

# SAMFORD VALLEY



# TARGET ARCHERS

Newsletter of the Samford Valley Target Archers

(ABN 63 639 289 573) [www.samfordarchery.org](http://www.samfordarchery.org)

## No. 15

**Kevin Seeto** was a member of the Grange Company of Target Archers for a number of years (unfortunately I don't know just how many).

Even when he was present Kevin may have escaped notice, since he generally placed himself on the far side of the field (both at Emerson Park and at Samford) and concentrated on shooting technique. He was a quiet man who enjoyed archery for its discipline, and he was not particularly interested in competitions.

Those who knew him as a friend, say he was a *good* friend.

Kevin died in 2012 after a battle with throat cancer.

Two of his special friends, **Marji van Pinxteren**, and **Mark Logan** have planted and marked a tree in the Samford grounds, in memory of Kevin.



## April 2013

The tree is in the small grove of trees which is the most north-eastern of the groves. As a result of the break-up of "THE TREE" there have been placed a couple of logs which could be used as seats for quiet contemplation - don't disturb any snakes which might have similar ideas!



If you spend your time looking at the ground, or straight ahead, you may not have noticed that the new sign is up on the Club's first building.



Patrick Barden, Dave Arrowsmith and Evan Fisher spent an hour or so putting it up, recently.

And, incidentally, “THE TREE” has gone -



- Well, not totally, since bits of it are secreted around the grounds.

**Various QRE’s (Qualifying and Ranking Events)** are held in South East Queensland archery Clubs quite frequently. Many of the Indoor QRE’s are held at Samford. Target QRE’s are held in the various Clubs. If you’re more seriously interested in advancing up the archer’s achievement ladder, keep an eye on the Club noticeboard, and the on-line advice, for where the QRE’s are going to be.

The events give archers the opportunity to gauge just where they sit in the ladder up to the really good scores, and when they start reaching Open ranking scores.

Justin Olexienko, Scott Hagaman, Michael Welk, Richard Simeon, Grant Crawley, Shane Beard, Vince Danier, John Cowley and Kynan Schilling have participated in recent QRE’s around the region. Greg Jackson, just to be cheeky, tends to shoot a barebow Recurve (or compound) and then follow it up in a second session with longbow!

**I know we’ve been going on about “Be sure to fill in score sheets**

**properly”**, and you’re all probably fed up, but here comes another one.

Madeline Ferris is the SQAS Ranking Coordinator, and also a member of our Club, so let’s all be helpful to her (and to ourselves) -----

**“I’d also like to take this opportunity early in 2013 to remind archers who participate in SQAS events about scoring and scoresheets.**

These two pieces of paper are the most important items you’ll have at an archery event and you, the archer, are responsible for them. After all, we stand in the sun, the rain, wind, cold, and heat shooting and scoring arrows and I’m sure you’ll agree that you want to receive the score to which you are entitled. Therefore, you need to make sure that your scoresheets are filled in completely (as required by Archery Australia) and that they are correct before you hand them back in.

While most archers are doing the right thing, unfortunately there are still some who are not filling in their scoresheets correctly and I need to stress how vital it is for archers to complete all sections of both scoresheets, otherwise, depending on the nature of the error or omission, their score may, or will, be rejected. Unfortunately I have had to do this on occasion.

1. Archer’s details. This includes your full first name and last name, AA membership number, date of event, RGB and Club, the Round you are shooting and your Target Number as well as the division details (Male/Female, Age section, bow type) and for Field the peg colour you are shooting from.

2. Scoring section. You must insert the distance, end score and progressive score for each section/distance. Also enter the number of 10s (including Xs) and Xs [or 10s and 9s for Indoor; and 5s (including 6s) and 6s only for Field]. At the end of the round you must also complete the summary box.

3. Errors in arrow values. It is vital that all archers on the target initial any alterations to arrow values which indicates that everyone on the target agrees with the new arrow value and also indicates to the tournament organisers that the scoresheet has not

subsequently been tampered with. This is particularly important if both scoresheets need to be amended.

4. Adding scores. Unfortunately there are still too many instances where it appears one scorer adds up the end total and the other scorer just writes down that figure without adding it up independently. I can't stress strongly enough that the best method is for the faster of the two scorers to wait until the other scorer has finished and only then compare scores and if necessary find the error and correct it. Ideally it should not be the responsibility of the judge or other official to check that the two scorers have scored correctly, but unfortunately this has to be done and can take a long time to do. Archers can subsequently be disappointed because (usually) their score is corrected downwards.

5. Signing section. There are two boxes - one which the archer signs and the other a witness (usually a scorer). **By signing the scoresheet the archer is agreeing that all aspects of the scoresheet are correct.** Therefore the responsibility is on the archer to make sure that everything is filled in and that they agree with the score.

6. Handing in the scoresheets. Both scoresheets must be handed in by the archer to the judge or other nominated person at the end of the round for it to be accepted. The archer should then wait while both scoresheets are checked for completeness. If something has been omitted then the archer will be asked to fix the scoresheet(s) and then bring them back. Only then is the archer free to leave the grounds.

It's all really quite simple, isn't it? Just remember to treat your scoresheet like the 'gold' on the target face and you'll be fine.

Good shooting  
Madeleine Ferris  
SQAS Ranking Coordinator"

## Samford Chemmart Community Fund

Now this is *advance* notice and hopefully we'll all remember (remember what!) - but in accordance with an arrangement between the Club and the **Samford Chemmart Chemist**, in **the month of**

**October**, the Club will be gifted 5% of the sales of Chemmart branded goods.

The arrangement does not hold for prescriptions and for other brand goods, just the **Chemmart** brands from **Samford Chemmart Chemist**.

This is part of this business' support of local community groups from their **Samford Chemmart Community Fund**.

**So, our President, Brian Hagaman says:-**

“save up your drug needs and buy up big in October at Samford Chemist.”

**Another thing that's going to happen in October** is the **Ron Tucker Memorial** shoot, which again will take the form of the United Bowmen of Philadelphia's World postal shoot.

Ron Tucker was mostly responsible for the formation of the Grange Company of Archers in 1947. Last year when the United Bowmen contacted SQAS Clubs about their postal shoot it was decided to use that form of competition as the Ron Tucker memorial. We did not have as many participants as we might have liked, and only a couple of people from outside the Samford Club.

This year will see a greater effort to inform archers and entice people from SQAS Clubs to be involved. The form of the shoot is a little different to that which we're used to, and practice will be necessary. There is a notice on the noticeboard at the Club which details fairly fully just what is involved.

Many Clubs worldwide are potentially going to be involved this year.

On the 9<sup>th</sup> to 16<sup>th</sup> March the Club hosted the Archery Australia High Performance Coaching Camp utilising the services of Korean coach Mr. Kim Hyung Tak.



On the 9<sup>th</sup> and 10<sup>th</sup> Club members were invited to attend a two-day seminar about coaching and improving archery technique. It was a set of very informative hours, and may result in some changes to methods of coaching in this Club.

Coach Kim seemed to have only one problem - large men,



Olympian, Taylor Worth was there,



and he gave us a brief insight into how to avoid nerves when firing those last two arrows in a competition - “don’t think!”

Since that’s (just) an opening into the mental aspects of archery I’ll use it to segue into the next instalment of **“Practicing to Perfection”**, which is very much concerned with the mental approach to the sport.

Again, for the new members of the Club, this is a *riveting* series originally written in the 1980 for the then SQAS newsletters. I read it in its original, and I believe it still holds much valid information about how to prepare to be a successful archer:-

“THE ART OF POSITIVE THINKING

The mental process has a multitude of degrees, each tailored to the needs of a particular situation. The man sitting in his easy chair with a beer is thinking but his thoughts are not as concentrated as are the surgeon’s during a critical operation.

Unfortunately, to channel our complete and absolute attention on one or two things is almost impossible because our minds are discursive and will wander from one thing to another in an attempt to avoid concentrated thinking. The man who does not understand these mental escapes will experience frustration when he attempts to control his thoughts and co-ordinate them with his physical activity.

Archery, at first glance, appears to be a highly physical activity but, as the shooter moves from the novice stage to more proficient stages of development, archery becomes less physical and more mental. On the top end of the spectrum is the champion who will contend that archery at his level is mostly mental. It is during the transition from “physical archery” to “mental archery” that most shooters lose their way.

Each person's mind works in different ways but there are some things that seem to be universal in terms of mental activity. If we understand some of these things, we are in a far better position to cope with them. It is like identifying a problem before seeking to resolve the problem. To begin with- this is of absolutely paramount importance - negative thoughts breed negative results. Putting that idea in terms of a shooter's mental processes we could say; "If you think 'miss', you will miss." If your mind is thinking "miss", directly or indirectly, you must find a way to remove this negative thought. Although this is a most difficult task - remember that concentrated thinking itself is an arduous task - it can be accomplished if you will first identify the problem.

For example, many shooters have negative thoughts - "miss thoughts" - when they approach certain targets on a range or when they shoot under certain conditions such as uphill/downhill. From the time they begin to execute the first shot until the final arrow is released, they are worried about missing. When they finally approach the target their earlier thoughts are confirmed - they missed. If the shooter will first recognise that he fears certain targets, he can then pursue ways to resolve his fear. In the example mentioned, the shooter must convince himself of one essential truth; an arrow will hit its mark, regardless of the particular target, if the shot is aimed and executed correctly. The shot that results in hitting the spot dead centre at forty metres should have the same results at eighty metres, if the shooter had executed it in the same way. Of course, there are variables which are uncontrollable such as wind and other elements but, since they are beyond our control, they are not considered in this example.

Once a shooter realises that in the final analysis all targets are the same and that a perfect shot will hit the centre regardless of the distance or terrain, he will be on his way to avoiding negative thoughts. He will learn that he can approach each target with the same positive attitude and

with the same "can do" confidence. It won't come easily nor will it be instantaneous, but it will happen if you will believe in the power of positive thinking.

Another area of mental activity that seems to be paradoxical is the deeply concentrated mental effort one undertakes in an attempt to perform a physical activity in a certain way. More simply stated, the harder you think about executing a physical action, the more difficult that action will be to perform without error. One reason this occurs is that we approach the completion of the physical action through indirect negative thoughts.

For example, a shooter who is having problems with his release will say, "Next time I'm not going to jerk my hand out and away from my face. I know that this is wrong, and I'm not going to do it any more!" On the next shot he does exactly what he said he was not going to do.

Why?"

The answer to that question in the next edition - maybe.

**Memes are all the rage - or so Hayden would have us believe**, but occasionally one comes across my desk that tickles my fancy and then I (sometimes) pass it on.

This is one such - maybe it's the veterinary approach?



## Looking Ahead

Target QRE - 10 April - Samford

Inter Club Teams Event - 13 April -  
Toowoomba

SQAS Target Championships - 27 & 28 April  
- MPB Brisbane

SQAS Field Championships - 25 & 26 May -  
Belmont

Archery Instructor Course 1 & 2 June -  
Samford

Youth Nationals 29 June - Brisbane.

Indoor Nationals & SQAS Indoor  
Championships - 20 & 21 July - MPB Brisbane

Australian Open - 4 August - Armidale

Silver Arrow Field - 11 August - SQAS Field  
Course - Belmont  
Queensland Short Range Championships - 25  
August - Centenary

Target QRE - 7 September - Samford

SQAS Clout Championships - 21 September -  
Samford

SQAS Flight Championships - 22 September -  
Belmont on QRA rifle range grounds

Ron Tucker invitational shoot - 5 October -  
Samford

Fita Star weekend - 19 & 20 October - MPB  
Brisbane

Silver Arrow Field - 17 November - SQAS Field  
Course - Belmont

**The Club has some new  
numbers for contact  
(particularly for potential  
beginners).**

**Mob: 0468 3000 57**

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

**Finally, a quote:-**

“Don’t wait for the light to appear at the  
end of the tunnel - stride down there and  
light the bloody thing yourself”

- Dara Henderson, writer.