



# onTarget

@Lough Cuan

Issue

Club Newsletter for Lough Cuan Bowmen

March **3** 2014

## Valentine's Shoot

But not cupid's arrows

## 3 D Archery

No need for glasses

## Building Bridges

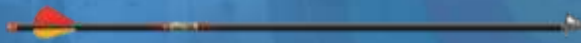
Not over troubled waters

## Club Night

Who's been framed!

## Paris in the Autumn

For 1 lucky club member



Welcome to '**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 hope to 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.

**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, photos and book titles for this edition. Keep the ideas coming 😊



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## St. Valentine's 2014

All the hard work and preparation pays off. The Valentine's Day shoot at Ballywalter went off very smoothly and enjoyed by all who took part. The course tested all those who took part, even some of the more seasoned archers. The course was well set up with a lot of thought going into the range of targets to be shot. This certainly is a course that will be enjoyed this season. Thank you the club members for setting out the course.

"Great course and boy did we get lucky with the weather." Deidre Shannon



I just want to say thanks to Noel and his team at LCB for a great shoot today. I for one found it very testing and it was obviously the result of a lot of effort on the part of those who set the course."  
Neil Gordon





## 3 D Target Archery

3D Archery is a form of Target/Field Archery and archers of different skill levels can take part in it.

Initially the use of the targets was primarily for bow hunting practice but gradually over time clubs began setting up courses to challenge archers which eventually led to more competitive shoots being set up.

3D Archery is generally set in woods, fields and occasionally in an indoor range for practice. In 3D archery the archer will shoot at various animal shaped targets, generally made of self-healing foam. These are close to life sized animals. The types of animals will vary depending on the country and club. You may see everything from Antelope, Deer, Sheep, Beaver, Fox, Badger, Wild Boar, Grouse, Brown Bear, Polar bears and even the occasional dinosaur!

A 3D shoot is very similar to a field shoot; generally the venue will include 24 targets set out around the course. Targets are placed in varying situations to provide different challenges to the archer, but in all cases, the scoring zone is visible to the archer. 2 arrows will be shot at the target unlike field which is 3. The course may be a marked course or unmarked or a combination of both. Archers will shoot from a designated peg, depending on their bow style and experience.' The distance to shoot is indicated by a marker and will be between 5 and 60 metres depending on the type of bow you are using. A red post is for Compound and Recurve divisions, a blue post is for Barebow, Cadet Recurve and Cadet Compound divisions, a yellow peg is for the Cadet Bare Bow division and the white peg is for under 12 and 15 and beginners. Your feet must be behind the peg when shooting



Each 3D Target will have a set of scoring rings on it. In IBO scoring which would tend to be used in competitions in NI the smallest circle scores and 11 or 12 points, the next ring is the heart, 10 points, the lung is 8 points, the body is 5 points. The hoof or antlers on an animal score a zero. Similar to field competitions if the arrow breaks (touches) the next higher scoring ring it counts as the higher score. Unlike indoor and field target situations you will not be able to see clearly (particularly at the longer distances) the



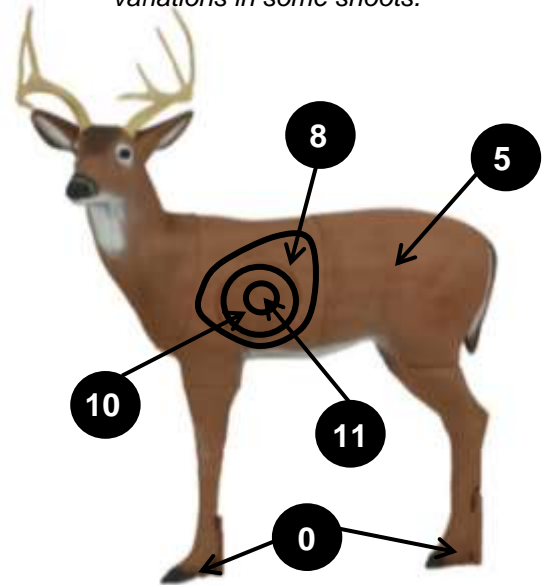




# Lough Cuan Bowmen

scoring rings from the shooting stakes so it is useful to have a good set of binoculars or a reference card. Generally 2 individuals keep score and one calls the shots. Cards are compared at the end to confirm no mistakes were made in adding up the score. Like the field archer, when shooting 3D, the archer will be out in the field for most of the day and will need to plan for the whole course. Apart from their equipment they will also need to think carefully about clothing, footwear and what kind of food and drinks they need for a whole day of competition. Depending on the time of year they will need to consider clothing for hot weather, cold weather, wet weather and it being Northern Ireland probably all 3 and choose appropriate clothing.

*Scoring rings on a 3D target. There may be variations in some shoots.*



A small backpack or waist pack is often a valuable accessory. As 3D shoots take place in a woodland environment a good sturdy pair of shoes/walking boots are essential as they help provide a good stance in the field, and make walking from one target to another in natural surroundings in all weather conditions safe.

## **There is also 2D animal target archery.**

In this form of archery animal target faces are used on the target bosses.

The rules and protocols are essentially the same as for field and 3D archery



*"I shot my first 3D shoot last year  
and was initially a bit nervous,  
- wondering would I hit anything,  
and actually I did.  
It was great fun  
and I would  
recommend it."  
Bill Latimer*

*Take care on a 3D shoot you never know what might appear.*



*John Kenny at a 2D animal shoot*







## ***'MISTY MORNING***

### ***~~ALBERT BALLYWALTER BRIDGE~~***

***WITH APOLOGIES TO VAN THE MAN***

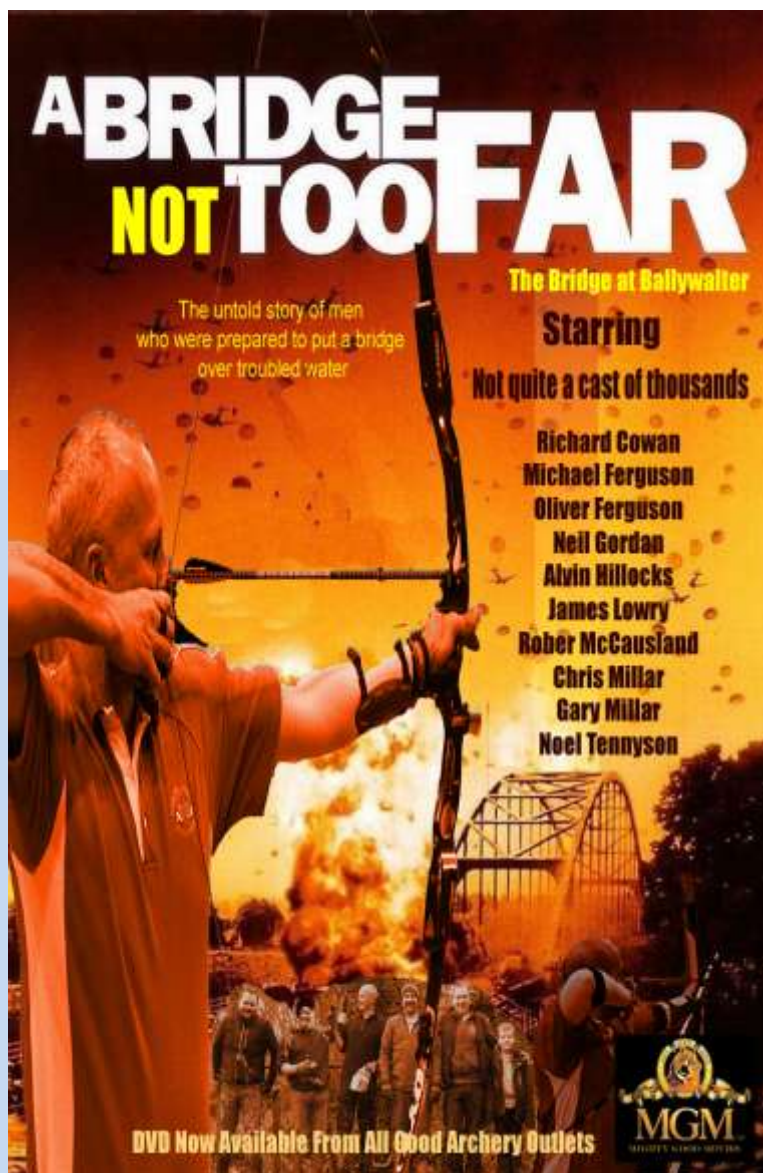
The key to the success of all great events is as they say 'Preparation, Preparation and more Preparation and a 'Good' shoot owes a lot to the meticulous preparation that goes on behind the scenes. At LCB there is a team of dedicated members working to ensure that the course is set up to the highest standard. With the club hosting the NIAS Field Championships in April, preparations were started well in advance.

One of the key tasks was to put in place a foot bridge and on a cool Sunday morning a group of club members worked hard to ensure the bridge would be place.

A good field shoot will be well thought out and marked out and this also requires a lot of preparation and while the bridge was going into place, Noel, Alvin and Neil Gordon were checking bosses and targets and making sure all the appropriate distance pegs and signs were in good order, ready to be set out. I'm sure everyone would like to thank all those involved in setting out the courses.



Throughout the year the club organises a number of field shoots at Ballywalter and Clandeboy Estate as well as outdoor target shoots. There is a lot of preparation and planning behind the shoots and the club always welcomes willing members to give a hand helping to set up the courses. This rarely takes any more than a morning, usually a Saturday or Sunday. It is good craic and a way of finding out more about how a 'field shoot runs.' It also gives an insight into how and why targets are placed where they are and an opportunity to learn a little field craft. So why not come along next time you will be made very welcome and off course there are Anne's scones.







## The Bridge at Ballywalter



All present and correct

Lough Cuan Engineering PLC



Ready for the big push



Lots going on back at the Albany



Gently does it



Nothing left to chance



Careful now. We wouldn't want Richard's new nickname to be Richard 'four fingers' Cowan

A job Very Well done





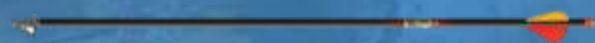


your **LCB**

There's always a lot happening at a club night. Our picture wall has a few members enjoying their club night.









The **Archery GB Progress Awards** are designed to provide beginners and younger archers with awards for developing their archery skills. The junior age groups are aligned with 5 educational key stages. The scheme can also be used as an adult beginner incentive.

## The Youth Archers at Lough Cuan continue to show 'super' form

Thomas McCartney attended a Talent Identification Evening run by NIAS at the Sports Institute at Jordanstown. I am pleased to say that Thomas shot very well and has been selected to join the program and be a member of the NI Junior Squad. Thomas now joins, Matthew and Conor Hall who are already in this program. I am sure you will all join me in wishing them every success.



Thomas



Matthew

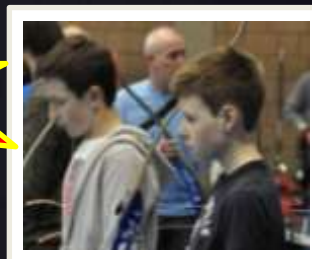


Conor



Congratulations to all our youth archers who are working on their FITA progress badges

Some the youth archers showing their good form







## Having Your Card Marked

As you progress in archery and start to enter competitions you will eventually have to fill in a score card and possibly those of other archers. This is a straightforward process, with slight variations depending on whether it is a field or target shoot and the type of round e.g. FITA, Plymouth or American. When it comes to marking, the scores are recorded on a score sheet with the highest scoring arrow recorded first, for example "9-6-2". If an arrow does not score it is called a miss and is marked with an 'M' on the score sheet.

At an outdoor target shoot arrows are shot in 'ends' of six or three arrows (depending on the round or distance being shot). Indoor arrows are generally shot in groups of three with every six arrows shot being called an end. Arrows should not be touched until all arrows have been scored and then they can be removed from the target face. If there is a query about a score or a mistake made on the score card the judge should be called in to adjudicate. Once the arrows have been removed, no alterations to the score sheet may be made without the judges say so.



Here is an example of what a scoring card might look like. Remember there will be variations depending on the round being shot.

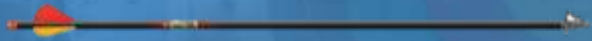
Scores are entered and totalled from left to right.

Date						Name						End Total (6 arrows)						Total for 12 arrows		Scoring arrows on target		Arrows in the Gold	
Bow						Division																	
Arrow Scores						½ D	Arrow Scores						½ D	Doz	Hits	G	R Total						
8	7	6	10	8	6	45	9	9	8	8	7	M	41	86	11	3	86						
6	4	3	8	7	M	28	10	8	7	8	8	6	47	75	11	1	161						
9	7	6	10	9	9	50	8	8	7	9	8	M	40	90	11	5	251						
8	6	6	9	8	8	45	8	8	8	9	8	7	48	93	12	5	344						
10	9	8	9	8	8	52	10	8	8	10	9	10	56	108	12	7	452						
															57	21	452						
Archers Signature:															Total score for the tournament								
Scorers Signature:																							

If you would like to find out more about tournaments and scoring, Archery GB has a very informative booklet 'A Guide to Scoring and Tournaments' on their website.

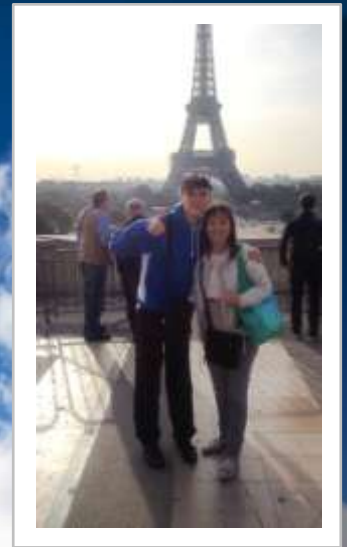
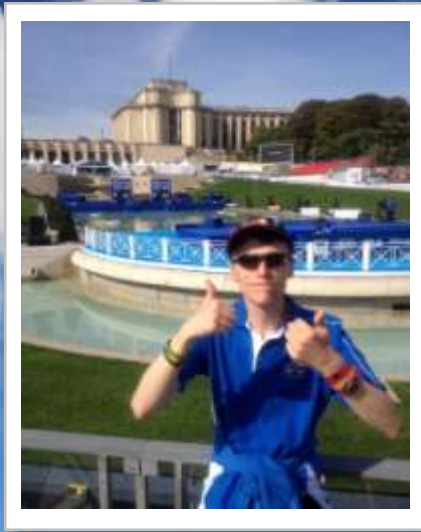
<http://www.archerygb.org/tools/documents/12ScoringandTournaments-%5B13156%5D.pdf>

Running – Cumulative total.  
Calculated by adding the total for each set of 12 arrows



**"Paris is always a good idea."**

*Audrey Hepburn*



As Audrey Hepburn says, "Paris is always a good idea." But when the Archery World Championships are being held there it is an even better idea. For one of our Young archers **Andrew Hornsby** it was an opportunity not to be missed. Andrew got to experience the World championships first hand and had the opportunity to meet some of the world's top archers.



Source for background graphic: Trey Ratcliff, renatofraccari, superjuju29, Puunkzinhu, manicho, LeMex, skyofca

James and Richard demonstrate good form with their freestyle recurve bow







At Lough Cuan we have coaches who are willing to give of their time, knowledge and experience. Arthur Halligey well known for his love of the long-bow and more recently for his acting prowess shared some of his thoughts on being a coach and hopefully in future issues or other coaches will share a little on their perspective.

*A good coach will make his players see what they can be rather than what they are. Ara Parasheghian*

**Q** Why did you want to become a coach?

**A** When I first took up archery, about 18 years ago, coaching was minimal. It was accepted that the coach had to be asked before intervening. I became a Coach about 8 years ago reasoning that archery needed a more proactive approach if the general standards were to improve. There will always be people who will develop on their own, but these are few and far between – all of us can do well but we often need that bit more help and encouragement. With a background of Training & Development I reasoned that I could make a difference.

**Q** How did you want to see coaching for archers develop?

**A.** Around 5 years ago John and I came to a decision that, while we could achieve a certain level of instruction in the Club (2 hours once a week), this was not achieving what we had been trained for. To become more interactive and develop a more personalized approach for archers we formed STAR! (Sustained Training in Archery – Result!) This enabled us to spend time with individual archers and focus more on developing their individual skills and technique; in essence we could devote more time to actually coaching. With the other Coaches (Michael and James) involved as well we have seen some worthwhile results.

**Q.** Would you recommend coaching to an archer who may want to coach someday?

**A.** As a coach there is the pleasure of seeing archer's progress, having fun and staying in the sport. It does have its challenges and becoming a coach isn't for everyone. It takes time and commitment and will reduce your own time for practice. It will be hard when you have archers who find it difficult or when you have to correct technique. There are those nice occasions when an archer makes meteoric progress and there comes a point when they move on to higher levels.

For those who are interested there are Level 1 or Leaders (soon to be replaced by Instructor) courses held fairly regularly. It will take effort and a desire to give back to the sport what it has given you.

*"I never ceased to be amazed at the power of the coaching process to draw out the skills or talent that was previously hidden within an individual, and which invariably finds a way to solve a problem previously thought unsolvable"*

John Russell

*"All coaching is, is taking a player where he can't take himself"*

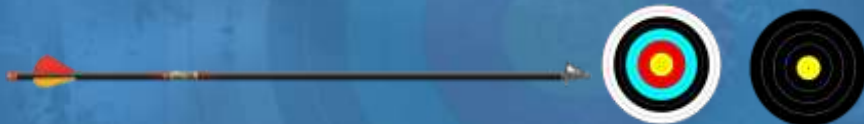
Bill McCartney

## Special Occasion's

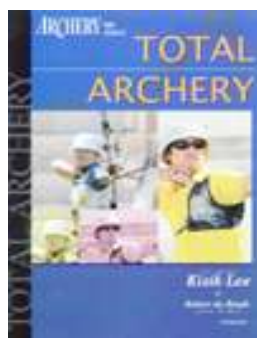


At Lough Cuan there is always a little more to a club night than just shooting. Throughout the year there are more than a few special occasions which arise. Club member Anne Orr recently had a special occasion to celebrate which the club was very happy to celebrate with her. And obviously a gentleman archer would never mention age.

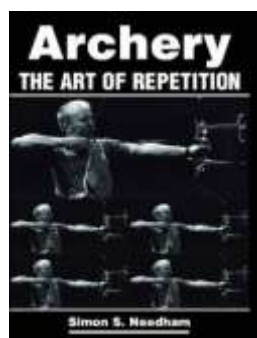




## What is the discerning archer reading this month? Recommendations this issue from Noel and Arthur respectively



A very well laid out book, readers will find great value in the hundreds of photos, diagrams, and exercises, providing the reader with a unique perspective into the difficult world of competitive archery. While quite a technical book thought has gone into the layout and application of learning. Kisik's techniques are based on biomechanics and laws of physics. He explains all of this very well. His style is a new evolution in shooting technique, some of it a departure from the Korean style. The archery world will benefit immeasurably by learning about Coach Lee's innovative methods, knowledge and skills in developing high-level archers. Total Archery written by KiSik Lee and Robert de Bondt



Archery: The Art of Repetition, written by Simon Needham is aimed at archers of all

levels, from those starting out in the sport to those taking part in competitions at the highest level. This comprehensive guide to shooting covers: how to get started in archery, the costs involved, choosing and using equipment and the basics of shooting; setting up your equipment and initial tuning; the biomechanics of shooting; the tactics and preparation work involved in archery competitions; physical fitness, nutrition and psychology; arrow selection and preparation; making bowstrings; shooting techniques, improving performance and the fine-tuning of equipment.



## Just a Click Away

If you want to keep up to date with what's happening in the world of archery here are a few sites to explore

"So long as the new moon returns in heaven a bent, beautiful bow, so long will the fascination of archery keep hold in the hearts of men."



**WORLD  
ARCHERY  
TV**

A great source for archery videos online is World Archery TV. This is a satellite station of World Archery. Keep up to date with all the rounds of the World Archery Championships, watch some of the world's top archers in action. You will find them on YouTube @ <https://www.youtube.com/user/archerytv>



**CHARLE'S  
ARCHERY  
BLOG**

If you like a bit of a 'blog' why not try out some of the online Archery blogs. There are a number of archers sharing their ideas and experience across the web. Always important to remember it is their ideas and experience. One I drop into from time to time is 'Charles Archery Blog' an American based archers who posts his ideas and views on archery. From time to time he posts some interesting videos and bow and equipment reviews. <https://charlesarcheryblog.wordpress.com/>



**facebook**

Although originally set up as social media for keeping in contact with friends. Facebook has expanded rapidly with many groups and organisations now promoting themselves, including are good selves. It is a great way of keeping up-to-date with various Archery organisations like World Archery, USA archery, Archery GB. Many top archers also have their own face book page. So there's a lot to 'like.'





**Draw Length** - Draw length is how far an archer draws the bowstring. The length, for a given archer, from the front of the sight window, to the bowstring in his fingers at full draw. Always get proper advice (measured accurately) when finding out your draw length. This will help with the choice of a bow and arrows.

**Dry Fire** - Dry firing is releasing of the bowstring when at full draw without an arrow attached. An archer should never dry fire their bow. This can be dangerous and may cause the bow to break or splinter in the limbs.



**Fistmele** -- This term comes from a medieval word meaning "fist measure," and was used as a method of measuring brace height. Fistmele is the breadth of the fist with the thumb stuck out, used to set the distance from the bow handle to the bowstring.



**Fletch** -- A term for the process of gluing or tying feathers to an arrow shaft.

**Fletching** -- The feathers used to guide an arrow in flight. They come in a wide variety of colours, sizes and styles



## Archery Classifieds

You know it makes sense

If you have up graded your equipment or have any archery equipment which you want to sell, why not place an ad in the newsletter.

Wait till they get a look at me down Lough Cuan. They'll be dying to get this for club kit.



This archery game's a lark Rodney, set of limbs to sell last month, nothing this month. At this rate we'll never be millionaires.

**Celebrities we don't normally associate with archery. Can you spot who they are?**





## Ron Bell memorial Shoot

The Ron Bell Memorial shoot will be held at Clandeboye Estate on 29th and 30th March. This is a world record status field shoot and is usually very well attended. The Committee would like to see as many LCB members shooting at this as possible

For members who may not be familiar with Ron Bell. Ron was one of the founding members of Lough Cuan Bowmen and a past President of the Northern Ireland Archery Society



What the best dressed archer is wearing

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 anytime

## The Empty Page

Have you an idea for an article or something you would like to see in the magazine to help fill this page?

## Club nights

Club night is Friday in Ards Leisure Centre from 7.30pm. As with last season we will not be starting shooting until we have enough members in the hall to help with the set up. Please do not leave it to the usual members to do the set up.



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

## Around the Web. 'Love thy neighbour'

My neighbor has a turbine with a bad bearing...it's obnoxiously loud. He went to check it out because it's been very quiet lately...



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

