

# On Target



2014 Issue No 6 June



## Movie - Jess Clayfield by Greg Opie

Thank you to Greg Opie who forwarded the link below via Carol Ashlee which will take you to a slow motion clip Greg made in February of Jess Clayfield at the Adelaide Archery Club. It's a great clip.

Turn your speakers up loud for best effect!

<https://vimeo.com/92819483>



## Big Morning Tea Thank you

Over \$200 was raised at the Big Morning Tea held on 29th May to donate to the Cancer Council.

Thank you to all the volunteers who provided the delicious and abundant morning tea and to the monetary donations received, both from the attendees at the morning tea and from those unable to attend on the day.

# AGM

A reminder that the Club's AGM is to be held on 2nd September. All positions will be declared vacant. Start thinking about the position that you may like to take over (eg. Publicity Officer!).

### Secretary.

Joe Vardon announced after the last AGM that 2013-2014 would be his last as Secretary. Joe has held this position for more than twenty years. It is now time for someone else to put up their hand to take over.

### Equipment Officer.

At the last meeting Barry Illman advised that he will not be nominating for this position as he is intending to travel overseas.

Job Descriptions for all positions are in a folder in the library. **All** members are encouraged to nominate for positions. Nominations for positions will be called for in August.

## BUTT DISCUSSION PAPERS



**Thank you** to all who contributed discussion papers and comments in writing regarding the Club's butts.

All discussion papers will be handed to a Target Working Party which will be formed after Terms of Reference have been drawn.

All members are asked to think about nominating to be on the Target Working Party.

## A DAY AT THE RACES

*Barry Teitzel*

In March this year the world dry land speed records were held on Lake Gairdner salt lake in the Gawler Ranges of South Australia, the sort of thing that Donald Campbell did.

It was a fine sunny morning above the fog, Kevin Dawson, Andre Le Duck and another friend of mine and fellow pilot Danny all met at the Callington Airfield at 6.30am. We were in the air at 7.00am and the view of low patches of fog filling the valleys with the hill tops protruding reminded me of mythical scenes of Camelot, almost expecting to see a castle on one of the hill tops. Soon patches of fog gave way to a beautiful clear day and I was back to the present day task of navigating our way to Mt Ive station which is 30km's south of Lake Gairdner north of Eyre Peninsula.

My friend Danny has recently found himself relying solely on his GPS to find his way around but today our trip was strictly GPS free and we were using the traditional method of Dead Reckoning for our navigation process. This method uses the positive identification of landmarks and then using a mathematical calculation to get back on track if you have found yourself slightly off track. It requires a little extra work in the cockpit but it is how everyone navigated before the GPS was around. Danny was a little rusty on this method, so we both kept our own set of maps and compared notes. As it turned out he was perfectly accurate with his calculations and didn't need my help after all.

Our first stop was Port Pirie for some extra fuel (none available at Mt Ive Station) and then on to Mt Ive station, once you get past Whyalla the landscape changes dramatically to marginal farming land with huge salt pans and becomes quite hilly to mountainous and very rugged as we approach the Gawler Ranges. The massive brilliant white expanse of Lake Gairdner becomes apparent and Mt Ive station is just below to our left, only 2.5 hours from Callington and to be so remote, we sure are sparsely populated in this country. After landing on the iron stone air strip and chocking the wheels, we walked over to the office.

The manageress who had kindly offered to lend us her Toyota Landcruiser (a pre-trip arrangement) met us and gave us directions to Lake Gairdner. As we drove out to the lake the road was very corrugated and slow but soon enough we were at the camp ground where 1000 other speed fans had gathered.



Standing on a hill 100ft above the level of the salt lake, the view didn't seem to be real. Azure blue sky, blinding white salt lake and red, red hills dividing the two; no shoreline, just a clean crisp line as though drawn by a pencil between the lake and the hills like a drawing. Strange, but there it was, right in front of us, real, somehow not real, yet not surreal either. You just have to be there. Like the Grand Canyon, no photo can do it justice.

Out on the lake for a distance of 4km's and then 9 km's were two smooth runway like scrapes in the salt (made by dragging a stobie pole sideways with chains at either end). These were the two race tracks for the speed trials, the 4km track for cars and motor cycles with speeds up to 350kph to 400kph and the 9km track for those bullet like machines up to, hopefully the speed record of 850kph!



Before you drive out on the lake you must stop at the edge and use a leaf blower to get as much dust off that you can so as not to pollute the lake with red dust. This is a bit of a token effort but does remove some dust.

We are guided to the pit area out on the lake by red cones marking a safe passage. Walking among the various teams, speaking with pit crews and seeing the amazing speed machines is certainly an experience one will never forget. There were international teams that obviously oozed big money right down to a Swedish guy who brought his 6 cylinder Honda motor cycle all the way out here to have a go at the record for his category. There was a real camaraderie among the contestants, lending tools and offering help to each other just to see a record broken.



We viewed the 9km track from the side and you really get a sense of the speed that these machines are doing and we saw the 4km track from the starting point where you could have left them for dead in Andre's Citroen at least for the first 200 metres or so. These machines are geared so high for top speed that they almost stall on take-off when they start there run for glory .

It is like a small town out on the salt ( I kept calling it ice because that's what it looks like ), mobile food vans, caravans, a souvenir shop, temporary mechanical workshops, event offices, starting gates and time trial equipment. And it is all packed up and removed at the end of the week without a trace. All vehicles that stay on the salt must have oil proof tarps under them when parked to protect the lake. The salt is hard enough to drill 3" tech screws into it to hold everything down , including tents.

When driving off the salt there is a holding point where you get out and scrub as much salt off as possible so as not to pollute the local area as you drive away.

Evidently on the day the salt was not its usual hard crusty self and no speed records were broken this year.

We had spent the best part of the day on the lake and it was time to head for home. Andre drove us back to Mt Ive homestead, along the way we discovered that someone had rolled a Lexus 4WD that day, speeding on corrugations I would bet. No one was hurt, the car was on its roof and would be a total write off.

We dropped our car off and after the usual checks on the Warrior we took off, this time with Danny in the pilot seat and back to Dead Reckoning with his confidence back again. Back into Callington by 6.30pm and a great day was had by all.

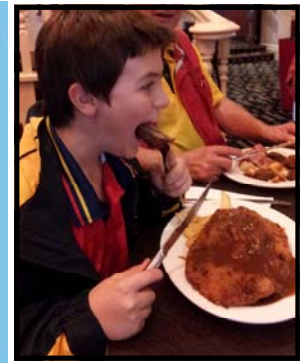
Thanks to Kevin, Andre and Danny for making it possible. The speed trials are on every year, weather permitting, if anyone would like to go next year, I am sure it can be organised.





# 2014 AAC's Indoor Outdoor

Photographs: Barry Adams



*After the Indoor Outdoor a number of archers moved on to the Royal Hotel for lunch where Nicholas (above) proved to the staff that he **COULD** eat a large schnitzel and received a free dessert for his effort!  
Photograph: Randall Coon*

## New Members

### Welcome

To Daniel Charlesworth and Phillipa Cody  
who were passed for Membership at the June Meeting

## Handicap Spoon

Congratulations to Barry Teitzel  
winner of May's Handicap Spoon

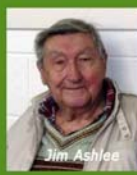
## Memorial Day, 2014



Dorothy Bell, Trevor Lyons



Margaret Ashlee



Jim Ashlee



Jim Beatty



Nicole Murphy



Peter Moors



Janet Wilson, Denis McGovern



Gordon Pawson OAM



Judith Duval



Trevor Lyons

Richard Harvey

Dorothy Bell, Aileen Anderson



Pam Spurgen



Judith McGovern



John and Gretel Dabovich



Chris Pawson

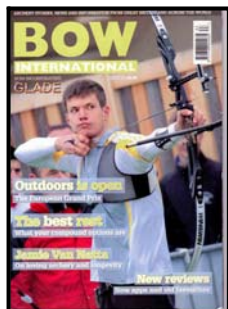
## DATES TO REMEMBER

- 5 Jul QRE - EFA
- 6 Jul Wand Shoot
- 6 Jul QRE - GSA
- 13 Jul Ranking Shoot AAC
- 20 Jul AA Indoor
- 2 Aug QRE & State Ranking Shoot EFA
- 10 Aug Cressy Bowmen Invitation Tournament - \$16 - Details Notice Board
- 23 Aug Proposed Silver Leprechaun Shoot
- 19 Sep AAC's AGM

## "Hot Off the Presses"

### AAC Library Magazine/Books/DVD Reviews – JUNE 2014

Randall Coon



#### I. "New" Magazines – Bow International:

##### A. Issue # 83 – 2013: Key "Shooting Form" + Equipment Articles

###### "Best of the Rests" (Compound) – Duncan Busby

Drop-Away Rests vs. Launcher Rests (Blade vs. Prongs & Bars)  
Specialist Rests – containment (hunting) vs. finger

###### "Arrow Shaft Selection" - John Dudley

Shoot Your Style – outdoor/indoor/field/3D/clout  
Key factors – speed/control/tolerances/groups/FOC  
Carbon arrow comparisons – mainly Easton arrow differences

###### "Coach's Eye" – Naomi Folkard ("Outstanding New Product")

Mobile/tablet "app" (version 2.7)– evaluate archers and set programs per archer  
Helps archers keep up with their training requirements  
Still camera and HD motion video capability/evaluation  
Slow motion option + draw freehand curves/straight lines

###### "Spreading the Load" (Longbow) – Pip Bickerstaffe

Smooth & mobile draw is key to consistency  
Right longbow grip stops "bow kicking"

###### "Ask the Experts" Section:

"How to handle tournament stress and nerves"  
Maintain focus – "focus on shooting process"  
• by Liam Grimwood

##### B. Issue # 81 – 2013: Key "Shooting Form" + Equipment Articles

###### "Learning the Longbow" – Pip Bickerstaffe

Mastering movement & muscles for good longbow technique  
Draw w/shoulder muscles, not the arms  
Exercises & diagrams for shoulder strength and stance suggestion

###### "Mastering the Release Aid"- John Dudley

(\*Outstanding Article)

Holding release aid w/1<sup>st</sup> knuckles and flat wrist-consistent  
"Rocking horse" affect-pressure across fingers & aid itself  
"Pre-loading" thumb to release aid trigger  
Pulling through the shot w/back tension via release aid  
"Practice" w/release aid and rope set to exact draw length

###### "Weigh Anchor" (repeatable anchor) – Liam Grimwood

Consistent anchor – key to good shooting form technique  
Adjust peep sight to your correct anchor-not vice versa  
Ideal release aid and face contact + elbow height/alignment

###### "Back to the Drawing Board" – James Park

Path of knocking point affects arrow flight/path  
Using and building a 'drawing press' to test paths  
Drawing board details (very technical article)

###### "Mechanics of Bow Stabilisation" – Jim Conroy

Method & Maths behind right stabiliser setup

###### "The Stabiliser SHOOTOUT: Part II" – Chris Bell

4 Stabilisers tested head-to-head  
Doinker Platinum Estremo vs. DS-Archery Vibex  
Fuse Carbon Blade ES vs. Sebastian Flute Elite  
Summary – author choice of top 2

###### "Ask the Experts" Section:

"Recurve-building poundage gradually" – Andrew Smith



**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](mailto: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. "The Simple Art of Winning" – by Rick McKinney (1996) :

160 pages/8 Chapters (82 Topics) - AAC Lib # 164.0.

Rick McKinney Recurve archery achievements include:

- Olympic Silver Medallist – Team & Individual (88/84)
- 3 times World Recurve Champion (77/83/85)
- 9 times US National Target Championships
- 6 times Field Championships
- 3 Indoor Championships
- 7 times Collegiate National Champion

**NOTE:** Rick McKinney book and DVD combo have similar contents, as per below details on the DVD.

## III. New DVD – Added to AAC Library:

**A. "Archery with Rick McKinney" – DVD** - by Sportskool 2012; run time - 39 minutes. **New AAC Library DVD # is 44.0.**

DVD chapters are modular and break down the Recurve shooting form step-by-step: my personal opinion – great basic refresher DVD for intermediate/advanced Recurve shooters, absolutely **MANDATORY** viewing for all "beginner" Recurve shooters.

Modular topics covered include:

- |                                  |                        |
|----------------------------------|------------------------|
| 1. Equipment                     | 6. Aiming & Draw       |
| 2. Form                          | 7. Clicker Follow-thru |
| 3. Stance                        | 8. Accuracy            |
| 4. Hand, Back (tension) and Grip | 9. Goals & Fitness     |
| 5. Anchor and String Alignment   | 10. Mental Games       |

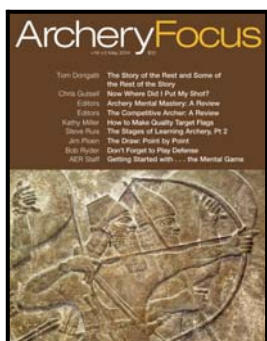
## IV. "ARCHERY FOCUS"

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](mailto:randallcoon@bigpond.com)) for the information or borrow the Archery Focus DVD from the AAC Library.

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



### CLUB SPONSORS

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[www.archeryacademy.com.au](http://www.archeryacademy.com.au)

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