

SAMFORD VALLEY



TARGET ARCHERS

Newsletter of the Samford Valley Target Archers

(ABN 63 639 289 573)

www.samfordarchery.org

No. 18

Christmas 2013

EDITOR REGRETS BOO-BOO! (x 2)

Connor – Connor – CONNOR Maclean, NOT Conor or Conan.

(Hopefully I've finally got it right!)

After that catharsis let's move on to a little bit of philosophy.

Jim Gooley, one of our more senior members, who is an extremely good archer who could paper his walls with achievement certificates, has submitted some thoughts which new, and more experienced archers as well, might consider.

The concept of archery is "grouping".

The concept about high scores is "sight setting".

If beginners can put aside their need to "get them in the middle" right from the start, then the pressure will be less till they can gain confidence.

"Confidence" is the belief in one's own ability.

It is not something that can be given or passed on to you by someone else.

If I might also comment, that confidence comes from the repeated practice of

good technique which then justifies one's belief in one's own ability.

Archery, in a large degree, is a mind game. It this concept which I have been trying to promote in the series "Practicing to Perfection" - More of that later....

The Indoor Evening finals were held on the 20th November.

The Medallist of Medallists was awarded to Sandy Duncan.



Phil Buhot took out the Longbow Championship, **John Cowley** the Recurve Championship, and **Michael Welk** was the Champion indoor compounder.

Congratulations to these archers for their effort and persistence.

Effort and persistence in the right techniques leads to *confidence* in one's own ability--- and then we're back to the beginning of this Newsletter.

In addition we are also at the last segment of the series I've been running, of "Practicing to Perfection" which originally came out in various SQAS newsletters in the 1970/80's as "Helpful Hints for Better Shooting".

This is the last segment - and, just by coincidence, it seems to be dealing with:-

"CONFIDENCE - THE KEY TO WINNING"

A lot of people who shoot target archery have the potential to be world class shooters. They're strong, they have the time to practice, and they exhibit almost flawless physical form, yet they never seem to be able to put all the things together that should produce the kind of scores they're capable of shooting.

Upon observing the effort such shooters put into refining their form, as well as the perfection of their release and follow-throughs, you'd expect that the groups they shot would be tight and in the right place. When they aren't there has to be a reason why the group isn't tight and in the centre.

People say that there's a reason for everything, and this must be true. They also say that there's more than one way to do something, so let's explore some possible solutions that might help those who are always bridesmaids and never brides.

In everything we do, an option exists that will produce the best, most

consistent results with less time and effort. Quite often, it involves the simplest of things; but nevertheless it still depends upon the individual's contribution (or lack of it) when the time comes to put that option to use.

Unconsciously, some shooters always try to come up to somebody else's expectations, never knowing exactly what those expectations are, and as a result, never reaching the level of performance they themselves can be proud of.

If you feel that you have to explain or apologize to anybody because a day crops up when, try as you might, nothing seems to come together as you'd like it to, stop and think: just whom are you shooting for?

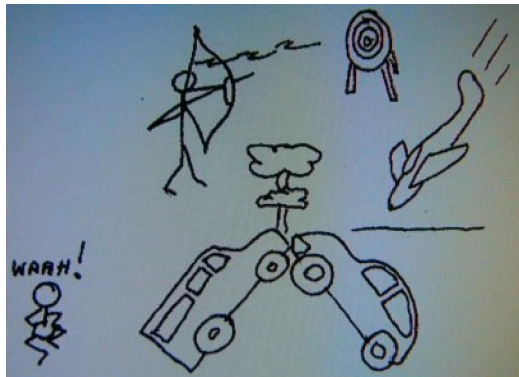
Who is the most important person at that precise time in your game? To whom do you really owe allegiance? IT SHOULD BE YOU. Who else really cares one way or the other about how you're shooting or what your score is?

You're right -- YOU CARE, and you should; how in the world can you be embarrassed at what you're doing when you're doing the very best that you can at the time? You SHOULD be embarrassed if you let down or quit. However, any score you might shoot can be accepted as long as you have pride in yourself and strive to please only the person who is doing the shooting.

Perhaps you might like to please your Uncle Henry, but you do not owe it to him or anyone else for the way you shoot, or your final score, providing that you have given it your best.

Another robber of high scores (when the physical form looks perfect) is a lack of complete concentration on the right thing at the time of release-explosion. The importance of perfect execution during and AFTER the explosion is something that only a select few understand and practice regularly. Everyone knows what concentration is, but not so many know how or when to use it. When practicing on some

special part of your form, concentrate on it until it's implanted securely in your subconscious mind and it becomes a habit.



When you get into competition, trust everything you've prepared in practice to operate on its own, without any last-second interference from your conscious mind. Then, concentrate 100 percent on the place where you believe the arrow will appear on the target face. That concentration must continue, without a break, until the arrow gets there.

Those who have "perfect" form and never seem to score well don't concentrate on anything after the mind gives the command to release the arrow. Their minds are turned off at the critical moment – the split second that encompasses the release, the flight of the arrow, and its impact on the target face.

They generally don't believe that, but they could prove it for themselves if they wanted to, all they have to do is to observe the top shooters.

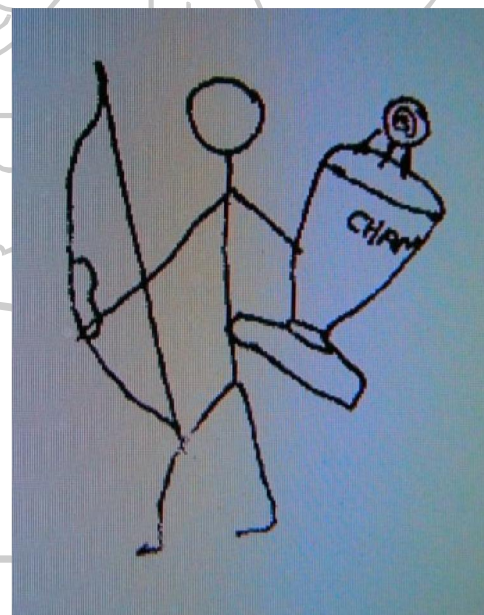
Study them yourself. Notice their concentration until their arrows hit - every one of them. Notice that they don't apologise for a poor score or explain it away. They're trying to beat themselves (and you), not please you. They ask for no favours and expect none. They buy, with blood, sweat and tears, any advantage that they may have over their competition.

They accept their mistakes as reminders to keep the pressure on themselves to perfect what they already

have. Anything less than that would put them where they refuse to go.

Most people do not realise just what they're capable of. You, as a shooter, and even in the rest of your life, should ask yourself whether your performance suffers because you're worrying about proving something to somebody other than yourself. Also, check, very honestly, if, when, and how much you really concentrate. You might be very surprised at the difference it makes.

PEOPLE ARE ALWAYS BLAMING THEIR CIRCUMSTANCES FOR WHAT THEY ARE. DON'T BELIEVE IN CIRCUMSTANCES. THE PEOPLE WHO GET ON IN THIS WORLD ARE THE PEOPLE WHO GET UP AND LOOK FOR THE CIRCUMSTANCES THEY WANT, AND IF THEY CAN'T FIND THEM, THEY MAKE THEM."



So, that is the end of this series - which is unfortunate, because now I have to think of something else to talk about in Newsletters.

However, I have this set up as a booklet, and, should anyone feel that there is value in having this in their library, I'm

quite happy to give out copies. Ask me at the Club!

Samford Chemmart PHARMACY

As a result of the October Samford Chemmart Pharmacy Community Fund, the Club received \$309.10 in early November.

President Brian Hagaman had to go to the pharmacy to collect the cheque, because it wouldn't fit into the mailbox!!



Thanks to Karen Brown, Managing Partner of the pharmacy, and to Debbie and Brooke in the photo with the bearded gentleman.

We're in the storm season! - A week or two ago there was some concern that we were about to get a severe storm and outdoor shooting was curtailed.

As it turned out little happened but, on an open area, in a Queensland summer storm, the possibility of the occurrence of lightning is considerable high - if you're the tallest thing out there.



I've never been hit by lightning (I act this way normally) nor do I know anyone who has been hit by lightning, and I guess it's not a common thing. I imagine it would sting somewhat - if you survive! However if you watch weather reports and such things you'll hear of THOUSANDS of lightning strikes during most storms.

Let's not have any crisped archers in our Club - if there is a perceived risk, the DOS will have the right (and the *responsibility*) to call archers from the field.

A lot of our equipment contains carbon - it's not necessarily an electrical attractant, but it certainly is considered to be a good conductor (see lightning above) but the other thing about it is that it can enter the skin from broken arrows and carbon bows with surprising ease.

The entry is easy - the removal is considerably difficult.

Remember the things you need to remember around carbon equipment:-

1. In removing arrows from a target, **DO NOT** stand directly in front of the target when you or someone else is removing arrows. Believe me; they hurt when they hit you!

2. DO NOT RUN (anywhere) on the field, but certainly not with arrows in hand.
3. When walking to a target ALWAYS walk to the side of the shooting lane, and WATCH OUT FOR ARROWS IN THE GROUND which could trip you or you could break. If you break \$30-odd dollars (or more) worth of someone else's arrow, you WON'T be flavour of the month.
4. In clout shooting, walk DOWN THE SIDE of the shooting lane - BE AWARE of the possibility of arrows in fairly strange places (short, long or to either side) which you could break or which will hurt if you walk into them. (Clout shooters are quite happy to get even a few arrows actually in the TARGET area).
5. And a mention about removing arrows - particularly from the ground, and particularly aimed at beginners (not the arrows, the comment) - generally speaking remove the arrow in directly the reverse attitude that it entered the ground, DO NOT try to LEVER it up. That bends arrows, and makes Sir David the Arrowsmith SAD!!!.

(Sometimes with a buried arrow it is simpler to pull it through in a continuation of its original direction, but this usually ends up damaging the fletches.)

Archery Australia has recently issued a new edition of its Newsletter on-line. If you haven't been aware of it before this

(notice WAS sent to all members) then you can pick it up through www.archery.org.au.

Sausage Sizzle - somewhere in the not too distant future (we hope) the Club will be involved in a fund-raising sausage sizzle at the Bunnings store in Carseldine.

This is being co-ordinated by our Fund Raising Co-ordinator (seems appropriate) Scott Maclean. When he tells us more, I'm sure we'll need a few hands on deck. It's the local Bunnings for me, and the sausage sizzles always seem to be pretty well patronised.

Incidentally, we have been gifted a second barbecue plate by an (ex) member - Andrew McCormack - who might even be considering re-joining. It will be handy for those occasions when our original plate is not sufficient for the demand of hungry archers.

Thanks Andrew - much appreciated.

We had the Christmas break-up on the 7th of this month. You all should know that. Not all members came, but that's OK, the rest of us had fun and it's a busy time of year, so not everyone can make it.



Archery
Cricket!



presenting a most informative morning talk about equipment set-up and care.

The Club Champions were also announced at the Christmas break-up.

Kynan Schilling was the Club Recurve champion.

Tim Millis - who reluctantly gave up the recorder's job at the AGM, still had a hankering to astound us with 100,000 (plus) arrow scores recorded during 2013. A born showman, he STILL retains his sense of humour -

Nick Horley was the Club Compound Champion (with Scott Hagaman in second place). If you've been near the western side of the shooting line for most of this year you'll know that that position was fiercely contested.

Scott Maclean was awarded the position of most improved compound archer for 2013, with Paul Obrien taking out that for the recurve archer.

Hayden Millis, Karl Reichel and Christian Jeckimovs were recognised for outstanding achievements.

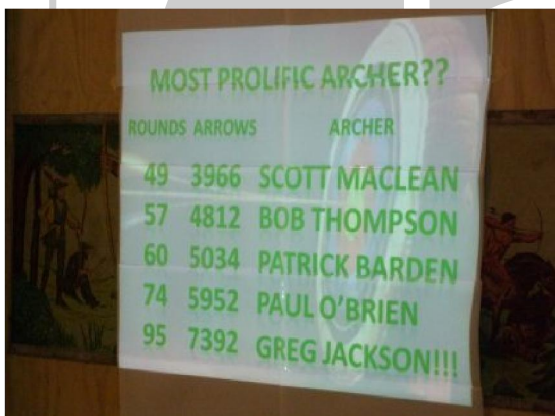
And Greg Jackson for truly Outstanding Achievement through out 2013.

Shooting the Clout rounds can be fun - although, a bit like golf, it can be "a good walk ruined".

As clout shooters know - especially those who use compound bows - when you first begin clout shooting it's VERY easy to underestimate the power of the bow, and thereby overshoot the target. There is a presumed "safety" space allowed behind the clout target layout, but there are those of us who have shot arrows well behind the target layout.

This is not only expensive in terms of lost arrows but there is a massive safety concern - we would, generally, prefer not to spike any neighbours with arrows.

Clout archers need to understand the sighting process.



Tim was also considerably involved - with Mike Schilling and Alison Hagaman, in

To this end the Club Management Committee, some time ago, established a **CLOUT TRAINING REGISTER.**

Those Club members who want to shoot the clout rounds should first be checked out by an Archery Instructor or Coach who can show you how to work up to the clout shoot, and can certify that you understand the process.

The main emphasis in beginning clout shooting is to deliberately shoot short of the target, and then adjust sighting to eventually “walk” the arrows into the scoring area.

If you wish to shoot the clout rounds, and have not been assessed as qualified to do so, please contact a member of the Management Committee in the first instance.

From the Committee Meeting of 14th December

A number of items of what may be called “house-keeping” came up at the recent Committee meeting:-

The first is truly a ‘house-keeping’ mention. **David Barwick** has become the “Designated Toilet Cleaner” and has been doing the job for the past few weeks. No one else seemed to want the job - **much appreciation to David!**

DOS whistles - Remember that the DOS whistles tend to hang on the post in the area between the indoor shooting and the ‘lunch area’ in the original Club building.

If there is more than one target in use, (and probably more than two archers) there **MUST** be a DOS or else no shooting.

If the DOS at the time wishes to leave the shooting he/she **MUST** hand over the responsibility to an experienced and/or responsible archer.

The DOS whistle signals are:-

2 whistles - walk up to the shooting line. (Be sure that the field is clear - no archers behind target, walking back, etc)

There should be a significant pause (strictly speaking 10 seconds), then,

1 whistle - means that shooting can commence (no arrow to be drawn in the bow before this whistle.)

3 whistles - all archers have shot their arrows (and retired behind the waiting line) and are to move forward and score and collect arrows.

Multiple whistles (4 or more) means **DANGER** - any shooting must immediately cease. This can also be accomplished by a loud call of “HOLD, HOLD”

So that the DOS can be confident that he/she can see the field and safely perform the duty, it helps if the targets are **staggered** - that is, generally speaking, the more distant targets are on the right hand (western) side of the field, and the **shorter** range targets are on the left (eastern) side. Sometimes, when ranges change during a round this arrangement can become a little impractical, **HOWEVER, THE DOS MUST ALWAYS BE SATISFIED THAT SAFETY REQUIREMENTS ARE FULLFILLED.**

ALL ARCHERS, except those in the beginners’ classes, MUST DISPLAY either their AA membership card, or the Club’s current temporary membership card when on the shooting line.

If you do not display this, you may be asked to show your card - if you cannot

do so, you WILL be asked to discontinue shooting until you correct the situation.

If there is an accident or incident involving injury to a person at the Club grounds, an incident report should be filled out.

INCIDENT REPORT FORMS are to be found in the drawers in the old sign-in area with the overhead cupboards near the kitchen.

Mike Schilling would like to hear from volunteers who will help with Club bow maintenance tasks - maintaining and making bowstrings, maintaining bow sights, etc. This is an important and necessary task.

I'm told that the Club Shooting Calendar is available on Google Calendar. I'm not 100% sure how to use Google Calendar, and right at the moment of writing the Club web site is down, because somehow we owe money to someone. Perhaps there will be more to say when we get back on-line

Arrow damage and lost arrows are causing some concern - particularly for Dave Arrowsmith, our Equipment Officer.

Each arrow that is lost, damaged irreparably, or even damaged but recoverable (points and fletches) costs the Club money.

Beginners and new archers tend to be most likely to **lose arrows**. If you cannot find an arrow after shooting, report the fact to one of the committee

members and a search will be organised at an appropriate time. The more experienced archers tend to be using higher quality (and cost) arrows - they automatically make sure they can find lost money, er- arrows.

Arrow damage can happen when arrows hit target legs and other inappropriate hard surfaces. Sometimes this happens when archers first move to the longer ranges. One of the suggestions that has been made is **that archers should expect to be hitting fairly reliably "in the red or better" before moving to the next further range.**

PLEASE, NO NO NO PARKING in the area between the two buildings. It's OK to use briefly to collect or drop off heavier items (that is, using it as a loading zone) but there are safety implications in the recent tendency to use this area for parking - sorry!

FINALLY - There is to be a working bee on 28th December, to organise more indoor butts and make bow strings. Please turn up and help Mike Schilling and others.

Since it's Christmas I thought I'd give the younger members a bit of a giggle - or confuse them totally (which would be even better).

With e-mail traffic - another new-fangled invention - all sorts of stuff comes in. The following really resonates with your editor (me) - I remember all of it!

SO Someone asked the other day,
'What was your favourite 'fast food' when
you were growing up?'
'We didn't have fast food when I was
growing up,' I informed him.
'All the food was slow.'
'C'mon, seriously.. Where did you eat?'
'It was a place called 'home,'" I explained.
!
'Mum cooked every day and when Dad got
home from work, we sat down together
at the dining room table, and if I didn't
like what she put on my plate, I was
allowed to sit there until I did like it.'

By this time, the lad was laughing so hard
I was afraid he was going to suffer serious
internal damage, so I didn't tell him the
part about how I had to have permission
to leave the table.

But here are some other things I would
have told him about my childhood if I'd
figured his system could have handled it:

Some parents NEVER owned their own
house, wore jeans, set foot on a golf
course, travelled out of the country or
had a credit card.

My parents never drove me to school... I
had a bicycle that weighed probably 50
pounds, and only had one speed (slow).

We didn't have a television in our house
until I was 10. (Actually I was older than
that! - EF)

It was, of course, black and white, and
the station went off the air at 10 PM,
after playing the national anthem and
epilogue; it came back on the air at
about 6 am. And there was usually a
locally produced news and farm show on,
featuring local people...

Pizzas were not delivered to our home...
But milk was.

All newspapers were delivered by boys
and all boys delivered newspapers Film
stars kissed with their mouths shut. At
least, they did in the films.

There were no movie ratings because all
movies were responsibly produced for
everyone to enjoy viewing, without
profanity or violence or almost anything
offensive.

*If you grew up in a generation before
there was fast food, you may want to
share some of these memories with your
children or grandchildren. Just don't
blame me if they bust a gut laughing.*

Growing up isn't what it used to be, is it?

MEMORIES from a friend:

My Dad is cleaning out my grandmother's
house (she died in December) and he
brought me an old lemonade bottle.
In the bottle top was a stopper with a
bunch of holes in it. I knew immediately
what it was, but my daughter had no
idea.

She thought they had tried to make it a
salt shaker or something. I knew it as the
bottle that sat on the end of the ironing
board to 'sprinkle' clothes with because
we didn't have steam irons. Man, I am
old.

How many do you remember?

Headlight dip-switches on the floor of the
car.

Ignition switches on the dashboard.

Trouser leg clips for bicycles without
chain guards.

Soldering irons you heated on a gas
burner.

Using hand signals for cars without turn
indicators.

Older Than Dirt Quiz:

Count all the ones that you remember,
not the ones you were told about. Ratings
at the bottom

1. Sweet cigarettes
2. Coffee shops with juke boxes
3. Home milk delivery in glass bottles
4. Party lines on the telephone
5. Newsreels before the movie
6. TV test patterns that came on at night
after the last show and were there until
TV shows started again in the morning.
(There were only 2 channels [if you were

fortunate])

7. Peashooters

8. 33 rpm records

9. 45 RPM records

10. Hi-ifs

11. Metal ice trays with levers

12. Blue flashbulb

13. Cork popguns

14. Wash tub wringers

15. 78 RPM long playing records

If you remembered 0-3 = You're still young

If you remembered 3-6 = You are getting older

If you remembered 7-10 = Don't tell your age

If you remembered 11-15 = You're positively ancient!

I must be 'positively ancient' but those memories are some of the best parts of my life.

