

# NEWSLETTER



Scott, Mark, Greg  
QRE Shoot 20.12.08

## G.C.T.A.

Emerson Park  
Cnr Bega Street  
& Webster Road  
THE GRANGE QLD 4051

### Samford Address:

Samford Archery Park  
Mount Samson Rd  
Samford Valley Q 4520

### CLUB PRESIDENT:

Brian Hagaman  
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### MID-WEEK CO-ORDINATOR:

Evan Fisher  
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### WEBSITE:

grangearchery.org

### SAMFORD MOVE:

**PACK UP: 17<sup>th</sup> & 24<sup>th</sup> JAN**

**MOVE: 25<sup>th</sup> JANUARY**

If you can assist in any way,  
please talk to Brian.

## The Grange Vine

Greetings Grangers for the last time at Emerson Park!

As the salutation would indicate, our relocation to Samford is only a blink away. Brian gives us an update with the progress and relocation details below, but all going well, we should be at our new Club on January 25<sup>th</sup>.

The 2009 Newsletter kicks off with a barrage of interviews and articles. The "Special Guest" interview sees Rob Turner (Assistant Coach AIS) drop in for a candid chat. He also gives us an extensive and informative review of the lightest riser currently on the market in "Equipment Review". Closer to home, meet our own delightful Kathy, one of our newest female archers, in "Archer Profile". Martin continues to share his fascinating insights into the Longbow (LUMP badges coming soon), and as always, catch up on some shooting and social banter in several articles.

Brian and the committee would like to thank all those involved who made the Club Christmas Party fun, delicious and memorable. Congratulations to those who won Club Awards for their outstanding and improved shooting throughout the year.

Finally, it is a fond farewell to Emerson Park after 61 years of many memories, personal achievements and lasting friendships. The Grange spirit will always be with us, and only help the Club grow and prosper at Samford.



Marji

## President's Message

Hi Archers

I hope everyone had a very happy Christmas, and Santa bought loads of archery stuff. The club calendar for 2009 has now been issued, so can I suggest you print out a copy and plan your archery year around the listed events.

Relocation to Samford Australia Day Weekend: Construction of the new indoor archery facility (and the interim target field) at Samford is on schedule. We plan to shift over the Australia Day weekend in January and close Emerson Park as an archery venue and re-establish at the Samford Archery Park after Australia Day. Pack up Working Bees (**we are asking all members to help**) will be held from 9am on Saturday 17<sup>th</sup> and again 24<sup>th</sup> January at Emerson Park, and the equipment will be loaded onto truck at Emerson Park at 2pm on Saturday 24<sup>th</sup>, moved and unloaded at Samford. On Sunday morning 25<sup>th</sup>, a working bee will be held at Samford to unpack. FROM AUSTRALIA DAY ONWARDS EMERSON PARK WILL BE CLOSED AND ALL ARCHERY WILL BE CONDUCTED AT SAMFORD.

Archery Beginners Course: We have changed the plan for the next Beginners Course. It will be held at Emerson Park as normal. It runs 10<sup>th</sup>, 17<sup>th</sup> and 24<sup>th</sup> January at Emerson Park the Grange. And yes we will also be packing that day. For existing members wanting to hire gear please be aware beginners have preference these mornings and you will need to plan your attendance around this. The course after this is 7<sup>th</sup>, 14<sup>th</sup>, miss a week, & 28<sup>th</sup> March, at Samford. If you know of anyone interest please ask them to email me at [hagaman@techsus.com.au](mailto:hagaman@techsus.com.au)

Brian Hagaman, Club President

# It's a Date!

## THE GRANGE

### Shooting Events

#### January

Sat 3 Jan FITA Shoot  
Sat 10 Jan Beginners Day 1  
Sat 10 Jan Monthly Club Shoot  
Sat 17 Jan Beginners Day 2  
Sat 24 Jan Beginners Day 3  
Sat 31 Jan Beginners Sign On  
Sat 31 Jan Silver Arrow Ind #1

#### February

Sat 7 Feb Monthly Club Shoot  
Sat 14 Feb FITA Shoot  
Sat 21 Feb S. Arrow Target #1  
Sat 28 Feb FITA Shoot

### Other Events

Sat 10 Jan Club Meeting  
Sat 24 Jan Working Bee  
Sun 25 Jan Shift to Samford  
Sat 7 Feb Club Meeting

## LOCAL CLUBS

#### January

Sat 17 Jan QRE Target, HB  
Sat 31 Jan QRE Indoor, MPB

#### February

Sat 7 Feb SQAS Training Camp (GCTA Samford)  
Sun 8 Feb SQAS Training Camp (GCTA Samford)  
Sat 14 Feb SQAS FITA Star, MPB  
Sat 28 Feb SQAS AGM

## NATIONAL EVENTS

4-9 Jan Junior Nationals Melbourne  
14-18 Jan Aust Youth Olympics Sydney  
25-26 Jan Australia Day FITA Canberra

**Good luck to Liz who will be competing at the Junior Nationals. GO LIZ!**

## Special Guest: Robert Turner

It's been twelve months since Robert Turner left our Club and was appointed Assistant Archery Coach at the AIS in Canberra. His first year at the AIS has been a hectic one, with both the Olympic Games and the World Youth Championships being held in 2008. His year ahead shows no signs of slowing down either, with Rob's archery duties taking him across 2 countries and 3 states - and that's just in January! He is still strongly committed to coaching at the AIS in 2009, and also wants to pursue the compound competitively in the year ahead. Rob recently popped into Club, and kindly gave this interview - giving us a glimpse into life at the AIS as well as the goings on inside an archery mind.



Rob at the Grange 20.12.08

### CURRENT EQUIPMENT STATS:

**Bow:** Fiberbow

**Limbs:** PSE Expression, Long 40's

**Finger Tab:** Cavellier (RH) Extra Large

**Sight:** Shibuya Ultima

**String:** 18 strand 8125

**Arrows:** 380, x10's (110 grain stainless steel points)

**Stabilizers:** Fiberbow S3 Long Rod, Soma Extender, V bar and side rods

### **What and where is your current Club?**

Even though I'm living and working in Canberra, I'm still a member at the Grange, Brisbane. It's just the best Club!

### **What started your interest in archery?**

My father. Dad used to shoot in the 70's, but with family and work commitments, put his bow down for a while. He picked it up again just over 10 years ago, when I was 15, and I thought it looked pretty cool. My first experience with archery was in the backyard shooting with my dad.

### **Your rise in the archery world has been meteoric, from beginner archer ten years ago to AIS Assistant Coach today. What keeps you so motivated?**

A genuine love for the sport of archery, it's all I really think of wherever I go. If I see a square bit of ground I think what would be the best way to set a range. I look at people's body shapes and think about how their form would look. I constantly think of other archers' techniques, and you can find me with my hands up pretending to "air shoot" on an hourly basis... So yeah you could say I have archery on the brain.

### **Have you enjoyed your first year with the AIS?**

Yes. It's been such a busy year with the Olympics, World Youth Championships in Turkey, domestic competitions and seminars. I've loved the travelling and seeing archery being competed on the world stage.

### **High scores aside, is there one personal attribute you look for most in potential archers wanting to succeed?**

Most important is an archer's attitude. The drive to prove themselves, train hard and to love their archery - these are the most important things. An archer can have bad technique, but if they have a strong, positive attitude, they will achieve and excel.

### **It has been a huge year for you in terms of archery competitions and expectations. What's been the highlight in 2008?**

Definitely the World Youth Championships in Turkey. I was standing behind the Junior Boys Recurve Team when they won Gold. A moment I'll never forget.

### **What's your Personal Best?**

Recurve:	Official FITA	1288	Indoor: Official FITA	292
	Practice FITA	1315	Unofficial FITA	295

### **When was your first competition win?**

My first competitive win was at the Grange in 1997. I was competing in the Grange's 50<sup>th</sup> Anniversary Merv Kelly Shoot in the Under 16 Recurve Boys division. I still have the trophy - it's the only one I've ever hung up in the house.

# The Summer Archer

Summer has arrived at the Grange. Here are some timely reminders for all archers for the hot season ahead.

## Tips for the Summer Archer:

**FLUIDS:** Keep up your fluids during summer – even when you're not thirsty. There's water on tap in the Clubhouse, or cold bottled water in the fridge for \$1.00. Drink up!

## SUN PROTECTION:

With sun damage prevention, Cancer Council Australia recommends taking five steps to protect against sun damage:

1. **Slip on some sun-protective clothing** – that covers as much skin as possible.
2. **Slop on SPF30+ sunscreen** – make sure it is broad spectrum. Put it on 20 minutes before you go outdoors and every two hours afterwards. Sunscreen should never be used to extend the time you spend in the sun.
3. **Slap on a hat** – that protects your face, head, neck and ears.
4. **Seek shade when possible.**
5. **Slide on some sunglasses** – make sure they meet Australian Standards, and take extra care between 10am to 3pm when UV Index levels reach their peak.

For more information about skin protection and skin cancer prevention, please visit the Cancer Council of Australia website at [www.cancer.org.au](http://www.cancer.org.au).



## Special Guest: Robert Turner Cont'd

### If you weren't an archer, what other sport would be involved with?

Volleyball. I used to play competitively for the Sunshine Coast. Our coach for the team was also the Queensland coach.

### What 5 year goals have you set for yourself?

Would love to be the National Coach, and be shooting a compound competitively.

### What's your next purchase going to be?

Probably a new compound – a Hoyt Vantage would be nice. I want to focus on my compound shooting next year, so will pack away the recurve for 12 months.

### Who has been a major influence with your archery?

My father. He has always been my coach from the start, bought my equipment and supported me from the very first arrow shot in the backyard. Mr Lee, the National Coach for Australia (when I was training at the AIS) has also been a major influence.

### What's the best piece of archery advice you've been given?

Mr Oh's philosophy: "Keep it simple. Keep it straight." Don't complicate things!

### What archery advice you would give a new archer?

Have fun! And listen to the older guys in the Club.

### Who do you really enjoy shooting on the line with?

Anyone of a high shooting caliber. I've shot with world champions, Olympians and archery elite. You learn something new from each and every one.

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

Recurve: clicker. Compound: Back tension release aid.

### As a coach, how do you respond to archers nervous before or during a shoot?

Depends on the individual - their personality type, their learning experience and technique. You take all these things into consideration, and be positive with your approach. Be encouraging at all times.

### The AIS takes a holistic approach to training, but is there one area that is intensely focused upon?

Technique is number one priority, but the mental training is also a priority, if not a higher priority. It depends on the individual; always cater to their specific needs.

### What's a typical training day like for archers at the AIS?

Up early for a 6.30am half hour cycle, followed by breakfast and 3 hours of shooting. Lunch, followed by 3 more hours of shooting, and then gym, study hall and bed. Lights out 10pm.

### What do you prefer shooting? Compound or Recurve? Why?

Recurve, because it's far more challenging, and requires a lot of technical work to shoot well. Having said that, I really do enjoy shooting the compound.

### You don't use a bow stand (recurve) when you're shooting, nor do you use a spotting scope. Why is that?

Bow stand – I've broken too many! Seriously, I find them un-necessary. Haven't used one for about 6 years. With regard to the scope, I've never really used one. When I have, I found it detracted from my performance – I'd check every arrow, then start adjusting my sights and gear. When I first went to the AIS as an athlete, I was banned from using a scope – the reasoning was to focus more on technique.

### What's the one element you notice archers get hung up on?

Equipment and score! All the modern bows at the high end of the market today are great – you could win a gold medal with any of them. I own four different bows and five different risers. At the end of the day, it comes down to how I use it, not how the manufacturers designed it. With scoring - I have seen so many archers who are score focussed. When they finally realize it's not where the arrows land, but how they control their body and focus on that process (not on the outcome) then they will learn more about archery, themselves and typically score higher!!!!

# ARCHER PROFILE



**NAME:** Kathy McVay

**MEMBER:** April 2008

**BOW TYPE:** Samick Aguilla LH

## What sparked your initial interest in archery?

Watching the 2000 Olympics – I remember seeing Simon Fairweather shooting for the gold. It's probably the first time I'd seen elite archers shooting, and I thought it was pretty amazing. Thought I'd like to give it a go one day.

## How do you earn a living to pay for your archery addiction?

I work for a property management company in their property accounting services department. I maintain the lease administration on behalf of the landlords.

## You've just been promoted at work. What will that involve?

More responsibility! I'll be assisting the AR Team Leader and managing the day to day transactions within the AR Team.

## What's been the hardest thing to master in archery so far?

There isn't one hard thing – it's a matter of putting it all together. It's a challenge to have all the disciplines and technique correct and have them working together all at the same time. I'm working on it.

## What's the best thing about archery?

I enjoy the challenge, the complexities of the sport. And of course, the great Club members.

## Are you reading a book at the moment?

No. I'm too busy to read!

## Coach's Corner *Martin Wynn-Hughes*

### LONGBOW HORIZONTAL STUFF

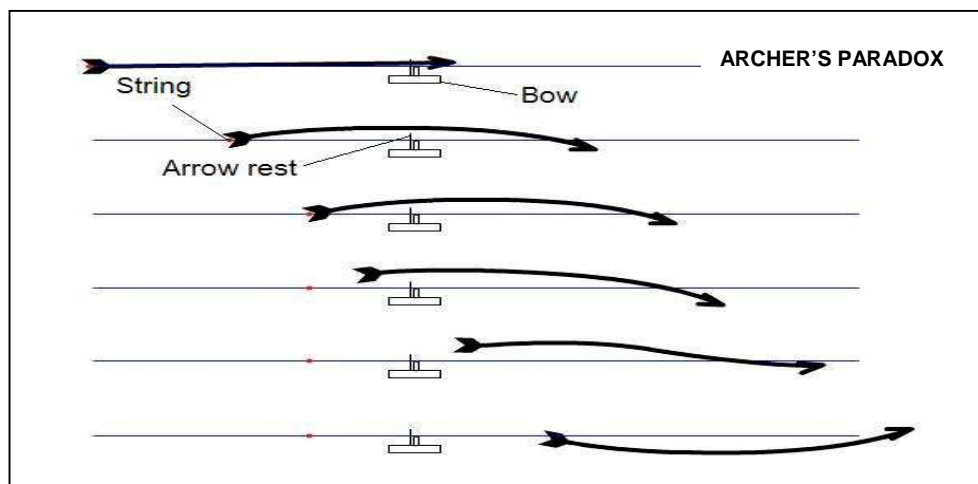
In the last Newsletter, I talked about moving the anchor point to accommodate different distances, so we could use the arrow tip as an aiming point.

If the arrow spine is not perfectly matched to the bow then the arrows may fly left or right of the centre of the target. This article discusses how to sort this situation out.

English longbows have no centre shot. American flat bows may have partial cut out of the riser to allow the arrow to be nearer to the centre of the bow, but generally don't achieve full centre shot unlike compounds, which have the arrow capable of being aligned with the exact centre line of the bow.

#### Archer's Paradox

Because recurvers and longbowers shoot with their fingers, when they let go of the string instead of travelling forwards the string kicks over to the left for a right handed shooter. Therefore, the arrow gets a sideways and forwards push from the string. It has a point which is relatively heavy, and this combined with the sideways kick, causes the arrow to bend. This flexing of the arrow, if tuned to the archer's technique and bow poundage does two things: it enables the arrow fletches to clear the riser of the bow as it's going past, and enables the arrow to hit the centre of the target. For a right hander, if the arrow is too stiff, the arrow will hit to the left of the centre (ie where the arrow is pointing). If the arrow is too soft, the arrow will hit on the ride side of the target. The paradox that for a tuned setup, the arrow appears to bend around the bow and go where the bow is pointing, not where the arrow is pointing.



#### Alternate Strategies

Even if the bow/arrow set up is perfectly tuned, if we look along the arrow, due to the Archer's Paradox, we will still have to line the arrow tip to the left of the target. My preferred technique is to look through the gap of the string and bow. (My eye is to the right of the string.) If you look carefully at the picture, you'll see me peering between the string and the bow.

The alternate technique is to tilt the tip of the bow to the right. Working out how much to tilt the bow for different distances and doing it consistently adds another level of complexity, hence my preference of looking through the gap.

If the arrows are too stiff, then the amount of gap needs to be increased or the bow titled more and vice-a-versa.

**NEXT ISSUE:** Arrow selection for all bow types ranging from high tech arrow charts to the highly effective sandpaper arrow tuning technique.



Alternate strategy: peering between string and bow

# ARCHER PROFILE

(Cont'd)

Kathy McVay

## Have you always lived in Brisbane?

No. I hail from New Zealand, and moved to Brisbane 11 years ago.

## If you could live anywhere in the world, where would that be?

I would love to visit the Faroe Islands. The islands are between Greenland and Denmark. I was watching a documentary about the Islands, and the culture, and the way of living fascinated me.

## Do you own a pet?

No. But I would love to own a dog and a cat. A little staffy dog and a lap cat would be purrfect!

## What's your favourite movie?

Happy Feet. The music was great. I loved how they combined the songs and music in with the story.

## You recently participated in a "Voice Off" Weekend run by the Deaf Society of NSW. What was involved, and did you enjoy it?

The course involved total immersion into deaf language and culture. This enabled me to live in a deaf person's world and experience the visual world through their eyes. I believe it helped me become a better communicator, it enhances your communication skills both in the hearing world and the deaf world. It was a great weekend.

## What's your signature dish?

I'm good at buying things and putting them in the oven.

## Who would be 5 people you'd invite to dinner?

Paul Walker (actor 'Fast and the Furious'), The Rock (actor and wrestler), and a few personal friends. Definitely no politicians – I don't do politics.

## What are your archery goals?

Oh no! If I say it out loud and put it on paper, then I have to do it! OK, one of my goals is to become number one in the Women's Open Recurve for Queensland! Anything is possible after that!

## Equipment Review - FiberBow

**THE OWNER:** Robert Turner

**THE RISER:** Fiberbow

**THE COLOUR:** Glossy Black

**THE MANUFACTURER:** Fiberbow, Italy

**THE PURCHASE:** November 2008, direct from Italian designer

**THE POUNDAGE:** 46lbs

**THE ARROWS:** 380, x10's, 32 1/2 inch

**THE DIFFERENCE:** This is the lightest bow on the market, and it's purely made from carbon. They claim it's the only full carbon riser that's working quite well. It has risen to prominence with one of the Italians in the team event winning Silver at the Olympics in 2008. I approached the manufacturer with a view to sponsorship for one of our AIS archers, which they kindly agreed to with a resounding yes.

At the AIS we set up the bow and tested it for straightness, speed, accuracy, general performance for high performance archers. I actually gave it a try myself, and really enjoyed it – it's very responsive, very fast and very quiet.

I found the manufacturer has been excellent with their communication with all aspects of the bow – with tuning, other equipment that compliments the bow eg sights, strings, limbs etc.

**THE RISER:** I've found this riser to be the quietest, smoothest and simplest bow to set up. Everyone comments about the sound (lack of), the minimal limb flutter and overall lightness of the bow. They say they've used carbon for this very purpose – that it absorbs the shock and increases the arrow speed. We've used our bio-mechanical analysis equipment to test these theories of the manufacturer and our tests have shown that their claims of the Fiberbow are true. Mr Oh, Simon Fairweather and Mr Lee have all picked up the bow, drawn it back and had a go. All expressed their interests in the findings.

**THE VERDICT:** Fiberbow is still a small manufacturer of bows – all their bows are hand made. They have shown with their positive responses and results this year (Olympic Silver Men's Teams Event) that they believe this is a quality product and can become a leader in the recurve market. Although the price tag is quite high, the benefits of this revolutionary bow far outweigh the initial outlay.

If you get a chance to use one, Rob says give it a go. Rob would gladly; but there is the slight problem of location! However, our resident Fiberbow owner Craig, who was one of the first Australians to own this type of bow, would be happy to chat and show you his Italian Beauty.

**FIBERBOW FOOTNOTE:** Two and half years down the track, Craig's European love affair with his Fiberbow continues to grow. Affectionately known as his "Italian Beauty", Craig can still vividly recall his first arrow shot with this bow. "I remember it well - lunedì' in Maggio. It was a Monday in early May 2006 about 10:31 in the morning give or take a few seconds. On my very first arrow shot with the Fiberbow I was bowled over by the hugely noticeable lack of vibration and sound. The lightness of the riser gives great scope for customizing the weight of your stabilization system. The limb alignment system is an eccentric bolt. This is a bit primitive and it has to be ordered separately." So impressed is Craig that, to this day he can still be heard whispering "Bellissimo" every time an arrow is released from his Fiberbow!

**THE WEBSITE:** Want to know more? Check out the Fiberbow website at: <http://www.fiberproduction.com/>



Rob shooting his recent purchase



## First Aid Facts

If you were on the shooting line and a fellow archer complained of pain, or appeared to be physically distressed or in trouble, would you know what to do? Our Club First Aid Officer Craig Glasby gives us all a refresher course in lending a first aid hand if required.

### Bruising

Elevate the injured area if possible.

Apply a cold pack for 15 minutes every hour – if using ice do not apply direct to skin.

Rest the injured area.

Paracetamol useful for pain.

### Heat exhaustion

If the archer is pale with cold and clammy skin, feeling hot and exhausted, thirsty, has headache, nauseated and feeling weak:

Lie archer down in cool place with circulating air.

Remove excess clothing.

Sponge with cool compress.

Give non concentrated fluids.

If archer is flushed, skin is hot to touch and has altered consciousness or vomiting seek medical advice (000).

### Unconsciousness

Sudden unconsciousness of an archer on the shooting line requires immediate action: DrABC

D- remove any danger

r- check response: ask name and/ or squeeze shoulders

A- if no response: check mouth for obstruction – recovery position to remove

B- check breathing: if none call 000 and give two CPR breaths with archer on back

C- start CPR if unconscious, not breathing, not moving  
30 compressions 2 breaths  
100 compressions per min.

If you have any queries or questions, please see Craig.

## Calendars, Camps & Coaches

Club already has a full schedule in 2009 for archers wanting to either compete, focus on their training, or perhaps reach out to others and infect them with the archery addiction through instruction and coaching. Here's a brief summary:

**Calendar:** The GCTA 2009 Tournament and Event Calendar is out now. If you did not receive one electronically, there is a hard copy at Club at the sign in desk. The calendar lists all scheduled shoots at Club, local clubs and national events. A must have item for every home and office.

**Camp:** An SQAS senior archery camp is planned for the 7<sup>th</sup> and 8<sup>th</sup> February. This intense training weekend will be held at our new Club facilities at Samford, utilizing both the indoor and outdoor facilities. Highly qualified coaches will conduct the archery weekender, with day one covering all aspects of equipment and how to tune your bow. Day two will cover shooting, and will focus on technique and the bio-mechanics of archery. The total cost of the camp is \$60, which includes lunch and morning/afternoon tea. Registration and payment required by the 7th January 2009. If you want to know more, ask Martin at Club or contact Annika on (02) 6686-0214 or email at [coaching@archerysqas.org.au](mailto:coaching@archerysqas.org.au)

**Coaches:** Do you love your archery so much that you need to share it with others? Ever considered doing an Instructors' Course to spread that love around? If so, have we got the course for you! Club will be hosting an SQAS Instructors' Course on the weekend 14<sup>th</sup> - 15<sup>th</sup> March. To learn the art of teaching archery, you are required to be aged 16 or over, and have been shooting for over 12 months. There is a small cost involved, but Club covers this outlay. Contact Martin for more information.

## Final Grange QRE 20.12.08

The last QRE shoot at the Grange was held on Saturday, 20<sup>th</sup> December. It was a great turnout for the last target QRE for the year, with ten archers participating, including six from visiting Clubs.

With a strong easterly breeze confronting them, the archers got practice underway just after 8am, with the official shoot starting on time at 9am. The QRE saw archers participated in Men's FITA, Olympic 70m, Fremantle and Horsham rounds.

It was great to see experienced archers, a visiting AIS coach and a new junior archer all sharing the QRE shooting line. Mark once again donned his red shirt and was Judge for the Day, and also participated as a competitor with his compound. A challenging windy day, but a day enjoyed by all.

**NEXT GCTA QRE:** Thursday, 2<sup>nd</sup> April 2009  
Indoor (evening) at Samford



Shooting Line



Scoring

## Thought for the Month



“Everyone has inside of him a piece of good news. The good news is that you don't know how great you can be! What you can accomplish! And what your potential is!

Anne Frank (1929-1945)  
“The Diary of Anne Frank”