Allington Castle Archers

Newsletter December 07

The time to return all trophy's has come please check your trophy cabinets & attics.
Just in case you have a trophy you've forgotten.
PLEASE BEFORE the Sunday 16th. Dec.

Dates for your diary

Sunday 16TH Dec

Xmas Frostbite & Bash
Followed by the Presentation of Trophies

PDF created with pdfFactory trial version www.pdffactory.com

Captains Corner

Well the year is coming to a close, time to reflect on your achievements for the outdoor season. Did you get that PB, Classification or Handicap that you set as a goal last winter? If no why not, what effected your shooting this season, in a positive or negative way. This is the time to look back and see what went right & what went wrong.

As an exercise I will look at my year. My goal, set at the start of the season was to get a Bowmen Classification, well it did not happen.

1. Why?
2. What can I do to make it happen?
3. Is it a realistic goal?
4. Do I need new equipment

1. Scores did not come over the longer distances required for the bowman classification. I have the Handicap of 54 (bowman) but shot at 60 yds, to get a bowman classification it has to be shot at 100yds.
2. More practice of the basics. Not just shoot but concentrate on stance, line up, loose & follow through. Think how to design practice that covers all these.
3. I think it is a realistic goal, I have shot 1st class rounds & one Bowman score last year. So I will continue with the quest for the bowman classification.
4. As a longbowman this comes down to arrows only. I have two sets that may need checking for damage, straightness, nock fit on string & equal weight, other than that no new equipment needed.

It comes down to specific practice of the items noted above.
Stance – check alignment of position on the line, with eyes closed come to full draw, then open your eyes & see were you are aiming relative to the target. Left or right of target would indicate you need to change your foot positions to bring the sight on to the target. This is called body aiming.

Line up (one of Geoff A's repeated calls) shoulders, head up, all need to be in the right alignment, get someone to look at you at full draw PREFERABLY Geoff A. Shoulders should be in a straight line from bow hand to tip of draw arm elbow.

The loose should not be a letting go of the string, more a relaxing of the fingers so the string pushes them out of the way. Any attempt to move your fingers away from the string is not going to happen as you cannot move your fingers fast enough.

The **follow through** this is one of hardest things to get right, it is not an action that can be easily shown. It is more a feel than an action, keeping the pressure on your anchor point is part of it, the next bit is keeping the feel of your draw hand going backwards. Not sideways & defiantly not forward or down.

This is aimed at all the archers, as was said at the AGM the beginners are no longer considered to be beginners. With continuing practise & coaching you are this year joining the senior archers.

Juniors
The intended Junior league did not get off the ground last season.
The reasons for this were varied, but the main one in my experience is getting the juniors TOGETHER ON THE FIELD.

PDF created with pdfFactory trial version www.pdffactory.com

Maybe getting the parents together, to discuss organization of events would be a good way, as the parents are expected to be there for the shooting time.
Gareth Williams the Club Vice Captain wants to be involved in any discussions concerning the juniors as he is their representative on the ACA Committee.

Trophies/Tournaments
A sub-committee was organised to look at internal tournaments & trophies. Its report will go to the general committee very soon. Some changes have been suggested so look out for a new sheet on tournaments & the Events Calendar in the new year. Particularly the Juniors & Longbow.

Don't forget the ***Xmas Frostbite & Presentation Bash***.
Sunday 16th December 10:30 for 11:00,
Traditionally archers decorate themselves & bows with tinsel, silly hats are expected.
Please bring seasonal food, not just mince pies. Mulled wine or tea/coffee at half way stage.
For the newer archers this is the time that everyone brings along their Christmas cards, a pile system is used, in alphabetical order please. You will see what I mean on the day.

A piece of trivia
The Patron saint of archers is St Sebastion & his & our day is 20th January
He was a member of the Roman Praetorian Guard & shot by archers on the order of the emperor Diocletian for being a Christian and left for dead, but survived. Later, on recovering he reproached & preached to Diocletian, he was beaten to death on the emperors orders circ. 286 ad.
I don't know if this is a good omen, some would say if you got away with it once don't push your luck. Alternatively it may be that to be an archer you need to be persistant, some would say stubborn.
Something to think on.

Geoff B

PDF created with pdfFactory trial version www.pdffactory.com