

On Target



2014 Issue No 4 April



EASTER GREETINGS

A safe and Happy Easter break to all members and their families from the President, Executive and Committee Members.

A reminder that a Field Shoot has been programmed at the Club for Monday 21st April. As at last Friday only one name was on board. If you wish to try shooting at Field Targets (a good introduction for new members of the club) please put your name on the board. It will only go ahead if there are a number of archers who wish to participate.

Sponsorship Thank you

ARCHERY ACADEMY

Archery Academy have generously sponsored club again this year. See minutes for details.

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*Thanks to Anke Holmes
who sent in this great
photo of Brian Huppertz
Robin Hooding Sue
Marley on April 10*

ROBIN HOOD



Tony Rundle

*A number of members attended
Tony's funeral and asked for a copy
of Tony's poem read at the service.
I have reprinted it here with kind
permission of Tony's wife Shelley.*

THE CYCLE

I stood upon a high point
Somewhere in that region between heaven and earth
And watched that life-giving orb once again
Temporarily surrender its life-sustaining rule of the planet.

As the last golden arc dipped below the horizon
I watched as the heavens and the wind-tumbled clouds
Slowly changed from pools of molten metal
And cooled in the swiftly moving zephyrs.

Hues scarcely known to Man flashed
Or slowly washed the collected vapours
And interspersed through the skies.

Thin glowing beams of gold
Stretched into the darkening heavens
As if trying to prolong their rule of that realm.

Below this kaleidoscope of sifting colour
The earth was slowly darkening
As if surrendering its colours to the sky
For safe-keeping until a future salvation.

Ridge-tops and mountain peaks stood out
As bright stars or comet tails in a blackening landscape
And the valleys quickly darkened as if slowly filling
With an all-consuming inky mass.

Deep in this creeping, sinister ocean
Small points of light appeared like hunting lights
Of deep-sea creatures of similar terrain oceans.

Finally, both sky and earth merged into an all-enveloping darkness
The border between the two was lost
And the stars of the heavens and the lights of earth
Met and mingled where no difference could be discerned.

The darkness brought with it a silence
A peacefulness, as if a celestial cyclopean eye had closed
And sought sleep
To recover strength for a renewed effort to come.

After a while, in another part of the sky
Slight tendrils of light crept across the newly born horizon
And all began again.

*Tony Francis Rundle
11.12.50 - 26.3.14
©1985*

LIBRARY

"HOT OFF THE PRESSES"

AAC Library Magazine/Books/DVD Reviews – April 2014

(I) "New" Magazines – Bow International:



(a) Issue # 90 – March/April 2014: Key "Shooting Form" Articles

- **"Native Bow Woods (Longbow)" – Pip Bickerstaffe**
 - ✓ UK woods for making bows-advantages/disadvantages
 - ✓ Yew, Wych Elm, Ash, Hawthorn, Laburnum, Apple-Pear-Cherry
- **"Push/Pull Fitness Routines - J. Dudley (* Outstanding article)**
 - ✓ Training regime for fitness to improve archery shooting form
 - ✓ 4 Pull + 4 Push gym exercises plus core Abs exercises
 - ✓ Aerobic exercise options plus weekly exercise routine plan
- **"Release Your T.R.U. Potential" – Duncan Busby**
 - ✓ Complete analysis/review of TRU Ball line of release aids
 - ✓ Comparisons + advantages/disadvantages of each type
 - ✓ Hinge type vs. trigger vs. wrist - compound release aids
- **"Sight Settings" – James Park (Australia)**
 - ✓ Looks into important issue of bow setup & affect on sights
 - ✓ James's mathematical sight setting program-'Accurate Sights'
 - ✓ Results from 2013 World Cup-Shanghai of +30,000 arrows shot at distances of 30 and 50 metres – how sight settings affect scoring results
- **"Arrow Advice (Indoor)" – Liam Grimwood (UK)**
 - ✓ Getting right arrow diameter-width to shoot well
 - ✓ Evaluate Easton 2315 vs. 2314 vs. new Carbon Express X-Buster
 - ✓ How to control arrow point weight
 - ✓ Should you use arrow wraps – or not
 - ✓ Fletchings vs. Feathers – Pro and Cons
- **"Ask the Experts" Section:**
 - ✓ How Important is Head Position in shot Execution – Roy Rose
 - ✓ Unanticipated release using compound trigger release aid - R. Rose
 - ✓ New product – "Sugru": self seating rubber to build up/customise your bow grip

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: *no "new" books added to AAC Library since last month's meeting (short timeframe – to accommodate Easter)*

(III) Newly Added Books – from AAC Library “overflow” supply:

1. **“Sports Injuries”** - by *Dr. Malcolm Read (1986)* – AAC # 146.0
2. **“Developing Young Elite Athletes”** - by *Aus Sports Commission (1990)*: AAC # 147.0
3. **“Arrow Dynamics”** - *Kentucky Field Archery*: AAC # 148.0
4. **“Beginning Coaching – Level 1 Coach’s Manual”**: AAC # 51.2
5. **“Better Coaching-Advanced Coach’s Manual”** - by *Aust Sports Commission (1991)*: AAC # 149.0
6. **“Modern Principles in Coaching & Training”** - by *J. Jarver - SA Sports Institute (1988)* : AAC # 150.0
7. **“Action - Reaction (Archery)”** - by *J. Williams (1981)* : AAC # 151.0
8. **“Pinpoint Accuracy”**– by *S.A. Shipley* : AAC # 152.0
9. **“Archery - It’s Theory & Practice (History)”** – by *Horace A. Ford (1856)* : AAC # 153.0
10. **“Archery-Instructional Manual” (4th Edition)** - by *National Archery Assoc. USA (1993)* : AAC # 154.0
11. **“Archery-Instructional Manual” (1st Edition)** - by *National Archery Assoc. USA (1974)* : AAC # 154.1
12. **“With Winning in Mind”** – by *Lanny Bassham [Olympic Archer]* – (1988) : AAC # 156.0
13. **“You’re the Coach – An Introduction to Coaching”** – by *Aust Coaching Council (1980)* : AAC # 157.0
14. **“The Compound Bow – From the Beginning”** – by *Ken Duff* : AAC # 158.0
15. **“Doctor Your Own Compound Bow”** – *Emery J. Loiselle (1976)*: AAC # 159.0
16. **“Archaeology of Archery”** – *Alf Webb [“Glade” Magazine] (1990)* : AAC # 160.0
17. **“KYUDO - Essence & Practice of Japanese Archery”** – by *Hideharu Onuma (1990)* : AAC # 161.0 (*excellent book w/detailed illustrations*)
18. **“Making Composite Take-Apart Bows”** – by *G.N. Strang (1985)* : AAC # 162.0

(IV) New DVD – no new DVD’s added to AAC Library, since last month’s meeting (short timeframe – to accommodate Easter)

(V) “ARCHERY FOCUS” Magazine – available now only On-Line in PDF formatannual 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.

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.



CANTEEN

The canteen is currently running at a loss and prices are to rise. Please be vigilant and check the prices before paying for items.

ARCHERY PRACTICE

When practicing, please ensure that you have signed the Shooting Book and that **all** the safety flags are opened before shooting and closed when you have finished.

Members are also reminded that they must not relinquish an open shooting ground to anyone not known to be a member of the Club.

AAC BUDGET

The Executive are meeting in the Clubrooms on Thursday May 1 at 5.00 pm to discuss the proposed AAC Budget. Any interested members are invited to attend.

SCORE SHEETS

Our Recorder reports that score sheets are still not up to scratch. Attention needed to Archer's name, Bow type and Round shot.

BEGINNERS COURSE

ADELAIDE ARCHERY CLUB

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

Name on board please.



***No AJADs on May 10th -
Club Championships***

CLUB TARGET CHAMPIONSHIPS

ADELAIDE ARCHERY CLUB

Date: May 10

Round: Adelaide

Time: **11.00 am** (*note starting time*)

Name on Board Please

*Club Steward (Ann Branford)
request for **all** members*

CLUB ROOMS

The wet weather is upon us and thus it is a good time to remind members to have respect for the club rooms and for others. Do not come into the club rooms without taking care of your muddy and/or grassy shoes. Do not get up from your seat after the break without first checking around your feet are they your chip or cake crumbs, is that a bit of your chocolate wrapper, have you spilt your drink? A minute or two cleaning up after yourself will make it a better experience for everyone else!



VERA PENNINGTON MEMORIAL (ORPHANS') SHOOT

GREAT SOUTHERN ARCHERS

Sunday 27th April

Reminder that entries close 22nd April



QRE's & Ranking Shoots

ARCHERY SA

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

Volunteers Required

Adelaide Archery Club is responsible for setting out the Max Manuel.

Assistance is required on Friday 2nd May at 4.00 pm to set out the field.

MAX MANUEL MEMORIAL WORLD FITA STAR EVENT

Date: Sunday May 4th

Time: 9.30 am

Venue: St Ignatius College, Athelstone

(Lunch (rolls, cakes and drinks) available as usual, raising funds for Youth archery team)

Enter On-line at www.archerysa.org.au

Entries Close 8.00 am Monday 28th April

LORD MAYOR'S TEAM SHOOT

May 25 Get a team of three together to enter. Details will be on notice board next month.

Thank you to Club Librarian, Randy, for submitting these one liners.

- .. When fish are in schools, they sometimes take debate.*
- .. A thief who stole a calendar got twelve months.*
- .. When the smog lifts in Los Angeles U.C.L.A.*
- .. The batteries were given out free of charge.*
- .. A dentist and a manicurist married. They fought tooth and nail.*
- .. A will is a dead giveaway.*
- .. With her marriage, she got a new name and a dress.*
- .. A boiled egg is hard to beat.*
- .. When you've seen one shopping Center you've seen a mall.*
- .. Police were called to a day care Center where a three-year-old was resisting a rest.*
- .. Did you hear about the fellow whose whole left side was cut off? He's all right now.*
- .. A bicycle can't stand alone; it is two tired.*
- .. When a clock is hungry it goes back four seconds.*
- .. The guy who fell onto an upholstery machine is now fully recovered.*
- .. He had a photographic memory which was never developed.*
- .. When she saw her first strands of grey hair she thought she'd dye.*
- .. Acupuncture is a jab well done. That's the point of it.*
- .. Those who get too big for their pants will be exposed in the end.*

CLUB SPONSORS

ARCHERY ACADEMY, 19 Ferry Ave, Melrose Park, SA 5039 Ph (08) 8276 1425

www.archeryacademy.com.au

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