

# On Target



Issue No 7, July 2015

## AGM

AAC's AGM is to be held on Friday September 18th, 2015  
**ALL POSITIONS DECLARED VACANT.**

See last page of Newsletter for Nomination Form. All nominations are to be received by the Secretary by General Meeting on August 14, 2015- to be posted on Notice Board to allow for proxy voting.

*Pam Pettman has announced that she will not be standing for Social Secretary this year, and likewise, I will not be standing for Publicity Officer.*

Please consider assisting the Club by nominating for a position.

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.*
- *Officers and Officials shall be elected by a simple majority.*

## 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.

MEMORIAL SHOOT  
Photographer -Jill Vardon



John & Gretel Dabovich



Judith & Denis McGovern



Gord



Pam Spurgen Judyth Duval Dorothy Bell



Neville Pledge Lorraine Nicoll David Kamm



Ann Branford Russell Barter



Bob Kirby Max Harrison



Lorraine Johnson Margaret Ashlee Anne Barter Gael Blake



Clare & Vic Damoto



Judith Alexander Peter & Ann Shave



Russell Barter Norm Smith



Peter Moors Jim Beatty



Ron Johnson Trevor Lines



Janet Rashleigh Chris Pawson



## Thank you

I want to thank all the archers that made a contribution to Breast Cancer Research when I brought the Pink Buns to the Club for morning tea. \$55.00 was raised and has been donated.

Aileen Anderson



## Results of Raffle drawn at Memorial Shoot

*Congratulations to the winners and special thanks to the Donors of the prizes.*

*Knappstein Beer Carton - Trevor Lines*

*Robin Hood Lace - Dorothy Bell*

*Portrait by Barry - Gretel Dabovich*

*Chocolates - Judyth Duval*

*Double Movie Passes - Judy Alexander, Dean Pettman, Peter Moors, Ron Johnson and Ron Bentley.*



## Thank you to our Webmaster

We are losing our Webmaster of eighteen months, Paul Carpenter who is no longer a member of this club. Thank you for all the time you have volunteered maintaining the website for the Club Paul.

Webmaster is an appointed position - if you would like to volunteer speak to Carol Ashlee. Tony Loi has volunteered to assist a new webmaster.



## National/State Indoor Championships

Congratulations to all the archers competing at the National Indoor last weekend, Sunday July 19

**State Championship** results can be viewed [here](#)

## Archery SA AGM

**ARCHERY SA's Annual General Meeting** is to be held on **October 8, 2015** and they are calling for nominations for the following positions - Written Nominations by 10 September 2015

AGM Positions for election this year are:

*President, Treasurer, Judging Administrator, Coaching Administrator, SAOC/ACGA Delegate, Journal Editor, Archive Officer and Recorder.*

Our State Recorder Kath Bridges has announced she will not be standing.

**Please consider volunteering for one of the above positions**

HANDICAP SPOON	NEW MEMBERS
<p style="text-align: center;"><i>Congratulations To</i></p> <p style="text-align: center;"><b>Josh Holt</b></p> <p>Who was awarded the Handicap Spoon for June</p>	<p>The following were accepted for Membership at the June Club Meeting.</p> <p style="text-align: center;"><i>Christopher Hann, Steven Hann, Oliver Wilson, James Willis, Alexander Willis, Terry Line and Grahame Line</i></p> <p style="text-align: center;"><i>Welcome to the Club</i></p>

# ANNUAL WAND SHOOT

Photographer - Gloria Adams



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



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

I. "New" Magazine Reviews – Bow International:

Review of newest Bow International (Issue #98): – all "shooting form" articles have been reviewed and "scanned" for inclusion in AAC Library

- A. **Issue #98 (July 2015):** Key "Shooting Form" + Equipment Articles
- B. 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!
  - ✓ Complete 3 page Nimes Indoor World Cup – pages 12 – 15



### **"Technical vs. Instinctive Archers-Which are you?" – Duncan Busby**

Two different approaches to compound shooters

1. Technical – emphasis on equipment & fine tuning and setup
2. Instinctive – in tune with "feel" of the shot and shooting form
  - ✓ Find the "Balance" between the two!
  - ✓ Simple/repeatable shot routine, lots of practice and a well tuned bow/arrows are
  - ✓ long term "key" to consistently high scores

### **"Down But Not Out – Shoulder Injury" – John Dudley**

- ✓ Injury setback – how to come back even "stronger" & better
- ✓ How to use "positive self-talk" versus negative thinking
- ✓ Positive motivation – "if you can look up, you can get up"
- ✓ Focus on coaching/teaching archery & getting fitness back

### **"Testing New Carter 'Total Control' Hinge Release"– LGrimwood**

- ✓ Pro-Cons: Trigger vs. Hinge Release Aids (**compound**)
- ✓ Hinge Release – great preparation for perfecting execution
- ✓ Carter "TC" hinge – both good layout & good mechanism
- ✓ "Layout" – good ergonomic shape to fit all fingers
- ✓ "Mechanism" – extremely smooth release action
- ✓ Magnetic head – automatically resets itself with magnets

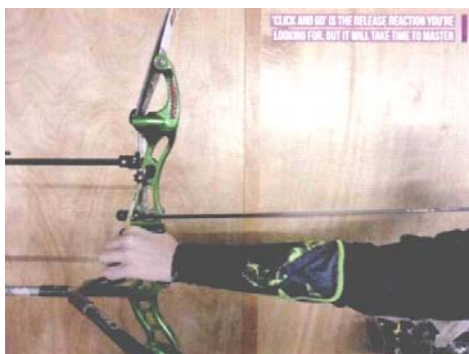
### **"Target Panic – OK to Miss & Relax" – Jim (Merlin Archery)**

- ✓ Even "instinctive" archers – can be affected by Target Panic
- ✓ Target Panic – "really fear of missing" & too much pressure
- ✓ All in the archer' head – not equipment related
- ✓ For Jim – less target and mixing 3D and field helped greatly
- ✓ Take pressure off, have more fun – Target Panic disappears

### **"Clicker: Comfort, Control and Setup" (Recurve) – A Smith**

- ✓ All top recurve archers use them – Olympics, National, Worlds
- ✓ Variety – simple blade to micro-adjustable "clicker" models
- ✓ Draw/Click/Shoot device vs. correct/wrong shooting form device
- ✓ Little effort to use means good pre-and post-shot routine
- ✓ If struggle – usually a shooting routine or form issue not 100%
- ✓ Bow shoulder rises as archer tires – big cause of clicker problems
- ✓ Correctly setup clicker assures archer is using back muscles correctly – however, proper setup takes coach + archer to do right

**OUTSTANDING Article on Setup & use of recurve "clicker"**



- **“Nocking Point Paths”– James Park (recurve and compound)**
  - ✓ Look at arrow behaviour when still attached to the string
  - ✓ Bows knocking point rises as the bow & string are drawn
  - ✓ Very technical explanation – for engineers/technical archers
- **“Arrow Socks brand review – wraps for arrows”– A Smith**
  - ✓ Design, development and future directions of arrow wraps
  - ✓ Putting archer name on wraps is the most popular selling wrap
- **“Ask the Experts” Section:**
  - ✓ **“Is archery practice really necessary - if so, how much” –** how elite archers put in serious practice & repetition – **Roy Rose**
  - ✓ **“How elite archers use back-tension for execution”-** key factors are setup at anchor, aim and back-tension release – **Roy Rose**
- **“ More New Products for 2015”:**
  - ✓ Cartel – now making “new” compound ALCON sights
  - ✓ MYBO – new “Rio Riser” and “Synergy” Carbon Limbs
  - ✓ Danage DOMINO target mat – extremely versatile/interchangeable
  - ✓ SF Archery – “new” VELOCITY carbon risers and limbs

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

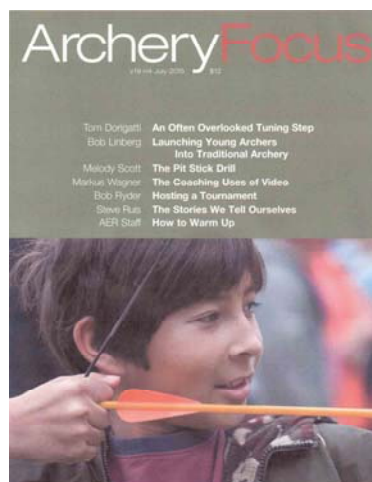
**III. No New DVD’s added to the AAC Library this month July 2015**

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 plasticholders 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 2015** Archery Focus Magazine and articles are as below:





## Silver Leprechaun

A reminder that Bunbury Archery Club, WA is currently holding its annual Silver Leprechaun Postal Shoot. Name on board and pay. A Double Australian Canberra Round is to be shot on one day (180 arrows). Ask at club for more details.

## CALENDAR

<b>July 25</b>	<b>Annual Dinner, The Brunswick, 207 Gilbert Street, Adelaide \$35.00 pp - Prepay at Club and name on board. Christmas in July theme.</b>
<b>July 26</b>	<b>Beginners Course Volunteers Required</b>
August 1	Field QRE/Ranking Shoot, Eden Field Archers 1.30 pm
<b>August 2</b>	<b>Beginners Course Volunteers Required</b>
August 8	Ranking Shoot, Cressy Bowmen 9.30 am Rundle Reserve
<b>August 9</b>	<b>Beginners Course Volunteers Required</b>
August 9	Practice Clout Hills Archers 10.00 am
August 13	Archery SA Meeting 7.30 pm
<b>August 16</b>	<b>QRE (72 arrows) ½Fita</b>
<b>August 21</b>	<b>AAC Club Meeting</b>
August 23	Cressy Bowmen Invitation 10.00 am (see State Calendar)
<b>August 23</b>	<b>Beginners Course Volunteers Required</b>
August 25	15th AMG Committee Meeting 7.30 pm at AAC
<b>August 30</b>	<b>ARCHERY SA State Clout Championships &amp; AAC Club Clout Championships, , St Ignatius College. 10.00 am - Entries open 1st July</b>
<b>August 30</b>	<b>Beginners Course Volunteers Required</b>
August 29-30	2nd Traditional Shoot - Mallee Sunset Field Archers - Red Cliffs via Mildura VIC <a href="#">More Information on Traditional Shoot</a>
September 5	Field State Ranking/QRE Eden Field Archers 1.30 pm
September 6	Farm Archery Golf Day (see State Calendar)
September 10	Archery SA Meeting 7.30 pm
<b>September 18</b>	<b>AAC Meeting followed by AGM, 7.30 pm All positions declared vacant. Nominations by August 21 General Meeting</b>
<b>September 20</b>	<b>Silver Quiver Invitation Tournament, AAC 10.00 am</b>
September 27	Veterans and Tyro Tournament - See State Calendar
September 29	15th AMG Committee Meeting 7.30 at AAC
October 3-10	<b>15th Australian Masters Games, Adelaide</b>
<b>October 6</b>	<b>Beginners Course - Volunteers Required</b>
October 23-27	<b>68th National Archery Championships, Morwell, Vic</b>

### 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: Mobile 0418 832 644 or

08 8338 1681 [www.blackwellfunerals.com.au](http://www.blackwellfunerals.com.au)

**W.F. GRAY & CO, PLUMBERS, ADELAIDE** Jeff Nicoll , Phone: 08 8212 3050

Mobile: 0418 806 095



**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.