

On Target



2014 Issue No 10 October



A Farewell to Janet.

This month we had a sad farewell to a long serving and active club member Janet Wilson. The words to a very old song go "Into each life some rain must fall, but too much is falling in mine" This unfortunately was very much the case with Janet's lot especially in these later years. She lost her partner and two daughters in close succession and fought a losing battle with illness. Janet was a very competent archer in all bow types finally settling to shoot the longbow. She did a very fine job producing the club news letter for several years. On a more personal note I will miss her. It was with her encouragement that I took up the longbow for which I thank her(most of the time). We were not on the same page when it came to the love of cats, locally I believe for some time she was known as the "Cat woman".

You will see no rest in heavens or gone to a better place from me for she too was a non believer. Perhaps with good cause.

Barry Adams.



Congratulations

Best wishes to our Tournament Director Sue Martin. At the Annual General Meeting of ARCHERY SA Sue, along with Club sponsor John Dabovich from Archery Academy, was awarded Life Membership.



STIRRER'S SCROLL

Congratulations to Dean Pettman on being awarded the Stirrer Spoon for 2014 at the Annual Dinner - written on a roll of toilet paper and presented by Ray Colman the holder of the honour in 2013. Wording reproduced below.

"This highly sought after award is bestowed upon a person who displays the true characteristics of a stirrer.

The person selected has these characteristics.

This person performs the stir in a subtle but effective way, and enjoys the swirl as they walk away.

I congratulate Dean Pettman for this award - a Master to watch."

Congratulations

HANDICAP SPOON

Dana McFarlane was awarded the September Handicap Spoon. Congratulations Dana.

New Members

Welcome to the Club to Mauro Ciniglin, Victoria Tyllis, Philip Rowe, John Lloyd and Richard Thamm who were passed for Membership at the October meeting.

PROCEDURE MANUAL

Could each Officer look at the Procedure Manual and update any changes to their position if necessary.

THANK YOU

Adelaide Archery Club is responsible for setting out the Field for the State Target event. Thank you to our volunteers Jeff Nicoll, Dean Pettman, Carol Ashlee and Joe Vardon for once again for giving their time on the Friday before the Tournament and taking on the task of setting out the field.

CLUB HISTORY

President Carol Ashlee is looking for volunteers to look into the history of the Club. If you wish to volunteer or need more details, please see a Club Officer.

MAJOR DUNCAN CLOUT VETERANS & TYRO

The University Grounds are unavailable in December and the Major Duncan Clout has been brought forward to **Sunday next, 16th November at 12 noon**, which was the scheduled practice day. Unfortunately this is also the date for the rescheduled Veterans and Tyro Tournament which is also on Sunday next at Southern Vales at 1.00 pm

ROSNEY JOHNS FIELD SHOOT, SOUTHERN FIELD ARCHERS 26.10.14



Pictured Clockwise Top Middle with Grant Cole from SVAC - Nicholas, Annette Oien, Barry Adams, Georgina Bell, Dean Pettman, Jeff Nicoll, Pam Pettman. Centre - Barry Adams, Jeff Nicoll & Dean Pettman **Photographs: Barry Adams**

AAC Library Magazine/Books/DVD Reviews – OCTOBER 2014

I. "New" Magazine Reviews – Bow International:

NOTE: as newest Bow International (Issue #95) has not arrived yet for review, I've reviewed 2 past issues of BI instead – "shooting form" articles are still valid, current and you'll still find informative.

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



"Shoulder: Leverage and Rotation" – Richard Tone

- Outlines steps to take to get best out of "shoulders & hips"
- Using proper shoulder rotation to trigger back tension release
- Good "before draw/pre-draw/full draw" diagram illustrations
- Less muscle fatigue using shoulders to draw vs. arms to draw
- **"Outstanding" article on shoulder/hip alignment & rotation!**

"Pressure Buttons - Reviews" (Recurve) – Andrew Smith

- Review of key "brand" recurve pressure buttons (plungers)
- Comparisons between: Beiter, Shibuya DX, Sebastien Flute Pro and Gabriel Special GSII & GSIII Titan
- Match "pressure button" exactly to spine of your arrows

"Nock on, or Nock Out" – Liam Grimwood

- Choice of "nock" has bigger effect than you might think!
- Why "pin nock" systems are superior to other nock systems
- Evaluation & comparison of major brands: Easton G-pin, Gold Tip, Soma and Beiter nock/pin systems
- Recommend – changing nocks before major competitions

"Seize the Moment" – John Dudley

- How to prepare for when it comes down to one last shot in a competition – how to handle the "pressure" the best ways
- Practice range vs. real live competition – added "pressure"
- How to practice under "pressure" – always score, everything
- Shoot & train with better archers-improves your shooting and adds "pressure"

"Ask the Experts" Section:

"How important is a good coach in reaching higher levels" – Roy Rose

"How to hold in strong winds" – Liam Grimwood

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



"Recurve: Setup and Tune" – Roy Rose

- How to get the best tune for your Recurve bow
- Best bow length – directly related to draw length & your height
- Tiller – bottom needs to be 3/8" less than top tiller (fingers affect)
- Brace height – 1st check manufacture spec recommendations – otherwise use "rule of thumb" brace height guidelines in article
- In addition – arrow rest match, sights, plunger-pressure button
- Then testing procedures – bare shaft arrow, paper tear, etc.

Outstanding overview article!

"Overcoming Problems Through Training" – Duncan Busby

- Methods to use to get back on track, if struggling w/shooting
- Form issues & release – blank bale short distance best method
- Use 'click counter' to determine % of good form shots vs. not
- Aiming issues – relax and don't try to hold perfectly on a spot (over-aiming)

“Building Release Confidence” (Compound) – Liam Grimwood

- Strong, trouble free shot is easy to learn-gives “confidence”
- Use “scapula motion” to trigger compound release aid
- Practice short distances for technique-then add aiming
- Focus conscious effort on scapula movement-not release aid
- Use blank bale (non-aiming) to develop release technique, then add distance

“Unlock Your Shooting” (Compound) – John Dudley

5 Key ways to a consistently good shot

- 1 Master your measurements-draw length must be correct!*
- 2 Balance your bubble – critical for centered shot.*
- 3 Grip it-don't grab it – bow grip contact only thumb side.*
- 4 Concentrate on clearances – fletches/rest, face contact, etc.*
- 5 Finish the shot – pull thru w/back tension + keep posture after the shot and follow-through.*

NOTE: The following can be borrowed from the AAC Library – signed out as normal via our Member Loan system

“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. No New Books Added to AAC Library this month of October 2014.

III. “New” DVD added to the AAC Library this month.

“Mental Keys That Unlock TARGET PANIC” – Part #1 DVD by Robinhood Video Master Coaching Seminars – w/ Len Cardinale

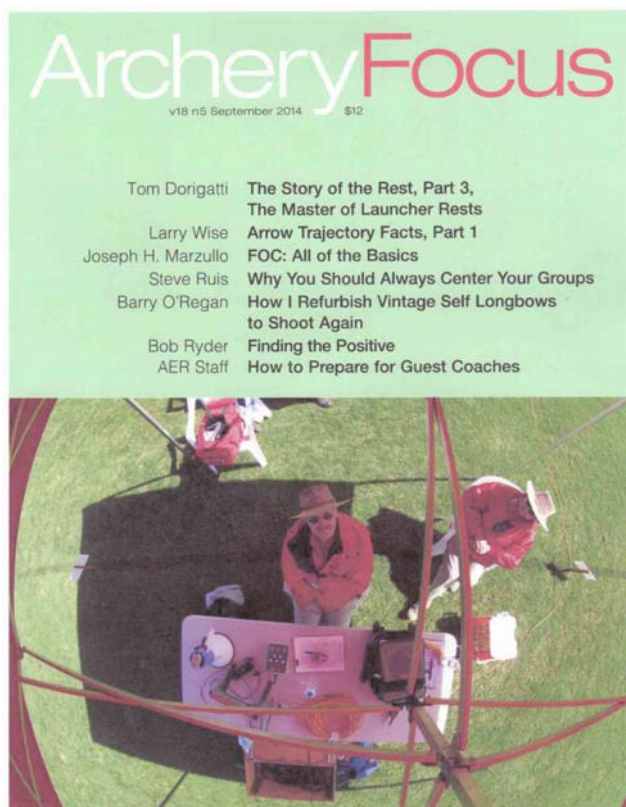
Topics covered include the following:

.Introduction – defining “target panic”

.Concentration and Attitude

.Empty Bale shooting - technique development

.Anticipation and Target Panic conclusion



IV. **“ARCHERY FOCUS”** Magazine - available now “Only On-Line” in PDF format...annual subscription (6 issues) @\$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 **SEPTEMBER 2014** Archery Focus Magazine and articles are as left: