

# Target Sports News



Official Newsletter of the British Columbia Target Sports Association



BC Shooters attending the 2017 North American Indigenous Games

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[www.bctsa.bc.ca](http://www.bctsa.bc.ca)

This Organization is supported by the  
Province of British Columbia



**BRITISH  
COLUMBIA**

Ministry of Community Sport and Cultural Development

**BRITISH COLUMBIA TARGET SPORTS ASSOCIATION 2016 EXECUTIVE**

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<b>Zone 6</b>	Graham Alexander	Qualicum	250 752-1855	gmalexander@shaw.ca
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**As the recognized Provincial Sport Governing body for target shooting, the British Columbia Target Sports Association is dedicated to the development and promotion of recreational and competitive target shooting in the Province of British Columbia, and dedicated to providing opportunities for all to participate in the sport of target shooting.**

*B.C. Target Sports Newsletter is published with the support of the B.C. Government. Views expressed or implied by the authors do not necessarily reflect those of the B.C. Target Sports Association or the Provincial Government*

# PRESIDENT'S REPORT

It has been an eventful fall and winter for most of us. The executive took most of the summer off from meetings etc., but are back at it with regular monthly meetings as we move through our busy shooting year.

Coming up very soon is the Richmond Paul Alexander memorial Air Gun match in Richmond. Details are on the website along with Information about a free ( who doesn't like free? ) Basic Officials' course we are putting on. This course will be great for anyone wishing to help out at competitions and also for any fairly new athletes who would like to know a little more about the Rules of the games. Contact Mark Johnson at [marksjohnson@telus.net](mailto:marksjohnson@telus.net) for more info.

Other upcoming events are the Provincial Championships ( Silhouette in Cranbrook and Rifle/Pistol in Kamloops). The Provincials in Kamloops should be interesting this year with the Air Events being held in a large arena venue. Pat Landals has taken on the task of organizing this year's events so he has been very busy with his tasks with the Junior Teams, Training coaches and Provincials. I would like to thank him for his great assistance with the organization. Silhouette shooters may contact Mike Rutherford for more info on their provincials.

One of the focuses for the BCTSA this year has been getting our Learning Facilitator coaches fully certified. A number of coaches have completed everything but the evaluation (which is not difficult), so they all need to get that done to be recognized by the NCCP coaching system. Contact Chantel Spicer ( [coach-ing@bctsa.bc.ca](mailto:coach-ing@bctsa.bc.ca) ) to arrange your final ( easy ) step, in becoming a certified coach

As most of you are aware, we have put our new website into operation. It includes a lot more information on coaching, allows payment of your yearly membership on line and we will be putting into effect, the ability to do competition registration on line also. The first event you will see with this is the Rifle/Pistol Provincials.

We have also put up Registration forms for those Air Gun athletes who are interested in attending the 2018 Grand Prix in Toronto. Some funding will be available if you meet the criteria. Check the website.

There are a few vacancies coming up in the executive next year as some of the "old folk" slide into retirement and one position will be open due to job transfer. The BCTSA is operating very well at the moment so it should be an easy introduction to new people coming on board.

Thank You

Mo J

## **"ABILITY**

**is what you are capable of.**

## **MOTIVATION**

**determines what you do.**

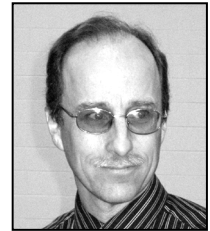
## **ATTITUDE**

**determines how well you do it."**

**-Lou Holtz**

## SMALLBORE RIFLE SECTION REPORT

Welcome to the start of a new season and a new year of excitement. I hope everyone has come through the summer unscathed from the challenging fire season around the province. It has been a very trying time for so many people and our hearts go out to those who have suffered any losses.



The BC Provincial Championships in Campbell River went very well this year and I would like to extend my thanks and gratitude to Mark Johnson and his army of volunteers. Without them, it would not have flowed so smoothly. This event will be held in Kamloops next year (May 2018) and we look forward to seeing many new faces along with all our regulars. It's fast approaching, so coaches make sure your athletes' training plans are guiding them toward this event. Info and registration will be posted soon so keep your eye on the BCTSA website.

We would like to see the number of athletes increase for each of the disciplines so encourage your friends to drop in to your local clubs and see what it's all about. Local coaches always welcome new athletes and are eager to help them learn!

As we approach a new season, I would like to extend my thanks to all the parents, coaches and volunteers who have helped the athletes realize their goals and dreams. Without your dedication and commitment to this sport and the many tasks and challenges you face, the athletes would not succeed. It is you who help open doors for them!

Remember,  
Shoot Straight  
Stay Focused  
Have Fun!

**P LANDALS**

As always, I leave you with a thought to ponder:

**"Sometimes we stare so long at a door that is closing  
that we see too late the one that is open."**

Alexander Graham Bell, Inventor

### PISTOL SECTION REPORT

Hi everyone. I have had a very busy year. Not all with shooting but everything in general. All good so far. The ISSF provincials were held in Campbell River. That was a fun event for me. I was not able to shoot as I was hosting and officiating the event. This year was the first time I had a lot of help running it. I have always had help every time over the years. This year I was amazed at how much help I had and that showed me how much more I needed. I really would like to thank all the people that helped get it going. There was a few special people from Campbell River that did an amazing job helping the rifle especially.



This winter will see the AAP going ahead like other years. If you plan to apply remember there is a few things you need to do. Some things that get forgotten is the yearly training plan. You must have one and go over it with a level 3 coach. You need to get a letter from the level 3 coach also stating that you are working with a coach. Go and get your new BCTSA membership now too. That is required. Always read the "read me first" page and make sure everything is complete.

Thanks everyone. Mark Johnson

Here is a small example of how some of the help went. I had two athletes ask me if they could have some practice time at the outdoor range. I asked if the helpers could set up 10 spots and supervise. The practice was not part of the tournament. Over 30 people were there to practice. I figured they would be there for a half hr or so. Nope a lot longer. Thanks guys.

The air event at the Provincials was a lot of extra preparation work for me. For the first time we were able to shoot indoors at a city property. I needed to get a special permit to shoot and it was actually a good process. Quite simple and good to deal with the city. Last time here we had to go out of town and shoot. After the air match we had awards and a meeting. Then came the dinner. What a feast. We filled up the large eating room. Again this was all done by volunteers and helpers. The kitchen was packed with workers. That made me so happy. No one wanted to leave. We should really do dinner like that at every provincials. I encourage everyone to come and make it a great social event.

The next provincials is in Kamloops. I hope Pat can get four super hard working people to help. Then along with about 10 other volunteers it will be a great match. If anyone can help that would be appreciated so much. In the spring Pat Landals took the lead and we had a spring air match in Abbotsford. Thanks for looking after that Pat. I know there was other help but you were in charge. We really do need to make sure we get all the regular matches in. This also keeps up our reputation with shooting and non-shooting organizations.

Our next event is back to Richmond. I am so glad that is on and I hope it continues. That has been a proving ground for many athletes over the years. Richmond has been host to two matches a year for a long time. It was actually the first tournament I went to after I took 10 years off of shooting. Thanks guys and gals. I will be a competitor this time.

I spent some time with the new junior small bore team for BC. That was good. I hope this will grow to be an important part of shooting.

### SILHOUETTE SECTION REPORT

Hello BCTSA members! I am the new silhouette director, taking over from Don Reeves as of early July 2017. A special thanks to Don for his excellent service and promotion of silhouette in the province and beyond. Welcome to Calvin Marsh in his new role as regional silhouette director for the Kootneys. Bradley Woods did an excellent job representing the Kootneys and I thank him for that. Some familiar faces remain. Thank you to Dale, Bert, George, Merl and Bob for continuing on as regional directors for the remainder of the province, and to Joan Morgan who is staying on as Stats Officer. Just a little bit about me. I got into metallic silhouette rather late in life. In late 2010, I obtained my first rifle, a CZ 455 in 0.22LR. Soon after that, I joined the Prince George Rod and Gun Club and got hooked on silhouette after meeting local shooters Don Reeves, Merl Sinoski, Roy Nagel, John and Diane Bock. I have fond memories of my first "big" match at the 2011 Nationals in Rosebud (Alberta), where I shot with long-time American shooters Pete Terzi, Roy Church and Gary Malmberg. They were very supportive of this new shooter. Since then, I have also gotten into High Power silhouette, shooting a Tikka T3 in 260 Remington. Indoor air rifle silhouette keeps me and several other shooters active throughout the long, cold Prince George winter.



Like many areas in the province (and beyond), in Prince George we have a small but dedicated number of silhouette shooters. One of the challenges we face is to find ways to grow the sport. I think we can learn from the Bull River Shooters Association in Cranbrook/Ft Steele, which has an outstanding membership. Silhouette is a fun, family-oriented sport that can be very affordable. It is important to get the word out. I see promotion of the sport as one of my major roles as Provincial Director.

I look forward to serving you as I come up to speed in my new role. Don't hesitate to contact me if you have any suggestions or questions. Let me know if I can help you in any way.

Mike Rutherford

*(Continued on page 5)*



## KOACHES KORNER

### **This is Golden for Your Brain**

Silence is golden. This is especially true for your brain.

How often does your brain experience utter silence? It seems everywhere we go there is noise, noise, and more noise. Peace and quiet? Not so much. Science says silence is good for your brain. It's important to seek it out. Ester Buchholz rightly observed, "Others inspire us, information feeds us, practice improves our performance, but we need quiet time to figure things out, to emerge with new discoveries, to unearth original answers." Indeed.

Too much noise, all the time, is not good for your brain. Consider this:

Research has linked noise pollution to increased stress, heart disease, sleep loss, high blood pressure, decreased motivation, increased error making, and lower performance at work and school. Your cognitive functions most affected by noise are memory, problem solving, creativity, and reading focus. (World Health Organization and European Commission's Joint Research Centre)

Silence is more important to your brain than you might think. If you can carve out some silence in your day, you get these benefits:

- The growth of new brain cells in the hippocampus....the part of your brain that is associated with memory. (Duke University)
- Some much needed rest for your brain. A release from careful attention gives your brain a chance to focus, and self-reflect. Instead of listening to what's going on around you, you get to listen to what's going on inside your head. You might even discover a pattern, or two.
- A good work out for your memory. When there is complete silence your brain's cortex remains active and dynamic. It works at sorting, recalling, organizing, evaluating, predicting, and imagining. (Frontiers in Human Neuroscience, 2013)
- A break from noise gives you brain chance to relax, dial down the stress, to do its job, and weave yourself into the world.

Here a couple of great quotes to keep in mind:

*Go placidly amid the noise and haste, and remember what peace there may be in silence."* ~ Desiderata

*Silence is a great source of strength."* Lao Tzu

If you can, be intentional about finding silence in your day.

Maybe you could find a peaceful place in your neighborhood and go for a walk. Make it a daily habit. Your brain might just thank you with your next great idea!

Terry Small

## EVENT RESULTS

### **Harding wins 10m Pistol at the National Pistol Championships**



Gibsons' marksman Allan Harding won first place in the men's 10m pistol event at the 2017 Canadian National Pistol

The National Pistol Championships are being held July 30 to Aug. 7 in Cookstown, Ont., and while Harding has been incredibly busy with practice and competition at the Nationals, he put up

a public post about his gold medal win on July 30.

"Today I took home the gold in the men's 10m pistol event and became the 2017 Canadian National Champion!" he posted, along with a close up of his gold medal.

Harding upped his training in the 10m earlier this year, after hearing that the 50m men's division could be cut from the 2020 Olympic Games.

The International Olympic Committee approved the cut in June, as a way to make shooting events at the Olympics more gender neutral. Now 2020 Olympic hopefuls competing with an air pistol can only join a mixed 10m team.

### **Prince George Hosts the 2017 BC Rifle Silhouette Championships**

A small but enthusiastic group of silhouette shooters rolled into Prince George to compete in the 2017 B.C. Rifle Silhouette Championships, which ran July 1-4, 2017. Shooters spent the first two days competing in Smallbore (0.22 LR) Silhouette at the PG Rod and Gun Club (PGRGC) Hartman range. Then things moved down the road to the Blackwater Range for two days of High Power (6 mm and larger; no magnums). Thanks to Don Reeves and others in the PGRGC, the Blackwater Range has received significant upgrades for each of the past 4 years. It is becoming well known throughout the region (and beyond) as the go-to range for long distance rifle shooting (including High Power Silhouette).

(Continued on page 6)

A number of new shooters competed in the Provincials. Brendan Tien came up from Langley. Doug Aoki drove in from Vernon to compete in his first provincial HP match. Jarmo Laitinen (from Prince George) competed in his first silhouette competition and did very well (he got 7/10 pigs several times). We missed Gary Malmberg (from Pe Ell, Washington) who got sidelined due to illness just before the event. It was good to see Gary back shooting a month later at the Nationals (Cranbrook/Ft Steele).

A few shooters did especially well at the event. Both Tony Biamonte (Nanaimo) and David Johnston (Big Valley, Alberta) managed to knock off 10 turkeys in a row (Tony in SB Hunter; David in SB Standard). It was good seeing Dale Searle (from Barriere) back shooting after a year-long (or so) hiatus. He was in good form and together with Tony won the Bailey "Top Ram" SB trophy.



Dale Searle and Tony Biamonte won the Bailey "Top Ram" Smallbore trophy.

Jacque Brown (Kamloops) did outstanding. Not only did she win BC Resident Champion in SB Standard rifle, but she hit 103 of 120 targets in SB Hunter class (including a 38/40 in one match), breaking her own record to win both the BC Open and BC Resident Championships. Jacque also won the combined Smallbore Standard and Hunter Aggregate Championship (Directors Trophy).



Jacque Brown went home with the Directors Trophy in Smallbore Silhouette.

Merl Sinoski (Prince George) and Tony Biamonte were B.C. Resident Champions in HP Standard Rifle and HP Hunter Rifle, respectively. Yours truly and David Johnston (Big Valley, AB) managed to win the combined Standard and Hunter Aggregate HP Championship (BC Resident, and B.C. Open, respectively). Please see the BCTSA website for a complete listing of awards and scores.

Merl Sinoski (co-Director) and I would like to thank all the volunteers that helped make this happen, including range officers Bob Brown (SB) and Jeremy Campbell (HP); Ewing Teen served as score keeper, photographer and target setter. Local

target setters (Sean Williams, Shelby Borschawa, Dustin Borschawa), did a fantastic job. Local sponsors included Wholesale Sports, Northern Hardware and Cycle North.

Thank you to all the shooters that made the long drive north. We look forward to seeing you back in Prince George.

### BC Athletes Shoot For Gold At The North American Indigenous Games

In April 2017 Northern BC athlete Nicole Gerow attended a NCCP – Basic Rifle Coaching course held in Prince George, organized by the Indigenous Sport, Physical Activity & Recreation Council (ISPARC). Her initial goal with becoming a certified coach was to better her junior shooting program thru the local Rod & Gun Club in Burns Lake. Shortly after finishing the training Nicole was approached by ISPARC and BC Target Sports Association (BCTSA) to be the head coach for BC's Rifle Team going to NAIG in July 2017.

With the assistance of ISPARC, BCTSA and Assistant Coach Rick Joe, a postal match was organized for 22 athletes. From that list eight (8) were chosen to make the team. The team was comprised of competitors from across the province; towns/cities represented are Fort St James, Merritt, Oliver, Maple Ridge, Chilliwack, Ahoustaht and Campbell River. Rick and Nicole coached the athletes via weekly conference calls, emails, photos and videos with assistance from Pat Landals and Chantal Spicer. Some of the team members travelled to Campbell River over the Victoria Day weekend to attend BCTSA Provincial shoot to get an idea of what a competition would be like prior to attending NAIG. For most of the athletes Provincials and NAIG were their first experience in competitive target shooting.

The Rifle Shooting Events were held on the first three (3) days of NAIG in the PanAm Rifle/Pistol Facility at the Toronto International Trap and Skeet Club. Days 1 & 2 were sixty (60) shot 3-Position Matches and Day 3 was a sixty (60) shot Prone Match. Scores over the three days were very close across all the states and provinces that were represented making it an exciting competition. Teams represented were Florida, Connecticut, Eastern Door & The North, Prince Edward Island, Newfoundland & Labrador, Ontario, Saskatchewan, Northwest Territories, Yukon Territory and BC.

Team BC – Rifle Shooting came home with 3 Gold, 8 Silver and 3 Bronze. Totaling 14 out of a possible 24 medals, with all members finishing in the Top 10 rankings.



(Continued on page 7)

## Bull River Hosts the 2017 Canadian Rifle Silhouette Championships

The Bull River Shooting Association (BRSA) pulled out all the stops in hosting the Canadian Nationals at their Cranbrook/Fort Steele range July 30- Aug 5, 2017. Congratulations to Jeramey Marsh (match director) and his (not so) small army of volunteers. More than 80 shooters competed in Smallbore (SB) and over 50 competed in High Power (HP). Shooters came from all over western Canada and the U.S. This year there was a notably large contingent of top American shooters, including Cathy Winstead-Severin, the most awarded shooter in the sport. Local junior shooter Calvin Marsh continued his stunning upward trajectory. He competed head-to-head with the top Americans and showed why he is the top silhouette shooter in Canada.



Kalvin Marsh was the top Canadian in Smallbore and High Power

Cathy Winstead-Severin was in fine form; she became Open Champion in all 4 silhouette classes: SB Standard Rifle, SB Hunter Rifle (via shoot out with fellow American Eric Boos), HP Standard Rifle and HP Hunter Rifle. It should be noted that Calvin tied Cathy in High Power Standard Rifle (both hit 93 out of 120 shots). But, Kathy managed to win the tie-breaking shoot off. Check out the BRSA Facebook page for more details and photos: <https://facebook.com/bullrivershooters>

Thank you to Jeramey and the rest of the BRSA for hosting such a fantastic event.



*Over 80 shooters competed at the 2017 Silhouette Nationals hosted by the BRSA.*

## UP COMING EVENTS

### Silhouette Shooters

Happy belated New Year, silhouette shooters. As I write this, it is early February 2018 and I would like to provide a brief update. First, congratulations to Jordan Marsh for obtaining his Grand Slam in Smallbore Silhouette Rifle. Jordan got 10-in-a-row turkeys at the Bull River Shooters Association (B.R.S.A.) Fort Steele (Cranbrook) match on October 21, 2017, nailing down the Grand Slam as Jordan already had his 10-in-a-row chickens, pigs and rams. Jeramey Marsh, president of the B.R.S.A., presented Jordan with his Grand Slam pin and certificate on behalf of the B.C.T.S.A. at the Bull River Shooters Association Year End Banquet in Cranbrook on November 18, 2017. What a great way to finish off the year, Jordan.

Second, I would like to let members know that several key matches have been set for 2018:



- **2018 Mission Silhouette Invitational** – Friday March 16 (practice noon on), Sat March 17 Smallbore; Sunday March 18 High Power. For further information contact Bernd Meier (604-584-7773; [wattkorn23@yahoo.com](mailto:wattkorn23@yahoo.com)) or George Kesic (604-583-4110; [gmkesic@shaw.ca](mailto:gmkesic@shaw.ca)).
- **2018 BC Provincial Silhouette Championships** – hosted by the Bull River Shooters Association in Fort Steele (Cranbrook), May 19-20 Small bore; May 21-22 High Power. For further information contact Jeramey Marsh (250-420-7302; [JERAMEY-MARSH@ME.COM](mailto:JERAMEY-MARSH@ME.COM)) or Rick Fraser (250-464-5648; [RICKF280@GMAIL.COM](mailto:RICKF280@GMAIL.COM))
- **2018 Canadian National Rifle Silhouette Championships** – to be held at Prince Albert, Saskatchewan, July 29 to August 4, 2018. Further details to follow. Contact Neil Suttill ([pnsuttill@sasktel.net](mailto:pnsuttill@sasktel.net)) for further information.
- For those of you that want to travel south, the **Conard Bernhardt Cup** will be held April 28 and 29 in Pe Ell, Washington. Contact Steve Wooster ([SDWOOSTER@msn.com](mailto:SDWOOSTER@msn.com)) for more information. The **U.S. NRA Rifle Silhouette Nationals** will be held July 15 - 17 (SB) and July 19-21 (HP) in Raton, New Mexico.



# AIR GUN ISSF RULES TRAINING

AT THE RICHMOND INDOOR RANGE  
7400 RIVER ROAD

MARCH 2 2018



FREE AND OPEN TO EVERY ONE INCLUDING  
ATHLETES

BC NEEDS MORE OFFICIALS  
THIS TOURNAMENT NEEDS MORE OFFICIALS

VOLUNTEERS AND ATHLETES WILL BENEFIT

#### APPROXIMATE COURSE OUTLINE

FRIDAY MARCH 2 6:15 – 6:45 GENERAL RULES

6:45 – 7:00 EQUIPMENT RULES

7:00 TO 8:00 EQUIPMENT CHECK FOR SHOOTERS

7:00 TO 8:00 GENERAL RULES AND WORKING THE LINE FOR PRE EVENT TRAINING  
IF YOU CAN - SATURDAY AND SUNDAY WORKING THE LINE OF AN ACTUAL MATCH



# B.C. Target Sports Association

Membership Application / Renewal Form Please Print Clearly

APPLICATION DATE: DD \_\_\_\_ MM \_\_\_\_ YY \_\_\_\_ App / Renewing for Year \_\_\_\_

## Main Contact:

Full Name: \_\_\_\_\_ M/F \_\_\_\_ DOB DD \_\_\_\_ MM \_\_\_\_ YY \_\_\_\_

Address: \_\_\_\_\_ Note: **DOB is Mandatory**

City: \_\_\_\_\_

Prov: \_\_\_\_\_ Postal Code: \_\_\_\_\_ Phone: ( ) \_\_\_\_\_

Email Address \_\_\_\_\_

## TYPE OF MEMBERSHIP:

Type	Description	Fee	Enter Amount
<i>Family</i>	Parents, Children under 21 yrs	\$ 35.00	\$
<i>Adult</i>	Over the age of 20 Yrs	\$ 30.00	\$
<i>Junior</i>	Under the Age of 21 yrs	\$ 15.00	\$
<i>Associate Club</i>		\$ 25.00	\$

Total

\$

Note: Family all must reside at same address. Must list Family members below

**MAIN DISCIPLINE (Check Main Discipline)** (multi family sport, indicate sport next to each name if different than main sport)

☐ Pistol

☐ Rifle

☐ Silhouette

☐ Recreational Only

## OTHER FAMILY MEMBERS

DATE OF BIRTH: **REQUIRED FOR ALL MEMBERS LISTED**

(MAIN DISCIPLINE REQUIRED AND LAST NAME REQUIRED ONLY IF DIFFERENT FROM MAIN MEMBER)

MAIN DISCIPLINE ( CIRCLE ONE )

NAME: _____	P / R / S	M/F ____ DOB DD ____ MM ____ YY ____	BCTSA # _____
NAME: _____	P / R / S	M/F ____ DOB DD ____ MM ____ YY ____	BCTSA # _____
NAME: _____	P / R / S	M/F ____ DOB DD ____ MM ____ YY ____	BCTSA # _____
NAME: _____	P / R / S	M/F ____ DOB DD ____ MM ____ YY ____	BCTSA # _____
NAME: _____	P / R / S	M/F ____ DOB DD ____ MM ____ YY ____	BCTSA # _____

Please make cheque payable to BCTSA and mail to: BCTSA Box 496 Kamloops B.C. V2C 5L2



Some of the Athletes attending the 2017 Provincial Championships in Campbell River



We gratefully acknowledge the financial support of the Province of British Columbia through the Ministry of Community, Sport and Cultural Development

