

ON THE LINE



FALL 2009

Published three times a year

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DATELINE 2009-2010

Smallbore Rifle Events Calendar

Dateline

Smallbore Rifle Events Calendar

WHEN	WHAT	WHERE	WHO
2010			
January 29-30	Alberta air rifle Chmpshps	Grande Prairie	Ralph Pentelski 403-242-1416
January 30	AGM	Grande Prairie	
Jan 9	Calgary Sat match	Calgary rifle & Pistol	Jeff Hunter 403-238-2651
Feb 20-24	Rocky Mountain Chmpshps	Colorado Springs	Colorado Springs
Feb 19	Canadian Grand Prix air chmp	Toronto	SFC
Jan 30	Calgary Sat match	Calgary rifle & Pistol	Jeff Hunter 403-238-2651
Feb 20	Calgary Sat match	Calgary rifle & Pistol	Jeff Hunter 403-238-2651
Mar 10-28	World Cup	New Delhi, India	SFC
Mar 20	Calgary Sat match	Calgary rifle & Pistol	Jeff Hunter 403-238-2651
April 15-25	World Cup	Beijing, China	SFC
April 16-18	Eldorado I	St. Paul	Russ Whitford 780-645-5652
April 17	Calgary Sat match	Calgary rifle & Pistol	Jeff Hunter 403-238-2651
May 13-21	US spring selection match	Ft. Benning Georgia	SFC
May 22-31	World Cup	Ft. Benning Georgia	SFC
June 12-19	US national matches	Ft. Benning Ga	USA Shooting
June 22-30	World Cup	Belgrade, Serbia	SFC
July 20-Aug 11	World Championships	New Delhi, India	SFC
Aug???	Canadian Championships	Beachburg, On	SFC
Sept 24-26	Eldorado II	St. Paul	Russ Whitford 780-645-5652
Oct 3-10	Commonwealth Games	New Delhi, India	SFC
Oct ??	USA fall regional match	Ft. Benning Ga	USA Shooting
Nov 18-28	Championships of Americas	Rio de Janeiro, Brazil	SFC
Dec 2-5	USA winter air gun	Colorado Springs	Colorado Springs

ASRA

BULLETS

- **Newsletter**

This 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. Some issues have more about scores and some have various types of articles. I would love to hear from anyone as to the types of things that they think would be of value in this newsletter. Communication is the key to any organization and this newsletter tries to keep all informed.

- **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 any coaches trying to get someone started. It should also be of value to everyone. Unless we are shooting perfect scores all the time there are always areas to improve. The question this time on approaching a shot is quite wide open how it could be interpreted so be sure to look to the leaders to see a wide variety of valuable comments.

- **President**

Our current President is retiring after graciously serving for a number of years. If you are currently on the periphery but would like to become involved please consider running for office at the annual general meeting. (usually associated with the air gun championships) We are a small group and could use lots of help.

- **Donations**

Thanks to those who contributed beyond their membership fee this year. Derek Budd, Jeff and Susan MacDonald, William Durand and Jeff and Angie 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 2010 is \$5 Canadian for the year.

- Please consider this a call for nominations/ volunteers for the 2010 year executive. The annual general meeting will be held in conjunction with the Air Gun Provincials(as usual) in Grand Prairie at the end of January. If however you are unable to attend please let me know and I will arrange the proper nomination process. I believe we need more representation from the 22 athletes as well as a President and secretary. The annual processes have been streamlined and I will not abandon anyone wishing to step in. Please let me know. Thanks, Russ.

Atheism is a non-prophet organization.



2009 WESTERN CANADA AIRGUN CHAMPIONSHIPS

16 - 18 October 2009 CRPC Calgary, Alta.

AIR RIFLE RESULTS ONLY: FINALS RESULT NOT AVAILABLE

Competitor	Match 1	Match 2	Total
Ladies			
Sirbu, Daniela	369	360	729
Eymann-MacDonald,Susan	351	358	709
Mailloux,Mikayla	290	300	590
Men			
Smith, Steven	563	553	1116
Zelenka, Phil	548	550	1098
MacDonald, Jeff	546	550	1096
Neil, Gavin	519	516	1035
Sinclair, Jordan	477	494	971
Hulme-Lawrence, Elijah	464	501	965

This Match was the very first Small bore or Air Rifle Match, in Canada to use electronic targets: the Mega-Link ML 2000 Series.

MINUTES

of AHA and ASRA Staff Meeting 17 Oct.'09 At CRPC, Calgary 17:30 to 18:00

Present:

B. Harrison, P, Gustafson, R.Whitford, R.Pentelski, S. Eymann-MacDonald, J. MacDonald.

PURPOSE 1: Determine means/criteria of selecting a Shooting Team for the 2010 Canadian Airgun Grand Prix in Toronto.

PURPOSE 2: Establish reimbursement for L3 Coaching Courses

PROPOSED: Select a 12 shooter and two adult team for Alberta to send to 2010 CAGC. The Shooting Team would consist of six air pistol shooters;three female, three male, and six air rifle shooters. These shooters would be the top six pistol and the top six rifle shooters at the Provincial Air Championships for 2010.

Two coaches, one rifle, one pistol, (one coach female), would accompany the team. Each shooter would receive \$500.00 to cover expenses, each coach would receive \$1000.00.

2: Two people will be sent to Kamloops B.C. for the L3 Coaches Technical Course. These two people will be reimbursed to the level of \$1000.00.

ASKRA

PANEL QUESTION

The question is how do you come onto the target and what is happening while you are doing that? There's a number of ways of interpreting the question so it should be an interesting cross section of answers. You can answer for each position if the method is different for each. Wynn Payne

sharon

My entry onto the target comes from below (6 o'clock) in prone, from above (12 o'clock) in standing and above but slightly to the left (10-11 o'clock) in kneeling. In reflecting for this panel question I was thinking what is the bases for the approaches I use. The common denominator between all three is that the entry flows naturally from my position set up and relaxing into the position.

With Prone I use a breathing pattern to relax into the position. As each breath in drops me slightly below the target, the relaxation and breath out brings the hold up onto the target.

In standing I lift the rifle up and into position coming down onto the target from above. My head comes onto the cheek piece and after a moment of checking my balance, I am looking through the sights for the first time just above the target and then taking my hold as I come in from 12 o'clock

In Kneeling I have always had to work on relaxing into the position. In working with one of my first coaches, we developed a progressive muscle relaxation (PMR) position set up. After mounting the rifle into the shoulder, I purposely tense and then relax by back and left arm. As a result the PMR, the balance of the position as I relax settles slightly to

the right which translates into my hold coming onto target from the 10-11 o'clock position rather than straight up at 12.

• Sharon Bowes

warren

I finally got some time to think about your panel question and its difficult to answer!

How I come onto the target as I shoot prone only these days is quite simple, as I breath out the rifle comes up from about 6:30-7.00 o'clock position below the target.

The one thing I check at the end of exhaling a natural amount of air, is to check I am not using any muscles to get a natural aim at the centre of the target. If the sights are not centred, I will make adjustments to get my natural aim at the centre of the target again.

When I did shoot position, coming onto the target in standing was the opposite to prone. I would set up above the target and let the position settle naturally coming down to settle. As with prone the natural aim has to be maintained without undue muscle tension.

In kneeling my natural coming up to the target was from about 5:00 o'clock below the target, just the

breathing rhythm is slower than prone!

With all positions you need to get a natural aim established in preparation time. This is important so you are not wasting sighting shots. A simple test to see if you are centred naturally is to close your eyes, go through your natural breathing rhythm before you come onto the target, then open them to see where you are aiming. Cheers, Warren.

• Warren Potent

gregory

The process of coming on the target in my case is different for each position. I could even find differences between how I settle on target in my standing small-bore vs. standard vs. air rifle. I will therefore try to address the second part of the question and describe what I find to be the most important event in the final phase of taking a shot.

I will try to describe my way of managing my "mental resources" between the moment of taking the last big breath and the shot release. This seems to be common element of all my positions. And for the record, I am not claiming that my ideas are right, they just some-

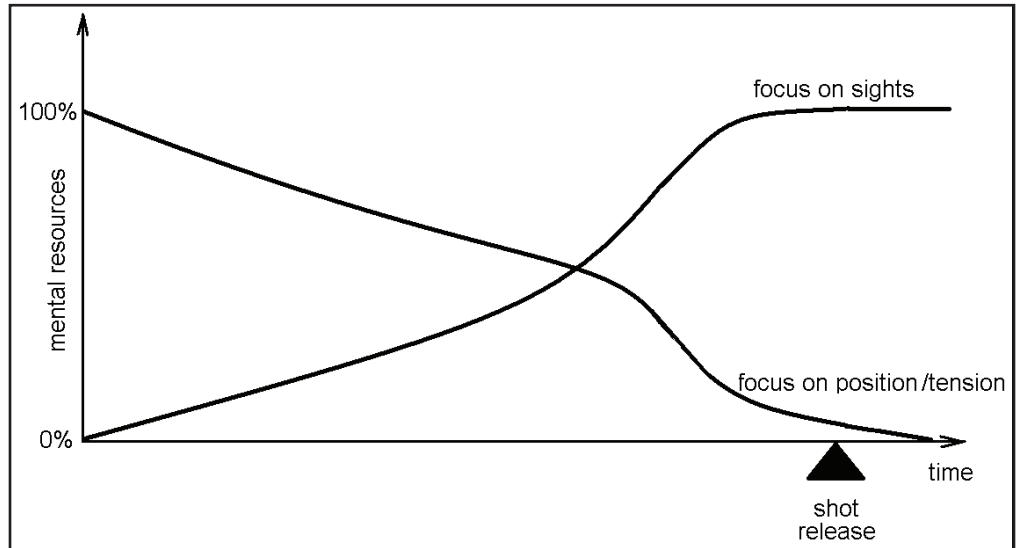
ASKRA

what work for me.

A few years after coming across some concepts in the science of Human Factors Engineering that were explaining the functioning of our brains, and at some point of my shooting struggles, I realized that I was starting to explain what was happening in my melon during my rifle practices. I found this useful; I figured that if I could understand more about the processes in my head, I could maybe control them.

To the point: concept of information processing in our brains - someone knowledgeable described this with an analogy of a "container". You can fill up this container with red marbles, or, you can fill it up with blue marbles, but in order to make room for the blue marbles some of the red ones have to come out, and vice versa. In other words, at any given time the space of this container is limited, and if you want to add stuff, some other stuff has to come out.

Our brain appears to simply follow this analogy. What that means is that we can successfully commit our brain space to only one thought at a time. Two simultaneous thoughts compromise the amount of brain power devoted to either one, and the consequence of each new thought entering our mind is that the previous one will gradually be displaced (does a word distraction sound familiar here?). And try to entertain three or more ideas at the same time, and you're asking for a



fiasco.

How does this relate to "coming onto target"? Here is my graphical explanation... I like graphs...

The "X - time" axis starts at the time you pick up the rifle/pistol. The "Y - mental resources" axis is our brain "volume" as a container.

What does this graph mean in my case?

I try to start each shot process with 100% my attention directed at scanning my position details (balance, natural point, tension in specific areas/muscles, etc.). As I do that I actually look away from the sights to not allow the sight picture cues (i.e., distractions) to enter my brain. When I'm satisfied with the position feel, the breathing stops I start to look at the target. As of that point a gradual shift of my attention takes place, from focusing on my body, to following the target. This happens rather quickly and as soon as I start seeing the target, the focus on the sight picture takes over majority of my available "brain space".

If I'm already looking at the target and ready to break the shot, and the two lines if my graph start going in reverse direction, it is usually smarter to interrupt the shot process than to try to fix it. The trick is to be disciplined in following this rule.

Hope you find my 2 cents helpful,

• Gregory Sych.

ASRA

pat

One of the most important beginnings to any practice or competition is alignment to the target. When a shooter lies down on the ground, plants their feet in the standing position or gets onto a kneeling role, the orientation to the shooters target is critical.

In the prone position, once the two elbows are positioned on the ground movement to the proper target should come from the hip and leg area. The shifting of position with both elbows on the ground should be done by shifting the weight at the hip area until the front sight is aligned with their own target. If a 20yd target is being used, the alignment should be done at the beginning on the sighting target. Small shifts in the hips and legs from one group of aiming marks are required to maintain a proper sight alignment.

In the standing position, the rifle is rested on the chest with the left/right arm and the lead foot goes perpendicular the to the forward aiming area. The rear foot is then adjusted in an outward position in order to lock the hip area so that horizontal sway is reduced in the hold.

Kneeling is one of the most difficult positions to get a proper orientation to the target. a right handed shooter may wish to lock the in an inward position or remain in a 45degree position to the direction of the target while weight is put from the head

down through the body to the middle of the kneel position. Large orientations to the target are often done with the right knee and small orientations are done with the lead (left foot). the opposite would be the case for the left handed shooter.

Once the shooter is "on target", the height alignment has to be done. If the shooter is aiming below the aiming mark the butt hook must be raised in the shoulder. The opposite is true if aiming above the target. Now, the shooters is ready to make a relaxed aim at the same sight picture on every shot.

Finally, when delivering each shot, the shooter should load the round, go through there pre-shotmental routine, CHECK THE TARGET NUMBER, and aim..... deliver the perfect shot! Then, the shooter should hit their own target each and every time!

• Pat Vamplew

richard

Approach to the target:

This is an interesting topic and like you said Wynn probably one that can be looked at from a lot of angles. I think of the final approach as that last bit of movement as we look through the sights at the target but I guess the whole subject starts from the moment you pick up the rifle and start your shot sequence.

By shot sequence I mean the routine you go through when you start to prepare for your shot. Using prone as an example, this starts when you first start setting up your equipment. Most of us will lay our mat down at an angle. If you do this the same every time you are starting from the same point. From there you should always lay down the same way, I recommend approaching the foot of the mat and laying down from there so you start in the same position every time. When it's time to take your shot you should have a routine that you follow each shot. It should start with how you place the butt of the rifle in your shoulder and follow step by step through the process of how you put your cheek on the stock and through to the placement of your finger on the trigger and when you check your natural point of aim. Write this down step by step or dictate the steps to someone to record them while you go through them. Use this written check list until you can do it step by step without the written copy. The same thing applies in all positions. The point of all of this is to get the rifle aimed at the center of the target. When we do all this right the sights should be centered and there should be a natural movement up and down when we breath. If everything has been done correctly when our breathing relaxes the sights should settle right where we want them. What we see in the sights as the proper final approach to the target is the measure of how

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well we have followed our shot sequence. If that final sight picture is not correct or wanders one way or the other as we breath there is something wrong and we should be looking for why.

The same thing applies in all positions. There is a movement pattern that should be the same every shot that we can use to identify that we are in the correct position. In standing once the shooter is in position as he/she breaths the sights will move up and down. In a perfect world this should repeat itself each shot and settle on the 10 as we pause our breathing to take the shot. If the moment on target is irregular then something is not right. If we look at this movement of a SCATT or RIKA trainer the last movements on a good shot in standing will follow right down from the top of the target and settle on the center.

Someone once told be shooting should be easy."Shoot a ten the repeat it 60 times." I guess the ability to assess that final movement on the target before we fire the shot is part of this.

• Richard Lanning

Glynn

Most coaches and training manuals agree that your preparation for the shot is extremely important and should take up to 85% of your "routine". I am a prone shooter and I come onto target in the following stages:

1. Big breath and relax (not looking through the sights yet)
 - a. Check for unwanted tension
 - b. Glance through the rear sight to verify natural point of aim. If point of aim is not on the target make adjustments and restart process from # 1.
 - c. Look away from sights or close eyes to relax them
2. Verify external conditions such as wind or lighting
 - a. I may have to wait until my "condition" returns
3. Medium breath and relax
 - a. Looking through the sights observe the entry onto target. My entry should be coming up onto the target from between 6 o'clock and 7 o'clock. If I am outside this range it implies my position is not correct. The causes could be tension or natural point of aim.
 - i. Correct position and/or tension and restart at # 1.
 - b. Look away from sights or close eyes to relax them
 - c. Verify external conditions. If they are not appropriate start over at # 1
4. Small breath look through sights at the start of the exhale
 - a. Verify entry angle
 - i. If it is not appropriate return to # 3
 - b. Take up first stage of trigger while coming up onto target
5. Think "centre or 10.9" focus on sight picture
 - a. Release the shot when the desired sight picture is achieved
 - b. If it takes too long to acquire the sight picture, reject the attempt and start over from # 4

6. Follow through and "watch" the shot go through the target
 - a. Note the angle and height of the recoil
7. Call the shot location based on final sight picture and recoil. Verify the location on your monitor. This process takes less time to complete than it does to read and I can execute a complete shot cycle in about 25 seconds.

I think the important factors are developing a simple repeatable program that allows for checking both internal and external factors, shot rejection and restarting at various points.

• Glynn Loftin

Bob Palmer

I'd always seen preparing for competition as simply good pre-competition management (of adrenaline, thoughts and people), coupled with a good routines. But a letter from a client got me thinking differently. She asked about the proper pre-competition "ritual" and that word, for me at least, added a degree of severity and importance that I was not used to. It conjured up images of the religious rituals of the church, not pre-shot routines or in my case in karate, pre-sparring routines.

So why ritual and not routine? A routine is a behavior that has become uncomplicated and unconscious—like brushing your teeth—but there is no edge or meaning to it. A ritual, on the other hand, is loaded with conscious and unconscious mean-

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ing. One doesn't question or take ritual for granted, because it holds a special place of reverence in our minds. Ingrained through intensive training (patterning), it becomes so automatic that to change it takes great effort, and to have others mess with it is almost impossible.

To get into my ritual at a karate tournament, I set myself aside from spectators and competitors and mentally won each form and each fight. If someone came up to me to socialize, I ignored them, not out of choice but out of ritual. They did not exist. On one occasion, a colleague tried to engage me in conversation and resorted to throwing a playful kick at my head. The last I saw of him he was hobbling away with a sore foot. Ritual is not to be messed with.

Having no rituals is akin to being a band new shooter at every event you attend. When nothing is ritualized, you are always self-talking and self-doubting your way through the competition. And when what you are doing isn't working, you change it—easily. One of my clients recently explained away his lousy rounds in the Canadian International Skeet Championship by saying, "I was being creative." In other words, he tossed his ritual aside, the result of poor preparation, distraction or carelessness.

Here are some of the points to consider when creating a ritual:

1) Know what you want in terms of outcome (goal). This is the most

important part, as it is the foundation that your ritual is built upon. Having an outcome(s) (where you want to place, having fun, staying in the Zone) makes practice make sense. It is the reason you are at the competition and the only reason you require a ritual.

2) Visualize your outcome as a way of reinforcing, refining and ritualizing it. One trick is to FEEL the joy of competition as you visualize. The way you FEEL in the visualization is the way you'll FEEL in competition.

3) Develop a FEEL for the Zone—a Zone FEEL. It is a physical sensation in your body and it is YOUR signal that you are ready. When you have the sensation, you know it is a go. When you don't, you'd better do something to get your ritual back on track.

4) Manage your adrenaline by degrees, so that you can intensify your Zone FEEL or lessen it throughout the whole competition. The better you get at regulating it, the sooner it too will become an automatic part of your ritual.

5) Set yourself apart from your peers a set amount of time before each match (10, 20 40 minutes?) to give your ritual a chance to gel without people interference.

6) See the ritual as having a starting point and end point, that combines all the routines of your game such as the pre-shot routine, correction routine, celebratory routine and analytic routine.

7) Practice and then trust your ritual in competition. Change it at your peril.

There are other things that athletes include in their rituals—some as off-beat as wearing the same shoes, vest or hair style—but this list should get you thinking about ritual as important and serious. When I spoke about this concept with shooting coach and former Canadian International Skeet Champion, Don Kwasyncia, he told me:

"When I was competing, my ritual enhanced my performance. International competitions can be busy places and the mind can get scattered very easily. When I went into my ritual, all the hustle and bustle went away, replaced by peace, clarity and awareness. It isolated me from the confusion."

Zone Ritual is intense and severe. Make all of your actions powerfully unconscious and remove yourself from the confusion of the competition. And, whereas the rituals of the church have endured for hundreds of years, your ritual only needs to endure for the competitive season.

About the author: Bob Palmer is a Peak Performance Trainer who uses an educational and strategic approach to peak performance. His athletes have won several national events, world cups and a gold medal in the shotgun sports. He currently works by telephone with shooters, golfers, hockey players, swimmers, equestrians and many other types of athletes. He can be reached at bpalmer@sportexcel.ca or toll-free at 877-967-5747.

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1. A vulture boards an airplane, carrying two dead raccoons. The stewardess looks at him and says, "I'm sorry, sir, only one car-ion allowed per passenger!"
2. Two fish swim into a concrete wall. One turns to the other and says, "Dam!"
3. Two Eskimos sitting in a kayak were chilly, so they lit a fire in the craft. Unsurprisingly it sank, proving once again that you can't have your kayak and heat it too.

QUIZ

1. What fruit has its seeds on the outside?
2. There are 14 punctuation marks in English grammar..... Can you name at least half of them?
3. Name the only vegetable or fruit that is never sold frozen, canned, processed, cooked, or in any other form except fresh.

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- **1 Rifle bay** with 4 firing lanes
- **Classrooms**

And

- **A comfortable lounge area**

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Our goal is to cater to the ever-growing shooting community in the Calgary area. Our bays are designed with the action shooter in mind and we will do our best to accommodate clubs and organizations who wish to use our facility for their shooting fun. **However... We welcome new shooters!!**

Our Retail area will carry a full range of shooting supplies and accessories. Also, **our Rental rack** is full of some of our favourites that are available for all to try.

No permits are required to come and try the sport

No matter how much you push the envelope,
it'll still be stationery.

2010 ALBERTA AIR RIFLE CHAMPIONSHIPS
Sponsored by ALBERTA SMALLBORE RIFLE ASSOCIATION
Date: 29, 30, 31 January 2010: Concurrent with AHA Pistol Prov.

- Location: GP DCoy Militia Armoury 8105 - 100 ST. , Grande Prairie, Alta
- Range Facilities: 20 Positions, Portable, Electronic Mega-Link Targets
- Rules: SFC and ISU rules will apply.
SFC Classification system will be used. Unclassified SR shooters will compete as Temp. 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: Open Class - two 60-shot matches - Aggregate of 120 shots
Ladies * - two 60-shot matches - Aggregate of 120 shots
Jrs Male/Female - two 60-shot matches - Aggregate of 120 shots
* Ladies/Juniors have the option to shoot 40 shot sets. (\$30.00)
Finals will be conducted to determine award winners.
- Schedule: **Friday 29 January**
4:00 to 6:30 PM - Registration, equipment check and practice, training
Possibly one competition Relay (1) Friday night 19:00 (7:00 PM)
We will attempt to avoid a Friday night relay; no guarantees
Saturday 30 January
8:00 AM - Registration and equipment check
9:00 AM - Relay 1 (alternate R2)
11:00 AM - Relay 2 (alt R3)
1:00 PM - Relay 3 (alt R4)
3:00 PM - Relay 4 (alt R5)
Possible 5:00 - Relay 6 (alt)
Sunday 31 January
9:00 AM - Womens' Air Rifle Final
10:00 AM - Mens' Air Rifle Final
11:00 AM Pistol Finals begin
1:00 PM - Awards
- Squadding: Posted Friday 29 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 retail gift certificates. Previous year winners please return Trophies.
- Inquiries and entries: Ralph Pentelski , Match Director at 403-242-1416 in Calgary or email at rpentelski@canada.com
- Junior Age: Shooters under the age of 21 on the day of the match can compete as Jrs.
- Guest Rooms: The closest hotels: Grand Prairie Sandman

2010 ALBERTA AIR RIFLE CHAMPIONSHIPS

Sponsored by ALBERTA SMALLBORE RIFLE ASSOCIATION

Date: 29 – 31 Jan 2010

Location: 8105 100 ST. Grande Prairie AB

COMPETITOR NAME _____
 ADDRESS _____
 CITY _____ PROV/STATE _____
 POSTAL CODE _____ PHONE NO. _____
 EMAIL ADDRESS _____

Match Fees :

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

1. Ladies and Juniors may enter Open Class for no additional fee but must have valid SFC classification card.
2. Junior Females may enter Ladies Class for no additional fee

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

Junior/Ladies Option to shoot 2x40 = 80 Agg.: Yes _____ No _____ \$ 35.00 _____
 Open Class 2x60 = 120 shots Agg. Male -Lady- Junior \$55.00 \$ _____
 Ladies Class 2x60 = 120 shots Agg. Lady \$55.00 \$ _____
 Junior Male 2x60 = 120 shots Agg: Junior \$35.00 \$ _____
 Junior Lady 2x60 = 120 shots Agg: Junior \$35.00 \$ _____
 Range Rental fee per day: \$7.00 X No. of Days shooting = \$ _____
 Compulsory SFC Registration fee \$ 2.00 \$ 2.00
 2010 ASRA Membership Junior \$20.00 \$ _____
 Senior \$25.00 \$ _____
 Family (add \$9 for each extra family member for insurance) \$30.00 \$ _____
 Please list family members _____ \$ _____
 Total Match and Membership fees \$ _____
 TOTAL amount of cheque enclosed -- payable to ASRA \$ _____

Please mail or fax your entry fee/forms to arrive by Jan.15, 2010.

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. Late entries may have to shoot twice on Saturday as space is limited.

RELAY	TIME	RELAY	TIME
(1)	Fri. 7:00 PM	4.(5)	Sat. 3:00 PM
Schedule changes may take place		(6)	Sat. 5:00 PM
1.(2)	Sat. 9:00 AM	Ladies' Final	Sun 9:00AM
2.(3)	Sat. 11:00AM	Mens' Final	Sun 10:00 AM
3.(4)	Sat. 1:00 PM		

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

Ralph Pentelski PH: 403-242-1416
 2808-37 St. SW Email: rpentelski@canada.com
 Calgary, AB T3E 3B4 Or fax to

2010 Indoor Smallbore Rifle Schedule

A series of informal rifle matches have been scheduled at the Calgary Rifle & Pistol Club during the 2010 winter months. The intent of these matches is to bring smallbore rifle shooters out of hibernation, to provide a kick-start to the outdoor season and to promote the sport of target rifle shooting. The entry fees have been kept to an absolute minimum and therefore, there will be no prizes other than bragging rights.

The course of fire will be 2 X 60 shot matches fired from the prone position at 25m. The first match will be 60 shots with Iron Sights, and the second match will be 60 shots with Any Sights, meaning scopes may be used.

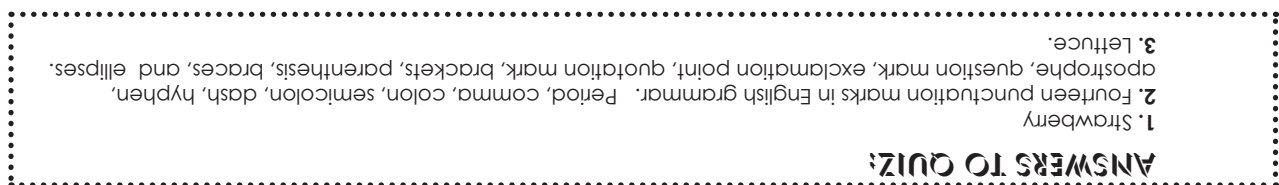
- Iron Sights start at 9:00 a.m. sharp, with Any Sights match starting at 10:30 a.m.
- Time limit of 1 hour, 15 minutes per match.
- 2 shots per bull.
- ISSF/SFC rules apply.
- Competitor scoring to be used – please bring scoring towers etc.
- These are not SFC registered matches. Scores to be posted at CRPC.
- Cost is \$7.00 for CRPC members for the two matches (please bring exact change).
- Match Rifle, Sporting Rifle or Hunting Rifle may be used.
- *Recommended* that you be a 2009 ASRA member.
- Non-CRPC members to pay \$12.00 fee to cover insurance (please bring exact change).

Although these are prone matches, we will accommodate anyone wishing to shoot 3-Position.

No entry forms - just show up with 7, or 12 bucks and shoot – it doesn't get much easier. **Range space is limited to one relay, on a first come first served basis. It is recommended that you call to reserve a spot.**

**Match dates are; Jan. 9
Jan. 30
Feb. 20
Mar. 20
April 17**

For additional info or to reserve a position, contact Jeff at 238-2651 (H), or 541-5259 (W)



**She was a moonshiner's daughter,
but he loved her still.**

2010 MATCHES ELIGIBLE FOR CANADA WINTER GAMES QUALIFICATION FOR ASRA JUNIOR AIR RIFLE SHOOTERS

The CWG Qualification Requirements for CWG 2011 published in March 2007 stated that six matches would be eligible for qualification purposes for Alberta air rifle juniors. Shooters wishing to qualify for Team Alberta for the 2011 Canada Winter Games must shoot in a minimum of four (4) of the following matches: (There is an optional additional Match if shooters miss other matches):

1. Alberta Provincial Air Rifle Championship 2010 29 - 31 Jan. Grand Prairie
2. City of Calgary Airgun Championship March, CRPC
3. 2010 Eldorado St. Paul, Alta. 16 -18 April
4. May 2010 Calgary Joint Airgun Trial Match

OPTIONAL: SFC Canadian National Smallbore Rifle Championship Beachburg, Ont.

5. Eldorado II CWG Trial Match, 24-26 Sept. 2010, St. Paul
6. Western Canada Airgun, October, Calgary, CRPC.



Dear shooter,

The Olympic Games is the ultimate test of the skills of the athletes and quality of their equipment. In every Olympic's since 1984 more medals have been won in the Olympic Rifle disciplines with our shooting-wear than with all other brands together. In the 1996 Atlanta Games 53.3% of the medals were won with the KT shooting jackets and pants.

In this catalogue we present some of the international shooting stars who have confidence in THE EVOLUTION collection shooting-wear.

The recreational or beginning shooter finds alternatives among our Advanced and Club jackets and pants and Economic boots. All our products are developed and produced with the same experience and skill.

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St. Paul Fish & Game Association & The Alberta Smallbore Rifle Assoc.
Invites You to Attend

ELDORADO AIR GUN MATCH I

April 16, 17, 18 2010

Curling Rink 53 St & 48Ave. St. Paul 780 645 5652 fax 780 645 5825
SFC # 5568

Course of Fire- Men two 60 shot matches Ladies – two 40 shot matches
Range- 28 manual returning
Rules- SFC and ISSF rules will apply
Schedule- Friday Registration 5:00 to 8:00 pm
Practice 5:00 to 8:00 pm

Saturday- Registration 8:00 to 8:45 am
Relay A1 9:00 to 10:45am
Relay B1 11:15 to 1:00pm
Relay A2 1:30 to 3:15pm
Relay B2 3:45 to 5:30 pm

Sunday-Men Rifle Finals 9 am Men Pistol Finals 10am
Ladies Rifle finals 11am Ladies Pistol Finals 12noon
Awards {prizes} to follow

Information Call Russ Whitford @ 780-645-5652, russdm@telusplanet.net

Sponsored by

Royal Canadian Legion St. Paul #100 Extreme Oilfield Tech.
Lakeland Family Eye Care, Dr. Trevor Pilipchuk *SUBWAY*
Alberta Sport, Recreation, Parks and Wildlife Foundation

This event will be open to all Air Gun Athletes.

Name _____ SFC # _____
Address _____ E-mail _____
City _____ Prov. _____ Postal Code _____
Rifle _____ Pistol _____ Phone# _____
DOB _____ Male _____ Female _____
Preferred Relay _____ Classification _____
Cost \$35.00 _____ ARSA # _____ AHA# _____

Super 8 Motel 1-866-866-0688, Kings Motel 1-800-265-7407 [780 645-5656]

Shooters must be members of their Provincial Organization eg. ASRA or AHA
The organizing committee reserves the right to adjust rules and procedures

Russ Whitford box 1396 St. Paul AB T0A 3A0

St. Paul Fish & Game Association, The Alberta Smallbore Rifle Assoc.
The Alberta Handgun Assoc.
Invites You to Attend

ELDORADO AIR GUN MATCH II

SEPTEMBER 24, 25, 26, 2010

Curling Rink 53 St & 48 Ave. St. Paul 780 645 5652 fax 780 645 5825
SFC # 5569

Course of Fire- Men two 60 shot matches Ladies – two 40 shot matches
Range- 20 Megelink Electronic Targets
Rules- SFC and ISSF rules will apply
Schedule- Friday Registration 5:00 to 8:00 pm
Practice 7:00 to 9:00 pm(tentative)

Saturday- Registration 8:00 to 8:45 am
Relay A1 9:00 to 10:45am
Relay B1 11:15 to 1:00pm
Relay A2 1:30 to 3:15pm
Relay B2 3:45 to 5:30 pm

Sunday- Men Rifle Finals 9 am Men Pistol Finals 10am
Ladies Rifle finals 11am Ladies Pistol Finals 12noon
Awards {prizes} to follow

Information Call Russ Whitford @ 780-645-5652, russdm@telusplanet.net

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Lakeland Family Eye Care, Dr. Trevor Pilipchuk *SUBWAY*

Alberta Sport, Recreation, Parks and Wildlife Foundation

This event will be open to all Air Gun Athletes.

Name _____ SFC # _____
Address _____ E-mail _____
City _____ Prov. _____ Postal Code _____
Rifle _____ Pistol _____ Phone# _____
DOB _____ Male _____ Female _____
Preferred Relay _____ Classification _____
Cost \$50.00 _____ ARSA # _____ AHA# _____

Super 8 Motel 1-866-866-0688, Kings Motel 1-800-265-7407 [780 645-5656]

Shooters must be members of their Provincial Organization eg. ASRA or AHA
The organizing committee reserves the right to adjust rules and procedures

Russ Whitford box 1396 St. Paul AB T0A 3A0

