**Bendigo Target Archery Club**

**Welcome**

Welcome to Bendigo Target Archery Club. The club started in 1948 and is one of the oldest target archery clubs in Victoria.

We’re a family-friendly target archery club located at the Bendigo Racecourse off Golf Course Rd. Our facilities offer target, indoor and clout archery plus field archery practice and we host club, state and national level events.

Please note that we don’t allow casual walk-ins. You must be an Archery Australia member or be participating in a course to shoot at our club.

If you’re new to archery we hold archery courses each month. Please visit our Try Archery section for further details. If you’re an experienced archer and would like to join our club, please contact us to arrange an appointment.

**About Us**

The Bendifo Target Archery Club The club started in 1948 and is one of the oldest target archery clubs in Victoria. The club operates a target field and an Indoor Archery Facility at the Bendigo Racecourse.

Archery is a great sport that gets you outside and keeps you active and healthy which many people find relaxing. Our club has a very family friendly approach, great social atmosphere and some very serious competitors aiming for international representation. The club invites memberships from a range of abilities and members range from 10 years to eighty plus.

Archery is a sport that almost anyone can participate in. You don’t have to have any particular physical attribute to become good at the sport so come along and have a go … it’s great fun and the company is very friendly! Archery can be enjoyed at a social level, as a self-improvement discipline, or for the competitively-minded at club, state, national, international and Olympic level.

**Contact**

**Address:** Bendigo Target Archery Club

Golf Course Rd.

Ascot VIC 3551

**Email:**  [bendigoarcheryclub@gmail.com](mailto:bendigoarcheryclub@gmail.com)

**Phone:** 0401573236

**Club Hours:** Saturday 8:00am to 4:00pm.

Thursday 8:00am to 12:00pm.

Wednesday 6:30pm to 9pm.

**Try Archery**

Bendigo Target Archery Club runs a variety of beginner courses and Come ’N’ Try sessions throughout the year to start you on your archery journey or simply to tick the box. They’re very popular with families, friends and work mates and make a great gift. Bookings are essential, see below for upcoming dates, further details and online booking links.

Have any questions about our courses? Email us at bendigoarcheryclub@gmail.com.

###### **Archery Courses**

Bendigo Target Archery Club holds beginner’s courses for participants aged 10 and over. Cost for the course is $99 per participant and bookings are essential. The courses are usually held on the first Saturday morning of each month, from 07.45 to 11.30, all equipment inclusive. The course is held in the onsite indoor facility during inclement weather. Course fees are not refundable if you change your mind or are unable to attend on your booked date.

Beginner’s Course contents:

* Introduction
* Equipment & safety briefing
* Shooting demonstration
* Shoot your first arrows
* Bow type demonstration
* Shooting & scoring

An induction session is held 8:00am-11:30am on the following Saturday morning for beginners’s course attendees who would like to join the club. The club membership information form is available at the induction course, and should be filled out before starting the the session. So please arrive before the session starts to leave enough time to fill out the form. Please see our Membership details for further details.

Session contents:

* Finish membership paperwork
* Club walkaround and familiarisation
* Further training
* Fletching/choosing your new arrows

**Archery With Disabilities**

The club supports archers with all abilities, including members competing at national and international para-archery events and the Invictus Games. Club facilities include indoor shooting facilities, paved disabled parking bays, an accessible toilet, and cement paths between buildings. The grassed outdoor fields are also used by para-archers. Experienced instructors and coaches can take you from novice through to international competitor and our members provide a friendly, supportive environment. You will need to arrange your own carer if required. Please contact us to discuss your requirements.

As a sport, archery can cater for a range of disabilities and visual impairments. Therefore the club wholeheartedly welcomes and encourages people with a disability or visual impairment to join. All newcomers to BTAC must do our Archery Course before being accepted as a club member. Courses are usually held on our outdoor field from 7.45 – 11.30am on the first Saturday of each month, all equipment inclusive. In the event of inclement weather, courses go ahead in the onsite indoor facility. An induction session is held from 8:00am – 11:30am on the Saturday following for course attendees who would like to join the club.

All beginners, including those with a disability or vision impairment, undergo the same instruction process on the same shooting line. If you require an assistant for your participation, your assistant must do the Archery Course with you. This is for your safety and also so that the assistant can receive instruction on how to become an archery assistant.

The club requires advance warning about beginners who have a disability or visual impairment. This will allow the club if necessary to allocate extra coaching or one-on-one coaching. Please be aware that as BTAC is run solely by volunteers and volunteer coaches who give freely of their time, our personnel resources are finite. This necessarily limits the number of disabled and visually impaired archers that we can cater for at any one Archery Course.

Archers who require an assistant and who decide to join the club as members must organise and attend with their own assistant at all times. The club cannot undertake to provide assistants. Assistants are required to join the club as Associate Members (non-shooting members) and can attend the Archery Course free of charge. This ensures that the club meets its insurance obligations and safety protocols are followed.

Please see the Archery Courses section for further details and to register for the next course.

###### **Come ’N’ Try Sessions**

If you are interested in giving archery a go, then the Come ’N’ Try Session is designed for you. A chance to experience archery in a low commitment way.

Participants must wear fully enclosed shoes, tie long hair back and remove ear/nose/lip rings etc.

The club is very welcoming of people who use wheelchairs or have a disability, however please contact us before booking in as we may wish to arrange a special session with coaches with relevant experience.

Please be aware that there is a no refund policy for cancellation or no shows.

Should you wish to discuss any aspect of the session please email bendigoarcheryclub@gmail.com

**Membership Fees**

**Senior (18 and over)**

* $191/year
* Includes:
  + Archery Australia membership $90
  + Archery Victorian membership $35
  + Bendigo Archery Club membership $66
  + Insurance
* Membership is provisional for the first 12 months.

**Under 18**

* $134/year
* Includes:
  + Archery Australia membership $60
  + Archery Victorian membership $30
  + Bendigo Archery Club membership $44
  + Insurance
* Membership is provisional for the first 12 months.

**Family**

* $382/year
* Includes:
  + Archery Australia membership $180
  + Archery Victorian membership $70
  + Bendigo Archery Club membership $132
  + Insurance
* Membership is provisional for the first 12 months.
* Family membership is any combination of two or more memberships

**Archery Course**

* $99
* Includes:
  + Accredited instructors
  + Equipment supplied
  + Participation Certificate

**Range Shooting Fees**

* Members with own equipment:
  + Seniors & Under 18
  + $4/day
* Individual’s weekly maximum
  + Monday to Sunday
  + $10/week
* Family weekly maximum
  + Monday to Sunday
  + $20/week

**Target Archery Disciplines**

Bendigo Target Archery Club offers Target, Indoor, and Clout archery. Target, Indoor and Clout competitions are regularly hosted on our facilities.

###### **Target**

Target archery involves shooting at a target butt centred approximately 1.5m above ground level which will have scoring circles of up to 122cm in diameter on the target face. The target face has concentric circles and scoring starts in the centre with the smallest circle – the bulls eye – recorded as an X which equals 10 points. The next larger circle also equals 10, then 9, 8, 7, 6, 5, 4, 3, 2, 1 and then M for miss. Some target faces only have X through to 6 scoring rings. There are also a few smaller target faces where the circles are closer together. Archers usually shoot 3 or 6 arrows per ‘end’.

See the official Archery Australia Target Rounds: [AA-TargetRounds.pdf](./AA-TargetRounds.pdf) and the World Archery Target Rounds: [WA-TargetRounds.pdf](./WA-TargetRounds.pdf)

The club accommodates approximately 50 target lanes or 150 archers shooting simultaneously, with target distances up to 90 metres.

**Indoor**

Indoor archery has smaller scoring faces than target archery and archers shoot 3 arrows per end at 18m or 25m distances. The target faces are fixed to a vertical wall centred approximately 1.2m to 1.7m above the floor. 18m distances use a 40cm diameter with X/10 through to 1 scoring rings or a ‘three spot’, which shows three separate target circles with scoring circles from X/10 to the 6 ring. The ‘three spot’ requires the archer to shoot one arrow into each of the three circles.

The indoor shed holds 15 18m indoor target lanes. Most of the lanes also allow 25m shooting distances. The club uses an electronic timing system in the indoor halls.

**Clout**

The target face in clout is 15 metres across and is flat on the ground! Each scoring circle on the target is about 75cm wide and is bordered by a coloured flag identifying the standard 10 ring scoring circles. The ‘bulls eye’ in the centre of the target face is a marker post which is called the Clout. Archers shoot six arrows per end, aiming up into the air to about a 45 degree angle so their arrows travel in a large parabola.

Clout is shot at distances from 100m to 180m depending on the archer’s age and bow division.

See the official Archery Australia Clout Rounds: [AA-CloutRounds.pdf](./AA-CloutRounds.pdf)

**Coaching**

There are 3 levels of coaches at the club. They are:

* Level 1, Archery Instructors – there are about 20 active Archery Instructors at the club.
* Level 2, Coaches (level 2) – Jenny, Melissa, David, and Adrian.
* Level 3, Club and Regional Coach – Shelley.

The Level 2 and 3 Coaches can be identified by the shirts they wear. They look a little different to most members’ shirts to make it easier to spot them around the club. They have bright gold sleeves with “coach” written on the back and their first name on the front. Whilst always busy helping people, they are also very approachable.

Basic coaching help is available to all archers on most Saturday mornings from 9.00 to 11.30. The Level 2 and 3 Coaches offer assistance with measuring and advising you on your first bow purchase and the setup of your new bow. More experienced archers may make arrangements for coaching by seeing the Club Coach.

Coaches and instructors deserve some time themselves to shoot so please respect their time in the afternoon.

General workshop/seminar sessions are held each month for all members, with topics like ‘Bow Set Up and Tuning”, ‘Purchasing the correct Arrows’, ‘Arrow Fletching and Maintenance’, etc.

**Coaching Tips**  
Below are some basic tips for the beginner and intermediate archer:

**Hot Weather Precautions**

Please wear sun protection.

* Wear a hat.
* Uses sunscreen. The club also provides free sun lotion for members.
* Watch for signs of dehydration. The urine colour charts in the toilets to help you self-monitor.
* Drink plenty of water. There is free filtered tank water in the kitchen and also cold drinks for sale in the fridge.
* While on the field take every opportunity to retreat to the shades between ends.
* Sit out an end or two from time to time when you’re just practising.
* Remember this is sport by choice, so in very hot weather it is sometimes better to sit it out in the shade and spectate.

With summer also comes the risk of storms and strong winds …

* Never shoot outside as a storm approaches.
* Do not shelter under trees in windy weather.

**Purchasing your first bow**

New members are encouraged not to go out and buy a bow until you have spoken to a coach. It is recommended that you hire equipment for the first two months and then see a coach to get measured and to discuss the options.

When you do have a new bow, book in advance with a coach to obtain help with setting it up for the first time. This can be done on most Saturday mornings, however the time for this is 09.00 sharp. Booking via email is preferred.

Please be aware that arrows must in general be matched both to the bow and to the archer’s draw length.

**Aiming**

Arrows go where the bow is pointing at the time of release and during the time it takes for the arrow travel to clear the bow.

To point the bow in the right place we use a back sight and a front sight, unless you are just using your judgement to guess where the bow is pointed. The back sight must be aligned with the front sight and straight at the gold at the instant of release. We must use all our training and practice of skills to keep the bow stable at the instant of release and until the arrow has cleared the bow.

The back sight on a bow is the string. The front sight is the circle, pin or dot on the sight, or for bare bow archers, the tip of the arrow.

To aim, only focus the eye’s vision on the gold on the target face. Focus with determination. The front sight (circle or dot) should drift down to the gold as part of the shooting process, but do not adjust the eye’s focus onto the circle/dot. Let the brain naturally centre the circle on the gold. Ensure the back sight (the string) is aligned on the side of the bow’s riser “cut out” or through the side of the circle of the sight (for a recurver). For compounders using a peep in the string the concept is exactly the same.

Check that the string is vertical as bow cant (tilting) variation will cause left and right arrows; to do this if you are a recurver use the side of the target face as a vertical reference, or for a compounder use your bubble. Expand through the clicker (if you are using a clicker) and release the arrow.

Skills acquisition requires determined effort. Archery is the art of repetitive precision. In time, the more natural and subconscious the process the better. The arrow goes where the bow is pointed at the instance of release and clearing of the bow.

**Core Stability**

Why are coaches so concerned with core strength and stability?

The most important technique or factor in scoring well in archery is Core Stability — that is, holding a fully-drawn bow without any *wobble*. Without a solid core, an archer will need to be very lucky to get a good score. The core is the foundation of the shot – without a solid core there is little an archer can consistently do to overcome instability. The core is said to be over 80% of the shot and all technique needs to be built on top of a solid foundation.

An archer shooting at 50 metres onto the large 122cm target aiming at the cntre oif the target but has a 9mm wobble (that is, the sight is not rock solid on the bulls-eye) will not score a point! The arrows will land outside the 1 ring.As one of our top recurve archers points out, scoring 10s is easy – just point it at the middle and don’t wobble!

So what can you do to score more points?

* Be solid in the shot
* Have a solid foundation on the ground (no running shoes with curved soles)
* Release the string cleanly by relaxing the fingers, not opening, as this will minimise the plucking and movement of the string away from the face in the release
* Stay balanced front to back, the push and pull should be equal so you do not move in the shot
* Have a solid, stable front shoulder and relaxed bow hand
* Keep your head still
* Aim at the middle!

It is easier to stay solid in the shot and have a good consistent technique to score more points than it is to be lucky!