



Queensland

Target Sports Inc.

# Newsletter

ISSUE 29

MAY/JUNE 2011

## WHAT'S NEXT

### **ISIS CHILDERS PRIZE MEETING - 25TH & 26TH JUNE**

An excellent weekend of shooting - something for everyone & great hospitality

### **AUSTRALIAN SHOOTING GAMES - 2ND & 3RD JULY - BELMONT**

Another busy weekend of shooting - Prone, Air Rifle, 3 x 20 3 Position, RBA Bench Rest, TRA Bench rest. Program on the website.

### **COACHING CLINIC - MARYBOROUGH - 9TH & 10TH JULY**

Focus on beginners but all shooters (and Coaches) are welcome.

### **BELMONT GOLD - 16TH JULY - AT BELMONT OF COURSE**

Come & Test yourself with a real endurance competition.

## A.I.S.L. GRAND PRIX

WELL DONE TO THE QUEENSLANDERS AT THE RECENT A.I.S.L. GRAND PRIX.

NOT ONLY DID DANE, THOMAS & ASHLEY FINISH 1,2, & 3 IN THE SAT. PRONE MATCH, THEY ALMOST REPEATED THEIR PERFORMANCE ON SUNDAY WITH TOM 1ST, DANE 2ND & ASH NARROWLY MISSING OUT ON 3RD PLACE.

THE 'BOYS' ARE NOW RANKED 2,3, & 4 BEHIND WARREN ON THE A.I.S.L. RANKINGS.

DANE WAS ALSO WINNER OF THE 3 X 40 MATCH AND FINISHED 2ND IN AIR RIFLE SUNDAY.

I BELIEVE ALYCE MAY HAVE SHOT A COMPETITION P.B. AR AS WELL.

## TRANATIONALS - PERTH - 2012

We know it is early days, but now is the time to start thinking about next year's Nationals. The 2012 Nationals in Perth will be the last held at the Harrison Range.

We have made tentative bookings at the Quality Sorrento Beach Resort (the same place we stayed last time).

If anyone may be interested in joining us, please let Anne 0417 195382 or myself know.

Definite bookings will have to be made by the end of this year.



Queensland  
Government

## TRARANGE OFFICIALS COURSE

QTS will be holding a TRA Range Officials Course (how to be a range officer) on 20th & 21st of August.

The course will be conducted by Alex Maranik, Chairman of the TRA Technical Committee.

As we are hosting the TRA Nationals in 2013 we will need a number of qualified range officials for this event. This is an opportunity for you to become an accredited official. These courses provide the opportunity for all members to familiarize themselves with the shooting rules - an essential for all shooters.

For those interested in becoming an official, many volunteer opportunities are available assisting at A.I.S.L. Events and also opportunities to officiate at overseas events.

**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](http://www.issf-sports.org) and a copy of the Australian Supplementary Rules available on the TRA website: [www.tra.org.au](http://www.tra.org.au)

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## JOKE OF THE MONTH

Where would you be?

IF - YOU HAD ALL THE MONEY YOUR HEART DESIRES?

IF - YOU HAD THE MOST FABULOUS HOME IN THE PERFECT NEIGHBORHOOD?

IF - YOU HAD NO WORRIES?

IF - YOUR BATHWATER HAD BEEN RUN?

IF - YOU HAD PERFECT KIDS?

IF - YOUR PARTNER WAS AWAITING YOU, WITH OPEN ARMS AND KISSES?

SO, WHERE WOULD YOU BE?

Well..... HELLOOooo!!!!!!!!!!!!

YOU'D BE IN THE WRONG DAMN HOUSE!

Learn from the mistakes of others: You can't live long enough to make them all for yourself.

# BINGERA/SOUTH KOLAN PRIZE MEETING

An excellent display of good all round shooting saw John Patzwald the winner of the Grand Champion Trophy at Bingera & Sth. Kolan yet again.

John top scored both days in the Prone & Bench Rest events and finished 3rd in a 3 way shoot-off in the Silhouette match. Raymond Nielson and John Pepprell were not going to let him have it all his own way.

The Bingera range can be rather a tricky range to shoot on at times but this year the weather Gods were very kind and perfect conditions prevailed. The range is a very pretty one with excellent facilities thus making for an enjoyable weekend for those who attended.

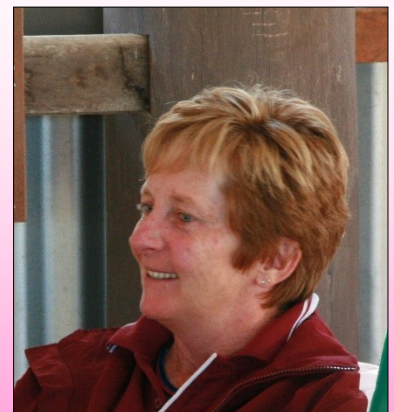
Many thanks to all at Bingera for your hospitality - see you next time.



IF ANYONE HAS ANY ARTICLES OR ANYTHING THEY FEEL WOULD BE OF INTEREST TO THEIR FELLOW SHOOTERS, PLEASE SEND THEM IN. I WOULD LIKE TO KEEP THE NEWSLETTER INTERESTING FOR ALL READERS SO WOULD APPRECIATE ANY CONTRIBUTIONS. YOU DON'T HAVE TO BE FROM QUEENSLAND - PERHAPS SOME OF OUR INTERSTATE OR INTERNATIONAL READERS MAY LIKE TO CONTRIBUTE AS WELL.

## MEMBER PROFILE

**Name:** Julie Dunks                      **Year of birth:** 1954                      **Club:** Isis District  
**Place of birth:** Dorrigo, Australia.  
**Occupation:** Loss prevention officer at K Mart (retired)  
**Family:** Husband Larry  
**Children:** 2 sons – Jason, Aaron.  
**Siblings:** 3 sisters – Sharon, Margaret & Yvonne.  
**Best pets you ever had:** Cats.  
**Hobbies other than shooting:** Tennis, swimming.  
**Favorite pastime including shooting:** Reading.  
**Favorite type of music:** Country.  
**Favorite type of movies:** Drama.  
**How and when did you get involved with shooting:** Did not fancy sitting in the car and watching my husband shoot.  
**What types of shooting do you compete in:** Rifle silhouette & Benchrest.      Pistol and air pistol.  
**What has been your highest achievement in shooting so far:** Oceania in air pistol.  
**What has been the most difficult part of shooting for you:** Concentration on what I'm doing.  
**What do you like most about your club:** The friendly members and the fun we have.  
**What advice would you give a new shooter:** Take all the advice you can get.



Signature: *Julie Dunks*

# SUCCESS ELEMENTS

Successful athletes are all highly committed individuals with clearly established success goals. They were open and receptive to developing their mental strength and to what their coaches had to offer. At the same time they were very selective in terms of drawing out what might work for them as unique individuals, when developing technical, physical or mental strengths.

**TOTAL COMMITMENT**-Athletes who reach the top have an incredible commitment to excel in their sport. For a significant chunk of time everything in their entire life revolves around their training. Their athletic goal is the most important goal in their life. Family and friends are still important but the central and most meaningful focus and goal is the pursuit of excellence in sport. They didn't begin sport with this total commitment. It grew as they began to recognize their own potential. Several years before becoming Olympic or world champions all of these athletes had very clearly established goals of reaching the top. The goal was to win an Olympic gold, to be world champion, to be the BEST in the world. Most 'saw' themselves achieving that goal, in their minds, long before it became a reality.

Questionnaire data from 165 Olympic athletes clearly shows that athletes who could best control and direct their focus before and during their performance had the best results. Moreover, the extent to which athletes could control their mental images and 'feel' performance images from the 'inside', as if doing it, was also directly related to performance outcomes at the Olympic Games.

## QUALITY TRAINING

The most common and probably the most important element of success was quality training.

The best athletes don't just go through the motions in training. They have discovered that the only way to establish the winning patterns they want to draw upon in the competition is to go through the motions with the highest degree of quality or with absolute intensity.

The best ones mentally prepare for training. They are thinking about what they want to accomplish the night before, the morning of, and even on the way to training. Before they arrive at training they have already committed themselves to their best effort in accomplishing those goals. They train with the highest quality of effort at the highest degree of intensity and they mentally prepare themselves to do this. They also rest well between training sessions so they can continue to give their best effort.

**Simulation training** – The very best athletes use a lot of simulation training. They approach training runs or go through routines in practice as if it was the competition, wearing what they would wear, preparing like they would prepare. They take the time to mentally prepare to do it well.

**Imagery Training** – All the best athletes have very well developed mental imagery skills and use them on a daily basis. They use imagery to prepare themselves to get what they want out of training, to perfect skills within the training sessions, and to 'see' themselves being successful.

The refined imagery they have developed for running through skills and performances in their mind, is one which takes an 'inside' view, as if actually doing the skill, and one which involves feeling the action and excitement, as if actually being there. Most of these athletes call up these inside images of perfect feelings before every attempt at executing a skill.

It is interesting to note that these athletes did not initially have good control over their mental imagery. It was through persistent daily practice that they perfected these skills.

**Clear Daily Goals** – The best athletes have clear and usually simple, targeted daily goals. They know what they want to accomplish each day, each workout, each sequence or interval. They are determined to accomplish these goals and focus on doing so, daily. They also maintain excellent year round conditioning.

## MENTAL PREPARATION FOR COMPETITION

The quality of effort in training, the simulation training, the imagery training and clear daily goals have moved these athletes along the path of excellence. But in addition to this quality training, the best athletes

have developed very sound procedures for drawing upon their strengths in important competitions.

**Pre-competition Plan** – The best athletes have a well established and well practised pre-competition procedure which they follow consistently. The pre-competition plan includes the use of mental imagery, a good physical warm-up, positive thoughts, and reminders to focus on what has worked. When an athlete arrives on-site she knows what she is going to do and when she is going to do it. By following a well developed and refined pre-competition plan, a constructive focus is maintained going into the event.

**Competition Focus Plan** – The best athletes have taken the time to discover what kind of focus works best for them in a competition. They have developed a refined plan to draw upon this focus during the competition. In almost all cases the best focus is one which keeps the athlete connected to what he is doing, his job. In contrast, the worst focus is one in which the athlete is connected to factors over which he has no control, such as competitors, final outcome, or other distractions.

**Competition Evaluation** – The best athletes pull out the important lessons from every competitive experience and adapt or refine their mental approach based upon these lessons. If the performance was excellent, they will note the mental factors or focus associated with that best performance. In this way, they integrate important lessons into their plan for subsequent competitions. If the performance was 'off' they will try to assess why, paying particular attention to their mental state or focus, before and during the competition. They are extremely good at drawing out the important lessons and then letting the performance go, especially if it was less than their best. Many of the best athletes use their diaries, logs, or some other port-competition evaluation procedure to write down the lessons learned. Some go back to these notes to help direct their focus for subsequent competitions.

**Distraction Control** - For the success elements discussed thus far, virtually all of our great athletes have a common strength. However, in terms of mental skills for dealing with distractions or setbacks, which is extremely important for the consistency of high-level performance, there is greater variation. Some of the best athletes have excellent strategies for getting back on track quickly when things don't go well or when faced with distractions. Others appear to need work in this area to improve the consistency of their high-level performance.

**Learning the Elements of Success** – It is clear that great athletes did not begin their sports careers with all of these success elements. They learned quality training, simulation training, quality imagery, daily goal setting, pre-competition planning, competition focus planning, competition evaluation procedures and distraction control. These success elements are developed and refined through practice. Without practice these skills will not be learned and without persistent use they may be forgotten.

As a result of listening to others and themselves, watching, talking, reading, experimenting, practicing, performing, thinking, experiencing, recording and evaluating, each athlete recognized the importance of these elements. Each then began to develop, implement and refine his or her own unique plans, sometimes in conjunction with a coach and sport psychology consultant.

Many highly successful athletes feel that they could have reached the top much earlier if they had worked on strengthening their mental skills earlier in their careers. Some mentioned that they had had the same technical and physical skills honed to perfection four years before becoming world champions, but they had not yet learned how to hold their best focus in important competitions. Once their focusing skills were refined, their dreams became a reality.

Finally, it is interesting to note that almost all of the athletes who performed to potential at the Olympic Games had a very close personal bond with their coaches. They worked out programs, problems and strategies together. These athletes respected their coaches, and their coaches respected them, to the point of being flexible enough to individualize training programs and feedback based upon the athlete's input. Creating an atmosphere of mutual trust, mutual respect, and a genuine concern for individual athletes, appears to be a necessary requirement for helping Olympians to achieve their highest level of excellence.

Every great athlete may not possess every single success element discussed but the more elements they had working for them, the higher the probability of performing to their potential on a consistent basis.

# WIDE BAY CHAMPIONSHIPS - 2011

Friday night 10th of June saw the start of the 2011 Wide Bay Championships with a social get together for the early arrivals at the range. Visitors were treated to a tasty meal hosted by Marg Muller assisted by Roy and Des on the b-b-q, the visiting ladies and Ann Bruton as chief onion peeler. Tony Perk was chief fire stoker to keep everybody warm and a great social night was had by all. If you are coming next year, try to get there on the Friday night for a great night of fun.

Saturday dawned for the first day of shooting with grey skies and drizzly rain which lasted all day but did not dampen the spirit of the shooters or the keenness of competition with some good scores being posted. Bench Rest on Saturday was won by Ian Gregory with a score of 598 with 44 centres, closely followed by Ann Bruton with a score of 598 with 38 centres, B Grade by Shane Jones with 594 and 36 centres from Craig Howard also with 594 and 33 centres. The prone match was won by Robyn Sampson with a score of 583.26 followed by Ray Girdlestone with a score of 575.24.

In the Air rifle match, Rodney Faint won A grade with Kim Faint taking out B Grade and Roy Muller taking out C grade.

On Saturday night everybody was treated to a sumptuous meal ably provided by our own master chef, Marion Faint assisted by daughter Sally and friend. After the evening meal, with the rain falling outside and no bonfire, the clubhouse was the centre of entertainment with some wild tales and even wilder jokes being told which ended up with a competition of mobile phone jokes between Michele Aberdein and Roy.....a lot of laughter was had by all.

Sunday was a bit better day with no rain but still overcast skies and not much wind. Some good scores were also posted on Sunday with Laurie Aberdein taking out A Grade in Bench Rest with 599 and 48 centres from Ian Gregory also with 599 and 47 centres....you can't get any close than that. B Grade was won by John Wooldridge with 594 with 42 centres from the old stayer Stan Thomas with 592 with 38 centres. In the prone match it was a repeat of Saturday with Robyn Sampson winning from Ray Girdlestone. In the B Grade section, it was a case of son giving father a bit of a dust up with Kim Faint beating Rodney Faint with Barry Sturgess coming in third.

Another sociable night was had on Sunday night although a bit quieter than Saturday night. Monday started with magical weather, clear skies, bright sunshine and no wind, which resulted in four perfect scores of 80 being posted for the day.

Although numbers were down a bit on last year, all shooters had a great time. The four perfect scores were shot by Leslie Perk, Ken Ogilvie, Stan Thomas and John Pepprell. After the shoot-off, Ken Ogilvie emerged the winner from John Pepprell and Stan Thomas.

The Maryborough Smallbore Rifle Club would like to thank all those who attended the shoot and made it the success that it was and hope to see everybody at the Masters Games shoot on 1st & 2nd of October.



THE EXCELLENT RANGE AT MARYBOROUGH



ROY-BOY



NEW SHOOTER - MITCH JONES  
JUNIOR CHAMP



IAN GREGORY - BENCH CHAMPION  
IN ACTION



ROBYN - PRONE CHAMPION

## Silhouette Rifle for Sale



Make:Anschutz - Model: 1451 DKL - Serial Number: 3029547 - 5 Shot Magazine

Good to very good condition, suitable for a beginner to intermediate level shooter or as an extra club rifle.

Includes 3-9x40 Tasco Pronhorn Scope (with lens covers) and bolt protector

Also fitted with non-slip rubber butt plate

**Asking \$ 750 (Negotiable)**

Transfer by buyer's nominee.

Rifle located in Toowoomba.

Contact Richard Toye, Mobile 0411 322 926 or email [bbird@halenet.com.au](mailto:bbird@halenet.com.au)

# *Journey of a Dream*

Lanny Bassham

*A dream is born in the mind,  
A picture of what might be -  
A vision of a new and better life.  
But if it stays in the mind,  
It becomes another wish unfulfilled.*

*It must move on*

*The dream moves to the heart,  
Feelings surround it, giving it life.  
But if it stays in the heart,  
It becomes a "could have been,"  
Dying in the fire of emotion.*

*It must move on.*

*The dream moves to the hands,  
There to be put into action.  
Having been given life in the heart,  
It comes to fruition through work.  
But if the dream stays in your hands,  
It becomes self-serving.*

*It must move on.*

*So place your hand in the hand of another,  
And the dream moves on....forever.*

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