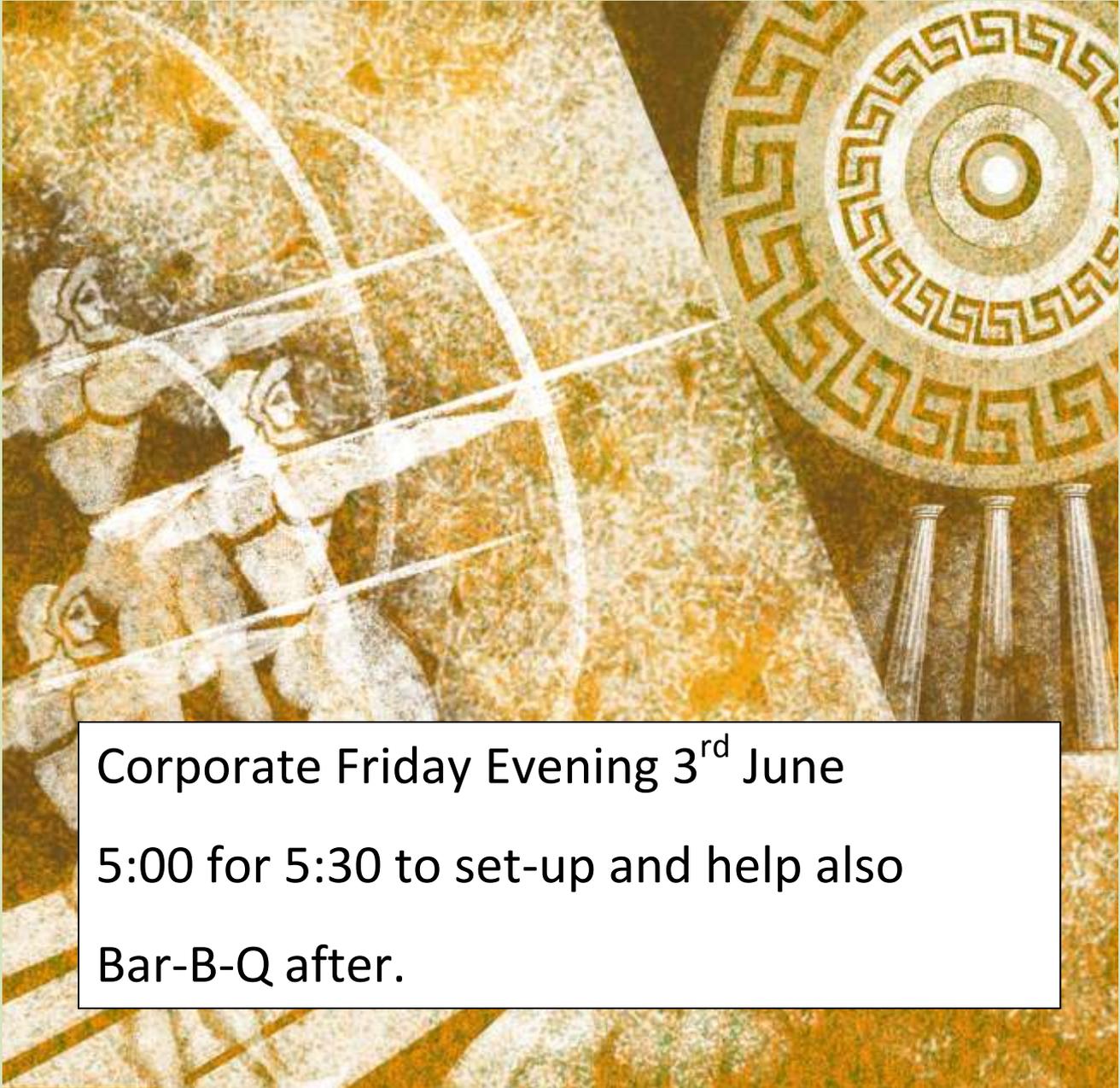


# Allington Castle Archers

## Nocking Point

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*May 2011*



Corporate Friday Evening 3<sup>rd</sup> June  
5:00 for 5:30 to set-up and help also  
Bar-B-Q after.

Dates for your May diary –

MKL Sunday 15<sup>th</sup> May 10:00 for 11:00 home

ACA Chairman's Cup Sunday 29<sup>th</sup> May 10:00 for 10:30

## Captain's Corner

Hi all.

Well, we've had our first Mid Kent shoot, where we shot away at Crown. The wind was fairly steady, but switching but more unusually we were shooting into the sun. We only had 6 archers starting the shoot with only 5 finishing. The results were not good and we are currently lying bottom of both the handicap and pure score tables. So, like most of my school reports, we must do better. The results are on the website. The next Mid Kent shoot is at home against Swan on the 15<sup>th</sup> May.

We've also had our first internal summer shoot, the St George, on the 24<sup>th</sup> April. The weather was cooler than of late which made it a more pleasant day for shooting. Deryck, Alf and Graham took the honours for compound, longbow and recurve respectively. Graham took the overall honours from Dan by 6 points. Both Graham and Dan managed to smash their handicaps in the process. Well done guys. Again, the results are on the website.

There seems to be some confusion over the start times of various shoots. So for clarification.

For Mid Kent League shoots, sighters are at 11.00am

For Club internal tournaments, St George etc., sighters are at 10.30am

The fixture diary is now on the website for those that haven't seen it. If anybody wants the excel version to fiddle with, I've created my own A5 version of it. Please email me and I'll send it over.

That's it. See you on the field.

Charles

## Vice-Captain

The Junior Challenge Trophy has started for this season. The contest was closely fought on Saturday the 23<sup>rd</sup>-April. The final results are listed below.

Congratulations to all of the junior archers who took part. I hope you enjoyed the tournament.

Thank you to all of the parents who supported the event by scoring or helping with the field set up, take down etc...

The results have been corrected due to a slight oversight on the allowance allotted to the archer on the day. Please accept my sincere apologies; we have updated the ACA website with the amended results.

Confirmed results are:

Amber Read – 1<sup>st</sup> place Pure Score with a score of 356

Luke Kendall – 1<sup>st</sup> place Handicap with a score of 1448

Score all h/c place

Amber Read 356 1044 1400 1<sup>st</sup> p/s

Max Peake 251 1186 1437

William Lay 189 1236 1424

Luke Kenndal 304 1144 1448 1<sup>st</sup> h/c

In addition to the above the following has been achieved by each of the juniors as part of the Archery GB Progress award scheme. These badges will be presented at the end of the next round scheduled on Saturday the 21st May.

Amber Read Blue badge

Max Peake Red badge

William Lay Black badge

Luke Kendal Red badge

Regards

Clive

### Secretary's sidelines

May 2011

First of all, thanks to those of you who sent in your fees on time. Only a few people forgot!! New members only pay half the affiliation fee which is £17-50, but a full membership fee of £50 which is of course a full year's subscription.

**WELCOME** to our new members who are :- Evelyn Eldridge ; George Baker and James Bubb. Please assist them to get shooting if you meet them on the field.

### Shooting times

All Club tournaments start at 10-30am  
Only League Matches start at 11-00am  
Arrive half an hour early to help set up the field

You may get a similar reminder from our Captain for which repeat, I make no apology.

### **SIR THOMAS WYATT Tournament 25<sup>th</sup> / 26<sup>th</sup> June**

Please let me know when you can help. We particularly need some one to help in the scoring tent, you will be shown what to do!!! Further details next month.

Coaching Well the summer weather has now arrived and you have paid your fees so there is no reason why you should not be on the field shooting.

The most important and difficult part of the shooting technique is the release because it is instantaneous and can only be corrected by changing the prep leading up to it and the follow through, as necessary So:-

- (a) When you are at full draw keep the pressure on, both your string fingers and your bow hand until the moment of release.
- (b) Now relax your string fingers, so the hand moves back **IF!!** you kept the pressure on. A dead or forward loose indicates you did not keep the pressure on

Also your arrows will go low.

© After release keep your bow arm still. If the bow drops (looking to see where the arrows have gone) the arrows will go low. If the bow moves sideways so will the arrows. Open bow hand may prevent side movement although there are other causes, which will be discussed next month.

Any questions :- send an email or see you on the field

P.S. Don't use a clicker without first discussing it with me

Colin

### **Twig and Stick**

The outdoor season is up and running. The first longbow shoot was at Leeds Castle - a marks shoot. A great day out - good weather, good company and shooting well. The picture below shows the ramparts from which we shot a 130yds mark across the moat.



The motley crew from ACA:- Bill Lyons, Simon Ashdown, ex ACA and me. 148 archers attended, and I managed third overall.

### **Coaching for any archer**

For bow basic set-up and tuning, bow tuning and general coaching please contact the coaches, they are: -

Sandra Punton

Warwick Drew

Colin Bowen

Chris Punton

Clive Jeffery

Others prepared to help are

Charles Van Rensburg

Roger Oehl

Geoff B

Have a word on the field or give them a bell, talk over what you need. The coaches are there for you.

**Compound archers** please note the backing rubber sheets are needed on all bosses currently. Please use.

Geoff B

### **Social Secretary**

The Club would like to have an afternoon for family and friends of Members to give them the opportunity of Having a Go on July 30<sup>th</sup> in a fun way. Come and see why your loved ones always seem to be elsewhere at the weekend! Who knows, you might decide to join as well.

There will be barbecues available as well.

The idea is for everybody to bring their own food to barbecue and I will provide salad and rolls.

There will be more details nearer the time.

Jean B



The Viking (aka Alf Kershaw) attacks Crystal Palace