

GRANGE COMPANY TARGET ARCHERS

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

No. 10 (double figures!! Wheel!)

May 2012

The questions that were asked at the beginning of the last Newsletter have not really been answered. There was a response to some of the material, which was about the SQAS Clout Trophy, frequently won by B. (Bernie) Adams.

Terri Donovan, an Olympian herself, and a pillar of the SQAS, responded with the following note:-

“Bernie was a member of Gold Coast, and was a formidable clout shooter. He was also an excellent coach and was the first person in Australia to gain the 1200 FITA Star. This is no big deal these days, but it sure was in 1971. Bernie hasn't shot for, probably, 20 years, and now lives in Kin Kin. Incidentally, his wife, Maureen, represented Australia in the 1976 Olympics, and the 1975 and 1977 World Championships, winning a women's team bronze medal in 1977.”

Thanks, Terri.

How soon we forget.

“ARCHERY AMIGAS” ADVANCE ASPACE!

(Just to throw in some journalistic alliteration.)

The April Monthly Club shoot was won by Maddison, who shot a round at 113% of her rating.

She won one of these wonderful medals which the Club has bought in.



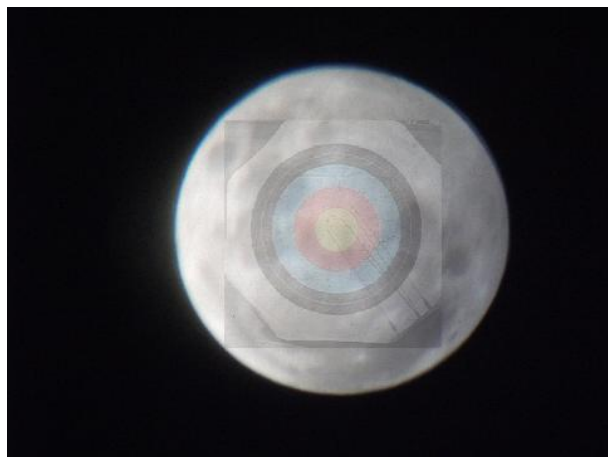
Then, for the May Monthly Club shoot, Abbey won, shooting a Darwin round at 107% of her rating at the time.



So, if YOU work hard (for some of our top archers, VERY hard) you, too, can win a Monthly Club competition.

Did you happen to notice the “Supermoon” last month? So called, because it was the closest to Earth that it has been in something like 8 years.

It made a great target butt, but it was a long shot.



Enough nonsense! There are some serious messages that the Management Committee would like to bring to everyone’s attention.

1. Would all members please be aware of, and practice, our duty of care to all persons on our Club grounds, each to another.

Arrows are potentially a source of injury, even when they are in a target, in the hand, or lodged in the ground. Tripping when running with an arrow in hand, walking to the target directly - not in the “alley” - and walking into a protruding arrow or being in the way when it is withdrawn, or walking into an arrow nock when it is sticking out of the ground, are all potential sources of injury.

Should you see someone putting themselves at risk of such injury, please advise them.

2. Carbon arrows, especially, are potential sources of injury. Carbon arrows can be subjected to damage which can be quite hard to detect - when, for instance, they hit hard objects. At the recent SQAS Target Championships one of Dave Arrowsmith’s arrows exploded in mid-air just after launching - a split-second thing, and a “what the *** happened there” moment.

There was no resulting injury, but had it happened in the bow, it could have been a serious problem - particularly for Dave

Even wooden and aluminium arrows, if under-spined for the bow (beginners check that term with your instructors) can break at release with truly explosive results. Google some of the slow motion videos on the Internet to see movies of arrows bending and breaking.

Develop the habit of frequently, *carefully and minutely*, checking your arrows for damage.



Damage like this should be obvious.

PARENTS OR GUARDIANS ARE RESPONSIBLE FOR THE CHILDREN UNDER THEIR CARE!!!

The Club is NOT a child-minding centre. Strictly speaking everyone, but especially children, should be signed in and out in the Club attendance book. This book is a source of information in the unlikely event of insurance claims.

If the parent or guardian has to leave a child or children at the Club grounds, a member of the Management Committee or another responsible adult should be informed, *each time*, of who will be picking up said child/children, and when. The parent or guardian is responsible for organising who it is, attending the Club, who will be responsible for the child/children, during their absence.

Punctuality of pick-up is another responsibility parents and guardians bear.

THE SQAS INDOOR CHAMPIONSHIPS will be held in Toowoomba on the weekend of 21st (Saturday) and 22nd (Sunday) July this year. Quite a number of the Club's archers will be going, and the Club has booked dinner at the **Federal Hotel** for 25 people on the night of the 21st.

Talk to Alison or Brian to be sure you're part of the party.

THE SQAS SHORT RANGE CHAMPIONSHIPS Will be held at the Grange's Samford grounds on Saturday 26th May - just a few sleeps away!

There has been a gratifying list of archers registering - some 60 people - obviously they know how well we do this. Because it's going to be busy, there will be no other shooting lanes available, but if you're not registered for the shoot, turn up for the socializing, and to see some good archery.

BECAUSE OF THE RECENT INCREASE IN Interest in archery - "media tart" Brian recently did a couple of interviews - it has been decided to squeeze in an extra Beginners Course starting on the 14th July. The beginner days will be split by other things on the Archery Calendar, but hopefully we can find the next couple of Olympians in the new archers.

"InSight" - THE SQAS Junior Newsletter is looking for items of interest from - or about - OUR Juniors.

Have a look at the latest issue (Number 08) which you can find on the SQAS web site or, hopefully, I'll have a copy somewhere on a noticeboard at the Club. You can write a brief article - I'm sure our Juniors can string a few words together - or you can suggest some topics.

CLUB MEMBERS SCOTT HAGAMAN, MICHAEL SCHILLING, DAVE ARROWSMITH AND NICK KORLEY, with input from other people, and the Management Committee, recently assembled the latest risk register for the Club. You may or may not notice a few changes around the Club, designed to

reduce risk of personal injury, or property damage to the lowest level we can - the second page contains some of the matters arising from that register. Others will probably follow.

SOME MEMBERS WILL HAVE NOTICED THAT there is a notice on the Club noticeboard and in the Web site, about a possible change of name for the Club. It seems that there could be some confusion about what is planned. There are arguments for a change of name - there are arguments against - and both will eventually be put - if only at the next AGM.

The survey on the Internet is an attempt to get members THINKING about the possibility and, perhaps, a possible new name. The names suggested in the single question survey (it takes less than a minute) are ones that seemed to come up first. Some people have already suggested others.

The survey is NOT a vote - any vote, if a name change IS voted for will happen at an AGM, from a list of names submitted to the meeting. Obviously, if a particular name gets a large majority in the survey it could well be the eventual winner IF we want a new name.

To use the Internet, check out the notice on the Club website, or go to:-
<http://www.surveymonkey.com/s/YGQ7D7J>

or, if you want to register a written thought talk to me - Evan Fisher - and I'll give you a page to check and put into the box in the Club. Don't be too impatient, in the next couple of weeks I'm unlikely to be at the Club before about 1.30 pm of a Saturday - work is interfering with my archery.

To finish off this Newsletter - the continuation of the historical production, "Practicing to Perfection" which hopefully will get all of our archers thinking "does this help, or is it all too old-hat?"

“WHEN AIMING ISN'T REALLY AIMING

There are probably 50 different types or degrees of aiming, but let's talk about that down-to-earth, superfine, absolute degree that you must have to shoot the scores that you dream about. (You know that dreams generally come true in direct proportion to the degree of effort we exercise towards that end).

In the first place, you never aim until you have every other part of your form put together for the shot. The last thing you do before the shot is aim. Quite a majority of shooters pull up, put the pin somewhere on the target and as soon as the pin indicates that is on or close to the gold, they "let 'er go." Many, many times you can ask, "Were you really ready for the shot?", and the answer will be, "Yeah, the pin was on!"

Yet it can be easy to see that their form was in no way prepared for the shot. They let it go because they had never really understood that **AIMING IS ONLY PART OF A GOOD SHOT** and it is to be done only after every other part of the shot form is put together.

Just putting the sight pin on the 10 ring is NOT aiming. Concentration on holding it there after every part of the form is prepared is aiming. Think about this and try it sometime – **ANCHOR** the drawing hand at the chin (or particular anchor point), put the sight pin in the 10 ring and that **ANCHORS** the bow hand, then, if everything else is prepared correctly, we are now **READY TO AIM**.

Aiming is now the amount of concentration that you put in to "melt" that sight pin into the centre of the 10 ring and burn a hole through that spot for the arrow to enter. **THAT** then is aiming. **THAT** is concentration. **THAT** is a 10.

If everyone would put the shot together 100 percent (which is getting that feeling), aim (which is pure concentration), and follow through (which is continued concentration), there would be an abundance of world champions – because that's how they do it.

AIMING IS ONLY ANOTHER ANCHOR POINT

QUESTION: The eye controls the archer's aiming in what way?

ANSWER: By anchoring the sight pin on the 10 ring. The key word is "anchor"

Try to understand that putting the sight pin on the 10 ring is not aiming in the same sense that we think of it in everyday life. In archery, this so-called aiming is only another anchor point.

We have anchor points to put into effect when we prepare the shot - the one on the chin or the side of the mouth, which is controlled by feel, and the sight pin which is controlled by hand and eye. Aiming is then done by concentration on, and believing, that the arrow will arrive at the same spot on the target face where you have that little pin anchored.

Concentration must be absolute at this point and it must go hand in hand with believing that the arrow will arrive where it is intended to go.

"Believing" is another key word.

As archers, we are conditioned to the idea of aiming in the wrong way. We are taught to aim the sight pin on the centre of the target, and to be very careful to hold it there without moving, using all of our concentration, until the shot explodes.

There is no fault to be found in this as far as the basic idea goes, but we are not concentrating on the right thing at the right time, in the right way. When we put the pin on the 10 ring, it should be thought of as being just another part of the archer's physical form. It should be like anchoring the hand and the string on the face. You should simply anchor the pin on the 10 ring and then control the string pattern on the bow. Your eye could then tell you when it was on and when it was off the target's centre. It should then become another part of the form that is delegated to the sub-conscious mind, to be executed correctly while you concentrate and believe that the arrow will hit where you have the sight pin anchored.

At this point, through concentration, you think that you're going to place an arrow where you have the sight pin anchored. You aren't concentrating on just trying to hold a sight pin on the spot and having it disappear when the explosion occurs. You aren't concentrating on the arrow because it's in the bow; you're concentrating on where you expect the arrow to hit.

The word "aim" is still being used as we use it in everyday life, but try to perceive the concept that suggests that we must go further and dig deeper

into this important mental preparation of our form. We should learn how to manipulate the arrow to the spot on the target face where we want it to go by channeling our concentration in the right direction at the right time and for the right reason.

There is no condemnation against anyone for "aiming" in the old sense, but this is a suggestion that they change their conscious concentration efforts from just holding a pin on a spot to concentrating where they want the arrow to go and believing that it will arrive there.

To explore another angle – a good reason for this type of thinking is that when we're concentrating on just holding the sight pin steady on our spot and the explosion of release happens, the sight pin disappears from our vision and the concentration we had on holding the pin is gone as well.

This brings up the concept of aiming through the shot, which almost everyone agrees is essential to good scores. Aiming through the shot means holding your concentration on what you are doing until the arrow hits the target. It would be very hard to concentrate on something that isn't there any more. If that is true, then we must change our goal because it would be next to impossible to aim through if we had lost what we were aiming with.

Repeating, therefore, we should anchor the sight pin where we want it and then concentrate on where we want the arrow to hit. It does not matter what the "explosion" does to that anchor point, but it does matter what we are concentrating on when the explosion of the string takes place.

Learn to concentrate on what you want to happen, and, **learn to know when you're not concentrating.**"

GOOD SHOOTING!!