



On Target

ADELAIDE ARCHERY CLUB NEWSLETTER

MARCH 2023 Page 1

CAMP QUALITY FAMILY DAY SUNDAY 5 MARCH



**BEFORE, DURING AND AFTER!
A BIG THANK YOU TO ALL
THE HELPERS**



Photos: Annette Humphries

W F GRAY & CO
PTY LTD
PLUMBERS & GASFITTERS

Contact: Jeff Nicoll Mobile 0418 806 095



Congratulations!

FEBRUARY HANDICAP AWARDS

SPOON: Louis des Landes, adjusted score: 935

LONGBOW WOODEN ARROWS: Shirley Biggs, adjusted score: 879



MARCH 2023

Page 2

YOU ARE REMINDED THAT ALL CLUB MEMBERS ARE INVITED TO ATTEND THE MONTHLY MEETINGS, AND EVERYONE AT THE MEETING MAY VOTE ON THE ISSUES DISCUSSED. MANY OF THE ARTICLES IN THIS NEWSLETTER ARE DRAWN FROM THE MINUTES OF THE LAST MEETING WHICH ARE SENT TO YOUR INBOX; THERE ARE MANY OTHER ITEMS OF INTEREST TO READ.

TOURNAMENTS January/February 2023

See Archery SA website for details & to enter these events: <https://archerysa.org.au/events>

18-24 March: Cressy Bowmen Veteran Plus "Postal" Tournament, A social event for "70+" archers using scores that have a handicap applied. Choose to shoot any day 18-24 March, at your Club and enter via [The Archer's Diary](#)

Saturday 1 April: Kidman Archers John Burton Memorial Shoot at West Beach Primary School, 1.30pm

Sunday 2 April: The Farm Indoor Archery Club's Jim Hale Indoor Memorial Tournament, 9.00am at Ingle Farm Recreation Centre

Friday 14 April: South Australian Grand Prix at Ashton Oval, 8am-5pm, Comprises 72-arrow round and matchplay Cost: free entry for Oceania archers, 60.00 for all others

21-22-23 April: Copper Coast 2023 SA Masters Games at York Peninsular Field Archers, Kadina

Saturday 22 April: Torrens Valley Archers Metric Philadelphia Shoot at Birdwood, 9am-4pm

Tuesday 25 April: Light Archers Anzac Day Invitational Clout at Kapunda, 9.30am-4.30pm

Sunday 30 April: Great Southern Archers Vera Pennington Memorial Shoot, Strathalbyn, 10am-2.30pm lunch available

LOUD SHIRT DAY—AND THEY DARED TO BE VERY DIFFERENT

Saturday 11 March



A very colourful donation of \$500.00 will be made to the Hutt Street Centre

Photo Chris Lech

The Loud Shirt Day saw 27 participants take part on a warm Saturday afternoon.

It's an event that originally started with the Saturday morning Youth program, as a fundraiser for men's health. Now the Seniors have also taken on the task for such a worthy cause.

The majority of those present came in an interesting array of colourful shirts. Prizes for the most colourful were awarded to **Margaret Betterman and Dieter Seifert**.

Our Tournament Director **Carol** also took on the Social Coordinator role of supplying afternoon tea, much appreciated by all.

I enjoyed my first Loud Shirt Day and will participate again, but may need to modify my shirt!

As a Compound archer, I now appreciate why we wear polo shirts for our sport, as shirt sleeves do tend to drag when drawing the bow. At least that is my excuse for the occasional errant arrow!

It was a successful fundraiser and a fun days shoot, and I would encourage further participation by our members next year.

Sue Martin

ARCHERY COACHES FROM JUNIOR ALEXANDER

Archers who would like to become accredited coaches, need to do a **Level 1 Coaching Course**. (this does not apply to coaching assistants at beginners courses)

The **Level 1 course** goes for one day at a cost of \$135.

The **Level 2 course** costs \$175; to become a Level 2 coach, you need to have completed the Level 1 course, and to have coached for one year.

At present I am trying to finalise dates for courses. These dates will be on the Archery SA website where participants will be able to register.

NOTE: If the club pays for you to be accredited, it is expected that you will use your skills coach other club members rather than take them to another club



MARCH 2023

Page 3

LOST PROPERTY—last chance

Please check the lost property box for lost items. It will be cleared out in two weeks

Jan OConnor



DO YOU LEAVE RUBBISH LYING AROUND AT HOME?

This is a photo of butt rubbish collected around portable butts on our Sunday afternoon club shoot. It was just in the area between targets 8 and 9, picked up by a couple of archers as they walked to score and returned to the shooting line (40 meters).

DON'T YOU CARE ABOUT YOUR CLUB?

Even more obvious is the colourful cardboard that falls from target faces and the black and white material from fixed butts.

IS IT THAT HARD TO PICK UP RUBBISH?

It would be nice to see more people collecting litter as they collect their arrows, the litter seems to come predominantly from the portable targets.

PLEASE SHOW A LITTLE PRIDE IN YOUR ENVIRONMENT

Photo Keith Bown

SNIPPETS

JUNIORS ON THE PATH TO SUCCESS

AAC U16 archers, **Noa Bar-Am, James Azli and Chase Pittman** were accepted into the National Pathways Program for Recurve Archery, along with only 17 other archers from around Australia.

Their program begins on 7 March and goes through the whole year including camps and specialised training programs with their coaches: **Graham Winston and Jean-Michel Favre**.

The first camp is at the Australian Institute of Sport in Canberra at the end of March.

WHAT SHOULD WE SPEND MONEY ON?

A planning meeting to formulate a draft budget for the next financial year is coming up. It will be approved (or not!) at the May meeting.

DO YOU HAVE ANY BURNING ISSUES AT THE CLUB THAT COULD BE RESOLVED BY A BUDGET ALLOCATION? Please suggest any changes or expenditure items for that planning meeting. Email the **Treasurer, Kylie Steyn**, or leave a note in her drawer.

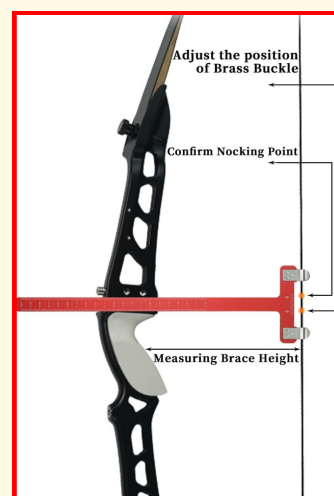
DO YOU HELP WITH JUNIORS AT THE CLUB?

Remember that **WORKING WITH CHILDREN** checks are required for any club volunteers who assist with activities where juniors are present. **President Daniel Caon** can initiate the check if you need one.

BRACE HEIGHT? WHAT'S THAT?

The **Equipment Officer, Chris Lech**, reminds archers to be aware that the brace height of a bow can affect arrow damage.

Having a bow square on hand to assess brace height in relation to bow length and poundage may prevent quite a bit of fletch and feather damage incurred at especially at beginner level.



Brace Height for Coaches

A request to on-field coaches. Please be aware that the brace height of a bow can affect arrow damage.

REPORT FROM THE INDOOR ARCHERY SUB-COMMITTEE

Vashe Chandrakanthan (father of member, **Ammrutha**) has put forward a proposal from Mitcham Girl's High School. The school is interested in starting an "archery club" or an archery program at the school. We are investigating options for them with the goal to:
Set up the school with equipment to run their own program, and
Have available to us an indoor facility that could be used by SA archers



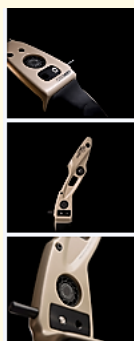
MARCH 2023
Page 4

FROM THE LIBRARIAN, STEVE SYKES

Bow International

Bow International Vol. 166 is now available for members to read in the club room.

Asides from the usual newsy snippets, interviews and reports from events, some of following feature articles may interest our members.



Under new equipment, **EASTON ANNOUNCES its NEW BOWTRUK FOR 2023**, which comes in three sizes to accommodate virtually any bow as well as, in the case of the larger version, any pets or family members you may want to take to the range.

Win & Win has been showing off its new WIAWIS bow. In recent years, its archery brand line has been renamed WIAWIS, which is an acronym for 'Winning Action, Winning Spirit'. (Cyclists amongst us probably already know they also make high-end carbon road cycles under the same brand name). Last year it brought out its META-DX riser, the latest evolution of a long line of curvy carbon risers. For the first time, the top-of-the-line offering included the EHS Harmonic Damper, a product developed and supplied by the American compound manufacturer Mathews. The success of the META-DX led Win & Win to incorporate the dampers into its distinctive ATF-DX riser, which is new for 2023.



HUGH SOAR (1926-2022)

passed away at the end of November 2022 aged 96. Hugh was Bow International's longest-standing columnist and a fixture in the magazine since its earliest days in the 1990s. This volume includes an interesting tribute from his widow Veronica-Mae Soar, which is well worth reading.



In the new tech arena, some brand-new sports technology was seen at the inaugural Taipei Archery Open last year. Out on the field, an extraordinary virtual reality (VR) broadcast system was installed by event sponsor Funique. A custom made headset gave a full 360-degree view of the shooting hall from two selectable positions, both looking at the targets and looking back towards the archers. This experience came with full stereo sound with graphical overlays updating scores or showing targets in individual detail.

ARROWS: PREPPING THE SHAFT is a new updated series of features on how to build a perfect set of matched arrows and will be of interesting to the fletchers and arrow builders amongst us. In the first part of this 'how to' series, the author looks at the various processes that shafts have to go through before they can be used to make a set of final arrows. Ultimately, the success of the end product will be a direct representation of how well we prepare from the start and how much patience and application we give the project. Getting a good bond on vanes, points, pins and anything else glued in or on the shaft requires the surfaces to be squeaky clean.

DRAG AND LIFT While on arrows, Dr James Park provides a lesson in arrow physics focussing on an arrow's centre of mass (CoM), its balance point, and its centre of pressure (CoP) or aerodynamic centre. For any practical arrow, the CoM is in front of the CoP. If the CoM is behind the CoP, the arrow would turn around after leaving the bow and fly nock first, which is an interesting consideration!

Finally, an article on **CORE STRENGTH** covers the use of the kettle bell, which is a cast iron ball with a handle that is versatile in nature, and highly effective when used correctly. It can be used to improve strength, conditioning, speed, mobility and power in the confines of your home, all of which are useful in the pursuit of archery.



As usual, the articles highlighted here are just a selection to be found in the current edition now in the club room. Members are reminded that once the current edition is replaced by a new one, it is available on loan, as are all books and magazines held in the library.

FROM THE COACHING CO-ORDINATOR, JAMES HENRIKS

The *Coaching Clinic* on Sunday 12 March had 12 participants. The presenters were **Jean-Michel Favre, Jeff Nicoll, Chris Balla and Graham Winston**, supported by **Jim Beatty and Heidi Monkman** on shooting technique. Participants ranged from juniors and relatively new archers to more experienced members.

The next coaching clinic is scheduled for Saturday July 22nd.



MARCH 2023
Page 5

LORD MAYOR'S TEAM SHOOT

Adelaide Archery Club teams did very well at the tournament on Sunday 5 March.

Team '**Jim's Barebow**' - **Gianni Capruso, Adam Sims and Stephen Nockels**—won the barebow section;;

Team '**Casey and the Sunshine Band**' - **Casey Isles, James Azli and Fairuz Azli**—won Recurve Division 1. Their 2239 points beat Team '**Falcons**' - **Ammrutha Vashatharan, Chris Lekkas and Chris de Mello**, with 2158 points into second place.

Team '**Steady as she Bows**' - **Heidi Monkman, Georgia Benjamin and Celeste Kennedy**—won Recurve Division 2

What a great performance!



The usually strong number of long-bow teams from AAC was missing this year because many of them were helping out at the Camp Quality Day. It was simply a case of making the decision between what they wanted to do versus what they thought was the best thing for all concerned.

Maybe next year.



Photos Belinda Wildman and Bruce Lang

GRANT APPLICATIONS FROM PRESIDENT DANIEL CAON

The club has applied for \$3000 from the SA State government Active Club Grant Program. Thanks to **Gerry Davies** for putting together the application. If successful, there are many options of how to spend the funds

Graham Winston and Gerry Davies have also applied for a City of Adelaide Community Impact Grant for a para-athlete program that Graham plans to run. This is for \$30,000 over two years. Graham has also secured some funding from Archery Australia which has paid for \$400 of visitor fees so far.

TIMING CONTROL HOLDER DEVELOPED BY TONY LOI

This is a 3D printed holder for the timing controller. Compatible with most tripods and lighting stands and easily adapted, it comprises three parts: the swivel head (aka the puck), the mount and the saddle. The **puck** is the interface to the tripod or lighting stand, this is the part that is replaceable to suit most camera tripods. The **mount** sits on the puck and can freely swivel around

Continued next column

Continued from previous column

..... the tripod, note that there is no locking mechanism and it is held in place by gravity. Finally, the **saddle** goes on the mount.

FROM THE BUILDING OFFICER, JUNIOR ALEXANDER

Thanks to **Gerry Davies** for painting over the graffiti on the western end of the fence, and also replacing the bolt that was missing on the wheelbarrow.

All the outside tables have been repaired. Please put them out and pack them away with **two** people. With only one person the legs are being broken. Also, do not pull up or put down by the legs as it puts too much strain on the braces.

If you are going to carry out repairs on any club equipment, please do it properly or ask for assistance first.

The clout storage box has now been repaired - please pack things away as you found them, so it stays neat and tidy.

Note, the clout cords **must go in** the plastic bags.

Adelaide Archery Club Inc.
Bundeyes Road & War Memorial
Drive
North Adelaide 5006
PO Box 133, Walkerville, SA 5081

News, letters, comments
and photographs are all
welcomed by the editor

Email info@adelaidearchery.org.au
Or email editor:
publicity@adelaidearchery.org.au
Web www.adelaidearchery.org.au