



ON Target

Club Newsletter for Lough Cuan Bowmen

January

Issue | **15** | 2019

VISION 2020

Lough Cuan Bowmen
looking to the future

**Pathways to Success.
Progress and Achievement
Scheme**

**ANI Senior Target
Championships
Going for Gold**

Archery NI Field Championships 2018
The Best of the Action from Clandeboye

Master Class de Tir á L'arc
avec David Jackson

The Temple Shoot
Starting the new season at Mount Stewart



On Target



They say that absence makes the heart grow fonder, if that's the case then you should really like the magazine, as it has been a while since the last edition! We have tried to give it a fresh approach and hopefully you will like the new look – in no way plagiarised from other popular magazines.




A new addition is our archer profile, where we want to get to know some archery facts about our members. In this edition Ryan is profiled and in future editions we will be looking for other members, so don't be shy.

As a club Lough Cuan is always looking to develop and move forward, we have a wide and diverse range of activities with shoots, club events, training activities, have-a-go sessions and members participating in a variety of target and field shoots. So far this season we have organised a new field venue for our September shoot at Mount Stewart, hosted 2 successful shoots for Archery NI, The Open and Field Championships in October and the Senior Indoor Championships in December and we are hosting the All British Open and Field Championships in May with 2 new courses at Mount Stewart. Oh and also moved to a new venue at Blair Mayne Wellbeing and Leisure Complex for our club nights. So it would be fair to say we are growing and developing as a club and hopefully you will get a sense of this from the magazine.

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

ON TARGET

Find us @:

-  Lough Cuan Bowmen
-  @loughcuanbowmen
-  loughcuanbowmen@gmail.com

We would like to hear from you

Is there something you would like to know about archery? A question for our coaches? An article or photo to submit? An article idea? Get in touch with us and let us know.

You can email at loughcuanbowmen@gmail.com or send a message in messenger or just talk to us at the club night.

“ Confidence comes from doing what you've in practice and having faith in yourself.

Then: just shoot as you normally do ”

Chang Hyejin



Contents



- 04 News round
- 06 Business Matters
- 08 The Temple Shoot
- 12 Master Class de Tir á l'arc
- 14 Shooting Indoors
- 16 ANI Open and Field Championships
- 22 Archer Profile
- 23 ANI Senior Indoor Target Championships
- 26 Pathways to Success
- 28 The Icebreaker
- 33 FITA Arrowhead Awards



NEWS ROUND

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

The New Year is traditionally the time for new resolutions and new beginnings. For Lough Cuan as a club this was very much the case. Having spent 30 years in Ards leisure centre in William Street it was now time for a new location. Ards leisure centre closed in December 2018 and yes, there was a sense of sadness on leaving the old centre, but also a sense of expectation for what was ahead of us—a new purpose built centre, the Blair Mayne Wellbeing and Leisure Complex to be precise.

Our first club night in the new centre was on Friday 4th January and the new centre didn't disappoint and will be a great venue for the club. There is a great range of facilities, which I am sure our members will avail of and the main hall is very impressive and allows us to shoot up to 25/30m indoors.



Members enjoying the new facilities at the Blair Mayne Wellbeing and Leisure Complex.

Member's File

January saw the launch of our member development file. This will contain key policy information, safeguarding information alongside the members progress and development profile.



Shoot Safe Stay Safe

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



NEWS ROUND

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



Pathways to Success

The committee are very pleased to announce that the club members' development programme 'Pathways to Success—Progress and Achievement' is now underway. Rosalind has been working over the past few months with a number of members preparing the programme. The scheme has been developed to increase members knowledge and understanding of archery and to develop their archery skills. There are 3 skills building badges; White, Teal and Gold, a black Field and Blue Target specialism badge and two incentive badges, for club nights—Red and a Volunteer badge, Green. If you want to find out more about the scheme turn to page 26.



Calendar

The ANI Tournament Calendar has been updated for 2019, so make sure you get your copy and select the dates in your diary. It can be downloaded from the ANI website under Tournaments and Records

The All British & Open Field Archery Championships 2019

On 25/26 May this year the club will be hosting the All British Open and Field Championships at Mount Stewart. This will be the major shoot of the year and planning and preparation is well underway. Throughout the year we will be calling on members to help with various aspects of the shoot, field set up, publicity, target /face preparation etc. and we hope that members, as always will assist in the hosting of the championships.

The event prospectus will be available shortly. Entries will open on the Sport 80 Members' Portal on Thursday 31 January at 7pm



The National Talent Development Program

The launch on 20th January 2019 at Lisnagarvey High School offers training camps to archers, introducing the New Technical Model. The aim is that you enjoy an intensive training assessment environment with specialised coaching.

The upper limit of the program is those that can compete as a junior in the 2019 season and it is important that you have your own equipment.

ANI coaches from eight clubs and three universities have undertaken workshops on the new technical model to ensure their knowledge allows all participant athletes, club coaches and parents, to have a rewarding experience and leave to go back to their clubs motivated, where they can deliberately practice the skills learned for the next NTDP camp.

Those looking to reserve their place at the camp should book via your Sport80 account and, if you need further information and assistance please contact Hazel Campbell NTDP Co-ordinator at hazel.campbell@archeryni.org.uk

Please note that the closing date is Thursday 17 January at 4.00 pm.

BUSINESS

matters

**“Great things
in business are
never done by
one person.
They're done by
a team of
people.”**

Steve Jobs

The joy of archery for the archer is obviously shooting at club nights, in the field, at target competitions etc. But in order for that to happen, there is a great deal of work going on in the background and this is where the club committee comes to the fore.

Often much of the work goes un-noticed, but without the committee it would be difficult to have a functioning club. At Lough Cuan we are fortunate to have a very active and hard working committee looking to the development of the club.

Each year a new committee is elected and this year at the Annual General Meeting in August 2018 it was good to see a number of members newly elected to the committee.

Michael Ferguson was returned as Chair with Rosalind McKay being returned to the role of Secretary and Steve Benton returning as Club treasurer. David McCann was newly elected as Safe Guarding Officer.

Club representatives elected to the committee were George Ferguson Barbara Hagan, Mark Young and Phil Ashcroft.

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.



Michael Ferguson — Chair. In my role I help to provide leadership and direction for the committee, working alongside them in their governance and running of the club. I also develop and maintain key relationships and partnerships with stakeholders.

Rosalind McKay -Club Secretary. My role involves carrying out key administrative and management functions including, club membership fees, member registration and liaising with Archery GB. I also have responsibility 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 club activities, help keep club up to date with developments in archery.



David McCann — Safeguarding Officer. My role is to ensure we comply with safeguarding regulations and to foster a safe and secure environment in which all archers particularly children, young people and vulnerable adults, can enjoy and develop their archery skills.

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, monitoring the clubs revenue and expenditure and making bids to external agencies.



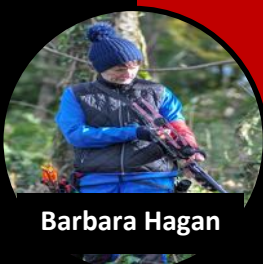
George Ferguson

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. We also contribute to discussions on club development and planning and oversee the good governance of the club. We also bring our particular interests and skills to the development of the committee.



Mark Young



Barbara Hagan



Phil Ashcroft

The Temple Shoot 2018

“ For our September Shoot the traditional location of Clandeboye was exchanged for Mount Stewart ”

As a club we pride ourselves on the standard of the shoots we provide and for our September Shoot 2018 we were delighted to cooperate with the National Trust at Mount Stewart to hold the shoot in the woods around the Temple of the Winds.

With any new venue there is always the challenge of the unknown and having to set out a course from scratch with the added consideration of the grounds being open to the public. The first stage for the field team was to familiarise themselves with the Temple woods and scope out the extent of the course and the potential for shots. A number of walks round the woods soon started to uncover a good range of potential shots and a course soon started to develop. With the initial targets identified and the risk assessments completed it was time to start setting out the course.



Temple of the Winds



With it being a new course everything was going to have to be brought in and set up, this is where the hard work started. We are fortunate at Lough Cuan to have a very good and consistent body of members who give of their time to help with the course set up and gradually over a number of mornings, afternoons and evenings the course came together.



No Michael, you can't shoot from the Temple roof!

And there is always the box to tick as an archer— do you drive a van, a 4x4 or an estate car?

Mount Stewart proved to be a very popular venue with the Temple Shoot attracting over 50 archers on the day, from top competitive archers, competitive club archers, to archers who enjoy archery as a recreational and fun sport.

Being Northern Ireland, archers are always prepared for all weather eventualities, but thankfully no wet weather gear was required and we

had sunshine and blue skies, with a little cloud.

The woods around the Temple of the winds provided an excellent venue, allowing for archers to experience a range of challenging shots, from open field, the shade and light of the woods, up and down slopes and cross slope shots. Feedback from archers was very positive, with many enjoying the challenge of shooting a new venue. Many had their favourite targets and also one or two that may not be on their favourite lists, possibly number 18!





We would like to thank all the archers who competed on the day as well as the stewards and administrators for making it an enjoyable and successful shoot.

Finally we would like to thank Mount Stewart for permission to hold the shoot and look forward to continued collaboration with them in the future.



The Temple Shoot 2018





Dedicated follower of fashion

Yes, it's official — the latest in archery fashion accessories has arrived — the Lough Cuan Bobble Hat and Neck Tube.

Looks like the flat cap may have been eclipsed as bobble hats were out in force at the Ice breaker shoot and as you can see, members were keen to give it their own particular look!



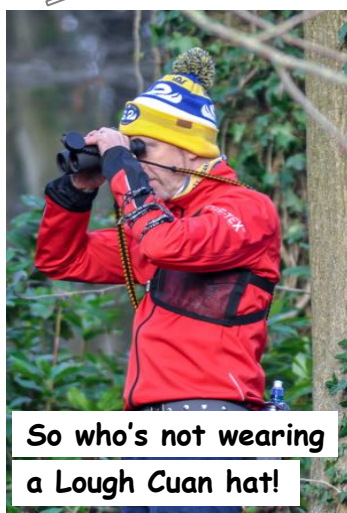
Who turned the lights out?



The worrying archer



The focused archer



So who's not wearing a Lough Cuan hat!



The cool archer



The casual archer



The scary archer



Master Class

De Tir á L'Arc

“ David Jackson provides a master class for club members at Clandeboye Estate ”

One of our goals as a club is to promote the development of club members in order to maximise their potential through training and developmental opportunities.

During the Autumn, we were very fortunate to have French International Field Archer David Jackson visit the club on a number of occasions. David was generous enough to offer his time and experience to deliver a 'masterclass' in field archery at our Clandeboye venue. While David is a specialist in Barebow the training was open to all bow classifications.

A group of very focused archers from juniors to the more seasoned senior, arrived at Clandeboye eager to learn from David's knowledge and experience. The session proved to be very valuable for all concerned. David shared some of his experience of being an international field archer and one area of particular focus was shooting up hill and down hill and David was able to give very good instruction on how to approach these shots with reference to feet position, stance, aiming and position of the bow and draw arm.



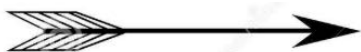
Ryan receiving some expert tuition from French International Archer David Jackson





Everyone who was at the session benefited from David's tuition and looked forward to trying out what they had learnt at the next field competition.

It was invaluable having an archer of David's talent and experience coaching club members and we are very grateful to David for giving his time and sharing his knowledge and experience.



Fergus listens carefully to what David is saying about shooting down hill



Having listened to David, Ryan and Arthur now look to put theory into practice



David modelling good practice and Peter stepping up to emulate.





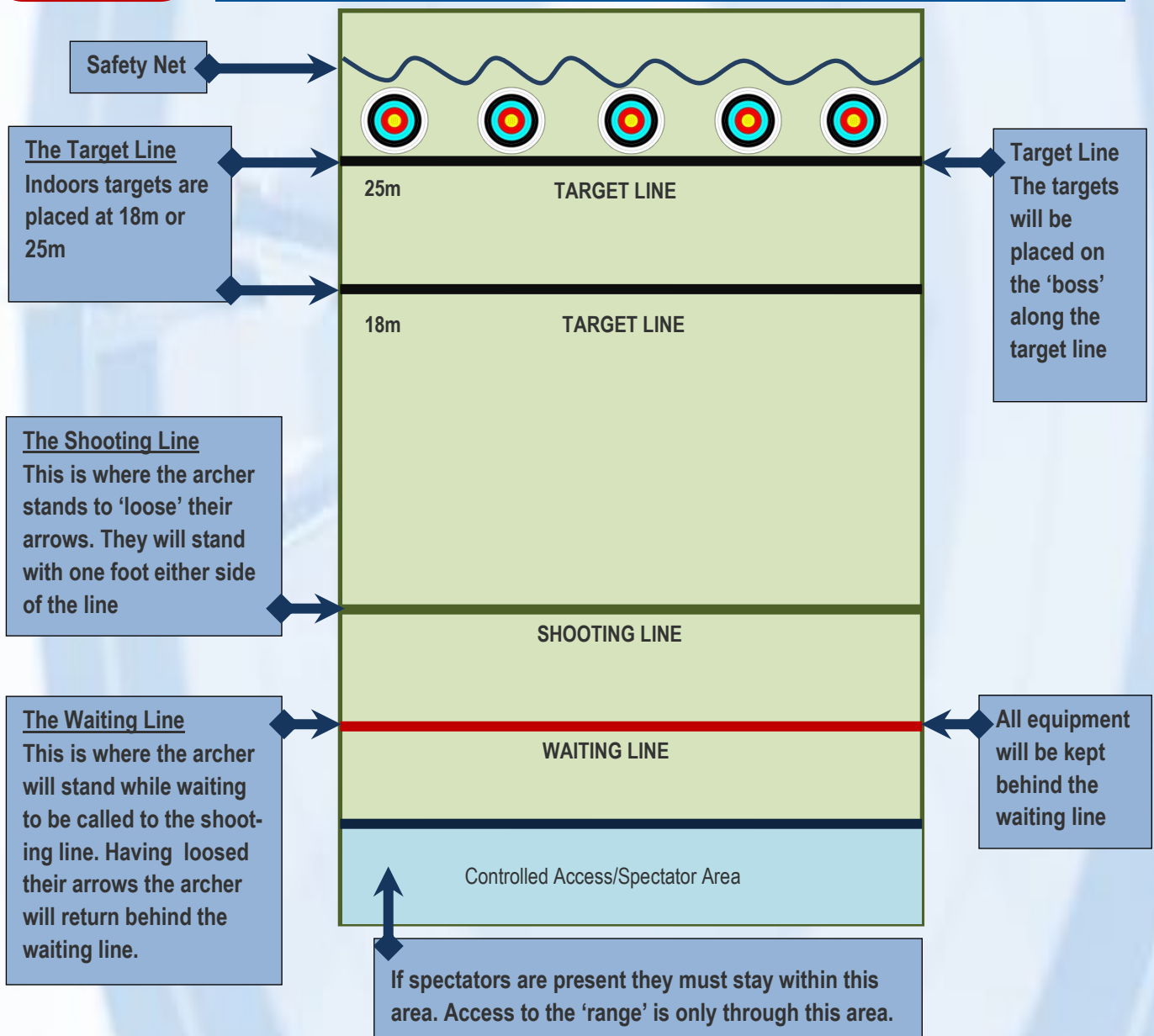
Shoot Safe



- ⇒ When waiting to shoot , always stand behind the waiting line.
- ⇒ Only move forward to the shooting line on the instruction of the Target Captain. (A signal will be given, verbal or whistle).

Now that we have moved to our new venue, It is a good opportunity to refresh the procedures for shooting indoors.

- ⇒ Once you have shot your arrows, return behind the waiting line (if the archer beside you is in the process of shooting, remain stationary until he has completed his/her shot).
- ⇒ If you hear the call **FAST** stop what you are doing, bring down your bow and return the arrow to your quiver. **Do Not** recommence shooting until instructed to.
- ⇒ Only move forward to collect your arrows on the instruction of the target Captain.
- ⇒ Walk forward when collecting your arrows. **Do not run.**
- ⇒ Stand to the **side of the target** when arrows are being pulled.
- ⇒ Pull your arrows from the side and be conscious of others around you.
- ⇒ When you have collected your arrows return behind the waiting line and wait for the instruction to shoot.



I ain't afraid of no ghost



Our monster themed Halloween competition proved to be very popular this year. In the lead up to the Halloween club night archers had their score card and had to shoot 2 ends of 3 arrows at 3 monster faces with the final ends being shot on the Halloween club night. This proved to be very popular with club members and surprisingly competitive.



An added dimension to the monster shoot was the presence of French international archer David Jackson who took part in the monster shoot competition and managed to win the gold medal. So we are hoping that our monster shoot will now be accorded World Record Status and David as the reigning Open Gold Medallist will return next year to defend his title.



Archery NI

Field and Open

Championships 2018

As a club, we were very pleased to host the Archery NI Field and Open Championships for 2018.

They were held at our Clandeboye Estate venue on the 27th and 28th of October.

The shoot was a World Record Status Mixed Round and Arrowhead

The shoot replaced our Halloween shoot in the archery calendar and would be a 2 day shoot rather than our traditional 1 day shoot. The field organizing team decided to take a completely fresh look at the course and redesign many aspects of it. There were quite a number of 'walk rounds,' revising existing shots and identifying new potential shots. After a number of weeks, a new course had been designed to not only challenge the competitive archer but also make it enjoyable for recreational archers – a challenge in itself.

The shoot took place on the 27th and 28th of October 2018 with over 70 archers competing. The archers all arrived promptly on Saturday morning, many wanting to get in some early practice, check marks and get warmed up, competitively speaking!

It was very encouraging to see the diversity of archers present from international representatives from Britain, Ireland, and France alongside competitive club archers competing for records and medals, to archers seeking to improve on personal bests and others participating because of their enjoyment of archery.

The different bow styles were well represented, with Barebow having the largest entry, not surprising as we have a strong tradition in Barebow in Northern Ireland. Other styles, Recurve, Compound, Longbow, American Flat Bow, Compound Barebow, Trad and Instinctive were all on display.



Sunshine and showers.

With everyone registered, equipment inspected and the Judge's briefing complete, it was now out to the field, with archers eager to get the competition underway. With archers dispersed around the course, there was just that short wait for the whistle. A final personal equipment check, possibly an introduction or two, the all-important – who's going to score? And then the whistle, first detail up to the peg and the first of some 5000 arrows of the day loosed, the Championship was underway.



While Northern Ireland does tend to have rain from time to time! We were very fortunate that while there were a couple of hail showers during registration the two days were rain-free, and in fact, there were clear blue skies, though not without a slight autumnal chill, especially on day one. While Star Wars may have a light side and dark side, our course seemed to have its warm side (relatively speaking) and cold side. Sunday brought very good shooting conditions with clear skies, sunshine and no wind, with some archers seen shooting in short sleeves.

From all accounts, the archers enjoyed the championships and the range of targets, though possibly if you speak to a few, target 1 will not be in their top 10 favourite targets list!

The majority of the course being in the woods provided a range of challenges for the archers particularly shooting from light to shade and vice versa as well as the direct sunlight coming between branches at some targets and some very effective 'tunnelling' shots.





The shoot was very successful for the participating archers, for some records were broken, arrowheads and personal bests achieved and medals won, while for others there was the satisfaction and achievement of completing a 2-day record status shoot and for all the enjoyment of shooting in good company with good craic.

It would be remiss not to thank our judges for their adjudication over the 2 days, for how they

carried out their roles in an efficient and professional manner and not without a bit of humour.

Lough Cuan Bowmen would also like to thank Archery NI for their help and guidance in running the Field Championships and Clondeboye Estate for providing an excellent venue.

We will be hosting the All British and Open Field Archery Championships 2019 and

planning is very much underway and we very much look forward to welcoming archers from all over Great Britain and further afield to Northern Ireland.

“ Records were broken, arrowheads and personal bests achieved and medals won. ”



So who was shooting at the Archery NI Field Championships?

The Contemplative



The Members





The Visitors



The Juniors



PROFILE



“ 2018-Another fantastic year of archery, new technique, new bow, longer arms means longer arrows (sorry mum and dad), a year filled with goals that were achieved ”

It has been a good year for Ryan who has been developing well and obviously benefiting from coaching and development programmes. He has renewed his sponsorship with Merlin Archery and having received sponsorship X Sight Archery, will be looking super cool with his new glasses.

Some of the highlights of Ryan's year:

Lough Cuan Bowmen—most improved Junior 2018

AGB Youth Festival in Lilleshall in July 2018,

- Recurve Cub Men Silver
- Recurve Cub Team Bronze medal

ANI Junior Indoor Target Championships

- Silver medal.

Junior National Indoor Championships at Stoneleigh Park

- Silver Medal Male U14 Recurve

N.I. records

- Junior gents recurve under 14 Portsmouth round
- Youth Gents Recurve WA 720 50 metres

Snap Shots





Archery NI Senior Indoor Target Championships 2018

ANI Senior Indoor Target Championships Movilla School December 2018

While Lough Cuan is probably best known for field archery, we also practice target archery and members have achieved at the highest level in this aspect of archery. Traditionally we have one formal target shoot in the year, the Double American in July. However, in December 2018 we were host for the Archery NI Senior indoor Target Championships and this would bring a new challenge to us as a club. We knew what we could do in the field, now we were going to see how we would facilitate a formal indoor target shoot.

An additional challenge to the shoot was the fact that our traditional venue, Ards Leisure Centre was closing and the new complex would not be available to the New Year. After a few phone calls and meetings we were able to secure the sports hall at Movilla High School for the championships. We would like to thank the Principal, Mr Ian Bell for allowing us the use of the Sports Hall.





“
Great to see
members
shooting at the
ANI Senior
Indoor
Championships
”



One advantage of the indoor target shoot is that it is very contained and facilitates the set up very well. The pre planning was well underway, with event advertising and entry form online, new faces ordered (quite a few) and a timing system on loan from Lisburn Archery Club and score boards from City of Belfast and we would like to thank them for their assistance. Then there was IANSEO, we were familiar with setting up a competition on it, but the Head to Head was another dimension which I was unfamiliar with and I would like to acknowledge the contribution and my thanks to Robert Hall for taking me

through the finer details in IANSEO and his assistance on the day, particularly as he was participating, though it didn't seem to effect his performance from what I can remember!

The Championships followed the format of a FITA 18 and Head to Head, with 2 qualifying sessions and the Head to Head in the afternoon.

With the first qualifying session scheduled to start at 8.30am it was an early start for some members, getting to the sports hall to check that everything was ready to go.

It was very encouraging to see a number of our 'field' archers participating in the competition, Rachel, Ros, Barbara, David and Ryan, with Stephen also shooting. The 2 qualifying sessions went well and were very competitive, particularly the compound and freestyle. With the qualifying completed there was time for a break and a quick bit of lunch and time to get the Head to Head schedule sorted -'Where's Robert!

With the schedule ready it was onto the Head to Heads, a new experience for our Lough Cuan members. The H2Hs for our members reading this who are not familiar with the format are essentially a knockout competition. You shoot against an opposing archer, if you win you proceed, if you lose you go out. As usual there was a lot of competition and friendly rivalry with the freestyle and compound divisions, with some very close matches.

There was an interesting draw in the first round of the men's barebow with our own David and Ryan going Head to Head. It was a very close match with Ryan edging a win 6-4 and moving to the next round. In the semi-final Ryan was up against number 1 ranked Stephen Kerr and unfortunately lost out and now went onto the Bronze medal match. This proved to be a very tense affair and at the end of 5 ends the scores were level 5 points all. A single arrow shoot off would now decide the match—closest to the centre wins the Bronze. Both archers approached the line and set themselves for their single shot. After 20 ends qualifying, 14 ends head to head it was down to this single arrow. Both archers loosed their arrow, bows returned to their stands and the walk to the target and yes Ryan was closest to the centre and the Bronze medal was his.



There is a bit more intensity to an indoor target championship and more organisation required to make the Head to Heads run efficiently and thanks to Ashley Russel-Cowan for 'tweaking' the schedule and keeping the H2H running on time. It was a good learning experience for the admin team ensuring everything was in place and the Championships went very well. We would also like to thank the judges who adjudicated on the day; John, Ashley, Lisa, Ann, Stephen and Johnny for their professionalism and manner.





Pathways to Success

Progress and Achievement Scheme

The Lough Cuan Badge Scheme has been developed within the club as part of our pathways programme for archer development. We hope, that not only will it increase your enjoyment of archery, but will encourage you as a member to further develop your knowledge, understanding and competence as an archer.

The Scheme is designed to accommodate the diversity of members' skills, talents and interests within the club. While each badge has its own requirements, there will be a cross over with other badges. The scheme is designed to be flexible and you do not have to do all badges but can choose the badge(s) that will be of the most interest to you.

There are 3 categories of badge:

- Skill building badges
- Advanced skills in Field and Target archery
- Incentive badges

While each badge will have specific requirements, they have been developed around 3 key themes:



Thinking about archery
What do I know?



Demonstrating your skills and competence
What can I do?



Participating in archery
How can I take part?



Skill Building Badges

The skill building badges are designed to guide and support archers as they progress from their six-week beginners course to become knowledgeable and independent archers who can shoot competently at competitions and begin trying for their Arrowheads. This part of the scheme contains three progressive stages, the White, Teal and Gold Badge.



Field and Target Badges

The field (Black) and target (Blue) badges will allow the archer to develop a more in-depth knowledge of field and target archery, while at the same time facilitating archers to focus on and develop the skills and competences to participate in the specific disciplines. These badges will take the Archer through the different aspects of each discipline; field craft, knowledge of Field shoots and Set-Ups, different Target competitions — what they are and what to do when you get there. Archers will have to complete several different types of shoots e.g. club shoots, record status and shoots hosted by other clubs. These badges are designed to get archers out into the archery community.



Club Night Badge (Non-competitive)



This badge is for those Archers who do not or can not shoot competitively. We as a club should support our Archers no matter what they want to achieve. Sport should help build confidence, self-esteem, a sense of belonging, fitness and mental well-being. This badge is achieved by attending Fun Nights and taking part in activities.

Volunteer Badge



This badge is to encourage Archers to take part in club activities. The scheme is designed to help Archers come together as a club.





ICEBREAKER

2019

**“Baby it’s cold outside.
Well actually, it not to bad!”**

The Icebreaker—our first shoot of the New Year is always a good opportunity to walk of a few calories and try out the new shiny trinkets courtesy of Santa.

One maybe forgiven for thinking you had turned up at the wrong shoot as there was no ice to break and as the clouds cleared and the sun came out, one might start to believe there is something in this climate change!

It turned out to be a good day for shooting with little or no wind to trouble the ‘traditionalists’ and very acceptable temperatures for the time of year, though a little cold in the shade.

It was very encouraging to see a good number of club members out sporting their club bobble hats and neck warmers. As always it was good to see archers from other clubs joining us.

Our field team had been out pre Christmas to make a few tweaks to the course, some quite favourable, some maybe not so favourable.



Steve keeping an eye on things



It turned out to be an enjoyable shoot with archers being able to relax and enjoy the company and their shooting, though that's not to say there wasn't a strong element of competition. Seemingly there was a small group from the White Walkers Archery Club in Westeros who were a bit disappointed with the lack of snow and ice, but

Who's in charge here!
We were promised snow and ice and there's going to be trouble.



Ros had a wee chat with them and they were alright about it and invited us to their Icebreaker, seemingly it's in April!

The Icebreaker is a good opportunity to try out new equipment and experiment with technique and Mike, a new convert to the traditional contingent took the opportunity to try his newly adopted flatbow in the field. Traditional archery in LCB is a growing and popular category and our archers represent it very well.



Mike and Oscar getting 'set' for the downhill 60cm face.



Good form from Rachel and Rebecca on the bunnies







Encouraging to see a good representation of traditional archers at the shoot and from the photo below not to be messed with.



Top Tips on Improving Mental Game and Focus for Beginner Archers

At any level of archery, having a strong mental game is important for success and improvement. Coaches can help archers begin to work on their focus and mental game from their first lesson. USA Archery's Education and Training Manager Guy Krueger has compiled four top tips for improving mental game for beginners:



1. Incorporate Mindfulness in training on a daily basis. This can be as simple as keeping the cell phone away from practice and shooting in total silence as you focus on one specific aspect of the process. You can also do other mindful activities to build awareness and focus such as sitting for 3-5 minutes focusing on only your breathing. The goal is to become aware of the focus, and when the focus switches to something else, to simply bring it back to the original focal point.

2. Bring an open, growth mindset to practice. A growth mindset is one that believes skills can be developed through hard, smart work and that failures and challenges are all part of the learning process. Approaching practice with this mindset will accelerate the learning and growth stage for new athletes.

3. Know what good looks like. Watch video of the best archers in the world. Studies show that when you do this, neurons are firing in your brain which will create neuropathways. This means you will start to develop a mental familiarity of shooting by watching videos of the best performing.

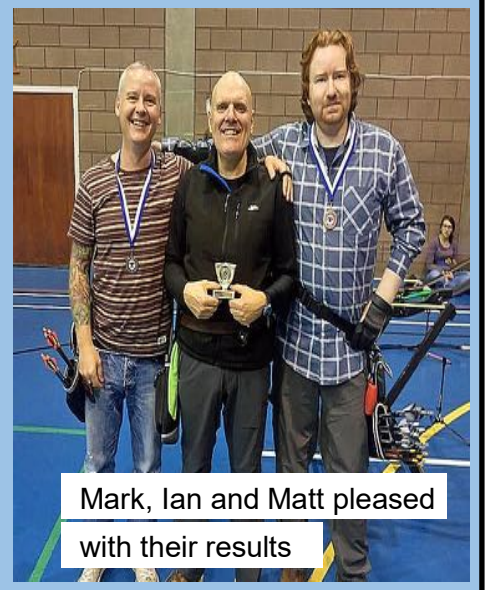
4. Start and finish practice with a few minutes of imagery on what you want to accomplish, your mindset, and your process. Finish the day rehearsing the things that went well or even on the things you still need to improve upon.

Source USA Archery. <https://www.teamusa.org/USA-Archery>



A Bit of Friendly Competition

It's always good to see members taking the initiative, especially when developing archery skills. Matt, very informally with some of his shooting companions had been setting some shooting challenges at the end of a club night. He decided to get a few more people involved and amongst a small group of members initially an informal zombie shoot competition developed (it became quite popular with additional members joining in). Each week the archer completed their score card which was collected at the end of the night by Matt and put on their spreadsheet and at the end of 4 weeks the winners announced. By all accounts everyone involved enjoyed it and it helped develop skills in a friendly competitive environment. Good to know we are in safe hands should a zombie apocalypse occur.



Mark, Ian and Matt pleased with their results

FITA Arrow Head Awards

The club has had quite a bit of success over the past year with archers achieving a range of arrow-head awards. I am not going to list everyone, as I am bound to leave someone out.

For our newer members, 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 to a specific score. See the picture below and charts right.



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

“Christmas — That’s my favourite”



The Christmas dinner was held at McBride's of Comber Square. Last years food was so good, it was decided it was well worth a second visit. It was a great success and a very enjoyable night was had by club members, family and friends. A big thank you to all involved in the organisation for their hard work in organising the dinner. And by all accounts nobody had to be added to Santa's naughty list! Well nobody we know of!



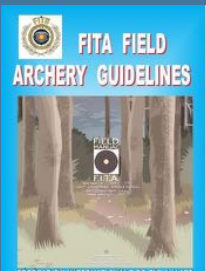
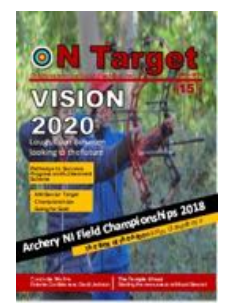
BLOOMING HECK!

It was rumoured that there were some early blooms at Clandeboye, possibly due to the mild weather. Either that or Mark Young's experiment at growing arrows had finally come to fruition. As it transpired our traditional archers are a very loyal group, and promoting team spirit. So if one missed, they all missed and managed a fairly good group in the process.

Helping you to stay **ON TARGET**

For our new members and members, we have a back catalogue of our On Target magazine. 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—back catalogue



If you want to further your knowledge and understanding of field archery, the FITA Field Archery Guidelines is a good starting point. It provides very useful information on all aspects of shooting in the field. Topics include; shooting up and down hill, shooting slopes, estimating distance and identifying faces along with basic field rules. A very good read particularly if you are working on your Field Archery Progress Badge. If you Google the title you should be able to find a copy (PDF).



Club Night
Every Friday 7.30pm—9.30pm Blair Mayne
Wellbeing and Leisure Complex

“**WORK HARD** &
 be proud of what you
A C H I E V E”



**A Date
 for your Diary**

Our next club shoot will be the Valentine Shoot. This will be on Sunday 10th February 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.



Save the Date
10th February
2019

Stay Connected

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

