

# The Sped Arrow

*"Four things come not back - the spoken word, the sped arrow, times past, the neglected opportunity."*  
Omar Ibn Al Halif



## Centenary Archers Club Inc. Newsletter

Editor - Tom Woodley



### Issue 8

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#### Editorial

Another month gone and 1 month closer to Christmas. Where has the year gone? It's good to see so many club shooters at the range on Saturdays. If it keeps frowning at this rate we may need to put in additional lanes to cater for the crush – nice way to be though.

Our winter weather has made for some glorious shooting conditions – pity they don't stay that way. I believe the next big thing on the calendar will be the PanPac games at the Gold Coast archery club. These are well worth participating in although the entry fees are a bit steep. I've never been there but everyone says the Gold Coast club is quite beautiful so I for one am looking forward to attending. I hope many other club members will consider doing the same.

Although it may not seem that way first time, attending inter club etc shoots is great fun and you get to meet a lot of top people, so give it a thought. You won't regret it.

Incidentally a good roll up of club members attended lunch at Kooroomba winery (near Boonah) and it was a lovely day and the food/view were great. These events are also well worth attending and it's good to see club members relaxing with one another socially

#### Club Notices

The Club Annual General meeting is this coming Sat 4 th Sep commencing at 12.00 noon at the club house. Shooting follows the meeting.

Hope to see many of you there.

#### Shooting Tips

Recurvers:

The release.

I can speak with great authority on how not to do this. I used to be a good recurve shooter when I was 30+years younger and never really thought much about the release at all. It just seemed to happen and it was invariably good. These days when I try to shoot recurve, I find getting the release correct is, for me, almost impossible, and I can't figure out why.

According to the book, most of the weight should be taken on the middle finger, a lot less, say 30%, on the index finger and the remainder on the third finger. Except it is very difficult to try to adjust the weight on each of these fingers and still stay sane. My current approach is to keep most of the weight on the middle finger, a little less on the third finger and virtually none at all on the index finger. Why? Well I find that putting weight on the index finger is such a variable thing the I get enormous variations in the height of the arrow landing on the target, when I try to do it by the book, eg I can put a shot in the 10 and the next shot will be a miss right over the top of the target by a huge margin. This is caused by there not being enough downward pressure on the arrow nock to keep the arrow down on the rest and it lifts off just prior to release. So using my system, my index finger just sits lightly on the arrow nock, to prevent the arrow from rising.

I use a Soma tab, with great finger spacer etc but it doesn't keep my fingers away from the arrow nock. In fact no tabs that I know of do. I've looked at photos of the best archers in the world and they all appear TO ME, to be pinching their nocks.:



So why am I telling you this? Well the answer is twofold. If there is someone in the club that can show me the right way to effect the release properly then I would be grateful to have a chat with that person, and secondly, if you too are having difficulties with this then try my so-called solution which does work, sort of, and try to learn from someone who knows the correct way of doing this.

Graeme – I need some personal coaching, mate!!! 😊

### New Gear

As I now shoot a bit of recurve, I am trying to set up my 30 and 40 year old bows as close as possible to the original fittings, which are vastly different to what we have today. One of the things I needed was a new aiming point and I really prefer the Titan recurve scope but they are nearly \$100 each! Now I'm no cheapskate but that's a lot of money for very little so looking around I found a great substitute, sort of an Italian Titan at around \$37 AUD from Alternative Sporting serves UK. Great bit of kit:



New Cartel Rise - Nice:



CBE Tek-Target Compound Sight:



Full range of vertical adjustment available as if fitted with a 5 inch slide. Both forward elements move individually to give wide range of movement. Neato!



### The Parting Shot

Not a big Newsletter this time round. There are things I'm still awaiting and I hope to make the next one a tad more substantial.

There is one issue (probably of many) that needs to be raised here. Shooting at the club grounds is permitted only on Sat, occasionally Sun for specially designated shoot, and Wednesday. This is what our Council provides for – AND NOTHING ELSE!!!

Don't come to the club on some other day and think you can get away with it because we could end up having run-ins with the general public.

During Non-shooting days, the public has full access to the grounds and are not trespassing. Be warned – if you are shooting on some non-approved day and you have an incident with a member of the public then you have no rights whatsoever and if there is an accident which causes harm to a member of the public on such a day, the person concerned will be in the deepest doo-doo, as too, will be our club.

We do not hold a lease on the land, we have a licence only which gives us very specific rights to use of the land AND NO OTHERS.

Also if you are shooting on a Wed then you have to sign the club attendance register which is kept in the fuse box. Failure to do so will mean that you are NOT covered by insurance if something nasty happens to you.



