

Most games are lost, not won.

~Casey Stengel

WTSF Newsletter June 2015



Bisley June 6/7th

This last weekend there were a number of British Championships “two” at Bisley, Olympic Trap and 50m Rifle and a Double Trap at Griffin Lloyd.

It was at the NSC at Bisley where we had a few good results, starting Saturday morning, first with Mike Bamsey and then Sarah Wixey.



Richard and Sarah



Sarah Wixey Women’s Olympic Trap Champion



Mike Bamsey British 3x40 Champion

British Olympic Trap Championships

Sarah Wixey, won the British Championship. This now ranks Sarah as No 1 in GB
Matt Goodwin won the Disabled seated Championship Matt is also ranked No 1 in GB
Jon Davis came third in the Men’s British championship and is now ranked No.4 in GB
Alongside the OT British Championship there was a Women’s and Men’s GB selection shoot, with Sarah and Jon both missing the Gold medal by one clay and had to settle for Silver, Sarah is now ranked No1 and Jon in now ranked No 4 in the GB rankings.

British 50 m Championships



Mike Bamsey



Sian Corish



David Phelps



Jessie Frost (development squad)

Photo’s Rob Riddett

Mike Bamsey was first in the 3x40 qualification and won the Gold in the final of the British Championship, and is ranked No 1 in GB.

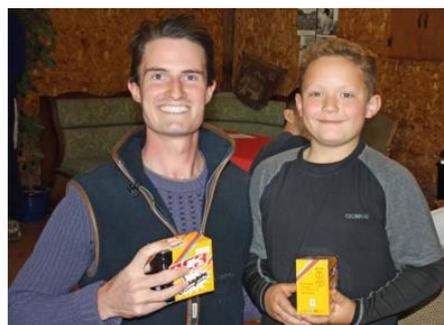
Sian Corish narrowly missed winning the 3x20 finishing in a close second and David Phelps in the Men’s prone, again in a close final won the Bronze.

Latest from Griffin Lloyd

All Going well with Skeet finishing touches taking place, Trap layouts
DT British Selection shoot successfully took place weekend 6/7th June.



GBR Double Trap Semi-final – 7 June 2015
L-R: Tim Kneale (IM), James Dedman (Eng),
Culum Fraser (Scot), Max Jeffrey (Scot),
Matt French (Eng), Matt Coward-Holley (Eng)



Peter Wilson & 10 year old shooter Tom Betts

2015 World Cup Selections. (To date)

Results can be found at <http://www.issf-sports.org/competitions.ashx>

Elena Allen Women's skeet

Cyprus. April, ,
European Games June
Gabala AZB August

Coral Kennerley Women's 10m air & 25mP

Fort Benning USA. May
Munich May

Sarah Wixey Women's Trap

Gabala AZB August

Mike Bamsey Men's air rifle 3x40 & prone

Fort Benning USA. May
Munich May
European 50m Champs July

Paul Gumn

For the World Cup in Gabala Azerbaijan has been appointed to the "Jury of Appeal". He will be covering all the Rifle/Pistol/Shotgun events.

Very good news from Wales Universities

Early May Swansea University announced Annie McAteer as the Sports Woman of the Year. Within 24 hours Cardiff announced Coral Kennerley as Cardiff Sports Woman of the year.



Coral, Cardiff University Sports Women of the Year



Annie, Swansea University Sports Women of the Year

Congratulations to both from the WTSF.

The 2015 **Summer Universiade** will be held in Gwangju, Korea, 3-14 July.

Coral Kennerley has been selected and Alan Green is appointed as shooting Team leader for World University Games

Read more at <http://www.bucs.org.uk/page.asp?section=17965§ionTitle=Team>

Latest on Commonwealth Games

- AGM of the CGW was held on May 12th. At the executive meeting that followed the AGM, short report on 2018 Gold Coast and possible outcome of Transformation 2022 with regard to all sports. A meeting in September in Auckland will provide more information on probable Quota places for some Sports with the likelihood of Quotas for all sports by 2022.
- New Nomination Criteria has been formulated by the WTSF Board and presented to the Welsh Commonwealth Games selection committee and planned for publication by November 2015.

Disability matters.

This year's "Wheelchair Spectacular", will take place at Cyncoed NIAC Cardiff on the 11th and 12th September, from 10am-4pm.

In the last few years with help from the WAA and WSRA, the WTSF put on laser rifle events and there were in excess of 550 people attending the event. Any available help on one or both days will be appreciated.

Shotgun training

March saw the first training days for the WTSF development squad. This was set up to nurture the young talent that we are lucky to have in Wales. With several other days including warm weather training camp in Malaga, these young athletes will be exposed to similar training as that of the high performance squads. This was a great success and the emails I received from all the athletes thanking the WTSF were greatly appreciated.

During April –June there has been several Welsh squad training days held at both SW2000 & Griffin Lloyd.

Fullbore

There are good things being done with not only Seniors but Juniors and development. Young development athlete, Chloe Jones finishing 3rd in Jersey Open, with Charlotte P-Davies, another development athlete shooting well.

Rifle and Pistol training and news

WSRA now has a new Secretary (Lynne Pritchard of Tondu TSC) and also Treasurer (Carolyn Passey). Both are experienced in their roles having held the positions at club level for many years.

ISCH Hannover

A small rifle team of 2 cartridge and one air rifle athlete was sent this year, due to cost and unavailability of some HP athletes. Dave Phelps shot a new International event PB in Prone Rifle.

Gibraltar Open

This predominantly self funded event attracted a good Welsh entry to the 3 English Matches over 3 days.

Dave Phelps and Richard Hemingway both had several successes

British 50 m Championships Bisley

Short report on page one of newsletter

There are monthly weekend sessions, mainly at Cardiff with WSRA/WTSF

John Kelman also holds successful Air Pistol sessions at both Cardiff and Carmarthen and is producing a steady stream of young pistol shooters.

Anti Doping

Rob Warnes is now our WTSF Anti-Doping 100%me officer assisted by John Dallimore

Latest 2015 Anti-doping information can be found:



- <http://www.wtsf.org.uk/hp.html>
- http://britishshooting.org.uk/news/title=Anti-Doping_Policy_2015&d=1013

WTSF board, a new child protection (Safeguarding) policy, is required to be formulated at Board level. This will be led by Margaret Riddett

Gwent Scout Jamboree.

Over 700 Cubs and Scouts assembled at Monmouth Show ground on the Whitsun weekend. Biggest successes were the .177 air gun held at the tunnel range of the Monmouth Rifle & Pistol club and the WTSF laser rifles used at the Jamboree site. These had a constant queue from opening at 9am to closing at 5pm estimate of over 200 shooters at each of the facilities

An insight from Sarah Wixey who is working with Mike Gross our WTSF High Performance 'Sport Science Consultant' This article is printed in the latest copy of "Clay Shooting Magazine"

Take A Deep Breath

No birds – don't they just drive you crazy! No-one else on your squad has had one and now you've had two on the bounce. It gets worse, your next target refuses to come out of the trap 3 times in a row, the referee has cleared the trap and yet again the target comes out broken

Peg One has had a gun malfunction – never mind – just be grateful it's not you! Now they've suffered a double discharge nearly sending you into orbit

The side ref has cocked up the abacus, the referee has had to stop the line and re-set the board, time ticks away

Peg Three has shot the clay off the top of the trap house by accident It'll have to be replaced before you can carry on

Escaped sheep on the field of play!! Someone's having a laugh!!

I've seen them all happen and I'm sure we could compile an enormous list of what can go wrong in a round of targets. It could be in the middle of a regular 100 birder and ruin your weekend or in the final of a World Cup and cheat you of a medal. Either way, it makes for a bitter taste in the mouth on the way home.

Over the years I have listened to many Sports Psychologists, other shooters, coaches and even well-meaning busy-bodies about how to deal with distraction, interruption, frustration and anger. "You turn the other cheek, you keep a low profile, you chant songs, you look out into the distance, you stick to your routine no matter what". All pretty good, standard advice, but does it actually work? Do any of these methods really affect your mental and physical response to what can be a stressful situation? I used to favour the chant or the song because it does at least require your brain to pay some attention to the task in hand (remembering the words) hopefully stopping the inevitable anxiety that would creep into the mind "what's going on ... should I look ... shall I put my gun in the rack ... is the delay going to take long" etc.

However, for the past few months I have been learning a breathing technique which I can honestly say is the most successful method I've come across in keeping my mental AND physical response to stress in check. Mike (Iceman) Gross is a sport psychology researcher working with the Welsh Target Shooting Federation (WTSF). He has recently finished a research project investigating bespoke breathing techniques for stress management.

Initially we spoke at length about the mechanics of the shooting technique, the pattern of concentration required during a round and a match and Mike came along to watch me shoot both at training sessions and in competition (which are of course inherently different and offer the body and mind variable types and levels of stress). We also discussed how I operated mentally and physically as an individual.

We then began the technical tests where I was rigged up to a computer to enable Mike to monitor my respiration and heart performance, first at rest, then at slow breathing rates. The data produced offered a breathing rate (ratio of inhalation and exhalation) which best allowed me to keep my heart rate at an optimum level which in turn makes it easier to control mental and physical performance. Mike then fed my data into the phone application called “Breathe2Relax”. This app allows me to practise the technique which basically revolves around co-ordinating your breathing with a bar that moves up and down the screen tailored to your optimum levels. You can enhance the picture to include a pretty background with music if you desire but I found the extra detail confusing. This technique does require practise because obviously you won't be able to watch your phone whilst you are shooting, you will have to imagine the bar or count your breaths accordingly.

After considerable practise, we then tested my performance with a hexoskin – a vest inlaid with wires which monitor and then communicate my personal data to Mike's computer. Mike can then analyse my shooting performance against my ability to control my breathing pattern during a round. There is an extraordinary correlation between the two and Mike is continuing to develop the use of this technique with shotgun, rifle and pistol shooters at the WTFSF.

Whilst not claiming to be the only factor in producing good results, Mike's research shows that this technique can have a positive effect on athletes in lots of different sports and that shooting lends itself particularly well to this sort of exercise. Simply put you are not only occupying your brain with a neutral but compelling image, you are also having to engage physically with the challenge of modifying your breathing pattern and this in turn has helped me be much less anxious when the unexpected occurs. In my opinion this is not simply a technique to be used at random when you may be feeling particularly vulnerable whilst shooting, it is more a general approach that you should employ whenever you shoot to really get the benefit. As a general guide, the average human optimal breathing rate is 4 seconds for inhale and 6 seconds of exhale.

Whilst I still have moments during a round when I forget to stick to the pattern, it is always reassuring to know that I can fall back into the routine, just like a safety net, whenever I need to.

I've also found it can be applied to everyday situations when stress might just get the better of you – it didn't seem nearly so bad when I applied the technique having been told “Mummy I've spilt milk all over the sofa” but to be honest I forgot to apply it when the dog poohed on my new kitchen rug!

Happy shooting (and breathing)!

John.

Wm. John Dallimore.

WTFSF  Performance Director

