



SPECIAL POINTS OF INTEREST:

- Arrange a Coaching Clinic at your Club
- WA State Coaching Director—Christine Alexander 042 888 3468
- Send me your Club advert & let Coaching help you advertise it as well to all Members & Clubs

MAJOR SHOOTING JAN / FEB 2017

Wagin & WAGC
100t DB
1 Jan 2017

Peel & Dist
Joe Pintaudi 100 DB
15 Jan 2017

WAGC
ISSF Nationals
16—21 Jan 2017

Albany 2.5 DTL
Carnival
27—29 Jan 2017

Narrogin
State Ball Trap
5 Feb 2017

Wagin 2.5 DTL
Carnival
10—12 Feb 2017

NEXT ISSUE:

Future of Coaching
WA (continued)

WACTA & 2017

Coaching Tips for
shooting targets



To all Clubs, members, WACTA Executive and Coaches that have helped in supporting the restructuring, revampment & regeneration of the WACTA Coaching system since it started in March 2016, I would like to say a **very big "Thank you"**. 2017 has already had Club Coaching Courses for each Zone identified in the 2017 State Shooting Program book plus should DSR funding be approved for 1st half of the year, then there are two Coaching Clinics identified.

Without your support & wanting to see your Club members improve in shooting skills, there would be no Coaches or coaching in WA. Please look at hosting Coaching Clinics for all disciplines either at your Club or as a Zone initiative for 2017.

In the meantime, I wish each & everyone of you plus your families, a very Merry Christmas and the very best for 2017. See you around the "traps" in 2017.

ISSF Coaching Clinic—CMT Clay Target Club

The ISSF year finished with a final Coaching Clinic over the weekend of 3rd & 4th December 2016. This Clinic was on the same format as previously, Ladies & Juniors on Saturday & General on Sunday, except this time the State Teams were asked to come along & undertake a final training before the ISSF Nationals in January 2017.



The Coaches on Saturday were Des Neale, Ivan Halbert & myself. Even though our numbers were smaller, it meant that those present got more "one on one" coaching which delighted them all. We had 1 Junior (Jordan Crouch) attending for the very 1st time, Carly Smith (Lady) and 5 men. As I had asked the State Double Trap to attend, we worked considerably with them, but also concentrated on the Trap component as well. As major correction of skills was not suitable at this point in time, we discussed other areas



We even had a "behind the scenes" Coach & thank Malcolm for bringing Jordan. Thanks to Jo, Gordon Brad, Elliott Harris, Snookie & CMT Gun Club for the lunch & Clubhouse & grounds for the Clinic. **Good luck to all the State Team members plus every other shooter from WA who will be attending the 2017 ISSF Nationals—remember just one target at a time.**



of importance when at Nationals such as Hydration Dehydration (drinks suitable) & eating program throughout the day to sustain energy for endurance.

Sunday saw 7 people in attendance & we concentrated wholly on ISSF Trap with Murray Alexander, Ivan Halbert & myself as the Coaches. Once again it was more about just minutely honing some skills & ensuring that everyone was prepared for the forthcoming Nationals, stressing the importance of not letting the "hype" of being the Nationals create an unwanted pressure or anxiety not usually found when shooting the Qualifiers or State Titles.



ISSF Nationals—Perth @ WA Gun Club 16th—21st January 2017

Nomination forms are available on the ACTA website
Would love to see as many WA shooters attend and make the ISSF Nationals a very successful event for WA.

Polo shirts & Caps merchandise will be sold at the Nationals.

Coaching Tips—Colored Lenses

Vision and the Choice of Shooting Glasses

In the current day of shooting, vision has become a very integral part of acknowledging the target, possibly faster than previously through the utilisation of vision enhancement devices, such as coloured lenses and fitted glasses. The glasses can also incorporate prescription to prevent reduced recognition of target and flight. Such manufacturers are The Rudy Project, High Scorers and the need for glasses with definition enhancements depends entirely on the shooter and their eyesight.

Tan Hues

The range of Tan coloured lenses on the market allows the background to soften, if a very bright day, thereby keeping the shooters eyes soothed.

Purple / Blue Hues

Purple and Blue hues have come more into effect as a secondary colour that is soothing to the eyes, yet has the capability of background enhancement.

Crimson / Red Hues

This range along with the Yellow, are perceived as the most popular selection of all colours, as it tends to highlight target colour (particularly if fluorescent orange) from the background.

Yellow Hues

As with the Red range of colours, the Yellow is the most popular colour, due to its capacity to enhance the background and therefore clearly defining the target as an artificial object.

Orange Hues

As with the Red, the Oranges tend to give highlight to the target, but with some of the range, they can also provide relief for the eyes.

Clear / Natural

On windy days, if a shooter does not normally wear coloured lenses, it may be prudent to wear clear lenses to protect the eyes from any potential foreign particles that may be prevalent in the air. This prevents disruption of their performance

Prescription

These days, there is a number of spectacle companies specifically aiming at the sporting market regarding the ability to have prescription lenses included to their frames or lenses. This alleviates the need to wear multiple glasses and frames (ie: prescription underneath coloured lens spectacles)

Coaching Tips— Spectacle Frames



Frames

Although this is not as important as the lenses, in Skeet shooting, the frame can have a considerable effect on the shooter picking up the target., but for DTL & ISSF it is not of paramount importance. If the frame is thick or low and covers the top part of the eye, then the eyes when raised to pick up the target, especially on Stations 1 and 8 actually block out the target flight.

Nose Pieces and Ear Retainers

Alternatively, shooters need to be aware of the glasses nose piece and if they are adjustable or static. This so that they can either increase the height of the lenses to prevent the problem with the frames and gun mount or lower them so that the glasses sit better against the base of the eye, yet not inhibiting the gun mount.



(With set nose piece)



Frame with skull temples



Frame with cable temples

The frames ear retainers should be comfortable at all times with earmuffs on and no pressurisation occurring on the head causing discomfort and distraction.

Two different styles are available being either “skull” or “cable” temples.



(With adjust nose piece)

Proposed 2017 Zone Club Coaching Courses

Zone 4 (Eastern Goldfields): 4th & 5th Feb

Zone 1 (Metro): 20th & 21st May

Zone 2 (Midwest): 24th & 25th June

Zone 5 (Gt Southern): 1st & 2nd April

Zone 6 (Southwest): 22nd & 23rd July

Contact the State Coaching Director & register your interest—it is important for your Club