



# OnTarget

@ Lough Cuan

December

Club Newsletter for Lough Cuan Bowmen

Issue 6 2014



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**Halloween at Clandeboye**

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# On Target

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

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

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

Also we hope 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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## It's Christmas



The Christmas dinner was a great success and well attended by club members and their family and friends. A sincere thank you to Ann and Margaret for their hard work in organising the dinner. And by all accounts nobody had to be added to Santa's naughty list!





## A Lough Cuan Halloween

The Halloween shoot at Clandeboye was a great success as ever and provided a fun yet challenging shoot. A big thank you to everyone who helped set out the course and added the additional decor.



We all sympathise with you Sophie



He's behind me, isn't he?

All present and correct sir



I don't think anyone will question the treasurer!



127 + 149. 9 add 7 is 14 carry 1, but really it's 10. How does that work!





So the old man thinks he can beat me!



A new convert to the field!



As the editor, I reserve  
the right to photo shop  
my bad arrows out



I know Gary likes a long target.  
But when you can't even see it!



This bow in a bag is a  
great idea



If  $V$  = velocity,  $DR$  = dynamic  
release and  $L$  = luck. Then  
 $V$  divided by  $DR$  multiplied  
by  $L$  should = GOLD!

Royal Ascot has serious  
competition!





## British Barebow Championships 2014

The XIII British Barebow Championships were held on Sunday 23 November 2014. There were 7 venues throughout the UK, with the Northern Ireland leg being held in Banbridge Leisure Centre. The event was open to all archers shooting 'barebow' and the event attracted archers from North and south of the border.

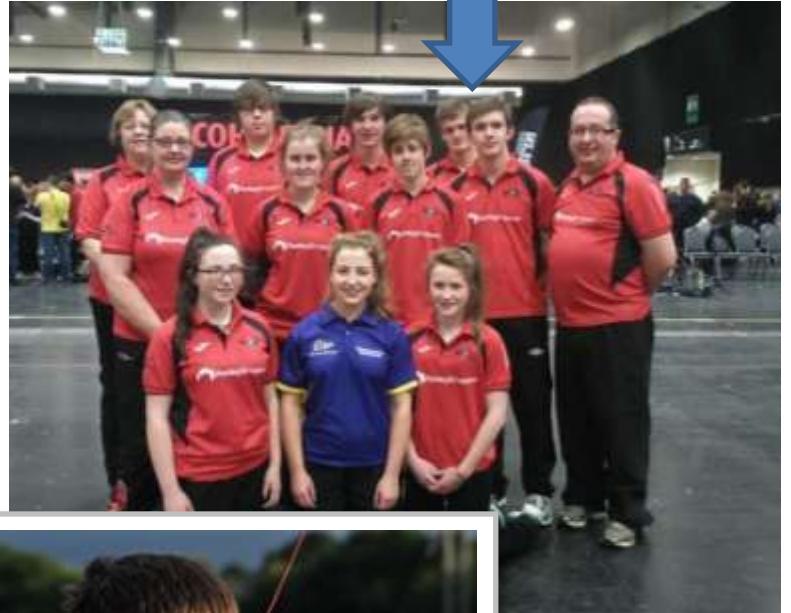
Congratulations to Sophie Benton on her excellent performance at the British Barebow Championships. Sophie won the NI region round and came 3rd overall in the Championships. Sophie was awarded the Blue Medieval Archer Badge

Congratulations Sophie



This event was well attended by archers from LCB, Steve and Sophie Benton, Chris Millar, Sean Byrne and Bill and Matthew Latimer. It was a very enjoyable event with all putting in strong performances.

Well done  
Rory



The weekend of 6 December was another successful one for the LCB. Rory Fitzpatrick was in Coventry at the National Junior Championships as a member of the NI Junior Squad and performed well and shot a new PB.



## GILFORD FESTIVE SHOOT

On Sunday 7 December LCB members supported BAC at their Festive Shoot in Gilford. This was a charity event and a really enjoyable day with a great range of targets. Having never shot at Gilford, I would certainly recommend this shoot to club members. After some sun, rain, sleet and snow there was a very welcome bowl of stew and festive treats provided by BAC. It proved to be a good day for LCB with 3 Gold medals for Raymond Brown, Arthur Halligey and Michael Ferguson and it was great to see Noel Tennyson back out competing at a field shoot for the first time since breaking his ankle.



## That's a Cracker!

Why did Santa's helper see the doctor?  
Because he had a low "elf" esteem!

What do you get if you cross Santa with a duck?  
A Christmas Quacker!

How does Good King Wenceslas like his pizzas?  
One that's deep pan, crisp and even!



## Judges Corner



### Target-Indoor/outdoor

1. What is the 3m line in front of the archer for?

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2. What is the difference between ends of practice and ends of sighters?

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3. What are the restrictions on height of telescopes on the shooting line?

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4. What are the 2 positions an archer may shoot his bow from on the shooting line?

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5. Is an archer allowed to draw his bow without an arrow in position (practice draw) in the waiting area of the shooting arena?

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1. What is the rule governing arrows in competition?

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2. At the equipment inspection in a FITA award shoot, when the judge asks a recurve archer to draw his/her bow to their anchor position. What is the judge looking for?

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**Why not put your feet up with a glass of wine and a mince pie and test your archery know how?**

3. 'An arrow once shot cannot be reshotted.' Can you name 2 exceptions to this rule?

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4. When is the rule on equipment failure suspended?

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5. When an archer has shot his final arrow. He must leave the shooting line/peg immediately. Can you name the exception to this rule?

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### Field

1. A shooting group accidentally misses/by passes a target – What is the procedure / outcome / penalty?

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2. An archery group are shooting so slowly that they are holding up the groups behind. On checking, the judge finds they are shooting singly, leaving the shooting peg unattended while chatting, taking more than the allotted time to shoot their arrows. The judge advises them of their erroneous behaviour, times them and writes a warning (time wasting) on the back of their score card. They ignore the judge's advice/warning and continue their erroneous behaviour. What happens next?

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3. The shooting peg becomes free and both archers move forward to take up their shooting positions. Just before they reach the peg they stop and look at the target and surroundings, estimating distance target face etc. Is this allowed?

4. An arrow explodes on loose.- Part embeds in the scoring zone, part embeds in a tree and part falls at his/her partner's feet. What happens next?

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5. In G.N.A.S – FITA Field. What is the rule for bouncers/pass throughs?

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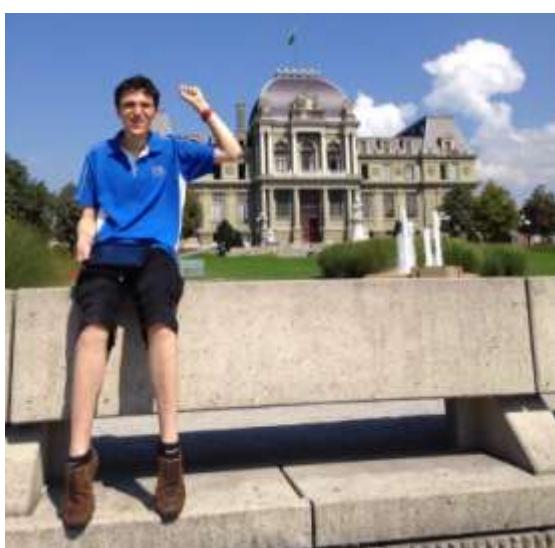
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Thanks to Andy Hagan for providing the questions.  
Answers page 19



## “Where in the World?

Andrew, Lough Cuan's most famous traveller has been on his travels again. Can you guess where he has been this autumn?



## Junior Archers

At Lough Cuan our Junior section has grown over the past year and we have at present a very enthusiastic and talented group of young archers. Their achievements include honours at regional and international level. You can see some in action on the next pages. If we have missed you out, don't worry we'll keep a space in the next edition for YOU.





Junior Archers







## Coaches Corner

*Arthur Halligey*

### Stiff Little Fingers

This, the first in a series of articles about coaching which will look at different aspects of archery, is about the bow hand – not '70's Punk Rock.

It is often said that tension is the enemy of archery – tension anywhere in the body can find its way into and cause unwanted movement of the last part of your equipment that is in contact with you on loosing – i.e. the bow. Relaxation is one of the main ways to reduce that movement, getting more consistency into your shot and your results.

You can get pretty good results from gripping the handle tightly – at first. Small muscles at the extremities have limited stores of energy and, with repetitive shooting, will soon tire. With the muscles tiring, will you have as firm a grip after 60 arrows as you did at the first – or even from shot to shot? Relaxation is easy to maintain over any period. We come to archery from a world where we use our hands constantly – buttering your toast, gripping your mug of tea, holding your toothbrush – and that's just within 10 minutes of getting up in the morning! With archery you have to learn to relax and let go.



*Picture of hand (above) with approximate location of bow handle (straight line) and contact/pressure point (circled) on thenar*

The ideal consistent bow hand position is, about  $45^0$ , more or less, to the vertically held bow, thumb pointing towards the target. Whether you use a high wrist or a medium wrist position is up to you (the medium wrist is more relaxed, puts less stress on the wrist and is less tiring) so that the contact with the bow is on the thenar eminence (the fleshy bit of the palm under the thumb) in line with the radius (upper bone in the forearm). The bow should not come into contact with the hand beyond the life line, the curved crease around the thenar. Relaxing means that

### Slings and Arrows of Outrageous Fortune

With the handle located in the pocket formed by a relaxed hand the bow will push back into the thenar on the loose then, as the muscles bounce back and the hand pushes gently towards the target, fall. In effect the bow, being free to move, should take a graceful 'bow'. The top limb in Freestyle will 'bow' away from the archer, pulled down by the weight of the





The archer must resist the urge to 'snatch' at the handle at the last instant. A sling will stop the bow falling to the ground. A finger sling for recurves and a bow sling for compounds are more usual but it's up to you as to what you find most comfortable – sorry longbows, you just have to learn to hold the bow as lightly as you can.

Laces for trainers work as well, if not better, than the commercial finger slings which are made a standard size – has anyone out there got a standard hand? The best thing is if you buy one lace you get one free! Tie a loop (measure the loop and write it down). Ask your Coach to demonstrate how to use it.



*Until the next time practice often - but practice smart!*

## “Where in the World?



It's surprising how archery has influenced the Arts, sculptures and statues appear in a variety of places. Can you guess where you would find these 3 structures?

Answers on page 19





## Having ago at Montalto

The 27 and 28 September saw the club hosting a 'Have-a-Go' event at the Ballynahinch Harvest and Country Living Festival on the Montalto Estate. This was a new festival with probably in excess of 15000 people present over the 2 days. The festival aimed to exhibit the best in game fairs and country shows alongside the 'lifestyle' that the countryside has to offer. The have go sessions are a great opportunity to show case archery (and LCB) and introduce the public to the basics of archery and how they can become involved. . The weather was kind to us over the 2 days and there were certainly a significant number of people wanting to have a go. Club members were very professional in hosting the event and very welcoming to the public. And as always it was a fun event with great crack.

over the 2 days and there were certainly a significant number of people wanting to have a go. Club members were very professional in hosting the event and very welcoming to the public. And as always it was a fun event with great crack.



Roll up, Roll up. All the fun of the fair





Club members providing tuition



Orangeade

At the end of  
the day a cool  
glass of orange  
juice is always  
welcome!

We are very grateful to the club members who give of their time and effort to help at the have a go event. So, thank you, to everyone for making this a very successful event for the club and the public. If you haven't had a go at a have a go there's always next time.



Rodney, you plonker,  
it was Robin Hood  
fancy dress not  
Batman and Robin!

**That's a Cracker!**

What is the best Christmas  
present in the world?  
A broken drum – you just can't beat it!

What athlete is warmest in winter?  
A long jumper!

What do you get if you eat Christmas  
decorations?  
Tinsilitis!





## Entering Your First Competition

You may have been coming to the club and enjoying shooting on the club night, but possibly you think, I could never enter a competition – that's only for the 'experts.' But you might be surprised, they are a great way to meet people and have fun while developing your archery skills.

Many of the competitions in Northern Ireland (and in the UK) are open to archers of all abilities, are very relaxed and beginners (yes, you!) are encouraged to give it a try. The rule of thumb: If you hit the target consistently at 18 metres – not the middle, just the target – you're ready for your first tournament!

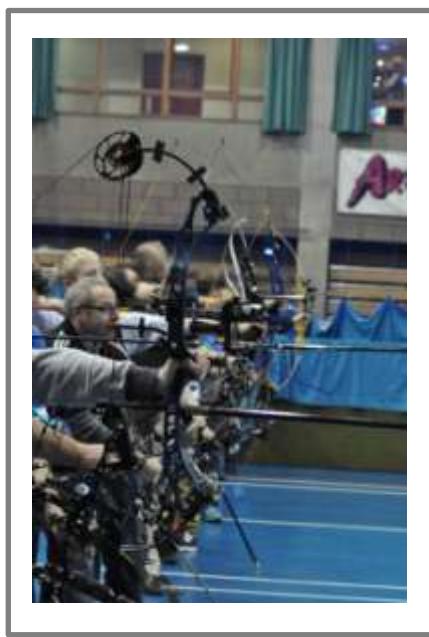
During winter, most target competitions are indoors, where archers shoot targets 18 metres away. The Indoor archery season is the perfect time to shoot your first competition. Here are a few tips to get started.

### How do I find out about Competitions?



Decide which competition you want to shoot. At Lough Cuan simply ask one of the committee about dates, (Gary Miller is the tournament Organiser) Michael also keeps members up to date with competitions through the e-mail newsletter and the NIAS will also publicise competitions.

To enter the competition you will need to fill out an entry form (these are often attached to the club e-mail update. Complete the form, which collects basic information about you, and the bow type you shoot. Send it to the tournament organiser. There is generally an entry fee, sometimes this is paid in advance and sometimes it can be paid on the day.



### What Should I Do?



Find out where the competition is being held. During the winter they are often held in leisure centres or school facilities. Registration form will have indicated a starting time. It is always useful to arrive in good time. This will give you time to check in, stretch, assemble your bow, have your equipment checked and relax a few minutes.

### What Will The Competition Be Like?



Make sure you are familiar with the competition format. While most indoor competitions will shoot 18 metres, there are a variety of different formats for example a FITA 18 or a Plymouth. This information should be on the registration form. It's always good to do a bit of homework in advance and find out about the type of competition. There is plenty of information on the internet, but you can always ask one of the committee, the coaches or a club member about the format of the competition.





Some questions you might want to think about:

- What style of competition is this?
- How many total arrows will we shoot?
- How many arrows will be shot on each end?
- How long do you have to shoot your arrows?
- What is the procedure for shooting?
- How long will the competition last?
- What should you wear?

## What Will I Need?



Make a list and check your equipment you'll need for shooting the evening before (particularly if you have an early start). These would be the essentials for the competition; It is also useful to bring something to eat. Depending on the length of the competition you may want to bring a packed lunch. If the competition is in a leisure centre, they will generally have a café. However, bring something to keep your energy up while you shoot. Water, an isotonic sports drink, are beneficial along with energy snacks such as fruit and nuts.

## What Happens When I Arrive?



Plan to arrive early and check in. In some competitions you may receive two scorecards or the score card may be already placed at the target. You will be given a target number and the target face you will be shooting at. The target boss will have 4 faces on it and you will be allocated to one.

Assemble your bow carefully, and make sure you have all your equipment. Ensure you tighten all bow parts you normally screw into place, such as weights, sights and stabilizer. Remember to stretch and warm up your muscles, use a stretch band if you have one. Remember RELAX. Sit down listen to some music, have a chat.



## How Does the Competition Run?



Before shooting commences there will be an equipment inspection, this is just to check that bows meet the requirements for their category. Most indoor archery competitions will shoot in 2 details, which means one group shoots, a second group shoots, and then everyone pulls their arrows and scores together. This maximizes the number of competitors in the tournament.

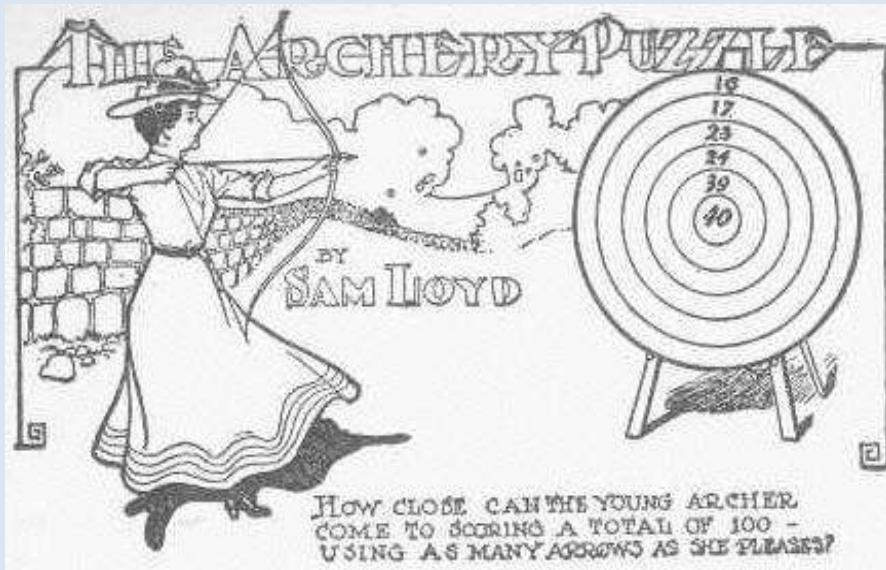
Competitions require archers to score in groups. This means every archer from your target, you included, goes down the range to score and pull arrows when told to do so. Two sets of scorecards are usually kept. Two archers serve as scorekeepers and generally each archer 'calls' their score, highest arrows are called first, e.g. 9, 7, 5. . The 2 archers not scoring will generally pull the arrows for the group.



**Have Fun!** One of the great aspects of archery competitions is the variety of archers, there will be very experienced archers alongside novices, some will be shooting for competition scores others will be shooting for personal bests and others for recreation. The common element is that they all find it an enjoyable experience. So remember, relax and have an enjoyable time. The main aim for your first competition is to develop your form and have fun. Don't focus too much on scores, concentrate on your technique and form and have a good time.



## Sam Loyd's Archery Puzzle



Here is an odd little puzzle which occurred the other day at an archery meeting.

The young lady who carried off the first prize scored exactly one hundred points.

The scores on the target are: 16, 17, 23, 24, 39 and 40.

Can you figure out how many arrows she must have used to accomplish the feat?

Answer on Page 19

Source: <http://www.mathsisfun.com/puzzles/sam-loyd-s-archery-puzzle-solution.html>

## It's a Puzzle?

Santa has lost his list of archery presents. Can you help him find them?  
Words are vertical, horizontal and diagonal.



Arrow	Recurve	Nock	Quiver	Tab	Limb	FluFlu	Brace	Pile	Aim
Vane	Fletch	Spine	Riser	Barb	Bowyer	Quill	Loose	Fistmele	

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



## How well did you do? Answers to the Judge's Quiz

1. If an arrow or part of an arrow falls within the 3m line it may be reshotted.
2. Ends of practices – you may shoot as many arrows within specified time limit. Ends of sighters – you may only shoot the number of arrows per end (93-6) in the time period.
3. Should not be above the archer's arm pit.
4. Standing or sitting.
5. NO. He /she must leave the arena if practising a draw.

### Field and Target

1. a. Must be identical. B. Must have archer's name/initials on shaft. C. Shaft not exceed 9.3mm. Pile 9.4mm diameter.
2. Top of string serving not in line with eye.
3. 1 If an arrow falls within the 3 m line. 2. Boss falls over with arrows embedded.
4. During 'knock-out' stage of competition.
5. If their partner on target is still shooting.

### Sam' Solution

Six arrows: because  
 $17+17+17+17+16+16=100$ .

### Field

1. a. Notify the judge ASAP  
b. Judge will arrange for missed target to be reshotted  
c. If the group are unaware of which target was missed – targeted is forfeited.
2. A judge takes control of the group and directs their behaviour and times their shooting. Any failings the archer loses their highest scoring arrow. The archer may also lose any arrows not shot in the stipulated time. This continues throughout the rest of the competition.
3. No. They take their shooting positions immediately, Not in their own time.
4. They shoot another arrow as part of the arrow did not cross the imaginary 3m line. Arrow is considered not shot.
5. Shoot another arrow.

### Where in the World?

- A. Sankey Valley Park Warrington
- B. Cupid's Span," San Francisco, California.
- C. Radhakrishnan's Maiya as Bow and Arrow at Tagore's India



Our next shoot is on Sunday 4th of January and this is our Ice Breaker shoot. This will be a FITA 24 un-marked round. Plan to come along and bring all the shiny new bows, arrows and quivers etc. that Santa will have brought you. This is the first field shoot of the year and the NIAS field League trophies and medals are usually presented then.



## Archery and Photography

If you are interested in archery photography, why not check out Dean Alberga at Dutch Target: <http://dutchtarget.smugmug.com/>



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**"It's the most wonderful  
time of the year"**

We would like  
to wish all club  
members at  
Lough Cuan a  
very Happy  
Christmas



FREECHRISTMASWALLPAPERS.NI

## What the best dressed archer is wearing

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.

Take the  
opportunity to  
look good in  
Lough Cuan  
Blue