

# SAMFORD VALLEY



# TARGET ARCHERS

Newsletter of the Samford Valley Target Archers

(ABN 63 639 289 573)

[www.samfordarchery.org](http://www.samfordarchery.org)

No. 13

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Another year is slipping behind us, and Christmas is right around the next corner.

Now is the time to get the last newsletter for the year in, to do the late Christmas shopping, prepare for the visits to and from the family and to eat and (possibly) drink too much.

This edition is planned to appear just after the Christmas Break-up on 15<sup>th</sup> December, because who knows what photos may find a spot in this.

On a bright note, we managed to surprise Alison Hagaman with the award of Life Membership to the Club, at the Christmas Breakup, held last week.



Alison Hagaman - New Life Member

As all but the very new members have seen, Alison works extraordinarily hard for the Club, and has done so over many years. As she is Treasurer, Judge, Coach,

general organiser of the "Men!" (with an exasperated sigh), and the one who knows which beginners are supposed to start when, the Club would have difficulty functioning at all without Alison. Probably her hardest job is to make sure Brian (and the rest of the Management Committee) doesn't spend Club money like a drunken sailor.

As well as this, Alison dedicates time to the Queensland Country Women's Association, and who -knows-whatever-else. Unlike mere mortals like us, her days have 34 hours.

On the 20<sup>th</sup> October some members of the Club took part in the International postal shoot for 2012 at the invitation of the United Bowmen of Philadelphia. The roll-up was not as good as we might have hoped, but it was a hot and windy day, and perhaps only the bravest (or craziest) were game to attempt the shoot.

Top shot was Franz Roodt, who shot a score of 702, which included 2 "all-in-gold".

According to David Baier, the co-ordinator in the shoot in the USA, archers from Adelaide, Falkland Islands, Kenya, Newcastle (NSW), Illinois, Florida, Los Angeles, Reading, Surrey, Oxford and Alsager in the UK, as well as from Toronto, and of course, the United Bowmen of Philadelphia will be some of the people taking part in this shoot. The

top team score I am aware of at this time is from the Lee County Archers of Fort Myers, Florida. Their team of 4 compound archers shot an aggregate score of 2750. (Ours was 2654)

Seven ends doesn't sound like a lot, but all archers were glad to see the "Half-time Break".



There was lots of food available.

**As you will all know, safety on the archery range is of paramount importance.** Recently an archer had a "bounce-out" of the target and on recovery the (carbon) arrow was found to have a very small split at the insertion of the point. The judges present would not allow the arrow to be re-used - the split had actually been present before the "bounce-out".

This prompts the inclusion here of the warning material from the Easton company about checking carbon-content arrows:-

"An arrow shaft can become damaged from impacts with hard objects or other arrows, or after being shot into a game animal. A damaged arrow could break upon release and injure you or a bystander.

### **A DAMAGED ARROW SHOULD NEVER BE FIRED.**

You must carefully inspect each arrow shaft, nock and other components before each shot to see that they have not been damaged. Before shooting, place the arrow between your thumb and fingers, and using your other hand to slowly rotate the shaft, run your fingertips along the entire arrow length, feeling and looking closely for nicks, cracks, splits, dents, or other marks that could indicate the shaft has been damaged. If your arrow is crested, inspect for impact damage on the crest surface. If damage is present, remove the crest and inspect the shaft underneath the crest.

If shaft damage is present, **DO NOT SHOOT THE ARROW. DISCARD THE SHAFT.**

When checking carbon arrows, perform the following additional tests:

1. Grasp the shaft just above the point and below the nock, then flex the arrow in an arc (bending it away from you and others) with a deflection of 1 to 2 inches (2.5 to 5 cm), and listen for cracking noises. Perform this test four to six times, rotating the arrow slightly between each flex until you have gone around the entire arrow. If you hear or feel cracking, the carbon has been damaged. **DO NOT SHOOT THE ARROW. DISCARD THE SHAFT.**
2. While still holding the point and fletching ends, twist the shaft in both directions. If the arrow "relaxes" or twists easily, the carbon has been damaged. **DO NOT SHOOT THE ARROW. DISCARD THE SHAFT.**
3. Following each shot inspect the nock to insure it is fully seated and still fits tightly in the shaft. Apply twisting pressure to see if the nock turns easily. If the nock has backed out of the arrow or the fit has become loose, inspect further for cracks in the nock end of the arrow shaft. If applicable, you may need to peel

back the crestring to make a thorough inspection. If there are cracks in the shaft or the nock is loose (rotates easily) **DO NOT SHOOT THE ARROW. DISCARD THE SHAFT.**

If an arrow has been damaged, or if you believe it has been damaged, do not shoot it again, as it could break on release, and sharp arrow pieces could hit and injure you or someone nearby.”

So, the message would appear to be:- **DO NOT SHOOT A DAMAGED ARROW. DISCARD THE SHAFT. THE POTENTIAL COST OF DAMAGE FAR OUTWEIGHS THE COST OF A SHAFT.**

**Have you noticed our new building?** Hopefully you have, or you've probably experienced a severe knock when you walked into it.



With the help of dedicated people who have turned up for working bees, the old shed has been cleared and re-organised, and sheeting has been put up in the new one to improve its facilities.

Sometime in the New Year we will have an “Official Opening”, but dates haven't been arranged yet.

**Apologies to you all that this newsletter, which should be about a happy time, is looking like a set of**

**warning notices, but the following is important.**

### **A MESSAGE FROM THE TOURNAMENT AND RECORDS COMMITTEE**

#### **PLEASE TAKE THIS REMINDER ON SCORECARDS SERIOUSLY**

Scorecards are official documents and the importance of completing them correctly is not getting through to some members of the archery community. Recently a number of records and awards have been declined due to incomplete or incorrect scorecards.

When a scorecard is being used for an Archery Australia Record or an award (Archery Australia or World Archery) claim, it passes through several stages where it should be checked:

1. It is not just the scorers' responsibility that the scoresheets are correct. The archer (who owns the scorecard) **MUST** ensure all details are correctly completed and that the second copy (when double paper scoring) contains the same information and that scores match before signing his/her scorecards.
2. The tournament organiser **MUST** be using the correct scorecards and be sure that the scorecards correctly completed. Scorecards can be downloaded from the Archery Australia site. The tournament organisers **MUST** check each scorecard when they are presented following the tournament and they have the choice of not accepting incorrect or incomplete scorecards and not listing those archers on the results or returning scorecards and not accepting until correct.
3. The RGB Recorder **MUST** also check that the scorecard is correct and has been fully completed before sending it (within the required 2 month time frame) to the Archery Australia Tournament and Records Committee as part of an award or record claim.

4. The Archery Australia Tournament and Records Committee will also check that the scorecard is correct and will decline claims if the scorecard is still not completed to the committee's satisfaction and will inform the RGB Recorder as to the reason why it was rejected.

This means that all areas on the scorecard **MUST** be completed, such as:-

- Distance and total score
- X's/10s and Xs
- Date of Birth
- Signatures of the athlete and a witness, usually a scorer
- Distances shot
- Date of Tournament
- Archers full name, not initials only, nickname or first name only
- Competitors details :-  
Gender/Division/Class

**SPECIAL NOTE**- The scorecards **MUST** be completed neatly and in a legible manner to ensure that whoever is checking the scorecard can clearly identify each score and does not need to guess what is written.

**EXTRA SPECIAL NOTE** (from our own much-loved Club Recorder) - Scorecards must be identified as "**State Record**" if the archer wants the score to be considered for submission to RGB within **1 month** of the shoot date. The Club Recorder is **NOT** responsible for identifying if any submitted score is a State or National Record, only for submitting requested scores at an archer's request.

**As was noted at the beginning of this newsletter, you never know what pictures might turn up.**

The plan was that Alison's award would get a place in this, but, purely by chance, the following picture turned up in "U on Sunday", the insert magazine of the Sunday Mail - 16<sup>th</sup> December.

In fact, I'm not quite game to show the photo, scanned from the paper, in case I'm breaking some of the copyright laws.

I'll place the article on the (great, new) Club noticeboard so you can see it there, if you haven't bought the paper.

(ef – editor)

Trevor in ordinary gear is imposing enough, and doesn't really seem cut out to be a Hobbit (or a dwarf) but with a two-handed sword in hand, I'd be sure not to insult him.

The caption in the photo certainly fits, so let's just say he looks the part - whatever it is!

**The Club Break-up and awards night was held on Saturday 15<sup>th</sup>**, a fact of which you all should be aware.

The balloons beat the archers in the floor-floo clout shoot - looks easy - 'tain't.

There was a swift game of archery cricket - I don't know who won - everybody?

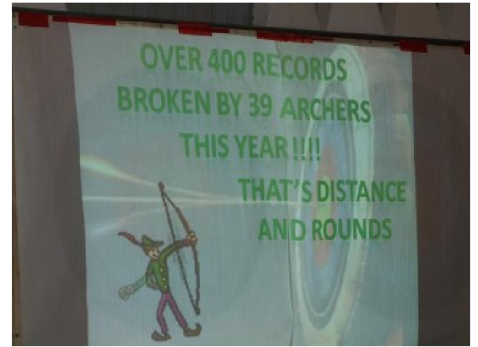
There were awards (in addition to Alison's) for Club Champions in the various bow classes, and a report from Tim the Recorder on what arrows we've shot or lost during the past year.

Michael and Elizabeth Churchward ran the trivia quiz - but our table didn't win, despite age and sagacity.

Some of the photos worked out - here's a small sample-



Wrapt audience



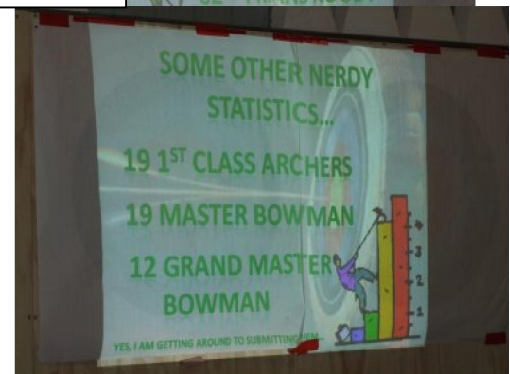
Jim doing a "My Favourite Martian" impersonation



Slides from Recorder Tim's report



Maddie's getting harder to photograph!



Brain strain !!

Now, the on-going instruction/suggestion manual from the '80's, in which archers will still find some pearls of wisdom.

On with a further chapter in "Practicing to Perfection"

### "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."

Next, with acknowledgement to Hayden Millis - and possibly, Elizabeth Chruchward - but really with no thanks to either of them, I include this little gem from the "Archery Memes" which seem to be getting attention lately.



*And so, to you from The Editor, from the members of the Management Committee of the Samford Valley Target Archers, and from the OTHER members of the Club, please have a joyful, satisfying and safe Christmas, and may we ALL look forward to a prosperous year in 2013.*