

# On Target



2014 Issue No 7 July

## AGM

### AAC's AGM is to be held on September 19th ALL POSITIONS DECLARED VACANT.

See last page of Newsletter for Nomination Form. All nominations are to be received by the Secretary no later than four weeks before the AGM - by General Meeting on August 15, 2014 - to be posted on Notice Board to allow for proxy voting.

Joe Vardon, **Secretary** announced after the 2013 AGM that he would not be standing for re-election in 2014. Barry Illman, **Equipment Officer** has announced he will not be standing. Personally, I would like to see members nominating for the position of Publicity Officer as I have held the position for six years.

Job descriptions are available for perusing in the Library or on-line under Regulations

**CONSTITUTION** Financial year 11.6 The Club financial year shall commence on 1st July and end on 30th June.

#### Annual General Meetings

**11.7** There shall be an annual general meeting within three months of the end of the financial year. The order of business shall be:

- Confirmation of the minutes of the previous annual general meeting
- Receipt of such annual reports as required.
- Receipt of the audited financial statements for the previous financial year.
- Granting of Life Memberships if appropriate.
- Election of Officers and Officials.
- Transaction of other business of which at least twenty one days notice has been given to all members.

**VOTING 12** Unless otherwise stated herein, at all meetings:

- *Only adult members shall be entitled to vote.*
- *Members shall be entitled to one vote each.*
- *The Chair shall be entitled to a deliberative vote as well as a casting vote.*
- *Motions shall be decided by a simple majority of those entitled to vote and voting.*
- *Voting on motions shall be by show of hands unless two or more voting members present at the meeting request a secret ballot in respect of a particular motion.*

**Absentee voting 12.1** At Annual General Meetings and Special Meetings only, absentee voting by the use of the Club's Absentee Voting Form will be allowed.

**Elections 12.2** Election of Officers and Officials:

- *Election of Officers and Officials shall be by secret ballot.*

## REGULATIONS

## ELECTIONS AND VOTING

35.1 Nominations for the election of Officers and Officials shall be in writing, signed by the nominee and one other member. Nominations shall be in the hands of the Secretary four weeks before the date of the Annual General meeting and will be published on the Notice Board.

35.2 Nominations for positions for which no nominations have been received may be called for from the floor at the Annual General meeting. ***These will be published on the Notice Board and voted on at the next general meeting of the Club.***

**35.3** Absentee and Proxy voting must be on the Adelaide Archery Club Absentee Voting Form which forms an appendix to these Regulations.

## **RULES FOR PROXY VOTING**

Each adult member is entitled to appoint another adult member OR the Chairperson as Proxy by the use of the proxy voting form.

To appoint the Chairperson to vote on your behalf (as a Postal Vote), the completed form must be delivered to the Secretary by mail, hand-delivery or e-mail, no later than 24 hours before the starting time of the meeting in respect of which the Proxy is appointed.

To appoint another adult member to vote on your behalf (as a Proxy Vote), the completed form must be brought to the nominated meeting by the person being appointed, and surrendered to the Secretary at the time of the relevant vote taking place. No appointed member may hold more than 3 proxies.

### **Note:**

*A proxy vote may not be given to a person who is not an adult member of the Club.  
If a Proxy has been assigned and the Member assigning the Proxy subsequently attends the meeting, the proxy vote becomes null and void.*

## **ANNUAL DINNER CHANGE OF DATE**



*Note the change of date for the Annual Dinner from 2nd August, 2014 to 27th September. Details to follow.*

## **NEW MEMBERS**

## **WELCOME**

Congratulations to Saxon Holbrook and Pat Coghlan who were passed for Membership, Associate Membership at the July meeting.

## **VOLUNTEERS NEEDED**

## **JULY BEGINNER'S COURSE**

Volunteers are required for the Beginner's Course commencing this Sunday July 27.

Notice on board.

## **PAYING ONLINE**

To assist our Treasurer, when paying Club Fees or Tournament Entry please note in details what the payment is for.

e.g. Club Fees - **CF- YOUR NAME-** MEMBERSHIP NO

e.g. Silver Quiver - **SQ- YOUR NAME -**MEMBERSHIP NO

*The fattest knight at King Arthur's round table was Sir Cumference. He acquired his size from too much pi.*

*I thought I saw an eye-doctor on an Alaskan island, but it turned out to be an optical Aleutian .*

**Barossa Archery Club**  
**INVITATIONAL**  
**SHOOT 2014**  
**October 5th**



Find us on:  [facebook.](#)

**9.30am for 10am start**  
 Fita 900 - Junior Camberra - Geelong and match play  
 fee includes sausage sizzle - drinks available

**Entrance fee: \$10**

RSVP by: **September 27th**  
 To Dennis Traeger 0439703835 or [Annatraeger@hotmail.com](mailto:Annatraeger@hotmail.com)

**Heinemann Park, Tanunda**  
 ( Opposite Tanunda Caravan Park )



**ADELAIDE ARCHERY CLUB**  
 invites you to participate in

**THE 58th**




**SILVER**  
**QUIVER**  
**TOURNAMENT**

**On SUNDAY, September 21st 2014**  
 at 10 am. at the A.A.C. grounds

**BRISBANE** – Men and 20 & under Boys  
**ADELAIDE** – Longbow, 50 plus, Ladies, 20 & under Girls, Cadets  
**SHORT ADELAIDE** – Intermediates  
**JUNIOR CANBERRA** – Cubs

**Note: Medals will be awarded accordingly in each division:**  
 1 entry – 1<sup>st</sup> place medal  
 2 entries – 1<sup>st</sup> place medal  
 3 entries – 1<sup>st</sup> and 2<sup>nd</sup> place medals  
 4 or more entries – 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> place medals

**Fees: Senior \$20 Junior \$14. Lunch is included**

**ENTRIES CLOSE ON SUNDAY 14th SEPTEMBER**

Enter on-line at [www.adelaidearchery.org.au](http://www.adelaidearchery.org.au)  
 Pay by Credit Card or Direct Debit

**Direct Debit Details: Commonwealth Bank BSB:068-106 A/c 009025/4**  
 Reference: SA surname

Contact Sue Martin at [marlin@sus.com.au](mailto:marlin@sus.com.au)

**CRESSY BOWMEN**  
**INVITATION TOURNAMENT**




**FITA AWARD EVENT**

Sunday 24 August 2014  
 Rundle Reserve at 10.00 am

**Rounds**


\*FITA 900 - Men/Women  
 TC 900 - Crossbows

**\*FITA award only applicable to FITA 900**

Fees \$16  
 Lunch Available - \$6.00  
 (BBQ Sausages & Salads)

**ENTRIES CLOSE ON 10 AUGUST, 2014**

**ENTRIES TO:**  
**R WELDEN, 13 Glover Ave, Pooraka SA 5095**  
[bwelden@tpg.com.au](mailto:bwelden@tpg.com.au)



**40th Anniversary**  
**Berger Nielsen**  
**Memorial Shoot**


**When:** Saturday 13th & Sunday 14th September

**Where:** Whyalla Bowmen Range, Cartledge Avenue Whyalla Stuart  
 (Next to Weeroona Bay Football Club)

**What:** Double Clout Shoot Saturday  
 Target Shoot Sunday (Fita 900)

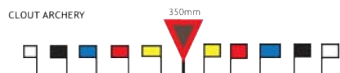
**Times:** Saturday Practice 9:45, Start 10:30am  
 Dinner & Trophy Presentation Saturday night 6:30pm  
 Sunday Practice 10:00, Start 10:30am

A BBQ breakfast and lunch as well as cold drinks will be available at the range.  
 The anniversary dinner and trophy presentation will be held at the Whyalla Lawn Bowls Club from 6:30pm. All are welcome to help us celebrate 40 years of history.



For more information contact Gavin via email at [whyallabowmen@gmail.com](mailto:whyallabowmen@gmail.com)

## AAC PRACTICE CLOUT



There will be a Practice Clout this Sunday July 27, 2014 on the grounds adjacent to our grounds.

**Time:** 12 noon

Please come at **11.00 am** to help set up Clout ground.

## AAC CLOUT STATE



**ARCHERY**  
South Australia

## AAC CLOUT CHAMPIONSHIPS

IS TO BE RUN IN CONJUNCTION WITH

STATE CLOUT

SUNDAY AUGUST 31st 10.00 am  
ST IGNATIUS COLLEGE  
ATHELSTONE

**THERE IS A NOTICE ON BOARD.  
PUT YOUR NAME ON THIS LIST  
IF YOU ARE ENTERING THE**

**CLUB CHAMPIONSHIP ONLY**

**AND NOT ENTERING THE STATE TOURNAMENT.**

IF YOU WISH TO ENTER THE STATE CLOUT ENTER ONLINE

AT [ARCHERY SA](http://ARCHERY SA)

YOU WILL THEN BE AUTOMATICALLY ENTERED IN  
CLUB EVENT

## ARCHERY SA AGM



**ARCHERY**  
South Australia

## ANNUAL GENERAL MEETING ARCHERY SA 9TH OCTOBER, 2014

Archery SA is calling for Nominations for the following positions by August 21st

Vice President  
Equipment Officer  
Tournament Director  
Secretary  
Juniors' Administrator  
Publicity Officer  
SAOC/ACGA delegate (2nd position)  
Grants Officer

Nomination form available at [ARCHERY SA](http://ARCHERY SA)

## **"Hot off the Presses"**

### **AAC Library Magazine/Books/DVD Reviews – JULY 2014**



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

##### **A. Issue # 92 – 6/2014: Key "Shooting Form" + Equipment Articles "Drawn Out" (Compound) - Duncan Busby**

Several Methods for determining an archer's draw length  
Draw length affect on sight aiming and peep diameter required  
Proper draw length-assists bone-on-bone alignment & relaxation

##### **"Ignite Your Archery Passion" - John Dudley**

Shoot Different Styles – outdoor target/indoor/field/3D/clout  
Inspire Someone – coaching "beginners"...great satisfaction  
Focus only on "one aspect of your archery" at a time

##### **"Ballistic Feedback-Conscious & Auto Control" – C. Johnson**

Desired result is "feel good" shot – w/perfect form feedback  
Mental prep followed by "stored program" motor response  
"Controller" - part of nervous system that carries out the shot  
"Motor output" – body movements contribute to performance  
"Noise" – outside environmental factors working against you

##### **"Bow Hold" – Chris Bell**

Steps to take to get bow to hold well-requires less bow tuning than you might think  
Practice /Draw Length/Execution pressure-preload  
Nutrition-Hydration/Stabilisation/Tiller-Knock Point  
Again – "correct draw length" is the most important factor

##### **"Shift Your Sights" – James Park**

Loosing points – because sights not set/adjusted correctly  
Competitive shooters losing 3 points in every 36 shots  
Sight change strategy – after every 3 arrows, or other, etc.

##### **"Put Your Back Into It" (Recurve/Compound/Longbow) –R. Rose**

Four Elements Make a Good Shot:

1. *Unanticipated release: recurve (clicker) + compound+LB*
2. *Setup in line w/comfort-bone-on-bone is "repeatable"*
3. *Use back tension/scapula movement to pull thru the shot*
4. *Execution and follow-through (maintaining posture/form)*

##### **Review: Axcel Achieve Compound Sights – Liam Grimwood**

- Overall weight 209g – about same as Shibuya CPX
- Has adjustable "tension" setting – advantage over others
- "Threaded" scope barrel accommodates/fits Shibuya scope
- 2<sup>nd</sup>/3<sup>rd</sup> Axles marked and extremely easy to setup-quickly
- Excellent also for field archery-room for sight tape & pin
- Liam impressed – has used it for the last 5 months!

##### **New Product: Easton "double bow" bag – Pro Tour Elite 4717**

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

- **"How far should I extend my sight bar"** - Liam Grimwood
- **"How to finish off a shot w/good follow-through"** - N Folkard
- 

**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 Added to AAC Library – Review:

1. **"Mastering Archery Technique Analysis"** – by James Park  
(July 2003): 51 pages/19 Chapters (24 Photo Illustrations) - AAC Lib # 165.0.

Analysis of archer – done via 5 photographs + 3 videos per archer:

1. Full length, from side-on, face on to the archer
  2. Directly behind archer, in-line with arrow
  3. Close-up of archer's grip on release aid/finger guard
  4. Close-up of the archer's bowhand on grip
  5. From directly overhead of archer – view full line of force
- 3 Videos- moment of release-behind, bow hand & release device

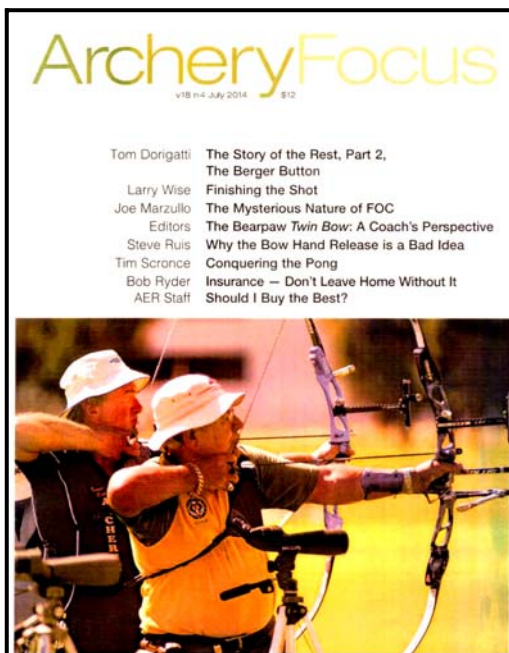
**NOTE:** *Photo + videos are individually followed up with detailed analysis of what perfect shooting form "should be"...for comparisons. For coaching, this is the ultimate test for an archer's form and is essential for record keeping on each archer's progress & development!*

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

1. "Compound Bow Setup" - DVD - by Liam Grimwood & Neil Wakelin. New AAC Library DVD # is 45.0.

DVD chapters are modular and break down the step-by-step process for tuning and maintaining a compound bows. Modular topics covered include:

1. Centre Serving
2. Fitting a blade + drop-away arrow rest
3. Nocking Point & D-Loop setup
4. Poundage Adjustment - Top/Bottom Limbs
5. Installing a peep sight
6. Sight Choice/Setup
7. Stabilisation
8. Draw Length
9. Cam Timing
10. Vital Measurements



**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 **JULY 2014** Archery Focus Magazine and articles are as left:

**LOOK WHO'S ON THE FRONT COVER OF THIS ISSUE....NONE OTHER THAN ONE OF OUR OWN AAC MEMBERS**

**GERALD HAWKINS!!!**

# TARGET WORKING PARTY

At the General Meeting of 18th July, 2014 the Executive called for nominations by August 15th meeting from Members to join a working party to look at the future of the butts. Refer to minutes of that meeting for details.

## Terms of Reference for Working Party.

### Where is archery going? Are we going to be prepared for it?

#### Define requirements of a club target system (butts, butt stands, etc)

- *(Explanation) It is increasingly likely that the traditional 144 arrow rounds will be consigned to history as far as major international competition is concerned. The 72 arrow rounds are already shot at the Olympic Games and World Cup events.*
- *25 years ago it wasn't unusual to see two or three targets being used on a Saturday and sometimes a Sunday to shoot the FITA Rounds. This is a rarity these days even though the two Archery SA target events are still the 144 Arrow Rounds.*

### Identify shortcomings of current target system

- *(Explanation) Whilst we have 15 butts our current safety regulations mean that we effectively can only use 13 at the same time. Is this satisfactory?*
- *Our grounds are laid out in five metre lanes. When the field was laid out it wasn't considered unacceptable or unusual to have five archers per target especially at the longer distances*
- *World Archery rules demand three archers per target with a minimum of 80cms per archer for major competitions.*
- *Most compound archers now expect to shoot 3 per target at any sort of competition.*
- *If our membership increases are we happy to have five archers per target Irrespective of the type of butts we use or do we want to alter the field so that we have more butts in smaller lanes? For example have four metre lanes or even three metre lanes. The shooting lanes 1-9 are 45 metres wide thus 11-15 targets could be fitted in.*
- *Would the spread of the load on the butts justify the cost? Would the reduced number of archers per butt be kinder to the arrows?*

### Consider alternatives and propose a comprehensive target system.

- *Is the butt material now in use likely to be available for the foreseeable future? Are there other manufacturers?*

### Prepare a costing for implementing the above, including possible disposal of existing system.

### Prepare a time schedule for implementation.

- *Suggest a method whereby all Club members can participate in (and be seen to participate in) the final decision to proceed with the implementation of a new target system.*

### Take into consideration offering our grounds up to Archery SA on a regular basis.

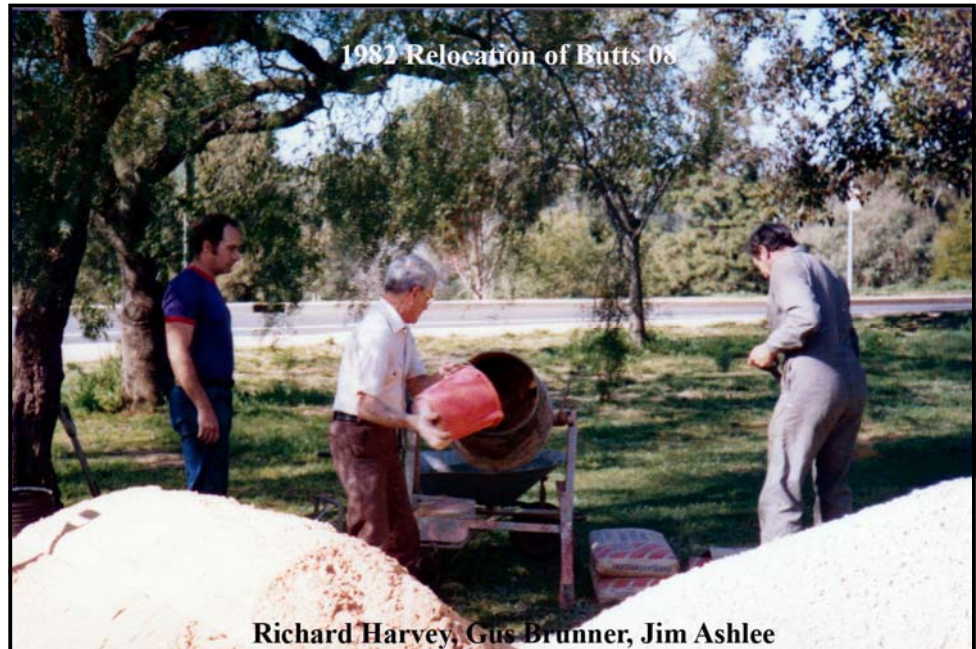
- *Archery SA has been under pressure for years to find a suitable permanent ground. Whilst our ground would never be large enough to host a national event it is wide enough at 82.5 metres to accommodate the numbers at normal Archery SA events.*
- *Would the money raised by hosting Archery SA events [six per year] justify the inconvenience to our members even if it meant a substantial contribution to the works?*
- *Archery SA pays for the hire of venues as it is. Our members contribute indirectly already via their affiliation fees.*

## INDOOR RESULTS

Congratulations to archers who attended the National/State Indoor last Sunday.

Results can be found at <http://www.archery.org.au/Tournaments/National-Tournaments/2014-National-Indoor>

**CURRENT MEMBERS  
JIM ASHLEE AND  
RICHARD HARVEY  
WITH FORMER  
MEMBER GUS  
BRUNNER 1982  
WORKING BEE**



**HAPPY 70th BIRTHDAY**

**CONGRATULATIONS AND BEST  
WISHES  
TO OUR TREASURER  
ANNETTE OIEN**



### THANKS TO RON JOHNSON FOR THIS LINK

If you like, please post this link in the next issue, might be of interest to the members. It was taken by Channel 9 back in 1986 for the "Curiosity Show" and then went national and overseas as well...

It runs for approx. 14 minutes but the interesting thing is how they edited random shots, taken over 4 hours, into the one minute shown on TV with music added. Not sure if they thought I was a "curiosity" or not.

I also look back at it and remember my trigger finger (two years later I cut it off).

<http://www.youtube.com/watch?v=2r7JsDm7i8>

### CLUB SPONSORS

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

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

**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**





**Election of OFFICERS and OFFICIALS – Nomination Form**

I wish to nominate (name) ..... (please print)

For the following Office(s) (please tick the box(es):

President	<input type="checkbox"/>	Building Officer	<input type="checkbox"/>	Club Coach Compound	<input type="checkbox"/>
Vice President	<input type="checkbox"/>	Asst. Equipment Officer	<input type="checkbox"/>	Field Captain Thursday	<input type="checkbox"/>
Secretary	<input type="checkbox"/>	Asst. Recorder	<input type="checkbox"/>	Dep. Field Cap Thursday	<input type="checkbox"/>
Treasurer	<input type="checkbox"/>	Social Coordinator	<input type="checkbox"/>	Field Captain Saturday	<input type="checkbox"/>
Equipment Officer	<input type="checkbox"/>	Groundsman	<input type="checkbox"/>	Dep. Field Captain Saturday	<input type="checkbox"/>
Coaching Coordinator	<input type="checkbox"/>	Archery SA Delegate	<input type="checkbox"/>	Field Captain Sunday	<input type="checkbox"/>
AJAD Coordinator	<input type="checkbox"/>	Club Steward	<input type="checkbox"/>	Dep. Field Captain Sunday	<input type="checkbox"/>
Asst. AJAD Coordinator	<input type="checkbox"/>	Publicity Officer	<input type="checkbox"/>		
Recorder	<input type="checkbox"/>	Librarian	<input type="checkbox"/>		
Tournament Director	<input type="checkbox"/>	Club Coach Recurve	<input type="checkbox"/>		

Signed ..... (nominator)

I consent to stand for the Office(s) indicated above.

I declare that I am not disqualified by the provisions of section 30 of the Associations Incorporation Act (1985), as set out below:

"30. (1) A person who is an insolvent under administration must not, without leave of the Commission, be a member of the committee of an incorporated association, or be in any way (whether directly or indirectly) concerned in or take part in the management of an incorporated association.

(2) A person who has been convicted, within or outside the State –

(a) on an indictment of an offence in connection with the promotion, formation or management of a body corporate; or

(b) of an offence involving fraud or dishonesty punishable on conviction by imprisonment for a period of not less than three months; or

(c) of an indictable offence; or

(d) of –

(i) an offence against section 39A; or

(ii) an offence against a provision applied by section 41B; or

(iii) an offence against section 60,

must not, within a period of five years after his or her conviction or, if he or she was sentenced to imprisonment, after his or her release from prison, without leave of the Commission, be a member of the committee of an incorporated association, or be in any way (whether directly or indirectly) concerned in or take part in the management of an incorporated association.

Penalty: Division 6 fine."

If elected to Office, I consent to the following information being printed in the Adelaide Archery Club documents:

	Yes	No	If "yes" Preferred address / phone number(s)
Home address	<input type="checkbox"/>	<input type="checkbox"/>	.....
Home phone number	<input type="checkbox"/>	<input type="checkbox"/>	.....
Work phone number	<input type="checkbox"/>	<input type="checkbox"/>	.....
Mob phone number	<input type="checkbox"/>	<input type="checkbox"/>	.....
e-mail address	<input type="checkbox"/>	<input type="checkbox"/>	.....

Signed ..... (nominee)

Please lodge completed nomination form with the Club President, Vice President, Secretary or Treasurer.