

On Target



Issue No 6, June 2015



80th Congratulations

To Gerald Hawkins
who celebrated his 80th Birthday in May



ANNUAL DINNER CHRISTMAS IN JULY THEME

Date: 25th July

Time: 6.30 pm

Venue: The Brunswick
207 Gilbert Street, Adelaide

Cost: \$35.00 per person

Name on Board

Please pay at the club prior to the event



BIG MORNING TEA

Thank you to Pam Pettman for organising and all who donated items for the Big Morning Tea and cash donations from members. The Club raised \$120 for Cancer Research.

HANDICAP SPOON

Congratulations To

Clare Reuther

Who was awarded the Handicap Spoon for May

NEW MEMBERS

The following were accepted for Membership at the June Club Meeting.

William Blagrove, Junyi Shi, Kevin Barrie, Maeve Shaw and Yvonne Lewis

Welcome to the Club

Adelaide Archery Club Inc.

Cnr Bundeys Road & War Memorial Drive

North Adelaide 5006

The Secretary

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Emma Fettke



Melissa Fettke



Georgina Bell



Naomi Johnson



Aileen Anderson



Barbara James & Julian Gambling



Barry Illman



Jan O'Connor



Mark Newton, Dean Pettman, Bill Sloan and Joe Vardon



Sue Marley



Sue Martin



Bill Sloan



Annual Indoor/Outdoor Tournament 31st May 2015

Photos: Kevin Dawson



HILLS ARCHERS INVITATION

Invitation for Adelaide Archery Club members to participate in a

Single Clout

Followed by lunch

When: Sunday 9th August 2015

Time: 10am start

Venue: Lobethal Recreation Grounds, Onkaparinga Street

Register and pay (shooting fee and lunch) on website at:

[Hills Archers Clout Entry](#)

No paper entries

CLOSING DATE: Sunday 2nd August



MEMORIAL SHOOT

Reminder that the Memorial Shoot is this Saturday, 27th June
Normal Shooting Time

Rounds

Seniors - National 48 x 60 - 24 x 50 Yards

Juniors - Jr National 48 x 50 - 24 x 40 Yards

WAND SHOOT

The Annual Wand Shoot is on 5th July. ***This round has priority on the day.***

Rounds

Cadets and Above - 90-70-60

Intermediates, Cubs - 60-50-40

RANKING SHOOT

There is to be a Ranking Shoot at AAC on 12th July commencing at 9.00 am

****Please Note** Programmed Round will not commence until 2.30 pm**

On Line Entries can be made [Here](#) by July 5th

Article from The Advertiser, Friday 11 September, 1953

State Archery Titles Soon. (1953, September 11). The Advertiser (Adelaide, SA : 1931 - 1954), p. 10. Retrieved March 24, 2015, from <http://nla.gov.au/nla.news-article48921519>

State Archery Titles Soon

Men and women archers from Tanunda, Adelaide and Enfield Heights (Cressy Club) will use the new field course at Eden Park for the first time on September 27— the final day of the State championships. State competitions will begin tomorrow week at the Adelaide club's headquarters, North parklands, near Hackney bridge.

An Australian round is listed for the first day. On Sunday week there will be an American round, plus a clout shoot and a flight shoot. The following Saturday the competition will be a team event for men and women. State woman champion Mrs. Joan Lloyd (Adelaide) will not defend her title.

TARGET CUPBOARD - BUTT KEYS

For those that do not read the minutes please note changes to regulation 36.3

"A TARGET CUPBOARD/BUTT KEY may, upon application to the Club, be issued to a person at least 18 years of age (the 'Key Holder') who is either

**A Club member, or
The parent or guardian of a Club member**

in order to facilitate independent practice by the Club member (the 'Archer') at the Club grounds, subject to the following:

1. *The Archer must have completed 8 programmed rounds within the period of one year leading to the date of the application.*
2. *Both the Key Holder and the Archer (they might be the same person) must view the safety presentation in the clubrooms between the time of application and the time of issue of the key, and whenever advised to do so in the Club newsletter or by a Club official.*
3. *The Key Holder will be primarily responsible for ensuring that practice is performed safely and in accordance with the regulations.*
4. *Both the Key Holder and the Archer must fill in and sign the shooting register prior to commencement of archery activities at any practice session.*
5. *Where the Key Holder is not the Archer, the Key Holder will remain with the Archer throughout the session.*
6. *The Key Holder must not give or loan the key to another person or duplicate the key.*
7. *If the Archer terminates their membership of the club, then the Key Holder will return the key to the Club forthwith.*
8. *If the Key Holder loses the key, then they must inform the club as soon as possible and pay a replacement fee.*
9. *Keys are changed annually, at which point the key must be returned to the Club; a new application can be made for a replacement key.*
10. *The Club is not obliged to issue keys (however applications should not be refused unreasonably).*
11. *The Key Holder will return the key if requested to do so by a Club official.*
12. *The Key Holder pays the appropriate fee.*

Affiliated Members

This has already been announced in notices.

- *Permanent visitors to our club, may bring an **affiliated** member from another club, providing all rules are observed.*
- ***Archer in possession of the butt key must open and close all safety signs and not leave visitor unaccompanied on field.***
- ***Visitor must sign the book and pay a visitor fee** (maybe not possible on the day, but permanent visitor can forward payment).*

"Hot off the Presses"



AAC Library Magazine/Books/DVD Reviews: **JUNE 2015**

I. "New" Magazine Reviews – Bow International:

Review of newest Bow International (Issue #97): – all "shooting form" articles have been reviewed and "scanned" for inclusion in AAC Library

A. **Issue #97 (June 2015):** Key "Shooting Form" + Equipment Articles

"A Perfect 600" – Mike Schloesser/Netherlands (Indoor-Compound)

- Nimes World Cup in France-18m Record - Mike Schloesser shot world record "600" – 1st international perfect all 10's round!
- Record can't be beaten.....only tied in the future.
- Aida Roman also tied women's World Record of 592 (3 spot-indoor).
- Duncan Busby article in this issue #97, "Performance Pressure" (below), also addresses this issue of keeping focus and subconscious form, when each arrow counts so much....like these 2 world records

"Performance Pressure" – Duncan Busby ("Outstanding"-3 pages)

- Learning how to deal with performance pressure in stressful situation – is key to becoming a better archer.
- Stress distracts from your normal subconscious shooting routine.
- Understanding reasons why we're affected adversely when the arrow really counts....in a competitive, stressful situation.
- Emotional interference and over-analysis of the shot - are killers.
- Solutions – identify pressure, be positive & how to keep the focus.

"Coaching Students with Disability" – Danielle Brown

- 3 Categories in World Archery – W1, W2 and ARST (standing).
- Even same disability – student coaching needs can & do differ.
- Wheelchair archers need additional back support in chair.
- Good news – more than one way to shoot a bow
- Assistive devices help level the playing field-for disabled

"New Season – New GOALS" – Liam Grimwood

- How to "Set and Achieve" your 2015 Archery Goals.
- Never set more than 3 goals at any one time.
- One goal per discipline – 1. Technique, 2. Results, 3. Mental; helps reduce overlap and conflict between goals.
- Focus, commitment, follow-through and lots of practice-KEY.

"Archery S.C.A.R.S.-Becoming a Better Archer"– John Dudley

1. **Sacrifice** – nothing worth having comes without "sacrifice".
2. **Commitment** – motivation gets us going, "commitment" keeps us going. Needs to be 100% commitment...nothing less!
3. **Attitude** – is everything! Dictates many things in your mind, including self-image and has an effect on your physical health
4. **Recovery** – is essential to growth...talking physical and also mental – like recovery from upset and tournament loss
5. **Surround Yourself** – with "positive" supporters and align shooting with people that force you to achieve higher performance

"Outstanding article" - by the Master himself, John Dudley!

“Bow Poundage Shot by Top Recurve/Compounders” – Roy Rose

- Can be as much as 10-pound difference in a given division – for both Recurve and Compound world class archers.
- Most top male Compounder’s at close to Max allowable 60 lbs.-but World champ Rio Wilde at 50 pounds.
- Top female Compounder’s also at close to 60 lbs – but top USA World champ Erika Jones at 47 pounds – “average” of 20 top lady compound World class archers are at 50 pounds .
- Top male Recurve shooters Brady Ellison and Mario Nespoli are at 55 lbs.-but average among these Elite men Recurve is 46 lbs.
- Top female Recurve shooters found the top 20 Elite ladies remains just in excess of 40 pounds – but top USA women’s Khatuna Lorig is at 50 pounds.

“Ask the Experts” Section:

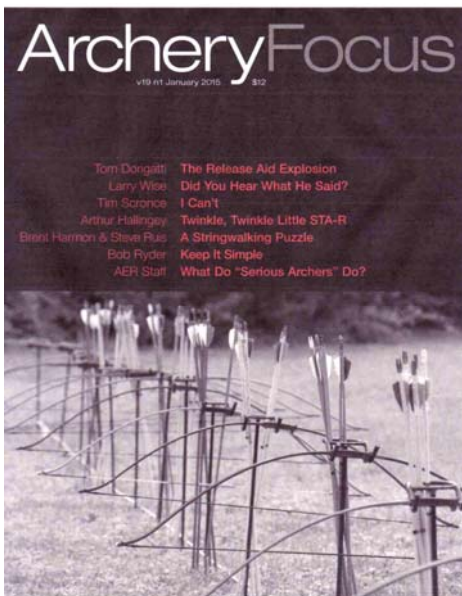
- **“Strategies to shoot in head-to-head competition ”** – example of World champ Rio Wilde used...“focus on your own form” – **Roy Rose**.
- **“What to look for when upgrading to a new bow”**- key factors to consider are axle length & build quality – **Liam Grimwood**.
- **“Is it better to shoot arrows with spin wing or straight vanes?”**- pro & cons of each discussed – **Andrew Smith**.

“ New Products for 2015 – from largest ATA Show in the World”:

- New Easton stabilisers – tapered A/C Pro, Contour & Z-Flex.
- New Carter release aid – “1st Choice” (based on Too Simple).
- New Win & Win AXT all aluminium Recurve riser.
- New T.R.U. Ball release aids designed by Jesse Broadwater – identical features, but Abyss (trigger) and Fulkrum (hinge).
- New Last Chance Archery “draw board” attachment for existing EZ compound bow presses (worth noting-as AAC has EZ press).

II. No New Books Added to AAC Library this month of June 2015.

III. No New DVD’s added to the AAC Library this month June 2015



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) for the information or borrow the Archery Focus DVD from the AAC Library.

A.2 Image of the new, current **JANUARY 2015** Archery Focus Magazine and articles are as left:

CALENDAR

June 25	ARCHERY SA Governance Review Meeting 7.00 pm
June 27	Memorial Shoot - normal shooting time
June 28	Beginners Course - Volunteers Required
June 30	2015 Master Games Organising Committee Meeting AAC Clubrooms
July 4	Field QRE/Ranking Shoot, Eden Field Archers 1.30 pm
July 5	AAC Annual Wand Shoot (<i>This round has priority on the day</i>)
July 9	Archery SA Meeting 7.30 pm
July 11	NO AJADs - Middle Break
July 12	Ranking Shoot - Register on-line at ARCHERY SA. AAC 9.00 am **Note Programmed Round Commences at 2.30 pm**
July 19	State/National Indoor Championships. On line entries from July 4 ARCHERY SA
July 25	Annual Dinner, The Brunswick, 207 Gilbert Street, Adelaide \$35.00 pp - Prepay at Club and name on board. Christmas in July theme.
July 26	Beginners Course Volunteers Required
August 1	Field QRE/Ranking Shoot, Eden Field Archers 1.30 pm
August 2	Beginners Course Volunteers Required
August 8	Ranking Shoot, Cressy Bowmen 9.30 am Rundle Reserve
August 9	Beginners Course Volunteers Required
August 9	Practice Clout Hills Archers 10.00 am
August 13	Archery SA Meeting 7.30 pm
August 16	QRE (72 arrows) ½Fita
August 21	AAC Club Meeting
August 23	Cressy Bowmen Invitation 10.00 am (see State Calendar)
August 23	Beginners Course Volunteers Required
August 30	ARCHERY SA State Clout Championships, St Ignatius College. 10.00 am - Entries open 1st July
August 30	Beginners Course Volunteers Required
August 29-30	2nd Traditional Shoot - Mallee Sunset Field Archers - Red Cliffs via Mildura VIC More Information on Traditional Shoot



*Two hydrogen atoms meet. One says, 'I've lost my electron.' The other says, 'Are you sure?'
The first replies, 'Yes, I'm positive.'*

*There was the person who sent ten puns to friends, with the hope that at least one of the puns would
make them laugh.
No pun in ten did.*

CLUB SPONSORS

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www.archeryacademy.com.au

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