

Phoenix Bowmen of Halifax



Phoenix Bowmen News

February 2015
Newsletter

Floodlit Shoot

Still on track for Sunday 12th of April, our annual floodlit shoot is not far away now.

We are taking entries from club members so if you want to shoot, please get your entry in soon. Please consider helping out as field party though, we'd be grateful for any help on the night either on the field or in the kitchen. If you want pie and peas and aren't shooting, please let us know, so we know how many people to cater for.

We'd also be grateful for any raffle prizes you can donate, pass them on to any committee member.

Beginners Courses

Beginners courses start again in March. Please can we all make sure that we give Ian, Steve and Tim help in setting up and putting away the bosses and stands if you see them putting out a beginners session so they don't have to do it all by themselves. Ta!

Phoenix Junior Bowmen

Our junior club have decided to organise a junior club championships over the summer and also would like to arrange a junior only open competition at the club too. Good to see the enthusiasm coming from them all (adults - take note!).

Upcoming Tournaments

- **Sunday 22nd February**
Yorkshire Combined Tourn.
- **Sunday 1st March**
Barnsley Early Bird Western
- **Sunday 8th March**
YAA Indoor Championships
- **Saturday 14th March**
ABBA Dabba Do Longbow
- **Saturday 28th March**
White Rose Crazy National
- **Saturday 4th April**
Panda Bowmen Pandamonium
- **Sunday 12th April**
Phoenix Floodlit Shoot
- **Sunday 19th April**
YAA Clout Championships
- **Sunday 19th April**
Abbeydale Potato Shoot
- **Saturday 9th May**
Chantry 2-Way Western
- **Saturday 16th May**
307th Ancient Scorton Arrow

Winter Competitions

There have been a number of competitions over the winter where Phoenix members have been shooting.

The Archery Interchange Ironman took place at the Bowmen of Adel (one of 12 venues around the UK). Once all the scores had been collated we did rather well. In the Recurve section Andy Newton came 15th, Malcolm Rothery was 35th, Steve Atkins was 36th and David Brogden came 40th. Eve Newton came 2nd in the Compound Unlimited Junior Section. To complete the Newton trio, Nade came 8th in the Longbow Division. Ian Moorhouse was 4th with his Horsebow.

In the York Archers Double Worcester we had Matt Johnson in 11th and Steve Atkins in 13th within the Gents Recurves. Liz Atkins came 1st in the Ladies Barebow and claimed a new county record. Karly Johnson got an impressive 2nd place in the U18 Ladies Recurves.

Following that, there was the Wakefield Archers Double Portsmouth. David Brogden came 18th in the Gents Recurves with Malcolm Rothery taking 28th place.

The same archers took part in the Savile Bowmen Double Portsmouth and this time David Brogden came 15th and Malcolm Rothery came 18th.

Well done to all those who took part and shot so well.

We have also submitted scores to the Archery GB January Challenge and I will share those results once they have been published.

If you do fancy giving competitions a go but are too scared or dubious about how it all works, please speak to myself or any of the archers mentioned previously and we will be able to give you more information about how it all works.

Phoenix Winter Champs

Another quick reminder that the club's Winter Championships will be held on Sunday 15th February.

Steve Atkins is in charge of the shoot, so please give him every assistance in making the day as smooth running as possible.

Please be there for around 11.45 to help set up the field. Please remember to bring appropriate footwear as the pitches have been rather muddy lately!

Once we are ready we will shoot a Frostbite (3 dozen arrows @ 30M - 10 zone scoring), then have a break for a bit of lunch and then shoot another one! Hopefully you have all got your 30M sight marks honed to perfection.



Archery GB Handicap Trophy

Following the AGM in January, Wayne Evardson was awarded the Archery GB Handicap Improvement Medal. This is given to the archer that has improved their handicap by the largest amount over the last 12 months.

David King crunched the numbers and Steve Atkins passed the medal on at the glamorous location of Range Court. He will also get his name in a future Archery GB magazine.



Grahame's Antics

Grahame Cotterill has been in touch to let me know about his archery activities in 2014. We may not see him much at the club but in the last year he has given over 400 hours of his time to the sport.

21 days of archery leader and instructor training and assessing.
9 days of Level 1 coach training and assessing.
3 days volunteering at the European Archery Festival.
3 days of Archery related meetings

26 sessions of University Coaching
17 days at the Commonwealth Games.

I think he is enjoying his retirement!

Outdoor Season Update

Not a lot of activity in January but a lot of snow and ice. Still, the hardy bunch shot on, with David Nutbrown getting the first award of the year with his 3rd Class.

Hopefully there will be better weather in February.

David King

Classifications gained in Jan.

3rd Class

Mr D, Nutbrown RC



Indoor Season Update

Another good month of Indoor shooting. Despite it being bitterly cold some of the time, we are still surpassing ourselves with new records and personal bests.

Particularly well done to Karly Johnson for being our first Junior member to ever achieve a D-Class indoor classification. Tony King must be pleased to have got his first ever classification too.

It's nice to see some more junior names appearing too, thanks to Ian and Steve's training sessions.

Only a couple of months left of indoor shooting now really, and although I'm sure people are itching to get back outside, let's see if we can still get some more quality indoor scores in before then!

Wayne Evardson

New Classifications

David Brogden - Class D
Karly Johnson - Class D
Tony King - Class F

New PB

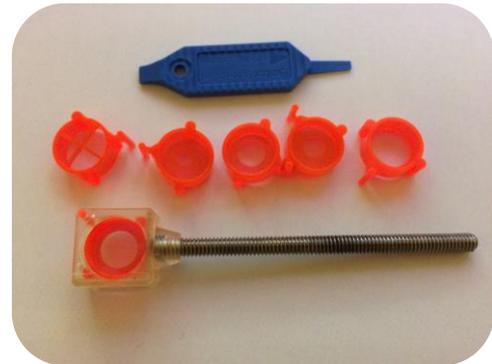
David Brogden - Dbl Portsmouth
Nadine Newton - FITA 18, Ports.
Malcolm Rothery - Dbl Ports.
Tony King - Portsmouth
David Nutbrown - Portsmouth
Martin Queen - Portsmouth
Cameron Allett - Worcester
Sam Copland - Worcester
Matthew Gledhill - Worcester
Tom Lack - Portsmouth
Matt Johnson - Ports., Bray 2
Karly Johnson - Ports., Worcester, Bray 1

New Club Records

David Brogden -
New 1st Place RC Dbl Ports.
Nadine Newton -
New 1st Place LB FITA 18
Inc. 1st Place LB Portsmouth
Malcolm Rothery -
New 3rd Place RC Dbl Ports.
Karly Johnson -
Inc. 1st Place U18 RC Portsmouth
Inc. 1st Place U18 RC Worcester
New 1st Place U18 RC Bray 1
Cameron Allett -
New 2nd Place U16 RC Worcs.
Matthew Gledhill -
New 3rd Place U16 RC Worcester
Tom Lack -
New 1st Place U16 COM Ports.

For Sale

Beiter sight tunnel 12mm (clear) with full set of interchangeable round and crosshair apertures in red. Will fit virtually any recurve sight on the market. £15.



Seven Easton 3-04 ACC arrows fletched with black and fire orange 1 3/4 inch X-Vanes. White large groove G-nocks. 100 grain points (but can change them for 80 grain if you prefer). Just under 28 1/4 inches from nock groove to the end of the shaft (28 3/4 inches including the point). Easton spine chart shows these should be suitable for a recurve somewhere between 30 and 40 pounds on the fingers (ideally somewhere in the mid-range). Used but in good condition. They are available singly from Aardvark so getting more arrows to match would be easy. £50.



Longshot saddle bag which fits onto the long black plastic recurve boxes. This gives you 2 large zip-up pockets which are ideal for putting more stuff in which won't fit into the case normally (your quiver and bow stand for example). Really useful and easy to attach with velcro straps. £12.



Right handed (riser in left hand) Jager BEST grip for Hoyt risers. Will fit any relatively modern Hoyt riser. Has a high wrist position and an unusual shape which makes it easy to locate the right position in your hand. It has a rubbery material making up the thumb pad which allows it to be non-slip and very comfortable. £30.



Get in touch with Wayne Evaradson if you are interested in any of these items.

If you find anything in your archery kit/spare room that you would like to sell, then please drop an e-mail with the details and a picture if possible and I'll pop it in a future edition.

Coaching News

So you want to get your first class/bowman/master bowman? How is that going to happen? Are you just going to go to shoot whenever you can and try harder? Or are you going to plan ahead and work out the steps you need to take to achieve your goal?

First step is to work out what your dream, aim or desire is whether it is to gain the next classification up, or to shoot for the county (or country). This is your prime motivator, so when it is wet and windy and you really can't be bothered to go and shoot, this is why you still do it!

Then decide when you want it to happen. Be realistic about a timescale and be prepared to adjust it if needs be.

You also need to decide what you are willing to sacrifice to achieve your goals. If your goal is to get a Master Bowman classification then as this can only be gained at competition, you must be willing to give up your weekends to go along to shoots (along with the hours of practice too). There is no point deciding you want to be an Olympian if you still want to go to the pub every night!

Next step is to decide how you are going to achieve that dream. There are two types of goals along the way:

Process Goals - these are things you can control. e.g. Work on form steps, get a coach, spend a certain number of hours each week practicing.

Outcome Goals - these are things you don't completely control. e.g. Shoot a 1300 FITA, win a competition, get 3 bowman classification scores. The outcome can be affected by things like weather or by how well other people shoot at a competition.

Divide the main steps into shorter, more manageable chunks. Some will be easy (enter enough competitions) and some will be trickier (improve handicap or scores). The best type of goals will be **SMART**.

'Specific - It is pointless having a goal of 'being better'. Aim for a particular thing whether it is a score, a handicap or just shooting a round with no misses. The following words should also make sense with your chosen goal.

'Measurable - How will you tell if you have achieved your goal? If you can't measure it - it's not going to be specific either.

'Achievable - There is nothing to be gained by setting impossible goals as you can't measure progress and also if you are 'failing' you will get rapidly demotivated.

'Recorded - Write your goals down. This helps make sure you follow them through, but also ensures you don't forget them. It is also encouraging to be able to look back and see what you have achieved.

'Timed - Times give you the incentive to follow the goals through. They also warn you when you may need to adjust your plans if things change.

All of the goals will need to be regularly reassessed and amended as often as is necessary.

It may be that your goal is to drop your handicap to 36 by September, but you actually manage it by July. In which case you have achieved your goal early, and will need to make new ones to keep 'pushing forwards'. If however you get injured then you may need to re-evaluate the timings of your goals and push them back.

Goals in archery can be focussed towards Physical Fitness, Psychology and Mental toughness, Shooting Technique or Equipment Setup and Tuning. In fact to be a winning archer you need to consider all of these factors.

So hopefully that's given you something to think about. More next month!

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