

This Month

Hi everyone, It's been so good to see people at the Frostbites and indoor postal shoots. Please keep it up!

Following the AGM, the list of club officers has been updated and is on the back wall. There are a couple of unfilled positions – please see Robert or Barbara for more information, details or to volunteer!

This month there are a few people shooting at the Middlesex County Indoor Championships. We have a couple of titles to defend, so we'd like to wish everyone luck. A report will follow in next month's newsletter.

Happy Shooting,



Congratulations go to BenG and Victoria, who completed the November Challenge (3 dozen arrows on a Portsmouth face, in the month of November). The November Challenge is an annual junior postal competition and often the scores are incredibly competitive. Last year (2007) BenG came 2nd – on golds! – in the boys under 18 recurve category, and Victoria came 9th in the under 18 girls recurve. Well Done.

The Club would like (a) volunteer(s) to take on the job of coordinating the club colours. This will involve sourcing a supplier to manufacture or embroider the club t-shirts/polo shirts. This has been ongoing with nobody as yet willing to take on the responsibility. The club has registered its colours with GNAS, and as soon as we can get tops made we are allowed to wear them with black trousers/skirt/shorts at any GNAS tournament.

League shoots

Please check the notice board for dates.

We shoot in the BA Portsmouth and Frostbite leagues, and the Middlesex Worcester league.

For Sale !!!

Gate News

If you haven't been to the club lately, we are now NOT locking the gate at every available opportunity! The first person in will put the padlock behind the letterbox on the gate, and the last person out will lock the gate. Everybody else, make sure the bar is in the 'closed' position, ie as if you were going to put the padlock back on.

New - Bernardini Luxor 27" handle – Red £380

New - Hoyt G3 limbs Long, 40 lbs - £260

Used - 12 X10's (410's) - £ 100

Used – Perris Whiteheart Recurve bow 64' 30lbs with case and sight - £100

Used - Hoyt Matrix Riser, 25", Silver Flame design with wooden handle Win&Win Winex limbs, 42lbs, medium (68" bow) Price to be agreed with George

New – ace 470 29" arrows Price to be agreed with George



The Basic Form !

Rick McKinney says 'An archer's form is very important to reach the champion level. Although every archer is an individual, basic form is essentially the same from one archer to the next. Each archer can make small modifications that are better adapted to their physical form, however, it is important to keep to simple basic form that has been proven over time.'

The same basics should be used by ALL archers, whether you're looking to improve from your beginner's course, or whether you are looking to become World or Olympic Champion. This is why I think the following points are relevant to everyone.

Stance

Start with a 'square' stance. This is when your feet are parallel and perpendicular to the target (i.e. 'square' to the target. Experiment a little and shuffle your feet around to find the most comfortable stance to shoot from. Keep your knees relaxed.

Bow Arm

The bow arm is arguably the most critical part of the shot. The bow arm should be relaxed, reaching into the target during the shot. Keeping the bow arm still and relaxed gives the arrow the best opportunity of hitting the gold.

String fingers

These fingers need to be relaxed in order that the string has less of an obstacle to push out of the way when you loose. A universal opinion is that you create a deep hook so that the string sits beyond the first joint of the fingers. This helps keep the draw arm relaxed, and thus the fingers relaxed. This will enable the archer to have a smooth loose.

Reference

When you've drawn the string back, you need to do this to the same place every time – you need a consistent reference. Some people insist on referencing down the middle of the face – putting your nose, lips and middle of the chin on the string. This is not for everyone, and can be very uncomfortable for some people. The other extreme is referencing down the side of the face – side of the nose, corner of the mouth, and side of the chin. Again, this is not for everyone. It is important that the archer finds a comfortable reference that is easy to replicate repeatedly.

String alignment

This is the blur of the string that you see when at full draw. This is another detail that that archer needs to find a comfortable position for. String alignment is part of the back sight in aiming which takes care of left-right issues (referencing takes care of up-down). Consistent string alignment is just one of the little things that helps make every shot consistent, and therefore easier to solve problems, and make shots go in the gold. The string should be placed somewhere between the middle of the sight ring and the sight block (where the sight attaches to the bow). For right handed archers you should not be looking through the sight in between the string blur and the bow.

For anybody who requires assistance, please see a more senior member of the club, for example Robert, Petras, Jonathan, Norman. We would rather archers ask questions which may seem trivial, than struggle on blindly. Please remember that most club members will avoid unsolicited coaching, and if you do require help, you must ask.

Recommended texts (not necessarily bedtime reading!)

Easton tuning guide – there is a copy at the club, but it is probably downloadable from the internet.

'The Simple Art of Winning' – Rick McKinney (one of the greatest recurve archers in modern archery; contains lots of good photographs)

'Archery in Earnest' – Roy Matthews and John Holden (an old book but still relevant for basic knowledge)

'Fundamentals of Recurve Target Archery' – Ruth Rowe (a great book for newer archers, by a top US archer)

'Precision Archery' – Steve Ruis and Claudia Stevenson (more in-depth shooting, comprising articles from Archery in Focus magazine)



BOH Newsletter

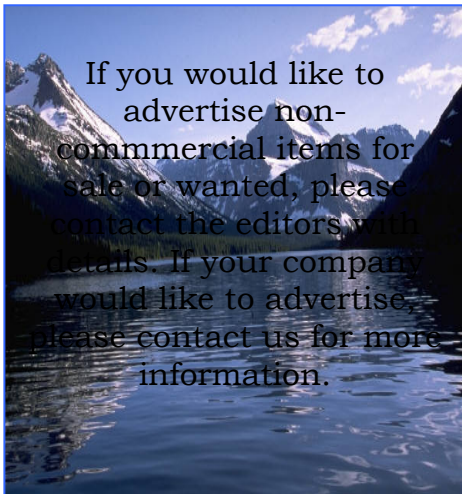
February 2008

Suggestions or comments? Email us at bowmenofharrow@googlemail.com

<http://bowmenofharrow.googlepages.com>



Omar Receives a warm welcome back to the club as excited member's start – where they left off.



If you would like to advertise non-commercial items for sale or wanted, please contact the editors with details. If your company would like to advertise, please contact us for more information.

Quotes of the Month

Dave Farrer: I don't know if you know how wood works...

Fred: Oh look Les, there's me in the toilet!

Les (to Petras and Kevin): Aren't you gonna kiss him?

JonP: I spy with my little eye, something beginning with 'D'.

George (about small cars): they're like shopping trolleys!

Omar: Oh ! My Gosh ! ---- Oh ! My Days !! Oh..... Shutup Omar

Get Fast Bucked

On Friday 18th January, a local band played to an appreciative crowd at the Half Moon (bottom of the Hill). Consisting of synth drums (unfortunately – live drums would have been so much better), a guitarist and singer, and a keyboardist and backing singer, the music was varied, lively and had none of this modern pop crap. It was also quite loud for the small space (if you've been in the Half Moon, you'd understand) but not as loud as a Who gig, we are told by Richard, and having been to one I would have to agree.

It appears that the Friday Night Lot have migrated from the White Horse to the Half Moon, and can be found most Friday nights imbibing Pride, Timothy Taylor, lemonade! (ME), and vodka tonic (who's drinking what?) Our 'Roving Reporter (suds)' who last year reported on the temporary closing of the White Horse will be mortified....

Anyway, live music is going to become more of a regular occurrence at the Half Moon, and the Friday Night Lot would like to encourage more members to join them. Remember – archery is as much about socialising (and getting drunk, for those of the legal age, of course) as it is about shooting arrows.

Fast Bucked Playing next on the 15th February

The deadline for contributions to the next issue is 25th February 2008. Does anyone want to contribute?