



# WESTON VALLEY ARCHERY CLUB

*Newsletter February 2012*

Hi Everyone,

Well Summer seems to be over and the days are getting shorter but we are having great shooting weather on the weekends and on Wednesday evenings too. It's been great to see so many people on the shooting line each week – twenty five people a couple of Sundays ago. With the Nationals getting very close this weather has been an asset for those getting ready.

Our Recorder, Peter Woodhall, is also keeping track of some rapidly improving scores. When you do shoot a programmed round at the Club make sure that you leave your score sheet for Peter – all scores go towards determining your handicap so your “not so good” scores are just as important as your “personal bests”.

This newsletter is a short one so that I can get information to you fairly quickly. See you on the shooting line.

Good Shooting Everyone.



## **WESTON VALLEY MEMBERS ARE IN THE 2012 OPEN NATIONAL ARCHERY CHAMPIONSHIPS at Tuggeranong 24th to 30th March**

Four WVAC members will be shooting in various events at the National Archery Championships.

I know that we all send our best wishes to them:

**Ian Salmon**  
**Peter Woodhall**  
**Sarah McNeill**  
**Valdis Thormann**

As outlined in the last newsletter the events will be from 24 to 30 March in the Tuggeranong area. The program is at the end of this newsletter too.

If you have some free time I hope that you will go down there to offer your support to our friends.

### **VOLUNTEERS NEEDED**

The Nationals organisers need for volunteers to help during the Nationals week. The Target and Clout events are being held on Greenway Oval, Field on the Tuggeranong Field Range.

You could get jobs like ground crews, scoring, catering or anything else that goes with running a major event.

Contact: Steve Caldicott on 0417 296 460 or  
Steve.Caldicott@yahoo.com if you can help.

### **29<sup>th</sup> FEBRUARY – BBQ AT WVAC**

The Wednesday 29<sup>th</sup> February will be your last chance to have a “29<sup>th</sup> February barbeque” for at least four years.

As the weekly Twilight Shoot comes to an end for the day, the BBQ starts. Judging by the pre-BBQ Barbeque last week we will start cooking around 7pm or a little before.

It's BYO everything or arrange with someone else to get it for you and means that you will have to be organised when you leave for work in the morning.

### **31<sup>st</sup> MARCH & 1<sup>st</sup> APRIL - ACT FIELD CHAMPS**

This year's ACT Open Field Championships will be on Sat 31 March and Sun 1 April at Tuggeranong Archery Club immediately following the Nationals.

For those who have shot Field, the Tuggeranong course is not as undulating as the courses at Wollongong and Yass but is still interesting and challenging.

Entry is open to all members.

Entry can be made on line at the Archery Australia

Family and friends are welcome too.

website: [www.archery.org.au](http://www.archery.org.au). Entries close soon.

### **ACT TARGET CHAMPIONSHIPS - postponed**

The ACT Target Archery Championships have been postponed to a date to be set later in the year due to the unavailability of the Canberra Archery Club Grounds and the number of events programmed in March – particularly the Nationals and ACT Field Championships.

Everyone will be advised when the date is known.

### **2012 WORLD UNIVERSITY GAMES**

Information about and qualifying details for the 2012 World University Games was recently sent to members who were thought may be eligible and may be interested.

If you are eligible and interested let the secretary know so that it can be sent to you. The Games will be in Spain in July.

### **COMING EVENTS – Overview**

tba

Working bee at WVAC to salvage as much as possible from permanent butts.

4 March postponed

ACT State Target Championship ... Canberra Archery Club

24 to 30 March

Australian Open Archery Championships ... ACT

31 March to 1 April

ACT Field Championships ... Tuggeranong ACT

12 May

FITA Arrowhead Field ... Yass ACT/NSW

21 and 22 July

National Indoor Championships ... ACT

July 27 to 12 Aug

Olympic Games Archery ... Lords Cricket Oval, London, UK

11 & 12 August

South Coast Field Championships ... Wollongong NSW

August 22 to 28

World Field Championships – FITA ... Val d'Isère, France

### **SAFETY AT THE CLUB**

If you are shooting at the club make sure that there is AT LEAST one target between you and any other archers if you are not on the same shooting line and/or going to the target together.

In addition, it is essential that you sign the shooting register in the clubhouse before you shoot.



### **The program of Nationals events will be:**

Sunday 25 March 2012	Registration and Official Practice	
Monday 26 March 2012	Target (Open Compound)	Field (Open Recurve & Longbow)
	Field (Mast/Vet Compound)	Target (Mast/Vet Recurve & Longbow)
Tuesday 27 March 2012	Target (Open Compound)	Field (Open Recurve & Longbow)
	Field (Mast/Vet Compound)	Target (Mast/Vet Recurve & Longbow)
Wednesday 28 March 2012	Double Clout - Period Costume encouraged	
Thursday 29 March 2012	Target (Open Recurve & Longbow)	Field (Open Compound)

	Field (Mast/Vet Recurve & Longbow)	Target (Mast/Vet Compound)
Friday 30 March 2012	Target (Open Recurve & Longbow)	Field (Compound)
	Field (Mast/Vet Recurve & Longbow)	Target (Mast/Vet Compound)
Friday 30 March 2012 6pm	Presentation Dinner at TVRUC Town Center Sports Club	
Saturday 31 March 2012	ACT Open Field Archery Championships, Tuggeranong Archery Club	
Sunday 1 April 2012	ACT Open Field Archery Championships, Tuggeranong Archery Club	

## THE NUMERICAL ANALYSIS OF THE “BUM” SHOT

Or

**“It was only my release that was bad but I only shot a six”**

If each resonance action or relevant base is given a numerical value it can be seen how one shot can affect a shot more than it should.

- REMEMBER**
1. that the thought in your head is quicker than the arrow
  2. that everything that affects a shot is your fault even including equipment failure
  3. for every action there is another action that can negate the affect of the first action
  4. it’s too bloody late after the shot is gone!

### IF EACH PART OF THE SHOT IS GIVEN A VALUE

EQUIPMENT	E	30
CONCENTRATION	C	20
STANCE	S	10
RELEASE	R	10
BOW ARM	B	10
ANCHOR	A	10
CONFIDENCE (I Can)	I	10
		=====
		= 100      Which = a ten

**NOW**, if something goes wrong eg release, the if R = 10 that shot should be a nine

**THAT’S THE DIFFERENCE BETWEEN A CHAMPION AND AN ALSO RAN.**

When champions stuff their release up it only affects the shot by its own value.

**BUT** what happens when you do it? You get a seven or a six, don’t you?

**WHY?** Because when you release the arrow, your highly critical brain says “You stuffed up the release you idiot, that is going to be a stuffed up shot.

**AND** Your confidence goes out the window  
Your Bow Arm drops

## Your Concentration

Therefore  $R + I + B + C = 50$  and therefore your score was a five.

**BECAUSE OF THE TIME YOUR BRAIN HAS TOLD YOU THAT, AND THE AFFECT IS FELT BY THE OTHER RELATIVE ACTIONS, THE ARROW IS STILL AFFECTED.**

### **WHAT DOES A CHAMPION DO?**

**SIMPLE:** Champions isolate their mistakes so that they only affect the shot for it's own value.

**AND THAT IS THE DIFFERENCE: ONLY ALLOW YOUR MISTAKES TO AFFECT THE SHOT FOR THEIR OWN WORTH.**

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