



# Newsletter

Queensland

Target Sports Inc.

ISSUE 31

AUGUST 2011

## WHAT'S NEXT

### **TOOWOOMBA PRIZE MEETING** - 3rd & 4th September.

A very busy weekend of shooting at the new range at Helidon. Nice and close for all the Brisbane shooters to experience a country prize meeting.

See the website for program and information.

### **PRONE SILHOUETTE CHAMPIONSHIPS** - 17th & 18th September at Isis Club.

Silhouette shooters, this is your State Championships - see if you can get your name on that big gold cup.

### **AUS CUP 4 - ADELAIDE** - 23rd to 25th September.

Program & entry on the AISL website.

### **MARYBOROUGH MASTERS GAMES** - 1st & 2nd October.

Age & Graded events for everyone - rifle & pistol.

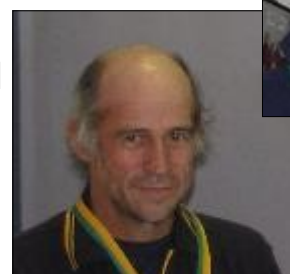
See the website or contact Roy & Marg for information.

## PQS SHOOTERS

Pictured right, PQS shooters at the recent Aus Cup held in Brisbane - 6 were fired by rifle shooters, two by Robyn Van Nus in Women's Air Rifle, two by Dane and one each by Thomas and Ashley in the Men's Prone.

Not only did Robyn fire 2 PQS's but also broke her own Australian Record firing a 397/400.

Well done everyone!!!!



Queensland  
Government

# SILHOUETTE NEWS

In perfect weather conditions the Isis Club hosted the final round of the shield competition with 50 shooters from six silhouette clubs adding as many points as possible to their team total.

Bundaberg came into the round well ahead and even though Sth. Kolan beat them on the day with the highest score from their junior team, it was not enough to stop Bundaberg taking out all three shields for this year.

The shield shoots this year have averaged 61 shooters over the four rounds which is the highest attendance since the early 90's. The clubs involved in this competition are Maryborough, Bundaberg, Bingera/Sth Kolan, Isis, Mundubbera and Gympie, and next year we are hoping to make use of the new upgraded Gympie range as one of the venues.

In the graded events, three A grade shooters scored possibles of 80 and after a shoot-off it was Glenn Evans first, Stan Thomas second and John Pepprell third. Ros Stehbens scored 80 and took out B grade first with Greg Tennent second and Ethan Hammelswang third. In C grade Bill Slack was first, Rob Hodder second and Jeff Hammelswang third. Brett McCook was first in D grade, Mitch Jones second and Larry Dunks third.

## TOM NORGROVE MEMORIAL SHIELD

1	Bundaberg	16 points	3083
2	Isis/Mundubbera	8 points	2922
3	Bingera/Sth Kolan	8 points	2914
4	Maryborough/Gympie	8 points	2810

## SUGAR COAST SHIELD

1	Bundaberg	16 points	2486
2	Bingera/Sth Kolan	11 points	2405
3	Maryborough/Gympie	7 points	2346
4	Isis/Mundubbera	6 points	2360

## JOHN JACKSON JUNIOR SHIELD

1	Bundaberg	13 points	873
2	Bingera/Sth Kolan	13 points	799
3	Maryborough/Gympie	9 points	618
4	Isis/Mundubbera	5 points	538



B Detail settles in at the Isis Range

## A COUPLE OF YOUNG COME & TRYER'S AT A RECENT PARAMOUNT CLUB DAY.

Both are making good use of the stands made from "waste" materials. The stands are adjustable up & down, making them suitable for shooters of all heights, (even those in wheelchairs) and have a little padding on the arm to protect the bottom of the air rifles.

These young shooters went home with a smile on their faces after successfully hitting the target a number of times - something that would have been difficult for them without the aid of a rest.



## MEMBER PROFILE

Name: John Pepprell Year of birth: 1947 Club: Bingera/Sth. Kolan  
Place of birth: Country: Australia Town: Brisbane  
Occupation: Carpenter Retired: Yes Yes No  
Family: Spouse 1 Children: 2  
Siblings:  
Best pets you ever had: Bull Terrier x Kelpie  
Hobbies other than shooting: Classic Cars  
Favourite pastime including shooting: Looking after my 2 Classic Cars  
Favourite type of music: Rock & Roll  
Favourite type of movies: Action  
When & how did you become involved with shooting: At 15 joined the Natives big bore Club in Brisbane. 1962?  
What types of shooting do you compete in: Small Bore Silhouette, Bench rest and Target.  
What has been your highest achievement in shooting so far: Winning shoot-off  
What has been the most difficult part of shooting for you: Trying to get my Bench Rest rifle sorted out.  
What do you like most about your club: Good people.  
What advice would you give a new shooter: Listen and watch older shooters.

*John Pepprell*



IF YOU WOULD LIKE ANY INFORMATION OR WOULD LIKE TO TRY SOME  
'TendaBEEF', CONTACT ASHLEY AT: [ashleyaa@bigpond.com](mailto:ashleyaa@bigpond.com)

# Hi Fellow Q.T.S. Air Rifle Shooters,

In an effort to lift our great State's national ranking up to where it should truly be, I have booked myself in to sell a kidney so that I can raise funds to buy a new "Ready for London" Walther air rifle. This will replace my 25 year old model. Just like a golfer buying a new driver in the hope he will hit straight off the tee, I hope that my new purchase will enable me to scale the heights of great scores thus making my contribution to our team. BTS, "Buying points thru aggressive spending" is a saying I heard from Richard Toye. "New gear makes you look crash hot even if you're not" is my saying.

This higher level of commitment combined with regular twice daily gruelling training sessions and eating raw meat and vegetables will enable me to lift my skill level (and my match scores accordingly) so that I no longer have to eat humble pie with a wooden spoon. I will even drop my coffee consumption down from eight cups a day to just three (and only drink coffee after a match) and only put one heaped teaspoon of coffee in each cup instead of two. I might even have to cut out the coffee altogether due to only having a single kidney. I will then become a Lean Mean Air Rifle Shooting Machine trained to peak clerical condition. I'm sure you will all join me in lifting your commitment as well.

Congratulations to "The Procrastinator" and "The Princess On-A-Budget" for their greatly improving scores throughout this year. Bill, I'm sure you can extract even higher scores out of "The Princess" if you put her on a strict bonus contract incentive system (ie cash for points) as this seems to have been extremely effective earlier this year at the Nationals.

I hear that Alan Smith is also contemplating making a comeback and has purchased a new set of thongs so that he no longer have to shoot in bare feet at the State Championships since he was yellow carded by Bill last year. Dane "the Cabinet Maker" has been booked in to screw plywood soles to the thongs to get the required stiffness.

Cliff Walker will also use a new modesty screen (soon to be installed in the Air Rifle range) so he can get changed to avoid a similar yellow card fate to Alan Smith. This will help lift his scores as well. Also, since his small bore rifle is broken he can now concentrate on Air Rifle as he should have been doing all along.

I hear that Kelly Frost will now shoot more than once a year so that she can ensure she can beat Dane at every event - not just most events.

Also, beware the Toye. I hear rumours that he has purchased new shooting trousers and shooting boots and will thus become a force to be reckoned with. As he has already been shooting prone air rifle on a daily basis for 6 months now (it's true) we look forward to including another person to the illustrious group of air rifle shooters.

Finally, bring on the Toowoomba Prize Shoot with two days of riveting ISSF air rifle shooting on our new range. Come and see our new 15 bay air rifle facility with 15 returning targets - just like Belmont.

Cheers and straight shooting.

*Jamieson Webb*

## THE BUNDY CHALLENGE

Bundaberg Club missed the calendar last year but certainly made up for it this year with an excellent weekend of shooting. The weather was almost perfect making the 'Challenge' a less than normal one. The 'Challenge' at Bundy is against the range and conditions, not your opponents. The range is situated on a grassy clearing in the middle of a cane field and the swirling, fish-tailing winds make for interesting shooting indeed.

Although, once again, numbers were low, some very good scores were posted. After shooting a 599 bench rest on Saturday, John Wooldridge from Mundubbera got his first taste of A Grade with a 582 prone on Sunday. Relatively new shooter, Andrew Shackleton from Toowoomba Club, fired a 598 bench on Saturday.

Two 80's were fired in the Prone Silhouette Match with local, Glen Evans, taking out first place after an uncharacteristic crossfire by John Pepprell. Sorry John, but that one may take some time to live down and your new nickname may just stick.

John Wooldridge was the winner of the Bench Rest Overall with 1195 and Robyn Sampson, the winner of the Prone with 1177.

It was pleasing to see the improvement in scores of the junior shooters and to see so many 'silhouette' shooters shooting target as well. This is an excellent way to improve on your silhouette scores as you are able to see where the shots are going rather than just a hit or miss. Try shooting at a 50m target at rams distance - if you can't hit the black consistently then you are not going to hit the rams consistently either.

It was also great to see Teapot fit and well and back in action even though there is not nearly as much of him as there used to be.

Many thanks to all at Bundy for your hospitality, great array of prizes and the services of Ray, the master chef, who kept us well fed all weekend.

See you all next year.....



BARRY STURGESS - KEEPING HIS EYE IN



GUS KUHNEL



BENCH REST BEAR,  
KEEPING AN EYE ON THE  
OPPOSITION FOR ANNIE

Life's real failure is when you do not realize how close you were to success when you gave up.

## ATHLETE'S FEAR OF FAILURE by Lanny Bassham

One of my mental coaching students, Joe (not his real name) had a unique gift (or so he thought). Since he was overly concerned with what other people thought (coach, teammates, parents, spectators, etc.) about his performance, he often engaged in a process I call mind reading when performing.

While Joe was mind reading, he made assumptions about what others were thinking about him. He literally thought that he could tell what others were thinking about him. Joe's hidden agenda was to avoid embarrassment, to not make mistakes, and have others think he was a good athlete.

This preoccupation with mind reading what other may be thinking about him caused him to play cautiously and avoid mistakes. He was plagued with thoughts such as "the coach will yank me from the team if I miss an open shot!" or "my team will be disappointed in my performance."

Joe's performance suffered because he did not allow himself to perform freely without the fear of failure, fear of disappointing others, or fear of making mistakes.

Joe is not alone. In fact, many athletes hinder their potential by focusing too much on avoiding mistakes and not embarrassing themselves. They think it is better to play it safe than risk embarrassment or disappointment.

While no one wants to feel embarrassed or get benched by the coach, avoiding mistakes and playing safe are huge distractions to athletic performance, at the very least. This type of thinking actually makes athletes perform worse and then realize what they feared might happen.

Ultimately, the fear of failure can cause athletes to play tentatively or defensively and actually hinder their ability to succeed. This state of mind certainly makes playing sports half as much fun for many athletes and causes some to drop out of sports.

Caring too much about what others think comes from the phenomenon called social approval. Social approval is defined as the need to be confirmed and validated by other people. In today's society, many athletes learn \*mind reading\* when peer approval and gaining acceptance are primary motivators, especially for young athletes.

Let's face it, we want the respect from our peers. And, whether you've been an athlete for 5 years or 35 years, the fear of letting others down can lead to tentative performances! That's why helping athletes to learn how to play without the fear of failure is so important.

Now I know what you are thinking! You are thinking.... How can an athlete be taught to focus on what's important, rather than mind reading or focusing too much on the fear of failure? I start by asking my students an important question: 'Do you compete for yourself OR do you compete to gain respect or approval of people around you?'

This is a tough question for some athletes to answer. Many find it difficult to admit that they compete because they yearn for the acceptance of their team, parents, coach or spectators. However, the bottom line is that if you want to harness a zone focus and perform at your best, you cannot care about what others think about you and/or your performance.

You must learn to overcome mind reading and fear of failure.

## AUSCUP 3

On the last weekend of July, QTS played host to AISL Aus Cup 3. Our latest acquisition (10 more electronic targets - we now have 30) arrived on the Monday prior to the event so some frantic work and much finger crossing by the 'maintenance man' and team, took place to ensure everything was up and running in time.

Although there were a couple of hiccups, which can be rectified, the event was very successful with 6 PQS's and an Australian Record being shot. (see front page)

Two A.I.S.L. training camps we held the week prior to the Aus Cup, making for a very busy week. Many thanks to Jean Doherty, (Dane's Grandma), for her home made biscuits and Ashley Adams for his 'GeneSTAR TendaBEEF' which they donated for the camps. Annie & Rob were kept VERY busy feeding everyone but it is certainly great to see one's cooking appreciated - scones anyone?

Thanks to everyone who contributed in any way to the success of the camps & Aus Cup - your help was very much appreciated.

All results and photos can be found on the A.I.S.L. website & T.R.A. E-Mag.



HOW THE RANGE NOW LOOKS WITH ALL TARGETS INSTALLED



SO THAT'S WHAT GOES ON IN THERE

NOT A LOT OF DESK SPACE AVAILABLE IN THE CONTROL ROOM



## R.B.A.

Four of our shooters, John Patzwald, Clinton Sondergeld, Barry Hilzinger and Greg Schnieder, along with shooters from other states, recently contested the World Rimfire & Air Rifle Bench Rest Championships in South Carolina in the U.S.A.

Many of the Australian shooters performed well in all events, collecting a number of individual and team medals.

Queensland's best performer was Clinton who collected an individual bronze medal and was placed in the top 10 for a number of events.

Keep an eye out in the next TRA e-mag for a full list of results and a rundown on the competition.

Australia will host the 2015 World Championships which will be held at the Jim Smith Range, Belmont.

# MUNDUBBERA MUG

Mundubbera Small Bore Rifle Club held it's mug shoot on the 21st August.

The numbers were down but the 11 visiting shooters all said they had a great day. Shooters came from Gympie, Childers, Bundaberg, and Bingerra South Kolan.

It must have been a difficult day for shooting as there were no clear rounds shot.

The program consisted of a 40 shot standard silhouette shoot and a 40 shot mixed silhouette, handicap event.

Owen Hammelswang had a good day winning the Mug and also the c grade silhouette event. Laurie Aberdeen placed second in the Mug with John Pepprell third. Lesley Perk won A Grade standard silhouette, Bruce Serisier B Grade Owen Hammelswang C Grade and Darren Miller D Grade.



THE MOB AT THE MUG



BRUCE SERISIER WITH LESLEY PERK (L)  
& OWEN HAMMELSWANG (R)

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