

August 2009

CABOOLTURE & DISTRICT **INC.**

AFFILIATED WITH 3DAAA

Welcome everyone to the Club's newsletter, especially our new members, who we hope will find the newsletter informative.

It has been decided that this will be the last newsletter that will be posted out to the members in hard copy. Future newsletters will be posted on the club's website and on the notice board at the club for viewing. It would be appreciated if you could email through your email address (even if you think we've already got it) to the club's email address listed at the bottom of this newsletter. This is for us to form a distribution list. You will receive an email directing you to our website where you can read the up to date newsletter. We will also be able to keep you all informed with last minute notices and reminders. This is going to save the committee quite a bit of time and the club money. We appreciate your support as we move forward with this technology!!

Our AGM was held on Sunday 28 June 2009 and as all committee positions are only held for a period of 12 months, all positions were open for nomination. The new committee is listed below, but firstly a special thank you for all who nominated and accepted nominations for these positions.

The members of our committee are now as follows:

President: Dennis Malone

Vice President: Mark Wilcher

Secretary: Elva Smith

Treasurer & Canteen: Cathy Malone

Range Captain: Stephen Smith

Range Assistant: Chris Smith

Congratulations to our new committee, I am sure you will all serve the interest of the members of Caboolture Bowmen and the sport of 3DAAA archery very well indeed.

I would like to extend a very big THANK YOU to the past committee members who served throughout 2008/2009 financial year. Your efforts are appreciated and our heartfelt thanks go out to you. A great deal was achieved this year through all your hard work and effort. In particular, was the construction of the new amenities building. Certainly a vast improvement on the old drop toilets.

New Gate Keys

It was mentioned in the last newsletter that some members were experiencing some difficulty in opening the toilet doors with their current keys. In light of this issue, the committee has decided to resolve the matter. A new lock will be placed on the front gate and the locks for the toilets will also be sequenced to that lock.

Therefore, new keys will be issued to all current club members to enable them to open the front gate lock and the toilets. Your new key is attached with this newsletter.

Next time you attend the club if you can see Cathy or Elva to sign the Key Register it would be appreciated. This is to maintain who has a key to gain entry to the club grounds.

NEW CLUB SHIRTS

It's good to see the club members showing their team spirit by wearing the new club shirts. They look excellent. Should you wish to purchase a club Shirt, the cost is \$45 each. They are of high quality and will give long wear.

UPCOMING EVENTS

QLD SERIES— NORTH ALBERT

SAT 1 AUG & SUN 2 AUG

SOUTH PACIFIC CHAMPIONSHIPS—NEW ZEALAND

SAT 8 AUG & SUN 9 AUG

CABOOLTURE TRADITIONAL CORRIVAL

SAT 15 AUG & SUN 16 AUG

SE QLD INVITATIONAL SHOOT—HINTERLAND

SUN 23 AUG

CLUB SHOOT—IPSWICH

SUN 30 AUG

The feed back about the new design has been very positive and we will be putting together another order soon, so please place your order with Dennis, Elva or Cathy. We need at least 20 shirt orders before we can place a new order with the supplier.

REMINDERS!

CLUB WORKING

BEE ON

08/08/09

PHONE DENNIS

5498 7123



President: Dennis Malone - Ph: 5498 7123
Secretary: Elva Smith - Ph: 5497 4355
Email: caboolture.bowmen@yahoo.com.au
Website: <http://www.caboolturebowmen.com.au>



WORKING BEE FOR TRAD SHOOT

Our annual Traditional Corral is scheduled to be held on 15 & 16 August this year. It is a major event on the Traditional Archery Calendar and usually well attended by traditional archers from all over Queensland with many travelling up from New South Wales and from the north as well.

We are asking for volunteers to come forward to help with this event. We are holding a working bee on Saturday 8 August 2009 from 9am to ready the grounds for this shoot. If you can spare some time on this day, please contact Dennis on 5498 7123. Once we know how many helpers we have we can work out what needs to be done and allocate jobs. Your help over the weekend of the shoot would also be appreciated.

ARCHERY COACHING TIP (by Al Alcorn)

I found an article in an old newsletter on coaching tips from Al Alcorn which I thought might come in handy at this time of the year. (Al I hope you don't mind me putting this article in the newsletter). Seeming we have quite a few events on around this time of year. How many archers don't perform to their expectations? Has anybody ever wondered why, when a major event comes, most don't perform well. Has anybody wondered how Olympic athletes peak their performances for the big meetings. In this article I will try to explain how it is done. Most of us in archery just expect to perform well because we train, shooting our bow 3 or 4 times a week. We shoot this routine from the beginning of the season to the end.

Well Olympic or elite athletes don't do this. What we need to start to think about is cross training, and varying our routine to make our performances peak for major tournaments. Cross training is where, when we go to pick up the bow on every second day we don't. Instead we pick up say, a cricket bat and hit a ball around for an hour. This will tone our muscle groups we don't use in our upper body and balance our muscle structures. On the days we pick up our bow we should be doing about 15 minutes of general shooting. Then practice some part of your game (ie 15 minutes of judging distance) then 15 minutes of general shooting. This game of ours is not won by the person who trains the most, but the person who trains smart. Well happy shooting everyone, hope this will be of some help.

RESULTS—RESULTS—RESULTS

CASINO 2009

MBR	1st	Chris Smith
FBR	1st	Amanda Johnston
	3rd	Elva Smith
MBF	1st	Dwayne Callon
AHC	2nd	Ian Ferguson
YU	1st	Neal Wilson
CUBA	3rd	Jayden Callon
CUBU	3rd	Darcy Malone
CUBF	2nd	Emily Ferguson


MURRENBONG 2009

MBR	1st	Michael Welk
	2nd	Chris Smith
FBR	1st	Elva Smith
	2nd	Amanda Johnston
	3rd	Mary Porter
MBF	1st	Dwayne Callon
	3rd	Rhys Aizlewood
MCU	1st	Luis Bond
FBU	3rd	Lorraine Reynolds
TRAD	3rd	Dale Marsh
AHC	2nd	Ian Ferguson
YMR15-17	2nd	Remi Hagge
YU	1st	Neal Wilson

CUBA	1st	Jayden Callon
CUBU	3rd	Darcy Malone
CUBF	2nd	Emily Ferguson
<u>HINTERLAND 2009</u>		
MBR	1st	Chris Smith
	2nd	Mark Wilcher
	3rd	Michael Welk
FBR	1st	Elva Smith
MBF	1st	Stephen Smith
	2nd	Rhys Aizlewood
	3rd	Dwayne Callon
MCU	1st	Luis Bond
YMR15-17	2nd	Remi Hagge
YU	1st	Neal Wilson
CUBA	1st	Jayden Callon
CUBU	2nd	Darcy Malone

Congratulations to all our Winners !!

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HAPPY BIRTHDAY!

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To our members who celebrate their birthday. Many happy returns.

August

1st—Dwayne Callon

2nd—Stephen Smith

4th—Elva Smith

12th — Sylvia Kelly

21st—Michael Cassidy

26th—Jane Kelly

27th—Peter Popovic

September

13th — Rhys Aizlewood

14th—Amanda Johnston

17th—Cathy Malone

October

5th—John Warburton

8th—Luis Bond

26th—Ray Williams

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CABOOLTURE TRADITIONAL CORRIVAL
Hosted by Caboolture & District Bowmen

15 & 16 August 2009

Free onsite camping
Fully Catered
Recurves, Longbows & Self Bows only
Wooden Arrows and Feathers Only
Shower & Toilet facilities available

FOR SALE

A Hoyt Sapphire twin cam (Black) and a Hoyt XTEC cam & a half (Cammo) both 26 to 28" 30 to 40lbs. Arrows, Release Aids, Cases, Sureloc Sights, etc, etc.

Spread the word.
Make me an offer.
Claire and Adrian Pennington.

Ph: 07 3341 5306