

On Target



Issue No 8 August, 2015

AGM

AGM is to be held on September 18th at 7.30 pm
(preceded by a short General Meeting)

ALL POSITIONS DECLARED VACANT

**CAN'T MAKE IT TO THE MEETING? - POSTAL VOTING PERMITTED ON
CLUB'S ABSENTEE VOTING FORM - COPY ATTACHED TO THIS NEWSLETTER.
POSTAL VOTE TO BE RECEIVED NO LATER THAN 24 HOURS BEFORE AGM**

As election of Officers is by secret ballot, if postal voting, please place filled completed form inside a blank envelope and place that envelope in another with your name and club number on outside to enable secretary to record your name as having voted.

Christmas in July Brunswick Hotel, City



Nicole Murphy, Neville Pledge, Bill Menz,
Carol Ashlee, Eileen Hallstrung



Aileen Anderson, Bev & Ray Colville, Judith Brown, Sue Martin



Annette Ojen, Bruce Lang,
Dean & Pam Pettman, Barbara James

Photographer: Barry Adams



Barry & Gloria
Adams



Ann Branford, Jill & John Vardon, William
Carney, Carol & Bill Sloan



Practice Clout Photos July 2015 - Gloria and Barry Adams

**New
Members**

Congratulations to the following who were passed for membership at the August meeting
Geoffry Sanderson, Troy Thomson, Diana Baric, Holly Schleyer, Andy Cooper, Rose Gillespie and Shane Reeves
Welcome to the Club

**Handicap
Spoon**

Congratulations to Barry Collins who was awarded the Handicap Spoon for July.



SILVER QUIVER INVITATION SHOOT

Date: 20th September, 2015

Venue: Adelaide Archery Club

Time: 10.00 am (Practice from 9.00 am)

Rounds: Brisbane - Men, 20 & under boys

Adelaide: Longbow, Master, Veteran, Female, Ladies, 20 & under Female, Cadets

Short Adelaide: Intermediates

Junior Canberra: Cubs

Cost: Senior \$20.00 Junior \$14 (includes lunch)

Enter online at www.adelaidearchery.org.au

Payment by Credit or Direct payment

Direct Payment Details are BSB 065 106 Ref **SQ Surname Club No**

Any queried contact Sue Martin at: martins@mos.com.au

SILVER LEPRECHAUN

Two shoots have been scheduled -

Thursday 3rd September, 9.00 am start \$10.00 and

Sunday 3rd September, 9.00 am start \$10.00 + \$5.00 for lunch

"Hot off the Presses"

AAC Library Magazine/Books/DVD Reviews: AUGUST 2015

I. "New" Magazine Reviews – Bow International:

Review of newest Bow International (Issue #99): – all "shooting form" articles have been reviewed and "scanned" for inclusion in AAC Library



A. Issue #99 (AUGUST 2015): Key "Shooting Form" + Equipment Articles "Target Panic: Mid-Round" – A. Whittingham

Looks at "causes and solutions" to Mid-Round Target Panic
Breakdown is combination of mental & physical person resources
Exceeding either limit – will lead to failure in performance
Physical side – includes strength and stamina...relates to your fitness
Mental side – need coping strategy to increase focus/reduce nerves

"Being Comfortable in Your Shot" – Roy Rose

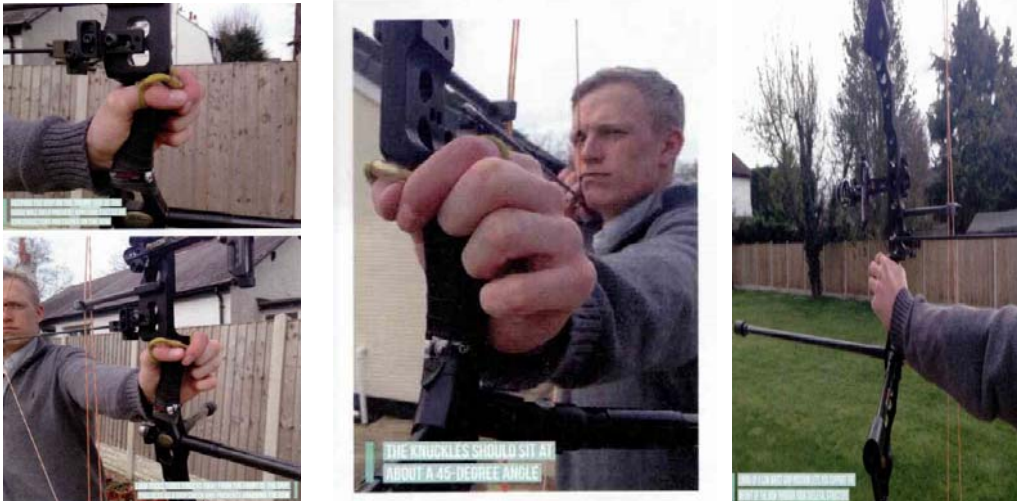
Comfortable is "repeatable" and key to ultimate accuracy!
Pro's have own individual idiosyncrasies to shoot comfortably
Your own personal comfortable routine leads to better mental state
Blind bale shooting is one key way to finding comfortable routine
Shooting comfortably guarantees more exact repetition-better scores

"Long Road to Recovery – Shoulder Injury" – John Dudley

Release aid + bow hand placement – must be "exact" each time
Facial pressure also needs to be same/consistent every shot
Neutral stance and same torso torque/twist all be the same
Torso twist can be measured – distance from string to bow shoulder, at full draw...needs to be same each shot
Also focus on hand & finger pressures – to get the "X" shot

"Good Grip + Bow Hand = Maximum Accuracy" – L. Grimwood

Bow grip – one of not "critical" elements of your shot
Grip has massive impact on tune and consistency of you shot
Only "thumb side" of hand life line should touch the grip
Ideal – have even pressure applied squarely to back of bow grip
Knuckles on bow grip should run at 45 degrees-if placed right



“Recurve Essentials – for Tuning Your Bow” – Andrew Smith

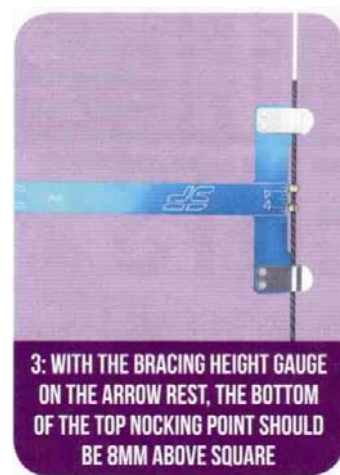
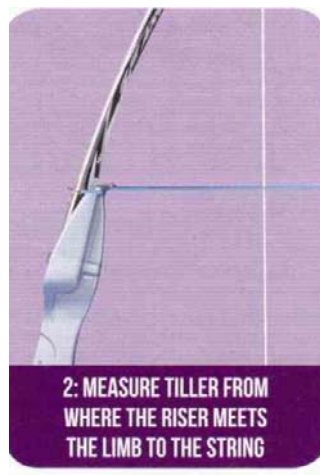
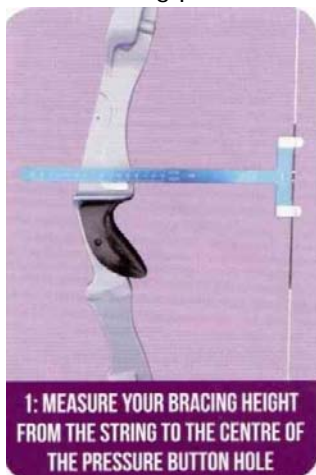
Bracing Height (BH)– use BH tool, string to centre pressure button

Tiller – set so top is 4mm positive/more than bottom

Knocking point – w/BH gauge-8mm above square to find bottom of the top nocking point

Fine tuning – get good groups at 30m 1st, then make adjustments

BH, tiller and nocking point – with bare shaft arrows - “how to”



Products: “Best of the Bags” – review 5 pages/26 archery carry bags

Covers Recurve + Compound bags and recurve limb sleeves

Aurora, Cartel, Easton, Hoyt, Legend, SF, MYBO...to name a few

Hard & soft bags plus bags for “both” one and two bows

“Ask the Experts” Section:

“How important is draw length for compound shooters?” – and how can I be sure I have mine right – Roy Rose

“Committing to Back Tension Release Aid” – working around problem of holding for perfectly steady shot – Duncan Busby

“Which is best – shoot w/eyes open vs. closing one eye?” – looks at pro/con’s of both and other alternatives – Roy Rose

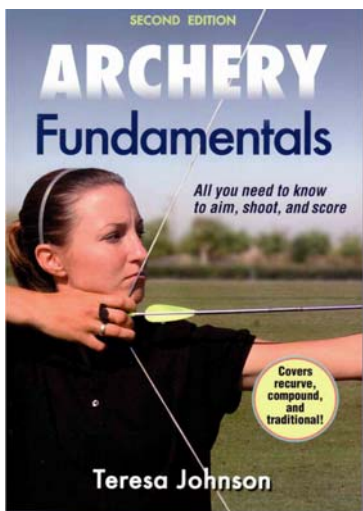
II. New Book Added to AAC Library this month of August 2015.

“Fundamentals of Archery” (2nd Edition) – by Teresa Johnson; Published by Human Kinetics – published 2015 – 12 Chapters/158 pages – covers Recurve + Compound + Traditional shooting forms

Uses “10 Step” Recurve shooting technique-identical to Archery Aus.

Excellent archer photos of each “10 Steps” + best written description of each step I’ve seen in any archery book

- Also came with “free” electronic eBook version of the book-for printing



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Recurve Shooting: Getting Started
 The key concepts in shooting a recurve bow, adapted from USA Archery's *Archery*, are as follows:

1. Stance
2. Nocking the arrow
3. Hooking the string and gripping the bow
4. Set position and mind-set
5. Setup
6. Drawing and loading
7. Anchoring
8. Transferring and holding
9. Aiming and expansion
10. Releasing and following through

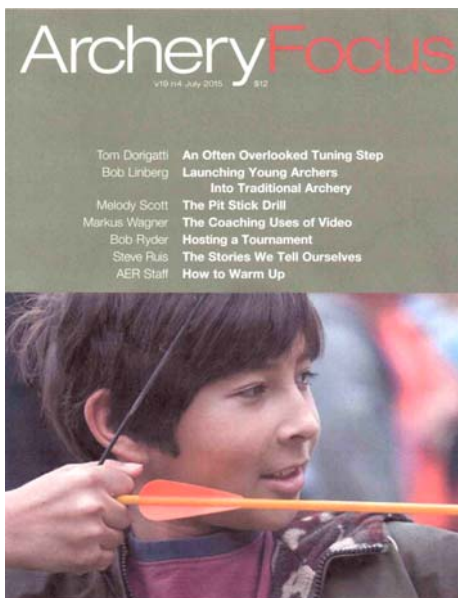
Shooting Recurve 47

III. No New DVD's added to the AAC Library this month August 2015

IV. "ARCHERY FOCUS" Magazine – available now "Only On-Line" in PDF format.....annual subscription (6 issues) is \$32/annum.

A. 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.

A.1 Image of the new, current JULY 2015 Archery Focus Magazine and articles are as below:



CALENDAR

August 23	Cressy Bowmen Invitation 10.00 am (see State Calendar)
August 23	Beginners Course - Volunteers Required
August 25	15th AMG Committee Meeting 7.30 pm at AAC
August 30	ARCHERY SA State Clout Championships & AAC Club Clout Championships, , St Ignatius College. 10.00 am - Entries open 1st July
August 30	Beginners Course - Volunteers Required
August 29-30	2nd Traditional Shoot - Mallee Sunset Field Archers - Red Cliffs via Mildura VIC More Information on Traditional Shoot
September 3	Visit from Gordon Pawson OAM and friends for morning tea. Please bring a plate to share.
September 5	Field State Ranking/QRE Eden Field Archers 1.30 pm
September 6	Farm Archery Golf Day (see State Calendar)
September 10	Archery SA Meeting 7.30 pm
September 18	AAC Meeting followed by AGM, 7.30 pm. All positions declared vacant. Nominations closed
September 20	Silver Quiver Invitation Tournament, AAC 10.00 am. Fee includes Munchie Wagon Lunch
September 27	Veterans and Tyro Tournament - Southern Vales Archery Club, Sign in by 1.00 for 1.30 pm start. Entries at Archery SA
September 29	15th AMG Committee Meeting 7.30 at AAC
October 3	No AJAD's (Middle Break)
October 3-10	15th Australian Masters Games, Adelaide
October 4,11,18	Beginners Course - Volunteers Required
October 23-27	68th National Archery Championships, Morwell, Vic
October 25	Rosney Johns Field Shoot, Great Southern Archers, Sign in by 9.30 for 10.00 am start. Entry Fee \$15.00 Entries to svacpresident@hotmail.com

ELECTION OF OFFICERS

ADELAIDE ARCHERY CLUB – ELECTION OF OFFICERS

(Reprint from thoughts by Norm Smith August, 2014)

At the AGM in September, we all have the opportunity to elect Club officers for 2015/16. Can I offer a few thoughts for your consideration when you make your voting selections?

You have three voting options – “**For**”, “**Against**” or “**Abstain**” (, or).

If you know any candidates and think they **are capable** of doing the jobs they have nominated for, it is easy – vote “**For**” (if more than one such nomination for any position, pick your favoured selection).

If you know any candidates and think they **are not capable** of doing the jobs they have nominated for satisfactorily, it is easy – vote “**Against**”.

However, if you don't know a candidate and therefore have no idea about their competence you have a dilemma. If the candidate is the only nominee for a particular position:

- do you vote “**For**” and hope that they can do the job satisfactorily, or
- do you vote “**Against**” in case they can't or
- do you “**Abstain**” and rely on those who do know the nominee to do the right thing for you?

And, if, as a result, no-one is elected to a particular position, that is surely better than having an incompetent in the job for the next 12 months.

Having been a scrutineer at previous Club elections, I know that very few abstentions are cast. This is the one of the very few situations where I consider abstentions to be relevant and where they should be encouraged. If you are exercising a postal or proxy vote, the situation is probably more critical because it is more likely that you will not be familiar with some candidates for election.

Can I ask that, in the interests of the Club, you think seriously about the three possible voting options at these up-coming elections? And I emphasise that the above is a philosophical point of view - it is **not** directed at any particular nominee for office.



Election of Officers and Officials – Absentee Voting Form

If you are unable to attend the AGM on Friday 18th September at 7:30pm but wish to vote for the Election of Officers and Officials please use this form.
Do not use the form if you intend to be present at the meeting.

Instructions to voters:

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

If you want to vote FOR the candidate, place a tick in the box

If you want to vote AGAINST the candidate, place a cross in the box

If you wish to ABSTAIN from voting for a candidate, leave the box empty

Place your completed form in a blank envelope. Place the blank envelope in another envelope with your NAME and CLUB NUMBER on the outside. Your voting form must be delivered to the Secretary by mail or hand-delivery, no later than 24 hours before the starting time of the meeting.

President	Carol ASHLEE	
Vice President	Eileen HULLSTRUNG	
Secretary	William CARNEY	
Treasurer	Annette OIEN	
Equipment Officer		
Coaching Coordinator	James HENRIKS	
AJAD Coordinator		
Asst. AJAD Coordinator	Glenn PAULEY	
Recorder	Aileen ANDERSON	
Tournament Director	Sue MARTIN	
Building Officer	Junior ALEXANDER	
Asst. Equipment Officer	Dean PETTMAN	
Asst. Recorder	Stephen ROBINSON	
Social Coordinator	Emma FETKE	

Groundsman		
Archery SA Delegate	Jeff NICOLL	
Club Steward	Ann BRANFORD	
Publicity Officer	Clarence YEOH	
Librarian	Randall COON	
Club Coach Recurve and Longbow	Jeff NICOLL	
Club Coach Compound		
Field Captain Thursday	Dean PETTMAN	
Deputy Field Captain Thursday	Denis HARVEY	
Field Captain Saturday	Tony LOI	
Deputy Field Captain Saturday	Norm SMITH	
Field Captain Sunday	Barry ADAMS	
Deputy Field Captain Sunday	Dean PETTMAN	