

WINNERS OF THE 2019 PISTOL AUSTRALIA AWARDS



Junior South Australia
Air Pistol Team
Domestic Team of the Year



Peter Brus & Chris Banfield
WA1500 Team
International Team of the Year



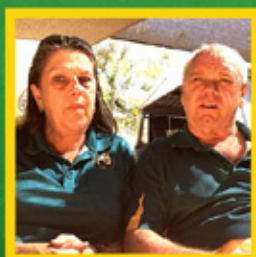
Dean Brus
Coach of the Year



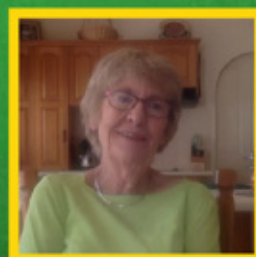
Marg Baker
Official of the Year



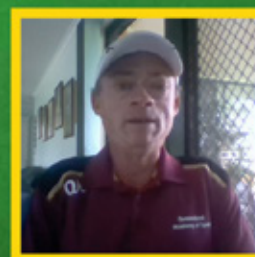
Graeme Harvey
Social Media Contributor
of the Year



Mt Isa Pistol Club
Club of the Year



Judy Bronger
Volunteer of the Year



Chris Pitt
Athlete of the Year - WSPS



Olivia Erickson
Athlete of the Year - Junior



Cherie Blake
Athlete of the Year - Female



Peter Brus
Athlete of the Year - Male





AUSTRALIAN pistol SHOOTERS BULLETIN

Australian Pistol Shooters Bulletin

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of the shooting sports and
the development of personal
excellence in competition.
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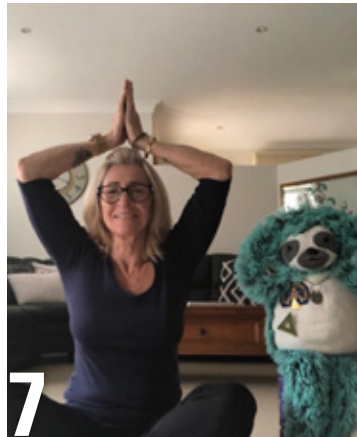
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From the President

RAY ANDREWS OAM

Hello to all our members during these uncertain times as Australia battles the spread of the COVID-19. It appears that most States and Territories have it under control but I hope that you are all safe and well.

It also seems that certain restrictions that were imposed are slowly being lifted so let's hope that it won't be long before our shooting ranges are allowed to open again and we can all resume the sport that we love.

It has been difficult finding what to do because you can only load so many .38 rounds for Service/WA1500, Action or Metallic Silhouette until you run out of cases, primers or projectiles and of course you can't just run down to your gun shop because they are closed or at least in WA they are.

PA has been busy on the social media platform with the fortnightly Range Report and the other specials like the Anzac Day presentation. We also had the Action Pistol and Metallic Silhouette panel discussions programs that were well received both here in Australia and overseas.

Pistol Shooting Queensland kept us busy for 10 days over Easter with the virtual nationals, which was well supported and great fun. Thanks PSQ.

Currently we also have the photo competition running on a weekly basis so join in, sort through your photo collection and enter. All these activities are there for you our members to keep you engaged while waiting for ranges to open.

One thing the virus didn't stop was the final Olympic selection competition at SISC early March which resulted in Shooting Australia and the Australian

Olympic Committee announcing the athletes who were selected in the Olympic Shooting Team for the 2020 Tokyo Olympics which have now been pushed back to the end of July 2021.

Of the 15 athletes in the team 4 are pistol shooter, Daniel Repacholi air pistol and going to his 5th Olympics, Dina Aspandiyarova air pistol and her 4th Olympics, Elena Galiabovitch 25m pistol and her 2nd Olympics and Sergei Evglevski 25m rapid fire and his first Olympics.

These four athletes are to be congratulated on their achievement and the effort and commitment to be the best in Australia. Well done.

Pistol Australia Announcement

The Management and Executive Committees of Pistol Australia, which includes representation from all States and Territories, met on Monday 11 May 2020 to discuss the remaining International and National Championships scheduled for 2020. The following decisions were taken:



The following World Championship has been rescheduled:

- 2020 NRA Action Pistol World Championships scheduled for October 2020 at the Toowoomba Pistol Club in Queensland has been moved to 6th to 9th October 2021.

The following PA National Championships have been cancelled:

- 2020 Action Pistol National Championships scheduled for August at the Yarra Club in Melbourne, Victoria
- 2020 PA/ISSF National Championships scheduled for September at the Metropolitan Club/BISC in Brisbane, Queensland. Competitors who have already entered these Championships will receive an email from the Organising Committee containing information regarding entry fees and other issues.
- 2020 Metallic Silhouette Big Bore National Championships scheduled for October at the Toogoolawah Club, Queensland

In addition:

- The 2020 National Junior TID Camp scheduled for the AIS in Canberra in July has also been cancelled.
- The 2020 Pistol Australia AGM has been deferred until such time that a face-to-face meeting can be conducted.
- The results from the 2020 Metallic Silhouette Small Bore and Field Pistol National Championships that were conducted at the SSPC Club in Canberra in March 2020 will stand as recorded.

Other relevant international events:

- The 2020 European WA1500 Championships scheduled for 2020 have been moved to 2021 and the 2021 WA1500 World Championships have been moved to 2022 - see WA1500 World Association Web Site news release on this link - www.wa1500.org/file.php?ID=1171
- The 2020 IMSSU World Championships have been cancelled - see IMSSU news release on this link - www.imssu.org

2021 EVENT SCHEDULE:

- The 2021 PA/ISSF National Championships will be held at the Metropolitan Pistol Club (PA Matches)/ BISC (ISSF Matches), Queensland from 26th March to 4th April 2021.
- The 2021 Action Pistol National Championships will be held at the Yarra Pistol Club, Victoria in August 2021 – final dates TBA.
- The 2021 Metallic Silhouette Small Bore and Field Pistol National Championships will be held at the Sporting Shooters Pistol Club Majura, ACT from 5th to 7th Match 2021.
- The 2021 Metallic Silhouette Big Bore National Championships will be held at the Toogoolawah Pistol Club, Queensland from 17th to 19th September 2021.
- The 2021 NRA Action Pistol World Championships will be held at the Toowoomba Pistol Club in Queensland from 6th to 9th October 2021.

Special Thank you to Yarra Pistol Clubs and Victorian Amateur Pistol Association

Pistol Australia and all States/Territories wish to express their great appreciation to the Yarra Pistol Club and Victorian Amateur Pistol Association for making the above changes happen. Their generosity is acknowledged by the whole Pistol Community as the change will ensure money that has been paid to the various accommodation venues/airlines for the cancelled 2020 Championships that were scheduled for Brisbane can now be accessed for 2021.

Pistol Australia Awards

The 2019 Pistol Australia awards were to be presented at the Nationals Presentation Dinner in Brisbane in April 2020 but were deferred due to the Coronavirus Pandemic.

In view of this the decision was taken to present the awards now but in a manner that suits our current environment.

The Range Report that was held on 6th May 2020 was designated as the Pistol Australia Awards Ceremony. The show was put together with remote interviews and highlights from previous competitions.

The show can be seen free of charge and with no registration or need to sign up to any platform at the following locations:

- Web site: <https://pistol.org.au>
- Vimeo: <https://vimeo.com/pistolaustralia>
- Facebook: www.facebook.com/PistolAustralia
- YouTube: https://www.youtube.com/channel/UCtZfJ7Yl9whJvewRjaibzw?view_as=subscriber

Congratulations to all winners

- Athlete of the Year – Male – Peter Brus – current WA1500 World Champion
- Athlete of the Year – Female – Cherie Blake – current Action Pistol Female World Champion
- Athlete of the Year – Junior – Olivia Erikson – Junior Olympics Representative
- Athlete of the Year – WSPS – Chris Pitt, Paralympic Representative
- Domestic Team of the Year – South Australian Junior Air Pistol Team – current National Record Holders
- International Team of the Year – Peter Brus and Chris Banfield – current WA15000 Teams World Champions
- Coach of the Year – Dean Brus – coach of Peter Brus and Chris Banfield and many other WA1500 Shooters
- Official of the Year – Marg Baker
- Club of the Year – Mt Isa Pistol Club
- Volunteer of the Year – Judy Bronger
- Social Media Contributor of the Year – Graeme Harvey

Spotlight on Dr Jess Morris

Jess is the Pistol Australia Social Media, Administration Officer and Sports Science advisor to the PA National Programs.

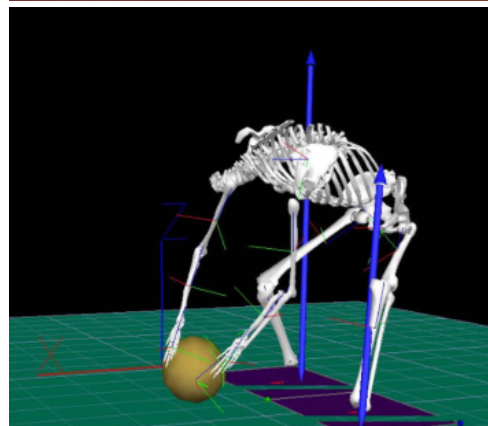
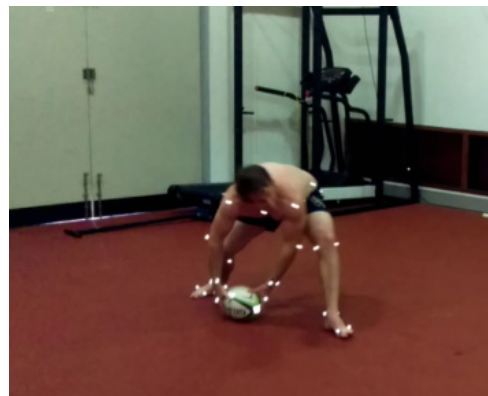


PA is really proud to advise that Jess has recently been awarded her PhD in Human Movement. Her thesis title was "A Multidisciplinary Analysis of the Rugby Union Pass". Jess' research included using performance (video) analysis and Biomechanics (technique analysis) to achieve a better understanding of how men and women pass in Rugby Union.

Prior to working at PA, Jess had four years' experience in Sports Administration and nine years' experience in Business Administration including positions at Sunshine Coast Rugby Union and the New Zealand Sports Academy as well as a non-sport business administration company. Jess is an avid Rugby Union fan, and has worked and volunteered in Rugby for the last 10 years.

Jess has a Bachelor of Business (Accounting) / Bachelor of Science (Sport and Exercise Science), Bachelor of Science (Hons) and now a PhD in Human Movement. Jess is now working alongside Joe and the National Development Squad, providing sport science support to the squad.

Congratulations to Jess from all of us at Pistol Australia and the Pistol Community.



Using 3D motion capture to analyse passing technique



Air pistol room after the fire



Air pistol room before the fire

The Spirit of the Club

On December 20th 2019 a major bushfire swept through the Adelaide Hills – known now as the Cuddle Creek fire – with the Kenton Valley Pistol and Shooting Club in its path.

The Club suffered significant damage with the partial destruction of our Clubroom, our Air Pistol Room, several sheds, our old historic fort, fencing and 3 of our 5 Ranges destroyed.

With the incredible help from our Committee Members and Members who came to the clean-up days along with local Businesses - Coopers of Mt Torrens, Kym Gladigau, Chooks Custom Grafix, Woodside Irrigation, SAPOL and the SA Government (who provided us with a \$10,000 grant) we were able to reopen our Club on January 28th for competition shooting.

During the time we were closed with the help of SARPA and Deb Rowe our Club received numerous offers of help and support from other Shooting Clubs around S.A, offering assistance to our Members so they could fulfil their shooting requirements. A big thank you to all those Clubs.

The repairs to our Club room and Air Pistol room will be completed as soon as possible. Although we still have a lot of work to do, the Kenton Valley Pistol and Shooting Club has never been stronger and the mateship greater.

Our Committee would like to thank everyone for their help and support.

Peter Gough

President

Kenton Valley Pistol and Shooting Club INC



Club house and ranges



Storage shed



Historic fort range before the fire



Historic fort after the fire



Juniors kept engaged online with their coach and mascot

Allison Doyle, Juniors Coach for NSW has been checking in on the Juniors each week, running a Zoom session every Thursday afternoon. Allison wanted to check in on the team's mental health and keep their interest and team spirit alive.

Before the COVID-19 emergency broke out, the Juniors Team was selected for the Tri-State competition between NSW, VIC and SA. The Juniors were looking forward to competing at the event in June, but unfortunately, the event was cancelled.

Some of the team members were new shooters and excited to have been picked to represent NSW, so understandably, the decision to cancel would have been a set back. On the positive side, it was decided that next year, the event picks up where they left off, so no-one missed out.

Allison re-iterated to the team that through no fault of their own, the event could not proceed, so while their commitment and dedication is still alive and kicking, then their spot on the team was secure.

Part of the weekly Zoom sessions, Allison engages with the Juniors by doing exercises and issuing challenges. In one of the sessions, Allison demonstrated herself doing 10 push ups and challenged the team to send her videos of them doing the same, if not more.

A bit of fun is also included, and Allison brings in the Juniors Mascot, Syd. Syd helps out with Trivia questions, and also gets involved with the weekly challenges.

Allison's challenge was to be able to do the splits, and Syd was there beside her, giving it a go.

What has been interesting during this time, is that Allison and the team are staying more connected now than they would have been without COVID-19. Normally, the team would be practicing at their own range, and then coming together at competition time.

When asked if the team thought it was too much to meet up weekly and should the format change, the answer was overwhelmingly to keep it going.

Great job Allison, keeping the connection alive and the comradie in the team.

From the National Referee Council

BY SHARON REYNOLDS, NRC DIRECTOR

I thought it would be a good idea to spotlight a different official each month – many of you will know the people I spotlight but what do you really know about them.

This month I had a discussion with Margaret Baker. Many of you will know Marg as the PSQ Officials' Co-ordinator, and of course as a member of the jury at a number of National Championships. Marg was awarded the Shooting Australia Official of the Year trophy in 2015 and a life membership of PSQ in 2017. Marg is a Pistol Australia Judge A and also holds international accreditations as a Judge B for both ISSF and WSPS.



So Marg, what got you into pistol shooting?

Curiosity! My husband and our friend used to head off every Saturday afternoon to the 'club'. I had absolutely no interest in shooting, in fact I was horrified when Brian brought a GUN home. Finally it got the better of me and one Saturday I went with them – just to find out what was so good about this sport. I only went along to have a look – back then (in the old days!) you could not 'try before you buy' so it meant becoming a member and getting licenced before you could fire a pistol!! So that is what I did.

So were you competitive?

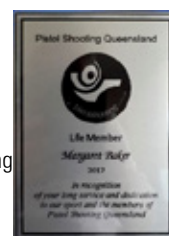
Yes! I always want to be as good as possible in whatever I do. So of course that meant being competitive with shooting too. We travelled to all the competitions in central Queensland. There were at least six competitions each year within 300kms of home and generally the best shooters in the state were there. I improved by watching, asking questions and practising (I won't call it training!).

What were the highlights in terms of competition success?

Years later my best results came at a Queensland competition when I won the Women's Sport Pistol. Then I shot well enough at a Nationals to be in the WSP Final – that was a real highlight.

You are now a Judge A – what got you on to the officiating trail?

At one of the competitions I was asked to RO a Rapid Fire match. Ken Malpas, who was the 'blue coat' for the comp asked me "are you an RO". "No" I replied, thinking I had done something wrong "Well", says Ken, "I'm running an RO course at the Crows Nest PC in 3 weeks, be there"! So I went – this was back in 1998! I might add that Ken and I remained firm friends until his passing late last year.



So was progressing to being a judge a result of your competitive spirit or is there more to it?

I had only been an RO for a year or so when John Jones, who was the Queensland Referee Council director, contacted me about a Judge B course. I really did not think I was ready – and normally an RO is expected to have been working for at least two years – but I thought about it and decided this may be one way I could give back to a sport that I had enjoyed for the last 18 years.

Obviously you passed the Judge B exams – have you enjoyed your time as a judge?

Yes, I passed much to my surprise – and since then I have been privileged to travel around the state and to Nationals meeting new people shooting on different ranges, officiating, training RO's and making new friends.

Do you enjoy going to the Nationals?

Absolutely. I love it – and the best bit is catching up with all the interstaters. It may only be once a year but it always seems like yesterday since we saw each other. Joan Yet Foy was instrumental in me attending my first Nationals, at Yarra PC in 1997. I thought that only state representatives could go until Joan put me right! I don't think I've missed many since then.

What decided you to upgrade to Judge A?

Joan became my mentor and encouraged me to go for my A. I was aware that as an A I would be eligible to act on the jury at the Nationals and that seemed to me to be another way of giving back to my sport. I didn't realize that as an A I would have to know about the other disciplines – but learning the ins and outs of the PA matches, and even Action Match, has been a great experience.

You are, as we all know, the Officials Co-ordinator for PSQ – which is equivalent a State Referee Director in other states. Is that a role you wanted or did it just land in your lap?

You know very well it landed in my lap! Unfortunately we lost Joan in 2012 and inherited the job.. No-one else seems to want it so I am still here. I actually do enjoy it although sometimes, as you can no doubt appreciate, it can be very frustrating.

One of the roles a judge takes on is training other officials – how do you find that part of the job?

It is a privilege to be able to pass on my knowledge and to see new ROs develop and grow as they gain experience.

As for Judge B training – I certainly prefer the current method of progression, based on experience and mentoring, to the written work you and I had to contend with!



Finally Marg – what do you consider some of the highlights of your career as a PA official?

Without doubt, volunteering at the 2000 Olympics; I tell people that I learnt to smile in 100 languages. Also of course was being CRO, with Jack Medley, on the 25m range at 2018 Commonwealth Games in Brisbane. Finally, it would have to be all the friends I have made along the way – who knew back in 1980 that this is where my curiosity would get me!



The Other Side of the Olympian...

BY ALEX REPACHOLI

When Daniel and I first met he mentioned he was an Olympian, I naturally thought he was having a laugh but as it turns out a quick 'Google' search of his name proved he certainly was an Olympian and much much more.



So Olympics, Commonwealth Games and World Cups have always been apart of our relationship. And also Nationals, which are always been held at Easter and luckily our home club have hosted them several times in the past.

From the start I took on a lot of the administrative work required to get Daniel to competition as this has certainly not been his strong point in the past. At one point I was on first name basis with the lovely team at the Firearms Registry as Daniel was notorious for forgetting to organise a B709, to the point where I hand delivered the form to customs so he could get his guns back into the country. The customs guys were not confident that they would be able to find Daniel in the arrivals hall, I assured

them he would be the only person in the airport who is 6 foot 8, dressed head to toe in Green and Gold with a flaming red beard. They found him easily. Shooting has always been a large part of our life, our wedding, honeymoon, birth of our children and renovation of our home have all been planned around competitions - I have my fingers crossed that our home renovations will start after Tokyo Olympics ha ha.

My advice to partners of athletes preparing to take their sport to the next level, is prepare yourself for the athlete to never be home. It's really important to create a great support network, especially when you have a young family like we do. Unfortunately both of our parents live interstate or overseas, but with



"The girls and I are so proud of Daniels accomplishments and his determination to keep striving for his best."



careful planning we can make it work. And at the planning stage of the Olympic cycle (typically around 18 weeks of travel) we plan out all of Daniels travel and then book in family to come and help for the long stretches that he is away. We also don't stop our lives because he is away, so we still go away on family holidays with just us girls or meet up with Dan at the end of a training camp or comp.

I think the most asked question I get is "Do you and girls get to go to the Olympics" Which generally is a No response, as almost all of his major events are held overseas in Europe. I love that even though we mostly aren't able to be there in person to watch Daniel shoot, the technology nowadays means we can usually hook into a live feed to catch the action. Our girls get an absolute kick out of seeing their Dad wear the novelty socks they have carefully selected for him to wear - Unicorns seem to be the favourite at the moment. I was lucky enough to be able to

attend the London Olympics in 2012, which was absolutely amazing. The entire city was a buzz with Olympic fever and I could not have been prouder to watch Dan compete. The girls along with most of our immediate family had the absolute joy of watching Daniel at the Gold Coast Commonwealth Games in 2018, where he won Gold on home soil. It will always be my favourite shooting memory, the finals hall was almost all filled with Big Dan Fans and it was absolutely electric!

Competition at this level requires a tonne of sacrifice, intricate planning and loads of support, but at the end of the day it is worth it. The girls and I are so proud of Daniels accomplishments and his determination to keep striving for his best.

Queensland Update

PSQ members are very active and keeping up to date with what is happening within in our Government Departments by regular updates from our Administrator to our Member Clubs to forward on to members when relevant.

Our Administrator, Sharyn is being kept up to date by attending weekly webinars be facilitated by our QSport. Also, Sharyn & Elaine (Treasurer) are doing a big clean out in the office during these quieter times)

PSQ members are getting involved in all the PSQ and PA social media activities, like our Virtual Nationals we ran over Easter, also each Monday we have Marketing Monday where we have advertisements from previous Pistol Australia (APSUA) Bulletins, we started these publications back in 1968 and are progressing through the years with next week we have 1973 and 1974.

We also try to have Training Tips Tuesday where we will have an activity or a post just to get people staying motivated regarding their shooting.

On a Friday we release our Friday Flashback, again from previous PA (APSUA) bulletins, same timeline as our Marketing Monday issues and we have a little Newsletter summarising the QLD activities from the year. We also include other interesting articles that may be of interest to members. And then for the music buffs we also include the Top 10 Singles for the Year.

We will also be having Virtual Competitions running throughout all months we are not shooting on weekends where our competitions would have been running for these months, so in May we have Action Pistol, Cairns Open and Toowoomba Open Virtual Competitions taking place. Entry forms will

soon be up on our website in our calendar – anyone can enter, winners are randomly selected through a computer system – simply nominate your score and you might be a winner!

Within a couple of weeks we will be running one of Weekend Warrior Workshops....the first one will be cleaning up or setting up your gun case/bag...the nuts and bolts are being worked out on this, in other words the thought being put into words and photos – stay tuned if you need help with this!

We have recently updated our Website to the new PA format and slowly getting new information in this as well as we have a user friendly Club Login section for our club secretaries and others having access to login and obtain paperwork easier than having to send in a request. We area also slowly reverting a lot of our forms into interactive forms so they can be filled in on the computer without having to print.

Lots happening in our state.

Northern Territory Update



Our Ranges are Open!! (with restrictions). On the first of May our Chief Health Officer lifted some restrictions from non-contact sports and as long as we maintain social distancing we can shoot outdoors. Each clubhouse is to remain closed until Stage 2 is implemented (15 May) and each Club is working toward producing the documents and the plan so that can happen.

Its been a few years since I last shot Air Pistol outside... I'm looking forward to it.

Competitions are still on hold, however we are planning and preparing on the assumption that they will go ahead.

The NT Borders will remain closed to interstate visitors for a while yet and there are biosecurity zones within the Territory restricting internal movement as an added protection to our more vulnerable residents.

The competition plan:

- 27-28 June – Jabiru PC, Action Open (Biosecurity zone)
- 4-5 July – Darwin PC, Action Titles,
- 25-26 July – Darwin PC, Service and Blackpowder Titles,
- 1-3 Aug – Darwin PC, ISSF Titles,
- 10-17 Oct – Alice Springs Masters Games, www.alicespringmastersgames.com

The PNT website (www.pistolnt.org) is updated regularly, you can send us an email to: pistolnt@gmail.com, and we are working on the social media presence.

Stay safe.



2021 Arafura Games, 14-22 May

Pistol NT with support from Pistol Australia (thanks) and Shooting Australia (thanks) submitted a very strong case to include Pistol Shooting in the 2021 Arafura Games.

Whilst not initially included, we are still negotiating with NT Major Events Company and lobbying politicians to include our sport in AG2021. COVID19 will have an impact on the Games, but no-one is sure the extent. Planning continues.. www.arafuragames.nt.gov.au



Shooting park in Kuwait

BY MIKE SWAN

The State of Kuwait (Arabic: دولة الكويت *Dawlat al-Kuwayt*) is a sovereign Arab state situated in the north-east of the Arabian Peninsula in Western Asia. It is bordered by Saudi Arabia to the south at Khafji, and Iraq to the north at Basra. It lies on the north-western shore of the Persian Gulf.

The name Kuwait is derived from the Arabic تكوة *ākwāt*, the plural of تكوة *kūt*, meaning a fortress built near water. The country covers an area of 17,820 square kilometers (6,880 sq mi) and has a population of about 3.6 million.

During my tours of duty 2004 and 2006 I had the fortune to find the Kuwait State Shooting Park. Not only can you shoot for fun, you can shoot all ISSF, IPSC and other matches. The park has various clubs within its structure.

The entrance looks like a gym but hides a very complicated structure of different ranges.

What can you shoot? Well all the main matches we know here in Australia. Other weapons include Styer AUG, M4 Colt 5.56, FN FAL 308, Remington BDL 308 sniper rifles, Beretta 96 9mm etc.

As a former armourer in both the RAAF and Army I spent a lot of time helping Kuwait nationals and others fine tune their own weapons.

Within the complex, all the ranges are air-conditioned even the 500 metre one. You go through an airlock door system from the comfort of lounge chairs to waiting on plastic chairs to standing at the booths waiting to shoot.



You can just see the corridor that takes you through to the meeting and conference rooms available through out the complex.

To the right of this range were two fully integrated simulator ranges using a video system of scoring. You could take a shotgun and shoot trap and compressed air would simulate the recoil. You could also shoot a fully automatic weapon from a machine pistol to a machine gun and the reloading was simulated by compressed air. It was a very good training tool. I spent many a day teaching on both ranges and then onto live fire exercises.



Entrance to the State Park



Inside main entrance. Note gun shop at left



These are the clubrooms and waiting areas.



Moving down to the shooting ranges. Note sound proof rooms with chairs



Tea anyone!



This is a 100m x 50m room where IPSC is shot mainly and the targets can be set anywhere



From the National Development Pistol Coach

JOE KAPITANOF

The National Development Squad hit the ground running from the beginning of 2020. After nominations closed for this year's NDS in December 2019, the nominated Athletes were invited for a Policy briefing and Fitness/Assessment Camp at the AIS for a couple of days.

All the Athletes that were invited to this January Camp, first thing they were involved in, was a decision making process. After they sat through a number of presentations from Pistol Australia's Sports Administrator Noel Harrod, Dr Jessica Morris (Social Media and Sports Scientist), the Shooting Australia's National Team's Pistol Coach Vladimir Galiabovitch and supporting personnel, namely assisting coaching staff Evangelos (Lucky) Anagnostou and the Pistol Australia NDS's mentor Annemarie Forder (Olympic Bronze Medallist, 10m Air Pistol, at Sydney 2000 Games).

The presentations were designed to be motivational, informative and thought provoking for all the athletes who were deciding to be part of the 2020 PA NDS. After completion of the PA NDS policy briefing and questions answered, all the athletes that signed on began their Squad journey with session from ASADA's Drugs in Sports as well as a most inspirational session with Annemarie Forder's journey to her Bronze Olympic medal. She gave

incredible insights of what the athletes need to consider to make their dream of progressing to the Shooting Australia High Performance Group and one day representing Australia which is after all what the NDS Program is all about.

Shooting Australia's National Pistol Coach Vladimir Galiabovitch then addressed the group and discussed the transition process from the NDS program to the HP program and what athletes needed to expect and the work ethic they needed to develop for transition to be seamless.

Dr Jessica Morris then put the NDS group through media and Social Media training with interviews professionally filmed by Fuzzy Media. Lots of laughter and numerous takes gave the athletes confidence and experience being in front of the camera for future encounters media.

Once again the Fitness Camp was conducted alongside with Shooting Australia's High Performance group as we did the previous year. These combined camps allow the athletes to get motivated and gain experience from one another

as well as the team building aspect. The January Fitness Camp is the starting point of the NDS Program with a complete base line physical and technical assessment. The assessment criteria was put together based on specific protocols demanded by Pistol Shooting and selected by Dr Jessica Morris and myself with facilitation and assistance of the AIS. A big hats off to the accommodating AIS Staff.

After intense physical and technical assessment was completed each day, a welcomed recovery program was included even though the cold pool therapy was not enjoyed by all. The feedback from the Squad's Athletes was very enthusiastic and positive. This was their first look at some of what Elite Athlete training for success looked and felt like.

In the next eBulletin I will outline what the PA NDS did during these trying times of the COVID19 Pandemic and how training was continued.

Attention all PA Junior Athletes believing they have what it takes to be part of the NDS Program. When the PA NDS program resumes, once all State borders are reopened, we will inviting those that have aspiration representing Australia and wearing the Green and Gold, to be joining various Squad Camps at the AIS throughout the remainder of the year. If you or your coach think this is you, please contact Pistol Australia on admin@pistol.org.au and let us know why.

Train well to Shoot well.

National Top Ten

Pistol Australia has suspended the publishing of the top ten due to the closure of ranges throughout the country. When the ranges in all States and Territories re open we will update the tables and publish them again.

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