

On Target



2014 Issue No 3 March



CONGRATULATIONS GRETEL DABOVICH NATIONAL ARCHERY HALL OF FAME

Best wishes to Gretel Dabovich OAM, former President and Life Member of Archery SA who is to be inducted into the National Archery Hall of Fame this weekend, April 5th. Gretel began her archery career in 1955 aged 18, at Adelaide Archery Club and then Eden Field Archers in 1956. Gretel has been actively shooting or in an administrative role ever since, and I have provided a link below regarding Gretel's achievements to ARCHERY SA's website Hall of Fame Page.

Gretel received her OAM in 2011 for Service to the Sport of Archery.

<http://www.archerysa.org.au/Portals/28/Users/081/81/81/Profiles/gadoam.pdf>



CHANGE OF DATE APRIL CLUB MEETING

A reminder that the next Club Meeting is on the *second* **Friday April 11, at 7.30 pm** due to the Easter Break.



TONY RUNDLE FUNERAL ARRANGEMENTS

It is with sadness that I report the passing of Tony Rundle last week. Tony has been a member of the club since 2002 and his wicked sense of humour will be missed on the line.

Tony's funeral is to be held on **Thursday April 3rd at 10.45 am** in the Acacia Chapel, Enfield Memorial Park.

MEDAL AWARDS

When claiming a medal award, the archer's contribution to the cost of the medal is \$3.00 with the Club covering the remaining cost of the award.

PAYMENTS

To make life easier for our Treasurer, when making a Direct Deposit to the Club on -line, please ensure that you have included your **name/number** and **what the money is for** e.g. *F Bloggs 1045 City of Adelaide*.



BUDGET MEETING

A reminder to all officers that the annual budget meeting is coming up. If you are unsure of your budget allocation or how much of the allocation you have used see Annette. You may put in a request to have your budget increased/decreased for 2014-2015 Financial Year.



EQUIPMENT ON THE LINE

Remember to move ALL equipment off the line after practice



FLAGS

ALL warning flags must be opened before shooting or practice commences and the flags closed and locked before leaving.

*Thank you
to Aileen Anderson
for submitting this poem*



*Just a little line to say I'm living
That I'm not alone or dead
Though I'm getting sure forgetful
And more mixed up in the head.*

*For sometimes, I can't remember
When I stand at the foot of the stairs
If I must go up for something
Or have I just come down from there.*

*And before the 'fridge so often
My mind is filled with doubt
Have I just put food away
Or have I come to take some out.*

*And there are time when it is dark
With my night-cap on my head
I don't know if I'm retiring
Or just getting out of bed.*

*So if it's my turn to write to you
There's no need of getting sore
I may think that I have written
And don't want to be a bore.*

*So remember, I do love you
And wish that you were here
And now it's nearly mail time
So I must say, "Goodbye dear"*

*There I stood before the mail box
With my face so very red
Instead of mailing you my letter
I opened it instead.*

*My bi-focals I can manage
My dentures fit just fine
I can turn up my hearing
But, Oh God! I miss my mind.*

HOT OFF THE PRESSES

AAC LIBRARY/MAGAZINES/BOOKS/DVD REVIEWS – MARCH 2014

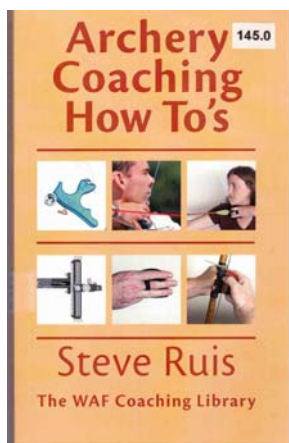


I. "New" Magazines – Bow International:

A. Issue 89 – February/March 2014: Key Technique Articles

- **"Top Indoor Tips" – Liam Grimwood**
 - Bow weight, arrow diameter, large dot, back tension release, blade angle (rest), grip tape
 - Carbon arrows, pin points, riser mass & training hard
- **"Self Diagnosis (Under Pressure in Competition) - J. Dudley**
 - Constant Hand Contact – Bow & Release
 - Facial Pressure – minimum contact vs. too much
 - Front Shoulder – keeping it down & bone-on-bone
- **"Speed Trials" (IBO Ratings) – Duncan Busby**
 - Truth about Speed
 - Why go FAST?
 - Why go SLOW?
 - Which Way To Go....for you?
- **"Ask the Experts" Section:**
 - Stabiliser Setup – How to go about it – A. Whittingham
 - How to get back tension/scapula motion at execution – R. Rose

NOTE: *all above BI articles 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*



II. "New" Books - Review

A. ARCHERY COACHING "HOW TO'S" by Steve Ruis (Archery Focus Editor)

A.1. AAC Library # 145.0

A.2 Table of Contents/Chapters:

1. How toIntroduce the Clicker
2. How toManage Draw Weight
3. How toTeach Release Aids (compound)
4. How toIntroduce Slings
5. How toIntroduce Stabilizers
6. How toIntroduce Bow Sights
7. How toIntroduce Finger Tabs
8. How toIntroduce Peep Sights

Hot off the presses cont...

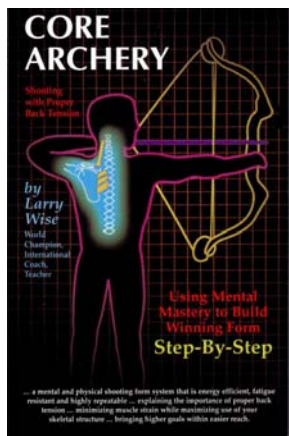
9. How toIntroduce New Arrows

10. through 19. How to Teach (the following)

Use of Back Tension, Shooting off the Point, Stringwalking,

Different Anchors, Finger Release, Strong Bow Arm, Surprise release, Adapt to New Bows and Relaxation

A.3 Review Rating: "Very Good-4 STARS" (out of 5) – published in 2013 – newest Steve Ruis book on coaching techniques – using "progressive" implementation style of coaching.



B. "CORE ARCHERY - SHOOTING WITH PROPER BACK TENSION" – by Larry Wise (2011). AAC Library # 144.0

B.1 Table of Contents:

1. Introduction: What is Core Archery & Back Tension?
2. Your Shooting Objective – full draw & back tension muscles
3. Stance and Building Your Form
4. The Draw – raise the bow and getting to FULL DRAW
5. Aim and Release – plus Follow-Through
6. Learning Back Tension (Scapula motion) and Practice
7. Muscle Activity During Back Tension/Scapula motion
8. Aiming and Sighting
9. Mental Game of Core Archery – 3 mind functions

B.3 Review Rating: "5 Stars" (Out of 5) – builds your shot routine from the stance to execution, all using back tension/scapula movement

C. Newly Added Books – from AAC Library "overflow" supply:

1. **TOTAL ARCHERY** – by KiSik Lee & Robert de Bondt: AAC #137.0 – KSL 1st book – main emphasis on "coaching"...outstanding technical read and detailed photos with overlay lines to emphasize correct technique and posture. Rating – definitely "5 Star"...especially for coaches!
2. **ARCHERY ANATOMY**– by Ray Axford: AAC # 73.2 – very technical detail of body anatomy/muscle groups using in proper shooting form
3. **ARCHERY - STEPS TO SUCCESS** – by K.Haywood: AAC # 38.1
4. **BEGINNING COACHING - LEVEL 1 COACH'S MANUAL** AAC # 51.2
5. **ZEN IN THE ART OF ARCHERY** - by E. Herrigel: AAC # 79.0
6. **TUNING YOUR COMPOUND BOW** – by Larry Wise: AAC # 143.0
7. **PEAK PERFORMANCE ARCHERY** – by A. Henderson: AAC # 48.1
8. **PROFESSIONAL ARCHERY TECHNIQUE** by Kirk Ethridge: AAC# 99.0

Hot off the presses cont...

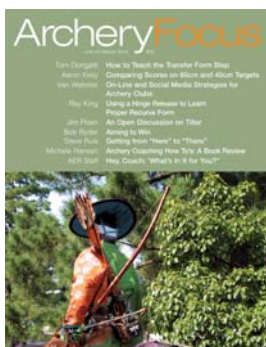
III. New DVD

A. " Core Archery Back Tension: Defined and Demonstrated

A.1_– AAC Library # 41.0 (DVD Category)

A.2 Review Rating: "4.5 Stars" (out of 5) – best explanation of back tension/ scapula movement and biomechanics to execute every shot using this technique.

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 Bound booklet has been prepared with listings of current and back Issues and Articles and is held in one of the plastic holders on the door end of the Library cabinet. If anyone wants an Issue or article for your own use - email me randallcoon@bigpond.com for the information or borrow the Archery Focus DVD from the AAC Library.

A.2 Image of the new, current March 2014 Archery Focus magazine is left.

CAMP QUALITY

THANKYOU



Special thanks to James Henriks, Co-ordinator, Pam Pettman, and our chefs Sue and Gerry Phipps who donned their aprons once again to provide a mouth watering BBQ.

*Thank you to **all** volunteers who gave so freely of their time and donations of afternoon tea. A great Fun Day!*

Hi Jill,

What a lovely collage! Yes this is absolutely fine to publish in your newsletter.

On behalf of Camp Quality I just want to say a massive **THANK**

YOU to yourself, James and all the fabulous people at the Archery Club who contributed to putting on the fun day for our families this year.

You guys do such an amazing job and we really appreciate it. The kids had a blast!!

Thanks again!

Sarah



Sarah Porcaro | Rec Program Coordinator SA/NT

CAMP QUALITY 2014



Photographs: Barry Adams

COMING EVENTS



54TH SILVER LEPRECHAUN SHOOT

BUNBURY ARCHERY CLUB

Entries now open for above shoot. Round is a Double Canberra shot on one day.
Details on board. Entry Fee \$10



40TH ANNIVERSARY SHOOT - FORWARD NOTICE

WHYALLA BOWMEN

Venue Whyalla Bowmen Range

Saturday 13th September - Round **Double Clout**

Sunday 14th September - Round **Target FITA Standard**

Plan for a weekend away and help Whyalla Bowmen celebrate the 40th Anniversary Shoot- more details to follow.



VERA PENNINGTON MEMORIAL (ORPHANS') SHOOT

GREAT SOUTHERN ARCHERS

Venue Great Southern Archers, 85 Forest Road, Strathalbyn

Date Sunday, 27th April, 2014

Start Time 10.00 am

Entry Fee \$15.00

Entries Close 22nd April

This Tournament is open to Arbalests, Barebow Recurve and Barebow Compound archers.

Round - **Arbalests** - Target Crossbow TC900
Sport Crossbow SC600

Barebow Recurve & Compound

Canberra Open, Masters and Veteran

Short Canberra, Juniors

Junior Canberra, Cadet and Intermediate

Mini Canberra, Cubs

Full details on board.



METRIC PHILADELPHIA

CRESSY BOWMEN

Good luck to all archers for Saturday's Metric Philadelphia.



QRE's & Ranking Shoots

ARCHERY SA

<http://www.archerysa.org.au/Competition/Calendar-Other-Info>



NATIONAL YOUTH ARCHERY CHAMPIONSHIPS

HOSTED BY ARCHERY SA

April 14-19th

Good luck to all our archers entering the National Youth Championships in April.

Volunteers Required

ARCHERY SA is still seeking volunteers to assist. Please leave your name in the Vice Presidents drawer. Any assistance will be welcomed, particularly during the Target event.



BEGINNERS COURSE

ADELAIDE ARCHERY CLUB

Volunteers required for April 27 and May 4th, 11th

Name on board please.

COMING UP IN MAY - WATCH NOTICEBOARD

- **May 4** Max Manuel FITA Star (see State Calendar)
- **May 10 AAC Target Championships Round Adelaide 11.00 am** (note starting time) No AJAD's in morning.
- **May 18** Eden Field Archers Invitation Tournament
- **May 25** Lord Mayor's Team Shoot (get your team together)

REMINDER

*May 10 NO AJAD'S
Club Championships*



JIM HALE MEMORIAL TROPHY



Congratulations to AAC's Charlie Magarey, winner of the 2014 Jim Hale Memorial Trophy, presented by Pam Hale.

CLUB SPONSORS

BLACKWELL FUNERALS, GLENSIDE Duncan Ferguson Phone: 08 8338 1681
Mobile 0418 832 644 www.blackwellfunerals.com.au

W.F. GRAY & CO, PLUMBERS, ADELAIDE Jeff Nicoll , Phone: 8212 3050
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