



VICTORIAN

# Junior / Youth

DEVELOPMENT

*Training our next generation  
of Pistol Champions!*

Newsletter

March 2026

## Welcome

Welcome everyone to our "Junior/Youth" newsletter. You might be wondering what that phrase means in our pistol shooting world. The International Sports Shooting Federation (ISSF) is the governing body who makes the rules for our local and international events, including the Commonwealth and Olympic Games.

According to the ISSF a junior athlete is a youngster from 12 years old until the 31<sup>st</sup> of December of the year they turn 21 years. Target Pistol Australia (TPA) has decided to change the definition of a junior athlete in Australia to finish at 31<sup>st</sup> of December of the year they turn 18 years.

What that means to you is that until the end of the year you turn 18 years you will still be competing in the junior events, after that you will be competing in the adult matches. Please note, you will still be able to compete in our annual Tri-State competition until you are 21 years.

Instead of discarding you after 18 years we have decided to keep you in the new pathway section of our training group until the end of your 21<sup>st</sup> year. Any of our athletes 19-21 will be in our Youth pathway category.

**It's not the length  
of the journey**

**It's the quality of  
the steps**

## State Team Selection

Congratulations to Alex Brondou from Geelong Pistol Club for being selected into the State Team in the junior air pistol match, as well as Ben Tsiphlidis from MISC for the 25m sport pistol. In May they will fly to Brisbane to represent Victoria at the ISSF National Championships.

They will be shooting in a three-member team alongside Talia Woodroffe from Mildura Pistol Club and Gage Terrill from Yarra Pistol Club. This will be the last time for Talia and Gage to be competing as juniors because they will be aged-out due to the new TPA rule.

As Erin and I stated at the training weekend in Bendigo, it will be a clean slate for Vic juniors after the Nationals. If you have aspirations of being selected into the team and representing your State, now is the time to start some serious training.

We taught you how to train at home, especially working on the key points of the process, as well as conditioning your body to be able to hold the pistol steady for the duration of the match.

If you are keen on State Team selection, then email Cherie Blake: [teammanger@vapa.org.au](mailto:teammanger@vapa.org.au)



## Tri-State Competition

The Tri-State event is a friendly competition between Victoria, New South Wales and South Australia. It is held on the King's Birthday weekend in June every year, each State takes a turn at hosting the event on rotation, this year it is Victoria's turn. The Tri-State competition started in 1983, this year will mark the 43rd year of the event, we will be hosting the weekend at the Diamond Valley Pistol Club.

VAPA generously covers the cost of interstate flights and uniforms to take the financial burden away from the families.

As I said, it is a friendly competition, everyone camps in the clubhouse on the Saturday and Sunday nights, with great food, entertainment and friendships. The actual competitions are on Sunday, which is usually Air Pistol in the morning, and Sport Pistol in the afternoon, with presentations in the evening.

By lunch time Monday everyone has gone, and the interstate travellers have been driven to the airport to catch their return flights.

There have been many junior athletes who have attended the Tri-State weekend over the years, from Victoria alone there have been many successful shooters, from the early years - Cherie Blake, Linda Ryan, Dan Repacholli. More recently we have Elena Galiabovitch, and Sergei Evglevski, to name a few.

We really hope you have returned your expression of interest forms back to Erin as we need to organise uniforms for the event. If you haven't done it already, please do it now.

## Coaching Weekend at Bendigo

Well, the coaching weekend held at Bendigo was a huge success with nine young athletes in attendance over the weekend. It was great to see so many enthusiastic youngsters wanting to learn the fundamentals of pistol shooting, as well as improving techniques to become more competitive.

Saturday morning started by explaining the basic fundamentals of shooting to more advanced techniques, along with tips on how to train specific aspects at home (without a pistol of course), along with a video and demonstration of the process.

Saturday's training finished with our signature air pistol finals which saw some very close competition among the young shooters. After dinner everyone chilled out with a movie before bedtime.

Sunday morning consisted of Erin taking them through some physical exercises, including toning the core muscles, a stretching routine for relaxing the muscles, as well as a pre-competition warmup plan .

Graeme explained and demonstrated the technique of the rapid-fire stage of 25m pistol before going to the range for a couple of hours of drills.

All in all, the weekend was a huge success with many weary students and coaches by the end of the Sunday sessions.

Many thanks to those members of the Bendigo Pistol Club who prepared food, etc, to make our weekend a pleasant experience. Also, a shout out to Jack Mathews who came along to help us out at short notice.

It was really great to meet you all and we look forward to seeing you around the opens, or at our next junior coaching weekend.

Photos next page .....



## Support

Whilst you are a Junior/Youth athlete we can offer you ongoing support for your target shooting journey. Erin and myself have almost 60 years of combined experience of competitive level pistol shooting and are willing to help you improve your skills to make you a better shooter.

Whether you have had a great day at the range, or there are some things in your technique that you are not sure of, take photos of your targets and email them through with your thoughts on what is happening so we can analyse and discuss a solution to your question.

Erin:- [blachforderin@gmail.com](mailto:blachforderin@gmail.com)

Graeme:- [harv1@iinet.net.au](mailto:harv1@iinet.net.au)

Note: If you are under 18, please include a parent in the conversation when you make contact.

*Graeme Harvey*

