

GRANGE COMPANY TARGET ARCHERS

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www.grangearchery.org

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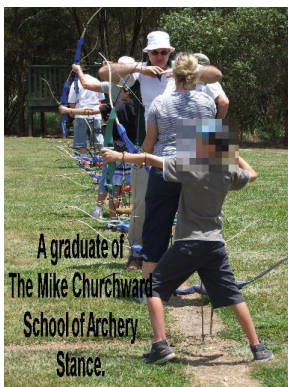
WELCOME TO 2012 - We've made (or ignored) our resolutions and we're either still holidaying, or cranking into the work situation.

With a certain amount of luck and dedication 2012 will be a good year - probably.

WE NEED TO START WITH A BRIEF RESUME of what has happened between the last newsletter and this one - what's to be reported upon?

WE HAD A "Come-and-Try" Day, co-operating with the Moreton Bay Regional Council. The feedback suggests that the parents and children involved were quite impressed with the Club and the sport.

We also discovered a new graduate of the "Michael Churchward School of Archery Stance" -



THE CHRISTMAS BREAK-UP on December 10th was well attended and quite a success, even though the day did start out wet.

Various team competitions of more unusual rounds provided a bit of fun. Unfortunately, I (EF) did not get to the Club until late afternoon, but then the (archery) cricket match was raging fiercely. One team scored 600 plus runs in one of the innings - (Should take on the Indians and see what happens).



Mike and Elizabeth Churchward did a fantastic job with the Trivia Competition, even though he dredged up things that even the older members couldn't remember.



Michael, hard at work!

Tim Millis recounted memorable things that he had noted as Club Recorder (and doing a GREAT job at it).



The “Year in Review” was received better than I might have hoped. Incidentally, should anyone like a copy of that video CD (unlikely, I know), let me know and I’ll make one for you.

Just about everyone got an award of some sort

Brian and Alison Hagaman deserve a lot of praise and thanks for doing most of the organisation for the evening.



Plucking a string? Never!

AND -----

THE SHADE IS UP BEHIND THE SHOOTING LINE. Since there has just been a decision by Archery Australia that shooting from UNDER shade is permissible under certain conditions regarding degree of cover, it’s a bit of a pity we didn’t know enough to plan for the shade ON the shooting line.



THE JUNIOR NATIONALS FOR 2012 were held in Armidale between the 1st January and 7th January.

There is quite a lot of information that came out of that, and our Junior members fared well. Considerations of space mean I’ll have to try to present a very brief resume of the results and some of Dave Sutton’s comments as Team Manager. Listing only GCTA Club members:-

Recurve Intermediate Men

Target - Kynan Schilling - 3rd (2379)

Clout - Kynan Schilling - 8th (267)

Field - Kynan Schilling - 1st (578)

Recurve Intermediate Women

Target - Abbey Scott 2nd (2160), Maddison Stuart - 5th (1976)

Clout - Abbey Scott - 4th (256), Maddison Stuart - 5th (250)

Field - Abbey Scott - 2nd (478), Maddison Stuart - 5th (378)

Compound Intermediate Men

Target - Hayden Millis - 7th (2368)

Clout - Hayden Millis - 6th (272)

Field - Hayden Millis - 8th (512)

Mens Compound Matchplay

Hayden Millis was knocked out first round by the eventual winner of Target Cadet Compound, Mat Tonowicz

Women's Recurve Matchplay

Maddison Stuart was eliminated in round 1, and Abbey Scott got to round 2, in a field of 32

Mens Recurve Matchplay

Kynan Schilling got to the 3rd round, in a field of 32.

Overall, the SQAS team ranked third.

A great effort, people. Details on Armidale Archers website:

<http://www.armidalearchers.com.au/nyac/results.html>

SELECTED SENTENCES FROM THE DAILY

REPORT by Dave Sutton, Team Manager for the Juniors:

Day 1.

“Abbey and Maddy had a good start with Abbey in a solid second spot and Maddy missing out on the thousand by a single point”

Day 2.

“Abbey got a silver and improved on her score of yesterday. Maddison shot well in her first Nationals”

“Kynan got a bronze with Nick chasing him”

“Tristan shot a solid second day to gain a bronze with David Howie chasing hard...”

“Hayden - oops, sorry I missed you out yesterday, shot exactly the same score as yesterday and has settled well into being an Intermediate”

Day 3.

“Tristan, shooting in his first matchplay was tied in the first round. In the single arrow shoot-off he shot an X to proceed to the next round. The Under 20 that he beat was heard complaining about how good Tristan was”

“Nick beat Alec Potts in a single arrow shoot-off to make the semi-finals. Unfortunately he did not get a medal in the bronze match but his match with Alec was excellent”

Day 4 - Clout

“The competition between our intermediate boys is great. Today Nick came out on top and claimed the silver medal. Kynan and Jordi both shot well but the competition is really strong...”

“The stars of the day were our cub boy compounders. Both Tristan and David have been shooting competitively less than a year. The division was hotly contested and David took the bronze medal with Tristan winning his first National event to take the gold.”

“Our teams came in third in Recurve and compound respectively. Over half of our archers have been shooting for less than a year, and have never been to Nationals before. We have achieved about 24 awards, assuming I am right about tonight's presentation”

“Our team is great, our parents are great”

AND SO SAY ALL OF US!

WHAT IS A RANKING?

In addition to the club championship rounds this year, there will also be a Handicap round, which uses an archer's Ranking to determine results. So what is a ranking and how do I get one?

An archer's ranking is based on their own performance, and is initially determined from five rounds in each of target and indoor rounds (an average if you will).

It is based on the tables published by Archery Australia, which takes into consideration the number of arrows shot, the discipline and categories of all archers, etc.

So basically, for a certain score, there will be a Rating number and it is the average of any five official rounds (any round on the club/state/national calendar) shot by the archer that will give them a Ranking Handicap.

So if you have shot five or more rounds before the Club Monthly Championship Round or Monthly Indoor Medal, then you are likely to have a Ranking Handicap!

Tim Millis (Club Recorder) will have on hand a list of the archers that have handicaps before January's shoot (and will probably be able to ensure that you can qualify for the first medal rounds if you're really nice to him!)

For details of all the competitions, rules and club rounds this year, see the club website for details.

THIS IS THE THIRD, AND FINAL, “Musings of an Anonymous Archer” - it seems the archer has disappeared from the scene.

“Archers participating in Grange club shoots, which eventually decide the Club Champions, are currently ranked on their score's rating as a

percentage of the GMB (Grand Master Bowman) ratings for that round, and for the archer's bow type, archer's age and gender.

It is possible to have handicap shoots also so that if you are relatively inexperienced and shoot at a relatively low ranking, but have a particularly good day, doing the right processes, you can win the particular competition.

It seems likely that, in the near future, there will be a branch of competition starting in the Grange Company of Target Archers where archers will be assigned a handicap depending on their recent scores. These handicaps may go up or down depending on a recent history of "off-the-bow" scores.

This will mean that an archer, by shooting a little better (improving his/her technique and application) may be able to win a competition even if not shooting "off-the-bow" scores of 9+ per arrow.

Archery would seem to be a sport for individualists who are prepared to challenge themselves to do the best they can do at their sport. At the same time it is a sport where social contact with people from a wide variety of backgrounds is facilitated.

You don't have to be smart to be a good archer, though Club Recorders seem to think we should at least be able to add up."

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A FURTHER INSTALLMENT OF "PRACTICING TO PERFECTION"

This point has been made before, but, remember that these chapters were written some 30 years ago.

However, some of the statements have prompted modern coaches to throw in some comments about how some of the approaches have changed. The comments in RED have been inserted in an effort to keep everyone on the new "straight and narrow" path.

Practicing to perfection - part 3.

"Now that we have mentioned the bow hand, we direct our attention to the bow arm. One source of trouble with the bow arm is the elbow. It should be locked (straight - make sure it is NOT locked

with the elbow sticking out) rather than bent and this is where many people have a problem. The bow arm must also be relaxed while the elbow is locked (straight, as above), and this is sometimes hard to do. The best way to accomplish this is to make a conscious effort to lock the elbow as you begin to draw the bowstring. Once full draw is reached just let your upper body relax and this will transmit to your bow arm. Notice how your wrist moves as you hold your arm out and lock (straighten, as above) your elbow. Now, remember what was said about the hand and how it can influence the shot. If you get to full draw and don't allow your bow arm to stay locked (straight, as above) and relaxed, there is a good chance you will also be changing your hand position back and forth. Anything that you do with respect to the hand or arm has a chain reaction effect on the shot, so be aware of everything that you are doing or prone to do.

Women shooters have a lot of trouble with their bow arms getting in the way of the bowstring, striking them on the inside of the elbow. The manner in which a woman's elbow bends into the bow at full draw is more pronounced than a man's. There are a couple of things you can do to avoid the painful slapping of the bowstring against the elbow. First, (more advanced archers can) try to stand more oblique to the target. (However, before you try this, talk to a coach) In other words, adjust your stance to move from the perpendicular to less than a right angle to the target. Stand at about a forty-five degree angle to the target. This has the effect of pulling the shooting shoulder back away from the bow string and in turn the bow arm and elbow achieve more clearance from the bowstring. Another way to help prevent the bowstring from hitting the arm is to stand in the shooting position and move the torso so that the shoulders are not in such a close line with the bowstring. By rotating the shoulders away from the bowstring you also will move the elbow out away from the string. Keep in mind that it usually is necessary for women to get that bow

arm shoulder back to avoid the string hitting the elbow. The methods mentioned here are the ones usually employed to accomplish this. Some women have learned to roll their elbows down and out away from the bowstring. Although this is effective it is also difficult for most women to accomplish and many will just not be able to support the weight of the bow and keep the elbow in this position. A little experimentation is the best solution. One last point is that the compound bow allows a good deal more bowstring clearance and adds greatly to the enjoyment you receive from shooting because of the lesser physical draw weight you will have to shoot in order to reach the longer targets.

The shoulder of the bow arm is a point that will assume much of the work of shooting and it will also become fatigued more quickly. Although it is understandable, there is a hidden source of misses in the shoulder of the bow arm. The condition of a "sinking shoulder" is something that is quite common in archery and yet most people are not aware of what it is, or what the symptoms of its presence are. To begin with, a sinking shoulder is one that has a tendency to "sink" back into the body as the shooter tires. What happens is that the shoulder slowly becomes tired and will move closer in to the body seeking more support. In doing so it will also rise in relation to its normal position. (Current teaching is that is NOT what you want to have happening - current teaching is that you should consciously push/pull the shoulders down to avoid excess stress on the shoulders, and you should settle into this position as part of your shot set-up) Sometimes you can watch a shooter and you can see his shoulder sink as he is at full draw. Even if you can't see this occur there is a symptom which is usually associated with the situation; - if, as you go through a day's shooting, you begin to notice that your arrows are grouping lower and lower the longer you shoot, then there is a chance that you have a sinking shoulder. If you find that this is the case you might want to try to

strengthen your shoulder by more shooting, pushups, or other exercise. You could also just let your shoulder sink back before you begin each shot and that way it will not be able to change further while you are at full draw. (As noted above)

The follow-through is the natural culmination of the shot process and it is a key element of the bow arm. The follow-through is the aspect of the shot that you should learn to study because it will tell you much about errors you may have made. Every sport has some type of follow-through action, and in archery the manner in which we allow our bow arms to react at the activation of the shot is important. By allowing the bow arm to react to the shot we can determine if we are making sudden movements at the instant of release. Pointing the bow, with the arrow at full draw, is something like pointing a rifle barrel. (Modern thinking is that aiming is "looking at the target" not "pointing at the target") It is with the follow-through that we will find out if we are moving our "barrel". Of course, the aiming process should also tell us if we have moved off the mark.

When the shot is made the bow arm should be allowed to react naturally, but at the same time you should ensure that it is not being moved in such a manner that it would have adversely influenced the arrow. The arrow will escape from the bow quickly and there is little chance that you could move, as part of your follow-through, quickly enough to have an impact upon the shot, but it is possible, and equally as common, to anticipate the shot and begin to move simultaneously with the release. If this occurs you will miss your aiming point. To avoid this pre-movement just watch your follow-through to see if it is natural and if it is the result of the (reaction of the) shot (release of tension) rather than reaction to something else (such as anticipation of the shot). Try to maintain the

follow-through until the arrow reaches the target, for this will help you to establish better form in your shooting and that, in turn, lends itself to more accurate shots.”

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THE TREE

“I think that I shall never see, a poem lovely as a tree” (Joyce Kilmer)



Some people like “the tree”, certainly many birds do, and some people would be happy if “the tree” was made to “go away”.

At least one person sees “the tree” as an iconic identifier of the Grange Company of Target Archers at Samford (and a homeplace for numerous birds).

Because “the tree” is actually dead, and not “The Lone Survivor”, (the green leaves are actually a (?) Moreton Bay Fig), and because some questions had been raised about its safety and its prospects of staying upright, the Committee arranged for a question to be put to the Moreton Bay Regional Council to see if they would check “the tree” out. The result was:-

“The MBRC council officer has assessed the tree and says it is not dangerous, he considers the fig has anchored it well into the ground and it will not fall or blow over. He said branches can always come down but he was happy with the situation.”

However, members of the Committee feel that **people should not stand under the tree, as they should not stand under any dead tree, because of the risk of branches falling.**

SINCE THE NEW HANDICAP MONTHLY MEDAL is about to be introduced, and the Rules for Club Tournaments (2012) are currently NOT YET on the Club’s website, we thought it would be helpful to publish much of the material in this newsletter - making it the biggest production so far. Rules about the Sliver Arrow inter-club competition have not been included here.

MONTHLY CLUB TOURNAMENTS: CLUB CHAMPIONSHIPS, MONTHLY HANDICAP MEDAL AND MOST IMPROVED ARCHER

Each month there is a Monthly Club Tournament round listed. This shoot is for all archers as there is a round suitable for a novice to the most experienced. Every club member is very much encouraged to participate.

These monthly club tournaments allow archers to compete in the Club Championships and Monthly Handicap Medal as well as be eligible for Most Improved Archer awards.

CLUB CHAMPIONSHIPS

Club Champions shall be awarded in the following categories provided there are at least three (3) archers competing in each category for the required number of rounds:

- Recurve – 1st, 2nd, 3rd
- Compound – 1st, 2nd, 3rd
- Longbow – 1st, 2nd, 3rd

The Club Recorder shall be responsible for administering the scheme.

For each championship round, archers will be ranked based on their score as a percentage of their equivalent score rating (AA Schedule 4 Ratings Tables) against the equivalent Grand Master Bowman rating (AA classification table Schedule 4.B.1) for their bow-type, age and gender.

As the points are awarded against Classification they take into account a handicap effect for Junior, Masters and Veterans age divisions, as well as for gender and bow types (freestyle vs barebow).

Each year there are generally twelve (12) shoots listed in the Club Calendar as Monthly Club Tournament rounds. These rounds are

representative of all Target rounds generally shot at the club.

The total points from an archer's top six (6) championship round rankings shall be accumulated to determine the club championship awards. The points total will be expressed as a cumulative of the percentage points from each of the top six (6) rounds shot by the archer.

Subject to funds being available, trophies shall be awarded to each place-getter as the Club Champions for the year (as per above).

MONTHLY HANDICAP MEDAL

In conjunction with the Club Championship, Monthly Club Tournament rounds will also be used to award a Monthly Handicap Medal, which will be calculated based on the percentage of an archer's established Handicap Rating to their score rating. This system will allow lower classification archers (including beginners) to compete equally to high classification archers.

The Club Recorder shall be responsible for administering the scheme.

Establishment of Handicap

The handicap system used is based on the guidelines contained in Section 4.3 of the Archery Australia rule book.

To be eligible for the Monthly Handicap Medal, an archer must have submitted at least five (5) scoring rounds to the Club Recorder to establish a Handicap Rating; any listed round on the club calendar or State/National/Invitational round can be used to provide a score to establish a handicap rating. Ratings will be published on a regular basis by the Club Recorder, but requests can be made in person.

Change of Handicap

Ratings will be modified according to the following formulas:

Increase (Positive adjustment) – A handicap will increase by a positive integer (ie rounded upwards) for the subsequent month's shoot when a submitted monthly club tournament round rating is higher than the archer's current handicap rating; this will be calculated by:

Handicap = Current Rating + ((Month Shoot Rating – Current Rating)/2); ie handicap will increase by (the rounded upwards) half of the difference between higher shoot rating and current rating.

Decrease (Negative adjustment) – A handicap will only be modified downwards when an archer shoots three (3) consecutive monthly tournament rounds lower than their handicap rating; where the archer's handicap will be modified by:

Handicap = Current Rating – ((Current Rating – (Average of last 3 round ratings))/2); ie handicap will decrease in the subsequent month by half of the difference between the current rating and the average of the 3 month's ratings.

Where an archer has not shot or submitted a rating round for six (6) months or more, then a submission to the club recorder can be made for revision of an established handicap. Any change will be ratified with at least one member of the Club Committee.

Scoring and Awarding of Monthly Handicap Medal

There will be a single winner each month of the Monthly Handicap Medal, based on ranking all competing archers on percentage of the individual round rating performance against the individual archer's current handicap rating; eg:

Competitor	Handicap Rating	Score Rating	Percentage	Position	Handicap next month
Archer 1	55	57	104	1	56
Archer 2	103	102	99	4	103
Archer 3	78	80	103	2	79
Archer 4	64	64	100	3	64

Nominally there will be twelve (12) Monthly Handicap Medals in a year, with the medal awarded the day of the round. An archer is still eligible for the medal if they are not present when the medal is awarded.

Importantly, if it is found that an archer has submitted an incorrect score for the Monthly Handicap Medal, that archer will be disqualified for that month's round if they have a winning rating percentage, and awarded to the next eligible highest ranked archer; or if the medal has already been awarded, then the medal will be returned and awarded to the next eligible highest ranked archer.

MOST IMPROVED ARCHER

There may also be a Most Improved Archer award for archers that have shown the greatest improvement over the year.

The Most Improved Archer(s) shall be determined at the discretion of the Recorder from examining the rankings/ratings and advancement in classification of archers and shall be viewed as an encouragement award.

MONTHLY INDOOR MEDAL

The Monthly Indoor Medal (MIM) is a handicap event. All archers will shoot an 18m FITA (60 arrows) round.

The competition will be held generally on the 3rd Wednesday of the month, February to November, with shooting beginning at 19.30 for scoring. The winner will be the archer who has the percentage of score rating to handicap rating. The winner will be declared on the night and presented with the Monthly Medal. Winning a MIM qualifies the archer to compete in the Medal of Medalists.

Archers can win more than one MIM medal during the year. If an archer has previously won and hence qualified for the Finals, then the second placed archer will qualify for the Finals that month. If that archer has already qualified in a previous month, then the third place archer qualifies that month, etc.

In November, all archers who have qualified will shoot to determine the Medal of Medalists.

To compete in the Medal of Medalists event in November, archers must have already won a Monthly Medal or placed as a qualifier and must have participated in five (5) MIM events during the year.

The Club Recorder shall be responsible for administering the Handicap Ratings; the nominated club official shall be responsible for administering the Monthly Indoor Medal shoots.

Establishment of Handicap

To participate in the competition an archer needs to submit five (5) indoor round scores to attain a handicap for the class of bow that you wish to compete with. These can be shot at any time but must be an Indoor round that is witnessed by at least another two archers.

If you want to ensure that a non-club/state/national calendar-listed round score is to contribute to your handicap you must clearly mark the score sheet "MIM Handicap" before placing it in the score sheet box. Once you have an **Indoor** handicap rating you are eligible for the competition.

The handicap system used is based on the guidelines contained in Section 4.3 of the Archery Australia rule book.

Ratings will be published on a regular basis by the Club Recorder, but requests can be made in person.

Change of Handicap

Ratings will be modified according to the following formulas:

Increase (Positive adjustment) – A handicap will increase by a positive integer (ie rounded upwards) for the subsequent month's shoot when a submitted monthly club tournament round rating is higher than the archer's current handicap rating; this will be calculated by:

Handicap = Current Rating + ((Month Shoot Rating – Current Rating)/2); ie handicap will increase by (the rounded upwards) half of the difference between higher shoot rating and current rating.

Decrease (Negative adjustment) – A handicap will only be modified downwards when an archer shoots three (3) consecutive monthly tournament rounds lower than their handicap rating; where the archer's handicap will be modified by:

Handicap = Current Rating – ((Current Rating – (Average of last 3 round ratings))/2); ie handicap will decrease in the subsequent month by half of the difference between the current rating and the average of the 3 month's ratings.

Where an archer has not shot or submitted a rating round for six (6) months or more, then a submission to the club recorder can be made for revision of an established handicap. Any change will be ratified with at least one member of the Club Committee.

Scoring and Awarding of Monthly Indoor Medal

There will be a single winner each month of the MIM, based on ranking all competing archers on percentage of the individual round rating performance against the individual archer's current handicap rating; eg:

Competitor	Handicap Rating	Score Rating	Percentage	Position	Handicap next month
Archer 1	55	57	104	1	56
Archer 2	103	102	99	4	103
Archer 3	78	80	103	2	79
Archer 4	64	64	100	3	64

Importantly, if it is found that an archer has submitted an incorrect score for the MIM, that archer will be disqualified for that month's round if they have a winning rating percentage, and awarded to the next eligible highest ranked archer; or if the medal has already been awarded, then the medal will returned and

awarded to the next eligible highest ranked archer.

Awarding of the Medal of Medalists at the Indoor Finals

All winners of a MIM for the year and all qualifiers shall be eligible to compete in the Finals. In addition, there shall be a wild card draw from those that competed in MIM's throughout the year, provided that the archer has competed in the eligibility requirement of at least 5 MIM's. There shall be three wild card places drawn from the hat. There shall be four MoM medals awarded for the finals;

- One for the handicap winner
- One for the highest score shot on the night for compound
- One for the highest score shot on the night by a recurve
- One for the highest score shot on the night by a longbow