

South Bay Archery Club, Inc.
Meeting Minutes
June 8, 2011

- New member fee approved.
 - **Approved annual membership fee is now \$10 per month = \$120 per year**
 - Those members who actively support at least one work party in a fiscal year will be reimbursed \$48, i.e. the membership fee will remain at \$6 per month = \$72 per year
 - The target captain must confirm your attendance and support by having your name published in the newsletter.
 - \$15 new member registration fee
 - \$5 annual key fee
 - \$1 per month hardcopy newsletter = \$12

- Total = \$120 (membership) + \$12 (newsletter) + \$5 (key) + = **\$137 maximum per year for renewing members**
- Total = \$120 (membership) + \$12 (newsletter) + \$5 (key) + \$15 (registration) = **\$152 maximum per year for NEW members and any renewing member who did not renew within the grace period**

- We are transitioning to electronic newsletters starting July and ceasing hardcopy newsletters for those who did not request it. Please send your current email address to the SBAC Newsletter Editor (VillyAngelico@yahoo.com) if your email address has changed in the last 3 months. For those who still want hardcopy newsletters, please send a check made out to SBAC for \$6 to:

SBAC Newsletter Editor
PO Box 1391
Torrance, CA 90505

- Our **Annual R-Ranch Challenge Shoot** in Sequoia had to be rescheduled. The new date is weekend of **July 30, 2011**. Sam & Carol Hitchcock (310-371-3213) or Gary & Mel Cooper (310-374-3809) will host and have available guest passes. E-Mail sbarchery@yahoo.com, gary.melody.cooper@verizon.net, and aarcher487@earthlink.net. Contact Sam/Carol or Gary/Melody directly if you'd like to reserve a cabin or a RV spaces. RSVP is required. Please **RSVP no later than 15 July**. Otherwise, the event will be cancelled if there are no responses.

Upcoming 3D Shoots:

Thu, July 14, 5pm
Wed, Aug 10, 5pm

3D shoot fees: [\\$10 members; \\$15 non-members](#)

Selecting Arrows

In the sport of archery, choosing the best equipment such as archery arrows and bows could spell a big difference in an archer's performance. One of the most important archery equipment is the arrows. You might even wonder that the bow is only second most important equipment to the arrows. The quality of these arrows will boost not only the archer's performance but also his accuracy in shooting targets.

There are a lot of factors that an archer should take into consideration when purchasing arrows. The quality of an arrow must be sturdy in its shaft. This is a very vital characteristic to consider since the shaft plays a pivotal role in the effectiveness of the arrow. This arrow is either made of materials such as carbon and wood. What it is made out of will directly affect the outcome of the arrow during release. In order to choose what arrow material to purchase, one should consider the following factors; how experienced are you, what you should do with the arrow and to what kind of archery targets and competition you'll be participating with.



Another factor to consider is the weight of an archery arrow. A light weight arrow can travel and reach a longer target and its accuracy depends on the archer's fit with its weight. A heavy arrow will not travel as far as a lighter one but it will hit its target with greater force. It is equally important that when looking for the right arrows, you may as well consult with an advanced or experienced archer.

The tip of the arrow is another factor in choosing a reliable one. It is very significant in bow hunting especially that it will directly play with what type of tip you will need in hunting down different type of animals.

Another consideration is the nock of the arrow which keeps the arrow steady with every slit on the tip of it. This nock should not be too tight resting on the string or it may result in an unsmooth and stray release.

The next factor to consider in choosing the best archery arrows is the fletching. These feathers at the rear end of the arrow would spell a big difference in an archer's performance. Although recently, fletching are made of fake, synthetic feathers which an avid archer should try out to zero in his aim. Never go with the wrong type wherein you'll end up with disappointing performance.

Once you've chosen the right arrows for the right type of archery, you will be surprised to notice a more dramatic increase in your performance. Better quality archery arrows will greatly improve your game compared to using a low quality and cheap arrows.

Long Bow Archery

Longbow archery is one of the purest, most basic form of archery of the modern times. Though, this form of archery had existed during pre-historic times and had been present in most cultures in different continents of the world.

Longbow archery also known as the English Longbow or also called as the Welsh Longbow, is a powerful kind of tall bow designed and developed for archery. It is a tall longbow which stand over 6 feet in length and has been used for hunting and even used as a weapon of destruction by the English, Welsh and the Scots. This type of bow was developed during the medieval era around 500-1450 A.D. Though it had been widely used during the medieval era, it was until the introduction of the classic and the more powerful crossbow which used the compounding technology making them a more destructive war material.



The classic longbow from these era was made of wood called yew, while strong and flexible woods and even ash can make a better longbow as well. The longbow structural wood parts were dried which were then meticulously shaped and curved to maximize its strength and target efficiency as well during arrow launches. The force required to pull the bowstring back into the launch position of the classic longbow is quite high since it will require up to 160 lbf or pounds force at a 30 inch draw length. This force is called the draw weight. High draw weight was used in most ancient longbow hence majority of longbow warriors during the times are strong-looking and muscled which effectively achieved a successful war campaign.

Estimated range of a classic medieval longbow shot at a given perfect conditions could reach as far as 249 yards, while modern longbow can reach about 200 yards maximum that's why modern longbow can only shoot an arrow at a far lesser range compared with the classic ones. It is for obvious reason that the ancient longbow muster a greater draw force of 160 lb-f compared with a mere 60 lb-f from the modern one.

Modern longbow archery typically require 60 lb-f at a 28 inch draw length while an easier draw force from these modern longbows will achieve shorter arrow trajectory hence travel at a shorter range.

Though popularity of the longbow archery had always amazed its avid enthusiasts, let's give credit to the ancient hunters and medieval warriors who had made this very important weapon what it is today.

Before the introduction of the *archery compound bows*, the sport of archery was limited to two types of bows; the longbow and the recurve bow. During the old times, only the two types had been used for either target practice or hunting. Though, most hunters prefer recurve bows since they are more powerful compared to longbow in killing big games like an elk or a prized deer. Everything had changed when the compound bow had entered the scene.

The compound bow is far more different from the two other bows since it is strung in a loop which uses a pair of pulleys that multiply the force supplied to the arrows. In these pulleys is a cam which releases the tension or pressure on the arms of the archer when the bow is already full drawn. In effect, it will make it easier to hold in a firing position and easily aim an accurate shot than under full load like the recurves and the longbows.



The entry of the compound bow had greatly changed the ability of the archer to adjust the draw strength of the bow. It can be adjusted on a certain tolerance and could be maximized by changing the pulleys and cam on the bow. One uncommon advantage of a compound bow is that it can be used at different settings based on their strength and size. This advantage does not exist on longbows and recurve bows which are only made with non-adjustable draw strength when fully drawn.

In this sport, archery compound bows are sometimes much more powerful than a recurve or a longbow. Since the draw strength of the compound bow can be adjusted, this represents a better improvement compared to the two other types of bows which have only one weight. The cams used in the pulley assembly which releases the tension will make it possible for an archer in the ready position to hold the arrow for a longer time and make an accurate aim at the target.

For game hunting, the compound bow has become the archery hunter's best choice. This bow is sometimes shorter than a good recurve bow which means lesser chance of getting loose and during undergrowth which might result to entanglement. **Archery compound bows** are in fact a great advantage when hunting wild game which is often aware of the presence of the hunter, than himself being aware of his target.

How to Keep Your Bow Hand Steady While Shooting Arrows

Chris Richards is a Langara Journalism graduate who has been published in several major publications, including BC Business, Real Golf and Grocer Today. He is also a staff writer for The Dependent magazine in Vancouver, Canada. By Christopher Richards, eHow Contributor

1. Isolate yourself. It's essential to be able to focus solely on the task at hand. To do this, find a field or practice area where you can be alone. Any ambient noises or activities can be distracting and won't allow for maximum concentration. The key to archery is focus and concentration.
2. Get into a shooting position. The most accurate stance is an oblique stance, which means the foot opposite your bow arm is at a 45-degree angle away from the target. Next, nock your arrow. Then set your bow hold and use your string hand to keep the arrow level. Finally, raise your bow and pull the string taut, making sure to keep the arrow parallel to the ground and pointed at the target. Your string hand should be right by your chin, and your bow hand should be directly out in front of your face.
3. Breathe slowly and deeply. It's normal for both hands to be a little shaky if you aren't an experienced archer. Pulling back on the string with all your strength while trying to hold your bow arm perfectly still against the pressure is difficult and requires a lot of physical strength. By breathing slowly and deeply you will allow as much oxygen as possible to reach your biceps and triceps and other muscles you're using to steady the bow.
4. Tighten your back muscles and relax the string hand to release the arrow. It's important to not let go of the arrow but to let it slip from your fingers as you relax your grip. It's also very important to tighten your back muscles just before you release to make your **body** as rigid and still as possible as the arrow flies off the bow. The bow hand should be firm but not clenched during this process. Over clenching will cause the muscles to tremor, in which case it won't be possible to keep still.
5. Practice, practice, practice. The only way to be able to keep your bow arm and hand completely still during release will be through hours of time spent repeating the process. Breathing techniques and concentration are important, but without practice you won't be able to keep your bow arm steady while shooting arrows. The repetition will build up muscle memory, and eventually the bow arm will be stronger and more able to withstand the urge to shake or move in reaction to the pressure created between the bow and string.

Introducing a Child to Archery

John Schaffer from [Schaffer Performance Archery](#) owns an archery company that manufactures the Opposition Sight and Rest and an archery pro shop in Minnesota. Over the years, Schaffer has introduced dozens of kids to archery and bow-hunting so he knows how to get kids involved in archery and keep them interested.

Schaffer stated, “I think many dads try to introduce their kids to deer hunting first. I believe that can be a mistake. In today’s fast-paced world, kids are used to playing video games, sports and watching TV. To keep them interested in archery and hunting, kids should be introduced to something like turkey hunting first. Turkey hunting is fast-paced. You don’t have to stay in one spot for long and you can call a lot which keeps kids interested in the sport.”



Choose the right equipment for your budding archer and they will enjoy the sport.

When it comes to choosing a bow for a child, Schaffer suggests a Mission Menace or Craze. “Both of these bows have a wide range of adjustability and are fairly lightweight,” Schaffer explained. “Kids need a bow that fits them well and parents need a bow that doesn’t break the bank that will last the child a long time. Both of these bows fit the bill.”

If you’re starting with a young child that is too small to hold and shoot a Menace or Craze, consider purchasing a Mathews Genesis or a Mini Genesis. My son turns five in June and I will start him out with a Mini Genesis.

Regardless of the bow you start your youngster out with, make sure they always have fun when shooting. “I don’t force my kids to shoot their bows,” said Schaffer. “If I am going to shoot a few arrows, I often ask them if they want to come and shoot with me. If they shoot a few arrows, great; if not, it’s not a big deal. I will ask them to shoot next time I shoot. I don’t want to make work out of archery and scare them away from it.”

If you want a child who loves archery and loves bow-hunting and the outdoors as much as you do, start them in the sport when they are young. If you wait until a kid is twelve years old before buying them a bow, they will be in five other sports offered by the school and won’t have time for archery.