



## Newsletter 44 - Spring

### Club Tournaments

**Saturday every Month**

Check out Brian's weekly newsletter for information on the tournament dates. At many events all levels are welcome.

### Beginner's Course

**Saturday 4 Sept (Run by Nick)**

**Saturday 2 Oct (Run by Scott)**

**Saturday 6 Nov (Run by Evan)**

### Indoor QRE

**Evening's 1<sup>st</sup> Wednesday every Month**

### SQAS Short Range Champs

**Saturday 18 Sept**

### SQAS Clout Champs

**Sunday 19 Sept**

### Pan Pacific Master Games (Centenary)

**Saturday 6 to Sunday 7 Nov**

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

[www.archery.org.au](http://www.archery.org.au)

# WELCOME to our NEW MEMBERS

Susanne Barnett	Kathleen Hunter	Alex Pettersen
Allister Barnett	Grant Jenkins	Lucas Pettersen
Jasmine Barnett	Elisha Jenkins	Claire Pierce
Nigel Barrett	Madison Jenkins	Charlie Pierce
Nathan Barrett	Carl Johnsson	Byron Pierce
Phillip Blair	Greg Kimpton	Adam Russell
Boardman	George Kontoleon	Sarah Secker
Paul Caffin	Oliver Krampfl	Shantanu Sharma
Samuel Caffin-Smith	Lynda Locke	Noah Sicinski
Daniel Chase	Jonathon Thearle	Shehana Sicinski
Matt Chase	Oliver Thurstan	Anthony Stafford
Zima DuÅja	Aiden McCarthy	Aaron Stafford
Ian Eagle	Luke Murphy	Megan Stafford
Imogen Eagle	Barbara Nielsen	Daniel Taylor
Damion Fauser	Mike O'Brien	Kelly Taylor
Barry Fowler	John O'Brien	Rachel Taylor
Theresa Galvin	Lael Percy Laukkanen	David Taylor

*We look forward to seeing you on the shooting line*



# Message from The Club President

Covid continues to dominate our safety precautions at the club. Our mission is to do our bit to keep members safe. Please .... follow any Government Health Directive or Lock Down requirement that may be in force at short notice.

Please keep an eye on the Weekly Emails as I try to keep you up to date about the club and events coming up. At 1200 noon at the club on most Saturdays the club officials provide an update and make award presentations, handing out badges etc, and there is the opportunity to talk to members of the management committee.

I also recommend the coaching workshops/seminars/training sessions, these are available to all members, only run for about an hour, and provide archery learning opportunities. See the Weekly Email for the date of the next one.

The club is in the process of arranging for new members shirts.

We are trying for a more comfortable material, and this has been tested in the field, and shirt design ideas have been canvassed to members. A sample has been on display. We are now manufacturing sizing shirts and then will be able to open ordering. Rather than hold a large stock the plan is to call for and place orders several times a year.

The club is back into club competitions, and I recommend the Monthly Club Tournaments. For our newer archers I recommend the new club round, the AA20/720, 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. These club tournaments are handicap shoots giving everyone a chance, and you choose a 720 round of your choice. There is a medal for the most improved against your handicap. The Monthly Club Tournaments are held normally on the West Field and start at 1300 for 2 ends of practice followed by scoring.

The club Championship "season" for outdoor Target, Short Range, Indoor, Clout and Field is in play and many of these Club Championship Tournaments lead into the SQAS Championship Tournaments as preparation events.

The club participates 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.

With the announcement of the Olympic Games and Paralympic Games for the Brisbane region in 2032 there is much excitement within sport community. Already we have heard of planned significant additional government money being assigned to both supporting infrastructure and sport in Australia and Queensland. It is hoped that the club can be part of any legacy investment. There is every likelihood of Australia needing to host lead up events to the Olympics, like archery World Cups and certainly the Olympic and Paralympic test events.

The Strategic Planning session held with members in July was a very timely session, and while major projects to join the indoor sheds, to level the fields and provide improved drainage are unfunded, they remain key visionary infrastructure improvements. The Strategic Plan is being updated and will then be available for all.

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. Thank-you.

**Brian Hagaman – Club President**



## Tokyo 2020 | 16<sup>th</sup> Paralympics Games

## Going for Gold! – Taymon Kenton Smith

**Taymon** is a member of SVTA and is competing in the Tokyo Paralympic team!!!! Alison Hagaman was his coach at the club so it's a very proud moment for us all.



**Taymon** is part of a team of 4 Archers representing Australia, the largest archery team since Sydney 2000 and will be completing in Men's Recurve Open. Best of luck **Taymon** from everyone at the club.



# Club News

## COVID CONTINUES: Safety At SVTA

Lockdowns and restrictions can happen at any time so please follow any restrictions the club needs to introduce from time to time, like the number of people on an outdoor target, or with indoor archery keeping a lane vacant between archers. Unfortunately, these measures do change from time to time as the Health Directives change so, please watch out for email advice to members in times of heightened Covid alerts,

In addition to the usual membership card scan and payment processes, the club has added the Qld Check-In App in accordance with the Premier's request for everyone to use it. Qld Check-In App signs have been placed at the entrance and also on the sign-in counter.

In addition, please:

- Do not come to the club if unwell or awaiting Covid test results,
- Follow Health Directives about wearing face masks,
- Social distance 1.5m as much as possible,
- Sanitise hands often particularly before and after using common equipment/computers,
- Sanitise target handles before pulling them out and on returning them to the shed,
- Sanitise hire bows and workshop equipment before and after use,
- Make payments via the card reader and avoid cash handling, if possible, as avoiding paying by cash makes it safer for you and the Treasurer.



## NEW SHADE SAILS FOR SUMMER



### Shade Extension

The club was successful in receiving a grant for additional shades. After much deliberation the addition of a panel on the West Field and two panels on the East Field has been selected as the best option. An aerial photo has been included in the newsletter.

This additional shade will in particular provide more shade from the sun from the east and north in the morning, and also provide a greater shade footprint from the north and west sun in the afternoon. Additional trees are also planned so that in time they will shade the shades. The additional shade will be also available for participants during tournaments, and importantly complies with WA rules for competitions including those for the World Cups and the Olympic Games ranking round.



# Coaching and Competition

## Beginners Course

On Saturday 4 September the club will be running beginners' courses in the morning.

**Nick Horley** will be running the course.

## SQAS Calendar 2021

Plan your year ahead, mark your diary.

Go to the SQAS web site at [archerysqas.org.au](http://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 Tournaments are listed on the SQAS Calendar.

## OZBOW

### 10am Saturday Mornings

Make your way to the midfield to join our OzBow Coordinator **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 too long will be joining in the club shoots!



## Club Championships in 2021

Monthly Club Tournament for your Diary

Saturday 9 Oct  
Saturday 23 Oct  
Saturday 13 Nov  
Saturday 11 Dec



## How do I improve my archery?

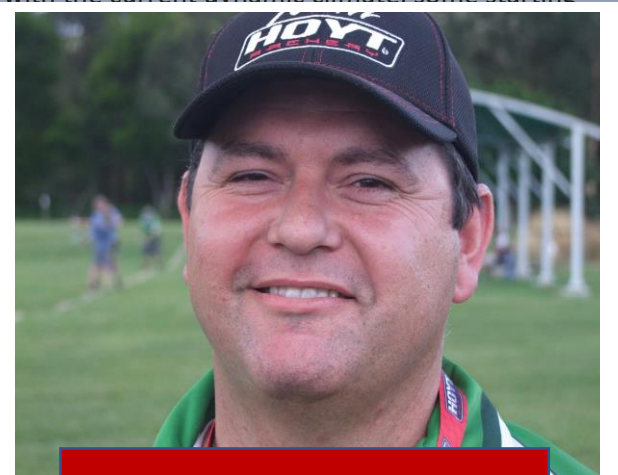
Practice or train more most people will say. Easy. But what does it mean to train? What about practice?

According to the Oxford Dictionary, to practice is perform (an activity) or exercise (a skill) repeatedly or regularly in order to **acquire, improve** or **maintain** proficiency in it. Whereas training is defined as teach (a person or animal) a particular skill or type of behavior through practice and instruction over a period of time.

From these definitions it becomes abundantly clear that your "practice" or "training" needs to be a lot more focused than just "shooting arrows". If you are simply "practicing" regularly without exercises/drills to focus on acquiring or improving skills, you are simply **maintaining** your level of proficiency.

So how do I do that you ask? Well, ideally you would talk to one of the coaches at the club and get some feedback. But with the current dynamic climate, some starting points for most archers would be:

- Score your practice rounds! Treat practice like a competition. Shoot under timing etc.
- There are phone apps available that can time any end (3 arrow, 6 arrow, match play, 1 arrow etc) – all free.
- Vary the time for each arrow. 40 secs, 20 secs even down to 15 secs to train shot cycle, more specifically you're loading and aiming.
- Change the size of your target face. Practice with a different size face at the distance you shoot. It will alter your aiming cycle.
- Blank bale. At times go back to focusing on form rather than aiming. Set up a blank target at no further than 5m and shoot. Even been better, shoot eyes closed and watch your group tighten on the butt!
- With a target face that is numbered in the rings, aim for a number instead of the x-ring. Change your aiming point and learn to aim off. Great for preparing for windy days.
- For recurves, practice being able to pull through the clicker **without** letting the shot go off. A clicker is a draw length check not a shot now command. Even practice pulling further through for strength training.
- Compounders can simply use a sling and their release aid to practice pulling through the shot and **activating** the release rather than punching it.



**Peter Clark - Club Coach**

There are many more drills than can be done but these are simply some starters. Try them out and begin "training" rather than just shooting.

See you at the club! Happy shooting!

Peter Clark  
Club Coach

# Barebow Business



*Amanda Ament*

## Chapter 1 - Intro

Hi everyone! My name is [Amanda Ament](#), and I am a recent convert to Barebow Recurve, having spent a few years doing Freestyle Recurve before that. Thanks to the help and guidance of our vibrant Barebow community here at Samford, I've had a great year now shooting Barebow!

While Barebow has always been really popular in Europe, it's only recently that its popularity is growing in the rest of the world. This is in part due to World Archery now extending its recognition of Barebow to include Target and Indoor Archery in 2020, whereas before it was only recognized in Field and 3D Archery. It's now the fastest growing discipline in archery!

This has led to an increase in the competitions we can participate in. For example, World Archery held an online Indoor Series over summer, open to Compound, Recurve and Barebow. Thanks so much to [Alison Hagaman](#) who hosted this event here at Samford, and to [Bruce Symes](#) and [Peter Clark](#) who were the judges, [Frans Roodt](#), [Krisztina Hudak](#), [Kevin Curran](#) and I were able to shoot Barebow in this.

After the World Indoor Series Erik Jonsson is #1 in the world for men (top score in the WA Indoor 18m round 581), and Lina Bjorklund is #1 in the world for women (top score 554).

Erik Jonsson (worldarchery.sport)



Lina Bjorklund (worldarchery.sport)



Hugo Lobb is our top ranked Aussie man, at #8 (top score 553) and Donna Hurnall at #56 (454) is our top ranked woman.

## Sounds great!

**Q: So, what actually is Barebow?**

A: Essentially it is the art of shooting a recurve bow without any mechanical aids – no sights, clicker or stabilisers are allowed on the bow.

**Q: Cool! I'd love to have a go! Do I need to spend any money to try this out?**

A: No! All you need to do is take off your sights, stabilisers and clicker and you're good to go!

**Q: Ouch! But now when I shoot my bow tips back and hits me on the head.**

A: Aha! Good work for not gripping the bow. Most people add weights to their bow to stop this happening. These don't need to cost a motz, Oz Hunting and Bows have them for \$32. You can screw one of these into the same place your stabiliser once was. (<https://www.ozhuntingandbows.com.au/shop/accessories/bow-accessories/stabilizers/barebow-weight-stainless-400gr>).

So, what are you waiting for?

Get out there and have a go!

The next installment of "Barebow Business - Chapter 2 – How to Aim" will be published in the next Newsletter



# Members Story

## My Archery Journey



Trevor Clark

My name is Trevor Clark, I was born in Kingaroy on 1<sup>st</sup> July 1949. I moved to NSW for work and was married in Kangaroo Valley in 1973. We moved to Lismore in 1974 and I was working for a carpenter who was president of the local archery club and he got me interested in the sport and I joined the Eagle Archery Club in Casino in 1975.

My first bow was a laminated timber recurve bow no stabilisers and very basic sights. On the first day I went to the club to learn how to shoot I was told we were shooting a Short Canberra, which was shot at distances of 50m, 40m and 30m. I missed the target quite a few times, but I still had a few hits to my delight. There was no beginners course, “just put your sight about there and shoot”.

I shot in Casino for 18 months before we moved to Brisbane, where I joined the Grange Company of Target Archers. I bought a new Yamaha take down recurve bow to replace the laminated timber bow that I had been using.

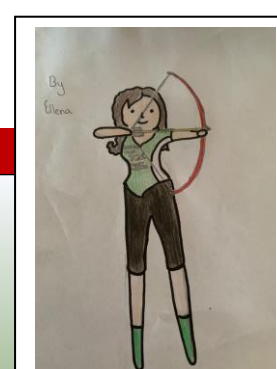
In 1978 one of the members suggested that we make our own riser so three of us agreed to try and make one. We each had to commence by making a blank model out of timber and shape it to what we thought would suit our hand grip etc. I made mine to suit Hoyte limbs as they were the easiest to fit. Once we all had a design we liked, we had them taken to a foundry and poured. The hardest arrow I had to shoot was the first arrow out of my home-made riser. After shooting 6 arrows I realised that it was not, ever, going to break.

In 1980 I was asked to be a part of a committee to prepare for the 1982 Commonwealth Games and my part was to be Field Tournament Officer at the Games. In 1981 the Commonwealth Games organizers decided to try out some of the venues and this became known as the SGIO Games. At the SGIO Games, I was in charge of setting up the fields, then quickly had to get changed, pick up my bow and prepare to shoot for the next two days. By the end of the two-day FITA shoot I had won the “Men’s” and Terry Donovan won the “Women’s” section. We both beat the invited international archers and Australian representatives who later went on to compete at the Commonwealth Games.

In 1982 I bought a PSE compound bow, as I was not shooting the recurve well at all. After a few years I was breaking Australian records for compound along with Paul Gavin in NSW, Bill Williams in Vic, and Chis Cottier in WA. In 1985 I represented SQAS at the Australia Nationals which was held in Melbourne. I came 4<sup>th</sup> in the two FITA’s held over 2 days, 2<sup>nd</sup> in the Field which consist of 28 marked distances and 28 unmarked distances, and 2<sup>nd</sup> in the Clout. I was awarded the Australian Overall Compound Champion. I also participated in the first Pro-Am tournament held in Horsham in which I came 4<sup>th</sup> in the amateur section. You can see this tournament on YouTube, just type in Horsham Archery 1985 (I am in the background, the one with the moustache). I sold all my archery equipment in the late 1980’s. Being in the wilderness I tried different sports such as Pistol Shooting and even joined a Dart’s Club and thoroughly enjoyed both.

After 30 years in the wilderness, I joined the Samford Valley Target Archers in December 2017. To my horror I found that I had progressed to being a Veteran and have since moved up to Veteran Plus. Since re-joining archery, I have enjoyed the challenges of being able to shoot competitively and break club and SQ records. I am enjoying the shooting again but trying not to be too serious about it this time. I have enjoyed the fellowship at the club and making new friends in the sport. It was also good to catch up with archers that I competed with and against all those years ago. I have learnt over the years of shooting, if you want to succeed in any sport, you need to make time and practice and practice. The more you put in the more you get out and do not forget to enjoy it whether your scores are good or bad.

Happy Shooting!



### Final Word:

*Thank-you for taking time to read Issue 44 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.*