

On Target



2015 Issue No 3 March

Thank you to Lorraine Nicoll, Bill Sloan and Jan O'Connor who have joined forces and volunteered to fill in for our Treasurer Annette who will be travelling overseas.

There will be a budget meeting before Annette leaves. Could all Club Officers please look at their budget requirements for the next year - if you wish to make purchases or think you need to have the budget changed from the current allowance please submit your monetary requirements to Annette as soon as possible (within a fortnight).

**Thank You
Budget**

Max Manuel

It is the responsibility of the Adelaide Archery Club to set out the Max Manuel FITA Star Event. Volunteers are required on **Friday 17th April, 4.00 pm at St Ignatius** to help set out the field. Name on board please.

**Volunteers
Required**

State Matchplay Event

Volunteers are required to assist at the State Matchplay Event which is to be held on 2nd and 3rd May, 2015 in Victoria Square. If you are interested in volunteering

[Click here](#) and return completed forms to
Grant Cole SVAC (address on form)

Camp Quality Family Fun Day

Thank you to all the volunteers who assisted at the 30th Anniversary of Camp Quality Fun Day held at the Adelaide Archery Club.

Another great day with perfect weather. Thank you to Melissa Fettke and Chris Drown who donned aprons and cooked the BBQ & Pam Pettman for organizing the food.

Thank You



HANDICAP SPOON

Congratulations To
Shannon Blyth

*Who was awarded the handicap
spoon for February*

NEW MEMBER

Colin Linnett was accepted for Membership at the March Club Meeting.

Welcome to the Club

CAMP QUALITY 30th ANNIVERSARY



James Henriks

Joan

Aileen Anderson

Gordon Pawson OAM



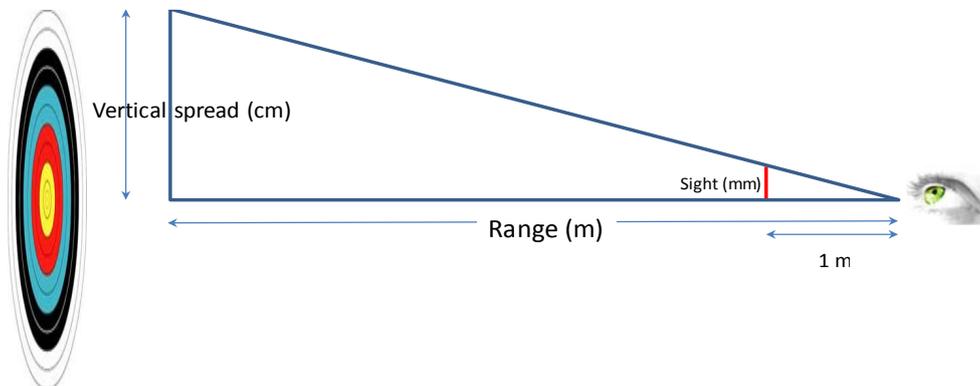
30th Anniversary
Quality Family Fun Day
Camp

How far to move your sight?

submitted by Daniel Caon

You already have sight marks for all the distances you shoot right? So, does that mean you never have to change them? If you don't, then no need to read on. However, if the conditions are variable on the day, or you are getting new sight settings for an equipment change, it would be nice to know how far to move your sight setting to get the effect you need over at the target. Maths can help here!

The picture below illustrates an archer standing on the shooting line (represented only by their eye!) looking through their sight (which is about 1m away from their eye) at the target down the range.



If you shoot with good form and your sight is set correctly for the range, the arrow will hit the X. If the arrow hits say 20cm above the X, how far should you move your sight? From the table below, if you were at a range of 40m, then you should move your sight up by 5mm. It does not tell you where to start your setting, only how far to move it.

Range m	Vertical Spread at target (cm)				Sight Setting Change (mm)
	5 cm	10 cm	20 cm	30 cm	
10	5	10	20	30	
15	3	7	13	20	
18	3	6	11	17	
20	3	5	10	15	
25	2	4	8	12	
30	2	3	7	10	
35	1	3	6	9	
40	1	3	5	8	
45	1	2	4	7	
50	1	2	4	6	
55	1	2	4	5	
60	1	2	3	5	
70	1	1	3	4	
90	1	1	2	3	

How far is 20cm on the target? On a 122cm (i.e. a large) target face the width of each ring is 6.1cm, so if you hit the line between 7 and 6, you are 24.4cm from the centre.

The table can be used both for range (up/down) as well as windage (left/right) adjustments. Print it out and keep a copy with your sight markings – you never know when it will come in handy.

For those interested in the maths, here it is:

Assumes the sight is 1m away from the eye

$$\tan A = V/R = S/1$$

$$S = V/R$$

V = vertical spread (cm)

R = range (m)

S = setting (mm)

A = angle (°)

Customising your bow grip

Submitted by Daniel Caon

Everybody is different, and so are your hands. However when it comes to archery bow design, a bow grip is provided by the manufacturer and in many cases there are few, and sometimes no, options available. Hoyt are proactive in providing several grip profiles to choose from and maybe these suit your needs (and you have a Hoyt). Wouldn't it be better to have a grip that was customised just for your hand?

There are companies that produce after-market grips, <http://jagergrips.com/> for example, that look great (for about US\$50) and you would hope would feel better than the original manufacturer's grip, but it is still a generic grip.

So, how about customising the grip you already have. You can use "plumber's putty" which allows you to add a plaster like substance to your grip, let it dry and then file/sand it down until you get the shape you want. You can also wrap "tennis grip tape" around the grip to change its shape and add comfort and funnily enough, make it grippier. I won't discuss these further (someone else can do that) however I want to share a method I've used on two of my bows that I found excellent.



A company in the UK <https://sugru.com/> invented a mouldable glue (a bit like play-doh) that when set (24hrs later) turns into a hard rubber. A pack of 3 costs £7 (~\$15) and is enough to customise 1 grip (or in my case 2). The packs are about 5cm long.

For my 1st bow, I bought a 3-pack (all black) and used 2 packs. I wanted to build up the base of the grip (I used 1 and ½ packs) to provide a higher grip position as well as add some small ridges around my fingers (½ pack) to allow me to locate my thumb and first finger better. As I mentioned before, Sugru is a lot like play-doh to start with. You rip off a piece and stick it onto the grip where you want it and then press and mould it by hand. I strung my bow so I could place my

hand on the grip as I wanted it and then gently pull the string to apply some pressure to the grip to push the Sugru into place. If you look carefully at the photo, you can see my palm print on the cured rubber – a truly customised grip! The Sugru has ½ hour of working time so there's no need to hurry. When I was happy with the shape I used my fingernail to neaten up the edges, pushing it around to make straight edges. Because the

result is a hard rubber I don't think any other "grip tape" is needed – it's grippy enough.

Because I later bought a new riser and still had 1 pack of Sugru left, I decided to use it up on my 2nd bow grip. I followed the same process as before, but this time I only had enough to build up the base of the grip. Again you may be able to see my palm print on the rubber. This small amount of rubber lets me place my bow hand on the grip in a much more repeatable way and makes the grip more comfortable.

And that gap below the Sugru? That part of the grip doesn't actually touch your palm, so is just wasted grip really. There is no need to cover it with Sugru.



Extract from News, Adelaide Sat 17th March, 1945

Talking Sport with Ron Boland. (1945, March 17). News (Adelaide, SA : 1923 - 1954), p. 6. Retrieved March 25, 2015, from <http://nla.gov.au/nla.news-article127296232>

WOMEN SHOOTERS

Adelaide's Archery Club has 20 members, who now take part in the shoots either at the ranges in a Mount Osmond quarry or in the North Parklands near the Zoo. About 30 other members are serving in the forces or in warwork. Some Adelaide girls are proving good shots. Seventeen-year old Shirley Blythman, of Westbourne Park, a switchboard operator at a munitions factory is the youngest. "Steadiness before brawn is the secret of archery," Ray Thompson tells me. "We hope to make archery more popular after the war. We want to see it introduced into colleges and high schools."

ADELAIDE ARCHERY CLUB CROSSWORD February 2015 SOLUTION 0002

M	E	T	A	L	D	E	T	E	C	T	O	R	
I		A			E		A		L			A	
D	I	R	T		A		B	L	O	W	I	N	
A		G	O	L	D			U				G	
S	U	E		O			I	N	T	U	N	E	
T		T	W	O		A		U				O	
O		S		S	T	R	I	N	G			W	
U			B	E		M	E		R			H	
C	L	O	U	D		G		P	A	S	T	A	
H	A	R	T			U			I			N	
	D		T			P	A	R	K	L	A	N	D
I				W		R				S		E	
F	O	R	W	A	R	D	L	O	O	S	E	D	

CALENDAR



March 26 Working Bee - Painting Safety Screen, Weather Permitting - Thursday pm after programmed shoot.- Contact Terry Reilly for details

March 22 Ranking Shoot - AAC - 9.00 am
Note: AAC Programmed rounds do not commence until 2.30 pm



March 29 Jim Hale Memorial Tournament - The Farm Indoor Archery Club - Good Luck to all Archers

April 4 No AJAD's (Easter)



April 4 Metric Philadelphia, Cressy Bowmen - 9.30 am - Easter Saturday - Good Luck to those brave enough to enter



April 5 QRE 9.30 am



April 7-11 National Youth Championships (NSW) - Good luck to our Juniors - enjoy the challenge & have a great time.

April 9 Archery SA Meeting 7.30 pm



April 17 Adelaide Archery Club setting out Max Manuel FITA Star - St Ignatius College 4.00 pm - Volunteers required.- Name on Board please.
Club Meeting 7.30

April 18 No AJAD's (Middle Break)

April 19 Beginners Course - Volunteers Required



April 19 Max Manuel FITA Star (See State Calendar) - St Ignatius College

April 25 Anzac Day - No AJADs



April 26 Vera Pennington Memorial Shoot (Orphans Shoot - Barebows and Crossbows) - See State Calendar - Archery Park Strathalbyn

April 26 Beginners Course - Volunteers Required

May 2-3 Archery SA Match Play Event - National Match Play Final (State Calendar)

May 9 AAC Target Championships 11.00 am- Notice will be on board soon



August 29-30 2nd Traditional Shoot - Mallee Sunset Field Archers - Red Cliffs via Mildura VIC
[More Information on Traditional Shoot](#)

CLUB SPONSORS

ARCHERY ACADEMY, 19 Ferry Ave, Melrose Park, SA 5039 Ph (08) 8276 1425
www.archeryacademy.com.au

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