

SASKATCHEWAN PROVINCIAL SMALL BORE ASSOCIATION

**Volume 30 Issue #1
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This organization receives funding from:



SPSBA

SASKATCHEWAN PROVINCIAL SMALL BORE ASSOCIATION INC.

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President's report

Report of the National Training Camp hosted in Saskatoon at the SWF ranges.

Our organizer/manager, Cory Niefer showed real professionalism in his conduct of this camp. This was demonstrated in many ways, but first and foremost was his utilization of the team approach to the conduct of the camp. For those unaware of this approach, it means the organizer should not be a main presenter for any one session. Cory was a secondary speaker in many of the presentation, giving sport science focused practical examples to insure the clarity of the presenters. This Team work allowed many viewpoints to come across in multiple ways, and accommodated many learning styles. This teamwork was utilized in all facets of the camp, the following were a few of them:

- Starting from last November publicizing of the training camp.
- Getting no charge access to the SWF ranges.
- Getting the best possible focus point presenter's for the camp.
- Dealing with the replacement of a focus point presenter.
- Knowing the volunteers delegating responsibility and them doing a great job for the camp.
- Setting a schedule and then keeping to that schedule.
- Having the presentation's in an order with purpose.
- Providing entertainment with purpose.
- Getting and handling media exposure.

Using a theme of "Follow your Dream" and then opening the camp with Bruce Craven an Exercise Physiologist, who challenging athletes to change, really set a tone for the camp. Bruce did much more than challenge athletes, he gave information on the use of the body in the construction of positions and along with that a great assortment of specific and purposeful exercises. I think an indication of the value of Bruce's presentation was a comment by a National Coach in his presentation "I may have to re-educate myself".

Later that day, Cory facilitated a very good group discussion about what to write in a Training Diary.

Saturday morning started with Brenda Comfort, who has a Master's of Science degree in Nutrition with a focus on Sport Nutrition. While she initially had concerns about having enough information to be of interest for a three hour session, those concerns quickly vanished as the participants questioning kept her extremely busy the whole session. Her task ended up being to dispel many unsubstantiated claims regarding big profit promotions of limited nutritional value items and the use of pill supplements, while advocating a replacement that included the use of the Canada Food Guide based on a formula $\text{energy output} = \text{energy input}$. This was followed by some very good discussion about ways in a very limited amount of time an athlete can eat nutritiously while keeping the cost down. During the session she had a very serious discussion with one athlete that was using pills that if not used very carefully with a Dr's prescription could kill a person; the point was echoed by several people in the room.

Also on Saturday, Heather Kuttai led participants through a collaborative and participative session that yielded many stories and much insight into people's passion for the shooting sport.

Massage and physiotherapy experts were made available to the participants for Saturday evening, this consultation and therapy proved to be very popular.

Dr. Tom Graham, Sport Psychologist, focused on the IPS "Ideal Performance State", the identification and repeating of this state is always a topic that draws a great deal of interest from high performance athletes. This session included a segment with an actual test of athlete's concentration and focus skills.

The technical training component of the camp was organized and lead by the sport specific coaches. The rifle sessions were lead by Sharon Bowes assisted by Chantel Spicer, the pistol sessions lead by Bill Hare assisted by Pat Gustafson. Of notable mention, 5 electronic trainers were made available and always highly sought after.

Something I found very interesting is the sport professionals that Cory chose, such as the Exercise Physiologist, Sport Nutrition, Sport Psychologist, Massage Therapist, Physiotherapist and Technical Coaches. Then when you look at the support system that Mike Weir, the Canadian Golf professional surrounds himself with professionals with the same credentials and look where that has taken him in the Professional Golf world, this really shows that even in a individual sport, team work will provide the best outcome.

Another point here was the recognition of Cory's expertise by sport professionals and an invite to interject during their presentations.

The fact that Cory was able to get Global TV coverage of the event should raise the profile plus increase interest in our sport here in Saskatchewan.

From comments made, at least a few wanted more of every segment offered, but unfortunately there are only so many hours in a weekend. Saying that, I feel the structure and organization of this camp allowed the participants to get a large amount of knowledge in many diverse areas. Now that they are exposed to these new areas, they can explore them in more detail in there home training environment.

Our volunteers, what can I say, they do and mean so much

Adam Neish: Not only did he set up and maintain the web site in a timely fashion, but after a very challenging 7 hour drive, due to a Saskatchewan winter storm (which in normal conditions is an hour and a half drive from Tisdale) was the lead set up and operator of the electronic trainers. He assisted with other operations as well.

Jacquie McDermott, not only did she find and help with the catering of the great food for the camp, which was highly appreciated by all. She also handled registrations and kept the records for the camp.

Kevin Hill, lead of the shuttle service, had a challenge when the charging system on the association vehicle quite, but got everyone to their destinations when needed, besides helping with many other details as well. Kevin had assistance from Joey Day and Teresa Hill in the handling of the shuttle service.

Nicole Bergeron, Teresa Hill and Matt McDermott looked after the details that while appearing to be small, being done mean so much to an event of this nature.

Our association owes Cory and all of the volunteers a huge thank you for the work they did in making this camp happen.

Due to the high number of requests for another National training camp to be hosted here plus the fact there was a waiting list to get in. I would suggest that we have our high performance committee give us a recommendation in this regard. I would caution them to take into account that we would not want to wear out our volunteers.

Why was there so much interest in and the camp so much appreciated, an indicator being with attendees being from Newfoundland to Vancouver Island and the Ontario PSO supporting a number of its athletes to participate? I know from conversations with high performance athletes wanting to follow their dream they will go to great lengths to access that which will assist with their performance. Perhaps if the answer were known to an interesting question posed by one of the athletes as he was departing “Why don’t the national team coaches do this?”

Reg Potter
President SPSBA

Letter from the Coach

Our Collective Vision!- *Sparking thought regarding the direction of our organization*

– by Cory Niefer, SPSBA Head Coach and Executive Director

Every successful organization has a common vision. This vision resounds from the organizational level to the team level, as well as the individual level.

What is the SPSBA’s common vision for the future?

As the Executive Director and Provincial Head Coach of the last couple of years I have seen many great changes that have evolved our organization to the next level. We have taken a leadership role and demonstrated prowess in our Junior Program Development, National and International success of our athletes from Silhouette to Olympic Style shooting, and recently we orchestrated a National Level training camp with overwhelming success.

I believe that we warranted in pride regarding our organization, our teams, and the individuals associated with the SPSBA. We have been innovators that have dared to dream and most importantly, put for the effort and commitment to make those dreams a reality.

Many of those changes I have had the privilege to be directly involved in to help shape and mold. This has been an exciting opportunity for me and has filled my life with many fantastic memories and life lessons.

In saying this, it is also a reality that as our organization has evolved and this takes extra demands to maintain and keep this momentum. I am writing this article to initiate, from you the membership, a common future vision and subsequent support structures to meet our goals as a collective group. Even if you have been away from being actively involved in the program, this letter is a kind of ‘call back into action’. I hope that this will evoke some thought on how to work together as a community to build and actualize a common vision. A little work from everyone can add up to a great success for our organization, the team and you!

Example of a potential SPSBA vision/ mission statement, performance targets and Goals:

Vision	“To be have the largest provincial talent pool of shooters in Canada; as well as 25% the top small-bore shooting athletes in Canada developed through our high performance program.”
Mission	<ul style="list-style-type: none"> - To develop new clubs and assist existing clubs in developing recruitment strategies and innovative programs that assist them to excite individuals from their community in getting involved in competitive small-bore shooting - Provide a high performance environment that will enable our shooters to become top Canadian and International Shooters
3 Year Performance Targets	<ul style="list-style-type: none"> - To have a talent pool of 50 new junior shooters actively involved in provincial level shooting by 2006. - To place top 3 in all events at the 2007 Canada Games. - To be one of the top 2 Provincial Team in the medal tally at the Silhouette, Match/Sporter National Championships in 2007
Goals	<ul style="list-style-type: none"> -Provide and effective athlete development program -Provide World Class Coaching -Provide a World Class Training Facility in Saskatchewan - Foster a culture of success based on opportunity, excellence, and a commitment to continuous improvement - Have an effective volunteer administration and management structure in place to support the athletes achieve the SPSBA vision

As I stated in the Title, this article was meant to spark though regarding the collective vision of our organization. Please send me your thoughts on what you think we could accomplish if we pool our resources and excitement about the sport we love!!!!!!!!!!

IMPORTANT NOTICE:

THE FOLLOWING PROPOSED CHANGE TO THE SPSBA
CONSTITUTION IS TO BE VOTED ON BY THE MEMBERSHIP AT
THE ANNUAL GENERAL MEETING ON JUNE 26TH, 2004 AT THE
SASKATOON WILDLIFE FEDERATION RANGE:

SEC 6 (c) The Association, or the Executive Committee, may not borrow any moneys or
enter into any form of contracts which may cause liability or indebtedness to be
incurred by the Association which cannot be met out of current revenue.

Change to:

SEC 6 (c) The Association, or the Executive Committee, may not borrow any moneys or
enter into any form of contracts which may cause liability or indebtedness to be
incurred by the Association which cannot be met out of current revenue and
assets.

ISSF STATEMENT ON RIFLE SHOOTER CLOTHING

One of the important challenges facing the ISSF is to establish rules for rifle shooter clothing that fulfill the sports requirements of being an Olympic sport. During its meeting at Athens on 17 April 2004, the ISSF Administrative Council made important decisions regarding this issue.

These decisions will provide for a complete examination of the rifle shooter clothing proposals and the opinions of shooters, trainers and manufacturers about those proposals, for the establishment of a transition plan for any new rules that will be adopted and for an enforcement plan to assure that the meaning of rifle clothing rules is not changed by subsequent equipment control decisions.

The first step in the Administrative Council decisions is to leave the current rifle clothing rules in effect for the next four years. That means that rifle shooters will be permitted to continue to use their present special shooting trousers and jackets during this interim period. During this period current ISSF standards for clothing thickness, stiffness and design will continue to be enforced by juries.

ISSF rules incorporate a fundamental standard for rifle shooter clothing which states "The use of any special devices, means or garments which immobilize or unduly reduce the movement of the shooter's legs, body or arms are prohibited in order to ensure that the performance skills of the shooters are not artificially improved by special clothing." This rule reflects a standard that Olympic sports are expected to fulfill where athlete performances are to be determined by human training and sporting effort and not by mechanical or artificial means.

To bring ISSF rifle clothing rules into full compliance with this standard, the ISSF Rifle and Technical Committees proposed that special shooting trousers should be eliminated because they provide artificial support to the shooters. This proposal resulted in a large number of widely varying responses from shooters, trainers and medical experts. The Administrative Council decided that these proposals and opinions needed a full and detailed examination. To do this, the ISSF President will appoint a special commission that will include representatives of the Council, active shooters, trainers, medical experts and clothing manufacturers.

This Special Rifle Clothing Commission will begin its work immediately after the 2004 Olympic Games. It will be responsible for coordinating rule change proposals for trousers and shooting jackets that are to be acted upon by the Administrative Council not later than the 2006 World Championship. New clothing rules that will go into effect after the 2008 Olympics will be announced at that time. This will give shooters, national federations and manufacturers sufficient time to prepare for the implementation of the new rules that will go into effect on 1 January 2009.

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The Canadian Airgun Grand Prix: Feb 28-29/2004

This competition was an amazing experience. The Saskatchewan team had been preparing for it for a long time. We all set goals for our performance and were eager to compete. For the most part, it was lots of fun. We arrived there on Thursday and got settled in our two, tiny hotel rooms. Lots of room in the girls but there was barely room to breathe in the guys. We practiced on Friday morning and enjoyed a night of leisure to tour Toronto (museums, Much Music, MEC, etc.). Saturday was the first day of competition. The relays went generally well. Some shot personal bests while others realized the mistakes they made and how to apply their new knowledge the next day. Overall, everyone seemed to be enjoying themselves. To our surprise, the next day our coach got sick, really sick. The team worked together hard to overcome this. We looked after each other and our coach and everyone was supported. Cory ended up pulling through and was grateful to his team for their help. Two members from Saskatchewan made the final. Cory Niefer placed 5th overall with a 577, 569, and 100.2 in the final. Teresa Hill placed 6th overall with a 387, 377, and a 98.3 in the final. The men's senior Team, which consisted of Phillip Harder, Kevin Hill, and Cory Niefer, placed 2nd. The Junior guys, Matt McDermott and Phillip Harder placed 2nd. Nikki Bergeron and Teresa Hill placed second as well in the Junior Ladies team event. Generally, the individuals on our team met their goals and learned tons. The competition was a great success.

Full results can be seen here:

<http://www.cdnshooting sports.org/2004Results/cdnairgungrandprix.html>

Teresa Hill

The National Training Camp: March 19-20/04

The National Training Camp, held in Saskatoon, was an awesome opportunity. The camp was so organized and planned to fulfill every moment. Each day, a new guest speaker would come in and answer everything one wanted to know about that aspect of our sport. The first day, Bruce Craven was speaking. He pointed out things about the physical aspect of our sport that many of us had never thought of before. He talked about flexibility, strength, endurance, etc. He told us what and how we had to do those things in order to be at the peak of our performance. The Following Day, Brenda Comfort arrived. She answered everything we wanted to know about nutrition. We discussed how an athlete should eat and drink before a competition, in a different county, when traveling, and so on. Thirdly, Tom Graham came in and talked about the mental aspect of our sport. He made good points about what excited us and how to control it. It was all extremely useful information. We all got to share our ideas in large or small groups. All the individuals from the different provinces helped each other by sharing experiences or giving new ideas. We were fed well by Jackie McDermott and Jamie Pfeifer. The pistol and rifle coaches, Bill Hare and Sharon Bowes, did a fantastic job of helping the athletes. Cory Niefer was the backbone of the operation; he put so much time and effort into the camp and was thrilled with its success. Overall, the camp brought everyone closer together. We all met on a personal level. We still are competitors, but also good friends.

Teresa Hill

2003 AHA Airgun Competition – Nov. 28-30, 2003

Air Rifle Finals - Men

Competitor's Name	Line	Total
Cory Niefer	94 97 93 96 97 95	572
	96 96 96 94 97 97	576
Final	9.5 9 9.9 9.9 10.4 10.2 10.1 9.2 9.7 10.7	98.6
		1246.6
Kevin Hill	90 93 92 92 95 95	557
	89 89 92 94 93 94	551
Final	10.7 10.6 10 9.1 10 10.8 9.3 7.9 9.5 9.6	97.5
		1205.5
Phillip Harder	91 93 85 93 88 91	541
	93 94 97 94 93 96	567
Final	10.5 9.9 9.4 7.6 10.7 8.8 10.2 9.5 10.1 7.7	94.4
		1202.4
Adam Neish	87 94 92 90 91 93	547
	93 90 91 90 93 92	549
Final	8.2 8 9 9.1 9.7 9.8 10 5.1 7.9 8.4	85.2
		1181.2
Joe Day	88 84 92 81 84 81	510
	86 82 84 82 72 78	484
Final	6.5 7.4 5.9 9.2 9.4 8.7 10.9 9.3 8 8.3	83.6
		1077.6
James Leuschen	76 68 68 70 54 70	406
	47 64 69 62 75 63	380
Final	5.2 9.4 7.8 5.9 6.8 7.6 9.4 4.1 7.1 7	70.3
		856.3
Scott Illingworth	86 89 95 89 87 87	533

Air Rifle Finals - Women

Competitor's Name	Line	Total
Teresa Hill	95 97 96 94	382
	98 97 93 93	381
Final	8.8 10.7 9.3 10.5 10.2 10.2 9.8 10.3 10.2 10.5	100.5
		863.5
Rebecca Sharman	88 95 91 95	369
	93 90 91 96	370
Final	9.9 10.1 9.1 10.3 9.6 9.3 9.6 10.6 9.4 10.1	98
		837
Nicole Bergeron	93 91 93 90	367
	89 90 91 88	358
Final	9.1 10.4 8.8 7.6 9 10.2 10.4 8.2 8.9 10.3	92.9
		817.9
Daniela Sirbu	70 73 76 69	288
	63 69 61 62	255
Final	4 6.2 7.6 9.3 7.2 6.8 5 6.9 6.9 7.3	67.2
		610.2

2004 Coaching and Official Certification Courses

NCCP Level 1 Technical Clinic, Saskatoon	September 25-26(am)
Officials Course, Saskatoon	September 26 th (pm)
NCCP Level 2 Technical Clinic, Saskatoon	November 20-21

If interested please contact Cory Niefer at coryniefer@hotmail.com or (306) 955-5592

SILHOUETTE MATCH DATES 2004

Rifle:

May 8–	Big River	small bore
May 9 -	Big River	high power
May 22 – 23	Candle Lake	Small bore
June 12 – 13	Candle Lake	Small bore
June 27 – 30	Bull River, BC*	National SB Champ
July 1 – 3	Bull River, BC*	National HP Champ
July 17 – 18	Saskatoon	Provincial SB
Aug. 7 - 8	Prince Albert	Provincial HP
Aug. 29 -	Melfort	small bore

(*Cranbrook, BC)

Black powder cartridge:

April 25 -	Bethune	one day BPC
May 8 - 9 –	Prince Albert	BPC
June 12 – 13 -	Bethune	BPC
July 10 – 11-	Bethune	Annual Don Pingert memorial
Sept.11 - 12 –	Prince Albert	First leg of provincials
Sept 25 – 26 -	Bethune	Final provincials
Oct. 17 -	Bethune	Year end wrap-up and barbeque

Contacts:

Big River:	Ron Johnson	469-5652	rkjohnson@sasktel.net
	Darryl Meyers	469-4805	meyersd@sasktel.net
Candle Lake	Guy Wood	929-4488	guy.wood@sasktel.sk.ca
	Dennis Chamberland	929-4670	
Prince Albert	Lloyd Lundgren	764-4722	lund007@hotmail.com
	Dan Matheson	922-9167	
	Keith Nielsen (BP)	763-4146	
Saskatoon	Lloyd Haskins	931-2635	haskinslloyd@hotmail.com
	Ian Flowers	242-8890	
Bethune	Leo Bumphrey	522-8760	l.bumphrey@sasktel.net
Melfort	Gord Dodds	752-2589	gordon.dodds@sasktel.net

TENTATIVE SPSBA HIGH-PERFORMANCE OLYMPIC-STYLE TEAM DATES

June 26-27 SPSBA Outdoor Provincial Championships (Saskatoon Wildlife Federation Range)

July 24- 25th Prep Camp for those attending National Championships (Saskatoon Wildlife Federation Range)

August 7 -15 National Championships, Beachburg

Beginning of September (possibly Sept 11th -12th) Introductory 3 position air rifle training camp (Sat)/ competitions(Sun) (Date and Place still need to be confirmed)

September 25-26(am), 2004 NCCP Level 1 Clinic

September 26th (pm) Officials course

Beginning of October (possible 9th and 10th) Fall Prairie Airgun Match

End of October (possible 23rd and 24th) Season Evaluation and Goal Setting/Technical Camp

November 20-21, 2004 NCCP Level 2 Clinic

Beginning of Dec SPSBA Air Rifle Championships

Any questions about dates, please contact Cory Niefer at coryniefer@sasktel.net

Please remember that it is ALWAYS the responsibility of the athletes to register for the matches in a Timely Fashion.

PART G - 2004 SPSBA SMALLBORE CHAMPIONSHIP SCHEDULE

Please visit the SPSBA website (<http://www.rifleshootingsask.org/prod01.htm>) or www.SSETC.ca for the Official Program and Selection Criteria for the Saskatchewan Smallbore Teams. If you do not have internet access please call Cory Niefer (306)-955-5592 for a printout to be mailed to you.

Competition Date:

June 25-27, 2004

Registration and Equipment Check:

Registration and Equipment Check must be completed 1 hour prior to the start of the competitors 1st event. Registration and equipment check office will be open at 5pm till 10:30 pm on Friday night, and 6:30am to 5pm Saturday and Sunday. The match office will be located in the classroom of the Saskatoon Wildlife Federation. (See official Match Program for location and map).

SPSBA Smallbore Championship Supper/ SPSBA AGM:

The SPSBA AGM will be held at the SWF Range after the last relay on Saturday. There will be a BBQ supper on Saturday night at 6:00 pm for all competitors, friends and family for a price of \$7 each. This supper will be held at the SWF Range.

Event 1: Air Rifle Event (60 shot course for all competitors)

Relay 1: Friday 6:45 pm - 8:30

Relay 2: Friday 8:45 pm -10:30pm

Event 2: ISSF Three Position and Prone Match Rifle

Note: Prone will be shot concurrently with Three position; also the three position women's event (60shot course X2) will be shot concurrently with the open event (120 shot course X2)

1st course: Saturday 8am to 1:30pm

Utilizing 10 min target/position changeovers, the timing of the event will be as follows

Time	Position	Event
8:00 - 8:30	Prone1	3-p open and women / prone
8:40 - 9:20	Prone 2	open 3-p / prone
9:30 - 10:00	Prone 3	prone
10:10 -10:55	Standing 1	3-p open and women
11:05 - 11:50	Standing 2	3-p open
12:00 – 12:37	Kneeling 1	3-p open and women
12:48 – 1:25	Kneeling 2	3-p open

2nd course: Sunday 11:45 am to 5pm

Utilizing 10 min target/position changeovers, the timing of the event will be as follows

Time	Position	Event
11:45 - 12:15	Prone1	3-p open and women / prone
12:25 – 12:55	Prone 2	open 3-p / prone
1:05 - 1:35	Prone 3	prone
1:45 -2:30	Standing 1	3-p open and women

2:40 – 3:25	Standing 2	3-p open
3:35 – 4:12	Kneeling 1	3-p open and women
4:22 – 5:00	Kneeling 2	3-p open

Event 2: SFC Three Position and Prone Sporter Rifle

Note: Three Position Prone will be shot concurrently with the Prone event;

1st course: Saturday 1:50 pm to 5pm

Utilizing 10 min target/position changeovers, the timing of the event will be as follows

Time	Position	Event
1:50 – 2:20	Prone1	3-p / prone
2:30 – 3:00	Prone 2	3-p / prone
3:10 - 3:40	Prone 3	prone
3:50 - 4:20	Standing 1	3-p
4:30 – 5:00	Kneeling 1	3-p

2nd course: Sunday 8am to 11:30pm

Utilizing 10 min target/position changeovers, the timing of the event will be as follows:

Time	Position	Event
8:00 - 8:30	Prone1	3-p / prone
8:40 - 9:20	Prone 2	3-p / prone
9:30 - 10:00	Prone 3	prone
10:10 -10:40	Standing 1	3-p
10:50 - 11:20	Kneeling 1	3-p

Please Note: Times are subject to change at the discretion of the Match Committee, this may be necessary due to weather or many other unexpected circumstances. It is the goal of the match committee to maintain this schedule if at all possible.

Part H- Entry Form for 2003 SPSBA Smallbore Championships

Last Name: _____ First Name: _____ SPSBA Membership: Yes ___ No ___
 SFC #: _____ Address: _____
 City/Town: _____ Prov. _____ Postal Code: _____
 Phone number: _____ email address: _____
 Date of Birth: _____

Mark an X if applicable:

Lady: ___ Veteran (55 or older): ___ Canadian Junior (under 18): ___

ISSF Junior(under 21): ___ Sub Junior(15 and under): ___

Please note that we can only guarantee class and category awards for those individuals that enter **prior to June 13th, 2004.**

Please put a check mark besides the event and the corresponding classification

Event (# of shot for open/women)	MA	EX	SS	MM	JR(Can)	LD	VT	Sub-Jr
___ ISSF 3 Position (240/120)								
___ ISSF Prone (120)								
___ Air Rifle (60)								
___ Sporter 3 Position (120)								
___ Sporter Prone (120)								

FEES : **Adults** \$15.00 each event or 3 for \$43, 4 for \$52, and 5 for \$60.

Juniors \$10.00 each event or 3 for \$27.00, 4 for \$32 and 5 for \$35

Subtotal of Events Chosen	(see above)	\$ _____
Provincial Team Trial Fee	\$10.00	\$ _____
SPSBA Membership is required	Jr \$5 / Sr. \$10	\$ _____
Compulsory SFC Administration Fee	\$2.00	\$ <u>2.00</u>
Get together Supper(Sat. Night)	\$7/ person	\$ _____
Late entry fee if mailed after June 13	\$10	\$ _____
Please remember it is first come first serve, as our entry numbers are limited by range size. Enter as soon as possible!	TOTAL FEES	\$ _____

Please make cheques payable to SPSBA

Mail to: Saskatchewan Smallbore Championships-Rifle
 Competitions Division
 719 Kenderdine Rd.,
 Saskatoon, SK S7N 4T8

Sask Provincial Small Bore Association

Postal Competitions

- Dates:** Entries, soon enough to return Targets on Time.
Targets returned or Post marked no later then June 1, 2004
- Rules:** Match Rifle and Air Rifle: ISSF
Sporting Rifle: Shooting Federation of Canada.
- Targets:** Match: SFC Stock # 134
Sporter: SFC Stock # 135
Air: SFC Stock # 104
- Program:** Air Rifle, 60 shots
Match and Sporting Rifle, Prone, 60 shots.
Match and Sporting Rifle, 3-Position, 60 shots.
- Fees:** \$4.00 per event or \$16.00 for 5 events.
MAKE CHEQUES PAYABLE TO SPSBA
- Awards:** To Match and Classification Winners, more if entries warrant.

Entries, Inquiries and Return Targets TO:

Neil Suttill
Box 983
Meadow Lake, Sk S9X 1Y7
236-1910

Entry Form: Postal Competitions		
Name: _____		
Address: _____		
		Phone: _____
Male []	Female []	Birth date (Juniors) _____
Match 1 Sporting Rifle Prone	\$4.00	Class: _____
Match 2 Sporting Rifle 3-Position	\$4.00	Class: _____
Match 3 Match Rifle Prone	\$4.00	Class: _____
Match 4 Match Rifle 3-Position	\$4.00	Class: _____
Match 5 Air Rifle	\$4.00	Class: _____
Package all 5 events	\$16.00	
SPSBA membership	Adult	\$10.00
	Junior	\$5.00
Total	_____	Circle Amounts

Saskatchewan
Provincial Small Bore Association

Individual Membership Application / Renewal **2004**

Name _____ Phone _____

Address _____

City/Town _____ Prov. _____ Postal Code _____

Membership Information:

SPSBA Senior: \$10.00 Includes \$5,000,000.00 Liability Insurance for any club or association sanctioned rifle shooting activity.

SPSBA Junior: \$5.00 18 years and under

Please check age: () 12 and under; () 13-19; () 20-34; () 35-54; () 55 plus

Saskatchewan
Provincial Small Bore Association

Individual Membership Application/Renewal **2004**

Name _____ Phone _____

Address _____

City/Town _____ Prov. _____ Postal Code _____

Membership Information:

SPSBA Senior: \$10.00 Includes \$5,000,000.00 Liability Insurance for any club or association sanctioned rifle shooting activity.

SPSBA Junior: \$5.00 18 years and under

Please check age: () 12 and under () 13-19 () 20-34 () 35-54 () 55 plus

Please send Application to: SPSBA Inc.

Box 983

Meadow Lake SK S9X 1Y7

