

On Target



2014 Issue No 5 April

Congratulations

It was announced at the Junior Nationals held in Adelaide during April that Junior Member Clare Reuther from AAC was selected as a member of the 2014 Trans Tasman Team. Best of luck Clare.

BIG MORNING TEA



BIG MORNING TEA

**YOU ARE INVITED TO A MORNING TEA ON
THURSDAY 29TH MAY - AT BREAK
\$2 (OR MORE) DONATION
IN AID OF CANCER COUNCIL**



ADELAIDE ARCHERY CLUB INDOOR TOURNAMENT

DATE: *SUNDAY JUNE 1*

VENUE *ADELAIDE ARCHERY CLUB*

TIME *9.30 AM*

NAME ON BOARD PLEASE BY SUNDAY 25TH MAY

Lunch (at own expense) Royal Hotel , 2 North Terrace, Kent Town

SHOOTING COMMITTEE

Also on Sunday 1st June after lunch and over coffee, a meeting of the Shooting Committee will be held at the venue.

All members are invited to attend the meeting.

CHRIS PLAYER MEMORIAL SHOOT

Good Luck

To all archers attending the Lord Mayor's Team Shoot and Memorial Shoot in Port Pirie. on June 8th

HANDICAP SPOON

Congratulations to Chris Doyle who was awarded the handicap spoon for April

NEW MEMBER

Welcome to Naomi Johnson who was accepted for Membership at the May Meeting

The 10 Scientific Axioms, Postulates and Laws of Recurve Archery.

Chris Drown

Archery is all just simple physics. The force of the draw, the trajectory of the arrow flight, and the biomechanical actions of the human body can all be described by precise mathematical functions that are both beautiful and elegant.

We deal here only with recurve archery because we can describe it using simple Newtonian physics which is accessible to the non-scientists amongst us. Compound archery, where arrows fly close to the speed of light, requires an understanding of the more challenging equations of Einstein's General Theory of Relativity and of Lorentz Contraction which are tiresome for the general archer. Longbow archery, of course, is best described by the esoteric nonsense of metaphysics and so is an abomination not worth bothering with anyway.

Extensive research into the physics of recurve archery has proven that it can be completely described by the 10 fundamental scientific postulates, axioms and laws, which are listed below.

1. The precise sight settings you determined in the practice session preceding the allocation of butts will be off by between 5mm and 10mm vertically, and by between 4mm and 8mm in windage, of the correct settings.
2. Notwithstanding the above, the practice end that immediately precedes the start of competitive shooting will be your tightest group and highest scoring end for the day.
3. Mathematically, the 10 ring enjoys the property of an asymptote i.e. you can approach it but you can never actually reach it.
4. When shooting with compound bow archers, their supercilious response to out-scoring you, combined with the fatigue suffered in pulling their deeply embedded arrows from the 10 ring, will result in you advising them after four ends that you are practicing on a form change and forthwith recording of your scores will not be required.
5. The excitement that should accompany the event of Robin Hooding one's own arrow will be deflated by the fact that both appear on the scorecard as a 2 and both arrows are now destroyed.
6. The quaint but accepted etiquette of assisting longbow archers to search for their missed arrows after each end will so affect your concentration that you will shoot precisely 15 ranking points below the score you would have shot in their absence.
7. The violet crumble induced sugar hit, combined with the adrenalin rush resulting from hearing the Field Captain's club announcements during the break in shooting, will result in the first end after the break being your worst for the day.
8. During the 15th end of a 90 arrow round that shows promise to be a PB, your arrow will jump onto the plunger button just prior to release, resulting in a high right miss (*reverse for left hand archers*).
9. No matter what round you shoot, your score will be precisely one point below the score that would see you achieve a higher ranking.
10. Several hundred dollars' worth of equipment upgrades will be required to provide indisputable proof that your repeated poor scores are not a consequence of substandard equipment.

Recurve archers are encouraged to understand that, like all laws of physics, these postulates are infrangible – there is no escaping their reality. In the next edition we look into the debilitating and incurable neurological disease known as "PASS", or Port Adelaide Supporter Syndrome.

Could this be the new Anthem for the Metric Philadelphia?

Submitted by Chris Drown

Metric Philadelphia

(sung to the tune of "Streets of Philadelphia" by Bruce Springsteen)

F

I was bruised and battered I couldn't tell what I felt

Am

I was unrecognizable to myself

F

I saw my arrows miss the butt miss the target face

Am

Oh brother are you gonna leave me wastin' away

B♭ F C B♭ F C

At the Metric Philadelphia

F

I shot end after end till my arms felt like stone

Am

I heard the voices of archers vanished and gone

F

And all the time the blood in my veins

Am

Black and whispering as the rain

B♭ F C B♭ F C

At the Metric Philadelphia

B♭

Dm

Ain't no angel gonna greet me

B♭

F

It's just you and me my friend

Am

B♭

And I can't feel my shoulders no more

C

I shot a thousand arrows against the wind

F

Night is falling still ranges to go

Am

I can't believe the weight of the bow

F

So receive me brother with your faithless kiss

Am

Or will we leave each other alone like this

B♭ F C B♭ F C

At the Metric Philadelphia

BUTTS IN THE BAD OLD DAYS or STRAMIT™ BUTTS AND WHY WE LOATHED THEM

Article: Joe Vardon Photos: Barry Adams



L-R Bill Menz, Gerald Hawkins, Tom Jorgensen



Frank Brooks



Gerald Hawkins and Frank Brooks



(4)



L-R Jeff Nicoll, Joe Vardon (hidden) and Doug Freer



(6)



Frank Brooks



(8)

Joe Vardon

This generation of archers don't know how good they have got it. When you are tempted to complain about today's butts, spare a thought for the work which went into the old stramit™ butts.

Stramit is a sheet material made of compressed wheat stalks covered by kraft cardboard, 50mm thick and intended for use in building as heavyweight ceilings and partition systems. We used it in strips about 300mm wide laid flat and we shot into the "end grain" of a stack of these strips.

The pictures illustrate the wearisome, heavy, dusty process of converting 2.4 x 1.2m sheets into the round butts some of you might remember.

Sheets were first cut into 1200 x 300mm strips and glued into stacks (1, 2). When dry, the stacks were clamped onto the round table (still in the workroom) and sawn into parts of a 1200mm diameter circle. This was done using an electric chainsaw bolted to the side of the table and the whole tabletop and stramit stack rotated past the saw. This generated more noise and chaff dust (not to mention the pesticides and fireproofing chemicals in the straw) than was good for us (3). The circular butt was divided into five horizontal slices to facilitate replacement during its life. The top and bottom slices lasted longest (two years or so), the intermediate strips lasted six months and the middle strip which was shot out in two or three months. Once sawn, the butts were stored for later use.

In a typical butt refurbishment, the sheet metal retaining strip was removed (4) exposing geckos and the biggest huntsman spiders you have ever seen. The centre slice had inevitably turned into dust and chaff and fell apart on removal. New slices were inserted as needed (5) and the whole lot, including the retaining band, encircled with a giant circular clamp (6, 7). This was tightened, forcing the gaps closed, while the face was pounded with a mallet to settle the slices and bring the face flush. The retaining band was secured with screws (8) and a certain amount of bad language as they broke off and were replaced. The whole refurbishment of a stramit butt took about 45 minutes each (although usually several were done at once) and it was heavy, dirty work and needed 4-5 volunteers.

The one and only advantage I can think of for stramit was that the chaff blew away and mulched down, unlike the detritus from plastic butts.

The Complicated Process at Working Bees forming butt centres from Stramit™



Sandy Hancock, Glenn Martin, Norm Smith



Bob Kirby, Tom Jorgensen



Glenn Martin, Joe Vardon, Sandy Hancock



Joe Vardon



Gerald Hawkins, Bill Menz, Kevin Dawson, Frank Brooks, Ted Holland



Tom Jorgensen, Gerald Hawkins, Bill Menz



Kevin Dawson



Doug Freer, Glenn Martin, Jeff Nicoll, Junior Alexander



Junior Alexander, Glenn Martin



Chris, Frank Brooks, Ted Holland

Archery SA Youth Archery 2014 Team Manager Report

Glenn Pauley

A total of 34 Team and squad members, 17 of those were from AAC, competed in the 2014 National Youth Archery Championships held in the Adelaide parklands and O'Halloran Hill from 14th to 19th April. With over 150 competitors the target range looked spectacular with 49 targets in total.

- Day 1** The team and squad members all arrived early at Pulteney Grammar sports fields in the south parklands and were ready for registration and equipment inspection. We were not quite the biggest squad but it was an impressive sight when they all participated in warm up exercises before the range opened for practice. Practice gave everyone a chance to check sight settings and for the young archers to settle their nerves. The opening ceremony was held at 11:30 am with James and Erica reading the athletes oath and Pat Coghlan shooting a whistling arrow, followed by the team photos and a BBQ lunch in support of Pulteney Grammar's outreach program. A highlight of the afternoon was a visit by 2 police on horseback.
- Day 2** Adelaide turned on another day of great mild sunny weather. With the new shortened NYAC format there was the only one FITA 144 arrow round deciding the target championship. The SA squad had a great day with a number of members achieving personal best scores and SA winning 2 Gold and one Bronze medals.
- Day 3** Another perfect sunny day with light winds for matchplay. The day started with all archers shooting a 72 arrow ranking round with matchplay after lunch. Having such a large squad meant that a number of the early matches were SA archers competing against each other in the early elimination rounds. Due to a number of technical hiccups during the day, the final matches were shot under lights and despite the SA squad shooting well there were no SA medal winners. We finished the day with a squad dinner at the Coopers Ale House.
- Day 4** Unusually for Clout, this was another perfectly sunny day. The day started early again with practice and with 7 Clouts in total the rounds were shot and scored quickly. Shooting was finished by 11:30, followed by lunch and the medal presentations. A great day for the SA squad, with 13 medals for the day.
- Day 5** For the first day of field there were some early showers which cleared to another perfect although slightly cooler day before practice. Shooting went well with most interstate archers commenting on the great course.
- Day 6** The second day of field was again a perfect day with the archers all arriving early and sent out 15 minutes ahead of schedule. Shooting finished at about 12 followed by a BBQ lunch and medal presentations. The SA squad had another good day with 5 medals in total.

In total the AAC archers won one Gold medal, 2 Silver Medals and 6 Bronze medals and Clare Reuther from AAC was selected as a member of the 2014 Trans Tasman Team. In the best all round recurve competition Clare finished 3rd and Katie Morris finished 10th, a great result for the club.

The SA team finishing 5th overall in Recurve and 4th in Compound.

2014 Junior Nationals



Photos: Barry Adams

Adelaide



ADELAIDE ARCHERY CLUB TARGET CHAMPIONSHIPS : 2014

CLUB
CHAMPIONSHIPS
2014

ROUND: ADELAIDE

60m 50m 40m 30m TOTAL

RECURVE

MALE

Simon Souphandavong	259	270	273	257	1059	1
James Staude	258	263	254	266	1041	2
Damian Pauley	249	259	254	257	1019	3
Travis Pauley	244	255	250	264	1013	
Chris Drown	233	255	247	261	996	
Charlie Magarey	230	239	251	269	969	
Sean McCullough	237	242	225	267	971	
Daniel Caon	258	232	220	261	969	
Alex Sobiecki	246	253	218	242	959	
Patrick Gregory	209	217	214	237	877	
Junior Alexander	192	225	207	221	845	
Kelvin Chong	193	191	207	229	820	
Paul Blyth	172	217	181	223	793	
Chris Lech	234	249	0	0	483	
Clarence Yeoh					0	

FEMALE

Clare Reuther	229	240	248	260	977	1
Katie Morris	197	249	222	259	927	2
Erica Smith	222	219	196	252	889	3
Dana McFarlane	156	215	171	203	745	
Rhiannon Charsley	148	176	171	173	668	
Shannon Blyth	100	163	166	215	644	

COMPOUND

FEMALE

Sue Martin	262	273	275	277	1087	1
Aileen Anderson	241	254	247	265	1007	2

MALE

Ken Osborne	278	285	274	289	1124	1
Sandy Hancock	271	271	274	282	1098	2
Norm Smith	265	278	266	277	1086	3
Matt Howard	260	262	261	271	1054	
Bob Kirby	239	266	243	266	1014	
Tony Loi	222	232	182	263	899	

LOGBOW

MALE

Dean Pettman	193	231	189	227	840	1
Joe Vardon	189	178	162	191	720	2

FEMALE

Jill Vardon	118	136	112	128	492	1
Pam Pettman	44	120	43	73	280	2
Carol Ashlee	28	61	63	89	241	3



Photos: Kevin Dawson

"Hot off the Presses"

AAC Library Magazine/Books/DVD Reviews – May 2014 - Librarian Randall Coon



I. "New" Magazines – Bow International:

A. Issue # 85 – 2013: Key "Shooting Form" + Equipment Articles

"Shoulders: Leverage and Rotation" – Richard Tone

(*Outstanding article – one of the best*)

How to use stance/hips/shoulders properly to execute a good shot
Alignment of full draw position plus release and follow-through

"Seize the Moment" - John Dudley

Prepare for when it all comes down to one shot
Practice and "practice under pressure" – to really improve
Importance of self-image – ways to improve/enhance

"Nock on or nock out?" – Liam Grimwood

How choice of nock can affect your scoring capability
Comparisons: Easton G-nock, Gold Tip, Soma & Beiter
Fit on string vs. durability vs. damage-proofing nock & arrow

"Pressure Buttons" (Recurve-4 pages of info) – Andrew Smith

Beiter/Shibuya DX/Spigarelli Click/Sebastien Flute/Gerhard Gabriel-CSII and CSIII
Compare-quality, machining, ease of adjustment, spare parts and centre shot-spring tension

"Ask the Experts" Section:

"How Important is a Coach to Achieving Higher Levels"–

Roy Rose

"Shooting in the wind-effect of stabilisers w/varied weights" – Liam Grimwood



B. Issue # 84 – 2013: Key "Shooting Form" + Equipment Articles

"Recurve – Setup and Tune" – Roy Rose

How to get the best out of your Recurve Bow – new equipment or just updating current
Initial bow length selection, tiller + brace height measurements
Plunger, string nocking point and sights
Tuning – detailed review of "bear shaft" arrow tuning/shooting

"Unlocking Your Shooting" - John Dudley (*outstanding article)

5 Keys to consistently good shooting :

1. Mastering your measurements – is draw length correct?
2. Is balance & bubble (compound) level?
3. Grip it...don't grab it (front bow hand-thumb side only)
4. Concentrate on clearance – not too much facial contact
5. Finish what you start – pull thru shot w/back tension

"Compound Release-Building Confidence" – Liam Grimwood

Use scapula movement to execute release aid
Practice w/back tension release aid to assist trigger release aid
Start w/blind butt shooting – work up to target face & aiming

"Overcoming problems through training" – Duncan Busby

Getting back on track when you might be struggling
Issues with Form and Release
Issues with Focus and Mental Strength
Issues with Aiming

"Ask the Experts" Section: nothing of interest/importance in this particular issue

NOTE #1: *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*

NOTE #2: *to make finding BI "Shooting Form" and Equipment articles easier to find without looking through numerous BI Issues, 4 binders with associated articles from numerous current and back issued of BI have been consolidated into the following bound binders: (each can be signed out for member loan - just like a book/magazine/DVD)*

"Shooting Form – Recurve" – AAC Library #50

"Shooting Form – Compound" – AAC Library #51

"Shooting Form – Longbow" – AAC Library #52

"Equipment" (bows, arrows, sights, stabilisers, etc.) – AAC Library #53

II. "New" Books – Review:

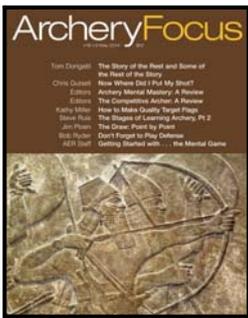
1. "Larry Wise – On Coaching Archery"- 2014: AAC Lib # 163.0-233 pages/ 29 Chapters.

- Section #1 – Observing Your Student Archer – 3 Chapters - *Information gathering+ Still Pictures+ Video Images*
- Section #2 – Evaluating Your Student Archer – *Introduction to Compound/Release Form & Execution*
- Section #3 – Planning Corrections – 4 Chapters - *Stickman Charts+Practice w/Purpose+Aiming Better*
- Section #4 – Implementing Plans of Correction – 8 Chapter - *-Bow Stance+Bow Hand+Full draw position+ 10 Minute Coach+ How to shoot release aid+Cope with Target Panic+Match bow to archer*
- Section #5 – Parts of the Mental Game-Present Thinking – 3 Chapters - *Shooting Better w/Brain Power+Present Process Thinking+ Thinking About Goals*
- Section #6 – Structures of Coaching & Competing - 6 Chapters – *Training Cycles+Archery Certification+ Tournament – site, practice & site preparation+Post Evaluation*
- Section #7 - On Equipment – 5 Chapters – *dynamic arrow/spine+bow balance+Installing-Calibrating Sights+paper testing+getting "D" looped*

III. Newly Added Books – from AAC Library "overflow" supply: no new "overflow" books to be added-project completed: 7 boxes of books added.

IV. New DVD – no new DVD's added to AAC Library, since last month's meeting

V. "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.

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.

Image of the new, current May 2014 Archery Focus magazine is left.



Make a note that Adelaide Archery Club's Memorial Shoot is to be held on June 28th and the Annual Wand Shoot is to be held on 6th July. Keep an eye on board



The State/National Indoor Championships are to be held on 20th July.

CLUB SPONSORS

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