

# **Allington Castle Archers**

**Newsletter February 09**

## **The Dates for Your Diary**

**The first Sunday of the  
month Frostbite 10:30 for  
11:00**

**The second Thursday of the  
month BA Portsmouth TA  
hall  
7:00 for 7:30pm**

## Captain's Corner

Hi all. No you did not miss the December/January Newsletter as there wasn't one. I was tom & dick like most of the members at the moment.

Now's the time of year for planning the coming season, getting that PB, Classification, or just out scoring your nearest rival. All of these require good technique, a well tuned bow, concentration & practice.

So now's the time to plan out the early part of this year. You have to be disciplined to get good technique. Most of the top archers (Olympic & national) spend most of their time shooting very short, 10/20yds, concentrating on good loose & follow through.

Do not just shoot 60/80/100yds. All you are doing is reinforcing your bad habits. Believe me, we all have them.

Concentrate on one thing a session. The loose is the most difficult thing to get just right, so start with that.

Set a target up at 10yds without a face on it. Do your warm up, then without aiming come to full draw & feel the shot. Did you keep your bow arm up after the loose? Did you follow through? If after a few shots you cannot get the loose right, try this with someone else standing to the side to guide you onto the target, elevation wise.

You need to get set with arrow in bow, then close your eyes, then come up to full draw. Your pal then tells you up or down till you are aiming at the centre of the boss. Loosing with eyes closed makes you feel what your draw hand is doing. It should feel a lot better blind shooting. Repeat this for 2-3 dozen arrows.

**If you start each secession with this, your loose will improve.**

If you are frustrated, disappointed or underachieving then now's the time to put things right. DO NOT SHOOT A ROUND OR SCORE ANY SESSION UNTIL APRIL. Just practice as above, boring I know, but!!!

### A check list for good shooting.

1. Do you warm up before shooting?
2. Do you check your bracing height every time?
3. Do you spread the load on your draw fingers evenly?
4. Do you feel the string at your anchor point every time?
5. Does your timing from nocking arrow to release come to 3-4 seconds?
6. Does your bow arm stay up till the arrow hits?
7. Do you follow through?
8. Do you stay looking at your aiming point till the arrow hits?

**If NO to any of the above then you need to consider coming down to 10/20yds & ironing out the problems.**

### MKL changes

This year the Mid Kent League has some new rules.

1. The limit on visiting clubs is 12 unless agreed prior to the shoot.
2. The deduction for compounds is 78 (not 108)

So this year I will have to know if you are shooting MKL or not, at least 1 week before the shoot.

I will compile a list & pin it up in the shed. Please check if you are on it, if not see me. If you are there & do not want or cannot shoot, see me.

This is the default team unless you tell me otherwise.

Recurve

Paul Meekins

Clive Jeffery

Warwick Drew

Phil Kessel

Charles Van Res.

Nick Peake

Elaine Smith

Eleanor Peake

Jade Smith

Compound

Dave Corke

Steve Mills

Longbow

Geoff B

First substitutes

Ken Bearman

Chris Bearman

Deryck Leach

Sandra Punton