

# CANBERRA ARCHERY CLUB

# **BEYOND THE BEGINNER**

This Booklet is a guide for new Canberra Archery Club Members, who would like to understand more about Archery and progress from a Beginner to Beyond.

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#### EMAIL CORRESPONDENCE

Club President president.caclub@gmail.com

Club Secretary secretary.caclub@gmail.com

Coaching coachingcac@gmail.com

General Enquiries canberraarcheryinfo@gmail.com

#### SIGN-IN

When you arrive to shoot, you must put your name in the Sign-On book. The book is located just inside the roller door entrance. SIGNING-IN IS A MANDATORY REQUIREMENT.

This book allows the Club to understand how often and when members are using the facilities. If an accident happens at the Club and your name is not in the Sign-In book, this may affect our Public Liability Insurance.

#### **WORKING BEES**

The Club conducts regular working bees to keep the venue clean, and repair equipment such as target butts, beginner's equipment and prepare for tournaments. Members are encouraged to attend these events. We are all volunteers in this sport so every bit of assistance you can give will be appreciated. If you are unable to attend working bees, we would appreciate doing a little bit of clean up around the buildings when you can. Help emptying the garbage bins is always appreciated – the key for the dumpster is the same as the key to the toilets.

#### **CLUB SECURITY**

Access to the Club buildings, is via a coded tag and alarm code. Instructions will be given to new members on using the access tag and code. When you leave, if there are others shooting, check that they are members who are able to lock up.

If you are the last to leave:

Check that all equipment is put away

Turn off all internal lights, power points (except fridges) Shut and lock the toilet doors (male and female)

Turn on the security alarm

Close door and lock external gate

#### TYPES OF ARCHERY

#### **Target**

Archers shoot distances from 20 metres to 90 metres. Sizes of target faces vary from 80cm up to 122cm face.



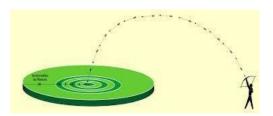
# <u>Field</u>

Archers shoot ranges of 5 metres to 60 metres, varying angles and different size faces 20cm up to 80 cm. The field is set out like a golf course.



#### **Clout**

Shooting from distances of 100 - 185 metres. The target is located on the ground and is represented by coloured flags and a triangle shaped centre



# <u>Indoor</u>

Archers shoot ranges of 18 meters or 25 meters. Target faces are 40cm or 60cm, single face, vertical spots, or tri spots.



# CLUB SHOOTS / CALENDAR

Each week the club programs a group of rounds for members to choose from. These rounds can be used for club level award claims. See classification and performance awards at the Archery Australia website. For other rounds on the club calendar, members can shoot the round at any time on that day, but at least two members must be participating in the scoring. The rounds are listed by their official name for example, a Newcastle round is a round of 90 arrows shot at 20 m on a 122cm target face.

On the first Sunday of the Month, we have the President's Shoot. This tournament starts at 9.00 am, please arrive by 8.15 am (10 am start for June, July, & August).

# OZBOW Program

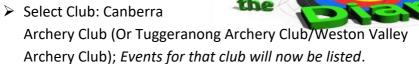
The club runs Archery Australia's OZBOW program for new members. Coaching is available, and they will work with you to increase your understanding of equipment and confidence to shoot at distance. Days and times are advertised in the clubhouse and on the clubs Facebook page.

# REGISTRATION FOR EVENTS/RESULTS

#### Archers Diary www.archersdiary.com

For all events and results.

- Event Registration
- Select RGB (Archery ACT for local events)



- > Select the event you wish to enter. *New box will appear*.
- Archer details: start typing your surname, a list of surnames will appear, select the correct name
- Event details: select the flight/s you wish to shoot, choose your age category and bow type; check which rounds are on the club calendar for that week, choose the round you want to shoot
- Add archer.

If you want to shoot at another club in another RGB, talk to the Club Recorder about how to enter.

#### TARGET BUTTS

All our target butts are on wheels. When moving butts, please have the carry bar no higher than waist height, any higher may result in the target frame tipping over when moving it. Do not stand inside the target frame when moving it, if the frame tips, you may get hurt. Avoid moving when arrows are still in the butt.

Wind flags are stored behind each target. We recommend you put these into the hole provided once you have the target in place, to reduce the height as you move around the clubhouse.

The target range has brick markers for all the various distances and signs on the fences. Please ensure you shoot in the correct lane according to these markers.

# ARCHERY EQUIPMENT – Basic Bow & Accessories

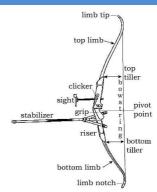
# **Recurve**

Riser 25"

Limbs - 64", 66", 68" & 70"

String (to suit bow length) Arrow rest

Plunger button Sight



# **Compound**

Bow (comes complete and does not require disassembly, settings may require adjustment to suit archer)

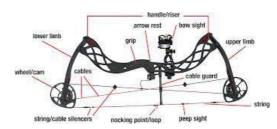
**D-Loop material** 

Sight

Arrow rest

Release aid

Peep sight



# **Accessories**

Quiver

Arm Guard

Finger Tab

**Chest Guard** 

Pens (white/silver for marking your initials on your arrows)

Bow square (a vital piece of equipment to measure brace height, nock height and tiller)

Finger/wrist sling

Bow stringer

Carry case or backpack

# **ARCHERY SHOPS/SUPPLIERS**

#### **INTERSTATE**

- Eliza Archery Melbourne www.elizaarchery.com
- > Tobas Archery Marulan https://tobasarchery.com.au
- Abbey Archery Sydney www.abbeyarchery.com.au
- Pats Archery SA www.pats-archery.com
- Archery Supplies Australia SA www.archeryshop.com.au
- Urban Archery Melbourne www.urbanarcherysupplies.com

#### INTERNATIONAL

- Lancaster Archery Supply -USA www.lancasterarchery.com
- Alternative Sporting Services
  UK www.altservices.co.uk

# **GOVERNING BODY – ARCHERY AUSTRALIA**



www.archery.org.au

# **REGIONAL GOVERNING BODIES (RGB)**





archerynsw.org.au archeryvic.org.au







ARCHERY WA



nqarchery.org.au



archerywa.com.au

archerysqas.org.au

# **ACT CLUBS**









wvac.asn.au

#### **COMMUNICATION**

Like us on Facebook:



Club website:



CanberraArcheryClub

canberraarchery.club