



# SAFTAA NEWS

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## Membership information

We remind all field target participants of the SAFTAA membership fees which is payable before the end of February 2018.

- Adults: R550
- Students and learners: R275.

Banking details are on the SAFTAA website.



## Welcome to 2018!

by Hannes de Villiers

May 2018 be a prosperous year for every participant in field target shooting.

If you participate for the *enjoyment* of the sport, I trust that you will reach the "next level" of FT enjoyment. If you participate for the *competitive* side of FT, I trust that you will reach the "next level" of competitive FT shooting with the enjoyment thereof.

As part of the sport development and liaison portfolio on SAFTAA, I decided to send out a newsletter with some general information as well as information that all FT shooters can use when we share our sport with others. The reaction and feedback will determine whether it will be a **once or twice a year** newsletter. You are therefore welcome to send any comments to [hannes@buildinghope.org.za](mailto:hannes@buildinghope.org.za).





## From Kill-Zone to Hit-Zone

The hole in the faceplate of the target is currently referred to as the "kill-zone."

The WFTF requested that the term "kill-zone" is replaced with "hit-zone" throughout the field target community. In the light of the recent negative publicity towards air rifle shooting in South Africa, SAFTAA fully supports this request.

We ask the club chairmen and every field target shooter to help in this regard.

## World Championship is coming to South Africa

SAFTAA is still waiting for confirmation, but we expect to host the World Championship in either 2020 or 2021.

Yes, this will be hard work, but it will be exciting to have more of the world's best field target shooters in action, here in South Africa. Our country has so much to offer. We can build top class field target courses and we have some of the most beautiful tourist attractions. We will keep you posted.

## Video & Marketing Materials

One of the targets that I set myself is to develop marketing materials that can be used by all participants in field target to promote the sport. We often speak to people, at work or in other social circles where we want to explain what field target is.

An A5 flyer was developed and distributed to the club chairmen to market the clubs and field target as a sport. If you have not received the flyer, you can download it from [www.airrifle.co.za](http://www.airrifle.co.za) – SAFTAA – Field Target in South Africa. Keep this on your cellphone or print a few and invite your friends to your next club shoot.

I have compiled several short videos that can be downloaded on mobile devices. Most of the videos have been shared on the same post on [airrifle.co.za](http://airrifle.co.za). You can also view and download the videos from the channel **"Field Target in South Africa"** on YouTube.



## The impact of Field Target on childhood development

by Dr. Diana Zoccola. She can be contacted on [dzoccola@mwebbiz.co.za](mailto:dzoccola@mwebbiz.co.za) or 083 631 2759.

*\*Please do not extract this article out of the newsletter without Dr. Diana's prior consent.*

Dr Diana Zoccola, a clinical psychologist, is a well-known face at field target events in South Africa with an active interest in sport psychology. With this as background and her active involvement and participation in gallery rifle, metallic silhouette and field target shooting, we asked her the question:

*What aspects of childhood development are stimulated by FT participation? Read here what she said:*





***“Various aspects of childhood development are stimulated by FT participation.”***

Sport is fundamental to the early development of children and youth and the skills learned during play, physical education and sport contribute to the holistic development of young people. Through participation in sport and specifically sport shooting, young people learn about the importance of key values such as:

- Honesty
- Fair play
- Respect for themselves and others
- Adherence to rules

### **Benefits of FT**

In terms of physical and health aspects of child and youth development, there is an overwhelming amount of evidence that focuses on the positive effects of sport and exercise on physical health, growth and development. Here are some benefits that may come from playing sports:

1. **Character and moral principles are formed through fair play.** Moreover, children who are actively engaged in sports can be good role models for their peers and inspire them to start playing some sports as well.
2. **Field Target enables them to create friendships and they benefit from social interaction.** Kids learn they are part of a club that requires the same effort from all members to succeed, as well as how to win with class, and lose with dignity.



3. They view competitions on and off the field as opportunities to learn from their success and failure. In addition, losing often motivates kids to work even harder for next time.

4. They **learn to respect** authority, rules, and opponents.

5. **Sport is an important learning environment for children.** Numerous studies have shown that children who play sports perform better at school. It is also within sport that peer status and peer acceptance is established and developed.

6. Sports experiences help build positive self-esteem and confidence in children.

7. In addition, participating in sports can be a helpful way of **reducing stress and increasing feelings of physical and mental well-being**. The point is to keep the body in good health in order to be able to keep our mind strong and clear.

The enhancement of physical and mental development of children is certainly the most important contribution of sports, but the list of values your child may learn and acquire through sports does not end here.

Other **positive aspects are numerous**, which reveals the true beauty of sport and provide enough reasons why parents should encourage their children to take part in an outdoor activity such as Field Target. (Source below: BelievePerform)



INCREASES CONFIDENCE	BUILDS FRIENDSHIPS	BUILDS CHARACTER	IMPROVES SELF ESTEEM	IMPROVES MEMORY
REDUCES OBESITY	DEVELOPS RESILIENCE	TEACHES RESPECT	IMPROVES MOOD	DEVELOPS CREATIVITY
REDUCES ANXIETY	REDUCES STRESS	REDUCES DEPRESSION	TEACHES LIFE LESSONS	PROMOTES FAIR PLAY
IMPROVES BODY IMAGE	BOOSTS BRAIN POWER	DEVELOPS FOCUS	IMPROVES ACADEMIC PERFORMANCE	PROMOTES SOCIAL INTERACTION
TEACHES LIFE LESSONS	IMPROVES BRAIN FUNCTIONING	IMPROVES SLEEP	IMPROVES DECISION MAKING	DEVELOPS AUTONOMY
DEVELOPS STRONGER BONES	DEVELOPS STRONGER JOINTS	HELPS TO CONTROL WEIGHT	INCREASES ENERGY LEVELS	INCREASED ATTENTION
IMPROVES QUALITY OF LIFE	TEACHES CHILDREN ABOUT VALUES	IMPROVES COGNITIVE FUNCTIONING	IMPROVES POSTURE	BUILDS STRENGTH
IMPROVES BLOOD FLOW	IMPROVES FITNESS	TEACHES TEAMWORK	IMPROVES LEARNING	REDUCES FATIGUE
IMPROVES BREATHING	HELPS CHILDREN TO LEARN FROM FAILURE	IMPROVES REFLEXES	HELPS CHILDREN TO ACHIEVE GOALS	HELPS TO DEVELOP COPING SKILLS
IMPROVES IMMUNE SYSTEM	TEACHES CHILDREN ABOUT WINNING	TEACHES CHILDREN ABOUT LOSING	HELPS CHILDREN TO EXPERIENCE SUCCESS	CHILDREN HAVE FUN

## SAFTAA's reaction to the recent negative air rifle publicity

It is with absolute dismay that SAFTAA takes note of the recent negative publicity on social media and the press towards air rifle shooting in South Africa. As the national governing body of field target shooting in South Africa, we want to highlight paragraph 2.2 and 2.3 of SAFTAA's Constitution that states the following:

- "2.2 To promote, encourage and support the safe and lawful use of air guns.
- 2.3 To promote, encourage and support responsible behaviour towards fellow participants, spectators and the environment in which field target shooting is conducted."

Based on these two points, we want to appeal to the members of the affiliated clubs, the members of SAFTAA as well as to the air rifle community at large to always stay within the law when using your air rifles. If we do this with great responsibility, also towards the environments in which we shoot, we will not jeopardize or put air rifle shooting in a bad light.

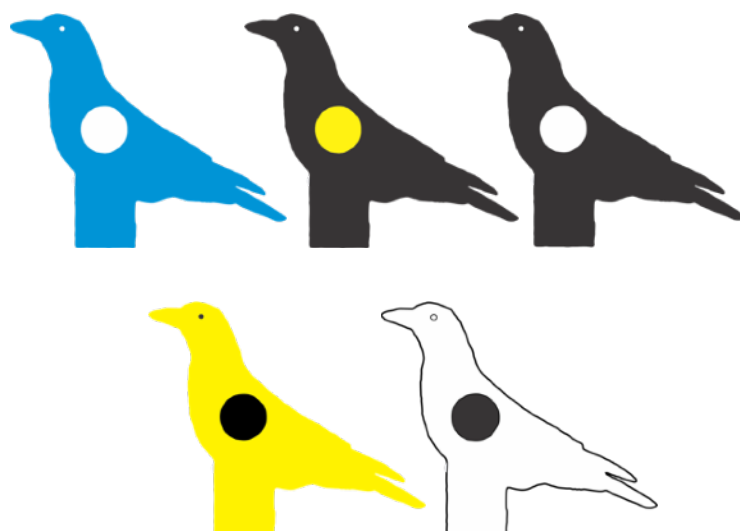
We specifically appeal to all the field target participants to help us to create a positive, enjoyable, safe, responsible and lawful environment in which we will be able to practice our sport.

## Changes in rules

Mark Fairon (SAFTAA - technical officer) is in the process to compare the South African rules with the rules of the World Field Target Federation (WFTF). The purpose of this

process is to bring the South African rules in line with WFTF rules while keeping the South African context in mind. There are a few changes and I strongly suggest that you read through the new rules once accepted and distributed. Here are only a few of the changes that we can expect:

1. The numbering of targets will not be enforced for leagues. This will only be a requirement for Opens and the National Trials. The general rule of "shooting from left to right" will be the shooters' guide during leagues.
2. Coloured targets will be introduced as per the WFTF rules. Here are the specific colour options that you can expect:



3. In the future, only knee rolls may be used for kneelers. Bean bags may **no longer be used**. The hosting club will provide kneeling rolls for these lanes.

Expect these changes later in 2018 - most possibly after National Trials. The implementation date will be communicated to the club chairmen.