



Newsletter

December 2023

Introducing The 2023-2024 Committee

Our Annual General Meeting was held on the 21st October at our Whiteman Park Headquarters.

The new committee for 2023-2024 was finalized at this meeting, those who retained or were elected to position are as per below.

- Chair : Adrian LaMacchia
- Deputy Chair : Shaun Stoffels
- Secretary : Damien Hibbert
- Treasurer : Kevin Brice
- State Captain : Gary Easton
- State Coach : Tricia Van Nus
- Events Manager : Regina Masters
- Planning Officer : Ben Cobbold
- Publicity Officer Keiton Puzey
- State Registrar : Kerry Anne Oliver
- Sports West Delegate : Shaun Stoffels
- WASA Delegate : Tony Halliday
- TRA Delegate : Tricia Van Nus
- WPSIC Delegate : Keiton Puzey
- Donnybrook Delegate: John Mighall
- Subiaco Delegate : Bob Heasman
- Kalamunda Delegate : Fran Mclaughlan
- Wasps Delegate : Greg Anderson

Warm welcome to all who have stepped forward to run the associations for the coming year.

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Special points of interest

- 2023 Kala RBA Invitational
- Subiaco Club Information
- Wasps Club Information

Wasra 2023 State Titles

With the 2023 State Title Champions being decided it is time to also thank those who made this possible.

Events Manager Regina Masters for her work to put it all in place from entries through to trophies.

Scoring by Kerry Anne and Owen Oliver.

Chief Range Officer Gary Easton

Thanks to all the members who aren't listed but also helped over the course of the event.

Wasra 2023 State Title Events

The month of October saw the running of the annual decider events for Prone, F-class and Benchrest championship's. With the Prone and F-class competitors being the first to compete and find the 2023 Champion over the weekend of the 14th and 15th October. Followed by our benchrest competitors on the 21st and 22nd October .

Competition was held across all of our three available ranges 20m, 50m and 90m.

As with the previous weekend saw nice weather with the normal challenge of the Whiteman Park winds which could be your friend or your worst enemy. With many good scores coming for those who were able to get into the groove and make those on point wind calls.

Results Summary for the events champions are below and for other competitor's full results are available on the Wasra website.

BENCHREST 50m CHAMPIONSHIP								
Rank	Name	Total	10	20	30	40	50	60
1	Adrian La Macchia	599 ⁴⁸	100	100	100	100	100	99
2	Cameron Rolfe	598 ⁵²	100	99	100	100	100	99
3	Shaun Stoffels	598 ⁴⁸	100	98	100	100	100	100

BENCHREST DUAL RANGE CHAMPIONSHIP				
Rank	Name	Total	20m	90m
1	Cameron Rolfe	1186 ³⁴	595 ²⁰	591 ¹⁴
2	Andrew Sevelj	1183 ²⁸	595 ¹⁹	588 ⁹
3	Maureen Edwards	1183 ²³	594 ¹²	589 ¹¹

50M PRONE						
Rank	Name	Total	Inner	S1	S2	S3
1	Andrew SEVELJ	582	23	198	192	192
2	Terry MANGAN	577	23	191	191	195
3	Ian FREHNER	573	22	191	185	197

DUAL RANGE PRONE				
Rank	Name	Total	20m	90m
1	Andrew Sevelj	779 ²⁷	396 ²⁷	383 ⁰
2	Barry Cowburn	767 ²¹	390 ¹⁹	377 ²
3	Owen Oliver	764 ¹³	384 ¹⁰	380 ³

50M F-CLASS						
Rank	Name	Total	Inner	S1	S2	S3
1	LA MACCHIA, Adrian	598	43	198	200	200
2	Keiton PUZEY	596	39	199	198	199
3	Andrew SEVELJ	596	33	198	199	199

F-CLASS DUAL RANGE OPEN RIFLE MATCH				
Rank	Name	Total	20m	90m
1	LA MACCHIA, Adrian	793 ³⁷	400 ³⁰	393 ⁷
2	ARCHER, Isabelle	793 ³¹	399 ²⁷	394 ⁴
3	PUZEY, Keiton	786 ²⁷	395 ²⁰	391 ⁷

Range Officer Training

Our association cannot run without volunteers.

So we are calling on members to complete the training to become a level one range officer.

However part of this process requires a little study and completion of the range officers training material.

Level One Manual

<https://tra.org.au/wp-content/uploads/2021/01/TRA-L1-RO-Manual-2.03-.pdf>

Level One Workbook

<https://tra.org.au/wp-content/uploads/2021/02/LEV1-WORKBOOK.pdf>

RBA Nationals 2023

This year a strong contingent of members from our organisation made the journey to the RBA nationals at the Sydney International Shooting Centre.

The feedback is everyone had an awesome time with some good and well not so good scores.

Shaun Stoffels

Adrian La Macchia

Maureen Edwards

Len Bongiorno

Michael Pintabona (Junior)

Basil Pintabona

Cameron Rolfe

Barry Cowburn

Fran Mclaughlan

Gary Archer

Isabelle Archer

Andrew Sevelj

Results from the event can be found on the TRA website or at the link below.

<https://tra.org.au/wp-content/uploads/2023/11/Combined-results.pdf>



Kala RBA Invitational 2023

This years event is schedule for the 9th December.

The club is running the following classes this year.

Light Rifle (4.79kg) Only two details and is limited to 24 competitors.

Heavy Rifle (6.831kg).

Course of fire 3 x 25 Shot Cards with time limit of 20 min per card.

Entry Fee Senior \$ 25 Junior \$ 20 Both Events \$ 35

BBQ Lunch supplied

\$ 1 Cool Drinks/Water

Tea & Coffee Free

\$ 2 Afternoon Tea

Please enter via the Entry Form on the page of this newsletter, help the club out by completing and sending it in so they know the numbers prior to the day.



**Cash payment on the day or EFT with Surname as reference
KSRC transactional account.**

BSB: 016-341

Account: 4276-06159

WA Smallbore Precision Shooters (WASPS)

Upcoming dates of importance for members.

14th December

Christmas shoot and Awards night for the 2023 Club Championship. The night will start with a 2 x 20 shot match at 50m on electronics. Then we will pack up, fire up the BBQ and presentations to follow. Members are asked to bring a plate of salad and/or sweets etc.



Please note that this event is sadly closed to visitors.

17th December

Last PRS match for 2023, to be held at Western Rifle Association—Pinjar. This is open to all members and also any member of Wasra. Don't have the equipment don't stress there is plenty of people who will lend you kit and guide you on its use. Rifle wise you just need a 10 shot magazine and ability to zero at 112 m. These events are all about having fun and a laugh which there is plenty of. Any questions message the WASPS Facebook page, please also reminder to lodge intent to attend so we know numbers.

General Information

A reminder to all members that we don't close at all between now and the start of next seasons club championship.

With the range open every Thursday evening as normal.

Please assist by lodging your online nomination form and if you have visitors also please advise.

Subiaco Smallbore Rifle Club (SSRC)

Upcoming dates of importance for club members are the following.

29th November

Fun shoot under flood lights at 90m, with a get together at the end of shooting all competitors please bring a plate of food to share.

6th December

This will be the final club night of shooting for the 2023 season.

13th December

All members are invited to the end of year Xmas party the fun starts at 6:30pm.

Please bring along a plate of food to share and also a Secret Santa gift to the value of \$ 10.



Wasra Range Opening Times

Tuesday

10am to 12 pm

Saturday

10am to 12 pm

From Our Coach—Tricia Van Nus

TOP 5 HABITS OF SHOOTERS (AND SOLUTIONS!)

1. **FORGETTING TO STRETCH BEFORE SHOOTING.** No shooting position is “normal” for the body. Stretching the muscles before your shoot makes sure that your muscles are warm and your body is ready.
2. **HOLDING TOO LONG.** Many a shooter has been caught holding....holding as if trying to make a good shot into an 11. There is a finite time frame for all shots considering "balance and breathing" and too long a hold will only cause a breakdown in the process. Solution? Work with a coach and ask them to time your shots (ideally without weather playing an important role) so that you determine a mental picture of your perfectly timed shot. Then practice this over and over and over again.
3. **INEFFECTIVE POSITION.** The shooting sports all require a similar approach – solid position and balance for whatever firearm/discipline. A solid and reliable outcome is just not possible to the shooter who adjusts position at every shoot. Solution? Take more care in the training session (perhaps on Club nights) - take time to understand the elements of what your body is doing—take notes, photos or even a video, to keep you on track.
4. **CONCENTRATION / ANXIETY.** So many shooters seem to work so hard on the shot quality, however their mind lets in thoughts about the outcomes (i.e. results) of previous shots, or doubt about the next shot, to cloud the current shot. Their faith in their performance takes a dent. Solution? There are numerous concentration games to enhance focus. Training with a smooth rhythm mindset - working on the external and internal feelings. Add training sessions where the process has more emphasis over score outcome.
5. **PLAIN LAZINESS.** This is a mental fault rather than a physical one, which results in the shooter accepting imperfections in performance. Quality control has "left the building".
The end result is that a good shot is hoped for. Solution? Shooting at blank targets, forget the scores, and pull the focus back to the process. Be sure of the “good process” with every shot fired.

YOU CAN'T WISH TO BE RIGHT – YOU HAVE TO MAKE IT SO!



Entry form

NAME:

CLUB:

EVENT SHOOTING:

Senior or Junior:

Email Entry to : kala.sbrc@outlook.com