

# Phoenix Bowmen of Halifax



## Phoenix Bowmen News

March 2015  
Newsletter

### Floodlit Shoot

Our annual floodlit shoot is only a couple of weeks away now.

We would be very grateful for any raffle prizes you can donate, pass them on to any committee member as soon as possible.

Please consider helping out as field party on the night. Any help, either on the field or in the kitchen or sorting out the raffle would be much appreciated. If you want pie and peas and aren't shooting, please let us know, so we know how many people to cater for.

### Lost Items on Pitches

As you are all aware, lost arrows on pitches must be found before you leave. A couple of weeks ago we found part of a sight and a pressure button on the training pitch which had probably fallen out of someone's bag. This could still cause us a problem if they were found by a rugby player - especially if lodged in a part of their anatomy.

Please ensure that all of your equipment is accounted for once you are ready to leave. Any missing/lost items that you believe are on any of the pitches should be reported to a member of the committee as soon as possible.

### Upcoming Tournaments

- **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
- **Sunday 17th May**  
Selby Open Westerns
- **Sat 23rd & Sun 24th May**  
East Riding Double Clout
- **Sunday 24th May**  
Danum Open Westerns
- **Saturday 6th June**  
NCAS WA1440 Star & Metrics

## Winter Competitions

Another couple of months of competition for many members of Phoenix Bowmen.

The Yorkshire Combined shoot was held by York Archers combining a Worcester and a Portsmouth in a day out which is always great fun. Matt Johnson and Steve Atkins joined the recurvers but it was the ladies with the success. Liz Atkins took another gold in the Ladies Barebow division and Karly Johnson took a well deserved silver in the U18 Ladies Recurve.

After this was the Barnsley Early Bird Western, a windy and changeable day out. This was

braved by Tim Mason who shot his compound and managed to pick up a medal for Best Gold - well done Tim.

The YAA Indoor championships are always well attended by the cream of Yorkshire Archers (including an Olympian) and I'm pleased to say we managed to get a good number of entries from Phoenix, including a group of Juniors organised by Ian. Again, we excelled. Nadine Newton took bronze in Ladies Longbow, Liz Atkins took Gold again in Ladies Barebow and Eve Newton took Gold in the U14 Girls Compound. Matthew Gledhill took Bronze in the U18

Boys Recurve closely followed by Cameron Allatt. David Brogden, Andy Newton and Steve Atkins came up against stiff competition in the Gents Recurve section.

Well done to all those concerned - onwards to the Outdoor season!

# Phoenix Winter Champs

The Winter Championships was held in February amidst the mud that is more often known as the training pitch. Many thanks to Steve for organising the event and to Tim for acting as field captain.

23 of the clubs most brave and hardy souls joined in to shoot a double Frostbite. Chocolatey spot prizes were awarded along the way (good idea Steve) and the final totals added up and double checked - good job too, as apparently people can't add up correctly!.

**Overall Handicap Champion**  
Dave Brogden & David King

**Lady Longbow**  
Nadine Newton

**Lady Recurve**  
Sally Thorpe

**Junior Gents Compound**  
Bradley Fenton

**Gents Barebow Visually Impaired**  
Barry Hanson

**Gents Longbow**  
Boleslaw Sawicki

**Gents Compound**  
Martin Queen

**Gents Barebow**  
Shaun Brooksbank

**Gents Recurve**  
Andy Newton

**Worst Red**  
Arthur Wilkinson

**Best Black**  
Andy Sutcliffe

**Worst Gold**  
Andy Newton

**Best White**  
Joe Craig

Well done to everyone who shot, same time next year!



## Outdoor Season Update

Again the weather played havoc with the outdoor shooting in February. Still the hardy bunch shot on yet again. Hopefully there will be better weather in March.

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

Well done to the Archers below.

David King

### Classifications gained in Feb.

#### Bowman

Mrs L Atkins BB

#### 2nd Class

Mr D, Brogden RC

### Records gained in Feb.

Mrs L Atkins BB  
Long Metric 1

Mr S Brooksbank BB  
Frostbite

Mr S Atkins RC  
Hereford

Mr N Paterson COM  
American

Mrs N Newton LB  
Frostbite, Long Metric 1

### Handicap Improvements gained.

Mr A Newton RC 35,  
Mr B, Sawicki LB 63,  
Mr B, Fenton Com 53,  
Mr D, Brogden RC 39,  
Mr D, King RC 45,  
Mr I, Moorhouse BB 80,  
Mr J, Craig BB 70,  
Mr M, Johnson RC 52,  
Mr M, Best RC 76,  
Mrs N, Newton LB 63,  
Mrs S, Thorp RC 82,  
Mr S, Brooksbank BB 48,  
Mr S, Baugh RC 50,  
Mr T, Lack Com 71,  
Mr T, King RC 40.

## Indoor Season Update

Another month of Indoor shooting past, and another month nearer outdoor season. Despite most people being slightly 'over' indoor shooting we are still managing to set new personal bests and club records.

Some new classifications for the juniors this month, we done to Sam, Tom and Thomas. I have managed to retain my A-Class for another year too.

While the nights are still not light enough for outdoor shooting we will continue to keep running indoor sessions so please feel free to come along!

Wayne Evardson

### New Classifications

Wayne Evardson - Class A  
Sam Copland - Class F  
Tom Lack - Class G  
Thomas Hudson - Class G

### New PB

**Eve Newton** - Portsmouth  
**Steve Atkins** - FITA 25  
**Malcolm Rothery** - Dbl Ports.  
**Wayne Evardson** - Portsmouth  
**Tom Lack** - Portsmouth  
**Karly Johnson** - Portsmouth  
**Matt Johnson** - Worcester  
**Sam Copland** - Portsmouth  
**Matthew Gledhill** - Portsmouth

### New Club Records

**Eve Newton**  
- Inc. 1st Place U14 COM Ports.  
**Nadine Newton**  
- Inc. 2nd Place LB Bray 1  
- New 1st Place LB Comb. FITA  
**Malcolm Rothery**  
- Inc. 3rd Place RC Dbl Ports.  
**Wayne Evardson**  
- Inc. 1st Place COM Portsmouth  
**Tom Lack**  
- Inc. 1st Place U16 COM Ports.  
**Karly Johnson**  
- Inc. 1st Place U18 RC Ports.  
**Matthew Gledhill**  
- Inc. 1st Place U16 RC Ports.

# Coaching News

So you are at a competition, it's going quite well and then ... it starts to rain, or the wind starts to blow, or the sun gradually moves and begins to get in your eyes, or the other archers on your target are getting really good scores - well that's blown it! Or has it ....?

There are many things in archery that you can control. We spend hours upon hours practicing so that our technique is as good as we can make it (for now, there is always room for improvement). We tune our equipment so that it is as reliable to shoot as we can make it.

Unfortunately there are also plenty of variables that we cannot control. These are the things that can make or break your shoot, you either cope with them or you allow them to ruin your day. If you can think about these things before they happen, then you can have planned a course of action in advance so that they do not actually cause you a problem. Or at least minimise their effect on your shooting - and hopefully less so than another archer who is not as prepared as you are!

We cannot do anything (legally) to affect how another archer is scoring so why worry about it?

You see many an archer with a grimace on their face as their target mate calls out another good end of arrows. This will only ever lead to frustration, leading your scores to drop as you 'try too hard' and your subconscious shot routine is over-ridden by your conscious mind. Instead

why not congratulate them on good arrows. It makes you feel better too! You can then say to yourself "the conditions are right today for a great score, there is nothing stopping me from doing that too".

Rain and wind are unfortunately always going to be a factor in British outdoor competitions. They will only stop a shoot if the conditions are exceedingly bad, or dangerous in the case of a lightning storm. Fog may stop a shoot if you can't ensure that there is nobody wandering into the overshoot area.

One thing to keep in mind in that the bad weather affects everyone on the line. You may not be on for a PB in gusty, showery conditions but you can bet nobody else is either!

Rain will tend to drop your sightmarks, so make a note of your sightmarks in different conditions when you are practicing so that when you encounter it again you can think to yourself "light rain tends to make my sight mark 0.2 lower than in good weather so I'll make sure that I adjust my aim before I actually send an arrow low and save myself losing a few points". It is also important to practice shooting in the waterproof clothing that you taking with you so that you know it doesn't interfere with your string, etc.

Wind is very rarely steady from a single direction and so altering your sight constantly is going to be of limited benefit (and drive you potty). A better strategy is to

'aim off'. With practice you will be able to judge how the wind will affect your arrow flight and aim away from the centre so that the wind 'pushes' it back into the ten ring. You can start to think of wind strength in colours (i.e. a wind that would send the arrow into the blue instead of the gold is a 'blue' wind). Then if it's blowing from the left, you know you should aim at the blue ring to the left of the gold to still hit the middle. In general, people will tend to overestimate the effect of the wind so if in doubt, aim off by half as much as you think you should. Pay attention to the trees around the field and the flags on the bosses to judge when gusts of wind are heading towards you and try to time your shots to avoid them. Practice shooting in the wind so that you 'know' that you can shoot well despite it being more difficult.

The effect of the sun can be mitigated by wearing sunglasses or even a wide-brimmed hat. Ensure that the frame of the sunglasses does not interfere with your view when at full draw, and your hat does not contact the string.

Although it is Britain, it may also be worth applying sunscreen even if it is not that sunny before the shoot starts. Then, even if the sun comes out you don't even have to worry about it. It also means you don't look like a beetroot at prize-giving!

Solve the problem before it occurs - how many factors can you think of which could affect your competition score?

Please send any input to [wayne\\_evardson@hotmail.com](mailto:wayne_evardson@hotmail.com) for next month