

Upcoming EVENTS

Club Tournaments

Saturday every Month

Check out Brian's weekly newsletter for information on the tournament dates. All levels are welcome.

AGM

Saturday 26 September 2020 at 11.00

Management Committee Elections

Swap & Sell

Saturday 26 September 2020 at 9.00 -11.00

Beginner's Course

Saturday 5 September 2020 (SOLD OUT)

Saturday 3 October 2020

Saturday 7 November 2020

www.samfordarchery.org
www.archery.org.au

WELCOME to our NEW MEMBERS

Hannah Redding

Charlie Moss

Stephen Moss

Richard Porter

Rob Metcalfe

Dana Stolp

Julia Joubert

Laura Joubert

We look forward to seeing you on the shooting line

Message from The President

The Covid crisis is far from over but with our central moral commitment of caring about our members we can get through this.

The club's AGM will be held on Saturday 26 September 2020 at 11.00 in the East Indoor hall at the club. All members are very much encouraged to attend this very important annual meeting.

Alison Hagaman is relinquishing the position of the SVTA Club Coach. I am sure everyone would like to thank Alison for the 10 years plus that she has donated to this role and the hundreds and hundreds of people she has helped. Alison will still be around generously giving her time as a L3 Coach, however this will be an opportunity for another to take on this challenging role.

EOI are hereby called for the position of Club Coach and anyone interested should email samfordvalleytargetarchers@gmail.com with a brief dot point outlining of their experience and plan for the future. A PD will be developed collaboratively with the successful applicant.



I had hoped to report on progress with the joining of the sheds into one integrated facility. However, while we were successful in getting a large grant to shift the sewerage treatment tank, which was a necessary precursor, the Covid crisis has seen Sport and Recreation funds diverted. No large grants are currently available. The engineer is still providing the detailed design, and Don Vanderzee is very kindly drawing up the detailed plans. I am confident that the joining of the sheds will happen, but we may have to wait for a stimulus package to become available.

We also got a grant for Covid relief and many of the automatic hand sanitisers are provided from this fund. We have placed one at the entrance to the kitchen and another just inside the toilet vestibule. There are two other automatic gel dispensers, one at the sign in counter and the other at the hire equipment table. However, they seem to go to sleep each night, but with persistence they can be coaxed back into delivery of gel. This grant also helps pay for the professional cleaners that come in once a fortnight to clean the bathrooms, kitchen and the tables, and sanitise surfaces in the East Indoor.

I would like to express a very big **Thank-you** to the **crew of retirees** who did the line marking a few weeks ago, and to the regular mowing crew that do such a fantastic job of keeping the club looking so good and maintaining the field usable for archery. Looking for arrows in 150mm high grass is not fun, and the mowing makes life for us all so much easier. I organised for a load of pea gravel delivered for covering the mud between the sheds – **Thanks Patrick**. The next task that we are working on is changing out some targets that have shot out centres. **Dave** is getting the club beginner arrows up to shape. All these vital tasks only happen with the generous support of volunteers.

Thank you, Alison, for arranging 6 new bows for the hire racks. These new bows are allowing us to progressively modernise the club hire bows.

Well we are back for club competitions, dipping our toe in the water in August. This sees the first Monthly Club Tournament since February when Covid hit Queensland. Hopefully Covid will fade away, or at least stay away, and we can keep these shoots going. The committee created a new club round the SV20/720 which is 72 arrows at 20m on a large face. This round will be particularly good for newer members as it will allow them to compete in the Monthly Club Tournament to the same timing and number of arrows as everyone else.

The club is in the Container Recycling Scheme so if you have any recyclable cans or plastic drink bottles, we will gratefully accept them. Please place them in the big wool bail in the back of the West Indoor shed for us. Every bit helps with club revenue.

Please make all payment via the card reader and avoid cash handling if possible. Please try to avoid paying by cash as this makes it safer for you and the Treasurer. However, I suggest you have some change just in case the coms go down. We seem to be plagued by this lately.

The canteen and kitchen are opening again but will take some time to restock. I would like to sincerely **Thank Judith** and **Bruce Symes** who have looked after the canteen restocking in the past but are leaving this role now for someone younger. If anyone would like to help us in this role please either email me at samfordvalleytargetarchers@gmail.com or better still see me or Alison at the club for an explanation of the tasks involved. Basically, it involves purchasing drinks and chocolates from the local IGA, and delivering them to the club, and keeping the fridge restocked each week.

If you change your address or other details, please remember to update the record in the Archery Australia membership database. You can log on to the AA web site using your password to view your membership details. If your membership becomes un-financial you will not receive weekly emails or other notices.

Please chat to me at the club if there are any suggestions, I am there almost every Saturday.

Brian Hagaman

Respect for fellow Club Members

Zero Tolerance Policy



It is always a disturbing moment when a management committee is made aware of inappropriate behaviour amongst its membership. With this in mind it is a good time to visit the Archery Australia Zero Tolerance Policy. The full document is available on the AA website.

This Policy applies to all members, registered affiliates, competitors, staff, volunteers, parents/guardians, coaches, judges, team officials, family members, spectators and other visitors.

All must accept responsibility for their behaviour.

Inappropriate behaviour or actions may include but are not limited to:

- Harassment and Intimidation
- Discrimination
- Berating
- Abuse
- Bullying
- Profanity
- Sledging
- Anti-Social Behaviour
- Persistently or wilfully questioning or challenging the rulings of the officials
- Match Fixing and Gambling

This is a gentle reminder that we all need to be aware, to self-monitor ourselves and each other. By being silent about inappropriate behavior we are condoning it and letting those behaviours flourish. This is not what we, as a community generally want. Together we can build a better environment for all.

Bruce Symes and Alison Hagaman - SVTA Member Protection Officers

Members Memos

We need YOU and YOU and YOU.....

Volunteers are an essential part of the club and we cannot operate without our army of volunteers.

We welcome any assistance, so please let a member of the Management Committee know if you can spare some time to help the club.

Current Club Volunteer Vacancies

Club Coach

EOI are hereby called for the position of Club Coach and anyone interested should email samfordvalleytargetarchers@gmail.com with a brief dot point outlining of their experience and plan for the future. A PD will be developed collaboratively with the successful applicant.

Canteen Convenors

EOI are hereby invited from anyone who would like to help the club as the Canteen Convenor. This is an essential role. If you are interested please see **Brian** at the club or email: samfordvalleytargetarchers@gmail.com

CLUB Shirts

If you need a new Shirt for the summer, please come and see **Judith** who will be happy to help you. Judith is available on Saturday mornings at the club.

Judith Symes
Uniform Officer



ISCOREDtoday

Archery Australia have announced that a new version of the AA online scoring app iscoredtoday will be released on 25 August 2020, and all users will on or after this date need to delete the old version from their phones and load the new version.

SWAP & SELL

The Club Annual Swap Meet is occurring on **Saturday 26 September 2020**. Bring along your preloved gear and bargain hunt for new archery treasures.

The club will be selling:

- \$10 each - **Old target wheels** with pneumatic tires (some may need a tube replacement, so I suggest you buy a spare)
- \$20 each- **Old wooden handled bows** (limit of one per person)
- \$10 each - **Old target cores**
- **Bow strings**, 12 strands only (small nock grove unless reserved)

Please be mindful of your safety and others and adhere to Covid precautions:

- **Use hand sanitizer before and after handling items**
- **Practice social distancing**

MEDALS You earnt them, come and collect them!

Rob McMillan has a collection of awards and medals that were earnt prior to the Covid closedown and in most cases during 2019 available for you to collect.

Rob attends the club on Wednesday mornings and Saturdays so please approach him and he will be delighted to hand you your award. If you miss him, please let one of the Management Committee know so they can contact Rob.

Unfortunately, there is no official lunchtime ceremony, so in lieu of this, **congratulations** and **applause** from us all for your achievements.

Griffin Gardiner – 1x All Gold
Karl Warschau – 2x All Gold
Andy Woodhouse – 2x RED
Julia Parry – 1x All Gold
Bart Brameijer – 1x All Gold
Glen Zgrajewski – 2x All Gold & 2x Perfect
Matthew Nimmo – Silver Arrow Clout Pin
Tristan Barrett – 2019 Target Champion Compound Bronze

Bruce Tyler – 3x All Gold
Robyn Ives – 1x All Gold
Grant Crawley – 1x All Gold
Sarah Nimmo – 1x All Gold
Clay Nimmo – 1x All Gold
Alex Low – Red WA Target

Rob McMillan - Club Recorder (Awards and Medals)

BLUE CARD

Changes to the **Blue Card legislation** mean that you may not start employment or as a volunteer in a child related field without a Blue Card. In the past there was a period of grace to get the card. Now it is a no card no start rule.

Fortunately, we have always had a requirement for our coaches/instructors at the club to have a current Blue Card.

BEGINNERS COURSE – THANK-YOU to our Coaches

A big **Thank-you** from the club to the coaches that ran and helped with the August Beginners Course
Bronwyn, Darren, Jocelyn, Jon.... and **Bart** who came in especially just to help with the sanitizing of equipment.
They are a great way of allowing people to try archery for the first time and from personal experience the expertise of the coaches and enthusiasm of archery also shines through.
Courses are very popular, the September course is sold out, and it's the way we attract new members to the club and raise much needed revenue.
They are a great place for coaches to gain experience and develop their skills so if you are not already involved and are interested in assisting please let one of the Management Committee know.

Tips for Coaches – Motivating Your Athlete

Peter Clark -SQAS Youth Coach

An effective coach can be just as valuable in the development of young people's social skills (inter and intra-personal skills), resilience, self-esteem, personal values and the list goes on. It should go without saying, these skills are embedded with the sport or activity being coached, in our case archery and shouldn't be ignored due to an athlete's age – more on that shortly. So what is a "coach"? There are varying definitions but a common way to look at it is an instructor is someone who tells you how to do something and then you go do it, where as a coach is someone who is helping you how to learn rather than teaching you (Gallway, 1986)
In other words, an effective coach needs to be an "active listener" and respond to the needs of the archer, not just to what the coach "thinks" they need.



Some tips for Instructors and Coaches:

- **Learn the art of listening** – encourage open communication: active listening. Effective coaching involves a lot of listening, allowing space for feelings, feedback *without* feeling judged.
- **Don't criticise, be constructive** – Criticising, berating etc are a good way to turn people away from our sport. It's an easy path to go down, especially if that is what you have been exposed to, but research supports constructive and instructive feedback.
- **Learn your athlete's goals** – understanding their goals is important in establishing expectations.
- **Manage your own expectations (and emotions)** – ensure you are demonstrating and modelling the behaviours and traits you are expecting of your archer/s. Also are your expectations in line with theirs (previous dot point).
- **Understand the concept of differentiation** – every person is an individual and therefore have their own personality and traits. Don't get caught into a "one size fits all" approach to coaching. Understand the subtle nuances of individual needs and use this to help develop your coaching.
- **Be mindful of limitations** – know when to draw to the line, take a step back and try another time. This comes back active listening and understanding everyone is an individual – really can make the difference for a positive experience for all.
- **Don't dismiss successes** – while it's important, not only for kids to understand and respect failing, the same can be said for other athletes while in training programs. A change to form may cause a short-term decline in scores so it is important to highlight and celebrate positives to help them focus on the long-term goal.
- **Remember to keep it fun** – yes, while some activities are repetitive and that is training, variety where we can helps keep people engaged.
- **Seek feedback** – don't make assumptions about your archer's progression. Would they like something changed? Are they enjoying the sessions? Do they think you can do something better? Again, effective coaching is active listening so be prepared to listen!

Whilst most the tips may read as they are for coaching younger archers, just read through and think about them. Even as adults, we expect people to listen to our point of view, give us constructive feedback, ensure activities are varied etc. So as stated earlier, an effective coach should be entering the partnership with more than just the thought of passing on the skills of archery on their mind.

References

Gallway, T. (1986). The Inner Game of Tennis. Pan MacMillan. London: United Kingdom.
<https://positivepsychology.com/coaching-kids/> accessed 18/082020

Club Tournament Results – AUGUST

The first Monthly Club Tournament since Covid hit us in February 2020 was held in August.

The first scoring arrows in 6 months. 20 archers attend the shoot and despite some windy weather the scores were very commendable.



Liz Crunkhorn

Monthly Medal Winner

"Greatest improvement on her handicap".



Q & A



Craig Glasby

What are your favorite memories of your time at the club?

At the club's Grange location, it was a tradition to shoot on many of the public holidays. My son and I were once asked by a new archer in all seriousness whether the club would be open on Christmas Day. We gently let him know that there was no scheduled shooting on that day even for keen archers. However, come Christmas Day my son and I decided we just had to act so it could be said that it was done at least once in the club's history. So, we jumped in the car, raced down, opened the shed, took out a butt and shot one arrow each, and then packed up and went home.

When and why did you become an archer?

I did the parent thing when my youngest son wanted to try archery. I cannot remember exactly when but it was about 2004. The club was a lot smaller then and it was located at Emerson Park at the Grange. I used to sit there every Saturday afternoon watching him. Eventually, the club coach at the time, Martin Wynn-Hughes, said "For goodness sake come over here and shoot." I was hooked.

What advice would you give to people who think they couldn't do Archery due to a disability?

Archery is especially disabled-person friendly as a sport. I thought my archery days were over when I acquired a permanent impairment of my left arm. I then saw a mouth release archer by the name of Eric Bennett win the World Para & VI Championship in my division. So, I gave it a go and I was surprised how quickly I adapted to it. I am a national classifier for Archery Australia, and I see many archers with all sorts of disabilities and impairments, including visual impairment participating. So, I would say to anyone with a disability "Think you can't do archery? Talk to me. I would be surprised if you can't."



And finally, can you share an interesting fact about yourself?

I belong to a living history group that participates in a number of medieval events every year (except this year). The group recreates life in Northumbria, England in the 12th century. My areas of specific interest are 12th century shoes and 12th century English language.

per þū hāl ⁊ bēþ rūnð (be you hearty and be safe)



Final Word:

Thank-you for taking time to read Issue 42 of the SVAC Newsletter
We welcome any funny stories, chatter, photos and suggestions on what you would like to see in the Newsletters going forward.

