



Tuggeranong Target

The friendly community club supporting archers of all disciplines, Olympic to compound, medieval to traditional, catering for families, novices, the enthusiast and the disabled.

Soward Drive, Tuggeranong, ACT

www.tuggeranongarchery.com.au

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Christmas Holidays — No Beginners line until Sunday 6th Feb 2011 ...

The club closes the Beginners line and "Come and Try" activities for the Christmas holidays. The last session is Sunday 12 December 2010. Club members needing equipment over the Christmas school holidays can discuss arrangements with Gary Hobson, Equipment Manager, and Kevin Watts, Treasurer, before our Christmas break. Club equipment is only available to financial members and should any of our Sunday visitors wish to borrow our equipment over the holidays, they will need to become financial members of the club on or before Sunday 19 Dec.

Steve Caldicott, President

A word from the President ...

Tuggeranong Archery Club has been successful with its submission to host the National Championships in 2012. Rachel Morgan has agreed to chair the Organising Committee and planning will begin in earnest early in the new year. The club is looking for as many club members to help in the areas of web sites, competitor registration, accommodation liaison, hospitality and catering arrangements, photography, website design and construction, programme design and publication. During the event we will need many helpers with welcoming and registration, competitor score sheets, field crews for managing targets, setup and tidy up, etc Tuggeranong Vikings, our affiliated club, has offered accommodation discounts for travelling families using Country Comfort Greenway and catering assistance for the presentation Dinner at either the new Tuggeranong Multi-use Facility Hall or at The Auditorium Erindale. Please become involved and be part of helping the nations best archers compete in outdoor target, field and clout. All members will be emailed when the 2012 TAC Nationals Organising Committee meets at Tuggeranong Vikings Erindale. The club has also registered its desire to hold the Nationals in the Centenary Year of Canberra, 2013 and is interested in holding a World Field Archery Event in the future, but let's worry about one event at a time.

The recent storms have had some impact on our Field range. The ambulance access roadwork's provided by the ACT Government has been washed away exposing a very large concrete pipe in the middle of the track. This with the Centrelink stormwater overflow from the Caroline Chisholm Centre has now made 3 areas of the track impassable for an ambulance should we need to call one to the Field range. Target 1 was all but washed into the main dam except for one lone star picket. Target 2 was washed into the dam and push through the overflow on the far side and found half way down the flood way at the bottom of a very large tree. The stream through the gully at targets 17 and 18 is creating a large wash out zone under the fence and through the wombat burrow. All members are reminded to take care as there are lots of snakes in the long grass.

The club has formally lodged a Licence to Use application for use of the broader area for several new field courses and additional clout areas. We are working with ACT Planning Authority through the assistance of the ACT Sport and Recreation Services and the Murrumbidgee Rangers of the ACT Parks Conservation and Lands. The existing Bicentennial Equestrian Trial will be official marked along the river and inside the edge some of our areas and we have agreed new signage that will be erected at the clubs cost. There will be some new fencing and some gates erected to clearly demark the archery range and to assist with stock management in and around the archery range. Until the licence is granted, we will not construct water crossing duck boards and stabilise the erosion areas on the slopes. The club has already obtained the necessary timber for the field remediation work.

Work on the Tuggeranong Multi-Use Facility has progressed with a request from Sport and Recreation Services to prepare detailed building plans and permits in preparation for construction in the second half of 2011 with completion by the end of 2011. Meetings with engineers and quantity surveyors have highlighted the challenges with fitting out a prefabricated warehouse structure verses engineering a state of the art custom fabricated steel structure. Whilst it would be nice to have a fully lined elite sporting facility, we are trying to achieve a fit for purpose archery facility that can be used by fencing, table tennis, trampolining, cheer leaders, and hand ball. Over the next few weeks we will find out exactly what compromises will be needed to the fit out or to the ACT Government's 2011/2012 Capital Works budget. It is hard to understand how the cost of a 42m x 30m x 8m open span area of concrete slab with colour bond walls and roof, with silver blanket insulations and couple of light fittings costs \$1800 per square metre to construct

All Tuggeranong members are encouraged to come and enjoy the Christmas Shoot on Sunday morning, 19 Dec. A safe and merry Christmas and a prosperous and happy new year to all members and their family and friends.

Steve Caldicott



Coaching corner

Bow set up and tuning – Part 4 - Fine Tuning

It's always the way, you get all set up follow the directions and the groups are just not as good as you were hoping, what do you do now? We begin by checking the equipment and set-up.

Arrows

To start with check the arrows for:

1. Check the arrow charts again to make sure you are using the recommended shaft and point weights for your bow weight and draw length
2. Straightness – mainly for wood and alloy shafts, even if you are using carbon shafts the points may be bent or the nocks out of alignment
3. Check for cracks and dents – carbon shafts have the tendency to crack or slivers of carbon are shaved off when struck by other arrows. (Known as “bruising” – it is dangerous to reshoot that arrow.)
4. Check the nock is in the correct alignment as it may have rotated or become loose
5. Check the feather or vane for damage correct angle and glue bond.

Bow

When checking the bow go back to the basic set up and re-check all the procedures were followed then if you are still having trouble check the equipment. I start with the working parts of the bow first:

1. Check the string making sure it is in good condition. Make sure it is sitting in the limb cut outs and grooves correctly, and don't forget your nock height.
2. Check the bow limbs for straightness, wear, cracks and or damage
3. Check the limb pockets (where the limbs joint the riser) making sure the limbs are seated correctly, there is no damage, and the fittings are not loose.
4. Lastly check the riser and other fittings for straightness, wear and or damage

If you notice the arrow flight is not quite right and the groups are variable then there is a chance that the arrow may not be leaving the bow correctly. The effect will be something similar to fishtailing except the oscillations will be faster. A very simple check is to dust the rear of the arrow shaft in talcum powder. When the arrow is shot it will leave a trace of talc where the contact, if any has been made.

In the majority of cases it will be an inner fletching hitting the arrow rest, plunger or bow shelf.

Some simple cures include:

1. Check that the arrow rest does not protrude outside of the arrow shaft (when viewed from above)
2. Rotating the nock to use another fletch as the cock fletch
3. Rotate the nock by a small amount to achieve clearance, all arrows will have to be rotated to the same extent (harder to achieve)
4. Change to a lower profile fletch on your arrows

Other Adjustments

There are several adjustments that can be made to your equipment to improve the results. Before you start making changes to your equipment and varying the basic set-up it is a good idea to start taking notes of all the changes you make this will make it easier to return if there is no improvement.

Bow Weight

Most of the modern recurve bows have the ability to adjust the bow weight, I am of the opinion that if the adjustment is possible then why not try it as you can return to your original set up quite easily. You must change the top and bottom limbs by the same amount so not to upset the tiller offset in the top limb.

continued ...

Safety First - Members and Guests must sign in ... (again) ... (again) ... (again) ...

All Members and their escorted visitors must comply with the club requirement to sign in for each visit to the range. The sign on sheet is in the garage. If you don't have a key to the gate you have not paid your range fees.

For those heading down to the Tuggeranong Archery Field courses, you must put the field flag up at the gate and record the time you arrived. On returning from the course, you must record your return time, and if no other person is listed on the sign on sheet as still on the range, remove the flag.

If you are the last car leaving the car park area, ensure all gates are locked, and the red fire gate is closed and locked. If there is a problem with the red fire gate, at least pull the gate to appear closed.

Vehicles are not permitted on the range at any time without the permission of the Committee or a Club Official.

Steve Caldicott, President

Coaching corner

Brace Height

The manufacturers have tested their bows and found the best brace height; however, they always leave you with a considerable range to set your brace height to.

Why not experiment and see at what brace height your equipment likes best. When you are experimenting you will notice that there is a spot where the bow shoots quietly this is normally the optimum point.

Changing the brace height changes the power delivery to the arrow, so increasing the brace height will make the arrow appear weaker and lowering the brace height will make the arrow appear stiffer.

It is often a good idea to mark the original settings of the adjusting screw position by using masking tape on the screw, support disk and the limbs and then drawing a line straight across both with a coloured pen. If you need to go back to the original setting, simply adjust the screw until the lines match again.

Bow String (Recurve and Longbow)

Changing the string material can have a dramatic effect on the arrow especially if you are used to shooting with a Dacron string. Even making your own string so you can incorporate your own requirements can have a big effect. There are many types of string materials out there and it really is a personal preference; however, I have found Fastflite to be as good as any and very reliable.

When making a string you can vary the amount of strands in the string which in turn can influence the arrow dynamics. A thinner string (less strands) will travel faster than a thicker one; however, a thicker string is more forgiving. When using Fastflite I generally start with an 18-20 strand string.

The string serving can be changed to a different weight thus also changing the string qualities. You can add extra string material under the serving to increase the thickness of the served area to accommodate large groove nocks. One sure way of ensuring your nocks fit safely and come off cleanly, is to place an arrow on the string, and then gently tap the string with your fingers. If correct, the arrow should hold on the string when pointed downwards, and drop off when tapped.

A good idea is to remove the metal nock points and change to tie on nock points. Ask one of the coaches to show you how.

Arrow point weight

The arrows dynamic spine can be changed by simply changing the weight of the point. If when testing your arrows they prove to be too weak you can lighten the point weight which in turn will stiffen the arrow and thus if you increase the point weight it will weaken the spine. Generally we start with a mid range point weight of about 100 grains and vary from there. In another Coaching corner I will go more deeply into arrow construction.

Try to avoid changing the arrow length as shortening an arrow can have a drastic effect on spinning and also will change where the arrow sits on the rest at full draw. A shortened arrow will always become stiffer. Even 10mm shortening may affect your setup/tune dramatically. It's best to recheck the arrow selection chart material before doing so. Measure twice – cut once is still the best advice.

See you on the line — Gary Hobson

Club Merchandise

Tuggeranong Archery has a range of club merchandise available.

Polo Shirts \$30 or 3 for \$80

Tri-colour Raglan sleeve Pique Polo
Fabric is 240gsm 40%/60% cotton rich pique with UPF protection.

SIZE	XS	S	M	L	XL	2XL	3XL	4XL
Hall chest	51.0	53.5	56.0	58.5	61.0	63.5	66.0	68.5
Body Length	68.0	70.0	72.0	74.0	76.0	78.0	80.0	82.0

Three in One Jacket \$60

Reversible jacket lined with polar fleece, water proof fabric, removable hood and sleeves.
Tuggeranong embroidered logo inside and out!

SIZE	S	M	L	XL	2XL	3XL
LENGTH	70	73	76	79	82	85
CHEST	118	124	130	136	142	148

Hats & Beanies \$10

Different styles and sizes: S/M and L/XL

Cloth Badges \$5

Hat Pins \$5



Key dates for 2011 ...

January	Sat 29 & Sun 30	Australia Day Shoot	Canberra Archery Club
February	Sat 27 & Sun 28	Field QRE (to be confirmed)	Tuggeranong Archery Club
March	Sat 19 & Sun 20	ACT FITA Field	Tuggeranong Archery Club
April	Sat 23 to Fri 29	National Youth Championships	Twin City Archers, Morwell, Vic
May	Sat 7 & Sun 8 Sun 22 to Fri 27	Field QRE (to be confirmed) National Championships	Tuggeranong Archery Club Brisbane, Qld
July	Sat 23 & Sun 24	National Indoor Championships	Weston Valley Archery Club
August	Sat 27 & Sun 28 22 to 27 31 to 3 Sept	Field QRE (to be confirmed) World Youth Championships World 3D Championships	Tuggeranong Archery Club Legnica, Poland Donnesbach-P, Austria
October	3 to 10 Sat 22 & Sun 23	Test Event London Olympics Steve Roberts (field, target, & novelty)	London, UK Tuggeranong Archery Club
November	Sat 5 Sat 26 & Sun 27	ACT Clout Championships Field QRE (to be confirmed)	Tuggeranong Archery Club Tuggeranong Archery Club

Key dates for 2012 ...

tba	Sun to Sat	Australian National Championships	Tuggeranong Archery Club
February	20 to 26	World Indoor Championships	Las Vegas, USA
July	27 to 12 Aug	Olympic Games Archery	London, UK
August	22 to 28	World Field Championships—FITA	Val d'Isère, France
October	28 to 3 Nov	World Field Championships – ABA/IFAA	Tandil, Argentina

	5th			
	Sat, 29 Jan 2011	FITA Target	Australia Day - FITA Star - Canberra Archery Club	
	Sun, 30 Jan 2011	FITA Target	Australia Day - FITA Star - Canberra Archery Club	
February	Sat, 5 Feb 2011	Saturday		
	Sun, 6 Feb 2011	SCA Target	IKAK (*12 at 40yds *12 at 30yds *12 at 20yds+) 2 ends and 2 speed, Royal Round (*6 at 40yds+*6 at 30yds+*6 at 20yds+) 1 end each and 1 speed at 20, Kings Round (15yds increasing by 5 after each end)	
	Sat, 12 Feb 2011	Club Working Bee	Club Working Bee	
	Sun, 13 Feb 2011	Club Target	Choice of Hobart (FITA Standard), Perth, Canberra (FITA 900), Short Canberra, Junior Canberra	
	Sat, 19 Feb 2011	Saturday		
	Sun, 20 Feb 2011	SCA Field	Visitors welcome to enjoy traditional field shooting	
	Sat, 26 Feb 2011	QRE Field	Field from 11:30 - FITA Field QRE - Tuggeranong Archery Club	
	Sun, 27 Feb 2011	QRE Field	Field from 11:30 - FITA Field QRE - Tuggeranong Archery Club	
March	Sat, 5 Mar 2011	Club Working Bee	Club Working Bee	
	Sun, 6 Mar 2011	SCA Target	IKAK (*12 at 40yds *12 at 30yds *12 at 20yds+) 2 ends and 2 speed, Royal Round (*6 at 40yds+*6 at 30yds+*6 at 20yds+) 1 end each and 1 speed at 20, Kings Round (15yds increasing by 5 after each end)	
	Sat, 12 Mar 2011	Saturday		
	Sun, 13 Mar 2011	Club Target	Choice of Hobart (FITA Standard), Perth, Canberra (FITA 900), Short Canberra, Junior Canberra	
	Sat, 19 Mar 2011	FITA Field	ACT State Field Day 1 - FITA Field Arrowhead - Tuggeranong Archery Club	
	Sun, 20 Mar 2011	FITA Field	ACT State Field Day 2 - FITA Field Arrowhead - Tuggeranong Archery Club	
	Sat, 26 Mar 2011	Saturday		
	Sun, 27 Mar 2011	Club Field	Club Field (includes SCA, TAC and AA visitors) - may include FITA registered ranking round	
April	Sat, 2 Apr 2011	Saturday		
	Sun, 3 Apr 2011	SCA Target	IKAK (*12 at 40yds *12 at 30yds *12 at 20yds+) 2 ends and 2 speed, Royal Round (*6 at 40yds+*6 at 30yds+*6 at 20yds+) 1 end each and 1 speed at 20, Kings Round (15yds increasing by 5 after each end)	
			Canberra President Shoot - FITA Target QRE - Canberra Archery Club	
	Sun, 10 Apr 2011	Saturday		
	Mon, 11 Apr 2011	Club Target	Choice of Hobart (FITA Standard), Perth, Canberra (FITA 900), Short Canberra, Junior Canberra	
	Sun, 17 Apr 2011	Saturday		
	Mon, 18 Apr 2011	SCA Field	Visitors welcome to enjoy traditional field shooting	
	Sun, 24 Apr 2011	Club Working Bee	Club Working Bee	
	Mon, 25 Apr 2011	Club Field	Club Field (includes SCA, TAC and AA visitors) - may include FITA registered ranking round	
May	Sat, 30 Apr 2011	Saturday		
	Sun, 1 May 2011	SCA Target	IKAK (*12 at 40yds *12 at 30yds *12 at 20yds+) 2 ends and 2 speed, Royal Round (*6 at 40yds+*6 at 30yds+*6 at 20yds+) 1 end each and 1 speed at 20, Kings Round (15yds increasing by 5 after each end)	
			Canberra President Shoot - FITA Target QRE - Canberra Archery Club	
	Sat, 7 May 2011	QRE Field	Field from 11:30 - FITA Field QRE - Tuggeranong Archery Club	
	Sun, 8 May 2011	QRE Field	Field from 11:30 - FITA Field QRE - Tuggeranong Archery Club	
	Sat, 14 May 2011	Saturday		
	Sun, 15 May 2011	SCA Field	Visitors welcome to enjoy traditional field shooting	
	Sat, 21 May 2011	Saturday		
	Sun, 22 May 2011	Club Field	Club Field (includes SCA, TAC and AA visitors) - may include FITA registered ranking round	
	Sat, 28 May 2011	Saturday		
	Sun, 29 May 2011	Clout	Visitors welcome to enjoy traditional clout archery shooting	