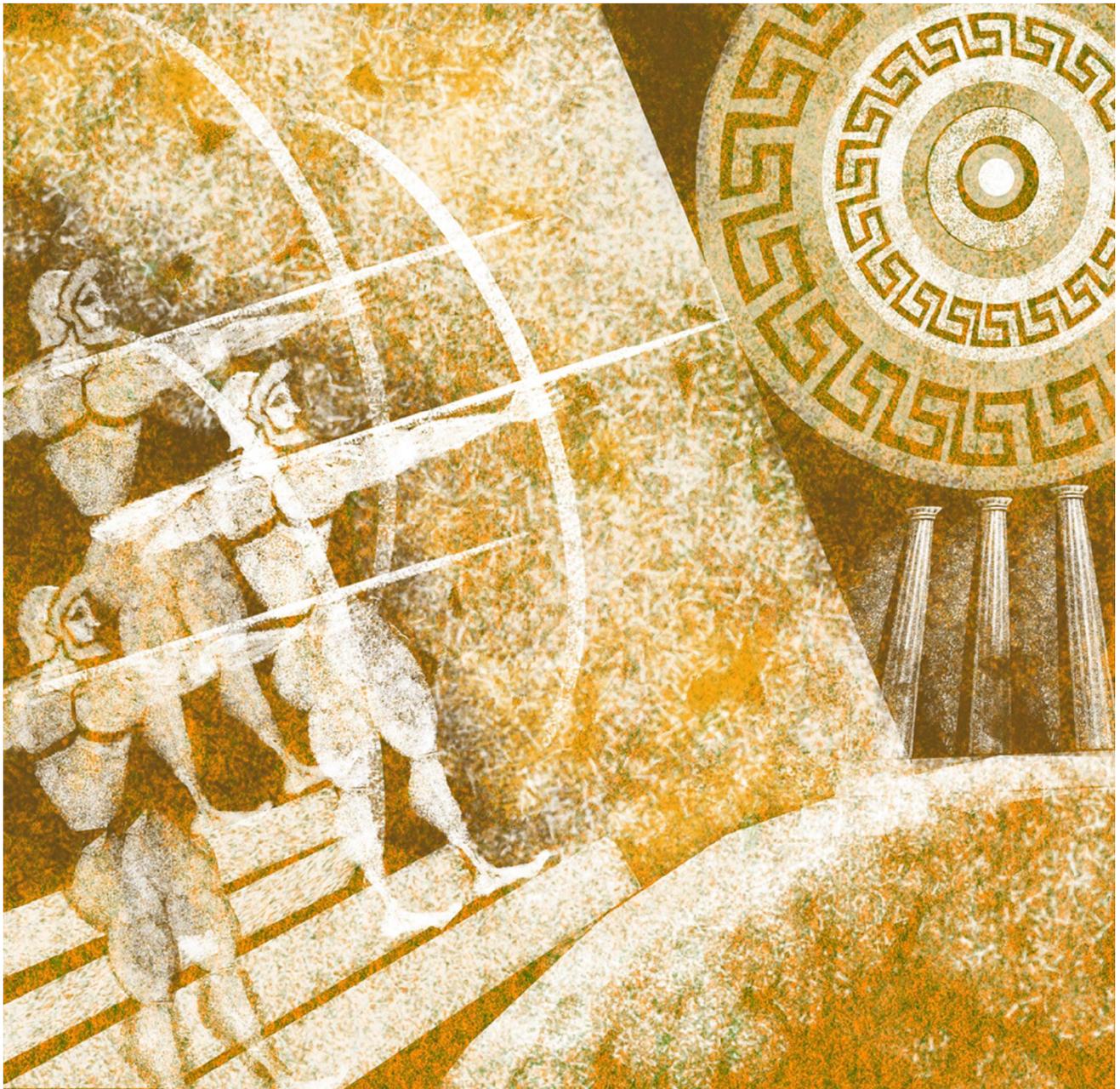


Allington Castle Archers

Nocking Point

April 2010



Dates for your dairy

MKL Sunday 11th April Home, 10:30 for 11:00

Darentford v ACA challenge Saturday 17th April, 2:00 for 2:30 sighters

St. Georges Day shoot 25th April St. George/Albion rounds 10:00 for 10:30

Chairman's chat

The new 2010 fixture list has been completed and is up on the web site. This will hopefully be useful to archers planning their busy coming season. Now that the internal tournament dates have been set, I can announce that the Chairman's cup has been set as Sunday 30th May. As Chairman, I will donate a bottle of Sparkling wine to each of the first place Recurve, Compound and Longbow Archers on the day, (I won't bother with the Barebow), and a box of chocolates for the best Junior. The Chairman's cup results are based on Handicap score so at least, in theory, everyone has got a chance and I almost guarantee the weather will be great!

Now a call to arms to every red blooded English Archer, (including non UK citizens currently residing within the UK, along with Scottish, Welsh and Irish!), with access to a real bow. Our yearly Longbow battle with Darentford Archers has been set for 2.00pm on Saturday 17th April and the shoot will be held at our ground. We have won this shoot on every occasion since its creation in 2006 and I am very keen we carry on this fine tradition! So once more unto the breach dear friends, replicate the tiger or something like that.... and we should keep the trophy for another 12 months.

For any new club members that don't know, there are 3 folders kept in the club hut containing details of second hand equipment for sale, minutes of Committee meetings and up coming external tournament entry forms. There

are also old copies of the Glade and Bow Magazines if you fancy a bit of light reading. Just make sure you put them back when you have finished with them.

Also congratulations to Alf for comfortably achieving his first class classification with Longbow within only a few weeks of receiving his new bow. Next step Bowman!

Finally, the scores for March BA Frostbite are:

Recurve

Barry Maytum	36-326-9
Charles Van Rensburg	36-314-8
Roger Oehl	36-294-4
Nick Peak	36-288-6
Elaine Smith	36-266-4
Kevyn Brooks	36-261-4
Cecile Midroullet	36-258-4
Pamela Peak	36-249-4
Sandra Punton	34-231-3
Clive Jeffery	35-228-1
Lawrence Punton	36-215-1
Christopher Punton	35-211-1
Alf Kershaw	34-211-1
Max Peak	35-204-1
Colin Bowen	32-192-1
Sam	30-185-1
William Lay	33-176-1
<u>Compound</u>	
Dave Corke	36-347-23
Steve Mills	36-345-23

Deryck Leach 36-343-22

Longbow

Bill Lyons 33-177-1

Geoff Barker 33-176-0

Karen Maytum 23-102-0

Phil Wise 12-59-0

Good Shooting.

Neil

Captains Corner

Well that's it. The end of winter, I hope, and the start of a good spring and summers shooting. The final frostbite was comfortable, weather wise, we even had some juniors venture outside to join us. The results, as usual, are somewhere in this newsletter.

I'm trying to put together the mid Kent league team for the away matches at the moment. The pure score team is easy but the handicap team is less so. I need to choose archers that are around 2nd or 3rd class who are likely to be improving their handicap in the next year. Scientifically it's easy. Get the rounds for last year from everybody, take that class they ended the year with and their handicap improvement and make the decision. Not. The math doesn't tell me whether someone is likely to improve or not. So, I will be making an educated guess based on the years of experience that Geoff has and whether I think someone is improving or likely to improve. So if you see me watching you, I've either glazed over or I am looking at you with the mid Kent team in mind. I will be announcing the team at the beginning of April for the away matches. Again, if anyone does not want to or is unable to shoot at the away matches, the schedule is on the website. Please let me know.

The junior bit of the website is up, please have a look and make any suggestions to me via mail.

That's it. I'm not going to mention the weather, so see you on the field.

Charles

Secretary's Sidelines

Yes folks, it is April and the start of a new Membership year. So, if you still have not paid you **CANNOT SHOOT !!!!** I will be checking with Ann and then put up a list of non-payers on the door of the shed. If you are on the list and have paid, let me know and I will remove your name.

Lots of strangers will arrive on the field on Saturday, keen to learn about archery. If you meet them, please make them feel welcome and say what a great Club it is.

Equipment for sale

Don't forget, if you have any for sale, put details in the folder in the shed stating bow length and poundage and arrow length and spine. A general guide to price is half the new price.

Coaching thoughts

Walk back tuning and bare shaft tuning are useful.... BUT.... you need a good technique.

Your bow needs tuning first

BASIC TUNING

1. String the bow
2. Bracing height. This is the distance from string to throat (handle) of the bow and must be constant so check it each time you string the bow. Its value is usually stated by the maker and is between 21cms and 23cms.

To increase the distance; shorten the string by increasing the number of twists
(5) To decrease the distance; lengthen the string by untwisting about five turns.

When is the bracing height correct?

- a) when the bow is at its quietest
- b) when the arrows fly straight, but only if all else is correct. (see below)
- c) it may not give the best cast but will improve your groups.

3. Nocking point. This should be 4mm above a right angle so that the arrow moves upwards from the rest to the string by 4mm

Geoff B adds; Bare shaft tuning will confirm or change this position.

- 4. Adjust the sight sideways so that when the string is sighted down the centre of the limbs it also goes through the centre of the sight ring.
- 5. Nock an arrow on the bow and view as in 4 above. Now move the button in or out until the left surface of the pile appears beside the string. Fix the button in this position. Next month we will shoot arrows adjusting button pressure as necessary.

You have now set up your bow for CENTRE SHOT and it should not be changed.

Geoff B adds; During any further tuning. When shooting a round, it should be adjusted to suit the conditions on that day. I.E. if the wind is coming from the left, move sight to the right by ½ turns of the sight ring until your group is equally about the gold. Return it to centre shot position before shooting next time.

If you do not understand any of this I welcome questions and will explain. Go and try it out.

Colin

Twig & Stick

Well a couple of days that nature has allowed some of us to indulge ourselves in some archery.

The start of the outdoor season has finally arrived, so the setting of goals for the coming season is at hand. For me, that has already been set, ie the classification of Master Bowman.

MB attempt

Now's the time to sort out which Record status shoots I can do, bearing in mind Holidays, Birthdays and other things that interfere with the main event of archery. At the moment holidays seem to miss most of the major tournaments luckily. Obviously I will be shooting the Sir Thomas Wyatt and the Whitefriars, coupled with the County open. This gives me four attempts at the score of 362+ for a York for my handicap of 52. Currently I have 53 handicap. Doesn't seem much of a step up does it. But having tried to get a score of 362 for a York maybe 4 times previously I can assure you it is harder than it sounds.

Managed a round on the 21st March, a New Western (4 @ 100yds & 4 @ 80yds). Started well at the 100 then tailed off. Stopped for lunch at approx 1:00 then started the 80. Started well again but had a bad middle dozen; but ended with a GMB score of 280 another handicap of 52.

Alf Kershaw is taking to longbow, the bow I made him, very well. A bit too well if the 14th of March, Sunday was anything to go by. Seven out of eight hits, at 80yds, is more than I could manage on the day. I

may have to reconsider my offer to coach him.

SOMETHING THAT HAS BEEN HAPPENING RECENTLY WHEN SENDING OUT THE NOCKING POINT BY E-MAIL.

I AM GETTING 4 or 5 BOUNCEBACKS FROM ADDRESSES, Could you all let me know if there is **any change in your E-Mail addresses**. If you have not received a Newsletter recently then there could be something wrong please check that I have your current E-Mail address. If you are a new member and have an e-mail address and you would like to be included please e-mail me with ARCHERY in the subject to Geoff@fleur-de-lys-designs.co.uk

The **bow tuning** session I did on the 13th March had only two takers. I have been asked if I will be doing it again. Well, if enough archers are interested the answer is yes. So if you want to do some bow tuning let me know. It will be on a Saturday pm some time soon, before the season gets going.

As the new outdoor season is almost with us, an idea for training was discussed between Neil & myself. The alternative to a full York/Hereford round, the half York/Hereford. Why a half round you may ask? Well, sometimes you haven't the time to do a 12doz round, but you want some idea how you are doing for that Bowman or MB classification. Two things that a half York gives you is first the change of distance practice, it is often where scores are lost. Also you can simply double your half York score to check in the handicap tables to see where you would have come.

Even if you have the time a double Half York could be shot, just to do the 4 changes of distance.

After all there is a half FITA round, why not a half York? We will call it the ACA York.

Another training type round is to shoot any of the standard rounds in reverse order, I.E. York, 2 at 60 – then 4 at 80 and finally [6 at 100](#). This may sound mad but it builds confidence. Starting at the shorter distance, and finally you end on the longer distance when you are fully opened out. It leaves you feeling good about the hundred yards. One thing to remember is not to submit it to Warwick as it does not count to your handicap.

Geoff B