



Newsletter

Queensland

Target Sports Inc.

ISSUE 28

APRIL 2011

WHAT'S NEXT

COACHING CLINIC - GYMPIE CLUB - 21ST & 22ND MAY

Clinic will be conducted by Barry Sturgess - all shooters welcome.
For information, see page 5.

WIDE BAY CHAMPIONSHIPS - MARYBOROUGH - 11TH-13TH JUNE.

Something for everyone at this one: prone rifle, bench, pistol, air & silhouettes. Contact Roy & Marg on 07 4122 4292.
Program on website.

CHILDERS CUP - 25TH & 26TH JUNE.

Another great weekend of shooting.
Contact Anton & Lesley on 07 4157 6806
Program on website.

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**50M PRONE STATE TEAM MEMBERS, M.I.S.C. 2011
WITH COACH, ALAN SMITH**

L TO R : ALAN SMITH, MATT SMITH, FREDERYK WOODHOUSE, JAMIE WEBB, DANE SAMPSON,
ROBYN SAMPSON, CLINTON SONDERGELD.



Queensland
Government

Yesterday is history, Tomorrow is a mystery,
Today is a gift.

COACHING JUNIORS

by Charles RS Lee B.A., MMC

Over the last few years a number of 'shooting' books have come onto the market. Many concentrate on the technical aspects of the sport - equipment, positions and shooting technique: some evaluate various psychological approaches to training and competition; a few touch on the importance of effective coaching within the sport. However, it is remarkable how little has been written specifically about the coaching of juniors. There have been various books, particularly from America, concerned with the coaching of young sportsmen, but the subject of coaching junior shooters has not yet, to the best of my knowledge, been dealt with in any real detail in print. Part of the reason for this may be that there is a pervasive attitude in many quarters in this country, and an organisational structure that compounds the error, that juniors are simply young seniors. In other words, some would have us believe, juniors may be coached and organised in a similar way to seniors. As anyone who coaches juniors on a regular basis will tell you, this is a fundamental error that will generally lead to younger juniors failing to fulfil their potential. Before considering motivational and organisational techniques, it would be profitable to analyse some of the ways in which juniors differ from seniors, as these will give us some indication of the variation in coaching style that is likely to be necessary. For convenience, I have divided these differences into three categories - physical, psychological and social - but these categories are by no means exclusive and there is obviously often an interrelation between them.

PHYSICAL DIFFERENCES

When we talk of a 'junior', we are generally referring to the I.S.S.F. definition of an individual who is under 21 & is not in his twenty first year. I mention all this for two particular reasons - first, because I feel it is important for an individual to be aware of the time-span available to him as a junior; second, because there is a fundamental difference between a junior and a senior; a junior has a fixed and often very limited time in which he may actually compete as a junior, so a greater urgency is required if his/her potential is to be achieved. If we see the junior years simply as a preparation period for an individual's 'career' as a senior, and if we forget that time is not on a junior's side, then I believe that the achievement of an individual's full potential is much less likely to be realised.

The physique of a competitor in any sport is generally the first impression that we receive; the physical make-up of an individual is certainly more readily assessed and analysed than the psychological, and it is perhaps for this reason that we often neglect or simply take for granted the physical or biological changes that occur throughout the junior years. Chronological age is not the guiding factor here as the degree and rate of maturation in a child over a particular period can be notoriously difficult to predict and invariably does not correspond to a strict timetable! However, the level of physical maturity of a child is vital for a coach to assess, as a pre-pubescent's capacity for hard training, for example, will generally be less than that of an adolescent. I have also often noticed that a coach will be able to kindle a more aggressive desire to achieve success through sustained effort in an adolescent than in a pre-pubescent.

The physical growth of a competitor in an 'equipment' sport such as shooting will also need to be taken into account when purchasing (or adjusting) such items as a shooting jacket, a rifle, a sling or a pistol; an adult will know that a high quality made-to-measure leather shooting jacket is always preferable if one wishes to perform at one's best. Juniors however - even those in the national team - will generally have to make compromises until they have finished growing, a few will be able to afford on a regular basis to change such a piece of equipment. Coaches too need to be aware of physical changes, particularly at the time of the adolescent growth spurt; so often I have seen a youngster's performance dip sharply when he has 'outgrown' his position, and there have been occasions when a sling, hand-stop and trigger position have had to be adjusted every few weeks to accommodate the change in a shooter's physique.

PSYCHOLOGICAL DIFFERENCES

The major psychological difference between a junior and a senior is that a senior will generally have considerably more experience in dealing with problems and situations that are likely to have a detrimental effect on a particular performance. The apparent confidence of an adolescent can be so beguiling that it is all too easy to assume that the individual is in total control and able to deal with any eventuality. So often this is not the case; a junior will often attempt to emulate the demeanour and confidence of a senior, but this is often very superficial and disguises the lack of technical and social experience and skill that is common, particularly with younger juniors. It is so easy for an adult or coach to take things for granted - technical skills and competition experience are vital if a junior is to attain a necessary level of experience to enable him/her to deal with the multitude of psychological pressures and problems that inevitably lie in store. A junior will only be ready to face such difficulties if his/her psychological preparation has been systematic, and any deficiencies eliminated. This does not mean that such preparation has to be taught in a regimented fashion, as a junior may also learn through his own individual experience. This is as applicable to an eleven-year-old beginner as to an eighteen-year-old 'veteran'.

A youngster will need to know what to do at a competition if he/she has forgotten a piece of equipment and is to avoid the onset of panic - he/she will also need to learn how to prevent such an error happening again; a more experienced junior, on the other hand, may need to learn how to combat competition nerves in order to achieve an optimal performance. Experienced seniors are more likely to take mundane psychological pressures in their stride because they will generally have learnt through their own experiences how to cope - juniors whose experiences are more limited, however, will need thorough preparation to face and overcome such challenges and adults should not be oblivious to this fact.

SOCIAL DIFFERENCES

Shooting is classified by most writers as an 'individual' sport. True, when actually in competition a shooter is very much on his own. However, there is much more to shooting than just major competitions, in the same way that only a fraction of a sprinter's running time will be spent running major races. An adult shooter may well train and compete largely as an individual, receiving coaching advice from one or more individuals. Essentially, he is in a position to make most or all of his own decisions, and to that extent it is correct to say 'How far you can go in shooting, provided there is nothing much physically wrong, is up to you'. The situation with a junior however, is very different, and only Pullum & Hanenkrat seem to acknowledge this fact when they say: 'We're talking about adult shooters - individuals, usually 18 or older - who are capable of taking full responsibility for position development, training, mental preparation, etc'.

A junior who is younger than 18, together with a large number of those under 21, cannot realistically be referred to as an 'individual' athlete because, for a number of reasons, he/she is unable to take full responsibility for this/her training and competitive activities. Most juniors, whether they like it or not, are members of teams consisting of the shooter, the parent(s) and often another individual (or Individuals) who contribute to the team in a coaching or advisory capacity. There may also be peripheral figures, such as a teacher (if the shooter is still at school) who will try to ensure that a satisfactory balance of training and academic studies is achieved. Certainly the parents will play a vital role, and without their help, a young Junior's progress may well be stifled. Their major commitment will be a financial one - not just for shooting equipment, ammunition, club fees etc., but also for transport, travel and accommodation costs which can quickly mount up, particularly when one starts considering foreign travel, air fares and hotel bills. When a family has all the other financial commitments - bills, mortgage, children etc. - it can become quite a strain to ensure that their son/daughter is given the best possible chance to achieve his/her potential.

A junior will also often need a coach or advisory figure. There are various reasons for this; parents themselves will often only have a limited knowledge of their child's training or technical requirements, particularly when that child reaches regional or national standard. A junior will also often need a go-between who will, to some extent, be able to liaise and negotiate with parents. He/she will also need someone who can teach correct technique and, later on, someone who can help plan his/her training and competitive events - remembering, as I said earlier, that most young juniors will have only limited experience of coping for themselves. I certainly don't intend here to extol the virtues of a good coach - suffice to say that to a junior a good coach can be worth his or her weight in gold.

As a junior grows older he/she will gain in confidence and will become more independent. By the age of 18 he/she may be able to drive, and this would certainly take a weight off parents' shoulders. Nevertheless, a junior will generally not be financially independent for a further period of time; if he/she pursues a further education course he/she is still likely to be reliant on parental contributions and the 'team' may therefore remain intact until he actually becomes a senior.

There are so many 'social' differences between a junior and a senior shooter that I have barely touched on. The complications of personal relationships and the instability that this may cause throughout adolescence; the conflicting interests, activities and opportunities that are often so difficult to resist; the peer pressure to take part, for example, in more traditional team games.

A junior's path to achieving success is a mine-field, and if that junior is to make his/her way through it, it is essential that everyone connected with him/her acknowledges that fact, and tries to understand the uniquely different situation in which juniors find themselves.

Bill Campbell Memorial Competition 2011

This year the event celebrated Paramount's 40th Birthday and was well supported by competitors and dinner goers alike.

Air Rifle

The air match was contested by 15 shooters, with the usual suspects at the pointy end and three contesting their first match, well done Samantha, Jemma and John.

Dane Sampson continuing to demonstrate good form won A grade, Kim Faint B Grade and Robbie Gallon C grade.

Norwegian Match (Para 3P)

10 shooters subjected themselves to Norwegian Match, a modified 3P event where shooting pants and boots are not permitted, noise from the spectators is required, in particular, when a 10 is posted or better still a zero.

Once again Dane Sampson prevailed surviving a spirited challenge from Brendan West who was actually leading after the third stage. In his first attempt at this Event (never having shot 3P before) Matthew Smith finished 3rd.



50 mtr Prone

The crowd was hushed expecting a challenge to come to Dane from his mum Robyn. Alas, the challenge did come but it was a distant one with Dane posting a fantastic 598, equalling the State Record.

The seventeen competitors worked hard in conditions that Dane made look easy, but be assured they were not, it was classic Belmont tricky.

B grade was taken by Kim Faint, C grade by Andrew Bell and D grade by Rebecca Bell.

Bill Campbell Prone Champion

Dane Sampson

Bill Campbell Junior Champion

Matthew Smith

Bill Campbell Air Rifle Champion

Dane Sampson

The Dinner

Being Paramount's 40th Birthday the theme was the year of its foundation 1971.



There were, as usual, many creative costumes defining the year, some quite unexpected.



Garrin laboured over the pig and beef while the ladies battled the kitchen's lack of resources to provide the nibbles, veggies and sweets.....YUM!



We were fortunate to have 3 of our life members present for the dinner and presentations.

The club elders provided a brief history of the club prior to dinner and we had a small display of club memorabilia, in particular, some photographs of Bill Campbell "enjoying" the celebrations at a competition long past.

In all 60 people attended the dinner and many partied well into the night.

Many thanks to those who attended.

TRARANGE OFFICIALS COURSE

QTS will be holding a TRA Range Officials Course (how to be a range officer) in August. The course will be conducted by Alex Maranik, Chairman of the TRA Technical Committee.

Please let me know a.s.a.p. If you are interested in undertaking this course as there is homework to be done beforehand.

A downloadable version of the I.S.S.F. Rule Book is available on the I.S.S.F. Website: www.issf-sports.org and a copy of the Australian Supplementary Rules available on the TRA website: www.tra.org.au

COACHING

Gympie club will be hosting a Coaching Clinic on the weekend of 21st & 22nd May.

The Clinic will cater for beginners onward and will be hosted by Barry Sturgess.

All shooters are welcome to attend.

For information and enquiries contact:

Michele Aberdein on 07 5484 1242 or

Shane Jones on 0409 058924

QTS will also be conducting a Clinic in Maryborough on the weekend of 9th & 10th of July - all shooters welcome.

Enquiries contact Marg Muller on 07 4122 4292 or

Robyn

07 5426 4416

TRANATIONALS-2011

The T.R.A. National Championships for 2011 were held in Victoria with the 50m and Air Rifle events held at M.I.S.C. and the Dual Range and Bench Rest in Geelong.

Although some of our stronger shooters were absent this year, those present posted some impressive scores.

Dane showed the way with confident wins in the Jim Smith Prone competition, Bill Eddy Dual Range and the 3 x 40 3 position match. He placed 2nd in the 3 x 20 3 position match with a new Australian Men's record of 579. He also placed 2nd by 1 point in the Champion of State Champions' Match. Dane fired a 599 at 20m, improving the State Record by 1 point. Dane was also winner of the Prone Champion Trophy.

Tamsyn Henry also renewed the Junior State Air Records with some excellent shooting. Grandad, Bill, had offered Tamsyn \$20 for every point scored over 380 for both the Air Badge & Air Championship matches. Tamsyn fired scores of 387 & 390/581 leaving Bill's wallet much lighter.

Frederyk Woodhouse, at his first Nationals, won the Junior 50m Championship and also shot a coached P.B. of 586 in the State Teams match.

Jamie Webb and Matthew Smith also shot personal best scores in the 50m competition.

Clinton was back in form placing 6th in the Dual Range Event.

Competition was tight in the Bench Rest events. Ted Bruton narrowly missed a place in the Dual Range. Braydon Elliott was our most successful prize winner with a 2nd Place in the Junior 50m event and 1st place in the U/16 in both 50m and Dual Range events.

Well done everyone...these were excellent scores under quite tricky conditions in both Melbourne and Geelong.

Keep up the good work.....

A full list of results & photos can be found on the TRA & TRV websites:

www.tra.org.au & www.trv.org

Dane, being congratulated by TRA Inc. President & TRA Ltd. Vice President, Glen Braybon.



CHARLEVILLE PRIZE MEETING

This years competition was the 42nd prize meeting held by Charleville Club.

With a number of other events being held and being so close to Easter this year, attendance was low but those shooters who did attend had a great time.

Some of us drove straight to Charleville from the Nationals in Victoria so enjoyed a couple of extra days of country hospitality, a visit to the Cosmos Centre to look at the stars and lots of shooting.

Dane continued his good form from the Nationals to take out the Prone Championship. Mum gave him a little scare in the All Range but succumbed to the good old 20metres.

Roy Muller was Silhouette champion and local, Ann Bruton the Bench Rest Champion.

Kiwi visitor, Graeme Valance took out the B Grade Championship.

It was good to see Bob Gunner at the shoot again. Now that Bob is a grey nomad we may see more of him around the ranges.

As competition finished early both days there was plenty of time for ammo & rifle testing, practice, conversation and silly games. We all enjoyed a game of 'lawn' bowls and much to everyone's dismay, Rod's old BSA produced the tightest 10 shot group.

A very impressive array of prizes were donated by the local business houses.

Huge thanks to all at Charleville for your wonderful hospitality and especially to Joy for allowing us to invade her house....

A great weekend was had by all.



14 Year Old, Sam Russell receiving his trophy from Joy Weare.



Enjoying a game of 'Lawn' bowls



The Champions



Kiwi, B Grade Champ

SEE THE WEBSITE FOR RESULTS

WHEELIES

Our Australian Disabled shooters have just arrived home after competing in World Cups in Turkey and Spain. Results for Ashley and Brad as follows:

Turkey:	Brad	Silver	SH2 Standing
		Gold	SH2 Falling Target
		Gold	SH2 Standing Team
		Silver	SH2 Air Prone Team
Spain:	Ashley	Silver	SH1 Standing
	Ashley	Silver	SH1 Air Prone Team *
		Gold	SH1 50m Prone
		Bronze	SH1 50M Prone Team
	Brad	Silver	SH2 Air Standing
		Silver	SH2 Air Standing Team
		Silver	SH2 Air Prone Team

* Ashley fired a 599 in qualifying of the Air Prone Match but missed the final by .1 in an 8 way shoot-off. Libby Kosmala won the Silver in this event...Well done Libby.

All of our Disabled team shot well in Turkey & Spain and remain very high on the World Ranking List.....looking good for the Paralympics.....well done everyone.

ROUND THREE SHIELD COMPETITION

Once again excellent attendance and results for round 3 of the Sugar Coast & Norgrove Shield Prone Silhouette competition.

A Grade	1. Lesley Perk	Isis	80
	2. Stan Thomas	B'Berg	79
	3. Barry Sturgess	M'Bor	79
B Grade	1. Stephen Rossiter	M'Bor	78
	2. Chris Hegarty	B'Berg	78
	3. Julie Dunks	Isis	77
C Grade	1. Geoff Stephenson	B/SK	72
	2. Brian Terry	Isis	71
	3. Tim turner	Isis	71
D Grade	1. Adrian Doessel	Mund	75
	2. Peter Kernke	M'Bor	69
	3. Bill Slack	Mund	65

FULL RESULTS AND LATEST RANKINGS ON THE WEBSITE.

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