

Phoenix Bowmen of Halifax



Phoenix News

April 2015
Newsletter

Outdoor Season

As the clocks have now changed we are shooting outdoors in the evening again. Initially this will only be on the training pitch as we can use the floodlights towards the end of a round.

Junior training sessions are on a Monday evening. Senior sessions are Wednesdays from 7p.m.

Upcoming Competitions

Over the next few weeks we have a number of members attending the Thirsk 720, the Bronte Double York and the Selby Westerns.

We wish them luck (and good weather) and will report back on how they get on.

Upcoming Tournaments

- **Sunday 26th April**
St. George Longbow Tourn.
- **Sat 25th and Sun 26th April**
Thirsk 720&H2H Weekend
- **Sun 3rd and Mon 4th May**
Bronte Double York
- **Sunday 19th May**
Eccles WRS Double FITA 70
- **Saturday 9th May**
Chantry Longbow Tourn.
- **Saturday 16th May**
Ancient Scorton Arrow
- **Sunday 17th May**
Selby Open Westerns
- **Sat 23rd and Sun 24th May**
East Riding Double Clout
- **Sunday 24th May**
Danum Archers Westerns
- **Saturday 6th June**
NCAS Open WA1440 & Metrics
- **Sunday 7th June**
YAA County Championships
- **Sat 13th and Sun 14th June**
South Yorkshire Double WA1440

Phoenix Results News

There have been two ArcheryGB run competitions lately. The November and January Challenges.

The November Challenge was a Junior only postal competition comprising of the best score from 3 dozen arrows on a 60cm face at 20 yards shot during November. Nationally there were 614 archers who submitted scores (369 boys and 245 girls).

Boys RC U16

Matthew Gledhill - 42nd
Cameron Allatt - 59th
Sam Copland - 70th
Koris Skybinski - 77th

Girls RC U18

Karly Johnson - 16th

Girls RC U16

Nancy Page - 25th

Girls COM U14

Eve Newton - 6th

The other was the **January Challenge**. Open to both Juniors and Seniors this was the archer's best Portsmouth score shot in January.

There were 1777 scores submitted from 120 clubs. Note that the junior and senior scores are included in the same categories - so no special treatment here!

Gents beginners recurve

Matt Johnson - 20th
David Nutbrown - 45th
Cameron Allatt - 162nd
Tony King - 182nd
Sam Copland - 192nd

Gents Recurve

Andy Newton - 73rd
Steve Atkins - 122nd
Jake Greenwood - 177th
David Brogden - 219th
Malcolm Rothery - 414th
Matthew Gledhill - 528th

Ladies Beginners Recurve

Karly Johnson - 7th

Ladies Recurve

Nancy Page - 211th

Ladies Longbow

Nadine Newton - 11th

Gents Beginners Compound

Chris King - 3rd
Martin Queen - 4th
Tom Lack - 9th

Gents Compound

Wayne Evardson - 47th

Ladies Beginners Compound

Eve Newton - 3rd

Well done to all involved!

Floodlit Pie & Peas National

The club held its 8th Floodlit 'Pie and Peas' National on Sunday the 12th of April.

It was a very cold evening but thankfully the rain which had been present earlier in the day stopped and a fine evening was had by all.

We had entrants from many neighbouring clubs, and as far as Norton Archers in the North East.

Many thanks to all club members

who assisted with the running of the night. Nadine for taking entries, Tim did a sterling job as ever of field captain / organisation. Ian spent the whole day making and cooking the pies which were enjoyed by all, especially in the massive portions which were dished up.

Arthur seemed to very much enjoy himself running the raffle and managed to win the star prize of a pink bag full of toiletries!

Thanks to everyone else who donated raffle prizes, worked on organising the shoot, set up the range, helped on the field and put away everything at the end and also the thankless task of washing up.

Much appreciation to Eve too for being Lady Paramount, dishing out the food and mopping the kitchen at the end of the night.



Outdoor Season Update

There were 46 rounds put in this month, a bit of an improvement on the 35 posted in February.

Would those who are putting in their scores do so using my Yahoo address please, (if you do not have this ... ask).

As before if you have not got the link to the club's outdoor record site on Microsoft's cloud and would like it please let me know.

Well done to the archers below, always nice to see archers progressing.

David King

Club records claimed :

1st Place

Mr N, Paterson American Com
Mrs L, Atkins 1440 (WA) Ladies BB
Mr S, Atkins Metric I RC
Mrs N, Newton 1440 (WA) Ladies LB

2nd Place

Mr C, King Short National Com

3rd Place

Mr S, Atkins York RC,
Mr N, Paterson Albion Com,
Mr M, Queen Albion Com.

Handicap improvements

Mr J, Parry RC 38,
Mr W, Evaradson Com 16,
Mr N, Paterson Com 30,
Mr M, Queen Com 34,
Mr T, King RC 56,
Mr J, Craig BB 69,
Mr D, King BB 50

Classifications gained in March:

1st Class

Mr S, Atkins RC
Mr N, Paterson Com
Mr A, Newton RC

2nd Class

Mr N, Paterson Com
Mr B, Fenton Com
Mr S, Atkins RC
Mr D, King BB

Indoor Season Update

The Indoor season looks to have pretty much finished now as we are back to outdoor shooting through the week. It is still available though in case of bad weather, etc. so it may be that a few more scores continue to trickle in

Thanks to everyone who has come along to shoot indoors. I hope you have all enjoyed it and have found it a good preparation to the outdoor season.

Indoor season officially finishes on 30th June, so please have a look and check that all of your scores have been submitted as I won't accept scores for the 2014/15 season after that date.

Wayne Evaradson

New Club Records:

Wayne Evaradson -

Inc. 1st Place COM Portsmouth

Nadine Newton -

Inc. 1st Place LB Portsmouth

New 1st Place LB FITA 25

Karly Johnson -

Inc. 1st Place U18 RC Worcester

Inc. 1st Place U18 RC Portsmouth

Inc. 1st Place U18 RC Bray 1

New 1st Place U18 RC Bray 2

Tom Lack -

New 2nd Place U16 COM Bray 1

New 1st Place U16 COM Bray 2

Inc. 1st Place U16 COM Ports.

Martin Queen -

New 2nd Place COM Vegas

Matthew Gledhill -

Inc. 1st Place U16 RC Bray 1

Inc. 1st Place U16 RC Bray 2

Cameron Allett -

New 2nd Place U16 RC Bray 1

New 2nd Place U16 RC Bray 2

New Classification:

Tony King - Class E

Tom Lack - Class F

New PB:

Wayne Evaradson - Portsmouth

Nadine Newton - Portsmouth, FITA 25

Tony King - Portsmouth, Bray 1

Matt Johnson - Portsmouth

Karly Johnson - Worcester,

Portsmouth, Bray 1, Bray 2

Martin Queen - Bray 1, Vegas, Portsmouth

Thomas Hudson - Portsmouth

Tom Lack - Portsmouth, Bray 1, Bray 2

Sally Thorpe - Portsmouth

Sam Copland - Portsmouth

Matthew Gledhill - Bray 1, Bray 2

Cameron Allett - Bray 1, Bray 2

Coaching News

Compound release aids are critical to the success of the archer. There are a number of alternatives:

Wrist releases which have a strap which attaches around the wrist either with a buckle or velcro, with the pressure around the wrist they tend to make the drawing of the bow easier than with other releases. They also move the hand further back from the string and this often allows the archer to get a good 'line' more easily, as the rear elbow can then rotate behind the head. By contrast the strap can tend to move on the wrist altering the draw length and they also provide limited facial reference points.

Handheld releases come in many shapes and sizes. They have a metal body which can be designed to be held with either 2, 3 or 4 fingers. Ensuring you choose one which fits your hand comfortably is the critical factor.

The method of activating the shot also differs between models:

Trigger operated -

These are activated by pressure on a trigger. This is most commonly a thumb trigger for a handheld release, but can also be a pinky trigger. Wrist releases will usually be triggered by the index finger (like a gun trigger). With any of these, there are a couple of rules! There should be no perceivable 'travel' in the trigger, i.e. you cannot feel the trigger move at all before it goes off. The trigger should be

adjusted so it is in a comfortable position where it can rest on a bony part of your thumb/finger. These parts are less sensitive to pressure so that you cannot judge how much pressure you are applying prior to the shot going off. You should also not set the trigger too light so that it takes a reasonable amount of pressure to set it off. This ensures that you don't get 'scared' to put your finger on it, and ensures it doesn't accidentally go off if you are shooting in the wind.

Holding weight -

These are set to go off at a particular weight of 'pull'. They generally have a safety trigger which you hold whilst drawing the bow (so that the peak weight of the draw doesn't activate it). Then the safety is released and the increase of pressure from the back tension makes it go off. It is important to not set these too light so that you don't worry about it going off as soon as you release the safety. You also need to have a constant amount of 'pull' against the stops when releasing the safety for the same reason.

Back Tension / Hinge -

These operate by rotating the release. When used correctly, the rotation of the draw elbow causes the release to fire. Some have safety triggers, but some don't and so archers have to be careful of their hand position on drawing and particularly letting down the bow to ensure it does not trigger accidentally.

Whatever release aid you choose, technique is all

important.

'Punching' is a classic symptom of shooting compound. This is where you consciously activate the release and so your body is aware of when it is about to fire. Your body then braces itself against the movement to come and causes a 'flinch' which moves the bow away from where you wanted it. Although you often hear talk about hinge or holding weight releases being 'unpunchable' they can all be cheated. Hinge releases can be consciously rotated and holding weight ones can be 'jerked' to set them off.

All releases should be operated subconsciously and by utilising back tension. With a thumb trigger the process is:

Bring the release back to your facial references (usually knuckles on jaw-line or under ear and string touching the nose). Settle the peep so it is concentric with the scope. Allow the sight to settle on the gold. Wrap thumb around the trigger so that the cylinder is touching the inside of the first joint of the thumb. Then increase back pressure which pulls the draw elbow backwards around the head. Keep building pressure until the release fires.

That process of smoothly pulling until the release fires (and you don't know when it will happen) is the basis of a good shot.

If you have a shot that you are struggling to get to activate, it is usually because you haven't set your shoulders and back correctly in the shot setup.

Please send any input to wayne_evardson@hotmail.com for next month