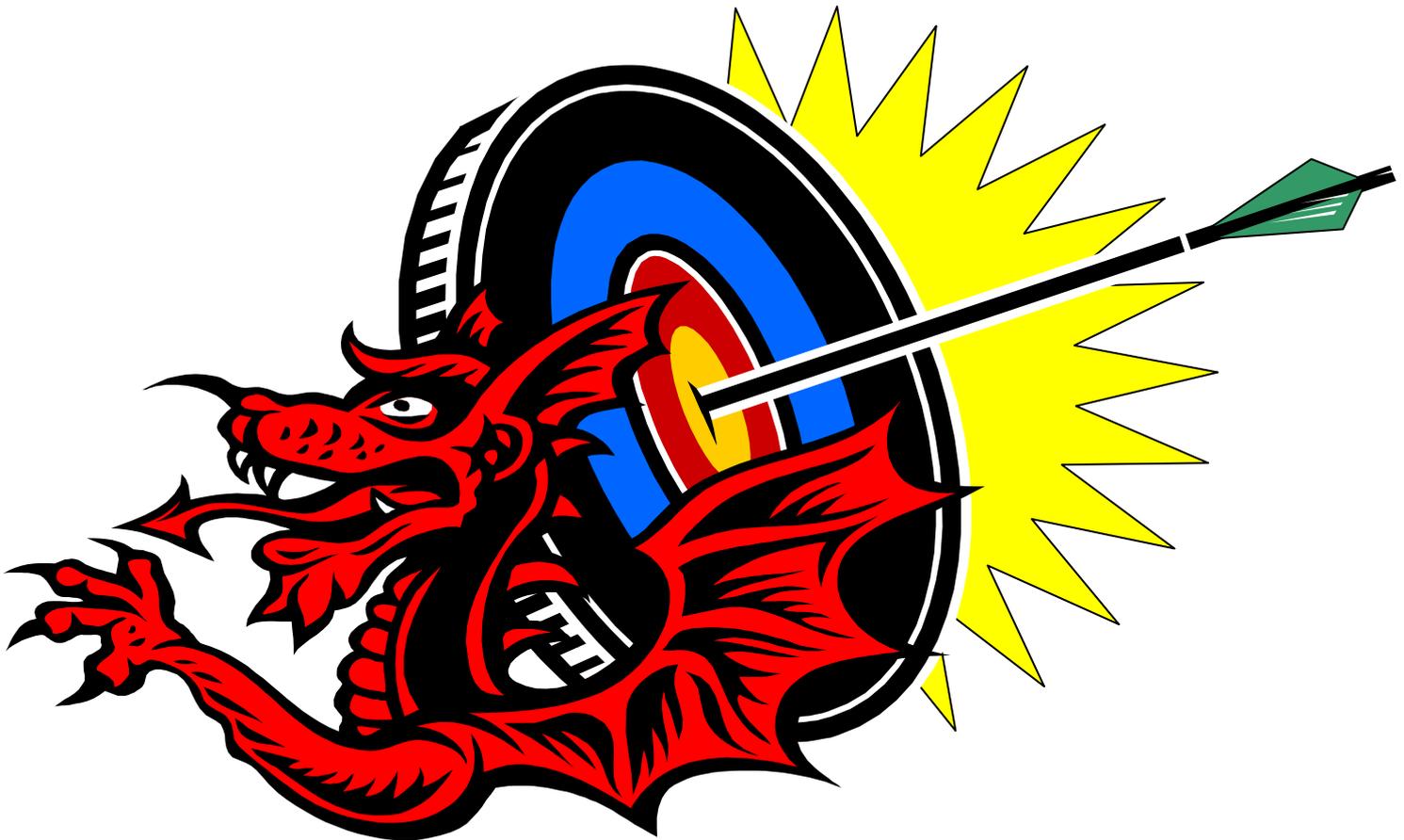


Online Version

Member's Handbook



St George Archers

A. S. Tanner Reserve
Cnr. Chuter Avenue and Burlington Street, Monterey 2217

P.O. Box 427
Brighton-le-Sands NSW 2216

Phone: (02) 9587 7031

www.stgeorgearchers.com.au

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Welcome to St George Archers

Club History

St George Archers was formed in 1950 making it one of the oldest archery clubs in New South Wales. In 1952 the Club secured grounds at Cahill Park on the Princes Highway just south of the Cook's River Bridge at Arncliffe. The Club then moved to Scarborough Park at Monterey and finally to its present day location at A. S. Tanner Reserve on the corner of Chuter Avenue and Burlington Street at Monterey.

St George Archers have a distinguished history of participation in National and State competitions. At both senior and junior levels, St George Archers have won medals and awards in tournaments around the country.

Although the dragon and target logo is now used on Club shirts and letterhead, the badge seen in the photograph opposite is still displayed proudly on many members' quivers and has remained unchanged for nearly 60 years.



Walter Bezdek 1953

Club Structure

St George Archers is an incorporated association. A copy of the Club Constitution is available on request. The Club is administered by an Executive Committee elected annually by the members. The Committee for 2010 is:

President	George Giagios
Vice-President	Keith Bonus
Secretary	Bruce Dillon
Treasurer	Dorothy Dillon
Assistant Treasure	Vicky Greenstein
Junior Representative	Alex Macqueen

There are three other important positions in the Club that you should know about. Dale Connolly is the Field Captain and is in charge of shooting

Boyd Symington is the Official Recorder. Boyd records scores and sets handicaps.

The Member Protection Officer is Keith Bonus. Keith is responsible for general safety issues.

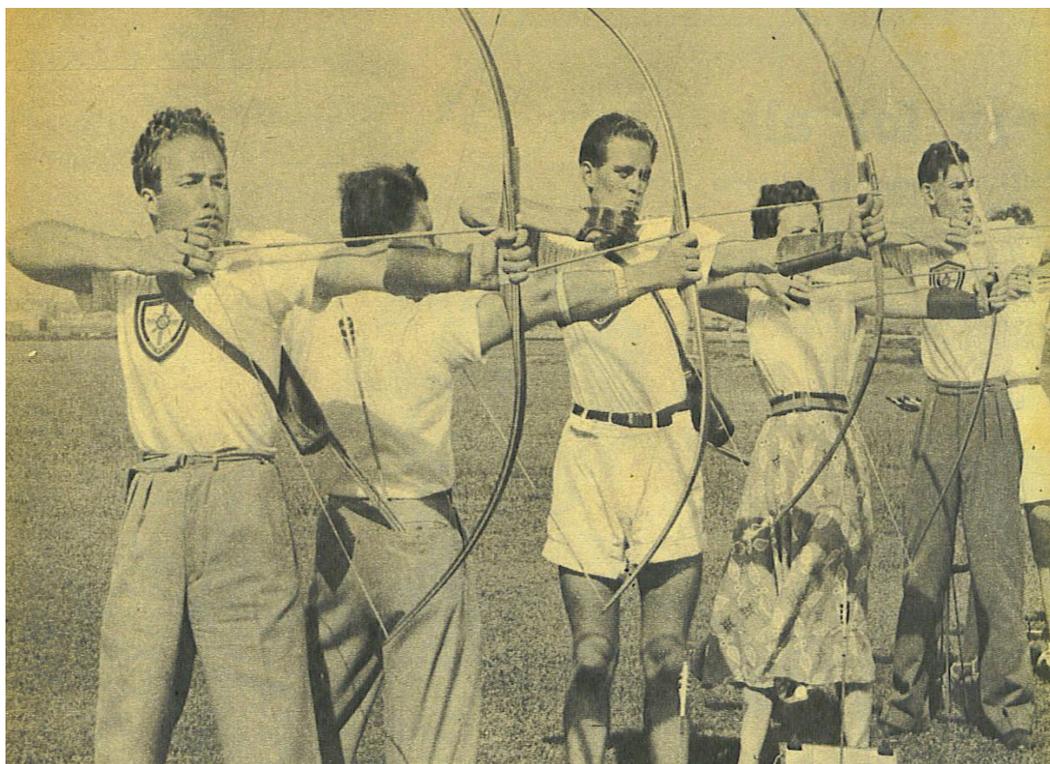
Divisions

Archery competitions are conducted in divisions based on age.

Adult Divisions	Junior Divisions
Veterans – 60 and over	Junior – 20 and under
Masters – 50 and 59	Cadet – 17 and under
Open – between 21 and 49	Intermediate – 14 and under
	Cub – 12 and under

The Table below sets out the number of St George Archers members in each Division as at June 2010.

Division	Female	Male	Total
Veteran	3	4	7
Master	3	9	12
Open	4	11	15
Junior	0	0	0
Cadet	4	4	8
Intermediate	0	3	3
Cub	1	2	3



Shooting line 1953



Safety

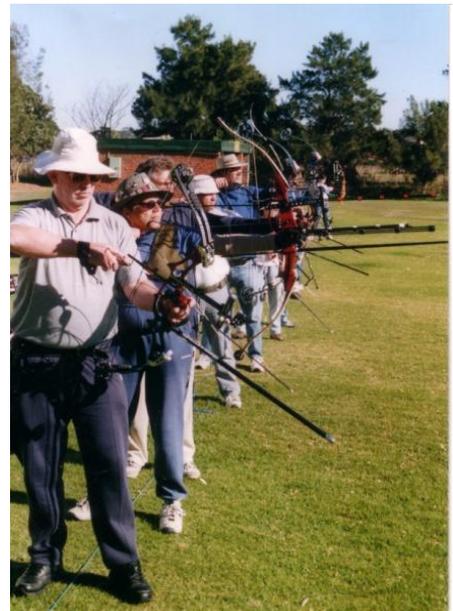
St George Archers takes safety seriously. The following rules are mandatory and apply to members, participants in the Beginner's Course, visiting archers and guests.

General Safety

- The Attendance Book must be signed by all members and visiting archers before shooting.
- Members who invite guests to the Club must ensure their guests comply with all safety rules.
- No alcohol is to be consumed by any archer while shooting.
- No person may shoot while they are under the influence of alcohol or drugs.
- Hats and sunscreen should be worn when shooting outdoors.
- Children visiting the Club must be under adult supervision at all times.
- All dogs brought onto the Club grounds must be on a leash at all times.

Safe Shooting

- Covered footwear is to be worn at all times while shooting.
- Armguards and tight fitted clothes are recommended for personal safety.
- Broadheads are not permitted.
- A compound bow's peak weight must not exceed 60lbs.
- A bow is to be strung only in an approved manner.
- No bow may be drawn back with an arrow fitted unless the bow is pointed in the direction of a target.
- Never aim a bow, loaded or otherwise, at another person.
- Bows must not be drawn back while pointing higher than the top of a target butt.
- A loaded crossbow must not be placed on the floor or ground.
- Always obey the Field Captain's whistle.
- One whistle means shooting may commence. Two whistles mean retrieve and score your arrows. Multiple whistles mean danger, in which case stop shooting **immediately**.



Shooting Line 2007

- No arrow is to be launched before the Field Captain's whistle.
- You must shoot with one foot on either side of the shooting line
- When you have shot your six arrows stand back from the shooting line.
- Do not cross the shooting line to collect your arrows before the Field Captain's whistle.
- Do not run to the target to collect your arrows.
- When approaching a target look for arrows that may be lodged in the ground.
- Approach target butts from the side.
- When pulling arrows do so from the side of the butt.
- After you return with your arrows stand back from the shooting line until the Field Captain's whistle.
- There must be no more than 4 archers per target.
- At no time shall a person interfere with an archer or their equipment while they are shooting.

Equipment Safety

Arrows:

- All arrows are to be of sound construction and are to be designed for target shooting.
- Always use matching arrows; that is arrows with of the same make, size and fletching.
- Regularly check for damaged arrows and nocks.

Bows:

- Any bow that is to be used at the Club grounds is to be of sound construction.
- Regularly check and maintain your bow. Inspect for cracked limbs and/or riser, frayed string or loose attachments such as stabilizers.
- Never dry fire a bow (firing a bow without an arrow to the string).

Release Aid:

- Any release aid used at the club shall be of sound design and must be in good working order.
- If the release aid uses a rope to hold the string, then this rope must be periodically inspected by the archer and changed when signs of wear are found.

Complying Equipment

Longbows, recurve and compound bows must comply with the FITA rules as shown in the current FITA Rule Book. Crossbows must comply with the Archery Australia rules as shown in the current Rule Book. The FITA and Archery Australia Rule Books are kept at the Club.



Daniel Kramer at Kidbow 2008



Guidelines

Guidelines for New Members

Shooting times

The club meets every Sunday from 9.30 am to set up the shooting area for a 10 am start.

The Club has indoor facilities and also meets on Wednesday evenings from 6 pm. During daylight saving time the Club meets on Wednesday to shoot outdoors. As your annual fees do not include shooting on Wednesday evenings an additional fee of \$3 is charged. You must sign the Attendance Book noting the fee has been paid. Please put your money in the jar by the Attendance Book.



Dawn Coventry 1953

Shooting programme

A Shooting Calendar is posted at the Club and online at www.stgeorgearchers.com.au. The Calendar sets out the recommended outdoor Rounds for each Sunday of the year. You do not have to shoot the published Round and as a new archer you will probably be shooting 20m and 30m distances for a while to hone your skills. If you want to follow the Club Calendar, please feel free to do so but some of the Rounds may be beyond your ability for the time being.

Every month there is Club Handicap Round. These Rounds are used to set your handicap and to determine the Club Champion for the year. These events appear in bold print on the Calendar.

Club records in each Division and Round are posted at the Club. Club records are only recognised if you shoot the record score in a Round published in the Calendar for that day.

Shooting rules



*St George Archers team and Shenna Wu
State Youth & Veterans Championship 2009*

St George Archers takes safety seriously. The Club's Field Captain is in charge of the shoot and his or her directions must be complied with. Repeated failure to comply with the Field Captain's directions can lead to expulsion from the Club on the grounds of member misconduct.

The shooting rules are found in the Safety Shooting section on pages 4 and 5 of this booklet.

Personal Conduct

The members of St Archers are an easy-going and friendly lot. However there are rules of personal conduct that all members and visitors are expected to follow. The Club has a large junior membership and we want to set a good example for the juniors.



Christmas Party 2007

Firstly, St George Archers is a non-smoking Club. That means no smoking in or around the Club House and shooting area. The consumption of alcohol is not permitted. Annoying, harassing or abusing members or visitors will not be tolerated.

The Club operates on an "honour system" for refreshments and payment of shooting fees not covered by your annual membership.

Please do the right thing and pay for the drinks you consume and for use of Club facilities.

Getting the Reserve ready for shooting requires the placement of warning signs, the shooting line and of course targets. In this case many hands do make light work, so please help to set up and pack up the targets, signs etc.

We also ask that you wash up any glasses or mugs that you use. Please do not litter.

Please do not pick up and use other people's equipment without first asking for permission.

Finally, mobile phones should be switched off or place in silent mode when you are at or near the shooting line.

Crossbows

Any member wishing to shoot a crossbow must:

- Be at least 18 years of age,
- Be a Club member for at least twelve months, and
- Successfully complete a course of instruction with a current crossbow instructor.

Any member shooting this style of bow at the Club grounds must hold a current NSW Police Prohibited Weapons Permit and must display this permit to any member of the Club who requests to see it. Alternatively they must be under the direct supervision of the holder of a Prohibited Weapons Instructors Permit.

Visiting arbalists must obtain permission to shoot from a member of the Club's Executive Committee.

Any arbalist wishing to transfer to St George Archers must demonstrate to a current crossbow instructor that he/she can shoot in a safe manner and has a working knowledge of the Archery Australia crossbow rules. If he/she fails to do so, then he/she must successfully complete a course of instruction with a current crossbow instructor before joining the Club.

Crossbows must not be left unattended. If it is necessary to leave the crossbow unattended it must be put in a secure state.



Fees

Membership Fees

The current Club membership fees are:

- Joining Fee \$ 30.00
- Annual Fee (Senior) \$200.00
- Annual Fee (Junior) \$125.00
- Annual Fee (Associates) \$100.00

These fees include affiliation fees to the Archery Association of Australia and the Archery Society of NSW. You will receive a membership card from Archery Australia that allows you to visit archery clubs around the country that are affiliated with Archery Australia. The fees include insurance cover in case of an accident. This membership allows you to shoot free of charge on Sundays.



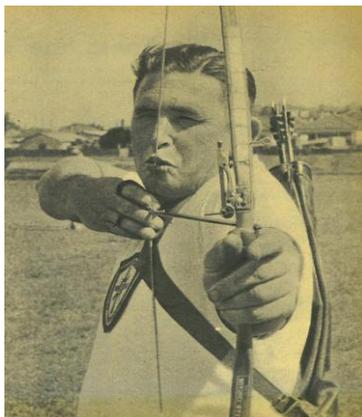
St George Archers' Medal Winning clout archery team

Parents of juniors are encouraged to become Associate Members and be involved in the Club.

Temporary Membership, limited to 12 weeks, is available for \$50 for senior archers and \$35 for juniors. This allows you to shoot free of charge on Sundays. At the end of the 12 week period you must join the Club to continue shooting with us.

Other Charges

- Shooting on any day other than Sunday attracts a fee of \$3.
- Visitors who are members of Archery Australia are charged \$5 to shoot at the Club.
- Visitors who are not members of Archery Australia are charged \$10 to shoot.
- Equipment hire is \$5 per day for members and \$10 for non-members.
- Club Shirts cost \$50 and Club hats are \$15.
- Refreshments are available in the kitchen where you will find a price list.



*Bob Racklyeft 1953
(Left)*



*Michael Guinane 1953
(Right)*



Equipment

Four things to consider

- Archery equipment is not cheap, so please think before you buy equipment.
- Incorrect or poorly set-up equipment is one of the main causes of disillusionment for new archers.
- You need to know your draw length before you choose a bow.
- You need to know your draw weight and arrow length before you choose arrows.

Introduction

Archers are always ready to talk about their equipment. Don't be shy; ask members of the Club for advice about the right equipment. We were all beginners once and most of us needed help when it came to choosing our equipment. Those who didn't ask for advice usually found out the hard way that they had made mistakes.

Please don't buy any equipment for the time being. Choosing the correct equipment involves a lot more than the purchase of a bow and some arrows. You must know what arrows you need before you get a bow and you must know the dynamic properties of your bow before you buy arrows. You can avoid mismatched equipment by not buying it until you know your arrow length and spine and your draw length and draw weight. Ask for advice from Club members.

Bow Selection

Bows come in right hand and left hand configurations. Make sure you are looking at the correct one for you. Whether you shoot right handed or left handed depends not on which is your dominant hand but which is your dominant eye. Right handed people often shoot left handed and vice versa. Ask an experienced archer or the salesperson at the archery store to check your eye dominance before you buy your bow. There are several types of bows available to the new archer. In chronological order, they are:

"Primitive" bows in the Mongol, Magyar or Korean style. *(These are sometimes called "composite" bows if they are made of more than one material.)*

- Longbows. *(Longbows are sometimes grouped with primitive bow and referred to as "traditional" bows.)*
- Crossbows.
- Recurve bows.
- Compound bows.



Dominic and George Giagios

Crossbows are prohibited weapons in NSW and you cannot own one unless you obtain a permit and belong to a club affiliated with the Archery Society of NSW. Advice on owning a crossbow can be obtained from the NSW Firearms Registry on 1300 362 562 (www.police.nsw.gov.au/community_issues/firearms.)

In this section we are talking about the recurve bow as this is what the majority of new archers shoot. Recurve bows are the bows used in Olympic competition. Traditional bows and compound bows require separate consideration. Information on compound bows is available from our experienced compound archers who are happy to advise new members on selecting the right equipment.

Recurve bows are either one piece or “take-downs”; that is the limbs can be removed from the riser (handle). Most people use the take-down style. Bows are normally sized in 2 inch increments from 52 inches to 72 inches. The standard take-down recurve bows are 66 inches, 68 inches or 70 inches.

The length of arrow you shoot governs what bow length you should consider. The following table is a guide for selecting a suitable bow length. Please note that the draw length is different to the arrow length.

Draw Length	Suitable Bow Length
26" and under	64"
26"-28"	66"
28"-30"	68"
30" and over	70"

According to the Archery Manufacturers and Merchants Organization (AMO), a bow's draw length is the distance from the groove of the nock to a position 1¾ inches forward from the pivot point of the grip when the bow is at full draw. Conveniently, 1¾ inches forward from the pivot point of the grip for most bows puts you roughly at the outer edge of the bow's riser. So without getting too technical, we can say that a bow's draw length is approximately the distance from the nock point to the front of the riser when the bow is drawn back.

The size of the riser also impacts on the length of the bow. Most risers are 23 inches or 25 inches long, although 21 inch and 27 inch risers are available. The Table above assumes the standard 25 inch riser is used. Shorter archers and children may be better off using a 23 inch riser.

If you shoot a bow that is too short, the bow limbs will bend a lot more than they were designed to. Although this would result in a fast arrow, it may also result in:

- Your fingers becoming very sore after a day's shooting because the angle that the string makes around your fingers when you pull back will be very acute.
- The bow being less forgiving, which means that any slight differences you make in how you shoot an arrow will become more critical.

Field Captain Dale Connolly (left) at the shooting line



- There will be more strain on the limbs than they were designed for and premature damage may result. Limbs are expensive. Even the cheapest ones cost more than \$200.

If you shoot a bow that is too long, the limbs will not bend enough when you pull the arrow back to full draw. That means the arrow will not get maximum power from the bow to propel it through the air.

Now that you know what a suitable bow length is, we can move on to bow weight. This is another pivotal decision and governs your arrow selection later on in the process. Bow weight is measured in pounds of pressure and effectively measures the "stiffness" of the bow limbs.

A bow with a heavier draw weight will feel stiffer to pull back than a bow with a lighter draw weight. The weight rating of the limb, along with the bow length, is written somewhere on the bottom limb.

Pictured on the right is the bottom limb of a bow. There are two numbers written on it. The 42 denotes the draw weight in pounds and the 70 denotes the bow length in inches when it is assembled in a standard 25 inch long riser. The value of 42 pounds represents how much pressure is generated when the bow is pulled back 28 inches. That is, if you pull the bow back 28 inches you will be pulling 42 pounds.



The 28 inch draw is the standard. This is where people sometimes go wrong when calculating their draw weight. If you pull a bow back more than 28 inches you will generate more draw weight than what is written on the limb. Likewise, if you pull a bow back less than 28 inches, you will generate a draw weight lower than the value written on the limb. As a rough rule of thumb add 2 pounds for every inch greater than 28 inches and subtract 2 pounds for every inch less than 28 inches.

We've got scales at the Club that will tell you your bow weight. As you will see, it's very important when matching arrows to your bow.

Arrow Selection

There are many types of arrows on the market to suit all budgets. Make sure you know what you are buying. For example, target arrows are different to hunting arrows. St George Archers does not permit the use of broadhead or hunting arrows. If in doubt don't buy arrows without asking for advice.

The most economical arrows are generally made of aluminium and are great for those who are just starting out. Inexpensive wooden arrows are also available but they do not have the consistency of aluminium and are not recommended.

The more advanced arrows are made of carbon graphite ("carbon" for short) or a combination of carbon and aluminium. These arrows normally have a much smaller shaft diameter and are much lighter. This results in a faster arrow, capable of greater consistency over the longer distances. Carbon-aluminium arrows are the most expensive of all and are used by most serious archers.

Arrows can be bought fletched, nocked and ready to use. The fletchings on target arrows are called vanes and come in sizes from 1.5 inches to 4 inches. Feathers, both real and synthetic, are available but are used by traditional archers. The makers of most ready to use target arrows seem to favour 2 inch (5 cm) vanes.

There are several brands of arrows on the market. Below is a list of those commonly seen in Australian archery clubs.

- Easton (USA) arrows are considered by many archers to be the finest arrows in the world. The price reflects the quality – they are expensive. The Easton X-10 is the arrow of choice of Olympic and elite archers.
- Cartel (Korea) also makes high quality arrows and the Cartel Triple now rivals the X-10 in popularity among elite archers in Australia.
- Beman (USA) makes very good carbon arrows at a reasonable price. They are good entry level high-tech arrows.
- Gold Tip (USA) also makes carbon arrows. They are of equal quality to Beman arrows.
- Carbon Express (USA) arrows are less expensive carbon arrows of good quality.

Once you have picked the type and brand you want to buy, there are two fundamental aspects about your arrows that need to be considered:

- Arrow Length and
- Arrow Spine

Your arrow length can be calculated by using an extra long arrow. You will need the assistance of another person. When you draw the arrow to full draw the other person marks the arrow at the front of the arrow rest or at the pressure button if you have one. The arrow length is then calculated by measuring from the nock groove to the mark on the arrow plus 1 inch (2.5 cm). Please note that arrow length is measured to the end of the arrow shaft not to the end of the point.

The length of the arrow is very important from a safety perspective. If the arrow is too short you risk serious injury by pulling the arrow past the arrow rest. However, if the arrow is too long it is unnecessarily heavy. Although it will fly, you are forced to aim higher than you need to with an arrow of correct length.



Once you have determined what length of arrow you need to pull, you must now ascertain the arrow's spine rating.

As an arrow leaves the bow it is subjected to enormous force. It bends in one direction and then the other before straightening up. This is called the "archer's paradox". Video footage available on the internet graphically demonstrates this phenomenon. The sooner the arrow straightens the better its flight will be. The spine rating of the arrow is an indication of stiffness, which translates to how much power is needed to propel the arrow out of the bow in a straight line.

If too much power is used to propel the arrow, it is said to be too “whippy”. This occurs when the bow weight is too heavy for the arrow and the arrow will effectively wobbles while moving through the air. For a right handed archer the arrow will generally drift to the right.

If too little power is used to propel the arrow, it is said to be too “stiff”. This means that the bow does not have sufficient weight for the arrow. The arrow will not bend enough when clearing the bow and will generally drift to the left (again for a right handed archer).

Spine ratings are usually determined by the arrow manufacturer and correspond with your draw weight. The manufactures referred to above publish “spine charts” on their websites. The Club also has spine charts for most brands of arrows.

Now that you know what length of arrow and draw weight you're shooting, you've got all the information you need to make an educated guess of the spine of arrow.

Length for Target • Field • 3D						RECURVE BOW Bow Weight - Lbs. Finger Release
27" (69.3 cm) 27 1/2" (70.2 cm)	28" (71.1 cm) 28 1/2" (72.4 cm)	29" (73.7 cm) 29 1/2" (75.0 cm)	30" (76.2 cm) 30 1/2" (77.5 cm)	31" (78.7 cm) 31 1/2" (80.0 cm)	32" (81.3 cm) 32 1/2" (82.5 cm)	
T1	T2	T3	T4	T5		17-23 lbs. (7.7-10.4 kg)
T2	T3	T4	T5			24-29 lbs. (10.9-13.2 kg)
T3	T4	T5	T6	T7		30-35 lbs. (13.6-15.9 kg)
T4	T5	T6	T7	T8	T9	36-40 lbs. (16.3-18.1 kg)
T5	T6	T7	T8	T9	T10	41-45 lbs. (18.6-20.3 kg)
T6	T7	T8	T9	T10	T11	46-50 lbs. (20.9-22.7 kg)
T7	T8	T9	T10	T11	T12	51-55 lbs. (23.1-24.9 kg)
T8	T9	T10	T11	T12	T13	56-60 lbs. (25.4-27.2 kg)
T9	T10	T11	T12	T13	T13	61-65 lbs. (27.7-29.5 kg)
T10	T11	T12	T13	T13	T14	66-70 lbs. (29.9-31.8 kg)
T11	T12	T13	T13	T14		71-76 lbs. (32.2-34.5 kg)

Group T8				
Size	Spine	Model	Weight Grs/Inch	Weight @ 29"
*470-520R	0.470-0.520	A/C/E	6.81	197
*450-500R	0.450-0.500	X10	8.10	235
*480-540R	0.480-0.540	Nav	7.98	231
3-28	0.500	A/C/C	8.11	235
3-39	0.440	A/C/C	8.58	249
*480-530R	0.480-0.530	Vector	7.78	226
460	0.460	Rdln	7.32	212
500	0.500	LSpd	6.53	189
500	0.500	FB	7.10	206
2212	0.505	X7	8.84	256
2213	0.460	X7,75	9.92	288
2114	0.510	X7,75	9.94	288
2115	0.461	75	10.75	312

The images above are taken from the Easton spine chart. Let’s use the bow we looked at above as our example. On the chart on the right, read down the bow weight column to find 42lbs (41-45lbs). Now look for the arrow length (not draw length) to the nearest inch. Here we are using a 30” arrow. The recommended arrow type and size is the “T” value.

Now look for the model of arrow you want in the chart on the left. For example, 75 (short for XX75) is a popular and good entry level aluminium arrow that is marketed under the names such as “Platinum Plus”.

The correct XX75 for our bow and arrow length is Size 2213, 2114 and 2115. The difference in size reflects the difference in arrow weight. The 2213 weighs 9.92 grains per inch whereas 2115 weighs slightly more at 10.75 grains per inch. (1 grain = 0.065 grams). As a beginner the difference is insignificant so buy the cheapest arrows of that kind available.

Now you know the right way to go about choosing arrows. Why all the fuss? Because the signs and symptoms of incorrect arrow choice include:

- Poor arrow flight.
- Inconsistent grouping patterns.
- Fletching hitting the arrow rest or shelf leaving a mark on the riser.
- Frustrated archer packing up, going home and selling their kit on e-bay.

Now you can go shopping

But first a word of warning. The measurements and calculations that you have made will give you equipment that is as correct as theory will permit. It may not be the perfect match in reality.

It is difficult to try before you buy – very few shops will allow it. Before spending your hard earned money try to use equipment as close to that which you want to buy. When you're next at the Club, ask about and see if anyone has a set of the arrows and a bow similar to what you want to buy. The arrow length doesn't have to be perfect; you're only looking for guidance at this stage. Ask members of the Club to try their equipment for a couple of ends. At least you will get a feel for what you may be shooting. You may want to reconsider some aspects of your choices. This is especially true of bow weight where there is a temptation to go "heavy".

By following the advice you have been given, your new bow and arrows will be a lot easier to set up and tune because you have selected properly and matched them in the first place. In time you will want to add to your bow a sight, pressure button, clicker, flipper arrow rest, stabilisers, V-bars but that's for another day.



*Alex Macqueen and Jess Greenstein with Ella Hugo
from Cessnock*

Checklist & Questionnaire

Do you shoot right or left handed?	
What is your draw length?	
What is your arrow length?	
What is your draw weight?	
What brand and type of arrows do you want?	
Did you check the spine chart?	Yes / No
What size arrows do you need?	



Young Archers

Advice for Younger Archers (... and their Parents)

The previous section "Equipment" (pages 10-15) set out what you need to know to buy a bow and arrows that correctly match the archer's physical and shooting characteristics. The Checklist and Questionnaire at the end is designed make sure all the right questions are asked and, more importantly, answered. Now we come to the special problem of equipping a young and growing archer.

Buying archery equipment for juniors is about as rewarding for parents as buying them shoes and clothes. One minute you're telling them they'll grow into it, the next minute you're out shopping for them again. Younger archers change their technique as they grow and become more practiced at the sport. Their equipment needs to change with them.



Juniors 1953 ...



and 55 years later ...

Juniors 2008

At St George Archers we believe that kids' sport should be fun. As at June 2009 St George Archers has 19 junior members ranging in age from 10 to 17. While we encourage the juniors to compete and participate in the Club's Junior Development Program we do not force them to do so. Nor do we force them to shoot recognised Rounds and to keep scores. Kids should enjoy their archery but our experience is that unless they feel that they are progressing, they become disillusioned and give up. Outgrown equipment is a major contributor to this disillusionment.

Here are some suggestions that may help to keep your child happy and protect your finances:

- Try to get good quality second hand equipment from other members or even other clubs. The Archery Forum (<http://www.archery-forum.com>) and e-bay are also worth checking now that you know what you are looking for but be careful when buying equipment that you have not inspected.
- Unless your child is very young (10 or 11) or of small stature buy a 25" riser from the start. Very few children will ever outgrow a 25" riser.

- Wear the expense of buying a “universal limb” style riser. This gives you greater flexibility when it comes to finding good second hand limbs or buying new ones. It will save you money in the long run.
- A good sight is worth buying from the start. It is a vital piece of equipment and one that the young archer will not outgrow for a very long time. Buy a sight with a 9 inch bar. The Cartel *EX* and *K* sights cost between \$50 and \$65 and are at the bottom of the price range. The Sure-Loc *Quest X* is at the other extreme and costs between \$435 and \$600 dollars. Depending on your budget, at around \$80 the Cartel *Xpert* and *2000* are worth considering as a first sight.
- As far as arrows go, unless you child is almost at adulthood, an extra inch on the arrow is acceptable; they'll grow into them! Remember, short arrows are dangerous long arrows are not.
- Buy aluminium arrows such as the Easton “Jazz” or “Platinum Plus”. At the beginner stage they are as good as carbons. You can get better arrows next year.
- You don't need all the other gadgets straightaway. Stabilisers, clickers, flippers and pressure buttons can come later.

Young archers need supervision and encouragement. Parents are asked to stay at the ground to assist in these important functions. Indeed, we encourage parents to become involved in the Club as Associate Members.



*George Karkoulas
Kidbow 2008*



*Phoebe Kramer
Kidbow 2008*



*Lewis Yeadon
Kidbow 2008*



*Jonathan Stirling and Dominic Giagios
Kidbow 2007*



Competitions and Tournaments

After the Beginner's Course

Having completed your Beginner's Course you can now look forward the challenge of improving your skills and participating in competitions and tournaments.

When you start shooting with other Club members you will notice that more experienced archers will offer advice when they see you doing something that is not quite right. This type of informal mentoring plays an important part in the life of the Club and it is something that new archers benefit from. If you are not happy with the way you are shooting, ask for help. Don't get frustrated and upset if things are not going right. Sometimes the problem can be rectified by simply adjusting your equipment or by reinforcing what you learned in the Beginner's Course.



Stefan Bozinovski at Kidbow 2008

Club Competition

Every year the Club publishes a Shooting Calendar (see page 20). The Club Handicap Rounds are used to determine the Club Champion for the year. The Recorder (Boyd Symington) sets the handicap and keeps the score. If you want to compete in the Club Championship it is important that you fill in your score sheets correctly. If you are in doubt ask for assistance. The Shooting Calendar also has the suggested shooting programme for the year and is designed to give you the opportunity to achieve the criteria for nationally recognised awards. Further details are available from the Recorder.

Rounds

In archery there are standard shooting formats called "Rounds". In Australia a Round is usually named after an Australian city or is known by its International Archery Federation (FITA) name. The Round is defined by the number of arrows shot, the distance to the target and the size of the target. For example a "Geelong" is a Round of 90 arrows shot over 30 metres using a 122 cm (large) target face. By replacing the 122 cm target with an 80 cm target, the Round becomes a "Drake".

The use of standardised Rounds allows every archer in Australia establish a "rating" for that Round and to compare himself or herself with any other archer in Australia. Ratings start at 10 and finish at 125. The rating is set by the score for a particular Round. For example a rating of 10 for a Geelong means that the archer has scored at least 448. The same rating in a Drake is achieved with a score of 270 because it is a more difficult Round. A perfect 900 for a Geelong gives a rating of 105.

Tournaments

Tournaments are conducted in each Division and over a wide variety of Rounds. They are open to recurve bow and compound bow archers and from time to time to traditional archers and arbalists. Tournaments are also held in every archery discipline; outdoor target, indoor target, field, flight and clout. The Archery NSW website (www.archerynsw.com) provides a list of upcoming tournaments and events.

St George Archers encourage all members to participate in as many events as they can especially Qualification and Ranking Events (QRE's) held at other Clubs. These events provide an official ranking in NSW and Australia. Emails are sent advising members of the cost and closing date of events. Invitations to such events are also posted on the Club noticeboard.

There are specific tournaments for juniors at which St George Archers is well represented. Two of the most popular events are the "Golden Gong" hosted by Illawarra and "Kidbow" hosted by Warringah.

The growth and success of our juniors can be seen from their participation in these events. In 2008 we sent a team of 4 archers to the "Golden Gong" and returned with 3 medals. In 2009 8 juniors competed and 7 won medals. St George Archers fielded a team of 6 at Kidbow 2007 and won 4 medals. At Kidbow 2008, 8 juniors represented the Club and won 6 medals. In 2009 our juniors won another 4 medals. More importantly the kids who competed had a great time and enjoyed the excitement of participating in a real tournament.

Awards

Archery Australia confers Archery Classification Awards. The classifications for archers are:-

- Grand Master Bowman
- Master Bowman
- First Class Archer
- Second Class Archer
- Third Class Archer



Master Bowman



1st Class



2nd Class



3rd Class

These classifications are awarded for scores shot in Outdoor Target, Indoor Target, Field, Clout and Flight competitions. To attain a classification an archer has to shoot 3 qualifying scores in a 12 month period. Once qualified as Third Class, that archer is awarded the classification badge with the insert for the type of discipline shot, e.g. Target. Each classification is more difficult to attain than the previous one as the distances and scores required to be shot increase.

Third, Second and First Class badges are only awarded once to an archer. Master Bowman and Grand Master Bowman badges are awarded on a yearly basis. To maintain these classifications the required scores must be shot each year.

The section “Archer Classification” in the Archery Australia Rule Book gives full details of the rules covering qualifications. The “Classification Tables” set out the required ratings for each class.

Archer Classifications for Outdoor Target (Recurve)

Ratings Required

Division	GMB	MB	1st	2nd	3rd
Men	85	75	65	50	35
Women	80	70	60	45	30
Master & Veteran Men	80	70	60	45	30
Master & Veteran Women	75	65	55	40	25
Junior Men	75	65	55	40	25
Junior Women	70	60	50	35	20
Cadet Men	70	60	50	35	20
Cadet Women	65	55	45	30	15
Intermediate Boys	65	55	45	30	15
Intermediate Girls	60	50	40	25	10
Cub Boys & Girls	60	50	40	25	10

Distances Required

Division	GMB	MB	1st	2 nd	3rd
Men	90	90	70	50	Any
Women	70	70	60	50	Any
Master Men	70	70	60	50	Any
Veteran Men	60	60	50	40	Any
Master & Veteran Women	60	60	50	40	Any
Junior Men	90	90	70	50	Any
Junior Women	70	70	60	50	Any
Cadet Men	70	70	60	50	Any
Cadet Women	60	60	50	50	Any
Intermediate Boys & Girls	55	56	45	35	Any
Cub Boys & Girls	40	40	35	30	Any

To attain a classification;

1. You must shoot 3 rounds that are equal to or better than the rating shown in the Table.
2. The 3 rounds must be shot in a calendar year.
3. All 3 rounds must be at least 72 arrows and include at least 30 arrows at the distances in the table.

Examples:

- A Cub Boy or Girl (*under 12*) would qualify for a Third Class medal if they shot 3 “Newcastle” Rounds (*90 arrows at 20m*) and scored no less than 622 in each Round.
- A Cadet Woman (*under 16*) would qualify for a Third Class medal if she shot 3 “Geelong” Rounds (*90 arrows at 30m*) and scored no less than 506 in each Round.
- An archer in the Men’s (*Open*) Division would need a minimum score of 782 in the Newcastle to attain Third Class medal. A Woman archer shooting the same Rounds would need a minimum score of 758.



St. George Archers 2010 Shooting Calendar

Date	Round 1	Round 2	Round 3
3-Jan-10	Men's/Women's FITA	Launceston	FITA Standard
10-Jan-10	Men's/Women's FITA	FITA 70m (Ind)	Holt
17-Jan-10	Men's/Women's FITA	Melbourne	Drake
24-Jan-10	Men's/Women's FITA	Fremantle	Intermediate
31-Jan-10	Men's/Women's FITA	Sydney	Horsham
7-Feb-10	Men's/Women's FITA	Adelaide	Short Adelaide
14-Feb-10	Club Handicap Round Canberra, Short Canberra, Junior Canberra		
21-Feb-10	Men's/Women's FITA	Brisbane	Melbourne
28-Feb-10	Men's/Women's FITA	Hobart	Darwin
7-Mar-10	Men's/Women's FITA	Perth	Geelong
14-Mar-10	Club Handicap Round Canberra, Short Canberra, Junior Canberra		
21-Mar-10	Men's/Women's FITA	Holt	Newcastle
28-Mar-10	Men's/Women's FITA	Canberra	Short Canberra
4-Apr-10	Men's/Women's FITA	Wollongong	Junior Canberra
11-Apr-10	Men's/Women's FITA	Townsville	Launceston
18-Apr-10	Club Handicap Round Canberra, Short Canberra, Junior Canberra		
25-Apr-10	Men's/Women's FITA	Launceston	FITA Standard
2-May-10	Men's/Women's FITA	FITA 70m (Ind)	Holt
9-May-10	Men's/Women's FITA	Melbourne	Drake
16-May-10	Men's/Women's FITA	Fremantle	Intermediate
23-May-10	Men's/Women's FITA	Grange	Horsham
30-May-10	Club Handicap Round Canberra, Short Canberra, Junior Canberra		
6-Jun-10	Men's/Women's FITA	Launceston	Short Adelaide
13-Jun-10	Men's/Women's FITA	FITA 70m (Ind)	Melbourne
20-Jun-10	Men's/Women's FITA	Melbourne	Darwin
27-Jun-10	Men's/Women's FITA	Fremantle	Geelong
4-Jul-10	Club Handicap Round Canberra, Short Canberra, Junior Canberra		
11-Jul-10	Men's/Women's FITA	Sydney	Newcastle
18-Jul-10	Men's/Women's FITA	Adelaide	Short Canberra
25-Jul-10	Men's/Women's FITA	Brisbane	Junior Canberra
1-Aug-10	Men's/Women's FITA	Hobart	Launceston
8-Aug-10	Men's/Women's FITA	Perth	FITA Standard
15-Aug-10	Club Handicap Round Canberra, Short Canberra, Junior Canberra		
22-Aug-10	Men's/Women's FITA	Holt	Holt
29-Aug-10	Men's/Women's FITA	Canberra	Drake
5-Sep-10	Club Handicap Round Canberra, Short Canberra, Junior Canberra		
12-Sep-10	Men's/Women's FITA	Wollongong	Intermediate
19-Sep-10	Men's/Women's FITA	Townsville	Horsham
26-Sep-10	Men's/Women's FITA	Launceston	Short Adelaide
3-Oct-10	Men's/Women's FITA	FITA 70m (Ind)	Melbourne
10-Oct-10	Club Handicap Round Canberra, Short Canberra, Junior Canberra		
17-Oct-10	Men's/Women's FITA	Melbourne	Darwin
24-Oct-10	Men's/Women's FITA	Fremantle	Geelong
31-Oct-10	Men's/Women's FITA	Grange	Newcastle
7-Nov-10	Men's/Women's FITA	Launceston	Short Canberra
14-Nov-10	Men's/Women's FITA	FITA 70m (Ind)	Junior Canberra
21-Nov-10	Men's/Women's FITA	Melbourne	Launceston
28-Nov-10	Club Handicap Round Canberra, Short Canberra, Junior Canberra		
5-Dec-10	Men's/Women's FITA	Fremantle	FITA Standard
12-Dec-10	Men's/Women's FITA	Sydney	Holt
19-Dec-10	Men's/Women's FITA	Adelaide	Drake