

SAMFORD VALLEY



TARGET ARCHERS

Newsletter of the Samford Valley Target Archers

(ABN 63 639 289 573) www.samfordarchery.org

Newsletter No. 16

June 2013

Monday 10th June, 2013, Queen's Birthday holiday, 10.45 a.m.

I have just come back from the Club grounds after putting up some notices - more of that later. Many thanks to the people who, after a slightly slow start, are turning up for the working bee that Brian called a few days ago.

(Hey, I don't do the work, I just write about it!)

In fact this winter period is going to be a very busy period and there is a lot of preparation to be done. We'll need all hands on deck to do everything properly.

If you haven't been out to the Club for a while, next time you go, you'll discover that we have a "disabled" parking spot. I'm sure that we won't get parking rage incidents with unauthorised people parking there.



We owe a few "Thank you's around the place.

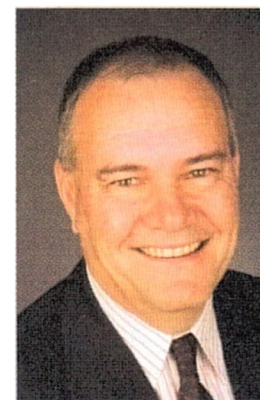
The first is to the **Bendigo Bank**. By now most of you know that, as part of their Community contributions policy, the Bank gave our Club a grant of \$4000 which will be used towards new target butts and frames.



President Brian, and Samford Bendigo Community Bank representative Danielle.

The recognition by the **Bendigo Bank** of the Club's involvement in the community is gratefully acknowledged.

The second "thank you" is to Councillor Bob Millar, who very recently sent us a cheque for \$200, from funds over which



he has control. I haven't heard yet what it will get spent on, but I'm sure it will serve a good purpose. Thanks Bob!

I said I'd been putting up notices - you might see them around.



Have you –

1. Got your membership card on your person or equipment?
2. Signed the attendance book?
3. Paid your days' shooting fees?

You have?

Great! ...Then have fun shooting arrows!!!

You haven't? --- Oh, sorry! Please do so.

Please understand the importance of the requirements which the Club, the SQAS and AA have in place.

To be covered by insurance whilst engaged in archery at an Archery Australia affiliated Club, a person has to be a member, or a new, or temporary member. That status is proven by the AA membership card which you should carry at all times when planning to shoot at the Club. We are about to try a protocol of issuing NEW members with a temporary card which will cover the period between signing up and receiving the AA card - a week or so usually.

Your presence at the Club each time you attend is proven by your name written in the "Sign-in" book for the relevant day.

To facilitate the upkeep of the Club's facilities and keep target butts, target faces, etc., functioning we have a system of "Shooting fees" in place. The various levels of these are plainly displayed with

the "Sign-in" book, and we trust our members and visitors to be honest and contribute properly. Please do not abuse this trust.

As we get more members joining from the beginner classes, and as we have an increasing proportion of members actively shooting, it becomes harder to track "who's who and who's new", so one day if you're not showing your membership card, you might get a tap on the shoulder and "Excuse me, do you have.....?"

A few weeks ago Scott and Conan McLean were shooting on the indoor range using a 122cm face - it must have been wet outside.



Conan's target.



Scott's target

These "perfects" were shot on the same end. Even at 20 metres, you don't see too many father and son perfects at the same time.

The Management Committee has just commissioned a ‘Technology Committee’ with some interesting thoughts about what might be done about recording and scoring and displaying archers’ progress and successes. It may not happen in the next week or two, but there could well be some advances into the twenty-first century to come.

Those of you who haven’t seen, or heard of ‘Archer’s Paradox’ which is the bending of an arrow as it leaves a recurve or longbow, notice the curve in the arrow below.



You will have heard of arrow “spine” or, if you haven’t yet, you will if you stay in the sport long enough. You need to match the spine (stiffness) of the arrow you are using, to the bow you are using.

If you want to scare yourself silly about what **underspined** arrows might do, watch to the end of the video at :-
<http://www.youtube.com/watch?v=WzWrcpzuAp8&NR=1>

The breakage was deliberate, but I don’t suggest you try this at home.

For another video to watch, Mike Schilling has recommended:-

http://www.youtube.com/watch?v=B1jn hhHMa24&feature=player_detailpage&list=FL12y9MRzGlvxlaitXvLk0qQ

but I’m not sure if he likes the arrow flight, or the car.

The Youth National Archery Tournament for 2013 will be in Brisbane from 29th June. Most of the shoot will be at the Mount Petrie Bowmen facility at Belmont, but the Clout shooting will be held at our Samford grounds on Friday 5th July.

At the last count I heard, there were 101 entries for the clout. Since our Club will be hosting the event, there is a need for people to help set up the grounds, and on the day lots of bodies to help in the background. Being a Friday, and a working day doesn’t help, but please help if you can.

The sight of one hundred archers firing co-ordinated (sort of) volleys of arrows over longer distances should be well worth some photos.

So now we come to the next part of “Practicing to Perfection” which I’ve been using to fill in space for quite some editions of the Newsletter.

In all honesty, it does have value in considering the mental approach to archery at the higher levels, and does have more value than just a space-filler. In fact, if anyone is crazy enough to want their own copy of this in the complete booklet. I’m perfectly happy to supply copies.

At the last episode our archer had decided that he wasn't going to snatch or pluck the string on his next shot, but did just that Why did he do so?

"In his sincere attempt to resolve his releasing problem, the shooter has approached his physical difficulty with a negative attitude; negative in the sense that his thoughts are directed toward the thing he hopes to avoid - jerking his hand. He has concentrated on the very thing he is trying to avoid.

His approach should be positive and, if it was, it would be something like; "Next time I release I will let myself flow with the shot, and my hand will recoil to the rear in one natural motion." While he is at full draw, he will continue this positive mental process and repeat positive "I will" thoughts to himself. The result will also be positive.

At this point, it is worth pausing to question the thoughts in your own mind after reading thus far. Are you thinking, "This is all garbage and it will never work for me"? If you are, just be aware of what was stated earlier – negative thoughts breed negative results. Success is not so much a matter of aptitude as it is of attitude; keep yours positive and the rest will follow.

When we concentrate in our physical activities, there are other reasons in addition to our negative thoughts which could impair those activities. Very often our minds work against us in subtle ways. When we try extremely hard to do something, our mind realises a fear of failure and this fear can be transmitted to our body, resulting in the unsuccessful completion of the thing we want to accomplish. Examples of this situation are such things as "freezing", "snap shooting" and other forms of target panic. Problems of this nature can be very real and in most cases uncorrectable through direct mental activity; in other words, you cannot "think" yourself out of these problems because they are subconsciously controlled.

If you are plagued with one of the target panic problems, all is not lost. There are

ways to make the problems go away or at least become dormant. Again, it is necessary to identify the problem before it can be resolved. Since the problem is inherent in the subconscious, the subconscious mind must be reached to resolve the difficulty. This can be accomplished by indirect means.

If we activate the shot as a result of a conditioned response or "as a surprise", we will be unable to control the occurrence of the release and, therefore, the mind will be unable to work against us. Since all target panic problems are associated with the act of releasing the arrow, it is necessary only to conditionally control this element in the shot process. The release is controlled through the mechanical assistance of clickers and/or release aids. Both of these things will serve the same purpose and rid the shooter of his otherwise uncorrectable target panic problems.

Reducing the nervous edge is a matter of removing the stimulus which induces the nervousness. Each time we are able to remove or lessen the stimulus which induces the nervousness, we will lessen the nervous condition itself. For example, if you observe the other shooters during the course of a tournament, you will see some who are shooting well and others who are shooting poorly, but in each case you will be seeing archers who are trying to better your own shooting; whether or not they succeed is of little importance here.

Knowing that these other shooters are out to beat you adds stress and increases the odds that you will become more nervous. The more you concern yourself with the shooting of the other guy, the more your stress will build and the more nervous you will become. If you can accept this idea, your next question probably is, "What can be done to avoid thinking about the other guy when he is right there with you?" Plenty! If you sit back for a moment, you will quickly realise that your apprehension and concern over the results of the other person's shooting will not alter his outcome – success or failure. It will, on the other hand, have a marked effect

on YOUR shooting. Therefore, understand that your worry over the shooting of others can have absolutely no effect on the way they will shoot. Since this is true, there is no reason to pay any attention to the progress of the other people during the course of a tournament. Perhaps you should look at the ground when you are not actually shooting so as to avoid seeing the other people shoot. Always compete WITH YOURSELF, and ONLY with yourself.

If you shoot to the best of your ability or perhaps even a little better than what you thought you were capable of, you will have done all that you could possibly have done to be victorious. If, after having done your best to outdo yourself, your score is still beaten by another shooter, then he was more capable than you at that point in time, and you can accept defeat. Remember that winners share one universal likeness; each has known defeat. The next time you can try to out-do yourself again, and perhaps you will.

Another stimulus that fosters nervousness is our concern for the achievement of a certain score on each target. Again, we are faced with a failure/success condition and the corresponding stress that accompanies the condition. If your goal is the shooting of a 20 on a field target - you must be totally successful in four out of four shots. Should any one of the four shots miss, you will have failed and your thoughts will naturally be thoughts of failure, or negative thoughts. If you had redefined your goals, you could easily have influenced your probability of success and the resulting positive attitude. The end result would, of course, be a reduction of the nervousness you imposed upon yourself because of the fear of failure, or negative thoughts.

Set your goals one arrow at a time. Make the one arrow you are about to shoot your total and absolute goal - completely independent of arrows already shot or left to shoot.

By doing this you will have made your goals easier to attain and you will realise

successful outcomes more frequently. The more times you succeed, the more success oriented you will become and the more positive your thoughts will be. Just as negative thoughts breed negative results, positive thoughts breed positive results. Positive thinking fosters confidence and confidence reduces fears of failure, which further reduces nervousness.

The mind games we play with ourselves are as essential to our competitive development as any other aspect of our shooting. Each of us will learn to do certain mental things that are helpful in our own shooting if we become aware that such things can and do pay off. It is difficult to understand the value of these mind games until you first learn to use them.

Once you have crossed that bridge, you should find that your scores are increasing. Apply positive thoughts to your shooting, as well as to your other activities in all areas of living, and you will be amazed at the results.

In the final analysis the mind controls all that we do or fail to do. The mind is the paragon and each of us would do well to try to do all in our power to keep our minds producing the types of thoughts that promote beneficial results. Next time you catch yourself thinking negative thoughts, try to remember this simple line:

"I can't", would mean "I could" if I "only would."
And you can if only you will!"

---oo00oo---

There's not a lot more of this to go - YUCK! - that means I'm going to have to think of something else to fill in (er - be interesting for archers).

There are a couple of things to remember for October - a long way away, I know, but get your mind into gear.

Can you beat that? Give it a go!!

During October **SAMFORD CHEMMART PHARMACY** will be gifting 5% of the proceeds of their sales of “CHEMMART” branded products to the Samford Valley Archery Club. Not prescriptions, just CHEMMART over-the-counter stuff, so be prepared to buy your requirements from there if possible.

Also, we will have the “**RON TUCKER MEMORIAL SHOOT**” on the 5th October - a Saturday - and we hope to encourage other Clubs to join us in the United Bowmen of Philadelphia Bowmen Round International Postal shoot.

The adult range for this shoot is 80 yards (73.152 metres). With 84 arrows shot and the gold worth a straight 9, the maximum possible is 756.

In a recent communication from David Baier, the Bowmen’s liaison for this competition, he said:-

“The Illinois State Target Archery Association shot their round for this year’s tournament this past Sunday. The Illinois team won the recurve division of our tournament last year. One of the members of that team, **Alex Wifler** from Crete, Illinois, was the high recurve archer in last year’s overall shoot with a score for the round that tied the **recurve record of 692**.

Alex broke his right hand (he shoots right-handed) about a month ago and couldn’t shoot recurve - **he shot a 736 with a compound bow instead**.

Inspirational.

The Illinois recurve team, however, is now vulnerable. The Illinois team didn’t have enough compound bow shooters to put-up a compound bow team around Alex, so he is on his own. “

You probably know we got some material from the USA to make some indoor butts not that long ago.

As it turns out the material is not that great for target butt making, it’s pretty uneven in just about all dimensions, but the first prototype made quite a nice large liquorice all-sort.



Would Club members - and visitors - please be aware of cleanliness and house-keeping around the Club.

If you have tea or coffee, it’s free if you wash up your cup or mug afterward - please don’t disregard the fact that we’re a fairly heavily worked group of volunteers.

If you have water, or a soft-drink, or chocolates, pay for them in the tin in the refrigerator that they come out of, (again on the honour system) and put the empty containers/wrappers **IN THE BINS PROVIDED** when you’ve finished.

I’ve also had a note from Michael Schilling that some of his equipment and

spares and some of the Club's equipment have "gone missing".

COME ON PEOPLE!!! - borrowing specialised equipment from the Club for a short time (if you have asked a member of the Committee for permission to do so) is OK, but everything else is STEALING!

If a person caught STEALING, and we do have security cameras, and they can be added to, the least that will happen will be expulsion from the Club

PARENTS AND GUARDIANS, please be aware that you need to make arrangements with responsible adults attending the Club, if you plan to leave your children and go to other venues. Those responsible adults will then be responsible for the children until you return and re-take the responsibility.

Finally, you know what can happen if you're in the right place at the right time?- good things, probably.

What happens if you're just in the **wrong** place at just the **wrong** time?



.....FROM A GREAT HEIGHT!