



All clubs -  
Send **your** contributions to  
Phil Green   
[editor@trv.org.au](mailto:editor@trv.org.au)

## TRV News - July 2022

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*You are an incredible person; be true to yourself. Then and only then, can you be true to others.*

Carolyn Viens, Leave Your Footprints Along the Way

**How is TRV going?** Well, we've finished our Congress which was held at the Sebastopol Bowling Club in Ballarat, (you already know what I think of the word 'bowling'). There was a good roll-up of delegates, and the TRV board now looks like pretty much the same as it did last year.

The one Notice of Motion to change "Congress" to "Annual General Meeting" was rescinded due to the history associated with the word congress, and because there would be unwarranted costs associated with changing our constitution.

#### TRV Council email contacts

<b>President</b>	- Julie Holcombe	<a href="mailto:president@trv.org.au">president@trv.org.au</a>
<b>Vice President</b>	- John Hopkins	<a href="mailto:vicepresident@trv.org.au">vicepresident@trv.org.au</a>
<b>Secretary</b>	- Janey Preston	<a href="mailto:secretary@trv.org.au">secretary@trv.org.au</a>
<b>Councillor</b>	- Paul Allinson	<a href="mailto:councillor1@trv.org.au">councillor1@trv.org.au</a>
<b>Councillor</b>	- Julie-Ann Mills	<a href="mailto:councillor2@trv.org.au">councillor2@trv.org.au</a>
<b>Councillor</b>	- Jim Hocking	<a href="mailto:councillor3@trv.org.au">councillor3@trv.org.au</a>
<b>Councillor</b>	- Ken Hart	<a href="mailto:councillor4@trv.org.au">councillor4@trv.org.au</a> ??

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## 🎯 Scorer's Course Saturday 16 July 2022 🎯

The Scoring workshop was held in Ballarat on Saturday 16<sup>th</sup> with Dennis Peacock at the pointy end. It was an excellent workshop attended by 20 of us. I certainly learned a lot and each of us also walked away with a Foldable Magnifier courtesy of TRV. It was a great opportunity to upgrade our scoring skills and was **FREE** to attend (out of the chill wind and bleak day) plus the magnifier. I thought it was a great initiative by TRV to assist members and help to maintain high standards.

Here are some photos from the day – thank you, Janey.





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**For the fabulous givers**, the below is absolutely true, factual, spot-on, genuine, valid, and sincere.

Oh, boy/girl, it's sooo easy to whinge if you want to, but please remember that every single job or function of YOUR TRV is done by VOLUNTEERS and that they also have jobs, families, dependents, and other interests in their lives. They spend countless hours maintaining the TRV function and structure so that YOU can shoot, have insurance, can enter fair and unbiased events, receive medals, and pennant flags, plus myriad other benefits, **and** they do their damndest to take OUR sport further. Without these people on council and in other TRV roles generously giving heaps and heaps of their time we would not have anything to sustain our sport, and it would probably die. Is that what you want?

If you feel you can do **ANYTHING** at all to help our sport in any way, your fellow members would be grateful.

*"I surprised myself when I offered to do the newsletters! I had visions of toiling away with no thanks at a job that required enormous effort. Crikey, was I wrong! I've made new friends, gained insights into our sport, and received help and assistance from all quarters. Rather than being a chore, it's now become a joy to do this job for the benefit of us all, myself included."*

To help in even a small way, just contact President Julie Holcombe at [president@trv.org.au](mailto:president@trv.org.au) or Secretary Janey Preston at [secretary@trv.org.au](mailto:secretary@trv.org.au), and they will appreciate your input – tell 'em "Phil sent you". 😊

President John F Kennedy said something like, "Ask not what TRV can do for you, ask what you can do for TRV."

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## The Indoor Convenor role is vacant

Your TRV is in need of someone to accept the role of Indoor Convenor. If you are interested or just want to know more about the position, you just have to ask President Julie Holcombe at [president@trv.org.au](mailto:president@trv.org.au) or Secretary Janey Preston at [secretary@trv.org.au](mailto:secretary@trv.org.au) The TRV Outdoor Convenor is primarily responsible for organising and running any TRV authorised competition on an outdoor range across the State.

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Licensing  
and Regulation  
Division

## Changes to firearm storage laws

Changes to [firearm storage laws](#) take effect from 30 August 2022. The changes will affect all current and future firearm owners.

What you need to know

From 30 August, all longarms (categories A, B, C, and D) must be stored:

1. In a purpose-built storage receptacle
2. Built of steel with a thickness of at least 1.6mm
3. Locked with a lock of sturdy construction when firearms are stored in it
4. If the receptacle weighs less than 150 kilograms when empty, it must be bolted to the structure of the premises

Most firearm owners will already store their firearms in compliance with the changes or may only need to make minor adjustments.

## What you need to do

Before 30 August, all firearm owners must:

- check their storage arrangements, and
- make any changes or upgrades as necessary

Under the new laws, receptacles constructed of hardwood or metal (other than steel at least 1.6mm thick) are not acceptable.

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Here are some of the requirements for our FREE **BUY, SELL, SWAP** advertising in your TRV newsletter

While you can advertise **anything at all** for free (if you are a financial TRV member), **if you want to advertise any firearms**, you must include in your ad

- ✓ the serial number of the firearm for sale,
- ✓ a statement that the proposed sale is to be arranged by or through a licenced firearms dealer,
- ✓ the licence number of the owner of the firearm.

**All ads will run for 2 issues unless renewed.**

Obviously, you'll need to include your contact details for anything you advertise. It's a good idea to give a **general area of where you are**, such as Darwin, Perth, Richmond, Burnie, so that prospective buyers have an idea of how far they may have to travel to view – You don't have to pay for your ad – it's free, as TRV always wants to provide a service for our members. Send your ads to Phil Green, Editor, [editor@trv.org.au](mailto:editor@trv.org.au)

## Buy, Sell, Swap



**Stan**, in Airport West, would like to **buy** an Anschutz 1913 rifle (or better) in good condition for bench rest shooting. He's prepared to travel to inspect and would be happy to convert a prone rifle.

You can contact Stan on 0418 566 062

*Of course, any successful sale/purchase would have to be processed through a licenced firearms dealer.*

July 22



### For Sale

In Camperdown, Andrew has a Vortex Golden Eagle HD for sale

15 - 60x52

6 Months old

**\$2100** ono

You can contact Andrew on 0436485475

July 22

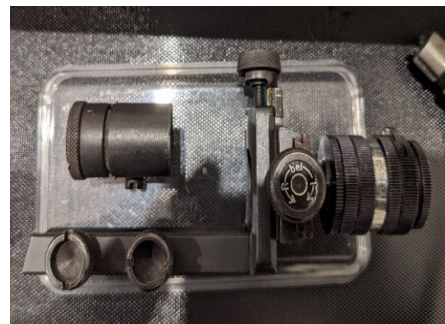
In **Box Hill** there is for **sale** a 1973 Anschutz Match 64 **left-hand stock** rifle with a straight fore-end, adjustable buttplate, and adjustable trigger. Serial No.1013848. It comes with a Walther rear diopter sight with Anschutz 5-colour iris/blend and original front sight. Includes buttplate spacer, light-duty butt-hook, sling, and right-to-left bolt extension.

Please contact Tristan (F/L 950-674-90B) on 0402290381

**\$700** ONO

*Of course, any successful sale/purchase would have to be processed through a licenced firearms dealer.*

July 22



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Now, here's another **NEW** and important item especially for all our members who have brick and mortar businesses, or who run enterprises from home, and want to tell others about it/them for **FREE**.

## our **NEW** Business and Enterprise Register

If you are with us, we're ready to kick off a brand new TRV, **FREE Business and Enterprise Register**. You'll receive more details in a separate email, but basically, as a TRV member, you tell us what your business or enterprise is, how to contact you et cetera, and we'll collate them all to compile a complete compendium. The point is that we'll provide you with a way to help keep our money in our member's pockets, and let you know what's available in your local area to support your own locals. This initiative by TRV will depend entirely on the number of expressions of interest we receive from you, our members. **If enough people** send me their details, [editor@trv.org.au](mailto:editor@trv.org.au) we'll produce a member's register to distribute to everyone on our mailing list. It will be entirely free. If insufficient members respond, it will not go ahead.

Don't ever forget the 10 two-word mantra for success in any field of endeavour –

***"If it is to be it is up to me"***

**So, join your *FREE* register that will go out to members and be updated on a regular basis.**

**\*\* This, the above, is new, and is totally different from advertisements for items in these newsletters \*\***

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“Happiness is the only thing that multiplies when you share it.”  
Albert Schweitzer  
Theologian

**Upcoming events from the TRV calendar to the end of August 2022.**

Use these dates to co-ordinate your competition activities.

August – 2022				
5th Fri		Merv Friend Shield & John Logan Cup - Round 6	<a href="#">Portland</a>	
6th Sat		Warren Potent Round 4	<a href="#">MISC</a>	
13th Sat	14th Sun	Shepparton 40th Annual Prize Meeting	<a href="#">Shepparton</a>	MM BM
19th Fri	21st Sun	SISC Cup	<a href="#">Sydney</a>	
27th Sat	28th Sun	North East Championships & Jim Brock Memorial	<a href="#">Wangaratta</a>	MM BM

September – 2022				
1st Thu	25th Nov - Fri	Camberwell 600 Postal Competition		Postal
3rd Sat		Warren Potent Round 5	<a href="#">MISC</a>	
3rd Sat		BSA Cup and Commonwealth Cities Matches	<a href="#">MISC</a>	
10th Sat		Glenelg Region Prize Meeting (run by 4 clubs)	<a href="#">Hamilton</a>	MM
10th Sat	11th Sun	Online 3 Positional Matches - Round 4	<a href="#">Online</a>	
11th Sun		Hamilton Prize Shoot	<a href="#">Hamilton</a>	MM

20th Tue	26th Nov - Sat	50m Bench Rest Pennant	Pennant
23rd Fri		Merv Friend Shield Final & John Logan Cup - Finals	<a href="#">Hamilton</a>
24th Sat	25th Sun	Online Air Rifle, Prone and Benchrest Matches - Round 4	<a href="#">Online</a>
30th Fri	2nd Oct - Sun	Queensland State Championships	<a href="#">Brisbane</a>

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Here are some photos from the nationals held in Brisbane over Easter



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The following tips were accessed via Target Rifle Australia's website

## COACHING BASICS – Natural Point of Aim

'Natural point of aim' describes the precise point where a rifle is aiming once an athlete is in position and completely relaxed. When an athlete first moves into position, relaxes and looks through the rear sight it is highly unlikely that the rifle will be pointing exactly at the centre of the target.

To correct this, there are two options:

1. Adjust body position until the rifle points naturally at the centre of the target. This may be a case of shuffling feet, hips, elbows etc. to finely move the rifle around. This method may take several attempts, or
2. Use upper body muscles to move and then hold the aim of the rifle onto the target.

If performed properly, the 1<sup>st</sup> option, whilst requiring more patience, will result in much more accurate results. The use of force in the 2<sup>nd</sup> option results in inconsistent shots, muscle tremors affecting the stability of the hold and ultimately fatigue.

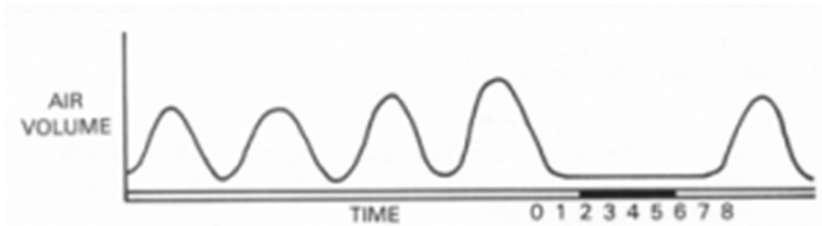


## COACHING BASICS – Breathing

Correct breathing is essential in shooting. Oxygen is needed for muscle control, steadiness and clear vision. Breathing in and out naturally results in a cyclic movement up and down of the natural point of aim. Therefore, shots must be taken at a certain point in the breathing cycle:

Breathe normally until the rifle starts to settle, then:

- “Hold” the breath at the natural end of the exhale once the lungs are empty - do not force them empty!
- Stop breathing for only 4-8 seconds and release the shot when ready or try the cycle again.





An air rifle shooter taking a breather between shots (photo: Petr Kurka)

## COACHING BASICS – Sight Picture

Despite what you may think, 20/20 vision is not required to be a top target rifle athlete! In fact, many of the world's best athletes in our sport wear glasses or corrective lenses.

Once the head is rested comfortably on the cheekpiece at the correct height, the eye must be aligned with:

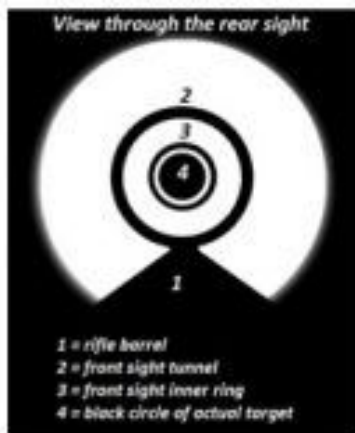
- The centre pinhole of the rear sight.
- The front sight/foresight tunnel and inner ring.
- And finally, the target.

This may be difficult at first but will become second nature after a few shooting sessions.

**Rear Sight**– this is closest to the eye and creates the outermost black circle in the diagram below. The size of the opening is sometimes adjustable but will often be set at approximately 0.9 – 1.3mm depending on the amount of light available.

**Foresight**– a metal or Perspex element is used inside the foresight tunnel at the front of the barrel with diameters ranging from 3.5 – 4.2mm.

**Target** – The target itself has a large black circle which is used to align with the sights of the rifle. The black circle of the target at distance will appear small and may be fuzzy, slightly grey or not as clear. This is ok. Once the circles are “concentric” i.e., aligned equally, it is time for the next challenge– squeezing the trigger!



#### A few simple

##### hints:

- Keep both eyes open (less fatigue on the eyes)
- Use a blinker or blinder on one eye.
- Look as straight forward as possible.
- Focus on the foresight sharply. The target may appear "greyish" or blurred.
- Your good sight picture will last for about 6-8 seconds.

## COACHING BASICS – Trigger Control

Once you are happy with your natural point of aim, breathing cycle and sight picture the shot can be released by carefully applying pressure to the trigger. Sound easy?!

Target rifle triggers require only a small amount of pressure to release. Light pressure prevents any unwanted additional force from moving the aim of the rifle whilst squeezing the trigger.

There are two basic types of triggers:

- Single Stage – where one finger movement releases the shot.
- Two-Stage – where there is a first lighter movement, and the second heavier movement to release the shot.



Sensitivity of feel is required for the lightweight trigger, and the first pad of the index finger should be used.

When the rifle settles, pressure is applied to the trigger and the shot is released. The recoil from these rifles is minimal.

Trigger release will become a semi-automatic response to a steady hold and good sight picture. Be willing to stop and start your cycle again if it does not feel right.

"Follow through" is a term used to describe the two seconds spent after releasing the trigger when an athlete does not move from their position. This prevents the athlete from disturbing the rifle position too early in the shot process and allows the athlete to see where the natural point of aim lies after the shot has been taken.

Ideally, after a shot, the aim should return to the centre of the target and anywhere else indicates that the natural point of aim was not quite correct, to begin with.



It is recommended for the beginner that trigger release should be a surprise!

The purpose of this is to prevent movement that may occur from either a trigger finger movement which is too fast or powerful, or flinching in anticipation of the shot.

A target rifle athlete gently squeezing the trigger (Photo: Petr Kurka)

## An Analysis of 10m Air Rifle

Air rifles are slightly lighter than small-bore rifles and are shot from the standing position at a distance of 10 metres. The air rifle target and bullseye are much smaller than those in 50m shooting to compensate for the shorter distance! Air rifles are powered by compressed air and are fitted with air cylinders to allow a number of shots to be taken in a single session.

A basic standing position can be constructed by doing the following:



(photo: Anschutz)

- Stand at an angle of roughly 90° to the direction of aim, placing the feet approximately shoulder width apart.
- Slightly more weight should be placed on the front leg with the hip pushed a little towards the target.
- Hold your head as straight and upright as reasonable and, if necessary, cant or turn the rifle in comfortably towards the head.
- Bend the upper portion of the body slightly backwards so that the rifle is over the body's centre of gravity.
- Use the palm rest to help keep the rifle high enough to ensure that the neck is relatively upright without disrupting the hold.
- The supporting arm rests against the rib cage. The stability of the position is enhanced when a shooting jacket is used.
- The bone structure and good balance, not the muscles must support the rifle.



(photo: Anschutz)

### Target Rifle Shooting - Basic Standing Position

The position should be comfortable, within the rules and practices.

Your coach will adjust the sights closer to your eye and lower the rifle's butt plate to allow for appropriate height alignment.

# An Analysis of 50m Rifle

Prone is an excellent introductory shooting event requiring the least equipment to practice. Beginners will start off shooting from a supporting wooden block before moving on to using the sling, glove and jacket as they improve.

Prone is often considered to be the flagship event of shooting competitions and typically the most popular.

A basic position can be constructed by carrying out the following:

- Place the shooting mat at an angle of up to 30 degrees to the direction of fire.
- While lying on the mat, draw the right leg up slightly and comfortably
- Ensure that the head, spine and left foot are in a comfortable line.
- Place the left elbow below the left side of the stock.
- Hold the head vertical and look straight ahead.
- The butt-plate should be positioned in the shoulder pocket firmly but comfortably.
- The cheek should be comfortably rested on the cheek piece allowing the eye to see through the rear sight without any strain.



(photo: Anschutz)

Target Rifle Shooting - Basic Prone Position  
Your range staff will help you with all these details.

While prone may appear a simple position to shoot from, it requires work to ensure that you are staying as still as possible while completing the shot process.

"Learn from yesterday, live for today, hope for tomorrow. The important thing is not to stop questioning."

Albert Einstein

## And you think these, are jokes?



Our newsletters are produced at least quarterly. We depend on you to provide us with items of interest, or relative content, but not actual relatives please – we've got enough of our own. 😊

“Always forgive your enemies; nothing annoys them so much.”

*Oscar Wilde.*