



Newsletter by The Grange Company of Target Archers Inc.
www.grangearchery.org

No. 6

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WELCOME TO NEWSLETTER No. 6 C.E.
(current examples).

On the last page - now please show some strength of character and don't rush to the last page - there is a present for YOU.

It is a gift which should allow you to do something that you've been planning to do for some time.

'Nuf said, be strong now - on with the rest of the news.

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A COUPLE OF IMPORTANT ANNOUNCEMENTS

FIRSTLY:- A grant proposal was put to the State Government, and with it, and the Moreton Bay Regional Council, and the Club putting in money - and largely due to the work of Brian Hagaman - the Club has had funding approved to construct a second building to the west of the current one, to accommodate further indoor lanes.

Work is expected to commence early in the New Year.

SECONDLY:- SAFETY CONCERNS - There has been a note from the SQAS regarding the practice that some archers have of practicing in the yards of their residential properties. Apparently, SQAS occasionally gets questions from the public about (the neighbours) shooting in backyards.

Archery Australia's Safety Policy states the following:

"Section 2 - General Safety - Shooting in residential areas, including your own residential property, is discouraged and not recommended. Such shooting is not covered by Archery Australia's Public Liability Insurance Policy."

SQAS strongly urges its members to use the facilities provided at Clubs for the safe enjoyment of the sport.

THIRDLY:- The Ron Tucker/Merv Kelly Memorial Shoot will be held on Sunday 27th November. This shoot is named to honour two archers who were pivotal in the earlier days of the Grange Company, and archery in South Queensland.

This year the tournament will take the form of a Short Range Shoot - there has been a flyer circulated recently. These can be fun, not necessarily a lot of pressure, unless you place it on yourself. If you feel that you can't perform in the nominated rounds come along and shoot your own preference socially.

It is planned that there will be a presentation by the local State Government member of the grant for extension of the indoor facility, as mentioned earlier, as part of the festivities.

REMEMBER - that the plans for the Christmas break-up on DECEMBER 10th include a FUN SHOOT, starting at 2p.m. The actual BREAK- UP evening, to commence at 5 p.m., is planned to include a "Trivia Night".

Come along, have some fun, and socialize!!

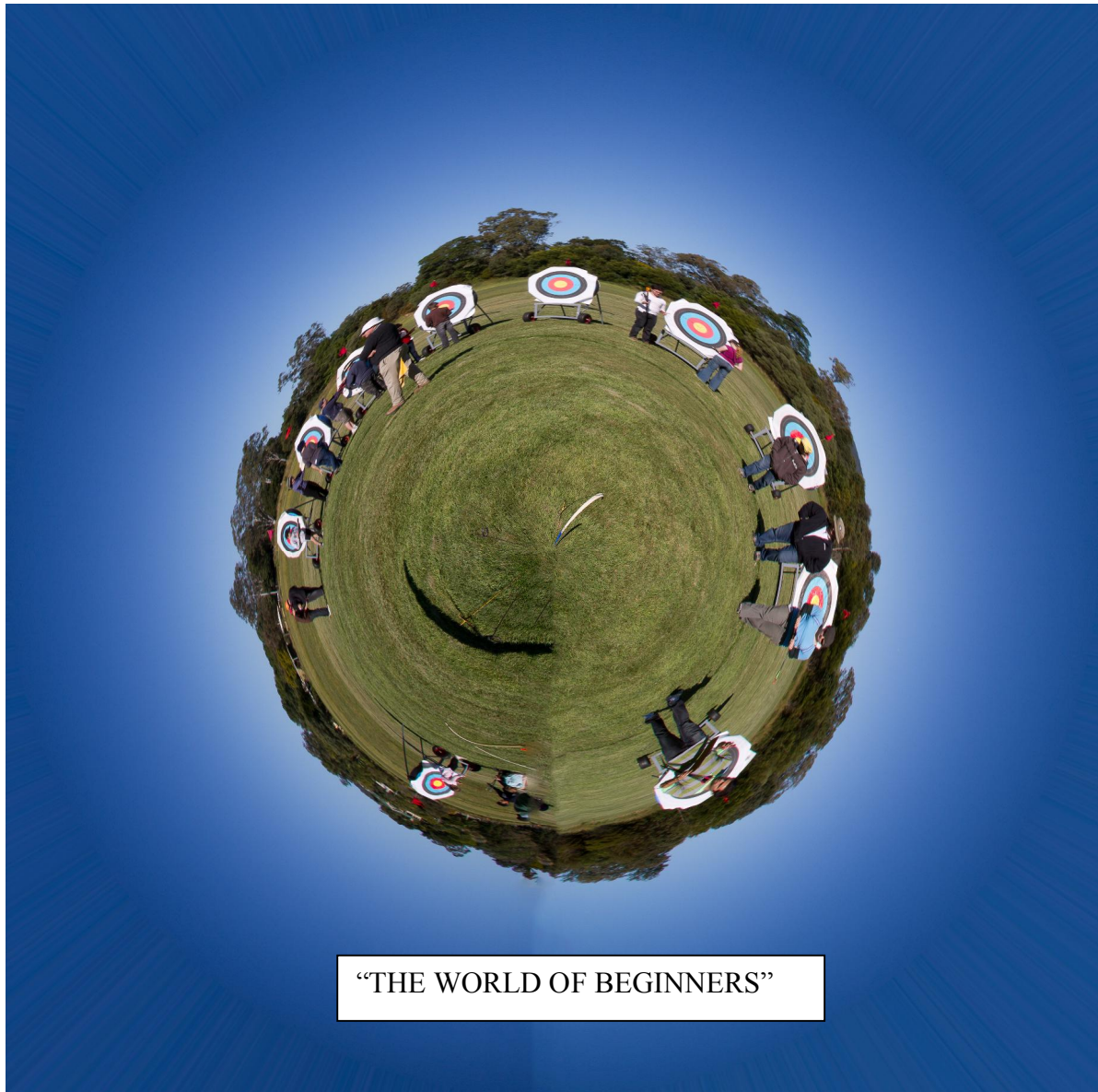
REMEMBER - ALSO You have this month to pass to me (Evan Fisher), copies of photos that you would like to have considered being shown at the Christmas Break-Up - "The Year in Review".

DEADLINE STRICTLY NOVEMBER 30th.

Perhaps not all photos will get a guernsey, I'm not sure how long it might run,

particularly with the plans indicated above, it could get to be a very busy evening

There's one photo which could be interesting on "the big screen". Mike Schilling has PHOTOSHOP®, obviously, but also perhaps a serious spatial perception problem.....



AN INDOOR QRE (Qualifying and Ranking Event) was held at the Grange Company indoor lanes on 5th October last.

Ten members of the Grange Company, and three members from other Clubs competed. Of the Grange members Neil Digweed, Scott Hagaman, and Brian Hagaman recorded scores which are Open National Ranking scores - 571, 560, and 555 respectively.

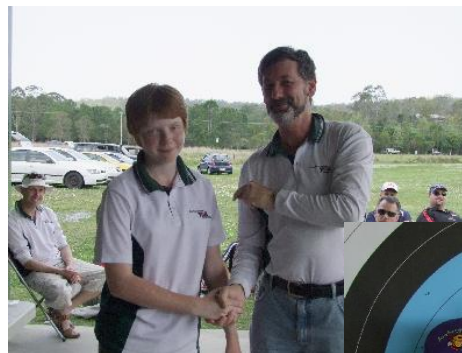
THE SQAS SHORT RANGE CHAMPIONSHIPS for 2011, were held at the Grange Company grounds on 15th October. Forty-seven archers participated, twenty-three of them from the Grange Company of Target Archers.

Of those twenty-three, eight Club members won medals for first place in their respective categories. They were:-

Hayden Millis, Abbey Scott, Kynan Schilling, Rod Brier-Mills, Madeline Ferris, Dave Arrowsmith, Patrick Barden, and Evan Fisher.

In my case, it was hard to fail, since I was the only Veteran 70+, Male, Compound archer there.

We tried for some external publicity, contacting Channel 9, and "The Westerner", but as happens many times, neither organization took up the lead.



More of the winners (and place getters), and grinners.



MUSINGS OF AN ANONYMOUS ARCHER - Part 2

Here you go, I told you there would be more.....

"There are many "rounds" which can be shot. A round consists of a number of arrows grouped in "ends" of 6 arrows (3 arrows at some of the shorter distances) shot at varying ranges from 10 to 90 metres and at target faces from 40 to 122 centimetres in diameter. The faces are usually marked in 11 rings - scoring 1 to 10 and an "X" ring (which is also a 10, just a slightly better one if it comes to a count-back).

In a number of the rounds the distance at which you shoot to the target and the size of the target face changes as you progress through the round. 3-arrow ends are normally shot at shorter distances where the better archers find that arrow can be so closely grouped as to pose considerable risk of damage to (expensive) arrows. The "Robin Hood" is great fun, but less so at \$30 plus per arrow.

Keep a notebook in which you can paste a list of the "rounds" and the number of arrows at the various distances and target faces. Most clubs will have a list of rounds posted somewhere. And there are booklets produced by archery organisations - such as SQAS - which list these also.

Each score, in each round, has a "rating". Again, there are usually charts in clubs and available on-line listing the various rounds and the ratings of various scores, allowing for some variations for the age and sex of the archer and the sort of bow you use. You should aim to improve your scores, and thus your rating level and climb the ladder from novice/beginner to 3rd Class, then 2nd Class, then 1st Class archer and hopefully on to Master Bowman or even Grand Master Bowman (no listing for Bowwoman or Bowperson, I'm sorry)

Each registered archery club has a club recorder who records members' scores and can advise you what ratings you need to achieve the various classes. 1st, 2nd, and 3rd Class are relatively simple and can be achieved at your own club but the higher classes have specific tournaments in which you have to participate, and rate highly enough, each year, to achieve and maintain the particular classification.

But you can, quite early in your archery development, start to participate in club shoots. Grange Company of Target Archers, for instance, has a monthly club shoot at which there is always a 20 or 30 metre round (unless it's an indoor round at 18 or 25 metres).

Indoor rounds are shot at target faces of 40 and 60 centimetres and can be initially a bit daunting for novices."

To be continued....

FOR THE PEOPLE JUST JOINED, FOR THE YOUNGER MEMBERS, AND FOR THE PEOPLE WHO DON'T HAVE THE TIME FOR THE LONGER ROUNDS -

Have a look at the OzBow idea. There's a notice about it on the notice board, but I'll reproduce some of the text here anyway.

"**OzBow** archery is designed for the individual as a self improvement system. The objective is to achieve the target qualification score at a distance before moving on to the next distance.

Medals are available for purchase at \$6 and/or certificates are available on request. An archer's OzBow achievements will be posted on the web site.

Once having achieved the target scores in the distances of the black post band (starts at level 30) many people then move on to club rounds rather than complete the series further out. And you can at any time move on to shooting rounds which start at 20m (the Newcastle round). You can practice any round at any time or you can shoot on a particular day the club rounds that are listed in the club calendar. All the rounds are listed in your club member's booklet.

However the OzBow system is a great way for self improvement to progress your archery for the first month or so as a club member, and you are encouraged to obtain a qualification score to distances in the black post band. (If you haven't read the notice, that can be explained to you - EF)

Also the OzBow system can be used for social competition with people at different skill levels. Each archer just shoots at the distance for the level they have previously achieved and deducts their qualification score from the total they score on the day and compares that with those they are shooting against."

So, this means that a couple of archers, at any level, can get together and have a short handicap competition which will give some idea of just how each is progressing.

Shirley McLaran, as OzBow co-ordinator should also be able to give you some advice.

THE NEXT SECTION IS PART 2 OF “PRACTICING TO PERFECTION” which started in the last issue. **Remember that this is from a series of articles which were produced in SQAS Newsletters of about 30 years ago.** A lot of the ideas remain the same - but some don't, depending on who you talk to.

“DO YOU KNOW WHAT YOU ARE DOING?”

Now, just how do you go about knowing if you ARE doing what you THINK you are doing? What if you ARE NOT doing what you think you are doing?

No one does this kind of thing with a premeditated effort. It just seems to slip up on the best of us and we are then hard pressed to believe it happened, no matter how we find out that we are not doing what we thought we were.

It matters not whether you are told by someone else that you are not doing what you think you're doing, or whether, on your own, you have a sneaking feeling that it is true. The fact remains that you must BELIEVE that it COULD BE SO. You should be flexible enough and honest enough with yourself to check it out, prove it if possible, and attempt to put it together some other way.

Films of yourself can help find the answers to the question we are talking about. It is a fine way to observe your physical form, and in many instances your mental attitudes will be very evident - sometimes shocking. Take a 50-foot roll (or about 3 minutes video) every few months and check to see if you ARE or ARE NOT doing what you THINK you are doing. Believe what the film tells you and have faith in yourself that

you can change what needs to be changed.

Whether you are working alone, or with someone, your mental job is to teach yourself to feel the difference between what you ARE doing and what you THINK you are doing.

It is a sort of trial-and-error method. Perhaps it is more like a sixth sense that tells you to stop, look, and listen.

A feeling, a hunch, a premonition that your unconscious self is sensing and trying to tell you about. Your job is to learn to tune in well enough to hear it when it wants to talk to you.

It does not matter how it comes to you; what does matter is that you teach yourself to recognise it when it manifests itself. Train yourself to use every bit of cunning that you possess to ferret out any discrepancies in what you THINK you are doing over what you ACTUALLY ARE doing.

The key words here are "MENTAL DISCIPLINE".

If all that sounds very complicated, it is not necessarily so. We are talking about any human being who has trained diligently and is so well in-tune with himself and to the operation at hand that he can and does do what seems like an impossible feat.

It is not impossible. You can do everything we have talked about. If you think all this is just for a very select group, join that group.

The champions had to learn to do it, some better than others. All of you will do it to some degree, depending upon how much you put into the effort.

THE BOW ARM FACTOR

It is impossible to talk about the merits of a good bow arm without also mentioning the function and impact the bow hand has on the shot.

Since it is the bow hand which is the contact point

between the bow and the archer, it is here that many problems will surface. The bow hand acts as a fulcrum or balance point for the bow during the shot process. The placement of the bow hand will influence the way the bow reacts when the release of the bowstring occurs. This influence impacts upon what is called the tiller of the bow. Tiller is the static balance of one of the bow's limbs as it relates to the other. Since the bow hand is the fulcrum for the bow, it only takes slight changes in the placement of the bow hand on the bow to cause a change in the tiller. At the risk of oversimplifying this situation, try to imagine a person shooting a bow by drawing and shooting it with his bow hand on different places on the handle.

One time he might have his bow hand grasping the bow at the top of the handle section and the next time he may have his hand clear down on the bottom portion of the handle. With each hand position change he would notice that the bow seemed to feel different as he drew it back and when he shot the arrow he would be horrified to find that there was no consistency from shot to shot. Since he had been moving his bow hand he had also been moving the balance point on the bow handle and this would affect the way the bow's limbs reacted at the instant of release of the bowstring.

The tiller, therefore, is the reaction of one limb to the other and by moving your bow hand around the handle you change the way the limbs will respond to the shot. It is imperative, then, that you take care to ensure that you do not change your hand position while shooting.

Generally, by lowering your grip on the bow handle (low wrist) you will experience higher arrow impact on the target. Conversely, if you raise your grip in the handle you will find that you will shoot lower. The higher position of the bow hand in the handle is called "high wrist". It is important to understand here

that it is not necessary to even move the actual location of the bow hand in the handle to cause changes in the tiller. Merely changing the hand pressure you are exerting on the bow handle will do the same thing. For example, if you allow the pressure your hand exerts on the handle to move down the handle, just slightly, without moving your hand placement, you will find that you will shoot high. Doing just the opposite will cause you to shoot low. It only takes slight changes to cause big differences in where the arrow will strike the target.

Some shooters will find that as they tire during a day's shooting their hand position changes and they begin to experience high or low arrows. Learn to be aware of your bow hand and what it can do to influence your shot.

Beware that your bow hand will also cause you to miss left and right if you are not pushing the hand pressure through the centre of the handle, as opposed to pushing pressure to the left/right of centre. This is what is normally called torque in the bow handle and the best way to avoid it is to allow your hand to stay as completely relaxed as possible. It should go without saying that the use of a bow sling is essential to almost everyone to avoid grabbing the bow upon release."

To be continued (probably).....

I apologise for all the text, but there didn't seem to be a reasonable place to make a break, without losing the thrust of the piece.



TOP SHOT!!!!!! - 22nd October 2011.

At least with a low-poundage bow, the arrow didn't go straight through the flag.

OH, INCIDENTALLY - There's a photo which some of us have seen which shows an arrow through the pad of the thumb, and through one of the fingers, of an archer in the U.S.A. He was apparently using a bow with what is called an "over-draw", allowing the point of the arrow to come inside the arc of the bow (essentially using too short an arrow). The photo is a little too gruesome for general publication, but it does highlight the risk involved if you attempt to shoot with incorrect arrows. **WARNING - USE ARROWS OF PROPER LENGTH, AS INDICATED FOR YOU BY AN INSTRUCTOR, OR SOMEONE WHO KNOWS WHAT THEY'RE TALKING ABOUT.**

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NOW you can move on to the last page - I *just know* that you've held off rushing to check out the gift that I said was on the last page.

OH, BEFORE YOU GO - you might have noticed that the Club web site is currently not OUR Website. Apparently this is because the domain name expired (I'm told).

Moves are underway to get OUR site back up and available.

OK, **NOW** turn over.



This is my gift to you.

This is a “tuit” - pronounced “too it”.

In fact this is a circular - but in this case I’m calling it a “ROUND” - tuit.

This is for YOU, particularly if you have been delaying doing something “until you could get around to it”.

HERE IT IS!!!! CUT IT OUT AND TAKE IT WITH YOU!!!

