



2016 Issue No. 08 Aug

# AGM

Annual General Meeting  
2016

It's that time again, Adelaide Archery Club's Annual General Meeting is coming up! As usual, it'll start after our general meeting which starts at 7:30pm. Make sure you put a reminder for 19/9/2016 on your calendar. We hope to see you then.

If you are unable to make it, please send in your absentee vote as soon as possible. A copy of the absentee vote is at the back of this newsletter.

## Archery Golf At Ashbourne (9-Hole) Golf Course

Father's Day, 4 September 2016 9.30am

If you are not involved in family celebrations on Father's Day or would like to observe it differently this year, why not have a go at archery golf? It's great fun, and partners and children who come along also enjoy the day.

So what is it? Well, it's just like golf except that it's archery..... you shoot arrows from bows instead of hitting balls with clubs, and rather than aiming at a little hole in the ground you aim at a tennis ball on a wire stand set on the edge of the greens.

Bring a picnic lunch, and have a great day!



Teeing off

The archery equivalent of a putt

Close enough to touch counts

But hitting it is better

The ball is just to the left of this old stump

There is no need to pre-register; cost is around 10.00; for more information contact The Farm Indoor Archery Club 0417 854 317, or Annette at AAC 0451 030 357.

How to get there: take the Bull Creek Road south from Meadows; turn left into Ashbourne Road just before the Greenman Inn; go about 800 metres and turn right into Signal Flat Road; watch on your right for turn off to the golf course.

### Adelaide Archery Club Inc.

Cnr Bundeys Rd & War Memorial Drv  
North Adelaide  
SA 5006

### The Secretary

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### Editor

Clarence Yeoh



facebook.com/Adelaide-Archery-Club

# HOT OFF THE PRESSES

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

### “New” Magazine Reviews – Bow International:

Review of newest Bow International (Issue #109): – all “shooting form” articles have been reviewed and “scanned” for inclusion in AAC Library



## Issue #109 (August 2016): Key “Shooting Form” + Equipment Articles

### “Getting Accurate Set of Bow Measurement” – Duncan Busby

- This is 1st of a 2 part series on bow/arrow/accessory measurements!
- Important to insure your bow is properly shot-in and tuned – and you keep ‘key’ accurate bow measurements
- “Primary” bow measurements:
  1. measure bows axle-to-axle length and brace height – will always differ from manufacture specs and important to know/measure to determine first signs of string and/or cable stretch
  2. Measure brace height with brace height measuring tool – between throat of your grip (or rest mount hole) and the string/nock area
- “Secondary” bow measurements:
  1. Next measure bow’s poundage (digital usually more accurate & easier to read) and draw length (use specific draw length arrow with distance measurement etched into the arrow, if available)
  2. Measure from throat of grip for ‘actual’ draw length, then add 1.75 inches for “true” draw length or alternatively use rest mount bolts as a reference point (different bow manufactures measurements may vary using this approach)
- 2nd measurement article will cover strings and other bow accessories and how to create your own bow reference guide
- “Outstanding” article – can’t wait till the 2nd article!



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| <b>BLACKWELL FUNERALS, GLENSIDE</b>           | Duncan Ferguson                     | Mobile: 0418 832 644  | Phone: (08) 8338 1681 Web: <a href="http://www.blackwellfunerals.com.au">www.blackwellfunerals.com.au</a> |
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“Details in your Archery Diary (Practice + Comp)” – Patrick Huston

- Use your Archery Diary to record how shots feel, scores and anything that goes well and worked better for you on the day
- Main use of “Performance Analysis” Journal/Diary is to build your own self-image – DO NOT use “negative” terms, only mention areas where you want to improve & how you plan to action a fix
- Diary he & Team GB use is format from “Mental Management Systems by Lanny Basham in book “With Winning In Mind”
- Uses “Performance + Solutions Analysis”...with Goal Statements



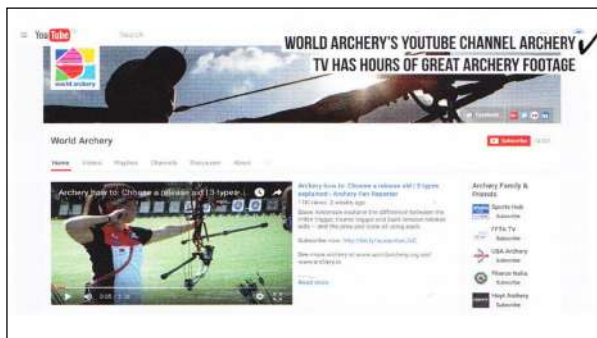
“Mental Presence – in the Physical Self”– Tyler Benner

- How to manage/overcome struggles with you focus, over-thinking and distractions – in practice + competition
- Mental challenge of an archer is staying in the present to take on the physical task of repeat shooting
- “A thinking archer is a distracted archer!”
- For success, you must focus be “process oriented” and move thru your shot routine maintaining focus and concentration on the physical sensation...with a clear vision of your shot in mind!
- Humans can apply intense focus for only around 10-15 seconds, so build this aspect into your shot routine – but think only of the shot routine process....nothing else
- The mind is cunning/clever and does ANYTHING/Everything to take us/our minds away from our process-oriented physical shooting



“What to Watch....and Learn About Archery” – Andrew Smith

- Watching top archers and their “shooting form” is educational, for beginners, as well as more experienced archers/instructors
- Watch, learn and even try different techniques in your practice, but no one top archer’s shooting form will suit all YOUR needs
- TV coverage often shows lots of “close-up” shots, but a lot more can be learned by the archer & coaches if fully body shots are used
- World Archery website, under heading “Archery TV”, is one of the best archery shooting sites with an extensive library back to 1960s ([www.worldarchery.org](http://www.worldarchery.org))



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“Korean Traditions (Longbow)” – John Stanley

- Most people think of Korean archery (recurve and more recently compound bows), but traditional bows are also big in Korea
- “Korean traditional archery” uses different types of ‘longbows’ – they are short, heavily reflexed composite material bows



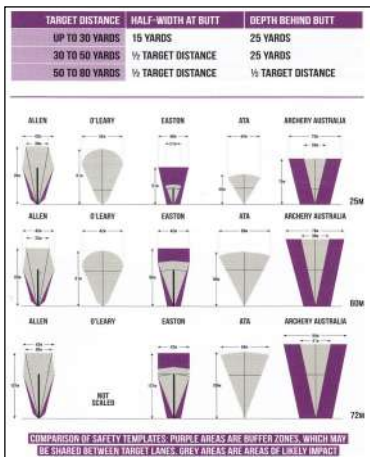
“Building perfect arrows – Custom Made Arrows” – Adrian Tippins

- “Custom Made Arrows” started in 2011 by Adrian Tippins – a true archery professional arrow-maker with focus on “quality” and making the most perfectly matched arrows humanly possible
- Even the fletching glue is measured/dispensed to be exact, per arrow!
- Each arrow set come with a CMA data sheet listing all arrow details-length, weight (within 1/10 of a gram), type of vanes, etc.
- Been using Adam Smith’s “ArrowSocks” since day-one, which allows for outstanding colours, graphics and individuality per arrow set



“How to Design a Field Course”(Part #2 of 3) – Simon Allen

- #2 article focuses on “Range Safety” and the use of different safety templates used worldwide to build safe Archery Field Courses
- Many safety templates exist, but Archery Trade Association’s “Archery Park Guide” seems to be a current front-runner for design



“SIGNATURE” SHOTS – ESPECIALLY THOSE INVOLVING SIGNIFICANT SLOPES – HAVE TO BE CAREFULLY ASSESSED FOR OVERSHOOT AND RICOCHET DANGERS

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“Quick-Fire Q&A–Sara Lopez”- BI Interview (compound archer)

- Equipment-Hoyt Podium X 37; 54lbs draw poundage; Easton ProTour 620 arrows/ffp 87 vanes; Easton G-pin nocks; Axcel sight (8X power lens); Beiter rest; TRU Ball Blade Pro release aid; Doinker Hero stabilisers (10 wgt-both front & side rods)



“Ask the Experts” Section:

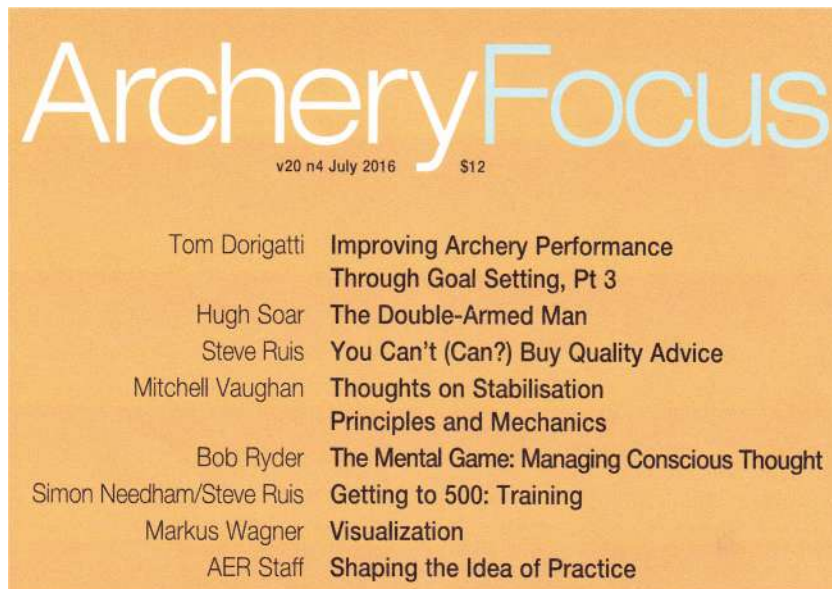
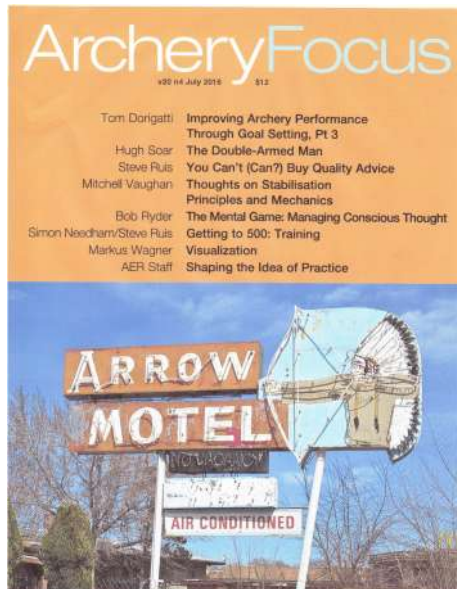
- “Can’t hold my sight pin steady on the gold - how to resolve!” – sight pin becomes unsteady because of poor engagement of front shoulder - Patrick Huston (outstanding coaching advise!)
- “Letting down when draw feels wrong”– yes, let down, but competitions may prevent due to being on the “clock” - Roy Rose
- “Pro’s and Con’s of spin vanes on arrows (recurve)”- quick stabilisation, improved flight control and better groupings - 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.

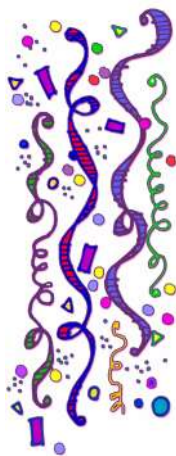
Image of the new, current July 2016 Archery Focus Magazine and articles are as below:



Randy – AAC Librarian August 19th, 2016

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## Birthdays Celebrations

Special shout-out to Aileen Anderson, Carol Ashlee, Kevin Barrie, Sally Edwards, Roger Gurr, Yvonne Lewis, Grahame Line, Joseph Magliaro, Sue Marley, David Ngan, Ken Osborne, Gordon Pawson, Chris Schach, Simon Souphandavong, Kylie Steyn, Kelly Walsh, Bob Welden who just celebrated their birthdays recently. Many happy returns.



## Dates to Remember

28 Aug	Club/ State Clout Championships
3 Sep	Cressy Bowmen Matchplay
4 Sep	Farm Archery Golf Day
16 Sep	AAC AGM 7:30pm
18 Sep	Silver Quiver Invitation Shoot Rounds: Brisbane: Men & Under 20 boys Adelaide: Longbow, 50+ Women, Under 20 Girls, Cadets Short Adelaide: Intermediates Junior Canberra: Cubs
30 Sep	Barossa Archery Club Dennis Rothe Memorial Shoot
1 Oct – 5 Oct	2016 Archery Australia National Championships, Adelaide
16 Oct	1pm ARCHERY SA Tyro Tournament Rounds: Short Canberra, Junior Canberra, Newcastle  1pm ARCHERY SA AJ Barter Veterans Tournament Round: Short Canberra
30 Oct	SVAC Ros Johns Memorial Field Tournament Round: 24t WA Field

### Notice Of Price Increase For Club Shirts

Due to the manufacturer adjusting their prices, from 1 September 2016 club shirts will cost \$55.00. All shirts, including long sleeves, will now be the same price. For new members this cost will still be included in the joining fee, but this fee will be \$70.00.

Annette Oien  
Treasurer

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## The Three Tenors ...?

Perhaps not, but three archers who demonstrate that you are never too old to shoot arrows out of any type of bow. Between them Barry Adams (left), Doug Freer (centre) and Gerald Hawkins (right) have clocked up a total of 89 years of archery at Adelaide Archery Club, using three different bow types. How many other clubs can boast active members in their 80s, while still attracting members of all ages from 10 upwards?

## Adelaide Archery Club contact addresses

General enquiries	<a href="mailto:info@adelaidearchery.org.au">info@adelaidearchery.org.au</a>	Enquiries from the public
Administration	<a href="mailto:admin@adelaidearchery.org.au">admin@adelaidearchery.org.au</a>	Membership etc.
President	<a href="mailto:president@adelaidearchery.org.au">president@adelaidearchery.org.au</a>	Club President (copy to the Secretary)
Publicity Officer	<a href="mailto:publicity@adelaidearchery.org.au">publicity@adelaidearchery.org.au</a>	Newsletter, Facebook page
Secretary	<a href="mailto:secretary@adelaidearchery.org.au">secretary@adelaidearchery.org.au</a>	Most other correspondence

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# ADELAIDE ARCHERY CLUB INC

## Election of Officers and Officials – Absentee Voting Form 2016-17

If you are unable to attend the Annual General Meeting on Friday 16th September 2016 at 7:30pm but wish to vote for the Election of Officers and Officials please use this form. Do not use this form if you intend to be present at the meeting.

### Instructions to voters

Election of Club Officers and Officials shall be by secret ballot. Officers and Officials shall be elected by a simple majority.

To vote FOR a candidate, place a tick in the box to the right of their name

To vote AGAINST a candidate, place a cross in the box

To ABSTAIN from voting for a candidate, leave the box empty

Place the completed form in a sealed blank envelope. Place the blank envelope in another envelope with your name and club number on the outside. Either place this envelope in the voting box in the clubroom before the AGM, or post it to the club in time to be collected from the club's post office box no later than the close of business on the day prior to the AGM.

President	Ron Bentley		Building Officer	Junior Alexander		Club Coach Longbow	Jeff Nicoll	
Vice President	Kenneth Osborne		Equipment Officer			Field Captain Thursday		
Secretary			Asst. Equipment Officer	Dean Pettman		Dep. Field Captain Thursday	Denis Harvey	
Treasurer	Annette Oien		Social Coordinator			Field Captain Saturday	Tony Loi	
Tournament Director	Sue Martin		Groundsman			Dep. Field Captain Saturday	Kenneth Osborne	
Coaching Coordinator	James Henriks		Club Steward	Helen Illman		Field Captain Sunday	Barry Adams	
ADAD Coordinator			Publicity Officer	Clarence Yeoh		Dep. Field Captain Sunday	Gerald Hawkins	
Asst. AJAD Coordinator			Librarian	Randall Coon		Web Site Maintainer		
Recorder	Aileen Anderson		Club Coach Recurve	Jeff Nicoll				
Asst. Recorder	Stephen Robinson		Club Coach Compound	Kenneth Osborne				

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