



Newsletter

QUEENSLAND TARGET SPORTS

JULY 2010

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

Congratulations

Congratulations to our 3 Queensland shooters selected to shoot in the World Championships. Thomas Versace is competing in the Junior Men's Prone match at the World Championships in Munich from July 29th until August 11th.

Two of our disabled shooters, Ashley Adams and Bradley Mark are currently competing in the I.P.C. World Championships in Zagreb, Croatia.

Best of Luck Boys – bring home the gold.

*Bradley is well on track for Gold after firing a 600.60 at the A.I.S.L. Grand Prix.
THAT'S AS GOOD AS IT GETS.*

WHAT'S NEXT

BUNDABERG CHALLENGE – 7TH & 8TH AUGUST – Unfortunately, due to unforeseen circumstances, the Bundy Challenge has been **cancelled** this year.

PLEASE LET ME KNOW A.S.A.P. NAMES OF THOSE INTERESTED IN THE CLUB COACH COURSE TO BE HELD ON SEPTEMBER 25TH & 26TH - I NEED TO KNOW!!!!

CONGRATULATIONS JACK



Huge congratulations to Jack Barnes who has been awarded a Churchill Fellowship. Jack has been working for around 10 years on the completion of St. John's Cathedral in Brisbane City.

He will travel to England later in the year as part of his fellowship.

If you are ever in Brisbane, the Cathedral is well worth a look – the work there is very impressive indeed. Just call the church mice Jack or Dane for a guided tour.

This is the house that Jack built:



MEMBER PROFILE

Name: Robyn Sampson Year of birth: 1954 Place of birth: Tully. Nth. Qld.

Club: Commercial

Occupation: Retired

Spouse: Roddo

Children: Hayley & Dane

Siblings: Annie

Best pets you ever had: A very savage red cattle dog named Buddy, a Golden Labrador named Laddie and my horses.

What I do in my spare time: The QTS Newsletter

Favorite pastime including shooting: Shooting, gardening, cross stitch, reading, watching t.v., computer games.

Favorite type of music: Anything except heavy metal

Favorite type of movies: Pretty much anything except war movies.

When & how did you get involved with shooting: Started in 1976 with Commercial Club. Introduced by then b-in-l, Graham.

What types of shooting do you compete in: Small-bore target and bench rest

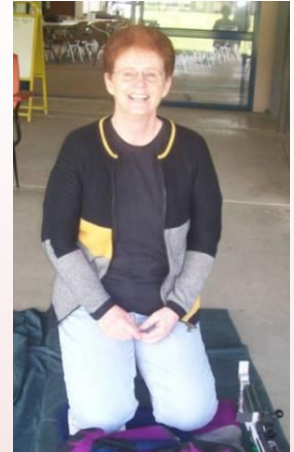
What has been your highest achievement in shooting so far: My Australian track suit

What has been the most difficult part of shooting for you: Learning how to shoot that bl---- 1913.

Trying to achieve consistently reasonable scores after coming back – regaining confidence and accepting age imposed limitations.

What do you like most about your club: Unfortunately, due to distance I do not attend club very often but enjoy prize meetings because of the people, the competition and my love of shooting.

What advice would you give a new shooter: Be more patient than you ever thought you could be have fun and enjoy yourself - AND FOLLOW THROUGH!!



Robyn Sampson

MINISTRY OF EDUCATION – IRELAND DEPARTMENT OF LEARNING EXAM FOR A – LEVELS TIME ALLOWED - 1 MINUTE		
1.	COMPLETE THIS SEQUENCE IN A LOGICAL WAY <u>M</u> <u>I</u> <u>W</u> <u>I</u> – – –	25 POINTS
2.	CORRECT THIS FORMULA WITH A SINGLE STROKE 5 + 5 + 5 = 550	25 POINTS
3.	WRITE ANYTHING HERE <div style="border: 1px solid black; height: 20px; width: 200px; margin: 10px auto;"></div>	25 POINTS
4.	DRAW A RECTANGLE WITH 3 LINES	25 POINTS

SOLUTION ON LAST PAGE:

MARYBOROUGH S.B.R.C. AT THE SHOW

Maryborough club has held a show stall every year for the last 33 years. We started selling food from a little caravan at the old showgrounds using a generator for power. There was no room for food preparation so it was mostly prepared at home and brought to the showgrounds by whatever means possible, sometimes we wheeled it in the babies pram.

A few years later we shifted into a little kitchen at the new showgrounds. We even had a sink with running water and thought everything was great until the whole showgrounds lost its power. While people stood around waiting to see if the show would be closed, we did a roaring trade making sandwiches or whatever we could put together by torch light.

We have been extremely lucky with the weather and there has only been one year where the rain has been heavy enough to stop show proceedings. The rain bucketed down but only AFTER people came through the gates. There was nothing for them to do but to take cover and stand around and eat and drink. We had another good year.

Over the years we have grown and gained a reputation for being the stall with the good food. One show goer told us we sell the best steak burgers she has ever tasted and we sold 650 of them this year which was our most profitable yet.

We start by putting the ceiling up on Monday afternoon, shifting the gear out and assembling the stall on Tuesday afternoon and we're there until everything is cleaned and put away on Sunday. A huge effort, but well worthwhile. If anyone is interested in experiencing a Maryborough Small Bore Rifle Club Show Food Stall, you're most welcome to join us.

Marion Faint



Des, Marg & Melinda 'at work' in the kitchen.



Roy Boy & James Rossiter take a break and taste test the cakes.

ON TRAINING:

**Good Athletes do it until they get it right,
Great athletes do it until they can't get it wrong.**

SELF-COMPETITIVE TRAINING GAMES

Competition is what you're working towards in many aspects of sport. With shooting, the match is never against another person: it's always about you. As such, you need to compete against yourself often to lessen the impact of the match environment.

Here are a few competitive games to play you shoot:

Step Shooting:

This game works along the notion of setting an attainable but difficult goal in your shooting. If you achieve that goal, then you either repeat it (if it's the first goal) or fall back one step and restart. You progress until you've accomplished all the goals. Remember to set and adjust the goals as you progress.

1. Shoot five shots and score 46 points out of a possible 50 points. If successful, move to Step 2. Otherwise, repeat.
2. Shoot four shots and score 37 points out of a possible 40 points. If successful, move to Step 3. Otherwise, fall back to Step 1.
3. Shoot three shots and score 28 points out of a possible 30 points. If successful, move to Step 4. Otherwise, fall back to Step 2.
4. Shoot two shots and score 19 points out of a possible 20 points. If successful, move to Step 5. Otherwise, fall back to Step 3.
5. Shoot one shot and score 10 points out of a possible 10 points. If successful, repeat if time permits and eventually raise the points needed to move up, or finish this exercise. Otherwise, fall back to Step 4.

These points are the minimum to progress to the next step. You are allowed to exceed them but extra points are not carried forward. Essentially, as you complete the exercise, you must raise the passing point value, i.e. Step 1 point total changes from 46 to 47. This exercise tests your ability to chase a goal (similar to a match) and engages you in your training. You can even use this game in a match.

Shooting Golf:

This exercise is based on your current shooting average and rewarding you for exceeding it. Your percentage average is used to set your par. For example, let's say that you are scoring 95%, so this is your par, which you will beat in a series of 2 shot matches. Now you set a goal: perhaps 5 under par for the training session. To hold par, you shoot your two shots and, in this case, shoot a 9 and a 10 ($19/20 = 95\%$). This is good but not enough: you want to beat par! So, you must shoot two 10s, and you're 1 under par. If you shoot two 9s, then you're 1 over par. This par values are added together for each two shot series. You will complete your session when the series add up to 5 under par (or whatever your goal value was.)

Here's an example:

1. Shoot 9 and 10: even par (total par: no value to add or subtract).
2. Shoot 10 and 10: 1 under par (total par: 1 under par)
3. Shoot 8 and 10: 1 over par (total par: 0)
4. Shoot 10 and 10: 1 under par (total par: 1 under par)
5. Shoot 10 and 10: 1 under par (total par: 2 under par)

This continues until you hit your goal. You can do this by yourself or against someone else and see who hits there goal first. Just make sure that the goals are consistent with each shooter's individual ability (i.e. 95% and 85% par for 2 shooters.)

Holding the Ring:

Once again, this exercise is set on your ability. Let's say that you land most of your shots within the 8 ring. As such, your goal will be to eliminate all shots less than the 8. Pick a target and, with a black marker, obliterate all rings except the 8 ring. Shoot on this target until a shot lands outside of the ring. Count how many shots landed within the inner ring and keep that total. Get a new target, obliterate as before and shoot at it until you have a shot outside the 8 ring. Count the inner shots. Your goal is two-fold: keep all shots in the 8 ring and increase the number of shots in the ring prior to a shot in error. You progress with this until the overwhelming majority of your shots land in the inner circle: then you switch to holding the 9 ring, then the 10 ring.

How Many In A Row:

As the name implies, how many 10s in a row can you shoot (or whatever your goal shot is)? Let's say that you can shoot three 10s rather often, but four in a row is quite seldom and you've never shot five 10s in a row. Well, your goal is to break that upper limit. In your practices, try to see how many 10s in a row you are capable of shooting and mark it down. In our example, as you complete the third 10 in a row, your level of internal arousal will elevate and there will be pressure to hit number four. When you hit four in a row, then you are faced with shooting the fifth 10 in a row that you haven't done before. This is pressure. Face it and complete the fifth 10 in a row and carry on. Some days, you'll come up to your goal again and again: other days, you'll exceed and set new upper limits. The goal is to face that pressure and break mentally imposed limits.)By the way, you can use the same target until you can no longer distinguish each shot's value.

And finally: Compete as much as possible

Nothing simulates the competitive environment like the real thing. Sure, it doesn't have to be the Nationals or the World Cup, but every match puts you under the microscope. This match is training for your next match. It gets you ready for the future competition that you really, really want to win.

From Target Rifle Canada website



Honestly Herbert, how many opportunities are you going to give us?

CHILDERS CUP 2010



On the weekend of 26th & 27th June, forty shooters from Wide Bay, Burnett, Brisbane, Toowoomba, Mundubbera, Townsville and even South Australia took part in the second Childers Cup competition held at the Isis District Smallbore Rifle Range. The weather was perfect with cool nights and glorious sunny days, giving the competitors excellent shooting conditions.

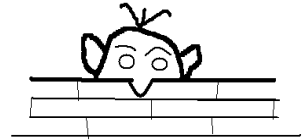
Those who arrived Friday night were treated to a Bratwurst and Leberkäse BBQ with Anton's birthday cake for desert, then everyone sat around the fire with a drink and swapped tales true and tall until the wee small hours.

On Saturday morning a couple of the campers who had been 'keeping the dream alive' the previous evening, dragged themselves out of their beds with a little help from the old 'stones on the roof' routine performed by a certain Toowoomba identity.

After a hot breakfast things got serious as the shooting got under way with a prone match followed by benchrest then an 80 shot silhouette match which finished around 8pm. After the silhouette presentations were completed the fire was stoked up again and the campers' stories continued while the partial eclipse of the moon unfolded overhead.

A second round of benchrest and 50m prone were shot on Sunday then the weekend concluded with the presentation of prizes including the three Childer's Cups.

Some impressive scores were posted for the weekend including a benchrest 600x46 by Anne Bugden who we think was trying to shoot down some little demons who had been tormenting her about her approaching 60th birthday. Well, Anne, you certainly gave them a fright.



Congratulations to the major winners:

Target Rifle Champion - John Patzwald, Toowoomba Club.

Silhouette Rifle Champion – John Patzwald, Toowoomba Club.

Benchrest Champion – Barry Hilzinger, West End Club.

16 year old Ben Maywald, from Isis Club, won the Best Overall Junior trophy for an outstanding effort with his silhouette rifle.

Thank you to all those who helped with the range, scoring and catering. We look forward to next year.

A FULL LIST OF RESULTS AND PLACINGS CAN BE FOUND ON THE WEBSITE.



AUSTRALIAN SHOOTING GAMES

Once again, an intrepid little bunch of slightly crazy people descended on the Belmont Range for the Australian Shooting Games.

We are very fortunate (not) at Belmont that the range faces South and at this time of year the wind blows from the South West, all the way from the South Pole. I am not sure what the temperature got to while we were shooting but it was at least 3 layers worth. The wind was quite strong and choppy calling for extreme patience.

Entries were again a little low and even though we almost froze to death, I believe those who attended enjoyed the weekend. It was great to see some new faces and also the improvement in scores of some of our newer shooters.

The programme was a little different this year with 2 matches of prone, bench rest and air rifle with an air rifle final on Saturday.

Bill and Ray have the spectator software working well now so those not shooting are able to watch the matches (prone & air) in progress from the comfort of the club house. The only hiccup of the whole weekend was after the first shot of the final when the Rika/computer decided it didn't want to play. After a couple of minutes of fiddling and cursing all was o.k. and along with much heckling and applause, we were able to continue.

Dane was the winner of the Air Rifle match on Saturday with 578, followed by Tamsyn on 568 – they swapped places on Sunday. Disabled shooter, Bradley Mark fired very impressive 599.59 prone on Sunday. The other shot was a 9.9.

Centre's decided many of the placings in the prone and bench rest matches with Jack Barnes winning both prone matches. Robyn Sampson was second both days with John Patzwald and Robert Eckel swapping places for third. B Grader, Robert Gallon, from Paramount Club gave everyone a fright on Saturday with a very impressive 585 – well done Robert.

Barry Hilzinger topped the bench rest on Saturday followed by Annie and Robyn. Sunday saw Robyn in the lead followed by John and Annie. The bench matches are definitely becoming very competitive.

Many thanks to all who helped in any way over the weekend, especially the ladies in the kitchen who kept us over fed.

See you all next time.



-AN INCREDIBLE 70 YEARS AGE DIFFERENCE-
SHOOTING BENCH REST SIDE BY SIDE
BRAYDON ELLIOTT, TOOWOOMBA CLUB &
IAN PATON, WEST END.

FULL LIST OF RESULTS AVAILABLE ON THE WEBSITE UNDER NEWS & RESULTS:
www.targetsports.org.au

WANTED

REASONABLY PRICED RIGHT HANDED 1411/1611/1811 OR SIMILAR TYPE PRONE RIFLE FOR WELL BUILT YOUNG SHOOTER.

REASONABLY PRICED RIGHT HANDED AIR RIFLE (COMPRESSED AIR) FOR A DISABLED SHOOTER.

PLEASE CONTACT ME (ROBYN), IF ANYONE CAN HELP WITH THESE RIFLES.

CELEBRITY SHOOT

A well attended 'Celebrity Shoot' was held once again at S.S.A.A. on the Friday before the Australian Shooting Games. This shoot is held every year in conjunction with the A.S.G. and is also a Come & Try Day for clients of the Spinal Unit at the P.A. Hospital.

All shooting disciplines are invited and shooters are divided into teams of 3 or 4 able bodied shooters along with one disabled shooter. This year there were 9 teams competing.

The competition consists of 5 shots at clay target, 20 shots pistol and 20 shots at rifle silhouettes.

Lunch and medal presentations follow the competition and this year the Small-bore Team of Annie, C.J., Robyn and disabled shooter, Pat Kennedy were the winners. Bradley was a member of the 3rd placed team and also the best disabled shooter.

An excellent day was had by all.

SOLUTION TO QUIZ

1. M T W T F S S
 MON TUES WED THURS FRI SAT SUN

2. 5 4 5 + 5 = 550

3. *anything*

4.

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