

Dateline digital edition Summer 2012

alberta smallbore rifle association

ON THE LINE



Smallbore Rifle Events Calendar

When	What	Where	Who
2012			
Sept 14, 15, 16	Eldorado air gun	St. Paul	Louis Mailloux 780-645-4379
Sept 29	Steve Johnson sendoff	Steve Johnson Calgary	Ralph Pentelski
Nov 30	USA air gun events	OTC Colorado Training Centre	
2013			
Early Spring ?	Rocky Mountain .22	OTC Colorado Training Centre	
Late Spring ?	USA spring selection match	Ft Benning Georgia	

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BULLETS

- Internet/Web access

Keep up to date by clicking 'like' our facebook page: <http://www.facebook.com/AlbertaSmallboreRifleAssociation>

You can follow us on Twitter: @ASRA_177_22

Our website has now gone live. Check us out at: www.albertasmallborerifle.ca

- **Newsletter**-This is newsletter is published three times per year. The dates are approximately March 31, August 31 and November 30. If you want something published please get it to me two weeks prior to the publication date. I will be issuing some more timely items on an as needed basis now that we have the digital process in operation. I would love to hear from anyone as to the types of things that they think would be of value in this newsletter.

- **Sponsors**

These people sell products related to your shooting. Please use them, where possible, as a thanks for helping support us through their ads. When you do order, be sure to tell them thanks for the support.

- **Panel question**

Once again we have a very interesting panel discussion. It will be extremely valuable for athletes and coaches.

The question this time is on a micro portion of a training schedule as to how to train during the final couple of months for an important match. **Note: this edition of the panel discussion will be a little later. There are a number of contributions that haven't been received to date.**

- **Donations**

Thanks to those who contributed beyond their membership fee this year.

Roxanne and Sheldon Dobish, Angie and Jeff Hunter

- **Associate membership**

There is now an associate membership available for those who wish only to receive the digital copy of the newsletter. The price for 2012 is \$5 Canadian for the year. What a bargain!

If you are reading this and haven't paid your fee please send it to the ASRA address or contact Wynn Payne for a visa deposit.

- **Steve Johnson Range** APRA has received a letter of notice of termination of overhold lease from the City of Calgary. APRA and ASRA have till 30 April 2013 to cease operations and remove buildings/equipment from SJR; unless negotiations succeed (which is doubtful). We essentially have a year to find a new range. The SBR
- **The last match will be held Sept 29, 2012.** This may be tied in with the national postal match being held in Sept.

2012 Alberta Smallbore Rifle Association BOARD OF DIRECTORS

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SHOOTING BOOK FOR SALE

MENTAL TRAINING FOR SHOOTING SUCCESS - Professor Richard R Domey

Originally available exclusively from the author the book has been unavailable anywhere for about two decades. Used copies are almost impossible to find. The author has given permission to reprint the book. Professor Domey's extensive background as a competitive shooter and coach in both full bore and small bore rifle is a solid foundation. The book covers a wide range of topics including but not limited to goal setting, training plans, visualization, relaxation techniques, wind-doping and nutrition.

Copies are available from D. Grover, PO Box 5035, Westlock, Alberta , T7P 2P4

\$25.00 includes shipping and handling (based on Canadian destination). Allow two weeks for delivery.

Rocket Science

Too funny not to share! Sometimes it does take a rocket scientist!

Scientists at NASA built a gun specifically to launch standard 4 pound dead chickens at the windshields of airliners, military jets and the space shuttle, all traveling at maximum velocity. The idea is to simulate the frequent incidents of collisions with airborne fowl to test the strength of the windshields.

British engineers heard about the gun and were eager to test it on the windshields of their new high speed trains. Arrangements were made, and a gun was sent to the British engineers. When the gun was fired, the engineers stood shocked as the chicken hurled out of the barrel, crashed into the shatterproof shield, smashed it to smithereens, blasted through the control console, snapped the engineer's back- rest in two, and embedded itself in the back wall of the cabin, like an arrow shot from a bow.

The horrified Brits sent NASA the disastrous results of the experiment, along with the designs of the windshield and begged the U.S. scientists for suggestions.

NASA responded with a one-line memo, "Defrost the chicken."

2012 Provincial matches

The .22 Provincial matches were an illustration of what wind can do. Saturday started out not too bad but by the afternoon it was "Calgary "conditions with a strong fishtailing wind. On Sunday the wind came out in full force besting the previous day. There were many incidences of a target with 4 10's and an 8. Something to reflect on as this was our last Provincial match on that range.

2012 ASRA PROVINCIAL SMALL BORE RIFLE CHAMPIONSHIP SJR CALGARY 8 June to 10 June 2012

SFC Registered

ISSF MATCH RIFLE PRONE Saturday 9 June 2012

		100 yd match													Iron				
		1	2	3	4	5	6	English	English	Prone	8		9		100			Sights	
								Match1	Match2	Agg					yd.			Grand	
<u>Class</u>	<u>Competitor</u>	<u>P1</u>	<u>P2</u>	<u>P3</u>	<u>P4</u>	<u>P5</u>	<u>P6</u>	<u>Total</u>	<u>Total</u>	<u>TOTAL</u>	<u>P1</u>	<u>x's</u>	<u>P2</u>	<u>x's</u>	<u>total</u>	<u>x's</u>	<u>Place</u>	<u>Agg</u>	<u>Place</u>
		President's Trophy & Medals																	
MA	Wynn Payne	198	199	194	194	193	196	591	583	1174	200	13	194	6	394	19		1568	
MA	Jeff Hunter	197	196	195	193	196	197	588	586	1174	198	10	200	11	398	21	2	1572	1
MA	Arne Sorensen	197	199	195	196	196	192	591	584	1175	200	13	198	11	398	24	1	1573	MW
EX	Sheldon Dobish	194	196	192	195	196	194	582	585	1167	199	12	197	9	396	21	3	1563	1
EX	Peter Scantlebury	193	193	190	195	193	193	576	581	1157	199	10	197	6	396	16		1553	
EX	Jeremy Reynolds	192	192	193	183	191	192	577	566	1143	192	5	197	4	389	9		1532	
SS	Phil Zelenka	180	190	184	191	190	187	554	568	1122	199	10	197	9	396	19		1518	1
SS	Susan Eymann-MacDonald										177	1	184	3	361	4		361	
MM	Gregg Davies	193	188	192	188	187	185	573	560	1133	192	5	196	7	388	12		1521	1
MM	Jeff MacDonald							0	0	0	198	6	194	8	392	14		392	

ISSF MATCH RIFLE PRONE Sunday 10 June 2012

<u>Class</u>	<u>Competitor</u>	<u>10</u> <u>P1</u>	<u>11</u> <u>P2</u>	<u>12</u> <u>P3</u>	<u>14</u> <u>P4</u>	<u>15</u> <u>P5</u>	<u>16</u> <u>P6</u>	<u>Any</u> <u>Match1</u> <u>Total</u>	<u>Any</u> <u>Match2</u> <u>Total</u>	<u>Any</u> <u>Agg</u> <u>TOTAL</u> Craftsman Trophy	<u>Iron</u> <u>Sight</u> <u>Agg</u>	<u>100</u> <u>yd</u> <u>Agg</u>	<u>x's</u>	<u>Prone</u> <u>Grand</u> <u>Agg</u> Chisholm Trophy & Class Plaques	<u>Place</u>
MA	Wynn Payne	189	189	189	189	193	193	567	575	1142	1174	394	19	2710	
MA	Jeff Hunter	191	192	189	191	188	191	572	570	1142	1174	398	21	2714	1
MA scope	Arne Sorensen	193	196	196	191	193	195	585	579	1164	1175	398	24	2737	MW
EX scope	Sheldon Dobish	195	196	193	190	194	195	584	579	1163	1157	396	16	2716	1
EX	Peter Scantlebury	192	188	189	189	190	189	569	568	1137	1167	396	21	2700	
EX	Jeremy Reynolds														
SS	Phil Zelenka	185	173	186	189	183	192	544	564	1108	1122	396	19	2626	1
MM	Gregg Davies							0	0	0	1133	388	12	1521	
MM	Jeff MacDonald	179	185	189	187	181	185	553	553	1106	0	392	14	1498	1

ISSF MATCH RIFLE 3 POS. Saturday 9 June 2012
MEN

<u>Class</u>	<u>Competitor</u>	<u>P1</u>	<u>P2</u>	<u>P</u> <u>TTL</u>	<u>S1</u>	<u>S2</u>	<u>S</u> <u>TTL</u>	<u>K1</u>	<u>K2</u>	<u>K TTL</u>	<u>3P</u> <u>TTL</u>
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ISSF MATCH RIFLE 3 POS. Saturday 9 June 2012
WOMEN

<u>Competitor</u>	<u>P1</u>	<u>S1</u>	<u>K1</u>	<u>TTL</u>
SJR EX Aerial Arthur	185	183	184	552

ISSF MATCH RIFLE 3 POS. Sunday 10 June 2012
WOMEN

<u>Competitor</u>	<u>P1</u>	<u>S1</u>	<u>K1</u>	<u>TTL</u>	<u>3P</u> <u>ISSF</u> <u>TOTAL</u>	
SJR EX Aerial Arthur	182	182	171	535	1087	Trophy

2012 ASRA PROVINCIAL SMALLBORE RIFLE CHAMPIONSHIP SJR CALGARY 8 June to 10 JUNE 2012
SFC Registered

SPORTING RIFLE PRONE Saturday 9 June 2012

Relay		1		2		3		Sporter	X	4		5		6		Sporter	X Match 2	Sporter	X
<u>Class</u>	<u>Competitor</u>	<u>P1</u>	<u>x</u>	<u>P2</u>	<u>x</u>	<u>P3</u>	<u>x</u>	<u>Match 1</u> <u>TOTAL</u>	<u>Match 1</u> <u>TOTAL</u>	<u>P4</u>	<u>x</u>	<u>P5</u>	<u>x</u>	<u>P6</u>	<u>x</u>	<u>Match 2</u> <u>TOTAL</u>	<u>Match 2</u> <u>TOTAL</u>	<u>Prone</u> <u>Agg</u>	<u>Prone</u> <u>Agg</u>
EX	Jeff MacDonald	195	12	196	10	196	8	587	30	200	14	199	15	198	13	597	42	1184	72
TEX	Jeremy Reynolds (shot on Sunday)	196	8	195	10	193	6	584	24	197	12	198	11	193	7	588	30	1172	54
Relay		1		2		3		Sporter	X	4		5		6		Sporter	X Match 2	Sporter	X
<u>Class</u>	<u>Competitor</u>	<u>P1</u>	<u>x</u>	<u>P2</u>	<u>x</u>	<u>P3</u>	<u>x</u>	<u>Match 1</u> <u>TOTAL</u>	<u>Match 1</u> <u>TOTAL</u>	<u>P4</u>	<u>x</u>	<u>P5</u>	<u>x</u>	<u>P6</u>	<u>x</u>	<u>Match 2</u> <u>TOTAL</u>	<u>Match 2</u> <u>TOTAL</u>	<u>Prone</u> <u>Agg</u>	<u>Prone</u> <u>Agg</u>
SS	Susan Eymann-MacDonald	191	4	197	6	199	8	587	18	195	9	193	2	195	6	583	17	1170	35
JR	Keashea John	151	1	178	2	177	0	506	3	168	1	185	2	171	3	524	6	1030	9
SJR	Kolby John	35	0	14	0	140	0	189	0	132	0	117	0	89	0	338	0	527	0

REG Jackson
Trophy

Class	Competitor	11		12		13		Sporter Match 1	X Match 1	14		15		16		Sporter Match 2	X Match 2	3P	3P	Sporter		
		P1	x's	S1	x's	K1	x's	TOTAL	TOTAL	P2	x's	S2	x's	K2	x's	TOTAL	TOTAL	Sporter	X	Sporter		
																		Total	Total	Grand		
		Alma Macnab Trophy																				
EX	Susan Eymann-MacDonald	198	11	186	3	190	5	574	19	193	6	186	5	190	7	569	18	1143	37	2313		
JR	Keashea John	175	1	154	0	149	0	478	1	184	4	134	0	157	0	475	4	953	5	1983		

[illegible]

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ASRA 2012 Summer Outdoor Match 21 July 2012 SJR Calgary

	50M Prone Match Iron Sights								50M AGG	100 Yds			Grand Agg
	1	2	3	TTL	4	5	6	TTL		7	8	TTL	
Competitors													
Sorensen Wayne	193	191	185	569	DNF				569	DNF			569
Sorensen, Arne	189	187	188	564	191	192	191	574	1138	DNF			1138
Hunter, Jeff	193	191	191	575	196	190	193	579	1154	DNF			1154
MacDonald, Jeff	185	182	181	548	185	188	185	558	1106	192x6	DNF		1298x6

50M Prone Sporting Rifle

Marshal, Bryan	174x3	172x1	180x3	526x7	177x3	177	176x3	530x5	1056x12	168x1	177	345x1	1401x1
Eymann-MacDonald,Susan	195x4	197x7	194x7	586x18	200x12	194x8	198x11	592x31	1178x49	188x3	189x6	377x9	1555x58

Official: R.Pentelski

This was a cold miserable day that made the provincials look like a picnic. The intention was to shoot two matches of the 100yd and one person shot the one range and joined the others who had decided not to shoot it at all.

Canadian Nationals

Alberta sent 4 athletes to the Canadian national rifle matches and they all did a great job in representing our province. **Daniela Sirbu** placed 4th in the Ladies air rifle and achieved a cut score to qualify for the Ladies air rifle national training team.

Jeff Hunter, Sheldon Dobish and Wynn Payne each shot qualifying scores for the men's .22 prone national training team. Wynn managed a fifth place finish after a poor first match. He also backed into the veteran's award because a veteran who finished ahead of him didn't register as such.

The weather was overcast most of the time with rain happening in the evenings with spots during the day but luckily not during the .22 match rifle events. All the target boxes worked well for the ISSF shooting but failed for one relay in the heavy rain for the sporting rifle events. (The targets were replaced and no further problems.) The wind was moderate but constantly changing in strength and direction, making the competition scores somewhat lower than normal.

The clubhouse at the .22 range still serves great burgers and pies so we were able to drown our sorrows in food while commiserating about the low scores.

Chris Congram of BC was the men's .22 prone match winner. Not one person shot the cut score in all three matches giving some indication the difficulty the wind created.

Greg Sych was the men's air rifle and 3p winner showing why he is competitive with international scores.

Shannon Westlake of Ontario won many of the Ladies .22 events including the high overall awards.

Cassandra Wilson-Anderson of Saskatchewan won the Ladies air rifle event.

The link for the national scores is: http://www.sfc-ffc.ca/uploads/public_result/public_result_110.pdf

There were no bids submitted to host next year's nationals but Beachburg has indicated they would be a fallback position if no other group comes forward. There was some rumor about Grandby Quebec hosting the event and having enough electronic targets to hold a paperless nationals. At this point that rumor is not confirmed. The suggested date was the first week in Aug as was this year.

The rifle section meeting was run by **Azmir Arifovic**. Azmir is the President of the Shooting Federation of Canada and has volunteered to serve as chair of the rifle section. A thanks to **Steve Spinney** for taking over the organization of the event replacing Janet Trace who was in London officiating at the Olympics.

Pauline Pilkington indicated this is her last nationals. She has served in many capacities but primarily as the person in charge of officials and all that officials are responsible for. ie scoring, range officers etc. Pauline is on the technical committee for the ISSF and has often served as jury member for international matches such as Olympics, Commonwealth Games and World Cups.

Pictures from Nationals Aug 2012

Here's some pictures from the nationals. Click on the link then click on one of the pictures in the matrix and you have a slide show. Going to the icon in bottom right corner allows you to download the picture.

<https://www.dropbox.com/sh/2e7jzed3el4dijv/pt4pUI4EQ->

I will leave this link up only until Sept 30, 2012.

