

SAMFORD VALLEY



TARGET ARCHERS

Newsletter of the Samford Valley Target Archers

(ABN 63 639 289 573)

www.samfordarchery.org

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First things first - we hope you have a great 2019, even better than we hope your 2018 was.

The plan, or hopefully part of it, is to enjoy your archery - either as a social process or a competitive one.

There are a few of our members who are striving, this year, to be successful at various Tournaments, either locally or at more widely spread venues. It seemed a good idea to dig up a few items which may indicate what needs to be done to be a *very* successful archer.

A reasonable starting point would seem to be having a training schedule. I've copied an article from "Shooting Lines" of July 1989. (I hope I will be forgiven for reproducing material intended elsewhere, but the magazine has been closed for some years, though the star of the story is still in archery).

Simon Fairweather became Australia's first Olympic Gold Medallist in the Sydney 2000 Olympic games. What follows is a description of his training schedule for the World Championships in 1989.

"FULL TIME TRAINING FOR SIMON

by Rob Fairweather

Since early this year, Simon Fairweather has been training full time. He gave up his part time job to maximise his effort towards a medal at the World Championships in July,

In conjunction with the South Australian Sports Institute (SASI) and coach Gordon Pawson, he has set up a comprehensive training schedule.

Training starts at about 9am with a series of stretching exercises to limber up. Shooting begins with 6 arrows into a blank butt from 5 metres or so. The emphasis in all blank butt shooting is to concentrate on correcting or perfecting some aspect of shooting style. All training sessions conclude with a self-evaluation of various aspects of shooting style. Some of the 12 aspects monitored are... Balance, String fingers square, Body stability, Breathing, Anchor and Bow arm relaxation. Each of the aspects are scored and logged in a training diary for later evaluation by coach and archer.



(Taylor Worth – Olympic archer – not Simon Fairweather.)

A total of 17 ends of 6 arrows each is shot in this first session for the day, by alternating ends of blank butt 30m, blank, 50m, blank, 70 etc. back to 90m, then down to 30 metres again. The emphasis at all times being to perfect shooting technique. Following this first session is a series of strengthening routines consisting of chin-ups, sit-ups, push-ups and inclined board exercises. The main cardiovascular routine for the day is alternated between a period of track work and cycling. On the day allocated to track work following the strengthening routines, Simon spends between 25 and 40 minutes running in the hilly country near home in Strathalbyn. The aim is to improve the ability of the heart to handle competition stress while maintaining a low rate.

The run is followed by a late lunch. Lunch is the main meal for the day.

On alternate days, Simon has lunch early, then does his strengthening program before moving out to the road again, this time on a bike for 40 to 90 minutes. Running and riding are alternated to reduce boredom and to reduce joint damage from too much running.

After resting for an hour or so, Simon then moves back to the shooting range. The strenuous effort of the midday session tends to reduce the ability to hold on target as well as in the morning session, so the entire 102 arrow (17 x 6 arrow ends) in the afternoon is spent at the blank butt working on shooting technique.

Late in the afternoon after the final shooting session, he moves back to the house and shuts himself in his room for a session with one of a selection of relaxation tapes. The tapes were produced by Cathy Martin, Simon's Sports Psychologist from the SASI during one of his regular sessions. The tapes are an aid to improving concentration, target focus, and relaxation.

The day's workout usually takes about 7 hours, and is a 7 day a week routine, always ending with the inevitable paperwork to write up the day's evaluation. One exception to the 7-day routine is the deletion of the track/road work on Thursdays and Sundays, and Simon's regular session with the SASI. (about every 10 days)

This routine will continue until the World Archery Championships, and then after a brief acclimatisation period at the current level, will resume with higher levels of physical workouts in the long slow buildup to Barcelona.”

So, if you really want to be great, prepare for something like that.

If you're not **quite** that keen, there are still some things that you might consider.

Since I'm currently into stealing material I'll add the "Development Pathway" put together by Brian Hagaman.

You don't have to go the whole way down the pathway, but if you don't know what you could do, then how do you plan what you will do?



(Justin Olexienko - one of our internationally successful members.)

“Development Pathway

Archers on joining the club commence their development pathway – they usually are hiring bows for the first few months attending the Mid Field on Saturday mornings and shooting a self-paced OzBow score, all while getting assistance from the volunteer Archery Instructors rostered on duty; and they move out 5m at a time as they achieve the OzBow target scores. During this time you will have been given 6 arrows and shown how to fletch them and maintain them. It is important to make Saturday morning archery a habit so as to constantly reinforce that training.

If you see a Coach they can sit down with you to derive a Development Plan, this is important for those that want to move from social to competitive archery.

With all scheduled archery you must be on time and it is best to get in the habit of being early and warmed up with your equipment ready to go.

After about 2 months, if you are interested in buying your own gear, new members are encouraged to book some time with a Coach who will take measurements and give you recommendations for a suitable bow.

You should attend one of our seminars/workshops on bow set up or the other training sessions held from time to time, e.g. equipment maintenance, tournament preparation, string making etc.

Once you have your own bow members will most likely be shooting “red or better” at 30m or more and may like to move to the West Field and participate in the club rounds as listed in the annual calendar and as summarised each week in the weekly email. This is an ideal chance to shoot with more experienced archers. Archers generally share a target butt of up to 3

archers each. By this time, you will be entering your scores into Archers Diary and you will be able to track your progress; your rating.

From there you may like to start shooting some of the afternoon shoots, in particular the Monthly Club Shoot which is a handicap shoot and has a medal awarded to the archer who shoots best against their own “average” rating.

Once you are shooting the afternoon shoots you may then be thinking of inter club competitions. Or you may want to stray as a recreational social archer, which is fine. For those that are thinking competitive, an ideal avenue is the Silver Arrow Shoots which is a “postal” shoot with the results electronically posted off. These shoots are at the club in target, indoor archery, clout, and field (though field archery is shot at Belmont), and there is one of these Silver Arrow Shoots about once a month or two. Because they are shot at the club there are only club members present even though it is an interclub shoot, so they are ideal non-pressure shoots for the newer archers. To shoot these Silver Arrow in the relevant division you need to be shooting out to the respective distances. Your Development Plan could have these distances as a target achievement.

The next step in your development could then be to attend one of the QRE (Qualification and Ranking Events) that are held at Samford from time to time as per the club annual calendar or shot at other clubs in South Queensland. There are 11 affiliated clubs in South Queensland.

Or you may plan to shoot one of the South Queensland Championships. Get plenty of practice at the required distances in the lead up to these tournaments. Include this in your Development Plan. Some of these SQAS Championships are held at Samford on your home grounds.

SVTA has some of the best archery facilities in Australia.

Then you may look to the Archery Australia National Championships and other national tournaments both for youths and adults. Archers that are at this level could see a Coach about review of your Development Plan and possibility of regular coaching assistance.

And for youths there is the Trans-Tasman each 2 years, alternation between Australia and New Zealand.

And beyond that if you meet the selection requirements you could even go to International events like World Cups and World Championships. The club has archers that have been or are currently at this level.

Two of the Olympic archers are South Queenslanders!

The Archery Australia High Performance program is run out of the Queensland Academy of Sport in Brisbane. To be visible for this program you need to be shooting good scores at QREs.”

Or, you can just shoot socially, enjoy the company and just enjoy the fun - let your inner light shine through - after all, it's your plan!



And here's another one - for the record.



Now, some of our archers are young, healthy, and totally in their prime - some of our archers are a tad older and have the odd problem or two - which usually doesn't *usually* prevent shooting.

Eating well is a part of maintaining health, few Ekka Hotdogs, fewer deep-fried Mars bars, and attention to what might help to be well enough to shoot lots of arrows.

In October last we had a Sports Nutritionist come and present a seminar. I went along initially thinking to make up the numbers but ended by being quite fascinated by what was said.

I've had a bit of a struggle to produce some information from that talk without breaking copyright provisions, but let's see how I get on.

In the section on nutritious snacks you'll find: -

Dried fruit and nut mix, raw nuts, rice crackers, pretzels, muesli bars, breakfast

bars, crackers and dips, crackers and cheese, fruit bread, low fat fruit muffins, low fat flavoured milk, water, fruit juice sports drinks liquid meal supplements.

Don't overeat

Nutrition claims - these must be factual, but they mislead. "Lite" does not always refer to fat content, it can be a reference to the colour or something else.

"X% Fat Free" is a bit of a trap sometimes - a dairy product which says it is "90% fat free" has more fat than full cream milk at an average 96% fat free.

Ingredients - beware of fats or sugar at the top of an ingredients list

Fibre - aim for a total of 30 gm per day.

Sugars - look for products with more "Total carbohydrate" than "Sugars" alone. Natural sugars from fruit and milk are OK but be careful of added sugars from other sources.

Carbohydrates are for energy, and proteins for repairing and building tissues.

Fluids - If you were to weigh yourself after vigorous exercise and found that you had lost 1 Kg (which would be fluid loss) you would need to drink 1.5 litres of water to make up for that since the body uses 30% of the fluid to enable the uptake of the rest.

The colour of your urine (check the charts in the toilets) is an indication of your hydration status - muscle cramps, fatigue, feeling hot and thirsty, headache, and nausea are bad signs of dehydration.

The EatSmart website -

eatsmartnutrition.com, and their recipes at eatsmartdiet.com.au would be worth a look

And, when you get really good, you can start "Robin Hooding" your own arrows.



Because of the apparent interest from Barebow Recurve shooters at the last Club Championship Short Range

competition, the Management Committee has decided to include a Barebow Recurve Division in the Club Championship list. The available Club Championships list now looks something (or exactly) like this: -

ANNUAL CLUB CHAMPIONS and AWARDS

Club Annual Competitions in 2019

Interclub Silver Arrow

- 3 x Clout
- 3 x Indoor
- 3 x Target
- 3 x Field
- Awards as per SQAS with no club medals

Monthly Club Tournaments – Monthly Handicap Winner & Annual Club Target Champions

- 9 x Target (720 round) - held Saturday afternoons
- Handicap winner on the afternoon awarded a medal
- Club Target Champion awarded on best 5 of 9 as percentage of GMB
- Tie break most points off the bow in all 9
- Annual **Target Champions** Medal 1st, 2nd and 3rd for C (includes BBC), R, BBR, and L
- Awarded at end of year

Club Clout Champion

- 7 x single clout scores - Utilising the 3 Silver Arrow Clouts (2 clout rounds each day) + 1 additional single clout event on Exhibition Wednesday holiday
- 4 points 1st, 3 points 2nd, 2 point 3rd from scores **off the bow** and 1 point for participation
- Best 4 of the 7 single clout rounds shot over the 4 days
- Tie break most points off the bow scored in all 7
- Annual Champions Medal 1st, 2nd and 3rd for C (includes BBC), R, BBR, and L
- Awarded at the end of the year

Club Short Range Champion

- 4 x short range championships
- 4 points 1st, 3 points 2nd, 2 point 3rd from scores converted as a percentage of GMB and 1 point for participation
- Best 3 of 4
- Tie break most points scored off the bow in all 4
- Annual Champions Medal 1st, 2nd and 3rd for C (includes BBC), R, BBR, and L
- Awarded at the end of the year

Club Indoor Champion

- 10 x Indoor QREs held Wednesday evenings once a month from February to November
- WA Indoor 18m round (60 arrows)
- 4 points 1st, 3 points 2nd, 2 point 3rd from scores **off the bow** and 1 point for participation
- Best 6 of 10
- Tie break most points scored off the bow in all 10
- Annual Champions Medal 1st, 2nd and 3rd for C, R, BBR, and L

Club Indoor Matchplay Champion

- 4 x ranking round followed by matches August to November
- 4 points 1st, 3 points 2nd, 2 point 3rd as placings from the matches and 1 point for participation
- Best 3 of 4
- Tie break shoot off
- Annual Champions Medal 1st, 2nd and 3rd for C, R and L

Club Field Champion

- Utilising the 3 x Silver Arrow Fields shot on the SQAS Field Course at Belmont
- 4 points 1st, 3 points 2nd, 2 point 3rd from scores **off the bow** and 1 point for participation
- Best 2 of the 3
- Tie break most points off the bow scored in all 3
- Annual Champions Medal 1st, 2nd and 3rd for C (includes BBC), R, BBR, and L
- Awarded at the end of the year

Most Improved/Encouragement Award(s)

- Determined by the Recorder in consultation with the President.
- Awarded at the end of the year

QRE's

- National Ranking list
- No club awards

Ron Tucker Tournament

- Annual Tournament
- Award/prize for 1st, 2nd and 3rd against percentage of GMB

Samford in the Spotlight with 2019 Bringing National Exposure

By Chloe Cufflin (our new reporter)

Local archers, Taymon Kenton-Smith, Craig Glasby, and Janelle Colquhoun, have their sights set on the world stage this year - with all three Samford archers hoping to win a spot at the World Archery Para Championships.



They are three out of four South Queensland archers who will also be competing in the National Para and V.I. Championships on 27th January at Mount Petrie Bowmen. This championship will determine who will be selected by Archery Australia to represent the country in Europe this coming June. Samford also have four youth archers who will attend the annual Youth Nationals event held in Armidale, NSW April this year. Chloe Cufflin, James Palmer, Matthew Clark, and Clay Nimmo are in the process of qualifying for the state

team with an onslaught of ranking events within the next month.

Samford will be sending quite the entourage to Armidale with Club President - Brian Hagaman, SQAS President - Alison Hagaman, and State Coach - Peter Clark, either judging or coaching at the event.

Alison Hagaman, a qualified World Archery Judge, will also be judging the World Archery Para Championships June 6th-9th and the World Target Championships June 10th-16th in the Netherlands.

And the club will again be in the spotlight mid-February, hosting the competition from which Archery Australia will draw the country's best archers for the World Target Championships in the Netherlands.

- **Watch for more reports from Chloe in the “Village Pump” and the Newsletter.**

Finally,

Please do not put glass bottles in the container recycling bins.

Do keep recycling the plastic bottles and cans - thanks to the members who are donating bottles and cans, at current rate it looks as if it will bring in \$500 plus, per year, to the Club.

