

# GRANGE COMPANY



Newsletter by The Grange Company of Target Archers Inc.

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

Newsletter #5

October 2011

There's not a lot in this newsletter, except to appeal to Club members to turn up for the working bee on **Sunday October 9<sup>th</sup>** at 9.00 to prepare for the Short Range Championships. There will be a job for all of any age, from gluing on centres to repair target faces, to replacing cores on the outdoor butts, to re-packing indoor butts.

We'll attempt to get some outside publicity for the Short Range Championships - local paper and possibly television (if they're short on material) so it would be nice if the Club looked in good condition.

Last year was well attended, and this year we expect 49 or so archers from all over South-East Queensland to attend.

**IF YOU'VE BEEN TO THE CLUB** lately, perhaps you will have noticed the rubber snakes placed in the rafters to discourage the swallows from nesting and making a mess with their droppings:-



- Oh, really????

**THE ANNUAL GENERAL MEETING** of the Club was held on Saturday 17<sup>th</sup> September and adjourned until the 24<sup>th</sup> September, when the auditor's report was received.

The elections changed a couple of management positions, and the various volunteer positions have also largely been filled.

They are as follows;

### Management Committee

President	Brian Hagaman
Vice President	Alan Roberts
Secretary	Evan Fisher
Treasurer	Alison Hagaman

### Other Elected Officers

Recorder	Tim Millis
Field Captain	Michael Schilling
Fund Raising Coordinator	-
Publicity Officer	Evan Fisher

### Appointed Officers/Roles

Member Protection Officer	Craig Glasby
Uniform Officer	Alison Hagaman
OzBow Coordinator	Shirley McLaran
Canteen Convener	Alison Hagaman
Medical Officer	Craig Glasby
Web Master	Grant Crawley
Mid-week Coordinator	Eric Whisson
Indoor Evening Convener	Scott Hagaman
Equipment Officer	Dave Arrowsmith
Club Coach	Alison Hagaman

SQAS Judge	Alison Hagaman Mark Logan
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The plan is to organize photos of those people listed above which will be placed on a noticeboard so that newer members will have some chance of knowing whom to approach with requests and questions.

### **MUSINGS OF AN ANONYMOUS ARCHER -**

This is some input from a Club member, charting a theoretical course for the beginner archer to as far as he/she wants to go. It's a bit long so I'll divide it into chapters/episodes and hopefully you'll all be able to restrain yourselves, eagerly awaiting the next installment (Joke!)

## “MUSINGS OF AN ANONYMOUS ARCHER”

Once you have, as a beginner, learned a bit about how to work with a bow and arrows - where do you go from there?

The Grange Company of Target Archers is, as the name implies, a group of devotees of target archery, but that includes standard targets at various ranges outdoors, “indoor” archery at 18 and 25 metres, field archery (which is target shooting across varying topography and ranges such as might be experienced in the bush) and clout shooting.

When you come out of the beginner courses, preferably don't rush out and buy your own gear. Invariably you can hire gear from the club until you get a better idea of what you really want, and whether you intend to stay with the sport. Buying the wrong gear, or gear that you will only use for a few months can be an expensive way to go.

Most archery clubs have members who are well qualified to give you advice on what to buy and when.

So, you're working with hired gear. You practice technique - “the process”. Club members, particularly instructors and coaches, can and will help you if you ask for help.

Generally, you'll work at 20 and/or 30 metres ranges first. With the current Ozbow system you should achieve the “qualifying score” at the shorter ranges before you move on to the next (longer) distance.

The Ozbow system allows for a short “round” - 30 arrows - and this is relatively easy to do from a time point of view.

The aim is to improve technique and practice the right things so that they become an ingrained habit. If you start a round - keep the score, and finish it if at all possible. There is no point in learning to quit, and there is no point in not having some way of seeing if you're improving. When you participate in tournaments - local club, state or national - you will be competing against other archers - and it's great to beat them - but your real aim should be the best archer that YOU can be. In competition other archers don't care about what your score is - unless you are scoring more than they are in the same classification.

As you go on you will qualify at longer distances. If you're lucky, fairly quickly you'll get an “all in gold” (It's not a bull, or bull's-eye, it's a gold!) at the shorter distances - maybe even a “perfect”

(all 6 arrows in the 10 ring). These deserve medals!

Archers display, or hide, their various medals, badges and awards in many and varied ways.”

*To be continued*

### **The following is an historical series.**

The material was written at least 30 years ago, because in the 1980's this material was presented in a series of South Queensland Archery Society newsletters. You may hear that a lot of the approach to archery involves the mental approach. This series deals largely with that idea.

It has been pointed out to me that there are references to the archer only as male. I do not wish to change the series from its original, so if those of the female gender will forgive, please understand that these words refer to ALL archers who are interested in “Practicing to perfection”.

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### “HOW TO PRACTICE TO PERFECTION

No one ever starts out in an activity knowing all there is to know or performing all the necessary actions in the proper ways. The road that leads from novice to professional is paved with untold hours of applied effort and it is through such efforts that the degree of the participant's success ultimately will be determined.

Practice can be broken into two types. With one type, the effort that is expended is undertaken as a matter of routine and little time is spent in search of improvement. The other type of practice, which can be called “applied practice”, involves a conscientious effort aimed at improving one's performance. The archer who visits his range from time to time and just shoots is engaged in one type of practice while the archer who regularly and systematically applies a programme of concentrated effort is engaged in the other type of practice. The type and degree of practice undertaken is a matter of the individual's own desires and preferences.

The key, in terms of practice, is the amount of applied effort that is expended. Shooting arrow after arrow is not applied practice, unless each shot is preceded by a definite objective on the part of

the archer, and after the shot is made that objective is measured against the results of the shot itself. Keep in mind that practice should be the repeated performance of an activity so as to become more proficient at that activity. Merely shooting arrows will do little more than improve physical conditioning. The paragraphs that follow are concerned with the applied practice required of individuals who have the desire to improve their shooting beyond that of mere mediocrity.

If you could ask most champions how they practice you would find that each has a different approach. You would also find that, although each has his own individual method of practicing, there are still some things everyone has in common. The most important of these undoubtedly would be a well-established shooting pattern or sequence. The shooting pattern or routine is a step-by-step mental approach to each element in the shot process. For example, a typical shooting routine might be for the archer to concentrate on the following elements in the shot process: stance, bow hand placement, drawing/anchor, tension, release, and follow-through.

This is certainly not a universal routine, nor is it any way better than another. It is, however, a starting point for those who do not already have a shooting routine of their own established. Each individual will have certain things that he feels should be included in his shooting routine and this is why the routine should be tailored to meet the needs of each individual shooter. The important point to remember is that a routine should be established and followed religiously step by step with each and every arrow shot.

As each element in the shooting routine is reached, make a conscious effort to check it to ensure that it was executed or is being executed correctly. The possible exception here is the element of release, which will be discussed later. For now, just be aware that the release is part of the shooting routine.

Once each element has been checked off mentally, move on to the next element. Try not to be concerned with elements that already have been mentally checked off, as this will only detract from concentration on the remaining elements. By the time the aiming process is reached, try to avoid any other thoughts that break your concentration from aiming. Although this is nearly impossible to do, try to blank from your mind anything except aiming thoughts during the aiming process. The aiming process ends upon the sudden occurrence of the release.

Shooting each arrow by following a well-established routine is helpful in two respects. First, it gives you an opportunity to check each of the key points in the shot sequence to ensure that you are doing the things you should be doing,

and secondly, it forces you to become mentally aware of shooting from the beginning of the shot.

This may seem a bit foolish but many archers shoot arrows without really thinking about what they are doing. If you can get into the habit of thinking about each shot from the beginning, you will be way ahead in the end. After all, it works for the top shooters.

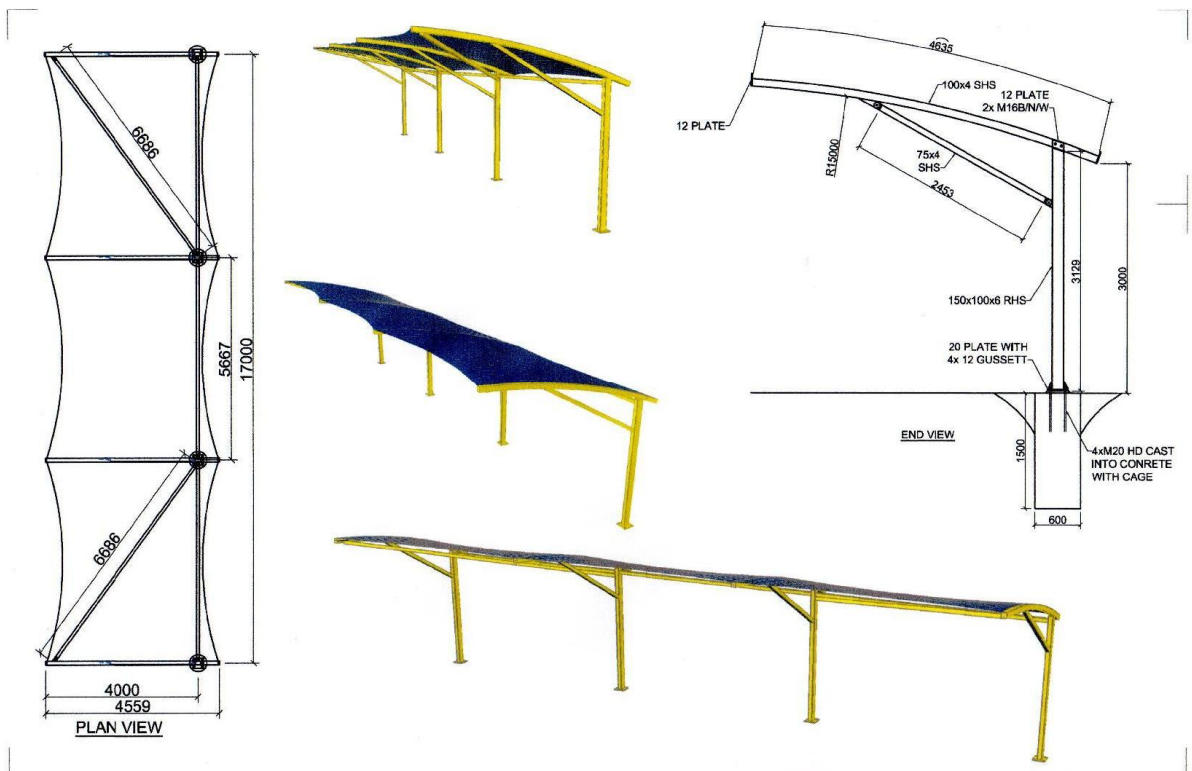
Finger shooters may find that they can best practice making the proper release by removing the primary object which causes them to make a bad release - the target. By removing the target (the face not the butt) the shooter will be more at ease and therefore more likely to execute a proper release. The success of the release is greatly influenced by the relaxation of the drawing hand and arm and the firm and constant tension - push vs. pull - of the back muscles. With the absence of a target, it is much easier for the shooter to concentrate on these areas, since he is not worried about shooting the arrow into the middle, which in itself is a source of apprehension for many shooters. If the shooter practices making a smooth, relaxed and spontaneous release without a target, in time he may find that he can make this same release when he replaces the target. The point here is that he will have given himself more of an opportunity to practice the correct release and the repetition of the correct action should become more natural as it is practiced.

Practice is where all good things start - or where all bad things end. Shoot each arrow with an objective in mind and follow each shot with a careful evaluation of what occurred, good or bad. Learn to use practice time efficiently to correct the things you wish to resolve or to improve the things you are doing correctly. Remember, each of us is a creature of habit and, if we learn to practice correctly and conscientiously, our performance under tournament conditions also will be improved. After all, our performance in competition is little more than an extension of our performance in practice.”

*This to, to be continued*

On the next page are some drawings of the shade structure soon to be erected for the Club. President Brian has been working hard to organize improvements to the Club facilities.

In addition there has been some roadbase placed on the from the entrance gate to the back of the Club building to reduce damage to the ground in wet weather, and there has been the beginnings of improving the drainage of some of the areas of the ground which got so wet in the wet weather of earlier in the year.



President Brian has organized the construction of a cantilevered shade to be built at the visitor line behind the main shooting line. This should be in process at the time of this newsletter's production, but will not be in time for the Short Course Championship shoot on 15<sup>th</sup> October. Above is a project drawing from the manufacturer/supplier. Looks good!

THINGS ARE HUMMIN'