



SPRING 2011

Chairman's Message

The Nationals were again held at the AP&SC and with great success. The event was held over 8 days with some 200 plus competitors engaged in the various matches from Service Pistol through to Air Pistol. Overall the program and the range facilities held up under the load and I would again like to thank the volunteers for their time in making the event so successful. Further the crew that worked in the kitchen under Angela's guidance over the course of the event provided an outstanding service and must be congratulated for their efforts both in the presentation of our Club to the visitors and for the financial gain that the Club achieved over the event as this is our main source of income from holding this type of competition.

Looking back on the event there are always opportunities to improve the Club's facilities but this must always be done with an appreciation of what the membership will gain out of any changes and will these bring about efficient use of the ranges. While increasing the Club's Air Range capacity would alleviate the bottleneck that this event causes at the Nationals competition it would not be an efficient use of our resources for the remainder of the time with only a small number of members use the existing range and certainly not exceeding the current capacity, however that

is not to say that at some point in the future some other activity might eventuate that could coexist with the air pistol and then justify the expense of increasing the size of the current facility.

One other improvement that has been scheduled is the relocation of the International 1920 ranges to the covered 50m ranges 7 to 9 and including range 10. Incorporating this group into these ranges will increase the utilisation along with the Service group. Coincidentally this relocation will bring the current range 9 up to the level of that of ranges 1 and 8 through the addition of another set of turning targets which will incorporate the plates mechanisms. This arrangement will enable the Club's members to make efficient use of the ranges and where open shoots are planned it will enable greater capacity to be catered for and as a consequence it will provide a greater degree of flexibility to run matches such as free pistol, black powder 50m and even 25m matches when the need arises.

As the weather improves we will be looking to relocate the mover into range 10 and we will be looking for support from the membership to achieve the move so stay tuned for a likely working bee. If you do have some time to spare, come on down to range 9 and offer your services.

Peter Hayward, Chairman ■

A Diet for Competitive Shooters

Just about every coach, dietician or Doctor has at one time or another written an article on Diets, either to try and sell you a product or as a required assignment towards a PHD.

The problem is people come in all shapes and sizes. Short, tall, thin, fat, as well as a variety of age groups, not forgetting their fitness levels. All these factors affect a person's metabolic rate. To try and design a one size fits all diet would be foolish and is almost impossible.

So where do we start?

Ideally, your energy intake should not exceed your daily requirements otherwise that excess energy is stored by the body as fat reserves for later use. Diet alone is of little benefit. It must be coupled with an appropriate exercise and training routine, tailored to suite the individual.

We are descendents of hunter gatherers, who predominately ate nuts, berries, fruits and vegetables (carbohydrates). Occasionally they were able to capture game and eat meat (protein). Being nomadic, their levels of physical activity far exceeded modern man's sedentary lifestyle, hence they were a lot fitter.

>> continued on page 2

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A diet for competitive shooters (cont'd)

Experts will tell you that to keep you healthy, your body requires a minimum daily exercise of at least one hour of brisk walking or equivalent. As soon as you stop exercising, your body will slowly start degenerating and you may die prematurely. So how do we prolong our lives?

In order for the organs in our body to function, they must receive fuel energy. In physiology this is calculated in calories. According to scientists and medical experts, a minimum of 2000 calories is required daily for the average adult to sustain life. If we look at the healthy food pyramid, it gives us guidelines as to what we should be eating;-

Small amounts of butter, sugar, olive oil, polyunsaturated margarine and oils, as well as reduced fat spreads.

Moderate quantities of lean meat, chicken (without skin), eggs, fish, yogurt, cheese, milk and nuts.

Lots of vegetables, dried peas, fruits, beans, lentils, cereals (including whole grain) and wholemeal bread. Remember to watch not just the quality of food but the quantity also. Breaking up your daily energy intake into many small meals is far more beneficial than three main meals a day. It will reduce the body's desire to store fat reserves for use during long breaks between meals.

Before you embark on any aggressive diet or exercise routine, you should first consult your health care professional or Doctor.

Research has proven that there are certain foods that are beneficial to competitive shooters. If you are training and exercising heavily, you will probably sustain some levels of muscle strain that will result in inflammation. Adding a couple of sticks of celery to your diet will help speed up your recovery time, as celery is a natural anti-inflammatory.

Celery also contains active compounds called phthalides, which can help relax the muscles around arteries and allow those vessels to dilate. With more space inside the arteries, the blood can flow at a lower pressure. Phthalides also reduce stress hormones, one of whose effects is to cause blood vessels to constrict. Celery ranks as a very good source of potassium and a good source of calcium and magnesium, because increased intake of these minerals has also been associated with reduced blood pressure.

Bananas are high in B group vitamins and are a natural anti-hypertensive and are great for calming your nerves during a match and giving you a feeling of well being. Make sure you eat one at least half an hour before a match to gain the benefits. Bananas contain three natural sugars - Sucrose, Fructose and Glucose combined with fibre, a banana gives an instant, sustained and substantial boost of energy. Research has proven that just two bananas provide enough energy for a strenuous 90-minute workout.

No wonder the banana is the number one fruit with the world's leading athletes. But energy isn't the only way a banana can help us keep fit. It can also help overcome or prevent a substantial number of illnesses and conditions, making it a must to add to our daily diet.

Cucumbers can help keep you focussed during a match and improve your stamina. They contain most of the vitamins you need every day, just one Cucumber contains Vitamin B1, Vitamin B2, Vitamin B3, Vitamin B5, Vitamin B6, Folic Acid, Vitamin C, Calcium, Iron, Magnesium, Phosphorus, Potassium and Zinc.

Feeling tired in the afternoon? Put down that caffeinated drink and pick up a Cucumber. Cucumbers are a good source of B Vitamins and Carbohydrates that

can provide that quick pick-me-up that can last for hours. Cucumbers contain enough sugar, B vitamins and electrolytes to replenish essential nutrients the body needs, keeping everything in equilibrium.

Cucumbers have been used for centuries by European explorers, traders and trappers for quick meals to thwart off starvation. Eat one with a banana half an hour before a match or training session and observe the difference it makes, you will be pleasantly surprised.

Carrots contain Vitamin A which is very important in maintaining good vision. The old myth that eating carrots will help you see better is true, as vitamin A deficiencies can lead to vision problems such as night blindness.

Spinach is also a very rich source of Vitamin A. A little spinach juiced with a few carrots will deliver a vitamin A mega beverage. Vitamin A is also very crucial for expectant mothers and the unborn foetus. Although vitamin A is very important for your body, it is also important to maintain moderate levels of vitamin A intake, as too much can lead to liver toxicity, and other health problems.

If you already have a training and exercise routine in place that's good, if not, speak to your club coach or competition coach to assess your requirements and set you on the right path to success.

Remember the key to success is moderation. Always try to balance work, rest and play.

**Good shooting,
Anthony Markowski** ■

Please email any newsletter items (news, scores, match reports or upcoming events) you wish to contribute to:
karengillespie112@hotmail.com

Member Participation Needed Please

The APSC Board of Management (APSC BoM) are calling for member participation, in the formation of a sub-committee of no less than six people, reporting back to the APSC BoM on a regular basis. It is envisaged that the initial investigations will take approximately six months to complete, with a variety of options being presented for review by the APSC BoM.

The entire project is expected to take approximately two years to complete, with the sub-committee being the main driving force behind the project, enlisting other club members (and external sources after APSC BoM approval) throughout the life of the project.

PURPOSE:

To investigate the requirements necessary to convert range 17 into a multi-purpose range, and to gather the relevant quotes as necessary to facilitate the

conversion, accommodating the following purpose of uses

- 1) Metallic Silhouette (>38 hand guns)
- 2) Big Bore Rifle (> pistol calibres, for sighting in and specific matches - TBA)

SCOPE:

- a) Building of a suitable shooting hut
- b) Modifications to existing mounds and dividing wall, to extend the overall length of the range
- c) Construction of secondary mound facilitating (b) above
- d) Construction of suitable targeting system for (1) above
- e) Relocation of existing frame work on range 17 for (2) above

PROJECT LIFE CYCLE:

There will be four stages required to complete the project

- 1) Initial investigations & quoting (sub-committee) – 6 months
- 2) Application to SAPOL for approval of the range modifications (APSC BoM) – 3 months?
- 3) Construction processes (sub-committee and club members) – 12 to 15 months
- 4) Commissioning of the newly modified range, and new disciplines were appropriate (once SAPOL approval granted)

Additional information and range layout drawings can be obtained from the APSC BoM.

Once completed, the club will truly be able to offer the membership (current & future) the full gamut of sporting shooting...

Regards and thanks,
APSC Board of Management ■

Captain's Corner

Ron Ulcar

We take this opportunity to sincerely thank Ron Ulcar for his dedication and service to The Club.

Ron has been opening up the ranges and clubrooms on Thursdays for almost six years now, and has asked for nothing in return.

On the odd occasion when Ron hasn't been available to open up, for one reason or another, he has always found someone else to take the reins. Thank you Ron!

2011-12 Membership Year

Following the successful introduction of our new membership badges last year, we require all members to prominently wear their new badges during the current financial year.

It's proven difficult with our large membership base to identify members, so if all financial members wear their badge we can recognise at a glance those who should be on the ranges.

This becomes a critical part of our insurance requirements, so please comply.

Tradespeople

Attention all tradespeople! From time to time The Club requires help with maintenance, repairs and installations of varying kinds, we also purchase supplies from outside sources.

We would dearly like to have on hand a list of trades and or suppliers for various projects around the club.

So, painters, plumbers, concreters, welders, gardeners etc. Please make yourselves known to myself or any board member next time you visit.

Steve Baldry, Club Captain ■

Message from the Target Fairy...

Pistol shooting is our sport of choice. Our sport is regulated, but one of the choices we do have is how many times we shoot over the prescribed number by regulation. Our choice is limited only by the number of days the club is open – or maybe by the number of leave passes accumulated from home.

Amongst other things our club provides the range facilities and targets suitable for use within the constraints of our firearms licence. The facilities we have available are amongst the best in Australia and are maintained by some of our members who volunteer their time and expertise for our enjoyment.

The targets that are used on the 25 metre and 50 metre covered ranges are expensive. Every member has the opportunity to shoot on a target that is

equivalent to a new one, due mainly to those volunteers who maintain the targets and frames. This helps contain costs, which in turn helps to prevent membership fees from rising.

Because some of the targets and frames are being left in the storeroom in an abused condition, we all need to be reminded how to correctly care for our targets.

This is your club. Please don't leave it to someone else to clean up after you!

Lower the overhead baffle and allow it to swing freely. This keeps it out of the weather and takes the strain off the hinges. Place the chair on the bench and sweep up the brass. Brass can be put in the blue container, not the rubbish bin. Sweep up the range if necessary and feel free to pull up any weeds.

Choose and use targets correctly – Remember, abuse of the target system means unnecessary cost to the club.

EXTRA COSTS = EXTRA FEES

Service Pistol: Select the correct target and frame from the storeroom. Use and enjoy, but then remove the target and staples from the frame. Leave the target on the bench so the Target Fairy

can check and prepare it ready for next time, and fit a new target and return the target and frame to the appropriate shelf. Please don't staple new targets over old!

ISSF targets: These are used as per the service pistol targets, **but** not stapled. There is a box of clips on the bench for securing these targets to the frames.

PA Service Pistol:



25/50m Precision:



Rapid Fire:



IPSC News



2010 Club Championship held – late but not forgotten... Congratulations to Matt for a good win.

Keep an eye on the notice board over the coming months for updates on IPSC related events, both at home and around the state.

NOTICE TO ALL MEMBERS – PLEASE BE ADVISED
ALL the UNCOVERED Ranges will be CLOSED from 27th - 30th October 2011 for our Annual STICS Match (IPSC SA Open Shoot)