

Allington Castle Archers

Nocking Point

February 2012



Dates for your dairy

NO SHOOTING INDOOR ON 3RD FEBRUARY

Sunday 5th February Frostbite 10:30 for 11:00

Friday 10th February Indoor BA Portsmouth

**Sunday 12th February WORCESTER/PORTSMOUTH ALL
HANDS NEEDED**

Friday 17th February Indoor Portsmouth

FUN FIELD SHOOT ON OUR FIELD

Sunday 5th February after the Frostbite

SHOOTING STARTS 2:00pm 9 TARGETS

Chairman's Chat

OK, hands up any members that know how the club is run..... Well hopefully at least 11 people raised their hands.

With a club as large as Allington Castle Archers it wouldn't be possible for one person to do all the work and it certainly wouldn't be particularly democratic either. So, as with all properly run clubs, we have a Committee made up of members who have been voted in at the Annual General Meeting (AGM), which is held every November.

At present, our Committee consists of 11 people. (hopefully those who raised their hands earlier!) All of those 11 members have a named position on the committee. These are, in no particular order - Chairman, Secretary, Treasurer, Captain, Records Officer, Equipment Officer, Vice Chairman, Vice Captain, Social Secretary, and two Ordinary Members. This merry band meet up every 6 weeks at 7.30pm on a Monday evening for 2-3 hours, to discuss everything and anything to do with the club. As current Chairman I of course have the privilege of chairing these meetings, but in my absence the Vice Chairman takes over. Minutes of what is discussed and agreed are kept and available to any member to view, in a folder, which is kept in the club hut. Most matters are agreed through general consensus of those present, but occasionally items need to be voted on, and again a record of these votes is recorded in the minutes.

The roll of most of the committee positions is fairly obvious from their titles but the roll of the two Ordinary members is less clear. They are there to help out with any general matters but also to make sure that we get more feedback on what club members want the club to do. As far as I am aware the only post with a "best before" date is the Chairman, who can only stay in the role for 3 years. All the rest are there until 1. They choose not to stand for re-election, 2. Some one else gets more votes than them at the AGM. or 3. Through illness they are no longer able to carry out the role.

Hopefully the above explains to newer members what goes on behind the scene to make ACA function as the successful club it is, and has been for the last 44 years.

Good Shooting

Neil

Captains Corner

Now my film career is at an end, I am 'resting'. Back to the real thing, archery.

Having mentioned my *dream* of owning our own field, supplying the county team and winning the Mid Kent League.

How is this to be achieved?

Our own field

Well I have identified a field, currently leased to a farmer.

It is just up from Aylesford near Kits Coty, not too far out from Maidstone.

I am going to contact the owners and see if they will consider leasing or selling it to us. It is 180yds square with access from the main road via a track, entry on the north side. It is flat and level, with room for a clubhouse and parking.

Not perfect but the best layout that the club has found in 20 years of looking.

Fingers crossed that the current owner is open to having a sports club on his doorstep.

Recurve improvement

The compound archers in the club are a strong group and shoot MKL regularly. Not much work required here.

What is required to improve our recurve archers?

1. There are two groups in the club as I see it, the pure score archers and the handicap archers. The first group are archers who have a handicap in the twenties and thirties and can shoot to it. They are hopefully putting in scores of 800 + for a St. George. This needs to be consistent and we need three of them to shoot each month.
2. The second group are archers with handicaps in the range of forties and fifties and hopefully out-shooting their handicaps each time they complete a round. Again three or four are required each month.
3. Both groups need different things from the club to improve.
4. Group one needs a high level of technical knowledge and County level coaching. The mental side of competing, concentration and confidence is of importance.

5. Group two needs some technical knowledge and coaching to improve technique. Here the mental side of shooting has to be appreciated.

As we have level 1 and 2 coaches available to the members for the physical side of things coaching development is in hand from the coaches. I will concentrate on the mental aspects of archery in the form of notes each month on different aspects of the psychological part of archery.

Well here goes

This series of notes (Psycho Archery Scheme) is to help archers realise what your brain will do **for you** and what it can do **to you**.

What are you doing when you "practice" on Saturday morning?

If you are confirming sight marks for distances, then shoot at those distances 1 doz will do to confirm them. If you shoot longer - why?

If bow tuning try at the indoor, an ideal is distance 20yds.

If you are just shooting you are practicing your **faults**, reinforcing them, getting muscle memory, so they become bad habits.

Bad habits take seconds to acquire and years to lose. You've heard that one before.

So practice the **shot** at short distance like 10 yds.

Feel is something we, as archers, know is important. When it's right, it feels right. So work on that feeling. Shoot with your **eyes closed**. Once your sight is taken away you start to be more conscious of the feel of what you are doing. Try it; you will be surprised at the difference it makes. See that tight group.

Set up a boss without a face on it and concentrate on good strong shots.

Preparation, draw, anchor, loose and follow through. Boring I know, but you *work* at practice and shoot at tournaments.

If any archer wants to try my **Psycho archery scheme** I will be setting up short distance targets on the 4th and the 11th Feb.

If you want to get better it is **work** that gets those scores.

State of the club recurves

Having just received the handicaps from Warwick, I am concerned at the number of archers without a handicap or classification. Over 30% of the club is in this category. Handicapped but unclassified

archers totals 30 out of 58 recurves - this is not good. All senior archers could help in this by encouraging 1st and 2nd year archers to shoot rounds. A considerable number shoot on a Saturday morning, maybe putting out scoring sheets will help.

Fun field shoot

There will be a fun field shoot on our field on Sunday 5th February afternoon, after the Frostbite. Some work will have to be done but it should be OK by 2:00 pm. 9 targets with various face types, same as last year.

There is also a date later in the month for a twelve-target field shoot at Woodstock course near the M2. Let me know if you are interested in either.

Geoff B

Secretary's sidelines

Happy New Year everyone

I have today received a letter from Ken and Sheila Garrett thanking the Club members for elevating them to the status of honorary members. They say that as they are retired from the shooting line, it will be nice to keep in contact in this way. Ken also asked me to thank the editor for sending the copy of the newsletter by post (NOTE they are still supporters of the postman should any one wish to make contact} and commented on the talk by the elderly gents, saying that he was fast approaching four score years with a degree of uncertainty.

IMPORTANT!!!!!! We have a wonderful indoor venue. It is large, warm and in the centre of Maidstone. You can shoot a Portsmouth round or practice at a shorter distance. All this for the miserly sum of £3. This week only seven club archers out of a total of 80, turned up. Takings £21-00, but the hire cost is £50-00. You are paying the loss from your fees so come along and get some shooting practice every Friday (Except 3rd February)

Coaching

At the risk of getting my head blown off I am making some suggestions for longbow archers. Following the comments Alf made last month I thought I would go into detail on some of them. First, the basics are the same for all disciplines but longbows are shot more quickly and you do not have time to check your technique so it needs to be correct.

You have a sight marker on the ground or a rubber band on the bow, but do you check where it is after loosing the arrow. It is important to keep the bow still as your arrow is travelling slower than with a recurve so any movement is magnified and different with each shot.

Bracing height needs to be measured accurately each time as one or two millimetre variations can make a difference to where the arrows go.

Reference point must be constant. Olympic style is best as it is easier to keep constant and sends the arrows further for the same bow. But keeping it the same is most important.

Getting it on your back is very helpful too but this needs a page to explain so look out for my talks other years.

Colin

A Great Opportunity

The talking is done, the long wait is over, finally 2012 has arrived; it's the year of the London Olympics.

In 1948 the Country went wild with Olympic Mania, Children emulated their favourite sports personality by bending down in imaginary starting blocks Ready! Set! Go! They were off running, at least five yards, then throwing their arms up in Jubilation, before going through the process again and again. The post office issued an Olympic Stamp and these were collected with enthusiasm and pride swapping only for great reward.

How much more will this years festivities catch the imagination of the population. The Olympic stadium is all but completed with all the facilities that the modern sports world can offer. A far cry from the White City Stadium of 1948, with its cinder track and communal baths. T V cameras will record every success and disappointment, but will the enthusiasm be the same? Without a doubt it will. Youngsters will emulate the modern stars; they will point their fingers to the sky in a bow drawing action and pretend to be Usain Bolt at the finish of the race of their lives. Others will be Hop, Step & Jumping their way to imaginary success.

It has been suggested that we as a club celebrate this year of Sporting History by holding a special one off tournament some time during the year suggestions such as an "Olympic Round" Open Tournament or a

"Team Shoot." Other suggestions included a Club Field Shoot or maybe something organised for the youth of Maidstone or the School such as a Have A Go.

It would be a wasted opportunity if we do nothing to help promote Sport in general and help to bring Archery (an Olympic Sport) out of the shadows and into the limelight.

We on the Committee have the enthusiasm and the organisational ability but sadly we are lacking in mind reading skills, so please come forward, let us know what you would like to do, give us some suggestions or thoughts on how we can make this Olympic year special to Allington Castle Archers.

It is a pleasure and exciting to serve on the Committee of your Club during this memorable year and I look forward to hearing from you soon.

Ron King

Twig and Stick

There is 'not a lot' going on with Longbow at the moment. (Not that I've heard about) The Invicta Longbow Shoot at Godington House and Park, run by the ILAA is on 11/12th Feb. This is an "At the Marks, Speed and Cloth of Gold shoot", being held in beautiful surroundings. The House is an ancient house, Jacobean with medieval hall, many stunning rooms, beautifully furnished. 500 years of fascinating history. The garden is twelve acres surrounded by a Yew hedge, both formal and wild. It is in the wild bit that the archery takes place.



Thanet Archery Club are having a Clout Taster Day on the 24th March and it will start at 10-00am and cost £4. The address is, St Lawrence College, Ramsgate, Kent. CT11 7AF. For more information, get in touch

with Bob Gawler: Tel: 01227 263419. Email: bobgawler@talktalk.net.

Longbow Archery is very varied; there are many different types of Longbow Shoot. The main shoot is Target, where you shoot at a known target, at a known distance. But because Longbow (or at least a bow) has been around for thousands of years Longbows, more than any of the other sporting bows, has so many different 'applications' or ways of being able to hit a target. Therefore there are many different types of Longbow shoots including: Field, At the Marks, Speed, Target, Clout, Popinjay, Beursault, Flight, and Wand. I would like to introduce you to one shot more frequently than most and you should be able to find, reasonably local, clubs that do this type of shoot, Clout.

Clout

Clout archery takes place in a flat field, similar to Target archery, but in this type of shooting the target is marked out horizontally on the grass. A series of 5 concentric circles are laid out around a central marker flag and the archer shoots from a distance of 180yds (for men) 140yds (for women) and (140 – 60yds for juniors). Alternatively, no circles are marked out and scoring is achieved by pivoting a rope or cord coloured for each scoring zone around the marker flag. In a Single Clout 6 ends of 6 arrows are shot, and a Double Clout consists of 12 ends of 6 arrows. Sometimes different, can be 3 ends of 6 arrows (single) 6 ends of 6 arrows (double). Scores are 5 for the innermost circle, down to 1 for the outermost. Normally a large field is needed because of the distances shot and safe, 'overshoot'.

The word clout originated from the Viking word "clud", or piece of cloth. Originally a piece of cloth would be set on a short pole as the central marker. Again, the origins lie in medieval archery practice - shooting at long range against a foe. Clout shooting is said to have started by bowmen carrying their longbows to Church on Sundays. After the service they were obliged by law to practise at the butts, usually in a field in close proximity to the Church. In order to amuse themselves on their way to Church, they would choose random targets to shoot at during the walk into the town or village. e.g. A bush, a clump of grass, a stick etc. This was known as roving clout and should not be confused with today's so-called field shooting, which is essentially shooting in woods at different targets. Because of its length the longbow is essentially a field

weapon and therefore its type of shooting remains distinct.

Originally a stick in the ground therefore represented the target with a piece of white cloth over it. Today the stick has become a round target face of 30 inches (76cm) diameter, the face of which is white with a 4 inch (10cm) black spot at the centre. The target is placed on the ground at an angle of 45 degrees. Chalk circles are drawn on the ground at intervals from the centre. The scoring is 6 for the clout, 5 for the first ground circle, then 4, 3, 2, 1, for succeeding circles going outwards from the clout itself.



The difference between clout shooting and distance target shooting is in the high angle with which the arrows hit the target. It dates from the practise of discomfiting the adversary even when sheltered behind a wall or fortification. Distance target shooting has a flatter trajectory.

There are no Clout archery clubs as far as I know. Most Target, Field and Longbow archery clubs will organise a clout shoot or two during the outdoor season. (Not many because you need the long distance and safety 'over shoot') There are classes for longbow, Recurve and compound bows (not allowed often because of the power in a compound bow), and ladies, gents and juniors.

I've only shot one Clout, at Bromley Archery Club and the first 3 and half dozen arrows were 20+ yds too short, it was two way, which helped with the amount of walking involved, but I really enjoyed it. The different styles of the different archers on the shooting line was amazing, never seen so many different ways of shooting a bow. Very different from target shooting. You will notice when being taught archery, in the end you do which is most comfortable for yourselves.

I've been fortunate to have been happily married for thirty plus years, Mo asked me to describe her, being the flatterer I am, I said, "You're A, B, C, D, E, F, G, H, I, J, K."

Mo said..... "What does that mean?"

I said, "Adorable, Beautiful, Cute, Delightful, Elegant, Foxy, Gorgeous, Hot."

She smiled happily and said, "Oh, that's so lovely. What about I, J, K?"

I said it was, "I'm Just Kidding!"

My left eye is still swollen, but my doctor has informed me that I am likely to see things much clearer in the future. Soooo true, had it been my right eye, my archery would have suffered, more than it normally does....

Don't forget, Longbows also shoot at 20 yards, to the surprise of recurves & compounds they can be very accurate. Why not 'have a go'? ACA indoor shoot on the 12th February at Lockmeadow. An enjoyable day meeting fellow archers having fun.

What do real Longbow archers say to compound archers?

"I see you still have your training wheels on your bow."... Boom, Boom... 😊

Good luck, no I shouldn't say that, its skill isn't it... 😊
Have fun.

Alf

Social Secretary

As this is a very quiet time for me as far as ACA is concerned I thought I would give a little bit of a history lesson.

Geoff sometimes reads excerpts from archery books/magazines to me, which, quite honestly, I am not much interested in as I am not a shooting member. But last week he read something from 'A History of Target Shooting' about an event put on in 1851 and the food provided. I thought you might like to read what you are missing out on!

'A large and airy pavilion was provided for this function with a well-spread table, as may be imagined from the following bill of fare. 60 couple of chickens, 40 couple of ducks, 36 tongues, 18 hams, 16 raised pies, 30 pigeons and meat pies, 6 dishes of collared veal, 4

dishes of braised beef, 8 pieces of roast beef, 1 round of beef, 12 fore-quarters of lamb, 4 legs of lamb, 2 small fillets of veal, 1 loin of veal, 8 veal and ham cakes, 18 dishes of potted meats (various), 6 pieces of pickled salmon, 12 dressed crabs, 10 lobsters, 6 dishes of prawns, 60 dishes of dressed salads (various), 20 dishes of plain salads, 12 dishes of small pork or lamb pies, 36 jellies, sweets, blancmanges, etc., 6 stands of jellies, 12 compotes of cherries in vol-au-vents, compotes of gooseberry and custards, 70 raspberry and currant tarts, 20 cherry tarts, 12 Swiss pastries, 24 cheese cakes. Wines (sparkling and still of all kinds), claret cups, and the favourite American drinks (gin slings, etc.)

All I can say it 'WOW!!!' and I thought my MKL teas were quite good after a days shooting

ALSO

You might fancy it but it's never going to happen!

Jean B