



WAVERLEY CITY ARCHERS NEWS LETTER FEBRUARY 2011.

2011 is seamlessly following 2010 with club members keeping their skills in tact over the festive season by getting to the archery field as often as possible.

Wednesday is a very popular day to shoot witnessed by around 10 archers who arrive at the club early and leave around mid day.

I believe Sunday is also a very popular coaching and shooting day and Saturday morning also shows us that archery remains a very popular sport to try.

Following the efforts of the committee last year it is hard to imagine that this year could be more successful in attracting people to try archery as a sport but they will be trying of that you can be sure.

I hope you have a wonderful year of shooting, winners are grinners who work tirelessly at becoming stronger, more knowledgeable and single minded to their aim of success you can do it too.

AROUND THE CLUB.

The committee of WCA has formed and become what should be a united and awesome force for 2011 they are :

PRESIDENT	GRAHAM WILLIAMS.
VICE PRESIDENT	FRED KOEPLER.
SECRETARY	BRENDAN POGE.
TREASURER	GRAHAM STEWART.
RECORDER	HELENE WILSON.

NATIONAL RANKINGS our club members,
Fiona Guest comp 17, James Hirth comp 31, Owen Bristow recurve 32

Around the club cont.

BIG EVENT FOR WAVERLEY CITY ARCHERS.

An innovative and exciting new event has been devised to be held at the WCA field and is hoped to be an annual event.

The inaugural TRADBOW TOURNAMENT will be held at the Waverley City Archers field 20TH FEBRUARY 2011.

The event is open to LONGBOW and BARE BOW RECURVE Archers of registered archery associations further information is in the Presidents report and on the Tournament board.

It should be a wonderful day of archery and the club would appreciate any help that you can give to help run the day.

HELPING TO ORGANISE WCA PROGRAMMES.

You will appreciate that the WCA requires an enormous amount of organising in order to present a fun and interesting shooting programme each year and for those who do take an active role the work is both challenging and very rewarding.

There is always the possibility for any club member to step up and take part in the running of the club, committee positions become available from time to time and when WCA runs their major events each year there is lots of planning and ground work to be done.

WCA has its BIG events like TRADBOW, THE STATE CLOUT and THE MONASH TROPHY ,three huge events that all require lots of assistance.

If you are a serious archer,being on the committee means that you will be the first to know what is going on in the club,state wide and nation wide so become involved,be informed.

If you feel that you would like to play a meaningful role in club life please talk to our President Graham Williams who will inform you of how you can help.

NOTE: Please let me know of email address changes

Get excited,get involved you know you want to.

Presidents Report

by Graham Williams

The advanced coaching clinics held last month, for each recurve and compound bows, proved to be enjoyable and highly educational sessions. In addition to improving the shooting techniques and knowledge of the club's best archers, the purpose of the clinics was to facilitate the skill-development of our other archers by guiding their own shooting techniques. Already, this is paying dividends. Many of those who attended the sessions are coaching beginners in the final two weeks of their instruction and are providing valuable advice to other club members.

It is through that willingness to impart specialised knowledge that the overall standard of archery in our club will keep improving.

On 20th February, the club will host a tournament for longbow and barebow recurve archers from all archery associations. I'm not sure whether this will be the first major event, involving AV, Australian Bowhunter Association (ABA) and 3D Archery Association of Australia (3DAAA), to be held in Melbourne but it promises to be quite a spectacular in any case. It will be a double clout shoot with a difference. Instead of a lined series of flags to aim at, archers will shoot progressively at three enlarged target faces, spaced at 20 meters apart and staked to the ground. Participants are asked to wear medieval dress and, hopefully, we will be able to persuade the local press to cover the event. Profits derived from the tournament will be sent, in the name of all participating associations, to a relief agency for victims of the Queensland floods. There will be a lot of preparation required to hold a successful tournament. So, don't let just a handful of club members be the ones helping out. It's a trial tournament (which could be an annual event if everyone enjoys it) and for a worthy cause. Please make an effort to pitch in.

Tingo and Steve have been working on the design and the manufacturer of a club shirt and are at the point of having a sample shirt produced. The design is a polo-look, short-sleeved shirt in green with a yellow flash down the side. The shirts are 100% breathable polyester, single jersey knit, with a 'modern' fit (follows the shape of the body - not the formless garments we now have). The club logo will be embroidered on the front breast and 'Waverley City Archers' printed on the back. It is expected that the cost of each shirt will be a modest \$35 and they could be ordered via the committee. Some members might wish to buy a light, white long-sleeved vest of their choosing to be worn underneath the club shirt. After many years of various committees debating the style, cost, availability etc. of a new club shirt, Tingo and Steve are to be congratulated for having cut through that Gordian knot.

Because of the inevitable pre-Christmas industrial dispute, coupled with tropical rains, the grass at Freeway Reserve remained uncut for some weeks. Now mowed, it lies in sodden clumps thereby making it very difficult to find lost arrows. There's no remedy but to rake it away from the shooting area and beyond. If you could spend even a quarter of an hour with a rake during your practice sessions, it would gradually remove the grass from the worst areas to the surrounding bushland. Much cheaper, healthier and less time-consuming than spending your time searching for lost arrows! Fred has arranged the purchase of a few dozen aluminium arrows (more easily found with the metal detector) for club purposes - but that doesn't help find your own.

YOUTH NEWS

As the year progresses I will get into the loop to bring the latest information to younger archers.

I am able to tell you that FRANK CASTELLUCCIA has taken on the task of YOUTH DEVELOPMENT OFFICER and SPORT DEVELOPMENT OFFICER for the state of Victoria I have made contact and hope to be able to pass on info as it happens.

An invitation for all Youth archers to join the YOUTH STATE SQUAD has been offered for young archers develop and expand their skills with the aim of attending the forthcoming YOUTH NATIONAL CHAMPIONSHIPS at Twin City in April 2011 the contact for the squad is FRANK CASTELLUCCIA email youtharchery@optusnet.com.au .

I have been advised by Frank that the squad for this years event has been selected but you can contact Frank now for this years programme.

The next big event is THE JUNIOR DIAMOND PILE 27/02/2011 this event has long been a premier junior event where you can meet all the top youth archers and watch them shoot, to win the Junior Diamond Pile is quite an achievement so if you can go you will have a good day. (info will be on the Tournament board)

The junior years are the most important part of an archers development and I would be willing to say that in my years in archery most of the very proficient Australian archers including Simon Fairweather, Mat Gray, Michelle and Debbie Tremelling, James Park, Leigh Cornish, Craig Tyson to name just a few, have come from an early start in junior archery programmes and most noticeable is the fact that their skills last a life time if learnt correctly the first time.

They seem to be able to take long breaks, while they have families etc, and come back just as strongly when they return to the sport.

There will be lots going on and I will be able to keep you informed.

STATE NEWS.

The State Target Championship will take place At the TWIN CITY ARCHERS FIELD IN GIPPSLAND on the 12th and 13th February 2011. Entries close Feb. 4 At this stage the selectors have not chosen the teams to represent Victoria at the State Target Championships.

All information about this event is on the Tournament board.

If anyone would like to go and watch the Tournament you would find it quite interesting to see how they are organised the event and to enjoy the pageantry of the shoot.

As programmes get under way there should be more info under this heading.

CHECK IT OUT.

Colin Bush sent me a very good article from the internet which shows very clearly how to tie a D loop for compound bows unfortunately I have not been able to extract the article so I will give you the web address to have a look.

So check it out <http://unofficialatfaq.tripod.com/dloop.htm>

This is well worth a visit.

Also check out; **KSL International Archery School of high performance** on the internet, for strength training click on Physical Training then

' **KSL SPT Handbook**'.

Most archers will know that KeeSik Lee is the coach who took Simon Fairweather to Olympic gold in 2000 ,a master coach who should be studied by any Recurve archer.

In 2009 Keesik Lee became Americas Head coach so it will be interesting to see what comes of that.

His book can be found in the book library at the clubrooms,you will find several copies there.(Check out the DVD library while you are there.Don't forget to sign them out ,and in.)

For balance,compound archers would do well to consider finding copies of James Park's series of books,no,James is not Korean but an Australian who offers information from a lifetime in the sport as both a Recurve and Compound champion.

His coaching and theories are born of an astute, analytical mind of mathematical precision and his books would be sure to add a new dimension to the way you think about compound archery.

Available from the AA website under suggested reading.

by JAMES PARK.

.Mastering Archery Technique Analysis.

.Mastering Bow Tuning.

.Mastering Compound Bows.

There are other great book suggestions for all forms of archery on the Archery Australia web site so take a peek.

Also check out the AIS web site there's lots of info here.

Although the Archery programme was discontinued at the end of 2010 there is still lots of health and fitness on the site.

REGISTRATION FOR AUSTRALIAN MASTERS GAMES ADELAIDE in October will be open FEBRUARY 14th.

Information available on the games web site.

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Some think they would like to be one,
some are archers ,they think,
but it's only to think,live and breathe it,
that you'll shoot with the winning instinct.

Clem (It came to me so you can have it for free)

WHATS ON.**FEBRUARY.****ALTERNATIVE.**

Sat. 5th	FITA/SHORT FITA	HORSHAM.
SAT 12 TH	<u>WORKING BEE</u>	MULGRAVE .
12TH & 13TH	VICTORIAN STATE TARGET CHAMPIONSHIPS. TCAG .	
SUN.13TH	ENGLISH WARBOW ARCHERS. (AT WCA)	
SAT. 19TH	CLOUT.	
<u>SUNDAY 20TH</u>	<u>TRADITIONAL BOW EVENT WCA (DOUBLE CLOUT)</u>	
SAT.26TH	SHORT CANBERRA	DRAKE .
SAT.26TH	WERRIBEE SHORT RANGE	WA.
SUN.27TH	GRAND PRIX FIELD EVENT	DVA.
SUNDAY 27TH	JUNIOR DIAMOND PILE.	DVA

MARCH.

SAT. 5TH	GENERAL MEETING & FITA STANDARD.	MULGRAVE.
<u>SUN.6TH</u>	<u>QRE WCA</u>	
SAT. 12TH	CLUB TARGET CHAMPS. BRISBANE.	SHT ADELAIDE.
SUN.13TH	VIC. STATE SHORT RANGE CHAMPS.	MAC.
SAT.19TH	FIELD (AT SHERBROOKE)	
<u>SAT.26TH</u>	<u>PRESIDENTS SHIELD CANBERRA . SHT/JUNIOR CANBERRA.</u>	
SUN.27TH	WARRALONG FIELD.	GA

(Details of events can be found on the Tournament Board in the clubrooms.)

Please support WCA events , help keep WCA a Premier club.

SPECIAL OFFER FOR ARCHERS.

Clem Sedgman at **ICU SPECTACLES** in Berwick offers archers and friends,

FREE HYDROPHOBIC ANTI-REFLECTION COATING

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CLEM.

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Articles of around 350 words will be considered for inclusion.