

## Dateline Spring digital edition

alberta smallbore rifle association

# ON THE LINE



### Smallbore Rifle Events Calendar

When	What	Where	Who
April 17-29	World Cup	London	
April 14	Calgary Sat match	Calgary rifle & Pistol	Jeff Hunter 403-238-2651
April 14, 15	Spring Air Gun	Grande Prairie	Darcy Wereley 780-876-0428
May 14-21	World Cup	Milan	
June 2-12	US Olympic .22 trials	Ft. Benning	USA shooting
June 16-25	World Cup	Beijing	
June 9,10	Provincial .22	Calgary	Ralph Pentelski
June 3-10	US national championships	Ft. Benning	
July 27- Aug 6	Olympics	London	
Aug 3-12	National Rifle matches	Beachburg ON	SFC
Sept 14, 15, 16	Eldorado air gun	St. Paul	Louis Mailloux 780-645-4379
Sep 24-30	US Champion of Champions	Ft Benning GA	

Editor Wynn Payne 780-429-2512wk 462-1029hm

email at [wynn.payne@gmail.com](mailto:wynn.payne@gmail.com)

2033-74 Street Edmonton, Alberta T6K 2L3

# BULLETS

ASRA Spring newsletter

Hello to all. This email edition is now the second digital edition

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

You can also follow us on Twitter: @ASRA\_177\_22

Our website has now gone live. Stay up to date with all of ASRA's news and events, download match information and registration forms, then check out your scores in the match results section. Be sure to register as an ASRA member and log into the forums for all sorts of discussions on the panel question, as well as a buy-sell-trade forum for your used equipment.

Check us out at: [www.albertasmallborerifle.ca](http://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 what to do when thing start going wrong.

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.

Digital newsletter

Yes we have a web site. [www.albertasmallborerifle.ca](http://www.albertasmallborerifle.ca)

Send your comments to Wynn at [wynn.payne@gmail.com](mailto:wynn.payne@gmail.com).

## **The scores are from the Nov. 2011 Memorial Match in Olds.**

Here are the results with relay scores

Match winner Daniela Sirbu 380, 381

Ladies Gold Susan Eymann 363, 372

Ladies sub junior gold Aerial Arthur 372, 376 silver Avril Arthur 272, 309, bronze Belle Medcraft 338 (didn't finish, sick)

Men's junior gold Jeremy Ruddick 564, 570

Men's sub junior gold Morgan Wereley 501, 536, silver Michael Erickson 421, 482

Finals

Jeremy 98.2

Morgan 99.2

Michael 72.3

Daniela 99.4

Aerial 96.3

Susan 93.1

Avril's 77.6

# President's Report ASRA 2011

2011 has been an interesting year, starting with the Air Provincials in Vermilion Alberta. As you may know, the air gun provincials have been a joint event with AHA and hosted in different communities each year. The hope was to create interest in the air gun sports. Vermilion College was a good venue and well enough attended however I think we have been missing opportunities by not having pre-event matches in the host communities. I also believe that there should be a fun event for interested local folks to bring their own air guns and under supervision, try shooting during our open practice time.

At the 2011 AGM ASRA passed a motion requiring athletes planning to apply for the High Performance Grant to submit an "Annual Training Plan" by March 31. The intent was to ensure that the athlete was in a training program with parameters and goals focused on national level excellence.

The season continued with our CWG Team competing in Halifax, and by all accounts representing Alberta proudly. Three of the team members will still be eligible for the next games, but there are already athletes in the wings training to challenge for a spot on the next team.

In May and June ASRA hosted 2 officials training sessions and have acquired several officials of provincial ability and one with national experience. This will work well with the Canadian Sport for life plan that suggests that officials should be at a level of training equal to the athlete's stage of development.

I did not attend the smallbore provincials and will let the match director expand on that event as well as the other smallbore events in 2011.

We received a \$1200 donation from the Alberta Arms and Cartridge collectors assoc. for the purchase of new air rifle provincial trophies. It was necessary to create awards that could be distributed to athletes on age categories (sub-junior, junior....) because the existing ability class trophies were inadequate and athletes are able to compete in their age category **or** classifications.

In August we hosted a 4 day camp for 6 air rifle athletes and 6 air pistol athletes, at the Narrow Lake conservation camp near Athabasca. The weather was perfect, the facility was well suited and I believe that the athletes had a grand time. The camp was supported by year 1 CWG funds from AFSS, athlete entries and a small amount each from ASRA and AHA.

The grant forms were sent to eligible athletes and completed forms were received by November 12<sup>th</sup>. All forms were sent to AFSS on November 26. The grants have not been awarded at this time because the amount that ASRA will receive for distribution is still being negotiated.

ASRA volunteers worked at the AFSS Casino event in Edmonton in November, and thanks to Janet, Brian, Wynn and Tracy the association will hopefully have an additional pot of loot to access for programs.

This is my last report as president, or from whatever position I now hold, so I just want to say, it's been a slice but it is time for someone else to lead the charge, as I am no longer able to commit the effort needed. Thank You for your support. Straight Shooting!

Russ

## 2012 Alberta Smallbore Rifle Association BOARD OF DIRECTORS

Eymann, Susan Box 1703 Raymond, AB T0K 2S0 C: 403-315-1585 <a href="mailto:susan.eymann@lethbridgesportcouncil.ca">susan.eymann@lethbridgesportcouncil.ca</a>	<b>President</b> <b>ex officio all committees</b>	Medicraft, Stephen 5349 42A Ave Red Deer, AB T4N 3A6 H: 403-342-6555 C: 403-357-4370 <a href="mailto:smedi@telusplanet.net">smedi@telusplanet.net</a>	<b>Vice president</b>
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Do you know an amazing Alberta Shooting Athlete?

Nominations are open to identify the person most deserving to be called  
**ASRA Athlete of the Year**

We are looking for someone who has made a tremendous increase in their personal performance, effort, and achievements over the past year.

Submit your nomination along with the reason you think this athlete should be the next

**ASRA Athlete of the Year**

**Deadline April 15, 2012**  
Send nomination to Janet at  
[jtandpz@telus.net](mailto:jtandpz@telus.net)

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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.

# Think about this in the context of looking at a target too long.

**Subject:** Motion Induced Blindness

Absolutely phenomenal!!!

This is frightening! It works exactly like it says, and is one major reason people in cars can look right at a motorcycle or bicycle and not see it. For those of us who ride/rode this is worth knowing. We have always been dumbfounded by drivers who say, after running us down, "Sorry, I did not see you". We have wondered, how can that be? I have been the victim of this phenomenon. The conclusion to be drawn from this is that car drivers become mesmerized with what they are focused on and oblivious to all else. The eye-brain connection can actually filter out peripheral information even though it is still physically and obviously right there in front of us to be seen. For motorcycle and bicycle riders this is worth knowing because knowing that this is a real neurological malfunction helps us to understand the danger that surrounds us. Watch this little film clip to see how mesmerization can affect your vision: The dots are always there, your brain just eliminates them periodically.

From a former Naval Aviator.

This is a great illustration of what we were taught about scanning outside the cockpit when I went through training back in the '50s. We were told to scan the horizon for a short distance, stop momentarily, and repeat the process. I can remember being told why this was the most effective technique to locate other aircraft. It was emphasized (repeatedly) to NOT fix your gaze for more than a couple of seconds on any single object.

The instructors, some of whom were WWII veterans with years of experience, instructed us to continually "keep our eyes moving and our head on a swivel" because this was the best way to survive, not only in combat, but from peacetime hazards (like a midair collision) as well. We basically had to take the advice on faith (until we could experience for ourselves) because the technology to demonstrate it didn't exist at that time.

Click on the link below for a demonstration ... <http://www.msf-usa.org/motion.html>



# Grant money

Similar to last year, in order to qualify for an High Performance Grant for 2012 shooting expenses ASRA requires that you follow the process set out below. The deadline is April 12, 2012. But first, some more information about the HP Grant.

ASRA receives an annual HP grant from AFSS, who receives their funding from the Alberta Sport, Recreation, Parks and Wildlife Foundation. This grant is meant to help out athletes who are working towards national team membership and international competitiveness. For some of you that may be part of your 2012 goal and for others it may be a goal in the near future. Juniors may show goals that show commitment to a training regime that will lead them someday to national levels of success (i.e., 2015 Canada Winter Games). Athletes will be asked to submit receipts in the late fall of 2012; receipts include travel (gas costs not mileage), equipment, and match registrations.

Process/check list for competitive athletes.

1. The athlete must be a member in good standing with ASRA (i.e., 2012 registration paid)
2. The athlete must reside in Alberta
3. With your coach and or parent create an annual training plan including goals
  - a. What matches will you attend? Check [www.absbrifle.ca](http://www.absbrifle.ca) for match location and dates.
  - b. Include your training schedule both monthly and weekly?
  - c. Include other ways you are physically active (either off season or during the shooting season)
4. Email or mail to Susan Eymann Box 1703 Raymond AB T0K 2S0 or [susan.eymann@lethbridgesportcouncil.ca](mailto:susan.eymann@lethbridgesportcouncil.ca)

## 5. **Deadline April 12, 2012**

Please contact me if you have any questions.

Susan

# City of Calgary Airgun Championship 2012

CRPC 16 - 18 March 2012 Calgary AB  
Air Rifle Result  
Only

Competitors	Class						
		Match 1	Match 2	Match 3	TTL AGG	No Final	Awards
Ladies							
Arthur, Ariel	Jr	380	380	379	1139		Ladies MW
Arthur, Avril	Sub Jr	292	318	320	930		
McIlroy, BilliJo	Ijr	363	351	363	1077		
Medicraft, Belle	SJr	364	357	367	1088		
Eymann-MacDonald, Susan	Adult	352	357	362	1071		
Men							
Erickson, Michael	SJr	384	417	432	1233		
Reid, David	Adult	503	490	484	1477		
Reid, Jonathon	Jr	546	543	531	1620		
Werely, Morgan	Jr	480	517	510	1507		
Ruddick, Jeremy	SJr	564	563	571	1698		Mens MW
Draper, Avery	SJR	391	392	401	1184		

## **2012 ALBERTA PROVINCIAL SMALLBORE RIFLE CHAMPIONSHIPS**

**MATCH AND SPORTING RIFLE**

**8, 9, and 10 JUNE 2012 AT THE**

**STEVE JOHNSON RANGE**

**6710 11 ST. N.E. CALGARY, ALTA.**

Range Facilities: 46 Firing Points at 50 Meters; 23 of which extend to 100 M. Overnight camping is no longer available at SJR. There is no running water or power; outhouses only. Due to uncertainties caused by Calgary Police Service this match may have to be moved to another location. The most probable alternate range is CRPC.

### **Information:**

1. Registration and equipment check begin at 18:00 Friday 8 June and 07:45 Saturday 9 June.
2. Course of Fire: Please see attached schedule.
3. ISSF (Match/Sport Rifles ) and SFC ( Sporting Rifles ) rules will apply. SFC Classifications will be used. Please bring your SFC card or latest match results. Unclassified shooters will compete in the Expert Class.
4. Challenge Fee; \$5.00, refunded on change of score.
5. Eligibility: Membership in the Alberta Smallbore Rifle Association is required. Junior ages are as of 2012. Juniors are 15-21, Sub Juniors are 14 and under as of the year of the Match. Juniors entering only JR. classes are eligible for Senior awards for no extra charge.
6. Please bring your own Staple Gun or clips for backers. Clips or clamps are preferred.
7. A Potluck BBQ is planned for Saturday evening at the Swiss Clubhouse.(to be confirmed)
8. Hotels: Nearest Hotels: Port O'Call Inn 1935 McKnight Blvd. NE Calgary, 403-291-4600.  
Or Executive Royal Inn, 403-291-2003, or Alternate Hotel: Super 8 Motel Airdrie, 815 East Lake Blvd. 403-948-4188, Airdrie, AB.
9. Awards: Awards will be presented after Challenge time Sunday afternoon ( approx. 14:45 hrs. ).

There will be no fee for aggregate awards, which are as follows:

Match Rifle:	Trophy:
3-Position Grand Agg.	Olympic Trophy
Prone for 3-Pos. shooter (120 shots)	Inaugural Trophy
Prone Iron Sights (Match 2 & 4 )	President's Trophy
Prone Any Sights (Match 6)	Craftsman Trophy
Prone Grand Agg winner	Chisholm Trophy
Prone Grand Agg class winners	Trophy plaque (MA, EX, SS, MM)
Ladies Sport Rifle 3-P Grand Agg	Trophy
Sporting Rifle	Trophy:
Prone Agg. ( Match 3 )	Reg Jackson Trophy
3- Position Agg. (Match 8)	Alma McNabb Trophy
Prone & 3-P Agg combined	J.R. Klockow Memorial Trophy
Ladies Prone & 3-p agg combined	CRC trophy
Provincial Junior Aggregate and Provincial Sub-Junior Aggregate	

**Note:** Previous Trophy winners: Please return the trophies in time for the presentation at this match.

If you have not received an engraved plate for 2011 please have the trophy updated and submit a receipt to ASRA. Thank you.

# 2012 ALBERTA SMALLBORE RIFLE CHAMPIONSHIP

## MATCH SCHEDULE AND REGISTRATION

Friday 8 June 2012: 18:00: Registration, Equipment Check, Sighting-in.

Please indicate which matches you wish to enter by entering the fee on the line next to the match.

Saturday 9 June 2012:

FEES:

Time:	Match #:	Event:	Adult	Sub Jrs, Jrs.	
08:45	1	ISSF 3-Position (60 Pr, 40 Std, 40 Kn )	\$20.00	\$10.00	_____
08:45	2	ISSF Prone ( 120 Shots )	17.00	8.00	_____
08:45	3	Sporter Prone ( 120 Shots )	17.00	8.00	_____
14:30	4	ISSF Prone ( 40 Shots at 100 Yds.)	6.00	3.00	_____

Sunday 10 June 2012:

09:15	5	ISSF 3-Position ( 60 Pr, 40 Std, 40 Kn )	20.00	10.00	_____
09:15	6	ISSF Prone Any Sight (120 Shots )	17.00	8.00	_____
09:15	7	Sporter 3- Position ( 120 Shots )	17.00	8.00	_____

Total Match Fees: \$\_\_\_\_\_

SFC Registration Fee ( Compulsory ): 2.00 2.00 \_\_\_\_\_ 2.00\_

Total Fees: ( Please make cheque or money order payable to ASRA ) \$\_\_\_\_\_

### Notes:

For the Prone Aggregate, shooters must use Iron Sights only.

The first 40 shots prone of Matches 1 & 5 count toward your 3-P aggregate.

Prone shooters will take a break during the first Standing target, then start their 2nd match.

Name \_\_\_\_\_ Address \_\_\_\_\_

City \_\_\_\_\_ Postal Code \_\_\_\_\_ Phone # \_\_\_\_\_

SFC Classifications: Sporting Rifle Pr \_\_\_\_\_ 3-P \_\_\_\_\_ Match Rifle Prone \_\_\_\_\_, 3-P \_\_\_\_\_

SFC Membership # \_\_\_\_\_ ASRA Membership # \_\_\_\_\_ JR. Birth Date \_\_\_\_\_

Please forward cheques and entry forms to: Ralph Pentelski,

2808 37 ST SW,

Calgary, Alberta,

T3E 3B4

Phone: 403-242-1416, or email to [rpentelski@gmail.com](mailto:rpentelski@gmail.com)

Wapiti Shooters Club and The Alberta Smallbore Rifle Assoc.

Invites You to Attend

**“Spring” AIR GUN MATCH**  
**APRIL 14, 15 2012**

Wapiti Shooters Club, Resources Road

Course of Fire: Men - two 60 shot matches Ladies – two 40 shot matches

Range - 10 position, manual returns target system

Rules - SFC and ISSF rules will apply

Schedule - Saturday Registration 8:00 to 10:00 am

Relay A1 9:00 to 10:45am

Relay B1 11:00 to 1:00pm

Lunch provided

Relay A2 2:00 to 3:45pm

Relay B2 4:00 to 5:45 pm

Fun Shot – 7:00 p.m.

Sunday - Men Finals 9 am

Ladies finals 11 am

Awards {prizes} to follow

Information Call Darcy Wereley @ 780-876-0428, [dwereley@telus.net](mailto:dwereley@telus.net)

This event will be open to all Air Gun/ Air Pistol Athletes.

Name \_\_\_\_\_ SFC # \_\_\_\_\_  
Address \_\_\_\_\_ E-mail \_\_\_\_\_  
City \_\_\_\_\_ Prov. AB \_\_\_\_\_ Postal Code \_\_\_\_\_  
Rifle \_\_\_\_\_ Pistol \_\_\_\_\_ Phone# \_\_\_\_\_  
Birthday \_\_\_\_\_ Male \_\_\_\_\_ Female \_\_\_\_\_  
Preferred Relay \_\_\_\_\_ Classification \_\_\_\_\_  
ARSA # \_\_\_\_\_ AHA# \_\_\_\_\_

Cost: \$40.00 \_\_\_\_\_

BBQ at Club \$10.00 x \_\_\_\_\_ (# of people) = \_\_\_\_\_

Shooters must be members of their Provincial Organization eg. ASRA or AHA

The organizing committee reserves the right to adjust rules and procedures

Darcy Wereley, 9631 – 114 Ave, Grande Prairie, AB T8V 3L9

# 2012 ASRA ALBERTA AIR RIFLE PROVINCIAL CHAMPIONSHIP

20 - 22 January 2012 Lethbridge AB

Competitor	Cat.	Town/City	Relay 1	Relay 2	TTL	Final	Fin. Agg.	Awards
Ladies								
Sirbu, Daniela	LSR	10510 53 Ave Grande Prairie, AB	377	387	764	95	859	Ladies' Champ, MW Lady
Arthur, Ariel	LSJR	Saskatoon, Sask	380	376	756	101	857	1st SJR Lady, 2nd Overall
Eymann-								
MacDonald, Susan	LSR	Raymond, Alberta	350	357	707	88.9	795.9	1st Sr Lady
Medicraft, Belle	LSJR	Red Deer, Alberta	352	344	696	86.8	782.8	
Mailloux, Mikayla	LJR	5625 56 Ave St. Paul, AB	332	339	671	90.4	761.4	1st JR Lady
McIlroy, Billi-Jo	LJR	Red Deer, Alberta	326	339	665	82.9	747.9	
Lunan, Shaylene	LJR	Grande Prairie, AB	304	317	621	72.9	693.9	
Arthur, Avril	LSJR	Saskatoon, Sask	277	298	575	73.1	648.1	
Men								
Ruddick, Jeremy	SJR	Saskatoon, Sask	568	561	###	97	1226	Top SJR, Mens' Champ
Sinclair, Jordan	JR	Box 454, St. Paul, AB	561	548	###	99.9	1209	Top JR
Budd, Derek	SR	Benalto, AB	532	544	###	93	1169	Top SR
Reid, Jonathan	JR	Lethbridge, Alberta 9631 114 Ave, Grande Prairie, AB	506	530	###	93.7	1130	
Werely, Morgan	SJR		526	532	###	93	1151	1st SJR
Reid, David	SR	Lethbridge, Alberta	479	478	957	90.3	1047	
Kotowich, Stuart	SJR	St. Paul, Alberta	460	466	926	82.3	1008	
Erickson, Michael	SJR	Lethbridge, Alberta	448	465	913	86.7	999.7	
Grigg, Murray	SR	Coaldale, Alberta	422	406	828	dnf	828	
Draper, Avery	SJR	Lethbridge, Alberta	354	378	732	77.4	809.4	

Officials: R.Pentelski, R. Whitford, B. Kotowich  
Assisants/Trainees: T.Sinclair, L.Mailloux

