



Adelaide Archery Club Target Championship 2016

It was a cool sunny autumn day, warm but not hot, cool but not breezy, simply a perfect day for archery. We have about 30 participants entering this year shooting an Adelaide Round (1200 arrows, 60m, 50m, 40m*, 30m*, * 80cm targets face). It was a fantastic day overall special thanks to our Tournament Director Sue Martin for organising it. Also special thanks to Emma for the lovely lunch, Gerald for being a very efficient field captain, Aileen for records keeping and Dean for the pristine target faces.

Congratulations to the top shooters :

Bow Type	Male	Female
Recurve	Chris De Mello	Naomi Johnson
Compound	Ken Osborne	Yvonne Lewis
Longbow	Dean Pettman	Pam Pettman

For those who missed out this year, hopefully you can join us next time.



Don't forget Club's Indoor (outdoor) Target Club Championship will be held on 29th May 2016 starts at 9:30am. Shooting indoors rounds (25m & 18m), please put your entry on the board.

Notices

Storage of mobile butts

Options for storing the mobile butts were discussed by a small Building Development group. Plans for possible options will be publicised once they have been formulated. We will have to wait for the new lease negotiations with Adelaide City Council to be finalised before when can submit a planning application.

Clout

We have concerns over members of the public who ignore the warning signs when a clout is being shot on the adjacent field. A possible solution may be to use bunting around the shooting area to clearly delineate it.

Bow press

The new compound bow press is ready for use, but can only be operated by Ken Osborne, as it is too dangerous for general use. If you wish to use it you will have to do it when Ken is at the Club.

Membership

It was noted that members of this club and visitors from other clubs must carry their Archery Australia affiliation cards with them at all times. If membership has been paid, but the card has not yet been received, proof of payment (receipt) is acceptable.

Adelaide Archery Club Inc.

Cnr Bundeys Rd & War Memorial Drv
North Adelaide
SA 5006

The Secretary

PO Box 133
Walkerville SA 5081
Phone: (08) 8229 0101

Email

adelaidearchery@gmail.com
info@adelaidearchery.org.au
www.adelaidearchery.org.au

Editor

Clarence Yeoh



facebook.com/Adelaide-Archery-Club

HOT OFF THE PRESSES

AAC Library Magazine/Books/DVD Reviews: April 2016

New Magazine Reviews – Bow International:

Review of newest Bow International (Issue #106): – all shooting form articles have been reviewed and scanned for inclusion in AAC Library



Issue #106 (April 2016): Key Shooting Form + Equipment Articles

2015 in Review-Top Archers & Their Equipment– Roy Rose

- Recurve poundage – average is in excess of 46 pounds
- Recurve women – stronger women shooting close to 50 pounds and average is close to 44 pounds (even slight built over 40 pound mark)
- Compound men in high 50's, very close to maximum 60 lbs. limit
- Compound women – also shooting high 50's, average is 53 pounds
- Compound Release Aids- hinge reached parity with trigger RA's and champ Reo Rilde's TRU Ball HBX RA gets major recognition
- Hoyt bows were major podium winners – with PSE Dominator and Freak models also appearing as podium winners
- Recurve stabilisation – 100% long front rod w/V-bar side formation
- Compound stabilisation – preference for side rods mounted low on riser and angled heavily downwards–total weight continues to increase
- Korean recurvers continue to dominate world tournaments



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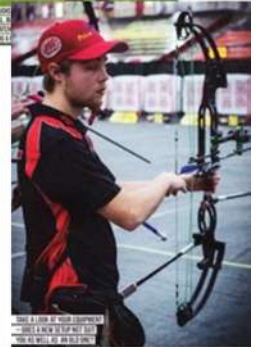
Jeff Nicoll

Mobile: 0418 806 095

Phone: (08) 8212 3050

Off the Boil? How to get back on Top – Patrick Huston

- #1 - Take a Break - schedule day breaks from archery
- #2 – Evaluate Your Form – use analytical videos taken by mate or coach – roughly 3 monthly, to evaluate consistency of form
- Videos – take from front, behind elbow, behind you & grip/fingers
- Document any form/equipment changes-example in BI Issue #104
- #3 – Equipment – score each round-compare before/after changes
- New equipment may not necessarily be better than old-check scores
- #4 – Fitness: being shooting fit will automatically score higher!
- Bow fitness-can be combination of home & Club shooting practice



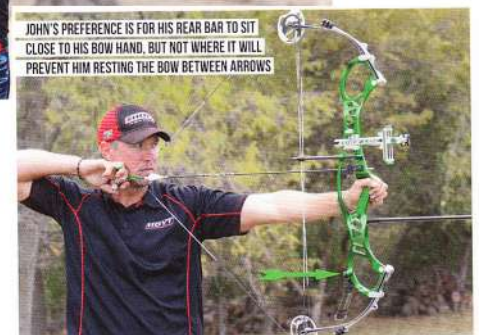
Sighting In – Come to grips w/Sight Settings– Dave Egalton

- Sight settings – start short, maybe 20 metre, then increase by 10 mtr
- Need consistent string hand reference point to have consistent sight mark—even slight eye-to-nock distance change is like a sight change
- Short track sights becoming popular-but might need more for longer distances, which requires full bar extension
- 10 metre distant changes-15mm/0.6inch can be rough guide, but draw weight of bow and draw length variations may change figures



K.I.S.S. – Back to Basics to Fix Form & Tune Issues – John Dudley

- Stabilisers – one of most frequently asked questions-‘Keep it Simple’
- Lot of archers adding more & more stabiliser weights-front+side – does slow bow-shot movement, but too much weights has adverse affect on form, performance and tuning!
- Focus more on ‘perfect form’ – convinced this is **T-formation** shooting form/stance (see picture below)
- T-formation maintains bow forces at full draw, steadies aiming and promotes bone-on-bone support, which reduces fatigue
- T-formation=feet under hips, hips under shoulders and top of body has shoulders/elbows/wrist all in straight line parallel to arrow
- Too much stabiliser weight out front bar – can break the T-formation
- Keep mass stabiliser weight closer to riser mass- not out on bar ends



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Dress for Success (on archery field) – Danielle Brown

- Scientists say – mental state can depend on what we wear – new official term is enclothing cognition
- Subconscious recognises clothing is associated with sports activity
- Example: archers w/sponsored shirt (Club/Archery vendor/Archery retail sponsor/State, etc.) may intimidate other competitors – who may view them as better than others without named shooting shirts

Lateral Flex – of Compound Arrows from the Bow – James Park

- Compound arrows do flex laterally, but much less than vertically
- Holding force of compound bow makes it prone to lateral twisting
- Too much face contact w/string – can also cause lateral flexing
- Indicator – more wear on one side of arrow launcher, than the other

5 Steps to Competition Ready – Tyler Domenech

- Each of 5 steps broken down to Training vs. Competition Day
- #1 – Be familiar with Competition Format – distances, scoring, etc.
- #2 – Planning & Goal Setting – training regime to have stamina, etc.
- #3 – Body – train over/above max arrows required (+20%, or more) and maintain consistent energy levels & hydration throughout event
- #4 – Equipment – get habit of checking every piece of equipment prior to shooting, mark/identify arrows, backup adjustment tools, etc.
- #5 – Mind – Process vs. results oriented goals - latter are better

Ask the Experts Section:

- **Field course aiming & adjustments** – how to make adjustments to shots 2 & 3, after first shot being off target - **Roy Rose**



- **Carbon Express Nano Pro X-Treme arrows - for Recurve archers?**
– parallel shaft behaves like barrelled shaft – **Duncan Busby**
- **Best setup for indoor vs. outdoor arrows** – **Adrian Tippins**
- **Traditional Bows – Why cant a long bow when shooting?** – **Bart Czuwara**



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New Archery Products

- Bohning Nocks & Products – Design/Destruction/Testing
- New MYBO Origin Compound Bow – review by Duncan Busby
 - Super strong 6082 aluminium + 8 anodised colours to choose
 - Machined grip lower on riser for better balance/aiming/feel
 - High pre-loaded split limbs with hard or soft wall options
 - Draw length adjustments on cams adjustable without bow press



DESPITE BEING SHORTER AXLE-TO-AXLE THAN DUNCAN'S PREVIOUS CHOICE, IT HAS RETAINED A COMFORTABLE STRING ANGLE AND FEEL

MARK DUNHAM BUKER



THE ORIGIN USES A SPLIT LIMB DESIGN WITH A HIGH PRE-LOAD



IT'S AVAILABLE IN EIGHT ANODISED COLOURS

No new Books Added to AAC Library in the month of April 2016

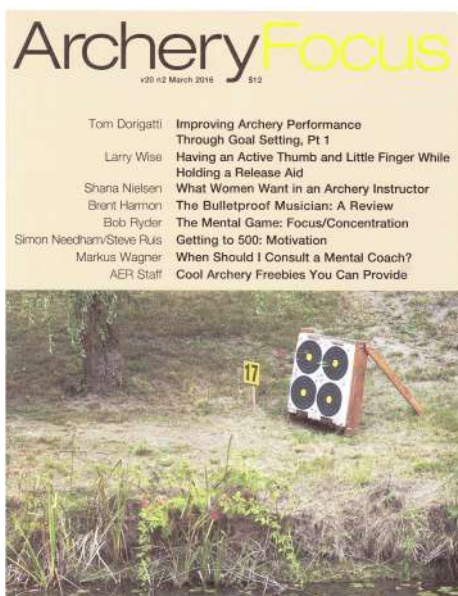
No New DVD's added to the AAC Library this month April 2016

ARCHERY FOCUS Magazine – available now Only On-Line in PDF format

annual subscription (6 issues) is \$32/annum.

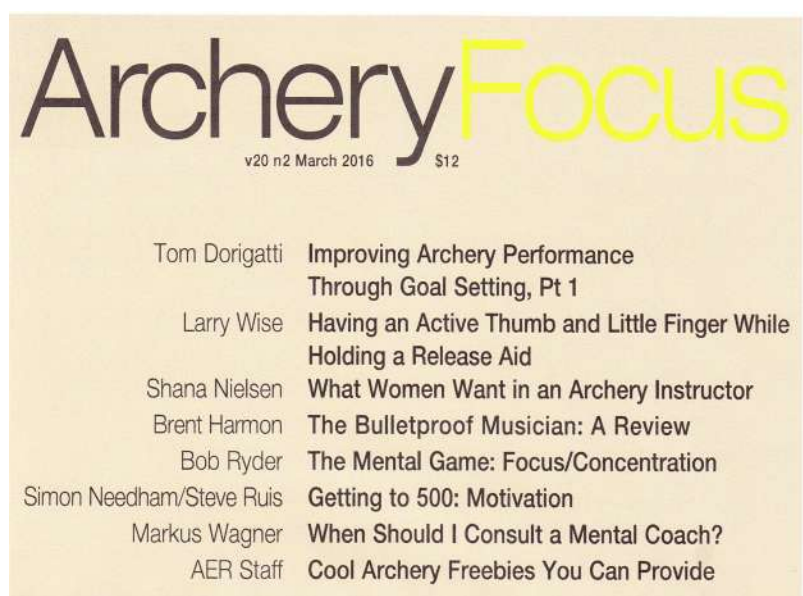
Published by Claudia Stevenson & Editor Steve Ruis with a dozen archery technical contributing writers like Larry Wise, Tom Dorigatti and other top international archers. Sole purpose of Archery Focus is to concentrate on improving archer's shooting form and scores.

Image of the new, current March 2016 Archery Focus Magazine and articles are as below:



ArcheryFocus
v20 n2 March 2016 \$12

- | | |
|--------------------------|--|
| Tom Dorigatti | Improving Archery Performance Through Goal Setting, Pt 1 |
| Larry Wise | Having an Active Thumb and Little Finger While Holding a Release Aid |
| Shana Nielsen | What Women Want in an Archery Instructor |
| Brent Harmon | The Bulletproof Musician: A Review |
| Bob Ryder | The Mental Game: Focus/Concentration |
| Simon Needham/Steve Ruis | Getting to 500: Motivation |
| Markus Wagner | When Should I Consult a Mental Coach? |
| AER Staff | Cool Archery Freebies You Can Provide |



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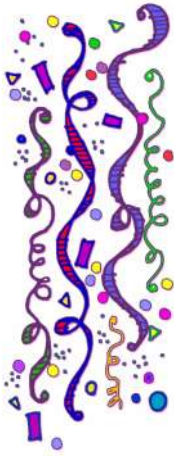
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Birthdays Celebrations

Special shout-out to Tobby Bearman, Ron Bentley, Thomas Burns, Ian Clayfield, Angela Coon, Chris Drown, James Henriks, Joshua Holz, Barbara James, Mark Newton, Robyn Souphandavong, Nigel Steyn and Clarence Yeoh who just celebrated their birthdays recently.

Many happy returns.



Dates to Remember

15 May – Lord Mayor’s team shoot

22 May – Eden Field Archers Invitation Tournament

28-29 May – 2 day 3D shoot, Victor Harbor Archery Club

29 May – AAC Indoor Championship 9:30am

4 June – Field State Ranking/QRE – EFA

5 June – HILLS ARCHERS Invitation Clout, Lobethal

12 June – Mid North Archers Christine Player Tournament, Solomontown, Port Pirie

19 June – Target State Ranking Shoot, Cressy Bowman

2 July – Field State Ranking/QRE - EFA

SA Matchplay, Victoria Square, Adelaide

17 April 2016

Adelaide Archery Club finished equal first with Victor Harbor Archery Club. Congratulations to Simon Soupy, Chris De Mello, Matt Holland and Erica Smith for their outstanding results.



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