

GRANGE COMPANY TARGET ARCHERS

Newsletter by The Grange Company of Target Archers Inc.

www.grangearchery.org

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The Annual General Meeting of the Club is to be held at midday on the 18th August, 2012. Please make the effort to attend and be part of the life of your Club.

Any member who is willing to undertake a position in the Club for which they feel qualified (or gifted amateur) will be warmly welcomed.

The Indoor National Championships were held on the 21st and 22nd of July at various venues throughout Australia and New Zealand. The South Queensland region tournament was held in Toowoomba as is traditional.

Club members did very well - **John Cowley** No. 2 regionally and No.3 Nationally, **Shelley Allsopp**, No. 2 regionally and No.5 nationally. **Greg Jackson** No.1 regionally in the Masters Men's longbow and the Masters Men's barebow recurve.

Maddison and **Abbey** ranked first and second in the Intermediate Girls recurve, regionally. **Maddison** was first nationally. **Las Amigas** strike again!

Congratulations to everybody who took part.

But, spare a thought for **Franz Roodt**. The National record for the Open Men's Compound was 595, from last year. Franz shot a round of 598, and **was beaten by Matt Ryan, shooting a 599**. Franz ranked second regionally and seventh nationally. Twelve archers, nationally, equaled or bettered the 595 score, four of them shooting 599.



Franz scores another 10!



Las Amigas strike again!

The photographs above are courtesy of Michael Schilling, which raises a point I need to make.

So far this year I haven't been able to take as many photos as I may have in the past. This means that I may not have as many ~~incriminat~~ interesting photos should I end up with the Christmas piccies job.

Please, everyone with a camera, consider submitting shots to the Christmas party - it's never too early to

start.

Next, some housekeeping - almost literally.

- Please, as members of the Club, show consideration for others who use the Club premises and facilities.
- Wash-up coffee/tea mugs straight after use.
- Should you use the toilets and notice the pedestal needs cleaning, or rubbish needs to be binned - do it!
- PLEASE, don't simply drop drink cans/bottles where you finish them - commonly at the shooting line. You have to go past the shed anyway, put the rubbish in the bins provided.

And a final note, not to do with cleanliness, but with being permitted to shoot at the Club - develop the habit of displaying your CURRENT Archery Australia card on your belt, quiver or person. If you can't prove yourself financially up to date, you may not be allowed to shoot at the Club. This does not apply to beginners who are temporary members.

Safety Issues

Instructors and coaches spend quite a lot of time training the beginners in safety on the shooting line and around the grounds.

We all should know that our lovely, modern, carbon-fibre equipment can bite us if we neglect to look after it. The best-known problem comes as a result of damage to carbon fibre in the arrow shafts, which can splinter and pierce skin, and it can take very careful examination to check that there is no damage to arrows.

Recently one of our members was bitten by his bow.

There was a small section of one of the bow limbs which had flaked some fibres and when the bow was handled it resulted in carbon fibre penetration of the hand.

It was a relatively small incident and dealt with quickly - and reported to the Management Committee at a later date - but it does illustrate that **ALL** equipment needs to be checked **FULLY AND FREQUENTLY**.

THE NEW SHED is coming - still. Development Approval has been ironed out, sticking points have been unstuck, Building Approval has been given, money has been released, and we're close to starting to buildI think!

THE UNITED BOWMEN OF PHILADELPHIA are holding an International mail-in team tournament this year. The plan is that our Club should participate and that the shoot would be part of the Ron Tucker Memorial tournament on 20th October.

There is a file folder at the Club with information about the format of the shoot and background information on the United Bowmen - the oldest archery Club in the United States of America.

Have a look, consider being involved, and then start practicing.

For Longbowers who doubt their ability to shoot the distance - the Americans do it, you can too. The rules do not permit protruding sight mechanisms on longbows, but ground sights and marks on the belly of the bow are permitted.

I shot the first ever practice round the other day and scored 551 - there must be a lot of archers better than that.

From the recent beginners class



Our smallest archer?

Here is some more from “Practicing to perfection”.

I apologise that there is so much text without a break, but this section is a VERY important as it stresses the absolute importance of the *mental* part of good archery.

“THAT CRITICAL MILLISECOND

One of the biggest faults a lot of archers have to eliminate in their quest for perfection is that they do not concentrate 100 percent on what they want to happen when the explosion of the shot occurs, and during the brief flight of the arrow to the target. Many archers, when they are giving the command to the fingers not to hold the string any longer, are not concentrating on anything at all. Their mind is a complete blank for that extremely

critical moment, which includes the time it takes for the arrow to clear the string.

When we prepare a shot, care must be taken to understand what we are trying to do. If that sounds silly, think about it a little. Too many shooters are on the line going everything by habit only. Habit is necessary in our sport, but it must be understood, policed and controlled. When the shot form has been prepared and you are ready to aim, there are several things that you had better understand when the sight pin stops on the gold. Number one is - what are you trying to do?

If you think that is a silly question, think again. If your answer is "I'm trying to put an arrow into the gold", that is not good enough. You had better be going to put that arrow that is in the bow, in the gold. Not AN arrow, THAT arrow! The only arrow that we shoot is the one in the bow. You cannot shoot the ones already in the butt nor any that are still in your quiver.

Does this sound silly? Not if you think about it! The slightest worry about an arrow already shot and in the target face will take away some of your confidence in, and your concentration on, the arrow you now have in your bow ready to shoot. The slightest worry about what might happen to the rest of those shots left in your quiver does the same thing.

When putting a shot together, you have pulled the arrow back, Okayed the feel of the form and are going to aim. What are you thinking? You should be thinking 100 percent that you are going to put that arrow in the gold on the exact spot that you are focusing and concentrating on.

One hundred percent means that you must teach yourself to want that arrow in the gold, and to believe that you are going to PUT that arrow into the gold, and you should never waver from that belief. This concentration must start before your brain tells your fingers not to hold the string and should continue at 100 percent until a second or two after the arrow has arrived on the face of the target. If it did NOT arrive in the gold, there is a reason, and the reason is called "control". So, instead of condemning the shot and the effort as a failure, you make a mental note to control the next one better. You then proceed as before to shoot the only arrow available to you - the one on the bow.

OVERCOMING SHOOTING SLUMPS

One of the most intriguing questions concerning the performance of human athletes is based on their ability to excel on one occasion and then perform poorly on the next. Each of us has the capacity to excel; the difference between the great and the not-so-great is a difference of consistency. The champion's performance is consistently better than the performance of those who are not champions. However, even the champion experiences inconsistency and on occasions his often outstanding performance escapes him completely and he finds himself in the grip of a SLUMP.

What are slumps, and what causes them? The answer to the first question is generally understood and recognised. Slumps are mental or physical conditions experienced by an individual and these conditions impair the individual's actual performance. It is important here to distinguish between actual performance and the ability to perform. Actual performance is the direct result of the individual's action at a given time. Ability to perform relates to potential. Slumps affect the actual performance and only in severe cases do they affect an individual's potential to perform. For example, an individual who was a champion in a given activity prior to falling victim to a slump has demonstrated the potential to excel. The individual's performance during the slump is not as good as it was prior to the slump, but the potential for that once outstanding performance remains. It is not uncommon for an athlete to escape from the grips of a slump and "come back" better than before.

Archery is a sport that is played at two levels. At the first level it is almost completely a physical activity involving the drawing and release of a bowstring. This is the level of activity which we all enter when we first begin to shoot. At some point in time the physical element of shooting begins to give way to a mental aspect. During this mental level of activity the shooter begins to "think" his arrows into the centre through increased degrees of concentration, aiming, and mental discipline.

The physical element is, of course, still present, but the mental effort is of much greater importance.

While the physical level of activity is the principal area of effort for the beginner, the mental level of activity is the prime concern of the expert. It is somewhere between these two extremes that most shooters find themselves. The better shooters tend to move further toward the mental aspect while the poorer shooters stay closer to the physical aspect.

The understanding of the two levels of activity is important and necessary if we hope to become more aware of slumps and how they come to exist. One thing will become apparent if you stop and think of shooters you have known who have fallen victim to slumps. First, the shooters were generally better-than-average archers who had developed a degree of consistency in their shooting. Secondly, the slump they experienced almost always involved some physical aspect of their shooting, such as release, bow arm, grip, or tension. Finally the particular physical aspect of their shooting that held them in their slump was not a serious problem or area of concern prior to their slump. Let's look closer at these three points.

Unless you are generally consistent in your shooting you will not notice changes that led to or indicate the beginning of a slump. If you are not aware of something causing you to shoot poorly, there is a good chance you will not worry about it, and a slump will not follow. On the other hand, if your shooting is consistent enough to allow you to notice when things begin to change then you start looking for reasons for the changes. In looking for reasons for the changes you actually create more changes and this soon begins to weigh heavily on your mind. You find that the once positive thoughts that you had about your shooting are replaced with negative thoughts and doubts about your ability to perform. Unfortunately, the mind works in ways that are not always to our best advantage and we forget that we still have the potential (the ability) to perform as we once did. The only thing that has changed is our actual performance.

The second point mentioned was the fact that slumps almost always involve some physical aspect of shooting, and the third point was that this physical aspect was not a problem prior to the slump. If you recall the two levels of activity, physical and mental, you will remember that the better shooters

usually have moved more in the direction of mental activity. The better shooters are also more consistent shooters and, therefore, they notice changes in their performance.

When something seems to go wrong with performance most people will look to the physical aspects of their shooting. Almost without exception the shooter will believe that he is doing something wrong physically and he will work to correct his physical problem. Very often he will be working against himself, since he has failed to correctly isolate the problem. Failure to isolate the correct problems in archery is sure to result in more problems.

When a shooter moves from a beginner to a more capable archer he also moves from physical to mental development in his shooting. At the first sign of something going wrong the shooter should look at the mental aspect of his shooting because it is this aspect of shooting that has brought him to the higher level of performance he enjoys. It is reasonable to assume that if something begins to go wrong, the problem is mental rather than physical. It is also reasonable to assume that the physical aspect of the archer's routine will not be the source of a problem if no problem in that regard was experienced previously.

Although it is possible for a physical problem to come into play, it is not likely, and efforts to correct a physical aspect of shooting when no such problem exists will result in changing things that should not be changed and this WILL cause problems.

At this point we should identify the mental aspects of shooting. To begin with, the most influential mental aspect is attitude — POSITIVE attitude. Any shooter who has a positive, "will do", attitude is a winner. Another way of looking at it is by saying that every winner has a positive attitude. This is true not only in archery but in everything. We are capable of so much more if we will only believe in ourselves and approach things with the attitude that we can be successful. On the other hand, if we dwell on the negative or feel that the accomplishment of something is beyond our capability, then it surely will be so. In the final analysis, we are what we allow ourselves to become.

In almost all cases we think ourselves into slumps. We find that we cannot resolve a problem with our shooting often because

we have not correctly identified the problem, and through our attempts to correct the wrong things we become more deeply rooted in the slump. As we find our shooting becoming worse, our attitude begins to break down and herein lies the real reason for the slump. When we allow ourselves to be overcome by a negative attitude then we will miss even **before** the shot. When the shot misses, then it was just what we predicted.

Slumps are not easy to avoid and they are even more difficult to overcome once they control your shooting. Everyone should understand that some days things work better than other days. If you have a bad day of shooting, or several bad days, try to avoid the negative thoughts that will try to engulf your mind. Remember that your potential to perform is the same in spite of actual poor performance on any given day. Most importantly, don't kid yourself into thinking you have a problem with some physical aspect of your shooting unless you're sure that that is, in fact, the problem. Slumps are as near or as far away as we allow them to be and like the little train that said, "I think I can, I think I can", the best way to keep the slump away is to believe that every arrow can go into the middle. “

Incidentally, when you do shoot well, remember to add up your scores - hopefully correctly - and leave them in the recorder's box so that you can confirm that you're progressing in the sport.

Fill in the score sheets completely, and make sure that you have had a witness to the shoot - the arrows in the target, and the scores being written down. The witness must have witnessed all of the process.

Sometimes it is not possible to have a witness fulfill the roll. The shoot becomes a practice, and it not recorded. **Remember, no witness, no record.**

The Monthly Club Handicap shoots are going well.

Brilliantly, actually.

It's difficult for the top archers who are already there, to improve much, but us lowly archers are pounding up the ladder of improvement in beaps and lounds.

Improvements in scores of ten to twenty percent of handicap rating are the norm.

Hayden Millis won the June shoot -



And Brad Tedford won the July shoot -



Shooting at 122% of his rating - it'll be harder next time!

The Club owes a great debt of thanks to the members who spent a lot of time gluing target faces in preparation for the National Indoor Championships.

There were a few hundred faces required, and the order was filled.

Michael Schilling seems to have had a lot to do with it.

The Club has recently opened a bank account with the Bendigo Bank in Samford.

This will make the work a little easier for Alison, our Treasurer, and the plan is to streamline procedures a little by being able to use Internet banking.

As a final article, on the next page, there's a bit of history.

It has come about as one of those occasions you hear about, when people find treasures when they're renovating old houses.

Stephen and Marion Brown e-mailed Brian Hagaman that they had been lifting old floorboards and found some newspapers - apparently Courier Mails - with one article dating from 1955 - April 3rd.

This is four years before I first fired an arrow at the Grange Club - my first bow was a two-piece Swedish steel bow.

You'll note that this is "a family sport" -
"women and children can shoot alongside
men".

Wacky doo!

Britt's double

LONDON, Sat. (A.A.P.) — Edgar Britt had a winning double at Catterick Bridge, Yorkshire, yesterday.

He rode Chantelessey, 7/4 on, in the Zetland Plate, and Fast, 8/1 chance, who won the Moulton three-year-old handicap.

Grange man top archer

WALLY MARSHALL won the Men's Division in the South Queensland Archery championship, at Grange yesterday.

Marshall is the present Clout Champion of the Grange Company of Archers.

Mary Hals won the Women's Division. She tied for third place in the National Clout Championship.

Clout archery is shooting at an angle of 45 degrees to a flag in the ground 180 yards away. Points are given on a proximity basis.

Shoot to-day

Yesterday's championship was held on the Grange club ground, at Emmerson Park. Next year's National championship will be held on the grounds.

To-day at Grange the Grange and Kalbar clubs will contest the Target Championship of South Queensland. About 30 gaily-uniformed archers will shoot. Half will be women.

15 Archery clubs, 500 "Robin Hoods"

By Geoffrey Bolton

Oddly Australia is the only continent to which 20,000-year-old archery is not native.

But the sport has grown from the crude equipment early English migrants brought here.

Without any fanfare archery has grown to about 60 clubs in Australia. About 15, with a following of more than 500, are in Queensland.

Grange Club has at least 60 members, who have built their own club-house.

Costs £20

It's a family sport—Women and children can shoot alongside men.

Another advantage . . . President of the Grange Company of Archers (Mr. M. Kelly) says the cost to equip an archer fully (with a steel bow, which lasts almost a lifetime) is only about £20.

Most modern archers use hollow, sprung-steel bows. These are more accurate than the wooden bows. Climate doesn't affect them.

Alloy arrows

They have pulling-weights of from 24 to 30lb. for women, and up to 42lb. for men.

Most popular bow-string is made of linen; arrows of aluminium alloy. Turkey feathers are used.

A normal target bow will shoot a normal arrow about 250 yards; but with stronger bows (pulling weight up to 70 pounds) and lighter, streamlined arrows, distances of 600 yards have been attained in Australia.

The archer wears a leather guard on his forearm and a glove on his drawing hand.

If you ever wondered, targets are made of swamp-grass. The grass is compressed to a "rope" about 50

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