



BOH NEWSletter



Suggestions or comments? Email us at bowmenofharrow@googlemail.com
<http://bowmenofharrow.googlepages.com>

April 2009

Well, the indoor season has now drawn to an end, and we should all be looking forward to shooting outdoors. We trust that everyone has had a productive and successful indoor season, and also got their club indoor championship scores in.

As printed in Archery UK, there is a new Child Protection Policy, a result of which the GNAS rule regarding juniors has been reworded. Please read it (see panel on right) if you haven't already done so. It's especially important now that we're going outdoors. It applies to everyone, so you must make sure you know the rule.

Also, for the arty ones amongst you, there is a competition being run by the Royal Mint (see page 2), and an film extras company is looking for hairy male archers (see page 2 also). Sorry this month's edition is a bit colourless, we've actually had something to write about!

Finally Happy Passover / Easter

IMPORTANT - Child Protection Policy

As a result of the new Child Protection Policy, GNAS are changing the wording of Rule 103c to make it more explicit. This change should be implemented immediately. The rule now reads:

- i) When junior archers (ie archers under the age of 18) are shooting individually or in groups, they must be supervised by two adult members (excluding Honorary Members) of the Society. If the supervising adults are also shooting during the session, they will alternate on the shooting line so that the non-shooting archer can act as lookout and supervisor.
- ii) The only exception to this is that a parent may supervise their own children on their own. In these circumstances, the parent must supervise only and may not shoot. Under no circumstances may a junior archer take responsibility as a lookout for any other shooting archers.
- iii) Solo shooting by junior archers is not permitted under any circumstances.

The National Indoor Championships 2009

On Sunday 22 February 2009, I went along to the National Indoor Championships at Lilleshall National Sports Centre. The competition took place over two days, with the compound and longbow archers competing on Saturday and recurve archers on Sunday. Each day started with qualifying which consisted of a FITA 18 round on vertical 3-spot faces. The top 32 men and top 32 women then went through to the head to head rounds each afternoon.

In the men's recurve championships, Olympic archer Simon Terry qualified first with an impressive 588 (though not quite the UK record he set at the Rutland Combined FITA the weekend before – 595 for the FITA 18 round!), but was defeated in the men's final by fellow GB team member Alan Wills (117 – 118). Jenny Jeppsson shot 570 for the FITA 18 round to qualify first in the women's recurve championships and went on to reach the final of the head to head matches, along with Olympic archer Charlotte Burgess. Their final match tied at 112-112 and Charlotte won the tie-break to take the gold medal.

As for me, I qualified 25th in the women's recurve championships and went on to the head to head rounds. I won my first match, knocking out the 9th place qualifier and then lost my second match against Wendie Stevens to finish 16th overall.

It was a fun day and I would certainly recommend the Nationals to others in the club – it's a great opportunity to see some of the best archers in the country and the head to head matches can be quite exciting. It would be great to get a few more representatives of Bowmen of Harrow there next year!

Jill Moore

EASTER WORK PARTY



Good Friday and Easter Saturday

- 1 Tidy up area around the equipment hut up the field, put down anti slip wires, even out gravel, put down slabs, clear away old bosses.
 - 2 Remove rubbish from back room in main range, tidy up shelf at shooting end of range & green cabinet, old magazines & other papers not wanted.
 - 3 Remove old shooting wall, get area ready for new wall when it arrives.
 - 4 Assemble remainder of the target stands.
 - 5 Tidy up underneath the green equipment cupboards.
 - 6 Generally clean the range.
- Robert requests that members bring tools (forks, shovels, brooms, wheelbarrows etc). A list will be put up on the noticeboard for members to sign up so we'll know who'll be there.



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Notices from GNAS

(from www.gnas.org)

Lights, Camera and Action!

The Casting Collective supplies extras for feature films and television programmes and they are currently casting for a major new feature film shooting in the London/Surrey area approximately April to August. At this stage they can't divulge too much information about the production, but it will be a cinema release with an 'A' list cast.

They are looking for men with archery skills who also need to have long hair and good facial hair, or the ability to grow good facial hair to play Soldiers in the film.

If this sounds of interest to you please contact Beth Cleveley, from the Casting Collective, direct on: 020 8962 0099.

London 2012 - Design an archery logo, and make your mark on British history!

Do you fancy making your mark on British history on behalf of Archery GB?

Well, opportunity knocks - because the Royal Mint is looking for a design representing archery that will feature on a 50 pence coin - and be in circulation for many years to come.

And if your design is successful, you can earn yourself a cash prize of £1,000, and a solid gold version of your winning coin.

As part of the countdown to the London 2012 Olympics, The Royal Mint is looking for a design representing all 27 Olympic sports, and the coins will go into circulation from next year. And they want you, the archers of this country, to come up with the winning design.

But hurry up! You need to register on line at the Royal Mint's website by April 22. For further information, go to <http://www.royalmintcompetition.co.uk/>

Oh - and Good Luck!

SCAS 2009 Coaches Conference

This year, the speakers were Gary Carr, from Archery GB Performance Unit, Tim Hazell, Paralympic Team Manager and Coach, and Werner Beiter (MD and Founder of Beiter Archery Equipment).

There was a significant increase in the number of delegates this year, mostly attributable to the presence of Mr Beiter.

The morning talks were by Gary Carr (replacing Barry Eley at the last minute, who was in Poland for the World Indoor Championships) and Tim Hazell.

Gary Carr gave an overview of the Performance Unit, and 'How to spot an Olympian/Paralympian and what to do about it'. Tim Hazell, fresh from an amazing Paralympic Year which included 2 golds, 1 silver and 1 bronze at Beijing, spoke about comparisons between coaching able and disabled archers. This was particularly interesting as he case studied an archer with a number of medical conditions (including severe spinal curvature), but had still managed to become a top international paralympic archer. He also indulged in a 'Paralympic Success' slide show, which was definitely justified!

Finally, what we'd all been waiting for: Werner Beiter's presentation in the afternoon. This presentation was a combination of high speed footage, methods used to diagnose problems, sly advertising, humourous banter, a question and answer session, and a surprise raffle. Mr Beiter gave a short introduction to his facility, the Beiter Archery Laboratory, where he has an indoor 70m range, bicycles to get to the target, and a table tennis table, as well as a state of the art camera and microphone set up.

In the question and answer session, Mr Beiter revealed his unsuccessful venture into fletchings (the sound was beautiful but the arrows missed!), he has no expertise in glues, and that he loves solving problems. He also advised that recurve archers should fletch their arrows in a 'Y' formation, rather than the traditional way of putting the cock fletching perpendicular to the string. As demonstrated by a high speed video of Simon Terry, the bottom most fletching in the

Quotes of the month

Les: I'm like one of those Rubens cherubs.

PeteZ: There isn't enough flesh coloured paint!

Werner Beiter: an archer comes up to me saying, 'Mr Beiter, I have a problem', and I say, 'I know!'

Please could anyone who wants to buy a club t-shirt, polo shirt or fleece, please sign up at the club. There have been some names which have been there for a while, and until we get minimum orders, these people won't get their garments. We need a minimum order, so if you want a top, put your name on the notice on the back wall. All size and pricing details are available at the club.