

NEWSLETTER

The official newsletter of the Grange Company of Target Archers Inc

SAMFORD SPECIAL
FEBRUARY 2009



Goodbye Emerson Park
24th January 2009

G.C.T.A.

Samford Archery Park
Mount Samson Rd
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WEBSITE:

www.grangearchery.org

BEGINNER COURSES:

MARCH 7th, 14th, 28th FULL
MAY 2nd, 9th, 23rd

To register for a Beginner's Course
contact Brian Hagaman
at above details

RED LETTER DAYS:

BEGINNERS: 7th, 14th, 28th Mar

CLUB SHOOT: 7th March

GENERAL MEETING: 7th March

MERV KELLY SHOOT: 21st Mar

INDOOR QRE: Thu 2nd April

CLUB SHOOT: Sat 4th April

The Grange Vine

Dear Grangers

Welcome to Samford! The dream became reality on the 24th January, with Club members pitching in and helping with the much anticipated move to our new Club facilities at Samford. It was a day of mixed emotions; it was difficult to say goodbye to Emerson, yet exciting to be welcomed by our new facilities at Samford. If you missed it, read about our historic move in this Newsletter, along with some photos that tell the story.

Following on from the last Newsletter, Simon Fairweather continues his interview with us, and talks about his archery today and his views for the future. Martin gives a detailed article that will help and understand arrow selection in "Coach's Corner", while Mark and Alison give us a refresher course on archer etiquette and the responsibilities required of an archer at competition. In our "Archer Profile" meet one of our newest junior members, Henriette Viljoen. You'll often see Henriette shooting alongside her dad, Bertus.

A reminder that the annual Merv Kelly Memorial Shoot is at our Samford doorstep. This invitational shoot will be held on Saturday, 21st March. Details in the Newsletter.

On a personal note, I would like to advise that this is my last Newsletter as Grange Editor. It has been my privilege and pleasure over two and a half years to bring Club news and information to you. I would like to thank everyone for their support and smiles along the way. You made the river run. Thanks.

Smile  Marji

President's Message

Hi Archers,

The club has achieved its dream, one that germinated so many years ago with the establishment of the new indoor facility and target field at Samford. The dream started with the desire for a toilet and evolved to include a regulation north south field. While there is sadness to leave Emerson Park and the tradition of shooting on that grand old field we have created a future for the club and a fantastic facility for archery of the next 100 years. I believe the club has now transcended any one field and now encompasses the whole of north Brisbane and the wide regions/councils to the north.

I would like to thank all those who helped with the shift and then the mowing of the new field. It was hard work. You did a fantastic job. The spirit of club continues to be something we can all be so very proud of. Yes people are human, but applying understanding and dedication for a wider good we build a future that is a better world. If at any time you have any concerns or questions please come and see me; I assure you I do not bite.

There are no illusions; there will be a fair bit of work to do over 2009 to get the facility to where we want it. With luck toilets and lights will be working next weekend, and next month hopefully the field will be laser leveled, hopefully!

I would like to sincerely thank Marji for her time as our editor of this newsletter; she has done a great job for us. Of course the call goes out for anyone who may be interested in taking on this role. If you are interested please drop me an email or give me a ring.



Club President
Brian Hagaman

Goodbye Emerson Park



Last Day Shooting 17.01.09

It's been a hectic few weeks at Club with the impending relocation to Samford. What started as talks and plans to move over 4 years ago became a reality on the 24th January 2009.

There has been a lot of behind the scenes organisation and work going on for several years to prepare for the move. Many talks with councils, contractors, builders, and electricians.... the list is endless..... has gone on to make the Samford dream a reality. Particular thanks go to our President, Brian Hagaman for his time and effort (and gray hairs acquired) with all the preparation and work he has done for the relocation. Thanks also to Alison, Mark, Craig, Andrew, and Martin for their assistance with either the mounds of paperwork or the constant monitoring of the Samford grounds and shed construction over the last few months.



"The Great Wall" comes down 24.01.09

After 61 years at Emerson Park, it was time for GCTA to move on. We leave behind personal achievements and fond memories, but take with us lasting friendships and that wonderful Granger spirit.

Great things lie ahead of us at Samford. Just wait and see.

Hello Samford!

With sultry conditions, a Beginner Course in progress and a long weekend of possible holiday 'no show' helpers, the big move to Samford was on! But nothing can dampen or deter that Granger spirit – not weather, club duties or the patriotic obligation to throw some lamb on the barbie! We are more than just Australian – we are Grangers!

On Saturday 24th January, Club was a hive of activity with 30 Club members, ranging in age from 10 to well, older....all pitching in and helping to move all the equipment and furnishings outside, ready for loading and relocation. Around 12pm, everyone stopped and enjoyed the lunch provided, and were amused by Mick's 1001 Great Movie Moments and Impersonations while waiting for the truck. By 2pm, the truck was loaded and then it was onwards to our future at Samford.



Out with the old...



...and in with the new



Men with rakes

With an envoy of Granger cars, the truck arrived at Samford shortly after 2.30pm, and the unloading of gear commenced. By 6pm, the work was done and the shed locked, ready and eagerly awaiting its new members for more work on Sunday.

Next day, 25 dedicated Grangers turned up at 9am for the start of another day's work. The immediate needs of mowing, tidying, and completion of security fittings work were done, with most of the gear being moved down to the pump shed some 60 meters away.



"Mow Forest, Mow!"



Our new home



Grinding LUMP

Our new Club is up and running with no loss of time or archery in the move. There will be more work to complete in the following weeks and months, with working bees being advised if you wish to come and lend a hand.

It was wonderful to see that so many Club members pitching in to help – from long standing members to new archers to the Club. The shed and Granger activity generated quite a bit of local interest on Sunday, with at least 5 people dropping in to quench their curiosity. Surely a sign of things to come. Welcome to your new home Grangers!

Merv Kelly Memorial Shoot

SATURDAY, 21ST MARCH 2009

All Club Members and archers from South East Queensland are warmly invited to attend the GCTA annual Merv Kelly Memorial Shoot, to be held at our new Samford field on Saturday 21st March 2009.

Merv Kelly was an early member of the Grange, and was instrumental in developing the Club in his position as President. He was a much respected coach, with some of our present day members receiving their first introduction to archery from him, including our present day President Brian Hagaman! Club Members Jim Gooley and Colin Lang fondly remember shooting along side Merv.

This annual Memorial Shoot is aimed to encourage all archers to participate, from the beginner to the experienced. This is a short range competition designed to suit every ability - Grange, Melbourne, Darwin, Geelong and Newcastle. Practice starts at 9.30am, with a scheduled start time at 10.00am. Presentation of trophy and awards at 2.00pm.

Please join us on the day, and celebrate the sport and spirit of one of our first Members.

Simon's Score Sheet

Simon Fairweather has achieved far more than his Gold Medal at the Sydney Olympics in 2000. While this is the highlight of his competitive career, Simon's achievements in archery and outside of archery are outstanding, and speak much of the man when he's not holding a bow. Here's a brief summary of his awards and accomplishments to date.

Awards

- 1991 *Young Australian of the Year*
- 1991 Confederation of Australian Sport *Male Athlete of the Year*
- 2000 Selected one of the AIS's *21 Best of the Best* (for AIS 21st anniversary)
- 2000 Australian Institute of Sport *Athlete of the Year*
- 2000 Order of Australia Medal (OAM)
- 1991 & 2000 Archery Australia *Gold Plaque*
- AOC's 50 Finest Olympians (now 100)
- Archery Australia *Life Member*

Sporting Achievements

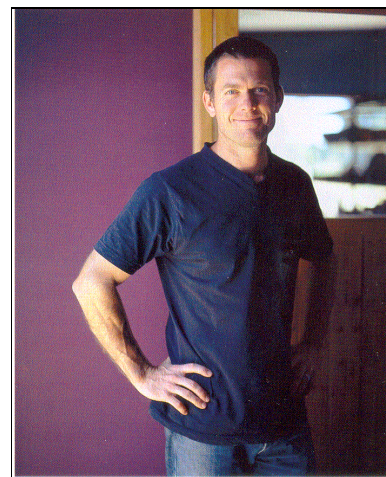
- 1991 Target World Champs (Individual Gold medal)
- 1991 World Champs Team (Bronze medal)
- 2000 Olympic Gold Medal
- Competed in 5 Olympic Games
- Competed in 8 World Championship Teams
- In excess of 20 National Titles (target and field)
- The only archer worldwide (since the FITA round was introduced to World Championships) who has won a World Championships or Olympic Games title under two different competition formats. (For various reasons, FITA has changed the format of competition several times since the '84 Olympics, which has been challenging for archers to adjust to.)

Arrow Info

When Simon was training at the AIS, his arrow count was 250-300 per day. And the most arrows shot from his bow in one day? 804! Now that's one sore target butt.

Special Guest: Simon Fairweather PART TWO

Simon Fairweather's archery record speaks for itself. Having spent 20 years in the competitive arena, it is not only his wins and records that are impressive, but also the knowledge, wisdom and insights he has gained along the way. While most remembered for his Olympic Gold win in Sydney, Simon has, in fact, represented his country 5 times at Olympic level, the only Australian archer ever to do so. This is a testament not only to his skills with a bow, but also to his mental endurance and stamina, his drive and determination. In Part 2 of his interview, Simon talks about his archery today, and gives some valuable archery advice gained from his insights and hindsight from a remarkable archery journey. Finally, Simon gives us his views for the future of archery in Australia – an inspiring and thoughtful read.



Simon Fairweather

Why do you enjoy archery?

When I started I liked the idea of shooting an arrow and the equipment (I grew up dreaming about explorers and trappers in the American wilds, so archery seemed pretty cool). Then it became something else – more Olympic sport mentality and the whole dedication and training lifestyle thing. Now, as far as my own shooting goes, I'm back to just enjoying the feeling of a well shot arrow.

You recently joined Canberra Archery Club. What's it like back at Club level?

I was planning on joining and I received an offer for free membership there this year, which was really nice of them. I am enjoying shooting there with their relaxed atmosphere.

How often do you shoot now?

Sometimes not for a few weeks, sometimes a few days in a row. I'm shooting a light bow - 36# so that I can shoot with good form without having to train frequently to manage the weight. Too many archers feel they must shoot the weight that top competitors use. Why? We all recognize that good form is the key, so why shoot a draw weight that prevents you from doing it? You have to be realistic about your constraints re time to train, age etc.

Do you ever get the urge to shoot competitively again?

Sometimes, because I know much more about shooting than at any-time before (obviously) and have the benefit of 20/20 hindsight.

Who do you enjoy shooting on the line with?

People who are focused on shooting well but who aren't 'losing their rag' doing it. I find archery a very pleasant thing to do and I don't like hearing people going off the deep end when I'm doing it.

What's your next purchase going to be?

Hopefully a second motor for my car ☺ Actually since winning the WAC in '91, I've been pretty lucky with getting the equipment I need for free. I'm very thankful of this as I know how much it would have cost me to have bought it all over the years, though I suppose that is the trade off for all that training!

What's the one piece of archery advice you would give to new archers?

In order to improve and grow as an archer they need to develop a sense or introspective understanding of their shooting, and themselves. If you rely on a coach to 'direct' your shooting you will only ever be the coach's 'vessel' and only become as good as the coach. To be independent is the only way to realise your potential. By independent I mean thinking about what a coach says without just following. The relationship should be one of communication and discussion – with learning as the outcome. A good coach is very helpful – they can support you, be a sounding board, and give you the benefit of their experience saving you the same mistakes (though sometimes it's good to experience these for yourself). But ultimately you have to be responsible for yourself, especially in motivation to train and finding ways to improve.

I don't say this needs to be a road of lonely and laborious travel – just that a half effort or just floating along will only get you so far. It's very satisfying to make the commitment and then realize that dream.

ARCHER PROFILE



NAME: Henriette Viljoen

MEMBER: July 2008

BOW TYPE: Evolution2

What started your interest in archery?

After reading "Lord of the Rings" I fell in love with archery (Legolas!). I've always loved the thought of archery anyway, and when my mum saw an article in the local newspaper about archery, I decided to have a go.

Where did you start archery?

I did my Beginner's Course at Baldvis Archery Club in Rockingham, near Perth in January 2007.

Was the beginner's course different from ours?

Yes, it was. The Beginners Course over there went for 6 months. Every Saturday, the beginners would turn up and have lessons and coaching from 9am - 12pm. I felt like I wasn't a beginner at the end - I really could shoot.

What made you choose recurve?

I started on the recurve, and just kept shooting with it. I did pull my Dad's compound back once.... with some help. But I'll always stick with the recurve.

What are your 2009 archery goals?

I'd loved to go to the SQAS Toowoomba Indoors this year and hopefully.... maybe... win a medal.

What are your long term goals for archery?

I would love to go to the Olympics one day.

What's your next archery purchase going to be?

I've just bought new arrows (Cartel Triples), so the next purchase will probably be a new sight.

Special Guest: Simon Fairweather Cont'd

What's the one piece of archery equipment you can't live without?

A good spotting scope or binoculars. Those arrows are just too small to see! I have a Leica scope, Leica compact 10x23 binos, and an older pair of Zeiss 10x40 binos. I love them all.

On the international stage, the Koreans and Italians seem to be setting the pace at the moment. What's giving them the edge?

The Koreans because they have the numbers of full time archers, and the Italians because they also have numbers but play to their strengths - they don't use the Korean system and they recognize that there is more than one way to shoot.

Would you like to see the compound introduced at Olympic competition?

No, I don't think so. Seems harsh I know, but I say this for three reasons. One is that we already seem to have to defend the 'athleticism' of the sport at that level, and I don't think Compound would help this. Two is that the general public already struggle to understand the modern Olympic style bow compared with 'what Robin Hood used to use', and three, we all knew which bow was used at the Olympics when we started, so to cry foul after making your choice seems a little weak. Changing to recurve won't be the biggest hurdle you face if you want to be an Olympian.

Is there enough archery competition held internationally and domestically?

Certainly over-seas there is, but maybe here we need to do more. Maybe it is just that we need to better patronize the shoots that already exist here?

Back home, what path would you like to see archery take?

I feel there are certainly some areas that need addressing. Firstly I believe the role of head coach is one that needs to be much more communicative - with the athletes directly under his/her care, with the athletes in the wider Australian archery community, with their coaches (if they have them) and with AA management. I think the head coach's role is one of mediation between the athletes and the controlling officers of the association.

I think Archery Australia needs to listen to the athletes - both the elite and others, and understand their needs and requirements for maximising their chances - again the coach needs to help this along.

In turn I would suggest there might be something to be gained by AA being more communicative about the demands and constraints faced by the Association - there might be less criticism from the membership if they knew why various directions are taken. i.e. I think both the athletes and AA taking the time to understand each other better would be a very good thing.

Most importantly, I think archers here need to learn to - and be helped to - understand archery better, be more self motivated to improve and to be responsible for their own journey through archery. I think the current scenario encourages the athletes to give over control to the coach and just be a vessel for the coach's direction. This relies on a) the coach being right; and b) the coach being present whenever the athlete is in need. It limits the understanding by the athlete, and the coach's understanding of the athlete to what the coach can glean from watching the athlete/or picking the right diagnostic from their previous experience with another archer.

I think that Australians react better to this method - it gives more opportunity to ask questions and assume 'ownership' of the decisions and direction of their training etc. However while saying this, I'm not saying that there shouldn't be information coming from a coach - far from that. I just mean there should be a 'discussion' rather than a 'direction'.

Finally I think that everyone is different, and may need different help from another. Generic programs don't maximise the performance of the whole. Even the one athlete can need different approaches or even technique at different times. So communication and thinking and reasoning are so important.

You've won an Olympic individual Gold Medal, hold many archery titles, and have the respect of the archery community. Do you feel there's anything left to achieve?

Yes. I think the biggest job is yet to do. I have no real desire to achieve more in terms of competition results for myself, but I really would like to be involved in helping Australian archers improve in general, both in their performance and their understanding of archery and how to do it.

Where would you like to be in 5 years?

I really hope to be in a leadership role in an Archery Australia that is growing in numbers and achievements.

ARCHER PROFILE

Henriette Viljoen

Cont'd

Do you enjoy school? (It's OK. Be honest. I won't tell anyone...)

I'm in Year 9 and am home schooled. There's usually about 20 in my group, and about once a week we go out to parks, swimming pools anywhere of interest, and learn so much this way. We also do unit studies, which covers normal school work like Maths and English.

What interests do you have other than archery?

I love reading Manga – which is Japanese style comics. And I love to draw – especially people in “Manga” style. I love reading too, especially fantasy books.

Are you reading a book presently?

I've just finished reading the third “Eragon” book, “Brisinger” by Christopher Paolini. It was kind of boring after reading the first two, but I am looking forward to the fourth book. I am reading a Manga book at the moment though – it's called “Vampire Knight”. The story line is very confusing, but really addictive!

What was the last movie you saw at a cinema?

I saw “Madagascar 2”. It wasn't as good as the first one, but it had some really funny parts like the lemur on the plane.

Your dad joined 6 months after you did, and shoots with you. Do you enjoy shooting with your dad?

Having my dad shooting with me makes me shoot a lot more arrows than I normally would.

Do you own a pet?

I used to own a cat, but had to leave her in Western Australia when I moved over 6 months ago.

How many in your family?

There's four – my Dad and Mum, myself and my sister Gabrielle.

Where would you like to visit?

I would love to visit Japan – I would love to see some of the gardens, and I really enjoy Japanese culture.

What would you like to do when you leave school?

I don't know yet. But I know that I don't want to work an average job.

Coach Corner by Martin Wynn-Hughes

ARROW SELECTION

This article describes how to get arrows which are tunable to the person and their bow.



Head Coach
Martin Wynn-Hughes

Arrows have to be matched to the draw length of the archer and the poundage of the bow. (Even in compound bows which have the arrow aligned with the string and the center of the bow.) With recurves and longbows the arrow is set up to ensure that the fletches clear the riser as they pass the bow.

By changing the stiffness of the arrow we can ensure that the oscillation of the arrow is at the right phase at this time. The Archer's Paradox diagram from last Newsletter gives an idea of what's going on.

Let's explode a few myths.

The Easton Arrow Chart is thought by many to make the arrows too stiff. Most people don't read the fine print, which modifies the poundage you should use to select the arrows. The other assumption is that the archer has got a good technique. So if you don't have a good release, don't push and pull etc then the actual poundage you are releasing will be less than measured by the bow scale, and will result in arrows being too stiff. That being said, it's preferable to have stiff arrows than soft arrows.

The archer should shoot their bow for a few ends to warm up. Then we can start the process of measuring the draw length. For recurves, we measure the poundage at the draw length of the person. I typically get the archer to pull the bow back with an arrow in it and then mark the arrow where it lines up with the front of the riser to get the correct draw length. The archer needs to do this a few times to make sure the poundage and the draw length is repeatable. A bow scale is then used to pull back the string and arrow to the same spot as the archer used with their fingers. For compounders, the bow scale automatically records the peak poundage.

We then go and read the fine print on the Eastern chart which then adds or subtracts from this poundage eg for point weights greater than 100 grains, add 3 pounds for each 25 grains heavier than 100 grains.

For compounders we also have to check the wheel type in use as this effects the column which is used on the chart. We then use the chart to give us which group of arrows are correct for the poundage.

For adults (who are not growing) choosing the correct arrow is relatively straight forward. However, kids present a problem - as they pull the bow back further as they grow this also increases the draw length and the poundage that they are holding. Unless the parents are exceedingly wealthy, we have to make a few compromises. My approach is to get arrows that are too long and play with the point weight as they grow.

For a given stiffness of arrow we can make it softer by increasing the point weight, and/or decreasing the vane or nock weight. When you whack the arrow up the back end, ie let go of the string, the point acts as an immovable weight momentarily. This causes the arrow to flex. The bigger the weight, the bigger the bend. It works the other way around for the nock and the vanes – the more weight down the back end, the harder it is for the string to accelerate and get the arrow moving. So the more weight at the back of the arrow, the less bend. The string weight has the same effect. A heavy string will also stiffen up the arrow.

When we tune the bow to the arrow, we are trying to get the fletched vanes to group with arrows that have no vanes. The Eastern Chart will enable arrows to be chosen that are approximately correct. The archer's job is to then to tune these arrows in. We generally start with arrows that are too long (too soft) which should result in bare shaft arrows grouping to the right of the fletched arrows. We can then cut off small amounts (to stiffen the arrow) until the two groups close up.

On the web, the link to the Easton arrow charts is at: www.eastonarchery.com

There are some software programs available which give a better indication than the Easton arrow chart. The software also covers other manufacturers other than Easton. The software also includes the ability to test different point weights and nock weights, and predict the spine of the arrows.

NEXT ISSUE: TUNING ARROWS

It's a Date!

THE GRANGE

Shooting Events

February

Sat 14 Feb	FITA Shoot
Sat 21 Feb	S. Arrow Target #1
Sat 28 Feb	FITA Shoot

March

Sat 7 Mar	Beginners Day 1
Sat 7 Mar	Monthly Club Shoot
Sat 14 Mar	Beginners Day 2
Sat 21 Mar	Merv Kelly Shoot
Sat 28 Mar	Beginners Day 3
Sat 28 Mar	Silver Arrow Clout #1

April

Thu 2 Apr	Indoor QRE (Evening)
Sat 4 Apr	Beginners (Sign on)
Sat 4 Apr	Monthly Club Shoot
Sat 11 Apr	FITA Shoot
Sat 25 Apr	FITA Shoot

Other Events

Sat 7 Mar	General Meeting (Strategic Planning)
Sat 4 Apr	Club Meeting

LOCAL CLUBS

Shooting Events

February

Sat 14 Feb	SQAS FITA Star, MPB
Sun 15 Feb	SQAS Field QRE MPB
Sat 28 Feb	SQAS AGM

March

Sun 8 Mar	Target QRE (G. Coast)
Sat 28 Mar	Target QRE (H. Bay)

April

Sun 5 Apr	Target QRE (Centenary)
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Other Events

Sat 14 Mar	SQAS Instructors Course
Sun 15 Mar	SQAS Instructors Course

NATIONAL EVENTS

2-8 Mar	World Indoor Champs Poland
19-24 Apr	Senior Nationals Adelaide

Judge's Call by Mark & Alison

This article covers some of the key points when shooting at Tournaments or general Club Shooting

General

1. No smoking. This applies to the shooting line, waiting line or in or around any Club ground. (This is government legislation.) Please ask an official where the approved smoking area is located.
2. Alcohol is not permitted on the shooting line.
3. No ipods/mp3 players beyond the waiting line.
4. Set mobile phones to silent, vibrate or turn them off.
5. Arrive on time.
6. Ensure your equipment is set up correctly ie your sights are set for the distance you are shooting.
7. Slip, slop, slap! Ensure you are protected from the sun, and bring plenty of water to drink to keep hydrated.

Pre-Shoot

1. Try not to set your tripod legs too wide. Set one leg so you can straddle it or give you more room, thus giving more room to other archers on the line.
2. No touching other archer's equipment unless given permission.
3. Do not draw your bow with or without an arrow unless you are on the shooting line.
4. For visitors or spectators ask the archer and/or judge for permission to take photographs. This particularly applies to taking photos beyond the waiting line.

During Shoot

1. Do not touch your arrows or the target face until all scores are written down and agreed upon.
2. Do not raise your bow until the signal to shoot is given .
3. No swearing on the line. (This applies beyond the shooting line, and as part of the Code of Conduct swearing is considered inappropriate at Club.)
4. If you have a bad shot, refrain from expressing your disappointment, as this can disturb other archers.
5. If you need to leave the shooting line, and the archer next to you is in full draw, please wait until their arrow is shot.
6. Do not shoot before the signal to start or after the signal to finish – you will lose your highest scoring arrow otherwise.
7. Limit talking behind the line while shooting is in progress. This can be distracting to the archers on the line.
8. Be conscious of "high drawing" your bow as if accidental release occurs, the arrow could overshoot the target.
9. As a spectator or parent please seek permission from the Judge or DOS if you wish to enter the shooting field ie beyond the shooting line. During competition, only archers in competition are permitted beyond the waiting line.
10. Limit the amount of time spotting after you've shot your last arrow.

POST SHOOT

1. Add up all score cards correctly and ensure that all score cards are signed.
2. If possible, please help pack up equipment at the end of the shoot.
3. Please leave the grounds tidy – dispose of rubbish correctly.

Thought for the Month



"If what you did yesterday seems big, you haven't done anything today."

Lou Holtz
American Football Coach
1937 -