

On Target



2015 Issue No. 11 November

Silver Leprechaun

How And Why Do We Have A Silver Leprechaun Postal Shoot Annually?



was curious as to how this tournament came to be and so I contacted the organisers of the Tournament. The following is an overview of the information/letter that was sent to me by Coral Dandridge.

History

The Archery Association of Australia was formed in 1948. Coral and George Dandridge started in archery in Busselton in 1958 and then moved to Bunbury in 1960 and formed the Bunbury club. The club is now the longest affiliated club in Western Australia apart from the state society. It is the only Archery club in this area. Both Busselton and Bunbury are on the lower south west coast of WA.

Bunbury Archery club was very busy and innovative. The members were brilliant to be with. Being a new club they were always looking for ways to further the interest of Archery in Bunbury and beyond.

You can understand the clubs amazement when historical records from a supplement to the Inquirer and Commercial News dated Wednesday October 23, 1878 reported on news of the Bunbury Archery club. As quoted: It may not be generally known that there is in existence in the little town of Bunbury an Archery Club, the only one I believe in the colony. The club was formed in 1876, with about 20 members. There is plenty more in the report.

Back to the present club and the Silver Leprechaun. The idea of this tournament was to interact with Archery clubs on the Eastern seaboard and overseas. So the Silver Leprechaun took flight in 1960. Full credit to the club members who were instrumental in setting the tournament in motion. Everything in those days was done by snail mail. The name came about because a club member of Irish extract really believed that Leprechauns were the bringers of good luck and were always searching for Gold. I don't know why it ended up being called the Silver Leprechaun. Coral and George are the only originals still with the club from those early days.

Coral ran the tournament for 27 years on her own and did the book work for 6 years prior to that. Coral and George continue to co-ordinate the WA section, which is shot over one day in Bunbury. All WA competitors must come to Bunbury for the tournament. There is no postal division for WA. The Silver Leprechaun held the interest of many overseas clubs. Joining the postal division were clubs from Zimbabwe, England, America, New Zealand as well as those from all states of Australia. It was a massive undertaking but I enjoyed every minute of the interesting years. In the early days of the tournament trophies were sent to division winners. When postage became far too costly the club decided to have a medal struck. This is the Silver Leprechaun medal that is still used today and is only awarded to winners of their division in the tournament. I know that you have Leprechauns looking after you Sue.

I have enjoyed coordinating this event, with some good results over time. It is a challenging event that has seen regular participation by a small group, with our younger archers taking up the challenge over the last couple of years. For this year's results.

Congratulations go to:

U18FR: 1st Clare Reuther 2nd Shannon Blyth

OFR: 3rd Georgina Bell

ML: 1st Nigel Steyn 2nd Dean Pettman 3rd Joe Vardon

LL 1st Pam Pettman

OFC 3rd Yvonne Lewis.

Sue Martin

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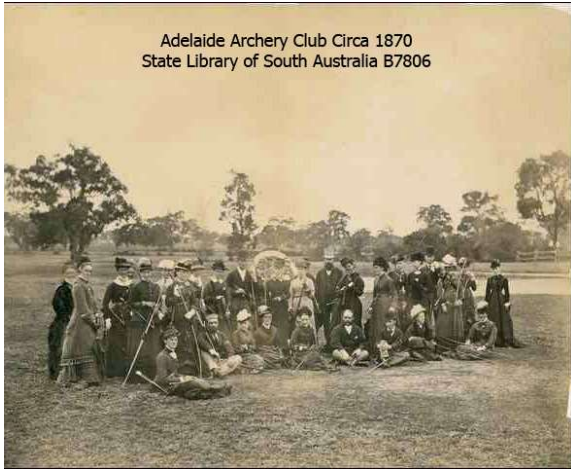
Phone

(08) 8229 0101

Web

www.adelaidearchery.org.au

Adelaide Archery Club Circa 1870
State Library of South Australia B7806



Major Duncan Clout

History

In 1939 Captain Colin Duncan gathered together interested parties to bring back formal archery to Adelaide, and in August 1940 the first meet of the Archery Club of South Australia was held. This club went into recess in 1942 during WWII. Captain Duncan, (later Major) is remembered annually at the club with a clout tournament held in his honour.

Congratulations: to Daniel Caon (Recurve) and Melissa Fettke (Longbow) this year's winners of the Major Duncan Trophy.

Sue Martin



End of Year BBQ and Christmas Breakup Shoot

Christmas Breakup Shoot is on 13 December 2015.

Shoot starts 1:00pm.

Please register your participation for catering purposes.

Merry Christmas



Donations required for Christmas Hamper and Stocking Raffle.

Items accepted includes:

Food (non perishable), Toys, Drinks, etc.



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HOT OFF THE PRESSES

AAC Library Magazine/Books/DVD Reviews: NOVEMBER 2015

New Magazine Reviews – Bow International:

Review of newest Bow International (Issue #102): – all shooting form articles have been reviewed and scanned for inclusion in AAC Library



Issue #102 (October 2015): Key Shooting Form and Equipment Articles

Importance of Perfectly Matched Arrows – John Dudley

- Attention to detail, especially arrows – most important for tight groups, consistency and high scores
- To hit the X – all arrows need to be a perfect match!
- Type of arrow shaft/spine (matched to bow poundage), type of point, weight of point, length of point, fit & weight of knock, etc.– be the same
- Keep tolerance to an absolute minimum-Easton says .015 straightness
- Weight and spine tolerances also critical-Easton figures stated & used

No Coach – No Problem – Liam Grimwood

- Had numerous coaches over the years – but no permanent coach
- For most of us – #1 coach is ourselves – developing sound & reliable shot routine/technique has biggest impact on performance
- Video and frame-by-frame taping/reviewing extremely helpful
- Get 4-5 different video/photo angles – close-up of release hand, rear elbow, close-up of bow hand, overall head-on & from behind
- Equipment, shooting technique and mental process-all important

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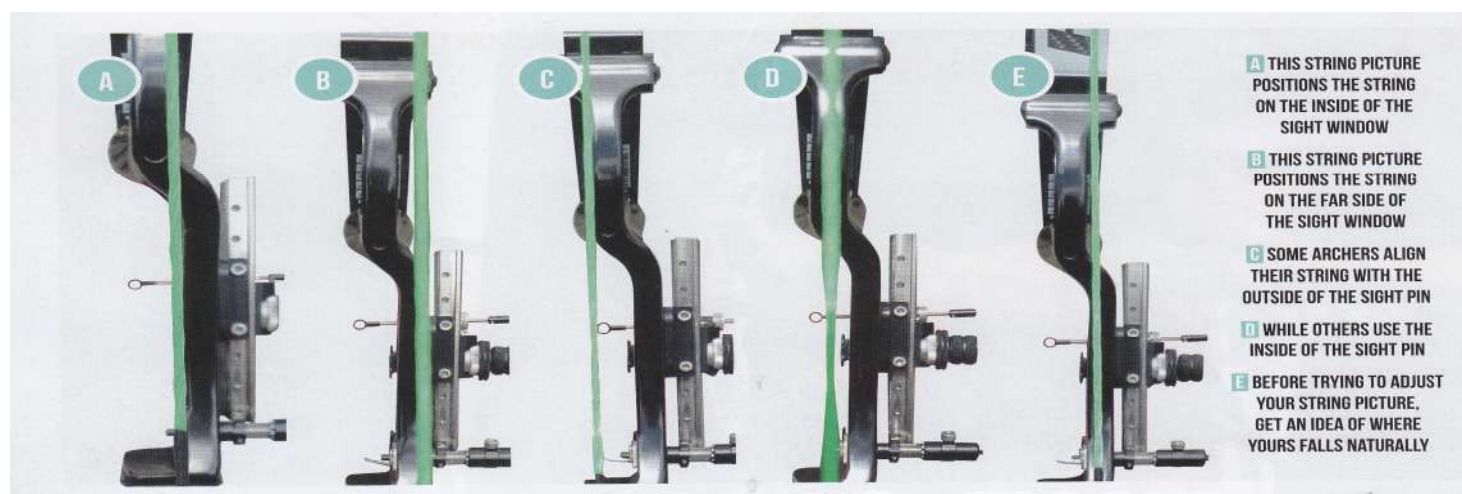
All About the Front End – Patrick Huston (UK Team)

- Front End – from centre of spine forward
- Simple requirement – nothing should move (or falter or give way)
- Goes through each component, section by section – hand/grip/wrist, triceps/latissimus/trapezius muscles, upper arm and shoulder alignment – bone-on-bone alignment assists aiming
- Numerous photo illustrations of correct posture & alignment
- Outstanding 3 page article on front-end – applies to all archers



Sight of the String (Recurve) – Andrew Smith

- Using consistent string picture equals tight groups
- Sting picture is fuzzy, out-of-focus image of the string that you see at full draw (recurve)-position in relation to riser or sight pin
- For string picture to be same each time – posture, shooting form and anchor all need to be in the same position.... each time you shoot
- 5 different string pictures used worldwide – personal preference, use what works best for you (with advise from your coach)



Arrow Launch Sequence – from Compound Bows – James Park

- In vertical plane – compound arrow follows the path taken by the nocking point, during the power stroke of the bow
- For twin cam & binary cam bows, the arrow pass above the bow's centre, as knocking point rises as bow is drawn
- Knocking point 3mm above the unloaded position of the launcher, is perfect.... because of this physics of a compound bow

Ask the Experts Section:

- Making windage adjustments for varied distances – discussed the 3 adjustments to make and their & results – Duncan Busby
- How to minimise tournament nerves – 3 suggestions offered – Andrew Smith
- Is it necessary to upgrade equipment every year – to keep up with archery technology advances? – Roy Rose

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New Archery Products

Review of entire Specialty Archery's Versa Scope systems (compound- scopes/lens/fibre optics/peep clarifiers) – by A. Whittingham

Review of Mathew's Newest Mission series 2015 Hype DT compound bow with 19-30 inches of draw length adjustment and over 55 pounds of draw weight performance – perfect for beginner compound archers with lots of room to grow – by Duncan Busby



New UK Hit or Miss Tournaments – using Beiter's new hit or miss recurve & compound scoring targets.

Teams include one recurve & one compound archer's versus other teams.

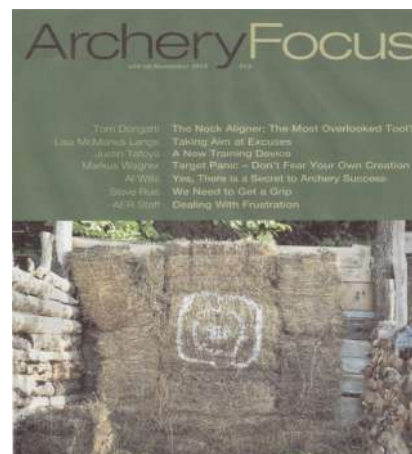


Archery Focus Magazine

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 (left): Current November 2015 Archery Focus Magazine and article.



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Important Dates

12 December 2015

State Ranking Shoot

Rounds: World Archery 90 and World Archery 1440 depending on age groups.

Starts 9:00am. Registration online at www.archerysa.org.au or Archer's Diary.

Club Shoot

Please note that due to State Ranking Shoot, the club shoot will start at 2:30pm. The round to be shot is Launceston.

2016 ARCHERY SA & Archery Australia National Matchplay Series Finals



ARCHERY SA and Adelaide are proud to again play host to the Archery Australia National Matchplay Series Finals and the State Matchplay Finals to be held in Victoria Square - in the very heart of the City.

Programme of qualifying events for the ARCHERY SA State Matchplay Events:

- 4, 5 & 6 March, 2016 Archery Australia's Australian Open in Brisbane (Samford Valley)
- 9 & 10 January, 2016 2nd leg of National Matchplay Series - details tba
- 21 November, 2015 at Victor Harbor Archery Club
- 5 September, 2015 at Cressy Bowmen

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Bread Pudding

No, it's not a bread and butter pudding but a very popular spicy fruit pudding in England and Southern States of America.

Ingredients

500g White or Wholemeal bread

140g Muscovado sugar

1 ½ tbsp. Mixed spice

600 ml Milk

2 Large Eggs

500g dried mixed fruits

100g butter melted

2 tbsp. Demerara sugar (or Brown sugar)

Zest of 1 lemon (optional)

85g mixed peel (optional)

Directions

1. Tear the bread into a large mixing bowl; add fruits, peel and spices. Pour in milk, and then stir or scrunch through your fingers to mix everything well and completely break up the bread. Add eggs, muscovado sugar, and lemon zest and stir well then set aside for 15 minutes.
2. Heat oven to 180 fan/ 160 gas. Butter and line a 20cm cake tin (not one with a loose base). Stir the melted butter into the pudding mixture, tip into the tin, and then scatter with Demerara. Bake for 1½ hours until golden brown. Cover with foil if it starts to brown too much. Turn out of tin strip off paper. Cut into squares serve warm. It is also very nice eaten cold.



Contributor: Barry Adams

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