

# Nocking Point

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*February 2010*



*Dates for your dairy*

*Frostbite Sunday 7<sup>th</sup> February 2010 at 10:30 for 11:00*

*Worcester/Portsmouth Sunday 21<sup>st</sup> February **All hands needed***

## ***Chairman's chat***

The weather is slowly getting better and to help you make an informed decision about venturing out to shoot, we have added a 3 day weather forecast on to the home page of the ACA web site. Just remember we take no responsibility for the accuracy of the forecast. Blame the Met office if it is wrong!

There will also be a list of links added to the web site shortly for various Archery Associated sites. I would recommend you have a look at the Kent Archery web site, after all £3.00 of your affiliation fee goes to Kent. You might want to look at what they do with your money. For any of you who like internet forums you could also look at "Archery Interchange".

Preparations for the February Worcester / Portsmouth are in full swing with all places now taken. If you have any spare time on the 21<sup>st</sup> February please come down to help out. The revenue from this shoot, along with the other external tournaments run by ACA helps keep club membership costs down, so it is in all of our interests that these tournaments continue and are run smoothly so Archers come back again next year.

Sandra, who is tournament organiser for our indoor shoots, has also become responsible for the club Calendar. How lucky can one person be! The Calendar should be up on the web site by the end of March. If anybody wants it earlier than that, feel free to volunteer to take over preparation of the Calendar, as I don't think that Sandra will object!

The next Committee meeting is to be held on Monday 15<sup>th</sup> February, so if you have anything you want discussed, please let one of the Committee members know. In case you have forgotten who these crazily committed and incredibly hard working individuals are, they are:

Me, Colin Bowen, Ann Medhurst, Charles Van Rens, Clive Jefferies, Roger Oehl, Warwick Drew, Jean Barker, James Bishop, Pamela Peak and Chris Punton.

Good Shooting.

Neil

## ***Captains Corner***

Well, it seems that we are destined to have interesting Frostbite shoots all year. This time we had alternating combinations of heavy/light snow, sunshine and wind. Some sensibly decided to retreat to the warmth of their respective homes. The juniors, not surprisingly, sensibly decided to not even venture anywhere near the field. The results were varied and are shown somewhere in this newsletter. There were some interesting incidents though. Andy managed to bury an arrow in the snow, somewhere near the 100yd mark, shooting at a 30m target and Wayne, despite his best efforts, never quite managed to get his arrows to do a complete somersault before hitting the target. I have no doubt though that given more time or a longer distance he would have achieved this.

I now have the Mid Kent league match schedule, see below. At the home matches we can have as many archers shooting as we like, the away matches we are limited by the capacity of the host, generally 12 archers. There are effectively two competitions in the league, pure score and handicap. Ideally the team should therefore consist of the best archers in the club and the archers that are likely to be near to or improve on their handicap, so, I will, in the next month or so, be putting together what I would consider to be the best team, but if anybody doesn't want to be included in the matches, or can't shoot at any of the matches below, please let me know as soon as possible.

That's it, the weather looks to be improving, so see you on the field.

Charles

### **Mid Kent League Matches**

11th April	Home against Ferryfield
9th May	Away against Highstead Valley

13th June	Home against Crown	Clive Jeffery	34-0-235
11th July	Away Bye	Sandra Punton	36-2-234
15th August	Away against Gravesend	Neil Richardson (B/B)	35-0-229
19th September	Home against Abbey	Geoff Barker (B/B)	30-0-146

### ***Twig & Stick***

The start of the month was pretty bad. Not much time to shoot and when I could, the weather was bad. So when I managed to get on the field, Sun 17<sup>th</sup>, I was in for a shock. 3 weeks out and your muscles forget what it's like to pull a 50lb longbow. One of the consequences of not having an indoor venue during the winter. On the day lots of warm-up exercises, and starting with the light bow 36lbs. First arrow felt like I had picked up the wrong bow, is this only 36lbs? Perseverance paid off in the end, it got easier. Then up to the big bow, ouch.

But if I am to get that MB I must get practicing, so stop whingeing and get on with it.

I still have to do that short tuning mentioned. Hopefully, next weekend when the weather is good.

Nice to see other longbows on the field. Kevyn Brooks and Alf Kershaw have joined the traditional archers band.

Yes I did shoot Barebow at the Jan frostbite, a bit too cold for a longbow.

Well that was January.

Geoff B

### ***Jan Frostbite scores***

#### **Recurve**

Charles Van Rensburg	36-9-320
Roger Oehl	36-3-278
Alf Kershaw	35-5-271
Wayne Powell	35-0-264
Elaine Smith	34-1-237

### **Compound**

Derek Leach	36-342-20
Steve Mills	36-334-13

The scores from our opposition gave us a win in recurve by 149 points but lost the compound by 22 points.

### **Secretary's Sidelines**

Happy new year!

Not a good start to the year weather wise, but a few hardy souls have been on the field shooting. I know because I went there occasionally to say hello and offer advice, but decided it was not shooting weather.

### **Open Shoot**

Sutton Bowmen Indoor Portsmouth at Wilmington College, March 14<sup>th</sup> Entry forms on the notice board in the shed.

### **Folders**

There are three folders in the shed at the back of the shelving which contain the following information:-

- 1 Kent and S.C.A.S. minutes etc
- 2 A.C.A. committee meeting minutes
- 3 Entry forms for all Open shoots - all are kept up to date

### **Coaching**

Seriously, now is a good time to ask for help and get in some practice, ready for the summer season.

My article, last year, dealt with the bow arm and how NOT to hit your elbow! NOW

Come up to full draw.

Sight on gold.

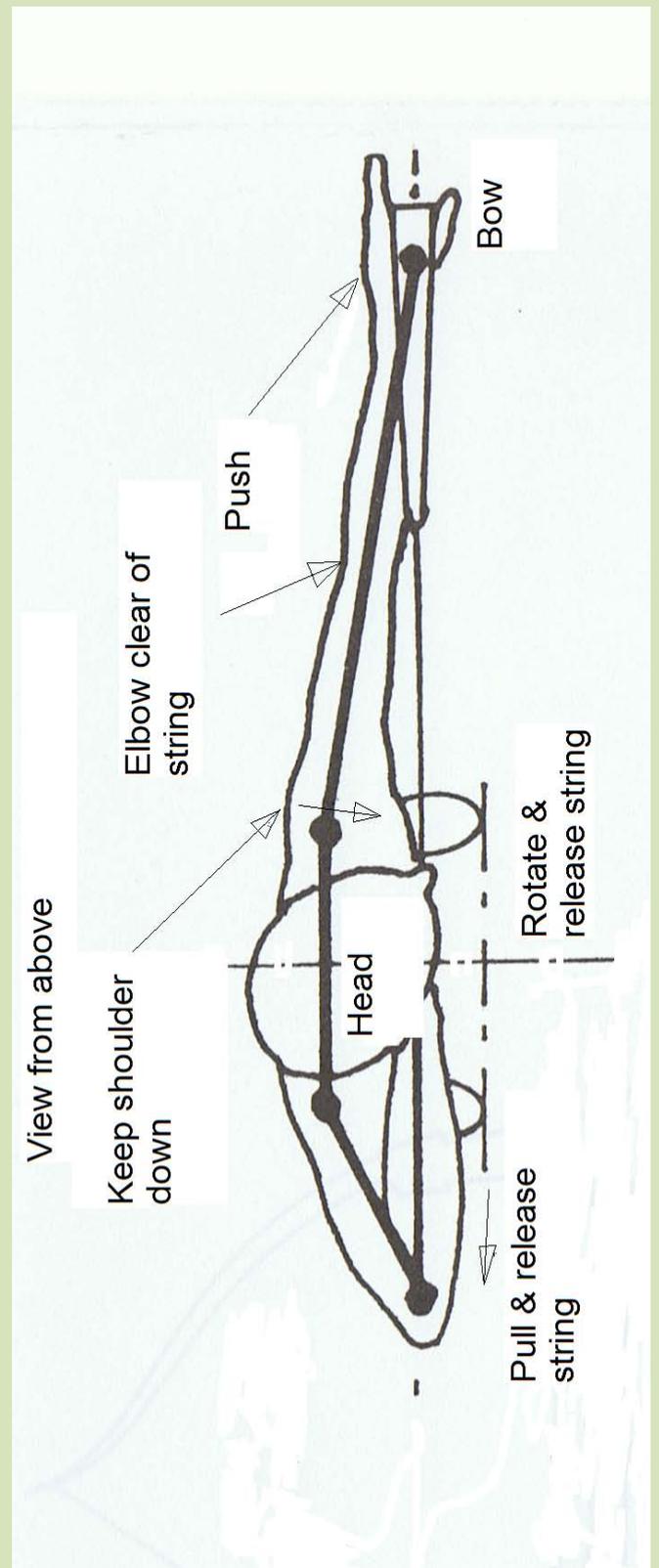
Slightly increase pressure on bow hand and string fingers and at the same time rotate body about bow shoulder.

Then immediately relax fingers on the string.

Your hand should move back and, if you have a clicker, it will click if positioned correctly.

**NB1** If you automatically rotate your body when you come up to full draw, you only need the pressure increase.

- 2 Shoulder must not be allowed to rise up but rotate towards the bow.
- 3 You should already be using your back muscles to pull back the string.



Colin