



nTarget

@ Lough Cuan

MARCH

Club Newsletter for Lough Cuan Bowmen

Issue | 7 | 2015

Valentine Shoot

More than
Cupid's arrows

NINJAAS @ LCB

Club Night with
a difference

Arrowhead

Get Ahead. Get
an Arrowhead.

Coach's Corner

Get a Grip



n Target

Welcome to On Target, the newsletter for Lough Cuan Bowmen.

We hope that the newsletter will keep you up to date with the activities and events at Lough Cuan.

In the newsletter we include information on competitions, results, events and activities at Lough Cuan.

To help you develop as an archer the newsletter will provide information on archery for beginners and experienced archers alike.

On Target is a members' newsletter and we hope that you will contribute to future issues and if there is something you would like to see in the newsletter, please let the committee know.



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



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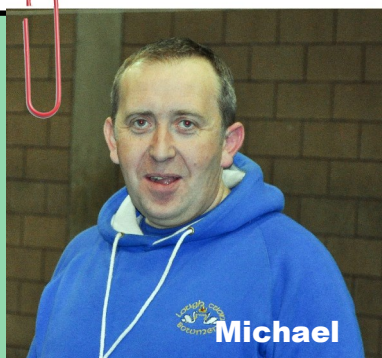
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at the Movies



NEWSround

There is always plenty of activity going on 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.

Congratulations to Michael Ferguson who has taken on the role as Field Officer for NIAS. Michael was the field secretary and this is a very important role in field archery with the responsibility to oversee the whole of field archery for NIAS clubs, select and manage the field teams for the British Champs, ensure that the records are kept up to date and deal with any issues or queries that may arise from shoots. Michael will also report to the NIAS Committee at regular meetings and will be in contact with the AGB Field Committee. Everyone at Lough Cuan would like to wish Michael every success with this role and no better person for the job.



Despite the cold weather and the snow on the ground, all the LCB members that competed at the Ballyvally Snowdrop shoot had a great shoot. Sophie Benton, once again showed what a skilled and experienced archer she is becoming, not only by winning her class, beating her own NI record, and claiming an Arrowhead award, but she also put in a score that would have placed her second in the senior ladies group. Not wanting to be out done by his daughter, Steve put in a good performance to take the runner up spot in the senior gents barebow class and he also achieved his next arrowhead badge. It was good to see Conor Hall out at a field shoot and he performed very well and came second in the senior gents recurve class. Michael performed well as ever and put in a new PB and was very happy to be able to claim a grey Arrowhead award. All in all it was great start to the season for LCB. Michael Ferguson

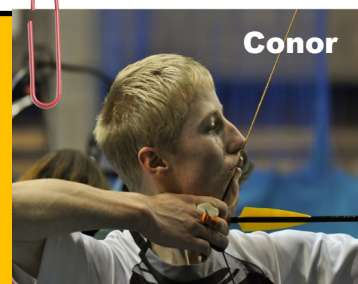


Sophie has been across to England for an AGB Field Training week-end. During the sessions Sophie was coached by some of the



best field archers in GB and will have gained valuable experience in preparation for the selection process for the GB team that is heading to Poland for the European Championships later this year.

Saturday and Sunday the 21st and 22nd February saw the Daffodil



shoot at Castlewellan. This record status shoot is well known for it's hilly terrain and challenging shots. As usual, the LCB archers performed very well with a win for Sophie Benton and a second place for Conor Hall.

"I would recommend that all the field archers in the club go to the shoot at Castlewellan in a few weeks time for the All Ireland Field Champs, it promises to be a good one." Michael Ferguson

“WORK HARD & be proud of what you ACHIEVE”



NEWSround

The LCB Icebreaker shoot saw LCB members shooting well and bringing home an array of medals. John Kenny took gold in the Gents Compound Un-limited class, Raymond Brown won the Gents U18 Freestyle class, Isabella McKnight took the honours in the U15 Ladies Barebow while Clare Surgenor took top honours in the Ladies u18 class on her first ever competition as a club member.

Lough Cuan's newest member makes their debut at the Valentine's Day Shoot

The Valentine's Day shoot saw the début of our new gazebo. This was part funded by a grant from Ards Borough Council and will be a great addition to the club. The gazebo looks very professional with the club name and logo emblazoned on it. It will be ideal for registration at our shoots, providing shelter from the occasional rain shower and the sunshine in the summer. It will also be an excellent addition to the 'have-a-go' events. Well done to everyone involved in planning and purchasing of the gazebo.



Congratulations to club member **Andrew** on celebrating his 21st birthday. Andrew had his birthday bash with his family and friends and club members at the Ivanhoe Hotel. Andrew is one of our most enthusiastic and well travelled archers and has probably the best range of archery selfies with celebrity archers.



Congratulations to Paul Meadowcroft on his win at the NICS Portsmouth/Stafford at BRA on Saturday 7th March. This was a great result for Paul who is becoming a very accomplished target archer. Paul managed a PB of 581 Portsmouth in the process. I get the impression he is very pleased with his result.



Valentine's SHOOT



A new course is always a challenge, but one which Gary was up to as he prepared for the club's first UK record status shoot of the year at Ballywalter. This was a FITA 24 target marked round, with the long distances being shot at a max of 30m for white, 50 m for blue and a max of 60m for the red peg. The new layout had taken a lot of planning and a number of 'walk throughs' to get it right. Congratulations to Gary and the team for setting an interesting and challenging shoot. The course, while including the traditional forested area also included some of the garden area, providing some deceptive down hill shots and a nice shot across the river. Well after all Gary does like to keep you thinking.



It was good to see a good representation of LCB archers and in particular some of our newer members taking to the 'field' along side familiar faces from other clubs. The weather was kind, with the rain staying away and everyone having an enjoyable shoot.

While I didn't get any medals on the day, I was awarded the Most Honourable Order of the Loo (not

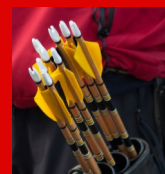
quite the same status as the Most Honourable Order of the Bath. If you are nice to Michael he might let you see me polishing my award.

Thank you to club members who arrived early to help set up the practice area and put target faces on and remained at the end of the day to tidy the course up.



ballywalter

"The more you shoot at anything the more fun it becomes, whether it be target or out in the wilderness . Brady Ellison



It would be remiss not to thank the judges on the day, Andy Hagan and Ann Orr for their professional and friendly officiating.

Finally congratulations to all the medal winners on the day, those who achieved a personal best and those who had an enjoyable days shoot. We look forward to seeing what Gary has in store for the Ron Bell in April. BL/MF



Great to see LCB members sharing in the medals





NINJAAS

Northern Ireland National Junior Archery Academy Squad

Friday 23rd January was a Club Night with a difference, with the Northern Ireland National Junior Archery Academy Squad, (NINJAAS) paying a visit. This meant a change to the traditional club night, with a FITA 18 competition being shot. A great opportunity for those members who had not been involved in a competition to have a go and it was great to see a good turn out of members.

The NINJAAS is made up of the best young archers in the province and follows a very strong development programme led by their coaches. The evening provided an opportunity for our junior members and not so junior members to shoot along side these talented young archers and pick up a few tips and who knows, with continued hard work may even make it onto the squad in the future. At LCB we are very fortunate to have a group of very talented

juniors, with Sophie, Conor, Matthew, Thomas and Rory already on the squad. The squad coaches were very impressed by the level of talent in the club and are keen to see LCB members at the next talent identification day.

The committee would like thank everyone that turned up on the evening and helped with the set up of the hall, the running of the shoot and participating in the competition, making the evening a very successful event. There may be the opportunity in the future to have a regular competition night, possibly once a month. We could run different shoots such a Portsmouth, field, 3D and FITA 18. A competition is great way of seeing how all your practice has been going and it can let you see what you need to work on. Plus they are good fun. Pass your thoughts onto the committee. MF



The NINJAAS and their coaches along side the LCB junior archers



club night



In 2013 the NIAS signed up to the Archery GB Performance Pathway while continuing to work closely with Archery GB to align the NIAS Junior Squad with those of the existing Archery GB Performance Academies already operating in England and Scotland. As a consequence of this the Northern Ireland National Junior Archery Academy (NINJAA) became operational on 1st September 2014.

Archery GB Performance Coaches - Barry Molsom, Senior Lead Coach and Maggie Squires, County Coach and International Archer, supported and led the NIAS Junior Squad Coaches and Junior Squad archers in preparation for the Archery GB Performance Programme.



The NIAS Juniors have responded well, worked hard on the new training regime and raised their standard of performance accordingly. In doing so 6 Juniors have already qualified for the 2015 Archery GB selection shoots on top of a very successful 2014 season, in which World and European medals were won in China, Slovenia, Moscow and Croatia, to mention a few.

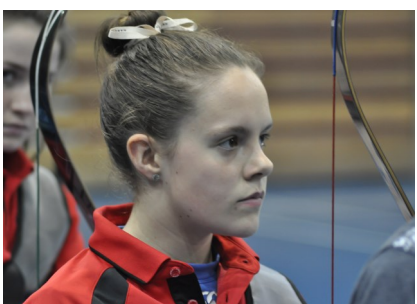
As part of the development programme there will be an exchange programme with the other Archery GB Academies in England and Scotland. This programme will see Junior archers coming over to Northern Ireland to compete in competitions organised by NIAS and NIAS affiliated Clubs, and a reciprocal arrangement will see the Northern Ireland National Junior Archery Academy Squad's travel to compete against various GB Academy Squads - therefore testing skills and developing Junior archers across GB and Northern Ireland. This development will also give members of the Northern Ireland National Junior Archery Academy the opportunity to avail of the support of Archery GB's Performance Unit, Sport NI and SINI (Sports Institute for Northern Ireland).

Jo-Ann Irvine Bell—Shoot Strong





FUN



Good practice being passed on, demonstrating the importance of the 'warm up' and 'cool down.'



FOCUS





FORM



A great opportunity for LCB young archers to pick up some useful hints and tips and shoot alongside some of the archery stars of the future.



Judge's Corner



Target

1. Since the abandonment of the dress code, only one item of clothing is not allowed. Can you name it?

2. An archer after being warned to stop looking through scope/binoculars. On shooting line after shooting their last arrow continues the behaviour. What sanctions do they incur?

3. An archer shooting a 3 spot target on an indoor shoot, shoots a fourth (extra) arrow out of time. They score 10, 9 in the top target and 9, 8 in other targets. What do they score?

4. For an acceptable reason an archer arrives late at an outdoor target shoot. What's the maximum make-up arrows allowed?

5. In a FITA star at 90m an archer has a bouncer. What procedure is followed?



Field

1. Which article of clothing is not allowed in field shoots?

2. Name the round, peg, group and distance of the closest peg shot in field archery?

3. An archer after shooting his last arrow continues standing at the peg using binoculars. After being warned to cease the behaviour. What sanctions do they incur?

4. An archer arrives late for a field shoot. Can they make up missed targets?

5. At a world championship (Team) shoot knock-out for Gold/Silver award. The 2 archers shooting the red pegs take longer than planned to shoot their arrows leaving the blue peg little or no time to shoot. What penalty is incurred?

Now There's a Thought

Have you ever thought about becoming a judge?

It can be an interesting, challenging and rewarding experience.

If you are interested in becoming a judge for both field and target have a word with a committee member or one of our current judges, Andy, Alvin, James or Ann.

Target / Field

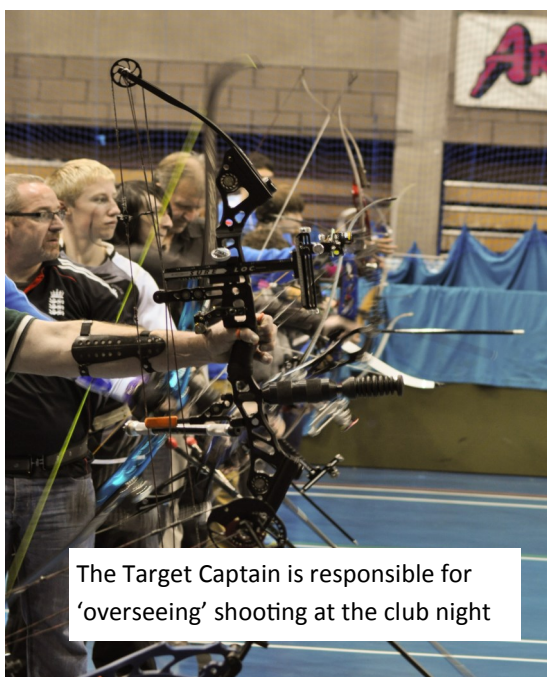
1. What item of footwear is banned out doors?

2. What draw is banned in archery for being dangerous?

3. Can you describe what is meant by a high draw?

4. An archer disagrees with a judges decision. What options of appeal do they have GNAS—FITA?

5. During the 'knock-out' stage of a competition an archer arrives late. What penalty is incurred?



The Target Captain is responsible for 'overseeing' shooting at the club night

“Ask not what your club can do for you. But what you can do for your club”

Club nights continue to be very well attended with 2-3 details often coming to the shooting line. It has been very encouraging to see so many new members joining the club in recent months.

Along side 'shooting' there are a number of other important routines which contribute to the success of a club night. We do appreciate members who arrive early and help to set up the bosses and target faces. This is an important job as it enables shooting to start promptly at 7.30pm. So if you could come early some Fridays it would be appreciated. Thank you the club members that helped out on a Friday evening as we had to remove all the target faces and put some new ones on and move the others. The reason we move these is so that we are not continually shooting at the same spot on the boss every week which will quickly wear them out. This is a time consuming job so the extra help was appreciated.

Also on a Friday evening there is a very important job that needs to be done and this is **Target captain**. This is an essential role, as shooting essentially cannot take place with out them. Every week we have a small band of regular members who do this job, usually Committee members. As a result they do not get the time to shoot or discuss important club matters. Last year the Committee decided that to help out, all club members over the age of 18 and who have been members for at least a year will be asked to take their turn at being Target Captain. If everyone takes their turn you will only need to do this for half an hour every few weeks. If you are not sure what is involved, chat to a member of the committee or even 'buddy' up with someone for a week to see what it involves. It also gives you an additional insight into what is involved in a club night. MF

FITA Arrow Head Awards

Throughout the year there are a number of shoots which are designated as 'Arrowhead.' What this means is, that if you achieve a certain score over the specified number of targets, then you would be eligible for an Arrow Head award. There are 7 awards in total, each with a different colour allocated. See the picture below. The tables indicate the scores required for the various FITA Arrowheads shot over the minimum 24 Target Marked or Unmarked rounds (scored out of 432) in registered FITA Arrowhead field events. These awards are an excellent way of measuring your progress as an archer and enable you (if you wish) to set yourself progressive targets.



RECURVE (Sighted) Red Pegs/Cadets Blue

| ARROWHEAD | MEN | WOMEN |
|-----------|-----|-------|
| * Green | 219 | 196 |
| * Brown | 244 | 227 |
| Grey | 265 | 249 |
| Black | 291 | 279 |
| White | 313 | 302 |
| Silver | 338 | 323 |
| Gold | 350 | 339 |

BAREBOW RECURVE Blue Pegs/Cadets Yellow

| ARROWHEAD | MEN | WOMEN |
|-----------|-----|-------|
| * Green | 191 | 182 |
| * Brown | 230 | 198 |
| Grey | 250 | 226 |
| Black | 273 | 250 |
| White | 294 | 275 |
| Silver | 316 | 299 |
| Gold | 335 | 312 |

COMPOUND Red Pegs/Cadets Blue

| ARROWHEAD | MEN | WOMEN |
|-----------|-----|-------|
| * Green | 292 | 275 |
| * Brown | 313 | 301 |
| Grey | 331 | 318 |
| Black | 351 | 338 |
| White | 371 | 357 |
| Silver | 389 | 377 |
| Gold | 399 | 388 |



Ice Breaker Shoot Clandeboye

The Christmas turkey and mince pies were put to the side as archers came out to play with Santa's Christmas presents at the Ice Breaker shoot. Always a great way to start the New Year. Gary is certainly getting to grips with his role as tournament officer and set out a very challenging course for the shoot. Some of the distances were very deceptive and many an experienced archer had trouble judging them. It was a very enjoyable shoot and encouraging to see new members taking to the 'field.' The feedback from the visiting archers was very good. The Icebreaker shoot saw LCB members shooting well and bringing home some an array of medals. John Kenny took gold in the Gents Compound Un-limited class, Raymond Brown won the Gents U18 Freestyle class, Isabella McKnight took the honours in the U15 Ladies Barebow while Clare Surgenor took top honours in the Ladies u18 class on her first ever competition as a club member.

A big thank you also needs to go to the team that set up on Saturday and to the club members that helped to clear up on Sunday. These shoots would be very difficult to put on if the club did not have such a keen workforce.



Thomas out in the field at the Ice Breaker shoot

It's a Set Up!

Like any successful event in sport, much of the success is a result of what goes on behind the scenes. A good archery shoot/course is the result of many hours of planning, walking the course and setting up the course. At LCB we have a very dedicated group of members who give of their time and effort when it comes to organising a shoot. This year a new course was set up at Ballywalter which required a little more planning and effort. It was very encouraging to see a number of new faces helping out to set up the course in the and helping out on the day. Helping out is always good fun and a great way to get to know other members of the club. So if you haven't helped out yet, there's always the next shoot.

As they say, measure twice, set out once.



But, Gary, if the water is over 4ft deep they will need to have waders to stand in it



There is a job for everyone to do

Get a Grip!

In the second of our coaching articles, club coach Arthur Halligey brings to our attention the importance of the grip and draw.



Moving from the front (nearest the target) to the back this issue looks at the drawing hand.

The greater the tension in any muscle the slower that muscle will react to relaxation. On the loose the string is travelling at around 180 feet/second for an average recurve and as the muscles cannot be made to move that fast, it is best to just relax the flexors allowing the string to push the fingers out of the way. The archer lets the string go (passive) rather than letting go of the string (active).

The string location on the drawing fingers, like the bow handle position on the bow hand, must be consistent for best results. Holding the string on the finger tips is not going to give a better release. The effort in holding this hook requires considerable (wasted) tension in the flexor muscles. Not only will there be a slower relaxation of the flexors but may end in tendinitis – inflammation of the tendons at the elbow – Tennis/ Golf/Archery Elbow.

A better location for the string is in the last crease of the drawing fingers or, better still, about half way between the last and the middle crease (see picture 1). This will result in a strong hook with minimal effort allowing the muscles to relax faster and the string to push the fingers aside easily. Any further towards the middle joint will result in too deep a hook with the fingers having to be actively relaxed.

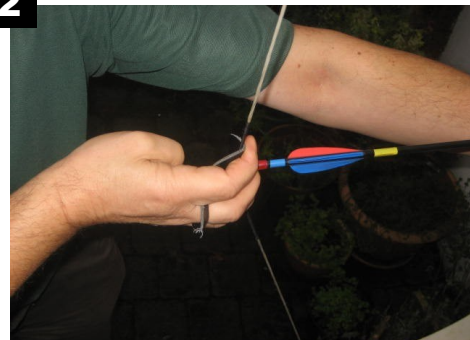
1



Approximate string position

The back of the hand remains vertical and the hand/wrist straight throughout the draw. Halfway through the draw sequence the draw hand will be roughly the same distance away from the body as the upper arm is long. Any bending of the wrist inwards as you draw requires effort with, as before, slower reaction times. A bent wrist indicates the archer may be trying to aim throughout the draw. (see picture 2). This can be counterproductive as a future article will discuss. Rather, the aim is established before the draw and micro managed when at full draw.

2



Bent wrist—aiming throughout?

3



Wrist relaxed and straight

Anchors Aweigh!

Halfway through the draw sequence the draw weight is transferred to the back muscles between the shoulder blade and back bone continuing uninterrupted to a consistent reference (anchor) point on the face. Barebow is usually the tip of the index finger in the corner of the mouth. In Freestyle the index finger is in contact under the lower jaw, string on the nose. Compound U/L uses the index finger to the back of the hand on the face depending on the release used. Other reference points are used – the archer must be able to find whatever their reference is accurately. Depending on the reference the index finger and the edge of the flat hand will be in contact with the face, the more reference locations the better. Practice in front of the bathroom mirror after brushing your teeth.

Until the next time practice often but practice smart and don't be afraid to ask your Coach.

4



Reference only at corner of mouth
Barebow

5



Reference firmly along lower jaw
Barebow



“ I never
cease to be
amazed at the
power of the
coaching
process.”

John Russell MD
Harley Davidson.
Europe

Source: http://www.archerycliff.co.uk/?page_id=6

How did you go as a Judge?

Target

1. Blue Jeans
2. Scope/binoculars etc must not be brought to the shooting line. But left behind the equipment line
3. Loses the highest score in the top target leaving 9. Other targets 9, 8. . I.E. 9,8,8. But then loses the highest scoring arrow for shooting an extra arrow out of time leaving a score 9, 8, M.
4. 1 dozen (12)
5. All archers on that target stop shooting and step back from the shooting line. The archer accompanied by a judge goes to the target at the completion of shooting that end and identifies and marks the lowest unmarked hole. They then return to the shooting line and under the control of the judge, complete shooting their remaining arrows

Field

1. Full camouflage—must be easily seen
2. FITA 3D, Blue peg, Group 4, 3 metres.
3. Written warning.—Loss of highest scoring arrow
4. No. Though organisers/judges may show discretion.
5. Blue peg forfeits arrow or if shot team loses highest scoring arrow

Target / Field

1. Opened toed shoes/sandals.
2. High draw
3. Archer draws the bow above the target, then tips the bow downwards to point of aim (POA) or mark before loosing arrow.
4. GNAS: Appeal to chairman of judge. Their decision is final

FITA: Appeal chairman of judges. Not accept decision. Then jury of appeal. Monetary deposit required. Lose appeal—lose you money.
5. Forfeits the match.



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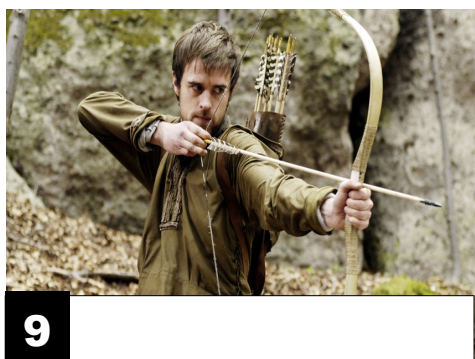
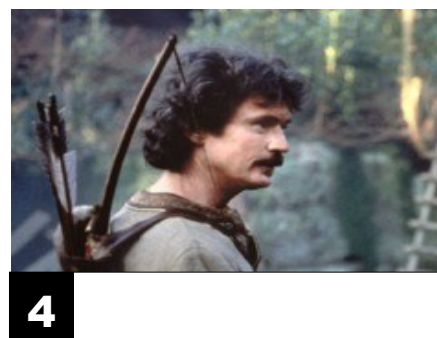
The club has a very active Facebook page. So if you are on Facebook, 'Like Us' and keep up to date with club activities. It is also a great opportunity to post archery related topics and pictures. Why not post a question or query about archery and get a discussion going or ask for some hints or advice. We are getting plenty of views on it and we now have 105 followers of our page.

If you are looking to buy some archery equipment can I ask you to take a look at Red Frog Archery (redfrogstore.co.uk). This is an archery shop based in Irvine, Scotland. The club is registered with them and for every £ a club member spends there they will get a voucher for the club which can be redeemed by us for free equipment. It will never get us any big bits of kit but we could get target faces etc.



Saturday Night AT THE MOVIES

Archery is as popular as ever in films particularly with Katniss Everdeen and Hawkeye. But Robin Hood is one of the most popular of archers. Here we have a few actors who have played the role. Can you name the actor and possibly the film/series?



Dates for Your Diary

March 14th and 15th

Ballyvally Archers Shamrock Shoot
including the All Ireland Field
Championships. Castlewellan

April 11th and 12th

Ron Bell Memorial Shoot
Ballywalter

April 18th and 19th

NIAS Field Championships.
Whyte's Estate Loughbrickland

Sometimes You Learn

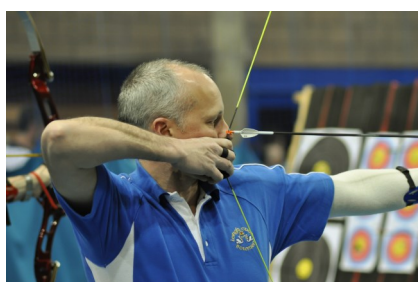
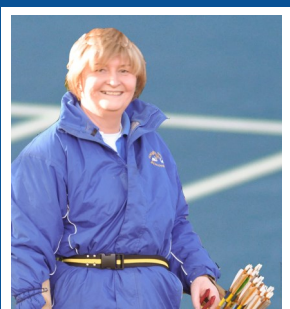
Sometimes You Win



MADE TO MEASURE

For new members and existing ones, Lough Cuan has a great range of club kit available. You can choose from a polo shirt, hoody, light weight rain jacket, heavy coat, rugby shirt, baseball cap and beanie.

Other items can be purchased and the logo added. Please speak to Michael Ferguson if you want to place an order. Items can be ordered at any time.



Ron Bell Memorial Shoot 2015

Always a very popular shoot, the **Ron Bell Memorial Shoot** is scheduled to take place on 11th and 12th April. This is one of the biggest shoots of the year, not just for LCB but in NI. This is one shoot to definitely put into your calendar and get your entry form in early.

Stay Connected

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

