward to a short break from shooting.



Julie and Larry Dunks look like they had a tough year

Raylee and Margaret ponder the comments coming from the other side of the table.

Training for Improvement

By Kim Frazer (May 2005)

The following is adapted from some notes that I have from a session run some years ago by Tibor Gonczol who is an internationally recognised pistol coach. I feel that these are still relevant today, and may be useful to you.

In recent articles and discussions, I have emphasised the importance of keeping a diary and training to a plan. Below is a list of notes about what Tibor observed in shooters who were successful at international level. I have included some comments in italics where applicable.

These shooters who achieved international success:

- Trained frequently and regularly - *it is better to train 3 times a week for 1 hour each time than to train once per week for 3 hours. The repetition enables learning*
- Trained in groups – *this allows shooters to push each other along, provides a gauge for your improvement and assists motivation*
- Their training was controlled and supervised – *training with a coach present is ideal, however if this is not practical, frequent discussions with a coach will help keep focus*
- Were not allowed to practice mistakes – *practicing correct technique is more important than firing shots*
- Trained to a plan – *an annual plan is a key factor for success*
- Had long and short term goals – *keeps your focus on what's important and what you are working towards*
- Had records of their work which they could compare with the results – *Training diary to tell you what you have done this year, what worked, how much training, and so on. Using this can help you to refine your workload in future years.*
- Thus they had an analytical, planned, structured system to follow
- Worked hard - *when at the range, used the time available diligently*
- Their performances and efforts were recognised
- Their results were rewarded
- Were taught self-discipline until it became second nature
- Their training consisted of not just shooting, but exercises designed to correct weak aspects of their techniques – *exercises can be boring, but the drills are an important part of learning to shoot well*
- Analysed not only the mistakes but the good shots as well - *focus a lot on the good shots and what you did, and be careful not to overanalyse the mistakes*
- Learned to develop a routine of doing the right thing exactly the same way until it became automated - *have a shot process that is exactly the same for each shot*
- Competed frequently – *build competitions into your plan. Even a practice competition for a bar of chocolate is better than just firing practice shots. One competition a fortnight is a minimum to see how you are progressing.*
- The competitions were part of their training system - *identify which competitions are important, and which are unimportant. Use the unimportant competitions to confirm training results.*
- Rest was not considered time off from training but also a part of the training system – *use rest time for equipment testing, fitness training, mental rehearsal, planning, review and so on.*
- Had frequent discussions with the coaches so they understood what they are doing and why
- Their techniques are based on the requirements of and results of COMPETITIONS and not just on training – *it's great to be able to shoot well in practice, but it is only the results in competition that count. Your technique must be strong enough to withstand pressure when it arises*
- Were physically fit and believed it was very important - *a lower heart-rate will help in competition. Being fit will also assist performance on overseas travel.*

- Had absolute commitment - *if you choose to try to succeed, then you must follow your plan. This may mean foregoing some other more fun activities at times.*
- Did not use excuses, or excuses were not accepted

COMMONWEALTH GAMES SHADOW TEAM

Five of you shooters have been selected in the shadow team for selection in the Commonwealth Games in India later this year. The shadow team is the top 10 ranked shooters in each event.

Good luck everyone – work hard.

Thomas Versace	-	Men's Prone	
Ashely Adams	-	Men's Prone	
Jack Barnes	-	Men's Prone	- 3 x 40 Three Position
Dane Sampson	-	Men's Prone	- 3 x 40 Three Position
Tamsyn Henry	-	Women's Air Rifle	

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