

On Target



2014 Issue No 9 September

PRESIDENTS REPORT AGM 2014



Sixteen archers took part in the Youth Nationals and congratulations go to the five who won medals.

At the National Indoor Championships twenty four archers took part and six won medals. The club also won three events at the Lord Mayors team shoot.

Four members took part in the arduous Metric Philadelphia at Cressy.

It is also good to see Adelaide Archery Club members taking part in invitational shoots at Blue Lake, Mid North, Barossa and Whyalla.

Our club currently has four active judges who assist at QRE's, Ranking Shoots, National, State and Invitation events.

As the National Youth Archery Championships were held in Adelaide this year eight members of Adelaide were on the committee that ran them. There were many others who assisted during the event.

The couple of Field rounds that were held at the club this year seemed to be reasonably successful. For some this was their first introduction to Field shooting.

SOCIAL

The annual dinner was held at the Royal and a good time was had by all. It was nice to see a good turn up of ex members for the Memorial Shoot. Camp Quality had fewer participants this year due to the division of ages between Camp Quality and Canteen.

GROUND

The club has after much discussion got a group of people together (Target Working Party) to put proposals to the club for the future of the layout of the grounds and quality of the target butts. We have been lucky that the parking situation at Adelaide Oval has not affected us much this year. The parking has been the same whether a game was on or not.

ADMINISTRATION

No large changes to the IMG database this year, which is a relief.

Aileen has had a reasonably large job with the introduction of the new classification system.

Many medals have been presented as a catch up.

At RGB level we have six members who hold twelve positions between them.

Work was also done by a small group on presenting a Policy document for the club.

COACHING

A number of archers gained their coaching qualifications during the year. Congratulations.

We have been inundated with people to do the coaching courses and a rethink is probably needed on how to accommodate the numbers.

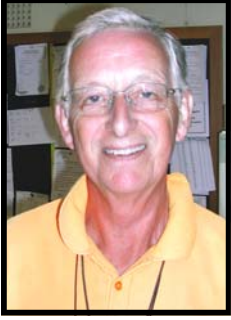
Our stock of equipment is looking good due to numerous new bows bought this year.

MEMBERS

It was sad to lose a couple of members during the year. Frank Brooks a Life Member and Tony Rundle a good officer. We have again had members on the sick list our best wishes go to them.

I would like to thank all the volunteers who have helped out at events during the past 12 months. Special thanks go to Joe Vardon who is standing down as Secretary after many years.

Carol Ashlee
President



Congratulations Norm

Best wishes to Norm Smith who was awarded Life Membership at the Annual General Meeting for his service to the Club and to the sport of Archery.

MEET YOUR NEW COMMITTEE

- PRESIDENT** Carol Ashlee
VICE PRESIDENT Eileen Hullstrung
SECRETARY Bill Carney
TREASURER Annette Oien
EQUIPMENT OFFICER Andre Laforet
COACHING COORDINATOR James Henriks
AJAD COORDINATOR Brendan Roberts
ASSISTANT AJAD COORDINATOR Glenn Pauley
RECORDER Aileen Anderson
TOURNAMENT DIRECTOR Sue Martin
BUILDING OFFICER Junior Alexander
ASSISTANT EQUIPMENT OFFICER Dean Pettman
ASSISTANT RECORDER Stephen Robinson
SOCIAL COORDINATOR Pam Pettman
GROUNDSMAN Terry Reilly
ARCHERY SA DELEGATE Jeff Nicoll
CLUB STEWARD Ann Branford
PUBLICITY OFFICER
LIBRARIAN Randall Coon
CLUB COACH RECURVE AND LONGBOW Jeff Nicoll
CLUB COACH COMPOUND Ken Osborne
FIELD CAPTAIN THURSDAY Andre Laforet
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

Non-elected appointments.

Ron Bentley as **Public Officer**
John Hodgetts as **Auditor** and
Carol Ashlee as the Club's **Proxy Archery SA Delegate**



ELITE BRONZE MEDAL

Last month when reporting on Clare Reuther being awarded the Elite Bronze Medal 2014 I left out one of the most important qualifying points - that the award is presented to an archer who has had a consistent rating of 65 or above.

So to clarify the conditions for the Grand Master Bowman Elite Bronze award at the Intermediate age group:

- *"The award requires a minimum of three rounds, with a minimum Rating of 65 or above, shot in a tournament or QRE and the round has to consist of 72 arrows or more".*

A fantastic achievement and Congratulations once again Clare.

Adelaide Archery Club Inc 58th Silver Quiver Shoot - 21st September 2014									
Name	Club	Round	Dist 1	Dist 2	Dist 3	Dist 4	Total	Position	
Open Female Recurve									
Adelaide									
Cub Male Compound	Jnr Canberra								
Nick Bentley	AAC		269	289	293		851	1	
Dylan Nichols	MNA		263	273	286		822	2	
Cub Female Recurve									
Jnr Canberra									
Keeley Cain	CB		253	258	275		786	1	
Adelyn Lovas Tiong	EFA		168	166	200		534	2	
Cub Male Recurve									
Jnr Canberra									
Ethan Holmes	AAC		224	268	284		776	1	
Angas Moffatt	AAC		132	216	254		602	2	
Andrew Gribble	AAC		90	169	219		478	3	
Intermediate Male Compound									
Short Adelaide									
Dominic Cumming	EFA		269	272	274	288	1103	1	
Intermediate Female Recurve									
Short Adelaide									
Rhiannon Charsley	AAC		219	251	223	267	960	1	
Intermediate Male Recurve									
Short Adelaide									
Jet Lewis	KA		194	226	205	255	880	1	
Cadet Female Compound									
Short Adelaide									
Lauren Gribble	AAC		191	141	175	217	724	1	
Cadet Female Recurve									
Adelaide									
Dana McFarlane	AAC		210	246	222	256	934	1	
Katie Morris	AAC		168	232	224	249	873		
Cadet Male Recurve									
Adelaide									
Brayden Tansell	AAC		212	243	204	250	909	1	
20 & Under Female Recurve									
Adelaide									
Erica Smith	AAC		185	223	232	259	899	1	
20 & Under Male Recurve									
Brisbane									
Travis Pauley	AAC		233	246	235	247	961	1	
Open Male Compound									
Brisbane									
Geoff Blessing	CB		284	285	275	284	1128	1	
Justin Mamo	EFA		284	285	274	284	1127	2	
Michael Cowin	CB		281	283	277	285	1126	3	
Ross Phillips	EFA		276	280	269	285	1110		
Rob Milam	CB		270	281	276	281	1108		
Ben Kilsby	BLA		274	280	262	273	1089		
Tony Loi	AAC		235	260	250	267	1012		
Open Female Compound									
Adelaide									
Sherry Gale	VHAC		284	292	288	296	1160	1	
Lisa Scott	VHAC		271	283	250	285	1089		
Open Male Recurve									
Brisbane									
Daniel Caon	AAC		219	230	203	251	903	1	
Gerald Matthews	AAC		191	229	223	249	892	2	
Matt Holland	AAC		214	220	229	227	890	3	
Damian Pauley	AAC		217	222	207	235	881		
Open Male Longbow									
Adelaide									
Nigel Steyn	AAC		174	212	189	222	797	1	
Bob Hay	TFIAC		153	195	166	204	718		
Master Female Compound									
Adelaide									
Yvonne Lewis	KA		273	270	272	288	1103	1	
Master Male Compound									
Adelaide									
Garry Jacques	BLA		238	258	257	268	1021	1	
Master Male Recurve									
Adelaide									
Chris Drown	AAC		230	250	245	260	985	1	
Veteran Female Compound									
Adelaide									
Sue Martin	AAC		270	271	268	283	1092	1	
Sue Phipps	SVAC		240	255	243	262	1000		
Veteran Male Compound									
Adelaide									
Ian Harris	BLA		247	275	272	284	1078	1	
Michael Chambers	GSA		238	265	247	250	1000		
Veteran Male Recurve									
Adelaide									
Chris Lech	AAC		229	235	242	262	968	1	
Ken Moylan	CB		224	244	228	263	959		
Veteran Female Longbow									
Adelaide									
Jill Vardon	AAC		80	139	132	164	515	1	
Pam Pettman	AAC		112	125	120	137	494		
Veteran 70+ Male Longbow									
Adelaide									
Joe Vardon	AAC		146	182	187	205	720	1	
Adelaide Archery Club									
Blue Lake Archery Club	BLA								Great Southern Archers
Cressy Bowmen	CB								Southern Vales Archery Club
Eden Field Archers	EFA								Victor Harbor Archery Club
The Farm Indoor Archery Club	TFIAC								Mid North Archers
									Kidman Archers
									GSA
									SVAC
									VHAC
									MNA
									KA

Congratulations

Congratulations to Kevin Dawson for winning the August handicap spoon.

Welcome

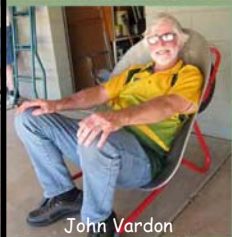
The following were accepted for Membership at the September Meeting:

Sureiander Subramanian, Heather Potterton, Liam Rodeghiero, Dylan Rodeghiero, Jet Lewis, Wilson Diep, Kaleb Dickinson

Welcome to the Club



Trophy Presentation - Archers photographed with President Carol Ashlee



John Vardon



Dylan



Nicholas



Adelyn



Andrew



Angas



Ethan



Darrin



Rhiannon



Ter



Lauren



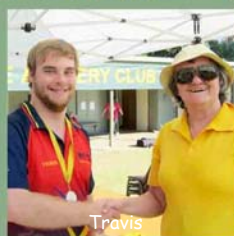
Daria



Brayden



Erica



Travis



Michael Cowan



Justin Mamo



Geoff Blessing



Sherry Gale



Wendy Moylan



Nicky Stuut



Petra Zhelezarova



Matt Holland



Gerald Matthews



Daniel Caon



Nigel Steyn



Yvonne Lewis



Garry Jacques



Chris Drown



Sue Martin



Ian Harris



Chris Lech



Jill Vardon



John Vardon

Photographs:

Scenery - thanks to Stephen Tiong (EFA)
Trophys Presentations - thanks to Barry Adams

"Hot off the Presses"

AAC Library Magazine/Books/DVD Reviews – SEPTEMBER 2014



I. "New" Magazines – Bow International:

A. Issue #94-Sept-Oct/2014: Key "Shooting Form" + Equipment Articles

"Bow in the Hand" (Compound/Recurve)– Duncan Busby

Grip should rest on only "thumb pad" part of your bow hand
Correct bow hand grip is "critical" to accurate shooting
Use hand "life line" as reference point-all contact on thumb side
Improper bow hand grip causes "torque" - arrows to right or left
Relaxed bow hand and fingers are key to consistency & accuracy
Bow hand supporting photos are "outstanding" in article!

"Sting of Success" – Coach George Ryals's "Hornet Team"

Archery school that turns beginners into World medallists
Indoor training facility with 18 x 18 meter shooting lanes
Plus 90 meter outdoor range w/lights for night FITA rounds
Use the USA Archery JOAD program a base training program
Discusses quarterly student fees and weekly training schedule

"Change: Your Archery Enemy?" – R. Rose

Desire to experiment can hold back an archer's progress
Setup execution process which is simple & infallible
Video replay-like repetition develops consistency
Stay with proven repeatable (under pressure) equipment
Form and execution from a decade ago still valid today

"When Learning Goes Wrong" – Craig Johnson

Motor system learns from repetition-can be good or bad
Correct faulty motor programs-via insert new association
Focus on "target panic"– complex & hard to resolve bad habit
3 ways for coaches to improve their teaching methods

"Aiming and Attention" – Liam Grimwood (outstanding!)

How I (Liam) achieve aiming consistency
"Manual Aiming" technique and its shortcomings
Using "Subconscious Aiming" for maximum accuracy
Concentrate on the target gold...not the pin and centring

"Measuring Up" (compound draw length) – John Dudley

Perfect draw length (for you) – is absolutely "essential"
What to look for – "T" posture (pelvis/torso/spine)
Head erect/vertical and string touching tip of nose/corner of mouth/lip
Quick measurement-"T" formation w/knuckle against wall
Outstanding photos w/article + link to YouTube "How To"

"The Thinking Side of Archery" – James Park

Understanding how/why you lose points per end & round
"11" Simple Rules to improve mental approach to archery
"One shot at a time" + "Shoot your own arrow" - examples

Showcase: new equipment product coming out

"XCEL camera" – with mounts onto bow/limbs/etc.
Vane Master Pro – 3 piece jig comes with carry case.

"Ask the Experts" Section:

"Most important part of shooting process - Execution" – Roy Rose

"Score variations – practice vs. competition" - Alistair Whittingham

"When is it time to change cables" – Liam Grimwood

NOTE: The following can be borrowed from the AAC Library – signed out as normal via our Member Loan system

"Shooting Form – Recurve" – AAC Library #50

"Shooting Form – Compound" – AAC Library #51

"Shooting Form – Longbow" – AAC Library #52

"Equipment" (bows, arrows, sights, stabilisers, etc.) – AAC Library #53

II. "New" Books Added to AAC Library this month of September 2014:

3 Books - Donated by AAC Member Roger Moore

"Chairing & Running Meetings": AAC Library # 167.0

"Meetings Made Easy": AAC Library # 167.1

"Mr Chairman": AAC Library # 176.2

"Even More on Coaching Archery" – Steve Ruis (Editor of FOCUS Magazine) – published 2013; 44 Chapters/242 pages on Coaching Archery – AAC Library # 166.0.

Outline of chapters/material covered:

"On Form & Execution" – 13 chapters, 58 pages (Step by Step) – Similar "9-10 Step" approach used by Archery Australia and Rick McKinney – book and DVD

"On the Mental Shot" – 3 chapters, 12 pages

"On Coaching" – 19 chapters, 98 pages

"On Equipment" – 2 chapters, 11 pages (French tuning)

"General Commentary" – 7 chapters, 37 pages

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

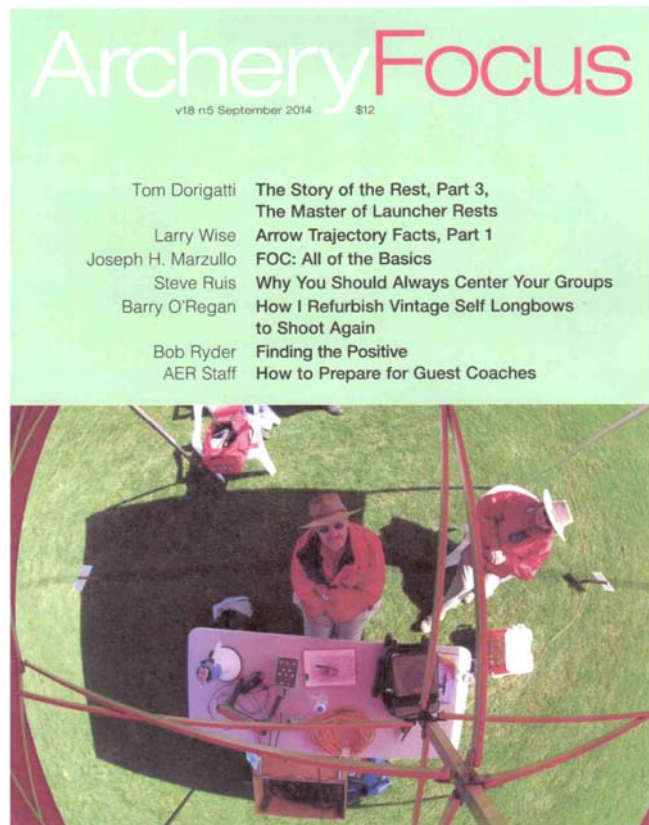
IV. "**ARCHERY FOCUS**" Magazine – available now "Only On-Line" in PDF format.....annual subscription (6 issues) is \$32/annum.

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 Bound booklet has been prepared with listings of current and back Issues and Articles and is held in one of the plastic holders on the door end of the Library cabinet. If anyone wants an Issue or article for your own use - email me (randallcoon@bigpond.com) for the information or borrow the Archery Focus DVD from the AAC Library.

A.2 Image of the new, current SEPTEMBER 2014 Archery Focus.

Magazine and articles are as right:





70th Birthday Wishes to Kevin Dawson



Saturday September 27th, 2014 - AAC's Annual Dinner

Reminder that the Annual Dinner is this Saturday, at The Brunswick, 207 Gilbert Street, Adelaide at 6.30 pm



Sunday September 28th, 2014

Good Luck to Archers competing in this weekend's Tyro and AJ Barter Veteran's Tournament at Southern Vales Archery Club.



Silver Leprechaun Postal Shoot, Bunbury WA Archery Club

Payment and scores to be handed in for processing beginning of October.



Saturday October 4th, 2014

No AJAD's (Middle Break)



Thursday October 9th, 2014 - ARCHERY SA's Annual General Meeting

General Meeting followed by the AGM 7.30 m on 9th October. All invited.



11th- 18 October, 2014 - 15th Alice Springs Masters Games

Good Luck to Archers heading off to the N.T. for the Masters Games



Friday October 17th, 2014

Adelaide Archery Club's Meeting in Clubrooms at 7.30 pm. All invited. Help run your club.



19th - 26th October - National Championships, Geelong

Good Luck to all Archers attending the Nationals.



Tuesday November 4th, 2014 - Melbourne Cup Lunch

Lunch at The Lord Melbourne Hotel, Melbourne Street, North Adelaide.
Cost: Normal Pub Menu (Meals available from \$10). Pay as you order.
Name on Board for catering please.



Sunday October 26th, 2014 - Ros Johns Field Shoot (see State Calendar)

- *Dry erase boards are remarkable.*
- *What is the difference between ignorance and apathy? I don't know, and don't care.*
- *A vulture carrying two dead raccoons boards an aeroplane. The stewardess looks at him and says "I'm sorry Sir, only one carrion allowed per passenger."*

CLUB SPONSORS

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www.archeryacademy.com.au

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