

# Newsletter

QUEENSLAND TARGET SPORTS

OCTOBER 2009



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

## WHATS NEXT

### LISMORE & NORTHERN REGION CHAMPIONSHIPS – 7<sup>TH</sup> & 8<sup>TH</sup> NOV.

A very busy weekend with lots of shooting for everyone – great hospitality as well. Programme is on the website and any enquiries to David Gaze 0411 247554 or Kevin Friend 02 6625 1133.

QUEENSLAND STATE CHAMPIONSHIPS - 14<sup>TH</sup> & 15<sup>TH</sup> November. Hopefully a very special weekend. The programme is on the website and has also been distributed to all clubs. Any enquiries, please ask your secretary or contact anyone in administration or myself.

As space is limited, it is advisable to enter early. Also the entry fee is less for early bird entry.

*CONGRATULATIONS TO MR. & MRS. MICHAEL BROWN OF N.S.W. ON THE ARRIVAL OF THEIR NEW LITTLE 3 X 20 SHOOTER (A GIRL). PROUD GRANDAD, JIM, DROPPED IN TO GIVE US THE NEWS AND SHOW US A PHOTO WHILE WE WERE AT THE MASTERS.*

*BEST WISHES ALSO TO MAX DUNACHIE FOR A SWIFT RECOVERY AFTER HIS RECENT SURGERY. WE'RE THINKING OF YOU MAX.*

### TRA NATIONAL CHAMPIONSHIPS – SYDNEY – 2010 - ACCOMODATION

Anyone wishing to share accomodation for the Nationals in Sydney next year, could you please let Annie or me know A.S.A.P.

We have made a booking at the Nepean River Holiday Village at Emu Plains (about 25mins from the range).

As in previous years we are doing a bulk deal with similar type accomodation to Adelaide i.e. cabins, bunk rooms and motel units.

If you would like to stay with us or have any questions please let us know at least by December so we are able to make a definite booking. Also let us know which type of accomodation you would prefer.

Contact: Annie 0417 195 382 or Robyn 07 5426 4416



Queensland Government

# FOCUS ON SCORES by Kim Frazer

We all focus a lot on the scores we get. It's natural to do this. Our family or friends reinforce this by asking what we got at training. Scoring targets is a great way of measuring how we are going and whether we are improving. However there are times when looking at the score we have achieved after a training session is the wrong thing to do. This discussion paper will look at when this focus on scores might be detrimental to our overall performance.

You may have heard of the concept of comfort zones. For those who haven't, to recap a comfort zone is the score level that we feel comfortable shooting. The theory is that when we start to score above our comfort zone score range, our anxiety level goes up & we sometimes shoot one or more poor shots to bring us back to our comfort zone. Similarly, when we are below our comfort zone, we sometimes lift our performance by shooting several good shots together to bring us back to our comfort zone. A couple of examples to illustrate:

Shooter 1 has a comfort zone in air rifle for 10 shots of 94 to 97. Imagine a series where Shooter 1 starts with 6 x 10's. They are getting pretty close to their comfort zone limit – yes. So consider if their next shot is also a 10, what do you think happens with the last 3 shots? Perhaps 3 x 9 or more likely 1 x 8; 1x 9 & 1x 10. How many times have you done this?

Shooter 2 has the same comfort zone. Imagine a series where they start with 3 x 9. What do you think happens with the rest of the series? I bet they get higher than their 94 score comfort zone. Probably something like 10 10 10 9 10 9 10.

You all now have many different kinds of training exercises to do. Some of these are focussed on specific skills and some are focussed on achieving a result. When we are focussed on achieving a result (e.g. shooting a control match, most 10's, no of shots to get a certain number of 10's and so on), we want to add up our score and see what we got. In these exercises looking at the score is the right thing to do. It helps tell us whether all the other training we are doing is working.

When we do an exercise focussed on a specific skill, we are trying to train that aspect of our skill. It might be we are working on our recoil, practicing trigger control, working on our hold and so on. In these exercises, I think that adding up the score we got at the end is the wrong measure. For these you are not trying to shoot a 10, although this may certainly be an outcome. You are trying to perfect the skill element. As such you might sometimes get the skill element right, but not get a 10 because your area of focus is on training yourself to do that particular skill well. Hence if you score these exercises, you risk affecting your performance. How come? Because scoring these exercises which might have lower scores than you normally get could make your comfort zone worse. More importantly, you may start to worry about the score you are getting, rather than the skill you are practicing. Comfort zones are really hard to break once they become entrenched in your mind & that's why it is really important that we don't inadvertently create a "wrong" comfort zone through counting scores when we shouldn't.

So for all these exercises where you are practicing a skill – don't score the result. Shoot 10 shots in the one target & don't bring it back & look at it. Turn the screen away if you are shooting on electronics & leave the target set on sighters. The score is not important. Practicing the skill properly is important. Scoring how well you did the skill on each shot is important. If you really have to give yourself a score, then rate each shot out of 10 on how well you did the skill drill & add that up. See if you can get 9 out of 10 or better on every shot.

**Key message: do not score your targets when you are practicing skills – score how well you did the skill instead.**

## *ANOTHER LITTLE SNIPPET I FOUND ON THE WALL AT BUNDY CLUB*

### THE COMPETITORS CREED

Every morning when the sun comes up a gazelle wakes. He knows that he must outrun the fastest lion or he will be eaten.

When the sun comes up the lion also wakes. He knows he must outrun the slowest gazelle or he will starve.

In the end it doesn't really matter if you are a lion or a gazelle.

When the sun comes up, you had better be running.

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### 5 QUESTIONS – Just a couple more.

1. What is your greatest shooting highlight?
2. What is your favourite dessert?
3. What do you do during the day to stay out of trouble?
4. What is your favourite colour?
5. What is the best thing about shooting?

### JIM BROWN – LEGION CLUB N.S.W.

1. Watching Russell Dove open the new toilet block at Gunnedah in 1974.  
(Apparently Russell spoke for about 20 minutes on the subject and for those of you who have ever met Russ, you will understand completely.)
2. Cheesecake
3. Go to work
4. Blue
5. The people

### THOMAS VERSACE – TOOWOOMBA CLUB

1. Yet to come
2. All of them
3. Shoot
4. Black & silver
5. Takes my mind off everything – just me and the 10 ring.

### DAVID GAZE – LISMORE CLUB

1. Winning the Queensland Bench rest Championships.
2. Bread and Butter pudding
3. Work hard
4. Blue
5. Fellowship

### ROY BOY – ROY MULLER – MARYBOROUGH CLUB

1. Shooting in Queensland State Team
2. Quark kuchen
3. I don't
4. Blue
5. The people you meet and the travel

*HAVE RECENTLY COME ACROSS A BOOK TITLED 'QUEENSLAND SMALL BORE RIFLE CLUBS UNION BOOK NO.1'  
BELOW IS PART OF A LETTER FROM THAT BOOK. UNFORTUNATELY THE SIGNATURE OF THE WRITER IS UNCLEAR.  
THE BOOK IS FROM AROUND 1961-1964.  
A COUPLE OF OTHER POINTS FROM THE BOOK AS WELL:*

### QUEENSLAND SMALL-BORE RIFLE CLUBS UNION

Although there has been Small Bore rifle shooting in Queensland since before the turn of the century it almost didn't survive the occurrence of two World Wars and in 1953 the only Club outside of Brisbane was Toowoomba with a total membership of eight. In Brisbane itself there were six more or less active Clubs all using the one range at Boundary Street.

A move to popularise small bore shooting in Victoria had its effect in Queensland where interest in small bore shooting as an additional form of shooting gradually developed.

The advent of the Olympic Games in Melbourne gave a terrific fillip to Small Bore shooting in Victoria and it was realised that there were more ways of using a .22 target rifle than had been previously considered.

Around this period interest in Small Bore shooting really generated with the result the standard of shooting there is extremely high. Victoria last year won the Empire Cities Match and the B.S.A. International Match, the last named being only the third time in its history that a team outside of Great Britain had achieved this feat.

Queensland in its Small Bore shooting prowess is far behind Victoria but in the last few years the number of Clubs has jumped to FORTY!!!! Of which only NINE are metropolitan Clubs and country shooters have developed to the point where more than half of the State B.S.A. team of twenty-four are country shooters. Also there is keen competition in all four grades in the team matches, with the honours in most going to the country both collectively and individually.

Most of the country Clubs have been formed by .303 shooters initially, some have had full club sponsorship and it is these which have shown spectacular success. Especially is this so where the small bore range has been set up on, or adjacent to a full bore range and shooting takes place in the open.

This is an ideal initial set up because members may participate in both forms of shooting and all small bore practices and competitions can be fired.

Small bore shooting has changed over the years from the initial concept of 25 yards only, to small bore shooting under National Small Bore Rifle Association of Great Britain rules covering 25 yards, 50 yards and 100 yards plus Olympic Competition styles of prone at 50 metres and three-positional (prone, kneeling and standing) at the same distance.

All of these forms of shooting are now conducted by the Queensland Small Bore Rifle Clubs Union under authority from the Australian Small Bore Rifle Association.

This interest in shooting naturally enough has brought about the necessity for similar interest to be taken in administration and this has resulted, after some years, in not only the formation of an Australian Small Bore Rifle Association (before mentioned) bonding together all States, but has largely brought about the formation of an Australian Joint Shooting Council which will coordinate all forms of shooting activity at a common meeting point.

This Council presages the joining together at all levels of all forms of shooting and it will arrive that some clubs will eventually cater for all forms of shooting each with its own particular section – however, this is for the future.

For the present we are interested in the development of Small Bore shooting and we are interested in getting it to develop along lines which will not only assist the present Rifle Clubs but which will help to form a pattern whereby other clubs and sections may develop to cater for other forms of shooting to the ultimate benefit of the shooting sport in all of its forms.

#### OTHER POINTS OF INTEREST

- If a club had less than 20 members, they were to be disbanded.
- At a Prize meeting in Brisbane in 1964, the prize money had to be reduced due to lack of entries. There were ONLY 80 shooters in A & B Grade.
- Condition 12. of the B.S.A. Challenge Shield 1962-63.
- **Triggers:** must be tested with a **3-lb.** dead-eight tester. (that's about 1500gms guys, a few dislocated trigger fingers there)
- Affiliation Fees to the State Association in 1963 were 6/- (60 cents)
- The 4<sup>th</sup> Australian Championships (yards) were held in Brisbane. The programme consisted of 20 shots at 25 yards, 20 shots at 50 yards and 20 shots at 90 yards. That's all folks: Entry Fee was 2 Pounds (\$4.00) with first prize money for each range 3 pound.  
1<sup>st</sup> prize for the aggregate, a rifle to the value of 47 pounds.  
Jack Astley from N.S.W. was the winner with a score of 580.
- The 1963 Australian 50 Metre Championships were held in Victoria with 60 shots prone shot on March 2<sup>nd</sup> and a 3 x 40 match shot on the 9<sup>th</sup> & 10<sup>th</sup> March. On Sunday March 3<sup>rd</sup> an open event will be held over 25, 50 and 100 yards, to cater for those persons from Interstate who have requested extra events to make the trip worthwhile. One asks, what do you do for the week in between. Very simple, you shoot in the Victorian Full Bore Queens. I can't find any results for this comp.

THIS IS A VERY INTERESTING BOOK AND HOPEFULLY WE WILL BE ABLE TO HAVE IT ON DISPLAY AT THE STATE CHAMPS FOR ALL TO LOOK AT.  
SOME OF THE NAMES MENTIONED ARE STILL ACTIVE SHOOTERS TODAY WITH MANY OF THE NAMES BEING FAMILIAR TO SOME OF US.

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#### **CORRECTION**

*THE DATES FOR THE SUGAR COAST, NORRGROVE SHIELDS IN THE LAST NEWSLETTER WERE INCORRECT. BELOW ARE THE CORRECT DATES:*

#### **Sugar Coast, Norgrove & John Jackson Junior Shields**

**2010**

<b>ROUND 1</b>	<b>at</b>	<b>Sth Kolan</b>	<b>February 21st</b>
<b>ROUND 2</b>	<b>at</b>	<b>Bundaberg</b>	<b>March 21st</b>
<b>ROUND 3</b>	<b>at</b>	<b>Isis</b>	<b>April 18th</b>
<b>ROUND 4</b>	<b>at</b>	<b>Maryborough</b>	<b>July 11th</b>

Don't take life too seriously,  
You're not going to get out of it alive you know.

## WORLD MASTERS

On the right is one of the few photos I managed to get at the recent World Masters Games in Sydney.

As you can see it is a photo of me with the 2 oldest competitors in the rifle competitions.

On my left is Edmar de Salles from Brazil and to my right Daniel Daniels from New South Wales. Both of these gentlemen are 81 years old and as their smiles show, very proud of their medals.



Daniel shot in all of the six matches at the games i.e. 2 prone matches, 40 shot & 60 air rifle and 3 x 20 & 3 x 40 three position.

Edmar shot in the Free rifle prone match, both the 40 shot and 60 shot air rifle, the 3 x 20 and the 3 x 40 matches.

I just happened to be standing behind Edmar when he finished his 60 shot air match (he scored 522) and he was quite disgusted as he said to quote;

“5 times this year I shoot 523 and look at this, 522 AH!!!!!!!!!!!!. Before my cancer here, pointing to his stomach, I shoot 544 – not now”. He shot 570 in the prone match in terrible conditions, 517 in the 3 x 20 and 1040 in the 3 x 40.

He also thought it a little unfair that he had to shoot against all those ‘young’ men in their 70’s.

Edmar represented Brazil in the 1968 Olympic Games in Mexico City.

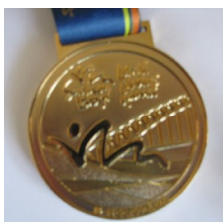
There were 15 entries in the 70+ age group (men & women) prone match, so to all of you who think you’re getting too old to shoot or think it’s getting too hard, I think you need to have a little chat to Edmar and Daniel.

The oldest female pistol shooter was a 79 year old from Argentina and she didn’t do too badly either.

Five Queenslanders (rifle) attended the Masters, Ian Gregory (Ian shot in the pistol matches), Ray Girdlestone, Annie (working), Rod and myself. Between us we bought home 2 gold, 1 silver and 2 bronze medals – not bad hey?

We had a great week, although it was a very busy one and if the opportunity arises for any of you to attend one of these World Masters Games, I can assure you it is well worth the experience.

The next World Masters Games are in Turin, Italy in 2013.



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## OCEANIA CHAMPIONSHIPS

Six shooters from Queensland have been selected to shoot in the Oceania Continental Championships in Sydney in December.

Thomas Versace	50m Mens Prone	A Team
Ashley Adams	“	B Team
Jack Barnes	“	C Team
Dane Sampson	“	C Team
Janelle Rossiter	50m Womens Prone	C Team
Robyn Sampson	“	C Team

Congratulations to all shooters and good luck.

## MARYBOROUGH MASTERS

Once again, Maryborough Club played host to the small bore and pistol events for the Maryborough Masters Games.

Many thanks must go, to the small band of members who worked so hard to make the weekend a very enjoyable one for all who attended.

Although numbers were a little lower than hoped and the conditions a little challenging, the competition was fierce especially in the bench rest. The inclusion of the pistol events also made the weekend a little different to the normal run of the mill prize meeting – also bought some new faces.

Everyone was spared the horror of the camera with Annie being away so I do not have any photos for you.

The list of scores is rather long and for this reason I have not included them in the newsletter. The can be found under 'News' and 'Results' on the website.

Again, many thanks to Maryborough for your hospitality and a very enjoyable weekend.

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## WHY SHOOT

I recently heard comment by a fellow shooter that he would only be attending a competition to 'make up numbers', perhaps feeling that he was not good enough to be competitive.

The thing I like most about shooting is that it is such an individual sport.

We all like to stand on a podium with a gold medal around our neck, but that is a bonus, a symbol that on that particular day you scored better than everyone else, not necessarily shooting better than everyone else. We all have different levels of ability and our greatest competition is with ourselves.

If I get up off the mound after a shoot and feel that I had done the best I could at that time, then I am happy. (this doesn't happen very often). There may be a prize involved (that is a bonus) and the fact that I am happy does not mean I am satisfied. The challenge then is to improve on my performance.

There is always more to learn in shooting and this is one of the reasons we keep at it for so long. If we learned everything quickly there would be no challenge, it would become boring and we wouldn't do it anymore. We would probably go and play golf and have the same trouble on the golf course.

So be an individual in the company of your friends and fellow shooters. Recognize your own level of ability, set yourself your own personal goals and work on them. Forget about the other guy and his goals and challenges – that is his task. Concentrate on your own efforts and the scores and prizes will follow. Try to learn something every time you shoot and don't just lie there and listen to the sound of the rifle going bang. Even with a not so good score you can still learn.

Competition, wanting to win and score better than our fellow shooters is good as it forces us to put in an extra effort and work harder at our own individual task.

So no matter what your age or your level of ability, set yourself your own realistic personal goal and work at that. When you reach that goal, set yourself another one.

Don't be afraid to challenge yourself and be better than you are at present.

Most of all, have fun and do it in the company of your friends.

Rob

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