



SHAFT

SQAS Newsletter - August 2007

President's Report – Brian Hagaman

The SQAS and National Indoor Archery Championships were once again a fantastic event. Many thanks to Toowoomba Company of Archers for hosting the shoot, and many thanks to local workers, to the judges, the scorers and the data entry, the target face preparers and many others who made this event such a success. My congratulations to all those who competed and special congratulations to the medal winners. A great competition, and great fun and social time.

So have a look at the SQAS calendar at the back of the newsletter.....and why not come to the next event????

Congratulations to Madeleine Ferris and Robert Timms selected on the Australian team for the World Target Championships and for Robert's silver medal in the compound men's teams event.

Visit the new SQAS web site at <http://www.archerysqas.org.au>. Annika McGinley and Noel Traynor have been doing a great job getting it up and running and totally revamped.

All members on joining or renewing membership with a club receive a SQAS membership card shortly afterwards. SQAS also registers members with Archery Australia and this covers you and your club for insurance purposes.

Brian

2007 National & SQAS Indoor Championships

Once again SQAS archers braced for the cold and headed to Toowoomba for the National and SQAS Indoor Championships held over the 28th & 29th of July. Well done to all the archers and helpers who made the event a success once again and congratulations to place winners both State and National. Check out some pictures from the event, and some of the results below. For full results go to the World Indoor Archery Challenge website: <http://www.archery-forum.com/indoor07/index.php>



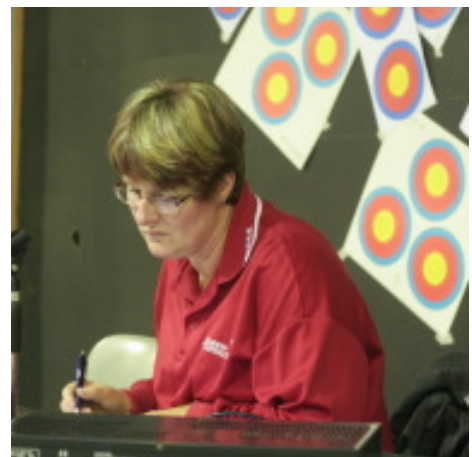
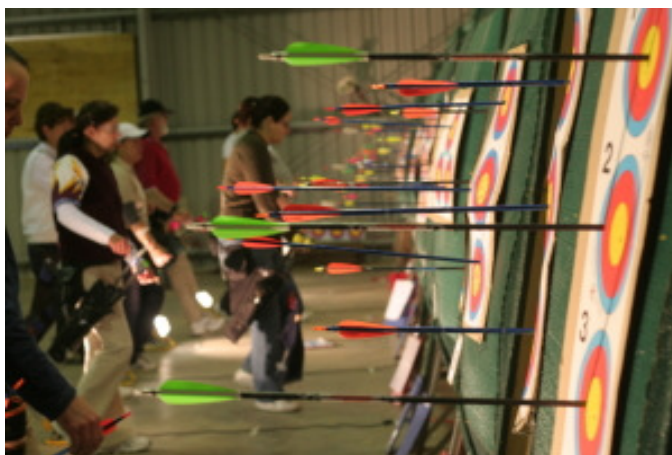
First place for each division in SQAS:

Open Mens Recurve	Robert Turner
Open Womens Recurve	Jo Williams
Open Mens Compound	Paul Malynn
Open Womens Compound	Madeleine Ferris
Open Mens Longbow	Michael Churchward
Masters Mens Recurve	Kevin Smith
Masters Mens Compound	Greg Jans
Masters Womens Compound	Kerry Cheras
Veterans Mens Recurve	Mike Cowie
Veterans Womens Recurve	Sandy Dunstan
Veterans Mens Compound	John Gardner
Veterans Womens Compound	Elaine Westerman
Junior Boys Compound	Ashton Bouilly
Junior Boys Recurve	Jarryd Greitschus
Cadet Boys Compound	Trevor Lovering
Cadet Girls Compound	Shannon McCallum
Cadet Boys Recurve	Ryan Tyack
Intermediate Boys Recurve	David Nance
Intermediate Girls Compound	Elizabeth Churchward
Intermediate Boys Compound	Jonathon Little
Intermediate Girls Recurve	Ingrid Brookshaw
Intermediate Boys Longbow	Daniel Counsell
Cub Girls Recurve	Maggie McGinley
Cub Boys Recurve	Matthew Ryan



SQAS archers who placed in the top 3 nationally:

Robert Turner	3rd	Open Mens Recurve
Madeleine Ferris	2nd	Open Womens Compound
Rebecca Darby	3rd	Open Womens Compound
Kevin Smith	3rd	Masters Mens Recurve
Kerry Cheras	3rd	Masters Womens Compound
Sandy Dunstan	3rd	Veterans Womens Recurve
John Gardner	3rd	Veteran Mens Compound
Elaine Westerman	1st	Veterans Womens Compound
Ashton Bouilly	3rd	Junior Boys Compound
Jarryd Greitschus	1st	Junior Boys Recurve
Ryan Tyack	1st	Cadet Boys Recurve
Elizabeth Churchward	2nd	Intermediate Girls Compound
Daniel Counsell	1st	Intermediate Boys Longbow



COACHING TIPS - Part 1

Who's Driving the Bus?

Archery is as much a mental game as a physical game. The difference between a good archer and a brilliant archer is only a few points. And that difference arises because the brilliant archer is more consistent. The technical skill of both groups is the same. The difference arises from the control that the brilliant archer has over his mind. They focus on each shot and are not distracted by random thoughts.

They are totally in control of their mind and know how to maintain their excitement level, emotional control, when to relax and when to concentrate.

The control of the mind is not an Eastern mystic hocus pocus. It is based on sound scientific research. Anyone can learn it, and if they consistently practice it, in about 20 days they will be in total control of their mind. This is a skill which can be learnt and when mastered insulates the archer from all external negative inputs, and keeps the person in a positive frame of mind.

Elements of this approach were presented at the SQAS Camp, and both junior and senior archers found the information compelling and insightful.

In this addition of Shaft, notes on Mental Training have been presented.

If you are interested in obtaining a complete copy of these notes, please contact me.

Martin Wynn-Hughes
SQAS Regional Coach

WORLD CUP - Italy May 2007

Archery Australia Team - Tim Cuddihy, David Barnes and Michael Naray team takes SILVER in the Final Men Team Match Play - Australia V Great Britain. For more info see <http://www.archery.org.au/> or:

<http://www.archery.org.au/scripts/cgiip.exe/WService=ASP0009/ccms.r?Roxy=0x0009ba25&PageId=10603>

2008 Beijing Olympics News

2008 Archery Shadow Squad

Registrations for the Archery Australia Inc 2008 Shadow Squad have now closed. A list of archers who have entered is available on the Archery Australia website:

<http://www.archery.org.au/scripts/cgiip.exe/WService=ASP0009/ccms.r?pageid=10602>

Members of the Shadow squad team are now required to shoot a minimum qualifying score (MQS) for inclusion into the Nomination Events for the Olympic Team. The MQS are:

Men	645
Women	630

The round to be shot for the MQS is a FITA 70m Ranking Round (72 arrows at 70m). This score can be shot from 1st March 2007 to 15th November 2007.

For more information see the 2008 Beijing Olympics Registration and Qualification page of the Archery Australia website:

<http://www.archery.org.au/scripts/cgiip.exe/WService=ASP0009/ccms.r?Roxy=0x0009c905&PageId=10608>

Masters & Veterans National Championships Survey Results

Recently Archery Australia undertook a survey of members relating to the events being shot at the National Championships, below are the results of the survey.

Question 1 - Should be National Championship be:

Master Target One Day 8%
Two Days 92%
Field One Day 8%
Two Days 92%

Veteran Target One Day 43%
Two Days 57%
Field One Day 43%
Two Days 57%

Question 2 - Should the current target and field rounds remain for Masters and Veteran or should they be changed to other rounds?

Keep the same rounds 83% Change Rounds 17%

The suggested changes to Target rounds were -

FITA 900 Round

96% (of the people (17%) who suggested a change to the round)

70m Ranking Round (72 arrows)

4% (of the people (17%) who suggested change to the round)

Two suggestions changes to Field rounds were -

1) Shorten the pegs to Blue for all age groups shooting freestyle (compound or recurve) and to yellow pegs for all age groups shooting Barebow (recurve, compound and longbow).

2) Introduce 3d round for Masters and Veteran

The most common comment -

Why travel all the way to the National Championships and only shot one day of each event, make it the same for everyone.

SQAS CAMP

Both junior and senior archers were invited to attend the inaugural SQAS camp, which was held at Camp Warrawee from the 14th-21st January 2007. The 5 or 7 day course for the juniors and the two day weekend course for seniors was well attended, and proved to be an enjoyable and successful camp for all archers.

Coaches from several clubs shared their knowledge (and humour) instructing at the camp for the week. They were Martin Wynn-Hughes (GCTA), Alison Hagaman (GCTA), Annika McGinley (GEA), Mike Cowie (MPB) and Murray Frith (Parringa Archery Club, Tasmania).



The junior archers, outdoors



Coach Murray with Brendan (GCTA)



The meditating juniors

While the camp was an intense week of archery, it was presented in a structured yet fun learning environment. There were three 2 hour archery sessions a day, either outdoors or utilising the indoor facility on location. As a bystander it was encouraging and at times inspirational to watch and observe the archery youth, and later the seniors, absorb the knowledge and instruction being passed onto them by the coaches. While technique was a focal point for every individual archer, the coaches gave a holistic approach to the sport, including other areas such as buying the right equipment, maintenance of bow and arrows, running repairs, arrow making and looking after the well being of the archer in mind, body and spirit.

Just in case the juniors weren't expending enough energy with 6 hours of archery a day, other daily activities were scheduled, such as canoeing, raft building (and sinking), rock climbing, giant swing, swimming, flying fox and more. (It's tiring just reading about it!)



Jarryd & Jess from MPB



2 Tasmanian heads are better than 1?



Millie and Jonathan (GEA)

In other camp highlights...

While the juniors may have had visions of waking up with bird life melodies every morning, their aural awakenings were in for a shock with Brendan orchestrating AC/DC's "Thunderstorm" (on volume 11) accompanied by soccer balls pounding on their roof. Let's not forget our fearless leader's (Martin) decision to go hiking and "follow the track" (what track???) and get completely drenched before breakfast. And have you hugged a palm tree lately?

If you want to know more, you'll just have to come to the next camp, scheduled for January 2008!

Grange 60th Anniversary Shoot **& Merv Kelly Memorial**

Saturday 25th August, 2007 - Grange Company of Target Archers

Emerson Park, The Grange cnr Bega St and Grange Rd

This event is open to all SQAS clubs and the Grange warmly invites archers to participate and share in the fellowship of the social shoot and celebration of the Grange's 60th birthday.

All members of the Grange Company of Target Archers are encouraged to compete in this event remembering one of our early members who did much to develop the club.

Grange members who shoot the Grange Round are eligible for the Merv Kelly trophy and places, which will be based on a handicap worked out on your shooting ability, based on a rating from previous scores shot at the Grange.

**There is a round for people of all abilities from beginner to elite archer.
If you have not shot in a tournament before this is the one to be in.**

Archers may nominate to shoot the Grange round or be entered into one of the other rounds listed below that is most appropriate to their ability.

The Grange round is an official Archery Australia round and the club is proud to organise a tournament event shooting our name sake round.

Archers will compete in **one** of the following rounds.

ROUNDS: **Grange - 90 arrows at 60m on 122 face**
Melbourne – 90 arrows at 50m on 122 face
Darwin – 90 arrows at 40m on 122 face
Geelong – 90 arrows at 30m on 122 face
Newcastle – 90 arrows at 20m on a 122 face

FEES: \$10

TIMES: Practice 9.45 – 10.15am
 Shooting starts 10.30am
 Birthday cake at end of shoot, approx. 2.00pm
 & draw of lucky door prize

HOW TO ENTER: Enter by 18th August to Brian Hagaman by email hagaman@techsus.com.au or by phone 07 3289 6497 or post to 29 Westwood Drive, Samford Valley, Q 4520, payment can be made on the day but any cheques are to be made out to the Grange Company of Target Archers Inc.

Lunch will not be available at the club however shops are a short distance from the club. Refreshments are available at the club house. Birthday cake at the end of the shoot.

COACHING TIPS - Part 2

MENTAL TRAINING

These notes based on the book: SPORTS MIND by Jeffrey Hodges

POSITIVE MOTIVATION

1. Positive motivation comes from within as a byproduct of desire.
2. Negative motivation is often imposed and often associated with sanctions of some kind.
3. A negatively motivated person will not achieve as much of their potential as a positive person.
4. Consistent negative motivation results in stress, physical, emotional and mental burnout.
5. The more you can live in
 - a. I chose to
 - b. I want to

- c. I am in charge
the more often your goals are achieved.
6. Turn negative motivation into positive.
7. Two parts to self (conscious and unconscious).
8. Best performance is achieved by getting both parts of self to work together.
9. Skill competency acquisition
 - a. unconscious incompetent (you don't know what you don't know)
 - b. conscious incompetent (know about it but have to think your way through but still not right)
 - c. conscious competent (can do it if you concentrate)
 - d. unconscious competent (fully automatic, no thinking required).
10. The unconscious self learns best through precise visual imagery, not by verbal instruction and trust in the natural learning process.
11. The unconscious self can reproduce an action after it is done once. It knows which nerves to activate.
12. The conscious should concentrate on the positive to reinforce the unconscious by focusing on
 - a. detached sensory observation
 - b. situation analysis
 - c. conscious goal setting
 - d. objective planning
 - e. implementation of plans through imaging and directed effort.

Putting it together:

Reprogram errors (ARIA)

1. acknowledge your error
2. release it
3. imprint an image of the correct action
4. ask yourself to do it correctly the next time and trust yourself.

Reinforce good shots (ALIA)

1. acknowledge the good shot
2. love your self (congratulate)
3. imprint the shot (re-shoot it visually)
4. ask yourself to do it again the next time and trust yourself.

Order of Australia Medal for Queensland Archer

Not South Queensland, but Queensland none the less, John Hans from NQAS was recent awarded the Order of Australia medal for services to archery in Queensland.

Further information can be found on the Archery Australia website:

<http://www.archery.org.au/scripts/cgiip.exe/WService=ASP0009/ccms.r?Roxy=0x0009ba25&PageId=10603>

Coming Major Events...

Grange 60th Anniversary & Merv Kelly Shoot	25th August
Percy Davidson Memorial Hervey Bay Archers	8th & 9h September
FITA Star Mount Petrie Bowman	6th & 7th October
SQAS Field Championships SQAS Field Course Belmont	10th & 11th November

SQAS SHIRTS

These are available from Alison Hagaman.

Ph: 07 3425 1540 or Email: hagaman@bigpond.com

Wanting to become an Archery Instructor?

Contact Annika McGinley (Email: coaching@archerysqas.org.au)

Current AA Ranking Lists

The latest Ranking Lists are now on the AA Website.

<http://www.archery.org.au/scripts/cgiip.exe/WService=ASP0009/ccms.r?pageid=10366>

The World Rankings for Target and Field have been updated.

Attention ALL Coaches

Insurance for coaches

Under the Archery Australia Inc Insurance Policies coaches are covered given the following conditions –

- They are current members of Archery Australia Inc
- They are registered Coaches with Archery Australia Inc
- They are engaged in an activity or program supported by Archery Australia Inc, Regional Governing Body or club.

World Junior Championships Registration

Archers who have registered and qualified for the 10th World Junior Championships as of 25th May 2007 can be found on the Archery Australia website.

<http://www.archery.org.au/scripts/cgiip.exe/WService=ASP0009/ccms.r?Roxy=0x0009c965&PagelD=10609>

Overall Champion - SQAS POLICY

Introduction

Each year SQAS awards an Overall Champion male and female, for the Recurve and Compound divisions.

Policy

The Overall Champion shall be determined on the basis of the accumulation of points over four championship events, Target, Field, Clout and Indoor.

Points shall be allocated 3 points for 1st place, 2 for 2nd, 1 for 3rd.

In the event of a tie the championship score for the target shall decide the overall champion.

To be eligible for award of Overall Champion the Target event must be shot.

Want to become a Judge?

Contact Gavin Bicknell - Ph: 07 3245 1974 or Email: gbick@bigpond.net.au

THE PERCY DAVIDSON MEMORIAL SHOOT

Saturday 8th & Sunday 9th September 2007
HERVEY BAY ARCHERS INC - Old Rifle Range Road Nikenbah

Competition begins 1.30pm Saturday - CANBERRA (practice from 11am – 12pm).

Sunday - FITA - practice 8.30am - Start 9.00am (Queensland Ranking Event)

Team trophy - 3 top scores from each club
Individual trophies each division

Fees: Seniors \$30.00 Juniors \$20.00

Catering Sunday – Hamburgers & Toasted Sandwiches

Nominations with payment must reach the Treasurer by Wednesday 29th August as places are limited. Late nomination fee additional \$10.00

Entries to: Mrs Lois Foster
137 Garden Drive
URANGAN QLD 4655
Phone/Fax: (07) 4125 1573
Email: lois.f@bigpond.net.au

2007 SQAS TOURNAMENT CALENDAR

AUGUST				
Sat	4			
Sun	5	Ranking FITA		Centenary
Sat	11			
Sun	12			
Wed	15	Bris Show		
Sat	18	Grange 60 shoot		Grange/Samford
Sun	19			
Sat	25			
Sun	26	Silver Arrow Clout #2 Ranking Field#		At Clubs MPB - SQAS Field Course

SEPTEMBER				
		Silver Arrow Indoor #5 shot this month		
Sat	1	SQAS Delegates Meeting		QRA - Belmont
Sun	2	Father's Day Ranking Field#		MPB - SQAS Field Course
Sat	8	Percy Davidson Canberra		Hervey Bay
Sun	9	Percy Davidson Ranking FITA		Hervey Bay
Sat	15	Ranking Indoor		MPB
Sun	16	Ranking FITA#		Grange
Sat	22		Toowoomba Coaching Day	Toowoomba
Sun	23			
Sat	29			
Sun	30	Silver Arrow Clout #3		At Clubs

OCTOBER				
Sat	6	FITA STAR*		Mt Petrie Bowmen
Sun	7	FITA STAR*		Mt Petrie Bowmen
Sat	13			
Sun	14			
Sat	20	Ranking FITA#	Southern Coaching Day	Lismore Grange
Sun	21			
Sat	27			
Sun	28	Silver Arrow Field #3 Ranking Field		In Zones. Ranking Field at SQAS field course Belmont

NOVEMBER				
		Silver Arrow Indoor #6 shot this month		
Sat	3			
Sun	4	Ranking FITA#		MPB
Sat	10	SQAS Field Championships*		SQAS field course, Belmont
Sun	11	SQAS Field Championships*		SQAS field course, Belmont
Sat	17	Ranking Indoor		MPB
Sun	18			
Sat	24		Coaches Course day 1	Grange/Samford
Sun	25	Ranking FITA		Toowoomba

DECEMBER				
Sat	1		Coaches Course day 2	Grange/Samford
Sun	2	Silver Arrow Target #3		At Clubs
Sat	8			
Sun	9	Ranking FITA		MPB
Sat	15			
Sun	16			
Sat	22			
Sun	23			
Tue	25 Christmas			
Wed	26 Boxing Day			
Sat	29			
Sun	30			
Tue	1 Jan 08 New Year's Day			

1. School holiday dates in heavier boxes (QLD dates)
2. Events marked * are registered with FITA by SQAS or AA and FITA awards are available
3. All SQAS members are expected to attend the Working Bees
4. Local coaching days are open to all SQAS archers and coaches in the zone.
5. To apply to do a Archery Instructors/Coaches Course contact the SQAS Coaching Coordinator

SOUTH QUEENSLAND ARCHERY SOCIETY Inc.

Executive Committee & Other Officers (Version Date 23/08/2007)

<p>President Brian Hagaman 29 Westwood Drive SAMFORD VALLEY QLD 4520 Tel: (07) 3289 6497 Mobile: Fax: (07) 3289 6497 Email: hagaman@techsus.com.au</p>	<p>Treasurer Alison Hagaman 29 Westwood Drive SAMFORD VALLEY QLD 4520 Tel: (07) 3289 6497 Mobile: Fax: (07) 3289 6497 Email: hagaman@techsus.com.au</p>
<p>Vice President Phillip Bangerter Tel: Mobile: 0417 764 715 Fax: Email: Pbangerter@hatch.com.au</p>	<p>Secretary Mark Logan 22 Pirrie Street THE GAP QLD 4061 Tel: (07) 3300 2548 Mobile: 0437 261 066 Fax: Email: mrlogan@smartchat.net.au</p>
<p>Regional Operating Director Gavin Bicknell Tel: (07) 3245 1974 Mobile: 0418 984 894 Email: gbick@bigpond.net.au</p>	<p>Regional Coaching Coordinator Annika McGinley PO Box 5317 East Lismore NSW 2480 Email: coaching@archerysqas.org.au</p>
<p>High Performance Coach Graeme Jeffrey Tel: Fax: Email: G.Jeffery@bornhorstward.com.au</p>	<p>Recorder & Membership Registrar Lois Foster 137 Garden Drive URANGAN QLD 4655 Tel: (07) 4125 1573 Email: lois.f@bigpond.net.au</p>
<p>Tournament Secretary Terry Donovan Tel: (07) 3398 4540 Fax: (07) 3398 3563 Email: terry.donovan@beethoven.com.au</p>	<p>Ranking List Coordinator Madeline Ferris Tel: Mobile: Fax: Email: madeleineferris@gobushmail.com.au</p>
<p>Member Protection Officer Bevan McConnell Tel: Email: bevglend@tpg.com.au</p>	
<p>Public Relations Officer Vacant</p>	<p>Juniors' Director Vacant</p>

SOUTH QUEENSLAND ARCHERY SOCIETY Inc.

Secretaries and Contacts of SQAS Clubs (Version Date 23/08/2007)

<p><i>Ballina Devils Archers</i> Maureen Taylor PO Box 460 BALLINA NSW 2478 Tel: (02) 6686 3026 Mobile: Fax: (02) 6686 3026 Email:</p>	<p><i>Gold Coast Archery Club Inc</i> Carolyn Collins 25/23 Tristan Court BENOWA QLD 4217 Tel: (07) 5539 5750 Mobile: Fax: Email: ceegee@iprimus.com.au</p>
<p><i>Beenleigh District Archery Club</i> Brian Duncanson 64 Cramer Boulevard MT WARREN PARK QLD 4207 Tel: Mobile: 0437 533 697 Fax: Email:</p>	<p><i>Grange Company of Target Archers</i> Brian Hagaman 29 Westwood Drive SAMFORD VALLEY QLD 4520 Tel: (07) 3289 6497 Mobile: Fax: (07) 3289 6497 Email: hagaman@techsus.com.au</p>
<p><i>Caloundra City Archers</i> Noel Traynor PO Box 147 MAPLETON QLD 4560 Tel: Mobile: Fax: Email: secretary@ccarchers.com.au</p>	<p><i>Great Eastland Archers</i> Annika McGinley PO Box 5317 EAST LISMORE NSW 2480 Tel: (02) 6624 8949 Mobile: Fax: Email: gearchers@gmail.com</p>
<p><i>Casino Eagle Archers</i> Earl Coughran 92 North Street CASINO NSW 2470 Tel: (02) 6662 1357 Mobile: Fax: (02) 6662 1357 Email:</p>	<p><i>Hervey Bay Archers Inc</i> Lois Foster 137 Garden Drive Urangan QLD 4655 Tel: (07) 4125 1573 Mobile: Fax: Email: lois.f@bigpond.net.au</p>

<p>Centenary Archers Inc Philip Bangerter 31 Flinders Crescent FOREST LAKE QLD 4078 Tel: Mobile: 0417 764 715 Fax: Email: PBangerter@hatch.com.au</p>	<p>Mount Petrie Bowmen Inc Steven Coling PO Box 431 CARINA QLD 4152 Tel: (07) 5546 7435 Mobile: 0401 229 473 Fax: Email: archery@magnascan.com.au</p>
<p>Spring Creek Archers Madeleine Ferris PO Box 37 HIGHFIELD QLD 4352 Tel: (07) 4698 1693 Mobile: Fax: Email: madeleineferris@gobushmail.com.au</p>	<p>Toowoomba Company of Archers Jan Brookshaw 33 Cumming Street TOOWOOMBA QLD 4350 Ph 4638 4326 Email: brookshaw@c-link.com.au</p>
<p>Sunshine Coast Archery Club Inc Carol Smith 82 Karawatha Drive MOOLOOLABA QLD 4557 Tel: (07) 5444 7721 Mobile: Fax: (07) 5444 7721 Email: sunarchery@optusnet.com.au</p>	