



2016 Issue No. 1 January

Happy New Year!

Hope everyone had a wonderful Christmas and Holiday. It's another year, a new season to collect new records, set new goals and/or pick-up where you left off last year.



St. Sebastian Novelty Shoot 31/Jan/2016

Saint Sebastian was an early Christian saint and martyr. According to Christian belief, he was killed during the Roman emperor Diocletian's persecution of Christians. He is commonly depicted in art and literature tied to a post or tree and shot with arrows. The details of Saint Sebastian's martyrdom were first spoken of by 4th-century bishop Ambrose of Milan (Saint Ambrose), in his sermon (number 22) on Psalm 118. Ambrose stated that Sebastian came from Milan and that he was already venerated there at that time. Saint Sebastian is a popular male saint, especially among athletes. (Source: https://en.wikipedia.org/wiki/Saint_Sebastian)

This year AAC's St. Sebastian was shot at 31st of January. The weather was perfect sunny 24°C. About 30 members participated in the shoot with almost half of the field shooting long bow. The event was a reverse Robin Hood round with 4 different distances on 4 different target sizes. Shooting starts from 20m on 40cm target face. A total of 72 arrows were shot, and keeping in line with the "topsy-turvy" theme, "sighting" rounds were shot at the end of the shoot instead.



More photos available at <https://web.facebook.com/search/top/?q=%23aacstsebastianshoot>

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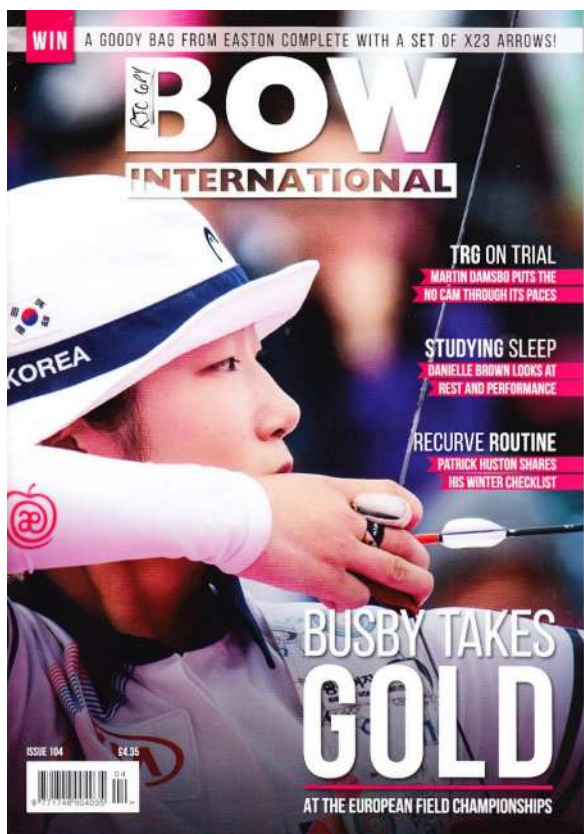
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HOT OFF THE PRESSES

AAC Library Magazine/Books/DVD Reviews: JANUARY 2016

New Magazine Reviews – Bow International:

Review of newest Bow International (Issue #104): – all shooting form articles have been reviewed and scanned for inclusion in AAC Library



Issue #104 (January 2016): Key Shooting Form + Equipment Articles

Setting Goals for Your Archery Improvement – Duncan Busby

- Without Goals – your aimlessly shooting arrows w/no direction
- Goals help you maintain positive attitude & aim you for success
- Different types of Goals – 1. Outcome + 2. Process + 3. Performance
- Always set one Goal – from each of the 3 Types of Goals
- Outcome Goals are most common (example-win tournament), but are heavily dependent on the level of competition – can be frustrating
- Process improves technique & Performance is realistic to your own past shooting capabilities

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Recurve Rundown (Checklist) – Patrick Huston (UK Team)

- Checklist for recurve archers moving from outdoors to indoors
- Northern hemisphere archer’s move indoors for cold winter months
- Indoor archery involves repetitive accuracy that rivals outdoor
- Indoor is good time to test different equipment and mental skills
- Arrows can be normal, or experiment with fat – may score better

Sleep Better, Shoot Better – Danielle Brown

- Night before major event – hardest time to get mind to relax & sleep
- Research proves – good night sleep improves – commitment, mental toughness, discipline, alertness and positive attitudes
- Major factor in sleep deprivation is STRESS
- 4 suggestions given to help reduce stress....to help get better sleep, prior to a competition
- To be at top of your game performance-wise-good night sleep is essential



Equipment Changes – How to Make Them Positive – L. Grimwood

- #1 – make no more than ONE change at a time & allow testing/evaluation period for each change you make!
- Equipment changes – suggest getting 3 practice scores + 1 competition score result (under pressure) – during evaluation
- Form changes – will need much longer evaluation period!
- Establish baseline – before any changes....need base for comparison

	6 ROUND PRACTICE FITA 18M AVERAGE	2 ROUND COMPETITIVE FITA 18M AVERAGE	CHANGE PASSED
BASLINE 1 OCTOBER	594.3	590.5	
ARROW REST CHANGE	593.6	590.0	FAIL
D-LOOP LENGTH CHANGE	595.7	591	PASSED
STABILISER CHANGE	590.5	588	FAIL
FLETCHING LENGTH CHANGE	595.6	588	NO CHANGE

Recurve Horizontal Arrow Travel/Behaviour – James Park

- Normally, James’s technical articles are hard to follow-not this one!
- At release of arrow from recurve – nock & string will move 12-15mm towards the archer’s face, as it flexes from power stroke
- Means at full draw, string should not be further back than the chin!
- If rear of arrow hitting pressure button, due to twisting the bow at full draw + incorrect bow grip

Ask the Experts Section:

- Recurve arrows keep going right of target at longer distances – two solutions offered - Patrick Huston
- How to get recurve bow to tip forward correctly after a shot – stabilisation+bow arm+wrist discussed - Andrew Smith
- Veteran Archer – how to increase competition– Roy Rose

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New Archery Products

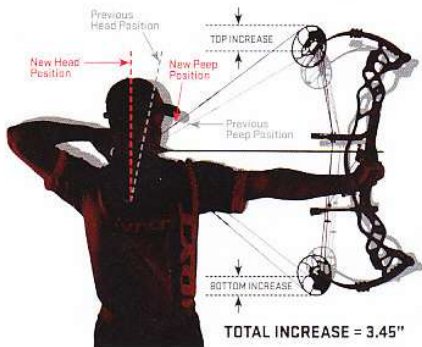
- Review of 'new' Gillo recurve bows by Michele Frangilli (Heretic Archer book) – G1+G02 +accessories – by A. Smith
- Review of 'new' Hoyt Hyper Edge bow w/new DFX cam (with 5 multiple draw lengths+limb stops) – by John Dudley (Outstanding)



THE HYPER EDGE IS THE LEADER OF THE NEW TARGET RANGE, EASY-TO-SHOOT AND COMFORTABLE YET VERY QUIET.



THE NEW DFX CAM SYSTEM OFFERS ADVANTAGES FOR LONGER DRAW LENGTH SHOOTERS ON SHORTER AXLE-TO-AXLE BOWS



THE POSITION OF THE AXLE IN THE NEW DFX CAM IN COMBINATION WITH THE ULTRA FLEX LIMBS OFFERS A BETTER STRUNG ANGLE FOR THE SAME AXLE-TO-AXLE LENGTH

- New Beiter Hit-Miss Tournament at East Anglia's – using Beiter's new hit-miss targets, recurve + compound archers team up to win. Teams include one recurve + one compound archer's versus other similar teams. Putting fun into archery!



THE HEAD-TO-HEAD MATCHES WERE TWO ENDS SHOT AT PLASTIC DISKS SET INTO FOAM BACKING



THE RECURVE (TOP) AND COMPOUND (BOTTOM) HIT-MISS DISKS ARE FROM 60MM GOLD SCORING AND 40MM GOLD SCORING ZONES RESPECTIVELY

- Testing the new Mathews' TRG No Cam bow – M. Damsbo



TESTING THE TRG

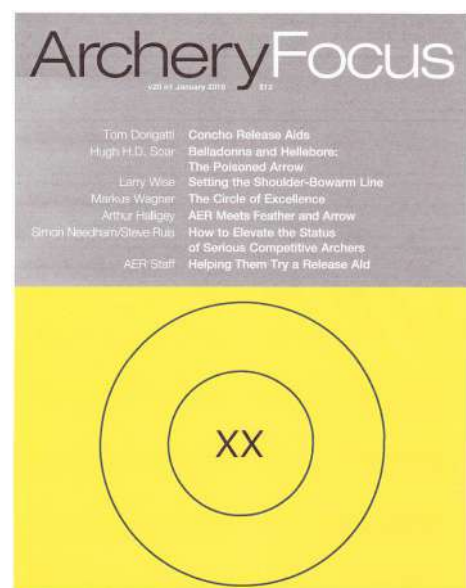


ARCHERY FOCUS Magazine

Available now Only Online 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 January 2016 Archery Focus Magazine and articles are as below.



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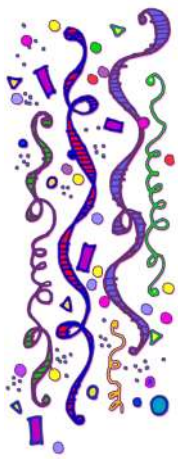
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Birthdays Celebrations

Special shout-out to Barry Adams, Ann Branford, Ray Colville, Robin Andy Cooper, Peter Golotta, Steven Hann, Janette O'Connor, Dean Pettman, Brendan Roberts, Junyi Shi and Christopher Wicks who just celebrated their birthdays recently.

Many happy returns.



CHINESE NEW YEAR 2016

Let's usher the year of the monkey with your fellow archers from Adelaide Archery Club.

Date: 13 February 2016

Time: 6:30pm

Venue: Lotus Chinese Restaurant

83 Melbourne St, North Adelaide

Deposit: \$23.00 due to Club by 30 January 2016.

Balance of \$23.00 due to Club by 7 February 2016.



Rest In Peace Kevin

It is with much sadness that we inform Club Members on the passing of Life Member Kevin Dawson on Wednesday 6th January.

He will be remembered.

Upcoming Events

6/2/2016 Field - QRE/Ranking Shoot
Eden Field Archers, Starts: 1:30pm

7/2/2016 City of Adelaide Tournament (WA Target Award Event – Round: WA60/900)
Adelaide Archery Club, Starts: 8:30am

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Special Meeting and Secret Ballot 19 February 2016

The November 2015 meeting of Adelaide Archery Club passed the following resolution:

That the three options described and costed in the report of the Target Working Group i.e.

1. All fixed targets (no change)
2. Combined fixed and movable targets (retention of all fixed targets and replacement with same if and when necessary but supplemented by 6-10 movable targets or as required and storage options would allow).
3. All Movable Targets with removal of current fixed targets

be put to the vote of the club members at a special meeting on 19 February 2016 at 7:30pm with a secret ballot and options for postal/absentee votes.

The special meeting will take place immediately before the club general meeting. In order to expediate the voting process, please print the ballot form below and fill in your vote before the special meeting. Please note, you are only allowed one option. One vote per member.

Voting procedure

Club members vote for one option only. The option with the most votes is adopted.

Absentee voting

Absentee voting is available. Please obtain a voting form from the document rack.



Ballot Form

Please write your first preference from the choices below in the box provided.

1. for All fixed, or
2. for Combined, or
3. for All moveable

Absentee voting procedure

Place your completed form in a blank envelope. Place the blank envelope in another envelope with your name and club number on the outside. Your voting form must be delivered to the Secretary by mail or hand-delivery no later than 18 February 2016, 7:30pm.

Postal address:

The Secretary
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