

Newsletter

QUEENSLAND TARGET SPORTS

FEB 2010



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

WHAT'S NEXT

QUEENSLAND CUP – 27TH & 28TH FEBRUARY – Come & join us in Brisbane for the first competition of the year.

SUGAR COAST NORRGROVE SHIELD -21ST FEBRUARY – STH. KOLAN

AUS CUP 2 – 12TH, 13TH & 14TH MARCH – SYDNEY

BILL CAMPBELL SHOOT – 20TH MARCH – BELMONT.

SUGAR COAST NORRGROVE SHIELD – 21ST MARCH - BUNDABERG

WORLD CUP 20TH – 28TH MARCH – SYDNEY

TRA NATIONALS – 30TH MARCH – 6TH APRIL – SYDNEY . **Entries close 1st March.**

Entry form available on TRA website: www.tra.org.au or

NSW website: www.nswsarai.com

IMPORTANT - CALENDAR CHANGE

LISMORE PRIZE MEETING – 13TH & 14TH NOVEMBER (NOT 6TH & 7TH)

I do apologize for the changes to the calendar but I was working a little blind on it trying to get it prepared before the end of the year.

RBA NATIONALS - (Rimfire Benchrest Australia)

The RBA 50m National Championships are being held on the Jim Smith Range at Belmont this year. The competition will be held from 30th July to 1st August with Friday the 30th being a practice day.

For all information, go to the RBA website: www.oz-rba.com



THANKS TO ALL THOSE READERS WHO HAVE EMAILED ME REGARDING ARTICLES IN THE NEWSLETTER.

I DO APPRECIATE ANY COMMENTS AS AT LEAST I THEN KNOW THAT SOMEONE IS READING WHAT HAS BEEN PRESENTED.

I'LL HAVE TO SLIP IN A FEW MORE ERRORS OCCASIONALLY JUST TO CHECK UP ON YOU AND KEEP YOU ON YOUR TOES.

AN OBSERVATION

Recently, I was watching the Australian Open Tennis and the quarter final match between Marin Cilic and Andy Roddick. Marin Cilic is a young player and had not previously reached a semi-final of a Grand Slam.

Towards the end of the match, it was very obvious that the young player was extremely nervous and out of his comfort zone. He was finding it difficult to finish (win).

A question was asked by one of the commentators, "Can't he just take each shot for what it is and forget about the score?" - sound familiar?

It is very interesting watching matches where both competitors are about to step up to a new level. It appears that neither is game enough to win, to step out of their little square, to be better than they are now and to achieve their goal.

This maybe one of the differences between the 'champions' and the ones who just don't quite make it. Is it because the champions are not afraid to step up, their desire to be the best and to achieve their own personal goals is stronger?

So, if you have set yourself a goal, done all the training and preparation and you have practiced each shot so it becomes a natural automatic response, concentrate on those single shots (not the total score) and just let it happen.

Step out of your comfort zone and up a level - let the new become the familiar.

We can't all be Roger Federer or Serena Williams but don't be afraid to achieve your goals and be the best you can.

I guy on the other side of the net is certainly happy when you don't make it.

BE THE BEST YOU CAN BE – YOU DESERVE IT, DON'T YOU?

An-onny Mouse

AUS CUP 1 – RESULTS

3 X 40 3 POSITION MEN	-	DANE SAMPSON	3 RD	1110	X 95.5
50 METRE PRONE MEN	-	JACK BARNES	5 TH	589	X 101.6
	-	DANE SAMPSON	6 TH	589	X 100.1
	-	THOMAS VERSACE	11 TH	586	
	-	DAN HUNZIKER	21 ST	574	
AIR RIFLE MEN	-	DANE SAMPSON	9 TH	552	
	-	CLIFF WALKER	11 TH	529	
AIR RIFLE (ISCD PRONE)	-	BRADLEY MARK	1 ST	600.53	
(STANDING)	-	BRADLEY MARK	1 ST	599	
AIR RIFLE WOMEN	-	TAMSYN HENRY	10 TH	370	

Special congratulations to Bradley for his 2nd 600 shot on the Sydney range – excellent work Brad.

Defining a Goal by Lanny Bassham

Did you set some new goals for this year? Did you make a New Year's Resolution? How about setting some milestones or objectives? Do you have a dream or is it all just a wish? Are all of these terms about goals and goal setting the same? Let's take a look.

A wish is something you set with no plan to get it and you do not change your behaviour even a little bit to do anything about moving toward it. Example; you think, "I wish I could speak Chinese!" That is a wish if you do not begin to do anything to move toward it.

A resolution is something you set that you know you need to do this year but you will abandon long before you get close to achievement. Example; you say, "This year I'm going to lose 30 pounds so I can get into that new suit I bought last year that I was going to lose 30 pounds to get into."

A goal is something you set that you actually have a plan to attain. You might even have it written down if you are really committed to it. A goal has a definite finish line. It is defined so well that if someone asks you if you have a goal for the year you do not hesitate to say so. For it to qualify as a real goal it must have a suspense date. Example; you write "I am buying a new home by the end of this year."

A dream is the kind of goal that evokes emotion in a person. It's more than just a big goal; it is life defining and something that often requires sacrifice. Example; you dream "I have always dreamed of going to Ireland to visit relatives there. I will make that trip within this year."

All goals require milestones or objectives to be reached along the way. Setting short term, mid and long term objectives makes the big task manageable for you. We cannot always foresee the obstacles and opportunities that lay ahead but we can get moving down the road.

I suspect that most of us have all of the above. The key is to manage them well so we move toward the things that are important to us in enjoying life while getting the important things done. There is no real problem with having wishes. They make for good conversation and often spawn an actual goal but they do not do much for you in the long run. The same goes for resolutions unless they turn into goals. The real benefits come when we set goals properly by formulating a plan and then stick to it until we cross the finish line.

-- Lanny Bassham

MEMBER PROFILE - LESLEY PERK

Name: **Lesley Perk** Year of birth: **1948** Club: **Isis District Smallbore Rifle Club**
Place of birth: **Maryborough** Qld Australia
Occupation: **Teacher's aid and Art teacher Retired**
Family: **Husband - Anton**
Children: **Daughter - Anita 42, Son - Noel 34**
Siblings: **Heaps - 5 sisters, 3 brothers.**
Best pets you ever had:
Two miniature horses 'Max' & 'Moritz'
Our wildlife: birds, wallabies, bush turkey, rabbits, snakes, bearded dragons, frogs, tree snakes. Shall I go on?

Hobbies other than shooting:

Art and giving Anton a hard time.

Favorite pastime including shooting:

Giving Anton a hard time

Favorite type of music:

Anything that's easy to listen to.

Favorite type of movies:

Jane Austen or anything with a good story.

How and when did you get involved with shooting:

1989 at Maryborough Club.

It was a last ditch effort to save my first marriage (didn't work).

What types of shooting do you compete in:

Silhouette, (Prone silh rifle), Benchrest.

What has been your highest achievement in shooting so far:

Meeting Anton and conning him into marrying me.

What has been the most difficult part of shooting for you:

It takes up most of my weekends.

What do you like most about your club:

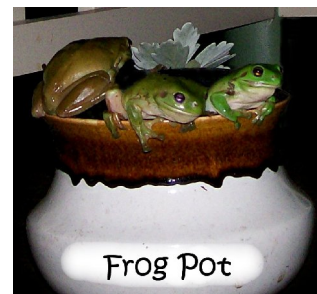
The friendly rivalry.

Pistol and rifle shooters working together to build the club.

What advice would you give a new shooter:

- 1. Concentrate on your own performance and compete against yourself not others.**
- 2. Get advice from 'good shooters' not 'wannabe good shooters'**
- 3. Keep an eye on the nut behind the bolt.**

Signature: *Lesley Perk*



JUST COOKING ITALIAN MEATLOAVES

Ingredients:

700g premium beef mince
¼ cup chopped Kalamata Olives
¼ cup chopped basil
3 cloves garlic
1 small finely chopped onion
¼ cup drained chopped semi-dried tomatoes
2 tablespoons tomato sauce

Method

Combine all ingredients and press into lightly oiled large muffin pans.
Cook in hot oven 200°C for 30 minutes.
Brush with extra tomato sauce during cooking.

Stand in pans for 5 minutes then carefully lift out meatloaves and serve with gravy and steamed vegetables.

Things We Can Learn From Dogs

- * Never pass up the opportunity to go for a pee or a joyride.
- * When loved ones come home, always run to meet them.
- * When it's in your best interest, practice obedience.
- * Take naps and stretch often.
- * Enjoy your food, whatever is on the menu.
- * On hot days drink lots of water and lay under a shady gum tree.
- * Be loyal.
- * Never pretend to be something that you're not.
- * When someone is having a bad day, be silent and sit close by, nuzzling them gently.
- * When you're happy, dance around and wag your whole body.
- * No matter how often you're scolded, don't buy into the guilt thing and pout – run right back and make friends.
- * Bond with your pack.
- * Delight in the simple joy of a long walk.

Please help me to be the person my dog thinks I am.

Most people don't plan to fail,
they just fail to plan.

TRA NATIONALS

For those Queensland shooters travelling to Sydney for the TRA Nationals, please bring along your TRA lanyards if you have one.

Shooters and visitors are required to sign in each day at the Sydney range and these lanyards are just the right size for the passes.

BENCH REST AIR RIFLE

Target Rifle South Australia has drafted a set of rules for Bench Rest Air Rifle. There are 2 events – standing and sitting.

It is expected that the standing event would be shot by able-bodied shooters and the sitting event by disabled, over 70's and anyone with a medical reason not to shoot standing.

ISSF rules for Air Rifle apply , however a wedge may be used to make the bottom of the fore-end parallel to the barrel.

A stand is used to rest the rifle and may be placed on the floor or on a bench and the top should measure no more than 150mm in width or length.

Disabled shooters would use equipment in accordance with ISCD rules for their disability and sitting shooters would use a stool without a back rest.

Both events would be 60 shots with unlimited sighter's on ISSF 10m Air Rifle targets with a time limit of 1hour 30 mins.

Full details may be found on the TRSA website: www.targetriflesa.com or alternately you could contact me and I will forward the information on to you.

As most of us know, shooting ISSF Air rifle is quite demanding and beyond the capabilities of many of us so here is an alternative.

There must be many air rifles sitting unused in safes across the country so here is an opportunity to use them.

This could also be a good 'tool' for come & try days and very new and young shooters who would like to try air but do not yet have the ability to hold the rifle correctly and hit the target. At least if these shooters were able to go away with some hits on a target they may be more inclined to return and have another go rather than be discouraged by the fact that they couldn't even hold the rifle up or get anywhere near the black.

Good idea guys, hope you don't mind me helping to spread the word.

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