



WARRINGAH ARCHERS

July 2019

www.warringaharchers.com.au



Across the desk of the President

What a busy period the club has had especially with our Come N; Try & Beginners Courses, and thanks to you the members for making them

feel welcome when they join in club activities which is usually their last session of the course.

Also a big THANK YOU to Alan Middleton who has been very busy ensuring that we have enough 122cm faces hung up and ready to shoot.

By now most of you would have seen the results



of the Trans Tasman test and although Australia



didn't win the Radio Taranaki Trans-Tasman Trophy, it has been



heralded that New Zealand need to watch out in 2 years time, as Australia will be back in force to win it back, nothing like good old rivalry.

Both Jack & Carmelo came away with Medals, and hopefully



we will be able to share in their experiences shortly.

Next time they are at the club, why don't you ask them how they went!

Kristian was also over there as a parent, but landed up officiating



From



time to time you will see archers arriving in wheelchairs at the club to have a go at Archery. Warringah Archers in partnership with Sargood on Collaroy has trained their staff in Community Archery Instructor accreditation, so that they can introduce archery as part of their programs.

Sargood on Collaroy is a resort purpose-built for people with spinal cord injury.

Spacious and beautifully appointed apartments feature modern amenities and advanced home automation technology to deliver a stress-free experience. A wide range of



accessible recreation/leisure activities and a state-of-the-art gym complete the resort experience and put the fun back into travel. For those looking for an accessible holiday or short-term accommodation and assistance - Sargood is the perfect choice.", with

members coming to Sargood from all over Australia, so next time you see some of them at the club, please make them feel welcome.

Short Course Distance Championhips: 26th June at Liverpool City Archer by Peter Whitfield



With my gear packed on my motorbike I set out for Liverpool nice and early. The thick fog around the airport didn't bode well, but as I emerged from the

M5 tunnel the fog had disappeared and it was looking like it would be a great day for shooting.

For those who have never been to Liverpool Archery Club's range (*probably most of us*) it was easy to find and turned out to be a lovely spot nestled amongst the trees next to the Georges river.



It would be nice to have the luxury of a permanent site where they don't have to lay out the field for The Short Distance was a relatively small shoot with just Wayne Moore and I attending the recurve day from



Warringah. The sunshine and lack of wind made for a great day which seemed to fly by.

The masters recurve competition was tight with Kelvin Heath from Coast Archers and I swapping the lead a couple of times during the event. In the end of the day, I managed to come out on top by just 3 points. Wayne also shot with great consistency to come away with the silver in the veteran male recurve competition.

Gold: Philip Whitfield (RMM) scoring 769 WA60/900 attaining White Fita Performance award and shooting an AG @ 40m

Maria Wright (CV+W) scoring 819 Short Canberra & AG @ 40m

Silver: Wayne Moore (RVM) scoring 760 (WA60/900) attaining White Fita Performance award



and achieving an AG @ 50m

Penrith Winter Field: 28th July, 2019

Congratulations to Mitchell Campbell who won Gold at the Penrith Winter WAFIELD Round, scoring 392 (2nd highest score of the day). Well done Mitchel



RE Officials becoming Event Judges:

Congratulations to Steve Jennison who is now a Target & Indoor Judge.

BOW SLINGS – WHY USE THEM?

Introduction: It is usually a tiny piece of leather to stop the bow from falling on the ground. It is a simple, yet indispensable part of an archer's equipment; the sling. Unfortunately, the sling is not always used properly so that its full potential is not reached. This article deals with the three most used types of slings and their use. Hand positioning is closely related to the sling, so this will also be highlighted.

Slings – Why use a sling? A sling is used to be able to shoot with a relaxed bow hand thus increasing the accuracy of the shot. When shooting without a sling, it goes without saying that one will hold onto the bow during and after the shot. In this way, the bow is held slightly different each time. As we are not machines, it is difficult, not to say impossible, to move every muscle in exactly the same way every shot. A very simple solution to this problem is: just do not hold the bow. In this way the bow moves freely after every shot while hand and wrist can relax. This technique can be reproduced more consistently. The sling only stops the bow from falling and prevents damage.

Types: There are three types of slings: The finger sling, the wrist sling and the bow sling.

- The wrist sling is a piece of rope that attaches to the wrist and wraps around the bow. A hook is used to secure the line. It is very easy to adjust.
- The finger sling is attached by loops to thumb and index or middle finger.
- The bow sling is attached to the bow. You slip your hand through a strap when taking hold of the bow. After release the strap will press on the top of the hand and the bow will be supported by the strap only. The sling is easy to adjust.

Which types of sling is best? All types of sling work well. Under normal circumstances and with a properly adjusted sling a bow will never end up on the floor. The difference is in the psychological impact of the sling. Every type of sling has certain aspects that, perhaps unconsciously,

influence the execution of the shot. If you are not absolutely convinced that the bow will not drop on the floor, you will react to the bow jumping out of your hand as soon as you release, while the arrow still makes contact with the bow and disturbs the arrow flight.

The BOW Sling:

The bow sling is attached to the bow handle on a point below the grip. This set-up causes the bow to rotate around that point after the shot. The result is a large swing movement after the shot. The natural reaction to this is grabbing the bow, although this is really not necessary. Because this violent movement



is expected, you are inclined to grab the bow during the shot, thus disturbing the arrow flight.

For archers, where the lower limb hits their thigh, the described problems will not be as severe. It will be easier for them to use this sling, but not everybody has the right posture to get the bow to fall right. When the bow flips in front or behind the body, it is possible for a limb or stabiliser tip to come

near your face. Just try not to react when this happens.

As seen, it requires much training to be able to use this sling properly. Because of the large chance of grabbing reactions, we would really not recommend this sling. Unfortunately, some of the older types of bows are sold with a bow sling. It may look very good on the bow, but beginning archers would be better off if they traded this sling immediately for another one.

If you do decide to use this sling, make sure the strap does not press on the hand during the shot.

WRIST Sling:

The wrist sling is a sound sling. The archer gets the feeling that the bow is firmly attached to his or her hand because the piece of rope is around the wrist and bow. Now the archer will have less fear of letting the bow go.



Sometimes the sling can feel a little bit tight and seems to interfere with the shot. This is usually just a matter of adjusting it a little bit. Some archers find the hook a bit flimsy and awkward, but it just takes a little time to get used to.

FINGER Sling:

The finger sling has the advantage that it gives you the feeling that it practically does not interfere with the shot because of its small dimensions. The bow seems to move more 'freely' in your hand.



This is more in the mind than that it really has no real effect: the bow will leave the hand in precisely

the same way as with the other slings when shooting with a relaxed bow hand.

What can have an influence is fear that the loops will slip from the fingers. There is no need for this when using a well-made sling that fits well. A good sling is made of thin, flexible leather. There are also plastic finger slings. With these slings it is important that the loops give a tight yet comfortable fit around the fingers.

When you are afraid that the loops will come loose, the reaction is to spread thumb and index finger and raise the thumb a bit. This leads to tension in the hand and increased pressure on the lower part of the grip, disturbing arrow flight. It's simple design, make the finger sling to feel less 'flimsy' than the wrist sling.

Note: Why not try and make your own wrist or finger sling. All you need is the initiative to give it a go, it's amazing the design and styles you will come up with – remember though – KEEP IT SIMPLE !



Development Fund – Thank you Stuart.

JULY HANDICAP

1st Place Stuart Fathers Veteran Compound Male, Score 919,
2nd Place, Peter Whitfield scoring 872 and 3rd Peter Turner on 870. Stuart gained \$20 **incentive for winning the handicap** and \$20 for scoring over 900, which he donated to the Youth 2019



BIRTHDAYS AUGUST

Joanna Woo (4th), Jasper Kay (7th), Brian McGuire (10th), Emma Brady (14th), Kristian Chambers-Mclean (20th), Paul Wilson (22nd), Piers Moran (23rd), Massimo Llana (27th), John Oh (30th),

State Record awarded to:

Mitchell Campbell – Compound Intermediate Boy, WA30 @ 80m Score 355 on 14/4/19 at 2019 NYAC Target

National Tournament Records obtained at Morwell awarded to: Maria Wright in the CVet+W

Division – WA30m 80cm face, with an equal score of 336 on 5/11/2018

Short Canberra round scoring 844 on 6/11/18, 24T Field Red Marked with a

score of 300 on 4/11/18

Youth Nationals in Armidale: Mitchell Campbell (CIB) AA50/1440 score of 1415 on 14/4/19 & 30m 80cm face score of 355 on 14/4/19

