



# Newsletter

Queensland

Target Sports Inc.

ISSUE 30

JUNE/JULY 2011

## WHAT'S NEXT

**WHEELIES COME & TRY DAY** - Sunday 24th July. A Paralympic Talent Search Day is being held at Belmont from 10a.m. To 1 p.m. for both Rifle and Pistol. Any one who would like to come and assist is most welcome.

**AUS CUP 3** - A.I.S.L. Aus Cup 3 is being held at the Belmont range on 29th - 31st July. **Anyone wishing to assist in any capacity in the running of this event is most welcome.** Please note that the range will be unavailable for use during events.

**BUNDY CHALLENGE** - 6th & 7th August. Join everyone for a great weekend of shooting.

**T.R.A. RANGE OFFICIALS COURSE** - 20th & 21st August. Please let me know if you are interested in attending this course so I can forward the questionnaire to you.

## BENCH REST WORLD CHAMPIONSHIPS

BEST OF LUCK TO OUR BENCH REST SHOOTERS, JOHN PATZWALD, BARRY HILZINGER, CLINTON SONDERGELD AND GREG SCHNIEDER, WHO ARE OFF TO THE U.S. NEXT WEEK FOR THE WORLD RIMFIRE & AIR RIFLE BENCH REST WORLD CHAMPIONSHIPS.

BEST WISHES AS WELL TO THE INTERSTATE MEMBERS OF THE CONTINGENT.  
SHOOT WELL EVERYONE - SHOW THEM HOW IT'S DONE!!!!



Australian International Shooting Limited invites coaches and anyone interested in coaching to its first ever Coaches Conference.

To be held on October 15 & 16, 2011 at the Bass Hill Rydges, Sydney, the conference is an excellent opportunity to learn about the latest trends in coaching, within an international arena.

**Bookings made before August 1, 2011 will go into the draw to have their fees reimbursed.**

Full Details to follow. Please check the web for details [www.ausshooting.org](http://www.ausshooting.org)

For Registrations, Inquiries and Bookings, please contact the AISL office on 08 8296 0951 or email

[events@ausshooting.org](mailto:events@ausshooting.org)



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## CHILDERS CUP 2011

On Saturday and Sunday 25<sup>th</sup> & 26<sup>th</sup> June the Isis District Smallbore Rifle Club hosted their third annual Childers Cup competition. The weekend got off to a good start on Friday night with a BBQ, and the camp fire kept everyone warm until it was time to turn in for the night. The weather was quite cool but the shooting conditions were quite favorable over the whole weekend. First event Saturday morning was 50m prone followed by 50m benchrest then 80 shot silhouette. On Saturday night we were treated to a delicious camp oven meal with damper and dumplings. Then back onto the firing line for another 40 shots to finish the silhouette match in the dark. The second round of prone and benchrest matches on Sunday finished off the competition.

Check the QTS website for all scores and placings



The major winners for this year were:

Paul Collins Isis Club – Silhouette Rifle Champion  
Barry Sturgess Maryborough – Benchrest Champion  
John Patzwald Toowoomba – Target Rifle Champion  
Kurtis Griffey Toowoomba – Best Junior Target Rifle  
Ethan Hammelswang Sth Kolan – Best Junior Silhouette Rifle



Isis Club members Ray Cole and Anton Perk take a break during the Childers Cup 2011

CONGRATULATIONS TO DANE FOR HIS EXCELLENT SHOOTING AT THE RECENT WORLD CUP IN MUNICH. AFTER MAKING IT THROUGH ELIMINATIONS IN BOTH THE PRONE & 3P HE FIRED A PQS 595 IN THE PRONE QUALIFICATION FOLLOWED BY A P.B. 1158 IN THE 3 X 40 MATCH.

WELL DONE, DANE , KEEP UP THE GOOD WORK

p.s. He really does like Vegemite on pikelets and pancakes.



## MEMBER PROFILE

**Name:** Stan Thomas    **Year of birth:** 1931    **Place of birth:** Bundaberg    **Club:** Bundaberg  
**Occupation:** Retired cane farmer  
**Family:** Wife Jan, daughter Lise, son Mark  
**Best pets you ever had:** A Bassett Hound  
**Hobbies other than shooting:** Fishing  
**Favorite pastime including shooting:** Shooting & fishing  
**Favorite type of music:** Classical, Opera  
**Favorite type of movies:** none  
**How and when did you get involved with shooting:** Many years ago, Big Bore 1948  
**What types of shooting do you compete in:** Benchrest, silhouette  
**What has been your highest achievement in shooting so far:** 599 benchrest,  
160/160 silhouette  
**What has been the most difficult part of shooting for you:** Everything, I take nothing too cheaply  
**What do you like most about your club:** The people  
**What advice would you give a new shooter:** Anything they listen to.



*Stan Thomas*

## RUGBY JUMPERS

### FOR SALE

### QTS RUGBY SHIRTS

(as shown)

Available to any member who would like to have one.  
All sizes available.

**Cost—\$35**

Orders taken

Please contact Janelle on  
0407 351 922

or email [treasurer@targetsports.org.au](mailto:treasurer@targetsports.org.au)



*Things turn out best for the people who  
make the best of the way things turn out."*

# **LANNY BASSHAM'S STEPS TO GOAL SETTING SUCCESS**

from "With Winning in Mind".

## **STEP 1: DECIDE WHAT YOU WANT.**

Find goals that excite you. You must be specific. The more you can identify exactly what, the better your chances of obtaining them.

## **STEP 2: DECIDE WHEN YOU WANT IT.**

Putting a time limit on our goals helps you to formulate a plan to achieve them. If your goal was to save \$1000 in ten years, you could do that by putting about a quarter in the bank. If you change the time limit to \$1,000 in one month, the plan would have to change.

## **STEP 3: LIST THE PAY-VALUE.**

Why do you want the goal? List all the reasons that are important to you for achieving the goal. The first rule here is to make certain that the goal you set is big enough to be exciting for you. If it is not exciting, you will not do anything to change your habits or attitudes. It will just not be worth it.

Also, the goal must be your goal, not the goal of another. Is the pay-value personally rewarding to you?

If the pay-value is not personal, you will not act on your plan.

## **STEP 4: DETERMINE THE OBSTACLES IN YOUR WAY.**

Again you must be specific! What must you do to reach your goals? What habits and attitudes must you change to reach your goal? Remember, nothing is going to get better until you get better. You must change! What must you change? How much additional time must you invest?

## **STEP 5: WHAT IS YOUR PLAN TO GET YOUR GOAL?**

The difference between a wish and a goal is that a goal has a written plan. Wishes usually do not come true. Goals with written plans are almost always reached. In Step 4, you identified several reasons why you were unable to meet your goal. Prepare a written plan to overcome each obstacle. Now the price you must pay for the goal is clear.

## **STEP 6: ASK SOME IMPORTANT QUESTIONS.**

First. Do I really believe my plan will work?

Second. Do I really believe I can work the plan?

Finally. Is the Prize worth the Price?

This is the most important step in the goal-setting process. Ask yourself, "Is the pay-value worth the price I have to pay for it?" If the answer is positive, chances are your goal and plan are correct. If the plan and pay-value do not match, you must change something. Maybe you need to change the goal, the time limit or the plan.

## **STEP 7: SCHEDULE YOUR PLAN.**

One thing we often fail to remember is that scheduling is a vital part of the planning process. Put your plans on a calendar. I use both a large monthly calendar on my office wall and a day planner I carry with me. If the goal is not scheduled, it will not get done.

## **STEP 8: START NOW.**

You are now ready to go. Begin right away. Do not hesitate. Execute the first step of your plan now. Put out high-quality effort, consistently over time, and you can do anything.

**STEP 9: NEVER REACH A GOAL WITHOUT FIRST SETTING ANOTHER ONE.**

The day I received my Olympic gold medal was both wonderful and traumatic for me. The award ceremony was great. Hearing my country's national anthem being played while the flag was raised high in front of me was the best of feelings! However, later that day, I had an unexpected experience. I suffered severe depression, and I didn't know why. My wife recognized the problem and helped me understand that I had lost my goal. I had not goal-set beyond the Olympic Games, and I was momentarily without direction. Once I set a new goal, I was again at peace.

**STEP 10: NEVER, NEVER QUIT.**

In 1979, I set a goal to win the national title in the air rifle event. I thought that it would take a 380 out of 400 to win. In the match I was down nineteen points with three shots left to go. I shot nine. Now I had to shoot two tens, I figured, to win. I shot another nine. I was down below 380. I rationalized that I could not win, so I mentally gave up. I quickly put up the rifle and shot an eight. I finished with a 377. That year the national championship went for a 378. Had I been persistent, I would have won the title. Stay with your plan until it is finished.

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## AUSTRALIAN SHOOTING GAMES

July - time again for the Australian Shooting Games. The Games are presented by the Belmont Shooting Complex Site Users Association and the Queensland Shooting Association. Each discipline within the Belmont Complex conducts their own events on behalf of the Associations. This is an opportunity for shooters to compete in any event during the Games without having to be a member of that particular discipline, as long as you are a member of a discipline that is within the Belmont Complex. For example: if you are a small bore member you are allowed to compete in the full bore events if you wish.

Each year, as part of the Games, S.S.A.A. conducts a Celebrity Shoot inviting participants from all disciplines on the Complex as well as clients from the spinal unit at the P.A. Hospital. Shooters compete in mixed teams of 4 or 5 and fire 15 shots pistol, 10 shots rifle at silhouettes and 5 shots clay target. Shooting is followed by lunch and medal presentations. This year the QTS team of Rod, Anne, Natalie, Robyn and 'Wheelie' Dennis were the winners with Natalie being the top scorer for the day. It was at this event last year that we first met Natalie and she is now a member of the A.I.S.L. High Performance Squad - a big step in a short space of time.

QTS held their Games events on the weekend of 2nd & 3rd of July and the range turned on it's becoming normal, tricky, choppy wind for Saturday's competition. A few shooters seemed to cope well with the conditions with Toowoomba's, John Patzwald coming out on top with a 587 in the prone followed by Dane on 584 and B grader Frederyk Woodhouse, third highest scorer on 580. Garry Henderson from Brisbane Club was first in C grade with 571 and a p.b. of 553 by Austin Read placed him in 1st place in D grade.

Chris Willis from Lismore topped the RBA Bench Rest match with 737.30 and Tamsyn Henry the Air Rifle with an excellent 584.

The weather was a little kinder on Sunday which was reflected by the improved

## A.S.G. c'td

scores. Dane was the winner of A grade with a 593, David Gaze on 575 the winner of B grade, Matthew Smith with a very smart 576 the winner of C grade and Austin Read on top again in D grade with a 550.

Tamsyn was again the winner of the 40 shot Air Rifle match and Harry Bilzinger, I mean Barry Hilzinger, the winner of the TRA Bench Rest match with 597.44.

It was very pleasing to see many of our younger shooters firing excellent scores. Cody Willis and Kurtis Griffey fired particularly good scores in the Bench Rest events and Matthew Smith, Austin Read and Frederyk Woodhouse are progressing very well in the prone events.

Many thanks to all shooters for their participation and hope to see more of you next year.

Almost forgot: You're welcome to come visit us any time you like, Tim. We'll try not to pick on you too much.

### TOP BENCH JUNIORS: CODY WILLIS & KURTIS GRIFFEY



### PRONE JUNIORS: MATTHEW SMITH FREDERYK WOODHOUSE & AUSTIN READ

## JOKE OF THE MONTH

A married couple in their early 60's was celebrating their 40th wedding anniversary in a quiet, romantic little restaurant.

Suddenly, a tiny yet beautiful fairy appeared on their table. She said, "For being such an exemplary married couple and for being loving to each other for all this time, I will grant you each a wish". The wife answered, 'Oh, I want to travel around the world with my darling husband'.

The fairy waved her magic wand and - poof! - two tickets for the Queen Mary II appeared in her hands.

The husband thought for a moment: "Well, this is all very romantic, but an opportunity like this will never come again. I'm sorry my love, but my wish is to have a wife 30 years younger than me.

The wife, and the fairy, were deeply disappointed, but a wish is a wish.

So the fairy waved her magic wand and poof!... The husband became 92 years old.

The moral of this story:

Men who are ungrateful b.....s should remember..... fairies are female.....

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## THE BELMONT GOLD

Six brave little souls made it through the tortuous eight matches of the Belmont Gold. The Gold is an all day competition beginning at 8 a.m. til whenever shooters complete their matches. It is a handi-cap team event so there is a chance for shooters of any level of ability to come out the winners.

All day food is supplied and with the weather being very cold a drizzily all day, Annie's supply of hot soup, zucchini slice and sausages kept everyone happy and the reward at the end of the day, sticky date pudding.

Some good shooting by Dane and some excellent shooting & aiming off by Jack saw them winners for the second year in a row. Jack had made a trip to the tool shop during the day and Dan disappeared for awhile - we thought he was sleeping somewhere but he had made a quick trip to Bunnings.

Visitor from Scotland, Lloyd, thought it was a beautiful Summers day and must have enjoyed his shooting as his scores improved as the day progressed.

Keep this one in mind for next year as it is a great day and amazingly it is possible to shoot 8 matches in one day and survive quite well.

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## WOULD YOU LIKE TO BE A VOLUNTEER?

Later this year, A.I.S.L. is hosting an IPC World Cup and the Oceania Continental Championships.

If you would like to volunteer at either or both of these events go to the A.I.S.L. website: [www.ausshooting.org](http://www.ausshooting.org) for more information and volunteer forms.



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