

# SAMFORD VALLEY



# TARGET ARCHERS

Newsletter of the Samford Valley Target Archers

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

Newsletter No. 37

September 2018

**Here we go** with another of the (occasional) Newsletters. This one is in honour of the **Annual General Meeting** for 2018, which will occur at the other end of September, or nearly, **the 22<sup>nd</sup>**.

By now you should know that there will be a “swap’n’sell” from 9.00 o’clock - you never know, sometimes there’s some **good stuff**.

Then at 11 o’clock the Annual General Meeting starts. Meetings are not generally people’s favourite ways of passing time, but they are important in the scheme of things, and you might learn something that you’ve previously missed. So, come along!

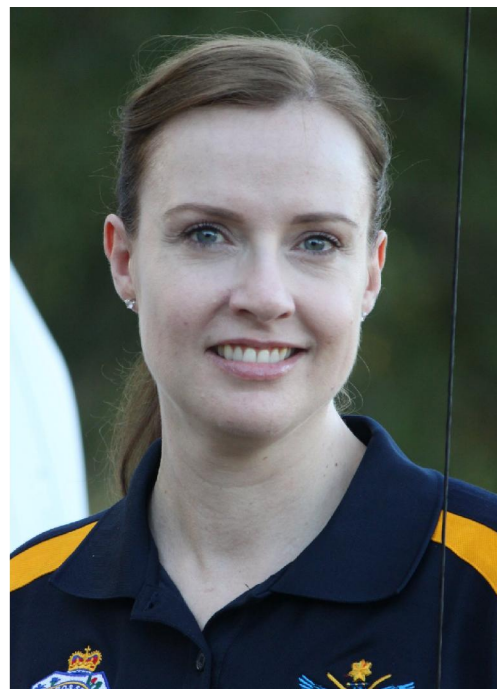
**There will be a (free) barbeque at lunchtime!!**

In the afternoon, a little later than the usual Saturday afternoon shooting start, at 2 o’clock, we’ll start the Ron Tucker Memorial Shoot. This used to be a much bigger deal than we currently make of it, with several other Clubs attending and competing, but at least we are still making some attempt to remember the man who first brought the Grange Club together.

If you haven’t already put in your nomination for a place on the **Management Committee**, it’s probably a

bit late now - never mind, better luck next time!

**Scott MacLean** went to the last **Invictus games in Toronto** as a member of the Australian Archery team, shooting a compound bow. This year **Jocelyn McKinley** will be going to Sydney for the Invictus Games over 20<sup>th</sup> to 27<sup>th</sup> of October.



Jocelyn joined the RAAF in 2001 as a Signals Operator - Linguist, became an Airborne Electronics Analyst in 2006, but was medically discharged from the service in 2012, due to injuries to her knees and one wrist.

After discharge she completed a degree in Occupational Therapy, with 1<sup>st</sup> Class Honours.

Jocelyn shoots a recurve bow, and we wish her all success as part of the Australian archery team.

### **Our new members need to be aware of a number of things**

which have been noted in some of the e-mails from President Brian, but probably deserve as wide a dissemination as possible.

1. Until you are supplied with the 6 arrows which the Club gives you after joining, you are welcome to use the Club arrows which are generally intended only for the Beginner Courses - please treat them carefully, they are a significant cost to the Club. Supply of arrows can sometimes take time to be completed, we go through fairly large numbers of shafts, and orders can lag.
2. Once you have your arrows, which are not matched to any bows, but are suitable for the early stages of learning technique with the Club hire bows, you are expected to use those arrows when you come to shoot. Club arrows MAY be available in special circumstances, but unfortunately, "I forgot" is not a special circumstance. Consider a mailing tube to store them in.
3. If a fletch comes off, or a point needs to be refitted, talk to one of the instructors, and arrangements will be made to help you replace or refit those items.
4. We have found that "Fix and Go" gel super glue by Selleys is pretty good at gluing on the Plastifletch fletches that we use, and it is considerably cheaper than the Easton gel glue we have previously supplied for fletching. Most of the super glues say that they are not suitable to affix polypropylene and polyethylene materials, so be aware of that, however this (and quite possibly other super glues) will probably do the job well enough. We have found that Bunnings sell the "Fix and Go" gel for \$4.10 per item, and we have a supply which we will sell to each new member - at the Club - for \$5, unless you want to go and buy direct from Bunnings, or anywhere else, or to buy and use one of the more "correct" archery glues from an archery supply.
5. Don't use the liquid type super glues, **they really run everywhere, and are very messy unless used with EXTREME care.**
6. Once opened, the tube remains usable longer if stored, closed properly, in a sealed plastic bag in the refrigerator.
7. You are expected to have six useable arrows to shoot any of the rounds. If an arrow is damaged beyond repair, then the Club will sell completed shafts for \$10 each. You can shoot fewer than 6 arrows, but not in any recordable end or round.
8. Members are welcome to use Club *equipment*, if properly trained in its use, but members will be expected to supply their own

*consumables* after a relatively short time.

9. When/if the archery bug really gets you, then it is time to think about buying your own bow, etc., and the properly matched arrows to go with it - **that's when you seek the help of one of the Club Coaches.**

Apologies about pulling the “heavy father” role but things have been getting a bit out of hand.

### **\*\*\*\*\*HEALTH WARNING\*\*\*\*\***

**If the recent notices from Brisbane veterinarians are to be believed (and they should be!) the paralysis tick season started early this year.**

Whilst ticks are most known as problems for our pets, humans can get into trouble as well.

The following is an excerpt from an earlier Newsletter (No 30) with some worthwhile advice.

“The Club’s First Aid Officers will have information regarding ticks and the best treatment.

Paralysis ticks crawl up stems of grasses and along branches, but rarely climb higher than 50cm in their habitat, so they do not drop out of trees (*this belief is confusing them with drop bears - Ed.*), but they can climb up the body after landing on a person.

Most tick bites pose no medical problems, if the ticks are removed promptly, though there are many possible symptoms which are a bit too involved to list here.

The most serious complication from a tick bite could be the development of the uncommon “tick-induced mammalian meat allergy” where patients can develop an anaphylactic reaction to consuming meats and animal-by-products.

### **How to prevent tick bites?**

If possible avoid known infested areas. **The field courses are some likely areas to pick up ticks.**

If not possible, wear appropriate clothing such as: a long-sleeved shirt,

Long pants, tucked into socks,

Light coloured clothing to make it easier to see ticks before they attach,

Before entering possible tick infested areas apply insect repellent containing DEET, and re-apply as necessary,

Clothing treated with permethrin could be useful.

### **Removing ticks**

**If you suffer from allergic reactions to ticks, only attempt to remove a tick whilst at a medical facility such as an Emergency Department.**

Using *fine-tipped forceps* (preferably not household tweezers) grasp the tick as close to the skin as possible and pull upwards with steady pressure, avoiding jerking or twisting the tick.

Prior to removal attempts, the tick may be sprayed with an insect repellent containing pyrethrin (apply twice with a one-minute interval between applications) although there is currently no evidence to suggest this is of benefit.

If you have any difficulty removing a tick, or suffer any symptoms afterwards, seek medical attention urgently.

Use only fine tipped forceps (although the First Aid Officers may have access to tick-removal implements) and avoid squeezing the body of the tick.

Don't use folk-law remedies such as matches or pins, or irritant chemicals such as methylated spirits or kerosene.

Recently there has been a suggestion to use ether-containing spray, normally used for treating warts, to kill the tick by freezing it - **evidence-based research that this is an effective and improved treatment is currently not available (2015)**"

## **The following is hot off the press - in fact, in advance of a report to be offered at the upcoming half year Delegates Meeting of SQAS.**

An excerpt from the report of the Ranking List Submitter Co-ordinator's report for 2018: -

"Archers are using the incorrect name for the round they have shot. In some cases, they are just writing QRE 50 instead of WA50/720 or AA50/720. It is also obvious that some archers don't understand the difference between WA and AA and in particular for the 50 meters distance it can be quite difficult to work out if the archer has shot on a 122cm or 80cm face.

In recent times there have been a number of incidents of archers painting over and changing incorrect arrow scores and not calling a judge to do the corrections. Future scorecards received by the RLS where an arrow value has been changed by someone other than a

judge will be removed from the event and the scorecard destroyed (a judge must make all corrections to arrow values and will use a red pen to amend the arrow

value and initial in the appropriate place on the score card).

Individual club submitters should, before sending score cards and event verification forms to the RLS, take the time to: check score cards match Archers Diary (scores, names, divisions and rounds shot in particular) and mark the scorecard APPROVED, insert Judges names, remove archers who did not participate or submit a score card (see SQAS Guidelines Version 1.4: 03.01.2018 - Host club pg 6).

In general, the majority of score cards being submitted are quite good, but further care by archers in clearly and correctly completing the scorecards would be appreciated"

The above applies to the QRE rounds ("Qualifying and Ranking Events", for the un-initiated) but correct completion of score cards, even at Club level, needs to become a habit for the serious archer concerned about recording progress.

**Incomplete scoresheets can't be followed up!**

## **WHAT IS A RANKING?**

In addition to the club championship calculations, there are also monthly Handicap rounds, which use 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 scores which an archer records into Archers Diary, 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, initially, 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!

The Club Recorder - in the split personality of Bronwyn Healing and Mark Bradley - will be able to list the archers' handicaps before each Monthly Handicap Shoot shoot (and will probably be able to ensure that you can qualify for the first medal rounds if you're really nice to them!)

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

## **Samford Archers make their mark.**

On the 21<sup>st</sup> and 22<sup>nd</sup> of July, Samford Valley Target Archers hosted the South Queensland Indoor Archery Championships, and concurrently, a division of the Archery Australia Indoor Championships. Nationally, more than 800 archers were involved.

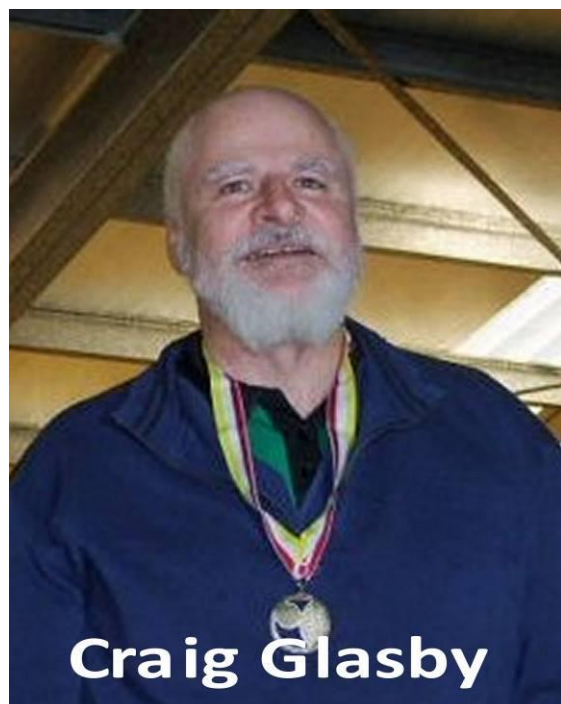
89 archers competed at the Samford archery grounds and 28 of these were members of the Samford club. 14 of these club members ended the weekend by being ranked 10<sup>th</sup> or better in Australia, in the various divisions and classes that archery uses to classify its participants, and all of them were ranked no less than 3<sup>rd</sup> in South Queensland.

All the archers are to be congratulated for their efforts, but there are some notable results which warrant special mention.

John Gardner, Toni White, Madeleine Ferris, Sandra Dunstan (a member of both Samford and Centenary clubs), and Craig Glasby were ranked first in the National rankings, and consequently in South Queensland as well. In addition, Janelle Colquhoun ended with a National ranking of 2<sup>nd</sup>, and a regional ranking of first.

Craig Glasby is a para-archer, using a recurve bow, anchoring the string with his teeth, and Janelle Colquhoun is visually impaired.

The competition involved shooting a total of 120 scoring arrows per archer (not counting warm-ups) at a target face 40 centimetres in diameter from a distance of 18 metres. This may sound easy, but there are ten rings to the normal target and the top-scoring centre is smaller in diameter than a dollar coin. John Gardner, champion veteran plus compound bow shooter, hit this x-ring 37 times in the competition. An archer from another club, shooting in a different class and division, hit the x-ring 84 times, and finished with a score of 1178 out of a possible 1200.



# The wobble factor in your score

Article by Michael Schilling

Why are coaches so concerned with core strength and stability?

The most important technique or factor in scoring well in archery is Core Stability. Without a solid core, an archer will need to be very lucky to get a good score. The core is the foundation of the shot - without a solid core there is little an archer can consistently do to overcome instability. The core is said to be over 80% of the shot and all technique needs to be built on top of a solid foundation.

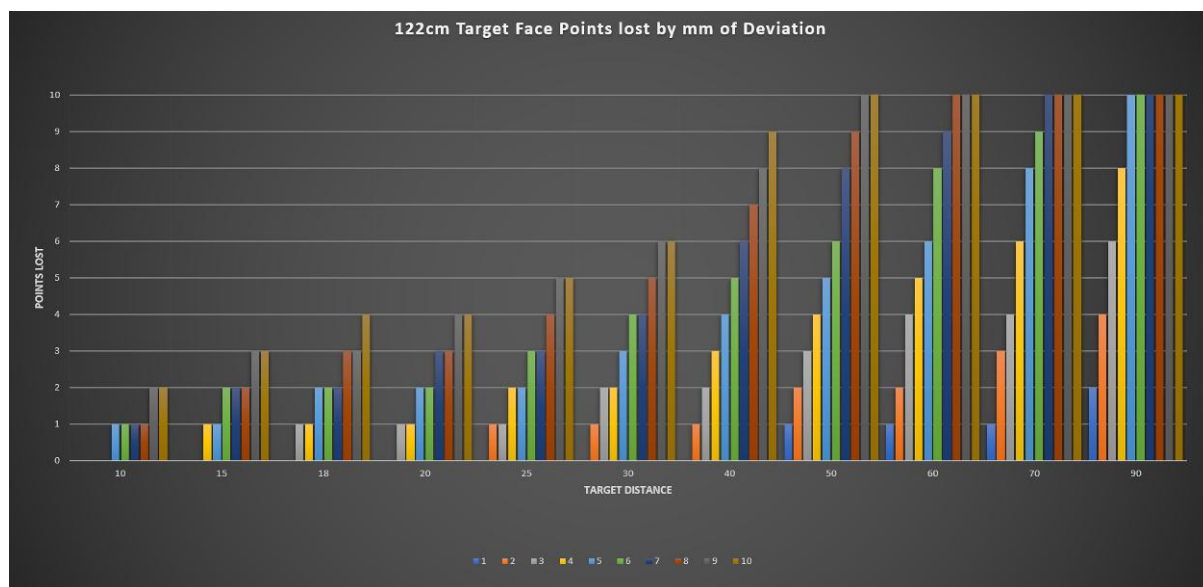
To show how important the stability of an archer is during the shot, I turned to maths and used trigonometry to see how many points would be lost if an archer moved during a shot.

Considerations made in determining the points lost included:

- Draw length (Set to 28" for these calculations)
- Target face size (Inner zone as X not 10)
- Distance to target
- Arrow diameter (set to 6mm for examples)
- Draw length
- Wobble by up to 10mm only in 1mm increments

No consideration was given to the skill of the archer, the wind or any other excuses commonly made for missing the middle!

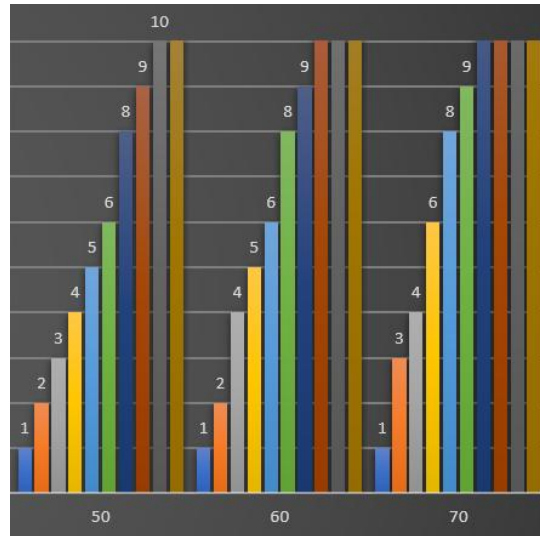
The following data shows the points lost based on the amount of movement or deviation of the archer at their draw length. The deviation was correlated to the offset for the arrow on the target and hence the resulting loss in score, including accounting for any line cutters.



On a 122 cm target face, the deviation, shown across the bottom of the graph, is the amount of wobble during the shot in mm. I have more charts showing other target face sizes if you are interested.

So, using a large-faced target and an archer shooting at 50 metres we can see that an archer who may have been aiming at the middle but wobbled by 9mm would not be able to score any points.

Note that the graph shows that 1mm of wobble loses 1 point, 2mm loses 2 points ... 6mm loses 6 points, 7mm loses 8 points, 8mm loses 9 points and any more than that means you do not score. This is all for a standard 6mm arrow. Comparing these losses to those for a larger arrow shows little difference in results and certainly not enough to justify having large, fat arrows being shot in the wind.



To not lose any points at 70 metres, an archer cannot wobble by even 1mm. So the World Cup archers we watch on TV shooting 10's are very accurate and very stable in and throughout their shot.

As one of our top recurve archers points out, scoring 10's is easy - just point it at the middle *and don't wobble!*

What can you do to score more points?

- Be solid in the shot
- Have a solid foundation on the ground (no running shoes with curved soles)
- Release the string cleanly by relaxing the fingers, not opening, as this will minimise the plucking and movement of the string away from the face in the release
- Stay balanced front to back, the push and pull should be equal so you do not move in the shot
- Have a solid, stable front shoulder and relaxed bow hand
- Keep your head still
- Aim at the middle!

It is easier to stay solid in the shot and have a good consistent technique to score more points than it is to be lucky or be doing all this maths!

And – an addendum to this – hopefully my figures and calculations are correct – for a senior male compound archer shooting clout at 180 metres the figures are also somewhat depressing. Since the diameter of the 10-ring on the clout target is 1.5 metres, trigonometry (I used a programme) says that that distance subtends an angle of just under half a degree ( $0.478^\circ$ ). That's not a lot of "wobble room". It's surprising that anybody scores a ten – and in a wind? – forget it! (EF)

The Samford Bendigo Community Bank has supported us with monetary grants, and we have a referral arrangement with the Bank such that the Club gets a small payment as a result of any referral from the Club for people looking for loans.

So here is a small advert from **Senior Branch Manager, Bronwyn Fitzpatrick**; -

“You may not think who you bank with matters, but it does, and for our customers their banking is making a real difference. Your members could view this by going to -

[www.bendigobank.com.au/community/community](http://www.bendigobank.com.au/community/community) to see how much difference they can make.

Every day our customers help change lives, and save lives, simply by banking with us. Their home loans are building skate and sports parks, hospital wings and classrooms. Personal loans, business banking and credit cards are funding ambulances, rescue boats, disabled and aged care facilities.

To be precise **\$200 million** in profits from our **Community Bank®** partnerships have been reinvested in Australian communities. “

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**bendigobank.com.au/happyplace**

**Bendigo Bank**

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