

**Dateline digital edition Fall 2012**

alberta smallbore rifle association

# ON THE LINE



## Smallbore Rifle Events Calendar

When	What	Where	Who
<b>2013</b>			
Jan 5	Calgary Sat match	Calgary rifle & Pistol	Jeff Hunter 403-238-2651
Feb. 2	Calgary Sat match	Calgary rifle & Pistol	Jeff Hunter 403-238-2651
Mar. 2	Calgary Sat match	Calgary rifle & Pistol	Jeff Hunter 403-238-2651
Apr. 6	Calgary Sat match	Calgary rifle & Pistol	Jeff Hunter 403-238-2651
May 4	Calgary Sat match	Calgary rifle & Pistol	Jeff Hunter 403-238-2651
Early Spring ?	Rocky Mountain .22	OTC Colorado Training Centre	
June 2-9	USA nationals	Ft Benning Georgia	
June 8-9	Provincial .22	Not confirmed- likely Spruce Grove Alberta	Ralph Pentelski

Editor: Wynn Payne 462-1029 hm  
email at [wynn.payne@gmail.com](mailto:wynn.payne@gmail.com)  
2033-74 Street Edmonton, Alberta T6K 2L3

# 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

Web site : [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 the first of a two part series on focusing. Part 1: How to achieve it. I think this is one of the most significant pieces we have published. Be sure to soak it in.

- **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 2013 is \$5 Canadian for the year. What a bargain! If you are getting this second hand get you own copy direct.

- <http://canadiansportforlife.ca/sites/default/files/flipbooks/Sleep/SleepandRecovery.html#/1/>  
an article on sleep and athletic performance
- <http://www.longtracklongshot.com/Blog.php>

I heard Kevin speak last year and have enjoyed following him since...he has a very interesting and unique story about how he began in the speed skating sport. This edition of his blog is worth putting in the website resource section.

- **Newsletter formatting** – I apologize for some of the formatting in this newsletter. I spend a certain amount of time to gather information but I lack a good knowledge of ms word. Sometimes I spend an hour to do something that is a key stroke if I knew the correct key stroke. At some point I go on to the next item. I will get better. –Wynn
- **Volunteers**- We need volunteers to help with the equipment loan program. See later in the newsletter.

- **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.

#### **LAST MATCH AT STEVE JOHNSON RANGE Sept 29, 2012.**

ASRA held a farewell match at the Steve Johnson Range in Calgary; Ralph Pentelski officiated the match of eight competitors.

Thank you to Janet Trace who brought a fantastic chili for a social following the match.

Two presentations were made during the social following the final match. Janet Trace, 2012 London Olympic and Paralympic Shooting

Official was presented with an \$800 grant by Wayne Sorenson, Investors Group to help fund her role at the Olympics. Susan Eymann presented Janet Trace with the Shooting Federation of Canada 2011 Official of the Year award. During 2011, Janet was March Director of the Canada Winter Games and Canadian National Smallbore Championships, an official at six international events including the Pan American Games.

Susan



The LAST ASRA SJR MATCH: SJR CALGARY 29 SEPTEMBER 2012

Competitor	Class	50 M Prone				100M			GR.AGG
		T1	T2	T3	TTL	T4	T5	TTL	
Eymann-MacDonald,Susan	(SPR)	198x12	195x10	198x8	591x30	183x2	190x7	373x9	964x39
MacDonald,Jeff	(SPR)	198x11	199x9	197x10	594x30	194x6	196x7	390x13	984x43
Dobish, Sheldon	(MR)	190	195	193	578	200x13	200x14	400x27	978x27
Marshall, Bryan	(SPR)	195x4	189x5	188x3	572x12	181x1	164	345x2	917x2
Reynolds,Jeremy	(MR)	189	186	191	566	198x8	193x4	391x12	957x12
Sorensen,Arne	(MR)	193	194	194	581	198x14	199x16	397x30	978x30
McAdam, Mark	(SPR)	183x5	168x1	186x4	537x10	183x1	188x1	371x2	908x12
Sorensen, Wayne	(MR)	193	196	192	581	199x13	198x9	397x22	978x22

Official:  
R.Pentelski

## 2012 Alberta Smallbore Rifle Association BOARD OF DIRECTORS

<p>Eymann, Susan Box 1703 Raymond, AB T0K 2S0 C: 403-315-1585 <a href="mailto:susan.eymann@lethbridgesportcouncil.ca">susan.eymann@lethbridgesportcouncil.ca</a></p>	<p><b>President</b> <b>ex officio all committees</b></p>	<p>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></p>	<p><b>Vice president</b></p>
<p>Reynolds, Jeremy 53 Panorama Hills Rise NW Calgary, AB T3K 5M5 H: 403-615--9112 <a href="mailto:jpkreynolds@gmail.com">jpkreynolds@gmail.com</a></p>	<p><b>Secretary/Treasurer</b></p>	<p>Whitford, Russ Box 1396 St Paul, AB T0A 3A0 H: 780-645-5652 <a href="mailto:russsdm@telusplanet.net">russsdm@telusplanet.net</a></p>	<p><b>Past President</b></p>
<p>Payne, Wynn 2033 74 Street Edmonton, AB T6K 2L3 W: 403-320-5271 C: 403-331-1737 <a href="mailto:wynn.payne@gmail.com">wynn.payne@gmail.com</a></p>	<p><b>Director-at-large</b></p>	<p>Janet Trace 99 Harvest Park Terrace NE Calgary, AB T3K 4W2 H: 403-295-1534 C: 403-612-3648 <a href="mailto:jtandpz@telus.net">jtandpz@telus.net</a></p>	
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<p>Jeff Hunter 828 Canna Cres SW Calgary, AB T2W 1N9 W: 403-541-5259 H: 403-238-2651 <a href="mailto:Jeff.hunter@otis.com">Jeff.hunter@otis.com</a></p>		<p>Darcy Wereley 9631 114 Ave Grande Prairie, AB T8V 3L9 H: 780-402-3505 C: 780-876-0428 <a href="mailto:dwereley@telus.net">dwereley@telus.net</a></p>	

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We Dress the Champions



# 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.

2012 Western Canada Air Gun Championship  
12 - 14 October 2012, CRPC, Calgary Alberta

Air Rifle Results Only

	Match 1	Match 2	TTL	Final	Final Agg
Competitor					
Women					
Arthur, Aerial	383	387	770	100.4	870.4
Arthur, Avril	363	371	734	96.3	830.3
572	359	364	723	96.3	819.3
Medicraft, Belle	354	357	711	85.4	806.4
Liu, Jacqueline	349	349	698	83.3	781.3
McIlroy, Billi Jo	335	326	661	90.6	751.6
Men					
Ruddick, Jeremy	567	573	1140	98.2	1238.2
Sinclair, Jordan	566	572	1138	96.3	1234.3
Wereley, Morgan	512	519	1031	93.5	1124.5
Kotowich, Stewart	470	450	920	87.4	1007.4
Draper, Avery	436	448	884	83.9	967.9

Officials: K. Schulze, D. Garrett. G. Garrett, D. Wyer, B. Kotowich, V. Lassen, R.Pentelski

### **ASRA Achievement Awards (sponsored by AFSS and ASRA)**

Along with the Athlete of the Year, ASRA is adding a Leadership of the Year award for 2012 achievements. The Leadership award will honour outstanding achievement of coaches, officials, volunteers and administrators.

Athletes have been recognized for their achievements since 2008

2011 Jordan Sinclair, Gavin Neil, Mikayla Mailloux, Shaylene Lunan, Canada Winter Games Team

2010 Wynn Payne, 50m Prone Rifle, Commonwealth Games, India

2009 Not Awarded

2008 Phil Zelenka, National Sporting Rifle Champion

Please submit your nominations for either award to Susan Eymann, ASRA President for achievements in 2012, **by January 5, 2013**. The awards will be announced at the ASRA Air Rifle Provincials in Red Deer January 20, 2013.

## CS4L

Canada Sport for Life is an initiative, started at the national level that is directed towards improving Canadians physical and mental health through life long sport involvement. What better a life long sport than target shooting!

The structure of the CS4L program is based upon well developed sport opportunities and well laid out sport theory from youth to senior levels. The program DOES NOT FOCUS ON AGE so much as opportunity and maturity. This is most important since physical and mental maturation vary from person to person. The goal is to produce a physically literate individual well based in sport theory.

CS4L website: [www.canadiansportforlife.ca/](http://www.canadiansportforlife.ca/)

## LTAD

The sport structure philosophy identified to carry out the CS4L program is Long Term Athlete Development (LTAD). The LTAD structure identifies a series of sport benchmarks around which a sport can start to focus and develop sport participation from youth to adulthood. One of the ultimate goals is podium performance.

LTAD theory presents a blue print which identifies the key benchmarks for sport involvement and activity for sport administrators and coaches. The following is a short summary of the LTAD blue print as it relates to target shooting.

NOTE: except for the first two stages, all time periods are noted as TIME IN THE SPORT, rather than chronological age. This is important when considering the application of LTAD principles to shooting since target shooting is a late entry sport.

**ACTIVE START:** this time period is generally age 1 through 5. General physical activity skill development takes place. Running, jumping, twisting, ball throwing... all the types of physical skills that our youth develop in PE programs in schools and play patterns.

**FUNDAMENTALS:** the movement of basic skills into games of individual or team nature. The individual is exposed to all sorts of different activities and skill building. These first two stages reflect age groupings of 1 through 10 and generally are accepted processes for all sports.

**INTRODUCTION TO SHOOTING:** 1 – 3 years in shooting sports. This stage is meant to expose the new shooter to the spectrum of different types of shooting. Specialization begins to move the individual towards their favourite type of shooting. General firearms safety, range safety, types of firearms and types of shooting are the focus here.  
This is not a training time... it is introductory.  
*Key terms:* safe... positive... fun

*Coaches PLAN du coach* is ready!

Hello coaches! below you will find a link to the latest issue of *Coaches PLAN du coach*! Inside you will find the usual departments and many excellent feature articles. You will also find information about the future of the magazine and our exciting partnership with the Coaching Association of Canada!

Please enjoy this issue and provide feedback to us via email at: [wayneparro@coachesofcanada.com](mailto:wayneparro@coachesofcanada.com).

Click the cover photo below for access to *PLAN*!

Yours in coaching,

Wayne Parro, ChPC

Executive Director



## 2013 ALBERTA AIR RIFLE CHAMPIONSHIPS

### Sponsored by ALBERTA SMALLBORE RIFLE ASSOCIATION

Additional Sponsors: Red Deer Fish and Game Assoc., Westerner Park, Best Western, Days Inn Red Deer

Date: 18 - 20 January 2013 Location: Westerner Park 4847 A 19 ST Red Deer

COMPETITOR NAME \_\_\_\_\_

ADDRESS \_\_\_\_\_

CITY \_\_\_\_\_ PROVINCE \_\_\_\_\_

POSTAL CODE \_\_\_\_\_ PHONE NO. \_\_\_\_\_

EMAIL ADDRESS \_\_\_\_\_

Match Fees :

Competitors please indicate your choice of matches below. Please note:

1. All shooters must have valid SFC classification cards.

2. Junior Females may enter Ladies Class for no additional fee

Please circle Men, Lady or Junior and enter Entry Fee on blank line.

Mens Class 2x60 = 120 shots Agg. \$60.00 \$ \_\_\_\_\_

Ladies Class 2x40 = 80 shots Agg. \$60.00 \$ \_\_\_\_\_

Junior Male 2x60 = 120 shots Agg: Junior \$55.00 \$ \_\_\_\_\_

Junior Lady 2x40 = 80 shots Agg: Junior \$55.00 \$ \_\_\_\_\_

Range Rental fee per day: \$7.00 X No. of Days shooting = \$ \_\_\_\_\_ Mandatory

Compulsory SFC Registration fee..... \$ 2.00 \$ 2.00

2013 ASRA Membership Required (use ASRA membership form)

Total Match fees ..... \$ \_\_\_\_\_

TOTAL amount of cheque enclosed -- payable to ASRA ..... \$ \_\_\_\_\_

Please mail or fax your entry fee/forms to arrive by 22 December, 2012.

Junior birth date \_\_\_\_\_ Male \_\_\_\_\_ Female \_\_\_\_\_

ASRA Membership # \_\_\_\_\_ SFC Membership # \_\_\_\_\_

SFC Classification: MA EX SS MM TYRO (please circle one)

Squadding: Please check with the registration desk for your squadding. Please indicate your preference below. Space is limited.

RELAY TIME RELAY TIME \_\_\_\_\_

Schedule changes may take place 4. Sat. 4:30 PM

1.Sat. 9:00 AM Ladies' Final Sun. 08:30AM

2. Sat. 11:30AM Mens' Final Sun. 10:00 AM

3. Sat. 2:00 PM Pistol Final Sun. 11:30 AM

Please mail this form as soon as possible. Send your cheque payable to ASRA along with this registration form to:

Ralph Pentelski PH: 403-242-1416

2808-37 St. SW Email: rpentelski@gmail.com

Calgary, AB T3E 3B4

## Forms also available on web site

## **2013 ALBERTA AIR RIFLE CHAMPIONSHIPS**

Sponsored by ALBERTA SMALLBORE RIFLE ASSOCIATION

Date: 18 – 20 January 2013: Concurrent with AHA Pistol Prov. Co-Sponsor RDFGA

Location: Westerner Park 4847A 19 ST Red Deer Alberta. Westerner Park is also a Sponsor

Range Facilities: 30 Positions, Portable, MegaLink Electronic Targets

Rules: SFC and ISSF rules will apply.

SFC Classification system will be used. Unclassified senior rifle shooters will compete as Temporary Experts. Please indicate your Class on entry form; bring your SFC Card to the match. Match Jury has the right to reclassify obvious errors or old Classification cards, and/or make changes to the program as needed.

Eligibility: Membership in ASRA or other provincial association (see entry form).

Air Rifles: All air rifles and clothing must meet ISSF specifications.

Course of Fire: Men's- two 60-shot matches - Aggregate of 120 shots

Ladies - two 40-shot matches - Aggregate of 80 shots

Junior Male - two 60-shot matches - Aggregate of 120 shots

Junior Female- two 40-shot matches – Aggregate of 80 shots

Finals will be conducted to determine award winners. (2013 Format)

Schedule: Friday 18 Jan.'13

5:00 to 9:00 PM - Registration, equipment check, and practice, training

Saturday 19 Jan.'13

8:00 AM - Registration and equipment check

9:00 AM - Relay 1

11:30 AM Relay 2

2:00 PM - Relay 3

4:30 PM - Relay 4

Sunday 20 Jan.'13

8:30 AM - Womens' Air Rifle Final

10:00 AM - Mens' Air Rifle Final

11:30 AM Pistol Finals begin

1:30 PM - Awards

Squadding: Posted Friday 18 January at the range. Verify Schedule upon arrival.

To be based on the date your entry form is received.

Challenges: Challenge fee is \$5.00; refunded on a change of score, Protest fee is \$15.00.

Awards: Trophies and Medals. Previous year winners please return Trophies.

Inquiries and entries: Ralph Pentelski , Match Director at 403-242-1416 in Calgary or email at [rpentelski@gmail.com](mailto:rpentelski@gmail.com)

Junior Age: Shooters under the age of 21 in the year of the match can compete as junior.

Guest Rooms: The closest hotels: Sponsoring Hotels: Best Western Red Deer 403-350-5496,

Days Inn Red Deer 403-340-3297. Group Code CGRIFL, Tell Hotel Staff you are in

Red Deer for the Air Rifle Provincials. Book before 22 December 2012

## **Forms also available on web site**

## **Postal air rifle match**

FYI...the mail match that most air shooters participate is run by Don Williams from Oregon.

ur air pistol season started after Labor Day. Once again I would like to challenge clubs in Alberta to participate in a friendly inter club competition. Calgary rifle and pistol club won the cup last year, beating Red Deer by 20 points. 3 shooters x 4 matches each = total 12 matches.

Here are the rules:

1. ISSF shooting rules apply local conditions permitting.
2. Three shooters to a team (male or female).
3. If more than 3 shooters in a club pick a team by results of top score after shooting the match.
4. More than one team per club may shoot.
5. Total of six matches to be shot between September and end of April 2013 at your clubs convenience..
6. Submit your names and results to me, statistician.

This is a test

Good shooting, Arno

## **ASRA Equipment Loan Program**

ASRA is looking for one ASRA Board member and 2-3 member volunteers to form an Equipment Committee that will come back to the ASRA Board with a recommendation at the 2013 AGM (January 19, 2013) including the following items.

1. Develop a clear equipment program guideline which will include
  - a. Purpose statement for ASRA to have an equipment loan program
  - b. Identify who can access this program,
  - c. Identify what equipment ASRA will own and maintain,
  - d. Identify a process to maintain current inventory,
  - e. Identify criteria and process to sell inventory,
  - f. Identify criteria and process to purchase inventory,
  - g. Identify the cost to ASRA and sources of funds
  - h. Other relevant information.
2. Develop an equipment loan process which will include
  - a. How to access the equipment loan program,
  - b. Identify the cost to the borrower, if any,
  - c. Identify criteria for the borrower, if any,
  - d. Other relevant information.
3. Create a volunteer job title and job description for an ASRA Director who will oversee this ongoing program.



If you have questions, comments, or are interested please contact Susan Eymann, ASRA President at [susanjef@telus.net](mailto:susanjef@telus.net) or 403-315-1585.

## **ASRA Long Term Athlete Development Plan**

THE Alberta Federation of Shooting Sports (AFSS) is currently developing a generic LTAD plan applicable to the majority of shooting sports

The proposed ASRA plan will include elements of the following:

- The promotion of athleticism in both recreational and competitive shooters
- The development of facilities designed to provide shooters with a quality competitive and recreational experience.
- Programs to improve on the overall attractiveness of shooting sports.
- The development of increased numbers of high performance caliber athletes.
- Opportunities for coaches and officials to develop skills and to enhance levels of certification. This will include regularly scheduled technical workshops, seminars and clinics.
- The implementation of a formal, structured mentorship program.
- To the extent practical assistance in obtaining funding for purposes of training, travel and competition.
- Assistance and instruction in the acquisition and use of technical training aids.
- Policies and programs to enhance the long term retention of both competitive and recreational athletes.
- Regularly scheduled development workshops open to both competitive and recreational athletes.
- Opportunities for the non-shooting public to obtain exposure to competitive shooting in a safe relaxed environment and to benefit from expert instruction in the handling and use of firearms. Commencing in mid-2013 the initial ASRA LTAD Plan will be ready for the initial stages of implementation. The anticipated time frame will extend over a three year period. Members of ASRA and others interested in promoting the shooting sports are encouraged to contribute ideas to the ASRA Planning Committee.

	<b>ALBERTA SMALLBORE RIFLE ASSOCIATION</b> <b>2013</b> <b>MEMBERSHIP APPLICATION</b>	
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Please print clearly to ensure an accurate mailing list and member data.

Date of birth is required for government survey purposes, determining provincial grant eligibility and will be kept confidential.

FAMILY NAME (SURNAME) \_\_\_\_\_

Given name \_\_\_\_\_ Date of birth \_\_\_\_\_ / \_\_\_\_\_ / \_\_\_\_\_  
 DD / MM / YEAR

Given name \_\_\_\_\_ Date of birth \_\_\_\_\_ / \_\_\_\_\_ / \_\_\_\_\_  
 DD / MM / YEAR

Given name \_\_\_\_\_ Date of birth \_\_\_\_\_ / \_\_\_\_\_ / \_\_\_\_\_  
 DD / MM / YEAR

Street \_\_\_\_\_

City/Town \_\_\_\_\_ Prov. \_\_\_\_\_ Postal Code \_\_\_\_\_ - \_\_\_\_\_

Residence Phone (\_\_\_\_) \_\_\_\_\_ Bus./Fax (\_\_\_\_) \_\_\_\_\_

E-Mail Address \_\_\_\_\_

I hereby apply for membership in the Alberta Smallbore Rifle Association.

I also understand I will be insured through the ASRA insurance policy for one year effective January 1, 2013

\_\_\_\_\_  
 Signatures (required for insurance purposes) Date

**2013 Membership Fee Schedule** (Please use the one that applies to you):

**Individual Memberships**

Adult - \$35 \$ \_\_\_\_\_

Junior - \$30 \$ \_\_\_\_\_

**Family Memberships**

Principle family member = \$40

Additional family member + \$15 each per additional member.

Family Membership (two individuals): \$40 + \$15 = \$55

Family Membership (three individuals): \$40 + \$15 + \$15 = \$70 \$ \_\_\_\_\_

Donation to ASRA\* \$ \_\_\_\_\_

Total cheque payable to ASRA \$ \_\_\_\_\_

Mail to: ASRA, 53 Panorama Hills Rise NW, Calgary, AB, T3K 5M5

**Objectives of ASRA:**

- Promotion of smallbore .22 and air rifle target shooting in Alberta
- Development of athletes, coaches and officials in the province
- Organize provincial match, air and sporting rifle championships annually
- Organize provincial teams to represent at Canada Winter Games and National Championships
- Organize zone coaches to promote sport across the province

\*No tax receipt available. For ASRA donation above \$10, submit cheque payable to "AFSS" for tax receipt.

## Forms also available on web site

## Message from the President

It has been a year of learning, exploring and planning for the ASRA board and executive. It has been a pleasure to have a group of volunteers involved with varying experiences and expertise that I have been able to call on throughout the year.

Jeremy Reynolds, Secretary/Treasurer, is also our website manager, as well he keeps us all informed on twitter (@ASRA\_177\_22) and Facebook (facebook.com/albertasmallborerifleassociation). Please send Jeremy your club information and events to promote. I'd also like to acknowledge and thank Jeremy for taking on the role of treasurer from Wayne Sorenson who has been in this role for "forever". Thank you Wayne and Jeremy.

AJ Armstrong, Director, have done a fabulous job developing graphics design for our banner, website and business cards. We have three banners which we encourage you to use at your promotional booths and events (1 4' x 6' and 2 2' x 3'), we have ASRA business cards designed that you can use to distribute to possible newcomers (includes ASRA website, twitter and Facebook information).

Wynn Payne, Director at Large, has been working with the City of Edmonton on a Masters Legacy Fund grant to purchase SCATT Target Systems for ASRA club use, manages our membership, creates and distributes the On The Line newsletter which includes the panel discussion of world class target shooters, and finds time to train and compete on the World Cup circuit.

Janet Trace, Director, was invited to officiate at the London Olympic and Paralympic Games this past summer. If you haven't already, make sure you take the opportunity to talk to her about this great experience...and she has a few photos to go along with her stories. Janet was named SFC 2011 Official of the Year for her work locally, nationally (Canada Winter Games, Smallbore Nationals) and internationally (Commonwealth Games, World Cups).

Russ Whitford, Past President, has been a reliable and knowledgeable source of all information target shooting related throughout the year. Thank you Russ.

Ralph Pentelski, Director, continues to coach out of the Calgary Rifle and Pistol Club as well as being Match Director for all ASRA matches indoor and outdoor.

Thank you to Shevan Medcraft for finding a great location (and serving us lunch) for our ASRA Strategic Planning Day in Red Deer. It was a productive day thanks to our participants from near and far...Daniela Sirbu, Ralph Pentelski, Wynn Payne, Billi-Jo McIlroy, Jeff MacDonald and Susan Eymann. This day was facilitated by Vic Moisen, Alberta Culture at no cost to ASRA. Keep your eyes open in the new year for more details.

I'd like to thank Steven, Vice President and Shevan Medcraft for finding us a location to host the 2013 Airgun Provincials at the Westerner Park, Red Deer. Rumour has it they are organizing a silent auction with all proceeds going to their airgun program. Facility rental and the mega link target system are the two largest expenses so the host organizing committee works hard to obtain sponsorships. I was able to secure a sponsorship with two Red Deer hotels at \$10 per room night, Shevan and Steven have secured a \$1000 grant from the Red Deer Fish and Game Association as well as a discounted rate of the Westener. We are waiting to hear about one other grant.

Community Clubs across Alberta make use of ASRA sponsored equipment to help support new target shooters. We have completed a comprehensive inventory including location of all the equipment. The ASRA Executive has put a call out for volunteers to review and enhance the Equipment Loan Program. This is open to all ASRA members, you do not need to be on the Board (one Board member is required to Chair this committee). See this newsletter for more details.

Seven grant applications have been submitted to the AFSS which help support ASRA operations and programming throughout the year. I would like to thank Trudie Snider, AFSS Office Manager, for all her support and patience throughout the year.

I'd like to congratulate Gail Garrett in her new role of AHA President. Alberta coordinates air rifle and air pistol matches, and so we have a close relationship. I

look forward to many conversations as our sport continues to develop.

The LA HotShots in Lethbridge are hosting a club match with a combined event. Match participants will shoot 30 air rifle and 30 air pistol shots to determine the match winner. I have heard a growing interest from several athletes to provide this event at a provincial level.

In April, I was elected onto the AFSS Board as Vice President which has given me much insight into the larger scale shooting community within Alberta. The AFSS is the umbrella provincial sport organization for 11 shooting sports. I'd like to acknowledge Bernie Harrison, AFSS President, for the great work he is doing to represent all Alberta shooters.

I am working with representatives of other shooting sports to implement a Long Term Athlete Development (LTAD) model for Alberta. Others on this committee include, Wynn Payne, Dennis Grover, Sandra Honour, and Lea Wachowich.

There is currently another order for our black and blue Alberta shooting team jackets. Please contact me for more information before December 7th.

Jeff and I would like to wish you all a Merry Christmas and a very happy holiday season. We wish you all had a 10.9 year and all the best for 2013.

Susan Eymann=