



2016 Issue No. 05 May

## Club Indoor (outdoor) Championship

Over 30 members took part at the club's indoor championship. Thanks to everyone for making the shoot possible and special thanks to the organisers whose tireless effort in making sure the event went well.

### Results

#### Men's

##### Recurve

- 1<sup>st</sup> Daniel Caon
- 2<sup>nd</sup> Simon Soupy
- 3<sup>rd</sup> Chris Lech

##### Compound

- 1<sup>st</sup> Steven Hann
- 2<sup>nd</sup> Rob Bentley

##### Longbow

- 1<sup>st</sup> Dean Pettman
- 2<sup>nd</sup> Nigel Steyn
- 3<sup>rd</sup> Bill Sloan

#### Women's

##### Recurve

- 1<sup>st</sup> Anke Holmes
- 2<sup>nd</sup> Naomi Johnson
- 3<sup>rd</sup> Robyn Soupy

##### Compound

- 1<sup>st</sup> Aileen Anderson
- 2<sup>nd</sup> Andrea Slattery

##### Longbow

- 1<sup>st</sup> Pam Pettman
- 2<sup>nd</sup> Janette O'connor
- 3<sup>rd</sup> Helen Illman

## General Notice

### Membership

It was noted that members of this club and visitors from other clubs must carry their Archery Australia affiliation cards with them at all times. If membership has been paid, but the card has not yet been received, proof of payment (receipt) is acceptable.

### Notice from Southern Vales Archery Club

QREs held at Southern Vales are to be registered through the Club Events page on the Archery Australia website.

#### Adelaide Archery Club Inc.

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#### Editor

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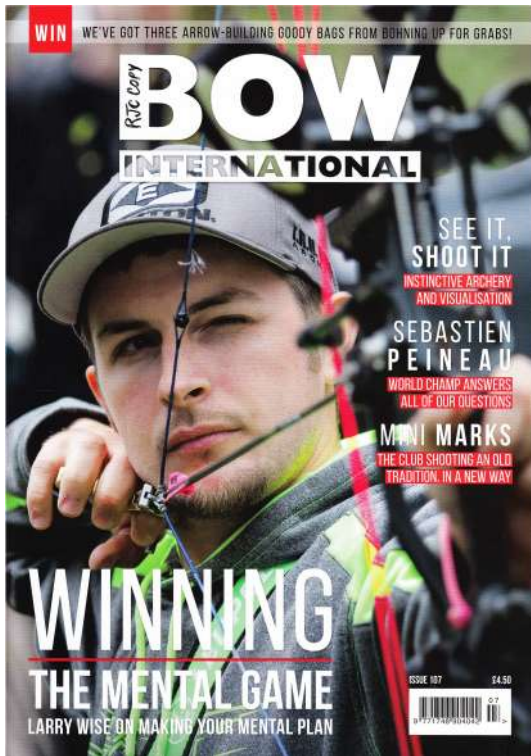
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# HOT OFF THE PRESSES

AAC Library Magazine/Books/DVD Reviews: MAY 2016

New Magazine Reviews – Bow International:

Review of newest Bow International (Issue #107): – all shooting form articles have been reviewed and scanned for inclusion in AAC Library



## Issue #107 (May 2016): Key Shooting Form + Equipment Articles

- Do You Feel the Need for Speed– Duncan Busby
  - Achieving increased bow speed has advantage of faster arrows, which are less affected by wind and help archers shoot longer distances with better accuracy
  - 3 components affect bow speed – a.) draw length; b.) draw weight and c.) less arrow mass weight (draw length...not as flexible, as more fixed)
  - Draw length-rule thumb: 1 DL increase equal to 10fps of arrow speed
  - Increase draw weight – max is 60lbs: must be able to increase DW, but still maintain good 'shooting form'- don't sacrifice speed for form
  - Less arrow mass – lighter arrows increase arrow speed, but increased DW requires increased stiffer arrow spine, so trade-offs need to be balanced. Lighter arrows are more affected by wind & distance
  - Bow manufactures recommend arrows weigh at least 5 grains per pound of DL, to insure safe dissipation of energy from bow to the arrow (i.e. 60lbs DW bow = at least 300 grain arrows)
  - Additional ideas – add speed weights to strings and vary string material
  - Chronograph (kit below) is a useful/accurate way to measure bow speed, believe member Joe Vardon may have access to equipment

Fast cars, fast internet speeds and fast food, if it's fast we love it, and archery is no different. There's no denying that achieving a decent bow speed can be a huge advantage, since a faster arrow will be less affected by the wind and it'll help you to hit longer distances more easily and with better accuracy.

Show any archer a new bow and often the first thing they'll ask is, "how fast is it?" Most all like to achieve more speed, but, as with cars, many high-performance bows are notoriously difficult to handle and they're not an option for most target archers, so how do you increase your speed without having to change your bow?

There are three main components that contribute to greater arrow speeds: more draw length, more draw weight, and less arrow mass. The longer the draw length, the more power the bow stores and the more energy it will deliver to the arrow. Equally, the higher the draw weight, the more power the bow stores and the more energy it will deliver to the arrow, and the lighter the arrow, the faster it generally flies. So for the purposes of testing, manufacturers establish their bow's advertised IBO (International Bowhunting Organization) speed at a super long 30-inch draw length, an unrealistic 70lbs draw weight, and shooting a lightweight 350 grain arrow.

This doesn't help most target archers to establish their bow's particular bow speed, so before you even start trying to increase your speed you'll first need to find out how fast your bow



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- How to Prepare for Completions+Contingencies – Patrick Huston
  - Have all the information: competition distances/target faces/scoring/rules and especially assembly, practice and start times
  - Tents (for sun vs. rain), chair (resting), food-lots of it (energy for +100 shots & long day), hydration, etc.
  - Equipment – bows, arrows, scope/tripod + extras for quick repairs
  - Bow sight marks for varied distances + know slight sight adjustments
  - Checklist + 5 P's-Prior Preparation Prevents Poor Performance



- Carbon Arrows - Considerations– Andrew Smith
  - Are carbon arrows right for you? Pro's & Con's of carbon arrows
  - Carbon shafts – 1.) All Carbon + 2.) Carbon aluminium composite, or abbreviated to 'A/C'(thin aluminium tube core w/carbon wrapped around the tube to give shaft stiffness, shape and smallest diameter)
  - Carbon shafts more expensive than carbon shafts - normally
  - Carbon shafts can be 'parallel' (outside diameter same whole length) or 'barrelled' (middle shaft thicker than front/back ends)
  - Benefit – carbon over aluminium: lighter shaft, smaller diameter and shoot longer, straighter at increased distances
  - Manufactures arrow selection guides are good 'starting point' for spine selection, but point weights and fletches need consideration also



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- Visualization-to improve instinctive archery (longbow) – Merlin Archery (Grizzly Jim)
  - Large part of instinctive archery is confidence & visualisation
  - Visualise the path & trajectory of the arrow...to the target
  - If target big or small – the dead centre is always the same size



- Minding Your Own Game (mental plan) – Larry Wise
  - How to control your conscious mind during competitions
  - Subconscious mind takes over automation of your practiced shooting form-it's good at multitasking – where conscious mind can only handle one thought at a time....need to keep it focused in competition
  - You cannot micro-manage or analyse all shooting form steps in a competition – it's over to the subconscious
  - This means the conscious mind needs to focus only on the present process thinking – definitely don't think about 'results'!



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- Stop 'Stalling' – Understand Your Shot Sequence – Roy Rose
  - 'Shooting form and execution is all about creating a sequential patterns, which runs as close to duplication as humanly possible'
  - When sequence breaks down – problems like 'target panic' or not 'pulling through the clicker' appear
  - Depend on your shooting sequence – not uncontrolled desire to dispatch the arrow.....usually 'early', prior to sequence finish
  - Most problems exist in the 'execution' sequence!
  - Outstanding article – for both recurve and compound archer!



- H.I.L. – Arrow Tuning Method – John Dudley
  - H.I.L = 'Horizontal Impact Line' to determine best arrow groupings
  - 'Exactly matched' arrows have less right-left variation on target, i.e. tighter group pattern....from the same bow, draw weight & setup
  - Arrow manufacture charts – good starting point, but much more to it!
  - Simple shoot different groups of 6 arrows/per at longest comfortable distance – vary bow poundage +3/-3 to find best DW & spine combo with tightest groupings – this will max your score
  - Less left/right arrow groupings automatically will increase your scores



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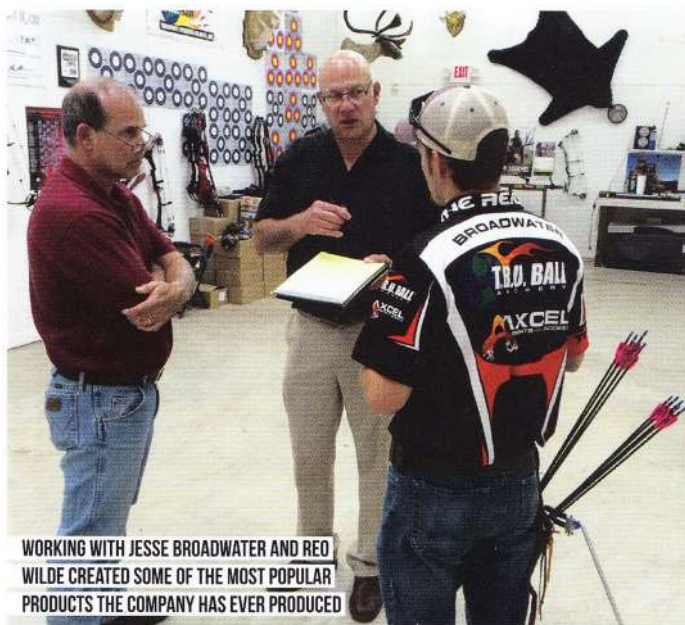
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- What's Changed/Remained Same-last 65 Years – Richard Tone
  - Viewpoint-from 1992 U.S. Olympic coach in Barcelona till upcoming Rio Olympics, where now coach for Canada
  - Most obvious – FITA rounds no longer the 'standard' – instead the 720 round and for compound – the 50m round
  - Inclusion of compound bow in World Cup and World Championships
  - Recurve archers are using bow materials (carbon)-not available in '92
  - Internet + social media – archers can video themselves and see videos of top archers around the world – on YouTube/ Facebook/Instagram
  - Archers shooting sequence/rhythm & timing – pretty much the same
- T.R.U. Ball and AXCEL - Manufacturing – Brandon Reyes
  - Top end of the archery market – a family business venture
  - Dedicated to tournament archers!
  - Designing products in conjunction w/top archers has been its greatest success – Reo Wilde (HBX release) + Jesse Broadwater (Abyss-thumb release aid and matching Fulkrum hinge back-tension release)



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- Quick-Fire Q & A: Sebastien Peineau (France) {New BI Section}
  - Greatest achievement – World Indoor Champ-Turkey March 2016
  - Equipment-Hoyt Podium X 40 bow w/Spiral cams; Axcel Achieve sights; AAE Freakshow rest; AAE hot Rodz stabilisers - front-27 w/8oz and double 15 side rods w/9oz and use both TRU Ball Fulkrum and Abyss release aids; X-Buster 350 arrows indoor and Nano Pros 450 outdoors



**Ask the Experts Section:**

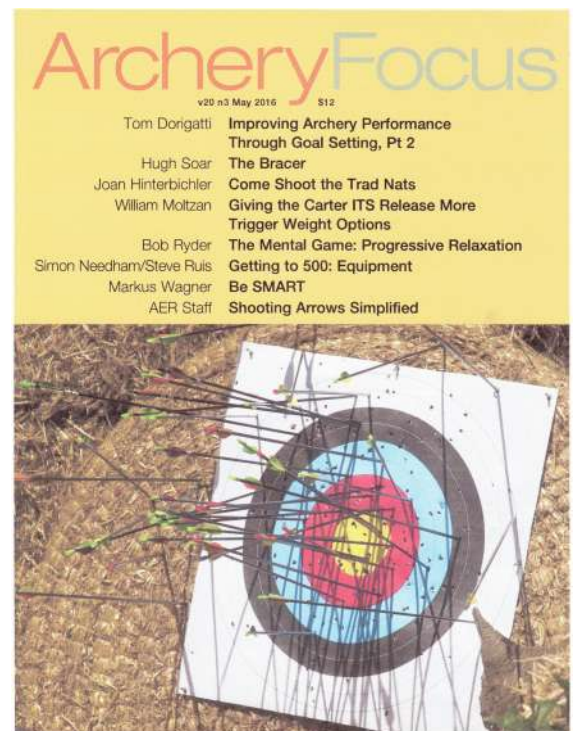
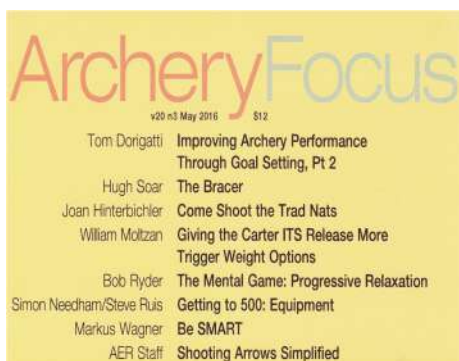
- Cutting Arrows – to stiffen spine – want light AC arrows for shooting field, pro/con’s of cutting from back vs. front of arrow to stiffen shaft - Adrian Tippins
- Aiming-should I look at sight pin or the target? – Roy Rose
- Advise on best ‘first bow’ purchase – for beginners – make sure alloy riser can fit universal limbs- gives most longer term upgrade options - Adrian Tippins



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 May 2016 Archery Focus Magazine and articles are as below:



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## Birthdays Celebrations

Special shout-out to Keith Casperson, Dustin Craggs, Gary Evans, Bruce Griffin, Mark Holbrook, Nick Holdback, Arthur Jenkins, Ron Johnson, Steven Raeburn, Lynne Rainey, Rui Qi Sim, Richard Thamm, Joe Vardon and Lindsay Webb who just celebrated their birthdays recently.

Many happy returns.



## Dates to Remember

19 June	Target State Ranking Shoot, Cressy Bowman
2 July	Field State Ranking/QRE, Eden Field Archers
10 July	Target State Ranking Shoot, Adelaide Archery Club
17 July	2016 Archery Australia National & ARCHERY SA State Indoor Archery Championships, Goolwa & Inglefarm
30 July	Target State Ranking Shoot, Cressy Bowman
6 Aug	Field State Ranking/ QRE, Eden Field Archers
7 Aug	2nd Birger Nielsen Memorial (Biennial) Clout Tournament, Whyalla

## Southern Vale Archery Club

**Cordially invites anyone who is interested in coaching to a Coaches Get Together on 14 August 2016.**

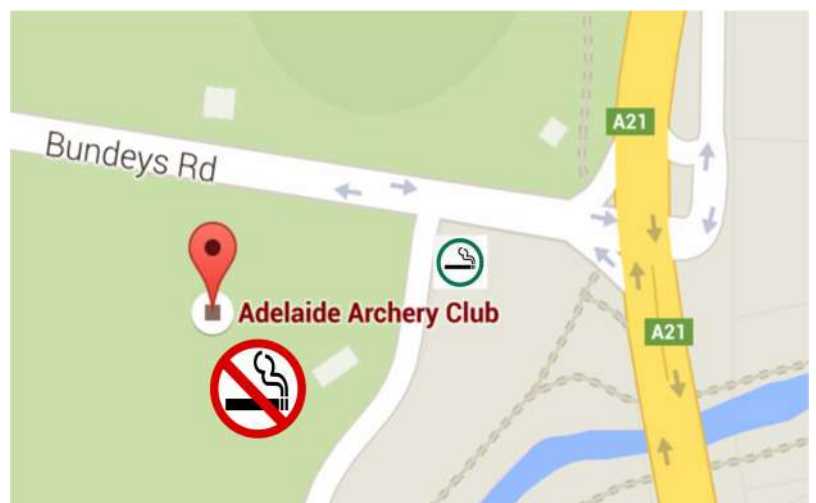
For more details:

<https://www.dropbox.com/s/5pqeerwd11tsdwc/Coaching%20Get%20Together%20flyer%20August%202016.pdf?dl=0>



### No Smoking in Sporting Grounds

Did you know the club grounds are smoke free zone? Under the latest SA smoke free policies, sporting grounds are smoke free zone. Please refrain from smoking within the vicinity of the club room and surrounding area. If you need to smoke, please smoke over at the grounds across War Memorial Drive.



### CLUB SPONSORS

#### ARCHERY ACADEMY

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