

Welcome

Welcome to Wangaratta Archers. We are a family club encouraging both adults and juniors from 8 to 80 to enjoy our sport.

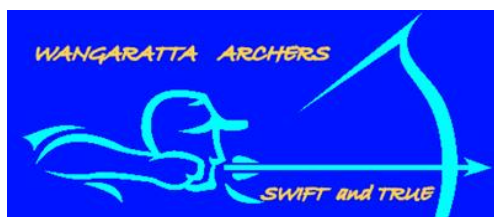
Wangaratta Archers was formed in 2012 by enthusiastic people wanting a sport which the whole family could enjoy. Parents can join in and shoot beside their juniors in a fun and often humorous way.

Our strict policy that juniors have a parent or guardian present at all times is designed to create an atmosphere of family fun and enjoyment. Parents are also welcome to join as Associates (non shooting) or simply be a spectator and help the club to maximise the archery experience.

Wangaratta Archers is affiliated with Archery Australia and Archery Victoria which are in turn affiliated worldwide. Therefore the club is administered both on and off the range strictly in accordance with the rules, policies and procedures of these bodies,

There are boundless opportunities for all archers, no matter what the age, to compete with others clubs, state wide, nationally and world wide dependent on their own skill and ambition. However on the local level an archer and their family may simply participate for personal satisfaction, and family enjoyment.

We expect that the current surge of interest in the sport will grow our club to a premier position in archery in regional Victoria. We welcome you to our club and if you decide that archery is for you, or your family, you meet many friends with a common interest.



SAFETY RULES

Wangaratta Archers use the safety rules as issued for Archery Australia. These are displayed on the notice board in the club house.

The first thing you must do when arrive at the club is sign the attendance book. This is to ensure you are covered by the National Insurance Policy.

The main point for range safety is the skill of the archer. Archers who have not qualified at 40 metres may not shoot on the target range unsupervised.

Once you have qualified at 40 metres you may request permission to shoot unsupervised at any time subject to range availability at the direction of the DOS if other shoots are in progress. Always refer to the notice board for range announcements.

RANGE SAFETY

All shoots are under the direct supervision of a Director of Shooting (DOS) whose duties include control of shooting. The DOS may remove a shooter from the line for inappropriate behaviour.

This control is achieved by the use of a whistle as follows:

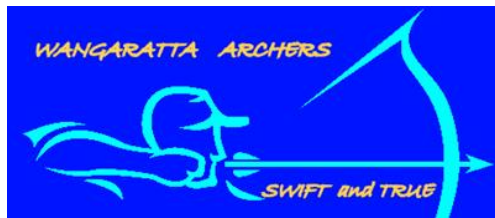
2 Blasts	Come to the shooting line
1 Blast	Shooting may commence
3 Blasts	Retrieve and score arrows
MULTIPLE BLASTS	(5 or more) DANGER, stop shooting immediately

When you are practicing on the range everyone must walk to and from targets at the same time. There is no room for any form of horseplay. Any drawn bow must be pointed towards the designated target and only then if it is intended to be shot. Do not "shoot" a bow without an arrow as this may damage the bow and possibly injure persons nearby.

Targets must be firmly anchored so they cannot tip over. Under no circumstance is shooting permitted if there is someone on the field near or behind the targets. Take care to avoid contact with other archers or their equipment when handling a bow and arrow. Do not distract other archers when they are shooting. Do not handle another archers equipment without their permission.

If a bow or arrow falls over the shooting line, the archer should wait until the archers either side have finished before retrieving the equipment and then only if it has fallen within reach from the shooting position otherwise a missed shot is recorded. Crossbows are currently not allowed on the range.

ALCOHOL MUST NOT BE CONSUMED BEFORE OR DURING A SHOOT



RANGE RULES

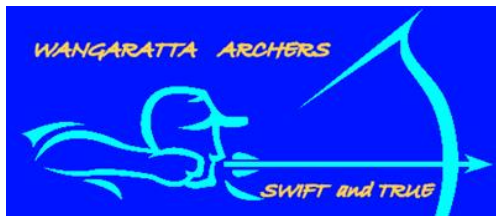
SHOOTING

- A bow must not be loaded with an arrow unless standing on the Shooting Line with one foot over the Line and the signal to start shooting has been given.
- A loaded bow must only be pointed at the assigned target. It must not be pointed at another person.
- An arrow must not be shot up into the air.
- A cracked or bent arrow must never be shot.
- A person must never stand forward of an archer about to shoot.
- If an arrow or part of equipment is dropped in front of the shooting line while shooting is in progress, it can only be picked up after shooting has stopped.
- When each archer has finished shooting their arrows, they should stand back from the shooting line so the instructor can clearly see that they have finished.
- Only when everyone has finished shooting will the signal to move forward to collect the arrows be given

COLLECTING ARROWS

- Walk forward to collect arrows never run
- Always walk up to the side of the target Butt, so as to not to accidentally walk into the rear of the arrows lodged in the target.
- One person at a time should withdraw their arrows from the target
- When withdrawing arrows from the target, make sure no one is standing in front of the target or in the way of the withdraw arrows. Withdrawing the arrows may require some force and the arrows may come out suddenly from the target butt and the rear end of the arrow could hit someone standing in front of the target.
- If searching for arrows behind target, at least one member of the group must remain standing in front of the target while others are searching.
- When carrying arrows always hold them to the side.
- After each end, everyone must return to the shooting line and the range must be checked to make sure no one is behind the target butts or in the safety zone before the signal to commence shooting is given

***THE INSTRUCTIONS OF THE DIRECTOR OF SHOOTING (DOS)
MUST BE OBSERVED AT ALL TIMES REPORT ANY PROBLEMS ON
THE SHOOTING LINE TO THE DIRECTOR OF SHOOTING***



MEMBERSHIP APPLICATION

First Name:

Surname:

Address:Postcode.....

Phone Number: Home..... Mobile.....M/F.....

Email Address:

Date of Birth: / /

Application Date: / /

Please note that the signing of this form acknowledges your acceptance of the rules, policies and procedures of Wangaratta Archers, Archery Victoria, and Archery Australia and that you will comply with any directions given by officers of Wangaratta Archers Inc. or their representatives whilst at the club. You also acknowledge that in accordance with Archery Australia Rules you may only shoot at Wangaratta Archers Indoor or Outdoor Range whilst you are a financial member of Archery Australia

I consent to photos including myself, or of myself, being displayed on Public or Social Media. to promote the club or archery as a whole. YES ☐ NO ☐ Please tick the appropriate box.

Signature (Applicant) _____

Parent/Guardian Consent: I agree to _____ (applicant name)

Becoming a member of Wangaratta Archers Inc. and complying with the rules, policies and procedures of Wangaratta Archers Inc., Archery Victoria, and Archery Australia. I acknowledge that he/she (circle applicable) will not be permitted to be in attendance or shoot at Wangaratta Archers Indoor or Outdoor Range unless a Parent or Guardian associated with the applicant is present at all times. I have completed the Public, and Social Media clause above.

Signature
(Parent/Guardian of Applicant) _____

Date: / /

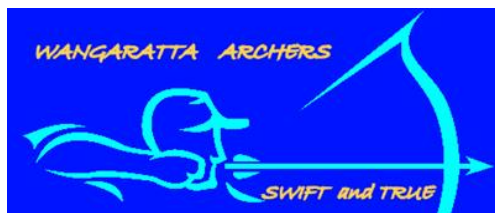
The abovementioned Policies, Rules & Procedures are available on these websites.

www.archery.org.au www.archeryvic.org.au www.wangarattaarchers.org.au

Office use only:

Application approved by Committee Date: / / Entered on Club and AA Records Date: / /
Membership Commencement Date: / / Signed by Authorised Committee Member Date / /

Media Consent Noted as YES or NO () Insert yes or no



ANNUAL FEES JANUARY 1st 2014	AA	AV	Total	WAI
Adult Archer	85	30	115	125
Junior Archer (under 18)	55	20	75	75
Associate (non shooting)	24	6	30	5
Family of two - 1 Adult 1 Junior	170	50	220	175
Family of three - 1 Adult 2 Juniors	170	70	240	175
Family of four - 1 Adult 3 Juniors	170	90	260	175
Family of three - 2 Adults 1 Junior	170	80	250	275
Family of four - 2 Adults 2 Juniors	170	100	270	275

ALL FAMILY DISCOUNT SUBSCRIPTIONS MUST INCLUDE ONE ADULT and AT LEAST ONE JUNIOR

Wangaratta Archers Adult subscription per adult reduced to \$100 plus \$75 first junior only. NO discount for one adult and one associate only or two adults only or more juniors only.

The discount table is based on the number of people in the family. A family is classified as associated persons applying for membership including one adult and at least one junior.

DAY SHOOTING FEES ALL ARCHERS AND VISITORS MUST SIGN THE ATTENDANCE BOOK

NOVICE Non Members instruction first 4 weeks \$10.00 per shoot

Thereafter using club or own equipment. \$15.00 per shoot

CASUAL visitor Non Member one day only. \$15.00 per shoot

MEMBER using club or own equipment. \$5.00 per shoot

Club shirts \$32.50 Caps \$10.00. Before buying equipment speak to a Club Coach to avoid problems.

All instruction subject to numbers and availability of coach and equipment on the day of shooting.

Junior archers must have an adult parent/guardian present at the club at all times.

ALL SHOOTERS MUST WEAR CLOSED TOE SHOES.

All memberships and shooting are in accordance with the rules, and policies of Archery Australia, Archery Victoria and Wangaratta Archers Inc.



ARCHERY A FAMILY SPORT

History

Archery is one of the oldest arts of ancient times and is still being practiced today. It has played a very important role in many of the world's civilizations. The earliest people known to have used the bow and arrow were the ancient Egyptians, who adopted the weapon at least 5000 years ago. From its first development until the 1500s, the bow was man's constant companion and has been the most widely used of all weapons in recorded history. The bow was an important tool in allowing prehistoric humans to become the most efficient hunter on earth, providing him safety, food and raw materials such as bone, sinew and hide.

The bow and arrow was England's principal weapon of national defence for several centuries. It was also used by Genghis Khan and his Mongol hordes to conquer many nations. Native Americans used the bow and arrow as a means of subsistence and existence during the days of English and later American colonization. Since its replacement by firearms as a weapon of war, archery has become a favoured sport enjoyed by millions.

Archery tournaments, as we know them today, can be traced back to England. Competitions were held as part of community festivals as early as the 17th century. By about 1600, three kinds of shooting were practiced in England, and they still are practiced in some form.

In "butt shooting," the ancestor of Olympic target archery, bowmen aimed at targets mounted on earthen butts at ranges of 100 to 140 yards. In "clout shooting," the target was a piece of canvas, about 18 inches across, with a wooden peg in its centre. Arrows are shot high into the air to descend on the target, which lies on the ground rather than being upright. "Roving," the predecessor of modern field archery, grew out of casual hunting with bow and arrow. Archers are presented with targets of various shapes and sizes, simulating small animals, and they shoot at unknown ranges over rough ground, not a prepared course.

Archery competition was on the program of the second modern Olympic Games in 1900. However, International rules had not yet been developed, and each host country used its own rules and format. This resulted in great confusion and the sport was eliminated from the Olympic program in 1929. Founded in 1931, the Federation International de Tir a l'Arc (FITA) became the governing body for the sport of archery. The organization implemented standardized, international rules for competition. After enough countries had adopted the FITA's rules, archery was re-admitted to the Olympic games in 1972.

Today, technology has greatly advanced the equipment and some competitive formats have become obsolete while others have been added. Archery has been combined with skiing in the sport of "ski-archery," and with running in "Arcathlon."

Types of Equipment

The Recurve Bow - Many contemporary bow handles (risers) are made of aluminum alloys and are machined for a combination of strength and lightness. Some have wood risers and there are some that are made of a magnesium and aluminium mixture, which is heated to liquid form and poured into a mould. Once cooled, it is cleaned, final machined and painted.

Bow limbs are generally constructed of man-made materials, such as fiberglass, carbon and syntactic foam. The limbs store the energy of the draw and release it to the arrow. The string and the limbs are commonly removed from the riser when the bow is not in use, allowing for easy storage of the "knocked-down" bow.

Many bows have stabilizers to reduce torque (twisting) in the arrows upon release. They also have sights to aid in aiming and arrow rests to help align the shot.

Most bowstrings today are made of "Fast Flight," a hydrocarbon product that also has medical and other uses, or "Kevlar," the material used to make bulletproof vests. The important point to be made about the string is that it must not stretch under normal environmental conditions, as that would change the bows pull weight and make consistency impossible. A layer of string material called the "serving" is placed where the arrow is knocked, and serves to snugly match the nock on the arrow, and a small ring is permanently placed on the serving to mark where the arrow rests when knocked. A small button, called the "kisser button," is often used to assure that the back end of the arrow is always pulled back to the proper, repeatable anchor point. When properly drawn, the kisser button rests right between the lips.

An arrow is typically pulled back to the anchor point using the middle three fingers of the draw hand. These fingers are often covered with a glove or a leather "tab" which protects them. The tab may have a metal shelf built in so that the two fingers on either side of the arrow do not squeeze it.

On Olympic bows a "clicker" is a small, spring-loaded lever that is held out away from its resting point by the arrow. When the arrow is drawn back to exactly the same point each time, the clicker slips past the tip of the arrow, producing an audible "click," which tells the archer he has the arrow at the same, repeatable release point. This causes very close to the same amount of tension to be used on every shot, so the arrow flight is the same.

A sight allows the archer, when the arrow is properly drawn, to line the bow up with the centre of the target. The sight generally has adjustments in up-down and left-right dimensions with caliper-style read outs so that aging equipment, weather, temperature and distance to the target may be accommodated. Olympic archery allows for sights that do not have lenses or electronics associated with them.

Arm guards and chest protectors protect the skin from string burn, as well as provide a low-resistance surface that the string may skim over easily upon release. A pair of binoculars or a spotting scope allows the archer to see the arrows in the target, and thereby make corrections to the sight as required. A quiver to hold arrows and other paraphernalia completes the archer's accessories

The Compound Bow - A Compound bow, unlike the Olympic bow, is never knocked-down between uses. The great tension preset into the limbs can only safely be countered when the bow is couched in a piece of equipment called a bow press. The cams are synchronized when this is done, and are held in place by the tension. Compound bow cases must be able to accommodate the entire bow. Because the compound bow's forte

is accuracy, equipment that increases the accuracy is deemed fair for most all compound uses while it is not for Olympic archery. The site may include electronics and/or lenses to increase accuracy, and a release, rather than fingers, may be used. A release is a mechanical "finger" that grips the string and releases it when the trigger is pressed by the draw hand.

The Arrow - Arrows in the recurve (Olympic) bow events can travel in excess of 200 kilometres per hour, while compound arrows can fly in excess of 400 kilometres per hour. The shafts are made of either aluminium or aluminium with carbon fibre. Aluminium arrows are more uniform in weight and shape, while carbon arrows fly faster and provide less crosswind resistance, and are therefore more useful in long distance outdoor archery.

The business end of a target arrow is weighted and tipped with a target point, designed to penetrate but a short distance in the target "butt" (any material backing, bales, or dirt designed to stop and hold arrows).

The other end features a "knocking point," a plastic cap glued or otherwise attached to the end of the arrow. Its fingers grip the string until flung loose, and it provides a protection for the shaft by deflecting hits from later incoming arrows. This generally destroys the nock, but leaves the arrow reusable. Sometimes, of course, the aim is too perfect to deflect; the resulting "Robin-Hood" is both spectacular and expensive, as both arrows are usually destroyed.

On the shaft itself "fletching" are glued to stabilize the arrow's flight. Sometimes they are glued in such a way as to cause the shaft to spin around its long dimension, further stabilizing its flight at a cost to its flat trajectory. The fletching is generally three in number, one of which (the index feather) is a different colour than the other two. The nock is put into place by gripping the string perpendicular to the odd fletch, so that the other two fletches or feathers both brush the riser equally, minimally disturbing the arrow's flight.

Fletching may be plastic "feathers" or solid vanes, in a variety of shapes, lengths and, of course, colours.

Markings, called crests, may be drawn on the arrows at the owner's discretion. However, the FITA requires at all certified matches that all arrows be marked with the owner's initials so that they can be unequivocally identified while embedded in the target.

Archery Costs

How much does it cost to get started in archery? It all depends on what kind of archery you want to pursue, and whether you start off with used equipment, rent equipment from an archery dealer, or buy new equipment right away. In general, here's some guidelines on what you might have to pay.

Beginners' Level - Equipment can be rented for approximately \$5. Used beginners' equipment (bow, arrows) can be bought for less than \$150. Basically, archery is like golf when it comes to equipment-if you want to buy top of-the-line equipment at the start, you can spend up to \$1,500 or more.

Competitive Level - Equipment (bow, arrow, sights & other accessories) can range from \$800 to \$1,500 or more.

Coaching Costs - The cost of coaching varies with the circumstances. Many coaches work on a volunteer basis. For youth under the age of 18, Archery Australia supports Junior programs where they may have good basic coaching and intra-club, even national, tournaments for nominal fees.

Range Fees Let's not forget that your local club incurs costs in providing facilities and equipment and therefore daily shooting fees are payable from \$5 to \$15 depending on the individual club

Archery Safety Rules

A knowledgeable adult should closely supervise the use of any archery equipment by a minor. Prior to using new equipment, read the manufacturer's instructions or obtain instructions from a qualified dealer or authority. Prior to each competition or practice session, inspect your equipment for signs of wear or damage:

- Frayed bowstring.
- Loose nuts, screws or associated brackets.
- Any cracks or dents that may affect performance.
- Inspect arrows for any signs of cracks in either the shaft or nock.
- If the arrow shaft is cracked or badly bent, throw it away immediately.
- If a nock is cracked or fits the string poorly, replace it.
- Consult the owner's manual when making adjustments and changes to equipment. Any change or adjustment not covered in the owner's manual should be referred to a qualified dealer or an individual trained in service and repair.
- Never shoot arrows straight up into the air. Distance shooting should only be done on ranges designed for that sport.
- Never wear open toe shoes when on an archery range as injuries may occur from dropped or stray arrows

While using, observe the same common sense rules that apply to firearms:

- Never take "sound" shots. Be sure of what you are shooting at before you release an arrow.
- Never point or aim a drawn bow at another person.
- Never shoot at a target or object until you are sure that it is capable of stopping your arrows and that the area behind and around the target is clear of living creatures and objects that could be endangered.
- Never pull back and release a bowstring without an arrow attached. This is called "dry firing" a bow and each time it occurs you significantly reduce the life expectancy of your bow and may cause immediate damage to both the bow and yourself.
- Use of safety glasses is recommended when working with or around mechanical devices and when shooting firearms. The bow and arrow is in this category and good eye protection makes good sense.

General Rules

Be sure that your bow and arrows are properly matched to each other. Shooting too light an arrow in either weight or stiffness can damage your equipment and will result in erratic and inconsistent performance. Your bow should be matched to your physical ability and stature, i.e.: You should not have to struggle to draw the bow back, so peak draw weight should be correct for you. The draw length should be matched to you. You should not feel awkward at full draw.

Be sure arrows are of the correct length and stiffness for your bow. Use only accessories that are compatible with your bow in that they do not interfere with its proper operation. When practising with any archery equipment never allow anyone to retrieve arrows until all arrows have been shot.

9 Steps to the 10-Ring

STANCE - Place one foot on each side of the shooting line. Find a comfortable balanced stance with your feet shoulder-width apart. Stand straight and tall, with your head up and your shoulders down and relaxed.

NOCK - Place the arrow on the arrow rest, holding the arrow close to the nock. Keep the index fletching pointing away from the bow. Snap the nock of the arrow onto the bowstring under the nock locator.

SET - Set your bow hand on the grip using only the web and meaty part of your thumb. Your bow hand should be relaxed throughout the entire shot. Set the first groove of your first 3 fingers around the bowstring creating a hook. Keep the back of your drawing hand relaxed.

PRE-DRAW - Raise your bow arm toward the target, without raising your shoulder. Look at the target through the sight ring, and line up the bowstring with the center of the bow. Rotate your bow arm elbow under. The elbow of your drawing arms should be near the level of your nose.

DRAW - Draw the bow back by rotating your draw arm shoulder around until your elbow is directly behind the arrow. Continue looking at the target through the sight ring, and keep the string lined up with the centre of the bow as you draw. Maintain a continuous drawing motion throughout the shot.

ANCHOR - Draw the string to the front of your chin, placing the knuckle of your index finger directly under the side of your jaw (first finger to the point of your smile). The string and string hand should be felt firmly against your jawbone. Lightly touch the string to the centre of your nose. Continue to draw the bow smoothly, without stopping.

AIM - Focus your eyes and your concentration on the centre of the target, looking through the sight ring. Keep the string lined up with the centre of the bow. Continue your gradual draw.

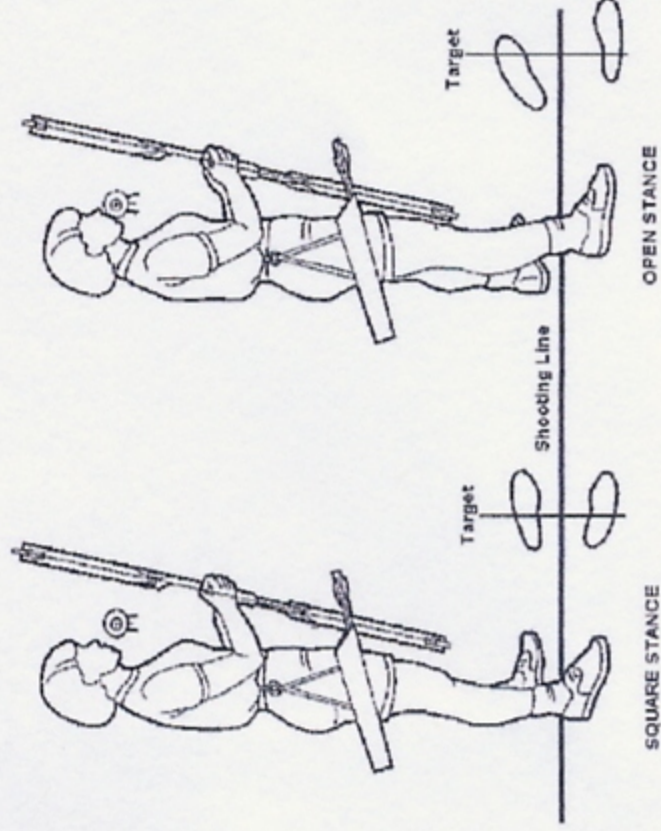
RELEASE - Simply release all the tension in your fingers and drawing hand, all at once, while you continue to draw the bow without stopping. Continue extending the bow arm towards the target as you release. Continue focusing on the target.

FOLLOW-THROUGH - Drawing hand continues back beside neck with fingers relaxed, ending up near shoulder. Bow arm continues extension towards the target. Continue focusing on the target. Keep your follow-through until the arrow hits the target.

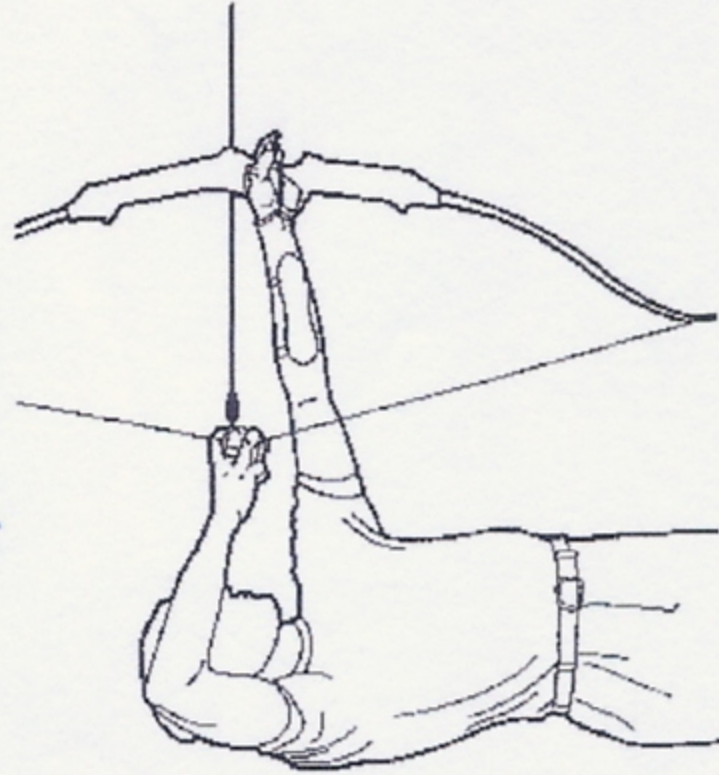
WANGARATTA ARCHERS affiliated with **ARCHERY AUSTRALIA** and **ARCHERY VICTORIA**

ENJOY ARCHERY

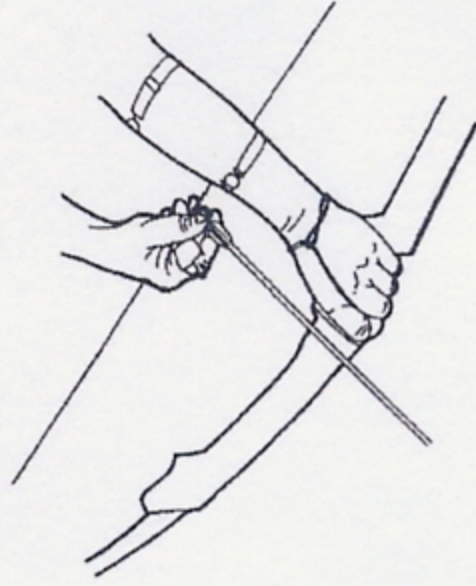
Shooting Sequence - THE TEN STEPS



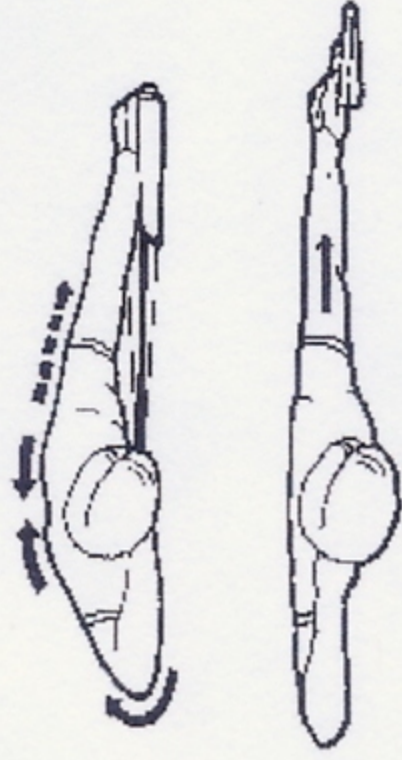
Step 1 - Stance



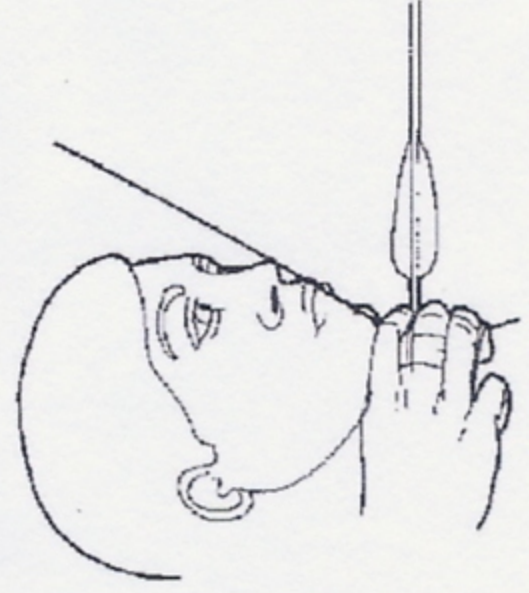
Step 5. - Set-up and Predraw



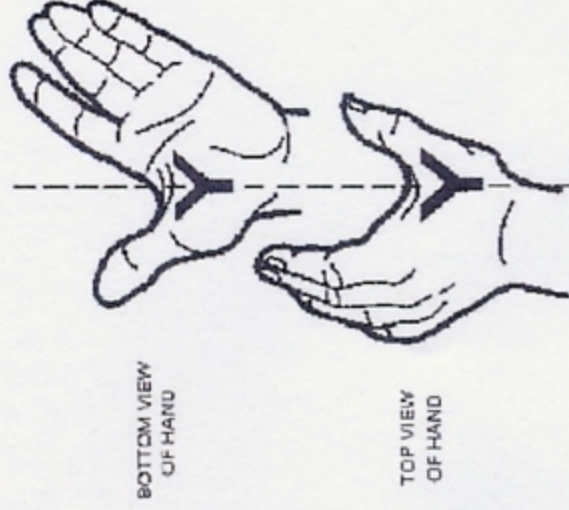
Step 2 - Nocking the Arrow



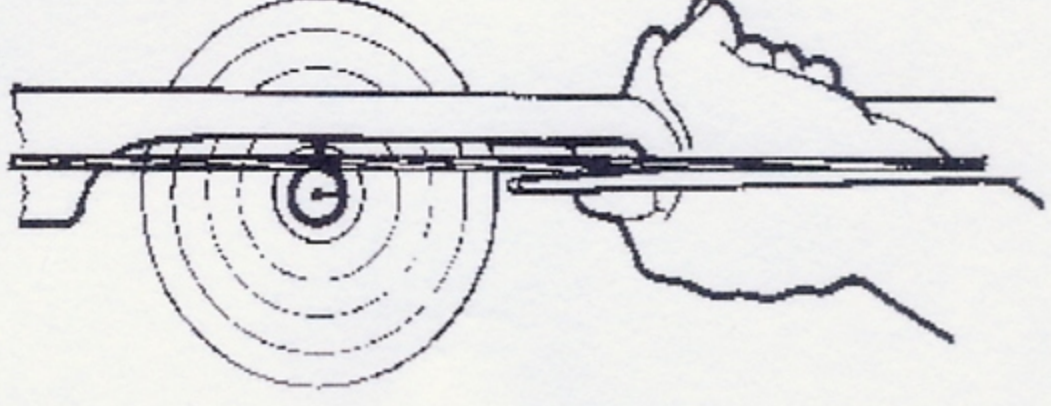
Step 6. - Drawing the Arrow



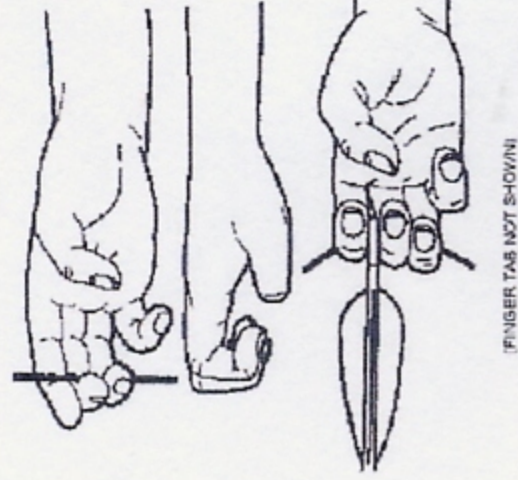
Step 7. - Anchor



Step 3. - Bow Hand



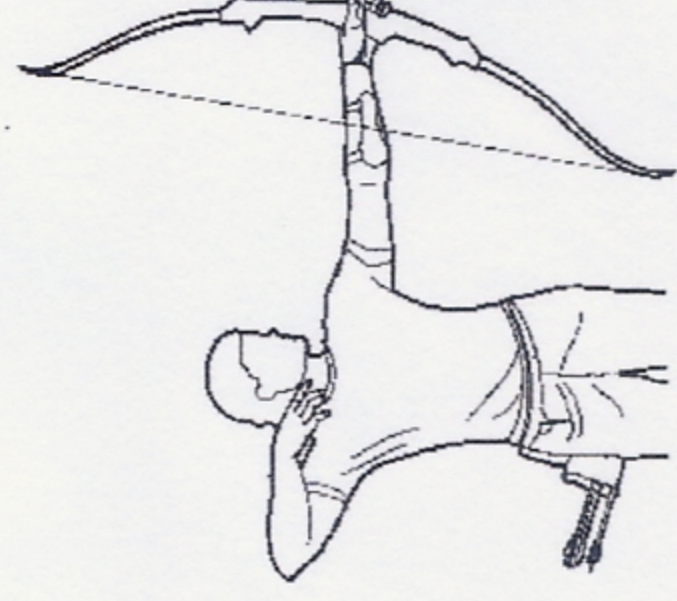
Step 8. - Target Alignment (Aiming)



Step 4. - String Fingers



Step 9. - Release



Step 10. - Follow Through