

PO Box 133  
Walkerville  
South Australia 5081  
Phone 8239 0101



[www.adelaidearchery.org.au](http://www.adelaidearchery.org.au)

**February, 2014**

Email: [adelaidearchery@picknowl.com.au](mailto:adelaidearchery@picknowl.com.au)

2014 Issue No 2

## ON TARGET

Editor: Jill Vardon

[info@adelaidearchery.org.au](mailto:info@adelaidearchery.org.au)

### CAMP QUALITY Fun DAY

Come and join the fun when we host a Fun Day on  
**Sunday 9th March 9 am - 3 pm.**

Lunch Provided.

Please bring plate of afternoon tea to share.

Camp Quality has changed the age groups and we are unsure of numbers attending, however many  
Volunteers are required.

Please put your name on the board for catering purposes by this Sunday, March 2nd.

***There will be no other programmed shoot on the day.***

#### *New Members*

the following archers who were passed for  
Membership at the February meeting.

Lauren Grivell and Jim Gillespie

*Welcome to the Club!*

#### *Handicap Spoon*

Congratulations to  
Chris Drown

who was awarded the January Handicap Spoon.

#### CLUB EQUIPMENT

When coaching please ensure that it is explained to the beginner's that when adjusting sights, the locking screws should be released before adjustments are made to elevation and windage.

Also, could any damaged arrows be removed from quivers and placed on bench for repairs.

Barry Illman, our Equipment Officer is running out of spare parts for repairs. He would be grateful of donations from members of any unwanted sight mounting blocks and spare parts.

#### SHOOTING COMMITTEE

Sue Martin has called a meeting of the Shooting  
Committee on

**Sunday 16th March, after the shoot.**

All Welcome

#### ARCHERY SA NEWS

**Tournament Entry from the 1<sup>st</sup> March 2014.**

- \$15.00 for single entry
- \$20.00 for other AA alliance members
- \$45.00 for Lord Mayor's Team entry (3 archers)
- **State and National Indoor fee** will be determined
- once the venue(s) cost is advised."

***No Early or Late fees***

***Next Meeting Friday March 21 at 7.30 pm - Club meetings are open and decisions made by those present.***

## LIBRARY UPDATE

Our club librarian Randy has been working to bring the library list up to date. Randy is currently working on the catalogue and soon a new, much easier reference will be available when searching for books.

Randy has also purchased the following items for the Library

- **"Archery"** by USA Archery – covers both Recurve and compound, w/Recurve shooting form and stance -to-execution shot routine by Ki Sik Lee
- **"Total Archery – Inside the Archer"** – Ki Sik Lee's "2<sup>nd</sup> book" -100% Recurve shooting form....extremely detailed photos/diagrams/angles-lines on pictures, etc. Best Recurve instruction book I've ever seen!
- **"Legends of the Longbow"** – 29 bound and registered (#465) by author Glen St. Charles have been added to the AAC Library.

### New Magazines

– **Bow International** Issues 87 and 88 have arrived

### Added & Updated

– binder with Archery Focus articles and issues has been put together....article list to 2005, Issues back to 2012 – additional CD in library can be borrowed – format of files is PDF

### New DVD

DVD – **"Shooting Form (compound)"** - by Dave Cousins & Liam Grimwood.

**Time to whip out the reading glasses!**

**When borrowing, please include Affiliation Number on card.**



### CLUB SPONSORS

**BLACKWELL FUNERALS, GLENSIDE** Duncan Ferguson Phone: 08 8338 1681  
Mobile 0418 832 644 [www.blackwellfunerals.com.au](http://www.blackwellfunerals.com.au)

**W.F. GRAY & CO, PLUMBERS, ADELAIDE** Jeff Nicoll , Phone: 8212 3050  
Mobile: 0418 806 095

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# CITY OF ADELAIDE

Photographs: Barry Adams



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**CITY OF ADELAIDE RESULTS**

| <b>RECURVE MEN FITA 900</b> |     | <b>60</b> | <b>50</b> | <b>40</b> | <b>Total</b> |
|-----------------------------|-----|-----------|-----------|-----------|--------------|
| Simon Souphandavong         | AAC | 252       | 252       | 257       | <b>761</b>   |
| Travis Pauley               | AAC | 227       | 257       | 268       | <b>752</b>   |
| Charlie Magarey             | AAC | 232       | 255       | 261       | <b>748</b>   |
| Chris De Mello              | AAC | 228       | 262       | 255       | <b>745</b>   |
| Damien Pauley               | AAC | 234       | 244       | 254       | <b>732</b>   |
| Chris Drown                 | AAC | 225       | 237       | 264       | <b>726</b>   |
| Chris Lech                  | AAC | 201       | 257       | 263       | <b>721</b>   |
| Sean McCulloch              | AAC | 209       | 241       | 266       | <b>716</b>   |
| Patrick Gregory             | AAC | 211       | 243       | 259       | <b>713</b>   |
| Toni Loi                    | AAC | 208       | 244       | 246       | <b>698</b>   |
| Daniel Caon                 | AAC | 176       | 216       | 248       | <b>640</b>   |

| <b>RECURVE WOMEN FITA 900</b> |      |     |     |     | <b>Total</b> |
|-------------------------------|------|-----|-----|-----|--------------|
| Petya Zhelezaova              | SVAC | 240 | 258 | 264 | <b>762</b>   |
| Clare Reuther                 | AAC  | 201 | 222 | 254 | <b>677</b>   |
| Nicky Stuu                    | CB   | 195 | 230 | 252 | <b>677</b>   |
| Sharni Wilson-Smith           | AAC  | 200 | 209 | 243 | <b>652</b>   |
| Anke Holmes                   | AAC  | 203 | 191 | 224 | <b>618</b>   |
| Erica Smith                   | AAC  | 168 | 232 | 211 | <b>611</b>   |
| Katie Morris                  | AAC  | 155 | 122 | 229 | <b>506</b>   |

| <b>COMPOUND MEN FITA 900</b> |     |     |     |     | <b>Total</b> |
|------------------------------|-----|-----|-----|-----|--------------|
| Geoff Blessing               | CB  | 283 | 287 | 291 | <b>861</b>   |
| Jay Moylan                   | CB  | 278 | 279 | 294 | <b>851</b>   |
| Rob Milam                    | CB  | 271 | 283 | 292 | <b>846</b>   |
| John K Smith                 | GSA | 261 | 277 | 295 | <b>833</b>   |
| Barry Illman                 | AAC | 236 | 251 | 272 | <b>759</b>   |
| Dominic Cumming              | EFA | 243 | 245 | 264 | <b>752</b>   |

| <b>COMPOUND MEN FITA 900</b> |      |     |     |     | <b>Total</b> |
|------------------------------|------|-----|-----|-----|--------------|
| Sherry Gale                  | VHAC | 276 | 285 | 293 | <b>854</b>   |
| Yvonne Lewis                 | KA   | 265 | 272 | 286 | <b>823</b>   |
| Sue Martin                   | AAC  | 273 | 271 | 276 | <b>820</b>   |
| Lisa Scott                   | GSA  | 262 | 269 | 289 | <b>820</b>   |
| Sue Phipps                   | SVAC | 238 | 251 | 268 | <b>757</b>   |

| <b>LONGBOW MEN FITA 900</b> |     |     |     |     | <b>Total</b> |
|-----------------------------|-----|-----|-----|-----|--------------|
| Dean Pettman                | AAC | 190 | 226 | 238 | <b>654</b>   |
| Nigel Steyn                 | AAC | 172 | 180 | 241 | <b>593</b>   |
| Barry Adams                 | AAC | 40  | 108 | 163 | <b>311</b>   |

| <b>LONGBOW WOMEN FITA 900</b> |     |    |    |     | <b>Total</b> |
|-------------------------------|-----|----|----|-----|--------------|
| Georgina Bell                 | AAC | 68 | 83 | 117 | <b>268</b>   |

- |                                  |   |
|----------------------------------|---|
| <i>AAC</i> Adelaide Archery Club | <i>EFA</i> Eden Field Archers           |
| <i>CB</i> Cressy Bowmen          | <i>GSA</i> Great Southern Archers       |
| <i>KA</i> Kidman Archers         | <i>SVAC</i> Southern Vales Archery Club |
|                                  | <i>VHAC</i> Victor Harbor Archery Club  |



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# “Hot off the Presses”

By Randy Coon

AAC Library Magazine/Books/DVD Reviews – February 2014

## New” Magazines – Bow International:

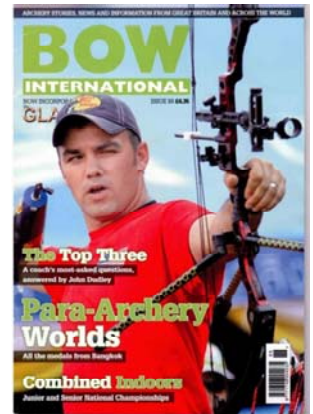
### Issue 87 – December 2013: Key Technique Articles

- “Troubled by Torque” – Liam Grimwood
  - ✓ Grip consistency is essential - tricks to spot
  - ✓ Alignment testing in relationship to stabiliser
- “Hoyt 2014 Bow Line-up” (Compound) - J. Dudley
- “Component Choices-Arrow Nocks” – D. Busby
  - ✓ Pin/Insert/Fit-over nocks + glues, vanes and fletching gigs
- “Ask the Experts” :
  - ✓ Practice formula that works better than just shooting arrows – Roy Rose
  - ✓ Light FiberBow recurve bows for beginners/seniors – A. Smith
  - ✓ Arrow Rest Setup – Indoor vs. Outdoors – Liam Grimwood



### Issue 88 – January 2014: Key Technical Articles

- “Crucial Factor – Unanticipated Release”- R. Rose
  - ✓ IBF – “Impact Bracing Factor” problem
  - ✓ Teaching good release aid technique-prevents target panic (compound) & using clicker(recurve)
- “Back to Back Tension” (Compound) – D. Busby
  - ✓ Switching to a back tension release aid - it works
  - ✓ Different back tension release aids-safety, resistance & hinge
- “Lazy Guide to Archery – Andrew Smith
  - ✓ Shortcuts to improve while making most of shooting time
  - ✓ Stand tall, feet position, fuzzy string, back tension.....etc.
- “Top Three” – most commonly asked questions – John Dudley
  - ✓ Your release, your arrow spine and your stabiliser balance
- “Draws and Drawbacks” – biomechanics of good form – J. Park
- “Ask the Experts” : Importance of Breathing – Roy Rose



**NOTE:** all BI articles above have been scanned, if a BI mag issue is out and unavailable & you would like a copy of an article ASAP, email me and I can send you a JPEG copy of the specific article you want:

“randallcoon@bigpond.com”

## New” Books - Review

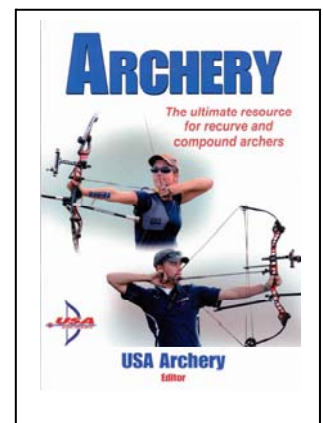
### Archery – The Ultimate Resource for Recurve & Compound

Archers” by Editor USA Archery/Publisher Human Kinetics

AAC Library # 141

#### Table of Contents/Chapters:

1. Becoming a Competitive Archer – Butch Johnson
2. Equipment & Tuning – Mel Nichols
3. Developing Your Shot Sequence – Guy Krueger + KiSik Lee
4. Recurve Shooting – Setting Up – KiSik Lee
5. Recurve Shooting – Drawing the Bow – KiSik Lee



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6. Recurve Shooting – Completing the Shot – KiSik Lee
7. Compound Shooting – Setting Up & Completing the Shot- MN
8. Making Practice More Effective – KiSik Lee
9. Nutrition & Physical Training for Archers – Guy Krueger
10. Mental Training for Archers – KiSik Lee
11. Planning to Win – Butch Johnson
12. Preparing & Peaking for Competition – Diane Watson
13. Developing Young Archers – Diane Watson
14. Building Your Support Team – Robby Beyer

*A.3 Review Rating: "Outstanding-5 STARS" (out of 5) – easiest to understand version of KiSik Lee's coaching techniques w/great photos.*

**B. "Legends of the Longbow"** – Limited Edition # 465 - bound & signed by author Glen St. Charles  
(Publisher – Derrydale Press): 29 Volumes

**B.1 AAC Book Numbers:**

1. The Book of Archery - # 140.1
2. Archery - # 140.2
3. Target Archery - # 140.3
4. Book of Longbow - # 140.4
5. A Bibliography of Archery - # 140.5
6. The Archer's Craft - # 140.6
7. Archery by Elmer - # 140.7
8. Archery – The Technical Side - # 140.8
9. The Study of Bows and Arrows - # 140.9
10. Complete Book of the Bow and Arrow - # 140.10
11. Hunting With the Bow and Arrow - # 140.11
12. The Adventurous Bowman - # 140.12
13. Hunting The Hard Way - # 140.13
14. American Archery - # 140.14
15. Sagittarius - # 140.15
16. Witchery of Archery - # 140.16
17. Wild Adventures - # 140.17
18. Toxophilus and Archery – Theory & Practice – # 140.18
19. Turkish Archery & Modern Methods in Archery - # 140.19
20. The Grey Goose Wind - # 140.20
21. Fred Bear's – Field Notes - # 140.21
22. Ish In – Two Words - # 140. 22
23. Ye Sylvan Archery – Volumes I – VII - #140.23 to 140.29

*B.3 Review Rating: "3.5 Stars" (Out of 5) – storybook format, expect a great read for archery history enthusiasts.*

**C. "TOTAL ARCHERY – INSIDE THE ARCHER"** – by KiSik Lee and Tyler Benner – Published by Astra Archery (First Edition – 2008)

This is KiSik Lee's 2<sup>nd</sup> book, only recently published, and goes into far more detail than his first book on RECURVE shooting form from stance to execution....as relates to the angles and biomechanics of the body during the shooting process. Definitely the BEST book on RECURVE shooting form I've ever seen! \*5 Star Review Rating\*

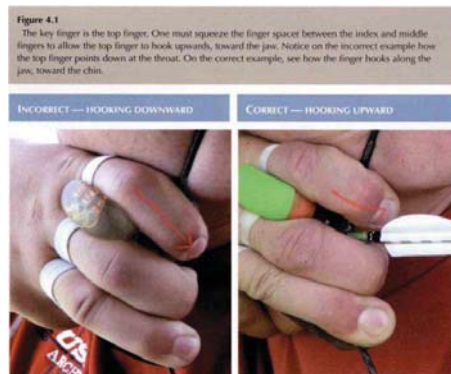
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## Contents

- |   |   |
|---|---|
| <ol style="list-style-type: none"> <li>1. Stance</li> <li>2. Posture</li> <li>3. Hip Alignment</li> <li>4. Hooking (nock/string)</li> <li>5. Grip Positioning</li> <li>6. Head Positioning</li> <li>7. Bow Arm</li> <li>8. Set Position</li> <li>9. Setup Position</li> <li>10. Angular Motion</li> <li>11. Drawing</li> <li>12. Loading Position</li> <li>13. Anchor Position</li> <li>14. Rhythm</li> </ol> | <ol style="list-style-type: none"> <li>15. Transfer</li> <li>16. Holding</li> <li>17. Expansion</li> <li>18. Release</li> <li>19. Bow Hand Release</li> <li>20. Follow-Through</li> <li>21. Shoulder Alignment</li> <li>22. Breathing</li> <li>23. String Alignment/Aiming</li> <li>24. Timing</li> <li>25. Body Awareness/Control</li> <li>26. Eye Focus</li> <li>27. Putting it Together</li> </ol> |
|---|---|



Open Stance



Fingers on String-Angles



Anchor Positions

### III. NEW DVD

#### A. Shooting Form (Compound) – Dave Cousins and Liam Grimwood

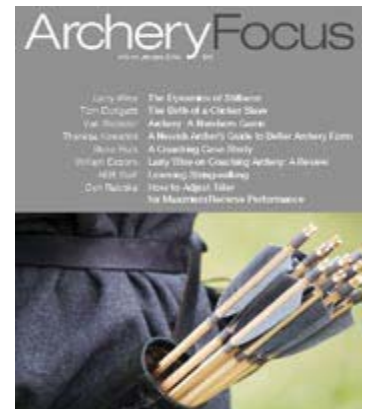
##### A.1 – AAC Library # 40 (DVD Category)

*A.2 Review Rating: "5 Stars" (out of 5) – Pat Coghlan says the "best" instructional DVD on compound shooting form he's seen.*

### IV. "ARCHERY FOCUS" Magazine – available now only On-Line in PDF format....annual subscription (6 issues) is \$32/annum.

A. 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.

A.1 Booklet is being prepared with listings of current and back Issues and Articles – at this stage, if you want an Issue or article you will need to email me ([randallcoon@bigpond.com](mailto:randallcoon@bigpond.com)) for the information.



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