

OF INTEREST...

- Oceania team to be announced in early October
- Aus Cup 3 photos

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CARRIE QUIGLEY IN FOCUS



AISL's Scholarship Coach, Carrie Quigley has had an interesting year ...studying, looking after a family with young children, and developing her coaching skills under the mentorship of HP Coach Petr Kurka. Carrie comes from a solid competitor background having competed at the Sydney Olympics and the 1998 Commonwealth Games. She is also part of the Muehlberg clan of international competitors, being Sylvia & Morrian's eldest daughter.

Carrie offered these comments on her life and work....

- I have been involved with shooting all my life, and I trained and competed at Australian and International level. During this time, I greatly valued the help and support that I received from my coaches. I learned so much from them, that I wanted to be able to pass this on to other shooters – particularly those who have goals to compete at Australian and International level.
- While I was training, I was also working as a social worker, and have been employed as a family counsellor, youth worker and drug and alcohol worker.

After competing at the Sydney Olympics, I had some time away from shooting and work, and had my two gorgeous children, Connor and Ashlee. However, after moving back to Adelaide in 2004, I began to get involved in coaching shooters at Wingfield. This also became part the state coaching program that Miro was implementing at the time, with other coaches working in their states throughout Australia.

Continued on page....9 .

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- 2008 ISSF WC Final Gold Medalist
- 2008 Olympic Games Bronze Medalist
- 2008 ISSF WC Beijing Gold Medalist & equals Final World Record
- 2008 ISSF WC Munich Bronze Medalist
- 2008 ISSF WC Rio de Janeiro Bronze Medalist

HISTORY OF THE TRA MAGAZINE

Chatting with Rod Sampson recently, I asked that he put the history of the TRA magazine down on paper—before the early days are forgotten.

The TRA magazine came into being following a members survey about 1980. The response showed that there was a lack of information on a regular basis.

One factor that influenced the decision was the complex communication chain from ASBRA (now TRA) to States, to Clubs and club members. At the time not all State Associations had a regular newsletter to clubs or members. It was felt by that by providing a vehicle that could be used by all State Associations contributing information, the communication stalemate could be reduced.

At the time NSW published a A5 bi-monthly magazine “Ten-Ring” edited by Glenn Collins. NSW agreed to allow this magazine to be changed to an Australia wide publication. Glenn remained as Editor. All State Associations were invited to provide regular information on upcoming events as well as results of recent competitions. Articles on training, coaching, technical and reports on overseas matches and ISSF news were to be included.

Initially the magazine was distributed by sending a quantity to each club, however it was found that in many cases the magazines were not getting to club members, so direct mailing was introduced. Jim Allen (NSW), who had been printing “Ten-Ring” at his business, printed the magazine “Small Bore Australia” and continued as Editor until selling his business. David Hollister then took on the printing at his business The Omega Press. David has also been the Editor since that time.

With the passage of time, changes have been made.... to an A4 format and the paper quality improved. The magazine was accepted enthusiastically for a time until costs started to become an issue. In an attempt to contain costs the frequency was reduced over a period of years from six issues per year to three.

It was then difficult for notices to be included in a timely manner and results were published long after the event and so lost most of their relevance.

It was also about this time that the TRA website started, and included a number of the previously “magazine” areas.....shooting calendar and results.

The technology available today makes it appropriate to have a major review to determine the best options for utilising electronic media. TRA, AISL, States and most clubs have websites that include information that can be accessed by all members.

Function & content:

The reasons for deciding to have a magazine in the first place are still valid in this day and age. Communication direct to club members of coming events, results, coaching and technical matters, is still a most important consideration. How this is best achieved, is the subject of discussion.

Options:

Options must be considered including printed and posted, email, email + hard copy where required or newsletter format to those not receiving email. Frequency of emails and/or some type of hard copy appears to be the most successful on a bi-monthly basis.

Costing

The magazine in its printed form was costly. Costs for an electronic newsletter are still a little unknown but may include a computer, with software and an internet connection.

Compiling and maintaining the email address list, sourcing information and sending the e-mag are areas that may incur ongoing labour charges. For those not internet connected, some arrangement would be made at club level to provide printouts posted on the notice board or a mailed version to those not in a position to receive emails.

Advertising:

Some advertisers are already using the TRA website but may entertain a more “direct to shooters” approach as was seen in the printed version.

THE NEXT STEP

To take the magazine to the next stage, there are a number of considerations....

- Will this new format be accepted by the membership...what do you think
- With the difference in \$\$\$ involved, what further projects that TRA can support
- Advertising – are advertisers interested in paying to be included in an e-mag
- Editorial duties—while the delivery method is simplified, someone still needs to take on the gaining and compiling of information for the e-mag

Over to you now, the reading public. Will the e-magazine provide the magazine that you want. Please offer your comments, both positive and negative (if there are some). Email your thoughts to [Rod](#) or [Tricia](#)

REPORTS TO THE ANNUAL GENERAL MEETING

CHAIRMAN'S REPORT—CHRIS HICKS.

"Targeting excellence" - When we left the 2008 AGM and Council meeting, the signs were very positive. The Council had a good meeting. To briefly refresh memories, two significant decisions saw the production of the breach flags, lanyards and shooter diaries—these have all been successful ventures.

This exercise in TRA branding offered many other opportunities as well. One such opportunity recently was the stand at the Shot Expo conducted in Melbourne. There are other ways that we can get our name, brand and sport into areas where there is potential to gain benefits.

The organisational restructure process stalled following the conference attended by Council, Management and Jim Barry. This was, and is my sole responsibility. When there is a working party developing an idea or policy position, this must be able to do so in the confidence that no information is released in any way until the entire group is comfortable with the outcome, and the party is in a position to disseminate the information in a controlled and uniform manner. It is now evident that the working group has taken ownership of the process and it will be back on track soon.

The development funding opportunities offered to members have not been taken up. We know that clubs want assistance and service from TRA, however the question has not been answered. How do we get the funding to where it is required and wanted. Do we go direct?

TRSA hosted a very successful TRA National Championships in Adelaide—well done. This is in no way a criticism, however it is imperative that TRA is represented on all future organising committees for this competition. I also believe that systems used in the conduct... from entry forms to results publication is standardised.

As an organisation we will have setbacks as well as successes. We should not be reluctant to speak our mind if we think things are not correct, and conversely we should offer praise wherever we see success.

My sincere thanks and gratitude to Peter Kelley, Glenn Braybon and Rod Sampson for their diligent work, support, friendship and dedication to our sport.

I also thank Tricia Van Nus and Owen Oliver for their work despite the fact the committee system does not effectively work to capacity, and the load is often undertaken by the Convenor. My thanks and admiration also goes to the TRA Council who have accepted the need for reform, and no doubt will lead it.

Participation is the key to our success. I urge you to attend the clubs and ranges in your vicinity and participate. Chris Hicks—July 2009

ROD SAMPSON—Treasurers Report to AGM 2009

The year to 31st May 2009 saw a larger than normal increase in reserves. Principal reasons for this result were no expenses for the magazine and a reduction in the premium for insurance. Some extra costs were incurred in coaching with the coaching roadshow going to a couple of States and a number of promotional projects like breech flags, lanyards and some expenses for attending events promoting shooting.

Budgets for the 2010 year have yet to be presented by committee Convenors. We can make some assumptions by taking an average from past expenditure and include likely projects to be approved by Council. Funding for the “B” and “C” teams for the Oceania Championships late in 2009 must also be considered.

The NSW Motion to reduce the Capitations fees to a low fixed amount across the board is a dramatic change from recent accepted practice. A look at fees charged over the last 20 years shows an average increase per year of 5%, including GST (where applicable) compared to an average 3% increase of the CPI.

When setting fees a positive approach would be to take our current assets, review our costs and propose achievable projects to enhance our sport and increase membership. Simply dropping capitation fees to the level proposed would make this difficult to achieve. However in the present climate it would not be prudent to raise fees

The magazine is being reviewed with a view to modernise and hopefully ensure it will be received in some form by each member in the near future. This should be regarded as a high priority. The inability of Council to overcome privacy issues has and will continue to make it difficult to get an electronic magazine up and running. Since the cessation of the hard copy many members have expressed disappointment at not receiving the magazine. Perhaps it is only when you no longer have something you fully appreciate what you had.

A national magazine is our direct link with all members. Without it communication is at best limited and at worst nonexistent.

If Council approves a change to a board structure using the proposed constitution administrative costs must be reviewed. If the Board is required to meet face to face at least 4 times per year there will be a substantial rise in meeting expenses. The exact amount will be dependant on the number of board members and distance to be travelled relative to the meeting venue. Use of the internet and modern technology could help to reduce these costs.

Although on the surface this would seem to have been a fairly quite year, on reflection there has been a lot of activity behind the scenes. I have enjoyed working with the management committee and thank them for their support and if elected for the coming year look forward to a similar relationship with the new committee.

Continued on page....11

COACH CORNER....

The motivational dynamics of sport

Motivation is an internal energy force that determines all aspects of our behaviour; it also impacts on how we think, feel and interact with others. In sport, high motivation is widely accepted as an essential prerequisite in getting athletes to fulfil their potential. However, given its abstract nature, motivation is a force that is often difficult to exploit and easy to lose.

There are numerous approaches to motivation. Some are based purely on positive and negative reactions (ie something bad will happen if you don't succeed) and others focus on an individual's sense of control over a set of circumstances. What works best??? Depends on the individual, but mostly the latter.

MOTIVATION

Researchers have always tried to answer the question why does the "fire" of elite athletes seem to burn so brightly. What is the basic difference between the high achievers and others. Three basics were discovered....

Elite athlete set high personal goals

Elite athletes have a high self-belief in their ability to succeed

The sport itself is more central to their lives

HOW CAN THE "FIRE" BE INSTILLED IN OTHERS – COACH & ATHLETE TIPS

GOAL SETTING

Athletes must have a few ambitious, yet achievable long term goals (perhaps up to 2 years ahead). Empowering the athlete to create the goals ensures that they accept the challenge and pursue the goal/s with enthusiasm

Keep the athlete on track with medium term goals...steps along the way that work along the long term goals.

In practical terms however, it is the short term goals...the week by week, month by month work that is crucial to achieving the superior performance. Short term goals should predominantly be process oriented.

All Goals must be monitored and revised on a regular basis...goals must be flexible and athlete centred

REWARDS

The key aspect is that any reward given must reinforce an athlete's sense of competence and self-worth. While money is good, it is often the engraving of the athlete's name on an honour board, presenting a certificate in front of others or awarding special item of clothing that have a most lasting and rewarding effect. Chocolate also is know to be effective!!

MUSIC

A particularly effective method to motivate athletes in training prior to competition is through the use of music that the athletes sees as "inspirational". The music is seen as associated with positive times, and good actions.

POSITIVE SELF-TALK

This is the use of the athlete's powerful inner voice to reinforce the important aspects of performance. With appropriate repetition, self-talk can alter an athlete's positive belief in themselves.

This inner talk can be

*Task related...*ie reinforce a strong position in standing... smooth trigger etc

*Mood related...*ie how the athlete feels emotionally...I'm happy and positive today

*Affirmation centred...*ie "I am a good shooter" which promotes self belief

SUMMARY

Each and every one of us has an untapped energy source that can be drawn upon the bring about better results.



Enhancing motivation is fundamentally about a change of attitude, developing a positive "can do" approach and engaging in positive behaviours to facilitate and encourage improvement.

"People who expect the best, usually get what they expect"

TRA SECRETARY

TRA had a very successful weekend at the Shot Expo which was held in Melbourne in May. I would hope that we are invited to the 2010 Shot Expo in Sydney. My thanks to the staff at AISL for this opportunity to attend this Expo.

The TRA Management initiative of the Bolt Flags, Shooters Diary's and Member Lanyards were all received with great enthusiasm from the States and Members. I would like to thank Tricia Van Nus and Miro Sipek for their input into the production of the dairy. I take great satisfaction at this stage, that three states have made it compulsory for members to use the Bolt Flags at all sanctioned events. I can only hope that this becomes a national safety code and all members are required to use a bolt flag on shooting ranges.

I still have two more items to attend to which were given approval at the 2008 AGM. The first being the Visitors / Attendance Book, this is proving to be quite a headache given that the States all have different requirements. I will take this project up again the new TRA year. And the second is the Poster with Warren Potent. I have secured what I feel is a great photo of Warren to use, thanks to AISL.

The quarterly reports system in my view has been a disappointment in that very few members took the opportunity to submit reports. This is now the second year that these reports were to be submitted by Management and Convenors. Remember this was a decision of TRA Delegates for this system to be invoked. It created a lot more unnecessary work on my behalf to send out reminder notices only to have no new reports submitted for distribution.

I also feel that the TRA Magazine has failed and we as management have failed in getting a suitable replacement in place. This project, to produce an electronic magazine **MUST BE A MAJOR PRIORITY** in the coming months. Our membership deserves this right.

I take this opportunity to thank all members for their support over the past year.

Peter Kelley

In late 2007, I was approached by AISL to work as an Assistant Coach, as they had financial support from the Australian Sports Commission to develop this role.

I am now undertaking a 2 year part time Elite Coach Development Scholarship with the Australian Sports Commission and studying part time at the University of Queensland's Graduate Certificate in Sports Coaching by correspondence. It is a fantastic course – so much to learn and apply to what I am doing with my athletes.

During my time with AISL so far, I have had some amazing opportunities that are extending my personal coaching skills and knowledge.

- In particular, working with Petr Kurka (and Miro Sipek prior to Petr's arrival) has been very beneficial – they are both very open to questions – and I always seem to have plenty of them!
- I have also been the coach and team manager for the Australian Youth Olympic Festival; for a junior competition to Germany, and the Arafura Games.
- Part of my role is to support Petr at training camps, both at an organisational level, and working with the shooters – in particular, with the juniors, which I really enjoy.
- The Sport CONNECT project is another of my involvements, which is integrating athletes with a disability into mainstream sporting organizations – both at an elite level and at a recreational level.
- The AISL coaches committee (of which I'm part) is now rolling out quality coach education courses – TRA Club Instructor, AISL Club Coach, and AISL Competition Coach. Look out for these courses that are now available in your state – ask how you can get involved in coaching. They are an important vehicle for ensuring our potential coaches are getting the most up to date information about shooting, and for refreshing and updating knowledge – hats off to Tricia Van Nus for all the hard work and determination shown in developing these courses for TRA members.
- I have attended the ISSF Level C Coaches Course, and am about to head off for Level B. This also has been a fantastic opportunity, both for learning new things, and reinforcing what I already know.

One of the most exciting ventures, was when I instituted a talent identification program, which I have named "Targeting Talent".

After advertising for people who were interested in competing at a high standard in sport, I began with 25 people attending an open day, and over time, I am now working with 6 very enthusiastic and talented athletes. In just 12 months, they have come a long way, and are shooting some amazing scores in air rifle. Over the next months, we plan to start shooting three position on the 20 metre range with the air rifles.

I have thoroughly enjoyed watching this group (who only just scored 500/600 in January, who now are consistently scoring in the 550's) develop skills in air rifle shooting, and apply themselves with maturity and grace in competitions.

I plan to extend this program again later this year, and am always happy to discuss what I have done, and how it was done, with other coaches who may want to start something similar in your local area.

Carrie Quigley

AI SL AUS CUP 3 WINNERS—Adelaide September 2009

FULL RESULTS ARE ON THE [TRA WEBSITE](#).

3P



Will Godward...Adrian Black...Ben Burge



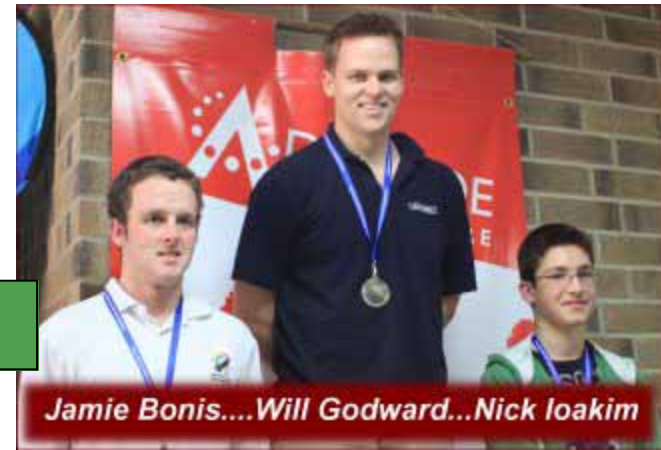
Prone

Susie Smith.....Robyn Van Nus



Rob Howell.....Thomas Versace.....Barry Cowburn

2nd place Julie Holcombe was absent for the presentation



Jamie Bonis....Will Godward...Nick Ioakim



Air

Darren Nicholson....Luke Cain



Kadiejayne Tirkot....Robyn Van Nus...Alethea Sedgman

To be noted...all medallists shot over 390. KJ with 393, Robyn with 396 and Alethea with 392. Well done girls.

MENS 3P—*1st Adrian Black, 2nd Will Godward, 3rd Ben Burge*
 WOMENS 3P—*1st Robyn Van Nus, 2nd Susie Smith, 3rd Kadiejayne Tirkot*
 MENS PRONE—*1st Thomas Versace, 2nd Rob Howell, 3rd Barry Cowburn*
 WOMENS PRONE—*1st Susie Smith, 2nd Julie Holcombe, 3rd Robyn Van Nus*
 MENS AIR RIFLE—*1st Will Godward, 2nd Jamie Bonis, 3rd Nicholas Ioakim*
 WOMENS AIR RIFLE—*1st Robyn Van Nus, 2nd Kadiejayne Tirkot, 3rd Alethea Sedgman*

REPORT TO THE ANNUAL GENERAL MEETING...From page 5

Treasurers Report to AGM 2009

Balance Sheet as at 31 May 2009		
	2009	2008
Current Assets	\$	\$
Cash at bank	419184	363407
Receivables	2672	8421
Stocks on hand	1956	2274
	423813	374101
Non-current Assets		
Equipment	2223	3104
Loan to TSARA	9328	10662
	11551	13766
Total Assets	435364	387867
Less: Current liabilities		
Creditors and accruals	5548	12000
Unexpended grant income	17244	20248
Net Assets	412573	355620
Members Funds		
Member services fund	45800	45800
Team fund	185770	149871
Development fund	73235	52182
Ammunition trading fund	107767	107767
	412573	355620

Profit and loss Statement year ended 31st May 2009		
	2009	2008
Net Profit (Loss) from:	\$	\$
Member services fund	0	0
Teams account	35899	11420
Promotions account	21053	30168
Ammunition account	0	0
Net Profit (Loss) for the year	56953	41587
Add accumulated Profits at 31 May 2007	355620	314032
Accumulated Profits at 31 May 2008	412573	355620

Should you wish to see the full accounts in greater detail, then please contact [Rod Sampson](#), your local TRA Councillor or State Secretary who would have a copy of the full accounts that were presented and endorsed at the TRA Annual General Meeting in August.

AGM REPORT TECHNICAL CHAIRMAN—Owen Oliver

TRA Council Members

After two 4 year terms as Chairman of the Technical Committee I have very recently decided that this will be my last Report.

The Committee's activities over the last year have principally been responding to impacts of the latest changes to ISSF Rules. TRA's distribution of free breach flags to all TRA Members for distribution amongst all our Members has been popular. And while there has been no improvement in the retention of accredited TRA Range Officials, there is growth in AISL NOP Level 1 trained club range officials. Unfortunately there has been no attempt to revise the current TRA Range Official Course - that has not been done since 1992. AISL have also not made any progress with an upgraded NOP Level 1 Course and still have not processed the batch of applications TRA passed to them more than two years ago.

I thank Janelle Rossiter, for more than 10 years of service on Committee which included preparation of new TRA Range Official pre-course questions. In her place we welcomed Rod Sampson back to active duty as the new Committee Member.

Despite the view expressed in our TRA Chairman's Annual Report, all Members of the Technical Committee have responded with constructive input this year. So as my final act as Chairman I sincerely thank all the following members of the Technical Committee for their contributions: Paul Golden, Ron Maine, Lindsay Braybon, Rod Sampson. Pat Eddy, Owen Oliver

OUTCOMES OF 2008/2009 BUSINESS PLAN

Several objectives of this last year's Business Plan were dependant on the successful actions of either AISL or the States. This has meant some objectives have not been implemented.

A 10% INCREASE IN THE NUMBER OF AISL LEVEL1 NOP RANGE OFFICIALS:

Achieved. The figures show a rise of NOP Range Official in NSW, with SA and VIC having solid gains. Numbers of licensed TRA Range Officials continued to slowly decline as Range Officials opt for just NOP training and do not renew TRA licenses.

NATIONAL RECORDS

Eight new national records were presented. (A full list of the records will appear in the December issue)

COMPLEMENT AISL STRATEGY FOR RANGE OFFICIAL TRAINING COURSES

This objective - not achieved. AISL Judges Committee and Board have failed to implement any tangible results from their lengthy discussions other than hollow rhetoric that has been occurring for at least 4 years. Unfortunately any accreditations to ASC must be through AISL. So there was little to be gained from expending time and resources to create a training course that would be stalled by AISL.

ADOPT THE ISSF 2009 RULES FROM 1ST JANUARY 2009

ISSF's new rules were adopted for TRA use from the 1st January despite some confusion. The ISSF have published a report on the major rule changes that was widely circulated and so, it is unnecessary to make further comment in this Annual Report.

NEW TRA SAFETY RULES FOR USE OF BREACH FLAGS

There has been a rapid and almost universal adoption of TRA's bright yellow plastic breach flags by users at all levels of TRA membership. From observations, the use of breach flags has quickly become popular and part of standard TRA range safety etiquette. So no new rule is proposed or seems to be warranted to enforce their use. Their use started at this year's National Championships in Adelaide as a mandatory local safety requirement of all competitors. Minor design changes are required for their use in air rifles and a few small-bore rifles but this has not prevented their widespread use on our ranges.

ISSF JUDGES LICENCE - RENEWALS:

I bring Council's specific attention to outcomes from an AISL Judges Committee Meeting in July. Despite Paul's best efforts, these events clearly support my view that the AISL Judges Committee "*is dysfunctional and does not appear to have any coordinated management of Australian ISSF Officials.*"

One of the biggest causes for loss of volunteer officials across all sports is the lack of appropriate management and recognition. A major concern for TRA should be that AISL is our only avenue to obtain formal accreditation of our Range Officials with the ISSF and ASC National Officials Program. A secondary concern is that proper recognition of our Licensed Judges is being placed in jeopardy by AISL mistakes when renewals are being made to the ISSF. Paul's report also raised the need to find and recruit new ISSF officials but AISL is not making it easy to keep existing Officials.

AGM REPORT TECHNICAL CHAIRMAN...cont

As a final comment, both of Paul's reports continue to reference the need for an AISL National Federation License across all disciplines. But there is no indication of anyone accepting responsibility for actions to instigate the enormous amount of skilled work required to achieve ASC endorsement for three or four NOP levels, needed below the ISSF Judges Licenses.

GOALS FOR 2009/2010

To set Goals and Objectives in a Business Plan for next year's Technical Committee would be inappropriate for me as the retiring Chairman

CONCLUSION

It has been a privilege to serve this TRA Council as Chairman of the Technical Committee over the last 8 years. While it is for the best, I do feel some regret that I will not continue to serve this Council in this role.

Owen Oliver

August 2009

AGM REPORT COACHING COUNCIL CONVENOR—Tricia Van Nus

Report to the AGM & Council—Activities undertaken since the Council Meeting in August 2008.

SHOOTER DIARY – a lot of work was done to have this item ready for distribution at the Nationals 2009. I'm very pleased with the outcome, and many shooters can now be seen utilising their diary at events. My thanks to Miro for his technical advice, David for expert printing and collation, and Robyn for compiling the diary in Adelaide. The inserts are also available for printing from the TRA website (under Coaching), so shooters need never run out of pages.

DEVELOPMENT PLAN (Talent Development Pathway) – this has stalled, as the concept was supported by Council and not taken back to the States for action. TRA has the finance, and it has not been used to capacity. Information regarding the proposal can be found at <http://www.tra.org.au/coaching/roadshow.htm>

COACH EDUCATION – We have success in this area. As of 1/1/09, there is.. A TRA INSTRUCTOR'S COURSE, AISL CLUB COACH COURSE & AISL COMPETITION COACH COURSE. The AISL Advance Course is yet to be developed.

ASC/AISL PRESENTER'S COURSE has been held in Canberra, and the following are accredited: Sue Carlyon, Trevor Drage, Carrie Quigley, Tricia Van Nus. Effective immediately, we have the presenters to conduct TRA & AISL Coach Education Courses.

COACH ACCREDITATIONS. As all courses were "in limbo" due to the re-write, no coaches were updated in recent times. However, as of 1/1/09 this was remedied, and the names are listed on the TRA website under Coaching.

During December 2008, I sent the relevant names to the States for confirmation of their membership and active coaching status. With the exception of VIC, the lists were confirmed, or changed as appropriate. The compiled list was returned to AISL. The cards for the Club Coach are now available, and have been distributed to State representatives at the AGM. This list is open to adjustment, and it must be noted that the **ASC does require a DOB for each coach. Those not willing to provide same will be compromising their accreditation.** I ask State Association for their help with this.

HIGH PERFORMANCE

I have attended the AISL High Performance meetings as required and note that there is continued pressure from the ASC for shooting to lift the score standards. Shooters will need to be performing at near PQS standard to hope for selection. Funding is much tighter this year.

Current AISL PQS standards and who has achieved them

Mens Prone:	595	Warren Potent (10), Tom Versace (2)
Mens 3P	1160	
Mens Air	592	
Womens 3P	580	Robyn Van Nus (3)
Womens Air	396	Robyn Van Nus (1)

These could be subject to change at the end of 2009. The pressure is on for team selection, with a PQS (minimum scores standards set by AISL) being applied to all levels of team selection.

Continued next page... .

Petr Kurka has settled into his position as High Performance Coach – he is NOT a personal coaching role to any particular person, whether they live in Adelaide or not. His role is to work with those team squad members as required. Petr is also very willing to work with any individual who attends his camps, or he will happily offer advice at events. His manner has already endeared him to the shooters.

COACHING COURSES – On August 15th, the presenters met in Sydney to review the currently available support material for each of the courses and take away both a written and CD version of material. The group also helped develop further resources for the Competition Course. We have also agreed that a mentoring process would be beneficial for presenters.

From my discussion with the presenters, it is anticipated that in the coming year we could successfully conduct TRA Instructor & AISL Club coach courses in at least 4 States. I would recommend that the accredited presenters are mentored through these first courses, with at least 2 presenters at each course – one experienced, and one less experienced.

OCEANIA CHAMPIONSHIPS – The event this year will a more condensed program than previous, being covered in three days. It is hoped that, by the time of the meeting, we will have a clearer vision of the suggested team places. It is again hoped that TRA will be able to support the non-AISL funded teams. (B & C Open Team, Juniors & Womens)

Sunday 29th November – AIR RIFLE (All categories)

Monday 30th November – THREE POSITION (All categories)

Tuesday 1st December – PRONE (All categories)

IMMEDIATE PLANS of the Coaching Council

1. The completion of Coach Education documents and support material. (Competition Coach & Advanced Coach)
2. Encourage States to conduct the new coach education courses, and provide support for this to happen.
(Accredited Presenters have indicated that those States will be directly approached)
3. Implement a Road-show event in each State

Tricia Van Nus, July 2009

SLINGS AIN'T WHAT THEY USED TO BE

BY...RON MAINE



All those shooters who have been around for a while will remember when slings were leather only and came with either a sliding bracket/wing nut or a sliding hook which connected into slots on the sling



The most common sling is one of the two types pictured here. Then slings were then produced in a synthetic fabric – which made them more flexible and less likely to stretch – still with the two fittings shown on the right.

Recently we started to see significant enhancement in sling design

- Micro adjustable screws in the sling so you could adjust the sling length by millimeters while still in position and the buckle holes were placed closer together so the length adjustment could be adjusted in very small increments.
- Slings were produced in multiple pieces, a buckle so that the “around arm” section could be placed exactly, ensuring the risk of contact between the buckle and the stock was reduced.



Examples of a micro adjustment feature. Slings with closer spaced hole and separate arm sections

SLINGS AIN'T WHAT THEY USED TO BE...cont

- Slings were produced with a fabric section from the arm area to the hand stop with a quick release clamp – making length adjustment very quick and easy

LATEST DEVELOPMENTS

From Gehmann and MEC – Slings designed to isolate the pulse beat generated in the upper arm from the sling section attached to the rifle – also incorporating the micro adjustment as described above.

The **Gehmann PULSE FREE** sling is a two part sling. Section 1 is placed around the arm, having very good grip material in the inside. This section can also be left on the shooting jacket.

Section 2 is clipped onto section 1 in two places, on the outside of the arm section. The attachment feature means that the forward section of the sling places no pressure on the section around the arm. The forward sling section is also micro adjustable. The major benefit of this is that the sling which is supporting the rifle is not compressing the arm, and thus pulse is not transmitted through the sling. This sling is right or left handed.



The arm section



The front section attached to the arm section



Overview of the complete sling

The new **MEC sling** has a band which encircles the arm, (also non slip material on the inside) and this has a second layer which is attached to the outer section of the first layer. The sling part which attaches to the hand-stop is connected to this second layer and can self position along this part.

This means the forward section of the sling is not directly compressing the centre of the strap around the arm leaving those main pulse producing arteries, veins etc alone. Then there is a micro adjustment on the strap to the Handstop, which in this case is a single not a double strap.

There is also a cam pivot which holds the angle of the forward sling section in place when attached to the rear section, avoiding a twisting of the rear section.



Detailed views of the recently released MEC sling



Target Rifle South Australia stock the complete range of slings from Anschutz, Gehmann and Centra. There are currently 15 different sling varieties in stock. Call Ron for more information and pricing, Tuesday to Saturday (08) 8347 2488 or email admin@targetriflesa.com

LAST LITTLE BITZ

NEW TRA CHAIRMAN. At the TRA Annual General Meeting recently, Mr Glenn Braybon was elected Chairman of Council. Glenn has been the Deputy Chair, and he assumes the Chairman's role at an exciting time.

TRA has been taking its brand to the grass roots members, with the production of the breech flags, the lanyard and membership card holder, and the well received Shooter Diary. Glenn will be "in focus" in the next issue of the e-magazine in December 2009.

TO ANY MEMBERS WHO WISH TO RECEIVE AN EMAIL ADVISING WHEN THE NEXT E-MAG IS AVAILABLE.....Please send an [email](#), noting your name and State. You will be added to the email list. Alternatively, check the TRA website as the next e-mag will be available on December 1st, and thereafter early on the "even" months ie Dec, Feb, Apr, June etc

OCEANIA 2009—The team will be announced by AISL on Oct 2nd. Remember that this will be a reduced team this year, due to a number of factors...firstly there are no MQS or Quota places available at this year's event. Secondly, AISL has determined that Australia will match the team entered by New Zealand, as per Oceania Federation rules.

To accommodate further shooters, there will be a Grand Prix event concurrently conducted with the Oceania event. More news will be available on the AISL website shortly.

COACH EDUCATION—South Australia has already booked to conduct a Club Coach course in early November 2009. If you are interested in becoming a club coach, then please contact your State Coach, or State Secretary to find out when a course will be conducted in your State.

TRA SHOOTER DIARY. Do you have a TRA Shooter Diary?? Please contact your State Secretary or State Coach for details...and a copy of the diary. If you have already used all your sheets in the diary—then obtain further sheets under the Coaching section of the TRA website. These can be printed on both sides, cut, holed and added to your diary.

THE NEXT TRA E-MAG WILL BE AVAILABLE ON 1st DECEMBER