

Newsletter 43 - Summer

Club Tournaments

Saturday every Month

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

Beginner's Course

Saturday 6 Feb (Run by Bronwyn)

Saturday 6 March (Run by Emma)

Saturday 3 April (Run by Trent)

Saturday 1 May (Run by Nick)

Indoor QRE

Wednesday evenings every Month

3 February

3 March

7 April

Silver Arrow

Saturday 20 February (Indoor)

Saturday 20 March (Target)

Saturday 24 April (Clout)

Happy New Year - 2021

WELCOME to our NEW MEMBERS

Dirk Craigie
Kim Lundie
Graeme Redding
Ignazio Messina
Alicia Emery
Heath Missen
Christopher Lane
Lucy Lane
Leo Russell
Rebecca Spooner-Lane
Zachary Taylor
Roslyn Gerritsen
Peter Gerritsen
Stuart Baker
Vaughan Baker
Steve Blake
Benji Chase
Brett Geddes
Ayla Geddes
Zali Geddes

Angela Windmill
Carolyn White
Michael Haines
Shelley Haines
Jeremy Joubert
Pauline Joubert
Charlotte Spargo
Gordon Wilden
Brian Moss
Iain Shephard
Emily Peacock
Zac Thompson
Terry Hill
Janelle Hill
Jared Hill
Tyler Hill
Tanya Thompson
Sharon Dalton
Lisa Hayter

We look forward to seeing you on the shooting line

Message from The Club President

It has been an interesting year for us all, but we have persevered, and this is a core ingredient of success - tenacity. I do not want to forget this year; I want to learn from it! I hope everyone in the club and their family has had a fantastic festive end of year and made lots of solid New Year resolutions. The year 2020 started well, however, once Covid started we entered lock down and even with relaxations we were awash with constantly



changing restrictions. Thankfully archery life is now returning to normal.

For our recreational archers the club has moved to strengthen our support for new members. We have active coaching support on the Mid Field each Saturday morning, and a stronger **OzBow** program in place to help members to acquire those foundation skills which are so necessary to achieve continual improvement. To dip the toe into the competitive world, or for self-achievement and growth, there are the **Monthly Club Tournaments** which are handicap shoots that give all members an opportunity to shine. Our recreational archers are the majority of our members and this silent majority is vital to the club.

In addition to recreational target archery, the club is offering an extensive range of competitions in 2021. This is shown in the "Looking Ahead" section of the "Weekly Email" and on the club web site. Up from that is the South Queensland Archery Society Calendar, and up another level to the Archery Australia Calendar, and over the top of that the World Archery Calendar.

SQAS has a full tournament year scheduled with the interclub Silver Arrow Competitions in Target, Clout, Indoor and Field archery. In addition SQAS has Championship tournaments in Target, Short Range, Indoor, Clout and Matchplay all spaced throughout the year. When you view the SQAS Calendar you will notice a number of Development Days. There is also a number of Qualification and Ranking Events QRE's which are mini-interclub tournaments hosted by clubs which are open to all members.

Archery Queensland towards the middle of the year is hosting a Queensland Championships and a 900 Championships. So there are lots of competition opportunities available for those so inclined.

Archery Australia has announced dates for the Australian Open in Sydney in February 2021, the Para Nationals in Brisbane in March 2021, the Youth Nationals in Tasmania in April 2021, the Indoor Nationals at venues in each state, and the National Championships in Tasmania in September 2021. With the 2020 Olympics and Paralympics postponed until 2021, this year becomes an exciting year at the peak level of our sport with many Queenslanders selected for the National Squads. There is now a longer-term focus by Archery Australia, for several of our club members this means aspiring to the 2024 and 2028 Olympics and Paralympics. As a club we can be very proud that we have archers at this level.

Unfortunately the Oceania Championships in Fiji have been cancelled, however there is likely to be some form of Australia versus New Zealand Trans-Tasman competition in 2021, though this undoubtedly will be in a different format.

Now that Covid is under some semblance of control, 2021 will see a return to Coaching Workshops/Seminars. These will be held on Saturday mornings about once a month and open to all members. They will cover topics like - tuning your bow and arrows, purchasing your first bow, selecting arrows, string making, creating your own development plan etc.

I would like to thank all the **volunteer coaches** that make this progression for our archers possible. A big thank you to all the judges that make the tournaments run smoothly. There is a myriad of volunteers that do so much for the club, from mowing the grounds to packing targets, maintaining the facilities, and stocking the canteen. We owe them our sincere gratitude.

Thank you to my fellow members of the club Management Committee, **Nick Horley, Evan Fisher, Alison Hagaman, Bruce Symes, and Craig Glasby**. They have met numerous times in 2020, be it as it may by Zoom, but the time they have given to numerous issues has been very much appreciated.

I wish you all the best for the year ahead.

Brian Hagaman – Club President



DOS Update



As some of you will be aware, I have been working my way around the club getting club members to read the revised “Director of Shooting” (DOS) rules/requirements and getting members to sign that they accept these conditions and to act as DOS when required. It is a requirement that all persons undertaking the role of DOS, have refresher training from time to time, as we can all become a little complacent at times.

It is a club requirement that shooting at our club must be under the control of a DOS, or no shooting. Please remember that the DOS is the DIRECTOR OF SHOOTING and as such is responsible for the control of Safety on the shooting line.

Anyone undertaking the role of DOS is to have read and understood the instructions and must have signed to say they agree and that they have been authorised by a Club Official to act as DOS. If anyone has any questions on any of the requirements of DOS please feel free to ask.

All the best wishes to club members and their family and friends for the holiday season and wishing you safe and straight shooting in 2021.

Bruce Symes – Field Captain

Members Memos

Whose arrow is that? Arrow identification

Under the current Covid-19 restrictions we now allow three archers to shoot on the one target.

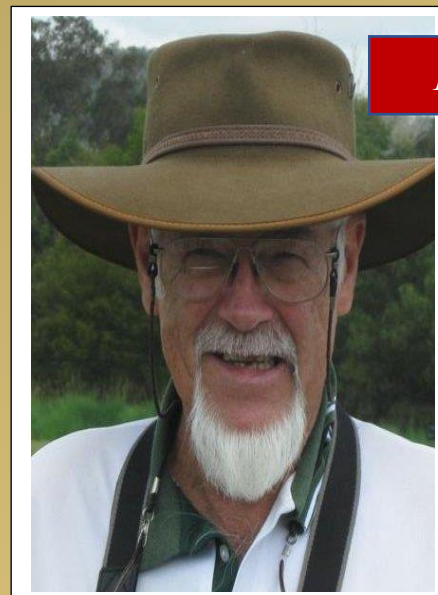
So, archers shoot an end of 6 arrows each, and walk to the target to record their scores. There are twelve or eighteen arrows in the target (we hope) so how do the archers know which arrows belong to which archer?

There is a number of characteristic things about arrows which can be used to identify them.

1. **The shaft** – Arrow shafts can be wooden, metal (usually an aluminum alloy), or basically carbon. So, the arrow may be obviously wooden, the aluminum shaft may be coloured in some way, and the carbon shaft is basically black. Shafts for various archers may vary in length and diameter. So, these characteristics may help distinguish between arrows, especially if one archer is shooting wooden arrows, another carbon arrows and the third is shooting metal arrows. This may hardly ever happen.

The next aid to identification is –

2. **The nock** – Different types of nock are used on different sorts of arrows but looking at a “pin nock” as against an “insert nock” is not a very quick or satisfactory way of identifying an arrow. It is the nock colour which is important. An archer selects a nock colour to identify his/her arrows, and usually to make them easier to see in the target. In some cases, if archers are using similar colour nocks, one archer may change to a different colour nock if it is a reasonably easy process.



Evan Fisher - Club Secretary

3. **The fletching** - Most arrows are fletched with three vanes or feathers. The “index fletch” is usually a different colour from the other two fletches. This arrangement makes it easier for the archer to set the arrow in the string to lessen the chance of the fletches interfering with the passage of the arrow past the bow. The various colours of the fletches an archer chooses may be favourite colours, made up from the vanes actually available, or designed to make arrows a bit easier to find in the grass.

So, the nock colour and the various colour arrangements in the fletching is the commonest way to identify a particular arrow for its owner, but there are a couple of other things which can be important.

With the arrow which the Club issues to new members at induction, there are two sizes – “1816” shafts which are the shorter and thinner ones, and the “2016” shafts which are slightly thicker and longer. The numbers refer firstly to the diameter of the shafts in parts of an inch (1 per 64), and the thickness of the walls of the shaft in parts of an inch (1 per 1000), Both types of shafts are blue so the colour of the shaft is not a lot of help to distinguish arrows. The size is, but it might not be a clear-cut difference in a cluster of arrows in a target. The different colours of the nocks and the fletches, at the moment, are fairly good ways to differentiate arrows, but there will almost certainly come a time when we run out of different combinations of colours and start repeating them. Hopefully, by this time, those who were new archers will have stayed with us to the point where they have bought their own gear.

There are some other ways, very good ones, which can be used to indicate ownership of a shaft.

Naming – The first of these is to put the archer’s name or initials on the shaft. Do not put it on the fletches, these can come off. Simply use a marking pen, or a correction pen to put your initials on the shaft just forward of the fletches. It’s simple but will need periodic renewing.

When shooting in a competition under World Archery or Archery Australia rules the archer must put his/her name or initials on the shafts. It makes good sense anyway to do it because un-named arrows are frequently found in the field and no one knows whose arrows they are. With a name or initials there is a much better chance of the arrow getting back to the owner.

It is possible to buy “arrow wraps” which can be made up for an archer with his/her name on them. A good, and reasonably permanent way of identifying a shaft.

A final way to distinguish arrows, particularly when in the target, is to use –



Cresting – Cresting is the process of painting or applying a colour or a series of colours on the shaft of an arrow just forward of the fletching. This process makes arrows very easy to distinguish, particularly because not a lot of archers appear to do it. It would be possible to hand paint colours onto the shaft, especially if there is some way of rotating the shaft (reliably). At the Club there are some offcuts of vinyl sheeting which could be used to make cresting, though the colours available are a bit limited.

And just to finish off, there is another mark which could be put onto an arrow shaft, and that is a number. Using a number on the shaft means that you can identify that arrow. If you have a generally good grouping, but an arrow does not want to join in, and it is always the same arrow (identified by the number), then that means there is something not quite right about it. Replace it with a spare arrow if you have one available.

Coaching and Competition



OZBOW

10am Saturday Mornings

Make your way to the mid-field to join our OzBow Coordinators, **Amy Nichols** and **Colin Tyack**.

This is a great way to track your progress but also great fun and a chance to make some new shooting buddies.

You may also find a competitive streak and before to long will be joining in the club shoots!



Matthew Clark

December Club Tournament Winner



Club Championships in 2021

The Schedule of Tournaments and Events for 2021 is now available and included in the Weekly Emails but will be refined as the year evolves.

For 2021 there shall be standalone championship tournaments for the SVTA Short Range Championships in April, the SVTA Target Championships in May, the SVTA Indoor Championships in July, the SVTA Clout Championships in August, and the SVTA Field Championships in October as a combined event with the SQAS Silver Arrow Field Tournament.

In addition Overall Club Champions will be introduced in all divisions based on placing points accumulated from participation at these Club Championships, where the best 4 of 5 events in Target, Field, Clout, Short Range, Indoor shall be taken, and for Para and VI archers the best 2 of 3 events based on Target, Short Range and Indoor shall be taken. The points shall be allocated as follows; 3 points for a first place, 2 points for second, and 1 point for participation. In the event of a tie in the accumulated placing points the Target Championship off the bow score will decide the Overall Champion. This scheme is being trialled in 2021 and is designed to reward performance and also to encourage participation.

The Club Championship Tournaments will join the existing tournaments, like the Monthly Club Tournaments, the interclub SQAS Silver Arrow Tournaments, and the Ron Tucker tournament. The Club Champions are available in all divisions and thus compete as "off the bow" scores; the Monthly Club Tournaments are handicap tournaments; and the Ron Tucker Tournament is based on performance against GMB ratings. These criteria are designed to provide a range of different achievement measures.

The club is retaining the concept of "Rounds for the Month", but in 2021 these can be shot at any time on the Saturday, Monday, or Wednesday. Club records can be claimed as long as the participation/witnessing rules for scores are followed. This will allow archers to shoot at cooler times in the day and still achieve meaningful club records. This adoption recognises the impacts on our sport of changing weather patterns.

SQAS Calendar 2021

Plan your year ahead, mark your diary.

Go to the SQAS web site at archerysqas.org.au to view the 2021 calendar of tournaments and other events. The SQAS tournaments are open to all members and are very worthwhile tournaments.

All archers are strongly encouraged to enter them.

Archers that may be considering participation at Archery Australia Tournaments, like the Youth Nationals, the National Championships, or the Australian Open, it is worthwhile planning ahead and using the SQAS tournaments as lead in events.

While participation at Archery Australia national tournaments is open to all, to be on the official SQAS Team you will need to qualify, and thus SQAS Selection Tournament are listed on the SQAS Calendar.

Tips For Our Recent Members (or reminders for others!!)

So, you have recently completed a Beginner's Course and are now a member of the club! **Welcome!** This is where the mid-field each Saturday will now become your training ground to help improve and hone your skills as an archer. From 9am every Saturday (unless a competition is scheduled), the field has at least 2 Archery Instructors and a Coach assigned to the field to assist with your development. You will receive assistance as it is assumed by the Instructors and Coaches that anyone shooting on that field in the morning requires guidance.

Now this is where I will give my first tip archers (and coaches)! It is based around a mnemonic we use at school when teaching science, "**Cows Moo Softly**". It's a reminder for **Change only one thing, Measure something and keep everything else the Same**. In archery, we should only be changing one thing at a time – bow hand position, front shoulder, anchor etc, keeping everything else the same and observing the outcome at the target (measure).

If we alter too many things at once, it can be difficult to determine what was the positive change and sometimes changes can even have a nett zero effect! So, as an archer don't be afraid to tell the instructors and coaches what one thing you are working on! Even easier, just ask one of the Instructors for a "Personal Shooting Record" notebook and record what the Instructor/Coach has you working on that day. Also, from 10am all archers on the mid-field are encouraged to participate in an Oz-Bow Shoot of their own choosing under the guidance of the Oz-Bow Coordinators, **Colin Tyack** and **Amy Nichols**. This is a self-guided performance and reward scheme to allow archers to gauge their progress and introduce the concept of competition scoring. The intent of this to have archers progress over to the West Field shooting a Newcastle (20m round) in the Saturday afternoon club competitions within a few months.

Parting tip: Regardless of what bow-type you shoot, you will have been told to either "pull through the shot", "use back tension" or words to that effect. Rather than thinking this way, try sampling holding onto the string (either with your finger tab or release aid) and pulling through the elbow. If you practice first, with a TheraBand you feel the difference. You can even try holding your elbow with your other arm. It is very difficult to use your biceps and you are now using your deltoids. When this is engaged and your release goes off (either the string leaves your fingers or the release aid activates) the only possible result is that the arm will continue backwards momentarily due to the buildup of tension in the muscles – the "follow through" we are looking for.

See you at the club!

Happy Shooting!

Peter Clark - Club Coach



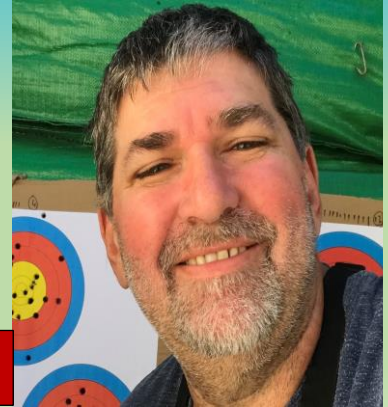
Peter Clark - Club Coach

Super Coaches

Congratulations to **Evan**, **Bronwyn**, **Emma**, **Sandy**, and **Darren** for passing the Level 2 coaching course!

While I had a brief play with archery as a child it wasn't until my son watched the Rio Olympics and wanted to have a go, that I revisited the sport. Since that day it has become a passion. I've always had a mantra that you can only get out what you put in and enjoyed instructing in our beginner's courses, so becoming a Level 2 coach seemed an interesting and positive way to give something back. I primarily shoot a compound bow myself so would particularly like to help archers who would like to try a compound bow. I am also very keen to gain more experience coaching archers 1 on 1 to help them achieve their goals.

Darren Brack – L2 Coach



Christmas fun shoot - Archery Quidditch, a muggles game



The Christmas fun shoot was held on the 5th of December, with participation by some 20 members in a game of 'Archery Quidditch'. For those who don't know, Quidditch is a fictional game played by wizards in the series Harry Potter where opposing teams basically throw balls through hoops whilst riding broomsticks. Hopefully, most people had read the books or seen the movie, otherwise the morning probably didn't make much sense, however it isn't a prerequisite for participation. The idea of Archery Quidditch is to replace the balls and broomsticks with bows and arrows. Peter Clark, also known as 'The Sorting Hat' decided which house each of the students were best suited to, which were called **Gryffindor** and **Hufflepuff**. Somehow parents, children, friends, and partners tended to end up on opposing teams. The rules took a bit of time to explain, but basically the idea is that each team consists of equal numbers of 'Chasers' and 'Beaters' who compete against each other on individual targets for points. The Chasers and Beaters are placed on targets from 10m out to 40m with distances selected based on their ability, so everybody in the club can really participate.

Scoring was awarded with Chasers receiving +3 points per gold for their own team and Beaters subtracting -2 points per gold from the opposing team. Each team also had 1 'Seeker' each. The Seeker can only shoot 1 arrow per end and, on hitting the 'Golden Snitch', which was an X at 50m, ends the game and earns their team +20 points. After a few practice ends the teams got into the game and there was some fierce but friendly competition. The teams were fairly evenly matched, however ultimately **Hufflepuff** won the day 3 games to 0, supported by some good shots by Hufflepuff's Seeker, **Darren Brack**. A great morning was had by all before we went down to the Samford pub for a cold drink and lunch.

A rematch has been scheduled for a **Christmas in July Fun Shoot in 2021**
We hope to see participation from as many muggles as possible for this shoot.

Club Photos - 10 years ago

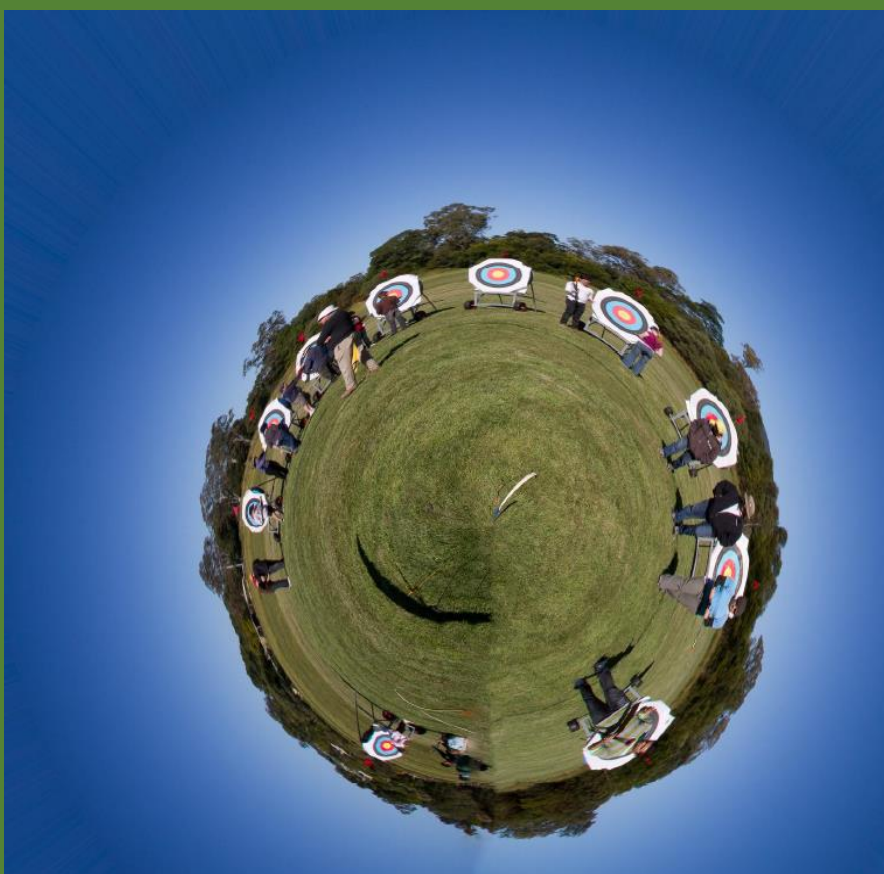


Photo by
Mike Schilling 2011



Q & A



Emma Crouch

When and why did you become an archer?

I started my archery journey 3 years ago, initially as something to do on the weekend. Archery was something I've always been keen on trying but I'd never quite got round to it. Late 2017 I finally did a beginner's course and loved it straight away. I caught the archery bug pretty quickly and I've been fortunate to meet a great group of people who share my passion for flinging arrows. There aren't many Saturday's that you won't see me out on the range.

Tell me about all the different types of bows you shoot, and which is your favorite?

I have 3 bows:

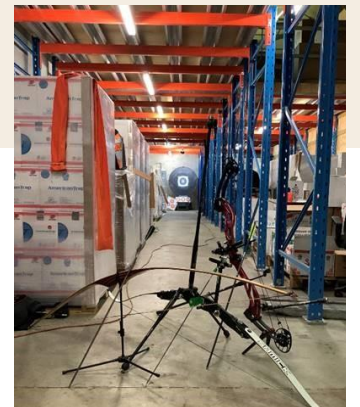
Recurve – WNS Carbon Riser with W&W limbs, currently set at 37-pound draw weight (black and green)

Longbow – Beautiful bow made by Michael Schilling (Gecko Bows), Purple heart riser with light coloured accent stripes. About 32 pounds

Compound – PSE Supra Focus, currently set to 40 pounds (Red)

I shoot the recurve bow the most, so I'd say that is my favourite, but Longbow is a very close second. The plan is to shoot the Compound a bit more this year as I haven't really shot it much at all.

Photo below, is of all my bows together. I have an 18m indoor range set up at work, during Covid lockdown I had little handicapped competitions between my bows, just to amuse myself 😊
Yes, I am an archery tragic!



What advice would you give to a new archer?

Take your time getting technique right before you increase bow weight (poundage).

Our club is fortunate to have some very good coaches who are more than willing to help you, don't be afraid to ask

Have fun and join in the monthly Club comps, distances from 20m to 70m, so something to suit every level of archer and a good way to get to know other club members

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

Umm.... not an easy question to answer... pick something as I don't think anything about me is really interesting

I have a bit of a muddled accent which makes it hard to guess where I come from (no one has picked it yet).

I grew up in Sweden, but my parents are British, so I spoke English at home but Swedish with friends, I've lived and worked in a few different countries (Sweden, UK, USA x2, Germany and Australia) so have managed to adopt accents from everywhere to make a complete mess of things.

I used to shoot Pistols at an elite level, air pistol and 22 cal sport pistol. I won an Olympic quota spot for Australia and was reserve for the 2008 Beijing Olympics. I've Won several state (VIC) and National Championships.

During the Covid lockdown I decided to start a new hobby, working with Leather. I've always been into making stuff but never worked with leather before. I've now made a few leather quivers as well as some arm guards, bags, and chairs. It is fun and very satisfying seeing a project come alive as they get completed.



THANK-YOU

I would like to acknowledge Brian & the committee for making, sometimes very difficult, decisions over the many months to keep our club safe for our members to get back to what we all love to do - shoot arrows. The volunteers and members too for their patience & participation by looking after each other by adhering to committee decisions and Covid plans.

It is great to be back to archery and look forward to another year at Samford.

Great job Jo for all your efforts in continuing with the newsletter.

Cheers

Judith

Final Word:

Thank-you for taking time to read Issue 43 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.

