



Newsletter

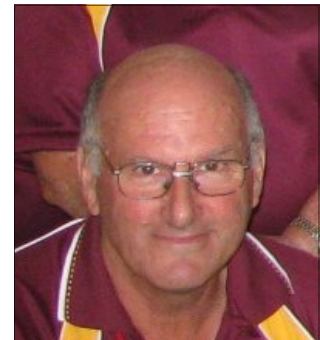
QUEENSLAND TARGET SPORTS - MAY 2009

ONLY SHOOTERS WITH UNBREAKABLE WILL, WHO CONTINUALLY, TOUGHLY AND PAITENTLY TRAIN, CAN OVERCOME ALL HINDRANCES AND REACH THEIR GOAL.

ANOTOLI BOGDANOV

MEET THE PRESIDENT PROFILE – ROD SAMPSON

Rod first became involved with shooting in 1964 at 18 years of age. He was introduced to the sport by David Hollister and started as a member of North Sydney Club of which he is now a life member. He has been competitive in Prone, 3 Position and Air Rifle as well as trying Pistol, Full-bore and Clay Target shooting. He reached proficiency sufficient to win a few badges at National Championships, a number of medals at State Championships, as well as winning a number of club prize meetings.



He was elected to positions of President, Captain and Armourer at club level for many years. First elected to N.S.W. Council in 1968. Served on N.S.W. Management in 1968 and on shooting and management committees in N.S.W. continuously from 1971 to 1985. Elected N.S.W. Range Secretary in 1975 until 1981. N.S.W. delegate to A.S.A.R.A. (T.R.A.) 1980 TO 1986. A.S.A.R.A. (T.R.A.) Treasurer 1982 to 1991. Has at times served on Forward Planning, Selection and Technical committees from 1978, Currently a holder of 'A' class I.S.S.F. licence.

Due to a move to Queensland, family and business commitments, Rod had a little gap in shooting but still officiated at a number of Oceania Championships, Commonwealth Games, was Technical Observer for the World Cup in Moscow and Chief Range Officer at the Sydney Olympics.

Rod was again elected as T.R.A. Treasurer in 2006, a position which he still holds, and Q.T.S. President in 2009. He still shoots occasionally, when he has time.

ELECTRONIC TARGETS

QTS has received a government grant to install electronic targets at the Belmont Range. This is a very exciting step into the modern era of small-bore shooting.

The targets being installed are 'KONGSBERG' targets from Norway and are used extensively there and world wide on both full-bore and small-bore ranges. These machines are very similar to those used in Sydney and Melbourne.

It is quite a different experience shooting on electronics as opposed to the 5 diagram paper target. Basically you shoot at a hole in a frame with a wide black rubber band running behind it. Sensors on each corner of the frame register the shots as they pass and the shot is then displayed on a monitor in front of each respective shooter. No more moving for each diagram, no need to scope your shots, no more pressing buttons between shots and best of all no more scoring – it's all there on a printout as soon as the shooter is finished his last shot.

QTS are installing 20 machines, which we hope will be up and running for the Queensland Championships later in the year. It would be great to have as many shooters as we can to come along and christen the targets and give them a good test – also to enjoy the new experience.

More information on Kongsberg targets can be found on their website www.kme.no or the Australian agent's site www.electarget.com

BREECH FLAGS

Very soon all TRA members in Queensland would have received breech flags. These are being issued free of charge.

The use of breech flags is mandatory in some states and after the State Champs will become part of standing orders at the Belmont range. We would encourage all clubs and members to use these flags as a safety device as it makes it much easier for Range Officers to see if rifles have been cleared and are safe before removal from the mound.

Flags are not expensive and can be made very simply from a short length of whipper-snipper cord with a small piece of tape on the outside end. They can then be placed in the breech to show that the bolt is open and the breech clear. Manufactured flags can also be purchased if you prefer a 'flashier' type.

AS A MATTER OF INTEREST

Would any clubs please let me know if you received any interest or enquiries for shooting at your club as a result of the 'Shoot' lift out in the Country Life newspaper? Management of QTS would be interested to know and I am sure management at AISL would like to know as well.

CONGRATULATIONS THOMAS

Congratulations go to Thomas Versace for a grand effort at the 15th World Junior Competition in Suhl, Germany.

Thomas fired a 592, 102.5 final to be placed 4th in a field of 42. Tom missed out on bronze by 0.1. This was an excellent effort as it was Tom's first trip overseas and first 'big' competition.

Congratulations again Thomas.



WHATS NEXT

COACHING CLINIC ISIS CLUB – May 30th & 31st. For more information, contact Anton or Lesley on 4157 6806.

WIDE BAY – MARYBOROUGH PRIZE MEETING – 6th, 7th & 8th June. Looks like a very busy weekend ahead in Maryborough, and lots of fun, catering for all disciplines.

BELMONT GOLD – 20th June. For all of you who enjoy an endurance event, this is the one for you. For all of you who think you can't shoot all day, come along and try – you may just surprise yourself. I didn't think I would be able to do it and managed so well it made me wonder why I have so much trouble sometimes getting through one match.

INAUGURAL CHILDERS CUP - 27th & 28th June. – An excellent opportunity for all bench rest and silhouette shooters to show what you are made of.

*Don't change the horizon,
Change the way you look at it.*

AUS CUP 2 - BRISBANE

The Queenslanders faired quite well in the Aus Cup 2, held at Belmont on May 8,9 & 10th.

Dane finished 3rd in the Men's Air Rifle and Cliff 5th. Poor Cliff was forced to endure the torture of a final but he survived. Unfortunately Rachael & Tamsyn were in Darwin for the Arafura Games and were unable to compete in the women's' match, Olympic rep, Robyn Van Nus coming out on top there. Bradley and David finished 1 & 2 in the SH2 Match.

In the 3P match, Dane finished 3rd and Jack 4th behind Michael Brown and Ben Burge. The boys are doing well with their 3P with scores improving all the time – keep at it boys.

Robyn Van Nus fired an excellent 3 x 20 match of 579 to finish ahead of Susie Smith and Alice Styles, a newcomer to the 3P match. It's good to see the younger girls shooting 3P as we need the numbers. It also gives them more opportunity for international representation.

A tricky little breeze popped up to make the prone matches very interesting. Top score in the qualification was a 588 from Ashley, followed by Ben Bryce with 585 and Jason Lowe, Jack & Thomas on 584. Some very good finals shooting by a couple of the boys made quite a difference to the final placings. Jason Lowe finished 1st, Jack 2nd, Ashley 3rd, John Patzwald 4th and Tom 5th. Jason said his final was so good because he wasn't shooting against Deb, therefore wasn't under any pressure.

Debbie Lowe topped the Women's Prone followed by Robyn Sampson and Julie Holcombe. Robyn Van Nus wanted to use her 3P score, as she would have come second with more centres than Robyn S. (The conditions were much worse for the prone match, weren't they?)

Bradley and David again finished 1 & 2 in the SH2 Air Prone Match.

Scores from this competition are included in the AISL rankings for selection in international teams.

Many thanks to all who helped in any way over the weekend. Without helpers these events cannot happen, so any assistance is greatly appreciated.

These events also are not just for the 'good shooters' – it's just another facet of our great sport. It may not be the direction you wish to pursue with your own shooting but even just by watching or helping, you may just learn something that will improve your own performance or that of one of your fellow club members.

Libby Kosmala (10 time Paralympics representative) was heard to say that she 'learned a lot' from watching Robyn Van Nus shoot her 3 x 20 match. It just shows that we can all still learn more no matter what our level of performance.

A full list of results is available via "results" on the QTS website.



MENS 3 POSITION



MENS PRONE



SH2 AIR RIFLE

The mind is like a parachute – it only works when it is open.

GETTING OUT OF YOUR PERFORMANCE SLUMP

by Kim Frazer

Almost every shooter experiences a drop in performance at some time in their career. Whether it is a dramatic drop off in scores, or just patchy performances, dealing with the slump in a systematic and analytical manner is critical to ensuring that the magnitude of the slump is minimised, and the performance levels can be returned to a level that the shooter is satisfied with.

You might be an A grade shooter used to achieving 590 plus performances who suddenly finds that 582 is the best you can do. Or you might be a B grade shooter who normally scores in the mid 580s, and now find you can't break 580. Whichever type of performer you are, the approach to dealing with a drop in performance can be split into three phases – equipment, technical and psychological. Discussed below are the key aspects of these three elements that together make up the shooter's performance. Space does not permit an in depth analysis of each question posed, however there are many articles on the aspects raised that will guide the shooter to the correct solution.

Equipment Analysis

Before commencing to spend the time necessary to eliminate all the variables of equipment malfunction, I strongly recommend you conduct part a) of the technical analysis first.

If this fails, then equipment analysis is the most obvious aspect to eliminate when seeking a reason for a form slump.

The analysis should take into account the following factors and each should be addressed in the order raised:

Rifle: Is the rifle performing correctly? Is the bedding okay? Has anything been changed on it?

Sights: Are the sights functioning correctly? Are the iris filters clean? Are they working? Does the windage/elevation adjustment work?

Shooting glasses: Are your shooting glasses set up correctly? (I know of one top shooter whose lens was relaxed incorrectly and it was no longer adjusting for the required astigmatism correction). Once corrected, the shooter's performances immediately improved.

Ammunition: Have you changed your ammunition? Is your ammunition grouping correctly? (When tested in a proper bench test – not out of your shoulder). Does your ammunition perform in the conditions under which you are competing (e.g. humidity, wind etc)?

Technical Analysis

a) The technical analysis should commence with a review of your shooting diary (and if you don't have one, maybe it's time to get one). The review should help you pinpoint when your performances began to drop. Review your diary entries prior to this date to determine if there was any technical change to your shooting clothing, ammunition or equipment that could have contributed to the drop in performance.

b) Are there physiological aspects of your performance that have changed?

Sighting: Are your eyes functioning properly? When was your last eye test – more than 2 years? Perhaps it's time to get your eyes checked. Can you see the target clearly? Do you need to use filters on a bright day when the light varies? (When I was younger I loved the bright light and didn't use any filters, however I now prefer to use grey filters in bright conditions.)

Physical condition: Have you any sort of injury that might require a position modification? For example you may once have been able to shoot with a very tight sling, however, nerve or muscle damage may mean this is no longer possible, and a position modification is in order.

Clothing: Does your clothing fit or have you lost or gained weight? Is it giving the right support? Is your glove okay? Is your sling worn out, or has it stretched? Is it slipping on your arm?

Position: Do you need to make adjustments to your position between summer and winter? For example your cheek piece a little higher or lower for more/less weight in the face. What about the clothing you wear under your jacket – if it's different between winter and summer you may have your position a little tighter/looser than optimum. Check that diary for your changes!

Conditions: Are there particular conditions under which your performance is lower? For example mirage, light, wind, overcast? Do you need to make a sighting adjustment or rhythm adjustment to your shooting to rectify the performance?

Psychological Attitude

If you have eliminated the technical and equipment aspects as potential causes of your shooting woes, then your final avenue is to explore your mental approach. Some questions you may wish to ask yourself are:

- What am I thinking about during my shoot?
- Is my concentration fully on each shot?
- Is my performance erratic at all times or are there patches of good interspersed with patches of bad? (for example if you score 98 100 94 95 99 98 you probably have a mental lapse contributing to your results rather than a technical or equipment problem.

Digging out of the Hole

Identifying the problem is only half the battle. You must now work to overcome it. If your problem is equipment or technical you will quite quickly see your performances lift again. Should the cause be due to a psychological weakness there are various tactics that may be employed to overcome this. As previously stated it's not possible to articulate these in great detail here, but some of the techniques you may wish to explore are:

- Relaxation – there are many techniques available, and you must find the one that works best for you.
- Mental Rehearsal.
- A change in your match tactics (eg. When do you take a break in your string of shots?)
- Talking about and focusing on your positive results, and never discussing 9s.
- Making a technical change to your equipment to make your self focus on the process, and stop thinking about the score.

Happy Shooting.

ARAFURA GAMES



Recently our two young air rifle girls Rachael & Tamsyn, competed in the Arafura Games in Darwin. Although the girls did not medal, they both shot well with Tamsyn shooting two personal best scores. The girls are improving all the time and very much enjoying the experiences that come their way – well done girls.

JOKE OF THE MONTH

Three women die together in an accident and go to heaven. When they get there, St. Peter says “We only have one rule here in heaven: don’t step on the ducks!”

So they enter heaven, and sure enough, there are ducks all over the place. It is almost impossible not to step on a duck, and although they try their best to avoid them, the first woman accidentally steps on one.

Along comes St. Peter with the ugliest man she ever saw. St. Peter chains them together and says, ‘Your punishment for stepping on a duck is to spend eternity chained to this ugly man!’

The next day, the second woman accidentally steps on a duck and along comes St. Peter, who doesn’t miss a thing. With him is another extremely ugly man. He chains them together with the same admonishment as for the first woman.

The third woman has observed all this and, not wanting to be chained for all eternity to an ugly man, is VERY, VERY careful where she steps.

She manages to go months without stepping on any ducks, but one day St. Peter comes up to her with the most handsome man she has ever laid eyes on....very tall, long eyelashes, muscular, and thin.

St. Peter chains them together without saying a word.

The happy woman says, ‘I wonder what I did to deserve being chained to you for all of eternity?’

The guy says, ‘I don’t know about you, but I stepped on a duck!’

THE SHOOTERS PRAYER -

It's all in the State of the Mind

**If you think you are beaten – then you are.
If you think you dare not – then you don't.
If you would like to win and you don't think you can,
Then it's almost a clinch that you won't.**

**If you think you will lose – then you've lost.
For out in the world you will find
Success begins with a person's will.
It's all in the state of the mind.**

**For many a race is lost,
before even a step is run.
And many a coward fail,
Even before his work is begun.**

**Think big and your scores will grow,
Think small and you'll fall behind.
Think that you can and you will,
It's all in the state of the mind.**

**If you think you're outclassed - then you are,
You've got to think high to rise.
You've got to be sure of yourself before,
You ever can win a prize.**

**Life's battles don't always go,
To the stronger or better man.
But sooner or later, the man who will win,
Is the man who thinks he can.**

BINGERA/SOUTH KOLAN

A very pleasant weekend was had at the Bingera / South Kolan prize meeting. It is a very well laid out complex in a very picturesque setting. Unfortunately, I was very neglectful in my reporting duties and forgot the camera and also take notes and scores – maybe someone will send a report for the next newsletter.

John Patzwald had a very successful weekend, winning the prone on both days and the bench rest on Saturday. He was beaten in a shoot-off by local, Terry in the 80 shot silhouette match. Annie topped the bench on Sunday with a very good 200 finish. (Annie's got a new gun).

I would like to thank Bingera club for a very enjoyable weekend. It has been a long time since I have enjoyed a shoot as much as this weekend, eventhough I had to re-learn mirage. Also a big thank you for the use of facilities on Saturday night – also Bundy club on Friday night.

See you all in Maryborough. Robyn.

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