



On Target

ADELAIDE ARCHERY CLUB NEWSLETTER

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SOMETHING FOR EVERYONE - COMING UP...

Saturday morning 30 August: the *Juniors and Tyros* will be shooting from 8.30 am

Tyros must have been shooting for less than 18 months.

Saturday afternoon 30 August: the *Club Target Championships*.

This is an open event and everyone shoots against each other for their bow type and gender.

Sunday morning 7 September: do you fancy the idea of having a bit of fun by hurling arrows as far as you can?

Then aiming from short (or shortish) distances at a tennis ball?

If this appeals, then why not try *Golf Archery* at 9.30am at Ashbourne Golf Course, pay on the day.

Yes, it's Fathers Day, but surely the dads out there get to choose what they would like to do??

Everyone from the old timers to absolute beginners show up, as well as family 'support' groups!

There is usually a contingent of 6-12 archers from AAC; uniform not required.

Take lunch, finish at about 2.00pm



Sunday evening 7 September: the *Gazelles Tournament* at 5.30 pm at the Farm Indoor Archery Club.

A shoot for ladies only, inappropriate dress encouraged!



Saturday 13 September: *Southern Vales Archery Club Hope Cup Charity Day* at Morphet Vale pay on the day. Come 'n' try 10.00am – noon; Canberra rounds 1.30pm – 4.00pm.

Sunday 14 September: one of our premier events, the *Silver Quiver*, is shot at AAC, 10.00am-4.30pm.

Assistance is required to prepare lunch; please contact Carol Ashlee

Sunday 21 September: *Archery SA Matchplay* at Oakbank Racecourse, 9.30am-4.00pm

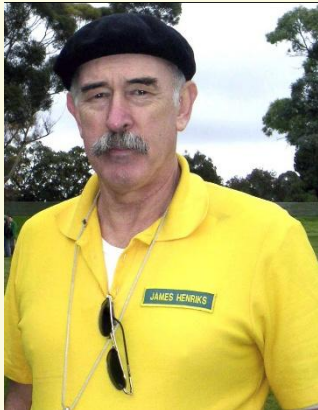
SAVING POWER

The Adelaide City Council has given permission for the installation of solar panels on the roof. We received a quote for solar panels of \$4,403 from Class A Energy Solutions and have paid \$1,000 deposit.

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FROM THE COACHING COORDINATOR, JAMES HENRIKS

James has an 'interesting' time with some of the people who sign up for a beginners course: he says:

- One contacted me, unable to attend week one. I suggested an early start week two, but they failed to show.
- Week two a father and daughter left at the start with health issues but started early week three for a catchup session.
- Week three the family of three could not attend because of health issues.
- One participant joined the AJAD beginner course because of other sporting commitments on Sunday.

The coaches were **Daide Constanzo, Lindsay Webb, Michael Devonshire Gill, Pete Beros, Jarrad Swift, Tom Newton and Daniel Caon.**

ANNUAL GENERAL MEETING

TUESDAY 16 SEPTEMBER

All club positions become vacant and elections take place for new officers

Nomination forms are on the table in the club room

About 30 club members have undertaken the various roles with few changes for many years, out of a current membership of 330 (though, to be fair, some volunteer in other ways)

IT'S A BIT RICH TO LEAVE IT TO THE SAME PEOPLE ALL THE TIME

If you have a few hours to spare, consider giving some of them to the club

Current officers will be delighted to show you the ropes

FROM THE GROUNDSMAN, TONY WARD

Some activities around the grounds:

- The flags for the safety signs have been installed, and extra AJADS flags have been made.
- The council has completed this round of the weed-and-feed. They say that they will monitor the site closely over the coming weeks to assess the reduction in clover coverage. If further spraying is required, they will be in contact, and confirm there will be no additional cost for any follow-up treatment.
- The irrigation system has been fixed (behind target 6). For their help on the day, thanks to:
Gerry Davies, Jeff Nicoll, Mark Newton, Michael Devonshire-Gill
- Repairs to the lawn in front of the clubrooms have started and hopefully will be completed in the next few weeks. You will note that new pavers have been installed leading to the veranda.

LIFE MEMBERSHIP

A petition has been started for conferring new Life Membership(s) which will be presented at the **AGM**. See Christine Favre for information and to sign it if you choose to (or not).

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JULY HANDICAP AWARDS

Adjusted scores

Keyring: DANIEL PRESTON: 1485 (*which equates to a score of 916 when adjusted to a 90-arrow shoot*).

Wooden arrow: MARK WEEKS: 860

MOST POPULAR ROUNDS

52 rounds: AA 30/720

37 rounds: Junior Canberra

29 rounds: Newcastle & Geelong

28 rounds: Darwin

Naomi Johnson, Recorder

FROM MARIAGRAZIA PANETTA, MEMBERSHIPS



One of our members, **Paul Bergin**, who is the current assistant equipment officer, and makes a huge contribution by gluing target faces to cardboard, (an endless job) has not been able to shoot for several months due to serious health issues. He is keen to continue helping at the club, so the Executive decided to award him a Social Membership.

SNIPPETS

THE CITY OF ADELAIDE.....

has reissued our Park Lands vehicle permit. It is in the Steward's drawer, if anyone needs to bring a vehicle onto the grounds.

has provided a copy of our new lease. Changed conditions include:

- 5 years lease;
- Start time of 6:00am instead of 7:00am;
- End time of 11:00pm instead of sunset;
- Higher \$2,300 lease fee, as our building is larger now;
- Similar \$880 license fee for 1.08ha of Park 10;
- New section added delineating club vs council responsibilities;
- Note that the next lease is likely to be for 15 years (as agreed by the Council on 11 February 2025).

CLUB CHAMPIONSHIPS 30 AUGUST

Lunch is being supplied on the day of the Club Championships. At this stage it will possibly be:

Soup, Pizza, Sandwiches, Fruit Platter, Cake and something Gluten Free & Vegetarian.

Free bottled water & tea/coffee. Cans of drinks will have to be purchased.

ERROL SCOTT AWARD

AJAD coaches are once again invited to consider their nominations for the Errol Scott Award for Excellence (AJAD Archer of the Year). Thanks to the generous support of **Archery Supplies**, the recipient will receive a \$100 voucher in recognition of their achievement.

TO CONTACT THE EDITOR WITH
STORIES, PHOTOS OR IDEAS

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FROM THE LIBRARIAN, STEVE SYKES

Bow International issues 187 and 188 have arrived since the last AAC meeting and will be on the table for members to read in the club room in the very near future

And don't forget that you can borrow any of the books in the club library; ask a club officer for the key and put details in borrowing book

CALLED THE ULTIMATE GEAR issue, issue 187 looks at gear selection to take compound scores to the max, and enable a long-lasting beginner-intermediate recurve kit to be assembled. Deeper looks at the technology and features behind the latest products include Last Chance Archery's draw board 2.0 and bow holder, as well as WIAWIS Archery's MXT-XT limbs.

The most popular video analysis mobile apps (Dartfish, OnForm, CoachNow) are compared. Author, Alex Tyler, looks at self-expression in field archery, and a new sports psychology columnist, Dr Karl, contributes by answering questions on performance anxiety. There is an intriguing interview with the historic quiver leather craftsman, Rob Morton, from 'The Flying Hun - Archery and Leather' in Texas.

Author Sophie Meering reports on travels to her first international target tournament and explores eye blinder uses. Dr James Park talks riser length selection, and the world's top experts discuss compound bow inclusion in LA28 Games. There is recurve tuning, news reports and other articles to educate and inspire.

LABELLED THE TRADITIONAL SPECIAL, issue 188 covers many interesting features including reports from this year's Conquest Cup in Türkiye, and from the NFAS 3D Champs in the UK.

For the history buffs there is an article about some archaeological research from France's Mandrin cave that pushed back the history of archery in Europe by some 40,000 years. The apparent renewed interest in the Traditional ILF takedown riser, as opposed to the traditional single piece recurve bow, is addressed and some beautiful risers are described.

If you are at a Bodnik shoot, there is rarely the ability to execute your shot standing!



Left **The Bodnik style** of field archery is described via an insightful piece by Alex Tyler showing this form's apparent appeal.

Adam Miller talks basic traditional gloves and the importance of waxing your string.

Fitness expert **Lucy O'Sullivan** tells how to train to progress up the 'poundage' scale for those hoping to shoot war bows, which is a growing trend amongst traditional archers

John Stanley delves into the archery treasure he purchased at auction, and its history and **Rob Jones shares his valuable advice** on course-laying for mixed class competitions and how to overcome common challenges.

Additional reading covers latest news, breathing in sports (can be dangerous if you stop!), plunger button tuning, and Korean bow anatomy terminology.

As usual, these issues will be available for members to read in the club room until the next edition arrives after which they will be available on loan.