

# **Welland Valley Archers**

## **Members Handbook**

**and**

## **Guide to Archery**



Version 5.0 2023

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## WELCOME

You are now a member of Welland Valley Archers. Now that you have become a fully active member of the Club hopefully you will enjoy your archery.

The Club has produced this Members Handbook to provide you with additional guidance and information about the Club and the Sport of Archery. It is not the definitive document on archery but aims to provide a quick start for new archers. It is hoped you find it helpful. If you have any queries and questions, please ask.

When you get more into the sport you will discover more comprehensive material to help your progress.

## WELLAND VALLEY ARCHERS

Welland Valley Archers was formed in 1992. The club shoots at Symington's Recreation Ground, off, St Mary's Road, Market Harborough, every Saturday morning throughout the year and from October to March twice monthly on Sunday mornings at the Meadowdale Primary School Sports Hall.

The club is registered with Archery GB, Archery GB is the trading name of the Grand National Archery Society, and are affiliated to the Leicestershire and Rutland County Archery Association (L&RCAA) and the East Midlands Archery Society (EMAS).

The Club AGM is held in January each year, a committee, elected at the AGM, help to run the club.

For some members archery is a social activity, in which any member of the family can take part. For some, it is an escape, allowing them to do their own sport, and for others it is a challenge. In all cases it is carried out in a safe and friendly atmosphere.

## SHOOTING TIMES AT WELLAND VALLEY ARCHERS

Every SATURDAY throughout the year at Symington's 9.00am to approximately 12.30pm

SUNDAYS from March through to Sept. once a month at Symington's 9.00am to approximately 12:30pm

SUNDAYS indoors October to March twice a month at Meadowdale Primary School Sports Hall 9.00am to 12.30pm

## SHOOTING AT SYMINGTONS RECREATION GROUND

Symington's Recreation Ground is owned by Market Harborough District Council, and to which the general public has right of access, it is therefore imperative that the shooting area is correctly roped off and safety notices displayed. This has to be done before shooting commences every time we shoot. This takes time, for example setting up on a Saturday commences at 9:00am in order that we can start shooting at 9:30am. All members are expected to arrive in time to help set up.

On Club target/practice days bosses are set out at the distances that members want to shoot, therefore it is important that you use the blackboard provided and put your name against the distance you want to shoot. There should only be four archers per boss, therefore if the distance you want is full it is your responsibility to start another list on the blackboard. If you arrive late and the field has been set up or shooting has commenced make sure there is a space for you to shoot, if all bosses are full you will have to set one up for yourself.

In accordance with Archery GB safety requirements shooting is controlled by the "Field Captain" – see page 6, whose responsibility it is for ensuring that all archers follow the correct shooting and safety procedures.

Through the outdoor season (March to October) we shoot from the far end of the field (furthest from the club house) at distances up to 100 yards. But during the winter when the far of the field is invariably waterlogged we shoot from the club house end and because we are shooting towards a public footpath shooting is restricted to a maximum of 30 meters.

As previously stated we shoot on a public field we therefore have to ensure that all lost arrows are found before we leave. Archers should complete the arrow log before they leave the club house. This records the number of arrows that you have taken onto the field. After shooting, upon your return to the club house, archers are required to check that they have returned

with the correct number of arrows. This correct return is then signed for in the arrow log and countersigned by the Field Captain. All lost arrows must be reported immediately to the Field Captain. This can be time consuming and all archers are expected to help in the search. It is because of this that the Club, along with a number of others in the area, has prohibited the use of "pure" Carbon arrows, as they do not register on a metal detector. Please bear this in mind when you buy arrows.

At the conclusion of shooting it is the responsibility of all archers to help clear the field, please do not leave it to others. It is recommended that you take your kit back to the club house and come out to clear the field before you put your kit away.

Outdoor shooting can be a "mucky" sport and we ask that you bring a spare pair of shoes so that we keep the mud on the field and not in the club house. We share the field and club house with the Borough Alliance Football Club, we must respect each other's property and leave the club house as we expect to find it.

CHECK THE NOTICE BOARD IN THE CLUB HOUSE TO  
FIND OUT WHAT IS GOING ON



## DUTIES OF THE FIELD CAPTAIN

The Field Captain (FC) is responsible for the safety of the range and control of shooting.

Before shooting commences and after each end The FC should check:-

1. That the shooting area has been roped-off correctly and that the cones and warning signs are in place.
2. The targets are the correct distance from the shooting line.
3. The bosses are secure on their stands with bolts at the top of the stand tightened.
4. Guy line hooks are secure in the bosses and guy lines are tight.
5. Targets are leaning back at an angle of fifteen degrees and have a boss centre height of 130cms.
6. That the stand middle leg should be centrally placed.
7. The 5 yard safety area from the shooting line to the waiting area is clear of equipment and people.

### Other Responsibilities of the Field Captain

- The FC should be the last person to return to the shooting line when the range is clear.
- When it is safe for shooting to commence the FC gives one loud whistle.
- After the completion of an end, three loud whistles are sounded to indicate it is safe to collect arrows.
- When all arrows have been scored and pulled from the bosses the FC should check that all missed arrows have been accounted for before returning to the shooting line to start the next end. In the event of not finding a missed arrow the boss and area where the arrow was lost must be noted and the arrow found before leaving the ground.
- At the completion of the shoot the FC gives 3 loud blasts on the whistle to indicate the collection of arrows and movement of personal equipment back to the clubhouse. The FC must ensure that the field is cleared of all other equipment, e.g.

bosses, guy lines, stands, shooting line, markers and safety barriers in a safe and efficient manner.

- At all times be on the lookout for people, animals or objects (footballs) entering the shooting area. If so stop all shooting by making rapid loud blasts on the whistle or shouting "fast".
  - Make sure that archers come down immediately and remove their arrow from the bow and place in their quiver.
  - It is only the FC who, when safe to do so, can give the signal to resume shooting.
  - In a competition shoot it is one of the duties of the FC to mark, in different coloured ink (preferably red) any alterations to the recorded arrow value on the score sheet before the withdrawal of the arrow from the target. If there is any doubt or dispute over an arrow value, which cannot be decided by the Target Captain, the FC has the final decision.
  - Any instructions to archers should be given in a pleasant but firm manner.
  - In the event of the FC having to leave the field he/she should pass the duty to another archer.
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## FINANCE

### The Treasurer

- Looks after the Club's finances by collecting the annual fees levied by the governing bodies, which are:
  - Archery GB, Archery GB is the trading name of the Grand National Archery Society
  - The East Midlands Archery Society (EMAS)
  - Leicestershire & Rutland County Archery Association (L&RCAA)

Once a member of Archery GB you will be given a membership card with your membership number, ensure that you have this with you whenever you shoot at another venue. All fees payable to these bodies are due by 1<sup>st</sup> October at the latest.

- Collecting the Club's annual subscriptions. The Club membership runs from 1<sup>st</sup> April to 31<sup>st</sup> March.
- Collecting shooting fees.
- To pay invoices received for goods and services.
- To control the Club's bank accounts and cash flow.
- To report Club's financial position at the AGM

WELLAND VALLEY ARCHERS  
INCORPORATING WELLAND VALLEY ARCHERS  
(JUNIORS) CONSTITUTION - Revised February 2013

- 1) Name – The Club shall be called “Welland Valley Archers”
- 2) Object – To promote and encourage participation in the sport of archery.
- 3) Committee – The business of the Club shall be conducted by a Committee of Chairman, Secretary, Treasurer, Junior Representative and such other members as may be determined at the Annual General Meeting (AGM). The Committee shall be elected at the AGM to serve for one year. The Committee shall have the power to co-opt additional Committee members as and when it deems necessary. Said additional Committee members may be given voting or non-voting status at the Committee’s discretion. Decisions can only be taken when a quorum of at least fifty percent of the Committee eligible to vote is present. The Committee shall meet at least once a quarter. All motions at meetings of the Committee shall be decided by a simple majority vote. In the event of a tie the Chairman shall have, in addition, a casting vote. Should the Chairman not be present, then those present shall elect a Chairman from amongst themselves.
- 4) General Meetings – A General Meeting of the Club shall be held each year no later than two months after the close of the financial year. At each General Meeting all members of the Club may vote. Any proposed change to the Constitution shall be decided only at an AGM or Extraordinary General Meeting (EGM). An EGM may be called by the Committee or by 25% of the members in writing to the Secretary who must convene the meeting within one month.
- 5) Membership – New members must be approved by the

Committee but membership shall be open to anyone interested in the sport of archery, on application, regardless of sex, disability, ethnicity, nationality, sexual orientation, religion or other beliefs. However, limitation of membership according to available facilities is allowable on a non-discriminatory basis. The Committee may refuse or remove membership, but only for good reason such as safety, conduct or character likely to bring the Club or sport into disrepute. Appeal against refusal or removal may be made via an EGM in accordance with the Disciplinary/Appeals Procedure (as detailed in 12 below). Every member shall be supplied with a copy of the Constitution and have access to Archery GB Rules of Shooting. Junior members shall only be admitted after reaching the age of 8 years and shall shoot only when accompanied by an adult.

- 6) Child Protection – Welland Valley Archers will adopt and maintain a Child Protection Policy. A copy of the Policy and Procedures will be issued to all members, including parents/guardians of junior members. This policy will be fully compliant with all current Child Protection and Safeguarding legislation.
- 7) (a) Subscriptions - The annual Club subscription and target fees shall be decided at the AGM or EGM and be payable on 1<sup>st</sup> February. The Treasurer shall write to inform members who have not renewed their club subscriptions two months after they are due, if the subscriptions are still not paid one month later members will be said to have resigned from the club.  
New members will pay on a pro rata basis.  
(b) Archery GB subscriptions – Archery GB, EMAS(Regional) and L&RCAA(County) subscriptions, which are in addition to club subscriptions, are due no later than 1<sup>st</sup> October. To comply with Archery GB regulations, that all shooting members must be members of Archery GB, the Treasurer will collect these fees in a timely manner in order to meet Archery GB deadlines.

New members will pay on a pro rata basis as stated by Archery GB.

- 8) Finance – The financial year shall end on 31<sup>st</sup> December. At each AGM the Treasurer shall submit for approval by the meeting a Statement of Accounts audited by a member who is not a member of the Committee at the time of the audit. Purchase of Club equipment shall be sanctioned by the Treasurer, subject to the approval of the Committee. The Treasurer will recommend to the Committee, for approval, investment of monies not immediately required for day to day operating purposes. In raising funds the Club shall not undertake any permanent trading activities. The income and property of the Club shall only be used to promote the objects of the Club.
- 9) Disbandment – In the event of disbandment of Welland Valley Archers with pay all outstanding debts. Following this, all fully paid up members shall receive one share per year of membership, 1<sup>st</sup> February to 31<sup>st</sup> January, of the remaining funds.
- 10) Affiliation – The Club shall be affiliated to the County and Regional Societies acting as branches of Archery GB and shall abide by the Constitution and Rules of Archery GB.
- 11) Visitors – Visiting members of Archery GB shall be allowed to shoot whilst accompanied by a member of the Club on payment of the required target fee.
- 12) Disciplinary/Appeals Procedure

The complaint:

- Any member wishing to raise a complaint against another member should put the complaint in writing to the Chairman, within a reasonable time and with details of the complaint.
- Chairman will make an initial review to decide the merit of

the complaint and whether to deal with it discreetly himself or refer it to the committee.

**Note:** this procedure is not intended to replace or circumvent the Archery GB Policy for Safeguarding Children, Young People and Vulnerable Adults which will always take precedence.

- Committee Review:
  - If the Chairman refers the complaint to the committee it should be dealt with at a separate meeting without undue delay.
  - The accused member will be given details of the complaint and an opportunity to respond, either in writing or through a meeting with the Chairman.
  - The quorum for a disciplinary meeting should be 100% whenever practicable but no less than 80%. Minutes will be taken but not published to the general club membership until the process is complete.
  - A copy of both the complaint and the response should be made available to the committee prior to the meeting.
  - Any committee member with a conflict of interest should declare it and exclude themselves from the meeting.
  - If there is no clear majority vote by the committee the complaint will be dismissed. The Chairman will have only one vote. Any member abstaining from the vote will be deemed to have voted against the complaint.
  - If the complaint is upheld the member can be expelled from the Club for gross misconduct as defined by Archery GB or given a written warning regarding future conduct for a less serious complaint.
  - If the offender re-offends within 24 months the committee should be re-convened and consider exclusion from the Club, either temporarily or permanently.
  - The review will be held in confidence and any party discussing the complaint with other members before any

appeal may be liable to be disciplined themselves.

- The accused will have the right to appeal against the committee's decision but only if it is believed that the facts have been misrepresented.
  - Appeal:
    - If the complaint is upheld the member has the right to appeal. The appeal should be put in writing to the Chairman within 14 days after being notified of the committee's decision and the Chairman will call an EGM within a further 14 days for the general membership to consider the appeal.
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## POLICY FOR SAFEGUARDING CHILDREN, YOUNG PEOPLE AND VULNERABLE ADULTS

### POLICY STATEMENT

#### INTENTION

It is the Club's intention that all members should be able to enjoy archery in a safe and happy environment. To this end we will make all members, both senior and junior, and parents of the juniors, aware of our Policy for Safeguarding Children, Young People and Vulnerable Adults and use reasonable endeavours to ensure that Club procedures are adhered to and acted upon where necessary.

#### PROCEDURES

The Club has adopted the procedures of Archery GB, the national governing body, as its own, and in accordance with Archery GB policy these procedures shall apply equally to Vulnerable Adults. A copy of the procedures will be available for inspection in the Clubhouse at all times. The Archery GB policy document can be seen on the Archery GB web site.

#### GENERAL POLICY

Our Policy is that no junior should attend the Club without at least two adults being present, one of who may be the parent/guardian. This will also apply when shooting, but one of those adults must be a member of Archery GB and will take responsibility for shooting safety. Archery is normally a group activity and we do not envisage there being a situation where this Policy will not prevail. By promoting a policy of best practice and a "Good Coach" code of conduct, there should not be any occasion where a junior, young person or vulnerable adult, will be in a position of abuse. Archery GB policy defines the categories of abuse as, - Physical, Sexual, Emotional, or Neglect. Examples given include: constant shouting; taunting; bullying; lack of food or warm clothing; supplying alcohol to juniors; excessive and inappropriate training; biting; shaking; emotional pressure.

### CHILD PROTECTION OFFICER

The Club will appoint a Child Protection Officer, who will also be vetted through Criminal Records Bureau ("CRB") and will be given the appropriate training. Any allegations of abuse shall be reported to the Child Protection Officer who will act in accordance with the stated procedures and ensure that they are treated in confidence.

### PARENTAL ATTENDANCE

A parent or guardian should always accompany all juniors under the age of 13.

### COACHING/TRAINING

Archery is not normally a tactile activity but some limited contact may be necessary during coaching sessions. All parents and juniors will be made aware of this. Our policy is that our Club Coaches will be vetted through the DBS and all hold current DBS certification, as required in Archery GB procedures.

### AWARENESS

We will ensure that all members, both senior and junior, and the parents of juniors, are given a copy of this Policy.

### WHAT IS EXPECTED FROM OTHERS

All people visiting Welland Valley Archers, for whatever reason, will be expected to adhere to our policy.

By adopting a Policy for Safeguarding Children, Young People and Vulnerable Adults, we trust that this will not make any difference to the makeup of the Club, or the attitude of the individual members. But serve to make us aware that everyone, especially young people and vulnerable adults are entitled to be able to practice archery, in a safe, friendly, and enjoyable atmosphere.

The policy may have to be updated, from time to time. Any amendments will be copied and attached to the policy book.

## JUNIORS

The Club will not accept children under the age of eight (8). Where a parent or guardian brings children under the age of thirteen (13), they must remain with that child for the duration of the shooting session. Although juniors above the age of thirteen do not need to be accompanied it remains the responsibility of their parent or guardian that the junior behaves in accordance with Club rules.

For safety the names, addresses and telephone contact numbers of all parents/guardians of junior members of the Club must be available at the club ground when the club are meeting.

At all times when the juniors under thirteen are shooting, they must be supervised by a minimum of two adults, one of which must be an Archery GB member. The only instance where one adult may supervise a junior is in the parent/guardian and child relationship where Archery GB Rules of Shooting apply. If two (2) Archery GB members are not available, then a parent/legal guardian must attend, and either they, or the other adult must be an Archery GB member. At no time should one adult take charge of a group of juniors or a single junior except a parent/guardian - child relationship, where Archery GB Rules of Shooting apply.

The senior members should be made aware of the arrangements that are in place for the arrival and departure of all junior members. This would include ensuring that the adults responsible for a session are always present well ahead of the time a session is due to commence, so that the children are not left unattended. It also includes ensuring that adults are aware of who will be collecting children and ensuring that all adult members do not depart until the last child has been collected. There may be specific arrangements for some older children arriving and departing alone, but senior members/club officials should be made aware of such arrangements.

The Club operates a Policy for Safeguarding Children, Young People and Vulnerable Adults (see page 15) which adopts the Archery GB Policy.

## SAFETY

Archery must always be properly organised with a competent person in charge. All safety rules and commands are there to prevent accidents, and are basically, common sense.

WAITING AREA is behind the waiting line.

SHOOTING RANGE is the hazardous area that is only entered with permission from the Field Captain.

WAIT FOR COMMAND to approach the shooting line before commencing to shoot.

ONLY DRAW A BOW when on the shooting line and in the direction of the target, even if drawn without an arrow fitted to the string.

RESPECT EQUIPMENT and each other - actions such as prodding or pointing arrows could cause serious injury

ONLY GO FORWARD past the shooting line with the permission of the Field Captain.

"FAST" means both HOLD FAST and STAND FAST. Stop whatever is being done IMMEDIATELY and hold onto the string tightly. DON'T SHOOT but come down with your bow. Remove the arrow from the string and replace in the quiver or similar; WAIT for the next instruction.

"FAST" - it may be by a series of rapid whistles or shout of "FAST" it must be stressed that ANYONE can use this command if they think it is unsafe. It means ALL archers, without question, IMMEDIATELY STOP SHOOTING. "FAST" is used when a person or animal is within the area of the shooting ground

WHISTLE COMMANDS by the Field Captain are the most effective and MUST BE OBEYED. They are 1 blast to start shooting, 3 blasts to collect arrows and a series of rapid blasts means FAST.

VERBAL commands as an alternative to whistles are "COMMENCE SHOOTING" AND "COLLECT ARROWS"

NEVER 'DRY SHOOT' a bow (without an arrow attached to the string) -it damages the bow.

ONLY LOAD an arrow into a bow on the shooting line when intending to shoot AND only when safe to do so.

ONLY AIM a bow at the target boss, ground or a point of aim above the target with or without an arrow in the bow, NOT at anyone or anything else.

NEVER SHOOT UPWARDS vertically into the air.

WALK DON'T RUN when going to the target as falling on arrows can damage them and causes personal injury

ALWAYS LOOK for any arrows that could be hidden in the grass and could cause injury to ankles and shins

APPROACH TARGET BOSS from the side - NOT from the front

DON'T TOUCH ANYTHING - WAIT for the next instruction

STAND BACK from the target to allow "pullers" to work freely

HIGH DRAW - When drawing back the string of the bow an archer shall not use any technique which, in the opinion of the Field Captain, could, if accidentally loosed, allow the arrow to fly beyond a safety zone or safety arrangements (overshoot area, net, wall, etc). If an archer persists in using such a technique, they will, in the interest of safety, be immediately asked by the Field Captain to stop shooting and to leave the area.

DO NOT TREAD on arrows in or on the ground in front of the target. Approach them from the side and retrieve them carefully so as not to stab yourself on the nocks of the arrows still in the target.

Pulling of the arrows is done by placing one hand against the target face with the other hand on top of the shaft. Then

grasping it as near to the pile end as possible lay the forearm along the shaft and maintain a straight line of pulling force whilst withdrawing the arrow.

**BEWARE** - The nock is now the most dangerous part of the arrow.

So whilst **LOOKING BACKWARDS** over the shoulder to check that nobody is too close or strayed into the path of the arrow to be pulled, the **NEAREST** arrow is withdrawn **WITHOUT TWISTING** at the same angle as it entered the boss. The retrieved arrow is placed pile downwards between the thumb and the palm of the non-drawing hand. This process is repeated always pulling the nearest arrows irrespective of whom they belong too - they will be sorted out.

**TARGET GUY ROPES.** Always ensure that guy ropes are fitted to each boss and that they are taut and well anchored to the boss and the ground. This is particularly important on windy days. Do not erect any other bosses until this has been completed. Also on windy days bosses should not be left unattended once the guy ropes have been removed. When removing the rope they should be tied in a hank to prevent them becoming tangled when not in use.

### **TARGET BOSSES**

When erecting a target, ensure the stand is anchored securely first, with the legs correctly positioned. Two people carry and lift the target boss onto the two support arms. Next they should lift and pivot the boss upwards bringing it against the stand legs. Ideally, a third person assists the lift so the other two can also steady the stand. **EXTREME CAUTION** must be observed when this is done indoors due to the target stand possible moving. **NEVER DO THIS ON YOUR OWN.** Dismantle one boss at a time.

**ALL LOST ARROWS MUST BE FOUND BEFORE THE ARCHER LEAVES THE FIELD.**



BOWS AND ARROWS SHOULD NOT BE LEFT UNATTENDED, ESPECIALLY AT THE SHOOTING LINE WHEN CLEARING AWAY.

FIRST AID KIT CAN BE FOUND IN THE CLUBHOUSE

ALL ACCIDENTS SHOULD BE REPORTED TO THE CLUBS FIRST AIDER

## CODE OF CONDUCT FOR ALL ARCHERS

Each member is expected to:

1. Obey the Archery GB rules of shooting, laws and policies and such other guidelines that the Archery GB may publish.
2. Behave in a manner that upholds the dignity and reputation of the club and its members, including juniors and vulnerable adults.
3. Act in fairness and with integrity when dealing with the club and its members.
4. Avoid the abuse of power or trust arising from position and status within the club.
5. Use archery skills and equipment in a responsible and safe way, so as to avoid nuisance, damage or injury.
6. Not to talk in a loud voice whilst others are shooting
7. Not to talk to another competitor who obviously prefers to be silent.
8. Not to make any exclamation on the shooting line that might disconcert a neighbour in the act of shooting.
9. Not go behind the target to retrieve arrows before their score has been recorded.
10. Not walk up and down the shooting line comparing scores.
11. Not touch anyone else's equipment without permission.
12. Not leave any litter on the shooting field.
13. When calling scores, do so in groups of three (3) in descending numerical order, for example "7-7-5' pause "5-5-3'.

14. If an archer breaks another's arrow through his own carelessness, he/she should offer to pay for it in cash on the spot.
15. Thank the field Captain. ("3 cheers for the field captain") at the end of the competition or practice session.
16. Thank the Target Captain for the work done on his/her behalf.
17. Thank the other archers on the target for shooting with him/her.

## COACHING

The club coaches are willing to give individual coaching sessions on request.

Good experienced club archers (though not formally qualified as a coach) are also a good source of help. The most important factor is that you have some measure of respect for the person in question. But be aware there are many good but conflicting views of what is good practice and what is not. There are many different ways to correct a problem. In the end you have to find out what works for you. Our advice is to work on one problem at a time and with one person. If things don't improve over time then seek advice elsewhere. Do not seek help from 3 or 4 people at once - this approach is bound to fail.

## BASIC STRUCTURE OF TARGET ARCHERY IN THE UK

Club	Welland Valley Archers
County	Leicestershire & Rutland CAA (L&RCAA)
Region	East Midlands Archery Society (EMAS)
National	Archery GB, Archery GB is the trading name of the Grand National Archery Society

## FORMS (OR STYLES) OF ARCHERY

Target	Shooting at standard target faces from set distances. Generally in a set shooting range or field.
Field	Shooting at targets of varying sizes and positions from marked and unmarked distances. Generally involves roving through woodland areas.
Flight	Shooting for distance
Clout	Shooting at a flag placed at distance

Popinjay            Shooting vertically at a series of small objects held in a special frame.

## BOW CLASSES

Recurve            Also known as the Olympic bow. A modern version of a Traditional bow. Usually seen with sights, long rods and stabilisers.

Compound        A bow with cables and cams (wheels) - Looks very complex - very powerful and accurate.

Longbow           The traditional wooden bow. Simple looking format usually comprised of a laminated stave. - No stabilisation or sight. Only shoots wooden arrows

Barebow           Generally a recurve bow without stabilisation and sights.

American Flat Bow        A solid or laminated wooden bow, with flat limbs and an integral arrow shelf. No stabilisation or sight. Only shoots wooden arrows.

## THINGS TO AVOID

### Rushing to buy equipment

This is not easy. You see what others archers around you have and you want your own kit. But there are so many changes that will occur very quickly in your stance/style etc, that you will very quickly outgrow your beginner's kit. As you develop the proper draw you may find you need longer arrows. As you progress, you may well need a bow with a different draw weight. By all means buy those bits of kit that are unlikely to change quiver, arm-guard, tab, tackle box etc., When you are ready to make bigger investments in bows, arrows, sights, stabilisation etc. be sure to get expert advice. Most retailers will be very patient and helpful to you, try the equipment before buying. Always have the best quality equipment you can afford.

### Messing around too much with your kit

It is essential that you have a correctly tuned set up. There are many variables that can be adjusted to tune your equipment e.g., Bracing Height, Knocking Point, Button Pressure, Tiller adjustment to mention but a few. Initially this is the domain of the expert who is helping you (probably the retailer to start with). Try to learn the basics of bow tuning before you begin to make any changes. When you do make a change make only one change at a time and be sure you note the effects before you begin to make another. If in doubt seek help before you begin messing around.

### Being 'Macho' with bow poundage

Many people equate distance with bow poundage. They assume the greater the distance the higher the bow poundage required. This is an understandable mistake. Always be sure you feel comfortable with your bow weight and resist moving to a heavy draw weight. This is particularly important for juniors - a great deal of harm can be done to young and supple bones if the draw weight of the bow is too great.

### Pressurising yourself and your family

In the heat of competition we can often forget that archery is a recreational sport. We do it for enjoyment. All too often we can pressurise others and ourselves (our children who are shooting) because the score becomes all important, this is counterproductive. The more we focus purely on score the more stress we create and in turn this stress can result in LOWER scores. It is very hard for the archer to keep a clear and yet focused mind when the score dominates his or her thoughts. Unwittingly parents who are watching often add to the stress with disapproving looks, gasps, open comment and so on. Far from helping the child the exact opposite is achieved. Once a child has progressed from the need for the close physical presence of a parent. The very best thing a parent can do for the child is not to interfere (Unless that is, the

parent is also a coach - but then a coach would know how to avoid putting unnecessary pressure on the archer).

## CARE OF EQUIPMENT

This is a complete topic on its own and we can't do full justice here but here are a few things to note:

- Treat your equipment with respect. Keep it clean, don't put it away wet.
- When your bow has been tuned avoid messing around with it unless you understand what you are doing.
- Check arrows regularly and replace damaged fletchings and nocks.
- Personalise your kit by all means - e.g. buy a fletching jig and fletch your arrows to your liking
- Buy decals to mark and number your arrows. This is a requirement if you intend to shoot in open competition. It can help you identify a problem arrow.
- Check your string regularly, look particularly for wear on the loops - do not shoot with a worn-out string.
- Buy a bracing gauge and check your bracing height and knocking point position regularly. (This means you need to know what these measurements should be in the first place)
- Do not shoot bent arrows - get them straightened or discard them
- Be sure to get arrows that match you and your bow. Don't mix your arrows and expect to get good scores



## CARE OF YOURSELF

### Drink

It is essential when participating in an all day shoot that your intake of fluids is maintained. It is very easy to become dehydrated, which will lead to feeling sick and headachy and rather unpleasant. A cup full of water at the end of each dozen arrows will help to avoid this. Always pack plenty of water with your kit alongside any favourite squashes or juices. Try to avoid fizzy drinks.

### Food

In addition to your packed lunch for a full days shoot it is advisable to pack nibbles like bananas and cereal bars to keep you going. Many shoots sell refreshments before the start.

### Sun Lotion

It is amazing how powerful the sun can be even on the dullest of days. Be sure to carry sun block and lotions in your kit. This is particularly important for junior archers.

### All weather clothing

Include all weather clothes in your kit - Waterproofs, preferably breathable, warm but not baggy jumpers, warm hat for winter, and a hat with a soft brim for summer. Towel to dry yourself. This total range of clothes should ideally be kept in one bag and be with you at all times, the British weather is unpredictable.

## WARM UP - WARM-DOWN EXERCISES

There are many ways of warming up- and staying that way- during active sports. The following are suggested as suitable for archery:

1. Walk gently for 2 minutes, then briskly for 2 minutes, then march for another 2 minutes. This is an exercise you can do whilst you are getting ready to shoot (collecting kit from car, visiting other archers along the line etc.)

2. Trunk twists -interlock fingers, palms together, then twist shoulders and trunk as far to the left as possible. Hold for a count of 5, then twist to the right and hold again to the count of 5. Repeat exercise 5 times.
3. Side slides - stand upright, feet shoulder width apart, slide the left hand down the side of the left leg to below the knee, and hold for a count of 5. Return to an upright position and the repeat exercise on the right hand side. Repeat exercise 5 times.
4. Shoulder stretches - stand upright, feet shoulder width apart, arms out to the sides, touch fingers to shoulders, bring elbows round in front to touch each other. Hold for 5 then recover to the start position and move elbows as far backwards as possible and hold for 5. Repeat exercise 5 times.
5. Arm swings - stand upright, feet shoulder width apart, gently and slowly swing left arm backward round in a circle 5 times, then repeat with right arm. Then do it again but forwards. Then do both together, one circling forward and the other back. Then reverse this movement. Do this exercise for 1 minute.
6. After shooting it is recommended that the archer to warm down, doing the above exercises in reverse order, but more gently and slowly.

You should now be warmed up; your joints are moving nicely, and stretched them ready to shoot. Warm-ups help to avoid injury and improve your scores.... Don't neglect them

## HABITS TO CULTIVATE

### Patience

Don't expect to become a national champion overnight. Learn to be realistic with your expectations. Try to set achievable and yet challenging goals. There is a great deal of truth in the adage "Practice makes perfect". You will generally find the more you

practice the better you will become. Some advocate shooting at least 3 times a week – but this might not be possible for you.

### Consistency

This is the secret of archery - be consistent. The ability to repeat the same shot over and over again. Notice how a good archer builds his scores - his very best shots will be no better than your best shots. His 10 only equal your 10. But the better archer will have fewer poorer shots - fewer lower scoring arrows than you. In a word the better archer will be more consistent. Aim to reduce the erratic shots and your scores will rise rapidly.

### The ability to listen

A hard skill to develop - we are so keen to get on and shoot. If only I could master this I would no doubt be a much better archer than I am. Or to put it another way I would have arrived in my current position whole lot faster.

### The ability to choose what's right for you

There are no absolutes in archery - no single right or wrong way to go. What works for some does not work for others. You must be open to all ideas and find out what works best for you. If someone wants you to make a change ask them why - if the answer sounds reasonable give it a shot.

### Coping with a 'Slump'

In the early months/years your progress is likely to be quite rapid. Some say archery is quite an easy sport to learn and the time from novice to competent archer is around 2-3 years. You will find your scores will plateau at a certain point and then they start to decline a little. This is normal - in fact there may be a series of plateaus, slumps and rises that follow on from each other. Don't beat yourself up over this - but don't give up shooting. Identify the problem and work at a solution.

### Enjoy the sport

Remember you first started out in archery because you thought it would be a fun thing to do. There is a great deal of fun to be had at many different levels within the sport. Many enjoy archery for the social interaction alone. Archery is not just about shooting a perfect score. It's not just for the very best of athletes or the very young. It truly is a sport for all to enjoy.

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## COMPETITIONS

### Competitions

In UK archery there are two basic tournament formats, these are GNAS Imperial/Metric rounds and World Archery (WA) recognised rounds. Each has its own set of rules, which are described in the Archery GB Rules of Shooting. A copy of these rules is held at the Club and can also be purchased direct from Archery GB or from local archery shops. The only exception to this is that international and some major national competitions are shot under WA Rules. Shooting will be under the control of the Senior Judge or Field Captain who is also responsible for safety on the shooting line.

### Outdoor Rounds

GNAS Imperial Rounds are shot on a 122cm face using 5 zone scoring i.e. white 1 point, black 3, blue 5, red 7 and gold 9. Arrows are shot in ends of six in two details of three arrows. Note each zone has an odd number and for a quick cross reference when adding up your scores if you have an even number of hits your score will also be an even number, conversely if you have an odd number of hits you will have an odd total.

WA Metric Rounds are shot on a 122cm and/or 80cm faces, depending distances being shot. Metric rounds use 10 zone scoring i.e. outer white 1 point/inner white 2 points, black 3 & 4, blue 5 & 6, red 7 & 8, gold 9 & 10. Arrows are shot in ends of six in either a single detail of six arrows or two details of three.

WA Recognised Rounds are similar to GNAS Metric Rounds but at the organiser's discretion additional WA rules may be applied.

### Indoor Rounds

There are a number of different indoor rounds both GNAS and WA recognised rounds shot on various sizes and styles of face.

Most indoor rounds use 10 zone scoring described above but indoors compound archers use the inner most gold ring (there are three) for the 10 score. Arrows are shot in ends of three. The significant exception to this is the Worcester Round, which is shot on a special black and white face with five rings score 5,4,3,2,1 outwards from the inner ring. Arrows are shot in ends of five.

Details of all rounds and the different distances shot can be found in the [Archery GB Rules](https://archerygb.org/files/rules-of-shooting-240123160956.pdf) of Shooting <https://archerygb.org/files/rules-of-shooting-240123160956.pdf>

### Time Limits

For outdoor rounds each archer is allowed a maximum of two and half minutes to shoot each three arrow end and indoors the maximum time allowed for three arrows is two minutes. Archers shooting a Worcester Round are allowed a maximum of five minutes to shoot the five arrow end. Archers continually taking longer than the maximum time allowed will be given a warning by the Field Captain, and advised by that further violation could result in the top scoring arrow of the end being disallowed or the archer being 'blown off the line'. The Field Captain would blow the whistle to signify the finish of end.

### Etiquette to be Observed on the Shooting Line.

It is considered polite to wait for your partner shooting on the same detail to shoot all of their arrows before you leave the line. Similarly you should wait for archers on adjacent targets to complete their shot before joining or leaving the line. Mobile phones should be switched off during competitions.

### Scoring

When shooting competitions archers should not record their own scores and should be recorded in blue or black ink. Normally archers swap score sheets with a shooting partner on the same target or if a single score sheet is being used their partner would call the scorers arrow values. In both GNAS and

WA Rounds the process is the same, the archer points to the arrows (but never touches) as he or she calls the value of the arrow. The value of the arrows is always called in sets of three starting with the highest score e.g. 997, 753. The archer recording the scores, as well as the other archers shooting on the target, observes the scoring process and the scorer will repeat back the value as they are entered on the score sheet to confirm the score being recorded. Nobody should touch either the arrows or the target face until the scoring process has been completed for everyone. Missed arrows should be signified with an M for miss.

Mistakes often arise, a score is miscalled or miss recorded and requires alteration. Normally all alterations are made only by the Judge/Field Captain but in some cases archers will be advised that the alteration can be made by the Target Captain providing there is no dispute as to the arrows value. In any event all alterations must be made before any arrow is pulled from the target.

Arrows that touch or cut a line between two scoring zones (line cutters) are given the higher value. Sometimes judgement is required when calling a line cutter and may be disputed by other archers on the target. If such a dispute can't be quickly resolved between the archers shooting on the target the judge or Field Captain should be called to give a ruling. Any of the archers on the target has the right to ask for a ruling of a second judge (if there is more than one adjudicating at the tournament) if they are not happy with the first judgement. The ruling of the Judge(s) or Field Captain will be final.

Under Archery GB rules when archers sign their score sheets they are signing for both arrow values and the total score. Under normal circumstances once signed a score sheet would not be changed. However, the competition organiser, with the judge, has the discretion to correct the totals in an adding up if the error would impact the overall competition result.

It is good practice to keep your own scores in a personal scorebook or scoring app and check this with the official score sheet at periods throughout the shoot. But remember arrow values can only be amended before the arrows are pulled from the target, therefore, if there is a difference between the official score sheet and your own recorded score the official score sheet will be the only score accepted. This is why it is important for the scorer to repeat to the archer the scores being recorded.

Missed arrows should not be collected until the scoring process has been completed. Not only is it polite but it also speeds up shooting if all archers look for any lost arrows.

### Club Championships

The Club Championships, both outdoor and indoor, are decided by the best aggregated results shot at Club Championship shoots held during the respective seasons. The dates and times of these shoots are displayed on the notice board at Symington's and on our website.

### Outdoor

Outdoor from March through to September, 14 shoots on Saturday and Sundays will be for the championship.

### Indoor

Approximately twice a month on Sundays at Meadowdale Primary School Sports Hall, October to March we shoot rounds up to 18 metres or 20 yards nine shoots in all. 12 shoots in total.

### Winter shooting

During the winter months October to March - outside we shoot up to 30 metres only.



### Other Competitions

Many club members travel to other clubs around the area to take part in "open" events, everyone is welcome.

### County Shoots

As an affiliated member of the Leicestershire and Rutland County Archery Association (L&RCAA) you are entitled to compete for the County Championships. Indoor Championships are held in February each year and outdoor in August.

### Other Shoots

Throughout the year various clubs organise their own open shoots, some specifically for the inexperienced archer, details of these shoots are displayed on the notice board at Symington's and all club members are encouraged to support these away shoots. Most clubs welcome archers of all abilities to their shoots, however you will be expected to have a basic knowledge of the Rules of Shooting and adhere to sports etiquette and dress code as per Archery GB rule 307.

### County Team Selection Criteria

All archers affiliated through L&RCAA are eligible to represent the county.

There are normally 2 or 3 county selection shoots at the beginning of each outdoor season.

Senior Archers who wish to be considered for the First County match MUST shoot 2 of the 3 selection shoots. Archers who have attained the status of Grand Master Bowman (GMB) in the last outdoor season would automatically be selected for the First County Match.

L&RCAA archers are ranked according to their position in the selection shoot, after visitor scores have been taken out. 1 point for first place, 2 points for second place, 3 for third and so on.

Best three scores are then totalled and the archers with the lowest number of points are selected for the first county shoot (Remember 3 of the 4 shoots must be shot).

For the remaining county matches, including the Senior Inter Counties Match, (Thoresby Trophy) the selection process is widened to include archers who do not shoot the required selection shoots. Selection is then based on scores achieved in competitive 12 dozen rounds. Note the round must be 12 dozen (WA or GNAS) and the competition must be an open competition, but a club shoot may be taken into consideration. The archer must submit his/her score to the County Captain who will bring this to the attention of the selection committee, which is:

The County Captain, Records Officer & County Chairman.

Although the County Captain keeps a record of archer's scores for the outdoor season, it is the responsibility of the Archer to ensure their scores are handed in.

## RECORDS

### Classification schemes

#### Regulations for all Disciplines

1. Initial grading and subsequent upgrading occurs immediately the necessary scores have been made in the defined year.
2. Apart from occasions when juniors become seniors or change age groups, the qualification, as a minimum, holds for one year immediately following that in which it is gained. If it is not maintained during that year, reclassification shall be on the scores made during the year (see notes a & b).
3. An archer may hold different classifications in different archery disciplines
  - a. An archer who has failed to reach the qualifying scores for the lowest classification grade shall be listed as unclassified (U/C)
  - b. An archer who previously held a classification but failed to shoot the minimum number of rounds required to acquire a classification during the following defined year shall be listed no classified (N/C)

### Juniors

1. When a junior reaches the age of the next higher age group (Target Archery) or becomes a senior (Target and Field Archery), their classification will be assessed on the three best qualifying scores shot in the twelve months preceding the birthday date.

If three rounds as nominated in the higher section have not been shot in the twelve months, the archer will be unclassified until the necessary rounds have been shot.

## Archery GB Classification Awards

The Archery GB Classification and Handicap scheme allows archers of all levels to understand their skill level and progress through the various awards available. From the initial Archer 3rd Class classification, right through to Elite Master Bowman.

Our sport is always developing and as part of this progression, we have revisited and updated the classifications and handicap scheme, both modernising and creating more awards to give all archers a roadmap to progress along, no matter their skill level.

Inclusivity is important in our sport and that is why the new update includes new Archer tiers to give beginners a more substantial way to mark their progression through the sport. New archers should typically be able to achieve a classification within their first 1-2 years. Additionally, for the most ambitious in our sport we've added an Elite Master Bowman classification, which will be no easy task to achieve in an outdoor season.

### What Awards are Available?

There are nine different classification levels available to all archers, which are grouped into three sets of three. An archer starts off with the **Archer** tier, with 3rd Class, 2nd Class and 1st Class awards. They then move up to the **Bowman** tier, again with 3rd Class, 2nd Class and 1st Class, and then finally the **Master Bowman** tier, where the naming gets a little more fun with **Master Bowman (MB)**, **Grand Master Bowman (GMB)** and **Elite Master Bowman (EMB)**.

These levels cover the full range of experience for the vast majority of archers, with Archer 3rd Class achievable by many new archers within their first year or two in the sport, whereas Elite Master Bowman will be a challenge for even the very best in the country to maintain.

Full details of Archery GB Classifications can be found here:

<https://archerygb.org/resources/outdoor-classifications-and-handicaps>

Classification Tables can be found here:

<https://archerygb.org/resources/find-a-document/awards/outdoor-classifications-and-handicaps>

## CLUB CLASSIFICATION BADGES

Badges will be awarded on the lines of the Archery GB classification criteria. Three rounds may be shot on a club target day or at open shoots, or at club invitation shoots where two clubs (minimum) are taking part in an organised event. These must be achieved in the calendar year.

Once three score sheets have been received the Records Officer will issue the appropriate Club Classification Badge.

## Record Claims for Club, County, Region or National

### Club Records

These are shown on our website. The Record Officer will deal with all Club Records.

### County Records

The onus is on the archer to identify if he/she has obtained a record. IF IN DOUBT CLAIM, you will be informed. Score sheets/results need to be submitted to the Club Records Officer who will complete the necessary paperwork on behalf of the archer and submit the claim to the County Records Officer.

All records must be claimed within six weeks from date of shoot. If you are waiting for a result/score sheet then send the claim in

within the six weeks and follow up with the result/score sheet as soon as possible.

## Regional

The onus is on the archer to identify if he/she has obtained a record. IF IN DOUBT CLAIM, you will be informed. Score sheets/results need to be submitted to the Club Records Officer who will complete the necessary paperwork on behalf of the archer and submit the claim to the Regional. Records Officer.

All records must be claimed with three months

from date of shoot. If you are waiting for a result/score sheet then send the claim in within the three months and then follow up with the result/score sheet as soon as possible.

## National

These must be claimed on the day of the shoot through the organiser, and shot at a Record Status Event.

### Clarification of County/EMAS Records

Records marked R/S on the County listing must be shot at Record Status Events, and claims must include the official result sheet and score sheets, wherever possible.

Rounds marked 'CLUB' can be shot at any event where Archery GB Rules of Shooting are observed. All Scores must have been scored and witnessed by another archer, shooting the same round. The claim must include the original score sheet or a photocopy which must be endorsed by the Club Records Officer.

Records marked 2C are organised club target day with a minimum of two clubs shooting.

A copy of the result sheet, and the score sheet (or a copy) duly signed by the claiming archer and the target captain. If the archer claiming the record is the target captain, then another signature is required on the score sheet, of an archer, who shot on the same target, as the claimant.

Target Day Rounds - The claim must be accompanied by the original score sheet (or a copy) duly signed by the archer claiming the record, and another archer who is not a family member, who was shooting with the claimant. Not necessarily on the same target, but who witnessed the scoring of the round. The score sheet must then be endorsed by the Club Record Officer.

## HANDICAPS

Handicaps are created for Indoor and Outdoor shooting, both ratings are kept entirely separate. These are recorded by the Records Officer of the Club from the score sheets, and it is up to the archer to be aware of their own handicap.

A beginner or an archer, who is not in possession of a handicap, will be eligible to receive a handicap after shooting three complete eligible rounds. The handicap awarded will be equal to the average rating of the three rounds. An archer who is not in possession of a handicap is not eligible to enter a handicap shoot.

The process of reducing handicaps is continuous. A handicap may be reduced every time the archer shoots a round to a better standard than his current handicap. It will be reduced to the average of his current handicap and the handicap rating of the better score. If the average is not a whole number, it will be rounded up to the next larger whole number.

The Club Records Officer will re-assess the handicaps of all archers in the Club annually. The handicap allocated at the beginning of each year will be equal to the average of the handicap ratings of the archer's best three scores shot during the previous year. If an archer has shot fewer than three rounds, the average will be taken over those rounds that have been shot plus the reassessed handicap rating for the previous year. If the average is a fraction, it will be rounded up to the next larger whole number.

An archer who has failed to shoot any complete round during the previous year shall retain his last declared handicap until he has re-qualified.

See the Archery GB for more details on Handicaps, <https://archerygb.org/resources/find-a-document/awards/outdoor-classifications-and-handicaps>



## AWARDS

The club operates a Progress Badge Award Scheme. This is for Portsmouth round indoors and Warwick rounds outdoors. Full details of this scheme can be found here:

<https://www.wellandvalleyarchers.co.uk/Progress%20Badges/>

### ROSE AWARDS

These can only be claimed for York, Hereford, or Bristol competition rounds, which have 'Rose Status' as indicated on the entry form. Rose Awards are used for shooting certain scores (for recurve and compound archers), and range from White level for a score over 800 to Purple level for a score over 1250.

You need to achieve the score shooting the round that is appropriate to your age and gender. If you achieve a score, complete the claim form with the Organiser, who will submit it to Archery GB on your behalf with a copy of the score sheet and the competition results. Awards are given for the following scores: -

- 800 - White Rose
- 900 - Black Rose
- 1000 - Blue Rose
- 1100 - Red Rose
- 1200 - Gold Rose
- 1250 - Purple Rose

The badge is awarded once only and for the highest score attained - meaning an archer scoring 920 who claims a 900 Black Rose cannot later claim an 800 White Rose for a score of 800 or more. Although he/she could claim for an 800 Rose at that time if he/she has not claimed previously.

Claims can only be made on the day of the tournament.

## SIX GOLD END

The Six Gold End Badge is an Archery GB award given to people who get six golds at one of the two longest shooting distances. For example, for men it is achievable at 100 yards, 80 yards, 90 metres or 70 metres. (There is also a Three Gold End Award which is available to Longbow archers at the same distance). If you get a Six (or Three) Gold End, then ask the Organiser for a claim form, complete it and send it to the Archery GB Membership Services office.

## ARCHERY GB ARROW AWARD FOR JUNIORS

The arrow awards are open to junior members of Archery GB under 16 years of age and are in the form of Red, Blue and Black badges. Paper work for this is shown on the Clubhouse Board for the appropriate records for age group and gender.

## FITA STAR

The FITA star award is open to archers according to qualifications and applications as laid down in FITA rules shooting at Ladies FITA and Gentleman's FITA rounds that have been accorded World Record/FITA Award Status. The Award is in the form of a stylised Bronze Star, the higher awards having a coloured background.

Star Only 1000

Black 1100

Blue 1200

Red 1300

Gold 1350

Purple 1400

Claims for the award must be submitted to Archery GB on the appropriate form submitted through the Organiser of the Tournament at which the award is achieved again must be claimed on the day and can only be claimed as per the Rose Award.

## HANDICAP IMPROVEMENT MEDAL

A club may award the handicap improvement medal; to the club member who achieves the greatest handicap improvements made over a calendar year. The medal, which is on a green ribbon, depicts a mediaeval archer. If the archer is awarded this medal they must wear the medal for the next season.

## CERTIFICATES FOR RECORDS AWARDED BY COUNTY

These are given out once a year to the awarded persons.

## CERTIFICATES FOR RECORDS AWARDED BY EMAS

These are given out in April every year to the awarded persons.

## CERTIFICATES FOR CLUB RECORDS

These are given out in January to the awarded persons.

Any trophies awarded are the responsibility of the holder and should be returned at the appropriate time in a clean condition.

The Club will pay for any engraving of Club Trophies. \_\_\_\_\_

## COMMITTEE ROLES

### SECRETARY

Besides the normal secretarial duties the secretary is:-

- Point of contact with Archery GB for all administrative matters.
- Is responsible for booking Have a Go Evenings.

Any member can bring a friend for a Have a Go providing the name of that person is notified, preferably in advance, to the secretary. Supervision of that visitor will be the responsibility of the member. Normal visitors fee will be payable to the treasurer.

## PUBLICITY

The Club has a periodic Newsletter. This is either given or mailed to members, it contains:

Club News

Shoots/Events both at home and away.

Articles of interest regarding archery.

The Publicity Officer is also responsible for the notice board in the clubhouse and for getting articles promoting the club in the local newspapers.

## WEBMASTER

The Webmaster is responsible for the club website, [www.wellandvallevarchers.com](http://www.wellandvallevarchers.com), which contains:

News and Events diary

Articles for sale

Results of Club Shoots

Copy of the newsletter

Information about our club

Links to other related websites.

## SOCIAL

Over the years we have had a diversity of events starting with the club's Annual Dinner in January.

The big finale of the year is a Christmas Fun Shoot. Everyone is encouraged to wear a funny hat (the more outrageous the better!), with a non-conventional scoring system with prizes.

We are always looking for new ideas and encourage our members to come up with these so we can try them out as a club, and enjoy the friendly atmosphere that already exists within the club.

## USEFUL CONTACTS AND SUPPLIERS

Archery GB  
Llilleshall National Sports Centre  
Newport  
Shropshire, TF10 9AT

Web Site: <https://archerygb.org>

This is the governing body in the UK.

World Archery

This is the International governing body for the archery worldwide. <https://www.worldarchery.sport>

L&RCAA Web Site: [www.lrcaa.org](http://www.lrcaa.org)

EMAS Web Site: [www.emasarchery.co.uk](http://www.emasarchery.co.uk)

### Archery Equipment Suppliers

There are a number of equipment suppliers both local and national, most offer an internet service, details can be found in Archery UK and other publications.

## USEFUL READING/REFERENCE MATERIAL

Archery GB - Rules of Shooting and Handicap  
Tables - Essential reference book

Archery UK - Free to all Archery GB Members.

Bow International - magazines available direct from the publishers or from archer stores.

## Equipment and Form

Steps to Success - Kathleen M. Haywood / Catherine F. Lewis  
Arrow Tuning and Maintenance Guide - Baston  
The Simple Art of Winning - Rick McKinney  
Idiot Proof Archery - Bernie Pellerite

## The Psychology of Archer

*Understanding Winning Archery* - Al Henderson  
*With Winning in Mind* - Lanny Bassham  
*Advanced Archer* - Thomas Whitney & Vishnu Karmakar  
*The Golfer and the Millionaire* - Mark Fisher  
*The Elephant and the Twig - The art of positive Thinking* - Geoff Thompson

## Internet Sites

There is a lot of information to be gleaned from the Internet. Many Associations, Clubs, Suppliers etc., have their own sites with links to other Archery sites. A good starting point is the Archery GB website.



## PERSONAL BOW RECORD

This will vary according to bowstyle

Bow Model

Draw Length

Draw Weight

Bowstring Length

Number of strands in bowstring

Bowstring material

Cables Length

Bracing height

Tiller

Knocking point

Distance from peep sight to knocking point

Distance from kisser button to knocking point

Length of arrows

Clicker position

Pressure button

Centre shot position

Spring weight