

Phoenix Bowmen of Halifax



Phoenix Bowmen Champions

September 2015
Newsletter

Summer Club Champs 2015

The Phoenix Bowmen Club Championships was held on Sunday the 16th of August 2015. The weather kind to us again, cloudy but warm and little wind - ideal for archery!

Well done to everyone who attended and congratulations to all those who took home medals.

The Official Results.

Senior Handicap Champion

Matt Johnson

2nd - Tim Mason

3rd - Ian Moorhouse

Junior Handicap Champion

Thomas Hudson

2nd - Luke English

3rd - Jack Hudson

Jnr Gent RC on SJ Western

Jack Hudson

Jnr Gent RC on Junior Western

Thomas Hudson

2nd - Luke English

Jnr Gents Compound Champ.

Brad Fenton

Lady Recurve Champion.

Karly Johnson

Gents VI Recurve Champion

Barry Hanson

Gents Longbow Champion

Ian Moorhouse

2nd - Boleslaw Sawicki

3rd - Phil Johnson

Gents Barebow Champion

David King

2nd - Shaun Brooksbank

Gents Compound Champion

Neil Patterson

2nd - Tim Mason

Gents Recurve Champion

Matt Johnson

2nd - David Nutbrown

3rd - Malcolm Rothery

Nick Crowther Memorial Trophy for the best gold at the longer distance

Neil Patterson

Stan Broadbent Memorial Trophy for the best gold at the shorter distance

Matt Johnson

The Wooden Spoon for the worst white at the shorter distance

Boleslaw Sawicki

Upcoming Tournaments

- **Saturday 19th September**
Chantry Crecy Shoot.
- **Saturday 26th September**
Barnsley Longbow Tournament.
- **Sunday 27th September**
Barnsley Albion & Windsors.
- **Saturday 3rd October**
White Rose Autumn Shoot.
- **Saturday 10th October**
Chantry Great Western.
- **Saturday 10th October**
York Clout Tournament.
- **Saturday 17th October**
National Clout Champs.
- **Sat 24th & Sun 25th October**
NCAS/YAA Clout Champs.
- **Sunday 1st November**
Bridlington Indoor Tournament.
- **Sunday 15th November**
NCAS Indoor Champs.
- **Sunday 29th November**
Chantry D&DAA Champs.
- **Sunday 6th December**
Chantry Double Worcester.
- **Sunday 10th January**
Wakefield Double Portsmouth.

Congratulations

Whilst we are on the subject of Champions and Winners:

Well done to **Liz Atkins** ... the first ever member of Phoenix Bowmen to achieve the rank of Master Bowman! It's good to see all her hard work rewarded

For those who don't know, this involves shooting Master Bowman level scores at three UK or World Record Status Competitions, and puts her in

the top 4% of lady barebow archers nationally.

Also, many congratulations to **Ian Moorhouse** for passing his Level 2 Coaching Exams.

I know the massive amount of work he has put into his practical and written elements of the course (especially as it comes at the expense of his own shooting time). Well done from us all!

Come and help your club!

While the AGM in January is a fair way away yet, it is worth mentioning that positions within the club will be available for members to stand for.

The three positions which make up the club committee are Chairman, Secretary and Treasurer. Members standing for these roles must have been members of the club for at least 12 months by the time of the AGM. We also currently have a Vice Chairman position.

Other roles which currently make up the general committee are:
Newsletter Editor
Outdoor Records Officer
Indoor Records Officer
Child Protection Officer

It is worth noting that the roles listed above do not necessarily need to be included on the committee if the successful candidate does not want to attend committee meetings.

You can also volunteer to be a general committee member without a specific role.

Although we are all here for the same reason - archery, there needs to be some element of organisation to ensure the club continues running for the benefit of everyone. Being on the committee allows you to have your say in the running and future direction of the club.

Meg has indicated that she intends to step down as treasurer in January. This is a role which is vital to the club, and doesn't need to take an awful lot of time dedicated to it on a monthly basis. Obviously it is also a job where some knowledge of how the club accounts works is needed. Meg is happy to talk to you about what this entails, and then train up anybody who would be interested in taking over this role from her. It would also be quite handy to be able to do this before she actually steps down. So if you are interested please let her know.

We could also desperately do with finding someone who would take on the role of Equipment Officer. This would involve overseeing the equipment of the club (mostly in the container) and monitoring the condition of the bosses/stands etc.

You don't have to be lumbered with repairing everything yourself (before you worry), there are others that will help out if anything needs doing. It would be of great help though to have someone who is charge of keeping an eye on equipment and organising repairs or replacements. Then we can plan ahead for running repairs and arrange replacements, etc. rather than having to find things have broken and nobody knows about it.

Again if you think you can help, please let a committee member know.

Phoenix @ competitions

Another month of summer competition has gone by and yet again we have had Phoenix members around and about.

At the York FITA weekend, Liz Atkins once again got first place in the Ladies Barebow category, another gold medal to add to the cabinet and her final Master Bowman scores!

Steve Atkins came 14th in the Gents Recurve. Wayne Evardson managed 5th in the Gents Compound class, but was still happy as he shot his first Master Bowman score in competition and claimed his 1300 FITA Star badge!

Karly and Matt Johnson came along for one of the days too. Karly claimed her 1000 FITA Star badge and her score prompted Yorkshire to ask her to shoot as a guest at the Intercounty shoot in October - great work!

Following that was the Adel Long Western to which Tim Mason took his compound. They both had a good day out managing 6th place in their category.

Another month of summer comps and it is back to indoors again - still time for more success though!

Outdoor Season Update

There were 133 rounds put in this month.

Well done to Mrs L, Atkins on her MB, is there more to come?

Lets not forget Mr Fenton and his JBM he has finally achieved his goal after quite a few near misses this year.

The records are on the move again, with some rounds being claimed for the first time.

The year is moving on at a pace so if you are going for a particular goal then a bit of haste may be the name of the game.

Again well done to the archers below:

David King

Classifications gained in August.

Master Bowman

Mrs L, Atkins BB

Junior Bowman

Mr B, Fenton COM

1st Class

Mr A, Sutcliffe LB,
Mr P, Johnson LB,
Mr L, English RC,
Mr T, Mason Com,

2nd Class

Mr L, English RC,
Mr S, Bailey RC
Mr T, Mason Com,

3rd Class

Mr A, Newton LB,
Mr J, Shaw RC,
Mr T, Hudson RC,

Handicap improvements:

Mr A, Sutcliffe LB 63,
Miss K, Johnson RC 42,
Miss E, Newton Com 51,
Mr A, Wilkinson LB 64,
Mr L, English RC 77,
Mr T, Hudson RC 71,
Mr M, Johnson RC 38,
Mr J, Shaw RC 68,
Mr B, Fenton Com 36,
Mrs G, Gray RC 65,
Mr M, Gray BB 64,

Club records claimed from:

First Place

Mr A, Sutcliffe
New Western LB,
Miss E, Newton
Short Metric IV RC,
Short Metric IV Com,
Mr J, Shaw
Short Metric IV RC,
Short Metric III RC,
Mr L, English
Short Junior National RC,
Short Junior Western RC,
Mr B, Fenton
Western Com,
National Com,
Miss K, Johnson
Metric II RC,
Mrs N, Newton
National LB,
Miss C, Gaunt
Short Junior Warwick BB,
Mr M, Queen
Long Metric I Com,
Mr T, Hudson
Short Junior Western RC,
Mr J, Hudson
Short Junior National RC,
Mrs L, Atkins
Short Metric I BB,
Mr W, Evardson
WA 1440 (Gents) Com,

Second Place

Mr A, Newton
New National Com,
Mr M, Queen
Short Metric I Com,
Mr D, Nutbrown
Olympic RC,
Mr A, Sutcliffe
York LB,

Third Place

Mr A, Wilkinson
Western LB,
Mr N, Patterson
New National Com,
York Com,
Western Com,
Mr A, Wilkinson
Albion LB,
Mr P, Johnson
WA 70m LB,
Mr M, Rothery
Albion RC,
Mr C, King
WA 70m Com,
Mr T, Mason
St George Com,

Coaching News

Archery books talk about 'shooting with your back' - but what do they really mean?

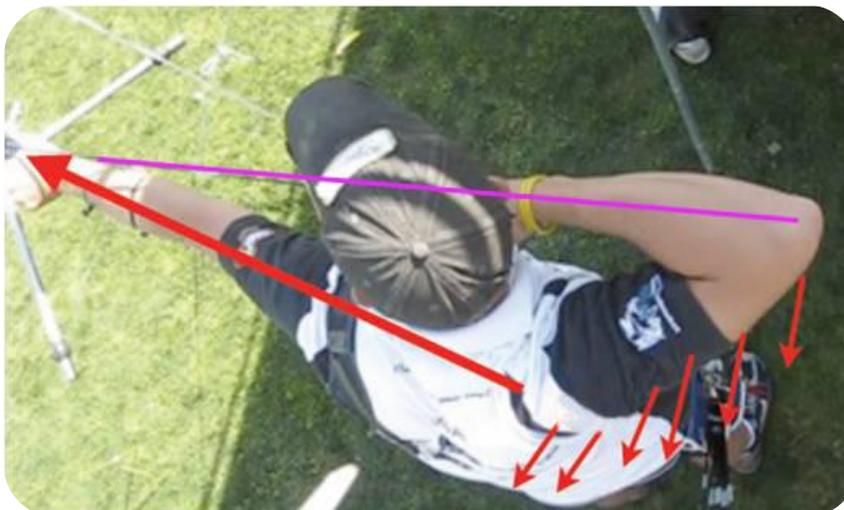
The most consistent shots will occur when both the bow and drawing hands are relaxed. Drawing the bow is a linear movement to bring the string back to reference on the face but once there, it becomes more of a rotational movement as the drawing scapula (shoulder blade) is squeezed towards the spine. This moves the drawing elbow round, backwards towards the archer behind you on the line and produces a cleaner release as you can relax your drawing forearm and hand.

So how do you know if you are using your back or just your arms? One way to demonstrate back tension is to bend your left arm (bow arm, RH archer) on your back and find with your thumb the bottom side edge of your draw scapula. Now put your draw hand on your face, as though you were going to shoot an arrow. Now move your draw arm back, like in a follow through without worrying about back tension. You will find very little movement, if any, of the draw scapula. Now do it again, but this time try to push hard with the bottom side edge of the scapula against your thumb. You should be able to develop quite a bit of pressure there, which should be maintained, right throughout the follow through till you hear the arrow hit the target. The scapulae have to come towards the spine on release. With most archers the scapulae on release will relax and open up.

The other way of feeling the correct scapula movement is to make your hands into fists and place them together under your chin. Now, keeping your knuckles touching, try to move your elbows towards the wall behind you. The only way to do this without moving your hands apart is to squeeze your scapulae together - this is what we are looking for.

So as you draw the bow your front shoulder blade should be located forward and down, this will help keep your bow shoulder in a nice low position. Then as the bow is drawn the draw arm shoulder blade rotates around and moves towards the spine. To get through the clicker, or to activate the release aid then should only need a small squeeze of the scapulae.

This final movement of the scapula is only very small but should be accompanied by an equal amount of forward pressure from the bow arm. This is less of a 'push' than a pressure reaching towards the centre of the target. Without this forward pressure, the 'pull' from the draw arm (along the pink line of force) will pull the bow arm to the right as it is offset from the red line of the shoulders.



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