

Joining The Club

www.sherbrookearchers.org.au



Sherbrooke Archers			
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Welcome

Sherbrooke Archers offer Adult, Youth and Associate membership.

Being a member of Sherbrooke Archers gives you access to club competitions, on-demand coaching and social events.

It provides protection and safety by means of the National Insurance Policy.

It also allows you to compete in State Tournaments, State Championships and National Championships via the National Online Entry Form system.

You can also visit other clubs, claim badges and a host of other benefits.

Our Diamond Membership allows you 7 days a week access to the club*

Family Sport

Archery is a fantastic family sport. It is one of only two sports where all members of the family can participate or compete directly alongside one another.

Safety

Studies show that many parents won't let their children play sport for fear of getting hurt. Archery is safer than all ball sports combined.

Sherbrooke Archers ensures that all its coaching techniques are conducted in line with current and approved State and National guidelines and that all its Instructors have the Working with Children Check.

All members that have any dealings with children have a WWCC. This includes all Instructors and Coaches

Victorian Code of Conduct

Sherbrooke Archers supports the Victorian Code of Conduct.

We support its values in that all Athletes, Instructors, Coaches, Administrators and Spectators shall treat each other with respect and dignity.



Membership Benefits

The objective of Sherbrooke Archers is to provide a fun and safe environment for the conducting of archery as a sport and a pastime.

Joining the club will give you access to the shooting range when it suits you.

As a Diamond member you receive the combination to the locks which allows you 7 days a week access to the club*.

Membership gives you access to coaching starting with the basics through to the very advanced.

Also includes access to assistance with bow tuning, equipment maintenance, field course training, etc.

Joining the club protects you and your family. Membership provides protection in the form of policies and procedures that are based around the Victorian Code of Conduct as well as a comprehensive insurance cover should something untoward happen.

Membership forms are available in the clubhouse and online from our website.



Membership at Sherbrooke

Sherbrooke Archers Annual Diamond Membership Fee	
7 days a week access to the club*.	
Access to Sunday morning coaching 10.00am to 11.30am.	
Full insurance cover.	
Access to on-demand coaching and all our social events.	
Access to club competitions, State Tournaments, State Championships and National Championships.	
You can also visit other clubs, claim badges and a host of other benefits.	
Adult \$285	Youth \$190

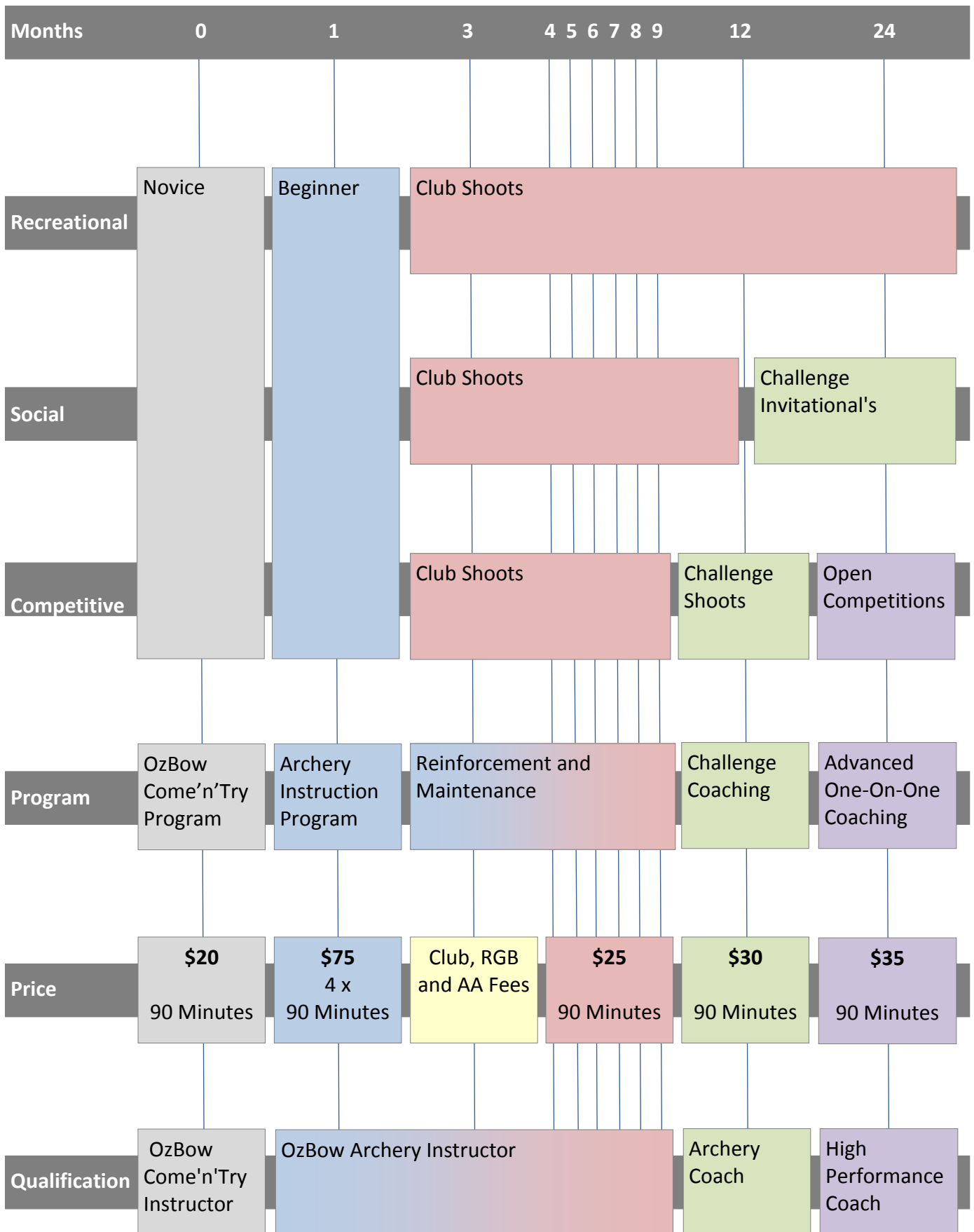
*Please note that although the Diamond Membership does allow for 7-day access, occasionally there may be need to restrict access or close access to the club due to needs such as Melbourne Water works, or days of total fire ban.

If this is required, an email will be sent out to inform you.

There may also be time where use of the club is restricted due to use for competition where parts of the field course, target range or both may be unavailable. These are limited and competitions and dates are advised on the calendar on our website.

What's Next?

As a member you shall be provided a personalised program to follow. You can do this program at the pace that suits your lifestyle. Following is an overview of the path most archers take.



Coaching

In the first few months of archery we will set you various challenges. Sherbrooke Archers will assist you as much as possible by providing coaching. This is available on Sunday mornings between 10.00am and 11.30am.

Once you qualify at 40 metres there is also Challenge Coaching available. This is held on the second Saturday of the month from 10.00am to 11.30am.

As a member of Sherbrooke Archers you shall also have access to various High Performance Coaches. Their contact details and fee structures are available on our website.

Sherbrooke Archers is also linked with Arrow Rest Archery in Bayswater. If you cannot regularly make it to the club on the weekends, then you may like to partake of some of the mid-week sessions conducted by Arrow Rest Archery. There is a separate fee to shoot at this indoor venue.

Availability and fee structure is available from their website www.archeryparties.com.au

Please do not buy any equipment until you have talked to one of the Instructors or Coaches. Buying equipment, especially for a family, can be expensive so it is important that you have been exposed to all the bow types and divisions in which you may participate.

It is also important that you have settled into your technique. Some people can do this in their first week whereas others may take a few weeks.

The Ratings Challenge

The sport of archery is based on ratings, similar to the handicap system that the sport of Golf uses. To achieve a rating (handicap) you will need to shoot some scores and submit your scorecards. You may do this as many times as you like throughout the month.

Successfully shooting the score in the Ratings Challenge will also earn you your 30 metre OzBow Range Qualification Certificate.

	Barebow Compound	Compound	Barebow Recurve	Recurve	Longbow
The Ratings Competition 72 arrows on the 122cm target face					
30 Metres	380	460	360	430	310

The highest score submitted by each archer each month (after the handicap is applied) is listed in the Ratings Challenge Table on our website. It gives you an idea on how you are progressing against yourself and against other club members.

The results on the website look like this;

Name	Category	Score
Your Name	LJW	872
The Other Person	CCM	871

OzBow Range Qualification

The next series of certificates are set at 40, 50 and 60 metres. The scores required for each bow type is in the table below.

	Barebow Compound	Compound	Barebow Recurve	Recurve	Longbow
Presidents Shield, Monthly Club Shoot 90 arrows on the 122cm target face					
40 Metres	480	570	450	540	390
50 Metres	480	570	450	540	390
60 Metres	480	570	450	540	390

The Monthly Club Shoot is held between 1.00pm and 3.30pm every second Sunday of the month.

The Presidents Shield is held between 1.00pm and 3.30pm every fourth Sunday of the month.

If you cannot make it to the club on these Sundays, then you can shoot the round at any time through the week and submit your score online. The form to do this is on our website.

The Club Ratings Board

Your mission, should you wish to accept it, is to improve yourself. One of the best ways to do that is to measure how your rating improves. Ratings are worked from the score shot and are influenced by the type of bow you use.

The Club Ratings Board (example below) is to provide information on where you are in your group. This encourages competition and challenges people to improve themselves.

The Club Ratings Board is created by all the scores shot at the club but primarily from the Ratings Competition, the Monthly Club Shoot and the Presidents Shield.

The table on the website, and the board on the clubhouse wall, are updated at the end of each month.

Barebow Compound		Compound		Barebow Recurve		Recurve		Longbow	
Tom K.	70	Rachel D.	105	Trudy S.	65	Kirsten F.	75	Jeff M.	45
Mary A.	69	Jim Y.	104	Chris O.	64	Trevor F.	74	Ken M.	44
John N.	68	David F.	103	John L.	63	Kylie W.	73	Kelly L.	43
Peter O.	67	Fiona P.	102	Helen S.	62	Karen A.	72	Will S.	42
Jack R.	66	Henry H.	101	Betty R.	61	Amanda P.	71	Hayden R.	41
Shelley F.	65	Alvin C.	100	Jill H.	60	Mitchell J.	70	Jenny M.	40

Classification Badges

Sherbrooke Archers also has classification badges available.



As part of your individual coaching program we shall supply you with a list of scores that when shot allows you to apply for a classification badge. The scores are dependent on your category. Your category is made up of your bow type, your age group and your gender.

Perfect/All Gold Badges

As a club member you can claim these badges from the 30 metre distance in a round that has at least 72 arrows in it.



Gold Members can claim Silver versions of these badges in a state competition.

Gold Members can claim Gold versions of these badges in a national competition.

Challenge Coaching

Once you qualify at 40 metres you can join the Challenge Coaching classes.

Challenge Coaching is based on the international competition called Matchplay. If you have ambitions to represent Australia, then this is where you start.



Archery is a very mental sport where a low resting heart rate, general aerobic fitness and confidence far outweighs sheer physical strength or the equipment you use. In Challenge Coaching you will learn;

- how to shoot under pressure
- advanced archery techniques
- general fitness principles
- the importance of the shot rather than the importance of aiming
- better mental discipline

The format is primarily group coaching concentrating on bow tuning, arrow physics and selection, biomechanics, nutrition, physical fitness and most important of all, some psychological training.

As with everything in life, a balance is most important. To be a top athlete requires a lot of hard work and effort and it is difficult to fit a training program into your normal lifestyle without some compromises. Remember;

Desire

Determination

Discipline

Dedication

The effort you put in is up to you, the rewards will follow in time. Challenge Coaching is usually conducted on the second Saturday of each month. 10.00am to 11.30am. No charge for club members.

Competitions

For those that want to compete in open competitions. Following is an overview of those competitions.

Open Competitions

- Timeline 24th to 36th Month
- Cost Entry fee around \$40
- Objective Designed to test your competitive nature.

Competitions are held at different clubs around Victoria. These may be target, field, indoor or clout events but are conducted without any handicaps. Prizes awarded to the placegetters in each category.



Within these competitions are the Target Grand Prix and the Field Grand Prix. Both of these are supported with a state medal for the best overall competitor.

State Championships

- Timeline 36th to 48th Month
- Cost Entry fee around \$40
- Objective Designed to test your competitive nature.

Competitions are held at different clubs around Victoria. These are the state championships of target, short range target, field, indoor, matchplay and clout events. These are conducted without any handicaps.

Prizes awarded to the placegetters in each category. There are 6 State Championship events held each year.

National Championships

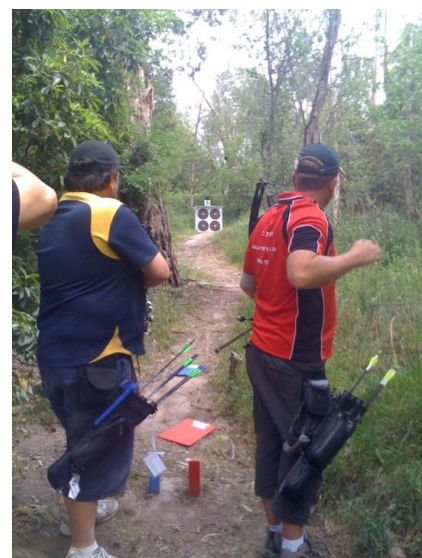
- Timeline 48th to 60th Month
- Cost Entry fee up to \$300
- Objective Designed to test your competitive nature.

Competitions are held in different States around Australia. There are 3 National Championships conducted each year.

Prizes awarded to the placegetters in each category.

Olympics, World Cup, World Championships

The timeline for this is based purely on your desire, determination, discipline and dedication.



Most clubs have active archers that have participated in these events and can provide you their insights and experiences.

To enter these competitions, you must be part of the Australian Team.

To be part of the team requires you to achieve a certain National Rating as part of the National Pathway Program.