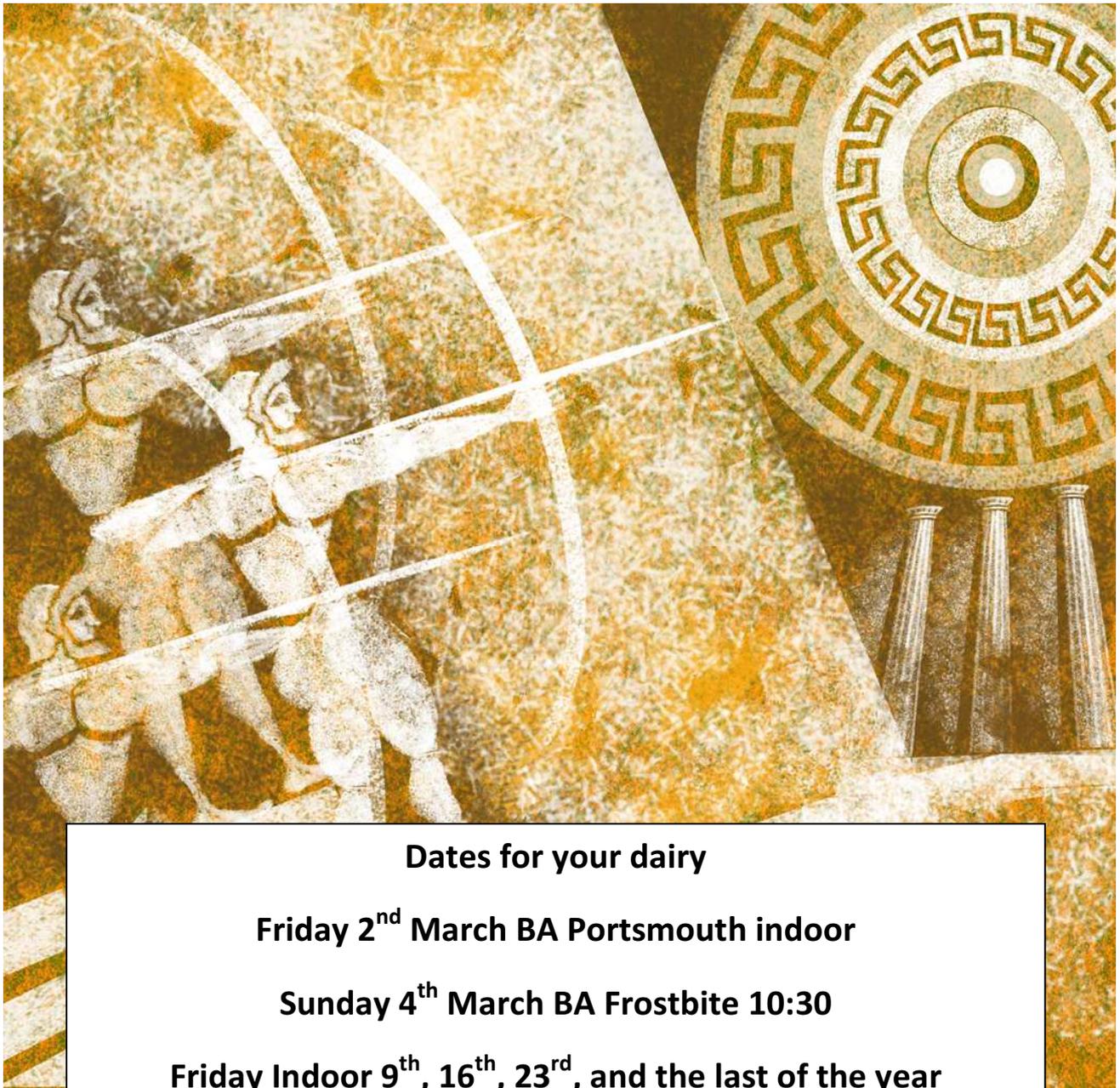


# Allington Castle Archers

## Nocking Point

---

*March 2012*



### **Dates for your dairy**

**Friday 2<sup>nd</sup> March BA Portsmouth indoor**

**Sunday 4<sup>th</sup> March BA Frostbite 10:30**

**Friday Indoor 9<sup>th</sup>, 16<sup>th</sup>, 23<sup>rd</sup>, and the last of the year**

**Friday 30<sup>th</sup> March a fun shoot of the Porcester**

**Saturday 31<sup>st</sup> March 1:30 to 4:00 Improvers coaching**

## Captains Corner

### *Psycho archery scheme*

Having tried out the blind shooting advocated last month, I can confirm that it works. Having shot 5 doz blind, I then moved up to 60yds. I started with 9-9-9-7-5-1 much to Bills annoyance.

Have you reached a level in archery you are content with? If the answer is yes then there's no more to say. If on the other hand I get the feeling most would reply "I'd like to do better". Then know yourself and challenge yourself.

To assist in mental control of your shooting you need a goal. Something to concentrate on other than the last round you shot. Good or bad.

What that goal is, is dependent on your level of archery.

For example if you were Bowman then an achievable goal would be Master Bowman. (Having tried this it's quite a difficult challenge.)

If you are a first year archer then achieving a handicap, all that is required is three rounds. It does not matter what rounds they are as long as they include **your longest distance**. Gents, 100yds and ladies, 80 yds. This will give you a handicap that you can better next time you shoot.

If its your second season then a handicap in the 50's would be easy, but not a challenge. Maybe a 41 handicap would be better.

Other challenges could be three Personal Bests in a season. The big three for example a FITA, York, and St. George.

Actual scores for rounds is another challenge but don't get fixed on a round number as they can become a bogey score. (Ian Wilson knows what I mean) An 800 York or better still an 815 York, an odd number is not a mental barrier.

If longbow then a starting challenge would be to reduce misses to zero in a round.

Think where you want to be at the end of the season.

Most archers have a long list of reasons why they did not shoot well. Top of the list is that the bow did not perform, as it should. This is tuning and this IS the easiest to put right. GET IT TUNED, OR LEARN TO TUNE

IT YOURSELF! See any of the coaches, they like nothing better than fiddling with equipment.

That's one excuse off the list. Only another 499 to go then.

### **Fun Shoot indoor Friday 30<sup>th</sup> March**

A bit of fun a combined Worcester and Portsmouth round. With my unique scoring system.

### **Fun Field shoot**

The original date for the Fun Field shoot was 5<sup>th</sup> Feb. but the English weather played its part, snow and low temperatures.

The second date was cold but no white stuff, Sunday 19th after the Frostbite.

The foolhardy archers were Alf, Sue, Ian W, Ian S. Barry, Neil, and me. All seemed to enjoy it so much that they decided to shoot it twice.

Sue	11 hits-1 kill- 44 and	12 hits 0 kills -49
Barry	11 hits- 0 kill- 42 and	12 hits 4 kill - 71
Ian S	12 hits-1 kill -48 and	16 hits- 2 kill - 73
Geoff	17 hits- 2 kill- 83 and	17 hits- 0 kill - 61
Neil	17 hits- 5 kill- 97 and	15 hits-1 kill -60 Ian
Ian W	6 hits -1 kill- 31 and	8 hits -1 kill-39

### **Tournament Organiser needed**

As you may or may not know the T.O. for the Worcester/Portsmouth was the committee for the last one (Spring). It needs a T.O. a single person to take the entries and be responsible for the shoot. If anyone wants to get more involved in the running of the club then this is a way to help out the committee. Lots of assistance will be available from the committee and previous organiser Sandra; so don't be put off if you don't know the ropes. If you are interested please contact any committee member.

### **AGM Minutes**

A copy of the last AGM is in a folder in the equipment hut for those who are interested. Feel free to peruse.

Geoff B

\*\*\*\*\*

## Secretary's Sidelines

Advance warning!!!

School boot fair Saturday, April 28<sup>th</sup>

Membership fees

These are due in March and Pamela will be sending details by email or you will receive a request to renew by post. This year you will be able to pay on line or by cheque or cash if you see Pam in person. Wait until you receive the request before paying as it will contain all the details. Thank you.

May I remind you all that there are three folders in the shed witch contain:-

	1	Minutes
of all recent Committee Meetings	2	Kent and
SCAS committee Meeting Minutes	3	Entry forms
for Open Shoots sent to me	4	Club Records (I think)

I have also put in the shed, on a notice board, the Minutes of our AGM held in November 2011. if anyone requires a copy please ask.

Colin

\*\*\*\*\*

**The ACA Coaching team** would like to invite our archers to join three improver's courses. These will be allocated on a first come first served basis.

ACA Archers:

Please register your interest by talking to one of our coaches team

Colin Bowen, Sandra Punton, Warwick Drew, Chris Punton or Clive Jeffery

The details are:

Open to all ACA Archers

The archers improvers course will help archers identify their long term goals for 2012 and agree an action plan to achieve them.

The course aim will be to check equipment and centre line the bow. Coaches will then review the shooting technique with a view of agreeing an improvement programme.

The dates for the ACA Improver course are:

Saturday March-31

Saturday May-19

Saturday July-14

The courses will run from 13:30 through to 16:00 each day.

Regards

Clive

\*\*\*\*\*

## Twig and Stick

**Field Shoots:**

Field archery today is, in effect, hunting with a bow. The quarry is not a deer or a hare but a substitute target set in a 'field' environment (basically, in woods). These targets can be of the concentric ring variety or 2D representations / pictures of animals or even 3D replicas of animals. Shooting is often made more difficult by having to shoot up or downhill, by having to shoot 'around' a tree or an obstacle (so that you cannot shoot in the upright T-form as you would in Target archery) and by having to shoot across varying light - from full sun to shade or from shade to full sun. A selection of different rounds can be shot on the field course and this can be very confusing. FITA field, Stamp, Foresters, 4 shot Foresters, Big Game and National Animal rounds, 2, 3 or 4 arrows can be shot per target, depending on the round. The targets also vary in size depending on the round being shot and the distance. In some occasions the targets are pictures of animals and you receive a different score for a 'kill', meaning you hit a circle within the kill area of that particular animal, or a wound, meaning you hit within the animal framework but missed the circle called the kill zone.

As in Target archery there are many rounds which can be shot but, unlike Target archery, the distances can vary from one shot to the next. A typical field round will involve shooting at (provided it's divisible by 4) normally 12 to 48 targets, one after the other. The archer starts from the first 'peg', shoots at the target and then walks on to the next peg and the next target (peg colour & numbers per target can vary considerably). Depending on the round, the distance to the target may be marked or it may not and can be anything from 5yds to 60mts (dependant on the round you are doing). As often as not the distances are not marked and the Field archer has to rely on judgement and instinct for each shot. Having looked at Field Archery in the GNAS rules, it's a minefield (and I think I trod on each one as I went through), types of bow can be, recurves (Traditional, Freestyle & Barebow), compounds (Limited, Unlimited & Barebow) and the easy one, Longbows... ☺ No sights or aids, range finders, etc etc allowed, but it's really good fun.



The distances I shot when I had my first attempt at Field shooting were 5yds to 50yds in a wooded area and I believe 12 targets so the 'rounds' can change from club to club. I went with Geoff Barker & Neil Richardson and one of the many things Geoff informed me about was, 'what to wear'... Wear some bright coloured clothing, wearing all green in a wooded area where other archers are shooting, could mean you blend in too much with the surroundings and come out looking more like a porcupine. Another good piece of advice, unfortunately Geoff forgot to tell me about. We were shooting 3 arrows each, at each target, so I took 4 arrows, 3 to use and 1 as a spare, wrong.... It was quite a walk through fields and woods before we reached the first target, by the time I had reached the 2<sup>nd</sup> target I had smashed 3 of my 4 arrows and really had to retire (something I don't like doing) because it was too far to walk back. This is what I like amongst archers, Bob Gawler who was shooting with us, loaned me 3 arrows, I'm sure they were not his best, but it is the sort of thing archers do and I didn't have to retire. I managed to break one of Bob's arrows as well by the end of the shoot, so I owe him a drink as well as a debt of gratitude. What I'm trying to say is, take plenty of spare arrows and try hitting the target instead of the trees.

Geoff is the main person to talk to about Field Archery. He knows many of the clubs that run these rounds and in a lot of cases you can use your Recurve bow as well. Ooops, another thing worth remembering, unlike target shooting you can't disappear into a tent; you will be wandering up hills, down dales through wooded

areas well away from your car. Take a haversack to put food, water or tea, anything you may need, with you. As Geoff once said, it's either warm and wet or dry and cold in this lovely country of ours... Like a scout, be prepared...

The club Geoff introduced me to, was the Bowmen of Woodstock it is a local club who shoot in 28 acre woodland just outside Sittingbourne. The course is of 24 targets. This can be split into 8 and 12 target loops for shorter shoot times. When do they get together, every Wednesday evening from 7pm and Sunday mornings from 10am, April to September, they meet on a field adjacent to the woods. This field is used for practice and tuning. As normal, there is a small charge to shoot but you will always find someone who will help you out, it's great fun.

Their web site is: [www.bowmenofwoodstock.btik.com](http://www.bowmenofwoodstock.btik.com)

[www.nfas.net](http://www.nfas.net) The National Field Archery Society, this is another web site worth looking at for information. They have a club list but worth remembering, like most web sites they only list those clubs that get in touch with them.

Alf

\*\*\*\*\*

### **Social Secretary**

All I have done this month is to supply the lunches for the TO, Lady Paramount and Judges at the Indoor Worcester/Portsmouth. Chris stood in as TO on the day and he definitely enjoyed his lunch. In fact, they all did as everyone remained around the table talking as I cleared everything away.

Bear this in mind – if you volunteer to run one of the Indoor Tournaments – I provide a good lunch!

Jean B