

Phoenix Bowmen of Halifax



Phoenix Bowmen News

June 2015
Newsletter

Summer Subscription Time

Phoenix Bowmen subscriptions are due for the period July-December 2015. Subscriptions for the 6 months are £55 per adult or £25 per junior and are payable by cash or cheque, to Meg or any other committee member.

These must be paid by no later than Sunday 12th July so that we can renew members' ArcheryGB membership shortly after this. Early payment is of course appreciated! :-)

Any members who have not paid by July 12th will be removed from the members list and be unable to shoot.

If you have already paid, please disregard this message. If you are unsure whether you have paid or not, please email Meg (megeleh@googlemail.com) and she will check for you.

Archery Rep for HRUFC

Tracey has sent an email to all the membership about joining the HRUFC committee. If you think you could spare a few hours once a month we would be most grateful.

It is really helpful for us to be kept advised of developments in the Rugby club but also makes sure that they don't forget about us arrow flingers - please let Tracey know ASAP if you can help as you will need to be voted in at the AGM which is in early July.

Archery Coaching

As the club has got bigger we are in need of more coaches to support our increasing membership. We are looking for anyone who is interested in becoming an archery coach. Being a coach in the club allows you to help other members but also gives you more information on shooting technique, hopefully making you a better archer too.

If you are interested, please have a chat with Ian, Steve or Tim who will be able to give you more information.

HRUFC Bull Weekend

This annual event runs on 27 & 28th June, everyone is welcome even if only for an hour or two to help spruce up the club and grounds. We can potentially shoot after it is finished. 5pm on Saturday and 4pm on Sunday.

Lez Newsome

Most of you will be aware of the passing of one of Yorkshire's most successful and well-liked archers this month. A lot of Phoenix members will have met Lez during trips to Aardvark, he set up my first ever bow and helped me get through my target panic.

I will always be grateful for the time he spent with me over the years and for his ability to spread his vast knowledge to everyone who was willing to listen. We were lucky to have him helping us all! Rest in peace Lez.

Upcoming Tournaments

- **Saturday 4th July**
Chantry Sword LB Tournament.
- **Sat 4th & Sun 5th July**
Wetherby Double FITA Star.
- **Sat 11th & Sun 12th July**
Bronte Double FITA Star.
- **Saturday 18th July**
Panda Bowmen Crecy Shoot.
- **Sunday 19th July**
Wakefield Albion & Windsors.
- **Sunday 19th July**
St Georges Memorial Clout.
- **Sat 25th & Sun 26th July**
GNAM Double York.
- **Sunday 26th July**
Phoenix Bowmen Windsor.
- **Saturday 8th August**
YAA Longbow Champs.
- **Sunday 9th August**
Danum Top Down Shoot.
- **Sunday 16th August**
Abbeydale Longbow Tourn.
- **Sunday 16th August**
NCAS Flight Championships



Outdoor Season Update

There were 85 rounds put in this month,

Overall, things are moving forward with improvements across the board, Again well done to the Archers below, always nice to see Archers progressing..

David King

Classifications gained in May.

Bowman

Mrs N Newton LB

1st Class

Mr M Queen COM

2nd Class

Mr M Johnson RC
Mr A Sutcliffe RC

3rd Class

Mr A Wilkinson RC

Club records claimed from:

1st Place

Mr B Fenton

National Com,
American Com,
WA 50m Com,
National Com.

Mr A Wilkinson

Short Warwick RC,
Olympic RC,

Mr N Patterson

American Com,

Mr D Brogden

Short Windsor RC,
Olympic RC,

Mr W Evardson

WA 70m Com,
WA 60m Com,
WA 50m Com,

Mrs L Atkins

Warwick BB,

2nd Place

Mr M Queen WA 50m Com,
Mr N Patterson LM Gents Com,
Mr M, Queen National Com.

3rd Place

Mr S Brooksbank American BB,
Mr N Patterson WA 70m Com.

Handicap improvements:

Mr A Wilkinson RC 40,
Mr N Patterson Com 27,
Mr A Sutcliffe RC 51,
Mr M Johnson RC 46,
Mr A Sutcliffe RC 49,
Mr B Fenton Com 39,
Mr T Mason Com 30,
Mr M Queen Com 29.

Indoor Season Update

The end of this month marks the end of the indoor season so it is the time to put the final scores on the doors.

Thanks to everyone who came to shoot indoors this year. I hope you enjoyed it too (despite the cold, damp and concrete).

Well done to everyone who achieved a new classification, record or personal best.

I still believe that if you have a productive winter season then you will be off and running when the summer season starts. So if you didn't shoot indoors last year, consider it when we get to that time again.

Wayne Evardson

A Class

Wayne Evardson

C Class

Steve Atkins
Andy Newton

D Class

Liz Atkins
David Brogden
Jake Greenwood
Karly Johnson
Matt Johnson
Chris King
Martin Queen

E Class

Matthew Gledhill
Tony King
Eve Newton
Nadine Newton
Nancy Page
Malcolm Rothery

F Class

Cameron Allatt
Sam Copland
Tom Lack

G Class

Thomas Hudson
Ian Moorhouse
Koris Skybinski

We also managed to set lots of new club records this year:

Recurve - 18 new records
Compound - 11 new records
Barebow - 2 new records
Longbow - 9 new records.

We are getting to the point where it is increasingly difficult to gain club records due to some great scores already being on the board. But, boy it is good when you manage it!

Competition News

Yet again we have had members out on the road with another month of competition.

Wayne turned up for the NCAS WA 1440 in Wetherby but the wind was so bad it was called off after only one end of scoring arrows - and it broke his tent too. Not a successful day!

The following day was only slightly better for the Yorkshire Championships. The wind made it very hard work, Wayne managing 12th in the Gents Compound category. Dave Brogden and Malcolm Rothery shot decent Bristol II scores though.

The poor weather continued for the Bill Spencer Open Western in Harrogate, where the rain was incessant.

Despite this we had a good turnout with Neil Patterson taking 6th place in the Gents Compound, Bradley Fenton got 2nd in the Boys Compound section. We had a good showing in the Gents Recurves: David Brogden came 8th, Steve Atkins 9th, David Nutbrown 23rd and Malcolm Rothery 25th.

If you have been to a competition and want me to include it in this section in future newsletters - as I trawl through published results but am liable to miss at least some - just drop me a quick email to let me know and I'll make sure to include you.

Coaching News

Does practice make perfect?

No it is more the case that "perfect practice makes perfect". This is a quote that is attributed to the legendary NFL coach Vince Lombardi.

Practice without a purpose is only good for increasing your stamina. Make it your aim to work on a specific part of your shot routine every time you shoot.

Identify your weak points and work hard to make them your strengths. Personally I hate shooting in the wind, my task this summer is to 'make friends with the wind' and find a way to make as good shots as I can when the weather isn't perfect. Undoubtedly the wind will affect my scores (as well as everybody else) but if I can minimise the impact it has on my shot routine then the scores will look after themselves.

Most people have a round or a distance that they don't really like. Or they find that they struggle scoring as well as they should at a particular distance.

Spend a while concentrating on that round or distance until you are dominating it and it no longer has negative associations in your mind.

If you find that pressure affects you; either against other people or when you know you are close to getting a PB or your next classification score, try to plan your practice to improve this.

You could shoot 'against' a clubmate who you know scores similar or better scores than you do. Or give another archer a theoretical headstart on your scoresheet and try to chip away their lead throughout the round.

Archery is a sport where you can't affect what your

competitors score and so therefore the pressure you feel is within your own head.

Concentrating on relaxation between shots and making a 'strong' shot for each and every arrow you shoot is the most important thing.

The 'pressure' you feel is that which you put upon yourself (which doesn't make it any less real) but does mean that you are capable of reducing it by altering your own thought processes. Usually when you are 'feeling the pressure' you are better not taking too long about the shot as it is easy to stop/start too much. Try to be dynamic and committed to the shot and if anything try to go through your shot process slightly quicker than normal.

Have a think about the things you could work on the next time you shoot - then do it!

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