



On Target



2016 Issue No. 3 March

Camp Quality

The weather did not play into our favour this year. It was a hot 38°C day. We had about 20 children turn up on the day (well below what we would normally expect). There were more than enough volunteers around to help with the running of the event despite of the weather. Everyone had plenty of fun, special thanks to the volunteers for making it possible to run the event.




camp
quality.

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HOT OFF THE PRESSES

AAC Library Magazine/Books/DVD Reviews: _ March 2016

“New” Magazine Reviews – Bow International:

Review of newest Bow International (Issue #105): – all “shooting form” articles have been reviewed and “scanned” for inclusion in AAC Library



Issue #105 (March 2016): Key “Shooting Form” + Equipment Articles

- “Myths & Misconceptions-Compound Bows”– Duncan Busby
 - Release Aids – improvement over fingers, but execute just as hard
 - String Peep Sight + scope magnification - difficult if light poor
 - Reduced draw poundage/let-off – need to set correctly to execute
 - Draw length – can vary by even using different brand of release aids
 - Like recurve – compound bow & arrow tune & matching is critical
 - False – compound archers can shoot less arrows/per day-to stay “Elite”
 - Weight of compound bows + front/side stabilisers is much heavier

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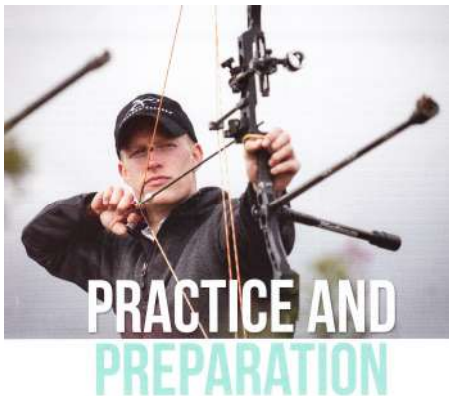
- “Blank Boss/Bale – Training Advantages” – Tyler Domenech

- Removes visual sighting – for 100% focus on shooting technique!
- Short distances – allow focus and permit open + closed eye shots
- Good for archer “reset” - if problem w/specific shooting technique, good for warm-up/warm-down, for focus drills and recovery
- As short distances required – shooting blank bale in garage popular
- Use smaller evenly spaced sub-targets – to prevent arrow breakage
- Blank bale – acknowledged best way to cure/fix “target panic”
- Extremely helpful for learning recurve front bow hand “jump forward” movement



- “Practice and Preparation”– Liam Grimwood

- Make best of outdoor season – start with making GOALS
- Most helpful/important for aspiring shooters – have target at home!
- Have a six day/week shooting plan – emphasise quality over quantity – use scaled-down size targets to force tighter groups
- 4 day x 1 hour/per day shooting indoor shorter distances
- 2 days/week shooting outdoors at correct competitive distances



MONDAY	REST DAY	
TUESDAY	100 ARROWS @ MINI FACES AT HOME	1 HOUR
WEDNESDAY	CLUB NIGHT – 90 ARROWS @ 50M SCORED	2.5 HOURS
THURSDAY	100 ARROWS @ MINI FACES AT HOME	1 HOUR
FRIDAY	100 ARROWS @ MINI FACES AT HOME	1 HOUR
SATURDAY	250 ARROWS – SCORED FULL FITA ROUND AND 2x50M ROUNDS	4 HOURS
SUNDAY	100 ARROWS @ MINI FACES AT HOME	1 HOUR

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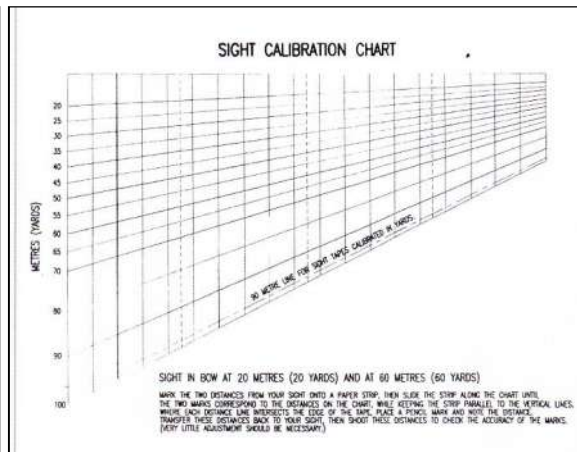
- “Small Things-Make a Large Difference” – John Dudley

- Focus on the ‘small things’ – leads to improved overall results
- Nocks - fragile, wearable item, but absolutely critical to accuracy
- Index nock on arrow – ONLY with a Nocking Tool, not by hand
- Two-One-Two – John uses one-eye-open during middle of his shooting sequence- to check peep sight & scope housing matched
- Many target compound shooters prefer less let-off/more holding weight to help force a dynamic shot release
- Stabiliser front/side weights vary by individual-use what works
- “Pick it-Perfect it” – focus on your weakness....one at a time

- “Field Archery Can Improve Your Shooting Skills” – Patrick Huston

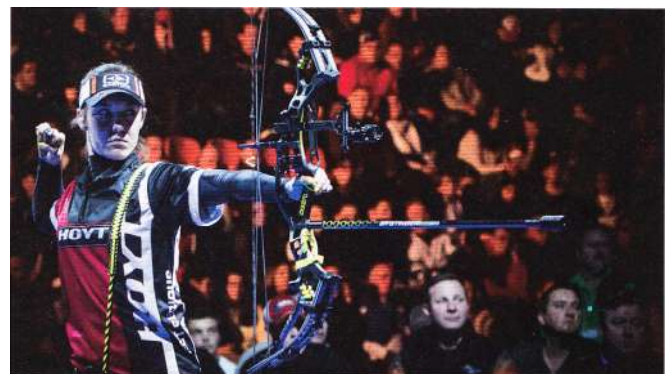
- Field archery – shoot different distances, different size target faces, shoot uphill/downhill and even have uneven footing to contend with
- Sight tapes, via apps like “Archer’s Advantage” are extremely helpful
- Main kinds of FITA Field shoots are marked, unmarked and mixed
- Quality binoculars and a small tripod stool are also essential items

FACES AND DISTANCES			
UNMARKED	DISTANCES IN METRES		
TARGET FACE	YELLOW PEG	BLUE PEG	RED PEG
20	5 TO 10	5 TO 10	10 TO 15
40	10 TO 15	10 TO 20	15 TO 25
60	15 TO 25	15 TO 30	20 TO 25
80	20 TO 35	30 TO 45	35 TO 55
MARKED	DISTANCES IN METRES		
TARGET FACE	YELLOW PEG	BLUE PEG	RED PEG
20	5, 10, 15	5, 10, 15	10, 15, 20
40	10, 15, 20	15, 20, 25	20, 25, 30
60	20, 25, 30	30, 35, 40	35, 40, 45
80	30, 35, 40	40, 45, 50	50, 55, 60



- “Ask the Experts” Section:

- “Compound shooters – how much front + side stabiliser weights should I be using?” – ‘formula’ for front vs. side - Duncan Busby
- “What size D-loop should we compound shoots be using?” – getting D-loop length correct for “you” – Roy Rose
- Recurve – “How can I stop hitting my inside bow arm w/the string?” 3-4 errors discussed & how to correct – Andrew Smith
- Traditional – “New flatbow with erratic arrow flight – how to fix this longbow problem?” – Bart Czuwara



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• “New Archery Products”

- ATA-Archery Trade Association – annual trade show held at Kentucky Expo Center in January 2016 –a Special 6 Page Report by Bow International (28 new Products reviewed + pictures)



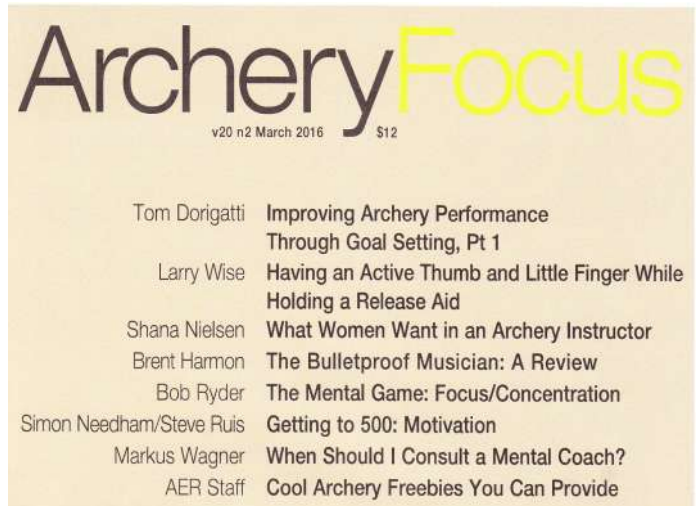
new Books Added to AAC Library in the month of March 2016.

No New DVD's added to the AAC Library this month March 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.

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

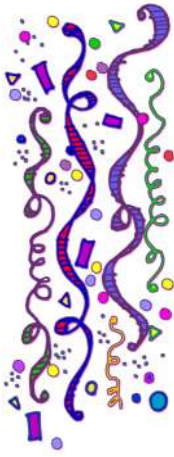


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Birthdays Celebrations

Special shout-out to Georgina Bell, Heng Chong, Melissa Fettke, Eileen Hullstrung, Naomi Johnson, Christopher Lech, Sue Martin, Travis Pauley, Stephen Robinson, Alex Sobiecki, Nicky Stuut and Alexander Willis who just celebrated their birthdays recently.

Many happy returns.



Dates to Remember

- 3 April – Jim Hale Indoor Memorial Tournament, Inglefarm
- 10 April – QRE 9:30am, Adelaide Archery Club
- 16-17 April – Match Play Event, Victoria Square
- 23 April – AAC Target Championship 11.00 am
- 1 May – Max Manuel FITA Star
- 6-8 May – Australian Field Open
- 15 May – Lord Mayor’s team shoot
- 22 May – Eden Field Archers Invitation Tournament
- 28-29 May – 2 day 3D shoot, Victor Harbor Archery Club
- 29 May – AAC Indoor Championship 9:30am

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.

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



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