



2016 Issue No. 2 February

## Qualifying & Ranking Event (QRE) and State Ranking Shoots (SRS)

At the recent Club meeting on Friday 19<sup>th</sup> February a request was put forward to have more QRE's shot. There are quite a number of club members who go to other clubs to participate in these events.

Adelaide AC calendar currently has a very full schedule with our own designated shoots, tournaments, QRE and State Ranking events, and 7 State events. The club is also responsible for the setting up of the State Target and Max Manuel events. Our volunteer base is getting older and it is important that some of the newer members assume responsibility for these events.

The request for more QRE's will be discussed at the Shooting Committee meeting on the 29<sup>th</sup> March (7pm) and see if this can be accommodated.

Currently the ASA calendar has 40 Target (Indoor/Outdoor), 15 Field QRE's plus the various invitation tournaments and State events. All participants in QRE's pay a \$1 and a visitor's fee if at another club.

In my opinion what needs to happen before this meeting, is for those club members that shoot QRE's consider completing the AA on-line course for Club Officials. I can't always be at a QRE event, and we must have an official for the shoot to be legal. We only have a judge present for a SRS, not a QRE. So if there is no QRE Official the shoot will be cancelled.

At this time I believe I am the only QRE Officer for AAC, and therefore have completed the on-line course which is good until February 2017.

Sue Martin  
Tournament Director

## City of Adelaide

A very successful event with beautiful weather and a good attendance of 41 archers, 2 who were visiting from interstate.

Congratulations to:

- Open Male Recurve – Travis Pauley (AAC)
- Open Female Recurve – Clare Reuther (AAC)
- Open Male Compound – Marshall Cole (SVAC)
- Open Female Compound – Sherry Gale (VHAC)
- Open Male Longbow – Nigel Steyn (AAC)
- Open Female Longbow – Pam Pettman (AAC)



Results were available within minutes thanks to full participation of those that used their devices, and Glenn Martin managing the upload to Archers Diary (TAD).

Thank you to those that attended lunch following the event, it's a nice way to finish off a successful tournament.

Sue Martin

Tournament Director

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# HOT OFF THE PRESSES

## AAC Library Magazine/Books/DVD Reviews: FEBRUARY 2016

New Magazine Reviews – Bow International:

Review of newest Bow International (Issue #103): – all shooting form articles have been reviewed and scanned for inclusion in AAC Library



### Issue #103 (February 2016): Key Shooting Form + Equipment Articles

#### Indoor Survival Guide– Duncan Busby

- Indoors offers opportunities to improve your archery
- World Archery 18mtr round shot on 40cm face-very challenging!
- World Archery 25mtr round shot on 60cm face-also challenging!
- World Archery Combined – shoot both 18 + 25 meter together!!
- Indoor – best time to work on technique problems-no wind/elements
- Indoor closer range shooting-like blind bale, only versus competitors

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## Release Aid Reckoning (review 4 types of RA's) – Roy Rose

- 4 type of Release Aids discussed – 1-thumb trigger, 2-hinge jaw, 3-simple pressure evolution model and 4-wrist/index finger variety
- Select the type that works best for you-to get surprise release
- Attaining unanticipated release is the critical factor
- Select model that invokes positive scapula action-for consistency
- Consistent execution using back tension is the ultimate goal
- Several DVD suggestions given – depending on type of RA used



## Indoor Aiming Options-to Improve Technique– Liam Grimwood

- Aiming is one of most critical part of the shooting process
- Look at sight setup – distance of extension bar, alignment of scope and peep sight critical, size of peep sight affects lighting, etc.
- Lens scope magnification important – affects movement on target
- Several different sight kits to choose from:



## Shooting Success-Different for Each Person – D. Brown

- Train you body hard, but also train your mind/mindset as well
- Fluctuation in performance can interrupt motivation...if you let it
- Setting goals is fundamental to success – won't come without it

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- SMART acronym – Specific, Measureable, Achievable, Reliable and Time-phased....is key to goal setting
- Redefine failure – not a bad thing, it's only feedback to improve

Ask the Experts Section:

- How do I modify my recurve tab for better fit & comfort? – Andrew Smith
- How to keep bow hand relaxed –getting balance between secure hold & relaxed hand – Liam Grimwood
- How to set pressure on cushion plunger on recurve bows– ideal setting determined by bare shaft tuning - Roy Rose

New Archery Products

Review of 'new' PRIME STX compound bow – new cable stops, 3 new cam selection & thinner grip - by Alistair Whittingham

Christmas Gift Guide – 10 pages/51 items of products listed

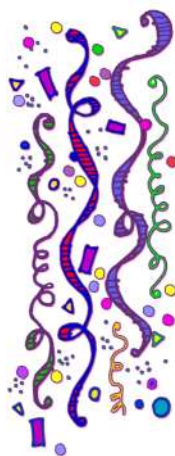
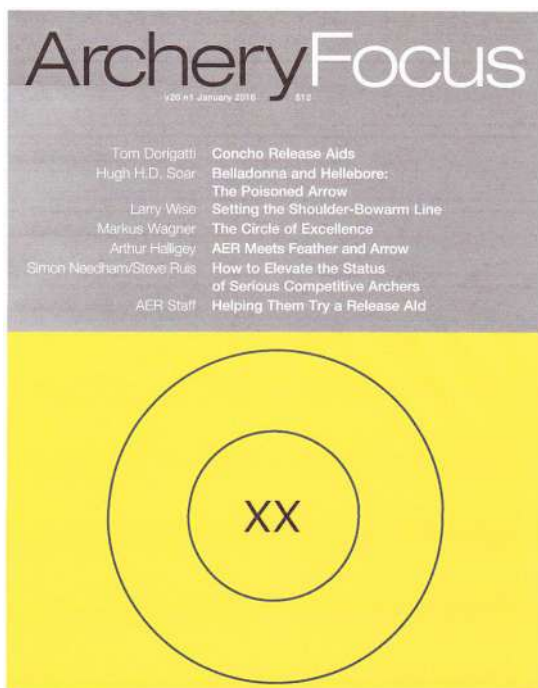
No new Books Added to AAC Library in the month of February 2016.

No New DVD's added to the AAC Library this month February 2016

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.

1 Image of the new, current January 2016 Archery Focus Magazine and articles are as below:



## Birthdays Celebrations

Special shout-out to David Milazzo, Gerald Matthews, Mick Patelas, Andrew Cheney, Simon Cameron, Denis Harvey, Andre Laforet and Geoffrey Sanderson who just celebrated their birthdays recently.

Many happy returns.



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## Dates to Remember

5 March 2016 1:30pm

Field QRE Eden Field Archers

World Archery 24 Target Field

6 March 2016 Camp Quality – No club shoot or Practice.

12 March 2016 9:30am followed by Matchplay in the afternoon

Target QRE & Cressy Bowmen Matchplay – Cressy Bowmen

WA70/720, WA50/720

20 March 2016 9:00am

State Ranking Shoot – Adelaide Archery Club

WA90/1440, WA70/1440, WA60/1440, Intermediate, Horsham

27 March 2016 9:30am

Target QRE – Cressy Bowmen

WA70/720, WA60/720, WA50/720

## Reunion With Gordon Pawson

*by Norm Smith*

On Thursday 4<sup>th</sup> February, after the morning shoot, ten members went to have a snack lunch/afternoon tea with Gordon Pawson OAM. Because he is not as mobile as he used to be, he is now in a residential care home, but this did not stop him from joining in the discussions that were held. Gordon joined the Club in 1958 and only gave shooting away a few years ago at the ripe old age of 93. During that time, he put a lot of effort into the administration of the Club, and many members have benefited from his excellent coaching.

Of those that were present, the newest member had been in the Club for 15 years, most had been there for at least 25 years and two had clocked up 44 years. In total, the eleven present represented around 350 person-years of active Club membership. Needless to say, there was much reminiscing going on!

Our thanks to Sue Martin for organising the lunch – no doubt there will be more.



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# Archery SA Presentation Night

Some photos from the 2016 Archery SA Presentation Night. Special thanks to Barry Adams for these wonderful photos.



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# Minutes of the Special General Meeting of Adelaide Archery Club Inc

19 February 2016 at 7:30pm

This meeting is held for the purpose of voting between three options for target butts in accordance with the motion of the club meeting of 20 November 2015.

Present: J Nicoll, E Hullstrung, M Ashlee, B Griffith, R Coon, K Osborne, Y Lewis, K Barry, J Henriks, N Smith, B Menz, S Marley, H Illman, P Pettman, A Anderson, A Laforet, N Johnson, A Branford, Jill Vardon, Joe Vardon, A Sobiecki, J Alexander, R Bentley, D Pettman, A Holmes, B Adams, T Loi, G Martin, S Subramaniam, S Martin, D Caon, A Oien, C Ashlee, W Carney, E Fettke, C Yeoh Apologies: L Nicoll, B Huppertz, J OConnor, T Reilly, D Harvey, B Roberts

The meeting appointed G Martin and A Holmes as scrutineers, with no objections.

The club secretary delivered the absentee voting envelopes to the scrutineers.

R Bentley and D Pettman desired to inspect the envelopes themselves in order to verify that the secretary had not previously opened them. D Pettman moved to the scrutineers' table to do so. G Martin insisted that checking the envelopes was the business of the scrutineers.

G Martin checked the envelopes and confirmed that they had not been opened.

The scrutineers declared two envelopes to be informal. Nobody disputed these declarations.

Club members who were present at the meeting and who had not already voted provided voting forms to the scrutineers.

After the scrutineers had completed counting, A Holmes declared the result to be:

Option 2 (combined)	61 votes
Option 3 (all movable)	2 votes
Option 1 (all fixed)	1 vote

The result was not disputed.

The President thanked the scrutineers.

The meeting was declared closed at 8:06pm.

## Volunteers Required

Archery SA is calling for volunteers to help host the Archery Australia National Matchplay Series Finals and the State Matchplay Finals at Victoria Square on 16 April 2016 and 17 April 2016.

If you are interested the volunteer form is available for download at

[https://assets.imgstg.com/assets/console/document/documents/20160302121426VOLUNTEER\\_Matchplay\\_April\\_2016.pdf](https://assets.imgstg.com/assets/console/document/documents/20160302121426VOLUNTEER_Matchplay_April_2016.pdf).

You can also find the form behind the partition wall at the club room.



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