

Issue

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Newsletter

QUEENSLAND TARGET SPORTS INC.

What's Next...

BUNDY CHALLENGE - 2nd & 3rd August

Keep an eye out for our shooters in the following events:

IPC World Championships - 19th - 26th August - Suhl, Germany.

Commonwealth Games - 23/7 - 3/8 - Glasgow Scotland.

Youth Olympic Games - 16th - 28th August, Nanjing, China.

ISSF World Championships - 6/8 - 21/9 - Granada, Spain.

Best of luck everyone - show them how it's done!!!

Junior Coaching Camp

Please remember that the QTS Junior Coaching Camp will be held, once again, prior to the State Championships.

Members of the TRA Development Squad will also be present at Belmont for the duration of the camp.

Full information regarding the camp will be sent to clubs soon. The camp begins on the 24th September.

The puzzle is complete

For those of you who do not have access to face book, the jig-saw puzzle pictured right was started at the beginning of Aus Cup 2, held at Belmont recently.

It is a 1000 piece puzzle with many of the pieces looking very, very similar in colour. It took many hands and many hours but we finally completed it last weekend at the ASG, some 2 1/2 weeks after beginning.

After the puzzle marathon at the Nationals, it seems this activity may become a regular thing at our competitions.

Many thanks to Wendy Rossiter for supplying the puzzle.



**Queensland
Government**



News from Clifton Club.....

We have just been successful in the recent Jupiters Grants scoring a grant of \$20,000. Big boost for a little club & we are going to extend our Clubhouse & also install a container for storage space. This will free up the current area in the Clubhouse.

We have also been granted approval from Weapons & Licencing to conduct Benchrest Centrefire (to 150 yds) which will please a lot of centrefire shooters. We have some range improvements to carry out so it maybe a couple of months before we are off & shooting.

Our school programme with Clifton High School is going well, they have approximately 25 pupils attending each Wednesday afternoon, bused out from Clifton as their sports period. They have a choice of benchrest rimfire & archery. Both disciplines are well supported. Our monthly shoots are drawing 20 to 25 shooters (inc. about 10 juniors - good for the future of shooting) with Shotgun (clays) having 12-15 shooters monthly.

We open the Club every Sunday for practise which is well supported.

Margaret Buckley

Childers Cup 2014.....

The Isis District Smallbore Rifle Club's annual competition got off to a good start on Friday with the campers and some visitors enjoying a mild evening around the fire.

Even though the numbers were a little down on last year the conditions were very good on both days and once again there were some impressive scores and PB's recorded.

In the silhouette match a shoot-off was required to separate first and second in A grade between John Patzwald and John Pepprell who both shot possibles and Terry Harrold was narrowly beaten by Shannon Peters for third spot.

In the Prone match on Saturday Robyn Sampson from Commercial Club Brisbane top scored with an impressive 589.35 and would have been a contender for Target Rifle Champion if she hadn't forgotten to bring the scope for her Benchrest rifle.

This left John Patzwald, Roy Muller, Barry Sturgess and Bill Simmons to battle it out over the weekend with Patzwald proving to be the hardest to beat after shooting 600.52 in benchrest on Saturday and eventually winning all three Championship Cups.

Paul Unger top scored in benchrest on Sunday with 600.48. Barry Sturgess shot 599 both days and Julie Dunks posted a PB with 592.41

Congratulations to Callum Hickling of Isis Club who was the best junior shooter this year.

For a complete list of the scores go to www.targetsports.org.au



More news from Childers.....

As you can see the indoor range erection is complete. On Monday we are starting to build the benches, fit target returners, lighting, air cons, electrical fit out, line side walls, install new generator, etc. - I'm tired just thinking about it.

Hope to have it all completed in 2 to 4 months, will keep you informed.

Greg Tennent 7/7/14



and on another note:

As you may or may not know, Lesley Perk from Childers club is quite an accomplished artist and is turning her hand to a little sculpture.

Me thinks this effort pictured below is quite exceptional, don't you?



Congratulations John.....

Huge congratulations to John Patzwald from Toowoomba Club, who recently competed in the IRB World Championships in France.

This event, although a SSAA event here, is very similar to our RBA competition.

John only missed 2 shots over 6 targets to score 1498.99 out of a possible 1500 points and place second to another Aussie in the Grand Aggregate.

Well done John!!!!

***When the world says "Give up",
Hope whispers, "Try it one more time".***

Camina Cantu

Nutrition for Shooting.....

Ref: Olympic Target Rifle Shooting: Technique Tactics Training, Ralf Horneber.

In nutrition, just as in other forms of sport, a diet which suits the specific demands of the sport can serve to stabilise the performance level of the athlete. The method by which energy is supplied has a direct influence on the ability of the organism to perform. If certain foods are absent from the diet, the consequence will be impaired functioning or in the worst cases, illness as well.

The Working of Nutrients and Vitamins on the Body

We can distinguish two groups of foods:

Nutrients - 2. Supplements

Nutrients

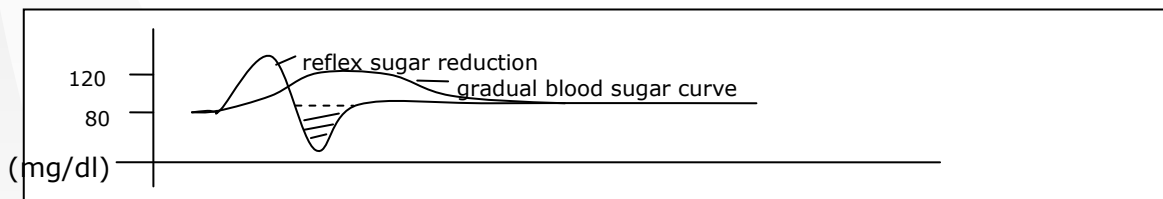
These contain energy which the body needs to burn in order to subsist and act: Protein, Fat and Carbohydrates.

Research into high performance shooting has shown that shooting is a type of endurance sport,

	Protein	Fat	Carbohydrate
Function	Builds tissues & cells, The main nutrient for muscular tissue.	Carrier of fat-soluble Vitamins, energy supplies & reserves.	Converted to energy Food for muscles, Stored as glycogen
Energy Content	1g protein = 4 Kcal	1g fat = 9Kcal	1g CHO = 4Kcal
Requirement	Ca. 15% of the Overall calorie intake, At best 50% animal & 50% plant.	Ca. 35% of the Overall calorie intake, at best only vegetable fats which are high in polyunsaturates.	Ca. 50% of the overall calorie intake CHO with high fibre Content is good, white flour + sugars are bad
Found In	Animal: meat, fish, dairy products. Plant: fruit, soya beans, vegetables, grain.	Animal: Fatty meat, sausages, lard, cheese, cream, corn-, olive-, sunflower oil.	Vegetable: Fruit, vegetables, wheat products, rice, pasta, potatoes.

namely that above all others, it demands endurance of concentration. Carbohydrate (CHO) plays a central role in the supply of energy to the muscles, and the supply of energy for the brain functions, so it has a special significance in the nutrition of shooters.

Products which contain refined sugar and white flour (monosaccharides or simple sugars), for example chocolate bars, sweets, cakes etc. should however be completely ruled out. These are absorbed very rapidly from the stomach into the blood, quickly raising the level of sugar in the blood. This rapid rise in blood sugar upsets the body's equilibrium and an automatic counterbalancing response takes place. This is the release of insulin which breaks down the blood sugar. The insulin response tends to be violent and reduces blood sugar levels to well below normal, a response which might be called the 'insulin rebound'.



The state of reduced blood sugar levels is not what we want in competition, because it automatically reduces all bodily functions to running on "economy rate". Typical symptoms are loss of concentration, muscle tremor and loss of vision.

One can see from this, that a favourable choice of meal times (with suitable intake of complex carbohydrates or polysaccharides) allows the blood to be 'topped up' with glucose over a long period, providing a longer lasting supply of energy to the body, until this batch of nutrients is used up. The result: one becomes hungry!

Because the body takes about half an hour to begin to convert an intake of food into energy supplies, it is consequently not advisable for shooters to wait for hunger to strike and to eat just three times a day but rather to adopt a policy of 'little and often' and to have five small meals spread evenly over the day instead.

Supplements

Vitamins, minerals/trace elements, fibre and water contain no calories but they do carry important 'information' for the processing and use of all other foods. Because the body can't manufacture these substances for itself, it needs to be continually supplied with sufficient amounts to enable it to carry out the processing.

For shooters, Vitamin A plays a special role. They are dependent on error-free (adaptable to different distances and light conditions, and so on) vision during the firing process. The prerequisite for good performances is that the sight picture can be seen with complete clarity and without disturbance from any outside influences.

Vitamin A is helpful for the reception of light by the eye and so influences the quality of vision. Because it is a fat-soluble vitamin, vitamin A needs a small amount of fat to allow the body to absorb it. Therefore a diet should not exclude the use of salad oil or yoghurt-dressing. Preparations with concentrated vitamin A should only be used with a great deal of care, because vitamin A is broken down in the liver and too high a dosage may lead to liver problems. Very much better: drink a glass of carrot juice with a drop of cream from time to time.

With regard to minerals, magnesium and potassium are the most significant, because they are most heavily lost in perspiration. They are directly accountable for the harmonious functioning of nerves and muscles and have a positive influence on fine co-ordination. The significance for shooting is easy to grasp. Unfortunately, our staple daily foods and drinks are not particularly mineral or vitamin friendly. We usually grab ourselves:

- Coffee: caffeine is a nerve poison and also a robber of magnesium
- Cola: made up of 50% pure granulated sugar, so very high in calories and also contains caffeine
- Beer: contains no salts, a lot of carbohydrate
- White flour products & sugar "empty calories" - high energy, no fibre
- Fatty meat & cheese: animal fats cause the build-up of cholesterol in the blood, making it flow less freely & able to transport less oxygen
- Alcohol: has a high energy content and a high loss of vitamins & minerals to follow.

Consequences for Target Shooting

A favourable, effective diet, which allows the body to accomplish consistent performances, should look something like this:

- Lots of fresh fruit and vegetables, when possible raw or steamed
- Whole-grain products, for example brown rice.
- Lean meat, low-fat fish and cheese in small amounts
- Fat-free milk, dairy products like yoghurt and quark
- Nuts & seeds, from time to time a soft-boiled egg
- ...And also
- At least 2.5 litres of fluid per day, at best water
- Diluted fruit juice, fruit and herb teas as well
- Low-calorie electrolyte drinks
- Little by way of alcohol or coffee

We can go on to formulate the following requirements:

Don't eat oily or indigestible foods before a competition, for example nuts, heavy salads with mayonnaise, fish in oil etc. These lie a long time in the stomach and hamper the distribution of oxygen. The best, plan to take a small main meal or an extended breakfast about three hours before the start of the competition, so that the digestive process needed to begin the distribution of the food supply is almost completed and the body's storage depots are full. During breaks in the competition (for example in the pause for position changing in the three position match), top up with small amounts, for example half an apple or banana, energy bars, biscuits, sultana bread or such like. These will keep the blood sugar constant and keep a steady supply to the body without putting it under any great digestive strains.

Chocolate bars and jams are unsuitable for this purpose because they cause the rebound described earlier.

In the midst of competition stress and especially in hot weather, sweating resulting from the workload and anxiety depletes not only the minerals but also the stores of vitamin C. This calls for a suitable fluid replacement plan. For the best, drink a 50/50 mixture of still water and apple juice (not too cold) at frequent intervals and don't let yourself get thirsty.

Aus Cup 2.....

A busy time recently at Belmont with Aus Cup 2 and a Wheelies Camp before and after the competition.

With a couple of exceptions, all members of the IPC World Championships & Commonwealth Games teams were present (including Pistol) making for some very high level competition with some excellent scores being posted.

This event was also the first real try-out for our newly installed Meyton targets on the 10m range. The biggest problem was trying to arrange the programme so all competitors were able to shoot on the EST's - it almost worked.

Congratulations to our relatively new Wheelie shooter, Tracey Jackson, who, after some excellent scores over the weekend, has been included in the SA IPC High Performance Squad.

Favourite past time, apart from the shooting & eating - most definitely the jig-saw, pictured on the front page. Thanks again to Wendy Rossiter for supplying the puzzle.

Many thanks to all who assisted in any over these few days, especially those who travelled from interstate. These events do not happen without people to run them so any assistance is very much appreciated.

All results from the competition can be found on the Shooting Australia website.

Australian Shooting Games.....

The Australian Shooting Games we held at Belmont over the weekend of 12th & 13th July.

The weather gods decided to put on some typical August weather for the shoot - cool to cold, with gusty cold westerly winds - only one problem there, it's only July.

Once again, we welcomed some new faces to the competition as well as some interstate visitors who experienced shooting on electronic scoring targets for the first time.

Similar to last years event, we used 'old money' scoring on Saturday and decimal scoring on Sunday - a slightly different way to play the same game.

As well as the usual Prone, Benchrest & Air Rifle events, this year we included a Target Sprint event. This is a new event to the ISSF and is included as one of their 'Sports for All' events although I am not too sure that it would suit all or our members.

The event consists of 3 run and 2 shooting segments. In the 'proper' ISSF event, the run distance is 400m.

Our targets we set up in the middle of the 50m range and the competitors were required to run to the fence on the left side of the range, then to the right side and back to the targets. Competitors then fired at 'falling target' style air rifle targets at 10m, then another run, more targets and a final fun to the left hand fence and back to the finish line.

This was a fun event to watch (movie out soon) with lots of heckling & cheering from the onlookers. We have also considered a 'pairs' event with a runner & a shooter - perhaps more appropriate for those of us who don't do running any more.

This event also added a little more fun to an enjoyable weekend of 'normal' shooting.

Thanks again to everyone who helped out in any way over the weekend from those on the cold & windy range to those in the kitchen and especially to Shane for his b-b-q skills.

Yeh...we finished the jig-saw!!!!

All results from the weekend are on the QTS website.



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