



onTarget

@ Lough Cuan

November

Club Newsletter for Lough Cuan Bowmen

Issue | **12** | 2016

loughcuanbowmen.com

A Field of Opportunities

Everyone is Having-a-Go

Technique: Shooting Slopes

What a Shot !



n Target

Welcome to On Target, the newsletter for Lough Cuan Bowmen. There has been lots going on in the club. The AGM saw the election of a new committee to promote, organise and develop club activities.

There has been opportunities to promote archery in the community through our have-a-go sessions and our organisation and involvement in field shoots continues to thrive. Our young archers in particular continue to achieve at local and international level.

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.

I would like to acknowledge the photo contribution of fellow archers for granting permission for their photos to be used in this edition:

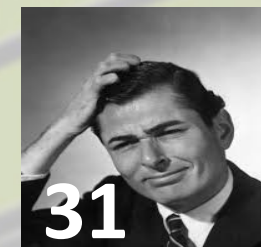
- Steve Benton
- Michael Ferguson
- Amy Ferguson
- Lorraine Hornsby
- Lisa McConnell
- Alice McKay
- Valerie Sleith



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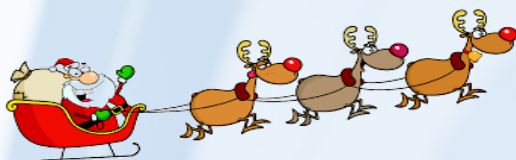
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NEWS round



What might Santa Bring!

With Christmas coming, what better present for that club member dear to your heart than club apparel. For Club members, 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. We now have a softshell jacket added to the list. If anyone is interested in seeing what this looks like, speak to George. The jacket is about £48 plus VAT. Please speak to Michael Ferguson if you want to place an order. Items can be ordered at any time.



Why not treat someone to a LCB hoodie or polo as modelled by Andrew and Richard

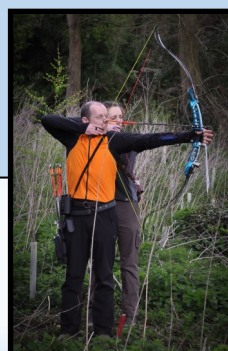
Land of Our Fathers

We now have about 6 members interested in going to Pentref in Wales for the All British Field Championships in May 2017. That is a reasonable number and should make the costs better. Over the next few weeks Michael will work out a few costs and let you all know and then we can firm up the bookings if we have confirmation of numbers going. If anyone is still interested, let Michael know.

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.

Benton's Family Values

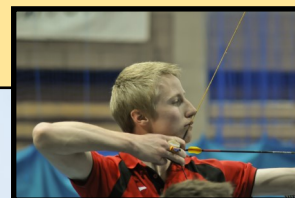
Congratulations to Steve, Nikki and Sophie on their performance at Ballyvally's Coolnacran Classic Field shoot in Loughbrickland. Sophie achieved a silver arrowhead and silver medal in Ladies Barebow, while there was a white arrowhead for Nikki and not to be out done there was a gold medal in Gents Barebow for Steve.



The Benton's were very much On Target

On Target

Congratulations to Conor and Matthew who took part in the Irish Open Target Championships. Conor won the silver medal in Senior Gents Recurve class and Matthew took 5th place in the Senior Gents Compound class and won gold in the Junior Gents Compound class. A great achievement for both young men.



The Road to Marrakesh

The club would like to wish Conor all the best as he has been in Marrakesh to compete in a round of the World Archery Championships. No doubt we will catch up with him in the next edition of On Target



NEWS round

Santa Claus is coming ..

Remember the Christmas dinner at Jenny Watts, Bangor on the 10th December, is coming up soon. Please make sure you pay the balance before 2nd December and select your menu. Either Anne or Rosalind will be taking the payments.

Take Note

Just a reminder that the club will be starting at 6.30 on the 16th December and finishing at 8.30.

On Friday 16th January, we will be meeting from 6.30 pm until 8.30 pm as staff have to set up for another event

What's the Score?

We are going to introduce a new scheme for archers who want to focus on improving their performance and raising their scores, while having a little bit of competition at the same time. For Barebow, Recurve and compound archers we are going to introduce a half FITA 18 which will involve archers shooting and recording their scores for 30 arrows (10 ends) and for traditional archers it will be a half Portsmouth (10 ends).

The idea will be that an archer can at any point on a club night shoot 10 continuous ends and record their score (score cards provided) The score card will be recorded and what we intend to do is to run an archery progress ladder which will have the archers highest score displayed. Each time an archer shoots the round their score will be recorded and over the period of the year we will look to see which archers are making progress and have an end of year prize for each category.

Archers can submit as many scores as they like. We hope to start this in the New year.



A Helping Hand

Our club nights are always very well attended and it is great to see so many coming along. Like a field shoot the hall needs to be set up before we can get shooting. We have a very loyal group of members who do this every week. We would ask that if you arrive (or even come 10 minutes early the odd week) and there are members still working on set up, please give them a hand, even if it is putting up or making sure the target faces are on correctly, every little helps. Once the hall is set up then we are free to shoot. The quicker the set up the more time we have to shoot.

A real pasting

One of the many unseen aspects of our shoots is the pasting of target faces for shoots. With many of our main shoots coming up in the new year we are trying to get a head start on it.

We have a supply of cardboard and are hoping to start this over the next few weeks. If you would be interested in helping out, have a chat to Michael or drop him an e-mail.

Out in the FIELD

A Field training session has been organised for Sunday the 18th of December. The last session was very successful and is a great opportunity to practice your target skills and field craft. If you are interested contact Michael Ferguson

So What Do They Do?

While Annual General Meeting may not be the best attended club event, it never the less serves a very important function and is important for club development. It 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.

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.



Noel Tennyson. Club President. 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.

Michael Ferguson. **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.



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.



The current committee stood down and a new committee was voted in. Noel was voted back for another term as Club President and Michael Ferguson continues in the role of Secretary. James kept his role as Equipment Officer with Steve Benton returning as Club treasurer and Bill Latimer as Safe Guarding Officer. George Ferguson was elected as Senior Club Members' representative and Sophie Benton the Junior Club Members' representative. The role of Membership Secretary was filled by Rosalind McKay.

No one was appointed to the role of Tournament Officer as it was decided to appoint a Field Committee to oversee the club tournaments throughout the year.

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.



Sophie Benton. **Junior Members' Representative.**

I look out for the junior members in the club. If they have any ideas or things they would like to do they can chat with me and I can talk to the committee to see what can be done.



George Ferguson **Senior Members' Representative.**

I liaise with the senior members in the club. If they have ideas about how to develop the club they can chat with me and I can take it to the committee to see how it can be actioned.



Rosalind McKay. **Membership Officer.** I have the responsibility for looking after club membership fees and keeping registration up to date and liaising with Archery GB.



The club would like to acknowledge and thank Nikki Benton and Robert McCausland considerable time and commitment they put into their respective roles and the professional way in which they carried out their responsibilities.



World Archery Field Championships

26 September - 2 October 2016 Ireland

The venue for the World Archery Field Championships 2016 was the Republic of Ireland. The location was Killruddery House and Gardens, a beautiful estate on the outskirts of Bray, Co. Wicklow, just south of Dublin. The house provided a scenic backdrop, with the competition being shot in the grounds and gardens.

This was a great achievement for Sophie to be selected onto the Great Britain team for a second world championship and in fact there was very strong representation from Northern Ireland archers on the GB team, reflecting the strength of archery in NI.

Sophie shot well in the qualification rounds qualifying in third place. Sophie beat American Abigail Weir to achieve a well deserved Bronze medal. In the junior women team Sophie, Rebecca Lennon and Bryony Pitman qualified as second seeds beating the USA, in the semi final but narrowly losing out to the Italian team but gaining a well earned silver medal. We are very lucky to have such strong role models for our junior archers.



Focus and concentration



On Target—as always



It's not all glamour. Seemingly there were a few drops of rain!



Our best travelled archer, Andrew giving his support to Sophie



Bronze for Sophie—Junior women



Team Silver for Junior women



Rebecca and Bryony look on as Sophie shows her good form



If you want to catch up on Sophie's performance. It is on the WA feed on YouTube



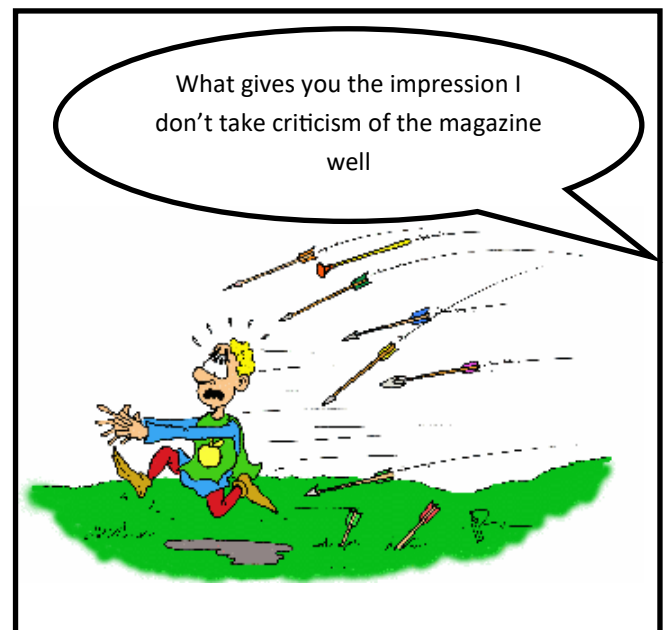
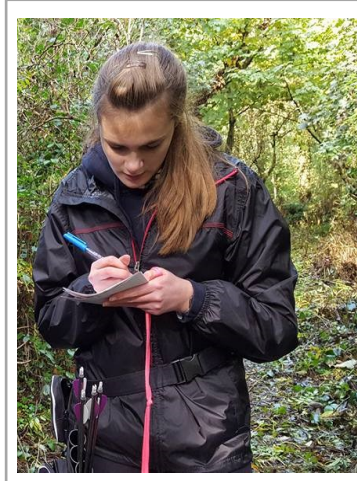
Congratulations to Matthew Hall on selection o the Great Britain team for the European Youth Archery Championships. The championships took place in Bucharest in July and this a great honour for Matthew.

Matthew and his team mates put up a good performance in a very competitive Bronze final with Matthew shooting extremely well, very composed and focused . It is great to see Matthew developing and being a role model for our junior archers. The team finishing the last end with 3 tens to finish out the match.

More Success for Our Junior Archers

Congratulations to Bethany on a successful morning spent at the TID for the NINJAAS last Saturday. She shot very well and impressed all the coaches. The bad news for Bethany is that they want her to go back which will mean plenty of hard work but I know that she will be able to handle it.

Bethany is just the latest LCB member to attend the NINJAAS and LCB have the largest representation of any club there. If any of the other Juniors are interested in trying out for the NINJAAS IMichael know and we can get you started on training for the next TID.



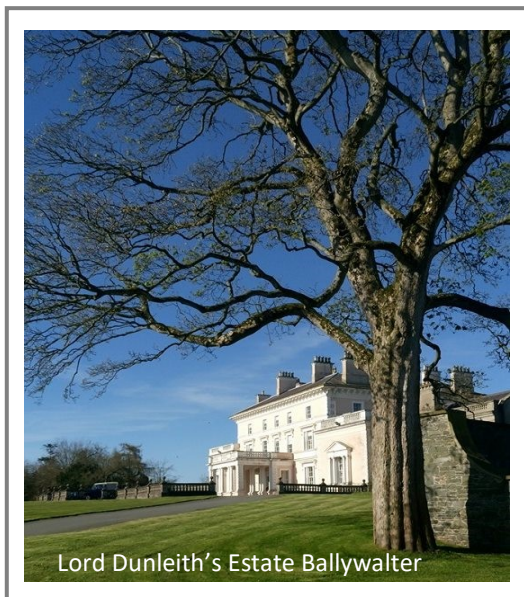
Every accomplishment starts with the decision to try

Out and About

In Field Archery all GNAS and FITA divisions are accepted, this means that there are divisions for: Compound, Recurve, Barebow, Longbow, Traditional and variations thereof.

While some archers tend to specialise in Field or Target archery the two are not mutually exclusive. Field archery is similar in many respects to target archery. It has been said that that a good target archer will also become a good field archer in time once they have become used to the skills needed to master, terrain, distances and differing targets. Take Brady Ellison for example. So don't think you have to be one or the other, both complement each other.

Field archery is a popular archery discipline in Northern Ireland and the Republic of Ireland with many excellent field courses. At Lough Cuan we have two excellent venues at Clondeboye Estate and Lord Dunleith's Estate at Ballywalter both providing scenic locations along with challenging and enjoyable courses.



Lord Dunleith's Estate Ballywalter

At Ballywalter and Clondeboye we have a variety of courses within both venues and with a very active field committee they are always looking to create the highest standard course. With 24 targets on a course



- A field archer shoots both marked (known) and unmarked (unknown) distances from 5-60 meters, depending on division.
- Field archery involves 24 individual targets on each day of competition with 3 arrows shot at each target. As a result the terrain will differ target by target and requires the archer to adapt their body position to different angles and slopes to shoot each target.
- Field archery can require the archer to shoot uphill and downhill, across slopes and varying terrain and also through different light conditions and wind conditions.
- A field archer is required to judge the distance to the target and learn to adjust body position to maintain the basic fundamentals of their shot on the varying terrain.
- Field archery also requires an archer to consider how an arrow may react to shooting up and downhill and compensate accordingly.
- Field Archery is also shot in groups with 3 - 4 archers drawn to shoot together for the day around the course.

field archery

there is always plenty to keep you thinking; you can go from shooting an 80cm face up or downhill or across a slope, then move onto a 60m face disguised in the shade followed by a 40cm face with a large pond just behind it and the a 20cm bunny at 10m on a nice decline. Each of our courses and targets will present you with its own unique challenge and part of the enjoyment is you are not quite sure what is coming next.

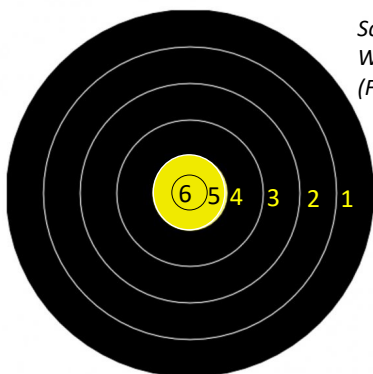
Not only will field archery present you with fun and a challenge and in particular good company, it will also give you the opportunity to experience a variety of different terrains and countryside locations. Some may be flatter, while others may be steep but each will provide its own challenges, but it will be up to you to use your skill and field craft.

It has been very encouraging over the past months to see members coming out to different field shoots and we would like to encourage this. Don't worry about waiting until you have enough experience to try your first shoot, you will be guided round the course and helped along the way. If you have been on your first field shoot, why not share your experience with others and encourage them out into the field.

If you haven't tried Field Archery and would be interested in 'having a go' speak to some of the members who have done field archery and have some fun and give it a go.

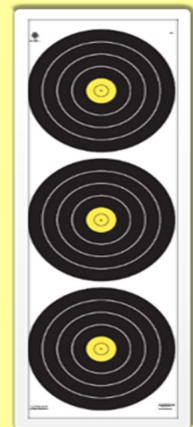


A variety of bows can be used above we have Arthur with his Longbow and below Clare with her Barebow



Scoring on a World Archery (FITA) field face

World Archery Field Faces



20cm Face (Bunny)



40cm Face



60cm Face



80cm Face

Every accomplishment starts with the decision to try

Out and About

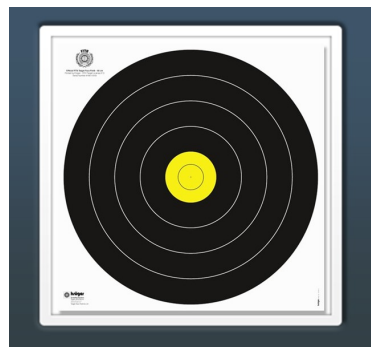
Let's Face It

20cm Triple Face



The 20cm triple face will be displayed four on a boss. Archer 1 & 2 will shoot the first and third face respectively and archers 3 & 4 the second and fourth face.

60 cm Face



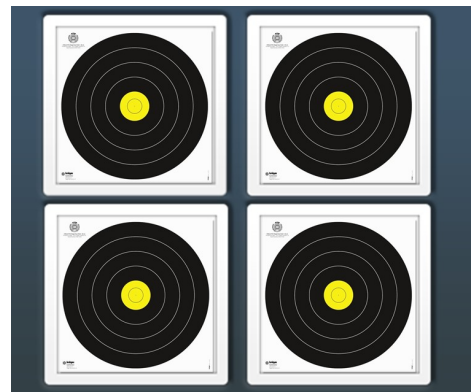
There will be a single 60cm face on a boss. Archer 1 & 2 will shoot first followed by archers 3 & 4.



Think About it

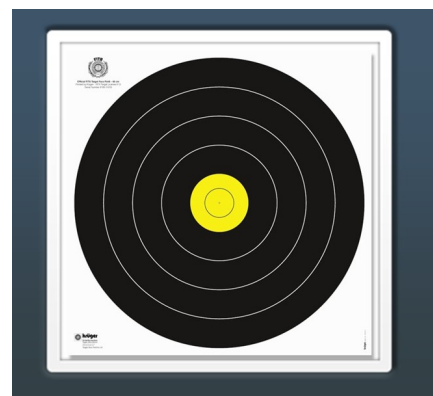
We do run practice sessions in the field at our field courses. So if you would like to see what it is like to shoot in the field let Michael Ferguson know (or a committee member)

40cm Face



The 40cm face will be displayed four on a boss. Archer 1 & 2 will shoot the top left and top right respectively and archers 3 & 4 the bottom left and bottom right.

80cm Face



There will be a single 80cm face on a boss. Archer 1 & 2 will shoot first followed by archers 3 & 4.



field archery

So Where Has Everybody Been?

The last few months have been busy with plenty of opportunities to shoot out in the field and it has been great to see an increase in members taking part in field shoots.

For many September brings the end of the summer holidays and the return to school, however there is always our **September Shoot** which sets us off on a new season of loosing arrows.

The field committee had been hard at work at Clandeboye and redesigned and put together a challenging course for the Ron Bell Shoot. But rather than just 'ah well we'll keep it the same.' they made a few modifications—John was definitely wanting the cross slope shot.



Billy, Clare and Matt enjoying the September shoot with some god scores and PBs

The weather was more than kind with a bright sunny day. This is always a relaxed shoot, allowing archers to enjoy the course, though the field committee still kept everyone thinking with some deceptive shots. And as always it is good to see archers from other clubs coming out and enjoying the shoot.

Halloween Shoot

Always a very popular and fun shoot is the Halloween Pick 'n' Mix at Clandeboye. This shoot allows everyone to get into the Halloween spirit and the club members as always did a great job of decorating the forest. There were 2 twelve target courses set out, an unmarked WA (FITA) and animal faces with distances set for 3D as the 3D championships were coming up and this would permit archers some practice at the distances.



Every accomplishment starts with the decision to try

Out and About



You never know who's hanging around



Number 13 unlucky for some !



Who needs archery when you have a bucket of sweets



Who knows what's lurking behind a tree!



Out and About

@ Ulster Open Field Archery Championships

August brought the second Ulster Open Field Championships in the scenic setting of Lord Thomas and Lady Dixon Park . City of Belfast put considerable work in putting together a very good technical course which provided a challenge for archers of all abilities. Congratulations to two of our club members at the Ulster Open Field Championships. Conor Hall won Gents Senior Recurve as well as shooting on the winning Ulster Gents team. Sophie Benton won Ladies Junior Barebow as well as shooting on the winning Ulster Ladies team

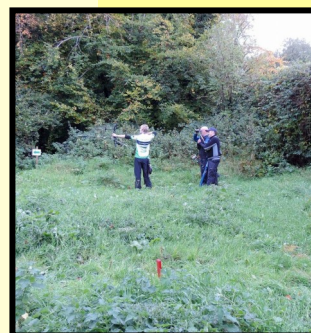




field archery

Out and About @ Loughbrickland

October saw Michael, Rosalind, Alice and Bethany at Loughbrickland. Always an interesting venue with a variety of courses on offer. This was Bethany's first field shoot and by all accounts an experience she enjoyed, not just shooting out in the field, but also posting some very good scores. A good day for Michael as he actually got the opportunity to shoot. Rosalind I notice seemed to manage to avoid the photographs.



Every accomplishment starts with the decision to try

Out and About

Out and About @River Oak

On a glorious sunny morning (well any sunshine in autumn is glorious) Anne, Peter and Stephen took to the field at River Oak's shoot at Hydebank. The walled garden especially provides for a scenic and relaxed shooting environment. Judging from some of the photos of the bosses, they seemed to have enjoyed a good days shooting



Anne taking a break from judging to enjoy a days shooting



Peter, Anne, Deidre and Stephen being shot in a different way



Peter and Stephen step up to a 40 face



Selfie time



Looks like someone is on target

field archery

Out and About @ The Ulster 3D Championships

The Ulster 3D Championships were hosted by Banbridge Archery Club at Gilford Castle. A good field of over 50 archers from 11 clubs from Northern Ireland and the Republic of Ireland brought with them a range of experience from the competitive looking for qualification scores, the archer looking to shoot a PB to the more recreational archer along with a range of bow styles, traditional, barebow, recurve and compound. It was good to see Lough Cuan represented, with Anne, Bill, Matt and Ryan. Shooting 3D targets brings their own particular challenges, with targets being less forgiving particularly without the security of a boss to catch a wayward arrow.

The course was up to BABs usual high standard with lots of variety in the targets. It was a challenging course well designed and set out making excellent use of the terrain and tested even the most experienced archers.

The LCB contingent had a very enjoyable day made all the better by the weather and good company in the shooting details. Everyone was happy with their scores.



Matt shooting a steep downhill target

Though I think one member was happier than the rest of us. Ryan Leathem had an excellent days shooting and came away with the Gold medal for the Under 15 Barebow. I'm sure everyone at LCB would like to congratulate Ryan on his achievement



Ryan looking very pleased with his Gold Medal.

3D archery is shooting animal targets around a field course. The animals are positioned around the course at distances ranging from 5-45m. Similar to an unmarked field course all distances unknown to the archers and archers have to estimate how far away the animals are from your shooting peg. Archers shoot 2 arrows and scores are calculated on a number of scoring (kill) zones and wound areas on the animals. A picture of the animal and the scoring zones is placed at the marker board.

Out and About



Even Bill managed to hit a target or two



3D always popular with the traditional archer

Some of the hosts demonstrate their skill at 3D



Out and About @A Hunting Trail

There are a great many types of archery shoot and one which Ballyvally try to keep alive is the Hunting Trail. A number of trails are set out on the course and within each trail there are a 'number' of 3D animals partially 'disguised' which archers have to discover. Archers go round the trails in groups of 4, with each archer taking a turn to lead the group through the trail.



This year a number of LCB members signed up to do the hunting trails, George, Adam, Rosalind, Alice Bill and Matt. The trail is a relaxed and fun shoot with the animals being shot between 5 and 15 metres. The LCB members have a very enjoyable day and would recommend it to fellow members' and we did come away with a few medals as well.

"Set your goals high, and don't stop till you get there."
Bo Jackson, baseball and football player

The Slippery Slope

In the fourth of our coaching articles, club coach Arthur Halligey brings to our attention the importance of Slope Estimation



Shooting on slopes is not dissimilar to shooting on the flat but with attitude. It is not unusual to see archers simply tilt the arms rather than the body. You may be able to get away with this on downhill shots and with compounds but on uphill shots the tendency is to 'heel' the bow grip - so a better shooting position is to tilt the hips as this is more likely to achieve a straight spine at the upper torso when the back muscles have as little distortion as possible. For steep slopes the feet could be spread apart more than usual, if standing on level ground for a steep downhill shot the stance can be opened while twisting the waist to bring the shoulders in line with the target, the steeper the shot the more open the stance.

If the ground you are standing on is sloping steeply as well, kneeling on one knee can make for a more stable shot; otherwise the knees should not be bent (or locked) as this will give an unstable shooting platform.

Cunning course layers often place the peg where it is difficult to stand on level ground. Favourite tricks are placing the peg so that the slope you are standing on is opposite to the slope you are faced with, forcing you to stand on a camber and forcing you to stand with your feet too close or too far apart or placing the peg just in front of an obstruction making you stand with a less than ideal foot position.



Shooting across a slope will also cause problems with the stance. If the bow is not held vertically (for those who cant the bow the angle of cant will change) the arrow will tend to move away from the centre line of the target in the direction of the lean. The tendency is to lean the bow out from a gentle slope or to lean the body into the slope, the bow following the body. If the target butt/face is also sloped the tendency is to lean the bow to 'mirror' the angle made by the edge and the arrow will hit the down hill side of the target. Try to find a level bit of ground to place your feet. For those with a bubble there is no problem, otherwise trees tend to grow vertically so you may be able to use them for reference. If you find you are unable to get the body vertical try aiming on the uphill side of the target.





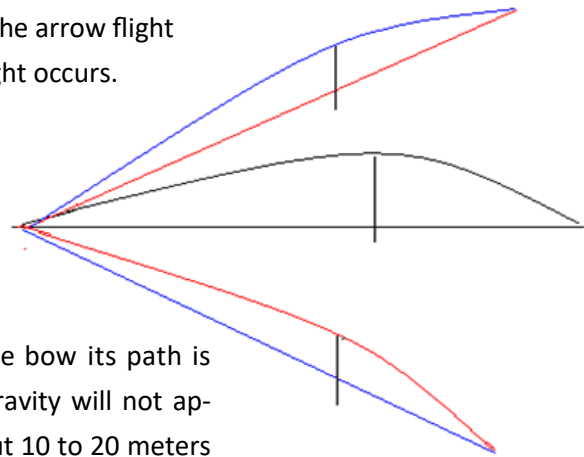
River Deep, Mountain High.

Immediately an arrow is shot it will rise in flight but is constantly (and consistently) falling relative to the earth. This is why we have to progressively shoot higher the further away we are from the target. The horizontal speed of the arrow will not alter regardless of the angle of slope (but see below), so the horizontal distance covered will also be constant for any given equipment.

Remember Pythagoras? The slope is the hypotenuse; the vertical height of the target in relation to the archer is one of the other two sides while the horizontal distance to the target is the third. The horizontal distance is less than the slope (estimated) distance both uphill and downhill. But the arrow is falling at a set rate for a given horizontal distance. This means that the arrow will have travelled a shorter, horizontal, distance when compared to the measured distance on the slope – both up *and* down.

In the diagram all straight lines are the same length. Also the arrow flight (curved lines) appear shallower as the deterioration in height occurs.

Don't forget that an uphill shot will usually be judged too short by most archers while a downhill shot will usually be judged too long (see 'Distance Estimation').



SHORT DISTANCES. When the arrow leaves the bow its path is going to be (virtually) straight to the target. Gravity will not appear to take its toll on the arrow flight until about 10 to 20 meters depending on the speed of the bow. Up to the point when gravity obviously starts to exert its inevitable influence on the arrow it is similar to shooting with a flat trajectory.



MEDIUM DISTANCES. Thus with a medium distance you need to shoot as if the target was nearer. How much you need to take off depends on the steepness of the slope. To save you indulging in mathematics on an otherwise pleasant Summers afternoon up to 10° of a slope (a gentle slope will require little effort walking up or down) will require very little 'taken off', up to about 5% of the estimated distance. A 20° slope (a medium slope requires a little more effort to walk up, at 25° you should be able, just, to walk up the slope before you start to scramble) will require more, about 10%. At 30° , when you have to use a rope to get up/down, about a 15% reduction will be required while 40° will require about a 25% reduction. Straight up or straight down – don't bother calculating; shoot your 15 metre mark (Yes – 15m. Try it!).



LONGER DISTANCES. The arrow is not only falling but it is also decelerating due to the drag caused by air resistance so as the distance increases the aim is progressively higher. The point at which the deterioration in forward speed becomes critical in slope/distance estimation depends on the equipment (and technique). At about 35 - 40m with a re-curve a transitional point has been reached where the estimated distance has to be increased rather than



decreased, less if the bow is slower, more if it is faster. Below this 'jump' in distance the difference between the sight marks on the slope compared to on the flat remains fairly constant. At the 'jump' the difference suddenly approximately doubles while it then becomes roughly a constant again within the maximum distances for a Field course. The 'jump' occurs sooner when shooting uphill than when shooting down.

Until the next time practice often but practice smart.

Trying the Outdoors Indoors

The great attraction of Field archery is the variety of targets and terrain on a shoot. This unfortunately makes it difficult to simulate indoors. But we thought we would give it a try and with the aid of a set of steps we were able to give club members a sense of what it might be like shooting down a slope.



Sophie and Steve try out shooting a gentle slope





Promoting, Developing, and making archery fun

Have – a—Go

At Lough Cuan an important aspect of the club development is promoting archery as a recreational and competitive sport and developing links with the local community.

In fact it's part of our Strategic Development Plan.

Throughout the shooting season the club runs quite a number of Have-a-Go sessions for a variety of different audiences. Our two big have-a-goes of the year are held at the Irish Game Fair at Shanes Castle in June and the Autumn in Montalto Estate in September. They not only showcase the benefits of archery to the wider community but they also provide an important way of supplementing club funds. Alongside these larger events there are many other have-a-go sessions, with Scout, Brownies, Guides and BB groups.

One of our most successful links is with the Thriving Life Church in Newtownards.

We would have a have-a-go set up at their annual family day at the church, where we are always well looked after with burgers and coffee, - not that this has any bearing on those who volunteer for the day! The church also has a very active men's group who look forward to their annual have-a-go with us and is always great craic.

We always have a consistent and willing group of volunteers' ready to assist with the Have-a-Go sessions and the committee would like to convey their thanks to them for their contribution. However we are always looking for new volunteers' to help out. Not only is the camaraderie and craic is good, but it is also a great way to help the club showcase and promote archery in the community. So if you would like to Have-a-Go at a Have-a-Go have a chat to someone on the committee.

Promoting, Developing, and making archery fun and accessible to

The Beavers



The Guides

Promoting, Developing, and making archery fun and accessible to

Thriving Life Church



Have — A — Go at Montalto



There must be a caption competition here



Some club members hadn't realised who was to have a go!



Team Selfie



Other wine outlets are available .



A 'light drizzle' didn't deter people having a go.



Noel passing on his experience

Promoting, Developing, and making archery fun and accessible to



Boys' Brigade

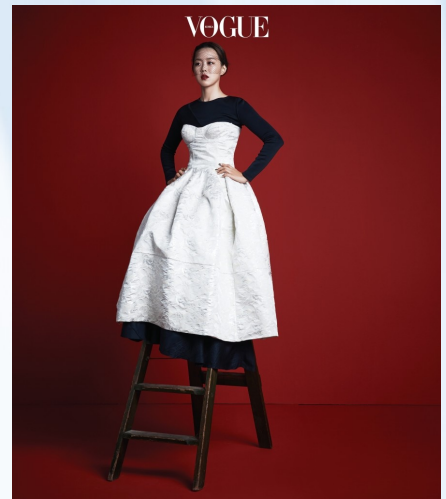
Have —a goes are a great way to get to know other club members. We are always on the look out for new volunteers. So if you are interested, have a chat with one of the committee members.

When Archery Met Vogue

When you have 4 or 5 layers of clothes on, soaking wet trekking through mud, you may not feel that archery is a glamorous sport. But it does have its glamour side. Many will have watched the Olympic archery in Rio over the summer and quite possibly the singles finals. We were all very impressed by the Koreans, well at least up to the point where Woojin Kim was knocked out in the second round. However the women more than compensated with Chang Hye Jin taking the gold. While her talent as a gold medallist was applauded, few would have realised there was a glamour model in the making, featuring in Vogue Korea. Looks as though her grace and poise with a bow is reflected in her set for Vogue.



In the absence of Chang Hye Jin’s availability for the next edition of ON Target—We may have to look inside. Just think YOU could be the new face of On Target.



To Cap it all!

Who would have thought a flat cap would have been a talking point of the 2016 Rio Olympics—well at least in archery circles. Patrick Huston, Northern Ireland’s archery fashion guru or archery’s Eric Cantona, had taken to wearing a flat cap while shooting. Now when it came to the Olympics, Adidas the official sponsors of Team GB would not recognise it as ‘official’ kit and he was not able to wear it and unfortunately Adidas did not have one in stock. The designer has a strict dress code for the Games and only offered the Patrick the chance to wear an American-style baseball cap or a bucket hat from their range. Despite a Facebook campaign and support from the archery fraternity, Patrick had to shoot without his flat cap.



Thinking about Technique

Blank Boss Shooting

There are occasions when things are not going right for an archer, it may be a loss of form or a problem with their shot routine and they need to try and correct it. There are many ways archers try and improve on their practice. One approach which some archers utilise is blank boss shooting. Blank or bare boss shooting involves shooting at a blank boss at short distance without having to focus on aiming. This will allow the archer to focus on an aspect of shooting without the pressure of aiming. Blank boss shooting is usually done at about 5 to 10 metres, so can often be done at home. But always remember if shooting at home to ensure that you take appropriate safety precautions. The reason behind shooting at a boss without a target is to enable you to focus on some aspect of your form and technique which you want to improve without the pressure of aiming at a target, for example, not grabbing the bow, your release or follow through.

Blank boss shooting can also enable you to:

- Build up your strength because you can get through far more arrows than you usually would in a normal practice session.
- Relax and focus on your shot routine;
- Focus on good arrow release..

When blank boss shooting it is important to consider your arrows, the aim is not to get tight groups at such a short distance with arrows hitting of each other and you certainly don't want to be getting any robin hoods, could be an expensive training session. Rather try and space your arrows out across the boss—technique is more important than placement, as long as it is on the boss.

It is important to remember that blank boss shooting goes alongside your other practice routines, you will still have to integrate the aspect you were focusing on with your full shot routine.

If you are trying to improve a particular aspect of your form one blank boss session will not necessarily make an immediate difference but will require a number of sessions.

If you are thinking about improving your technique and are not sure if blank boss shooting would help then have a chat with one of the club coaches.



“ The archer is able to concentrate on their mental approach and physical technique with trying to hit gold taken out of the way. ”

**People tend to believe practice makes perfect. I however believe practice makes progress. There is no perfection but there is definitely progress.
(Unknown)**

Have you ever thought about ...

It is great to be able to turn up to a competition and appreciate the work a club has done planning, organising and setting out the course. However, archery like any sport needs to have officials and without them many of the competitions which we enjoy as archers would simply not go ahead. It is always encouraging at shoots when the judges are thanked for their contribution to the success of a shoot, indoors or outdoors.

Judging at a shoot is much more than making sure archers abide by the rules. An important element is ensuring the safety of the course so that archers can enjoy their shoot in a safe and stimulating environment. Being a judge you gain much more than knowledge about rules and regulations. You start to develop a rich understanding of archery itself, an awareness of the different elements to course design, an insight into the nuances of different bow styles and an active engagement with a sport you love.



There is no truth in the rumour that the Judges had just seen my scorecard.

Becoming a Judge?

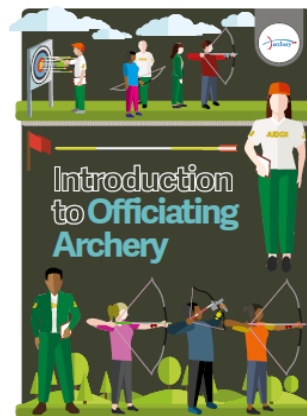


Three of our NI judges Andy, Damien and Ann



You can also go onto the Archery GB website and visit the Judges section @ <http://www.archerygb.org/support/operations/judges/index.php> . Here you will find information on everything you want to know about becoming a judge.

There are two downloadable documents, an 'Introduction to Officiating in Archery and a second 'become a Judge., which will give you the information you need on becoming a judge.



Fair Play
Respect
SAFETY
Enjoy
Integrity
knowledge

Creating a sense of fair play and an environment for safe, secure and enjoyable archery.

Now that's a Good Idea

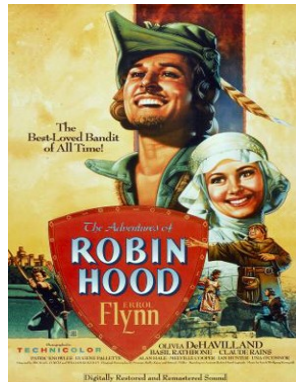
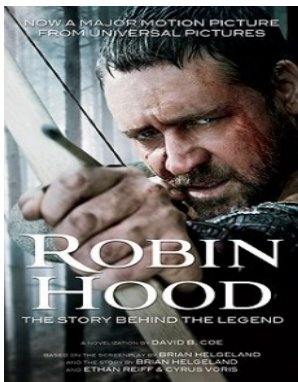


What you will soon discover about archery is that there is a lot of information associated with it. If my arrows go right, are they weak or stiff? Do I increase the button or decrease? What is the difference between porpoising and fishtailing? What happens if I adjust my brace height? And many others. So how do you remember all this information or access it quickly in the field. Some archers have very good memories and are very experienced. Unfortunately I am neither. So to try and help myself I made out a set of flashcards, each with a key bit of information which I can attach to my quiver and access quickly when needed whether in a field competition or practice at home.

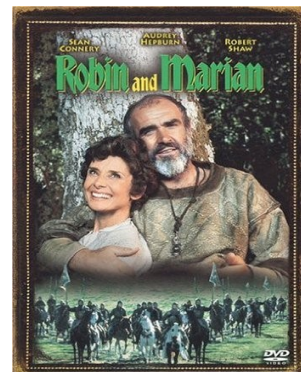
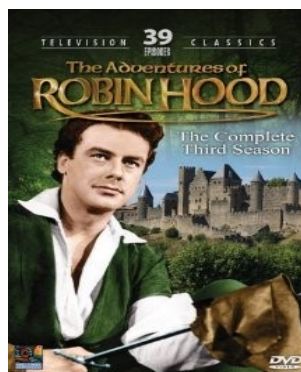
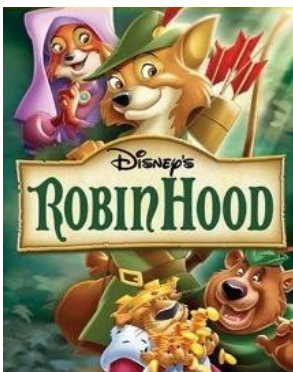


To do this I just used a word processing app like

Word and created the cards and then printed them out and laminated them, to help them last longer. Once you have them made out they are easy to edit and add to.



Who gets your vote as the best Robin Hood



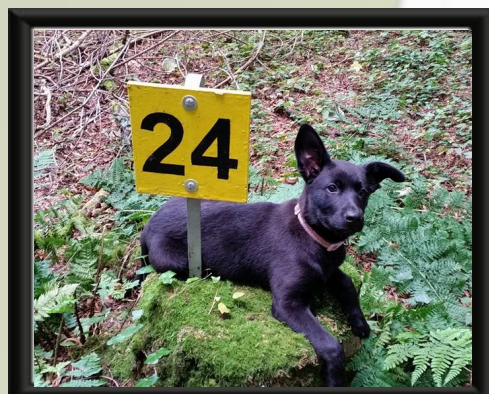
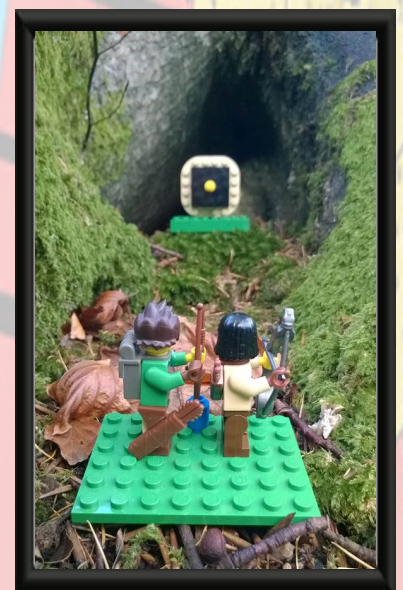
What a Shot !

Exchanging the bow for the camera

It has been interesting to note over the past year that not only do we have a very talented group of archers who can shoot very well with a bow, but we have quite a few photographers who can shoot very well with a camera. It has been great to see the variety of photos on the club Facebook page.

So what I would encourage you to do for the next edition and future editions of On Target is to submit a photo for our club gallery. Don't worry you don't have to have a state of the art digital SLR with a 1500mm telephoto lens or to think you have to be a Dean Alberga. You can use your tablet, phone, compact camera or your box Brownie if you still have it.

Your photo can be on any archery related theme, it doesn't have to be someone shooting, it can be serious, fun, quirky. And who knows, even at the end of the season we could put on our own little exhibition.

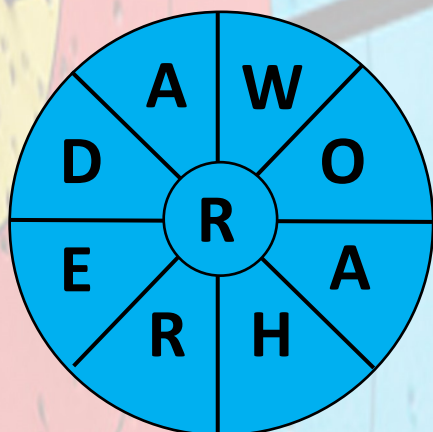


This is reserved for
YOUR photograph

So how many Bow Manufacturers can you find in the word square?

Hoyt Bernardini Matthews Border Gillo Mybo
 PSE Samick Predator Bear Bowtec Core
 Petron Elite Soma Fivics Spigarelli

S	P	I	G	A	R	E	L	L	I	S
O	A	F	O	H	O	E	G	B	E	C
M	L	E	I	B	E	A	R	A	K	E
A	O	L	N	J	S	E	N	O	L	T
F	C	I	I	B	P	R	T	F	C	W
I	N	T	D	G	N	T	E	P	B	O
V	O	E	R	S	A	M	I	C	K	B
I	R	M	A	T	T	H	E	W	S	E
C	T	K	N	W	I	O	O	B	T	F
S	E	Y	R	L	E	Y	C	B	M	D
I	P	R	E	D	A	T	O	R	Y	R
W	V	T	B	O	R	D	E	R	B	M



This Archery themed word wheel is made from a 9 letter Archery themed word. Try and find that word, then make as many words of any length as you can from these letters. You can only use each letter once, and each word must include the letter **R**.



Dates for Your Diary

December 4th
Festive Shoot

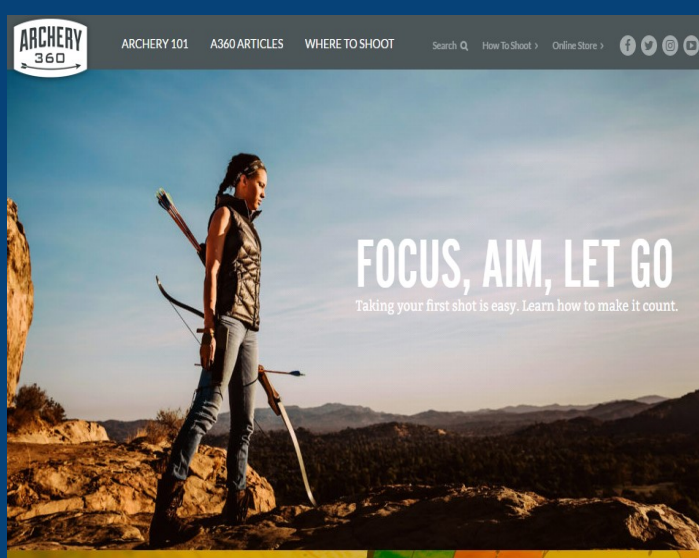
Gilford Castle

December 10th
Christmas Dinner

December 17th
Double Portsmouth
NI civil Service Archery Club

December 18th
Field Practice
Clandeboye Estate

"I always felt that my greatest asset was not my physical ability, it was my mental ability."
Bruce Jenner



Archery 360 is a very good web site with lots of information on archery skills, articles and news

Stay Connected

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

