

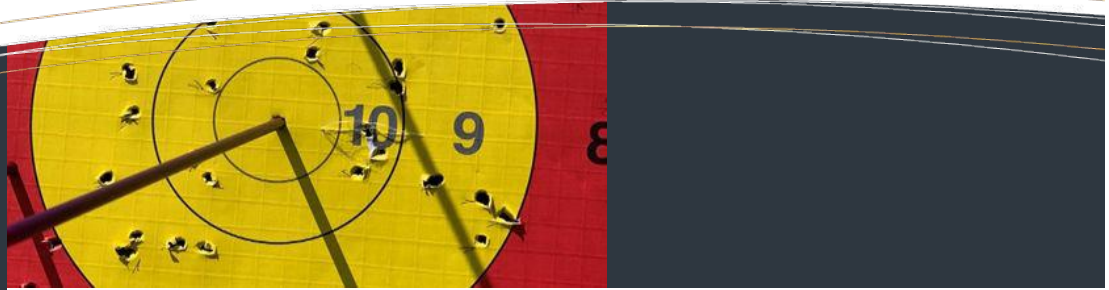
Board News

The upcoming AGM will mark one year since we greatly expanded our membership through club affiliation. We are now in a consolidation phase as we seek to provide value to our clubs and serve our sport.

The Board recently approved the proposal from our Finance and Risk Committee to leave fees unchanged for the 2023-2024 membership year, with the addition of a 50% reduction for new members who join on or after July 1. This reflects the practice of many of our affiliated clubs reducing fees when members join out of cycle.

Looking ahead, the Board will be welcoming newly elected members at the AGM and also filling the two appointed Board positions, bringing us to our total of seven Board members.

Thanks
Katherine Watson
Archery NZ Chairperson



50th Anniversary Indoor Nationals

The 2023 Archery New Zealand Indoor Nationals played out on the 19th and 20th of August. Patsy Vercoe and her Local Organising Committee (LOC) team put on a great event, thoroughly enjoyed by all that attended.

Results can be found here: [2023 Indoor National Results](#)



Above L to R: Bernie Fraser (Patron), Patsy Vercoe (LOC), Dave Henshaw (Life Member), Peter Russell (LOC- results and Life Member). Below: Everyone assembled before the start of the Tournament.



Indoor Nationals - Two archers stories

Kelvin Smillie. This year saw me at the other end of the shooting line having made the change to barebow, at least for indoors. What a huge turnout for a relatively new category, we had 12 in the Men's 50+ division alone. I liked the format of having two distances, it really tested our skills and bow set up. Our end of the line was a little crowded with archers, bows, gear and spectators for the 25 meters, thankfully I just tripped over my own bow and nobody else's. But it got better for shorter distance.

For me, the result at 25 was not great but managed to work up a few places on the 18 metre line. Being new to barebow, and with the tight set up of targets on the butts, my first concern was getting arrows in the foam and not hitting the beautiful concrete wall at the back. Of course my arrows would have been safe if I managed to hit the 10 ring every time. Anyway, competition in our division was tight with some very good scores, as usual lots of comments about expecting to do better but scores reflected the significance of the event. One consistent comment was knees turning to jelly particularly in the match play, so if it happens to you, you are not alone.

My lesson for next year: it pays to practice all the distances!!

A big thank you to the Manawatu Archery Club for arranging the competition yet again. I am sure I speak on behalf of all archers in expressing my appreciation to the LOC, ground crew, judges and other match officials. Hopefully see you again next year.



More photos from the Indoor Nationals

Left: John Paap, one of the LOC's tireless ground crew.

Right: Katherine, our Chairperson



Vanessa Jim. The Indoor Nationals 2023 was the most memorable and unmemorable event for me. I was sick leading into the event, despite this I had an amazing time during the ranking round with my target mates: Emma Smith and Tara Mackle. I had lost my voice by the time the team's matchplay had come about. Shaun Ryan, Mykel Turner and I came against Zac Campbell, Thornton Wallberg, and Isla Parsons. We took the win but big congrats to our competitors as they were the only junior teams in the final four. Sunday rolled around where I battled my health through the matches and into the bronze medal match. Congrats to Nuala for taking it out. I was glad to die on the floor straight after that. I was then taken to the emergency room and to the local doctors for some antibiotics (I've checked, they're drug free.) Despite my health, it was an amazing event with so many competitors. Thank you to all the organizers for Indoor Nationals 2023.

Bernie Fraser

Chatting to archers at the Indoor Nationals



Kelvin Smillie

First time as a Barebow archer!



Vanessa Jim

As she described in her story, very tired!



Selection update for CQT for Mixed Team places

The Archery NZ Board is currently finalising the recurve mixed team to attend the CQT the Pacific Games. The team will travel as part of the bigger NZOC team.

Selection Criteria to attend 2024 Paris Olympics

The criteria can be found on the website. [2024 Olympic Selection Criteria](#)
Long list applications for both archers and support personnel close very soon on the 26th September. Please contact administration@archerynz.co.nz asap if you wish to be considered.



Nuala at WAYC

PS: Last month the photos of Logan & Ryley were swapped.

World Archery Oceania - Update

As you may be aware Solomon Islands were scheduled to host the 2024 World Archery Oceania Championships. However, we have been informed that they are unable to hold the event. World Archery Fiji looked into stepping in, but unfortunately they are also not in a position to do so. The time frame is now too tight to look for another host, so at the Executive Committee meeting held recently it was decided to cancel the 2024 WAO Championships (allowing for the fact that the last championships were only held this year).

The Continental Qualifying Tournament (CQT) for the individual places to attend Paris 2024 will be a stand-alone event to be held on the 16th/17th March 2024 in Auckland - more details to follow as soon as they become available. The 2026 World Archery Oceania Championships are confirmed to be held in New Zealand.

Kind
Patsy Vercoe, Secretary General, World Archery Oceania

Regards

NOTE: The 2023 Pacific Games being held in Honiara, Solomon Islands in November are still on track. The CQT for a mixed team to attend Paris 2024 is being held as part of the archery tournament.

World Youth Championships - Nuala

The 2023 World Archery Youth Championships was the most amazing experience of my archery career so far. I was so, so lucky to be able to go to the other side of the world and compete with the best youth archers from 58 countries, and I gained a lot of valuable experience and learning. While the conditions were tough, and I didn't shoot my best, I know that this was simply the next step in my journey.

On my first day in Ireland, I had the privilege of visiting an archery club near Athy, Co. Kildare, where I was able to check that all my gear had arrived safely and get a preview of the wind we would face in the coming week. When we arrived at the range the next day, I was honestly stunned; it was huge! However, once we started shooting, I quickly felt like I belonged on the line - even being there with some of my heroes!

The ranking round on Tuesday the 4th of July was a tough day; the wind was stronger and less consistent than I had expected, so I ranked a lot lower than I had hoped, ending up 64th out of 72. However, the individual matchplay was not until the Sunday, so I was able to spend the inbetween days on the practise field, training with world-class archers. I learned so much from watching these archers and their coaches, and I made heaps of friends. In fact, the tournament had a very generous and welcoming atmosphere about it; everyone was there in pursuit of archery, together.

On Sunday, because of my low ranking, I had a tough first match which I narrowly lost. This meant I was out of the competition. I was really pleased with the improvement in my shooting and confidence that had developed between ranking and matchplay. This is one of the main learnings that I have taken away from this experience. It has also solidified my desire to go further in archery and keep pushing to be at the top. I have come away with a lot to work on, and a hunger to do that work!

Archery New Zealand AGM

The Annual General Meeting is being held online via Zoom on the 26th of September 2023 at 7.30pm. The Agenda has been distributed and is available on the Archery NZ website: [Archery NZ Agenda 2023](#) It includes the Zoom link.

The Annual Report, Financial accounts, 2023-2024 budget and sub committee reports are being finalised, these will be emailed and also available on the website.

Board nominations and motion submissions are now closed. Two Board nominations have been received, from Murray Prowse and Frasier Cho. CV's have been received from both candidates. A number of motions have been submitted also, they relate mainly to rule changes.

All the reports, CV's and motions will be sent out shortly by email. Please look for them in your Inbox (or Junk folder). The reports will also be available on the Archery NZ website.

We look forward to meeting you all on the Zoom call on the 26th of September.

Club Affiliation Process for 2023 - 2024

Some clubs and individuals members have already been in touch with the administration team about the upcoming membership year. We appreciate you contacting us; we try to follow up as soon as possible. Don't panic! If you have entered a tournament after October 1st and haven't paid your affiliation fee, we understand systems take time. If you were a member in 2022-2023 then you are likely to be a member in 2023-2024.

As our chairperson indicated, the fees for 2023-2024 remain the same as last year at \$35 for a full shooting and \$15 for non-shooting members through an affiliated club and \$115 and \$20 respectively for members not affiliated through a club.

The Archery NZ membership year is 1st of October to 30th of September. An online form for affiliation is available on our website under Clubs -> Affiliate Your Club. We ask that all clubs fill it in; it does provide for clubs which do not wish to affiliate to make that known. Providing us with membership numbers (not names) allows us to understand your club's situation and how big archery is in NZ.

Many clubs run their membership year to the same dates as Archery NZ, but there are some clubs that do not. The team would like to know what dates your club uses so that we can smooth out the bumps in the system. Some clubs may wish to talk to the Financial Officer about paying the fees in installments. A number of Club AGMs have been held already, congratulations on those that have been appointed to be club officers. The Archery NZ team do need to know if the contacts we use have changed. Also many clubs have honorary and life member of their clubs. Any recipients of these club honours are still counted for the ANZ affiliation fee if they are not Archery NZ Life Members.

A.G.M

**Tuesday, 26th
September at 7.30pm
by ZOOM.**

**MARK IT IN YOUR
DIARIES!**

**Criteria to attend the
2024 World Archery
Field Tournament
Canada released.**

[2024 Field Selection
Criteria.](#)

The Criteria for the 2024 WA 3D World Championships in Slovenia is being ratified and will be released soon.

**Link to Calendar of
Events**

[Calendar of Events -
National, Australian
and International](#)

2023 Invictus Games

NZ has a 21 person Team at the 2023 Invictus Games in Dusseldorf. Of those 12 are competing in Archery.

**Shooting starts on
September 15!**

[Invictus Games
Schedule](#) [Meet the NZ
Team](#)

More from the Indoor Nationals

50th Anniversary Pins can be bought from Fleur at pinsandbadges@archerynz.co.nz \$10 each.



Indoor Records

The Records Officer, Melanie, has been very busy, 140 records were shot over the weekend of the 19th and 20th of August. Your certificates are on their way to you.

Hector McNeilly (compound) shot 24 of those records, 12 National & 12 NZ records and John Deck (longbow) shot 14 records, 9 National & 5 NZ.



Above: Hector McNeilly.
Below: John Deck was here.



Upcoming National Events

- Fred McMillan Memorial Shoot - Marangai
- Neroli Fairhall Memorial - Christchurch
- Caveman Challenge - Auckland
- Rookie Invasion - Christchurch
- Graeme Marett Memorial - Dunedin
- One Tree Hill Cup - Auckland
- Pre-Season Training Camp - Auckland
- Turbine Tournament Twist Again - Manawatu

Upcoming Australian Events

- Australian National Championships and Open

Upcoming International Events to watch

- Pacific Games 19th – 2nd December 2023, Solomon Islands



Above photo: The future of Archery in NZ receiving their medals at the Indoor Nationals

Tramadol: Banned in-competition from Jan 2024

Tramadol is being added to the Prohibited List and will be banned in-competition from 1 January 2024. From that date, any athlete who uses tramadol during the in-competition period or close to a competition puts themselves at risk of an anti-doping violation.

Athletes, you need to:

- Understand that tramadol will be banned in-competition from 1 Jan 2024.
- Check competition and IF rules to understand when the in-competition period starts.
- Tell your medical professional that you're an athlete and subject to anti-doping rules. If they prescribe tramadol, ask for a permitted alternative.
- If you still need to use tramadol, prepare a comprehensive medical file in case you need to apply for a TUE.

Check the details at drugfreesport.org.nz/tramadol

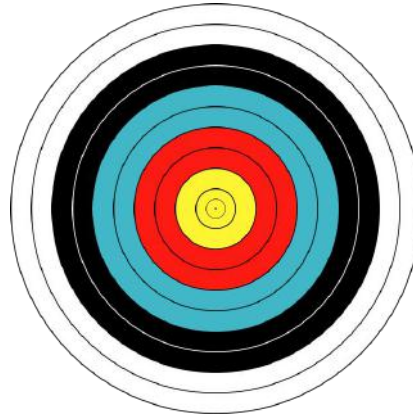
Te Wiki o te Reo Māori - Maori Language Week

Challenge yourself at your next practise, use te Reo Māori when scoring. Learn new phrases to support you team mates at the next matchplay event!

Archer = Kaikōperepere
Archery = Kōperpere
Bow = Kōpere
Arrow = Pere

Strong Shot = *Kia kaha te pupuhi*

One	-	1	-	Tahi
Two	-	2	-	Rua
Three	-	3	-	Toru
Four	-	4	-	Whā
Five	-	5	-	Rima
Six	-	6	-	Ono
Seven	-	7	-	Whitu
Eight	-	8	-	Waru
Nine	-	9	-	Iwa
Ten	-	10	-	Tekau



Yellow = Kowhai
Red = Whero
Blue = Kikorangi
Black = Pango
White = Ma

Other snippets of news

1. World Archery changes arrow badges scores. A new points table will apply to WA arrowhead awards, along with a new colour scheme. The updated points table is published on World Archery shop, and will be updated soon on World Archery Website.
2. NZ Master Games registrations are open for Dunedin 2024 - <https://www.nzmg.com/register-now/> It is not on Archery OSA.
3. Several clubs have held AGMs and elected new Presidents. For Christchurch Archery Club, it is Graeme Robb. Geoff Sauvarin is the new Mountain Green Archery Club President.
4. There are 8 NZ archers competing at the Australian National Target Championships in Brisbane. We wish them all the best. <https://www.nationals.archerysqas.org.au/>
5. Puketapu Archery Club is being reinstated by Napier Council. Ray Houston reports it won't happen overnight but it will happen. Before and after the cyclone photos below.



Inspiration

The Australian father-daughter duo pursuing blind archery dream

Craig Newbery describes the visually impaired archery community as a 'family'. But it is a partnership with his own daughter, Jacqui Green, which helped him break new ground at the 2023 World Archery Para Championships.

Newbery took home silver from Pilsen last month, the best result by an Australian visually impaired archer in the event's history.

The 58-year-old, who had previously trialled twice for his country's Commonwealth Games lawn bowls team, only took up archery seven years ago when he and daughter Jacqui, 41, attended an introductory event in their home city of Canberra.

Blind Sport NZ

Archery NZ can assist clubs who have visually impaired archers to understand what is required to attend international tournaments.

This link provides more information:

<https://www.blindsport.kiwi/classification>

Training Diet

Archers require a varied and balanced diet to meet their needs for preventing fatigue and maintaining concentration. Your balanced diet should include:

Carbohydrates provide slow release energy for Endurance through the day. Wholegrain breads, rolled oats, rice and pasta.

Protein is an import part in the repair and building process. Lean meat, fish, chicken, eggs, beans and lentils, nuts and low fat dairy.

Healthy fats provide energy and aids the absorption of vitamins. Nuts, avocado, seeds, oily fish and vegetable oils.

Fruits and vegetables should be included in every meal. They are essential for good health and performance.

Photos and articles

We would like to acknowledge the photos used in this newsletter, from Gianni Stichbury, World Archery, Trinity Sargent, Kelvin Smillie, GGWAS and others who we apologise to for not crediting you.

Articles submitted by Kelvin Smillie, Vanessa Jlm, Logan Andrew and Cushla Matheson are gratefully received.

Eating for your Sport

Archery is primarily a sport of skill and repetition that can be competitive or social. Some people may shoot only at weekend club events while others train and practice for many hours a week. As well as shooting practice, training may also include gym work, strength and conditioning and cardio workouts. Training will change slightly during competition weeks to become more focused for events.

This nutrition advice is aimed for those who compete and train at a recreational level. As with all diet changes please seek medical advice before making significant changes. Those training towards a higher competitive level will require a more personalised nutrition plan and should seek a professional consultation.

Taking the time to look at nutrition and hydration strategies is important to help optimise your archery performance. The timing of meals and snacks need to be considered to ensure your archery is well fuelled for the event. When away from home for an event, healthy balanced meals may not be as easy so healthy snacks and drinks therefore need to be packed ahead of time.

DON'T try something new on competition day or the night before. Try out different meals during training and find what works best for you. When travelling for competitions plan ahead to ensure you have access to appropriate food.

Example of a Meal Plan during Training and Competition

- The night before: Carbohydrates and protein. Your dinner could be rice or pasta with chicken, fish or legumes and vegetables. Drink water in the afternoon and early evening to keep hydrated. Even in cooler weather you can lose fluids and this will impact your energy and concentration.
- Breakfast: Hot oats, porridge with low fat milk/yoghurt and fruit, or, Wholegrain toast with avocado and tomato and a pottle of low-fat yoghurt.
- Snacks: During competitions for endurance athletes, it is recommended to have small snacks, little and often, during the day. Fresh fruit, yoghurt, muesli bars, sandwiches are an easy snack to eat in the breaks.
- Hydrate: Weather, temperature, humidity, duration of the competition and your own physical attributes will contribute to the amount of hydration you need. It is recommended 1.5 to 2 litres per day.
- Competition Day Foods: Fruit, smoothies, low fat flavoured milk, breakfast muesli, rice, pasta or noodle dishes, creamed rice, wholegrain sandwiches, muesli bars (check for no added sugar), buckwheat pancakes, nuts and dried fruit.
- Recovery: Within 30 minutes of finishing exercise, it is recommended to eat a protein full snack to help kick start the recovery process. Smoothies, milk drinks, chicken and avocado sandwiches are examples of good post competition snacks.
- Post Competition Dinner: Lean meat or chicken and vegetables with pasta and tomato based sauce, or, steamed or grilled fish with oven-baked wedges and salad, or, lean meat or chicken and vegetable stir-fry with rice or noodles, or lean steak, potatoes and vegetables or salad.

A question of Range Direction

During live screening of the World Archery Championships in Berlin it was noticed the finals venue range was not the correct orientation, also the World Cup Finals at Hermosillo were held under floodlights. Is this fair?

Requirements for archery ranges are taken from World Archery Rule Book 2 Chapter 7, and they are written assuming that the range (or field of play) is created from scratch for each event. The requirements include measurements for each distance, field squareness, target buttress angle and height, line markings, and safety zones.

Omitted from this list is the range direction. Unlike the other rules, the range direction requirement is implied by a diagram showing a 20° tolerance from either North (for the northern hemisphere) or South. As such, it can be debated whether this is a rule that is required to be followed or not, and a number of international venues have not followed this requirement in the past. So why have this indication at all?

In short, the main reason this requirement exists is due to the sun. In order to ensure a fair playing field for all athletes, ideally the sun should not disadvantage anyone more than anyone else (e.g.: left-handed archers). Depending on the latitude of the venue, the time of year, and the schedule, the sun can play a significant role.

The easiest way to reduce this impact is to follow the recommended range direction, which aims to give the widest time period each day where all athletes can shoot. But other options exist, for example we can delay the start of competition, finish earlier, or generally only use a venue when the sun is at a safe angle (e.g. an easterly finals venue used only in the afternoon/evening). For WA events, if a venue is particularly favoured (maybe for visual appeal or cultural significance) an assessment will be done between the LOC and Technical Delegate (who represents WA) to ensure the venue can be used safely and fairly despite the incorrect orientation.

For clubs in Archery NZ, often the range direction is determined by what is around that is safe to shoot arrows at, or event just where there is space to shoot. As such, where issues occur with the sun, it is often more practical for the judges and LOC to agree to a short delay while the sun rises high enough to no longer be an issue, rather than attempt to re-orient the range. While it is preferable that the range faces the “correct” direction, as long as safety and fairness are maintained, this fulfils the aim of the indicated range direction requirement.

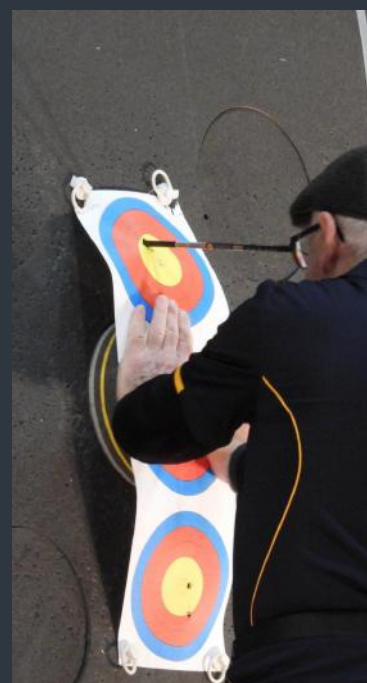
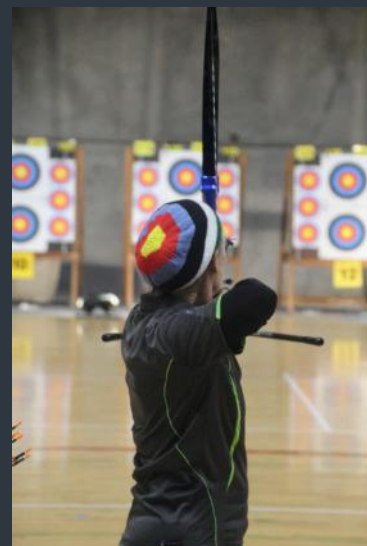
The WA Organisers Manual (World Ranking Events - Finals) also offers the following:

Finals Venue Purpose

- 1: To accommodate the medal matches for the individual, team and mixed team events.
- 2: For spectators and media to watch each medal match individually.
- 3: Make the event entertaining, unique and memorable.

What can a finals venue be?

- 4: Iconic/touristic/ recognisable location that defines a country, region or city such as, the city centre, park, plaza, historic fortress/castle/palace, religious building, government building or lake/canal/beach
- 5: Purpose built archery venue
- 6: Current stadium/arena
- 7: Other recognisable sporting venues such as, football, rugby, hockey, cricket or horse racing venues
- 8: Anything creative, please consult World Archery with any ideas.



Top: Head on target
Middle: Moveable target
Bottom: It was cold on Sat

Photos from the Indoor Nationals



Above: Matchplay double measure result!

Middle: Peter and the result conundrum.

Below: Our wonderful sponsor



Photos and articles

If you have an article or photo you would like to share please send to administration@archerynz.co.nz

Interclub

Congratulations MGAC for winning the Archery NZ League Champions Shield, as a result of the interclub monthly postal challenge. Second was Gisborne followed by River Glade A. CONGRATULATIONS!



Winners of the other Divisions are 2 - Christchurch A, Mana B and Timaru, 3 - Manawatu A, Tauranga A and Wairarapa A, 4 - Mana B, Manawatu B, and River Glade B, 5 - Christchurch B, Trentham A, and Mana C and 6 - Wanganui, Wairarapa B and Christchurch C.

Long-time organiser Kerry Hoole recently passed the baton for the Interclub Series to Amy Lewis. Amy has a new email interclub@archerynz.co.nz for all entries, scores questions and correspondence.

Hot off the Press

Kia ora Clubs!

It is time again to get your enrolments in for the upcoming season's Interclub Challenge. You can enter your team/s and update your contact details for news/results in the [online form here](#). Please complete this form and pay your entry fee by 23rd September so we can start the season on October 1st! Everything you need to know about Interclub is on the Archery NZ website: [Postal Leagues - Interclub](#)

Dates for this season's rounds are below:

- Round One: 1st October 2023 - 31st October 2023
- Round Two: 1st November 2023 - 30th November 2023
- Round Three: 1st December 2023 - 31st January 2024
- Round Four: 1st February 2024 - 29 February 2024
- Round Five: 1st March 2024 - 31st March 2024

Looking forward to seeing lots of progress and great scores from all our teams across the country this season!

Many thanks

Amy Lewis, Archery NZ Interclubs Co-ordinator