



n Target

Club Newsletter for Lough Cuan Bowmen

December

Issue **14** 2017



Christmas at Lough Cuan

Training & Development

Field Review

A Christmas Puzzle

Loughcuanbowmen.com



n Target

Welcome to our Christmas 2017 edition of On Target, the newsletter for Lough Cuan Bowmen.

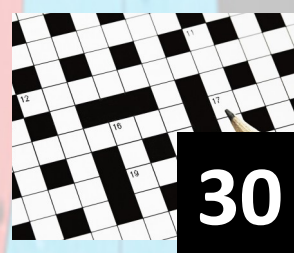
This has been a very busy past few months with shoots, club events, training activities and members participating in a variety of target and field shoots. It has also been a very encouraging with the addition of new members to the club.

On Target is a members' newsletter and we hope that you will contribute to future issues. If there is something you would like to see in the newsletter or have an idea for how we can develop it or want to become involved in the writing of it, please come forward and have a chat with me or Michael.

Thank you to everyone who contributed ideas, information, and photos for this edition. Keep the ideas coming.



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There is always plenty of activity at LCB and it is always great to hear about your achievements and archery related activities. So remember to pass them onto Bill or Michael for the magazine.

New coaches on board

It's great to welcome Alice, Sophie and Steve onto the coaching panel at Lough Cuan. They all received their level 1 qualification in November after a lot of hard work and effort. Over the past months they have been working very hard developing their knowledge and understanding and practical experience in many areas including: the coaching process, sports science background, equipment skills and bow specification. This now provides us with a very strong coaching panel in the club and our new coaches are all very keen to get involved with club members to develop their archery skills. So if there is an area which you would like to improve on, then have a chat with one of our new coaches and existing coaches. So on behalf of the club I would like to congratulate Alice, Sophie and Steve on their success and we look forward to the contribution they will make to the development of the club's archers



Taking to the Airwaves

Not only has Andrew got to shoot with Brady Ellison, is on speaking terms with many of the world's top archers, he has now turned his hand to commentating. At the recent World Championship Andrew was in the commentary box for World Archery shoeing his knowledge of archery. It is great to see how Andrew embraces all aspects of archery and is developing a great knowledge and experience of the sport. I'm reluctant to ask ,
"What next?"

Beginners Course

Our beginners courses continue to be a success and provide a steady stream of new members. Our new coaches didn't waste any time and were involved immediately in bringing their skills to bear in a beginners course. As a result of the course the coaches would like to congratulate Anthony, Julie, Zak and Curtis on completing their Beginners Course, "You all worked hard and really progressed. Sophie, Alice and I agree it was a real pleasure working with you and "Looking forward to welcoming you all to Lough Cuan



NEWS round

New Beginnings



As a club we continue to grow and develop our membership and it always great to welcome new members into the club. On behalf of the committee and club members I would like to welcome our latest group of toxophilites. We hope that you enjoy being a member of Lough Cuan Bowmen and will develop your skill and expertise as an archer. As always we hope everyone makes them very welcome.

It would seem appropriate at this stage to thank the coaches and the club members for their hard work at the beginners courses and Have-a-go sessions. For new members, there is a club committee which organises the 'business' of the club, so if you have any concerns, questions or just need some information they are often a good starting point. The Chairman is Michael Ferguson, Treasurer is Steve Benton, Secretary is Rosalind McKee Safeguarding Officer Bill Latimer, Tournament Officer is Billy Surgenor, Equipment Officer James Lowry. Club representatives, George Ferguson Nikki Benton, Phil Ashcroft and Barbara Haggan.

If you are looking for some help and guidance with equipment or advice on developing your archery then have a chat with one of the club coaches, Michael Ferguson,, Arthur Halligey, John Kenny, Steve Benton, Sophie Benton and Alice McKee. Please feel free to speak to any of them if you have any concerns, ideas or just for advice. MF

Shoot Safe

As a club we are very conscious of the welfare of club members. Over the past year the committee has carried out it's annual review of safeguarding policies and good practice guidelines. As a result we have brought together all the relevant documents into a single document for convenience.

Celebrating

Congratulations to Ryan and Bethany on their success at the Archery Northern Ireland Junior Indoor championships held at Banbridge Leisure Centre. shoot. It has been a very exciting couple of months for Bethany and Ryan and it is good to see their development and progress as young archers.



Shoot Safe Stay Safe



NEWSround

There is always plenty of activity at LCB and it is always great to hear about your achievements and archery related activities. So remember to pass them onto Bill or Michael for the magazine.

Junior Nationals

The National Indoor Week-end 2017 took place at Stoneleigh NAEC for the 3rd year running on 2-3



December. As in previous years the Junior Indoor Championships and the Back 2 Back took place on the Saturday and the Senior Indoor Championships took place on the Sunday.

It was great to see Lough Cuan represented at the Jr Nationals with Ryan in the Junior Gentlemen U14 and Bethany in the Junior Ladies U18. This was an exciting opportunity for Bethany and Ryan to be competing in this competitive archery environment and both put in very strong performances. The experience will stand them well in future competitions helping to develop their skill set and mental resilience.



Ryan got to meet up with Patrick Houston at the event and was able to don the flat cap and very well he looks too. Maybe Ryan will have to develop his own 'look.'



Ryan and Bethany with the other team members



Not Only but also

Not only were Bethany and Ryan competing at the National Championships, one of our senior archers Conor Hall was also competing. Conor over the last number of years has become a very accomplished archer. Amidst very stiff competition Conor managed a third place in the Men's Recurve section



Persistence can change failure into extraordinary achievement

Matt Biondi

Men's Recurve Championship

Perpetual Challenge Trophy

- | | |
|-----------------|----------------|
| 1 st | Patrick Huston |
| 2 nd | Guy Matzkin |
| 3 rd | Conor Hall |
| 4 th | David Timmins |

NEWSround



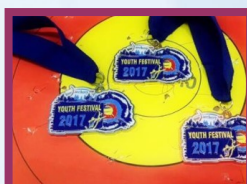
The 2017 European Field Archery Championships were held in Mokrice in Slovenia, 22 -26 August 2017. It was

a great achievement for Sophie to be selected for the Great Britain team . For such a young woman she has so much experience. Sophie is very committed to her archery and while it seems to come naturally to her, she trains very hard and constantly works on her skill development. She has been a great ambassador for Lough Cuan and we are all extremely proud of what she has achieved, (though Steve and Nikki probably a little bit more). Sophie put in very strong performances throughout the competition to get to the gold medal match where she narrowly lost out to Sara Liljestrom from Sweden and came away with a very well deserved Silver



Barebow Junior Women

Rank	Name	Country
1	LILJESTRÖM Sara	SWE Sweden
2	BENTON Sophie	GBR Great Britain
3	TRUNFIO Natalia	ITA Italy
4	HEANEY Caoimhe	GBR Great Britain
5	NOCETI Sara	ITA Italy



Youth Festival

The best of Britain's young archers – plus entrants from Ireland and the Netherlands – assembled for the 2017 Archery GB Youth Festival in August.

More than 180 of the sport's brightest prospects took part in the week-long world record status competition. The aim was to give young archers the opportunity to compete in the international World Archery target format, including team and mixed team head to heads. But most of all, it was fun. Amongst the competitors were Bethany and Ryan. This was a superb opportunity for them to experience competition at a very high level and experience an archery in a high level performance environment . But also to develop new friendships and support networks.

What do you mean we have a committee!

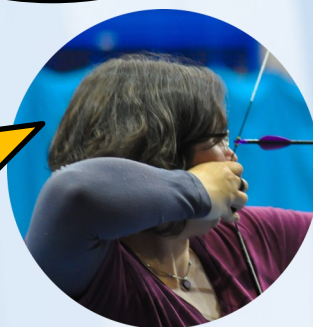
Mention Annual General Meetings and committee meetings and people usually respond, "I think I'm doing something that night and in life generally the annual general meeting is rarely standing room only. However, the AGM and the club committee serves a very important function and are vital for club development.

The AGM is an important opportunity for members to have a say in the running of the club and also become more actively involved in the organisation of the club through serving on the club committee.



Michael Ferguson. -Club President/Chairperson. In my role I help to provide leadership and direction for the committee assisting the committee in its governance and running of the club. I also help to maintain key relationships within and outside the club.

Rosalind McKay -Club Secretary. This a variety of different roles, some administration, some management. I am responsible for the documentation and communication of the activities of the Committee and provide the links between the Committee, members and outside agencies. I coordinate many of the club activities, help keep club up to date with developments in archery.



Steve Benton. -Treasurer. I have the responsibility to ensure good governance of club finances through the preparation of annual budgets, planning for the clubs financial future and monitoring the clubs revenue and expenditure and making bids.

It fell to Noel in his role as club President to present his report on the years events/activities. On hearing the report it is only then you start to realise how much actually goes on at Lough Cuan and what is involved in making it such a successful club.

Bill Latimer. -Safeguarding Officer. My role is to ensure we have a safe and secure environment in which all archers particularly children, young people and vulnerable adults, can enjoy and develop their archery skills.



This year Noel and Michael both stood down from their positions. The club will miss Noel in his role a Chair/Club President and we are indebted to the commitment and dedication he has given in serving the club. While he is not serving on the committee, I'm quite sure the committee will still draw on his knowledge, experience and wisdom when it comes to shoots and club business. The current committee stood down and a new committee was voted in. This year there was an amendment to the constitution to permit an new committee structure. The executive posts would remain, but there would be the addition of 4 club representatives. Michael Ferguson was elected Chair/Club president and Rosalind McKay was elected to the role of Secretary and Billy Surgenor elected as Tournament Officer. James kept his role as Equipment Officer with Steve Benton returning as Club treasurer and Bill Latimer as Safe Guarding Officer. Elected club representatives were George Ferguson Nikki Benton, Barbara Haggan and Phil Ashcroft. The role of Membership Secretary was filled by Rosalind McKay. The committee are committed to working in the best interests of the club and to see the club develop and see the members reach their potential as archers

James Lowry. Equipment Officer. I oversee the club's equipment making sure it safe and in good condition. I maintain equipment and make recommendations on new equipment.



Billy Surgenor: Tournament Officer. I keep an oversight of the club competitions and work with the field committee in the organisation, planning and setting up of club competitions.



George Ferguson



Nikki Benton



Barbara Haggan

Club representatives. As club representatives we represent the interests of the general club membership and are keen to hear your ideas about the club and bring them to the committee. As well we also bring our particular interests and skills to the development of the committee



We will get a photo !

Phil Ashcroft

It's the most wonderful time of the year

Always one of the first dates in the Lough Cuan diary, the Christmas dinner is always a great evening to look forward to. This year McBride's Restaurant in Comber was the venue of choice. It has a reputation for good food, though I think there may have been a few pre-visits just to make sure! Thanks to all involved in the organisation and planning of the dinner.



As always there was a good turnout of members, juniors and seniors, with family and friends and by all accounts the meal didn't disappoint.



A Christmas Cracker
"What is good King Wenceslas
favourite pizza?
One that's deep-pan, crisp
and even

Don't we clean up well. Not a base layer, clima cool jacket or pair of muddy boots in sight.





A Christmas Cracker

"Why are Christmas trees bad knitters? They keep losing their needles"

Post meal entertainment included a hi tech quiz, so useful to be sat close to a junior or at least ask them to enable the google app on your phone. There was dancing, whether it was up to strictly standard has yet to be determined as no evidence has yet been posted.



A Christmas Cracker

"What did Adam say the day before Christmas? 'It's Christmas, Eve'"

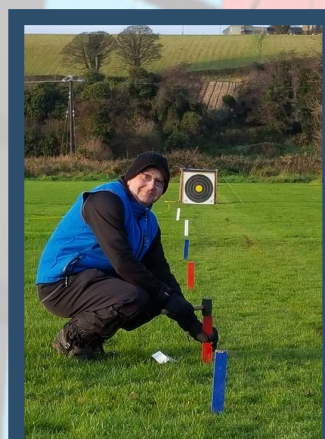
Practice and then practice some more

As an archery club we are very committed to developing our archers to be the best that they can be. We have a number of pathways open to all archers, from those who want to relax and enjoy relaxed shooting at a club night, improving skills to be a better archer, working towards archery awards, preparing for competitive shoots to those archers who want to compete at regional and international level.



Members setting up to check their distance marks and shoot the longer distances

The leisure centre provides us with a suitable environment to develop the important core archery skills and good shooting form, bow set up and tuning etc. The rugby club allows us to shoot and set marks for the longer distances and work on distance estimation. The club nights have been a great opportunity for archers to develop, share experiences and technique and these will continue to be an important part of our club development.



George setting out the distance pegs at the rugby club. Don't worry George is very honest, he wouldn't be trying to catch you out on the unmarked course!

As we move out more into 'field' settings we will start to spend time on specific aspects of skills development and field craft, - distance estimation, setting your marks, target face recognition, shooting slopes and much more.

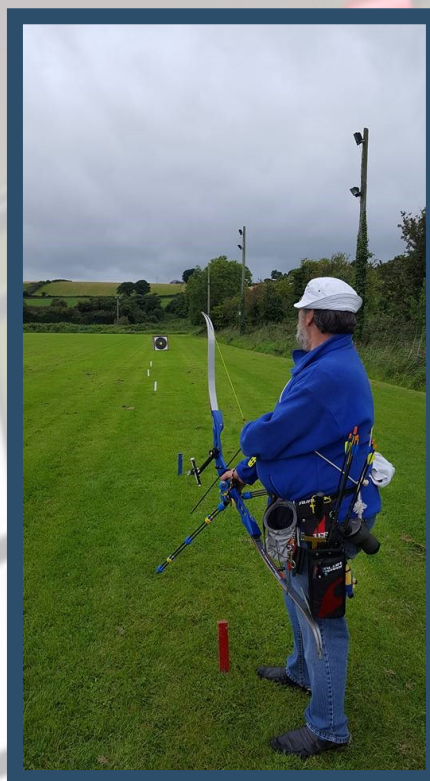
Bring me my bow of burning gold. Bring me my arrows of desire.

Out in the field

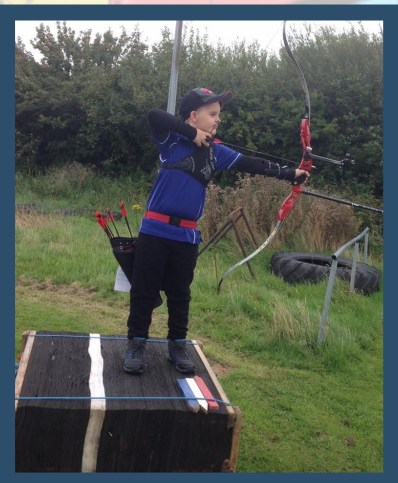
Sports psychology (though so does common sense) will tell us that the best environment for increasing skills development is to practice in the environment you compete in. So alongside club nights our club coaches are developing a number of 'in the field' sessions to focus on specific aspects of target and field archery. In fact this is already underway.



Skill development is important at all level of an archers 'career.' Here are 2 of our club coaches Alice and John training for bunnies and slopes.



Even as a coach and very experienced archer, John still realises the importance of training and practice in the field.



Ryan sharpening his technique for shooting on slopes.

The training sessions not only provide an opportunity to develop technique, but also to share tips and techniques and get to know fellow archers



Shooting in a winter wonderland

A group of very dedicated archers assembled at Clandeboye to develop their field skills—The snow just provided an extra dimension

A second dimension to our pathways programme is to provide additional 'authentic' training. We had a number of sessions last year and our latest field session was on Saturday 9 December. An important part of shooting in the field is to adapt to all weather conditions and for Saturday our coaches even managed to organise snow!! After all the best way to learn how to shoot in the snow is to shoot in the snow.



A hardy band of members turned out to Clandeboye. Even more inspiring is the fact many had been at the Christmas dinner the night before.

Club members heading out. We did count them out and count them in.



Steve setting out the coaching plan for the morning

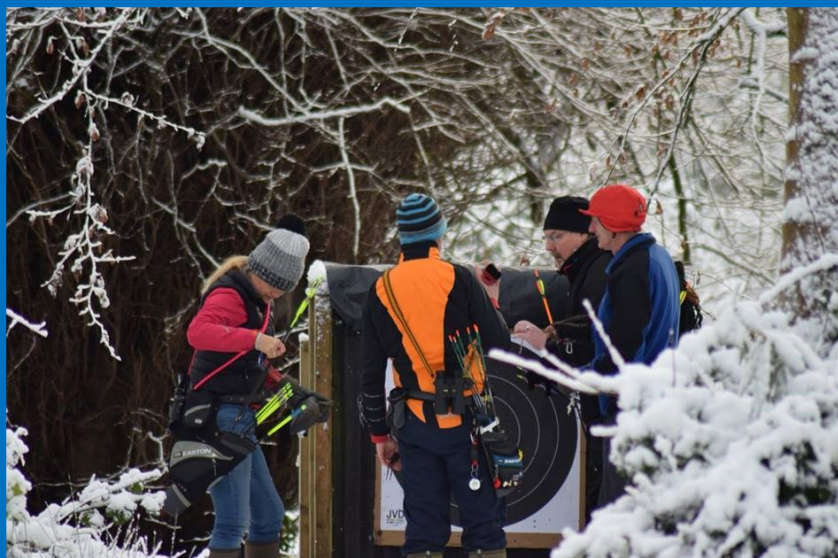


“Let it snow, let it snow, let it snow”



The morning focused on a number of the key elements of field archery:

- Shooting at distance
- Distance estimation
- Setting your marks
- Target face recognition
- Stance
- Clothing



Getting to know the target face is a useful aspect of field archery, telling the difference between a 60 and an 80 face, looking at your arrow pattern on the face, the angle of the boss etc.



It was very encouraging to see quite a number of new members alongside our experienced members.



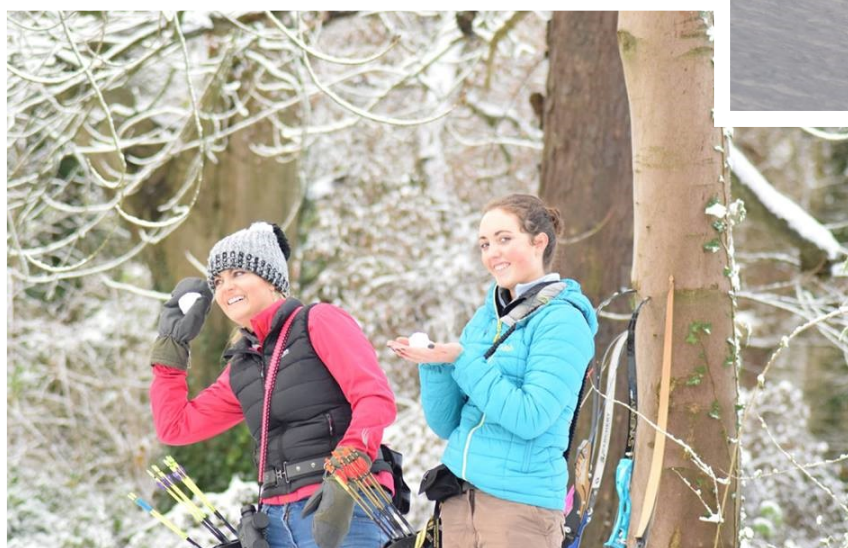
**And just in case you thought
it was all hard work !!**



I think I can
see the rescue
party



It wasn't
me!!!



While the focus of the morning was on developing skills and technique. I somehow think, two lady archers might have had other ideas!!





A Lough Cuan Club Night

Our club nights are still as popular as ever and it is very encouraging to see so many members out on a Friday evening. Not only is it an opportunity to develop your skills and get some advice and guidance from the coaches, it also affords the opportunity to catch up with friends and have a bit of craic.

We are always looking to introduce variety to club nights and this year we have introduced an archery ladder to add an element of competition for those who want to participate. Also we are asking members to be more proactive in taking on the role of 'target Captain'.

We need 8 members per evening (15 minutes each) to call the line and we are asking if you could sign the sheet on the table when you arrive and once the sheet is complete shooting can commence. This allows everyone to get shooting and not have to call the line for long periods.

If you have any suggestions for a club night have a chat with one of the committee members, we would love to hear your ideas.



Field Review

2017

As a club we host a number of successful field shoots. There is a lot of careful and considered planning behind the shoots and once the location and the round is confirmed, the course needs to be planned and set up. We are very lucky that at Lough Cuan we have a very committed set of core volunteers to do this. However, we are always looking for additional volunteers. Setting out the course is a great way of getting to know members in the club and it also helps to develop a better understanding of field archery. Who knows, you might even get to build a bridge!

It's a Set Up



Noel, always there to keep an eye on us



Setting out looks a very serious business



Still waiting for a remote control boss



So why can't we shoot between the two branches?



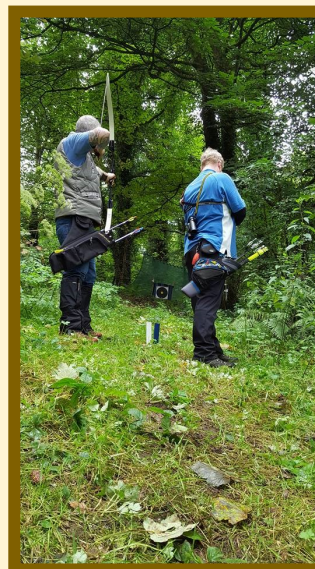
They don't call me 4 finger Bill for nothing



Near and far away

2017 September Shoot

It's always nice to see the first shoots of autumn and first on our calendar was our September shoot in Clandeboy Estate. After a little bit of clearance and a bit of a tidy up, the field team got to planning and designing the course with a couple of the traditional targets removed and a few new ones introduced. It was good to welcome archers from associated clubs and particularly club members on their first field shoot. The weather was kind to us (short sleeves were seen) and by all accounts everyone had an enjoyable and relaxing days shooting. Our thanks go to the field team for an enjoyable yet challenging course and to Linda for officiating on the day.



Ian and Bill tackle an up hill shot



Archers getting ready. Factor 50! T-shirt and shorts! Cold weather gear, Waterproofs! All of the above



Always good to keep on the right side of the judges.

Ian getting to grips with a 60 face

Strike a good pose for the camera



Halloween Shoot 2017

Our Halloween shoot is always a great way to spend part of the Halloween break. The course had been well prepared for the September shoot and bar a few tweaks we were all ready to go, George had his distances set, Billy had the pegs and boards looking pristine. Unfortunately mother nature had other ideas and had sent hurricane Ophelia. But at the setup, things were not too bad, as expected, a few fallen branches and trees (small ones thank goodness) meant we could get the clearance completed fairly quickly. We didn't have Steve and his chainsaw and had to make do with a £3.50 bush saw from a popular retail outlet, but it did the job and the course was ready to shoot.



Great to see Alex on his first field shoot and showing good form.



We'd have been in trouble if it had been a giant redwood!

Steve stepping up to a bunny.

And there off ..



Great to see Mark out in the field



2017 Halloween Shoot



Trevor stepping up to shoot a bunny.

Great to see Bethany and her dad Mark out in the field. A great strength of Lough Cuan and archery is its enjoyment as a family sport.



Not Again!!

A Judge, a scorecard, a red pen and an archer in Lough Cuan colours. I wonder if you can guess who that might be? He has previously written an article in the magazine on completing a field score card!



Out and About

One of the strengths of Lough Cuan is the enthusiasm of our members to support and compete at other field and target archery competitions. They compete regularly in Northern Ireland and the Republic of Ireland and also on the mainland, with a few competing internationally.

This year the NI Field Championships were hosted by Ballyvally in Green mount College. In excess of eighty archers representing all ages and bow styles took to the field for a challenging course. It was good to see Lough Cuan represented at the championships and all put in strong performances. Congratulations are due to Steve and Sophie for their success in the Barebow section.



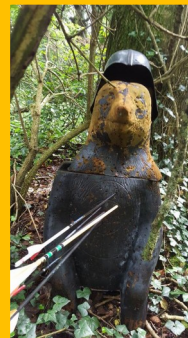
Learn Compete Believe



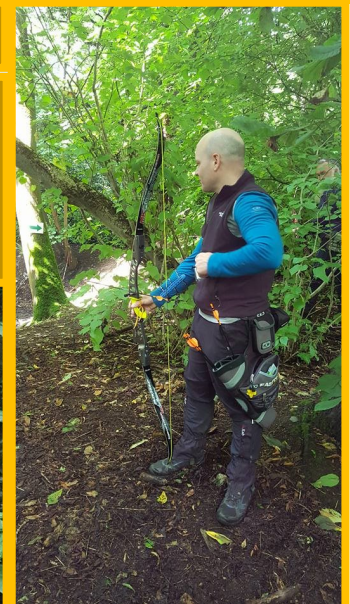
Gilford Castle is always a very popular shoot for Lough Cuan members and a successful one for John, Steve and Sophie



Not to be out-done by the field archers, Bethany and Ryan put in very strong performances at Lisburn leisure Centre with a gold for Bethany and a silver for Ryan



July saw club members set off for a 3D hunting trail at Loughbrickland. This is always an enjoyable and fun shoot. The challenge is to discover the 3D animal before you can shoot it. It was a very successful day with quite a few medals coming back with members





A Lough Cuan Halloween

The Lough Cuan Halloween club night, always treat. A few odd characters about, but we are a very inclusive club, this is possibly our first werewolf. A great night as always.



If Lough Cuan ever do a pantomime

Looks like Nikki has a splitting headache



The all wise and powerful club secretary — she who must be obeyed

Now there's a shooting line you don't see everyday!!





I think I hear the movies and make up artist calling



Archery gives you wings



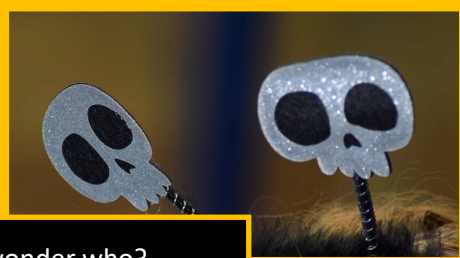
Werewolf? There wolf



Fred has had better days



I have a bad feeling about this



I wonder who?

Who would have thought that!

For those who like their history

Archers formed an important force in every army during the Middle Ages and sovereigns endeavoured to make training in the use of the bow obligatory on the whole population. In the thirteenth century every person 'not having a greater interest in land than 100d.' was required to have in his possession a bow and arrow, with other arms offensive and defensive, and 'all such as had no possessions but could afford to purchase arms' were required to have a bow with sharp arrows if they dwelt without, and one with blunt arrows if resident within the royal forests.



The whole of the English population was involved in Medieval Warfare and the archer with his bow and arrow grew in importance. During the reign of Henry III the Assize of Arms of 1252 decreed that all "citizens, burgesses, free tenants, villeins and others from 15 to 60 years of age" should be armed. The poorest were expected to have a halberd and a knife, and a bow if they owned land worth more than £2. The Plantagenet King Edward III took this further and decreed the Archery Law in 1363 which



commanded the obligatory practice of archery on Sundays and holidays! The Archery Law "forbade, on pain of death, all sport that took up time better spent on war training especially archery practise". Henry I later proclaimed that an archer would be absolved of murder, if he killed a man during archery practise! Parents were to provide every boy from seven to seventeen years of age with a bow and two arrows, and after seventeen he was to provide himself with a bow and four arrows; and butts for the practice of archery were to be erected in every town. Lastly, in order to prevent other pastimes such as football

from interfering with archery practice, a penalty of 40s. a day was imposed on every person who shall for his gain, lucre, or living keep any common house, alley, or place of bowling, coiting, clough, eagles, half-bowls, tennis, dicing tables, or carding, or any other game prohibited by any statute heretofore made or any unlawful new game.

Towards the close of the fifteenth century archery had fallen somewhat into decay in spite of enactments of this character, but its practice was revived by Henry VIII, himself a skilful bowman, and an Act was passed soon after his accession, extending the qualification with respect to the use of crossbows to 300 marks, and requiring all his subjects under sixty years of age 'who were not lame, diseased, or maimed, or having any other lawful impediment,' the clergy, judges, &c., excepted, to 'use shooting on the long bow' under penalty on default of 12d. per month.

The places where they practiced archery was called 'butts' and place names still exist where the butts were located e.g.in Eccleshall, Gaol Butts and Cross Butts

**The joy is great of
him who strays in
shady woods on
summer days,
With eyes alert and
muscles steady, His
long bow strung, his
arrows ready.**

**M Thompson
Witchery of Archery**

Who would have thought it!

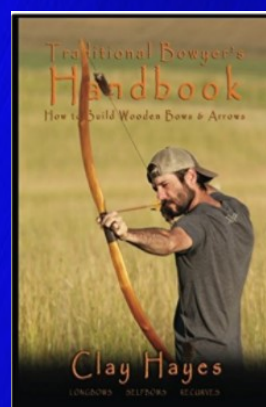
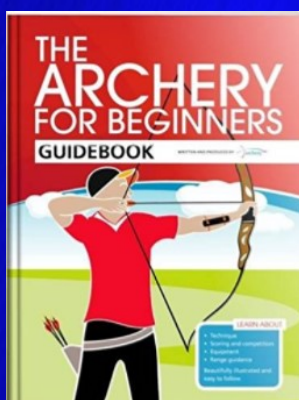
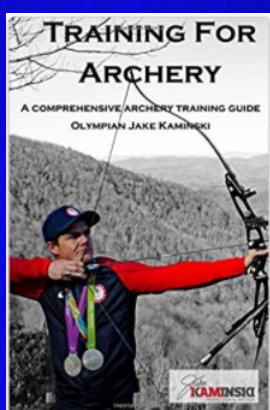
Three of our most ardent traditional archers have been caught trying their hand at compound despite their often protestations and admonishment of the compound fraternity. However there maybe more to this than meets the eye. If you notice they are all shooting the same compound, which give a sense that there may have been a certain element of entrapment from a certain female archer who shall remain nameless!!



In our defence we would like to say

A Good Read

Christmas is often a time just to put your feet up with a mince pie and a cup of tea and settle down with a good book. I'm sure Santa has a few good archery books on his reading list.



There are a wide variety of archery books, covering all aspects of the sport. Sometimes it is hard to judge how good they will be and some can be quite expensive.

Here are a few books that are quite current and would seem to cover their chosen topic well. I often find the best thing to do before I buy is to see if someone else has read it or have a look if it is in stock in a book shop. Though this can be difficult at times as there is not a great range in most book shops.

Reviews on the internet can be quite helpful and Amazon have the 'Look inside' facility.

Hopefully Santa will bring you the book of your choice and you can have a little bit of me time.

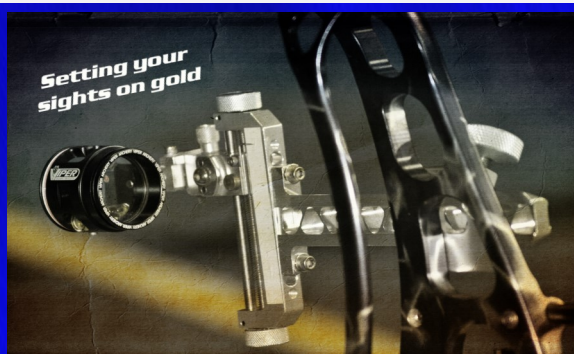


If you like a little bit of history with a little bit of archery and a bit of poetic license, then I can recommend Bernard Cornwell's Grail Quest trilogy, following the adventures of archer Thomas Hookton through the 1300's.

Helping you to stay ON TARGET

For our new members, we produce a club magazine usually 3-4 times a year. The magazine has articles on all aspects of archery; shooting form, coaching, club shoots, field craft and lots more. We have copies of our club magazine On Target available as a digital download. If you would like a copy(ies) just message me with your email. They are in PDF format.

ON TARGET @ Lough Cuan Bowmen



It's Christmas



An archers Christmas Puzzle

Treat yourself to a little quiet time



Across

2. The body or stem of the arrow
4. Any or all of an archer's equipment — an archer's gear
9. The number of archers allowed to pull arrows from a target at a time.
10. Any material designed to stop arrows. A target face is pinned to these.
13. A straight bow that has only one curve when strung
14. A type of arrow used for practice and hunting small game such as squirrels
15. In target archery, six arrows shot consecutively into the gold zone
19. The least expensive arrow material
20. What you are doing to an arrow when you place it on the string on the bow
21. The type of arrows used in hunting big game
23. The heaviest of all mainstream arrow shaft materials. These arrows are not as straight as aluminium or carbon fiber, but they are less expensive
25. Relaxing the fingers that hold the bow string, allowing the string to escape to propel the arrow.

Down

1. Stands for Archery Trade Association
3. The traditional term for a bow string
5. An essential piece of archery safety equipment, usually made of plastic or leather.
6. A bow that curves back on itself
7. The stiffness of an arrow shaft relative to its thickness
8. A bow made out of more than one material
9. Equipped with too strong a bow for the person or situation
11. A bow with a cable system that makes it easier to draw
12. The distance a bow can shoot—similar to a term used in fishing
16. A style of archery that allows stabilisers and pin sights, but not release aids or optical sights
17. The newest type of arrow shaft material—the lightest, strongest most expensive
18. The outer side of a bow, the farthest away from the string
20. The notched tip of the arrow that seats on the string of the bow
22. Number of blasts on a whistle that indicates you can retrieve your arrows.
24. The point or tip of the arrow

Source whenwecrosswords.com

An archers Christmas

Looks quite a puzzle Rudolph



Lough Cuan Bowmen
would like to wish all our
fellow archers a very
Merry Christmas and a
Happy New Year



**Our next club night will be on
Friday 29 December
in Ards Leisure Centre
7.30pm—9.30pm**

A Date for your Diary

Our next club shoot will be the Ice-breaker Shoot. This will be on Sunday 7th January at Clandeboye Estate. For new members who haven't shot there before' we would encourage you to come along. It is a very good course in a great setting. Entry forms are on our Facebook page.



**The Icebreaker
2018**

Stay Connected

**Keep up to date with news, support and events
through our social media links**

