

# On Target



2015 Issue No 9 SEPTEMBER



## President's Report - AGM 2015

As the Adelaide Archery Club is celebrating its 70th year in 2015 a number of activities have taken place. It was nice to see an excellent turn up of ex members for the Memorial Shoot. Some of these people were members of 50 years ago. I would like to thank Jill Vardon for the excellent work she did on the invitations to this event. A gift of an engraved pen was given to these ex members. In addition all archers who renew or become members of the Adelaide Archery Club during 2015 will receive a gift of a mug to commemorate the year. The annual dinner was held at the Brunswick and a good time was had by all who attended the Xmas in July.

Camp Quality was very successful again this year with a number of new faces attending. Thanks must go to James Henriks for organising this event and also the Cluster Camps at Narnu Farm.

Congratulations to Clare Reuther for her efforts in representing Australia at events and shooting overseas. The City of Adelaide was a success with 41 archers competing. We were lucky with the weather as the day before the event the temperature reached over 38 degrees.

N. Bentley, A. Cox, Z. Brown, E. Holmes, A. Moffatt, A. Sureiander, S. Blyth, R. Charsley, J. Lewis, C. Reuther, D. McFarlane, K. Morris, B. Tansell, P. Blyth, E. Smith and T. Pauley took part in the Youth Nationals and congratulations go to those who won medals.

At the National Indoor Championships twenty archers took part.

The State Matchplay was contested by 5 Archers from Adelaide.

The club also won three events at the Lord Mayors team shoot.

A number of members took part in the Metric Philadelphia at Cressy.

It is also good to see Adelaide Archery Club members taking part in invitational shoots at country clubs like Blue Lake, Mid North and Barossa.

Our club currently has four judges who assist at QRE's, Ranking Shoots, National, State and Invitation events.

It is very pleasing to see a few new faces from AAC taking part in tournaments.

This year the club added some new rounds to the calendar. A number of WA 72 arrow rounds and ½ FITA's which archers may make claims against.

The club has received the report from the Target Working Party and is currently putting together a proposal for the club to consider from the information received.

At RGB level we have six members who hold positions. There have also been a number of members who have volunteered to assist with organising events such as Masters Games and Nationals. We have an interim Webmaster since Paul Carpenter left the Club and Tony has already made a few changes for us.

As we have again been inundated with people to do the coaching courses to make things easier we have started to put the Beginners Classes on-line for participants to be able to enter.

I would like to thank the small band of volunteers who helped keep the equipment in good working order.

It was sad to lose a couple of members during the year. Jim Ashlee a Life Member and Janet Wilson an archer of many years who also held positions at the club. We have again had members on the sick list and our best wishes go to them.

I would like to thank all the officers and volunteers who have helped out at events during the past 12 months especially those who are not standing for re-election.

*Carol Ashlee*

President

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**Editor:** Clarence Yeoh

## Meet Your New Committee

President	Carol Ashlee
Vice President	Eileen Hullstrung
Secretary	William Carney
Treasurer	Annette Oien
Equipment Officer	
Coaching Coordinator	James Henriks
AJAD Coordinator	
Asst. AJAD Coordinator	Glenn Pauley
Recorder	Aileen Anderson
Tournament Director	Sue Martin
Building Officer	Junior Alexander
Asst. Equipment Officer	Dean Pettman
Asst. Recorder	Stephen Robinson
Social Coordinator	Emma Fettke
Groundsman	
Archery SA Delegate	Jeff Nicoll
Club Steward	Ann Branford
Publicity Officer	Clarence Yeoh
Librarian	Randall Coon
Club Coach Recurve and Longbow	Jeff Nicoll
Club Coach Compound	
Field Captain Thursday	Dean Pettman
Dep. Field Captain Thursday	Denis Harvey
Field Captain Saturday	Tony Loi
Dep. Field Captain Saturday	Norm Smith
Field Captain Sunday	Barry Adams
Dep. Field Captain Sunday	Dean Pettman

## Non-elected appointments

Public Officer	Ron Bentley
Webmaster	Tony Loi
Auditor	John Hodgetts
Club's Proxy Archery Sa Delegate	Carol Ashlee

## Nominated

Andre Laforet as Equipment Officer  
Brendan Roberts as AJAD Coordinator

### CLUB SPONSORS

#### ARCHERY ACADEMY

19 Ferry Ave, Melrose Park, SA 5039 Phone: (08) 8276 1425 Web: [www.archeryacademy.com.au](http://www.archeryacademy.com.au)

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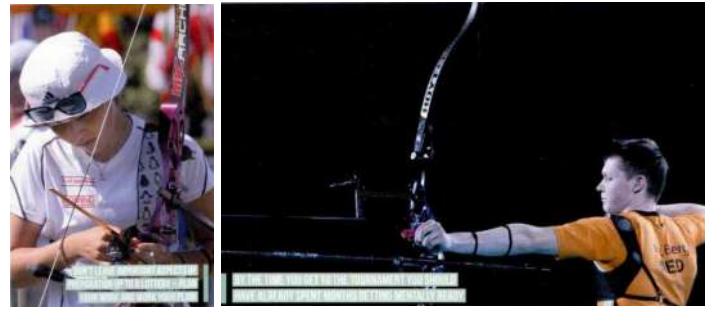
## Hot off the Presses

### AAC Library Magazine/Books/DVD Reviews

#### SEPTEMBER 2015

New Magazine Reviews – Bow International:

Review of newest Bow International (Issue #100): – all shooting form articles have been reviewed and scanned for inclusion in AAC Library



#### Issue #100 (September 2015)

##### Key – Shooting Form & Equipment Articles

- Comeback – After Shoulder Surgery – John Dudley
  - Perfect time to reflect on shooting form + repair shoulder.
  - Took 3 different doctors – to get one for targeted archery recovery.
  - Post-surgery physiotherapy most important – take at 'your' pace.
  - Work on 'quality' of recovery shooting comeback – not 'quantity'.
  - In Hindsight – warm-up & stretching...all important before shooting.
- Ultimate Archery Advice from Top 16 Pro's – Compound/Recurve
  - Larry Godfrey-3 X Olympian, John Dudley, Roy Rose, Larry Wise, Dr. James Park, Naomi Folkard 3X Olympian, etc.
  - Each comments on what they feel is 'most important' – in archery.
- Pre-Tournament Preparation– Larry Wise
  - Training cycle organisation – macrocycle/mesocycle/microcycle.
  - Macro = 1 year; Meso = 4-6 weeks; Micro = 7-10 days prior to comp.
  - Alternate periods of low vs. high intensity – to give body rest.
  - Physical vs. Mental preparation – both need detailed plans.
  - KISS – Keep it Smart and Simple.
  - Set both results and progress Goals – know the difference.
- The TRUST Test (for competition success) – Roy Rose
  - Trust – staunch & firm belief in one's ability to perform.
  - First – have total confidence in setup & tune of bow & equipment.
  - Second – confidence in own shooting form and execution release.
  - Comfort & fluency are hallmarks of a top professional
  - 15-20 second of action – need video replay-like replication, from shot-to-shot.....perfect replication the objective.
- Calculations for Uphill & Downhill Shooting – Liam Grimwood
  - Explains calculation of amount of cut-for both types of shooting.
  - Sight setting =  $\text{COS}(\text{Angle to Target}) \times \text{Actual Distance to target}$ .
  - Uphill or Downhill shot – always take off yardage...never increase.
  - Chart for common Degrees and respective per cent of cut needed.
- Pressure Buttons & Other Tuning Items (Recurve) – A. Smith
  - Tuning recurve so arrow leave bow with minimal fuss/influence
  - Set recurve bow tune to your own shooting style
  - Get bare shaft testing within your average group size
  - Dust arrow rest w/light powder – to check for interference
  - Proper arrow spine match to draw weight – is essential for tuning
- Vertical Displacement– of Arrows Leaving Recurve – James Park
  - Nocking point rises – as the bow is drawn (recurve + longbow)
  - As draw length increases – vertical displacement rise quicker
  - Next Bow International Issue – discuss compound displacement

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## Ask the Experts Section

- Practice techniques to mimic competitive pressures when training alone? – use Clint Freeman phantom game – R. Rose
- What arrow spine to use if in-between on Easton Charts? – always go to higher spine and why – Duncan Busby
- How to ease back into archery after shoulder (any) injury? – Little and often is the best method & examples – L. Grimwood

## New Books DONATED and Added to AAC Library this month of September 2015.

1. Strength Training for Young Athletes – by W.J, Draemer PhD and Steven Fleck PhD – AAC Library # - 169.0
2. Archery Anatomy – by Ray Axford – AAC Library # - 73.3
3. The Simple Art of Winning – Rick McKinney – AAC Library # - 91.1
4. Zen in the Art of Archery – Eugen Herrigel – AAC Library # - 79.1
5. Arrows from the Past – Don Eade (signed copy) – AAC Library # - 170.0
6. Coaching Manual – Archery Assoc. of Australia Inc. (1991) – AAC Library # - 171.0

## No New DVD's added to the AAC Library this month September 2015

## 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.

Image of the new, current September 2015 Archery Focus Magazine and articles are as below:

# ArcheryFocus

v19 n5 September 2015 \$12

Tom Dorigatti	Making the Transition from Recurve to Compound Games Traditional Archers Play
Bob Linberg Sue Palsbo	How I Got A Public Archery Range Built in Only Five Years
Markus Wagner	What Makes a Good Coach?
Brent Harmon	The Danage Light Bale System: A Review
Steve Ruis	The Principles of Coaching Archery
AER Staff	What's Your Archery Attitude?



## Recent Events

### Archery Golf – By Gloria & Barry

The object of archery golf is much the same as playing golf with a ball and club but you have to hit a tennis ball on a stand not put the arrow down the hole. Unfortunate today was cold wet and windy and not all that conducive to enjoying what is normally a very enjoyable game. So after four holes, all of us being very cold and very wet we retired to the club house.



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## Upcoming Events



### 27 September

**ARCHERY SA Tyro Tournament**, 1.00 pm at Morphett Vale

Hosted by Southern Vales Archery Club

**ARCHERY SA AJ Barter Veteran Archers' Tournament**, 1.00 pm at Morphett Vale

Hosted by Southern Vales Archery Club



### 3 – 10 October

**Australian Masters Games**, <http://www.australianmastersgames.com/extra.asp?ID=6925>

Clout – Sunday 4 October 2015, Saint Ignatius' College, 2 Manresa Court, Athelstone

Target – Monday 5 – Tuesday 6 October 2015, Saint Ignatius' College, 2 Manresa Court, Athelstone

3D – Thursday 8 October 2015, Southern Field Archers, O'Halloran Hill Recreation Park, Majors Road, O'Halloran Hill

Field – Friday 9 October 2015, Eden Field Archers, Shepherds Hill Recreation Park, Ayliffes Road, St Marys

### 3 October

**GSA Invitation Shoot - "A Shot in the Forest"**, 10.00 am at Strathalbyn

Hosted by Great Southern Archers



**Field - QRE/Ranking Shoot**, 1.30 pm at Shepherds Hill Recreation Park

Hosted by Eden Field Archers



### 18 October

**Barossa Archery Club Invitational Shoot**, 10.00 am at Tanunda

Hosted by Barossa Archery Club



### 23-27 October

**2015 Archery Australia National Archery Championships**, Morwell, Victoria



### 25 October

**SVAC's Ros Johns Memorial Field Tournament**, 10.00 am at Strathalbyn

Hosted by Southern Vales Archery Club



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