



AISSL News

A publication of Australian International Shooting Limited

JUNE 2008

From The President

SPECIAL POINTS OF INTEREST:

National Talent
and Development
Programme

International Com-
petition Results

Beijing Update

Latest from SISC

ISSF Judges Course

Shotgun 6-7 Sept

Shot Expo

Principal Sponsor



Australian Government

Australian Sports Commission

Welcome to this edition of our Newsletter.

To say we have been busy is an understatement! Nick and the girls in the office continue to work very hard towards getting our team to Beijing with no hassles. This has included making sure teams go to various parts of the World to compete in an international environment prior to the Olympics.

Part of that travel included a trip to China in early April and I was fortunate enough to be able to go too. The purpose of my trip was to attend the World ISSF Assembly but it also gave me the opportunity to see the Olympic range first hand and what a range! The thing that stays in my mind the most is the skeet houses are built like the turrets on the Great Wall of China. Someone obviously put a lot of thought into the design. Regardless of the discipline our athletes will be competing on a World class range.

One of the highlights of the trip for our athletes was the gold medal win for Warren Potent Everyone acquitted themselves very well on an unfamiliar range and we look forward to the Olympics with much anticipation.

I am sure all our athletes enjoyed the experience and are looking forward to returning in August.

The World ISSF Assembly was like being at a United Nations meeting. There were around 44 countries there and because of translations we wore headphones. It was quite an experience for me and one I am not likely to forget for a very long time. As a result of my attendance at the meeting I met many of my counterparts from other countries. We certainly had a lot to talk about!

I climbed the Wall with Nick and lovely Chinese lady by the name of Demi. She assured me there were only 1050 steps to the top (although I am sure she missed a zero off the count!). I was accompanied on my other 'touristy' ventures by a delightful interpreter called Sophie (she is Demi's PA in her other life) and a very caring driver who did not speak English. We had so much fun and I would recommend a trip to China to anyone.

As the countdown to the Olympics is now in days rather than months I wish our team the best of luck. We know you will all do your best and make Australia proud.

Until next time, good shooting and good scores

Cheryl Arnol



Cheryl Arnol- President and Nick Sullivan-
CEO at 2008 ISSF Assembly—Beijing

FROM THE OFFICE

SHOT EXPO—24-25th May Sydney

Australian International Shooting attended the Shot Expo which was held at the Sydney Showgrounds. It was a great opportunity to promote our sport and we had various member bodies display their marketing/promotional material. Many thanks to all who helped on the weekend it was a great success.



AISL BOOTH—SHOT EXPO 2008



ACTA's Carrie Elton & AISL 's Nick Sullivan

ISSF JUDGES COURSE SHOTGUN

Australian International Shooting will be conducting an official ISSF Judges Course for Shotgun between the 6th and 7th of September 2008 in Sydney. If you are interested in the course please contact our Judges Committee to register your interest AS SOON AS POSSIBLE

WANTED

If anyone has any interesting news/articles to contribute to this newsletter Please contact me on stephanie@ausshooting.org Thanks Stephanie Popplestone

Although it is some two and a half years to go to the 2010 Commonwealth Games to be held in Delhi it is appropriate for the Australian Commonwealth Games Association (ACGA) to raise a number of matters relating to Australian Commonwealth Games Team membership which should be communicated to athletes/officials in your sport who have the potential to be selected for the 2010 Team. The ACGA has communicated in a similar vein in the past with Program Sports prior to the 1998, 2002 and 2006 Commonwealth Games at around the same period of time prior to these events.

As was the case with previous Australian Teams there will be a Team Agreement which will set out the obligations of both the Team athletes/officials and the ACGA for the 2010 Australian Commonwealth Games Team. Membership of the Commonwealth Games Team (Athletes and Officials) will be conditional upon signing and complying with the terms of the Team Agreement. At present we believe that the Team Agreement will be similar in form and content to agreements used for past teams.

Please Note:

- **Team sponsorship period** – This is commonly called the “black-out period” and is generally one month prior to the Games Opening Ceremony until one week following the Games Closing Ceremony or immediately following the last held Welcome Home function, whichever occurs last.

As presently planned, for the 2010 Games in Delhi, the Opening Ceremony is scheduled to be held on **3 October and the Closing Ceremony is scheduled for 14 October. During the “black-out period”** Team members (Athletes and Officials) may not promote their personal sponsorships. The rationale behind this term of the Agreement is to protect the official Commonwealth Games Team sponsors.

- **Athletes/Officials not to act as Journalists** – The rules under which the Games are organized provide that accredited Team Athletes/Officials are to take part in the Games as athletes or officials. They are not authorized to act as journalists. Therefore Team Athletes/Officials are not permitted to undertake journalistic duties during the period they are subject to the Team Agreement, and should not enter into agreements with media companies/representatives for that period;

- **Athletes/Officials not to bring ACGA or their Sport into disrepute** – The Team Agreement prohibits members (Athletes/Officials) from bringing the Team or their sport into disrepute. This provision of the Agreement will operate from the moment an Athlete becomes a Team member, which may happen up to six months in advance of the Games. “Bringing the Team or the sport into disrepute” could involve matters that occurred prior to membership of the Team, such matters only becoming public knowledge following appointment to the Team.

Potential Team members should advise any current sponsor that may be affected by the sponsorship “black-out period” of the terms and effect of the Agreement. Likewise, potential future sponsors that could be affected by the sponsorship “black-out period” should be advised in the course of sponsorship negotiations.

As mentioned above we would be grateful if you could bring this letter to the attention of the potential 2010 Australian Commonwealth Games Team members in your sport.



TAXATION TIME

Coming up the end of financial year the ATO have recently released a handy resource titled 'Volunteers and Tax'. This resource contains many examples of common transactions occurring between volunteers and non-profit organisations. It explains in a simple and easy to use manner how and when volunteers should record items like reimbursements, allowances and honorariums

<http://www.ato.gov.au/nonprofit/content.asp?doc=/content/8729.htm&pc=001/004/045/007&mnu=&mfp=&st=&cy=1>

If your non-profit organisation is looking for a guide to help understand income tax obligations and entitlements, the "Income Tax Guide for Non-Profit Organisations" document can be downloaded from

<http://www.ato.gov.au/nonprofit/content.asp?doc=/content/33609.htm&pc=001/004/045/002&mnu=5100&mfp=001/004&st=&cy=1>

If organisations and individuals would like to receive free email updates on key tax issues affecting the non-profit sector, changes to the law and new publications for release, you can subscribe directly to the non-profit division of the ATO www.ato.gov.au/nonprofit

sourced from Vicsport E-News



INSURANCE NEWSFLASH

Look out for a special news release in the next few weeks on www.ausshooting.org regarding a new insurance facility for Australian International Shooting Limited Members

INTERNATIONAL COMPETITION RESULTS

WORLD CUP BEIJING “Good Luck Beijing”

847 Athletes Competed in the fifteen Olympic Shooting Events at the 2008 ISSF World Cup in Beijing, **The “Good Luck Beijing” World Cup, competition was held from the 10th to the 21st April and was a chance to test the Olympic venues that are ready to host the shooting sports at the upcoming 2008 Olympic games.**

The venue was impressive and is the largest and most comprehensive range we have ever seen. The Beijing shooting range is located in the northwest part of the city 50 kilometres away from the International Airport and both rifle and pistol venues and clay shooting fields constitute these amazing facilities.

Warren Potent Wins Gold

Warren’s super impressive performance gained him a world record!!! Matching the 704.8 point record set by Germany’s Christian Klees at the 1996 Atlanta Games. Congratulations Warren for yet again taking out Gold!!



World Cup Beijing Australia’s Results

*10m Air Pistol Women
4th—Lalita Yauhleuskaya
483.5*

The Beijing Range

The rifle and pistol lines are fully equipped with Sius electronic target system. The 50m ranges provide 80 firing points, as well as the 10m ranges, set in the second floor of the complex. The 25m ranges, located in the same building have a capacity of 12 groups of targets.

Clay Target Field

The clay target field is equipped with Laporte machines, while the skeet sheds and walls of the facility were designed to evoke the “Great Wall” The field has six ranges, five combined for Trap, Double Trap and Skeet and one field for Double Trap only.

Photos from Beijing

The Olympic Shooting Range—Beijing



The Impressive Shotgun range

INTERNATIONAL COMPETITION RESULTS

*ISSF World Cup
Kerrville 2nd—11th May 2008*

Michael Diamond Wins Gold!

Michael's superb performance gained him another gold in the ISSF Men's Trap competition, this time at Kerrville. His score of 148 equals his own world record. Congratulations Michael on what is a fantastic achievement.



Stacy Roiall came home with an impressive 4th placing in the Womens

Trap Event. Her final score was 90.

Well done Stacy!

Other Results From Kerrville

Double Trap

Russell Mark placed 15th at Kerrville With a score of 134.

Men's Skeet

George Barton placed 12th with a score of 118

Paul Rahman placed 17th with a score of 117

Women's Skeet

Natalia Rahman placed 10th with a score of 64



INTERNATIONAL COMPETITION RESULTS

Our selected Beijing team Have an extremely busy schedule competing at numerous events leading up to the Olympics!

Lalita's Performances have been impressive Congratulations Lalita on your very consistent performances!

NEWSFLASH
Ben Burge Makes finals in the 50m Prone Rifle And places 6th!! Well done!

*ISSF World Cup
Munich 15th—22nd May*

Lalita Yauhleuskaya wins Bronze in the 25m Womens Pistol Final, CONGRATULATIONS Lalita



ISSF World Cup Milan 22nd—30th May

Lalita wins Bronze In the 10m Air and Silver in the 25m Pistol Final



INTERNATIONAL COMPETITION RESULTS

*ISSF WORLD CUP SUHL GERMANY
2nd June—13th June 2008*

MICHAEL WINS GOLD IN SUHL

Michael Diamond has yet again put in a super impressive performance to take the GOLD at the ISSF World Cup Shotgun Championships in Suhl. Congratulations Michael.



Michael won the competition, outdoing his opponents with a final score of 145 targets. On his way to the gold medal he defeated Bret Erickson of USA and the current Olympic Champion Alexei Alipov, second and third, respectively.

Michael shot trap men's gold at the ISSF World Cup in Suhl, Germany, winning his third gold medal out of three competitions. The two times Olympic Champion had won the 2007 World Championships of Nicosia setting a new final world record of 148 hits, last September, and then the 2008 World Cup in Kerrville, USA, equalling his own record. "And I was trying to better it today, if only I would have shot a target more in the qualification..." said Diamond after the final. He entered the round on the lead with 123 targets, and had to struggle to finish atop of the podium. The veteran Bret Erickson of USA and the current Olympic Champion Alexei Alipov of Russia challenged him right to the end, but Diamond was not easy to catch. The three shooters shot a final of 22 targets each, and the qualification clays made the difference.

It was great to be able to witness such a technical display!

*Nick Sullivan
CEO Australian International Shooting Ltd*

*We are all very excited
And look forward to Beijing!*

Heat Preparations for 2008 Beijing Olympics

Heat presents various issues for different people and across different sports. For shooting, given the extremes often encountered at high level international events we have been working behind the scenes to provide some options for the athletes when they compete in Beijing.

In hot temperatures the cooling systems of the body are tested. Evaporative heat loss through sweating being the body's best way of dissipating heat. The expected high humidity in the Beijing air in August means the sweat produced by the athletes won't readily evaporate, hampering body heat transfer to the air. This can raise the internal core body temperature and ultimately affect performance on various levels.

With this in mind we have been able to take advantage of a system of heat acclimation with several of the athletes. The principle of this is fairly simple by exposing an athlete to the temperatures and humidity that will be encountered and making them exercise in it, the body will adapt to enable the athlete to arrive pre conditioned this is called acclimation.

In very general terms, several physiological changes can occur to the body from the acclimation. Changes in:

- Lower core body temperature at rest
 - Reduced heart rate during exercise - increases in heart stroke volume (amount of blood pumped in a single beat)
 - Increased rate and reduced time to onset of sweating
- Reduction in sodium levels of sweat

A secondary but important issue that can be avoided is general fatigue, resulting from the body undergoing the physiological adaptations that underlie the above changes. If an athlete arrives at a venue and has to shoot while this adaptation is occurring it can affect concentration and ultimately their scores.

So, what are we doing?

The Victorian Institute of Sport (VIS), and many other institutes have heat tents to facilitate this type of acclimation. The VIS's tent is approximately 5m x 5m x 2m, made from thick plastic covering an rigid aluminium frame. Much of the covering is clear to enable natural light into the tent and to enable the athletes to see out whilst using it. Bikes, rowing & kayaking ergometers and running treadmills can all be wheeled in depending on the needs of the athletes. Scientists are able to dial up the required temperatures and humidity - mid 30's°C and 60-70% humidity and have the athletes exercise in the likely conditions at the Games. Various exercise protocols and session lengths can be used: we are looking at 7-8 sessions over 2 weeks, of up to an hour in length, so we don't interfere with normal training. This also supplements the normal physical training programs of the athletes.

During the acclimation we are able to monitor various indicators to assist the athletes in there preparation. We gauge: sweat loss to guide re-hydration, measure the internal core body temperature via a swallowed temperature pill that has a radio transmitter embedded within (yes it is a single use item!), monitor heart rate via a traditional chest strap system, and observe relative comfort in the heat to see how these alter throughout the acclimation process.

With this sort of preparation, we are able to ensure that as many bases are covered in terms of an athlete preparing for what they may encounter at the Games. Hopefully, providing the athletes with whatever it takes to have an opportunity to attain every last target or point.

PATH TO BEIJING—Nick Sanders



This photo is of Olympians Stacy Roiall and Natalia Rahman exercising in the heat tent prior to the Beijing World Cup test event for the Olympics, April 2008. Even though we knew it wasn't likely to be hot at the World Cup we were able to simulate the preparation structure for the Games so when the real thing happens, it's all second nature.

Links:

Movie clip on the VIS heat tent <http://media.theage.com.au/?rid=35754>

News paper article on the VIS heat tent

<http://www.theage.com.au/news/beijing2008/vis-puts-the-heat-on-local-olympians/2008/02/22/1203467367684.html>

Nick Sanders - Sport Science & Medicine Co-ordinator
Australian International Shooting LTD

International Hessian Trophy

The weather is fine for this time of year while the conditions are very different to home. This competition is conducted on an indoor 50 metre range and a indoor 25 metre range which are both underground. All lighting for these ranges is artificial so very different to conditions at home. The indoor 10 metre range is on the loft of the building with a sky light along the centre of the building, this makes for interesting changing light conditions.

Day One

First up for the day was Ashley Adams in the 10 metre Men's Air Rifle Standing SH1 (R1) competition. This competition had 33 shooters for the competition. With most countries yet to finalise their Paralympic teams a lot was at stake.

Ashley started the competition with a 96 and 97 and then had rifle problems which saw him leave the line to fix the rifle and then take the line again. So the 3rd string was not so good with a 94 but then a good finish with 98, 99 and 98 to total 582 placed him in 6th position. Normally there would be a finals conducted but this competition has finals in only a couple of the disciplines.

Joesph Neumaier from Germany took out first place with 594 and Franci Pinter from Slovenia in second with 590 and Sultan Abdulla Alaryani from United Arabia Emirates in third with 590.

Second competition for the day was the 10 metre Womens Air Rifle Standing SH1 (R2) in which Elizabeth (Libby) Kosmala competed. Libby took out second place with a score of 390 just behind Manuela Schmermund of Germany with 391; third place was Veronika Vadovicova from Slovakia with 386.

50 metre Free Pistol (P4) was the next competition shot, and Stephen McCormack had difficulty with the indoor range and the light conditions. Steve struggled with sighting and finished with a score of 509 in 12th place. First was Korhan Yamac from Turkey with 536, second was Valeri Ponomarenko on 530 and third was Sergey Malyshev from Russia with 528.

To finish off a big day both Libby and Ashley shot 10 metre Air Rifle Prone (R3). This competition has a final for the top eight shooters. There were 52 starters in this match, one of the larger on the program for this competition. At the end there were three perfect scores of 600. Veronika Vadovicova, Slovakia; Serquei Notchevnoj, **Russia; Lotta Helsinger, Sweden; leaving five positions in the finals which were all taken by 598's.** Ashley Adams placed in 4th going into the finals. Libby shot well but 595 was just out of contention in the competition and she finished 21st, just 5 points behind the leader.

The Hessian trophy for the R3 has the top eight shooters from the qualifier all start on zero, so no one carries their qualification score through. This certainly makes for movement from eight to first quite easy and is an advantage for those that shoot finals well. This final saw the eighth placed shooter Josef Neumaier from Germany take out the finals with a score of 104.3. Second place saw Veronika Vadovicova from Slovakia and Kazimier Mechula from Denmark in a shoot off after both scoring 104; Kazimier fired first and scored a 10.5 with Veronika shooting a 9.7. Ashley shot 103.1 finishing 5th.

Day Two

The weather turned to perfect German summer weather today with rain falling most of the night and a cold wet day scheduled, though it only stayed until lunch time and then the sun returned and it became warm again.

First up today saw Stephen McCormack and Sebastian Hume shoot in the 10 metre Air Pistol Men Sh1 (P1) in the morning. The cloud cover at the beginning of the competition helped with sighting in the range, but as the rain disappeared the sun came out and the light changed in the range. This competition had 50 starters, once again, a large number for this competition. Stephen started well with a 95 and things looked good, he then seemed to struggle with the changing light and only came up with an 88 for the next 10 shot series. The third series saw him shoot really well with a 96 to be followed by 87 then 92 and 90 with a total of 548 (22).

Sebastian struggled to find his position in the first series with only an 88 to start, he followed with a 92 and then 87, the fourth series saw him shoot well with a 92, then 90 and a good finish with 93 for a total of 542 (26). The competition was taken out by new comer Eric Hollen from USA with a 572 followed closely by Wojciech Kosowski from Poland on 571 and Valeri Ponomarenko from Russia on 570.

International Hessian Trophy

The finals in the P1 pistol competition saw the top 6 men join with the top two women from the P2 womens competition. First was Korhan Yamac from Turkey with 98.4, Francisco Soriano from Spain was second with 94.6 and third place was taken by Valeri Ponomarenko from Russia.

The rifle competition started today with the R7 Free Rifle 3 Position for Men, there was three details for the 25 starters for this competition. A number of the shooters struggled with the underground light conditions which is totally different to what we normally experience. Ashley started with 390 for Prone and a 373 for Standing, he struggled with the kneeling position and the result was 367 for a total of 1130 and 5th place for the competition. First place was Sultan Abdulla Alaryani with 1162 and second was Doran Shaziri from Israel with 1160, third place was Josef Neumaier from Germany with 1151. There three were 20 points in front of the rest of the field with the next score from Franci Pinter with 1131 followed by Ashley.

Libby was next up in the Sport Rifle 3 Position competition held on the 50 metre range. This competition had 12 starters and once again the two top scorers were well in front of the rest of the field. Veronika Vadovicova from Slovakia finished with 574 with a 195 in her kneeling series; this was better than her 193prone. Second place was Lotta Helsingner from Sweden with 574; she shot consistently with 192, 191, and 191. Third place was Manuela Schmermund from Germany with 567. Libby shot a 540 in this event which placed her eighth.

Jason Maroney shot in the 10 metre Air Rifle Standing Mixed Sh2 competition at 20.30 on Friday night with a good result of 596 and 4th place. **Light again troubling the shooters, with scores well down on the usual possie of 600's for this competition.** Only one 600 was shot by Gorzad Tirsek from Slovenia with Viktoria Wedin scoring only 597, well below her normal 600. The next highest score was Michael Johnson from New Zealand with 597.

Day Three

Three matches were contested today with Steve McCormack competing in the Sport Pistol (P3); Elizabeth Kosmala and Ashley Adams in the 50 metre Prone; and Jason Maroney Air Rifle Prone in the afternoon.

Steve started with a 268 in precision with a number of the 30 odd shooters scoring 280 and above. The Rapid fire section took a while to come around and Steve scored a 270 which saw him finish in 19th place. First was taken out by Andrey Lebedinsky from Russia with a 574 and second place also went to Russia, Valeri Ponomarenko with 566. Third place was Damir Bosnjak from Croatia with 565.

Elizabeth Kosmala was next to shoot in the 50 metre Prone (R6) match, not one of her favourites; she normally shoots much better at the air events. Today, however, was another story with Libby shooting a five year PB in this match with a 586, blitzing most of the field. This event had 50 starters in 5 separate details, with Libby shooting in detail two, she watched keenly over all the other details to see how her score would survive for the day. She saw Ashley Adams, in his favourite event, struggle for a good score and finish with a 576, well below his normal score. At the end of the day, Libby was in third place behind Doron Shazir from Israel with 594 and Serquei Notchevnoj from Russia with 589. (Great shooting by the lady that does not class this as one of her favourites).

That left Jason Maroney in the 10 metre Air Rifle Prone (R5) where the top score is 600 and the slightest mistake is costly. Jason shot well and finished with a PB at International competition of 600/600. This however only placed him in 4th, **as the results to separate the 600's are counted by the number of inner 10's. Jason had 55 out of a possible 60;** with first place Damjan Pavlin with 600 and 59 inner tens. Second place was taken by the favourite Viktoria Wedin from Sweden with 57 inner 10's and near neighbour Michael Johnson from New Zealand in third with 56 inner 10's.

The Air Rifle prone was also one of the Hessian trophy events in which the top eight shooters compete. All shooters go back to zero with no qualification scores counting. This was a tough competition and the lead changed many times due **to the closeness of the scores, any one scoring a 9 or low 10's was just not in the race. The trophy was taken out by Michael Johnson from New Zealand with 105.4, second place by Minna Lenonen from Finland with 105 and Damjan Pavlin from Slovenia with a 104.3 after a shoot off with Izaskun Romero from Euskadi (independent state near Spain).**

This is the end of the competition and the organisers have done a fantastic job in the conduct of the competition. Many thanks must go to all those who were involved and to the city of Bad Orb for their hospitality.

International Hessian Trophy



Nice Rifle JASON!!!!



Coach Miro Sipek offers some advice



The lovely Libby Kosmala



The Team

NTID Training Camp - Adelaide

On Saturday 26th April, nine junior shooters and their coaches arrived into Adelaide for a 5 day training camp under the watchful eye of National Pistol Coach Anatoly Babushkin. Dr Jodie Cochrane from the Australian Sports Commission was also in attendance to provide some support and input from her field of biomechanics.

The NTID program is critical and provides a fantastic opportunity for its participants to fast track their development in the area pistol shooting and we are very grateful to the Sports Commission for their support of this programme. It is critical that we nurture and encourage our young talent.



The Sturt Pistol Club once again hosted the training camp and many thanks to all at the club who provided such excellent facilities for our shooters and for their kind hospitality and yummy meals! David Chapman, Stephen Deller and Daniel Esposito were also in attendance and provided the juniors with some great advice and knowledge.

In conclusion, the camp was a success and all the participants gained a great deal from being involved in the 5 day camp. It is great to see that we indeed have some talented juniors that are eager to do well in the sport. We wish them all the best!

NTID Team



Anatoly and the Girls!

OTHER NEWS

SYDNEY INTERNATIONAL SHOOTING CENTRE

SISC COTTAGE ACCOMMODATION FACILITY

The Sydney International Shooting Centre SISC offers this fantastic 4 bedroom onsite cottage accommodation facility located in the heart of the Cumberland Woodlands. Centrally located near Liverpool and the Blue Mountains, and Kemps Creek Bowling Club is only seconds away. The Sydney International Shooting Centre Cottage is a low-cost accommodation facility available to sporting groups or individuals visiting the Centre for training, function or event.

Our friendly staff specialise in delivering outstanding customer service to user groups. Please contact us to discuss your accommodation needs and to secure your accommodation requirements.

For an action packed experience SISC can organise training packages, with access to the Whitlam Leisure Centre including a group or personal trainer.

The Cottage has 4 bedrooms from 3-4 in capacity. The Cottage has its own living room with a lounge, TV, video and DVD player, dining room, a fully contained kitchen and laundry facilities, and an iron and ironing board. There are 3 toilets and 2 showers contained in the cottage, residents also have access to the Shooting Centre amenities.

LOOK WHO'S HAVING FUN!!!!!!



Some people have such a hard life!!!!
Here is a photo of Sylvia and Morian Muehleberg on holidays in Denham (near Monkey Mia)