



String Wax

The Stortford Archery Club Newsletter

March 2017 – Issue 2

Web: www.stortfordarchers.org.uk

Email: newsletter@stortfordarchers.org.uk

Welcome

Thank you for all the positive feedback on last month's newsletter. One great suggestion put forward was to include a summary of "Dates for your Diary". This is included at the end of the newsletter.

There is a lot to cover this month. Hope you enjoy it.

If you have any ideas for articles, know of a competition which you think your fellow archers might like to compete in, or have any thoughts you consider may be of interest to fellow club members, please email newsletter@stortfordarchers.org.uk.

Club AGM and Prize giving

The club's AGM will be held in the gym, at St. Mary's, on Thursday 16th March. Please arrive at 6.30 for 7.00 start.

Some committee positions are currently vacant and all are up for election. If you would like to become a committee member (role descriptions are available from Stuart), or would like to nominate another club member, or have a view on any item on the agenda, it is important that you attend. Every club member has a vote and your view is as valid as any other.

In addition to the formal matters of the AGM, there is also a prize giving. Awards will include classification achievements and Club Indoor Championship trophies.

Agenda

Unfortunately, the Agenda for the AGM was not made available in time for inclusion in this month's issue.

Competitions

More competitions to report this month and some reminders. Several club members (Peter, Carol, Rob, Stuart, Rachel and Kevin) regularly go to competitions. If you would like more details of a particular venue or competitions in general, please feel free to ask. These events are a lot of fun, very relaxed and with the outdoor season approaching, a good excuse to top up your tan.

Crystal Palace 45th Open tournament

There is a bit of a club outing being organized for the Crystal Palace 45th Open tournament. This will be held on Sunday 23rd April, in Beckenham, Kent (BR3 3SS). We will all have had the opportunity of 3 or 4 weeks outside practice by then, so we can all brush up on all the reasons it did not go in the gold – sudden cross wind, sun in my eyes, distracted by seagull.....

Full details for the event can be found here <http://www.crystalpalacebowmen.org.uk/cpb2017/index.shtml> or you can speak to Stuart or Rachel. At the time of writing, we have 20 entries from the club.

Stortford Archers Anniversary Open Shoot (St George)

One of the best days in our club's calendar is the "St George". This is an open shoot so we get a lot of visitors from other clubs. There are rounds to suit all ages, abilities and bow styles. Each round, age, bow style has an opportunity to win a trophy to take home and keep.

It is held on the sports field, at the club, on Sunday 7th May. Assembly is at 10.00 am and sighters are at 10.15.

Full details below:

https://lookaside.fbsbx.com/file/Entry%20Form%202017%20st%20george.pdf?token=AWw4oPj0h6E5x3LIH7ySziDYoKRfuMPQ4KfS78qM5h0RpUIEEiCdGNUXnlWh84UXWKuFuMI-VExHWff_w4b1bp20lkasx-Tr8p13DsFZ3fK10xObnlmmbaeV1WyMMC_3eBr4DhyORf48bURWpEmdaOV

Green Dragon Annual Windsor Shoot

Without doubt, one of the best venues on the Herts competition circuit. Shooting on the lawns of Knebwoth House, with the house as your backdrop. Add in the sunshine and you have a perfect day.

The shoot is a Windsor round (3 doz @ 60 yds, 3 doz @ 50 yds, 3 doz @ 40 yds) plus Junior equivalents, on Sunday 14th May. Assembly 10.15 am, sighters at 10.30 am. All this for £7.00. Full details from their web site.

<http://www.greendragonbowmen.org.uk/pdfs/GDB%20Outher/GDB%20Windsor%202017%20-%20Entry%20Form.pdf>

League Matches

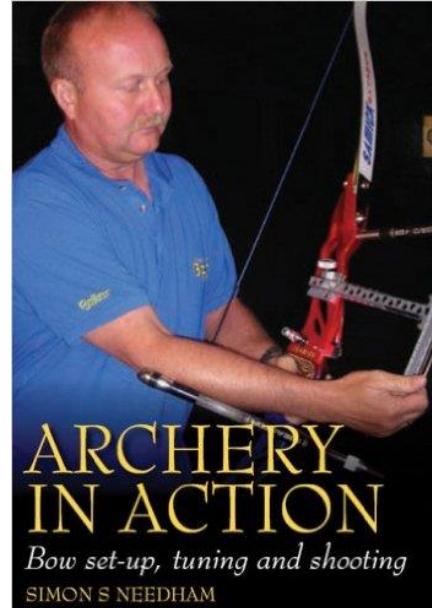
The last Frostbite of this year's indoor season is on 5th March. Meet at the container at 12.00 for a 12.30 start. It would be great to see as many of you as possible.

Rules and details can be found on the HAA website:

<http://hertsarchery.org.uk/betasite/details/>

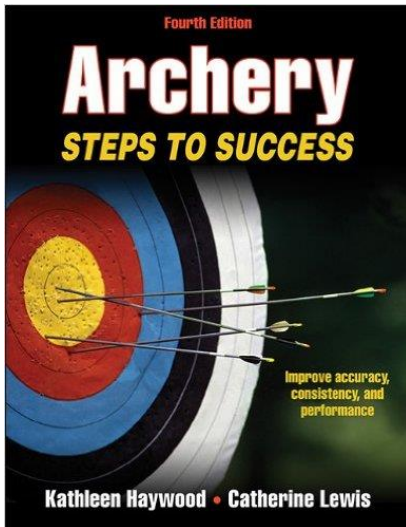
This month's read

Many households will debate which is best - the book or the film. For those of you who are on the film side of the fence, we have Archery in Action, by Simon Needham. This is the film version of last month's recommendation, The Art of Repetition. Whilst the book is more detailed on some aspects, this DVD adds instant clarity to some points in the book that need some thought to understand correctly. ★★★★★



https://www.amazon.co.uk/Archery-Action-Set-Up-Tuning-Shooting/dp/1847970079/ref=sr_1_1?s=books&ie=UTF8&qid=1487025394&sr=1-1&keywords=archery+in+action

Since the section heading promised a “read”, the other suggestion for this month is Archery Steps to Success. This is a good book, particularly for the beginner archer. It covers all aspects of the sport, including the various bow styles. Whilst it is written by American archers, this is not too evident for much of the book – American rounds are different to UK rounds, for example. ★★★



https://www.amazon.co.uk/Archery-Steps-Success-Sports/dp/1450444687/ref=tmm_pap_swatch_0?encoding=UTF8&qid=&sr=

Library

There is a rumour that the club has a library. The contents and whereabouts of the books is currently unknown. More news of this as it becomes available.

As part of "This month's read", it is planned to add a copy of the books mentioned to the library, for club members to borrow.

Whilst this is set up formally, please ask me at the club or email me at newsletter@stortfordarchers.org.uk if you would like to borrow an item. Please only borrow one item at a time and limit each borrow to a maximum of two weeks. You are welcome to extend this if no one else is waiting for it.

Items available are:

The Art of Repetition

Archery In Action

Archery Steps to Success

Juniors

You need only look at the results from the County Indoor Championships to see what a great success the junior coaching sessions have been. All credit to Rachel and Stuart for encouraging and coaching our juniors to a level unsurpassed in the county.

The remaining two sessions are on Sunday evenings, 5 pm to 7 pm, on the 5th March and 19th March

Please speak to Rachel if you would like to come along.

The Junior Coaching outing, to Jump Giants, is being organized by Rachel. Details will be available shortly.

Beginners Course

The winter beginners course has now finished. A massive thank you to all of you who have helped them achieve the high standard they have reached. Consequently, we are delighted to welcome some great new archers to the club.

Harriet Banham

Luisa Stirrup

Jo Coleman

Paul Coleman

Lauren Howard

Patricia Howard

Sam Fairweather

Martyn Cleverly

Lorraine Cleverly

Jeremy Swales

Stefano Follesa

Clare Wright

James Salmon

Competition Report

County Indoor Champs

The County Indoor Championships were held on 12th February. What a great day for our archers. Superb performances from all and loads of personal bests.

5 out of 13 County Champions are from our club.

Carol Clark – Ladies Longbow Champion

Alex Salmon – U14 Gents Recurve Champion

Zoe Hill – U18 Ladies Recurve Champion

Imogen Collier – U14 Ladies Recurve Champion

William Walker – U18 Gents Barebow Champion

Our Junior Recurve teams took 1st, 2nd and 3rd, our Compound team came 2nd and our Gents Recurve team came 4th.

It was lovely to see Owen Griffiths, a former club member, who won the Gents Visitors Trophy.

Full results are available on the club Facebook page or from Stuart.



Junior Indoor County Champions

Club Indoor Champs

Great to see so many archers at the Club Indoor Champs, particularly new members taking part in their first competition. Trophies will be awarded at the AGM.



Club Records

Given the outstanding results from Stortford Juniors at the County Indoor Champs, it will not be surprising to see a bunch of new club records this month. Some of these scores are 20 points above previous personal bests and under conditions that many archers find a bit more challenging. Superb performances. Well done everyone.

Under 12 Ladies Recurve

Megan Gabriel – 462 Portsmouth (County Indoor Champs)

Under 14 Gents Recurve

Alex Salmon – 477 Portsmouth (County Indoor Champs)

Under 14 Ladies Recurve

Imogen Collier – 502 Portsmouth (County Indoor Champs)

Under 16 Gents Recurve

Liam Fairweather – 749 Double Portsmouth (Club)

Under 16 Ladies Recurve

Zoe Hill – 499 Portsmouth (County Indoor Champs)

Under 16 Gents Barebow

William Walker – 210 Portsmouth (County Indoor Champs)

Going Outside

Although the outdoor season does not officially start until the beginning of April, Stuart will, weather permitting, be setting up for outdoor shooting, on Sunday 5th March and perhaps getting a few sight marks in. Again, weather permitting, there will be shooting outside, on Sundays only, until light permits shooting outside in the evenings too. For those who have not shot outside before, it really is the best place to shoot. Even in the rain. Please feel free to join in. "Off season" start times may vary, so please speak to Stuart beforehand.

Early in the season, it is best to prepare for cold, wind, rain and mud. From June, onwards, it is more T-shirts, hats, shades and factor 50 sun screen (and allow for rain!).

County News

An excellent result was achieved by Hertfordshire against Middlesex in the 2017 Inter County Indoor Tournament.

Herts won both the Compound and the Longbow competitions.

Great to see Stuart achieving a superb second place, just 7 points behind the number 1 compound archer in the country.

Puzzle corner

This month it is provided by Stuart. Thank you. Enjoy.

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

- | | |
|---------------|---------|
| ACC | Green |
| Arrow lube | Hoyt |
| Arrow tube | Hstand |
| Barebow | Longbow |
| Boss | Recurve |
| Bracer | Red |
| Champs | Riser |
| Compound | Spine |
| Field Captain | Target |
| Fletching | Tsquare |
| Foam | White |
| Gold | Xten |

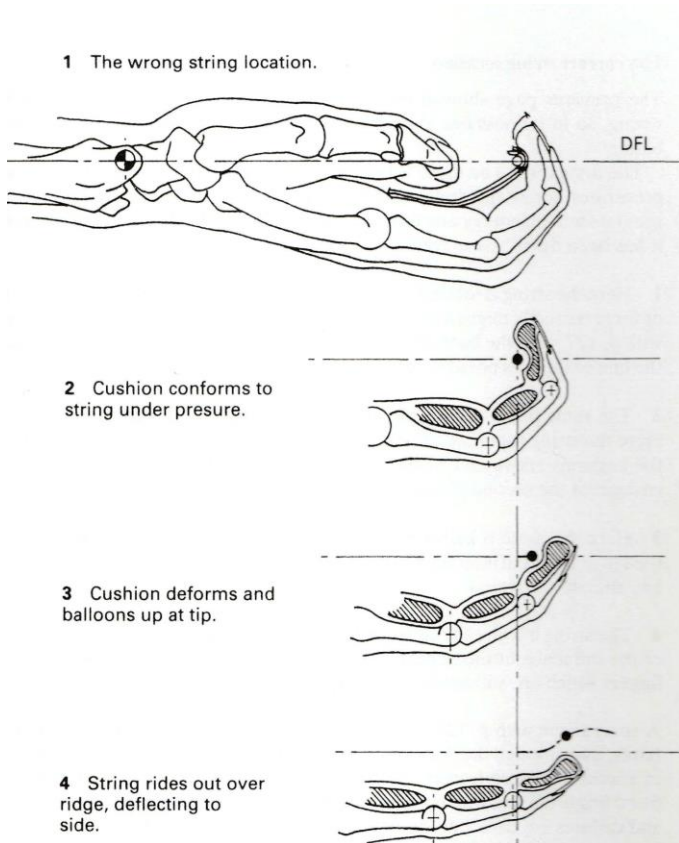
Technical tip

Last month we showed the correct position for the bow hand. This month we look at the correct position for the fingers on the string.

It is important that you establish the correct finger position on the string at the set-up phase. No adjustments at full draw!

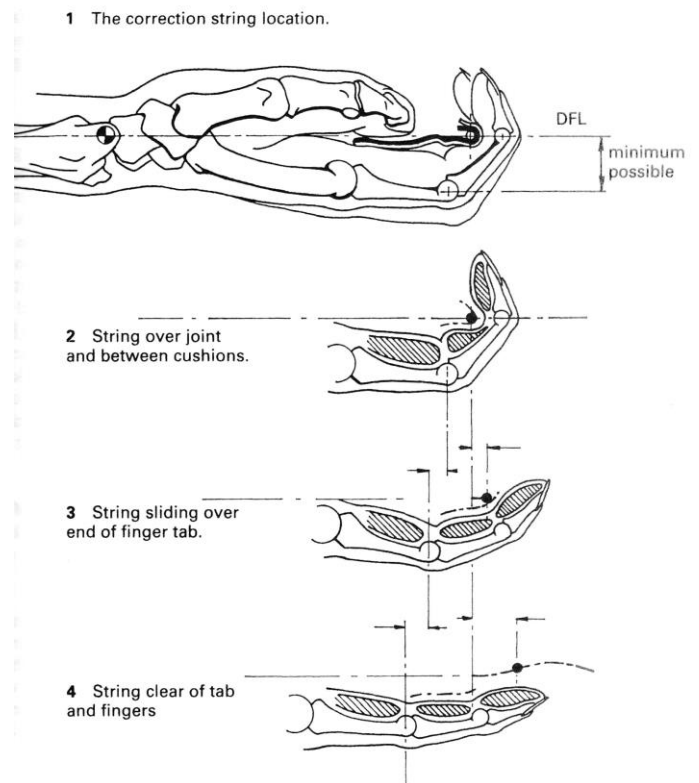
Sometimes it is easier to understand why the right way is the right way, by seeing why the wrong way is the wrong way.

This is the **WRONG** position:



With a fingertip position, as above, the string will be deflected by the finger tips and will disturb string and consequently the flight of the arrow. Worse than that, it can cause strain and injury.

This is the **CORRECT** position:



Because the string is not “dug” in to the fingertips, the loose is much smoother. You can also see that the back of the hand is more in line with the forearm and so induces less strain.

This is a complex and critical area, for a good shot. Please discuss this with your coach before making any changes.

On the range

Some of you will know that there is a document, published by Archery GB, called The Rules of Shooting http://www.archerygb.org/downloads/G-06-04_Rules_of_Shooting.pdf. Some of you may even have read it. For those who haven't, it covers the rules that govern all aspects of conduct in our sport.

Rules range from appropriate clothing, to how to shoot and score a Popinjay.

Right at the top of the list, under Bow Safety, is Rule 102 (a). "No archer may draw his bow, with or without an arrow, except when standing at the shooting line or peg."

Some of this is clear. A fully drawn bow, with a nocked arrow, in a crowded spectator area, is an obvious danger. But with no arrow? What's the problem?

Any archer, who has been in the sport for any length of time, will have seen equipment failures. Old wooden bows can delaminate and shatter. Incorrectly assembled recurves can have their limbs detach. Old strings can break and strings can come off an overdrawn bow.

These failures, although rare, have unpredictable outcomes. In a crowded area, this could lead to someone getting hurt. The shooting line is a controlled area. There is no one in front of it, where the debris usually flies, and no one within 5 meters behind it.

If the rule were not in place, or left some leeway, one archer may find a safe place to test draw and another might not. If any archer were permitted to judge, for themselves, when it was safe to test draw a bow, that puts us all at risk from the poor judgment of others. That is why the rule is as it is.

Club Clothing

If you would like to buy a **Club Polo Shirt**, please speak to Mel at the club or send an email to melanie.j.hart@gmail.com, headed "SAC Shirt Order". Please include the archer's name and shirt size.

Payment by cash or cheque (payable to Stortford Archery Club) required at time of delivery. Prices, which vary depending on size, have historically been in the region of £20-£25.

ALL OTHER CLOTHING, which is bottle green and has the SAC logo embroidered on the right breast, can now be ordered directly from Fosters Schoolwear (tel 01279 653865, email info@fostersschoolwear.co.uk)

The following are available:

Reversible Jacket (fleece/shower proof fabric)
Raglan Sweatshirt
Knitted Cardigan
Knitted V-Neck Jumper

Buy and Sell

Many of us will have loads of unused kit around. Much of it might not be worth much money, like a string for an old bow, arrows you don't use any more or that first bow stand you bought and then upgraded. Here is a place to list archery related items you wish to sell, or the things you would like to buy.

Send an email to newsletter@stortfordarchers.org.uk for inclusion in the next newsletter.

Dates for your Diary

5 th March	League Match	12.30
5 th March	Junior Coaching	17.00
16 th March	Club AGM and Prizegiving	18.30
19 th March	Junior Coaching	17.00
23 rd April	Crystal Palace	09.45
7 th May	St George	10.00
14 th May	Green Dragon	10.15